Growing an Educational Center for Community Well-being

Build a Community that Grows Together
We Support Your Well-being

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Clark College Explorations Continuing Education Class Schedule (USPS 22952)
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ARTS

Exploring Mixed-Media Collage
An in-depth course where basic mixed-media collage techniques will be built upon with more advanced techniques week by week. Students will discover how to create unique works while developing their creative voice. Beginner friendly!
**Eastside - No class on 5/25.**
Eastside - No class on 5/25.

- **CTC Rm: 338**
- **P. Schmidt**
- **10909 4/14-6/9**
- **Tu 6-9PM**

Mixed-Media Collage with Words
Learn mixed-media collage techniques and dive into making art that uses meaningful words, phrases, and quotes as the central focus. Create rich, textured backgrounds using acrylic paints and patterned paper as the backdrop for words and quotes that inspire you. Beginner friendly as well as useful for those looking to expand their creative imagination.
**Main Campus**
- **11560 5/4-6/1**
- **M 1-3:30PM**
- **$79**

Drawing For Beginners
Anything you see you can draw, and even beginners can become true artists! This course is designed to be an introduction to the basic materials and technical properties of drawing. Focus in this course will be on the formal qualities of drawing and its concepts. Projects include drawing from still life and natural forms. Develop observational skills, perceptual awareness, and expressive capabilities through the exploration of proportional relationships, linear perspective, and composition techniques.
**Eastside**
- **10909 4/14-6/9**
- **Tu 6-9PM**
- **$149**

Beginning Watercolor
Beginning students and those with some experience will benefit from step-by-step demonstrations and personal guidance. Review basic concepts of brush strokes, color blending and texture. Everyone will connect with new ways to paint in a supportive environment.
**Eastside - No class on 5/25.**
- **10946 4/13-6/8**
- **M 6-8PM**
- **$149**

Watercolor Independent: AM
Receive personalized guidance and coaching to raise your artistic endeavors to new heights of skill and creativity. Participate in a brainstorming session for your own special project. Enjoy weekly instructor demonstrations on various watercolor techniques. Bring your painting supplies and pre-drawn subject matter to the first class.
**Main Campus**
- **10929 4/8-5/27**
- **W 9-11:30AM**
- **$149**

Watercolor Independent: PM
Treat yourself to one-on-one guidance from a professional artist and elevate your creativity! Create your own special project. Bring your painting supplies and new and old subject matter to the first class.
**Main Campus - No class on 5/25.**
- **10927 4/6-6/1**
- **Th 6-8PM**
- **$149**

Adventures in Watercolor
Release your creative spirit and learn the joys of watercolor painting in a relaxed atmosphere that will inspire you. Designed for both beginners with no prior experience and those wanting to brush up on the basic techniques of this fascinating medium. You do not need drawing skills. Photos and templates for tracing are provided. Learn how to manipulate this medium that is often considered intimidating.
**Eastside**
- **10973 4/8-6/10**
- **W 6-9PM**
- **$219**

Acrylic Painting
Create at your own level, exploring acrylics with a focus on color, composition, and pattern. Demonstrations will show color mixing, shading and texture. Experimentation, creativity, and activation of your intuitive art talent will be encouraged. Work on projects of your choice or suggested demo projects. Instructor offers individualized suggestions to develop your own painting style.
**Eastside - Morning - No class on 5/23.**
- **10916 4/11-6/6**
- **Sa 9:30AM-12:30PM**
- **$159**

Watercolor Independent: AM
Take your acrylic painting to the next level! As you move into ever more experimental stages, learn to expand your creativity and express yourself in a more intuitive style and free your artistic self. Focus will be on the elements of design and color, line, and shape with demonstrations, tips, and activities. Designed to meet the needs of those who already possess some acrylic experience, but all levels are welcome.
**Eastside**
- **10995 4/16-6/4**
- **Th 6-9PM**
- **$210**

Abstract Acrylic Paint
Take your acrylic painting to the next level! As you move into ever more experimental stages, learn to expand your creativity and express yourself in a more intuitive style and free your artistic self. Focus will be on the elements of design and color, line, and shape with demonstrations, tips, and activities. Designed to meet the needs of those who already possess some acrylic experience, but all levels are welcome.
**Eastside**
- **10973 4/8-6/10**
- **W 6-9PM**
- **$99**

Painting from a Photograph
Do you want your paintings to look like they were painted from still-life but in reality you used a photo as reference? We will use the elements of painting to create a work of art from your own photos. This class will help you interpret the photo in a more interesting way and then represent it in a painting. We will learn about the pros and cons of working from photos and see what we can do to make a better painting.
**Main Campus**
- **13130 5/20-6/3**
- **W 6-9PM**
- **$99**

**INSTRUCTORS WANTED!**
Visit ecd.clark.edu to submit a course idea.

You may also be interested in:
**Home Crafts**
Page 4

**INSTRUCTORS WANTED!**
Visit ecd.clark.edu to submit a course idea.
Writing

Wildfire Writing I
For twenty years, this class has ignited dreamers and closet writers with creativity and confidence. Join other writers in overcoming blocks, criticism, and fear. Discover how to get words on the page for all kinds of writing, including fiction and non-fiction. Taught by an inspirational published author.
Main Campus
10988  4/21-6/2  Tu 7-9PM  $109  OSC Rm: 204  C. Krug

Self-Publishing for First-Timers
Just finished your memoir, novel, or how-to book? Explore the options for cost effectively publishing it as an ebook and in paper while avoiding common self-publishing pitfalls. Learn how to get your book into readers’ hands through libraries, online, and in bookstores. Participants will leave the course with a personalized indie-publishing plan.
Main Campus
10991  4/20-5/18  M 6:30-8:30PM  $119  SBG Rm: 324  A. Sanders

Writing to Sustain Hope
How can we write hopefully in troubling times? With all the problems in our world today, it can be hard to hold on to hope, and even harder to convey that hope in writing. This class provides a variety of entertaining and inspiring strategies to write hope into our lives. Whatever the writer’s genre, from memoir to poetry to fiction and more, this class will provide a toolbox for finding and sharing the hope in our beautiful selves and our beautiful world. Exercises are tailored to the genres and interests of the students.
Main Campus
11867  4/15-5/6  W 7-8PM  $69  JSH Rm: 245  A. Spicer

Photography

Smart Phone Photography
This course will introduce you to smartphone photography. You will learn how to take a great photo on your phone, what editing apps to use, and how to share and print your final product.
Eastside
10987  5/27  W 6-8PM  $39  CTC Rm: 340  P. Muhich

On Assignment
Challenge yourself! Receive a variety of photography assignments, each providing its own skill-building parameters. These provide a myriad of growth opportunities to practice the who, what, why, when, and how decisions essential to creating successful photographs. Constructive critiques are also instrumental in enhancing one’s photography skills. Prerequisite: strong camera capabilities.
Main Campus
11300  5/9  Sa 9AM-4:30PM  $129  JSH Rm: 127  S. O’Keefe

How to Shoot Photos Like a Pro
This comprehensive course will teach you how to create photographs like a pro. Emphasis will be on working with various creative controls available to you, learning to create more compelling compositions, and how to get more out of your digital camera. This course is ideally suited for beginning photographers or photographers wanting to get back up-to-speed.
Eastside
11503  5/21-6/11  Th 6:30-8:30PM  $89  APH Rm: 114  J. Bentley

You may also be interested in:

Intro to Digital Photography
For those starting out with photography, who would like to learn about photography and the basic controls of the digital camera. Explore the basic use of the exposure triangle and beginning composition to enhance your images. Learn about the simple accessories to help with your photography. Instructor is very open to question and answer in this student directed class. Bring your camera, with a fully charged battery and any accessory or additional equipment.
Main Campus
10923  4/16-5/14  Th 6:30-8:30PM  $99  APH Rm: 114  J. Bentley

Intro to Flash Photography
This intro class will explore how to use your flash during night and day photography. How to use your flash for various photo subjects such as portrait, night photography, and desktop product photography. Learn to use your flash in different modes, and when to use filters. In this class we will discuss different light modifiers and how to use them. We will also talk about some of the do-it-yourself equipment that you can make.
Main Campus
11503  5/21-6/11  Th 6:30-8:30PM  $89  APH Rm: 114  J. Bentley

You may also be interested in:

Photoshop I & II

"I found out that art helps us make sense of the chaos of our lives." -Dr. Clive Parkinson

Visit Our Website! ecd.clark.edu | 360-992-2939
MUSIC

Ergonomics for Musicians
If practicing your music is wreaking havoc on your body, this class is for you! Limit injury and reduce discomfort when playing. Taught by a Certified Music Ergonomist, this transformational Ergonomics program is specifically designed for musicians and music wannabes. Bring your instrument and fine tune your body! (Piano available in room).
Main Campus
11013  4/7-4/28 Th  5:30-6:30PM $59  BMH Rm: 102  S. Vaughan

Beginning Banjo
Get that old five-string banjo out and learn to play from a professional musician! Bluegrass lovers will explore aspects such as tuning, picking styles, playing chords, and lead lines. Learn how to adjust the banjo neck, hold the banjo, and how picks are used. Practice strumming, finger placement, thumb rolls, and finger exercises as well as picking out simple notes and chords. Bring your banjo and joy for music to class. Requires understanding of music fundamentals.
Main Campus - Ages 15 and over.
11060  4/16-6/11 Th  7:15-8:30PM $109  BMH Rm: 110  L. Jones

Beginning Guitar I/ II
Under the guidance of a professional musician, learn the basics of how to play the guitar. Focus on tuning, basic chords, picking, strumming, note reading, and chord progressions. As you progress, you will add more notes and chords as well as more complex rhythms and strumming patterns. Ultimately you will play songs as a group. Bring your guitar to class. See webpage for textbook info.
Eastside - Ages 15 and over.
10155  4/8-6/10 W  6:30-8PM $99  CTC Rm: 338  D. Smith

The Piano Course That Works
Become the pianist you always wanted to be. This class is expertly tailored for beginners who want immediate results. We will shatter the myth that only a select few people are musical. Get solid skills with chords, intervals, solfege, and music notation. We will improvise, play ensemble pieces, and explore everything from Beethoven to Broadway, Ragtime to Rock. Get that old five-string banjo out and learn to play from a professional musician! Bluegrass lovers will explore aspects such as tuning, picking styles, playing chords, and lead lines. Learn how to adjust the banjo neck, hold the banjo, and how picks are used. Practice strumming, finger placement, thumb rolls, and finger exercises as well as picking out simple notes and chords. Bring your banjo and joy for music to class. Requires understanding of music fundamentals.
Main Campus - Age 15 and over.
11022  4/7-4/28 Tu  5:30-6:30PM $59  BMH Rm: 102  S. Vaughan

Piano II
Continue developing into the pianist you want to be. Whether you took lessons long ago or yesterday, you’ll learn not just individual pieces, but the skills to help you learn on your own. We will improvise, play ensembles, and enjoy everything from Classical to Rock, Ragtime to Broadway. Prerequisite: The Piano Course That Works, or by instructor permission.
Main Campus - No class on 5/23.
10393  4/11-6/13 Sa  9-11AM $179  BMH Rm: 101  A. Bernstein

Beginning Ukulele
Enjoy this easy-to-learn instrument! Receive instruction to play and learn songs. Discover how to tune your instrument and read melodies and rhythms. Practice drills to new and old songs. Bring your ukulele and enthusiasm to class. Requires understanding of music fundamentals.
Main Campus - Ages 15 and over.
11066  4/16-6/11 Th  6-7PM $99  BMH Rm: 110  L. Jones

Intro to Glycerin Soap Making
Have you ever wanted to make soap? This is a fun, simple, and rewarding class for those who wanted to learn all about melt and pour (glycerin) soap making. We will learn how to make a 2-layered soap with botanicals, colorants, and essential oils. Everyone leaves the class with soap ready to use. Shower not included!
Eastside
11089  5/30/22 Sa  1-3PM $59  CTC Rm: 153  R. Michaels

Cuddle Blanket with Applique
Learn a quick and easy way to make a baby blanket that is the perfect size for a newborn or a trip in the stroller or the car seat. You’ll add a cuddle binding around double-sided cuddle – then add an adorable critter to one of the corners using raw edge applique technique.
Eastside - Sewing machine is required.
11475  5/16 Sa  9AM-12PM $59  CTC Rm: 210  S. McKay

Suede Slippers
Learn all the tips and tricks you will need to sew with soft suede fabrics as you create a pair of soft, snuggly slippers for you or a little one in your life. Course is for designed for beginners.
Eastside - Sewing machine is required.
11486  5/4/22 M  6-8PM $59  CTC Rm: 340  S. McKay

Creating an Easy Circle Skirt
Learn how to pattern and sew a circle skirt with a waistband and pockets from your own measurements. Patterning will be done during class time; sewing will be done by the student at home. Bring your weekly progress for group review each session. Prerequisite: Basic understanding of machine sewing.
Main Campus - Sewing machine is required.
12987  4/18-5/9 Sa  10AM-1:30PM $99  APH Rm: 112  E. Stout

Dying To Know
Spend a Saturday morning exploring the Old Vancouver City Cemetery. Learn about headstone art, symbols, and their meanings. Learn the history of undertaking and morticians as well as the proper way to clean a headstone and make a rubbing. Discuss the trend toward eco-friendly coffins, urns, and burials.
2700 E Mill Plain Blvd, Vancouver, WA
10986  6/6 Sa  9:30AM-12PM $39  Old City Cemetery  P. Muhich

DNA Testing & Genealogy
With five major companies offering testing, have you considered getting your DNA tested? Which is best for you? Certain brands will give you specific information only - and they do differ! Find out what options are best for you, and how safe your data is. Discover how to use this information to build your family genealogy.
Eastside
10984  5/16 Sa  9:30AM-12:30PM $45  CTC Rm: 206  P. Muhich

Sea-Down Genealogy

Searching For Your Family Tree
Develop an understanding of genealogy - how to research your family tree and share your family history. Effectively find and analyze sources, and understand historical context. Develop investigative skills to research your family genealogy. Learn how to find published info about your family, discover your ancestors’ homelands, research historical newspapers, set up google alerts for automated searches, use language tools to translate, and make the most of free websites for genealogy. Prerequisite: strong computer skills and prior research into your family history.
Eastside
10985  4/25 Sa  9:30AM-12:30PM $45  CTC Rm: 339  P. Muhich

GENEALOGY

BEGINNING SEWING & GARMENT CONSTRUCTION
Learn a variety of machine and hand-sewing techniques specifically tailored to sewing apparel. At the end of the course, the student will have completed a wide range of seam samples that will serve as reference for future sewing endeavors. Basic sewing machine operation and maintenance, as well as reading and understanding commercial home sewing patterns will be explored.
Main Campus - Sewing machine is required.
12987  4/18-5/9 Sa  10AM-1:30PM $99  APH Rm: 112  E. Stout

BEGINNING SEWING & GARMENT CONSTRUCTION
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DNA Testing & Genealogy
With five major companies offering testing, have you considered getting your DNA tested? Which is best for you? Certain brands will give you specific information only - and they do differ! Find out what options are best for you, and how safe your data is. Discover how to use this information to build your family genealogy.
Eastside
10984  5/16 Sa  9:30AM-12:30PM $45  CTC Rm: 206  P. Muhich

SEARCHING FOR YOUR FAMILY TREE
Develop an understanding of genealogy - how to research your family tree and share your family history. Effectively find and analyze sources, and understand historical context. Develop investigative skills to research your family genealogy. Learn how to find published info about your family, discover your ancestors’ homelands, research historical newspapers, set up google alerts for automated searches, use language tools to translate, and make the most of free websites for genealogy. Prerequisite: strong computer skills and prior research into your family history.
Eastside
10985  4/25 Sa  9:30AM-12:30PM $45  CTC Rm: 339  P. Muhich

INTRO TO GLYCERIN SOAP MAKING
Have you ever wanted to make soap? This is a fun, simple, and rewarding class for those who wanted to learn all about melt and pour (glycerin) soap making. We will learn how to make a 2-layered soap with botanicals, colorants, and essential oils. Everyone leaves the class with soap ready to use. Shower not included!
Eastside - Sewing machine is required.
11089  5/30/22 Sa  1-3PM $59  CTC Rm: 153  R. Michaels

CUTTING BLANKET WITH APPLIQUE
Learn a quick and easy way to make a baby blanket that is the perfect size for a newborn or a trip in the stroller or the car seat. You’ll add a cuddle binding around double-sided cuddle – then add an adorable critter to one of the corners using raw edge applique technique.
Eastside - Sewing machine is required.
11089  5/30/22 Sa  1-3PM $59  CTC Rm: 153  R. Michaels

SUDE SLIPPERS
Learn all the tips and tricks you will need to sew with soft suede fabrics as you create a pair of soft, snuggly slippers for you or a little one in your life. Course is for designed for beginners.
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11089  5/30/22 Sa  1-3PM $59  CTC Rm: 153  R. Michaels

CREATING AN EASY CIRCLE SKIRT
Learn how to pattern and sew a circle skirt with a waistband and pockets from your own measurements. Patterning will be done during class time; sewing will be done by the student at home. Bring your weekly progress for group review each session. Prerequisite: Basic understanding of machine sewing.
Main Campus - Sewing machine is required.
12987  4/18-5/9 Sa  10AM-1:30PM $99  APH Rm: 112  E. Stout

GIVE YOUR INSTRUCTOR A CALL OR VISIT OUR WEBSITE TO REGISTER FOR CLASSES!

Your Instructor! Register Early.

4
INSTRUCTORS SPOTLIGHT • Oliver Petraitis

Traveling with his family as a child inspired Oliver’s lifelong interest in language and culture. He completed a dual bachelor’s degree in English Literature and Applied Foreign Languages. As an undergraduate, he taught adults at the local German immersion school. He moved to Germany to teach ESL at a local Gymnasium on a Fulbright scholarship. During his time abroad he also completed his Masters in Sociolinguistics.

Conversational Japanese
An excellent first step in learning to speak Japanese, taught by a Japanese native speaker. Learn to say basic greetings and engage in simple conversational phrases. The class atmosphere is open and supportive for absolute beginners. You will also gain greater knowledge and understanding of the various cultural aspects of Japan, which prepare you for a trip to this beautiful country.

Main Campus
11549 4/9-5/7 Th 6:30-8:30PM
$89 JSH Rm: 120 A. Jordan

Conversational German
Traveling to Germany and other parts of Europe? Learn to converse in a relaxed and easy-going environment with an instructor of German heritage. During class, students will be asked to speak mostly German intermixed with English, called immersion. German is a very logical language and many words are similar to English. You’ll learn to “roll your r’s” and sound like a true German! See webpage for textbook info.

Main Campus
11848 4/7-6/9 Tu 7:15-8:45PM
$109 SBG Rm: 224 O. Otsuka

Conversational Chinese
Want to communicate in the most widely spoken language in the world? Gain a basic understanding of Mandarin and its phonetics, and be able to communicate and understand simple expressions based around the topics of everyday life. Participate in fun role-playing exercises such as bargain shopping, location directions, ordering food/drink, people introductions, and cultural experiences such as cooking, mahjong, and etiquette.

Main Campus - No class on 5/25.
10979 4/6-6/8 M 6:30-8PM
$109 APH Rm: 114 J. Zou

Conversational French
Would you like to speak French naturally? Students will acquire basic French conversational skills as well as reading and writing skills through task-oriented interactive activities and scene work. Students will also learn new vocabulary, important grammar, and daily expressions.

Main Campus - No class on 5/25.
11469 4/6-6/8 M 6-8PM
$109 JSH Rm: 120 A. Jordan

Spanish I
A beginner’s course focusing on how to converse in Spanish. Focus on real life situations using common words and phrases, and learn about the vibrant culture. Great for travelers!

Main Campus
10982 4/7-4/30 Tu, Th 6:30-8PM
$99 SBG Rm: 251 S. Czafit

Spanish II
Continue to improve your Spanish language skills! Practice dialogues complemented by grammar and pronunciation. Course is tailored to individual needs including those traveling, watching TV, planning to live or work in a Spanish speaking country and speaking Spanish on a daily basis at work. Prerequisite: Spanish I or previous language instruction.

Main Campus
11550 5/5-5/28 Tu, Th 6:30-8PM
$99 SBG Rm: 221 S. Czafit

Italian for Travelers
Are you planning an upcoming trip to Italy? Or just interested in learning the basics of Italian? This course is for the traveler (or future traveler)! Build your Italian language skills and confidence for your trip to Italy. Learn how to speak independently in the present tense and get a glimpse into la dolce vita while learning how to order your four-course meal and ask directions to the Trevi Fountain.

Main Campus
10983 4/8-6/10 W 6-8:30PM
$109 SBG Rm: 251 L. Finley

Travel for Less...even Free!
Save money on airfare, hotel accommodations, car rentals, cruises and vacation packages. Achieve elite status and grab those great extra perks. Having traveled to over 100 countries, your instructor will teach you the tricks of the trade to make your travel experience easier, comfortable and affordable.

Eastside
10992 5/12-5/19 Tu 6:30-8:30PM
$59 CTC Rm: 337 K. Lardie

Advanced Travel for Less...even Free!
Learn even more about the tips and tricks to become an expert world traveler. In the beginning course students learned how to earn airline miles and hotel points. Now learn the best way to use those points and miles. Learn how to book award travel and complicated fee based travel. Discover how to book two airline trips for the price of one.

Eastside
10993 5/26 Tu 6:30-8:30PM
$39 CTC Rm: 337 K. Lardie
Artisan Sourdough Bread Baking
Learn to make artisan quality sourdough bread using only natural leavening agents in this two part class during one week. Explore techniques on how to start and properly maintain sourdough starter, process the dough using proper folding techniques, shaping, letting it ferment and proof. Use your home oven to achieve professional baker results! Each student will take home some mature starter they can use to bake bread at home!
Eastside - HANDS-ON, Level: Beginner.
11297 4/16 Th 6-8PM
11/29 4/18 Sa 11AM-1:30PM
$89 CTC Rm: 153 J. Martinez

French Bistro Made Simple
French food conjures up images of chefs in tall hats scurrying about the kitchen making incredibly complex and challenging food, but there is a lot of French fare that is simple to make. Learn some favorite Bistro classics, starting with a Provencal Tomato and Potato Gratin, Cassoulet (a hearty, meat-studded one-pot meal) and Chicken Dijonnaise (a one-pan mustard and tarragon flavored favorite).
Eastside - DEMO, Level: Beginner.
10358 4/25 Sa 11AM-2PM
$75 CTC Rm: 153 E. Andre

Cinco de Mayo: Mexican Fiesta
Prepare to enjoy the joyous celebration of Mexican culture and food! Learn to make favorite Mexican party dishes, including pico, Sopes, Tostadas, the best recipe for Guacamole, and Chiles Rellenos. Wish you could make a perfect Margarita? This class, taught by a native of Mexico, will show you how!
Eastside - DEMO, Level: Beginner.
10560 4/30 Th 5:45-8:30PM
$69 CTC Rm: 153 E. Andre

Chinese Dumplings
In northern China, dumplings are one of the most popular staple foods. During ancient times people only enjoyed dumplings during important festivals such as Chinese New Year, whereas today they eat dumplings during any time of the year. Making and eating dumplings is still an important activity for most families on the Eve of Chinese New Year, as it’s a unique opportunity for family members to gather at a table, wrapping and eating dumplings together. Experiment with a variety of fillings, and additionally, seasoning sauces and soups. Celebrate the Year of the Rat!
Eastside - HANDS-ON, Level: Beginner.
11010 5/2 Sa 11AM-2PM
$69 CTC Rm: 153 J. Zou

Spanish Tapas
Tapas are wonderful morsels of food, that started in the South of Spain, learn about the history of tapas, and how to make some of the most tasty and common tapas. You will learn to make fried Manchego, Chorizo in red wine, mini meatballs in almond sauce, crab tartlets and scallops in saffron sauce.
Eastside - DEMO
10550 4/30 Th 5:45-8:30PM
$69 CTC Rm: 153 E. Andre

Fermentation for Beginners
Fermenting not only preserves food but also enhances nutrient bio-availability and digestion through the action of probiotic Lactobacilli organisms. The higher water content of fresh, locally grown produce, in addition to its nutrient density creates a superior product. Fermented products are ideal for small food businesses. Make Sauerkraut, Fennelmoncillo and Moroccan Preserved Lemons, learning many tips and techniques with a packet of fantastic recipes.
Eastside - HANDS-ON, Level: Beginner.
11296 5/26 Sa 11AM-2PM
$69 CTC Rm: 153 T. Reilly-Kelly

Diabetic Cooking - Italian Style!
Take a 2-session class to discover how to navigate around “forbidden” foods for Diabetics. Learn how to adapt foods you love including how to substitute ingredients. Prepare Italian Wedding Soup, Ragu (sauce) Bolognese with Spaghetti Squash, Roasted Fall Veggies and Baked Custard. Discover what food groups and products provide the healthiest nutrition for Diabetics: what to choose and how to reduce consumption in a lecture session.
Eastside - HANDS-ON, Level: Beginner.
10999 4/14/4/21 Tu 6-8:30PM
$119 CTC Rm: 153 T. Reilly-Kelly

Ethiopian Cuisine
Learn different methods to make delectable vegetarian Ethiopian dishes. Using popular Ethiopian spices, you will create tasty dishes of slow simmering veggies: Red Lentil stew, Sautéed Green Beans and Carrots, finishing with Yellow Split Pea Stew. In addition, you will learn how to make the spongy, fermented flat bread known as Injera in Ethiopia.
Eastside - DEMO
10353 4/11 Sa 11AM-2PM
$75 CTC Rm: 153 E. Woldeyes

Fried Chicken!
There are more than a couple of recipes of the iconic Southern Fried Chicken, but did you know that there are many countries around the world that do their own version of fried chicken? Learn to make the classic southern style - but we will go far and wide with a Japanese, a spicy Korean and one Latin American with the Dominican Chicharrón de pollo.
Eastside - DEMO
10358 4/25 Sa 11AM-2PM
$75 CTC Rm: 153 E. Andre

Fermenting not only preserves food but also enhances nutrient bio-availability and digestion through the action of probiotic Lactobacilli organisms. The higher water content of fresh, locally grown produce, in addition to its nutrient density creates a superior product. Fermented products are ideal for small food businesses. Make Sauerkraut, Fennelmoncillo and Moroccan Preserved Lemons, learning many tips and techniques with a packet of fantastic recipes.
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$69 CTC Rm: 153 T. Reilly-Kelly

French Bistro Made Simple
French food conjures up images of chefs in tall hats scurrying about the kitchen making incredibly complex and challenging food, but there is a lot of French fare that is simple to make. Learn some favorite Bistro classics, starting with a Provencal Tomato and Potato Gratin, Cassoulet (a hearty, meat-studded one-pot meal) and Chicken Dijonnaise (a one-pan mustard and tarragon flavored favorite).
Eastside - DEMO, Level: Beginner.
10358 4/25 Sa 11AM-2PM
$75 CTC Rm: 153 E. Andre

Cinco de Mayo: Mexican Fiesta
Prepare to enjoy the joyous celebration of Mexican culture and food! Learn to make favorite Mexican party dishes, including pico, Sopes, Tostadas, the best recipe for Guacamole, and Chiles Rellenos. Wish you could make a perfect Margarita? This class, taught by a native of Mexico, will show you how!
Eastside - DEMO, Level: Beginner.
10560 4/30 Th 5:45-8:30PM
$69 CTC Rm: 153 E. Andre

Fermentation for Beginners
Fermenting not only preserves food but also enhances nutrient bio-availability and digestion through the action of probiotic Lactobacilli organisms. The higher water content of fresh, locally grown produce, in addition to its nutrient density creates a superior product. Fermented products are ideal for small food businesses. Make Sauerkraut, Fennelmoncillo and Moroccan Preserved Lemons, learning many tips and techniques with a packet of fantastic recipes.
Eastside - HANDS-ON, Level: Beginner.
11296 5/26 Sa 11AM-2PM
$69 CTC Rm: 153 T. Reilly-Kelly

Chinese Dumplings
In northern China, dumplings are one of the most popular staple foods. During ancient times people only enjoyed dumplings during important festivals such as Chinese New Year, whereas today they eat dumplings during any time of the year. Making and eating dumplings is still an important activity for most families on the Eve of Chinese New Year, as it’s a unique opportunity for family members to gather at a table, wrapping and eating dumplings together. Experiment with a variety of fillings, and additionally, seasoning sauces and soups. Celebrate the Year of the Rat!
Eastside - HANDS-ON, Level: Beginner.
11010 5/2 Sa 11AM-2PM
$69 CTC Rm: 153 J. Zou

Spanish Tapas
Tapas are wonderful morsels of food, that started in the South of Spain, learn about the history of tapas, and how to make some of the most tasty and common tapas. You will learn to make fried Manchego, Chorizo in red wine, mini meatballs in almond sauce, crab tartlets and scallops in saffron sauce.
Eastside - DEMO
10550 4/30 Th 5:45-8:30PM
$69 CTC Rm: 153 E. Andre

Fermentation for Beginners
Fermenting not only preserves food but also enhances nutrient bio-availability and digestion through the action of probiotic Lactobacilli organisms. The higher water content of fresh, locally grown produce, in addition to its nutrient density creates a superior product. Fermented products are ideal for small food businesses. Make Sauerkraut, Fennelmoncillo and Moroccan Preserved Lemons, learning many tips and techniques with a packet of fantastic recipes.
Eastside - HANDS-ON, Level: Beginner.
11296 5/26 Sa 11AM-2PM
$69 CTC Rm: 153 T. Reilly-Kelly

You may also be interested in:
So .. You Want to Open a Restaurant
Page 16

Greek Cooking
Explore this classic among Mediterranean Cuisines, with bold flavors and wealth of fresh produce with a refreshing Greek Salad, dolmades, Moussaka, tzatziki and finish with a fantastic Baklava.
Eastside - DEMO
10674 5/9 Sa 11AM-2PM
$75 CTC Rm: 153 E. Andre

All Cooking classes are held at Eastside/CTC campus at 18700 SE Mill Plain Blvd

Your Instructor! Register Early.
**Herbal Medicine Cabinet**
Create your own herbal remedies in this brand new hands-on class. We will make 5 natural products that you would need in any medicine cabinet: Natural “Vapo” Rub to ease breathing, a silky solid lotion bar, pain-soothing roll-on, a coconut deodorant and rose facial toner.

**Eastside**

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**Toxicants as Contributors to Disease**
Detox is a huge buzz word in the health and wellness industry. This class will explore the toxicants in our environment, how they contribute to disease, what detoxing means, and how to support the body’s natural detox pathways. Factors that can interfere with detoxification such as genetics, lifestyle, and environment will also be discussed. Bring your questions and explore ways to improve your health with a Masters prepared instructor and Certified Nutritionist.

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**Herbs and Your Health**
Most disease is preventable, but our bodies need a wide variety of nutrients to fuel our cells. Using herbs will excite the taste buds and raise the nutrient level of our foods. It can be as simple as learning to use common herbs such as parsley, garlic, thyme, basil, oregano, or rosemary in our everyday food. We will explore interesting ways to increase the variety of vegetables we eat as each provides specific nutrients our cells need to function optimally. Learn about herbs that help combat infection, autoimmune syndromes, cancer, cardiovascular, and other health issues.

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**Cannabis And Your Health**
Did you know that migraine, fibromyalgia, IBS, and related conditions display biochemical and physical patterns that suggest an underlying endocannabinoid deficiency that may be suitably treated with cannabinoid medicines? Learn the current science on the medical and health benefits of cannabis. Explore the different ways cannabis is dispensed. Review the laws for medical and recreational marijuana, understanding what is legal in Washington State.

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**Walking for Wholeness**
Walk together, shoring up your health and demonstrating how you can integrate walking into your life. You will learn how to do walking meditations, and to use walking to boost brain power and creativity. We will cover weather preparedness essentials, gear, and practical tips. Explore the Columbia Waterfront Renaissance Trail, Fort Vancouver, the Confluence Land Bridge, Downtown Vancouver, and more.

**Eastside**

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**Finding Your Life’s True North**
Are you ready to shed the fears, doubts and beliefs that create blockages in your life and turn them into stepping stones of opportunities? In this class you will learn how to identify blockages, use new tools and techniques to release these old fear patterns that hold you back and transform them into manifesting those things you want to bring into your life. No experience necessary.

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**Tarot: Lessons of Life 101**
Tarot and other divination arts are becoming more popular as we look within for answers to age old questions. The 78 images on a deck of Tarot cards are meant to be archetypical guides to open your mind so that you are able to recognize your purpose and add deeper meaning to your life. Discover which cards within Tarot are ‘Yours’, then how to properly phrase a question to get an understandable answer, and read each card quickly and easily. A Rider-Waite based Tarot Deck is required, no Thoth or Oracle decks.

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**INSTRUCTOR SPOTLIGHT • Brandy Cummings**

Brandy is a Certified Nutritionist that specializes in Functional Nutrition. She is a certified Nutrition Consultant, with a master’s in Human Nutrition and Functional Medicine, and is a certified AIP Coach. She uses a functional and comprehensive approach that includes diet, lifestyle, genetics, environment toxins, movement, mental health, and functional lab testing.

--- Toxicants as Contributors to Disease ---

**Mediation: Beginner Mind**
Are you curious about the benefits of meditation? Learn breathing techniques and gain keen awareness of your thoughts, discovering how to listen to your body and the environment without overreacting. Find out how to deal with distractions, gain focus, and sustain a practice. Take away what works for you, honoring your own soulful, spiritual values, and background. Creative hopefuls are encouraged; this practice supports the arts.

**Main Campus**

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**Using Rhythm in Memory Care**
Dementia creates a need for specialized communication skills. Individualized rhythm methods can open the left side of the brain and help to improve and access memory and speech. Using a drum and brain function facts, learn simple communication skills that are fun, easy and rewarding for everyone. This course provides a way for professionals, families and friends to stay connected and involved with their loved one, decreasing isolation and anxiety as the disease progresses. Supply list on website.

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Qigong/Tai Chi Chuan
Learn a variety of qigong exercises, including guided meditation, some Yang style tai chi, and various seasonally useful practices. The instructor helps students adjust for individual differences and limitations in a gentle, guided class for beginners. Benefits to balance, self-confidence, and well being will be felt from the start. Come well hydrated and wear loose, comfortable clothing.
7509 NE Hazel Dell Ave
11091 4/7-6/11 Tu, Th 8:30-9:30AM
$109 Hazel Dell Grange K. Labriere

Tai Chi Two
A natural next step from Qigong/Tai Chi for Beginners, this course guides students deeper into the Simplified 24-movement Yang form. Seasonally specific qigong opening and closing exercises, including cleansing and meditations, augment a gently guided experience. Your instructor will personalize for students’ differences and limitations. Some prior tai chi experience is suggested.
7509 NE Hazel Dell Ave
11093 4/7-6/11 Tu, Th 10:50-11:50AM
$109 Hazel Dell Grange K. Labriere

Qigong: Seasonal
Qigong is the art of using breath, intent, and movement to relax, increase energy, and move with greater ease, balance and flexibility. Learn multiple short, simple processes which create a practice one can continue at home. Once a week, class ends with a guided meditation. No previous experience is needed.
7509 NE Hazel Dell Ave
11092 4/7-6/11 Tu, Th 9:40-10:40AM
$109 Hazel Dell Grange K. Labriere

Laughter Yoga!
Laugh away your stress in this interactive class. Learn the science behind laughing for joy and wellness, then deepen your practice through laughter and breathing lessons. Laughter Yoga really is the best medicine! It’s a powerful antidote for depression, reduces blood pressure, and helps in chronic illnesses like cancer. Yoga mat optional. Wearing comfortable clothing is recommended.
Main Campus
10251 4/18 Sa 10-11:30AM
$29 OSC Rm: 218 S. Rolerkite
Eastside
10252 6/6 Sa 12:45-2:15PM
$29 CTC Rm: 110 S. Rolerkite

Tai Chi Practice
For those with previous Tai Chi experience, continue learning the Yang and Sun forms. Improve your practice and movements with focus on Yang 24 and Sunstyle 42 & 73. Gain an adept understanding of the six essential principles. Prerequisite: Tai Chi experience.
Eastside - No class on 5/2 and 5/23
10142 4/11-6/6 Sa 10-11AM
$89 CTC Rm: 110 J. Ross

Tai Chi Sun Style Short Form
Sun Lu-tang (1861-1932) created a uniquely powerful style of tai chi, which places great emphasis on Qigong, making it especially effective for cultivating internal energy. This in turn greatly enhances healing and relaxation. Sun-style tai chi is characterized by agile steps with smooth flowing movements, like water in a river. In this class we will learn the first 42 forms. No experience necessary.
Eastside - No class on 5/2 and 5/23
11088 4/11-6/6 Sa 11:00AM-12:30PM
$89 CTC Rm: 110 J. Ross

Tai Chi & Qigong for Life
Gain health and vitality benefits from Tai Chi forms: better balance, flexibility, calmness of spirit and an overall sense of well-being. Wear loose, comfortable clothing.
Eastside - No class on 5/25
10165 4/6-6/12 M, W, F 10-10:50AM
$179 CTC Rm: 110 M. Fetyko

Tai Chi for Arthritis and Falls Prevention
Using the Sun Style Tai Chi forms, this low impact course is a method developed by the Tai Chi For Health Institute and Dr. Paul Lam to assist people with Arthritis. This method has also proven to assist in the prevention of falls.
Main Campus
11826 4/11-6/13 Sa 10AM-11AM
$89 OSC Rm: 135 L. Osorio

Barre Burn
Barre is a form of exercise that combines postures from ballet, pilates, and yoga for a workout that is both aerobic and strengthening. Barre utilizes isometric strength training combined with high reps of small movements for an effective and fun workout session. Exercises can be modified for a safe and challenging workout at any level.
Eastside
11086 4/7-4/28 Tu 5:30-6:30PM
$59 CTC Rm: 110 A. Thomas

Yoga
Use physical poses to explore the body as a means to feel inwardly, and to discover where you are strong, tight, weak, or dull. Relieve stress and prevent falls by incorporating balance, strength, and flexibility. Focus is on breathing and relaxation. Wear loose, comfortable clothing.
Main Campus
10540 4/7-4/9 Tu 5:30-6:45PM
$115 OSC Rm: 135 C. Krug

Beginning Yoga
Use physical poses to explore the body as a means to feel inwardly, and to discover where you are strong, tight, weak, or dull. Relieve stress and prevent falls by incorporating balance, strength, and flexibility. Focus is on breathing and relaxation. Wear loose, comfortable clothing.
Eastside
11083 4/7-6/11 Tu, Th 1-1:50PM
$109 CTC Rm: 110 S. Fleming

Yoga: Next Step
For those who have had some Yoga, use physical poses to relieve stress and prevent falls by incorporating balance, strength, and flexibility. Focus is on breathing and relaxation. Wear loose, comfortable clothing. Prerequisite: Yoga I or prior experience.
Eastside
11085 4/7-6/11 Tu, Th 3-3:50PM
$109 CTC Rm: 110 S. Fleming

Pilates
Pilates is a form of exercise emphasizing the balanced development of the body through core strength, flexibility, and awareness supporting efficient, graceful movements. Exercises can be modified for a safe and challenging workout at any level.
Eastside
11084 4/7-6/11 Tu, Th 2-2:50PM
$109 CTC Rm: 110 S. Fleming

POP Pilates
POP Pilates is an incredible fusion of ab-chiseling and total body defining moves choreographed to your favorite top hits. This intense, mat-based workout challenges students to rhythmically flow from one exercise to the next, developing rock solid core. This format takes classical pilates and dance to a new level!
Eastside - No class on 5/25
11955 4/6-6/8 M 6-6:50PM
$89 CTC Rm: 110 S. Bertorini

FITNESS
Fencing
Learn the art of the sword. Experience and explore fencing not only as an Olympic sport, but also as a European martial art, part of your stagecraft or as a healthy recreational activity. New students will have an opportunity to learn how to use a fence foil, epee/dueling sword, and saber. Experienced students will practice techniques and build proficiency in the core skills. Equipment is provided.

Main Campus - No class on 5/25.
10996 4/6-6/8 M 6:00-7:30PM
$119 OSC Rm: 218 D. Uy

DANCE

Beginning Foxtrot
Learn the rhythm, tempos, music, steps, and versatility of the Foxtrot ballroom dance. Understand how Foxtrot has the same rhythm as Swing, but is moved around the dance floor instead of danced in place. Discover how this rhythm can be danced to classic Frank Sinatra and to newer artists. Learn dance etiquette, techniques for partner lead and follow, 5+ Foxtrot steps. Singles and couples.

Main Campus
10377 4/22-5/20 W 6:30-7:30PM
$62 OSC Rm: 135 J. Platt, J. Platt

Zumba Fitness
Zumba Fitness is a Latin-inspired cardio dance workout that uses music and choreography steps to form a fitness party atmosphere. Zumba uses many dances and music from Latin culture- including merengue, salsa, reggaeton and cumbia- as well as other dances around the world such as African and Bollywood. We will incorporate variations of speed for all levels of experiences to help cardiovascular fitness, but at the same time have fun.

Eastside
11806 4/10-6/12 F 11:30AM-12:30PM
$89 CTC Rm: 110 S. Bertorini

Line Dancing
Whether it’s your first time line dancing or you’re feeling a little rusty, have a “Good Time” “Kicking the Dust Up” as you learn these dances and more. Hitches, grapevines, halfturns, scuffs, cha-cha step, brushes, and stomp actions are included in multiple dances. Dance steps are broken down and through repetition, you’ll gain the confidence you need to strut your stuff on the dance floor. No partner needed. No experience necessary. Age 15+

Main Campus
11090 4/8-4/15 W 6:30-8:30PM
$62 OSC Rm: 135 J. Platt, J. Platt

Women & Girls’ Self Defense
Learn about self-defense techniques that focus on empowering women to feel stronger, more self-assured, and able to protect themselves. Wear loose-fitting clothes and plan to remove shoes and socks. Pre-requisite: ability to lift 10 lbs., crouch, and rotate. Ages 14 and over. Students under 18 must have consent of parent or guardian.

Main Campus
11637 5/16 Sa 9-11AM
$39 OSC Rm: 218 K. Garcia

SAFETY & SURVIVAL

Beyond Beginning Waltz
This is a continuation of the Beginning Waltz series previously taught. Learn to move gracefully across the floor with partner in your arms. Steps taught will include Right turning Box moves, Twinkles and Spirals. Modern music of today features many waltzes from contemporary to country - Heartfelt and deliciously. Singles and Couples are welcome. No dance experience required.

Main Campus
11289 4/22-5/20 W 7:30-8:30PM
$62 OSC Rm: 135 J. Platt, J. Platt

Beyond Beginning Waltz
This is a continuation of the Beginning Waltz series previously taught. Learn to move gracefully across the floor with partner in your arms. Steps taught will include Right turning Box moves, Twinkles and Spirals. Modern music of today features many waltzes from contemporary to country - Heartfelt and deliciously. Singles and Couples are welcome. No dance experience required.

Main Campus
11289 4/22-5/20 W 7:30-8:30PM
$62 OSC Rm: 135 J. Platt, J. Platt

Handgun Safety Intro
A co-ed class designed for individuals who have little to no experience with handguns, learn about firearms safety, as well as safe storage of firearms and safe weapons handling. Students will also learn the proper fundamentals of marksmanship-grip, stance, sight alignment and more as they apply to the handgun. Includes one-hour practice on the range. We will provide rental handgun, ear and eye protection, targets and a certificate of completion. Students will purchase ammunition separately at time of class.

SafeFire Indoor Shooting Range - 4857 NW Lake Rd, Camas, WA.
11074 5/2 Sa 5-8PM
$110 SSR P. Prather

Handgun Safety for Women
Designed for women who have little to no experience with handguns and taught by a female instructor, learn about firearms safety, storage, and weapons handling. Learn about marksmanship, grip, stance, and sight alignment. Includes one-hour practice. We will provide rental handgun, ear and eye protection, targets and a certificate of completion. Students will purchase ammunition separately at time of class.

SafeFire Indoor Shooting Range - 4857 NW Lake Rd, Camas, WA.
11072 6/6 Sa 5-8PM
$110 SSR P. Prather

Wilderness Travel Techniques
If you know how to travel safely and comfortably though the wilderness, you can have wonderful experiences that you’ll treasure for the rest of your life. This class will provide you with knowledge that you can immediately put to good use, whether you’re planning a PCT thru-hike or a short trip to a Gorge waterfall. We’ll cover hiking and backpacking equipment, weather, survival challenges, trip planning and decision making.

Main Campus
10612 5/9-5/10 Sa, Su 9AM-12PM
$89 APH Rm: 114 M. Avery

CPR/AED & First Aid Certification
Learn basic first aid for medical emergencies. Adult, child, and infant CPR and AED (Automated External Defibrillator) training methods are covered. Discuss illness, injury and many environmental and emotional considerations. Proper technique for choking emergencies is included. Upon completion, students will receive a two-year certification card that follows the American Heart Association guidelines.

Main Campus
10154 5/16 Sa 9AM-1PM
$99 APH Rm: 114 M. Kruse
LIFE SKILLS

Adulting 101: How to thrive
Have you ever felt like you didn’t get all the information you needed for adulthood? Do you have questions but you aren’t sure what to ask? This class will help you understand the basics on how to succeed in adulthood regardless of your age! We will focus on living arrangements, jobs, personal finance as well as tips and tricks related to everyday activities of life!

Eastside
10385 5/5-5/12 Tu 6-8PM
$49  CTC Rm: 335 K. Garcia

ACES: From Adversity to Resilience
Learn how childhood trauma and stress can impact health, relationships and choices for a lifetime. Explore ways to build personal, family and community resilience. Gain insight into working with others who may have experienced trauma. Learn about skills for self-care and self-regulation to improve wellbeing and health.

Eastside
11809 4/23-5/7 Th 5-7PM
$79  CTC Rm: 337 C. Meyer

Building an Authentic Life
Increase meaning and fulfillment in your life by purposefully designing your life. This hands-on workshop provides a process and exercises to help you identify and plan for changes to your life that align with your values and talents. Learn how the design thinking process used by product designers and innovators can be leveraged to intentionally plan and build an authentic life. Take away the process to map out potential life paths, assess options, and solicit feedback and support.

Eastside - Bring a brown bag dinner.
12476 5/4 Th 5PM-9PM
$89  CTC Rm: 210 J. Coyne

Assertiveness Training & Anger Mgmt
Assertiveness and Anger Management go hand-in-hand. Learn and practice assertive strategies. Explore the nature of anger and gain ideas for managing and responding to it–our own and the anger of others. In an environment of safety and support we will share our stories and ideas. We will gain skills and the ability to learn how to use our anger assertively instead of letting it use us! The goals are to gain self control and skills to confidently respond to life’s difficult situations at home, on the job and other social settings.

Eastside
12477 4/11-5/2 Sa 9AM-12PM
$129  CTC Rm: 333 G. Dunne

Conversational Storytelling
Learn how to turn your conversations into experiences of belonging. We all live in stories but in a busy, individualistic culture we often miss opportunities to connect in deeper ways that create and discover belonging. This experiential class will teach participants how to listen and share with compassionate curiosity that results in healing relational connection.

Eastside
11559 4/8-4/22 W 5:30-8:30PM
$119  CTC Rm: 210 C. Miller

iCAN Workshop
An iCAN workshop is a learning and support environment for those who work with or care about people who are adversely impacted by trauma. Using research from NEAR sciences (Neuroscience, Epigenetics,ACES, and Resilience) explore the role of culture, our minds, and our bodies in creating mutually respectful, solution-oriented relationships at home, at school, at work, and in our community in this interactive, multi-media workshop. Certificate available upon successful completion of course.

Main Campus
11561 5/6-5/20 W 5-9PM
$89  APH Rm: 114 C. Miller

The Enneagram and You
The enneagram provides an amazing level of insight and opportunity for self-growth and personal development. This course provides an introduction into the Enneagram Personality system. Learn about the 9 types, wings, triads and levels of development.

Eastside
11258 5/8 F 1-4:30PM
$69  CTC Rm: 337 S. Vaughan

Microaggression Training
Learn how our words and actions harm others unintentionally. Build your understanding of how you can help prevent every day microaggressions. Learn how everyone, even without intending to do so, exhibit microaggressions. Understand how implicit bias and microaggressions affect individuals and companies. Explore and gain tools to prevent microaggressions in this hands-on and interactive workshop. (Homework and group project required for certificate.)

Main Campus - No class on 5/23.
10186 4/11-6/6 Sa 10AM-12PM
$189  JSH Rm: 120 R. Lewis

Microaggression Training
Learn how our words and actions harm others unintentionally. Build your understanding of how you can help prevent every day microaggressions. Learn how everyone, even without intending to do so, exhibit microaggressions. Understand how implicit bias and microaggressions affect individuals and companies. Explore and gain tools to prevent microaggressions in this hands-on and interactive workshop. (Homework and group project required for certificate.)

Main Campus - No class on 5/23.
10186 4/11-6/6 Sa 10AM-12PM
$189  JSH Rm: 120 R. Lewis

Youth Mental Health First Aid
Gain skills to help a young person who may be developing a mental health problem or experiencing a mental health crisis. Mental Health First Aid trains lay people to identify someone experiencing a mental health crisis. Learn the skills to feel more comfortable managing a crisis situation and when to get help. Build your mental health literacy to help identify, understand, and respond appropriately to signs of mental illness.

Main Campus
11037 5/27-6/3 W 5-9PM
$79  APH Rm: 114 C. Miller

Clutter-Clearing & Downsizing
Downsizing or just tired of living with too much stuff? Get the tips, tools, inspiration, and motivation you need to create a simpler, more consciously clutter-free home. Got heirloom overload! Paper piles? Photo fatigue? Overflowing closets? Free yourself from the tyranny of Stuff! Features techniques ranging from fifteen-minute daily sprints to the Full Monty: the Marie Kondo toss-a-thon. Instructor is a Feng Shui specialist.

Main Campus
10409 4/7-4/14 Tu 7-9PM
$59  APH Rm: 114 J. Overstreet

Going Gray Gracefully
Adjusting to life at 50+ means adjusting to change. Should you keep coloring your hair? If not, how to transition? Can your mature figure still look stylish? Is it time to perk up your face with a little makeup? Learn how to look your harmonious best, rock your age, and communicate more intentionally by using color, seasonal style and the psychology of perception.

Main Campus
10408 4/11-4/18 Sa 10AM-12PM
$59  JSH Rm: 127 J. Overstreet

Assisting Aging Parents or Partners
Do you have an aging parent or partner with declining health? Each person has a unique situation and navigating the journey to the end of life is challenging. Explore the complex issues you may encounter when assisting the elderly and discover strategies and resources to manage successfully. Topics include legal documents, medical, insurance, housing and financial options, hospice, emotional, and family dynamics.

Eastside
11014 4/8-4/29 W 6-8:30PM
$79  CTC Rm: 340 J. Jasinsky
**PERSONAL FINANCE**

**Stocks Part I: Begin with Only $2000**
You can make money in stocks during good and bad markets with as little as $2,000! Discover basic strategies for investing, market cycles, knowing when to sell, mutual funds, and real estate.

**Eastside**
10229 4/9-4/30 Th 6:30-8:30PM
$99 CTC Rm: 202 C. Lewelling

**Stocks, Part II: Beyond the Basics**
This is the companion class to the beginning stocks class. Here, learn advanced technical analysis through hands-on instruction in our computer lab. Practice using the web as a financial tool.

**Eastside**
10231 5/14-5/28 Th 6:30-8:30PM
$99 CTC Rm: 339 C. Lewelling

**Post Retirement 401k Investing**
After working hard for thirty years or more, diligently adding to your 401(k) each month, what are you supposed to do with it after you retire? Learn how to project your overall lifetime income need and how to create income from your nest egg. Learn the optimum time to begin taking Social Security payments, and also learn about various types of Medicare insurance options. We’ll be going in depth for each type of investment available to you (stocks, bonds, mutual funds, exchange traded funds, real estate, collectibles, and more) and will also teach you how to assess your personal risk tolerance, time horizon, and budgeting for the future. Long term care funding will be discussed too, either self-funded or through Medicaid.

**Eastside**
11553 5/12-6/9 W 6-8PM
$49 JSH Rm: 124 H. Abrams

**The Truth about Financial Advisors**
Looking for accurate, transparent, objective financial education? Examine how the financial industry works, including how to choose an advisor or invest independently using online brokers. Learn about various types of advisors and investments, recognized and fake titles and designations, types of fees (advisor, investment, hidden, transparent), risk tolerance, asset allocation, debt, and how to begin investing confidently on your own.

**Eastside**
10407 5/14-6/11 Th 6:30-8:30PM
$99 CTC Rm: 337 D. Chernofsky

**Smart Homebuyer 101**
Are these words familiar to you, Preapproval, APR, LTV, Disclosures, Rentals? If not, learn about the homebuying process from basic to advance knowledge of real estate professionals so you can buy your new home. Discover the skills that mortgage lenders and realtors use to maximize your savings on the next home purchase. Engage with lenders, realtors, insurance agents, home inspectors, title officers, and many more! Practice their tips and tricks to wisely buy, refinance, and invest in real estate. Become a smart homebuyer!

**Eastside**
11868 4/14-4/16 Th, T 6:30-8:30PM
$69 CTC Rm: 340 H. Vu

**Give to Charity and Save Money**
Learn many charitable giving techniques that allow you to receive great tax savings. Learn how shrewd philanthropists have been making big gifts for years while at the same time accomplishing their personal and financial goals. Discover the best assets to give, assessing when IRA, cash or appreciated assets should be gifted. Includes the basics of estate planning, wills, living trusts, 529 tuition plans and powers of attorney.

**Main Campus**
12479 4/29-5/6 W 6-8PM
$49 JSH Rm: 124 H. Abrams

**Container Gardening**
Ever wonder why some people’s gardens look so beautiful and have that special charm? One clever design trick used is adding interesting features, re-purposed containers and collections. Learn how to grow beautiful works of art in your own containers. Fill your home, patio, or balcony with vegetable and ornamental container gardens. Express your creativity as you find and design your own DIY containers out of salvaged objects. Discover new possibilities of gardening anywhere using limited space. Designed for newbies and experienced gardeners alike.

**Eastside**
10240 5/2 Sa 10AM-12PM
$29 CTC Rm: 206 L. Heldreth

**Vegetable Gardening**
Now is the time to plan out and plant your own gorgeous, nutrient dense veggies! Find out why vegetable gardening is such a rewarding passion and why you never stop learning new techniques. A master gardener will cover a myriad of topics including organic vs. conventional, raised beds, choosing plants vs. seeds, heirloom varieties, soil preparation, fertilizing, spacing and how to plant for continuous harvest.

**Main Campus**
10250 4/9-5/7 Th 6-8PM
$99 APH Rm: 112 L. Heldreth

**Garden Design Concepts**
Now is the time to re-evaluate your garden spaces! Do you want to update the look of your garden? Add a new space for entertaining? Learn garden design concepts that will help you create a beautiful space that you will love. Designed for newbies and experienced gardeners alike.

**Main Campus**
10248 4/14-5/19 Tu 6-8PM
$119 APH Rm: 112 L. Heldreth

**Shade Garden Designs**
Are you wishing you knew what to do with that shady backyard? Shade poses very special needs for the gardener. Replace discouragement with joy as you discover the wide and wondrous world of plants that do well in shade. From ferns to hostas, learn which types will do best where, and how to plant and care for them.

**Eastside**
10245 4/18 Sa 10AM-12PM
$29 CTC Rm: 206 L. Heldreth
Mixed Media + Painting Abstractly
Mixed Media and Painting Abstractly stimulates and encourages experimentation and creativity. It focuses on the use of acrylic paints and how they can be combined with other mediums such as pastels and collage materials. Students learn about under paintings and how to build up surfaces and create textures while developing more abstract compositions. Students may work on paper, boards or canvases. The course allows for flexibility and the development of individual projects with instructor guidance. All levels of experience are welcome.

Eastside - No class on April 29th and a full day, 9am-3:50pm class, with an hour lunch break on May 27th.
10922 4/8-6/10 W 9AM-3:50PM
$129  CTC Rm: 331  K. Sandy

Watercolor Basics
New and returning students will learn about the qualities of watercolor paint with step-by-step instruction. Students will create a work of art using newly acquired techniques of brush strokes, color blending and texture. Prior experience is not necessary.

Main Campus
10970 4/9-5/28 Th 12:30-3:20PM
$129  APH Rm: 112  K. Bradley

Watercolor: Intermediate
Receive personalized guidance, coaching your artistic endeavors to new heights of skill and creativity. The first weeks will include two challenge projects provided by the instructor. This will be followed by projects of the participants choosing for which you will receive personal coaching. Enjoy weekly instructor demonstrations on various watercolor techniques. Bring your painting supplies to the first class.

Main Campus
10930 4/9-6/11 Th 9AM-12PM
$129  APH Rm: 112  L. Baughman

Watercolor II
Experiment with watercolor, texture, movement and design. Demonstrations along with weekly challenge projects will open new pathways of creativity. Nurturing critiques and supportive space will encourage your growth as an artist. Prerequisite: foundation in watercolor.

Eastside
11291  4/7-6/9 Tu 9AM-12PM
$129  CTC Rm: 331  S. Schwane

Watercolor III
Using an experimental approach, learn under-painting techniques and beautiful color combinations. Weekly demos and design challenges will engage your creativity and stretch your imagination in new ways! Prerequisite: Strong skill base.

Eastside
10901  4/6-6/15 M 1-3:50PM
$139  APH Rm: 112  C. Ekhoff

Creative Writing
Join a community of writers. Learn how to get started writing, mine your memories, create characters, play with words, make’em laugh (or cry). Experiment with fiction, essay or memoir, and a dash of poetry. Find your voice and put it on the page.

Eastside
10989  4/10-5/8 F 9:30-11:50AM
$125  CTC Rm: 337  D. Guyol

Acrylic Workshop & Studio
Each week’s introduction to acrylics is followed by demonstrations and activities designed to give students support and encouragement to explore their own painting style with acrylics on paper and canvas. Classes will include opportunities to try a variety of under-painting techniques and creative challenges. The principles and elements of design and color theory will be discussed as students discover how to strengthen and develop their paintings. All levels are welcome.

Main Campus - No class on 5/25
10994  4/6-6/15 M 1-3:50PM
$139  APH Rm: 112  C. Ekhoff

Artwork by instructor Cathy Ekhoff

Memoir Writing
Everyone has a story to tell. Each person’s life is filled with adventure, mystery, trouble, and triumph. Memoir is a powerful way to demonstrate the interconnectedness of all human beings. See yourself as a part of history, documenting the story of your life.

Main Campus
12985  4/21-6/9 Tu 1-3:20PM
$209  APH Rm. 114  C. Luna

You may also be interested in:

Bucket List Trips

Do you need help understanding Medicare? Come to a free, informative session that explains Medicare parts A, B, C, and D, as well as advantage plans vs. Medicare supplement plans, and prescription drug coverage.

SHIBA (Statewide Health Insurance Benefits Advisors) volunteers will be available to answer your individual questions. SHIBA provides unbiased, confidential information on your Medicare rights and options. SHIBA is a program of the Washington State Office of the Insurance Commissioner.

Welcome to Medicare
Eastside—Saturdays
4/18  Sa     CTC Rm. 144   10-11:50AM
5/16  Sa     CTC Rm. 144   10-11:50AM

FREE
Please pre-register to help us have materials and seating for all.
ACADEMICS

The Vietnam War Part II
Explore the unequivocally most divisive military action of the 20th Century. Vietnam was the first loss the U.S. experienced since its founding. Part II will focus on the American military prosecution of the war, American allies, significant battles, the war at home, Invasion of Cambodia, return of POWs, Paris Peace Accords, and the aftermath.

Main Campus
11865  5/14-6/11  Th  12-1:50PM
$75 APH Rm: 114 J. Cavalli

The Treasures of Umbria
Italians claim that Italy has a green heart and that heart is the Province of Umbria, a region also described as the new Tuscany. It is a part of Northern Italy that has remained unchanged for centuries. It is a mountainous region packed with tall mountains, rocky crags and lush valleys. It is a region filled with castles, defense walls, and tiny villages. It is the home of St. Francis and St. Claire. It is filled with the art of Giotto, Piero della Francesca, Rafalleo, Perugino, and hundreds more just waiting to be discovered. Visit Assisi, Perugia, Città di Castello, Spoleto, and Orvieto. Experience a region with an unmistakable personality, one where nature’s beauty mingles with creations of the human genius.

Eastside
11852  4/8-5/6  W  1:30-3:20PM
$75 CTC Rm: 338 E. Bedecarrax

Religious Change in the West
The entirety of the Western world is facing a period of major religious as well as cultural and geo-political change. The possible causes and implications of this change will be examined as we try to understand how and why heretofore established religious traditions may face a changed future along with the rise of non-Christian and pre-Christian religions in Western nations.

Eastside
11862  5/12-6/9  Tu  1:30-3:20PM
$75 CTC Rm: 338 G. Abramson

Cowlitz Tribe: Forever People
The Cowlitz Tribe, similar to the mythical Phoenix Fire Bird, arose from the ashes of historic burial and revived itself from anonymity to become world renowned and an economic engine in southwest Washington. Who are the mysterious Cowlitz? Learn how the expectation of their demise defiantly turned around to one of leadership and generosity in five counties.

Main Campus
12977  6/9-6/11  Tu,Th  5:30-8:30PM
$75 FHL Rm: 126 T. Engdahl

Civic 102: Hot Topics
Partnering with the League of Women Voters, explore far reaching, current civic issues vital in 2020, including the Census, redistricting, the impact of fake news, social media and implicit bias. Explore the concept of the Common Good, engaging in facilitated dialogue with others about these issues and the 2020 election process and much more! Includes guest speakers from both parties. Learn about how spending priorities are generated. Time allotted for discussion groups.

Eastside
11853  4/7-5/5  Tu  1:30-3:20PM
$75 CTC Rm: 338 T. Reilly-Kelly

Betrayal: Diversity & Suffrage
What do we notice when we take an intersectional view of the women’s movement? Examine the role of privilege in women’s history. Understand the myriad ways that not only the first wave of women’s rights activists discriminated against women of color, but also how that discrimination continued through the history of the feminist movement, including to the modern day. Discover important African American, Asian and LatinX activists, including Sojourner Truth, Mary Church Terrell and Ida B. Wells. Learn about diverse 20th century women heroes, including Sarah Winnemucca, LaDonna Harris, Dolores Huerta and Patsy Mink.

Main Campus - (Symposium)
13556  4/14  Tu  6-8PM
$15 FHL Rm: 126 M. Williams

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“An investment in knowledge pays the best interest.”
-Benjamin Franklin
Maximize Your Android Device
Learn what your phone can do for you! Understand the technology and software built into your phone and customize it to meet your need! Learn best practices for managing your Google applications—photos, email, calendar, online storage and security so you can maximize the tool you have in your hand. Bring your fully charged Android smartphone or tablet to class. This class covers Samsung, LG, HTC, Motorola and Google phones. Gmail account is required to be set up prior to class.

Main Campus
10333 4/8-4/22 W 6:30-8:30PM
$95  JSH Rm: 242 C. Jackson

You may also be interested in:
Learn How to Podcast
Page 16

Personal Computers Basics
An easy-paced introduction to basic computer hardware (physical parts) and software (instructions). In a supportive and helpful environment the computer desktop will be explained, including each piece of the system—mouse, monitors and keyboard. Learn how to access and open programs using the operating systems programs and its menus-taskbar, icons. Lots of time for questions, practice and repetition.

Eastside
10335 4/7-4/14 Tu 6:30-8:30PM
$75  CTC Rm: 339 C. Jackson

Beyond Personal Computer Basics
Build on the basics and become more productive with your computer. Learn to create, save and open simple documents in Word. Take the fear out of PowerPoint and learn to create great presentations. Gain basic skills with Excel and Outlook to help better manage your work flow. Discover keyboard shortcuts. Pre-requisite: Personal Computer Basics or equivalent knowledge.

Eastside
10336 4/21-5/5 Tu 6:30-8:30PM
$95  CTC Rm: 339 C. Jackson

Data Analytics Fundamentals
Are you maxed out on Excel? Take your analytic skills to the next level! This course will teach you how to import and export your data, predict trends using real life data sets, text mine and create visual macros using Knime and Tableau. You’ll learn how to save time by creating easy repeatable workflows to derive actionable insights to guide your business decisions. A perfect class for business owners and existing or aspiring Data Analysts interested in discovering the trends buried within their data! Prerequisite: Excel II or equivalent knowledge.

Eastside
10410 4/7-4/28 Tu 4:30-6:30PM
$159  CTC Rm: 339 K. Erickson

Excel I & II
Excel 2016 Level 1 provides the basic concepts and skills students need to be productive: How to create, save, share and print worksheets that contain various kinds of calculations and formatting. Excel 2016 Level 2 provides tools that are more advanced: Manage complex workbooks, build more complex functions, use data analysis tools, make an impact with powerful chart and presentation features, and collaborate with other users. These courses map to the objectives of the Microsoft Office Specialist exam for Excel 2016.

Eastside - No class on 4/20 & 5/25.
10208 4/6-6/8 M 6-9PM
$269  CTC Rm: 339 G. White

Excel I Fast Track
Designed for the new Excel user, this class is a fast track into learning. When time is limited, learn Microsoft Excel 2016 basics in just one day! This fast-paced class will cover spreadsheets and navigation using the Ribbon. Learn formulas and functions, and create charts.

Eastside
10237 5/2 Sa 9AM-4PM
$109  CTC Rm: 339 G. White
PROGRAMMING

Introduction To Python 3 Programming
Enhance your resume by adding Python 3 to your programming skills! Discover how to create basic programming structures including decisions and loops. Learn object-oriented programming with classes and exceptions. Explore unique Python data structures, such as tuples and dictionaries. Create Python programs with graphic elements that range from simple circles, squares to graphical user interface (GUI) objects, like buttons and labels.

11762 3/14-6/12
$115 Ed2Go

SQL Series
In this online course, you will learn the key concepts of Structured Query Language, and gain a solid working knowledge of this powerful and universal database programming language.

11757 3/14-6/12
$199 Ed2Go

WordPress Certificate
In this online certificate program your will learn how to build a WordPress website or blog, customize your WordPress site by hand-coding HTML, CSS, and PHP, know necessary regular WordPress maintenance, create WordPress website backup, and know how to apply SEO techniques in WordPress.

11750 4/6-6/26
$495 LERN

Coding Certificate
In this online course, you will begin by being introduced to the basics of computer programming and various programming languages. Then go to the next level and acquire all the basics of HTML and CSS. You will learn the relationship between these two industry-standard web page coding languages and the step-by-step process of hand coding and building web pages.

11749 4/6-6/26
$595 LERN

GRAPHIC DESIGN

InDesign I & II
In this extended InDesign class learn basic and advanced features such as Master Pages, Paragraph Styles and professional text formatting. Explore panels, including the Links Panel for working with imported graphics and text. Create colors and special effects. Start with the basics and move onto advanced features.

Main Campus
11284 4/14-6/9 Tu 6:30-8:30PM
$250 AA4 Rm: 102 P. Nerat

Photoshop I & II
Come learn one of the most fun and popular photo manipulation softwares on the planet! Photoshop is a robust software used in both business and at home. Learn photo manipulation, replacing color, add backgrounds, and create sharper and more beautiful pictures and artwork. We will also learn how to beautify old photos. This is a beginners class, so bring your curiosity we will learn how Photoshop works from the ground up!

Main Campus
11839 4/9-6/11 Th 6:30-8:30PM
$195 AA4 Rm: 102 P. Nerat

REFUND POLICY
We will gladly provide a refund when you request 3 business days prior to the first class date. Refunds come via check. Please allow 7-10 business days for the process. There will be a 10% handling charge for all refund requests, unless otherwise noted within the course description.

POLICIES & DISCLAIMERS
CHANGES/CLOSURES:
Due to circumstances beyond our control, locations and times may be changed during the quarter. If we cannot contact you by phone or email, we will post the correct information at the class location listed via our website ecd.clark.edu.

DISABILITY SUPPORT SERVICES:
Clark and DSS are committed to assuring Clark College, its services, programs, and activities are accessible to individuals with disabilities. DSS assures nondiscrimination on the basis of disability. Through DSS, qualified persons with disabilities can address their concerns regarding attitudinal or procedural barriers, as well as any need for academic adjustments or auxiliary aids. Call 360-992-2314 or 360-991-0901 (video phone).

DISCLAIMERS:
This class schedule is published for informational purpose only. Although every effort is made to ensure accuracy at the time of publication, this class schedule shall not be construed to be an irrevocable contract between the student and Clark College. The College reserves the right to make any changes in the content and provisions of this class schedule without notice and reserves the right to cancel classes and to change class fees, instructors, or meeting dates/times at any time. Many classes require a minimum enrollment of 15. Early enrollment is encouraged to prevent class cancellation. If a class in which you are enrolled is cancelled, contact Registration at (360) 992-2939 to assist in selecting a suitable alternative.
ACCOUNTING

Accounting Fundamentals
Designed for those who need to understand accounting without studying for a degree. Learn the mechanics of accounting from entering transactions to completing financial statements. Discover how to extract knowledge locked within financial statements to analyze your business’s strengths and weaknesses. Perfect for self-taught bookkeepers, business owners, and managers. Feel free to bring your laptop.

Eastside
10169 4/7-4/16  Tu, Th 6:30-8:30PM
$250  CTC Rm: 335 S. Linn

Understanding Quickbooks
QuickBooks is one of the best accounting tools for small businesses to keep track of finances. It can quickly become a mess if it is not set up correctly and used with some knowledge of how it all works. In this class, learn how to properly set up your data file, invoice services and products, manage bank accounts, pay bills and record credit card transactions. You will also discover helpful tips, tricks and shortcuts and learn basic accounting processes and terminology. Extend your knowledge of QuickBooks by covering estimating, time tracking and payroll, job costing, sales tax, plus how to self-audit your books and prepare them for an accountant.

Eastside
10169 4/7-4/16  Tu, Th 6:30-8:30PM
$250  CTC Rm: 335 S. Linn

SMALL BUSINESS

Monetize your Brand
The course is for students looking to take their brand to the next level. Every successful public company enjoys the brand equity profits off of their name. All companies have the same opportunities to do the same. Learn the structure to build a powerful brand of your own and make money from it.

Eastside
10626 5/19 Tu 6-8PM
$79  CTC Rm: 335 S. Linn

Learn How to Podcast
The course will allow the student to learn the basics of podcasting. Learn how to develop your podcast whether you’re a hobbyist, or want to create a monetized business model. The class will focus on ensuring you have the right equipment to build your audience and create original content. All skill levels are welcome. Be ready to create your first podcast ready to publish.

Eastside
10625 4/28-5/12  Tu 6-8PM
$179  CTC Rm: 202 N. Webster

SOCIAL MEDIA FOR BUSINESS

Social Media for Business
This course will allow the student to learn the basics of social media for businesses. As social media creates new opportunities for marketing, customer engagement, and e-commerce, no business should be left behind in this digital era. Topics will cover from content creation and insights with Facebook, Instagram’s integration of FB ads, LinkedIn’s role to connect with peers and the rise of Snapchat.

Eastside
10672 6/2-6/9  Tu 6-8PM
$99  CTC Rm: 335 N. Webster

So .. You Want to Open a Restaurant
Have you always dreamed of running a restaurant? This course is designed to help you identify the 3 most important components of owning your own restaurant Concept, Capital, and Commitment. Plan for success and explore how various restaurant concepts will match your experience, funding, and commitments. You will also learn how to develop and implement a plan of action to get your dream of owning a restaurant started. Join this interactive workshop and start planning your dream with confidence!

Eastside
11095 4/11-4/25  Sa 10AM-12PM
$150  CTC Rm: 210 D. Riedthaler

INSTRUCTOR SPOTLIGHT • Nathan Webster

Nathan earned his bachelor’s in Public Affairs from WSU Vancouver and his master’s in Operations Management from American InterContinental University. With over 20 years of experience in management, nonprofit, entrepreneurship, event planning, fundraising, mentorship, and education, Nathan is a leader and visionary with a heart to serve others. He has the breadth and depth of experience needed to quickly understand any business and craft viable customized solutions for each company.
Entrepreneurial Marketing
To succeed in today’s marketplace, entrepreneurs must know how to effectively market their product or service. This course offers you a step-by-step approach to attract and keep customers, all within a realistic budget. With an emphasis on customer-driven marketing decisions, you will learn how to build a strong brand, analyze which tactics to use, and implement your marketing plan.

11707
$195
4/6-5/1
LERN

Start and Operate Your Own Home-Based Business
Starting a home-based business is the hottest trend in today’s challenging business environment! Learn how to be your own boss and eliminate the stress of having a job. The benefits of working from home are endless! Earn what you deserve, be independent, have tax deductions, do away with traffic, office politics and more! Learn how to develop the entrepreneurial qualities - motivation, discipline, creativity - that you will need to succeed! This class is a great way to start your own business or enhance the one you already have.

11784
$115
3/14-6/12
Ed2Go

Digital Marketing Certificate
Come get a fundamental yet advanced introduction to eMarketing, including improving email promotions, analyzing your web site traffic, doing search engine optimization and how to successfully employ online advertising. Relevant for any type of organization, including businesses, companies, non-profits and government agencies. No eMarketing experience or expertise is necessary. Our instructors are experts at answering your toughest questions and providing the latest, most-advanced information.

11748
$495
4/6-6/26
LERN

Creating a Successful Business Plan
With this online class, turn your business ideas into a solid plan for financing and long-term success. Committing your idea to paper in the form of a business plan not only increases your chances of obtaining financing, but also in keeping your business strategically focused. You will work through all the major components of writing a business plan and emerge with your first draft in hand. And most importantly, you will have completed the first—and most difficult—step on the path to small business success.

13090
$115
3/14-6/12
Ed2Go

Human Resource Management Suite
This online 3 course Human Resource Management Suite includes; Understanding the Human Resources Function, Talent and Performance Management, and High Performance Organization which targets the critical areas of an organization. This course will provide you with the information needed to help your organization with its efforts to become a High-Performance Organization (HPO). We’ll discuss the four principles of a HPO: Egalitarianism and Engagement, Shared Information and Trust, Knowledge Development, and Performance Reward Linkage. You will learn how to link these principles with organizational activities to become a HPO.

13098
$299
3/14-6/12
Ed2Go

Employment Law Fundamentals
In this online course, you will learn the basics of employment law so you can legally hire, evaluate and manage employees as a manager, supervisor, small business owner, human resource specialist, or corporate executive. This course will explain the difference between an employee and independent contractor: the basic types of employee benefits; effective hiring; evaluation, and termination procedures; methods to resolve employment disputes in and out of court; discrimination and union laws; and workplace safety rules.

13108
$115
3/14-6/12
Ed2Go

Real Estate Law
Explore the legal issues involved in real estate law, from investing to title examinations. You’ll not only master the essentials, but you’ll receive hands-on applications and examples that will show you how to use this knowledge in a day-to-day real estate practice or in personal real estate investing. By mixing explanation of legal theory with specific and practical examples, the instructor draws a balance between legal philosophy and legal practice. Each lesson proceeds from an explanation of theory to application, helping you build a strong knowledge base as you discover how legal concepts are put into practice every day. In addition to clearly worded descriptions of real property concepts, we’ll identify key words and phrases and define them on the spot to help you comprehend them. You’ll also benefit from a wealth of additional materials including extensive real estate forms and practical applications of the lesson material.

11765
$115
3/14-6/12
Ed2Go

Real Estate Investing
Considering a new type of investment? Learn how to make money by investing in real estate in any geographical area, in good times and bad, even if you have little money to start with! Class includes specially designed worksheets and hands-on activities to take the guesswork out of your investing efforts. Develop a plan for your own investing efforts based on your personality and investing objectives. Learn the proven methods used every day by full-time, professional real estate investors, including how to invest in foreclosures, manage a rehab project, and build your team of real estate professionals (title officers, lawyers, accountants, mortgage brokers, appraisers, and more). Explore the effects of higher interest rates and cover alternative strategies for a changing market. By the end of the course, you’ll be working toward your first (or next) deal.

11766
$115
3/14-6/12
Ed2Go
**Fundraising Basics**
Understand what it takes to be successful in fundraising. Learn about building a strategic plan, knowing the role of a non-profit board, and identifying different fund raising techniques such as crowd-sourcing, special events, donations, and grants. Find ways to match funding needs with funders and build enduring relationships. Excellent foundation for Grant Writing.

**Grant Writing**
Do you want to earn more grants for your organization? Determine if your group is ready to go after grants from funding organizations. Understand the steps for writing grant proposals. Use proven tips to search for funders and match your organizations project with the appropriate foundation. Practice developing case statements and budgets. Learn to measure the community impact of projects. Content builds on Fundraising Basics.

**Marketing Your Nonprofit**
This online course will show you how to use powerful marketing techniques to compete more effectively for customers, donors, members, and volunteers. You’ll also learn how to persuade the media to communicate your organization’s message and further its ideals and goals. Before you know it, you’ll be ready to improve your market share by learning to evaluate and implement effective promotions, advertising campaigns, and communication techniques. If your organization relies on a diverse mix of fees, events, and/or contributions for support, you’re sure to find this information-packed course indispensable.

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**CAREER SKILLS**

**ACT/SAT College Test Prep**
The ACT and SAT are unlike any test you’ve ever taken. They will cover everything you’ve learned from first grade on. Get strategies for confidently selecting the right answers, learn how to make the best use of your allotted test-taking time, and determine if you should take the ACT, SAT, or both. Class includes materials for practice and evaluation at home. Note: this class focuses specifically on ACT and SAT material and is not intended as a review of school curriculum.

Main Campus - No class 5/3 & 5/24.

**Professional Etiquette 101**
Get ready for the next step in your career! Become more confident in your professional life by learning to be comfortable in any business setting. Whether you are starting your first job out of college or working your way up the ladder, you’ll learn critical skills for professionalism in the workplace. Be taken seriously by upper management and develop effective social skills to become more confident in any situation. When you know the way to navigate the social aspects of your career, you will become more comfortable and can focus on building relationships while developing a great reputation.

**Emotional Intelligence: Know and Grow**
Interested in building stronger personal and professional relationships? Want to navigate the workplace more effectively? A better predictor of success than IQ, Emotional Intelligence (or EQ) is the ability to use emotions to enhance thinking and behavior. This course covers the value, dimensions and practical applications of EQ.

**Conflict Navigation**
Conflict is inevitable and, unchecked, can do permanent damage to personal relationships and negatively impact productivity. Conversely, done well it can strengthen relationships and build trust. The key to success is knowing how to effectively navigate and manage conflict in a constructive way. Learn the different styles of conflict, the strengths and limitations of each and gain the skills you need to help you choose the right approach.

**Grammar Refresher II**
Take your grammar and writing skills to the next level! In this course, you’ll review the foundational elements of grammar, including the parts of speech, and master the basics of punctuation and mechanics. See how different phrases and clauses fit together in sentences so that your writing is clear, concise, and meaningful. Finally, put your skills to work as you explore practical business writing, paragraph writing, and even formal essay writing.

**Resume Writing Workshop**
In this online class you will transform your resume into a powerful tool that will get you interviews. Learn different resume formats and the advantages and disadvantages of each. This course includes the use of online resumes and is invaluable for anyone who wants to create their own resume, or learn how to write resumes.

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**You may also be interested in:**

**iCAN Workshop**
Page 10

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**Six Sigma Green Belt Certificate**
This online course teaches participants problem-solving skills, using the DMAIC (Define, Measure, Analyze, Improve and Control) model. After completing this challenging course, Six Sigma Green Belts serve their organizations as a trained specialist able to work on Six Sigma projects that benefit the organization. Although not required, participants are strongly encouraged to have a project during the course. The instructors and mentors work closely with the class to not only teach the material, but to guide candidates as they work projects.
Certificate in Project Management
Project management provides visibility of project health to the business and the customer. Gain the skills, tools and templates to confidently develop and maintain a project. An overview of salaries, certification costs, education and experience requirements are provided. Then a well-rounded knowledge of five Project Management Processes relating to the Project Management Body of Knowledge Guide will be acquired. Finally, learn the ten Project management Knowledge Areas and their support roles and relationships to the five Project Management Processes.

Discover Sign Language
In this online course, you will learn how to sign basic phrases and expand to complete sentences and see how to put it all together, so you can introduce yourself and start a conversation. This course is taught using the best practices of the industry with a minimum of audio support. Throughout, you will be immersed in silence, so you will gain an understanding of the perspective of Deaf people and sign language.

Veterinary Assistant Series
Do you love animals? Have you ever thought about a career as a veterinary assistant? This course, taught by a practicing veterinarian and college instructor, will give you the information you need to prepare for work in veterinary hospitals. You’ll learn about pet nutrition; how to treat and prevent parasites; canine reproduction and practical skills. Throughout the course, you’ll benefit from videos that demonstrate many of these procedures and techniques, as well as state-of-the-art interactive graphics.

Certificate in Basic Game Design
Games are increasingly recognized as a tool that can serve many business purposes beyond entertainment. This online certificate provides you with a general introduction to what goes into the design and development of both video and analog games, with a particular focus on the use of games outside of consumer entertainment.

MANAGEMENT/LEADERSHIP

Managing Productivity
Whether you are measuring and documenting your own productivity or managing the productivity of others, acquire the four new management systems and procedures to maximize productivity in your work organization. Move your skill set from the last century’s system of managing time to this century’s managing of productivity.

Supervisory & Leadership Certificate
In this online class, get practical, easy to understand, and insightful methods for new or experienced supervisors and managers. Learn about effective delegation, performance management, and writing performance reviews. Discuss the specifics of the supervisor’s role and responsibilities, and strategies for improving your overall effectiveness as a leader. Take home practical information, tips and techniques to use immediately.

Management Certificate
Project management provides visibility of project health to the business and the customer. Gain the skills, tools and templates to confidently develop and maintain a project. An overview of salaries, certification costs, education and experience requirements are provided. Then a well-rounded knowledge of five Project Management Processes relating to the Project Management Body of Knowledge Guide will be acquired. Finally, learn the ten Project management Knowledge Areas and their support roles and relationships to the five Project Management Processes.

Certificate in Leadership Development
Discover your style of leadership. Discuss task completion, building relationships with your subordinates, becoming socially perceptive to changes in the workplace, utilizing your emotions in a positive and effective manner, and addressing challenging goals. Learn the unspoken secrets that leaders know and the strategies they employ/exhibit for influencing others. Leadership skills are acquired and learned. You can become a leader if you know the do’s and don’ts of what to say, what not to say; what to do, what not to do.

Managing Social Change Certificate
Discover proven strategies for moving your efforts, and those of others, from advocacy to managing and achieving social change within the workplace and/or community. First, learn to strategically apply various disciplines to cause organizational change as well as develop the personal skills and attitudes organizations need for implementing change. Then find out how to address change in the workplace, including addressing the resistance to change.

You may also be interested in:
Microaggression Training
HEALTHCARE

Nurse Delegation Core with Special Focus on Diabetes
Learn the core basics of delegation, how to administer medication, and how to perform some specific health care procedures from this course. Course provides basics for RN delegated tasks to assist with diabetes management with patient specific procedures per rules regarding nurse delegation. Completion of this course allows qualified nursing assistants and caregivers to administer care to their clients in less costly community or home-based settings. You will receive two certifications upon completion. Prerequisite: HCA or NAC certified.

Eastside
11301 5/26 9-10AM
6/11 9AM-3PM
$139  CTC Rm: 316  G. Canazzi

DSHS Adult Family Home Administrator Training
Meet the Washington State DSHS Adult Family Home Administrator education requirement for Adult Family Home business owners (provider) to become licensed as an Adult Family Home (AFH) provider or to be employed as a resident manager. Learn the concepts and principles of adult home management. Examine the roles and responsibilities of a licensed provider, the licensing process, business operations of the home, staff management, resident care issues, and resident rights. Students will be assessed on their proficiency prior to the start of class in English, reading, writing, and math. You must have a 6th grade level (ABE 3) in English and a 4th grade Level (ABE 2) in math. Basic computer skills are also required including accessing the internet, MS Word and MS Excel.

Eastside
10684 5/5-5/26 Tu, W 8AM-5PM
$675  CTC Rm: 339  C. Anderson,P. Gray

DSHS Dementia Level I, Specialty Training
Specialty training for professionals working in long-term care settings (Adult Family Homes and Assisted Livings) with people experiencing mental disorders. This DSHS-approved certification curriculum will enable students to obtain an introduction to the most common psychiatric disorders recognized in the populations served. You will review condition symptoms, treatment options, care giving considerations, communication skills, multicultural considerations, resident struggles, medications and caregiver self care. This training applies to providers, resident managers and caregivers.

Eastside
13710 3/26 Th 8:30AM-5PM
$115  CTC Rm: 340  D. Micu

10689 5/28 Th 8:30AM-5PM
$115  CTC Rm: 340  D. Micu

DSHS Mental Health Specialty Level I
Specialty training for professionals working, in long-term care settings (Adult Family Homes and Assisted Livings) with people experiencing mental disorders. This DSHS-approved certification curriculum will enable students to obtain an introduction to the most common psychiatric disorders recognized in the populations served. You will review condition symptoms, treatment options, care giving considerations, communication skills, multicultural considerations, resident struggles, medications and caregiver self care. This training applies to providers, resident managers and caregivers.

Eastside
13710 3/26 Th 8:30AM-5PM
$115  CTC Rm: 340  D. Micu

10689 5/28 Th 8:30AM-5PM
$115  CTC Rm: 340  D. Micu

Adult Family Home (AFH) Orientation
A one-day class providing an overview of the AFH program and expectations of the AFH licensee in providing care and services to the residents in a licensed home setting. Explore an overview of the process prospective providers will follow to obtain an AFH license. Meets the requirement (see Washington Administrative Code [WAC] 388-76-10060) to turn in the WA State application for licensure. Upon completion, students will receive a certificate valid for one calendar year from the date of attendance.

Eastside
10686 5/14 Th 9AM-4PM
$39  CTC Rm: 337

Certificate in Gerontology
Health professionals who work with the older population will need continuing professional education to gain a broad understanding of the field of gerontology and to stay current with emerging trends. With the population aging at a rapid rate, by 2030 one in five U.S. residents will be 65 or older. The demand for knowledgeable providers to meet the needs of this population is dramatically increasing, new jobs are being developed, and new services created.

Eastside
11764 3/14-6/12
$150

Certificate in Integrative Mental Health
This groundbreaking certificate program addresses the dramatic shift taking place in the healthcare field as alternative, holistic, and integrative therapies are increasingly being used to treat mental health conditions. This program is ideal for professionals in nursing and other health care fields, as well as individuals interested in integrative mental health.

Eastside
11756 3/14-6/12
$120

You may also be interested in: Emotional Intelligence

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Nursing Assistant Certified
Health care assistant is hot! Overall employment for those who are nursing assistant certified—known as a CNA outside of Washington State—is projected to grow 11 percent from 2016 to 2026 (bls.gov)—faster than the average for all occupations!

The Nursing Assistant Certified program at Clark College is an excellent foundation with pathways toward future endeavors—such as specialty trainings in health services, pre-med or a degree in nursing.

At Clark College, students prepare for the Washington State NAC certification exam or the Oregon CNA Level 1 exam in only six weeks! Students receive 120 hours of classroom, lab and supervised clinical experience, for a quality hands-on experience practicing skills that are on the state exam.

Gabriele Canazzi
NAC Director/Instructor

Classes Begin Every Quarter
Register early to reserve your spot!
edc.clark.edu/nac.php | 360-992-2939

Nutrition and Health Certificate
Food and nutrition have a profound impact on our health and well-being, yet many of us are not aware of what foods to eat, which diets are healthy, and where our food originates. The goal of this certificate program is to provide a holistic overview of current food and nutrition issues and their impact on physical, social, emotional, and spiritual health. This certificate is designed for individuals who are working in the health care field and those who are interested in the topic.

Eastside
11789 3/14-6/12
$115
INFORMATION

4 Ways to Register

1. **Online:** Visit ecd.clark.edu

2. **Phone:** Call 360-992-2939
   Monday-Thursday 9:00AM-5PM
   Friday 9:00AM-4PM

3. **Mail:** Mail in your registration form* and check or money order to:
   1933 Ft. Vancouver Way, MS CTC 143
   Vancouver, WA 98663

4. **In Person:**
   Eastside CTC Room 143
   18700 SE Mill Plain Blvd, Vancouver, WA 98683
   Monday-Thursday 9:00AM-5PM
   Friday 9:00AM-4PM

*Registration forms can be downloaded at http://ecd.clark.edu/registrationform.pdf

We gladly accept checks, Visa, Mastercard and Discover for your convenience

Legend

- Indicates online class

Class Schedule Explanation

<table>
<thead>
<tr>
<th>Campus</th>
<th>Class Nmbr</th>
<th>days</th>
<th>room #</th>
<th>time</th>
<th>instructor</th>
</tr>
</thead>
<tbody>
<tr>
<td>Eastside</td>
<td>000001</td>
<td>5/26-6/9</td>
<td>Th</td>
<td>6:30-8:30PM</td>
<td>C. Lewelling</td>
</tr>
</tbody>
</table>

Example:

Eastside
000001
69

Off Campus Locations

- **HDG**
  Hazel Dell Grange
  7509 NE Hazel Dell Ave
  Vancouver, WA 98665

- **SSR**
  SafeFire Indoor Shooting Range
  4857 NW Lake Rd
  Camas, WA 98607

Visit http://ecd.clark.edu/about/-campus-locations.php to find campus locations.

**Eastside CTC:**
CTC  Clark College at Columbia Tech Center
18700 SE Mill Plain Blvd, Vancouver, WA 98683

**Main Campus CC:**
1933 Fort Vancouver Way
Vancouver, WA 98663

**APH** Anna Pechanec Hall
**AA4** Applied Arts 4
**BMH** Beacock Music Hall
**FHL** Foster Auditorium
**FAC** Frost Arts Center
**GHL** Gaiser Hall
**HHL** Hanna Hall
**JSH** Joan Stout Hall
**OSC** O’Connell Sports Center
**SBG** STEM Building
**SHL** Scarpelli Hall