



community education

# SPRING 2016 CATALOG

- ♦ HANDS-ON LEARNING
- ♦ SPECIAL INTEREST
- ♦ TRAVEL & LEISURE

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[www.yc.edu/commed](http://www.yc.edu/commed)  
to register TODAY!

*Yavapai*  
COLLEGE  
life explored

## WELCOME TO THE NEW YEAR!



We think you will find some wonderful classes to get your year off to a great start! If your resolution is to learn something new in a fun and relaxed setting, Community Education has exciting new classes as well as proven ones to get you started. With so many classes and EDventure travels to choose from, we hope you will browse the schedule and pick some that are right for you!

Please Note: the Community Education office has temporarily moved to Building 1, Room 200 for the spring semester while Building 31 is being renovated. We hope to move back to our new and improved building by summer!

### Community Education

Start out the year by learning a creative new craft with your child! Amazing Fiber Arts is for both the young at heart and for kids. Design your own costume jewelry, play the piano, or become a billiards sharp shooter!

Improve your kitchen skills and discover new recipes. Impress your family and friends by making candy for them! Get your garden ready for spring planting, learn birding skills and understand birds of prey. Explore other cultures, languages, and trace your roots.

Educators – earn professional growth hours and enhance your skills by learning hands-on inquiry-based STEM techniques for the classroom.

Learn new computer skills and how to use your new digital camera or e-device. Use your creativity to write and publish your story.

The Health and Wellness course offerings will introduce you to exercises for your body as well as your mind. Get moving with new fitness and dance classes. Explore your spirituality. Learn about energy and other alternative medicines, and how to use herbal and homeopathic remedies. Gain insight into your thought and dreams.

Getting ready to retire or looking for ways to make better use of your leisure hours? There are many finance and retirement classes to help you be successful.

### EDventures

EDventures has new day trips this spring including more hikes, travel to prehistoric ruins, archaeology discovery and the Verde Canyon Railway. Enjoy a relaxing steamboat cruise on Canyon Lake. Come with us on a 1-day raft trip of the Colorado River in May.

Spring is a glorious time to be hiking, and our EDventures hikes are geared for a variety of experience levels. Hike backcountry trails and visit prehistoric ruins on the Perry Mesa Archeology and Hiking trip. Come with us to hike Diamond Creek and the Tonto Bench in western Grand Canyon. Local history comes alive as you travel the back roads to the Hassayampa River, Congress and Stanton. Experience it first hand while traveling throughout Yavapai County and hear the stories of the places you visit. See the full list beginning on page 22.

**EDventures International.** EDventures at Yavapai College presents A Tapestry Tour of Italy! Explore the arts, music and rich cultural heritage of Italy on this Music and Art Tapestry Tour. The Dean of Arts & Humanities Craig Ralston will lead an unforgettable travel/learn opportunity as we explore Venice, Verona, the Cinque Terre region, Pisa, Florence, Rome, Assisi, Amalfi coast, Isle of Capri and Pompeii. Space is limited, and the trip is filling. To find out more, join us for an informational session on Saturday, February 6.

### Looking forward to next summer's College for Kids

The wonderful College for Kids program will be back this summer! Classes will be posted online March 15. If you are interested in teaching, please contact us before January 15.

Do you want to teach a class for Community Education? If you have a passion or area of expertise and would like to teach a new class, contact us at CommEd@yc.edu.

Nancy Ostapuk, *Coordinator*

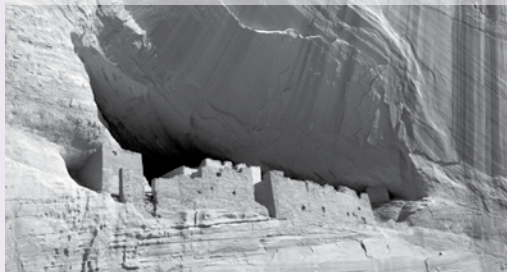
# WHERE LIFELONG LEARNING FLOURISHES!

## SPRING 2016

### TABLE OF CONTENTS

Fees & Cancellations .....	2
EDventures Activity Rating Chart.....	2
<hr/>	
Animals .....	3
Arts & Crafts .....	3-5
Computers & Technology .....	5-6
Dance.....	7
EDventures .....	22-24
Finance & Retirement.....	7-8
Food & Beverages .....	8-9
Gardening .....	9
Genealogy.....	9-10
Health & Wellness .....	10-13
History & Cultures.....	14
Languages.....	14-16
Life Skills.....	16
Music .....	16
Philosophy & Spirituality .....	17-18
Photography .....	18-19
Recreation .....	19
Science & Nature .....	19-20
Special Needs.....	16
Writing & Publishing .....	20

**EDVENTURES**  
Educational trips throughout  
the Southwest and beyond!  
Pages 22-24.



### WWW.YC.EDU/COMMED

Your next adventure in learning is just a click away!

- Browse and pay for classes and trips online
- View instructor biographies
- Find out about special offers and events

Visit [www.yc.edu/CommEd](http://www.yc.edu/CommEd) and click the link to browse and register courses or download registration instructions.

### OTHER WAYS TO REGISTER:

- Register by phone **(928) 717.7755**  
Monday through Friday 8:30 am - 4:00 pm
- Walk-in registration at Building 1, Room 200 on the Prescott campus. See map on back page.
- Fax your completed registration form to (928) 717.7880

### AGE REQUIREMENTS:

Community Education classes are open to the public, ages 14 and up. Students under 18 attending a class must have a completed permission slip signed by parent or legal guardian. Call (928) 717.7755 to request form. EDventures trips are open to the public. Students 16 and under (day trips) or 18 and under (overnight trips) must be accompanied by a parent or guardian. Students 16-17 may attend day trips unaccompanied with a permission slip signed by parent or guardian.

### FEES

Tuition fees are due and payable at time of registration. Fees vary in accordance with class length and other factors. Tax dollars are not used to support Community Education programs. They are sustained by student revenues, so classes must meet minimum enrollment. No fee waivers available for staff or faculty of Yavapai College. In the event of any administrative cancellation, you will receive a full refund of your tuition.

### PLEASE HELP PREVENT CANCELLED CLASSES

**Enroll early.** Classes will be cancelled one week prior to start date if enrollment is too low.

**IT IS NOW EASIER THAN EVER TO REGISTER FOR CLASSES AND TRIPS!**





## COURSE PHYSICAL ACTIVITY LEVEL RATING CHART\*

### Activity Rating Level 1

Participants must be able to carry luggage, packs, and/or equipment; climb stairs; sit or stand for up to 1 hour; get in and out of vehicles easily; and walk a few blocks indoors or out.

### Activity Rating Level 2

Participants must be able to carry luggage, packs, and/or equipment; participate in physical activity for 1-2 hours; climb stairs; sit or stand for over 1 hour; and walk on uneven and/or varied terrain from three blocks up to one mile at a 2.0 mph pace over the course of the day (may include slight elevation changes).

### Activity Rating Level 3

Participants must be able to carry luggage, packs, and/or equipment; sit or stand for over 2 hours; be in good health, mobile, able to participate in 3-5 hours of physical activity per day; and walk on uneven and/or varied terrain up to five miles at a 2.5-mph pace over the course of the day and/or for multiple consecutive days (may include moderate elevation changes).

### Activity Rating Level 4

Participants must be able to carry luggage, packs and/or equipment; sit or stand for over 2 hours; be in excellent health, extremely mobile, and used to an active lifestyle. Program activities may require up to 6 hours of strenuous, moderate- to fast-paced activity per day, equivalent to hiking 6 to 10 miles at a 3-mph pace over uneven and/or varied terrain (may include moderate to intense elevation changes). A conditioning regimen is recommended, beginning at least 2-3 months prior to departure that includes hiking (preferably), walking or some other form of cardiovascular exercise (swimming, cycling) in order to prepare for the activity in this adventure.

\*Trip activities may vary. Not all trips will include all aspects of the assigned activity rating. For more information on individual trip activity levels or to request special accommodations, please e-mail [Edventures@yc.edu](mailto:Edventures@yc.edu) or call 717-7755.

## REFUND/CANCELLATION POLICIES

### Community Education

- More than 14 days before course start = Full refund of tuition
- 8-13 days before course start = 50% refund
- 7 days or less = No refund
- No refunds will be given after course start date

### EDventures

#### Day Trip Cancellation

- 21 days or more prior to departure = Full refund
- 8-20 days = 75% refund of tuition
- 7 days or less = No refund

### Multi-Day Trip (Regional)

- 30 days or more = Full refund of deposit
- 21-29 days = Refund of 50% of tuition
- 15-20 days = Refund of 25% of tuition
- 14 days or less = No refund

### EDventures International

International trip refund policies vary and will be provided upon registration or by request. Airfare is always non-refundable.

\*All refunds of credit card payments will be issued to the same credit card as the original payment. Expired or closed credit cards, check and cash payments will be refunded by check. Please allow up to 30 days for processing of all refunds.

\*\*Registration in any Yavapai College Community Education class or EDventures trip indicates understanding of this policy and agreement by the registrant to adhere to this policy and all other Yavapai College policies.

### EDventure Discounts

#### 10% off – Bookings of 3 or more (same day)

Community Education courses are not eligible for discounts. Discounts apply to EDventure base fares only; single supplements, airfare and any other additional fees not included. Discounts cannot be combined and may not apply to all trips. Available discounts for international trips will be disclosed on an individual trip basis.

**CALL TODAY FOR A QUOTE ON A  
CUSTOM EDVENTURE EXPERIENCE  
FOR YOUR GROUP OR ORGANIZATION  
(928) 717-7755**

**REGISTRATION HAS NEVER  
BEEN EASIER!  
LOG ON TO  
[WWW.YC.EDU/COMMED](http://WWW.YC.EDU/COMMED)  
TO GET STARTED!**



# COMMUNITY EDUCATION COURSES

## SPRING 2016

### ANIMALS

#### Holistic First Aid for Pets

**WS16-101** • Tue, 2/9 & 2/16/16 • 6 - 8 pm

Prescott • Bldg 4, Room 116

If you are a pet owner and/or pet lover, this is a very important class. Learn about first aid for many conditions, and which are manageable at home and which are emergencies. This is a hands-on class and includes information for both traditional and holistic approaches to unexpected situations and conditions. Learn to recognize early warning signs and symptoms as well as preparedness strategies to keep your pet safe.

**Caroline O'Sullivan, DVM, MS • \$55**

#### Holistic Veterinary Care for Cats

**WS16-102** • Tue, 3/15 to 4/5/16 • 6 - 8 pm

Prescott • Bldg 4, Room 116

Sometimes we forget that cats are not just small dogs. Cats have very specific needs when it comes to diet and environment. They also communicate with us in very unusual ways and sometimes don't tell us when they need something or if they are not feeling well. Medicine for cats can be challenging, and the holistic approach can be very helpful in providing a long, healthy and comfortable life for our feline friends.

**Caroline O'Sullivan, DVM, MS • \$75**

#### Animals in Spirit: Making the Connection

**WS16-103** • Wed, 2/17 to 3/2/16 • 6 - 7:30 pm

Prescott • Bldg 2, Room 206

We experience relationships with our animal friends at a level that can be difficult to describe. Their physical presence in our lives carries meaning and purpose that only they alone could bring. We will come together to understand how animals perceive death and dying and how they can support us on our journeys in a different form. Be prepared to open your mind and heart so you can fully connect to your true purpose on earth.

**Donna Lozito • \$60**

### ARTS & CRAFTS

#### Color for Your Life

**WS16-104** • Tue, 1/26 to 3/1/16 • 6 - 8 pm

Prescott • Bldg 2, Room 206

Fully experience adult coloring to become calmer, for gift giving, as a business, to manifest your desires of money, love, fame, fortune or just plain fun! Explore the many types of coloring tools and find one that is right for you. Find color inspiration and investigate color book genres to learn where to find adult color books that fit your artistic, spiritual or manifesting direction. Each class covers a specific discussion topic that revolves around exploration of getting what you want in life. This is 6 weeks of discovery, joy, self-expression, fun and manifesting what you want! *Supply list provided at first class to purchase supplies for \$10-\$20.*

**Lynette Ringor • \$90**

#### Drawing to Paint

**WS16-105** • Fri, 1/29 to 2/26/16 • 9:30 - 12:30 pm

Prescott • Bldg 4, Room 123

A terrific short course for anyone interested in improving his/her ability to sketch creatively and accurately and apply these new skills to watercolor painting. Learn foundational to advanced painting techniques to render composition elements such as: the sky, figures, foliage, rocks and water effects with an opportunity to combine these techniques to produce finished paintings. Helpful reference sheets on the tips and techniques. The instructor is an award-winning editorial cartoonist and successful picture book illustrator. *Art supply list provided for students to purchase recommended materials (estimated cost: \$50-\$65, depending on your personal supplies and the quality of paints and brushes you select).*

**Tom Fox • \$100**

#### Drawing to Paint: Part 2

**WS16-106** • Fri, 3/18 to 4/15/16 • 9:30 - 12:30 pm

Prescott • Bldg 4, Room 123

Emphasizing Southwest Subjects, this workshop builds on techniques learned in Drawing to Paint, and it is appropriate for those who have some experience with watercolor painting. Review basic drawing techniques for rendering; learn to paint composition elements such as cloudy skies, backgrounds, figures, animals and water effects; produce finished paintings. This is terrific for representational painters and anyone interested in improving their ability to sketch creatively and accurately. Helpful reference sheets. *Art supply list provided for students to purchase as needed.*

**Tom Fox • \$100**

#### Chinese Brush Painting

**WS16-107** • Thu, 1/28 to 3/3/16 • 2 - 5 pm

Prescott • Bldg 4, Room 123

Paint with spontaneity, freedom and boldness. Learn this ancient watercolor art form that reflects 5,000-year-old traditions of human civilization, culture, story, poetry and virtues. As you paint, take a journey into another culture that will give you new perspective on your artwork and the symbolism of the creative spirit. Beginning and experienced students are welcome. *\$40 supply fee payable to the instructor at the first class.*

**Diana Middlebrook • \$115**

**CALL 717.7755 OR VISIT  
WWW.YC.EDU/COMMED  
TO REGISTER TODAY!**

### **Leather Working and Tooling: Beginning**

**WS16-108 • Thu, 1/28 to 3/3/16 • 6 - 8 pm**

**Prescott Valley • Double H Leather, 3071 N Robert Rd**

An introduction to leather working – the art of tooling leather to make art or useful leather items that are both attractive and personalized. Learn the terms and history of leather working and how to use the tools. Build tooling skills with guidance as you create a beginner's project. *Supply list provided for students to purchase at estimated cost of \$195.*

**Steve Long • \$90**

### **Leather Working and Tooling: Intermediate**

**WS16-109 • Thu, 3/17 to 4/21/16 • 6 - 8 pm**

**Prescott Valley • Double H Leather, 3071 N Robert Rd**

Advance your leather working skills! Create individual projects such as a belt or wallet as you learn cutting, stitching and more about the art and craft of tooling. *Kit or leather supplies required; cost will depend on project and additional tools required. Lab fee of \$55 payable to the instructor at the first class.*

**Steve Long • \$90**

### **Cartooning Carnival**

**WS16-110 • Fri, 1/29 to 2/19/16 • 1:30 - 4:30 pm**

**Prescott • Bldg 4, Room 121**

Cartoon drawings aren't just funny scribbles. The best cartoon figures and scenes are based on sound drawing techniques and realities of how we perceive images. Employing some "tricks" can make simple cartoons powerful and effective. Each session will introduce new techniques and an interactive art demo. Subjects include: the face and caricature; bodies and simplified anatomy; action poses; animals; and settings. Helpful reference materials are provided for each activity. The instructor is an award-winning editorial cartoonist and successful picture book illustrator. *Art materials supply list provided to students; estimated cost is \$15.*

**Tom Fox • \$90**

### **Amazing Fiber Arts**

**WS16-111 • Sat, 1/30 & 2/6/16 • 9:30 am - 12:30 pm**

**WS16-112 • Sat, 2/20 & 2/27/16 • 9:30 am - 12:30 pm**

**WS16-113 • Sat, 3/19 & 3/26/16 • 9:30 am - 12:30 pm**

**WS16-114 • Sat, 4/9 & 4/16/16 • 9:30 am - 12:30 pm**

**Prescott • Bldg 4, Room 123**

This Flights of Imagination handwork class is for both the young at heart and for kids. Learn how to knot, needle felt or crochet your own cuddly critters. Great for gifts and spending quality time with your favorite child doing creative activities. No experience necessary, just the desire to come and have fun. Open to parents, grandparents, aunts/uncles and kids (Grade 2 and up). *Supplies included. Unaccompanied children under age 14 must have a permission slip signed by a parent or guardian.*

**Jennifer Shinohara • \$65 Children age 12 and under and accompanied by an adult are half-price.**

### **Zentangle® (Meditative Art)**

**WS16-115 • Sat, 2/6 to 2/27/16 • 9 am - noon**

**Prescott • Bldg 1, Room 205**

**WS16-116 • Thu, 3/17 to 4/21/16 • 5:30 - 7:30 pm**

**Prescott • Bldg 1, Room 203**

Have you ever wanted to explore your creative spirit or wish you were "more creative?" Do you ever think that you don't have enough (time, money, space, talent, etc.) to do something creative? The Zentangle® Method is an easy-to-learn, relaxing and fun way to create beautiful images by drawing structured patterns. It increases focus and creativity, provides artistic satisfaction along with an increased sense of personal well-being. The Zentangle Method is enjoyed all over the world across a wide range of skills, interests and ages. *Includes supplies.*

**Wendy Kircher • \$105**

### **Collage Gone Wild**

**WS16-117 • Tue, 2/9 to 3/1/16 • 1 - 4 pm**

**Prescott • 2KatStudios**

You don't need to know how to draw or paint to enjoy creating a layered collage. Use a variety of materials including gesso, paints, stamps, papers and more to build your collage week by week. Topics include color, texture, creativity and knowing when your piece is finished! *\$25 supply fee payable to the instructor at the first class.*

**Kat Kirby • \$105**

### **Stamp Carving**

**WS16-118 • Wed, 3/16/16 • 1 - 4 pm**

**Prescott • 2KatStudios**

Create a one-of-a-kind stamp by learning how to carve your own design into special material. Use carving and cutting tools to transfer your original design (or one copied from a royalty-free website) onto the carving material, and in one short session make a stamp (or two!). *\$10 materials fee payable to the instructor at the start of class.*

**Kat Kirby • \$55**

### **Altered Books**

**WS16-119 • Tue, 3/22/16 • 10 am - 4 pm**

**Prescott • 2KatStudios**

An Altered Book is mixed-media art featuring an old book with new life breathed into it! Cut, tear, glue, paint, collage, stamp, fold and adorn the pages in whatever direction your imagination takes you. Choose from a variety of old books (or bring your own) and begin to create something unique. Perhaps use some of the text, or cover it up with gesso and start fresh. Follow a theme or topic or work randomly and without a plan. Altered books are a great way to begin a new creative journal – "staring at a blank page" is not an issue! Bring images or items (such as charms, beads, photos, lace, etc.) to include in your precious project. Note: this is not a class where you will learn to create "book sculptures." *\$10 materials fee payable to the instructor at the start of class.*

**Kat Kirby • \$75**

## Creating Papers for Collage

**WS16-120** • Tue, 4/5 & 4/19/16 • 9 am - 1 pm

Prescott • 2KatStudios

Collage means many things to many people. Cutting and pasting is one part of it. Take the collage process to a new level and learn to create altered papers using a variety of materials. We will work with Citrasolv (a natural orange cleaner), Gelli plates (for monotyping), transfer techniques and more, and will create many wonderful background papers for collage. Dress for a mess! \$10 supply fee payable to the instructor at the first class.

**Kat Kirby • \$85**



## Jewelry Design

**WS16-121** • Wed, 3/16 to 4/20/16 • 2 - 4 pm

Prescott • Bldg 4, Room 123

Let's create some beautiful jewelry! Learn about the tools, supplies and shortcuts to successful jewelry making. Begin with basic techniques and learn more advanced methods. We will make earrings, bracelets and necklaces from stones, crystals and center pieces of your choice. Make custom jewelry to accommodate your perfect size and color! Open to all levels with individual instruction and assistance. *Materials cost of \$30 payable to instructor at first class.*

**Donna Floyd • \$90**

## COMPUTERS & TECHNOLOGY

### Computers: Microsoft Office 2013 for Windows: An Introduction

**WS16-122** • Tue, 1/26 to 3/1/16 • 3:30 - 5 pm

Prescott • Bldg 19, Room 206

Learn the basics of Microsoft Word, Excel and PowerPoint. Learn to format your documents to look like a pro. Each class will be hands-on with step-by-step handouts. Write a MS Word business letter and format a narrative with pictures and page numbers in the footer. Learn basic Excel formulas with tables and charts. Create a PowerPoint photo album and an animated presentation. *Bring a USB memory stick.* Basic typing skills preferred.

**Robin Loperfido • \$80**

## Tablets: How to Use Effectively

**WS16-123** • Mon, 2/1 to 2/15/16 • 2:30 - 4:30 pm

Prescott • Bldg 4, Room 116

Come to learn how to use your tablet more effectively in this workshop-style class. Android, iOS and Kindle devices will be specifically addressed, and there will be time set aside for individuals using other tablets. Prepared presentation with time available for individual questions and problems. *Bring your tablets.*

**Randy Holt • \$65**

## Computer Fundamentals: Intro to Computers, Level 1

**WS16-124** • Wed, 2/3 to 2/17/16 • 1 - 3:00 pm

Prescott • Bldg 19, Room 206

**WS16-125** • Mon, 4/4 to 4/18/16 • 3:15 - 5:15 pm

Prescott • Bldg 19, Room 208

This class gives new and inexperienced users the basics of computer use. Even if you've been using a computer, come find the "correct" way to do things and why! Explore the basics of getting around on a computer – from turning it on, using a mouse and all the keys on the keyboard, plus keyboard shortcuts, to exploring Operating System features. Understand how to use Menus, Text Selection and Saving Files – all essentials for continued computer use, especially if you want to master the Internet and Email. This is a fun and important basic class.

**Joan Baum • \$65**

## Computer Fundamentals: Intro to Computers, Level 2

**WS16-126** • Wed, 2/24 to 3/16/16 • 1 - 3:00 pm

Prescott • Bldg 19, Room 206

Continuation of Level 1 Computer Fundamentals. Practice the fundamental basic skills while learning more about working on a computer and using Microsoft Word's various features: basic text formatting, Copy & Paste, numbering and adding pictures; using Save and Save As to find and organize files. *Prerequisite: Computer Fundamentals Level 1 skills. Bring a USB memory stick. (No class 3/9.)*

**Joan Baum • \$65**

## Computer Fundamentals: Intro to Computers, Level 3

**WS16-127** • Wed, 3/23 to 4/6/16 • 1 - 3:00 pm

Prescott • Bldg 19, Room 206

Continuation of Level 2 Computer Fundamentals. Practice and expand on previously learned Microsoft Word skills (page numbering, page breaks, margins, Headers & Footers, etc.) while exploring some useful and "fun" Word shortcuts and basic Operating System features such as using Windows Explorer to manage files and working with multiple files. Come increase your skills! *Prerequisite: At least Level 2 Computer Fundamentals skills. Bring a USB memory stick.*

**Joan Baum • \$65**





**Computer Fundamentals: Intro to Excel, Level 1**  
**WS16-128 • Thu, 2/18 to 3/3/16 • 5:30 - 7:30 pm**  
**Prescott • Bldg 19, Room 207**

Excel can help whether you're looking for a job or you need to be more organized. Excel is not just for numbers – it works well for sorting and calculating almost anything. Learn the basics of data entry and be amazed how easy it is to organize lists and keep track of a budget or other information. It does automatic totals and alphabetical or numerical sorting in a click! Excel is used by individuals and both small and large business owners to keep track of information such as names, addresses, phone lists, inventories (do you collect anything?), budgets, invoices, customer/contact lists, tables, pricing costs, etc. If you are job hunting, Excel experience is highly prized. For new or inexperienced users of Excel wanting to learn the basics or brush up on skills. Applicable for all Excel software versions. *Prerequisite: Basic Computer Skills. Bring a USB memory stick.*

**Joan Baum • \$65**

**Computer Fundamentals: Excel Beyond the Basics, Level 2**

**WS16-129 • Thu, 3/17 to 3/31/16 • 5:30 - 7:30 pm**  
**Prescott • Bldg 19, Room 207**

For current users with some experience of Excel who want to extend existing basic skills. Topics include: formulas/functions; sheet features (summary and grouping); expanded cell formatting; sorts and filters. Come away with useful tips and tricks learned from a longtime trainer and user of Excel. (Applicable for all Excel versions.) *Bring a USB memory stick.*

**Joan Baum • \$65**

**Computer Fundamentals: Excel Beyond the Basics, Level 3**

**WS16-130 • Thu, 4/7 to 4/21/16 • 5:30 - 7:30 pm**  
**Prescott • Bldg 19, Room 207**

Have you been using Excel for a while and know there must be an easier way to do things? Come and pick up some tips and tricks to work more efficiently. Learn more about Excel's formulas and other neat features such as Cell Comments, Range Names, Conditional Formatting, Sparklines, Charts, Headers and Footers, etc. *Prerequisite: Strong basic Excel and computer skills. Bring a USB memory stick.*

**Joan Baum • \$65**

**Computer Fundamentals: Operating System (OS) Basics (Windows 10 and Earlier)**

**WS16-131 • Sat, 2/27/16 • 10 am - noon**

**WS16-132 • Sat, 4/23/16 • 10 am - noon**

**Prescott • Bldg 19, Room 206**

Discover what your Windows Operating System (OS) is all about. This is an introduction to how it works and how you can feel more comfortable and efficient using its basic features and shortcuts. Find out about where all those files end up and why!

**Joan Baum • \$45**

**Computer Fundamentals: Internet and Email Basics**

**WS16-135 • Fri, 4/1 to 4/22/16 • 1 - 3 pm**

**Prescott • Bldg 19, Room 208**

Internet and email are bundled together for a good reason. Understanding why and how the Internet works really helps to understand what's going on with your email – even if you are using email for just the basics. The Internet is constantly evolving and there are lots of tricks to using it (and your email) more efficiently and making your time on the computer count! We'll help you sign up for an email account if you don't have one. For those with an account, be sure to bring your email Address and Password to class. *Prerequisite: Basic Computer Skills.*

**Joan Baum • \$70**

**Computer Fundamentals: Organizing Your Files**

**WS16-136 • Sat, 4/9/16 • 10 am - noon**

**Prescott • Bldg 19, Room 206**

Organizing and managing your computer files (File Management) are essential skills for using any computer. Learn to use the File Management area (Windows Explorer) to locate your files easily! Find out how to Create Folders, Rename, Move, Copy and Sort files to save time and frustration. *Prerequisite: Basic Computer Skills.*

**Joan Baum • \$45**

**Computer Fundamentals: WordPress Basics**

**WS16-134 • Wed, 4/13 & 4/20/16 • 3 - 5 pm**

**Prescott • Bldg 19, Room 206**

Are you ready to market your business on the internet? Want to create your own website for fun or for your business? Learn the basics of setting up your own website on a free site. Consider the name for your website (and a password) before you come to class – as we will create a site in the first class. *Prerequisite: Strong basic computer skills. Bring a USB memory stick.*

**Joan Baum • \$55**

**Buy and Sell on eBay**

**WS16-137 • Tue, 3/1/16 • 2 - 5 pm**

**WS16-138 • Sat, 3/19/16 • 10 am - 1 pm**

**Prescott • Bldg 19, Room 208**

eBay is one of the foremost ways used to buy and sell goods and services online. This course will walk you through the steps in setting up an account on eBay as well as techniques for successful buying and selling.

**Keith Sagan • \$55**



## DANCE

### Belly Dance for Beginners – Egyptian Style

**WS16-139** • Sun, 1/24 to 2/28/16 • 11 am - noon

**WS16-140** • Sun, 3/20 to 4/24/16 • 11 am - noon

Prescott • Bldg 2, Room 140

Be a goddess or just learn to dance like one! Egyptian style belly dance is a recognized art form comprising gentle movements, natural to woman's body. You will learn a fun choreography and elementary veil technique while gently stretching, strengthening and toning. Wear comfortable clothing that allows for movement. No experience, hip scarf or veil necessary. For women of all ages, shapes and sizes. Enroll with a friend!

**Candice Coleman • \$65**

### Olde English Dance

**WS16-141** • Fri, 3/18 to 4/1/16 • 1:30 - 3:30 pm

Prescott • Bldg 2, Room 140

Return to the days of Jane Austen and Pride and Prejudice. These are social dances, set to beautiful music, which originated in England as early as the 1500s and were popular for centuries in Europe and the American colonies. George Washington was an avid and skilled English dancer. Beginners and experts alike will enjoy this class. If you can walk and know left from right, you are able to do these dances! Every dance is walked through and called. You also will learn the historic origins of the dances and music. No need for a partner.

**Rita & Chris Wuehrmann • \$45**

## FINANCE & RETIREMENT

*(§) Yavapai College endorses the educational value represented by these courses to the members of the community. Each course is a no-obligation opportunity for attendee(s) to receive information about personal legal and/or financial concerns. The college does not recommend or endorse any of the products or services that may be offered to attendee(s) should the attendee(s) decide to become a client of the instructor or the instructor's firm as a result of attending a course.*

### Social Security and Retirement

**WS16-142** • Thu, 1/28/16 • 6 - 9 pm

Prescott • Bldg 3, Room 215

Learn what you need to know about social security and retirement: how social security is calculated; the taxation of benefits; ways to increase income through the "file and suspend" strategy; and when to take benefits. Understand the risks faced in retirement and create a strategy to mitigate those risks. AARP research says more than 70% of Americans receiving social security depend on it for half of their income. Planning for retirement can be complicated and knowing when to take social security benefits can be one of the most important decisions to make. Find ways to maximize your social security benefits and retirement income.

**Jonathan Zweifel • \$55 single/\$20 for second family member**

### Understanding Investments

**WS16-143** • Wed, 2/3 to 2/17/16 • 3 - 5 pm

Prescott • Bldg 3, Room 206

Designed to help investors become more confident about making financial decisions, the easy-to-grasp format of this class provides a broad knowledge of investments preferred by investors approaching or already in retirement. Learn the ins and outs of stocks, bonds, mutual funds, annuities and more. Topics include: recognizing risk, controlling the tax impact of IRA withdrawals, avoiding common investment mistakes and simple risk reducing strategies that anyone can use. No investments will be offered or promoted.

**Will Hepburn • \$65**



### Keep It Simple: An Introduction to Investing

**WS16-144** • Thu, 2/4 to 2/18/16 • 4 - 6 pm

Prescott • Bldg 3, Room 269

Do you understand the difference between an exchange-traded fund and a mutual fund? How about a municipal bond or how annuities work? Investing doesn't have to be complicated. With so many options, research and analysis available to today's investors, making good decisions can seem overwhelming. Gain a working glossary to understand the world of investing. Learn a basic structure to assist in deductive decisions, and a fundamental framework to discuss the global marketplace. There will be time to learn about some of the pitfalls in financial planning and shared tips and insights on working with attorneys, accountants and advisors.

**John Farmer • \$45**

### Managing an Inheritance: Planning It, Getting It, Keeping It

**WS16-145** • Wed, 2/24/16 • 3 - 5 pm

Prescott • Bldg 3, Room 206

If you plan to be on the receiving end of an inheritance from a parent or other loved one, planning is crucial to preserve your windfall, save on taxes and avoid family squabbles. This short discussion guides you through the heart of complex issues, both emotional and financial, that beneficiaries face during the three phases of inheriting: planning your inheritance, receiving it and making life better because of it. Topics include documents you may need, dealing with disability, the use of trusts, basic estate planning principles and protecting your assets.

**Will Hepburn • \$45**

## **Understanding Annuities and Life Insurance**

**WS16-146** • Thu, 2/25/16 • 4 - 6 pm

**Prescott • Bldg 3, Room 269**

Do you understand how annuities and life insurance work? You're not the only one. The complexity of these instruments can be staggering. Gain a basic understanding of different types of annuities and life insurance, when they should be used, when they should not and some of the pitfalls to avoid.

**John Farmer • \$45**

## **When Can I Retire?**

**WS16-147** • Thu, 2/25/16 • 6 - 9 pm

**Prescott • Bldg 3, Room 215**

Worried about the stock market and low interest rates and wondering if you have enough money to retire? Get information to help make sound financial decisions about what it takes to retire. Examples and ideas to help you plan for and understand the risks are presented. When is the best time to start taking social security? Should you file and suspend or defer your social security benefit until age 70? Learn how to build a distribution plan to take money out over your life expectancy with rising income. Come away with better ways to understand your financial condition and what you need to do in retirement.

**Jonathan Zweifel • \$55 single/\$20 for second family member**

## **Giving with Purpose: Charitable and Planned Giving Techniques Explained**

**WS16-148** • Thu, 3/17/16 • 4 - 6 pm

**Prescott • Bldg 3, Room 269**

Have you thought about charitable giving but don't really understand the different tax and legal strategies? Do you fear losing control of your assets? Want to learn more about the advantages? You can retain complete control of your assets when living, insure that your family will benefit upon your passing and still arrange a gift for a charity or a loved one. Explore the benefits of charitable giving while living and upon passing, discuss family issues and dynamics, learn how to identify appropriate charities and explore a myriad of legal and tax vehicles.

**John Farmer • \$40**

## **Estate Planning 101: Essential Elements of a Complete Estate Plan**

**WS16-149** • Thu, 3/31/16 • 5:15 - 7:45 pm

**Prescott • Bldg 3, Room 206**

It has been said that the "only things certain in life are death and taxes." Still, many individuals fail to properly plan for an orderly administration of affairs in the event of incapacity and death. Learn the common misconceptions of estate planning, the typical documents included in an estate plan (including planning with revocable trusts), what happens when there is no estate plan, what it means to probate an estate, ways to avoid probate, whether or not estates are subject to estate taxes and other matters involving the administration of estates and trusts in Arizona.

**Michael Harsch • \$50**

## **Medicare & Long-Term Care Basics**

**WS16-150** • Wed, 4/13 & 4/20/16 • 9:30 am - noon

**Prescott • Bldg 4, Room 116**

Medicare explained in everyday terms: what it does and does not cover, including prescription plans. Learn the rules governing Medicare supplements and Advantage plans, local availability and costs of long-term care services, income and asset qualifications for ALTCS (Medicaid), and changes in transfer rules. We will go over a comprehensive list of questions to use when comparing LTC plans.

**Marci Golden • \$35**

## **Creating Meaningful Retirement Years**

**WS16-152** • Wed, 3/16 to 4/20/16 • 5:30 - 6:30 pm

**Prescott • Bldg 4, Room 117**

Retirement is a time of transition, and we will discuss the factors that contribute to happy and meaningful retirement years. Explore the non-financial aspects of planning for retirement, such as structuring one's time, changes in relationships, travel, leisure time, clarification of life purpose, and attitudes about aging. This course is suitable for people who have already retired as well as those who will be retiring within the next few years. Using a life coaching model, the instructor will facilitate discussions and provide exercises to help participants become more self-aware, as well as aware of resources available for enhancing satisfaction with one's retirement years.

**Paula Fuhst • \$65**

## **FOOD & BEVERAGES**

### **Kitchen Skills for Everyone!**

**WS16-153** • Tue, 1/26 to 2/23/16 • 5:30 - 8:30 pm

**Prescott • Prescott High School, Room 300**

Join Chef Mary Baronsky on a culinary adventure with an emphasis on getting creative and developing your cooking style! In this hands-on course, learn knife skills and get information about safety, sanitation and professional kitchen lingo. Practice some techniques to save money, increase efficiency and speed, and foster creativity in your home kitchen. Menu includes eggs prepared in different ways, the perfect pancake, original salad dressings, fresh pasta and fresh pasta sauce, how to use a whole chicken and several different ways of cooking it. *Sample what you cook!*

**Mary Baronsky • \$200**

### **Mediterranean Way of Eating**

**WS16-154** • Wed, 1/27 to 3/2/16 • 10 am - noon

**Prescott • Bldg 4, Room 116**

Discover the healthy secrets of eating the Mediterranean way. Explore the foods and nutrients that promote a healthy heart while being introduced to a sustainable eating plan with a proven track record. Learn about the nutritional contribution of each Mediterranean food group. Each session concludes with food tastings from that group. Locally available foods are emphasized. Topics include: food groups, relative portion sizes, nutritional needs of an adult and menu planning. Although not a cooking class, students will participate in food preparation and sampling. *Includes food tastings.*

**Mary Ellen Rivero • \$100**

## **Chocolate! Chocolate!**

**WS16-155** • Fri, 1/29 to 3/4/16 • 2 - 4 pm

**Prescott • Bldg 4, Room 123**

Let's make candy! Candy making is fun, easy to learn and a treat for many occasions. Impress your friends and family! Starting with the basics and evolving into more interesting techniques, learn to mold, dip, roll and form many styles of candies. We will make popular candy bars, a variety of chocolate cremes, various nut clusters and other specialties. Recipes provided, and tastings are sure to please! All levels welcome. *Food supply cost of \$25 payable to instructor at first class.*

**Donna Floyd • \$90**

## **Cooking Easy Thai Food**

**WS16-156** • Mon, 2/8 & 2/15/16 • 10 am - noon

**Prescott • Bldg 4, Room 116**

Learn how to cook some easy Thai dishes that you can make at home and share with family and friends. Most of the ingredients are easy to find in the local stores, and the recipes are not difficult to prepare at home. The most important thing is to know how each dish has its own distinctive taste. Some hands-on preparation and lots of tastings!

**Mai Vogelaar • \$55**

## **How to Be a Better Wine Consumer: Great Whites Part 2**

**WS16-157** • Wed, 1/27 to 2/24/16 • 5:30 - 7 pm

**Prescott • Bldg 15, Room 209**

Taste and examine a wider variety of great white wines. We will look at some of the greatest grapes that produce the greatest wines: from the Loire Valley – Chenin Blanc and Melon de Bourgogne; Muscat and Semillon; Austria's Gruner Veltliner; 3 aromatic whites – Albarino, Torrentes, Godello; and the noble grape of Alsace – Gewurztraminer. As a consumer, discover wines that are best to buy based on personal preferences or pair a great wine to go with great food. Wines tasted in each class. Sample recipes provided for each version of the wines we discuss. **Over 21 only.**

**Harry Haff • \$145**

## **Beer Appreciation**

**WS16-158** • Mon, 3/14 to 4/4/16 • 6:30 - 8 pm

**Prescott • Granite Mountain Brewery**

Don't like that ice-cold can of American beer but you know there's a lot more out there now than there used to be? Perhaps you've found one brew or style that you really like but want to explore further. Jump into the craft brew renaissance; since the 1980s American industrial lager has steadily given ground to fine craft beers. Learn what goes into beer and why, and how to taste/evaluate a fine brew. Each class we'll try six samples of some of the best available ales, lagers and hybrids in the world. Pub snacks provided. **Over 21 only, of course.**

**Caere Dunn • \$105**

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## **GARDENING**

### **Gardening: Edible Gardening in the High Country**

**WS16-200** • Thur, 3/3/16 • 10 am - noon

**Prescott • Bldg 4, Room 118**

Learn how to make sure your fruit trees ALL bear abundantly. You'll learn about grapes, berries and all things vegetable along with plant foods, sprays, bugs and an ever-increasing harvest. Dozens and dozens of fruiting varieties can help you increase the edibles in your landscape.

**Ken Lain • \$50**

### **Gardening: Mountain Gardening for Newcomers**

**WS16-201** • Thur, 4/21/16 • 10 am - noon

**Prescott • Bldg 4, Room 118**

This course is geared for those who want to know more or who are new to gardening in the mountains of Arizona. Learn how to plant in rocky, clay soil with success. Learn to schedule your local garden calendars so your gardening is timed perfectly. Set the irrigation clock for best results. Learn what grows easily and thrives at this altitude. Ask all the questions you want.

**Ken Lain • \$50**

## **GENEALOGY**

### **More of Tracing Your Roots**

**WS16-159** • Fri, 1/29 to 3/4/16 • 2 - 4 pm

**Prescott • Bldg 19, Room 206**

Follow up to Tracing Your Roots I. Learn how to expand your genealogical quest using new areas of research and records not explained in the previous course. New methods of analyzing records are presented. *Bring a loose-leaf notebook and highlighter.*

**Peggy Magee • \$95**

### **Join a Hereditary Society**

**WS16-160** • Fri, 3/18/16 • 1 - 4 pm

**Prescott • Bldg 19, Room 206**

Do you qualify for a Hereditary Society? Probably, you do! There are hundreds of societies such as State Pioneers, Mayflower Descendants, Colonial Dames, Early Settlers and Military Service from the Civil War to Revolutionary War. Learn how you can prove eligibility, more about the availability of lineage charts and how to connect with prior applicants.

**Peggy Magee • \$55**

## Surfing the Net for Your Ancestors

**WS16-161** • Fri, 4/1 to 4/15/16 • 2 - 4 pm

Prescott • Bldg 19, Room 206

Learn about the newest genealogy websites, many of which are free! This 3-week workshop provides hands-on experience using the Internet to research your family tree. A professional genealogist shows you the shortcuts and pitfalls found on the Net.

**Peggy Magee • \$70**

## Finding and Evaluating Genealogical Evidence

**WS16-162** • Fri, 4/22 & 4/29/16 • 2 - 4 pm

Prescott • Bldg 19, Room 206

Get the most out of this hands-on workshop focusing on clues, documents and printed genealogical materials. Learn the techniques of making determinations regarding conflicting evidence. Discover what to do next. Bring your own pedigree chart. *Materials supplied.*

**Peggy Magee • \$60**

## HEALTH & WELLNESS

### Tai Chi for Overall Health

**WS16-163** • Tue, 1/26 to 3/1/16 • 5:30 - 6:30 pm

**WS16-164** • Mon, 3/14 to 4/18/16 • 12:30 - 1:30 pm

Prescott • Bldg 19, Room 225

Through the slow, repetitive movements of Tai Chi, students develop a center of peace and inner harmony. These movements allow the body to create new patterns of health, enabling the practitioner to gain greater flexibility and coordination, increase bone strength and improve memory function. Through slow repetitive movements, students learn to calm the nervous system, quiet the mind and gain vitality. It regulates the central nervous system, releasing physical and emotional trauma and stress. It's fun, easy to learn and suitable for everyone. Learn how to expand awareness, develop patience, gain physical and emotional balance and inner harmony.

**Kyla Diamond • \$65**

### T'ai Chi Chih®: An Introduction

**WS16-165** • Wed, 1/27 to 2/24/16 • 12:30 - 1:30 pm

Prescott • Bldg 19, Room 225

T'ai Chi Chih is a series of gentle movements that circulate and balance the internal life force (Chi). Regular practice brings far-reaching benefits – physically, mentally and emotionally. This is an introduction to the fundamental principles of T'ai Chi Chih and an opportunity to learn the first ten movements and one held posture. *Optional practice DVD (\$32.95) and booklet portraying the movements (\$15.95) are available for purchase from the instructor.*

**Hope Spangler • \$65**

### T'ai Chi Chih®: Part 2

**WS16-166** • Wed, 3/16 to 4/20/16 • 12:30 - 1:30 pm

Prescott • Bldg 19, Room 225

*Prerequisite: Introduction to T'ai Chi Chih.* As a continuation of the introduction course, students will learn the last nine (9) movements of T'ai Chi Chih, as well as review the first ten (10) and all the fundamentals of movement. *(No class 3/30.)*

**Hope Spangler & Dana Diller • \$65**

### Chi-Lel (Zhineng) Qigong: Level 1

**WS16-167** • Sat, 3/19 to 4/9/16 • 1 - 3 pm

Prescott • Bldg 19, Room 225

Qigong is a body/mind practice that harmonizes, rejuvenates and strengthens a person's life-force and vitality. It literally translates as "life energy" (qi) and "daily effort" (gong). Chi-Lel is a medical qigong that can be considered a moving meditation emphasizing the integration of body and mind. Through slow, gentle movements in a relaxed, meditative state, energy channels are unblocked and the outcome is improved health both mentally and physically. Learn basic theory and principals of qigong and experience the benefit of this ancient healing art by practicing Lift Chi Up Pour Chi Down method, La Chi and Six Directions La Chi.

**Deborah Henry • \$75**

### Gentle Yoga for All Levels

**WS16-168** • Thu, 1/28 to 3/3/16 • 9 - 10 am

Prescott • Bldg 19, Room 225

Learn and practice yoga at a slow pace that is easy to follow for all levels. A common reason for pain is weakness and stiffness of muscles around the joints. Simple and gentle yoga stretches help alleviate chronic pain in the neck, shoulders and back. The gentle stretching exercises with proper breathing techniques help strengthen the muscles, improve flexibility and mobility. *Bring yoga mat, water, yoga strap and blocks.*

**Gandhi Selvam • \$65**

### Chair Yoga

**WS16-169** • Thu, 1/28 to 3/3/16 • 10:15 - 11:15 am

Prescott • Bldg 19, Room 225

In this easy-level class, learn simple Yoga and breathing exercises to help stretch and relax the muscles, decrease pain and stiffness, calm the mind and improve memory power. Starting with breathing exercises, gentle stretches and meditation, you will strengthen the muscles and improve range of motion of the joints. A series of classes will help improve flexibility of muscles and joints, reduce pain and increase mobility. Come and have fun! *No mat required. Bring drinking water.*

**Gandhi Selvam • \$65**

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### **LifeForce® Yoga: Level 1**

**WS16-170** • Sat, 2/13 to 3/26/16 • 8:15 - 9:45 am  
Prescott • Bldg 19, Room 225

Choose positive mental health! LifeForce® Yoga is a practice designed specifically to help manage the mood. This course is an introduction to certain yogic techniques and the ways in which they work to help alleviate depression and anxiety. Learn breathing techniques, the use of mantra, visualization, meditation and intention as well as yoga poses. Incorporating such techniques into a complete practice balances body, mind and spirit. No experience is necessary. *Please bring a yoga mat. (No class 3/12.)*

**Colleen McHorney • \$75**

### **Active Isolated Stretching**

**WS16-171** • Mon & Wed, 1/25 to 3/2/16 • 8 - 9 am  
Prescott • Bldg 19, Room 225

Want to help improve your game, stay injury free, increase your overall flexibility and well-being with 2-second stretches? Active Isolated Stretching (AIS) could be the answer. AIS was developed by a kinesiologist who studied movement and how to improve people's lives, whether they are professional athletes, weekend warriors, in rehab or in chronic pain. AIS is an intricate, dynamic form of stretching based on the elemental actions of joints, ligaments and muscles. Come to learn the specific stretches that will help you in your daily activities and make playing your game more enjoyable. Be ready to have some serious fun! Optional book: *Specific Stretching for Everyone* may be purchased from the instructor for \$25. *Bring a mat and/or pillow.*

**Bill Smith • \$90**

### **Active Isolated Stretching: Assisted**

**WS16-172** • Sat, 2/20 & 2/27/16 • 10 am - 1 pm  
Prescott • Bldg 19, Room 225

Would you like to be able to help your partner, friends and family become pain free, more flexible and help them avoid injuries? Learn how to assist in basic Active Isolated Stretching (AIS) exercises. AIS is a series of 2-second stretches that specifically target certain muscles so that range-of-motion can increase, and this course focuses on assisting others to increase range-of motion. Learn to identify which muscles are causing pain and how to address them with a focus on upper body, neck and arms. No previous body work experience necessary. A partner is not necessary, but beneficial. Optional book: *Specific Stretching for Everyone* may be purchased from the instructor for \$25. *Bring a mat and/or pillow.*

**Bill Smith • \$65**

### **Jin Shin Jyutsu® Self Help, Level 1**

**WS16-173** • Wed, 1/27 to 3/2/16 • 5:30 - 7 pm

Prescott • Bldg 3, Room 203

Explore Jin Shin Jyutsu® Physio-Philosophy, an ancient art of harmonizing the life energy in the body. The application of the hands gently balances the flow of life energy in the body. Jin Shin Jyutsu brings balance and harmony to the body, mind and spirit which promotes optimal health and well-being and facilitates the body's healing capacity. Learn and practice self-help routines for your daily life. *Optional self-help books recommended and available for purchase from the instructor for \$37.*

**Maggie Norton • \$70**

### **Jin Shin Jyutsu® Self Help, Level 2**

**WS16-174** • Wed, 3/16 to 4/20/16 • 5:30 - 7 pm

Prescott • Bldg 3, Room 203

Continue the study of Jin Shin Jyutsu® self-help and expand your awareness of the depths, safety energy locks and "individualized" body energy function flows. Learn to locate the safety energy locks with hands-on, "jumper-cable" practice. For those addressing existing stress or health disharmonies, or for those wishing to participate actively in maintaining health, harmony and well-being, this class is designed to deepen your awareness of this healing art. *Prerequisite: Jin Shin Jyutsu Self Help. Optional self-help books recommended and available for purchase from the instructor for \$37.*

**Maggie Norton • \$70**

### **Meditation for Health and Relaxation: Lift Your Life!**

**WS16-175** • Mon, 3/28 to 4/18/16 • 4 - 5 pm

Prescott • Bldg 19, Room 225

Relax, revitalize and heal your mind and body in this series of guided meditations using breath, mantras and various music. Learn and practice different meditation techniques that are supported by research to promote better memory, digestive health, sleep, motivation, happiness and quality of life. Live calm and learn how to incorporate regular, simple meditative techniques into your wellness. Taught by a Certified Transpersonal Hypnotherapist and Wellness Coach. *Bring a yoga mat or towel.*

**Terri Cafazzo • \$60**

### **Expressive Arts for Healing**

**WS16-176** • Wed, 2/10 to 3/2/16 • 2 - 5 pm

Prescott • Bldg 4, Room 123

Feel better while learning the value of the Expressive Arts. Whether the health challenges are physical or emotional, discover how healing is supported through visual art, music, guided imagery and writing/journaling. Learn proven methods to help you feel good by encouraging your body to produce endorphins (your natural Prozac) whenever you want! You will love the way you feel after taking this fun class! Discover the ancient secret of "art as a healing modality" which creates new connections between mind and body. No artistic ability required, just plan on having fun and feeling better. Sign up with a friend and learn together. *Bring an unlined 8-1/2x11 journal.*

**Betty Parsonage • \$85**

## **Humor and Play**

**WS16-177 • Tue, 3/15 to 4/19/16 • 5:30 - 7 pm**

**Prescott • Bldg 4, Room 118**

Learn how humor and play can uplift us physically, mentally and emotionally. In this class we will discuss and share experiences and learn from science and testimonials about how fun and pleasures can change our lives. Using collage, visualization, sharing and a Daily Fun calendar learn tips to “turn lemons into lemonade.” Suggested reading: *Healthy Pleasures* by Robert Ornstein, Ph.D., and David Sobel, M.D.

**Nancy Washburn • \$75**

## **Tapping: More Practice (EFT-2)**

**WS16-178 • Thu, 2/4/16 • 6 - 8:30 pm**

**Prescott • Bldg 2, Room 208**

Find out more about Tapping to relieve stress and anxiety. In this hands-on workshop learn additional refinements and applications of this technique of gently tapping on a number of acupuncture points while tuning in your issue.

**Nadia Clark • \$50**

## **Tapping (EFT)**

**WS16-179 • Thu, 3/3/16 • 6 - 8:30 pm (Focus on emotional eating)**

**WS16-180 • Thu, 4/7/16 • 6 - 8:30 pm (Focus on learning another language)**

**WS16-181 • Thu, 4/14/16 • 6 - 8:30 pm (Focus on test anxiety)**

**Prescott • Bldg 2, Room 208**

Learn to relieve stress and anxiety with the gentle technique of Tapping, an Emotional Freedom Technique (EFT). This simple method – gently tapping on a number of acupuncture points while tuning in your issue – is effective for general and specific anxiety. This is a hands-on workshop with explanation of the techniques, demonstration and practice.

**Nadia Clark • \$50**

## **Earthing for Health**

**WS16-182 • Sat, 4/2/16 • 10 am - noon**

**Prescott • Bldg 19, Room 206**

Explore the possibility of feeling healthier by reconnecting to the power and energy of the Earth with its storehouse of free electrons. If the Tour de France cyclists can use it to recover and heal more quickly each night, so can you! We'll explore recent scientific research, show videos and discuss information based on the book *Earthing* by Clint Ober and famous cardiologist Dr. Stephen Sinatra.

**Joan Baum • \$45**



## **The Chakras: Exploring Energy, Emotions and Illness**

**WS16-183 • Sat, 2/6/16 • 9 am - 4 pm**

**Prescott • Bldg 19, Room 225**

Learn about the seven major chakras that lie along the spinal column. Each chakra corresponds to a location in the body, an emotion, color, sound, disorders and psychological behavior. When the energy in all our chakras is open and balanced, we are our healthiest and whole. Learn how stored emotions can stay locked in the body to cause physical illnesses. Through self-assessment questions and activities, explore your relationship to each of your seven chakras. Practice a chakra meditation and learn ways to open and balance your chakras for physical and emotional health. Instructor is a local health care professional and registered nurse. *Optional book available for purchase from the instructor for \$20. Bring pillow and yoga mat.*

**Marie Hardman • \$65**

## **Reiki I**

**WS16-184 • Sat, 2/20/16 • 9 am - 4 pm**

**Prescott • Bldg 1, Room 203**

Are you ready for the “Gift of Reiki”? Learn how to become a Reiki practitioner or just be proactive in your own healing. Receive a Reiki Lineage that traces back to four of the original Masters of Takata Sensai. Discover how to remove energy blocks, detoxify your energy field, learn relaxation techniques and much more. Class includes lots of fun hands-on experience. This Reiki Program is taught as an intuitive Spiritual Healing Art. Students receive Reiki I Certification from a Reiki Master/Teacher and Certified Holistic Health Practitioner. *\$7 fee for course manual payable to instructor at class.*

**Linda Evans • \$65**

## **Reiki II**

**WS16-185 • Sun, 2/21/16 • 9 am - 4 pm**

**Prescott • Bldg 1, Room 203**

Continue on your path to wellness and/or becoming a Reiki Practitioner. Learn 3 Traditional Symbols of Reiki and move into the emotional and mental levels of healing. Discover techniques for distance healing and how to incorporate original Japanese Reiki into your healing practice. Includes hands-on practice and Reiki II Certification from a Reiki Master/Teacher and Holistic Health Practitioner. *Prerequisite: Reiki I at YC. \$7 fee for course manual payable to instructor at class.*

**Linda Evans • \$65**

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### **Reiki III Advanced**

**WS16-186 • Sat, 3/19/16 • 9 am - 4:30 pm**

**Prescott • Bldg 1, Room 203**

Continue the transformative journey to advanced level in your Reiki practice. Experience guides and angels and commune with your higher self – some of the elements to this beautiful healing art. Develop awareness of the human energy field, how to do community healing events and learn spiritual principles. This is the first step of the Reiki Master/Teacher level of instruction. Students receive Reiki III Certification from a Reiki Master/Teacher and Certified Holistic Health Practitioner. *\*Prerequisite: Reiki I and II at YC. \$7 fee for course manual payable to instructor at class.*

**Linda Evans • \$70**

### **Reiki Master/Teacher**

**WS16-187 • Sat, 4/16/16 • 9 am - 4 pm**

**Prescott • Bldg 1, Room 203**

This class teaches how to eternalize Reiki and be able to attune others to facilitate healing energy. You will learn additional Japanese techniques and some non-traditional symbols. Upon completion of this class, students receive certified lineage and Reiki Master/Teacher certification, from a Reiki Master/Teacher and Certified Holistic Health Practitioner. *\*Prerequisite: Reiki I, II and III at YC. \$7 fee for course manual payable to instructor at class.*

**Linda Evans • \$70**

### **Herbal Medicine Basics**

**WS16-188 • Thu, 1/28 to 3/3/16 • 5:30 - 7 pm**

**Prescott • Bldg 4, Room 118**

Herbal medicine has been practiced for thousands of years in various medicine traditions. Explore the basics of using herbal remedies in their many forms and how to apply their use at home. Learn the historical and contemporary uses of medicinal herbs and their application to the various body systems. *Bring a 3-ring binder.*

**Kris Vaughan • \$75**

### **Herbal Medicine Basics, Level 2**

**WS16-189 • Thu, 3/17 to 4/21/16 • 5:30 - 7 pm**

**Prescott • Bldg 4, Room 118**

This Level 2 Herbal Medicine course explores specific herbal actions and their uses in formulas, custom formulation theories for common conditions and basic knowledge of various body systems and their most common conditions. Level 2 expands on the basic knowledge gained in the Level 1 course. *Bring a 3-ring binder.*

**Kris Vaughan • \$75**

### **Essential Oils: An Introduction**

**WS16-190 • Sat, 2/20/16 • 10 am - 1 pm**

**Prescott • Bldg 4, Room 116**

Essential oils do more than smell nice. They are powerful, safe aromatic compounds found in plants that provide a natural approach to health care. Learn about some of the benefits, history, components and ways to use essential oils. Oils can inhibit the growth of bacteria and viruses. Lemongrass, white fir or black pepper may help with pain. Try peppermint for headaches, stomachaches or pain. Allergies may be treated naturally with oils. Find wonderful ways to use Frankincense oil. Instructor is doTerra trained.

**Connie Troup • \$50**



### **Essential Oils: Relax and Revitalize**

**WS16-191 • Wed, 3/16/16 • 5:30 - 7:30 pm**

**Prescott • Bldg 2, Room 211**

Do you experience stress? Insomnia? Essential Oils do more than just smell nice. These highly concentrated plant oils work in the limbic system in the brain to create change. Come experience some smells and learn: what are therapeutic grade essential oils; how to decrease your stress and insomnia; how to improve your mood and immune function; application methods of essential oils; which basic essential oil to use for your ailment. Instructor is a local health care professional and registered nurse.

**Marie Hardman • \$45**

### **Homeopathic Medicine: A Holistic View of Health with a Focus on Arizona Allergies**

**WS16-192 • Wed, 3/16 to 4/6/16 • 6 - 7:30 pm**

**Prescott • Bldg 4, Room 116**

Understand the fundamentals of homeopathy. Learn about the homeopathic remedy, its origin and uses in acute care with a particular emphasis on Arizona allergies and how to treat them with this powerful medicine. Discover how homeopathy treats each person as an individual on the levels of the body, mind and spirit. Together, we will explore the true origin of dis-ease and gain insight into the homeopathic process to wellness. Find out how homeopathy brings us one step closer to nature and her power to heal. Certification of completion available. *\$10 materials fee payable to instructor at first class.*

**Donna Lozito • \$65**

## HISTORY & CULTURES

### Getting to Know Muslim Neighbors

**WS16-193** • Tue, 1/26 to 2/16/16 • 2 - 4 pm

Prescott • Bldg 4, Room 118

Learn more about the beliefs and practice of Islam through readings, lectures, discussions and videos. In conjunction with the course, an optional trip to a local mosque will be offered. This opportunity to broaden perspectives on faith and feelings of Muslims is guided by two scholars, one Christian and one Muslim. Become familiar with the culture and beliefs, exploring beyond headlines, to engage the “heart-lines” of Muslim people.

**Mai & Harold Vogelaar • \$70**

### Civil War Relived through Personal History

**WS16-194** • Wed, 1/27 to 3/2/16 • 3 - 5 pm

Prescott • Bldg 2, Room 208

For American Civil War buffs, educators and everyone who has a story. Explore the Civil War from the perspective of individual stories revealing insights to significant historical events. History books document dates, trends and the famous, but rarely mention the stories, participation and contributions of ordinary people. Walk in the footsteps of Captain J.R. McMichael, CSA, to learn little-known facets to historical events as we explore the diary and experiences of the instructor's great-great grandfather. Connect with the power of story, the oral tradition and the value of passing down stories from generation to generation. Students have the option to research and present the stories and participatory role of a family member or acquaintance within a significant historical event.

**Vic Messick • \$90**

### The Qur'an: A Basic Understanding of the Koran

**WS16-195** • Tue, 2/23 to 3/22/16 • 2 - 4 pm

Prescott • Bldg 4, Room 118

The Qur'an (Koran) is Islam's sacred scripture. It has been and is read, translated, treasured and studied by more than one billion Muslims around the world. The instructors will provide information on who and for whom it was written, how to approach and 'open' the text, uncover some of its themes and discover why it has such a deep and abiding impact on Muslim life and culture. The class also will look at passages commonly misunderstood and therefore sometimes feared, especially by non-Muslims. (No class 3/8.)

**Harold & Mai Vogelaar • \$70**

### Native Peoples of the Southwest:

#### The Mountain Pai

**WS16-196** • Mon, 3/14 to 3/28/16 • 5:30 - 7:30 pm

Prescott • Bldg 3, Room 271

The American Southwest has long been home to a fascinating variety of Native Peoples, each with their own unique story. This course will focus on the history and culture of the Pai peoples of the high country of central and northwestern Arizona, including the Hualapai, Havasupai, Maricopa and Yavapai.

**Chris Wuehrmann • \$65**

### Native Peoples of the Southwest:

#### The Northern Tribes

**WS16-197** • Mon, 4/4 to 4/18/16 • 5:30 - 7:30 pm

Prescott • Bldg 3, Room 271

The American Southwest has long been home to a fascinating variety of Native Peoples, each with their own unique story. This course will focus on the history and culture of the peoples of the Colorado Plateau north of Grand Canyon and Four Corners, including the Paiute, Ute and Uintah peoples.

**Chris Wuehrmann • \$65**

### Native Peoples of Verde River Valley

**WS16-198** • Tue, 4/19 & 4/26/16 • 5:30 - 7:30 pm

Prescott • Bldg 4, Room 116

Central Arizona's Verde Valley and upper Verde River have been occupied by native peoples for thousands of years – at least back to the days when prehistoric bison roamed the southwest. The area has been an environmental borderland during this time, occupied in turn by peoples ancestral to the Hopi, Pima and Yavapai. Each took their turn in the valley as climate and subsistence technologies changed. We will discuss the prehistory specific to each of these tribes, as well as the changing environmental and subsistence factors which caused the shifts among peoples. (See EDventures trip on page 22.)

**Chris Wuehrmann • \$55**

### Arizona History Lecture Series

**WS16-199** • Tue, 3/15 to 4/19/16 • 6 - 8 pm

Prescott • Bldg 2, Room 208

This series of lectures explores a number of unique facets from Arizona's history in a six-part format. Topics include prehistory, political history and biography. 1) Ancestral Arizona: How It Was and Who Was Here, Way Before Now. 2) The Champagne Line: The Controversial Delineation of Arizona's Southern Boundary. 3) Becoming Arizona: How Arizona Became a Political Entity. 4) The State of Maricopa: The Genesis of Arizona's Most Powerful County. 5) Lost Carmelita: A Prescott Woman's Quest for a New Life in the Wilderness. 6) The Baron of Arizona: A Royal Crook in Film, Fiction and Fact.

**Vince Murray • \$90**

## LANGUAGES

### French I: Beginning

**WS16-202** • Mon, 1/25 to 2/29/16 • 6:00 - 7:00 pm

**WS16-203** • Mon, 3/14 to 4/18/16 • 6:00 - 7:00 pm

Prescott • Bldg 4, Room 114

Learn the basics of French – greetings, travel phrases, how to ask questions. The instructor is a native of Le Touquet in the north of France and will give insights of life in France. The class is designed for beginners as well as anyone wanting to brush up on French skills from high school or college. Hand-outs will be provided.

**Nadia Clark • \$65**



### **French I: Intermediate**

**WS16-204** • Wed, 1/27 to 3/2/16 • 7:15 - 8:15 pm

**WS16-205** • Wed, 3/16 to 4/20/16 • 7:15 - 8:15 pm

Prescott • Bldg 4, Room 114

A continuation of French I for those who have the basics. Continue learning French, including grammar and pronunciation from a native of Le Touquet in the north of France. Practice speaking with French conversation while learning about life in France. Handouts will be provided.

**Nadia Clark • \$65**

### **French: Speak It!**

**WS16-206** • Wed, 1/27 to 3/2/16 • 6:00 - 7:00 pm

**WS16-207** • Wed, 3/16 to 4/20/16 • 6:00 - 7:00 pm

Prescott • Bldg 4, Room 114

Practice speaking French and improve your conversational skills. In the first section, we will discuss French food and in the second section the focus will be on Paris, Normandy and Provence. The class will be conducted mainly in French with some grammar explained in English if necessary. This is an opportunity to practice your French and get comfortable with daily use of the language.

**Nadia Clark • \$65**

### **German Conversation**

**WS16-208** • Thu, 1/28 to 3/3/16 • 5:30 - 7 pm

Prescott • Bldg 4, Room 116

The class everyone has been asking for: a chance to practice speaking and hearing German and improve your conversational skills. This basic German conversation course will prepare you for traveling in the many German-speaking countries. Master everyday phrases for survival situations such as shopping, dining and what to say when you are lost. Cultural background information and fun learning will be tailored to the participants to boost confidence and excitement about speaking and understanding German. All new materials provided.

**June Mann • \$75**

### **German Conversation: Intermediate**

**WS16-209** • Thu, 3/17 to 4/21/16 • 5:30 - 7 pm

Prescott • Bldg 4, Room 116

Continue to practice your German in this fun conversation course. Using games and role-playing to boost your confidence in German communication skills, you will be amazed at how much progress you make! Language is a "use it or lose it" skill, and this is the way to help make the most of your trip to any German-speaking country, surprise German family members or chat with your new German-speaking friends. *Prerequisite: Beginning German Conversation or conversational familiarity with the language.* All new materials provided.

**June Mann • \$75**

### **Ciao Italia!**

**WS16-210** • Thu, 1/28 to 3/3/16 • 6 - 7 pm

**WS16-211** • Thu, 3/17 to 4/21/16 • 6 - 7 pm

Prescott • Bldg 3, Room 271

Traveling to Italy or already been there? Whether you're beginning or brushing up on your Italian, this course is for you. Experience a Taste of Culture with conversation, caffè, confections, music and memories. Warning! This is not your typical class. Espresso will be brewing! Gelato for those who master the alphabet. Practice with real currency, authentic music and everyday expressions and greetings (i.e. Italians greet with a kiss!). Be prepared for the kiss, shopping, ordering food, emergency health needs. Some classes may meet at local Prescott restaurants. *Purchase the recommended phrase book/travel journal from the instructor or \$15 at the first class.*

**Gary Zito • \$75**

### **Italian: Fun for Travelers and Beginners**

**WS16-212** • Wed, 3/16 to 4/20/16 • 5:30 - 7 pm

Prescott • Bldg 3, Room 269

Quick, basic and fun Italian for Travelers! Introductory Italian phraseology as well as parts of speech for the traveler and the most basic beginner. Vocabulary terms akin to functional Italian interactions in the context of travelling and other specialized interests, such as shopping, sampling foods, personal introductions, asking simple questions and sightseeing. Focuses on the most basic Italian speaking/listening skills and increasing understanding of the Italian day-to-day life and culture.

**Emily Broderick • \$75**

### **Japanese Language and Culture**

**WS16-213** • Thurs, 1/28 to 3/3/16 • 8 - 9:30 am

Prescott • Bldg 4, Room 114

The rich culture of the Japanese is interesting to discover, and the language with its subtleties and connection to Chinese characters is fascinating! Learn to write and read the Hiragana (Japanese alphabet) and recognize the meaning behind Kanji (Chinese characters). Practice key expressions and phrases in Japanese. Come to learn about Japanese mannerisms, language, customs, food, traditional dress, money, folklore, schools, housing, holidays, arts and entertainment. Develop a keen understanding of Japanese culture and sample a little Japanese food while learning some techniques for making Japanese cuisine at home.

**Kim Adams • \$80**

### **Korean Language, History and Culture**

**WS16-214** • Fri, 1/29 to 3/4/16 • 1 - 2 pm

Prescott • Bldg 4, Room 116

Learn the basics of the Korean language. Students will be introduced to the Korean sound system and its writing system, Hangul, as well as basic Korean language structures and vocabulary that are essential to basic communication. The topics and functions include greetings and introductions, counting, telling time, common expressions, food and culture and Korean history. Various speaking and writing activities will be used to develop communicative skills in Korean.

**Soon Wook Tokko • \$65**

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WWW.YC.EDU/COMMED  
TO REGISTER TODAY!**

## Korean Language, History and Culture, Part 2

**WS16-215** • Fri, 3/18 to 4/22/16 • 1 - 2 pm

Prescott • Bldg 4, Room 116

Continuation of Korean Language, History and Culture.

*Prerequisite: Part 1.*

**Soon Wook Tokko • \$65**

## SPECIAL NEEDS

*Special Needs classes are designed for students with limited academic abilities due to developmental or cognitive disabilities. The Special Needs courses are generously subsidized through community donations to offset tuition for each student.*

### Special Needs: So You Want to Dance!

**WS16-217** • Thu, 3/17 to 4/21/16 • 6:30 - 8 pm

Prescott • Bldg 1, Room 205

Designed for Special Needs Adults. This social dance class has a primary focus on sociability and socializing. Learn some very basic dance steps for dancing alone, with a partner or in a group and some popular solo dance routines like Electric Slide, Hustle, Boot Scootin' Boogie and more. Be introduced to the techniques of lead and follow in the Box Step. A "Dance Party" will be held at the last class to share what we learn. *For safety reasons, closed-toe flat shoes are recommended.*

**Cheryl Ring • \$35**

### Special Needs: Brain Gym® 26 with Juggling

**WS16-216** • Tue, 5/17 to 6/7/16 • 6:30 - 8 pm

Prescott • Bldg 1, Room 205

Designed for Special Needs Adults. Brain Gym exercises are movements designed to engage your brain, release stress and enhance learning. Dr. Paul Dennison found that very simple body movements may help to improve brain function and increase flexibility and coordination. Learn and experience the 26 Brain Gym activities and observe how learning to juggle might be easier by practicing these fun movements. *Wear comfortable clothing and bring water.*

**Frankie Cardamone • \$30**

## LIFE SKILLS

### Job Coaching Individuals with Documented Disabilities

**WS16-218** • Tue, 3/15 to 4/5/16 • 5:30 - 8:30 pm

Prescott • Bldg 1, Room 205

This is the necessary training for those who work with individuals with disabilities seeking employment or on-the-job training. Topics include ethics, understanding your client and his/her disability, client care and safety, communication, coaching methods, documentation (client monitoring and note taking) and job development (applications, resumes, follow-up and how to approach perspective employers).

**Melissa Kramer • \$90**

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## MUSIC

### Piano/Keyboard: Part 1

**WS16-219** • Wed, 1/27 to 3/2/16 • 1 - 3 pm

**WS16-220** • Thu, 3/17 to 4/21/16 • 1 - 3 pm

Prescott • Bldg 15, Room 210

Join us for the rewarding journey of making music! Discover the amazing satisfaction of playing the piano/keyboard in this introductory course. Learn proper technique, note reading and playing chords with both hands while playing some popular and familiar favorite songs. Classes meet in the piano lab where keyboards are available; practice rooms are available for practicing. *Lesson books available to purchase from the instructor for \$20.*

**Jennifer Stone • \$90**

### Piano/Keyboard: Part 2

**WS16-221** • Thu, 1/28 to 3/3/16 • 1 - 3 pm

**WS16-222** • Wed, 3/16 to 4/20/16 • 1 - 3 pm

Prescott • Bldg 15, Room 210

Part 2 in the series. *Prerequisite: Piano/Keyboard Part 1 or basic knowledge of note reading and piano playing.* Continue the rewarding journey of making music! Build on the accomplishments of Part 1: learn to use the damper pedal and additional chords; increase knowledge and build skills to play the piano/keyboard. Classes meet in the piano lab where keyboards are available; practice rooms are available for practicing. *Purchase lesson books from the instructor for \$20 at the first class.*

**Jennifer Stone • \$90**



### Piano/Keyboard: Part 3

**WS16-223** • Thu, 1/28 to 3/3/16 • 3:30 - 5 pm

**WS16-224** • Thu, 3/17 to 4/21/16 • 3:30 - 5 pm

Prescott • Bldg 15, Room 210

Part 3 in the series. *Prerequisite: Piano/Keyboard: Part 2 or permission from instructor.* Keep the journey alive! As you continue to build knowledge and skill, the focus will be on playing songs in major and minor keys, octaves and more about chords. Classes meet in the piano lab where keyboards are available; practice rooms are available for practicing. *Purchase lesson books from the instructor for \$20 at the first class.*

**Jennifer Stone • \$80**



## PHILOSOPHY & SPIRITUALITY

### Exploring Spiritual Wisdom

**WS16-225** • Tue, 1/26 - 3/1/16 • 6:30 - 8:00 pm

Prescott • Bldg 3, Room 269

All paths up the mountain eventually lead to God! Come and explore the ancient spiritual teachings of the world religions and see how the wisdom they embody can enhance our lives. We will look at the fundamental beliefs of various religions, as well as contemporary spiritual teachings, to understand how they can enrich our spiritual walk. Students will have an opportunity to apply these insights to their lives through class discussion and experiential exercises. Recommended Book: *The Book of Secrets* by Deepak Chopra.

**Elaine Hodge, EdD, LP • \$75**

### Spiritual Practice

**WS16-226** • Tue, 3/15 - 4/19/16 • 6:30 - 8:00 pm

Prescott • Bldg 3, Room 269

There is something deep inside all of us that longs for a Higher Power. The question is: How do we go about finding our God, developing a deeper relationship and living a good life? There are certain spiritual practices that can assist in this process, and we will examine some of them including prayer and meditation, chanting, positive affirmations, inquiry, self-observation, self-remembering, study, diet and service. Experiential in nature, you will be able to experience specific spiritual exercises. If you would like to deepen your relationship with a Higher Power, however you choose to define that, this class is for you. Recommended book: *Practical Work on Self* by E.J. Gold.

**Elaine Hodge, EdD, LP • \$75**

### Dream Analysis

**WS16-227** • Wed, 1/27 to 3/2/16 • 5:30 - 8:30 pm

Prescott • Bldg 2, Room 208

Dream analysis is a journey of healing enlightenment and insight about the psyche, an integral part of the self. It optimizes the understanding of human behavior by exploring aspects of personality and value systems, many of which are hidden, and provides a sustainable means of self-discovery and adaptive functioning. Bring a notebook to use as a dream log. Optional textbook: *Dream Experience* by Brenda Mallon may be purchased online for approx. \$15.

**Floyd Jackson, PhD • \$110**

### The Biggest Aha! You'll Ever Have

**WS16-230** • Fri, 1/29 to 3/4/16 • 9:30 - 11 am

Prescott • Bldg 2, Room 208

We all love those big Aha! moments. But what you really want is to recognize where all the Ahas! come from. We are far more aware and magnificent than we're taught to believe – and in this class you'll use simple awareness exercises that enable you to actually experience this. It's true of you right now. Rather than just learning ideas or theories, be involved in a self-guided tour of how wise, wondrous and exciting you truly are. Be prepared to bust some of life's biggest false beliefs – and end up at your biggest Aha! moments. The approach is universal and non-denominational. Recommended book: *Simply Notice: Clear Awareness Is the Key to Happiness, Love and Freedom*.

**Peter Dziuban • \$75**

### Trust Your Heart to Freedom

**WS16-231** • Tue, 2/2 to 2/23/16 • 10 am - noon

Prescott • Bldg 2, Room 208

Perhaps you already follow your heart to some extent but do not trust enough to live by it exclusively. Learn to let the invisible world of heart-knowing totally guide you in making all life choices for your best good, ultimate fulfillment and happiness. In this introduction to Heartculture® you will participate in individual and group activities that help you experience the wisdom your heart holds. Develop basic skills for practical use in gaining self-confidence, expanding your life options, increasing your sense of security and improving your relationships with yourself and others.

**Ellen Solart • \$75**

### What Are You Thinking? (And Is It True?)

**WS16-232** • Thu, 2/18 to 3/3/16 • 10 am - noon

Prescott • Bldg 2, Room 208

Do you know what gets in the way of clear thinking? Do you want to know how to achieve freedom, think out of the box and let go of the judgments that block the way? Based on the teachings of Byron Katie, this class offers a fun new way to explore your thinking. Grow past your limiting beliefs while you participate and learn in a non-judgmental setting. Suggested reading: *A Thousand Names for Joy* by Byron Katie. Bring a notepad and pen.

**Kay Luckett • \$65**

### Developing "Extra Sensory" Perception: Accessing Your Natural Psychic Abilities

**WS16-233** • Mon, 3/14 to 4/18/16 • 7 - 8:30 pm

Prescott • Bldg 4, Room 116

Learn to access and experience the reality that lies just below the surface of everyday life. Sharpen your natural intuition with specific techniques or "tools." Find reliable answers to your own important questions by quickly tuning in to extra sensory perceptions. Use your heightened awareness to access valuable information from sound, color, taste, smell, touch, or any sensation on your skin or in your mind, body or emotions. Many aspects of the psychic will be touched upon including kinesiology, psychometry, distant viewing, sending healing, astral travel and dream work. Each class will include a topic-specific meditation.

**Rev Lois Cheney, CCHt • \$75**





### Guidance through Tarot

**WS16-234** • Tue, 3/15 to 4/12/16 • 5:30 - 7:00 pm

Prescott • Bldg 4, Room 114

The mystical Tarot can offer direction for yourself and others – with knowledge and practical application. Learn appropriate interpretations, the relationship between the Tarot and Kabbalah, and heighten your sixth sense. Psychometry and the pendulum will be used to enhance readings. No experience required.

**Carol Levin • \$75**

### Wise Women Gathering

**WS16-235** • Thu, 3/17 to 5/5/16 • 10 am - noon

Prescott • Bldg 2, Room 208

Do you sometimes wonder why am I here? What's the purpose? Come join us in a light-hearted discussion about life changing lessons that will enrich your years and speak to your soul. The discussion will be guided by a New York Times bestselling book to be announced when you register. Your first assignment is to have read the introduction and first four (short) chapters before the first day of class. We look forward to having you with us to explore women's wisdom in a comfortable and safe environment. You will enjoy this experience!

**Deni Harris • \$80**

### Some Stories in the Bible and the Qur'an (Koran)

**WS16-236** • Tue, 3/29 to 4/19/16 • 2 - 4 pm

Prescott • Bldg 4, Room 118

In this class we will study and compare key stories in the Bible and the Qur'an (Koran), such as the creation story, Adam and Eve, Joseph, Moses, Jesus, Mary and the Day of Judgment. Participatory discussions of the stories will be the format for each class meeting.

**Mai & Harold Vogelaar • \$70**

### The Potter Compared to the Bible

**WS16-237** • Sat, 4/2/16 • 10 am - 1 pm

Prescott • Bldg 4, Room 123

As the potter throws a pot using a wheel, the group will discuss how it relates to the passage in Isaiah of the Bible referring to the Lord as the Potter and individuals as the clay.

**Connie Troup • \$50**

## PHOTOGRAPHY

### Digital Photography Series, Pt. 1:

#### I've Got A Digital Camera, Now What?

**WS16-238** • Tue, 1/26 to 2/9/16 • 2 - 4:30 pm

**WS16-239** • Sat, 2/20 to 3/5/16 • 10 am - 12:30 pm

Prescott • Bldg 19, Room 208

Part 1 in series. Learn about your digital camera along with basic photo editing, sizing, printing and emailing. Bring your camera and manual. Sign up early – classes are limited to 12 students and fill up fast! Must have basic computer skills.

**Keith Sagan • \$75**

### Know Your Digital SLR Camera

**WS16-240** • Sat, 1/30 & 2/6/16 • 10 am - 1 pm

**WS16-241** • Tue, 2/16 & 2/23/16 • 2 - 5 pm

Prescott • Bldg 19, Room 208

What do all these menus and buttons do? Take a beginner's tour of your personal SLR or high-end "point and shoot" camera. Learn to use the settings that will allow you to shoot manually in lots of different conditions. There will be time for questions and hands-on camera work. *Bring your camera, cable, manual and USB memory stick.*

**Keith Sagan • \$70**

### Digital Photography Series, Pt. 2:

#### Photoshop Elements, The Next Step

**WS16-242** • Tue, 3/15 & 3/22/16 • 2 - 4:30 pm

**WS16-243** • Sat, 4/2 & 4/9/16 • 10 am - 12:30 pm

Prescott • Bldg 19, Room 208

Part 2 in the series. *Prerequisite: "I've Got a Digital Camera, Now What?"* Learn how to superimpose photos using layers, apply faux matting and hone your advanced photo-editing skills using Adobe Photoshop Elements. *Bring a USB memory stick.*

**Keith Sagan • \$70**

### Digital Photography Series, Pt. 3:

#### Photoshop Elements, Practical Applications

**WS16-244** • Sat, 4/16 & 4/23/16 • 10 am - 12:30 pm

Prescott • Bldg 19, Room 208

Part 3 in the series. *Prerequisite: "I've Got a Digital Camera, Now What?" and "Photoshop Elements: The Next Step."* Learn about all the exciting tools and features of Photoshop Elements for digital photo manipulation. *Bring a USB memory stick.*

**Keith Sagan • \$75**

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## Photoing Around!

**WS16-245** • Tue, 4/5 to 4/19/2016 • 2 - 4:30 pm

Prescott • Bldg 19, Room 208

Join Keith Sagan for this fun opportunity to use your camera and what you've learned in the Digital Photography series. This combined 3-session field/classroom course is designed to improve your photography skills and learn some of the best tips and tricks. Group will meet and photograph in downtown Prescott (call for meeting place) and Jerome (carpool), with one meeting to debrief and share what was learned. *Moderate walking in downtown Prescott and Jerome and at the Gold King Mine (\$5 entrance fee). Prerequisite: "I Want to Know More about My Digital Camera" or "I've Got a Digital Camera, Now What?" Bring a USB memory stick.*

**Keith Sagan • \$80**



## RECREATION

### Billiards: An Introduction

**WS16-246** • Fri, 1/29 to 3/4/16 • 9 - 11 am

Prescott Valley • Barefoot Bob's, 8367 E Pecos Dr, Prescott Valley

Want to become a sharp shooter and have a great time learning the basics of pocket billiards? Take your pool skills to the next level through group and individualized instruction on aim, stance, stroke and position play. Use practice drills to elevate your shooting skills while learning the rules and strategies of 8 Ball and other popular games. Instructor is a Collegiate and Billiard Congress of America National Champion. Class meets at Barefoot Bob's in Prescott Valley. **Must be 21 years of age to enroll.** Detailed handouts available. *Bring your own cue or use available house cues.*

**Peter Lhotka • \$105**

### Beginning Defensive Pistol Shooting

**WS16-247** • Mon, Wed & Thu, 2/1, 2/3 & 2/4/16  
3 - 5 pm

Prescott • Bldg 2, Room 206

Learn how to choose a firearm for personal protection, safe handling and home storage. Learn Arizona laws regarding use of firearms for self defense and basic principles of marksmanship. *Student supplies ammunition. No firearms or ammunition allowed on YC campuses.* Ammo may be purchased and firearms are available for rental at range facility. Plan to attend all classes. *The last class meeting is held at Insight Firearms Shooting Center in PV from 10 am - 5 pm with 1-hour lunch break.*

**Matt Seibert • \$110**

## Ladies' Defensive Pistol Shooting

**WS16-248** • Mon, Wed & Fri, 2/1, 2/3 & 2/5/16 • 6 - 9 pm

**WS16-249** • Mon, Wed & Fri, 3/14, 3/16 & 3/18 • 6 - 9 pm

Prescott • Bldg 2, Room 206

Learn the essential self-protection skills every woman should have. Examine threat scenarios, effective responses, avoidance techniques, firearm safety, pistol marksmanship and home and personal defense. Tuition includes range fees. **No firearms or ammo allowed on YC campuses.** *Student supplies ammunition.* Ammo may be purchased and firearms are available for rental at range facility. Plan to attend all classes. *The last class meeting is held at Insight Firearms Shooting Center in PV from 10 am - 5 pm with 1-hour lunch break.*

**Sherrie Seibert • \$135**

## SCIENCE & NATURE

### Understanding Birds of Prey

**WS16-250** • Wed, 2/3 to 2/17/16 • 3 - 6 pm

Prescott • Bldg 4, Room 121

This hands-on interactive class is an introduction to the fascinating world of birds of prey. Live birds will be a part of each class! Topics include the basics of identification and range through adaptations, natural history, conservation issues, laws, hawk watching, falconry, rehabilitation, diseases and much more! The opportunity to handle a live bird or participate in a demonstration is included.

**Anne & Paul Schnell • \$75**



### Birding: An Introduction

**WS16-251** • Mon & Wed, 2/22 to 3/2/16 • 8 - 11:30 am

Prescott • Bldg 2, Room 206

Get to know Prescott's diverse avian population by becoming a bird watcher! An introduction to the hobby of finding, observing, and enjoying the birds, you will learn about binocular and field guide use, bird identification, resources and local birding sites. This is an excellent chance to become acquainted — both in the classroom and in the field — with some of Prescott's commonly seen species.

**Bonnie Pranter • \$95**

## Make Sense of STEM

**WS16-252 • Sat, 2/27/16 • 9 am - 4 pm**

**Prescott • Bldg 1, Room 203**

In this workshop, K-12 teachers will learn to link Arizona Academic Standards and interact with research based techniques that teach hands-on, inquiry-based STEM activities. Discover how to help students make sense of the “why” and “how.” Learn how to provide engaging activities that implement technology effectively into instruction. Explore meaningful mathematics and interact with online technical math tools that make difficult concepts such as calculus, come alive with dynamic visualizations. Learn to develop science stations that explore ecosystems and become more familiar with the software and approaches to computer-human interaction design and the hardware skills used in physical computing. Lunch break (on your own). **Counts as 6 Professional Growth hours.**

**Brandi Fabian, Dan Cervo, Todd Conaway, Jen Gutierrez, Jeri Hamilton, Ben Holskin, Diane Vaszily • \$85**



## WRITING & PUBLISHING

### Self-publish and Market Your Book

**WS16-253 • Thu, 2/4/16 • 9 am - 4 pm**

**Prescott • Bldg 3, Room 270**

The choice of a publisher for your book or the decision to self-publish influences how you market and generate sales. Self-publishing has flourished because of the difficulties of finding a traditional publisher or a literary agent. This course outlines the publishing methods available today, and the choices available for distributors and agents. Learn to develop a marketing plan that describes the audience for your book and the best methods to market to them. You will learn how to use PR, direct mail and social media, as well as develop a short book description, biography and query letter. List of resources provided. (1-hour lunch break.)

**Diane Phelps • \$65**

### Social Media for Authors

**WS16-254 • Wed, 3/16/16 • 9 am - 1 pm**

**Prescott • Bldg 4, Room 116**

Understand the role social media plays in the marketing plan for your book and how to use these electronic tools to further your goals. Through instructor demos, learn basics about launching a website and setting up social media sites recommended for authors. This is an interactive, hands-on workshop requiring writing assignments in class. Take home finished content to use on your website and social media sites. Class intended for authors in process of working on manuscript or soon to be in print. *Bring a notebook.*

**Diane Phelps • \$60**

### Creating Children's Books

**WS16-255 • Fri, 3/18 to 4/1/16 • 1:30 - 4:30 pm**

**Prescott • Bldg 2, Room 206**

This is an ideal “how-to” for anyone interested in learning how to write and produce a children’s picture book. Writers will learn fundamental techniques to improve their stories and gain insights on how illustrators might approach the story and learn tips to help them “picture” the text in ways that add variety, interest and drama. Participants will gain valuable knowledge of the market and the many options available for publishing. There will be opportunities for constructive, supportive critiques as well. Helpful reference materials supporting these tips and techniques are provided.

**Tom Fox • \$75**

### Poetry Writing for Adults

**WS16-256 • Fri, 4/1 to 4/22/16 • 10 am - noon**

**Prescott • Bldg 2, Room 208**

This is a poetry class in a relaxed, enjoyable setting for adults who are beginners or advanced. Experience the fun and satisfaction of being creative and imaginative while expanding your horizon in an informal setting. Class size is limited. *Bring your laptop if you wish or writing materials.*

**Janice Luke • \$75**

### Self-Publishing: Everything You Need to Know

**WS16-257 • Fri, 4/8 to 4/22/16 • 1:30 - 4:30 pm**

**Prescott • Bldg 2, Room 208**

Join the print revolution and for practically nothing! Are you someone who loves the printed word, has a story to tell and feel you have something to share and perhaps have written pieces already? It is easier than ever to get “in print” in the digital age as an independent publisher. Learn the basics, including costs, about getting your work published and marketed – whether you decide on a traditionally printed hard or soft cover book, print-on-demand, audio-book, e-book or some combination. Get information to help you decide whether to publish and what it takes to have the best chance of success. Taught by a successful Indie picture book author and illustrator.

**Tom Fox • \$75**

**CALL 717.7755 OR VISIT  
WWW.YC.EDU/COMMED  
TO REGISTER TODAY!**



## SPRING 2016 Entrepreneur Workshops

Yavapai College Small Business Development Center  
YC Regional Economic Development Center  
Office: (928) 776-2008 • [www.yc.edu/sbdc](http://www.yc.edu/sbdc)

### PRACTICAL ENTREPRENEURSHIP

#### Lean Business Start-Up • \$25

February 4 • 5pm-8pm

Prescott • Rural Center for Entrepreneurship

February 16 • 5pm-8pm

Verde • Bldg G, Rm 108

#### Intro to Business Plan Writing • \$25

January 20 • 5pm-8pm

Prescott • Rural Center for Entrepreneurship

March 15 • 5pm-8pm

Verde • Bldg G, Rm 108

#### Accounting Fundamentals for Business Start-Up • \$25

April 26 • 5pm-8pm

Prescott • Rural Center for Entrepreneurship

### FINANCE

#### Getting Your Financial House in Order • \$20

February 10 • 5pm-7pm

Verde • Bldg G, Rm 108

February 23 • 5pm-7pm

Prescott • Rural Center for Entrepreneurship

#### Preparing Your Business to Get a Loan • \$20

March 23 • 5pm-7pm

Prescott • Rural Center for Entrepreneurship

April 5 • 5pm-7pm

Verde • Bldg G, Rm 108

#### Managing Your Business: Understanding Financial Stmtts • \$40

January 14 • 5pm-8pm

Prescott • Rural Center for Entrepreneurship

May 12 • 5pm-8pm

Verde • Bldg G, Rm 108

#### Crowdfunding for Small Business • \$40

March 29 • 5pm-8pm

Verde • Bldg G, Rm 108

April 13 • 5pm-8pm

Prescott • Rural Center for Entrepreneurship

#### Enhance Your Bottomline • \$25

March 1 • 9am-11am

Verde Campus

April 19 • 8am-10am

Prescott Campus

#### Grant Writing For Your Business • \$299

March 30-31

Verde • Bldg G, Rm 108

### SOCIAL MEDIA FOR YOUR BUSINESS

#### Blog Your Way to Business Success • \$25

May 18 • 5pm-8pm

Sedona • Rm 28

#### Facebook 1.0 Basics of Establishing Your Business Page • \$25

February 18 • 5pm-8pm

Sedona • Rm 28

#### Fearless Facebook • \$25

March 3 • 5pm-8pm

Prescott Campus

#### How to Get on Google's Page 1 • \$25

January 6 • 5pm-8pm

Sedona • Rm 28

April 7 • 5pm-8pm

Prescott Campus

#### Creating SEO Rich Context for Website, Blog & Facebook • \$25

April 21 • 5pm-8pm

Sedona • Rm 28

May 5 • 5pm-8pm

Prescott Campus

#### Proving Twitter is Not for the Birds • \$25

March 16 • 5pm-8pm

Sedona • Rm 28

### WEBSITE DEVELOPMENT

Enroll in all three classes for only \$90!

#### Introduction to Website Design • \$25

#### Website Design II • \$35

#### Website Design III • \$35

Visit [yc.edu/sbdc](http://yc.edu/sbdc) for workshop dates

### SPECIAL TOPICS FOR BUSINESS

#### Is Your Business Ready for Exporting? • \$40

March 2 • 11am-1pm

Verde • Bldg G, Rm 108

February 3 • 8am-10pm

Prescott • Rural Center for Entrepreneurship

#### How to Get Published • \$20

February 3 • 5pm-7pm

Sedona • Rm 28

#### Understanding and Managing Business Risks • \$20

May 24 • 5pm-7pm

Prescott • Rural Center for Entrepreneurship

#### Employee or Independent Contractor? • \$20

April 20 • 5pm-7pm

Prescott • Rural Center for Entrepreneurship

#### Lean Management Principles • \$25

May 3 • 5pm-8pm

Prescott • Rural Center for Entrepreneurship

#### Accounting Fundamentals for Artisans • \$25

May 17 • 5pm-8pm

Sedona • Rm 28

### ENTREPRENEURSHIP AND INNOVATION

#### Commercialization of Your Product • \$30

January 21; April 28 • 1pm-3pm

Prescott • Rural Center for Entrepreneurship

#### Intellectual Property • \$40

May 26 • 5pm-8pm

Prescott • Rural Center for Entrepreneurship

#### Use Crowdfunding to Develop Your Product • \$30

January 19; March 22 • 1pm-3pm

NAUVC Campus (Prescott Valley)

#### How to do Business With Government • \$30

February 2; May 10 • 1pm-3pm

NAUVC Campus (Prescott Valley)

### PROFESSIONAL DEVELOPMENT

Please contact our office at 928-771-7966 for information on class dates and locations.

#### Caregiver Certificate (state certified)

3 Week Class

#### Entry Level Manufacturing Certificate

2 Week Class

#### Lean/Six Sigma

Day Class

**REGISTER BY PHONE:**  
**(928) 776-2008**





# EDVENTURES TRIPS SPRING 2016

## EDVENTURES IN LEARNING – Travel to learn and explore your world!

At EDventures, our tour leaders are eager to share their knowledge and enthusiasm for the colorful local history, fascinating cultures and natural features as you travel the southwest with us!

### DAY TRIPS

#### Steam Boat on Canyon Lake

Friday, February 12 #021216

Cruise secluded waterways and relax while you admire the breathtaking flora and fauna of the lower Sonoran desert and hear the legends and lore of the Superstition Mountains. This is home to bighorn sheep, coyote, deer, bobcats and mountain lions along with bald eagles, hawks, vultures and many other native species. Learn about the geological history from the stunning rock formations that line the water. Includes optional short nature hike. *Activity Rating: 1.*

**\$159 per person – Trip discounts do not apply. (Includes transportation, box lunch, cruise and guide.) Departs 7AM from Prescott.** \*Cordes Junction pickup available. Please reserve by Jan. 29.

#### Perry Mesa Archaeology and Hiking

Saturday, March 5 #030516

Travel the back roads into Agua Fria National Monument with short hikes to some of the archaeological sites situated on Perry Mesa. Explore Pueblo la Plata and other prehistoric ruins and find petroglyphs on the basalt cliffs. Experience the variety of the mesa's geology and hear stories of the prehistoric Hohokam and earlier prehistoric people who inhabited the Mesa and canyons' ecosystems. Lunch stop in the cool riparian area of the Agua Fria River will give you insights into why this mesa was so heavily inhabited. Geology, archaeology, history and natural history will be topics of the day. Hiking on backcountry trails with some inclines. *Activity Rating: 3 and travel on rough roads.*

**\$139 per person – Trip discounts do not apply. (Includes transportation, box lunch, knowledgeable guide, fees.) Departs 7AM from Prescott.** \*Cordes Junction pickup available. Please reserve by Feb. 19.

#### Backroad Agua Fria National Monument: Prehistoric Ruins, Geology & Ecosystems

Thursday, March 17 #031716

Travel the back roads of Agua Fria National Monument. Explore prehistoric ruins, take short hikes, bask in the riparian areas, and experience the variety of geology and ecosystems as you travel from high desert to Sonoran Desert. Geology, prehistoric history and natural history will be topics of the day. End the day with dinner (on your own) at El Encanto in Cave Creek. Hiking up to 1 mile at Pueblo la Plata and Sears-Kay prehistoric ruins. *Activity Rating: 2 and travel on rough roads*

**\$139 per person – Trip discounts do not apply. (Includes transportation, box lunch, knowledgeable guide, fees.) Departs 7AM from Prescott.** \*Cordes Junction pickup available. Please reserve by March 3.

#### Hike Grand Canyon: Diamond Creek

Saturday, March 19 #031916

Saturday, April 2 #040216

Hike with EDventures! Drive to the Grand Canyon on the only road to the Colorado River, accessible on Hualapai lands. Shortly before reaching the river, this road meets Diamond Creek. The hike is about 5 miles round trip up the creek into spectacular narrows. The trail has no steep grades, but it crosses the creek several times, so expect some wet walking and walking on river rocks. Lunch at a beautiful waterfall beneath thousand-foot cliffs and learn about both the geology and natural history. The day will culminate with a stop at the Colorado River. Dinner stop (on your own). *Activity Rating: 3+.*

**\$139 per person – Trip discounts do not apply. (Includes transportation, field instruction, Hualapai permits and box lunch.) Departs 7AM from Prescott.** Please reserve at least two weeks in advance.

#### Hassayampa River, Congress & Stanton

Thursday, March 24 #032416

Explore the route of the Hassayampa River – the “river that flows upside down.” This intermittent river arises in the southern Bradshaw Mountains and is an important water source for the desert. Learn about the river and the wildlife it supports while visiting the Hassayampa River Preserve near Wickenburg. Take a docent-led walk along the beautiful river trails of this important year-round stream. Lunch stop in Congress at Nichols West. Then visit the ghost town of Stanton, site of a gold strike in 1863. Short walks up to one-half mile on uneven ground. *Activity Rating: 2.*

**\$139 per person – Trip discounts do not apply. (Includes transportation, field instruction, entrance fees and lunch.) Departs 7AM from Prescott.** Please reserve by March 14.

#### Hike Grand Canyon: Tonto Bench

Saturday, March 26 #032616

Hike with EDventures! The only road to the Colorado River canyon's depths is located on Hualapai lands in western Grand Canyon. This road accesses a little-known hiking route that leads out onto the Tonto Rim, nearly a thousand feet above the Colorado River. This is a truly wild, adventurous and challenging Grand Canyon hike, with fabulous distant views up and down the canyon. Hiking distance is slightly less than four miles and includes steep grades and narrow trails – not for the fainthearted. Geology and natural history will be discussed along the way. The day will culminate with a van stop at the Colorado River. Dinner stop (on your own) in Seligman. *Activity Rating: 4+.*

**\$139 per person – Trip discounts do not apply. (Includes transportation, field instruction, Hualapai permits and box lunch.) Departs 7AM from Prescott.** Please reserve by Mar. 14.

See Activity Rating descriptions on page 2.





## EDVENTURES TRIPS SPRING 2016

### Drive to the Bottom of the Grand Canyon

Thursday, March 31 #033116

Saturday, April 9 #040916

Friday, April 15 #041516

Saturday, May 14 #051416

Follow Diamond Creek as it winds through Peach Springs Canyon – the only road access to the bottom of the Grand Canyon. The road crosses and follows the creek as you are transported down canyon to the banks of the Colorado River. Enjoy a picnic lunch with an optional walk the last mile to the river through a narrow canyon with flowing stream. Includes driving on bumpy roads. *Activity Rating: 1-2.*

**\$139 per person (Includes transportation, box lunch, permit fees, field guide.) Departs 7:30AM from Prescott campus.** Please reserve at least two weeks in advance.

### Hike Grand Canyon: Diamond Creek

Saturday, April 2 #040216

See description on page 22. Please reserve by Mar. 18.

### Verde Canyon Railway

Thursday, April 7 #040716

Start the day with a stop in Jerome to explore this historic copper mining town. Spend the afternoon aboard the vintage train cars on a wilderness excursion that follows the curves of the Verde River through a red rock canyon full of unusual geology, abundant wildlife, prehistoric ruins and settlement history. Expert narration leaves passengers with a sense of history, archaeology and the Indian lore of the Verde Canyon. *Activity Rating: 1-2.*

**\$159 per person – Trip discounts do not apply. (Includes transportation, train fare, lunch voucher and guide.) Departs 8AM from Prescott.** Please reserve by Mar. 24.

### Explore Yavapai County: Williamson Valley and Beyond

Friday, April 8 #040816

This road trip takes Williamson Valley Road all the way to Seligman with return via Ash Fork and Highway 89. We'll visit the areas of many early historic sites, including the town sites of Simmons and Walnut Creek. On the return from Ash Fork we'll stop at the old Little Hell Canyon stage stop and a mysterious and unique signpost from the earliest days of air travel in the county. Along the way we'll discuss the geology and natural history and many aspects of the human history of the area. There will be a few short walks of up to a quarter mile, but no serious hiking. *Activity Rating: 2.*

**\$129 per person – Trip discounts do not apply. (Includes transportation, box lunch, field instruction.) Departs 8AM from Prescott.** Please reserve by Mar. 25.

### Drive to the Bottom of the Grand Canyon

Saturday, April 9 #040916

See description at left. Please reserve by Mar. 25.

### Drive to the Bottom of the Grand Canyon

Friday, April 15 #041516

See description at left. Please reserve by Apr. 1.

### Explore Yavapai County: Drake, Perkinsville and Jerome

Saturday, April 16 #041616

Explore the back roads of Yavapai County. This road trip takes Drake Road to Perkinsville on the Verde River, then up and over the flank of Woodchute Mountain to Jerome, partly on the rail bed of the old narrow gauge line from Chino Valley to Jerome. We'll discuss the geology and natural history of the area and touch on many aspects of the human history of the area. There will be a few short walks of up to a quarter mile, but no serious hiking. *Activity Rating: 2.*

**\$129 per person – Trip discounts do not apply. (Includes transportation, field instruction and box lunch.) Departs 8:30AM from Prescott.** Please reserve by Apr. 1.

### Rock Art Ranch and La Posada

Thursday, April 21 #042116

Step back in time with a visit to Chevelon Canyon on Rock Art Ranch, home to some of the finest ancient petroglyphs in the world on a privately-owned ranch. Visit the cowboy museum and working ranch to learn about ranching history, the Hashknife Cattle Company and military and Indian activity in the area. Take a short, steep hike into Chevelon Canyon to tour the multiple petroglyph panels. Visit La Posada, the beautifully restored Fred Harvey Hotel in Winslow, with dinner (on your own) at the award-winning Turquoise Room. *Activity Rating: 2-3 (steep stairs).*

**\$159 per person – Trip discounts do not apply. (Includes transportation, box lunch, instruction and ranch tour admission.) Departs 7AM from Prescott.**

\*Camp Verde pickup available. Please reserve by Apr. 7.

### Crown King and the Southern Bradshaws

Saturday, April 30 #043016

The history of the region's historic gold mines comes to life! Travel along the winding roads beside the old railroads of the Bradshaw Mountains that follow the railroad switchbacks passing by the historic mines dotting the surrounding hillsides. Enjoy the magnificent views as you top out at the summit. A visit to ghost towns and the Crown King General Store transports you back in time. Driving on bumpy roads. *Activity Rating: 1.*

**\$129 per person (Includes transportation, box lunch and instruction.) Departs 8AM from Prescott.** \*Cordes Junction pickup available. Please reserve by Apr. 15.

#### Our website now has itineraries!

For detailed information, visit us online at  
[www.yc.edu/edventures](http://www.yc.edu/edventures)  
email [EDventures@yc.edu](mailto:EDventures@yc.edu) or call 717-7755.

See Activity Rating descriptions on page 2.



## EDVENTURES TRIPS SPRING 2016

### Tuzigoot and Verde Valley Archaeology **2**

Thursday, May 5 #050516

Drive over Mingus Mountain with a short stop in Jerome before traveling into the Verde Valley to explore the prehistoric ruins at Tuzigoot (Apache for "Crooked Water") National Monument. A tour of the Visitor's Center and short hike through the 110-room pueblo with views of the Verde River and Tavasci Marsh will give you a picture of life in this ancient pueblo inhabited by the Sinagua culture. Enjoy lunch at Montezuma Well, a unique geological feature that supported prehistoric settlement, and a walk below the dwellings at Montezuma Castle. End the afternoon at the Verde Valley Archaeology Center in Camp Verde with a guided tour. Short hikes up to one-half mile. *Activity Rating: 2.*

**\$139 per person – Trip discounts do not apply. (Includes transportation, entrance fees, field instruction and box lunch.) Departs 8AM from Prescott.** Please reserve by Apr. 21.

### Get Your Kicks on Route 66! **1**

Friday, May 6 #050616

Spend a day with us as we travel the "Mother Road" from Ash Fork to Oatman and explore the remnants of this important Chicago to L.A. thoroughfare. Beginning with a stop in Seligman, we'll motor on to visit the Route 66 Museum in Kingman and learn about the evolution of travel. Back on the road, we'll wind up at a living ghost town in Oatman and see a live reenactment of an old west shootout, wild donkeys roaming the streets and many more sights you won't see anywhere else! *Activity Rating: 1.*

**\$139 per person – Trip discounts do not apply. (Includes transportation, box lunch, instruction, and all admission fees.) Departs 7AM from Prescott campus.** Please reserve by Apr. 22.

### Drive to the Bottom of the Grand Canyon

Saturday, May 14 #051416

See description on page 23. Please reserve by Apr. 29.

### Raft the Bottom of the Grand Canyon **2 3**

Friday, May 20 #052016

Ever wonder how you can see the bottom of the Grand Canyon from the water? Join us for a one-day excursion with the Hualapai River Runners. Your river guide will navigate the Colorado River white water (plan on getting wet!) and relate the history and culture of the Hualapai people. Lunch in the canyon, then take an optional hike to beautiful Travertine Waterfall. A helicopter ride will transport you back to the rim. Dinner at the Diamond Creek Restaurant (on your own) before heading home. Experience the Canyon like never before! *Activity Rating: 2-3.*

**\$649 per person - Trip discounts do not apply. (Includes ground transportation, lunch on the river, permit fees, field guide, raft excursion, helicopter ride.) Departs 5AM from Prescott campus.** Please reserve by May 2.

See Activity Rating descriptions on page 2.

## LET EDVENTURES DESIGN A REGIONAL TRIP FOR YOUR GROUP OR FAMILY

We are happy to plan and make all the arrangements for your next group outing. Whether it's one day or a multi-day adventure you are looking for, we can help plan and make arrangements, provide knowledgeable tour leaders and turn it into a fun and educational trip! Call EDventures at 928-717-7755 to find out more!

## IMPORTANT INFORMATION

Trip departure times and locations are noted under individual trip descriptions. Departure times on the mailed itinerary are firm. No refunds will be issued for missed vans. All trips depart from Yavapai College main campus at 1100 E. Sheldon St. in Prescott. Vans meet at the flagpole in the center of campus. \*Cordes Junction and Camp Verde pickup locations may be available.

Discounts cannot be combined and do not apply to single supplement fees. Not all trips are discounted.

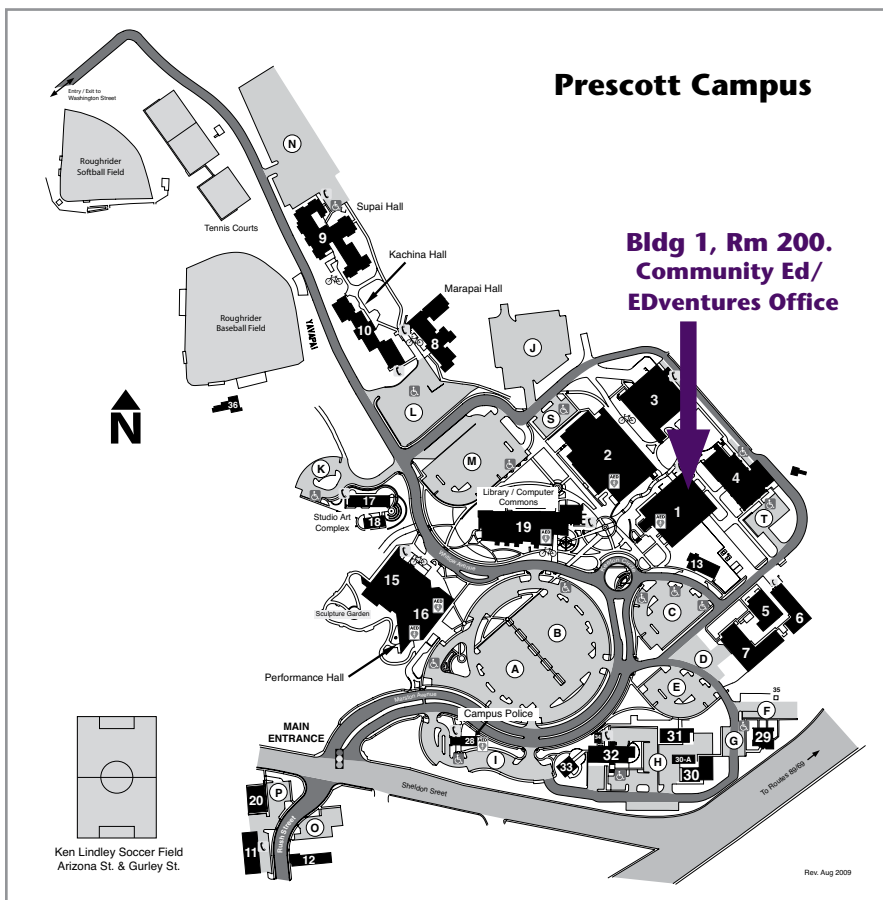
Please notify us of any mobility restrictions, dietary restrictions (for trips that include meals), and/or hearing/vision impairment prior to the trip so we may ensure your safe and enjoyable experience.

For detailed itineraries and more visit us online at [www.yc.edu/edv](http://www.yc.edu/edv), email [Edventures@yc.edu](mailto:Edventures@yc.edu) or call **717-7755**.

See Activity Rating descriptions and Cancellation Policy on page 2.

**\*\*Travel with your family and friends! Groups of 3 or more registering together get 10% OFF! \*\***

**CALL 717.7755 OR VISIT  
WWW.YC.EDU/EDVENTURES  
TO REGISTER TODAY!**



## Is getting to your Class a challenge because of a disability?

For those who need assistance in finding appropriate parking and getting to your classroom, we offer the following information:

**Disability parking** is located at the second floor level behind Buildings 3 and 4 and in parking lot M. You must have a disability permit to park in these areas. You may take the elevator in Buildings 2, 3 and 4 to the first floor level.

If there are any other disability concerns or requests for accommodations, please do not hesitate to contact Disability Resources for assistance at **(928) 776-2079**.

## Registration Form

Contact us early for information and registration. All registration is done through the Community Education Office, phone 928.717.7755; FAX 928.717.7880, or stop by Building 1, Room 200 between 8:30 am and 4 pm Monday through Friday. PLEASE DO NOT CALL THE YC REGISTRATION OFFICE.

Mail form to: Community Education, 1100 E Sheldon St PMB 6912, Prescott AZ 86301-3297 • Email: [lifelonglearning@yc.edu](mailto:lifelonglearning@yc.edu)

Name \_\_\_\_\_

Phone \_\_\_\_\_ Birth Date \_\_\_\_\_

Email \_\_\_\_\_

Address \_\_\_\_\_

City \_\_\_\_\_ State/Zip \_\_\_\_\_

I'd like to enroll in these classes:

ID number	Title	Fee
_____	_____	_____
_____	_____	_____
_____	_____	_____
_____	_____	_____

Total Enclosed \_\_\_\_\_

### Make checks payable to Yavapai College.

(Cash payments are accepted for in person registration only.)

Have you taken classes at Yavapai College in the past?

Yes ☐ No ☐



Postal Customer



## TRAVEL WITH EDVENTURES

# ITALIAN TAPESTRY TOUR

### SEPT. 19 – OCT. 3, 2016

Travel with EDventures to experience a Cultural Infusion of the Arts as we explore the arts, music and rich cultural heritage of Italy. Craig Ralston, Dean of Arts & Humanities, will accompany us on a Music and Art Tapestry Tour through Italy!

#### Join us for a cultural infusion of the Arts as we explore:

- Venice, the Queen of the Adriatic and the Floating City
- Verona and Santa Margherita Ligure
- Cinque Terre region to visit picturesque fishing villages
- Pisa and Florence
- Assisi and ancient Rome
- Ancient ruins at Pompeii and Paestum
- Isle of Capri and Amalfi coast
- The arts, music, rich cultural heritage with free time to experience Italy on your own

A preliminary itinerary is available online at [www.yc.edu/edventures](http://www.yc.edu/edventures)

**Find out more!** Join us for an informational presentation on EDventures travel to Italy in 2016.

**Saturday, February 6, 2016, on the Yavapai College  
Prescott campus**

**Please RSVP: 928-717-7755**