

SPRING 2014

Picture Yourself...



PERSONAL • CAREER • ACADEMIC

Learning for a Lifetime!



NEW CLASSES

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COMMUNITY EDUCATION

Spring 2014 Schedule!
Classes through June 2014!

Register Online: www.laspositascollege.edu/communityed

925.424.1467



Welcome to Spring!

It's Spring and time to chart your progress toward your goal to live your best life. Community Education at Las Positas College can help. Take a look at our offerings for this Spring...there is a class for everyone!

Our Spring catalog is blooming all over with great skill building, enrichment, and classes to help you get into shape! We've hardly got space to tell you all the details about why each and every one of them can benefit you in the new year. Please visit our website for more information on a class that catches your eye! You'll be glad you did!

Remember, most of our classes have no exams, no pressure—these are non-credit classes! Classes do not require admission to the college. Minimum enrollment is required for classes to start, so enroll early! Community Education is a self-supporting entity of LPC.



In Learning,
Frances DeNisco
Program Coordinator

**"An investment in knowledge pays the best interest."
— Benjamin Franklin**

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No college credit is offered. Classes do not require admission to the college, and do not involve exams. There are no transcripts or grades and classes are not transferable. Minimum enrollment is required for classes to start. Community Education is a self-supporting entity of LPC and is not funded by taxpayer dollars. Community Education classes are offered in addition to the LPC instructional program. Community Education classes do not necessarily reflect the views or policies of Las Positas College. Las Positas College does not endorse any person or product.

CULINARY



How to Make Raw Snacks and Superfoods!

Hands on culinary class! You will be using raw and superfood ingredients such as cacao, moringa, mangosteen, maca, and lucuma to craft healthy treats and snacks without the use of the oven or stove. Come learn to make these super healthy snacks for your pre-workout, for your kids, and keep your whole family healthy and satisfied! Great class to take with your mom's club, Girl Scout troop or organization for team building and fun! Call the office for the group discount when enrolling 5 or more people for this class. *Thuy recently opened a superfoods company, Good for You!, a 100% hand-crafted and organic superfoods baked goods and raw eating company.*

RS560 2/1/14 Sat 9:00 am - 12:00 pm \$39
Material Fee (in class) \$20

OR
RS560 4/19/14 Sat 9:00 am - 12:00 pm \$39
Material Fee (in class) \$20



Make Healthy Meals and Great Dishes in 5 Minutes or LESS!

Hands-on culinary class! You will be using the ingredients available in the class to prepare 3 delicious meals, each meal taking less than 5 minutes to prepare! Class is geared toward helping parents and teens or anyone who wants to learn how to cook healthfully in 5 minutes or less. Recipes include hearty, filling meals like special omelets, soups and pancakes. Learn to avoid commercial ingredients and additives. Great class to take with your mom's club, Girl Scout troop, or organization for team building and fun! Call the office for the group discount when enrolling 5 or more people for this class. *Huynh*

RFE826 3/1/14 Sat 9:00 am - 12:00 pm \$39
Material Fee (in class) \$20

OR
RFE826 5/10/14 Sat 9:00 am - 12:00 pm \$39
Material Fee (in class) \$20



Escoffier Online Culinary Academy now offers skills based individual culinary classes!

**Eggs, Cheese and Dairy
Knife Skills**

**Egg Based Custards,
Creams and Sauces**

**French, European and
American Classics**

**Stocks and Mother Sauces
Fruits and Vegetables**

Classes are priced from \$99 to \$269, and currently, World Spices class is free (as of December 6, 2013. Prices subject to change and are not guaranteed). Let elite Escoffier train you to make great food, in your own kitchen with these online Culinary classes!

VISIT: <http://courses.escoffieronline.com/shop/> TODAY!

Expanded class descriptions on Website • Classes take place on campus unless noted.

FENCING

Beginning Fencing for Kids (8 to 13)

Engarde! Parry! Riposte! Course for beginners (AGES 8 to 13) covers basic fundamentals of the sport of fencing. Class emphasizes conditioning and footwork, along with correct blade action. Students must bring a pair of non-marking athletic shoes that are only worn inside the fencing room. No outdoor shoes are allowed. All fencers should bring a water bottle. No other liquids are allowed. Limit 12 students. *Sophie Rheinheimer is the founder and senior coach of the Las Positas Fencing Center. Sophie has fenced competitively at both the national and international levels. She won a bronze medal at the 1998 Nike World Master Games and was a member of the USA team competing at the 1999 and 2000 Veteran's World Fencing Championships in Siofok and Godollo, Hungary. Sophie is also a founding faculty member at LPC, where she began teaching PE in 1975. She began teaching fencing classes at LPC in the early 1980s, and founded the Fencing Center in 2002.*

H102C 1/29/14-3/19/14 Wed 4:00 pm - 6:00 pm \$149
Material Fee (in class) \$20

CONTINUED

H102C 4/2/14-5/21/14 Wed 4:00 pm - 6:00 pm \$149
Material Fee (in class) \$20

Intermediate 2/ Competitive Youth

Transitional class for young fencers (ages 8 to 16) who have the instructor's permission to move up. Under coaches' supervision, fencers will work to perfect skills learned in the beginning class, and also work on more advanced skills that should prepare them for the Level II class. Students must purchase their own equipment, including electric gear. Instructors have vendor information. Limit 12 students. Placement into either Intermediate Youth I or Intermediate 2/Competitive is at the discretion of the instructor. *Rheinheimer*

H102CC 1/28/14-3/20/14 T, Th 5:15 pm 6:30 pm \$159
Material Fee (in class) \$20

CONTINUED

H102CC 3/25/14-5/20/14 T, Th 5:15 pm - 6:30 pm \$159
Material Fee (in class) \$20

Intermediate Fencing I Youth

Transitional class for young fencers (ages 8 to 13) who have completed Beginning Fencing For Kids, and have the instructor's permission to move up. Under coaches' supervision, fencers will work to perfect skills learned in the beginning class, and also work on more advanced skills that should prepare them for the Level II class. Students must have their own equipment. Instructors have vendor information. Limit 12 students. Placement into either Intermediate Youth I or Intermediate 2/Competitive is at the discretion of the instructor. *Rheinheimer*

H102CC 1/28/14-4/17/14 T, Th 4:00 pm - 5:15 pm \$159

CONTINUED

H102CC 3/25/14-5/20/14 T, Th 4:00 pm - 5:15 pm \$159



Competitive Fencing

This course is specialized and for fencers who are already competing. Registration is limited and requires permission of the instructor. Please call the office for more details. *Rheinheimer*

CF823 1/29/14-3/19/14 Wed 6:00 pm - 8:00 pm \$159

CONTINUED

CF823 2/26/14-4/16/14 Wed 6:00 pm - 8:00 pm \$159

Fencing Level I, Intro to Fencing For Adults (Ages 14+)

Join coaches from the Las Positas Fencing Center in this intro class for adults (ages 14 and up) who are new to fencing. Class is an overview of fencing, including: rules, history, footwork, and blade action. Graduation to Level 2 is at the discretion of the coaches. Students must bring a pair of non-marking athletic shoes that are worn only inside the fencing room. Some equipment is available for loan, or students can provide their own. Contact the instructor for information on vendors. All fencers should bring a water bottle. *Stephen Murray began fencing in 1984 and has been a competitive fencer since the last millennium. He competes both locally and nationally in all 3 weapons (foil, epee, and sabre).*

F101 1/27/14-3/3/14 Mon 6:00 pm - 7:30 pm \$99
Material Fee (in class) \$20

Fencing Level II/III, Foil, Epee and Saber for Adults (Ages 14+)

A fencing class for adult (ages 14 and over) fencers with basic to intermediate skills, taught by coaches from the Las Positas Fencing Center. Students will work towards competitive-level fencing. Exposure to both foil and epee, and students will have a chance to specialize in one of those weapons. Graduation to Level III is at the discretion of the coaches. Students are required to provide their own equipment. *Murray*

H102B 1/28/14-3/20/14 T, Th 7:45 pm - 9:30 pm \$159

CONTINUED

H102B 3/25/14-5/22/14 T, Th 7:45 pm - 9:30 pm \$159

BUSINESS



Accounting and Finance for Non-Financial Managers

Every successful person in the workplace utilizes financial information to aid effective decision making. Accounting and Finance for Non-Financial Managers explains the financial concepts and accounting processes used in most businesses and will provide practical techniques that will increase your effectiveness and career. Get a foundation to understand the seven steps in the accounting cycle and use financial information in decision making. Come away with the knowledge to analyze resource allocation and evaluate financial performance. One month; Sharon deFonteny, instructor. Online class provided by LERN, Inc. *LERN programs*

ANM346 2/3/14-3/2/14 Online \$195

OR

ANM346 4/7/14-5/4/14 Online \$195

Build Your Own Website for FREE!

If you can use a word processor, you can create our own web site in just minutes, for free, including text, graphics, a shopping cart and the ability to customize it any way you want. Forget about learning HTML, buying expensive software programs, and spending days in classroom sessions. Learn how to have your site up and running in just minutes, plus you'll understand the BEST parts and pieces to put on your site to make it work the way you want it to and how to link and list it with the major search engines. *Nancy Miller is author of Clutterology #0-9629944-0-5, past president of the national Speakers Association, Greater Los Angeles Chapter and member of NAPO (National Association of Professional Organizers).*

B236 4/6/14 Sun 1:00 pm - 4:00 pm \$49
Material Fee (in class) \$30

Expanded class descriptions on Website • Classes take place on campus unless noted.

CAREERS

**Bartending the Easy Way...
Learn at Home**

Get professional certification. Quick and easy! Learn to bartend like a rock star! Bartending jobs are in demand everywhere! Prepares you to work as a bartender in all types of establishments, while also teaching you the business side of the beverage industry. Upon completion of the course, you will receive a Professional Certificate for Bartending with additional testing for Serving Alcohol Responsibly Certification. Those who score 90% or above on the quizzes will also receive the Master's Certificate of Excellence. *Kellie Nicholson has been working in restaurants, bars and nightclubs for 30 years in every type of establishment all over the United States. (Expanded description on Las Positas website)*

CT811 1/27/14 Online \$99
Material Fee (in class) \$55

Become a Mystery Shopper and Other Fun Ways to Earn Extra Income

Would you like to get paid to go shopping, eat out, stay at nice hotels, or play golf? Or would you rather like to earn money by becoming an auditor, merchandiser, doing customer recalls, teaching your favorite subject, editing, sampling products, or giving your opinion. Opportunities are available for these and countless other types of work. There are so many ways to earn extra money and become productive! Learn about your choices and how to go about finding and applying for these unique and interesting positions. Learn who hires people for these jobs, how to apply, what you can expect to receive in payment, and everything else you need to know about part-time employment opportunities. *Elaine Moran is an author, lecturer, mystery shopper, and instructor. She has over 10 years experience as a mystery shopper and educator.*

CT133 3/17/14 Mon 6:30 pm - 9:15 pm \$49
Material Fee (in class) \$20

Become a Professional Organizer

Do label makers and putting things into 3-ring binders make you smile? If you like to organize stuff and enjoy watching the organizing programs on TV for more tips, you're a good candidate to become a professional organizer! Find out how to: find your niche and organizing specialty; understand and use the Clutter-Hoard Scale; obtain a business license and insurance; get experience before your first client. (This seminar is NOT for a person wanting to get organized). *Miller*

CT588 4/13/14 Sun 1:00 pm - 4:00 pm \$49
Material Fee (in class) \$30

California Notary Prep and State Exam

Start a new career or part-time business and earn additional income! Acquire the knowledge and skills to pass the State Notary Public Exam and become a California notary in one day. Materials Fee: \$25 payable to instructor in class for textbook and handouts. Optional Notary Exam: For new students and renewing notaries. The 50-minute Notary Exam is administered at the end of the workshop. Bring two #2 pencils, official picture ID (driver's license or passport), a 2x2" color passport photo and a check for \$40 made payable to the "Secretary of State." *The Academy for Notaries is a California state-approved vendor of notary education.*

B102 4/5/14 Sat 8:00 am - 6:00 pm \$89
Material Fee (in class) \$25



Certified Staging Professionals Home Staging Course with Design Star Finalist Cathy Hobbs

Most home buying decisions are made within seconds of stepping through the front door. Professional home stagers prepare property for resale by setting the scene throughout the house to create immediate buyer interest, thereby increasing the chances for a more timely and profitable sale. Course provides the foundation for those wanting to start a career or own a business in real estate property staging. The CSP® is a blend of property staging processes, interior redesign techniques, along with business, marketing and communication for effectively staging a house for sale. The CSP® program is intensive covers comprehensive instruction in the steps and information necessary to become a successful real estate stager. Includes a 400-page manual and an on-site, hands-on work experience in a property for sale. Expanded class description is online. *5-time Emmy Award winning television personality Cathy Hobbs (ASID) (www.cathyhobbs.com) is the founder and creator of Cathy Hobbs Design Recipes(™). Cathy was also a finalist on Season 6 of HGTV's Hit Reality Series Design Star. Cathy is a professional member of the American Society of Interior Designers and the International Design Association, as well as a certified staging professional.*

CT911 3/21/14-3/23/14 F-Su 8 am - 6 pm \$2,199



Claim Your Calm at Your .com

A lot of us here in the valley talk about how things are getting crazier at work every day. We feel more stressed over the years, but the results don't necessarily equate to the intense activity that happens day in and day out. We as employees are extremely busy—checking and responding to hundreds of emails, sitting in conference rooms, having heated discussions—the outcome necessarily the grandest expression of our real capabilities? Stress, frustration, and interpersonal conflicts often become barriers to progress. You will focus on how to bring a change from within, and how to be in an inspired state inspire of the chaos outside. A tool box that you can use during your day to day work, to transition from a place of stress to a place of calm and peace, infused with creativity, passion and productivity. *Kishore Bubna is a licensed Heal Your Life Coach and Workshop Leader and the Director of Engineering at a Silicon Valley company. He is passionate about health, healing and happiness!*

CC654 3/1/14 Sat 9:00 am - 1:00 pm \$29

Exporting Food as a Small Business

What if your small food or beverage business had an untapped market overseas that was just as profitable but no more difficult to serve than a domestic sale? Forget what you have heard about exporting and come learn a proven strategy to test market your product while eliminating all the problems and risks people commonly associate with exporting. No business is too small to export. Develop the FOB MOQ US\$ export offer (don't worry, we'll explain), turn it into a website page, and then actively market to the buyers overseas who are ready, willing and able to buy, without wasting time and money on trade lead and market intelligence services. Expanded description available at the website. *John Wiley Spiers is a small business international trader who developed an avocation teaching his expertise on the side. This teaching led to a book that has sold on Amazon for over a decade, and consulting work far and wide.*

EF953 4/15/14-5/6/14 ONLINE \$59

Become a Consultant!

Looking to achieve financial independence? Interested in working for yourself, part or full-time? Want to cash in on your knowledge and experience? If you have special skills or knowledge learned through your employment or life experience, you can become a highly paid consultant, or trainer. You'll learn how to: Become a consultant or trainer. Promote and advertise your services. Structure your fees to maximize your potential and profit; Prevent legal and tax problems. As a part-time or full-time consultant you get independence, freedom and financial gain. *Rounds*

PT648 4/13/14 Sun 1:00 pm - 4:00 pm \$49
Material Fee (in class) \$30

Go Back to College as the Instructor

You can say, "I am unemployed or I took an early retirement." Or you can say, "I am taking some time off to teach and write a book." It is up to you. Help meet the unmet demand at colleges for non-credit education instructors in every field. You need no credentials to teach, just passion for the topic and joy in teaching it to others. You can teach through schools live sage-on-the-stage, or over the internet courses, or both. The schools get you the students, you teach the class, the schools pay you per head. You usually work as an independent contractor. Learn to pick your topic, create a course proposal, pitch to some 1300 schools now looking for instructors, create the course itself, and deliver the content. And all of this spins off into a book. Then you'll create a website branded YOU to tie it all together. Consulting work follows. *Spiers*.

IN102 4/15/14-5/26/14 Online \$99

How to Sell Your Ideas and Inventions

Have you seen your ideas in the store with someone else's name on them? TV shows like American Inventor and The Pitchman have shown people, just like you, how to cash in on their inventions and ideas. If your idea works, it's a GREAT idea, but now you need to know how to make money with it. Secure the rights to your ideas and learn the proven way to cash in on your invention. Information includes: make your invention intellectually safe and profitable; protect your ideas with patents, trademarks and copyrights; evaluate your ideas for marketability; find potential buyers for your invention; offer it for sale in the safest method possible. This is NOT one of the invention marketing hypes. Program delivers the most accurate and relevant information available for inventors to cash in on their expertise. *Rounds*

CT247 4/13/14 Sun 9:00 am - 12:00 pm \$49
Material Fee (in class) \$30

Certificates in Skills that Will Make You KEY at Work

Mobile Marketing (\$495)

Social Media for Business (\$495)

NEW! Managing Social Media (\$595)

Classes start on 2/3/14 or 4/7/14

LERN, Inc. issues you a certificate after 3 months of study in 3 classes with expert instructors in these online certificate classes.

Don't miss this chance to gain valuable skills certification!!!

(Extended descriptions are available at the website.)

Import Export Now!

Now you can learn what it takes to be self-employed in import export (or both) of goods or services with this step-by-step hands-on nine week seminar delivered over the internet. This course is appropriate for people with zero business background, as well as established businesses looking for new trade. For over twelve years the course is highly rated for content, delivery, and personalization. Learn how to develop your product or service, find the best suppliers, best customers, work with banks, currency issues, insurance companies, government agencies, and other trade entities. The entire course may be taken at your pace, with plenty of one-on-one email contact with the instructor. Optional weekly live sessions online are run during the course. After the formal nine week course, you may join a listserve of ex-students, so access to the instructor and peers never ends. **REQUIRED TEXTBOOK:** How Small Business Trades Worldwide" (ISBN: 978-0-9795515-0-5) - needs to be purchased by student. *Spiers*.

B202 4/16/14-6/11/14 Online \$99

Introduction to Medical Insurance Billing Certificate

One of the physician's most valued employees is the one who does the insurance billing. Learn medical billing techniques and how to follow up and collect on billed claims. Learn how to: bill Medicare, Medical, TRICARE and CHAMPVA; complete CMS1500 used for insurance companies; updated info on the new Medicare Contractor (PGBA); keep current on changes in government insurance plans; find free continuing education courses; read the Explanation of Benefits; bill secondary carriers; look up diagnosis codes, procedure codes, and modifiers. Books and materials for this class series are extensive: \$350 payable directly to the instructor at the orientation online event. The certificate includes an introduction, and 3 additional classes: Coding Formats, Advanced MIB, Workers Comp and PI, and Computerized MIB. Certificate is issued from KGP LLC. *Kris G Patterson is the owner of a successful Medical Billing and Consulting firm, KGP Consulting, LLC located in LA. Thousands of students have benefited from her knowledge in the medical field by taking courses at one of the over 35 colleges she has taught through in Northern, Central and Southern CA.*

MIBC101 3/22/14-5/2/14 Online \$150
Material Fee (in class) \$350

Medical Front Office Certificate

Running the front desk in a medical practice is a very rewarding experience and an excellent way to begin a career in the medical field. Are you interested in becoming a Medical Front Office/Medical Receptionist/Intake Coordinator? Class prepares you to begin a rewarding career and to become an integral part of a medical office team; Students will receive a Certificate of Training from KGP LLC upon completion of the classes. Topics covered include: basic medical benefit terms and plans, eligibility and insurance benefit verification, appointment scheduling (manual and computerized), improving telephone skills, patient arrival and departure, handling medical/office forms, patient privacy, confidentiality, etc., medical terminology (specific to the front office). Visit Kris Patterson's website for further information www.kgpllc.net.

MO215 4/2/14-4/15/14 Online \$39
Material Fee (in class) \$75

Expanded class descriptions on Website • Classes take place on campus unless noted.



Organizational Skills for Nannies, Au Pair's and Caregivers

Caring for someone else in their environment is a challenging position by itself, and clutter and disorganization create a potentially hazardous environment. If you are tired of searching for lost items in piles of chaos and stumbling over stuff strewn throughout your client's home, Clutterology will change your life by making your environment work for you. Don't let your client's clutter impair your ability to perform efficiently. Discover how these innovative ideas can get the clutter in order. You can change your client's environment by: assessing what needs to be done; developing and implementing a non-invasive plan of action; distinguishing between organized and neat; determining keep items from toss items; removing clutter; creating an efficient environment so you can get more done for your client. *Miller*

OSN411 4/6/14-4/13/14 Sun 9:00 am - 12:00 pm \$69
Material Fee (in class) \$30

Start Your Own Medical Billing Service

Many medical practices receive most of their income from insurance companies. Thus, medical billing services are in demand. You can learn how to meet this need and start a business! Learn: how to obtain clients; setting your fees; what other services you could offer; marketing your services; where to obtain HIPAA compliant software; HIPAA Business Associate Agreement; what billing organizations you can join; how to obtain updates from insurance companies; sole proprietorship, partnership, corporation and LLC's. *Patterson*

MBS634 4/16/14-4/22/14 Online \$25
Material Fee (in class) \$35

Using Your Computer to Make Money

The Internet has enabled people to run a business with low startup costs and high profitability. From information brokers to freelancers to eBay sellers, people have used their computers to build their fortunes. Learn more than 120 high-demand businesses that can be completely run from your home computer. These computer-based businesses may utilize skills you already have, skills that are easily attained or skills requiring formal training. Gain knowledge in: Types of business that thrive using only your computer, easy methods for bookkeeping and taxes to make Uncle Sam happy, and making sense of the legal mumbo-jumbo (sales taxes, business licensure and business structure). This class is NOT an eBay class or a web design class. Both of those topics may be discussed, but not in depth. *Mike Rounds is a successful consultant and professional speaker with 20 years of experience.*

CT622 4/6/14 Sun 1:00 pm - 4:00 pm \$49
Material Fee (in class) \$30

What Were You Born to Do?

You were born to make a unique contribution to humanity. Progressing toward this purpose brings joy and abundance. Straying from it causes stress and emptiness. To accomplish this, one of the 33 Natural Talents® is wired into your DNA. It's so subtle, you rarely notice it; yet so powerful, it's the source of your highest potential. Elvis, Oprah and Einstein were all just doin' what comes naturally. Also discover why applying your Natural Talent relentlessly will magnetically attract all the desires of your heart. (Ages 16 to adult). *Curtis Adney, MS, JD is a life coach, conducts numerous seminars across the Western US, and is the author of a forthcoming book, Pinpoint Your Destiny.*

B208 3/9/14 Sun 1:00 pm - 5:00 pm \$50
Material Fee (in class) \$30

Work at Home as a Medical Transcriptionist

If you want to choose your own hours, have a business at home, find clients easily, and make great money, class will get you started! Discover a step by step guide to what medical transcription is; transcription versus billing & coding; learning medical transcription simply and cost-effectively, and avoiding common and expensive mistakes. Learn about marketing your business easily, operating capital and gains; and everything about pricing, collections, equipment, computers & software; transcription plus many, many more tips including how to get hands-on work experience! *Debra has been a medical transcriptionist for more than 20 years, operates a large MT biz and has taught for many other programs. You'll enjoy her warmth, humor and practical advice.*

CT411 2/24/14 Mon 6:30 pm - 9:30 pm \$59
Material Fee (in class) \$20

COLLEGE & TEST PREP

SAT Preparation

ACE the SAT! PrepPoint's Eva Holtz, a perfect scorer, will show you how. Beyond reviewing key content, students will learn literally dozens of test-taking techniques to improve speed, accuracy, confidence, and ultimately scores. Special attention will be paid to the NEW writing section, with timed essay and grammar questions. Practice exams, the Prep-Point SAT guide, and supplementary materials are included in the materials fee. Please bring a calculator. For more information, contact the instructor at eva@preppoint.com. First class starts at 8:00 am, remaining classes start at 9:00 am. *Eva Holtz PrepPoint is a Tri-Valley organization specializing in one-on-one, in-home tutoring, test prep and college advising. Founder Eva Holtz, a graduate of Livermore High and Harvard University, serves as instructor.*

ACAD101 3/1/14-4/12/14 Sat 8:00 am - 12:00 pm \$189
Material Fee (in class) \$30



Parents are talking about SAT Prep:
"I want to get my daughter in to the class that my son took, because Eva's great and his score went up by 300 points."
 —Karen, Livermore

Test-Taking Secrets

Discover new ways to excel on ALL tests by focusing on underlying principles. These apply to all academics (from junior high to graduate school); all standardized tests (SATs, Aps, Exit Exam, CBEST, BAR Exam, etc.); and any employment, entrance, or promotion exam. Learn how to prevent test anxiety, increase concentration, and reason-your-way to the right answer. Discover the 3 mistakes every test-taker makes, and how to correct them! This hands-on workshop will help you achieve all your goals. *Adney*

ACAD200 3/9/14 Sun 9:00 am - 12:00 pm \$50
Material Fee (in class) \$30

Prepare for the GED Language Arts, Writing Test

Obtain the skills and the knowledge to successfully prepare for the GED Language Arts, Writing Test ONLINE

OT112 starts each month Online \$99
www.ed2go.com/lpccommed

COMPUTERS

Excel Introduction

Short workshop style courses are fast and get you the information you need quickly. Take one or all 4, introduction and intermediate. Learn the concepts for the practical use of EXCEL. Class covers the operation of a spreadsheet including particular actions in Excel that can cause problems. Included will be discussion of EXCEL's ribbon structure, cell navigation with single and multiple cell selection, description of different data types and formulas. EXCEL's ease of use features such as auto fill and auto complete will be covered as well. Students are encouraged to ask questions during class. Prerequisite; class is for beginning EXCEL users, but you must have knowledge of basic computer use. *Dennis Mockel is a semi-retired engineer who has been teaching beginning computer and related classes to adults for many years.*

Part I C107 4/19/14 Sat 9:00 am - 12:00 pm \$49
 Part II C107 4/19/14 Sat 1:00 pm - 4:00 pm \$49

Excel Intermediate Workshop I

Learn more advanced formulas, functions, and spreadsheet design. In particular learn about inserting and working with charts and graphs, headers and footers. Participants are encouraged to bring questions they may have in regards to problems they may have encountered working with EXCEL or small projects to work on if time permits. Please note: you must have EXCEL Introduction I and II or equivalent EXCEL experience in the workplace. *Mockel*

Part I C108 4/26/14 Sat 9:00 am - 12:00 pm \$49
 Part II C108 4/26/14 Sat 1:00 pm - 4:00 pm \$49



Welcome to WordPress

Content Management Systems, such as WordPress, use templates - free, for purchase and custom - to make websites functional, attractive and affordable for small businesses and designers alike. Come find out how to choose a web hosting company; install WP on your new or existing host*; choose and install free templates; modify your chosen template using the WP dashboard options; and add web content (pages, posts, and sidebar widgets.) Course does not cover e-commerce. *Host must allow WP installation (needs Apache server and MySQL database). Domain name and web hosting not included in course fee. *Meg Epperly, owner of Brightly Woven Designs and currently a graphic artist/web design contractor at LLNL, specializes in making websites attractive, assessable, and affordable. She holds professional certificates in Visual Communications, Print and Visual Communication, and Web/Multimedia for Las Positas College. She also designed and produced many of the LPC Community Ed brochures from 2009-2011.*

WP234 4/17/14-4/24/14 Thu 7:00 pm - 9:00 pm \$49



Introduction to
 Ghost Hunting
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FINANCIAL PLANNING

Build a Financial Portfolio on \$25 a Month

Learn how to safely turn \$25 a month into \$100,000 in 10 years without using a stockbroker, why the market and economy do the things they do, why now is a great time to be investing, why the stock market is still the safest place in the world for your money using the history of the stock market. Bobbie and Eric Christensen are not stockbrokers or financial managers but are investors just like you. They have been using this method themselves for 30 years and now have thousands of people successfully creating a safe financial future for their families. *The Christensens are both retired bankers with expertise in economics. They have six books currently that teach about personal finances and economics. www.booksamerica.com*

FP369 3/20/14 Thu 6:00 pm - 9:00 pm \$59
 Material Fee (in class) \$18 - optional

Estate Planning (Living Trusts)

A Living Trust is the best way to protect your assets, your family, and provide for yourself in the event of incapacity. Learn about the documents to include in your complete estate planning package, including Living Trusts, Pourover Wills, General Durable Powers of Attorney and Advance Health Care Directives. Find out why probate is to be avoided. Discover how to narrow down important decisions such as choosing your guardians for minor children and health care options. See how living trusts are flexible enough to handle special issues like long term care. Have most, if not all, of your estate planning questions answered in plain English. *Rosmary Bartsch, founded Bartsch Law, Tax & Estate Planning Services, in Livermore in 2004. Rosmary has been an estate planning attorney specializing in Trust Administration for over 11 years.*

B426 3/8/14 Sat 10:00 am - 12:00 pm \$49

ENRICHMENT



Landscaping with Native Plants

A native plant landscape requires 1/10th the water needs of a traditional thirsty landscape while bringing nature back into the city. Learn about how to convert your yard to natives and how to maintain it. Learn about California and Tri-Valley native plants and especially those that attract pollinators. A suggested plant list of native plant nurseries within two hours and other resources will be provided. Two hours will be spent at two native gardens (one mature and one new) in Livermore to see the plants first hand. Get out and go native! *Louann Tung (an LLNL engineer) managed the construction and coordinates the maintenance of Granada Native Gardens and has put in a native garden yard.*

HG226 3/22/14 Sat 9:00 am - 1:00 pm \$49



Aromatherapy for Stress Reduction

Is your resolution this year to combat stress in your life? Discover how essential oils can have a powerful effect on your body. Gain insight on everything from their ancient use in history to the most current scientific research on their potential use for today's viruses, cancers and more. Learn how YOU can use therapeutic grade essential oils to make life less stressful for yourself, your family, and your work environment. *Cox Faust*

H222 3/2/14 Sun 1:00 pm - 4:00 pm \$39
 Material Fee (in class) \$5

NEW!

Facelift at Home! Facial Exercises for Men and Women

Hands-on class! You will be using your hands to perform 10 facial exercises to help define your jawline, lift your "turkey neck," strengthen your neck, diminish your fine lines and wrinkles, and diminish your crow's feet. People tend to exercise from the neck down...come to this class and learn how to keep your self in shape, from the neck up! Class is for men and women, 18 and up. Class meets for 3 times, and gives you time to practice in between so that you will be confident in your technique and have all your questions answered! *Huynh*

HM101 2/3/14 Mon 6:00 pm - 8:00 pm \$69
Material Fee (in class) \$10

NEW!

Matting and Framing Workshop

Tired of spending \$300 to frame your artwork? Come learn how to do it yourself! Frame your art and photographs for gifts or exhibitions. This one-day workshop is geared to works on paper. Learn various matting and framing alternatives with a focus on cutting single and double beveled-edge window mats. Bring an artwork and, if possible, a frame. Students with their own matboard will be exempted from the materials fee. Additional details will be provided to registered students. Class is limited to 12. *Michael Fredrich is the President of the Livermore Valley Camera Club and a master level photographer.*

AL270 4/12/14 Sat 10:00 am - 4:00 pm \$69
Material Fee (in class) \$8

NEW!

Introduction to Ghost Hunting

Get an understanding of Ghost Hunting in our area! We'll talk about the basic investigation techniques and get to know some of the technology that is used in paranormal research. Also, we'll become familiar with some of the technological equipment used in searching for paranormal activity. Last class on 3/21 is optional to put your newly learned paranormal skills into practice at the USS Hornet in Alameda, at a cost of \$35. *Sommer Carter, engineer by day, paranormal investigator by night, is the founder and lead investigator of the Alameda Paranormal Research team. APR is one of the most respected paranormal teams in the Bay Area and is the resident paranormal group to the haunted USS Hornet Aircraft Carrier. They have been featured in Alameda Magazine, Alameda Journal, Alameda Patch and Radio ALICE. Sommer has been featured on Bio Channels My Ghost Story and Alameda Sun newspaper. Visit www.alamedaparainormal.com.*

GH326 3/7/13-3/21/13 Fri 7:00 pm - 8:00 pm \$29

NEW!

Life Transitions with Lisa Gentile

Transition is a process that we go through as we come to terms with a new situation, personal or professional. Examine the difference between change and transition, the stages of transition and the effects of connection, vulnerability and compassion on dealing with transition. **Part 1:** You will map the key transitions in your life, learn a method to describe your experience, and better understand your needs while in transition. Sign up for all 3 parts of the transition class, and receive 10% off your order. As a *transition and performance coach and the founder of Moxie Mavericks LLC, Lisa Gentile M.S. helps her clients leverage their core strengths for maximum impact in their endeavors. www.moxiemavericks.com*

LFT623 3/5/14 Wed 7:00 pm - 10:00 pm \$39

Part 2: You will map key questions in your life and explore strategies for coping with uncertainty.

LFT623 3/12/14 Wed 7:00 pm - 10:00 pm \$39

Part 3: You will identify your signature strengths, experiment with aspects of your new situation, and chart a personally relevant path through your transition.

LFT623 3/19/14 Wed 7:00 pm - 10:00 pm \$39

Find Your Excellence—Success Skills For Life

You will never find success without the life skills to be your best. A great class on how to start a business, how to attract your soul-mate or where to invest your money won't give you positive results, if you are standing in the way of your own happiness. Before you do anything else, you must explore how YOU are contributing to your own lack of success. The exercises and activities you will do in this course could change your life forever. Find the greatness in you with this soul-searching program. *With a down-to-earth style, Kellie loves to push her clients and students beyond their limits, sometimes in tears herself when witnessing a breakthrough. Lessons will be issued each Friday for 6 weeks. Expanded description available at the website.*

RF688 1/31/14-2/28/14 Online \$55
Material Fee (in class) \$34

OR

RF688 3/7/14-4/11/14 Online \$55
Material Fee (in class) \$34

OR

RF688 5/2/14-6/6/14 Online \$55
Material Fee (in class) \$34

FAMILY & PARENTING

Dementia Care for Family Caregivers

Designed for family caregivers dealing with Alzheimer's disease, vascular dementia, Lewy-Body Dementia or other conditions which cause significant memory problems. In addition to basic information about dementia, this 4-week course will cover essential elements to address throughout the illness, common health complications, and tips from professional care providers who deliver person-centered care. Use of materials and internet will facilitate learning and maximize competence in care-giving beyond the end of the course. *Your instructor is an authority on dementia. One month online course; Pamela K. Atwood, MA, CDP, QDCP, CLL, instructor for LERN, Inc. LERN programs*

DC789 2/3/14-3/2/14 Online \$149

OR

DC789 6/2/14-6/29/14 Online \$149



Photoshop Classes
 Page 11

Helping Older Children Become Responsible and Independent (Teens and 20s)

Lack of responsibility is a common complaint of parents of older teens and young adults. We expect our children to get a good education, grow up, and move away from home. Many children struggle with this. Problems may begin with a high school student performing below his ability or may show up after graduation where the child seems unmotivated to work hard in college, learn a trade, or get a job. As parents, there is much we can do to help our children learn to be responsible and become independent. Learn what to do in the teen years to help your child successfully navigate the path to becoming an independent and self-sufficient adult. Covers how to help a failure to launch child make the difficult transition from adolescence to adulthood. As a parent you have a critical role in this process (Suitable for parents of children 13 to 19, too). *Tom Dozier is a behaviorist and parenting coach, and he has a board certification in behavior analysis. See www.guaranteedpt.com. Tom and his wife Pam have 4 children and 6 grandchildren.*

RF907 3/7/14 Fri 7:00 pm - 9:30 pm \$49

Transforming the Strong-Willed Child

With this class, you can turn, "No! I won't and you can't make me!" into smiles and "Ok, Mommy." Strong-willed children can be very difficult to parent because they fight your authority and enjoy the battles they create. Based on extensive research in child behavior, class teaches you how to end the battles with your child and motivate your child to cooperate and please you. This 2-week class will teach you practical skills to use right away. Using primarily positive methods, you will transform your child and your home so everyone is happier. Battling with a child is no fun. Come learn how to put the fun back in parenting. You will be glad you did, and so will your child! (Suitable for parents with children ages 3 to 10). *Dozier*

RF141 3/14/14-3/21/14 Fri 7:00 pm - 9:30 pm \$59

Baby & Me at LPC

Baby & Me brings children together with primary caregivers (parents or grandparents) to explore and play in a learning and nurturing environment. Careful child observation, hands-on indoor and outdoor active play, sensory exploration, and circle-time help spark a child's imagination and introduce them to social cooperation and collaboration. Welcome children 6 to 24 months. Child must be accompanied by an adult (parent or grandparent) for all Baby & Me classes \$35 materials fee to covers parking and classroom activities. There are no make-ups for missed classes. *Margie Costello-Chevis, M.S in Education, is currently teaching Early Childhood Development courses as adjunct faculty for Las Positas College. She is a certified infant toddler specialist.*

BML101 1/27/14-2/26/14 M, W 8:30 am - 10:00 am \$89
Material Fee (in class) \$35

CONTINUED

BML101 3/10/14-4/9/14 M, W 8:30 am - 10:00 am \$89
Material Fee (in class) \$35



Expanded class descriptions on Website • Classes take place on campus unless noted.

WRITING



Fiction Writing: Take the Next Step

Are you stuck in your writing project? Workshop will take you to the next step, accommodating all ages and levels of writers of short stories, novels and memoirs. Topics include the craft of writing and the publishing process. Come network with one of the Tri-Valley's most successful writers and learn how to get to the next step in your writing! *Camille Minichino is the author of 19 novels and numerous short stories and articles, including the Periodic Table Mysteries. Website: www.minichiono.com*

FW411 2/22/14-2/22/14 Sat 10:00 am - 3:00 pm \$69

Get ePublished in a Week

Recent developments in technology have made it quick and easy to offer your eBooks or paper books to the public. Learn how to: use quick and easy methods to get your work published; offer your eBook as a pay-per-download product from your Web site; get your paper book printed inexpensively; use copyrights and trademarks to protect your work. *Rounds*

WR283 4/6/14 Sun 9:00 am - 12:00 pm \$49
Material Fee (in class) \$30

LANGUAGES

Beginning Conversational Italian

Spend the Spring in Italy (or at least feel like you did!). This class gives participants the opportunity to enrich their travels in Italy, or just nurture their love of Italian. Gain a basic knowledge of the Italian used at markets, shops, restaurants and traveling in general. Each class meeting will also include a discussion on Italian culture. Materials fee of \$5 payable to the instructor at the first class.

AL415 See website \$159
Material Fee (in class) \$5



Beginning Conversational Spanish

Gain a basic understanding of conversational Spanish through pronunciation and reading of the culture and lives of Spanish speaking people. Required Text: Practical Spanish Grammar, by Marcial Prado (ISBN: 0-471-13446-5) available online or at the LPC bookstore. Please purchase the book prior to the first class meeting. *Aida Moyer has had extensive experience teaching Spanish in Columbia and is currently teaching Spanish at Livermore High School.*

AL110 1/30/14-3/6/14 Thu 6:00 pm - 7:30 pm \$139
CONTINUED

AL110X 3/13/14-4/24/14 Thu 6:00 pm - 7:30 pm \$139
CONTINUED

AL110X 5/1/14-6/12/14 Thu 6:00 pm - 7:30 pm \$139

Intermediate Conversational Spanish

Have you taken Beginning Spanish and Continued Spanish in Community Education? Also, if you are familiar with Spanish, but want some practice time in the language, come and join us! Bring your book back with you. *Moyer*

AL110x4 1/30/14-3/6/14 Thu 7:30 pm - 9:00 pm \$139
CONTINUED

AL110x4 3/13/14-4/24/14 Thu 7:30 pm - 9:00 pm \$139
CONTINUED

AL110x4 5/1/14-6/12/14 Thu 7:30 pm - 9:00 pm \$139

Conversational French Mini-Course

An introduction for beginners to the basic language structures and cultural courtesies needed in everyday situations such as eating, shopping and traveling. With gentle coaching, you will practice speaking and become more confident in your use of French. *Kechich*

AL111	1/30/14-3/20/14	Thu 5:30 pm - 7:00 pm	\$139
<i>CONTINUED</i>			
AL111	4/17/14-6/5/14	Thu 5:30 pm - 7:00 pm	\$139

Conversational French Intermediate

Designed for students with a little bit of French, or who have taken Conversational French Mini-Course in the past. Includes continuing with the basic language structures and cultural courtesies needed in everyday situations such as eating, shopping and traveling. With gentle coaching, you will practice speaking and become more confident in your use of French. *Kechich*

AL111	1/30/14-3/20/14	Thu 7:00 pm - 8:30 pm	\$139
<i>CONTINUED</i>			
AL111	4/17/14-6/5/14	Thu 7:00 pm - 8:30 pm	\$139

Learn French through Film!

Spend 3 weeks immersed in French Film, picking up and practicing the language as you explore French culture through the rich tradition of French filmmaking. Refreshments are provided at the class. Bring a friend, enhance your language skills, and have some fun! *Sonia was born in Tunisia, and she has studied French since she was 7 years old. She traveled in France extensively. She is studying languages and teaching her children French at home in Pleasanton.*

FFL269	2/21/14-3/7/14	Fri 6:30 pm - 8:00 pm	\$69
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Young Learners Academy: French Short Course

Let your child discover language and s/he will discover the world! Class is designed for students between the ages of 8 and 14. This introductory class is maintains a balance in understanding, speaking, listening comprehension and writing while at the same time presenting the cultures of the target language in an age-appropriate setting. *Kechich*

AL662	2/21/14-4/11/14	Fri 4:30 pm - 5:30 pm	\$99
<i>CONTINUED</i>			
AL662	4/25/14-6/13/14	Fri 4:30 pm - 5:30 pm	\$99



It's Greek to Me!

A vocabulary-centric approach to Beginning Biblical Greek. Read phonetically and partially translate on your own using this vocabulary-centric approach for Beginning Biblical Greek. A novice will be miles ahead if preparing for a Greek Grammar course once you have taken this course! This vocabulary (Part 1) and reading Greek script (Part 2) makes the text accessible to the true beginner in the language. Treat the class as a grand adventure with fun linguistic surprises! Course is Bible oriented, but not church-specific. Expanded description online. *Harry Briley, 2013 LLNL retiree with a MS in Quantitative Business Methods, has been writing adult Bible curriculum as an avocation since 1977, and teaching Bible studies since 1972. He learned Biblical Greek at Fuller Theological Seminary in 1985-1986.*

AL418	3/6/14-4/3/14	Thu 7:00 pm - 9:00 pm	\$139
Material Fee (in class) \$5			
<i>CONTINUED</i>			
AL418	4/24/14-5/22/14	Thu 7:00 pm - 9:00 pm	\$139
Material Fee (in class) \$5			

MUSIC

Healthy Harmonica

Breathing is our foundation when playing harmonica and for healthy, vibrant living. Take the simplest of pop, folk, and blues rhythms and melodies and invigorate them with simple but powerful breathing. You can make any song deeply expressive! No previous musical ability is required - only a desire to have fun and feel more healthy and alive! Students will need a C major diatonic harmonica which will be available from the instructor for \$13 in class if you do not have one. Age 12-adult. *Broida*

AL570	4/8/14	Tue 6:00 pm - 7:30 pm	\$39
Material Fee (in class) \$15			

Beginning Blues Harmonica

If you've always wondered how those amazing sounds come out of a harmonica, here's your chance to learn. Class focuses on both playing and having fun as you are introduced to many of the tricks and techniques. No previous musical experience required. Students will need a C major diatonic harmonica. Instructor will have them available at class for \$13 if you don't have one. *David Broida, a professional blues musician and teacher for the past 25 years, loves sharing music with everyone, especially those who don't consider themselves musical.*

AL569	4/8/14	Tue 7:45 pm - 9:45 pm	\$49
Material Fee (in class) \$15			

Guitar Basics—Strummin' My Six String

Learn the basics of guitar. Class presents easy guitar techniques that can be used to play different styles of songs, blues, country, classical and rock!! Learn simple fingerpicking and simple strums on your guitar. Class uses basic chord diagrams and guitar tablature for quick, easy playing. Master the open chords and play any style of music. Playing rhythm guitar is an easy way to begin a lifetime of music. *Candace Brown, MS, has taught guitar and performed professionally in bands for many years. Candace owns Music Arts Academy in Livermore, and provides private guitar lessons and voice.*

AL568	4/1/14-5/20/14	Tue 7:30 pm - 8:30 pm	\$139
Material Fee (in class) \$20			

Pickin' Easy Guitar

This easy guitar class focuses on pickin' easy melodies on your guitar. Learn to read easy guitar tablature, simple rhythm patterns and beginning scales. All you need is your guitar and your fingers—no pick required. Cost breaks down to \$17 for a one hour less! *Brown*

MU221	2/4/14-3/25/14	Tue 7:30 pm - 8:30 pm	\$99
Material Fee (in class) \$20			

Hawaiian Stay-cation: Ukulele

Ready for your Hawaiian Stay-cation? Start off your Spring/Summer with Ukulele, Hawaii's traditional instrument. Class introduces you to playing simple melodies on the Ukulele. Learn to read easy ukulele tablature and be able to sing-along (if you would like). Songs such as Let it Be (Beatles), and Can You Feel The Love Tonight (Lion King) can be learned using this easy technique. 8 lessons. Come get your Hawaii fix, right here in Livermore. *Brown*

MU442	2/5/14-3/26/14	Wed 7:30 pm - 8:30 pm	\$99
Material Fee (in class) \$20			
MU442	4/2/14-5/21/14	Wed 7:30 pm - 8:30 pm	\$99
Material Fee (in class) \$20			

Instant Piano for Hopelessly Busy People

Music teachers may not want you to know this, but adults can learn HOW to play the piano like pop piano players after just a few hours of instruction. You can learn enough in this one-day workshop to unlock your hidden musical talent, even if you're a beginner and do not know how to read music. You'll learn how to make all the chords you'll need to play any song in this one session. You'll then perfect your skill at home using a resource book and CD purchased from the instructor. It's easy, fun, and musically correct! Total beginners, please take the Music Reading class offered on the same day first. Ages 16-adult. *Carol Faust, M.A., has taught piano and other instruments for more than 40 years.*

AL114 3/30/14 Sun 1:30 pm - 5:00 pm \$50
Material Fee (in class) \$25

Music Reading for Total Beginners

Have you always wanted to play a musical instrument but never had the chance to take lessons--or have you tried and not succeeded? In this program, designed for the complete beginner with no musical background (or for those wanting to brush up on their music reading from childhood), you'll learn quickly the basic music reading skills. This is an ideal introduction to the music theory you need to play any instrument or sing alone or in a choir, and you'll also learn the fundamentals of the piano keyboard. Class size limited to 20. Ages 16-adult. *Faust*

AL407 3/30/14 Sun 9:30 am - 1:00 pm \$50
Material Fee (in class) \$15

Piano for Beginners (Ages 8 to 12)

This course offers easy step-by-step piano instruction for beginners. The students will be able to play satisfying and entertaining pieces from the very first lesson! These lessons will be taught in a fun and supportive environment while learning the fundamentals of music notation, music theory, and rhythm. Classes held at Galina's Music Studio. *Corkery*

PB156 2/20/2014-3/13/14 Thu 4:45 pm - 5:30 pm \$89
Material Fee (in class) \$18



Piano For Kids!

Introduce your children to the piano in this pilot program for LPC piano teachers-in-training! Under the guidance of a master teacher, those learning to teach piano will help your children gain beginning piano skills. End the course with a recital. Registration is on a first come, first-served basis. Ages 6 to 8. **NO WALK-INS!** *Diana Cefalo is a piano pedagogy teacher at Las Positas College.*

AL416 3/10/14-3/31/14 Mon 12:30 pm - 1:30 pm \$39
Material Fee (in class) \$20

Piano for the Adult Beginner

If you always wanted to learn how to play the piano, now is your chance! This easy step-by-step class will guide you through the fundamentals of piano playing which includes rhythm, music notation, and music theory. Beginning adult students will find this course challenging enough to be interesting, yet easy enough to experience a sense of accomplishment and satisfaction. *Music has been Galina's lifelong passion. She began her studies of classical piano, voice and choir at the age of five in Russia's highly competitive Vladivostok School of Music. Classes held at Galina's Music Studio.*

PA126 2/19/14-3/12/14 Wed 6:15 pm - 7:00 pm \$89
Material Fee (in class) \$18

PHOTOGRAPHY

Essential Photoshop

This class is for you if you are a beginner who have dabbled with a few tools but want to get to the next level. Or you may have no idea how to use the program. Learn a simplified, step-by-step method that will allow you quickly and easily to upload, open and manipulate your images using the fundamental and advanced tools as well as the power of layers. You will work on your assignment on Apple computers in the classroom and on your own PC at home. Have a memory card available to save your work as well as to bring in your assignments to class. Assignment(s) will be given as reinforcement to the class lecture/computer time with a detailed tutorial on each project so you will not be lost after leaving the class. You will see a vast improvement in your images with the knowledge learned in this class. *Jack has taught numerous photography classes at LPC since 2004. He has worked as a professional photographer as well as been teaching since 1975.*

AL628 2/21/14-3/14/14 Fri 6:00 pm - 9:00 pm \$89

Composition is the Key to Great Images

Detailed class will give you the knowledge to immediately improve your picture taking skills in a shortest amount of time. Learn The Rule of Thirds, Near/Far relationships, Large/small, composition, use of shape and form, and light and shadow. Learn how to crop your images as you are shooting as well as in your postproduction work. Use of this knowledge will transform the way you shoot. More than anything else the knowledge learned will improve your creativity, style and put that WOW factor into your pictures. Students have indicated that these two areas of knowledge have advanced the professional look of their images more than anything else they have studied. Please bring on a flash drive, 10 to 15 of your images to the 1st class for review. This class is suggested as a pre-requisite for Hills and Windmills of Livermore, Moss Landing and San Francisco Night photography trips. *Ligon*

PH973 3/21/14-3/28/14 Fri 7:00 pm - 9:00 pm \$59

Photo 101

Course is hands on with lecture, weekly homework, and two field trips. Basic course on three major areas of photography: the camera, portraiture, and scenic. Specific to the beginner, class will take the mystery out of names, terms and concepts like camera shutter speed, aperture opening, ISO speed and exposure. For digital cameras, learn how the internal computer works, and how and why to use it. Learn to control the camera, rather than have it control you. Any kind of digital camera will work for this class. *Ligon*

AL657 4/3/14-5/8/14 Thu 7:00 pm - 9:00 pm \$189

Portraiture Photography

Learn the methods of professional portrait photographers and never go to a studio for your portrait needs again. Included: secrets of studio and natural lighting, posing, clothing as well as many tricks of the trade." Your pictures will look as good as studio images. Learn how to use common materials to make special effects including soft focus, blurred outer edges, and inexpensive props to make your images unique. Equipment needed: adjustable camera with new batteries, and a small telephoto lens. This is a "hands-on" course, with studio and outdoor sessions. Class is limited to 10 students. Ages 14-adult. *Ligon*

AL267 4/12/14 Sat 10:00 am - 4:00 pm \$89

Photography Field Trips

Travel with Jack Ligon to photograph our inspiring Bay Area surroundings. Go from Coast to Hills creating unforgettable images worthy of your wall space at home. Dress comfortably, bring your digital or point and shoot camera, charged batteries, a clean memory card and a tripod if you have one, and be prepared for small classes with big attention to you and improving your photography skills! Classes are for ages 18 and up. More detailed descriptions of these trips are available on the website. Discover these locations:

Moss Landing

Of the 3 photo field trips I conduct during the year, Moss Landing has the greatest diversity of images to capture. The day's shooting will end with a sunset over the water as well as dinner and discussion at Phil's.

AL711 4/4/14-4/11/14 Fri 7 - 9 pm; Sat 12 pm - 8 pm \$99

Hills and Windmills of Livermore

Capture the sunset! Learn special and secret areas for creating spectacular images of the Livermore area.

AL555 5/3/14-5/9/14 Sat 3 - 7 pm; Fri 7 - 9 pm \$79

Golden Gate Bridge

Shoot the bridge from each end and even from Treasure Island and the Presidio. Get great shots of Fort Baker too. Bonus! Great San Francisco skyline shots!

AL511 6/7/14 Sat 2:00 pm - 8:00 pm \$69

The Exciting World of Night Photography

There is an entire different and dynamic world out there for photographers...NIGHT TIME. Learn how to take control of it and extend your shooting time from 12 to 24 hours a day. Never feel limited again at night because you do not know how easy it is to set up your camera. The night will come alive for you with scenes that glow, dance, streak, blaze and explode out of the darkness. You will be able to take the night and turn it into day! Learn how to shoot holiday lights, cityscapes, fireworks, fairs, scenics and so much more. A SLR or adjustable point and shoot camera and tripod required. Bring your camera, camera's manual and tripod to the class to learn how to set up your camera to capture the night. *Ligon*

NP101 5/16/14-5/17/14 Fri 7 - 9 pm; Sat 7 - 10 pm \$59

Become A Vacation Photography Expert!

Capture your summer vacation images in interesting and creative ways. Going to Europe, Asia, a visit to your parents in NJ or a fun time camping? Learn the secrets of how you can capture those sights, memories and moments like you were living them again. Get the images that don't have your friends running the other way when you ask them if they would like to see your summer vacation pictures. Learn how to compose scenics, night shots (fireworks) people playing and a way to shoot a progressive grouping of pictures that can be used in a slide show or in an album that rivals Nat Geo with just your point and shoot digital camera! Students should bring flash cards or a blank CD if they want a copy of the detailed PowerPoint presentation for reference. *Ligon*

PH980 5/29/14-6/5/14 Thu 7:00 pm - 9:00 pm \$69

SF at Night Photo Series

The sparkling shine of the city lights and the majestic architecture Treasure Island and the New Bay Bridge make for exciting night photography. So, you've photographed San Francisco during the day. But have you seen and photographed this iconic city at night? If you want to discover the darker side of the most beautiful city in CA, join Jack Ligon and fellow adventuress photographers for a unique experience! Dress in layers and bring water and a snack. You need a tripod, small flashlight and a remote shutter release for your camera. Jack suggests that you have taken Mastering Your SLR Digital Camera or Night Photography class prior to enrolling. Expanded descriptions available at website. Photography show and tell 2-hour class on June 26. *Ligon*

The Bridges—Treasure Island

SFN101 5/31/14 Sat 8:00 pm - 1:00 am \$69

The Bridges North and South, And Marin Headlands

SFN101 6/14/14 Sat 8:00 pm - 1:00 am \$69

Ghirardelli Square, Palace of Fine Arts, Twin Peaks

SFN101 6/21/14 Sat 7:00 pm - 12:00 am \$69

REAL ESTATE

Budgeting, Borrowing, Buying, & Beyond

The four B's are essential tools for any homeowner or future homebuyer. Budgeting, Borrowing, Buying, & Beyond introduces you to the process that will ensure your successful transition from considering a home purchase to achieving the goal of home ownership. This course will help you learn simple, practical lessons to assure stable homeownership and stable communities for you and your children. You are the borrower of the future. Buy within your means and experience how empowering it can be when you understand and controlling your finances can be. The tuition fee is per household. Housing Opportunity Center. *Dr. Judy Castro has been a real estate agent for over 8 years. She is an adjunct professor at University of San Francisco. Ms. Randi DeHollander has been a Mortgage Originator for 20 years, specializing in First Time Homebuyers and layering state and local down payment assistance programs with the primary mortgage.*

RE297 2/1/14 Sat 8:30 am - 4:30 pm \$60

OR

RE297 3/15/14 Sat 8:30 am - 4:30 pm \$60

OR

RE297 5/17/14 Sat 8:30 am - 4:30 pm \$60

ACTIVITY

Beginning Fly Casting

Have you ever wanted to learn how to fly fish? Now is the perfect time. In this introductory class you will learn how to set up your fly rod and reel, roll cast, pick-up and lay down cast, false casting, and selection of equipment. Equipment can be provided by the instructor (\$10 fee, and call to reserve equipment 925-424-1467) or bring your own 5 or 6 weight rod. *Lois Kilburn, of FlyFishing4Fun, is certified by the Federation of Fly Fishers, has taught for 15 years, and is a national champion tournament caster.*

H101 4/26/14 Sat 8:00 am - 12:00 pm \$59

Material Fee (in class) \$5

NEW!

Introduction to Fly Tying

Never tied a fly before? This is your class! Instruction will cover proper use of tools, and discussion of tying materials and techniques used in constructing a variety of basic patterns. You will tie several different fly patterns during this 2-day class. Then, it's off to practice, practice, practice to make the perfect fly to attract that fish! All students must bring to the first class: An introductory fly tying kit or all of the tools and materials necessary to tie a Woolly Bugger, a Royal Trude and a Brassie. For a list of those materials without purchasing the kit, and if you already have a vice, contact the office. Note: materials for this class need to be purchased before the first class. No late registrations will be taken. Materials for this class will cost \$100 or more, and can be purchased online, but please allow for shipping time. *Lois Kilburn has over 30 years of experience tying flies, first as a recreational tyer, creating flies for family and friends, then as a demonstrator for Gudebrode Thread Company. FlyFishing4Fun.com*

FT101 3/22/14-3/29/14 Sat 9:00 am - 12:00 pm \$69
Material Fee (in class) \$100 or more

NEW!

Beginning Ice Hockey

This class is suitable for those who have some ice skating experience. You should be able to skate forward comfortably and backward a little. We will begin with the basics of skating and stick handling skills, and progress to team play concepts. You will be required to have a helmet with face-mask and a hockey stick by the beginning of the 3rd week. We do use firm sponge pucks for the class rather than the regulation hard rubber ones to reduce chances for injuries. Students must provide their own skates or pay a rental fee at Tri-Valley Ice to rent their skates for each class. Class takes place at Tri-Valley Ice.

IH411 1/27/14-3/17/14 Mon 3:00 pm - 4:00 pm \$149
CONTINUED
IH411 3/25/14-5/13/14 Tue 3:00 pm - 4:00 pm \$149

NEW!

Beginning Ice Skating

Get introduced to ice skating! Class is suitable both for absolute beginners and for those who have some skating experience. You will start with first steps onto the ice and learn to fall down and stand up safely. Then, you will work on forward skating, and progress to backward skating, crossovers, turns, and edges. Work to develop basic skills, and students who already have some skating skills will work to polish these further. In addition to learning basic skating skills, we will briefly cover some of the concepts of different ice sports, such as singles and pair skating, ice dance, synchronized skating, figures, ice hockey, and speed skating. Students must provide their own skates or pay a rental fee at Tri-Valley Ice to rent their skates for each class. Come join other Community Education students to learn to skate at the Tri-Valley's newest premier skating facility. Class takes place at Tri-Valley Ice.

IS426 1/27/14-3/17/14 Mon 2:00 pm - 3:00 pm \$129
CONTINUED
IS426 3/24/14-5/12/14 Mon 3:00 pm - 4:00 pm \$129

NEW!

Intermediate Ice Skating

Class is suitable for those who have some ice skating experience. Students should have completed Beginning Ice Skating or the equivalent, and should be able to skate forward comfortably, backward a little, and have an introductory understanding of crossovers. You will work to refine these skills and work on figure skating moves in the field" such as 3-turns and Mohawks, as well as introductory jumps and spins. Students must provide their own skates or pay a rental fee at Tri-Valley Ice to rent their skates for each class. Class takes place at Tri-Valley Ice.

IS426 3/24/14-5/12/14 M, W 3:00 pm - 4:00 pm \$259

Chow-Hoon Goshin Jitsu

Chow-Hoon Goshin-Jitsu is an eclectic martial art system comprising Danzan Ryu Jujitsu, Decuerdas Eskrima, Kosho Ryu Kenpo, and Lua O Kaihewalu. Student will learn aspects of all styles mentioned, though classes will primarily focus on Jujitsu, Kenpo, and Lua. Classes will comprise of learning to throw people, receive throws safely, apply and escape locks, manipulate joints, control an opponent's balance, strike quickly and effectively, activate nerves, and take advantage of vital points. Age 17 and older. *Kutil*

H216 1/28/14-5/8/14 T, Th 7:30 pm - 9:00 pm \$100

NEW!

Complete Meditation

There is a greater awareness among corporate leaders, politicians and celebrities about how meditation is an integral part of their life and success. In spite of the media attention and awareness, the what, why and how of meditation is often unclear. This interactive course helps you understand what meditation is NOT and what true meditation IS. You will learn meditation techniques that take you beyond the body, mind and thoughts to your true natural state. In this state, you go from simply doing meditation, to simply BEING meditation. *Bubna*

H107 5/17/14 Sat 9:00 am - 12:00 pm \$29

Cuban Salsa for Beginners

¡Salsa cubana! Come learn the secrets of salsa cubana and dance like a star! This is a beginning course designed to teach students the important basics of salsa. ¡Echale salsa! You do not have to have a partner to join the class. Instructor also provides information on where you can go to practice your new dance passion! Your Friday nights will never be the same! *Luis Valverde, a native of Cuba, has been studying dance and music since the age of four. He has taught dance and choreography in both Cuba and the United States since 1980.*

H722 2/21/14-3/21/14 Fri 6:00 pm - 7:00 pm \$59

Cuban Salsa Intermediate

Have you take Salsa with Luis or somewhere else before? Then this class is for you! Continue improving your Salsa skills with Luis! *Valverde*

H623 2/21/14-3/21/14 Fri 7:00 pm - 8:00 pm \$59



Fencing Classes
 Page 3

DeCuerdas Eskrima

DeCuerdas Eskrima is a Filipino martial art system comprising 19 separate styles as taught by the late Professor Gilbert Tenio. Students will learn aspects of many of the styles, though classes will primarily focus on DeCuerdas and Serrada Eskrima. Classes will comprise of learning to use and defend against multiple types of weapons, apply and escape locks, manipulate joints, control an opponent's balance, strike quickly and effectively, activate nerves, and take advantage of vital points. Age 17 and older. *Sensei Kutil is a tenured mathematics professor at LPC, and the advisor/instructor for the college's Chow-Hoon Goshin-Jitsu Club.*

H216 1/27/14-5/7/14 M, W 7:30 pm - 9:00 pm \$100



Finding Your Passion and Purpose

A lot of us find ourselves in transition. We want to do something more significant, and more meaningful. Our exact purpose and plan remains unclear. Maybe we have fears associated with it, yet we feel this strong inner calling to change course. This interactive class will help you go beyond the conflicts within yourself, and ask the right questions and let your inner wisdom begin to guide you to discover your passion and purpose. You will go home with simple, yet powerful spiritual tools to continue your journey of passion and purpose. *Bubna*

PP724 3/1/14-3/1/14 Sat 2:00 pm - 6:00 pm \$29



Thought Yoga

A lot of us find ourselves in transition. We want to do something more significant, and more meaningful. Our exact purpose and plan remains unclear. Maybe we have fears associated with it, yet we feel this strong inner calling to change course. This interactive class will help you go beyond the conflicts within yourself, and ask the right questions and let your inner wisdom begin to guide you to discover your passion and purpose. You will go home with simple, yet powerful spiritual tools to continue your journey of passion and purpose. *Bubna*

TY964 5/17/14 Sat 1:00 pm - 5:00 pm \$29

For Your Health: Online Personal Health and Wellness Coaching

Six week online course wherein students design, carry out and evaluate a plan for changing a personal health behavior of their choice. Want to reduce stress? Manage your weight? Stop smoking? Learn to relax? Improve your sleep? Improve your nutrition? Make exercise a regular part of your life? Pick a goal. Take this class. Get it done! Your personal Health and Wellness coach is Eric Golanty, Ph.D., emeritus professor of Health, Wellness and Physical Education at Las Positas College and author of the college texts "Health and Wellness", and "For Your Health." All course materials are on the course web site. No in-person classes, exams, essays or grades. All communication with Dr. Golanty is via personal email and is strictly confidential. Course may be repeated to accomplish more than one goal. More information and example course materials are at the website: <http://ergo84.com/lpc>.

OEH236 1/1/14 Online \$69

Rhythm Meditation for Health

Rhythm meditation is a process that promotes wellness through music and rhythmic movement. Rhythm meditation journeys provide an informal and enjoyable way to learn the basic concepts of finding rhythm in the body. **EXPLORE:** develop a profound sense of rhythm and self-awareness. **RELAX:** experience immediate and lasting stress relief. **RENEW:** restore balance to your active life through relaxation. Learn how to let go of what does not serve you, and how to enhance what does: your sense, awareness and inner silence. No experience is necessary. Dress comfortably. *Drawing from 42 years as a professional educator and recent completion of 3 year training in basic rhythm meditation, Nancy invites you to be curious as you discover a means to reduce stress and have some fun.*

ME204 4/9/14-5/28/14 Wed 6:30 pm - 7:45 pm \$69

Ultimate Frisbee

This course offers an introduction to the skills of Ultimate and other flying disc sports. The course is designed for all levels of play, ages 16 and up, from beginner to advanced players are welcome and encouraged to enroll! Emphasis is on offensive and defensive tactics, rules, throwing, catching, and diving skills and the spirit of the game. *Matt West has been teaching, coaching and playing Ultimate for 13 years! He has coached many players who range from having gone on to play professional Ultimate in the MLU to others who have won National Championships.*

UF101 1/29/14-5/21/14 Wed 7:00 pm - 9:00 pm \$69

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- A. There are three ways to register:
1. **Online** with a credit card at:
www.laspositascollege.edu/communityed
 2. **By phone at 925.424.1467** with a credit card
 3. **By mail** with a credit card or check payment and the registration form in this brochure

Non-Campus locations will be listed or marked "online".



Scan this code to go to our registration website.

- B. **Register early** to insure your place in a class. Walk-ins are welcome unless otherwise noted; however, please note that **if you plan to walk-in the day of class, please pay by check or cash only! Credit cards are not accepted at the classroom.** Please call us before you come to the college to attend class to make sure the class is being taught **and to receive the room number: 925-424-1467.** Or, check the website. **Registrants receive room numbers on their email confirmations.**
- C. **Registration confirmations are sent via email only.** Please provide an email address when registering if you want a confirmation of enrollment.
- D. **Refund Policy:** Refunds are not given for Community Education courses except when a class is cancelled. In the event of a class cancellation, full refunds will be given.
- E. **Parking** on campus is by permit only. Daily parking permits are available for \$2 from machines in each parking lot.
- F. **All classes meet at Las Positas College campus** unless otherwise noted!



CUT ALONG DOTTED LINE

Please mail to: Community Education, Las Positas College, 3000 Campus Hill Drive, Livermore, CA 94551

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TODAY'S DATE _____

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(EVENING) _____

Course #	Course Title	Date	Time	Fee

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CHECK PLEASE WRITE CHECK # _____

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SIGNATURE _____

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I hereby release, discharge and absolve and agree to indemnify Chabot/Las Positas Community College District and its employees from any and all liability for injuries and illness that may occur while participating in the program. I hereby give my consent for college personnel to authorize any and all emergency medical and dental treatment. Unless otherwise indicated, I consent to the college's use of any photographs or video that are taken of me or my child while participating in this program for use in publicity materials.

STUDENT SIGNATURE _____

PARENT/GUARDIAN SIGNATURE IF AGE 18 AND UNDER _____

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Have you had a class from Jack Ligon with Community Education? Did you know that Jack was an active duty Navy Photographer on a carrier during Vietnam? Later, he had his own studio in Eugene, Oregon. He has been living here in Pleasanton since 2002, and is a cancer survivor. Jack's broad knowledge and creativity are invaluable to the Community Education program at Las Positas College. Take a class with Jack today! (p.11)

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