EDventures visits Tuzigoot Nat’l Monument 3/27, see page 22 for details.
Welcome in 2020!

If your New Year’s resolution is to learn something new, Community Education will keep you motivated with many fascinating topics to choose from. We have new courses in every category that will inspire your growth!

If your resolution is to **Stress Less and Live More**, we offer many classes to exercise your mind, body and spirit. Relax with Meditation, Qigong, Tai Chi, Yoga, and Active Isolated Stretching. Learn to sing to your heart’s content, listen and understand great music, and play the keyboard!

Check out the new cuisine and sustainable living classes! Yavapai College is a proud partner with Mountain Oak Charter School in Prescott, and we look forward to expanding our offerings in their teaching kitchen!

**Are you new to the Prescott area?** Melissa Ruffner is sure to delight with historical stories of Prescott and the Pioneers that made a real difference in Prescott and Yavapai County.

If your resolution is to **travel and get outdoors**, now is the time! Spring is a glorious time for hiking. EDventures trips include opportunities to explore the vast landscapes of Yavapai County and beyond. Travel the backroads to see local history come alive. Discover the new trips to Grand Falls and Crater Lake! EDventures trips fill up quickly so be sure to sign up early.

May is the perfect time to take an overnight trip to explore Navajo history and the culture of Canyon de Chelly. We hope you will join us to travel, explore and experience north central Arizona! See the full list of EDventures inside this catalog!

**Travel with International EDventures to Patagonia** with Wayne Ranney in the Fall, 2020. For more information, join the scheduled presentation on January 16. Call (928) 717-7755 to sign up.

Yavapai College is pleased to open a sample of 8-week credit courses to our non-credit community. Join the class as a non-credit student and if you like it, you may sign up for the second half to complete the course through May. See the full list of YC Companion courses inside this catalog.

**Looking forward to next summer’s College for Kids program!** The wonderful College for Kids program will be back this summer. Classes will be posted online March 19. If you are interested in teaching children for the College for Kids program this summer, please contact us before January 16.

Do you want to teach a class for Community Education? To share your passion or area of expertise, please contact us at CommEd@yc.edu or (928) 717-7755.

**Hope to see you around campus!**
Nancy Ostapuk, Director
www.yc.edu/commed
Your next adventure in learning is just a click away!
• Browse and pay for classes and trips online
• View instructor biographies
• Find out about special offers and events
Visit www.yc.edu/CommEd and click the link to browse and register courses or download registration instructions.

Other ways to register:
• Register by phone (928) 717.7755
  Monday through Friday 8:30 am - 4:00 pm
• Walk-in registration at Building 31, Room 108 on the Prescott campus. See map on back page.

Age requirements:
Community Education classes are open to the public, ages 14 and up. Students under 18 attending a class must seek prior approval and have a completed permission slip signed by parent or legal guardian. Call (928) 717.7755 for approval and to request Minor Student Permission form. EDventures trips are open to the public. Students 16 and under (day trips) or 18 and under (overnight trips) must be accompanied by a parent or guardian.

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

Please Help Prevent Cancelled Classes
Enroll early. Classes will be cancelled one week prior to start date if enrollment is too low.

EDVENTURES
Educational trips throughout the Southwest and beyond! Pages 20-24.

Consider gifting a class for that special someone! Call 717.7755 to find out how!
Refund/Cancellation Policies
Community Education
- More than 14 days before course start = Full refund of tuition
- 8-13 days before course start = 50% refund of tuition
- 7 days or less = No refund
- No refunds will be given after course start date

EDventures
Day Trip Cancellation
- 21 days or more prior to departure = Full refund
- 8-20 days = 50% refund of tuition
- 7 days or less = No refund

Multi-Day Trip (Regional)
- 30 days or more = Full refund of deposit
- 21-29 days = Refund of 50% of tuition
- 15-20 days = Refund of 25% of tuition
- 14 days or less = No refund

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

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

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

Course Physical Activity Level Rating Chart*

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

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

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

Activity Rating Level 4
Participants must be able to carry luggage, packs and/or equipment; sit or stand for over 2 hours; be in excellent health, extremely mobile, and used to an active lifestyle. Program activities may require up to 6 hours of strenuous, moderate-to fast-paced activity per day, equivalent to hiking 6 to 10 miles at a 3-mph pace over uneven and/or varied terrain (may include moderate to intense elevation changes). A conditioning regimen is recommended, beginning at least 2-3 months prior to departure that includes hiking (preferably), walking or some other form of cardiovascular exercise (swimming, cycling) in order to prepare for the activity in this adventure.

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

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**ARTS & CRAFTS**

**Blooming Elders: Inspiring and Creating**  
*WS20-101* • Fri, 2/21 & 2/28/20  
12 - 4 pm  
Prescott Campus • Bldg 31, Room 102  
“Women get more beautiful as they grow older. Not less.” The paradigm has shifted, and we are here to enjoy it. Drawing on stories from Clarissa Pinkola Estes and other wise women, we’ll explore through artmaking and conversation the richness of the Grandmother Tree and the Weaver archetypes. All the supplies are provided for artmaking, including a wealth of collage and mixed media materials. No experience needed to enjoy the company of creative women in this two-session class. A $25 materials fee payable to the instructor at first class.  
*Cheri Epstein* • $80

**Clay for the Spirit**  
*WS20-105* • Sat & Sun, 2/8, 2/9 & 2/22/20  
9:30 am - 4 pm  
Offsite • Denise Incao Studio  
This workshop is designed to explore the idea of creating art as a spiritual practice, a way to access the divine and to foster healing and wholeness. The visual dimension of art and the visceral experience of creating has a wisdom of its own, a healing power, and the potential for connection with the divine that words cannot achieve. Projects will be inspired by spiritual and ritual objects. *This workshop takes place at instructor’s home art studio and includes 13 hours of instruction on the weekend of Feb 8 & 9 (9:30 a.m. – 4:00 p.m. both days), and concludes on Saturday, Feb 22 (9:30 – 1:30). Basics of hand-building will be covered. No previous experience with clay is required.*  
*Denise Incao* • $275

**Book Illustrating Basics**  
*WS20-102* • Sat, 2/1 to 2/22/20  
1 - 3 pm  
Prescott Campus • Bldg 31, Room 102  
Interest in freelance book illustration – especially children’s titles – is growing. We will explore concept development, writing, page layout and type, composition for visual impact, and market appeal, all leading to your personal art style. Topics to consider: client interaction and pricing; prep for printing, publishing options, portfolio considerations. Bring a current work-in-progress to develop for one-on-one review, and group collaboration. Share experiences with other aspiring artists. We will create an actual book mock-up by class’ end! *Printing the book will cost student’s approximately $25-35.*  
*Jacques Laliberté* • $125

**Creating Artwork in the Digital Age**  
*WS20-106* • Thu, 4/2 to 4/30/20  
1 - 4 pm  
Prescott Campus • Bldg 19, Room 206  
Want to illustrate a children’s book, or just create personal note cards? In this course, you will learn how to prepare your artwork for today’s digital publishing. You will create “clean” artwork using traditional materials and will enhance and format it using software. Stated another way, this is a perfect class to learn how to produce “print ready” artwork. Sounds complicated but it really isn’t. Your instructor is successful indie publisher and author/illustrator Tom Fox. Join us for this exciting, artistic journey that can take your artwork literally to the next level.  
*Tom Paul Fox* • $105

**Chinese Brush Painting**  
*WS20-103* • Wed, 1/29 to 3/4/20  
9:30 am - 12:30 pm  
*WS20-104* • Wed, 4/1 to 5/6/20  
9:30 am - 12:30 pm  
Prescott Campus • Bldg 31, Room 102  
Paint with spontaneity, freedom and boldness. Learn this ancient watercolor art form that reflects 5,000-year-old traditions of human civilization, culture, story, poetry and virtues. As you paint, take a journey into another culture that will give you new perspective on your artwork and the symbolism of the creative spirit. Beginning and experienced students are welcome. A $50 supply fee is payable to the instructor at first class.  
*Diana Middlebrook* • $115

**Creative Clay**  
*WS20-107* • Mon, 2/3 to 3/2/20  
12 - 3 pm  
*WS20-108* • Mon, 3/16 to 4/13/20  
12 - 3 pm  
Prescott Campus • Bldg 31, Room 102  
Feeling a little ungrounded and disconnected from your creative side? Then come and get your hands dirty and reconnect to your personal creative expression using Earth's most primal element - Clay! Emphasis will be on relaxing and enjoying the process of opening up to creative expression through the experience of working with clay. We will start with a basic introduction, called shaking hands with clay. Students will progress through hand-building techniques, including pinch pots, coil building, slab construction, press molds and more. We will finish with glazing all of our pieces on the last day. Arrangements will be made for project pick-up. This is a beginner level class. *Class is limited to 10 students. Sign up Early! All supplies included in tuition.*  
*Denise Incao* • $170
Drawing to Paint Watercolors
WS20-109 - Thu, 4/2 to 4/30/20
5:30 - 8:30 pm
Prescott Campus • Bldg 31, Room 102
This mini course is for folks interested in improving their ability to sketch creatively and apply it to watercolor painting. You will learn great drawing tips and techniques to help you to see how to compose and render a subject or scene more effectively. A foundational watercolor class, as well, you will learn important keys to watercolor painting. Helpful reference sheets supporting the tips and techniques provided thorough out. Art supply list provided for students to purchase at a cost of between $50-65 (assuming you have no watercolor painting materials to start).
Tom Paul Fox • $105

Drawing with Soft Pastels: Introduction
WS20-110 - Tue, 1/28 to 3/3/20
3:30 - 6 pm
Prescott Campus • Bldg 31, Room 102
Soft pastels are oil free and come in several shapes as well as pencils. Students will be introduced to the following principles, blending/shading of colors, the 9-tone value scale, compositional theory, good work habits and tool discipline. This fun class will consist of six exercises. The instructor will recreate each exercise along with the students, one completed drawing per week. This is not an academically structured class. Learn how to capture the subject by using the proven “trace/transfer method”. See examples of Ken’s work on display at the YC Library and at: https://sites.google.com/site/kenottingerteaching/.
Be prepared to work the first day. Supply list available.
Ken Ottinger • $125

Drawing with Soft Pastels: Intermediate
WS20-111 - Tue, 3/17 to 4/21/20
3:30 - 6 pm
Prescott Campus • Bldg 31, Room 102
This intermediate class is designed for the student who has taken the introduction Drawing with Soft Pastels class. As well as, for students who feel they are familiar with the media and are ready to start expressing themselves as Artists. The student is to select his or her subject matter and art supplies. The trace/transfer of photo reference is suggested but not required. See samples of Ken’s work on display in the YC Library and on his website, sites.google.com/site/kenottingerteaching/.
Ken Ottinger • $125

Floral Design
WS20-112 - Tue, 1/28 to 3/3/20
9 - 11:30 am
WS20-113 - Wed, 3/18 to 4/22/20
1:30 - 4:00 pm
Prescott Campus • Bldg 31, Room 102
Have you ever wanted to learn to make beautiful floral designs for your home or to give away to your friends? Then this is the class for you! This is an introductory class in floral design. You will learn the basics of designing in a vase and in oasis. We will be making a flower arrangement to take home every week. You will learn the elements of design, the impact of color, and getting in touch with your creative side! A $160 materials fee is payable to instructor at first class. Instructor pre-orders all flowers and vases for each week (no refunds).
Susan Aurich • $140

Illustrated Short Story Scrap Book
10:30 am - 12:30 pm
Prescott Campus • Bldg 31, Room 102
Create and design your own animated short story scrap book. Write a short story on your own personal hobby, interests, or vacation and then use a variety of illustrations to design it, using your own personal pictures, clip art, drawings, sparkles, markers, and more. You will leave the class with your very own special animated short story scrap book to share with family and friends and keep for memories. Bring your own supplies: Pencils, Book Stock, White & Colored Paper, Sparkles, Markers, Clip Art (provided).
Angelica Rose • $70

Intro to SoulCollage®
WS20-115 - Fri, 3/20 to 4/3/20
1 - 3 pm
Prescott Campus • Bldg 31, Room 102
Is it time to discover the joy of creating collages that reflect your unique voice and wisdom? SoulCollage® is a gentle, artistic, and intuitive way to explore your life and connection with others. Choose images from magazines to create a personal deck of cards that often produce surprising and meaningful insights. It requires no special skills to work directly with symbols, images, and archetypes for self-discovery. A $40 materials fee for all supplies is payable to instructor at first class.
Cheri Epstein • $70
Keepsake Journals
9 am - 4 pm
Offsite • 2Kat Studios
This two-day learning group is for you if you want to create a handmade keepsake journal to remember a particular place or a trip you enjoyed. Using just 2 file folders, and with clever cutting and folding, you will create a small, portable book to be filled with mementos and ephemera (items of collectible memorabilia, typically written or printed ones.) All supplies and materials are provided; however, you are encouraged to bring with you any photos, photocopies of photos, brochures, maps, menus, business cards, etc. that you want to include in your one-of-a-kind journal. A $20 materials fee: payable to instructor at first class.
Kat Kirby • $110

Leather Working and Tooling: Beginning
WS20-117 • Thu, 1/30 to 3/5/20
6 - 8 pm
Prescott Valley • Double H Leatherworks, 7129 E. 1st Street, Suite 105
An introduction to leather working – the art of tooling leather to make art or useful leather items that are both attractive and personalized. Learn the terms and history of leather working and how to use the tools. Build tooling skills with guidance as you create a beginner’s project. Supply list provided for students to purchase at estimated cost of $195.
Steve Long • $95

Leather Working and Tooling: Intermediate
WS20-118 • Thu, 3/19 to 4/23/20
6 - 8 pm
Prescott Valley • Double H Leatherworks, 7129 E. 1st Street, Suite 105
Advance your leather working skills! Create individual projects such as a belt or wallet as you learn cutting, stitching and more about the art and craft of tooling. Kit or leather supplies required; cost will depend on project and additional tools required. Lab fee of $55 payable to the instructor at the first class.
Steve Long • $95

Monoprinting with Gelli Plates
WS20-119 • Wed & Thu, 1/29 & 1/30/20
9 am - 4 pm
Offsite • 2Kat Studios
Join in the Gelli Printing Craze and create your own papers to use in collages, journals, altered books, and more. You will learn how to prepare the Gelli Plate, choose paints and stencils, and make a series of prints that will be unique and fun. Using a variety of papers and stencils, you will see how the paints take to the different surfaces. Dress for a mess. A $20 materials fee payable to instructor at the first class.
Kat Kirby • $110

Mosaics 101
WS20-120 • Tue & Wed, 2/18 & 2/19/20
9 am - 4 pm
WS20-121 • Tue & Wed, 4/7 & 4/8/20
9 am - 4 pm
Offsite • 2Kat Studios
This popular art form is everywhere, and you might think, “I could do that,” but don’t know where to begin. In this workshop, students will be given all the materials needed to create a beautiful mosaic mirror. You will learn how to choose colors and textures that work for you, how to design your piece, and much more. You will leave with a completed mirror, and once you’ve made one, you’ll be on your way to covering all sorts of surfaces with mosaics. Dress for a mess! A $25 materials fee is payable to the instructor at the first class.
Kat Kirby • $110

Nature-Based Expressive Arts for Health & Wholeness
WS20-122 • Thu, 3/19 to 4/23/20
9 am - 1 pm
Offsite • Watson Woods Riparian Preserve, 1801 Hwy 89 & Rosser
This course takes place at the beautiful Watson Woods Riparian Preserve in Prescott. Students will experience educational activities that will deepen their knowledge of this rich and wild place, while spending most of class time engaged in enlivening and healing exercises in expressive arts. With educational components supported by Prescott Creeks, students will have the opportunity to engage in meditation, journaling, movement, as well as inspiring visual art projects, allowing the opportunity to enhance and heal the human bond with the natural world through expressive artistic collaboration with nature. Space is limited to 10 students. Enroll Early! No previous experience necessary! Wear comfortable clothing appropriate for outdoor activities.
Denise Incao • $215

Painting with Acrylics: Introduction
WS20-123 • Tue, 1/28 to 3/3/20
12:30 - 3 pm
Prescott Campus • Bldg 31, Room 102
This painting class is designed for beginner to intermediate students. Exercises will introduce students to the following principles: mixing colors, application of the 9-Tone Value Scale, choosing the correct brushes, application of the media, compositional theory, and good work habits. The instructor will paint each exercise along with the class. This is not a drawing class. Students will be shown how to capture the subject by tracing and transferring the image onto their chosen platform. See examples of Ken’s work on display at the YC Library and at: https://sites.google.com/site/kenottingerteaching/. Be prepared to work on the first day of class. Supply list available.
Ken Ottinger • $125
Painting with Acrylics: Intermediate  
**WS20-124** • Tue, 3/17 to 4/21/20  
12:30 - 3 pm  
Prescott Campus • Bldg 31, Room 102  
This intermediate class is designed for the student who has taken the introduction Painting with Acrylics class. As well as, for students who feel they are familiar with the media and are ready to start expressing themselves as Artists. The student is to select his or her subject matter and art supplies. The trace/transfer of photo reference is suggested but not required. See samples of Ken’s work on display in the YC Library and on his website, sites.google.com/site/kennottingerteaching/.  
Ken Ottinger • $125  

Raw Draw: Draw Your Way to an Expressive Life  
**WS20-125** • Sat, 2/1 to 2/22/20  
10 am - noon  
Prescott Campus • Bldg 19, Room 225  
Not your typical how-to class, more a gentle reminder of the delight of playful expression. Raw Draw is for anyone with an interest in drawing and is curious to discover how the language of drawing might help you see your world in new ways. We explore simple theories that get to the heart of what a drawing is. The idea is to focus attention deeply into the details and nuances of the visible and present the techniques for expressing your authentic self on paper. Hands-on group exercises and individual exploration will release profound personal expression. Focus is on aspects of creative expression and attention to our self-imposed limitations, finding voice, and communicating our authentic organic brilliance. Resource: www.RawDrawtheBook.com.  
Jacques Laliberté • $120  

QuickBooks Online (QBO) Basics  
**WS20-127** • Thu, 5/7/20  
8:30 - 10:00 am  
Prescott Campus • Bldg 19, Room 206  
Gain efficiency with QuickBooks Online (QBO) and have more time to focus on your business and making profit! This class provides hands-on practice in QuickBooks Online. You will experience how to navigate various modules and learn basic functions, such as - add, edit, and delete customers, vendors, and accounts; how to issue invoices, prepare sales receipts, write checks, reconcile accounts, and how to print reports. Earn the skills to manage and keep your books clean and gain the foundation to make better business decisions! *Recommended Prerequisite: Basic computer skills.*  
Chantal L Regan, CPA, CFP® • $55  

QuickBooks Online (QBO) Beyond Basics  
**WS20-128** • Thu, 5/7/20  
10:30 - noon  
Prescott Campus • Bldg 19, Room 206  
Learn how to utilize your QuickBooks Online (OBO) beyond fundamentals. Make managing your books a simple task with functions such as: banking rules, receipt matching (adding PDF receipt copies to transactions), pay employees, and auto mileage. This class provides hands-on practice in QuickBooks Online. Earn the skills to streamline your accounting tasks and gain more time to focus on your business. *Recommended Prerequisite: Basic QuickBooks Online Skills.*  
Chantal L Regan, CPA, CFP® • $55  

DANCE  
Classic Bellydance  
**WS20-129** • Mon, 1/27 to 3/2/20  
4:30 - 5:45 pm  
**WS20-130** • Mon, 3/16 to 4/20/20  
4:30 - 5:45 pm  
Prescott Campus • Bldg 15, Room 260  
Indulge yourself with the heart pounding rhythms of the Middle East. Learn basic bellydance steps which will be strung together to form a fun choreography influenced by Turkish, Egyptian and Greek bellydance. This course is designed for new students as well as those wanting a bellydance refresher. Students will learn basic techniques such as isolations, shimmies and traveling steps. Strengthen your core and gain grace as you flow from one move to the next. Students will also be introduced to a brief history of bellydance and Middle Eastern Rhythms. No dance experience necessary!  
Ustadza Azra • $75  

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

Boom, Bust, Boom: Understanding Stock Market Power Cycles  
**WS20-131** • Wed, 2/12 to 2/26/20  
1 - 3 pm  
Prescott Campus • Bldg 4, Room 114  
We all know that the stock market goes up and down, but do we really understand why? This comprehensive class will look at market cycles dating back to the great depression and highlight common characteristics in both bear and bull markets. Strategies will be explored that decrease volatility and overall exposure to market corrections and recessions. Participants should expect outcomes like understand leading and lagging indicators, bull and bear markets average duration, historical perspective, common investment strategies for dealing with market volatility, and much more.  
John L. Farmer • $45
Estate Planning 101: Essential Elements of a Complete Estate Plan
WS20-132 • Thu, 2/27/20
5:15 - 7:45 pm
Prescott Campus • Bldg 19, Room 207

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

Michael Harsch • $55

Fun-damentals of Investing for Retirees
WS20-133 • Thu, 2/20 to 3/5/20
1 - 3 pm
Prescott Campus • Bldg 4, Room 118

This fun class will help you become more confident making financial decisions. The easy-to-grasp format of this class provides a broad knowledge of investments preferred by investors approaching or already in retirement. Learn about stocks, bonds, mutual funds, annuities and more. Topics include recognizing risk, smart IRA strategies, avoiding common investment mistakes, and simple risk reducing strategies that anyone can use. Bring your questions. No investments will be offered or promoted.

Will Hepburn • $45

Keep it Simple: An Introduction to Investing
WS20-134 • Wed, 3/18 to 4/1/20
1 - 3 pm
Prescott Campus • Bldg 4, Room 114

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

John L. Farmer • $45

Social Security & Retirement
WS20-135 • Thu, 2/13/20
6 - 9 pm
Prescott Campus • Bldg 3, Room 269

Come learn what you need to know about social security and retirement income planning. In this class we will discuss how your social security benefit is calculated, the taxation of your benefit, and discuss methods to calculate when you should claim your benefit. This class will help you understand the risks you face in retirement and help you create a strategy to mitigate those risks. Over 70% of Americans receiving social security today depend on it for half of their income. Filing at the wrong time for your benefits could cost you thousands of dollars of income. Planning for retirement can be complicated and knowing when to take your social security benefit can be one of the most important decisions in retirement. Come join us to learn ways to maximize your social security benefits and retirement income.

Jonathan Zweifel • $55 single/$20 for 2nd family member

Tax Tips for Arizona Newcomers
WS20-136 • Thu, 2/6/20
1 - 3 pm
Prescott Campus • Bldg 4, Room 118

Discover valuable tax savings from details about Arizona taxation that may differ from States in which you have lived in the past. Tax deductions, tax credits, investment issues and estate planning considerations unique to Arizona will all be discussed.

Will Hepburn & Gidget Schutte • $45

The Changing World of Retirement Planning
WS20-137 • Tue, 3/24 to 3/31/20
6 - 9 pm
Prescott Campus • Bldg 19, Room 206

This course is for those developing a retirement plan, nearing retirement or those that have retired. Regardless of your stage in the process, you’ll learn updated strategies that will help you build and preserve wealth in volatile times. Above all, this course is designed to help you assess your current financial position, layout a personalized roadmap, and achieve your retirement goals. Topics include Tax Rate Risk, Retirement Distribution Planning, Estate Planning, Maximizing Social Security, Retirement Distribution Pitfalls, Mitigating Market Loss, and Long-Term Care Planning.

Chris Wright • $45

When Can I Retire?
WS20-138 • Thu, 1/30/20
6 - 9 pm
Prescott Campus • Bldg 3, Room 269

Do you worry about having enough money to retire? This course will change your understanding of investments and how to manage your retirement savings. Learn how to minimize taxation on your social security benefits, when to start taking distributions from your IRA and 401k and how to create an income from your retirement savings. Longevity, inflation and rising healthcare expenses require a distribution strategy that creates rising income for 25+ years. If you are close to retirement or already retired, join us to increase your knowledge and understanding of retirement income planning.

Jonathan Zweifel • $55 single/$20 for 2nd family member
Community Education Courses Winter/Spring 2020

FOOD & BEVERAGES

Beer Appreciation
WS20-139 • Mon, 3/16 to 4/6/20
6:30 - 8 pm
Offsite • Granite Mountain Brewing, 123 N Cortez St
Break out of the same-old with a tasting exploration of some of the best beers available. Discover how the ingredients of beer – grain, yeast, water, hops (and other things) – affect flavor, aroma and texture. Beer styles, facts, history and trivia, tasting techniques, appreciation elements and class participation brew up a fun class full of information. 6 beers sampled each evening, four classes. Pairing snacks provided. Over 21 only, of course.
Caere Dunn • $115

Cuisines of Italy
WS20-140 • Thu, 1/30 to 3/5/20
5:30 - 8:30 pm
Offsite • Mountain Oak School, 1455 Willow Creek Rd
The first of a series of classes to present the regional cuisines of Italy. Over the next several months, going north to south, we are planning to show the amazing variety of Italy’s regional cuisines. Learn to cook from authentic Italian recipes; learn Italian cooking techniques; of course, there will be pasta and sauces and desserts made from scratch. Recipes will be provided. A limited amount of Italian wines from the specific regions will be featured, subject to availability. This is a hands-on class. Students will be paired, and each team will provide a menu item to be cooked and tasted that night. Students must bring their own apron, a Chef’s knife; a paring knife; and wear real shoes (no sneakers).
Haff, Harry • $245

FOR KIDS! • Edible & Delicious Science for Kids (Ages 8-10)
WS20-141 • Tue & Thu, 3/17 to 4/9/20
3:30 - 4:45 pm
Offsite • Mountain Oak School, 1455 Willow Creek Rd
Edible Science is all about the science of food: effects of heating and cooling, basting and poaching, whipping and shaking different ingredients in preparation of cooking. Students in this class will learn about sanitation and hygiene, kitchen skills, and knife safety. Basic first aid will be taught. Nutrition and healthy food choices will be studied, as considered by the USDA and other resources. And all this information will be delivered through prepping, cooking, and eating our way through the Slow Foods Curriculum of lessons and recipes! All supplies included in tuition.
Cathy Nowlin • $250

Enter the Spirit World
WS20-142 • Wed, 3/25 to 4/29/20
5:30 - 7 pm
Prescott Campus • Bldg 31, Room 102
Take a deep look at the spirit world: The World of Vodkas, Gins, Brandies, Bourbons, Scotch and Irish blended and single malts. Explore the history of distilling and even alchemy! Presentations and tastings included along with some classic cocktail recipes. Over 21 only, of course.
Haff, Harry • $120

Kitchen Wisdom
WS20-143 • Thu, 4/2 to 4/23/20
5:30 - 8:30 pm
Offsite • Mountain Oak School, 1455 Willow Creek Rd
Learn professional cooking tricks for healthy and delicious food that you can use in your own kitchen. This hands-on class covers basic cooking techniques for vegetable based, whole grain, nutritionally balanced meals along with professional knife and kitchen skills, including how to put together a meal in minutes. Chef Molly Beverly will share insights and tricks culled from 45 years in the culinary world. Class includes sauté and stir fry techniques, cooking and uses of whole grains and beans, use of herbs and spices, vegan tricks, vegetarian recipes and using leftovers…all delicious, of course. All supplies included in tuition.
Molly Beverly • $215

Traditional Ways Sustainable Living
WS20-144 • Wed, 1/29 to 3/4/20
5:30 - 7:30 pm
WS20-145 • Wed, 3/18 to 4/22/20
5:30 - 7:30 pm
Offsite • Mountain Oak School, 1455 Willow Creek Rd
Time to start the garden. We will be learning how to prep the soils for planting big and small gardens. We will learn how to start your own seeds and the best plants to start early. Learn what’s available in the wild to forage this time of year. We’ll be learning how to get ready for spring babies on the farm and how to take care of them from general care to horn removal and castration. Join me for the next couple of courses and get your spring going. Enjoy hands-on cooking using end of winter fare created from last fall’s preserved harvest. All supplies included in tuition.
Dana Mast • $200

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Visit www.yc.edu/commed or call 717.7755 to register
GENEALOGY

Genealogy: How to Begin the Journey Using Ancestry.com

**WS20-146** • Tue, 2/4 to 2/18/20
1 - 3 pm
Prescott Campus • Bldg 19, Room 206

Interested in genealogy and learning about your family’s ancestry but have no idea where to begin? Utilizing the popular Ancestry.com subscription website, these three sessions of a beginner’s class will address the difference between “search” and “research.” You will learn how to begin building your family tree and locate relevant evidence to support an ancestor’s life (including DNA matching tools) to connect the generations. Basic computer skills and a subscription to Ancestry.com are required. (Note: If you have not previously used Ancestry.com, they typically offer a 14-day free trial, which could be partially used for the purpose of this course.)

Sharon Atkins • $70

Pursuing Genealogy: An Overview on How to Uncover Your Personal Connection to History

**WS20-147** • Tue, 3/17 to 4/21/20
1 - 3 pm
Prescott Campus • Bldg 19, Room 206

Come share the excitement of the hobby of genealogy! During this class you will uncover your personal connection to history by learning how you can search for information about your ancestors, trace your family’s lineage and history, document relevant events and preserve your family’s unique story by utilizing online and offline genealogy resources. Learn how to make genealogy more manageable, more fun and less daunting. Each class will allow time for you to work on your family tree. Students will benefit more from this class by having a subscription to and/or experience with at least one of the following: FamilySearch.org (FREE), MyHeritage.com, Ancestry.com or FindMyPast.com.

Sharon Atkins • $95

HEALTH & WELLNESS

A Calmer Mind with Hypnosis

**WS20-148** • Wed, 2/12 to 2/26/20
5:30 - 7:30 pm
Prescott Campus • Bldg 3, Room 205

Being able to rapidly calm our mind and relax is a wonderful resource to develop and master. It doesn’t take years of training or visiting a monastery in Nepal. It does however, require allowing your imagination to be directed and focused on a few ideas and your ability to follow easy-to-do instructions. The body knows how to relax, all on its own, and the mind knows how to clear itself, all on its own. During these highly enjoyable and deeply relaxing group hypnosis/guided imagery sessions, your mind will discover how to calm itself, whether it’s going to sleep, waking up, or throughout the day when needing to be focused, on task, or simply needing to enjoy the present moment. Jerry Zaryczny CHT works with clients around the country from his office in downtown Prescott.

Jerry Zaryczny, CHT • $70

Active Isolated Stretching

**WS20-149** • Mon & Wed, 1/27 to 3/4/20
9 - 10 am
Prescott Campus • Bldg 15, Room 260

Enhance your daily life! Help get rid of your acute and chronic pain. Active Isolated Stretching incorporates short 2-second stretches that help feed oxygen and blood to muscles so they can relax. AIS works with the body’s natural physiological makeup to improve circulation and increase the elasticity of muscle joints and fascia. By doing easy and anatomically specific stretches, your body learns to relax and move freely. Be ready to have some serious fun! Optional book “Specific Stretching for Everyone” may be purchased from the instructor for $25. Bring a yoga mat and pillow/blanket.

Bill Smith • $95

Addiction: It Is Not Your Fault

**WS20-150** • Sat, 3/21 & 3/28/20
10 am - noon
Prescott Campus • Bldg 19, Room 215

This seminar will challenge us to look at Chemical Dependency in the family system from an innovative point of view. It will include practical therapeutic encounters for education, therapy and intervention. It will also challenge beliefs and concepts that we may assume to be true. This seminar is an interactive workshop facilitated by a licensed Chemical Dependency counselor and published author. The book, “Healing the Wound: The Family’s Journey through Chemical Dependency” is included in tuition.

Matt Karayan • $70

Beginning Psychic Development

**WS20-151** • Mon, 1/27 to 3/2/20
6 - 7:30 pm
Prescott Campus • Bldg 3, Room 205

Beginning Psychic Development is a six-week course covering the fundamentals of ESP (Extra Sensory Perception). Explore Pendulum techniques; learn about the colors of the Aura and their meaning; and take an in-depth look at Numerology and Psychometry. Related subjects such as, but not limited to, Memory techniques and Past-Life Regression will also be covered. This is an interactive class and students will be encouraged to participate in experimenting with some of the topics discussed. A $15 supply fee is payable to instructor at the first class.

Jim Saylor • $85
Build a Better Brain  
**WS20-152** • Mon, 2/3 & 2/10/20  
10 am - noon  
Prescott Campus • Bldg 19, Room 207

The numbers are rising...Alzheimer’s-like dementia affects 5.8 million Americans today and there are many more of us unknowingly headed down that road. Research shows we can protect and improve our brain at any age and even REVERSE early-stage dementia with proper diet and supplementation. This class will introduce you to foods that heal and damage the brain, must-have supplementation, inexpensive testing to track brain health, and the latest cutting-edge research on the use of low-level laser for unprecedented brain healing. You’ll never know what you can prevent by being proactive now instead of reactive later!  
*Jennifer Sweet, DC, ATC-R • $65*

Chakras: Exploring Energy, Emotions and Illness  
**WS20-153** • Sat, 3/21/20  
9 am - 4 pm  
Prescott Campus • Bldg 31, Room 101

Learn about the seven major chakras that lie along the spinal column. Each chakra corresponds to a location in the body, an emotion, color, sound, disorders and psychological behavior. When the energy in all our chakras is open and balanced, we are our healthiest and whole. Learn how stored emotions can stay locked in the body to cause physical illnesses. Through self-assessment questions and activities, explore your relationship to each of your seven chakras. Practice a chakra meditation and learn ways to open and balance your chakras for physical and emotional health. Instructor is a local health care professional and registered nurse. Optional book available for purchase from the instructor for $20. Bring pillow and yoga mat.  
*Marie Hardman • $70*

Cycling Without Age: Connecting Generations, Increasing Well-Being  
**WS20-154** • Wed, 2/12/20  
6 - 7:30 pm  
Prescott Campus • Bldg 4, Room 118

“Cycling Without Age” started in Copenhagen, Denmark and has now spread to 42 countries across the globe. Come and learn about this program designed to give seniors with mobility issues “the right to wind in their hair,” decrease loneliness and increase everyone’s quality of life. Find out about the City of Prescott’s partnership in the exciting program, and possibilities for your involvement. If you like to cycle, are a photographer, are good with computers and/or social media, have marketing skills, or just like to make new friends, this free session will be of interest to you! RSVP required: 928-717-7755.  
*Dr. Mark Shelley • Free Workshop*

Essential Oils Basics  
**WS20-155** • Thu, 1/30/20  
10 am - noon  
Prescott Campus • Bldg 31, Room 102

Are you new to essential oils? Have you been wanting to find out more? Then this workshop is for you! You will learn a little history, what to look for when purchasing oils, how to store them, what safety guidelines to follow, how the body utilizes the oils, how and where to apply them, and more. We will explore my top 8 starter oil suggestions and you will make your own customized spritz to take home.  
*Carolyn Shelley • $60*

Essential Oils: The Gift of Lavender  
**WS20-156** • Wed, 2/12/20  
5:30 - 7:30 pm  
Prescott Campus • Bldg 31, Room 102

Lavender is one of the most recognized and loved fragrances in the world. Did you know there are over 200 varieties? In this workshop, you will learn all about this lovely plant – its history, its geography, how it is processed for aromatherapy, its therapeutic properties, its uses, and more. Several different lavender oils will be offered from which you can choose your favorite. Then you will make a lavender body scrub to take home.  
*Carolyn Shelley • $60*

Essential Oils: Recharging Your Energy  
**WS20-157** • Wed, 3/18/20  
5:30 - 7:30 pm  
Prescott Campus • Bldg 31, Room 102

Are there times when you just don’t feel you can make it through the day or accomplish that task? Then this workshop is for you! You will learn how aromatherapy can give you a boost of that needed energy to recharge and carry on. After looking at an assortment of 10 appropriate essential oils, you will make your own custom blended roller bottle to take home.  
*Carolyn Shelley • $60*

Essential Oils: Better Sleep with Aromatherapy  
**WS20-158** • Thu, 4/16/20  
10 am - noon  
Prescott Campus • Bldg 31, Room 102

We know that getting good, quality sleep, and enough of it, is critical to our health and well-being. Yet, it is often elusive due to trouble falling asleep and/or staying asleep. In this workshop you will learn about 10 essential oils that promote restful sleep and how to use them. You will explore the oils and make a custom blended nasal inhaler to use at home.  
*Carolyn Shelley • $60*
Gentle and Yin Yoga for Shoulder and Back
WS20-159 • Fri, 3/20 to 5/1/20
10 - 11 am
Prescott Campus • Bldg 2, Room 140
Learn and practice simple and gentle yoga stretches to alleviate shoulder and back pain. Yin yoga emphasizes on passive, long-held poses, which you hold it with moderate stress of the joints and deeper connective tissues. A common reason for pain is weakness and stiffness of muscles around the joints. The gentle stretching exercises with proper breathing techniques help strengthen the muscles, calm the mind and improve the mobility. Gentle Yoga is designed for all levels and will include pranayama, asana, and savasana proper breathing techniques. Bring yoga mat and water.
Gandhi Selvam • $75

Law of Attraction 101
WS20-162 • Thu, 1/30 to 3/5/20
5:30 - 7:30 pm
Prescott Campus • Bldg 19, Room 225
Referencing the Abraham Hicks book “Ask and It Is Given” and related videos, the facilitator will explore the Law of Attraction. Students will learn how all areas of life are influenced by Universal Laws, and that by working with these laws, we create a happier, more fulfilling life. Each session will include exercises designed to apply the Law of Attraction, starting with the Emotional Guidance Scale. How do engineers build machinery or structures? They apply the Laws of Physics. How do we bring our thoughts, words and actions into alignment with our life's purpose? By applying the Law of Attraction! Purchase book, “Ask and It Is Given” by Esther and Jerry Hicks prior to first class.
DeeDee Freeman • $95

Gentle Yoga
WS20-160 • Tue & Thu, 4/7 to 4/23/20
6 - 7:15 pm
Prescott Campus • Bldg 31, Room 101
Blending calm and enjoyable poses together for all levels. Enhance your wellness by combining relaxation with postures that will improve your flexibility, strength, and balance. Experience benefits of a total healthcare system that has been practiced for centuries that is suitable for everyone. Achieve more positive thinking, serenity, and vitality while improving your fitness. Taught by a seasoned meditation and yoga instructor. Bring a yoga mat.
Terri Cafazzo • $75

Meditation for Health & Relaxation:
Lift Your Life
WS20-163 • Wed, 4/8 to 4/22/20
6 - 7:15 pm
Prescott Campus • Bldg 31, Room 101
Relax, revitalize, and heal your mind and body in this series of guided meditations using breath, mantras, and various music. Learn and practice different meditation techniques that are supported by research to promote better memory, digestive health, sleep, motivation, happiness, and quality of life. Live calm and learn how to incorporate regular, simple meditative techniques into your wellness. Taught by a Certified Transpersonal Hypnotherapist and Wellness Coach. Bring a yoga mat or towel.
Terri Cafazzo • $60

Green Cleaning
WS20-161 • Tue, 4/7 to 4/28/20
5:30 - 7:30 pm
Offsite • Mountain Oak School, 1455 Willow Creek Rd
In this class you will learn about soap, how it works to clean. We will make soap, Melt and Pour, Cold Process and make household cleaning products that are free of harmful and corrosive chemicals. You will make cleaning products for personal and home care. We will make a glass and counter top cleaner, scoring cleanser for the tub, sink and oven. We will make two types of laundry soap. All without the harmful, dangerous and hormone disrupting chemicals found in household cleaners. All supplies included in the tuition.
Hedda Fay • $140

Qigong for Health, Level 1
WS20-164 • Tue & Thu, 1/28 to 3/5/20
10:30 - 11:45 am
WS20-165 • Tue & Thu, 3/17 to 4/23/20
10:30 - 11:45 am
Prescott Campus • Bldg 15, Room 260
Qigong (chee-gung), an ancient Chinese healing exercise practice, is an effective method to reduce stress, breathe deeply, relax, and feel better by allowing your body, mind, and spirit to return to a state of balance, harmony, and health. Practicing Qigong on a routine basis can effectively provide stress relief, reduce pain, enhance immune function, improve balance, increase flexibility, and will aid in your recovery. Each qigong class will consist of gentle warmups, deep breathing exercises, qigong flows, meditation, and self-massage. All movements are clearly cued and taught for maximum effectiveness. Movements are done either standing or sitting in a chair. Dress is comfortable clothes. No experience necessary.
Tara Tech • $110

Happy Pets – Ways to Help Deter Pests Naturally
WS20-100 • Fri, 4/17/20
9 - 10 am
Prescott Campus • Bldg 30, Room 109
What comes with spring? Nature is coming back to life and those pesky bugs. Learn how to help you pets this spring and summer. Learn about dis-eases caused by bugs, issues with common use of pest control on our pets and alternatives such as nature’s prevention to be able to ditch toxic pesticides to deter pests and keep your companions safe. The use of herbs, essential oils and other alternatives can assist as natural precautions and to boost the immune system to scare off pests!
Chantal Regan, CAN • $50

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Community Education Courses Winter/Spring 2020

Reiki: Level One
**WS20-166** • Sat & Sun, 2/22 & 2/23/20
9 am - 3:30 PM
**Prescott Campus** • Bldg 31, Room 101

Reiki is a noninvasive energy healing technique that restores flow to the human energy field enhancing the body’s natural ability to heal itself. Reiki sessions promote relaxation, accelerate healing, and reduce pain and stress. Reiki helps to balance and harmonize a person on the physical, emotional, mental, and spiritual levels. Reiki can be performed on self, practiced on others, even given to plants and animals. Reiki complements any method of healing. Discover the history of Reiki. Learn & practice how to give a full Reiki session to others as well as self. Receive Level One Reiki Attunement. **Wear loose, comfortable clothing.**

*Tara Tech • $110*

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Reiki: Level Two
**WS20-167** • Sat & Sun, 4/18 & 4/19/20
9 am - 3:30 PM
**Prescott Campus** • Bldg 31, Room 101

Reiki II is the next exciting step in learning to use Reiki. Level II is the level where students are taught the first three symbols. With this comes the skill of being able to focus healing on mental and emotional problems and distant healing. Learn the Power, Mental/Emotional, and the Long-Distance symbols. Practice using symbols in a Reiki session. Practice distant healing. Receive Level Two Reiki Attunement. **Wear loose, comfortable clothing.**

*Tara Tech • $110*

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Sound Meditation
**WS20-168** • Fri, 1/31 to 3/6/20
12:30 - 1:45 pm
**WS20-169** • Fri, 3/20 to 4/24/20
12:30 - 1:45 pm
**Prescott Campus** • Bldg 15, Room 260

Sound Healing is a modality that uses vibrations to relax, retune, energize, and heal the body, mind, and spirit by such means as tuning forks, singing bowls, or vocal music. Gongs create a whole range of frequencies and overtones that soothes the mind and gives it a rest. It heals the heart, and makes it whole. It flows from heaven to the soul. Learn from a Certified Sound Healing Practitioner on how to use therapeutic sounds to clear negativity from the home and within your ego. This modality will allow you to rise to your highest potential, in true happiness and health, and to attract abundance into your life. **Bring a yoga mat and pillow.**

*Niki Shields • $100*

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Tai Chi with Tara
**WS20-170** • Tue & Thu, 1/28 to 3/5/20
9 - 10:15 am
**WS20-171** • Tue & Thu, 3/17 to 4/23/20
9 - 10:15 am
**Prescott Campus** • Bldg 15, Room 260

Tai Chi is the ancient Chinese art of relaxation, healing, and self-defense. Tai Chi is great for stress reduction, energy enhancement, preventing illness, improving concentration, strengthening the body and mind, and slowing the effects of aging. This class will cover the basic concepts of Tai Chi. Posture, relaxed deep breathing, flowing movement and a basic understanding of mind-body connection will be discussed. This is a great class to improve body awareness and balance. The gentle and fluid movements are suitable for everyone, regardless of age or athletic ability. **Wear loose, comfortable clothing and flat at-bottom shoes.**

*Tara Tech • $110*

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HISTORY & CULTURE

Getting to Know Muslim Neighbors
**WS20-218** • Tue, 3/17 to 4/7/20
1 - 3 pm
**Prescott Campus** • Bldg 3, Room 216

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

*Mai & Harold Vogelaar • $70*

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Native Peoples of Grand Canyon
**WS20-172** • Mon, 3/16 to 3/30/20
1:30 - 3:30 pm
**Prescott Campus** • Bldg 4, Room 114

Grand Canyon has been lived in for tens of centuries by ancestors of several of the historic tribes of Arizona, including the Havasupai, Hualapai, Southern Paiute and Hopi. From rock art sites to seasonal camps and roasting pits; and from mysterious split-twig figurines found in remote caves to visible ruins and small cliff dwellings, evidence of their long history in the canyon abounds. We will discuss this earliest human occupation of Grand Canyon and the prehistory of each of these tribes.

*Chris Wuehrmann • $70*

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Log on to www.yc.edu/commed to get started!
Native Peoples of the Southwest: The Mountain Pai
WS20-173 · Tue, 2/18 to 3/3/20
5:30 - 7:30 pm
Prescott Campus · Bldg 4, Room 114
The American Southwest has long been home to a fascinating variety of Native Peoples, each with their own unique story. This course will focus on the history and culture of the Pai peoples of the high country of central and northwestern Arizona, including the Hualapai, Havasupai, Maricopa and Yavapai.
Chris Wuehrmann · $70

Native Peoples of the Southwest: The Rio Grande Pueblos
WS20-174 · Tue, 3/31 to 4/14/20
5:30 - 7:30 pm
Prescott Campus · Bldg 4, Room 114
The American Southwest has long been home to a fascinating variety of Native Peoples, each with their own unique story. This course will focus on the history and culture of the Tanoan-speaking Pueblo peoples of the Rio Grande region of New Mexico, including Taos, San Ildefonso, Santo Domingo, and many more.
Chris Wuehrmann · $70

Prescott: 1862-1912
WS20-175 · Tue & Thu, 2/4 to 2/20/20
11 am - 1 pm
Prescott Campus · Bldg 4, Room 114
In Melissa’s class, you will learn what prospectors records’ were Prescott’s first documents, predating government records; where is the first lot sold in the original townsite; who are streets named after; what member of the Corp of Engineers is Fort Whipple named after; who was the Mayor who went to war…and much more. Based on years of research, Melissa authored, Prescott: A Pictorial History, originally sponsored by the Chamber of Commerce and later in 4 reprints. She is one of 100 “Culture Keepers” and will share the rich history of Prescott from 1862 to 1912 with handouts, “show and tell” lectures, and a historical walking tour downtown ending with lunch (on your own) at The Palace, where her great-uncle won a funeral home in January 1903.
Melissa Ruffner · $95

Women: Pioneers to Politics
WS20-176 · Tue & Thu, 3/17 to 3/31/20
11 am - 1 pm
Prescott Campus · Bldg 4, Room 114
Arizona women earned the right to vote 8 years before national woman’s suffrage! Prescott historian, Melissa Ruffner, will introduce you to Yavapai County women who came to the territory as pioneers and established schools, churches, free lending libraries and helped build Arizona towards statehood. The women involved in “civilizing” the County include a governor’s wife, ladies of the Salvation Army, members of the Monday Club, and the first female Yavapai County Recorder. The lively discussions will introduce a dozen women who made a real difference in Prescott and Yavapai County.
Melissa Ruffner · $85

LANGUAGE

German Conversation: Beginning
WS20-179 · Thu, 1/30 to 3/5/20
6 - 7:30 pm
Prescott Campus · Bldg 3, Room 206
The class everyone has been asking for: a chance to practice speaking and hearing German and improve your conversational skills. This basic German conversation course will prepare you for traveling in the many German-speaking countries. Master everyday phrases for survival situations such as shopping, dining and what to say when you are lost. Cultural background information and fun learning will be tailored to the participants to boost confidence and excitement about speaking and understanding German. All new materials provided.
June Mann · $80

German Conversation: Intermediate
WS20-180 · Tue, 1/28 to 3/3/20
6 - 7:30 pm
WS20-181 · Thu, 3/19 to 4/23/20
6 - 7:30 pm
Prescott Campus · Bldg 3, Room 216
Continue to practice your German in this fun conversation course. Using games and role-playing to boost your confidence in German communication skills, you will be amazed at how much progress you make. Language is a “use it or lose it” skill, and this is the way to help make the most of your trip to any German-speaking country, surprise German family members or chat with your new German-speaking friends. Prerequisite: Beginning German Conversation at YC, or conversational familiarity with the language. All new materials provided!
June Mann · $80

French: Beginning
WS20-219 · Thu, 1/30 to 3/5/20
3 – 5 pm
WS20-220 · Thu, 3/19 to 4/23/20
3 – 5 pm
Prescott Campus · Bldg 4 Room 118
Learn about the rich culture of France while also learning the basics of the language. You will learn the foundations of French for basic conversational skills.
Kelsey Rasmuson · $95

French: Conversational
WS20-221 · Mon, 1/27 to 3/2/20
5:30 – 7 pm
WS20-222 · Mon, 3/16 to 4/20/20
5:30 – 7 pm
Prescott Campus · Bldg 4 Room 118
Dive deeper into the French language by expanding your conversational skills. You will learn grammar and language structure through conversation and current events.
Kelsey Rasmuson · $80
LIFE SKILLS

Closet Audit!
**WS20-177** • Thu, 4/23/20
9:30 - 11:30 am
Prescott Campus • Bldg 31, Room 102
When you look in your closet, do you feel overwhelmed? Do you have a closet full of clothes, BUT NOTHING TO WEAR? It's time for some closet talk! Simplify your life by getting a handle on closet clutter and your wardrobe choices. Save Time and Money! When you travel, do you pack too many clothes? Travel tips are included in this course!
**Kay Humphrey** • $55

Unclutter Your Life!
**WS20-178** • Tue, 1/28 to 2/18/20
5:30 - 7 pm
Prescott Campus • Bldg 31, Room 101
Theresa Lode AKA The Zany Sage will walk students through the same process she uses with her organizing and life coaching clients to help them unclutter their home, head, and heart! You will learn practical steps to organize your home as well as make it a place of peaceful refuge. We will as look at deeper areas of clutter that most organizers overlook - head and heart clutter. This means time and home management and then deeper clutter, such as unresolved conflicts and trauma, and the surprising connection to health issues. Theresa is a Certified Life Coach and a Professional Organizer and thrives on helping students live “a life that is uncluttered.” Tuition includes pdf copy of her book, Badass Organizing – a Short Guide to Unclutter Your Home, Head and Heart.
**Theresa Lode** • $70

Compassionate Communication: A Language for Challenging Times
**WS20-182** • Thu, 2/6 to 2/27/20
6 - 8 pm
Prescott Campus • Bldg 3, Room 204
Learn a five-step process to truly hear others and speak your mind in a clear and kind way. Instead of getting defensive or going on the attack, use these simple practices to help you develop healthy, effective and satisfying ways of communicating. This class is based on Marshall Rosenberg’s book, Nonviolent Communication: A Language of Life (recommended reading).
**Sharon Seymour and Rachel Garmon** • $110

Compassionate Communication: Handling the White Water of Reactivity
**WS20-183** • Thu, 3/26 to 4/16/20
6 - 8 pm
Prescott Campus • Bldg 3, Room 204
Deepen your skills as you venture into the eddies and rapids of your own habits of reaction in the face of difficult to hear messages. Continue to build your connection with your own compassionate self-witness, source of self-understanding. Make space to receive another person with curiosity and care so that together you can mend and strengthen your connection.
**Prerequisite:** Minimum of 12 hours of nonviolent communication study; comfortable with principles and basic model of this practice.
**Sharon Seymour and Rachel Garmon** • $110

Conflicts Are Impossible to Resolve. Says who?
**WS20-184** • Tue, 2/4 to 2/25/20
5 - 6:30 pm
Prescott Campus • Bldg 30A, Room 126
Each conflict is unique! Jay Uhler coordinated the Dispute Resolution Forum at Harvard Law School where he trained lawyers in conflict resolution. He has resolved conflicts between 15 people with 7 different parties represented. He resolved a family trust between 4 siblings with one on the telephone from a distant state. He builds relationships so that people begin to resolve the conflicts themselves. He will help you know how to deal with conflicts in your life, whether they are at home, at work, or with friends. Jay loves questions and invites conversation during his classes. His book, How to Make Friends with Your Feelings, has a chapter on “Creative Conflict”, will be a gift to each person who takes the class.
**Jay Uhler** • $70

Create Your Own Relaxation Toolbox for Positive, Joyful Living
**WS20-185** • Sat, 3/21 & 3/28/20
1 - 3 pm
Prescott Campus • Bldg 31, Room 102
Create a relaxation toolbox to live a filled life with greater joy, inner peace, optimism and vitality. You are responsible for your life, make it one that expresses with vigor. You will experience tools and create your own Relaxation Toolbox so that you can shift to more positive focused thoughts, more joy in your life and deeper relaxation. We will energize and relax the body and learn how to tune in-ending the class with a 15-minute mind, body, emotion silence relaxation. Angelica Rose is a certified hypnotist, author and has taught relaxation classes for over 20 years. Optional: supplementary books used in class are available for purchase from Instructor: Living life as You Always Dreamed, and Freedom Rains Love. Relaxation CDs/MP3s created by Angelica are also available.
**Angelica Rose** • $70

Numerology: Introduction & More
**WS20-186** • Wed, 1/29 to 3/4/20
5:30 - 7 pm
Prescott Campus • Bldg 31, Room 102
Numerology is the GPS Navigation System for your life and this course will teach you how to use it. Learning Numerology can enhance your life in ways you cannot imagine. Understand yourself, your destiny and the meaning of your life’s experiences. Learn how to plan for a more successful future and how to have better relationships. You will create your own Numerology Chart to reference during class and create up to 3 more Charts of people you know. Reference Sheets will help you learn the art of reading a chart. This is an interactive, knowledge filled, super fun course.
**RayNelle Williams** • $95
Parenting: Let’s Talk about Love  
**WS20-187** • Sat, 3/21 to 4/11/20  
10 am - noon  
Prescott Campus • Bldg 19, Room 225  
You love your child and your child loves you, always and forever. This is the essence of parenting. However, there may be moments when you are not able to access the feeling, when you are not connected, and when you feel overwhelmed by everything. You cannot change your child, but you can change yourself, and discovering new loving ways to connect will be the result. This class is for parents with children up to 6 years. This class will address areas such as bedtime, tantrums, setting boundaries, structure & rituals, transitions, and expectations about yourself and your child.  
Anke Olowson • $80

Refuse to Be A Victim  
**WS20-188** • Wed, 1/29 to 2/12/20  
6 - 8 pm  
Prescott Campus • Bldg 4, Room 114  
This course helps students develop practical, inexpensive, and easy ways to implement personal safety strategies. Focus areas include the psychology of criminal predators, mental preparedness, physical security, home security, automobile security, out-of-town travel security, technological security, and personal protection devices. Additional areas which may be covered include workplace security, security for parents and children (pre-school through high school), and security for senior citizens or those with physical disabilities. This is not a firearms instruction course and does not include instruction in physical self-defense. Students will receive a student handbook, informational brochure, and a course completion certificate.  
John Arata • $90

What Am I Feeling? I Don't Have a Clue!  
**WS20-189** • Tue, 3/24 to 4/7/20  
5 - 6:30 pm  
Prescott Campus • Bldg 30A, Room 126  
Discover your own feelings and how to read them in others. Everyone has feelings. Recognizing what they are can be confusing. Knowing what to do with them can be difficult. It can disrupt relationships when we express a feeling which is different from the true feeling. Jay will explain where in the body emotions are blocked and what emotions are related to specific illnesses. Jay has been helping people to manage their emotions for many years, bringing more confidence, peace and happiness to their lives. **Jay Uhler's book: How to Make Friends with Your Feelings is included in the tuition.**  
Jay Uhler • $65

MUSIC  

How to Listen to and Understand Great Music, Part 1 of 4  
**WS20-190** • Fri, 1/31 to 3/6/20  
1 - 3 pm  
Prescott Campus • Bldg 3, Room 269  
In these informative and entertaining DVD lectures by Robert Greenberg, you will learn about the contributions of nearly every major composer, and gain a grasp of musical forms, techniques, and terms. Discover the powerful influence of social context on musical creation from ancient Greece to the 20th century. Part 1 explores the Ancient World, the Middle Ages, Renaissance, Baroque, National Styles, Fugue, and Opera. Discussion time and supporting handouts are included.  
Nancy Dubow • $95

How to Listen to and Understand Great Music, Part 2 of 4  
**WS20-191** • Fri, 3/20 to 4/24/20  
1 - 3 pm  
Prescott Campus • Bldg 3, Room 269  
In these informative and entertaining DVD lectures by Robert Greenberg, you will learn about the contributions of nearly every major composer, gain a grasp of musical forms, techniques, and terms, and discover the powerful influence of social context on musical creation from ancient Greece to the 20th century. Our journey through music continues with an exploration of Baroque oratorio, cantata, and concerti, and the Enlightenment's Classical era style and forms. Discussion time and supporting handouts are included.  
Nancy Dubow • $95

I Can't Sing. Says Who?  
**WS20-192** • Tue, 2/4 to 2/25/20  
11 am - 12:30 pm  
Jay Uhler • $80

**WS20-193** • Tue, 3/24 to 4/7/20  
11 am - 12:30 pm  
Jay Uhler • $75  
Prescott Campus • Bldg 30A, Room 126  
You may have been told or had experiences that led you to believe that you can’t sing. It’s possible you have a decent or a good voice and don’t know it. Some beginners have been totally confused because they found they could sing a whole song in tune. You will have an opportunity for individual instruction and to sing with a group of other singers. Join us to discover a new experience and add joy to your life, and we'll have fun in the process.

Registration has never been easier!  
Log on to www.yc.edu/commed to get started!
Play Keyboard: Part 1
WS20-194 • Thu, 1/30 to 3/5/20
1 - 2:15 pm
WS20-195 • Thu, 3/19 to 4/23/20
2:30 - 3:45 pm
Prescott Campus • Bldg 31, Room 102

Join us for the rewarding journey of making music! Discover the amazing satisfaction of playing the keyboard in this introductory course. Learn proper technique and note reading while playing some popular and familiar songs. Bring your keyboard and power cord. Lesson books available to purchase from the instructor for $20.

Jennifer Stone • $100

Play Keyboard: Part 2
WS20-196 • Thu, 3/19 to 4/23/20
1 - 2:15 pm
Prescott Campus • Bldg 31, Room 102

Part 2 in the series. Prerequisite: Play Keyboard Part 1 or basic knowledge of note reading and keyboard playing. Continue the rewarding journey of making music! This course continues to build on the accomplishments of Play Keyboard Part 1. Learn additional chords, increase knowledge and skill building of playing the keyboard. Bring your keyboard and power cord. Lesson books available for new students from the instructor for $20.

Jennifer Stone • $100

Quantum Physics for Dummies
WS20-197 • Tue, 2/11 to 2/25/20
5 - 6:30 pm
Prescott Campus • Bldg 19, Room 206

Take no offense, no one understands Quantum Physics! This is because of the fact that subatomic particles can be in two places at once (superposition), react faster than the speed of light even when separated (entanglement), and alter their behavior when looked at (observer effect). Sounds crazy, doesn’t it? This has led to wild speculation about consciousness, multidimensionality and parallel universes, to name just a few. The clash between classical physics and quantum mechanics is real and unresolved. Come hear an irreverent presentation of these concepts and learn that things are not as they seem.

Dr. Michael Davis • $70

Weather Forecasting
WS20-200 • Thu, 1/30 to 3/5/20
11 am - 12:30 pm
Prescott Campus • Bldg 3 Room 216

Ever want to get “behind the scenes” and better understand daily weather forecast maps and predictions? Our class will provide insights into the atmospheric features that are depicted on these weather charts. By developing an understanding of the factors that influence our daily weather, and by reviewing actual computer model forecasts, you’ll be well equipped to better plan your next outdoor barbecue.

Alan Delman • $80

Weather and Climate
WS20-201 • Thu, 3/19 to 4/23/20
11 am - 12:30 pm
Prescott Campus • Bldg 3 Room 216

Do you think you can forecast the weather better than your local TV meteorologist can? Put your knowledge to the test as we explore the fundamental atmospheric behaviors that shape our daily weather. We will study the major weather systems that influence our climate, as well as explore extreme weather phenomenon such as Arizona monsoons, hurricanes, tornadoes, and blizzards. We will assess current climatic trends and put them in the context of the current global climatic warming cycle.

Alan Delman • $80

Registration has never been easier!
Log on to www.yc.edu/commed to get started!
PERFORMANCE & ACTING

Acting for Singers
WS20-202 · Wed, 2/5 to 3/4/20
6 - 9 pm
Prescott Campus · Bldg 4, Room 102
Got butterflies? Are you standing still with your eyes closed when you sing or only singing in the car? Performance is more than sound. It also includes calming your nerves, engaging the audience, moving and using the whole stage. In this interactive class you’ll get to try techniques that help you connect with your emotions and the audience while mastering your nerves. Learn how to work the stage, use the mic as you gain the confidence to have eye contact. All levels and genres welcome. Your performance coach is former Bay Area rock & jazz vocalist Jenn Flaa. For more information, visit www.jennflaa.net.

Jenn Flaa · $105

Fundamentals of Improvisational Theater
WS20-203 · Thu, 1/30 to 3/5/20
6 - 9 pm
Prescott Campus · Bldg 4, Room 102
The class explores the basics of improvisational theater: team building, trust, speed, status, active listening, agreement, and the basics of the two-person scene. Students learn to be fearless and have fun on stage in the format of short-form improvisational theater stage games. Students will perform in an end-of-session showcase for friends and family during the last class meeting.

John Arata · $120

PHILOSOPHY & SPIRITUALITY

Cinematic Variations on the Life of Jesus, Part I
WS20-204 · Tue, 1/28 to 3/3/20
5 - 8 pm
Prescott Campus · Bldg 3, Room 269
This course will explore six films relative to the life of Jesus. One film will portray Jesus’ time on earth. The other five films will have guiding motifs and subject matter that would be impossible without the imprint of Jesus on our history and culture. Each film will have a General rating, acceptable to all audiences with no offensive language or off-color images, yet every film will have indelible scenes. All will have a top director at the helm, some international. These cinematic masterpieces will take on the weightiest of human dilemmas: Who are we? Where are we going? Why? Emeritus Professor Moses Glidden has taught this class twelve times as a Yavapai College credit course.

Moses Glidden · $120

Cinematic Variations on the Life of Jesus, Part 2
WS20-205 · Tue, 3/17 to 4/21/20
5 - 8 pm
Prescott Campus · Bldg 3, Room 269
This course will continue to explore the life of Jesus with six different, unique films. Part 2 may be taken independently or as a continuation of Part 1. These cinematic masterpieces will take on the weightiest of human dilemmas: Who are we? Where are we going? Why? Taught by Emeritus Professor, Moses Glidden.

Moses Glidden · $120

Explore Deepak Chopra’s Seven Laws of Spiritual Success
WS20-206 · Tue, 3/17 to 4/21/20
6:30 - 8 pm
Prescott Campus · Bldg 31, Room 102
How can you create in your life what you really desire? If you are seeking material success, good health, energy for life, fulfilling relationships, emotional stability, sense of wellbeing, peace or spiritual purpose, then this class is for you. We will explore the teachings of Deepak Chopra and will learn how to manifest what we truly want in our lives and how to be happy. Optional Reading, The Seven Laws of Spiritual Success, by Deepak Chopra.

Elaine Hodge · $50

From Christ to Constantine
WS20-207 · Mon, 1/27 to 3/2/20
5:00 - 7:00 pm
Prescott Campus · Bldg 31, Room 102
This course will be a look at the first three centuries of the Christian church, the heroes, the villains, the heresies, the New Testament. What happened to the apostles after Jesus’ crucifixion? What major threats did the early church face from within and from without? How did the church settle on which books were to be included in the New Testament? What challenges were made against the early church’s beliefs and how were they resolved? These questions and more will be examined.

Mike Bellsmith · $95

The Pig that Wants to be Eaten
WS20-208 · Mon, 3/23 to 4/27/20
5:00 - 7:00 pm
Prescott Campus · Bldg 31, Room 102
“The Pig that Wants to be Eaten” is a collection of thought experiments for the arm-chair philosopher: lighthearted stories that prompt discussion of some of the foundations of philosophical thought. Students will be introduced to epistemology (how we know things), ethics, philosophical metaphysics (what it means to be you), God, Reality, and Political thought. This class will be a discussion among class members and the leader about these subjects using the experiments found in the book. No lecture will be provided except a short introduction the first week. Required book: The Pig that Wants to be Eaten, by Julian Baggini.

Mike Bellsmith · $95

Wise Women Gathering
WS20-209 · Thu, 2/13 to 4/9/20
10 am - 12 pm
Prescott Campus · Bldg 31, Room 102
Do you sometimes wonder why am I here? What’s the purpose? Come join us in a light-hearted discussion about life changing lessons that will enrich your years and speak to your soul. The discussion will be guided by a New York Times bestselling book to be announced when you register. We look forward to having you with us to explore women’s wisdom in a comfortable and safe environment. You will enjoy this experience! (No class 3/12.)

Deni Harris · $110
PHOTOGRAPHY

Digital Photography Series Part 1: I've Got a Digital Camera, Now What?
**WS20-210** • Thu, 1/30 to 2/13/20
1 - 3:30 pm
Prescott Campus • Bldg 19, Room 206
Learn about your digital camera along with basic photo editing, sizing, printing and emailing. Sign up early! Classes are limited to 12 students and fills up fast. Must have basic computer skills. **Bring your camera, manual and a USB memory stick.**
Keith Sagan • $75

Digital Photography: Know Your Digital SLR Camera
**WS20-211** • Thu, 2/20 & 2/27/20
1 - 3:30 pm
**WS20-212** • Thu, 3/19 & 3/26/20
1 - 3:30 pm
**WS20-213** • Thu, 5/14 & 5/21/20
1 - 3:30 pm
Prescott Campus • Bldg 19, Room 206
What do all these menus and buttons do? Take a beginner’s tour of your personal SLR or high-end “point and shoot” camera. Learn to use the settings that will allow you to shoot manually in lots of different conditions. There will be time for questions and hands-on camera work. **Bring your camera, cable manual, and USB memory stick.**
Keith Sagan • $70

WRITING & PUBLISHING

How to Find Credible Book Reviews before You Publish
**WS20-214** • Wed, 4/22/20
10 am - 2:30 pm
Prescott Campus • Bldg 30A, Room 126
In the publishing world, it is known that book reviews can influence reader purchase decisions. Both librarians and booksellers rely on book reviews to choose among the thousands of titles published each year. Well-established and best-selling authors have a better opportunity to collect reviews. How does the first-time author garner reviews? You will learn about the many uses for your book reviews, and look at potential industry publications, loyal readers you collect, and blog sites. Amazon reviews will be given special attention. Should you buy a review from the many respected sources? Contacting reviewers requires an effectively written query letter that we will discuss in class. We will also explore how to find and mine book contests for solid reviews. **Bring your smartphone or tablet to class so you can begin your search. Includes handout. Time for half-hour break:** bring a sack lunch or snacks.
Diane Phelps • $65

Journaling: A Small Retreat
**WS20-215** • Wed, 3/25/20
9 am - noon
Prescott Campus • Bldg 31, Room 102
If you have ever made a list, written a poem or a story, sent a holiday letter, or kept a day planner, you are a journaler. This workshop will take you beyond the everyday to a place where you can hear yourself, collect your hopes and dreams, remember the moments of your life and maybe even clarify and solve some dilemmas. You will expand your journaling through exercises, techniques and new ways to create different types of journals. An optional handbook available from the instructor for $15.
Kateri Alexander • $60

Memoir Writing
**WS20-216** • Tue, 3/17 to 4/28/20
9:30 - 11:30 am
Prescott Campus • Bldg 31, Room 102
Your life is full of unique stories. Bring them to paper in this interactive class full of tips, techniques, discovery, writing and camaraderie. Whether you are thinking about or have started your memoir, this class will keep you motivated.
Kateri Alexander • $100

Write Your Book and Get It Published NOW
**WS20-217** • Thu, 4/2 to 4/30/20
9:30 - 12:30 pm
Prescott Campus • Bldg 19, Room 206
You have the dream of writing and publishing your book. Here is the kick-start needed. Your idea might be a novel, children's book, biography, family history, or how-to. You will start writing with confidence immediately and will learn the keys of story creation along with tips to improve your writing generally. In addition, you will learn it can be easy and cheap to get your book “in print” as an independent publisher. You will get the information to make your book a reality. The class is taught by successful Indie author/illustrator, Tom Paul Fox. Join us for this creative journey.
Tom Paul Fox • $105

Registration has never been easier!
Log on to www.yc.edu/commed to get started!
Yavapai College (YC) has opened the following credit courses to the non-credit community! These sample courses run for 8-weeks and students may choose to participate fully in the course by purchasing textbooks and submitting assignments. For more information and to register, please call 928.717.7755.

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<tr>
<th>Course Title</th>
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<td>INTRODUCTION TO EDUCATION</td>
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<td>Katia Nyysti</td>
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<td>Visit <a href="http://www.yc.edu/commed">www.yc.edu/commed</a> or call 717.7755 to register</td>
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EDventures Trips Winter/Spring 2020

EDventures in Learning – Travel to learn and explore your world!
At EDventures, our tour leaders are eager to share their knowledge and enthusiasm for the colorful local history, fascinating cultures and natural features as you travel the southwest with us!

DAY TRIPS

Explore Yavapai County: The Western Desert
Thursday, February 20, 2020  #22020
Travel back roads of southwestern Yavapai County as the landscape drops off from mountains and plateau into deep desert. Spend the day exploring this fascinating desert landscape, including a little-known oasis of permanent water at Hidden Tank. Visit the site of the old Congress Mine and Cemetery and the Nella Meda Mine, in recent years much restored under the name Robson’s Mining World along with a huge collection of vintage mining equipment. Some optional light hiking (up to a mile) included. Along the way, we will make a brief stop at the trailhead to the Prescott Hotshots Memorial. Activity Rating: 2
Instructor: Chris Wuehrmann
$149 per person – Tuition includes transportation, box lunch and field instruction. Departs 8AM from Prescott Campus. Reserve by Feb. 6.

Hassayampa River Preserve
Thursday, February 27, 2020  #22720
Explore the route of the Hassayampa River – the “river that flows upside down.” This intermittent river arises in the southern Bradshaw Mountains and is an important water source for the desert. Learn about the river and the wildlife it supports while visiting the Hassayampa River Preserve near Wickenburg. Take a docent-led walk along the beautiful river trails of this important year-round stream. Enjoy a picnic lunch in the preserve. Then visit the ghost towns of Stanton and Octave, sites of a gold strikes in the 1860s. Short walks up to one mile on uneven ground. Activity Rating: 2
Instructor: Chris Wuehrmann
$149 per person – Tuition includes transportation, box lunch and field instruction. Departs 7AM from Prescott Campus. Reserve by Feb. 13.

MULTI-DAY EDventures

Canyon de Chelly Adventure (2 days/1 night)
Thursday & Friday, April 30 – May 1, 2020  #43020
Tuesday & Wednesday, May 5 – 6, 2020  #50520
The cultural resources of Canyon de Chelly include distinctive architecture, artifacts and rock art. The canyon sustains a living community of Navajo people connected with the beautiful landscape and its great historical and spiritual significance. Take a 4x4 tour up the canyon with Navajo guides. Enjoy lunch in the Petrified Forest and visit the historic Hubbell Trading Post in Ganado. The colors within the canyon are sure to delight! Activity Rating: 1-2.
Instructor: Chris Wuehrmann
$495 per person double occupancy/$100 single occupancy supplement - Tuition includes transportation, lodging, meals, 4x4 tour, permits, admission fees and field instruction. Departs at 7AM from Prescott Campus. *Camp Verde pickup available.
EDventures Trips Winter/Spring 2020

See Activity Rating descriptions on page 2.

Hike Grand Canyon: Diamond Creek  
Saturday, February 29, 2020 #22920  
Reserve by Feb. 14.
Saturday, March 14, 2020 #31420  
Reserve by Feb 21.
Saturday, March 28, 2020 #32820  
Reserve by Mar. 16.

Hike with EDventures! Drive to the Grand Canyon on the only road to the Colorado River, accessible on Hualapai lands. Shortly before reaching the river, this road meets Diamond Creek. The hike is about 5 miles, round trip up the creek into spectacular narrows. The trail has no steep grades, but it crosses the creek several times, so expect some wet walking and walking on river rocks. Lunch at a beautiful waterfall beneath thousand-foot cliffs and learn about both the geology and natural history. The day will culminate with a stop at the Colorado River. Dinner stop at Lilo’s in Seligman (on your own). Activity Rating: 3+.
Instructor: Chris Wuehrmann  
$165 per person – Tuition includes transportation, Hualapai permits, box lunch and field instruction. Departs 7AM from Prescott Campus. *Chino Valley pickup available. Reserve at least two weeks in advance.

Hike Grand Canyon: Tonto Rim  
Saturday, March 7, 2020 #30720  
The only road to the Colorado River canyon’s depths is located on Hualapai lands in western Grand Canyon. This road accesses a little-known hiking route that leads out onto the Tonto Rim, nearly a thousand feet above the Colorado River. This is a truly wild, adventurous and challenging Grand Canyon hike, with fabulous distant views up and down the canyon. Hiking distance is slightly less than four miles and includes steep grades and narrow trails – not for the fainthearted. Discuss geology and natural history along the way. The day will culminate with a van stop at the Colorado River. Dinner stop Lilo's in Seligman (on your own). Activity Rating: 3+.
Instructor: Chris Wuehrmann  
$165 per person – Tuition includes transportation, Hualapai permits, box lunch and field instruction. Departs 7AM from Prescott Campus. *Chino Valley pickup available. Reserve by Feb. 21.

Drive to the Bottom of the Grand Canyon  
Thursday, March 5, 2020 #30520  
Reserve by Feb. 20.
Thursday, March 19, 2020 #31920  
Reserve by Mar. 2.
Thursday, April 9, 2020 #40920  
Thursday, April 16, 2020 #41620  
Reserve by Apr. 2.

Follow Diamond Creek as it winds through Peach Springs Canyon – the only road access to the bottom of the Grand Canyon. The road crosses and follows the creek as you are transported down the canyon to the banks of the Colorado River. You will enjoy a picnic lunch with an optional walk the last mile to the river through a narrow canyon with flowing stream. Includes driving on bumpy and winding roads. Activity Rating: 1-2.
Instructor: Chris Wuehrmann  
$165 per person - Tuition includes transportation, box lunch, permit fees and field instruction. Departs 7:30AM from Prescott Campus. *Chino Valley pickup available. Reserve at least two weeks in advance.

Drive to the Bottom of the Grand Canyon  
Thursday, March 19, 2020 #31920  
Instructor: Chris Wuehrmann. Reserve by Mar. 2.

Explore Coconino County: Grand Falls and Canyon Diablo  
Tuesday, March 24, 2020 #32420  
Northeast of Flagstaff, on the Little Colorado River, is a dramatic seasonal waterfall, Grand Falls (sometimes referred to as Chocolate Falls). This is a place where the river was diverted: from its canyon by a lava flow, and cascades back into the canyon in a dramatic waterfall, higher than Niagara. The falls are most dramatic in the spring, when snow is melting in the White Mountains. We will have lunch at the falls, with an optional scramble-hike to the bottom. During the afternoon we will visit the old railroad construction camp at Canyon Diablo, once considered the most violent town in Arizona, the nearby ruins of a Babbitt Brothers trading post warehouse, and the old Route 66 attraction of Two Guns. The day will include about a mile of fairly, easy walking, plus the optional trip to the bottom of the falls. Activity Rating: 2
Instructor: Chris Wuehrmann  
$149 per person – Tuition includes transportation, box lunch and field instruction. Departs 7AM from Prescott Campus. *Chino Valley pickup available. Reserve by Mar. 2.

Visit www.yc.edu/EDventures or call 717.7755 to register
Tuzigoot and Verde Valley Archaeology
Friday, March 27, 2020 #32720
Drive over Mingus Mountain with a short stop in Jerome before traveling into the Verde Valley to explore the prehistoric ruins at Tuzigoot National Monument. A tour of the Visitor’s Center and short hike through the 110-room pueblo with views of the Verde River and Tavasci Marsh will give you a picture of life in this ancient pueblo inhabited by the Sinagua culture. Enjoy a box lunch at Montezuma Well, a unique geological feature that supported prehistoric settlement, and a walk below the dwellings at Montezuma Castle. End the afternoon at the Verde Valley Archaeology Center in Camp Verde with a guided tour. Short hikes up to one-half mile. Activity Rating: 2.
**Instructor: Ferris Thompson**
$159 per person – Tuition Includes transportation, admission fees, box lunch and field instruction. Departs 8AM from Prescott Campus. Reserve by Mar. 16.

Hike Grand Canyon: Diamond Creek
Saturday, March 28, 2020 #32820
**Instructor: Chris Wuehrmann.** Reserve by Mar. 16.

Verde Canyon Railway 1-2
Thursday, April 2, 2020 #40220
Start the day with a stop in Jerome to explore this historic copper mining town. Spend the afternoon aboard the vintage train cars on a wilderness excursion that follows the curves of the Verde River through a red rock canyon full of unusual geology, abundant wildlife, brilliant fall colors and prehistoric ruins. Expert narration leaves passengers with a sense of history, archaeology and the Indian lore of the Verde Canyon. Activity Rating: 1-2.
**Instructor: Melissa Ruffner**
$215 per person – Tuition includes transportation, train fare, lunch voucher, field guide and instruction. Departs 8AM from Prescott Campus. Reserve by Mar. 19.

Hike the Verde River: Duff Springs 3
Cliff Dwelling and Homestead
Thursday, April 2, 2020 #402B
The Duff Springs section of the Verde River, about 14 miles downstream from the headwaters, has many fascinating features. There are multiple prehistoric sites, including a small cliff dwelling overlooking the river, and the remains of the homestead of Alexander Duff, a civil war veteran who lived here with his Shoshone wife. The immediate geology along the river is unique with dramatic faulting and deformed layering. We will discuss the geology, prehistory and natural history of the area during the day. Total hiking distance a little over four miles. The climb in and out, several hundred feet elevation gain, is gentle, following an historic wagon road. Activity Rating: 3.
**Instructor: Chris Wuehrmann**
$149 per person – Tuition includes transportation, box lunch and field instruction. Departs 7AM from Prescott Campus. *Chino Valley pickup available. Reserve by Mar. 19.

Drive to the Bottom of the Grand Canyon
Thursday, April 9, 2020 #40920

Tour the Starry Universe (Lowell Observatory)
Wednesday, April 15, 2020 #41520
Learn about the active research work underway at Lowell Observatory in Flagstaff as you tour one of the oldest observatories in the U.S. Wide-screen multimedia shows will awe, and you will have the opportunity to tour the telescopes and historic Rotunda Museum, take the Pluto and Deep Space Tours, and explore the Discovery Channel Telescope. Enjoy dinner at Beaver Street Brewery in Flagstaff before returning to the observatory for stunning views of the sky through the Lowell telescopes. Light walking on level paths with some inclines. Please be aware that some people may be sensitive to high elevations if not previously acclimated. Activity Rating: 2.
**Instructor: Ferris Thompson**

Drive to the Bottom of the Grand Canyon
Thursday, April 16, 2020 #41620
**Instructor: Chris Wuehrmann.** Reserve by Apr. 2.
Hike the Verde River Headwaters  
Saturday, April 18, 2020  #41820
Hike with EDventures to the source of the Verde River, located northeast of Chino Valley. Hike into the canyon downstream from the river’s confluence with Granite Creek, then follow the river upstream to the headwaters springs and a large rock art site that incorporates Native American winter solstice observatory features. Geological features, water sources, natural history and prehistory will be discussed. Total hiking distance is approx. 4 miles. The climb in and out is several hundred feet elevation change and is steep but short. There will be at least one river crossing. **Activity Rating: 3.**

**Instructor: Chris Wuehrmann**

$149 per person – Tuition includes transportation, box lunch and field instruction. Departs 8AM from Prescott Campus. *Chino Valley pickup available. Reserve by Apr. 3.

Canyon de Chelly Adventure (2 days/1 night)  
Thursday & Friday, April 30 – May 1, 2020  #43020

**Instructor: Chris Wuehrmann.** Reserve by Apr. 10.

Canyon de Chelly Adventure (2 days/1 night)  
Tuesday & Wednesday, May 5 – 6, 2020  #50520

**Instructor: Chris Wuehrmann.** Reserve by Apr. 17.

Crown King and the Southern Bradshaws  
Thursday, May 7, 2020  #50720
The history of the region’s historic gold mines comes to life! Travel along the winding roads beside the old railroads of the Bradshaw’s and the railroad switchbacks that pass the historic mines dotting the surrounding hillsides. Enjoy the magnificent views as you top out at the summit. A visit to the Crown King General Store transports you back in time. Driving on bumpy roads. **Activity Rating: 1.**

**Instructor: Melissa Ruffner**

$149 per person - Tuition includes transportation, box lunch and field instruction. Departs 8AM from Prescott Campus. *Cordes Junction pickup available. Reserve by Apr. 23.

Rock Art Ranch and La Posada  
Tuesday, May 12, 2020  #51220
Reserve by Apr. 28.

 Tuesday, May 19, 2020  #51920
Reserve by May 5.

 Thursday, June 4, 2020  #60420
Reserve by May 21.

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

**Instructor: Chris Wuehrmann**

$175 per person – Tuition includes transportation, box lunch, ranch tour admission and field instruction. Departs 7AM from Prescott Campus. *Camp Verde pickup available. Reserve at least two weeks in advance.

Explore Yavapai County: Copper Basin, Skull Valley and Walnut Grove  
Thursday, May 14, 2020  #51420
This road trip will take us out Thumb Butte Road, along the crest of the Sierra Prieta Mountains above Prescott, down through Copper Basin to Skull Valley, and then over to Walnut Grove on the Hassayampa River, returning to Prescott via Highway 89. Along the way, we will see incredible scenery, historic mining activity, the Skull Valley Historical Museum, the beautiful valley of the Hassayampa River, and learn of the geology, natural history, and territorial history of the area. We will also visit the gravesite of one of the Granite Mountain Hotshots, whose family are long-time residents along the Hassayampa. There will be a few short walks of up to a quarter mile, but no serious hiking. **Activity Rating: 2.**

**Instructor: Chris Wuehrmann**

$149 per person – Tuition includes transportation, box lunch and field instruction. Departs 8AM from Prescott Campus. Reserve by Apr. 30.
EDventures Trips Winter/Spring 2020

Explore Coconino County: Sycamore Canyon Headwaters
Saturday, May 16, 2020  #51620

Sycamore Canyon enters the Verde River near Clarkdale but begins in the vast Ponderosa Pine forest southeast of Williams. We will travel across to the canyon’s headwaters area from Drake, just north of Chino Valley, visiting JD Dam, Sycamore Point (with incredible views down the canyon), White Horse Lake, and Sycamore Falls, where the creek drops over a hundred feet into the beginnings of the canyon. Our journey will reach I-40 just east of Williams and we will return home. Along the way, we will talk about the geology of the canyon and the varied ecosystems. The trip will include about a mile of easy hiking. Activity Rating: 2.

Instructor: Chris Wuehrmann

$149 per person - Tuition includes transportation, box lunch and field instruction. Departs 8AM from Prescott Campus. "Chino Valley pickup available. Reserve by May 1.

Rock Art Ranch and La Posada
Tuesday, May 19, 2020  #51920

Instructor: Chris Wuehrmann. Reserve by May 5.

Explore Yavapai County: The Northern Bradshaws
Thursday, May 21, 2020  #52120

The Northern Bradshaw Mountains overlooking Prescott are the highest range in Yavapai County, peaking out near 8,000 feet. We’ll explore south through this region on the old Senator Highway as far as the site of the town of Goodwin, then head east to Mayer and return via Highway 69. Along the way we will visit old mining and homestead sites on Wolf Creek, explore the ruins of the Senator Mine, enjoy distant views from the Mt Union Divide, and other historic and natural features. We will also pass though the burn area of the Goodwin fire of 2017 and talk about fire management and the role of fire in the natural ecosystem. The trip will include about two miles of moderate hiking. Activity Rating: 2.

Instructor: Chris Wuehrmann

$149 per person – Tuition includes transportation, box lunch, field instruction and admission. Departs 7AM from Prescott campus. Reserve by May 7.

Explore Coconino County: Bill Williams Mountain
Thursday, May 28, 2020  #52820

Bill Williams Mountain, visible to the north from most of the Prescott area, is the westernmost 9,000-foot peak in Arizona. The mountain is named for a preacher/guide/mountain man from North Carolina whose story will weave through the day. We will circle the mountain on the Bill Williams Loop Road starting at Devil Dog Lake just off I-40, then drive to the summit fire tower, enjoying distant views across much of northern Arizona. We’ll do some short walks, but no significant hiking, as we talk about the geology and ecology of the mountain. There’s a good chance of seeing Elk and other wildlife along the way. Activity Rating: 2.

Instructor: Chris Wuehrmann

$149 per person - Tuition includes transportation, box lunch and field instruction. Departs 8AM from Prescott Campus. "Chino Valley pickup available. Reserve by May 14.

Explore Coconino County: Crater Lake and Lava Tubes
Tuesday, June 2, 2020  #60220

Northwest of Flagstaff is a little-known crater lake, surrounded by meadow and aspen groves, hidden inside a small volcanic cinder cone just east of the Kendricks Mountain Wilderness Area. Our day afield will focus heavily on the volcanic history of the San Francisco Volcano Field surrounding Flagstaff and Williams. We will drive up the access road to the ski area on San Francisco Peaks, hike into Crater Lake for lunch, then in the afternoon visit a lava tube (with optional exploration of the tube) south of Kendrick’s Peak. We will also traverse some of old Route 66 on the way home. Total hiking distance for the day about two miles at elevations near 8,000 feet. Activity Rating: 3.

Instructor: Chris Wuehrmann

$149 per person – Tuition includes transportation, box lunch, field instruction and admission. Departs 7AM from Prescott campus. Reserve by May 19.

Rock Art Ranch and La Posada
Thursday, June 4, 2020  #60420

Instructor: Chris Wuehrmann. Reserve by May 21.

Visit www.yc.edu/EDventures or call 717.7755 to register
Is getting to your Class a challenge because of a disability?

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

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

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

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Travel with EDventures

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