Summer 2006
Credit-Free Courses
Continuing Education
Classes Beginning
May-August
What’s Your Subject?
We’ve added more than 40 new courses for the summer session.
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CONTINUING EDUCATION GENERAL INFORMATION & CATALOG REQUESTS (860) 512-2800

Credit-Free Programs..............................(860) 512-2800
Director, Ann Bonney..........................abonney@mcc.commnet.edu
C.E. Asst., Stephen Campiglio........scampiglio@mcc.commnet.edu
Sec. II, Jessie Bradley..................jbradley@mcc.commnet.edu
Ed. Asst., Steve Starger...............sstarger@mcc.commnet.edu
Offering courses for professional development and personal enrichment

Business & Industry Services ......................(860) 512-2812
Director, Eileen Stern......................estern@mcc.commnet.edu
Providing employers and employees with workplace programs

Computer Technology..............................(860) 512-2808
Coordinator, Bruce Manning...........bmanning@mcc.commnet.edu
Providing state-of-the-art computer training

EMT & Certified Nurse-Aide ......................(860) 512-2805
Coordinator, Ann Machin.............amachin@mcc.commnet.edu
Preparing students for the State exams

Excursions in Learning ......................(860) 512-2804
Coordinator, Susan Meisler.............smeisler@mcc.commnet.edu
Offering courses for high-achieving, academically motivated children

Credit Extension Courses ......................(860) 512-2803
Dean Melanie Haber...............mhaber@mcc.commnet.edu
Weekend College, Winter/Summer credit extension courses

Get on our mailing list
Would you like to receive the MCC Credit-Free catalog every quarter?
Call (860) 512-2800 or email: ceinfo@mcc.commnet.edu
Is It Good for Me or Not?
Understanding Health Research
Are you confused by the way the media reports health information and research findings? Do you wonder which diet works and which diet doesn’t? How much exercise is enough? Are eggs really bad for you? Does everything cause cancer? If you want the “Cliff Notes” version of how research is conducted and how to understand the findings reported in the media, then this course is for you. You’ll learn about common ways health research is conducted; terms that are used to describe results; and key questions you should ask whenever the “latest” findings are reported in the media. You should bring a health question of personal importance to the class, and you will learn how to search for reliable and valid information on this topic using tools that you can find in your local library.

CRN #20588 1 Saturday, 6/24, 9 a.m.-12:30 p.m. MCC Bldg. LRC B142
Fee: $30
Instructor: Karen M. Rider holds a master’s degree in experimental psychology from the University of Hartford, with a concentration in research methods in health psychology. She has worked as a personal trainer/fitness director, yoga instructor, and health instructor at a variety of organizations, as well as a psychology instructor at MCC, CCSU, and University of Hartford.

Combat Childhood Obesity
Obesity in kids is now epidemic in the United States: 15.5% of adolescents and 15.3% of children are obese, which is three times higher than it was 20 years ago. Obese children now have disorders such as type-two diabetes, high cholesterol, hypertension, and liver disease—illnesses that used to only occur in adults. And often even more devastating to an obese child than the health problems are social discrimination, low self-esteem, and depression. In this class we will start by identifying a combination of factors that contribute to a child’s weight problem. We will learn how children differ from adults when it comes to weight control, and how it can be dangerous to put a child on an adult diet plan. We will also learn how to put together a healthy, well-balanced, reduced-calorie eating plan for an obese child that encourages nutritional snacking without eliminating favorite foods. In addition, an explanation on how exercise regulates a child’s eating and body weight will be provided.

CRN #20660 1 Monday, 7/10, 6:30-8:30 p.m.
MCC Bldg. LRC B144 Fee: $15
Instructor: Janet Schaefer has a master of science in human nutrition from the University of Bridgeport, as well as a certificate in comprehensive nutrition from the American Academy of Nutrition. She presently serves as a nutrition consultant to a psychotherapy practice in West Hartford, which includes clients with eating disorders and other health issues.

Standard First Aid with AED and CPR
The purpose of this course is to give individuals the knowledge and skills necessary to recognize and care for breathing and cardiac emergencies and to provide basic care for injuries and sudden illness for adults. The course includes training on the use of an automated external defibrillator (AED) for victims of sudden cardiac arrest until advanced medical personnel arrive and take over. Upon successful completion of course requirements, students will receive certification in both Adult CPR/AED and Standard First Aid. A $6 fee (checks only) will be collected by the instructor for the Adult CPR card (one-year certification) and Standard First Aid card (three-year certification). Required texts: American Red Cross Adult CPR/AED Skills Card, American Red Cross First Aid Skills Card and First Aid/CPR/AED Program Participants Booklet, available at MCC Bookstore.

CRN #20558 2 sessions, Tuesday & Thursday, 7/11-7/13, 6-9 p.m.
MCC Bldg. AST C203 Fee: $55
Instructor: Ezequiel (Memo) Alejandro has been a certified American Red Cross instructor for more than 25 years.

INTERESTED IN A HEALTH CAREER?
COMING THIS FALL:

Certified Nurse-Aide (CNA)
AND
Emergency Medical Technician (EMT)

- Both courses provide entry-level skills and prepare students for the appropriate Connecticut State examinations leading to certification required for job placement (exams not included);
- Courses taught by field professionals;
- A high school diploma or GED is required. Also, a brief reading comprehension test is required for students with no college experience — students with college experience must include credentials with registration;
- Registration and testing starts in mid-August at MCC;

For more information, contact Ann Machin at (860) 512-2805 or amachin@mcc.commnet.edu

AND

Pharmacy Technician Certification Training

- Comprehensive 60-hour course preparing students for the Pharmacy Technician Certification Board (PTCB) examination leading to entry-level positions in community, hospital and long-term care settings (exam not included);
- Proof of high school diploma or GED is required at time of registration;
- A strong mathematics background is recommended;
- Offered through the Connecticut Pharmacists Association

FOR SCHEDULES AND FEES,
CHECK OUT OUR FALL CREDIT-FREE CATALOG
Wax Painting: A Unique Technique
Come learn and practice a new technique in wax painting. You will be introduced to a unique painting tool—a thin rectangular piece of sheet metal used as both your palette and brush. You will learn the process of melting wax onto the metal palette and four different strokes to mix and melt various colors of wax as you create your own colorful and intricate floral designs. In addition to painting flowers and leaves, you will learn other subjects, such as fish and butterflies. You will also learn how to apply this technique to enhance greeting cards, scrapbooks, photos, albums, invitations, and stationery. Each activity promises to be exciting and there are no limits to your imagination using this amazing form of wax and colors. Materials fee: $2 for metal palette/brush, payable to instructor at first class.
CRN #20650 6 Tuesdays, 6/20-8/1 (does not meet 7/4), 7-8:30 p.m. MCC Bldg. V1 V101 Fee: $60
Instructor: Cecile Avila is the owner and floral designer of Cecile's Arts and Crafts Boutique in Manchester. She has taught wax painting at the Manchester Senior Center and for the East Hartford Board of Education. For many years, she was an elementary school teacher in the Philippines.

Cut and Fold Original Paper Designs
You’ll be amazed at what you can create! This course is ideal for origami lovers, scrapbookers, elementary school teachers, parents of small children, and anyone who’s looking for an extra flair in their lives. If you can work scissors and fold paper, then you can learn how to create original and amazing figures. Let your hands shape a butterfly in barely a minute; make a 3-D dragonfly that can stand delicately on your palm; cut and fold wonderful enhancements for scrapbooking and greeting cards; fashion an aerodynamic paper airplane that is sure to delight participants; and bring your newfound talent home to continue designs on your own.
CRN #20636 1 Saturday, 6/17, 9:30 a.m.-12:30 p.m. MCC Bldg. LRC B144 Fee: $20
Instructor: Sal Giadone has his teacher’s certification in science and physics. He has taught cut-and-fold paper art for Wethersfield Adult Education and is also a substitute teacher at South Windsor High School.

Chinese Brush Painting
You will be introduced to the fundamentals of this ancient art form, using ink on rice paper to express and depict traditional flowers and birds. Develop your imagination, drawing and design skills, and expand your knowledge of Asian art. Learn from demonstration and practice under the gentle, patient and talented eye of your instructor, a graduate of the Central Academy of Fine Arts in Beijing. Materials fee: $15, payable to instructor at beginning of class for rice paper, bamboo brush and ink. Please bring your lunch.
CRN #20538 1 Saturday, 6/17, 9 a.m.-3:30 p.m. EHCCC Room 5 Fee: $60
Instructor: Yuemei Zhang is a winner of many awards for both her painting and printmaking, and is an experienced teacher in both her native China and the U.S.

Watercolor for All Beginner Levels
This crash course will take beginning students through the basics of watercolor technique and serve as a review for more advanced students. We will begin with a materials review and follow with demonstrations. Participants will also explore mixing colors; loading and handling brushes; and using wet-on-wet and wet-on-dry techniques and washes. If interest warrants, we will also use watercolor pencils. By the end of the workshop, participants will be doing simple paintings in color.
Learn to take a relaxed attitude toward a medium that has the reputation of being difficult to control. Materials list will be sent prior to class start. Start-up costs: approximately $60. If you already own materials, please bring them to the first class.
CRN #20655 6 Wednesdays, 6/14-7/19, 12:30-2:30 p.m. EHCCC Room 5 Fee: $75
Instructor: Mary Horrigan is a former French teacher who exhibits and teaches watercolor throughout Connecticut.

Intermediate Watercolor Workshop
This course is designed for students who have had an introduction to watercolor and are interested in improving their skills. Emphasis is on planning and design, and learning the elements that make up a good watercolor painting. Assignments will include thumbnail sketches; contour drawing; color schemes; cutting and pasting; working with value; and finding abstract patterns that please. Materials list will be sent prior to class start. Startup costs are approximately $60. If you already own materials, please bring them to the first class. Materials fee: $5, payable to instructor at first class for additional supplies used for collage work.
CRN #20656 6 Fridays, 6/16-7/21, 12:30-2:30 p.m. EHCCC Room 5 Fee: $75
Instructor: Mary Horrigan

Draw the World from the Right Side of the Brain
Did you know that practically anyone can make beautiful, realistic drawings? It may surprise you, but drawing is a learnable, teachable skill. The secret is in teaching your brain to process visual information differently. If you always wanted to draw but were not sure that you had enough talent, then this class is for you. Learn to make a magic, eye-opening shift to the right side of your brain—your creative side—and start seeing the way artists do. Expect serious and fun exercises, experiments, and discoveries. Watch your skills grow in a relaxed, friendly atmosphere. Students should bring a drawing pad (9” x 12” or larger), 2B pencil, 4B pencil, kneaded eraser, and 12” ruler to class. Materials fee: $4, payable to instructor at first class for additional materials.
CRN #20529 8 Mondays, 6/12-8/7 (does not meet 7/3) 7:40-9:40 p.m. MCC Bldg. AST D110 Fee: $140
Instructor: Natalia Pienielt is a local artist and member of the Manchester Art Association (MAA). She has exhibited and sold her art locally and has become known for her expressive portraits. Since joining MAA in November 2000, she has won more than 20 awards. She has also taught art to adults and children, and teaches ESL classes at MCC.
Basic Drawing
Learn to “see,” while developing skills in a variety of media. Students will work primarily from still-life arrangements, learning to represent things three-dimensionally. Some of the materials used will be charcoal, pastel, pencil, ink wash, and conté crayon. Fundamentals of composition will be taught, as well as color theory. Materials fee: $30, payable to instructor at first class, for a drawing pad, various pencils, and erasers.

CRN #20530 8 sessions, Tuesdays & Thursdays, 6/27-7/27 (does not meet 7/4 & 7/6), 9-11:30 a.m. EHCCC Room 5 Fee: $150
Instructor: Estelle Laschever is an accomplished artist and teacher, who has works in collections throughout the United States. She has been the recipient of more than 30 awards for her works and has had 16 one-woman exhibitions.

Painting: Using Oils, Water-Based Oils or Acrylics
Do you have a keen visual sense but need to learn the skills that will allow you to capture your visions in a painting? Or perhaps you’re a skilled artist who needs a little more information to give your work that special polish. Participants will work with traditional oil paints, acrylics, or the newer water-mixable oil paints. Each student will receive individual instruction in his or her medium of choice. Beginning students will learn some fundamentals of painting, including basic composition and color theory, while more advanced students will be encouraged to develop personal imagery. Students will choose their subjects—still life, abstraction, landscape, figure, etc. Students with materials should bring them to first class, along with an 18” x 24” white drawing pad, soft vine charcoal, a sharpened ebony pencil and a kneaded eraser. Students may bring in additional supplies and cost of fabric, which will depend on the size of student’s project.

CRN #20527 8 sessions, Tuesdays & Thursdays, 6/27-7/27 (does not meet 7/4 & 7/6), 6:30-9 p.m. EHCCC Room 5 Fee: $150
Instructor: Estelle Laschever

Capture the Magic of Summer:
A Weekend in Watercolor
This workshop, designed for students with some background in watercolor (transparent or opaque styles), will help you “color your world” through enhancing your technical skills, improving your use of color, and developing your compositions. Interested students will be able to choose from suggested assignments, including summer themes. Participants may also bring previous drawings and paintings to discuss and use to develop new works. There will be still-life arrangements in class as well. The class will also work outdoors if student interest allows and weather permitting. Please bring your own supplies, or call Continuing Education at (860) 512-2800 for a supply list. Please also bring a lunch.

CRN #20528 2 sessions, Saturday & Sunday, 7/15-7/16, 9:30 a.m.-4 p.m. EHCCC Room 5 Fee: $90
Instructor: Estelle Laschever

Illustration Portfolio
Work in a variety of illustration formats, such as greeting card designs; theater set design rendering; costume/fashion rendering; CD covers; theater posters; book covers; and architectural drawings. You will choose your subject and format, and learn how to develop this idea into a finished painting or drawing. You will also learn techniques in watercolor, colored pencil, pastel, or pen and ink. This course will help you to develop your artistic skills and build your portfolio.

CRN #20654 4 Fridays, 7/7-7/28, 10 a.m.-noon
MCC Bldg. V1 V101 Fee: $99
Instructor: Iris Van Rynbach, author/illustrator of 13 children's books, has had her illustrations grace the covers of several magazines and newspapers, including The New York Times, the New Yorker and The Hartford Courant.

The Titanic Quilt
There is so much mystery that surrounds the Titanic luxury liner. This traditional block’s design was copied as a pattern from the first-class ballroom floor in the movie, “Titanic.” The construction of the block will be using “smart piecing” as developed by Kaye England. The cutting process will use special rulers, and piecing will be done on a sewing machine. You will learn how to make the block, and assemble and finish the quilt. A more skilled quilter may start a large quilt, whereas a beginner can expect to finish a small quilt or table runner. Most of the sewing will need to be done at home on your own machine; some of the block cutting will be done in class. The supply list of necessary materials will be given out at the first class. Materials fee: $14 for special ruler, in addition to cutting supplies and cost of fabric, which will depend on the size of student’s project.

CRN #20602 3 Thursdays, 6/15-6/29, 6:30-8:30 p.m.
MCC Bldg. AST D229 Fee: $40
Instructor: Carolyn Johnson is the author of the quilting book, Taking Off with Flying Geese. She has been quilting for more than 35 years and has taught nationally for more than 20 years.

Teddy Bears 101
A fun class for both the novice bear maker and the more experienced bearsmith. Step-by-step instructions, diagrams and hands-on help make this the ideal course for achieving a solid foundation in making teddy bears. Participants will learn pattern preparation; layout and cutting; pinning and sewing techniques; materials used will be charcoal, pastel, pencil, ink wash, and conté crayon. Fundamentals of composition will be taught, as well as color theory. Materials fee: $30, payable to instructor at first class, for a drawing pad, various pencils, and erasers.

CRN #20653 6 Tuesdays, 7/18-8/22, 7-9 p.m.
MCC Bldg. AST C203 Fee: $75
Instructor: Joanne Semanie is the owner of Little Barn Bears in Enfield, a company that features teddy bears made from recycled fur coats. Joanne has taught quilting, embroidery, needlepoint and knitting for the Adult Education Program in the Mohawk Trail Regional High School District. She is especially skilled in sewing and crafting heirloom-quality teddy bears.

Want to take a class online? See the online classes listed on pages 31-38 or visit the web site at www.ed2go.com/manhccc
Precious Metal Clay+: Creating with Paper, Paste, and Extruder

Paper that folds like an accordion, can be cut with craft scissors, and doesn’t stick or dry out as you create—paste that you can paint over with flora and replicate in silver—an extruder that drops filigree swirls and curls! You will be introduced to the unique properties of these PMC+ forms. Projects will be suggested, or you may pursue your own ideas. Expect to complete two to three pieces of silver jewelry. Prerequisite: A basic PMC+ class and a creative sense of adventure. Materials fee: $72, payable to instructor at beginning of class, for one sheet of PMC+ paper and one extruder; use of PMC paste, designing tools, and polishing and finishing materials; use of the kiln; and appropriate findings. Gemstones will be available for purchase, so plan accordingly. Materials list to be mailed prior to class start. Please note: the materials fee is dependent on the metals market at the time the class starts and therefore, this fee is subject to change. Also, please register by May 23 so that the instructor can order the proper amount of materials.

CRN #20533 3 Tuesdays, 6/6-6/20, 6:30-9:30 p.m. EHCCHC Room 5
Fee: $75
Instructor: Judith E. Goldstein is a PMC Guild certified teacher and has been a professional metalsmith for more than 30 years. Her contemporary pewter designs in hollowware, jewelry and ritual art have sold in galleries and museum gift shops across the country. Her art has appeared in Food & Wine and Gourmet magazines.

Silver with a Twist: Bracelet Fun for Beginners

Learn a new skill and create your own silver bracelet in one evening! No special jewelry skills are necessary for this class. The instructor will demonstrate how to assemble ready-made sterling “jump” rings into a variety of chain patterns from simple to intermediate. After constructing a few samples as a permanent reference, you will proceed to a design of your own choosing. Based on complexity and timing, students may have the option of creating more than one piece, expanding into a necklace or adding a pair of matching earrings. Students may also learn how to give their piece that “antique” look if desired. Materials fee: average minimum is approximately $38 for sample and silver supplies, payable to instructor at class. Please note: the materials fee is dependent on the metals market at the time the class starts and therefore, this fee is subject to change. Materials list to be mailed prior to class start.

CRN #20534 1 Wednesday, 6/28, 6-9:30 p.m. EHCCHC Room 5 Fee: $30
Instructor: Judith E. Goldstein

Introduction to Printmaking: Monotypes

Explore the use of color and design in developing monotypes—one-of-a-kind prints that offer many exciting opportunities in the world of printmaking. This three-week course will introduce participants to the basic terminology and techniques of printmaking and allow them to produce many monotypes using a variety of techniques, such as layering color in transparent washes, stenciling, and the use of plant forms. Through the development of individual prints, participants will learn to use the etching press—a press that is at the heart of every print shop and whose function has not changed much since the beginning of the 15th century. Students will also be guided through the exciting stages of developing a hand-pulled print, and by the final class, each student will have a number of signed prints ready for matting and framing. No previous printmaking experience is required and all levels are welcome! Materials fee: $25 includes printing plates, inks, additives, and two sheets of large printmaking paper. Additional paper will be available for purchase.

CRN #20531 3 Tuesdays, 6/6-6/20, 6-9 p.m. MCC Bldg. AST D110
Fee: $60
Instructor: Trudy M. Mitchell maintains a printmaking studio in Bolton, and exhibits her work in the semi-annual Northeastern Connecticut Open Studio tour. She is an experienced teacher in both printmaking and secondary English.

Introduction to Printmaking: Etching and Aquatint

Venture into the world of 15th-century printmaking to explore the techniques of etching and aquatint, processes by which lines may be etched into a plate or shaded into various intensities of tone. Throughout this three-evening workshop, participants will learn the history of intaglio printing, in which images are etched into either zinc or copper plates using an etching solution—a 15th-century Italian technique first used to mass-produce imagery for book publication. Students will ink their plates and print them on hand-made printmaking paper. Students will also be guided through the exciting stages of developing a hand-pulled print, and by the final class, each student will have a number of signed prints ready for matting and framing. No previous printmaking experience is required and all levels are welcome! Materials fee: $25 includes printing plates, inks, additives, and two sheets of large printmaking paper. Additional paper will be available for purchase.

CRN #20532 3 Thursdays, 6/8-6/22, 6-9 p.m. MCC Bldg. AST D110
Fee: $60
Instructor: Trudy M. Mitchell

Consider Yourself Confirmed!
MCC notifies you only if a course cancels or has schedule changes. If you don’t hear from us, assume you are registered.
Meditation as a Life Skill
In order to be successful with your goals for the coming year, it is important to find a quiet place within yourself to experience calm, focus and clarity. Learn how meditation can help relieve your anxiety, distraction and internal clutter, and give you the ability to listen to your innate wisdom. We will discuss and experience silent, guided, breath-focused, body-focused and prayerful meditation. You will learn a variety of techniques to enhance your meditation. We will also discuss how to evaluate if you’re doing it “right.” Join us in this journey to physical, emotional and spiritual well-being. Feel free to bring a pillow, mat or blanket if you wish to sit on the carpet. Journalers, please bring your notebooks along.
CRN #20589 2 Mondays, 6/12-6/19, 7-9 p.m. MCC Bldg. LRC B144 Fee: $35
Instructor: Dory Dzinski is a body-centered psychotherapist, pastoral counselor, and energy therapist in private practice. She is President Emeritus of the Connecticut Holistic Health Association and co-editor/publisher of the magazine, The Door Opener.

Forgiveness: The Key to Freedom
“Forgive? You’ve got to be kidding! Never!” Such is the sentiment of many people. However, pain, hurt, and negative emotions take up a lot of space in the heart, space that could be used for much more powerful and positive emotions. In this class, we will discuss the basic concepts of forgiveness and the common misconceptions that often prevent us from allowing the gift of forgiveness in our lives. We’ll also discuss some specific tools and techniques that will help in the healing process. Class will end with a beautiful, guided meditation. Come and set yourself free!
CRN #20584 1 Thursday, 6/22, 6-9 p.m. MCC Bldg. Lowe L142 Fee: $30
Instructor: Dory Dzinski

Breathing Pranayama
A Hatha Yoga proverb states that “when the breath wanders, the mind is unsteady, but when the breath is still, so is the mind.” Students will learn how to breathe properly; the functions of proper breathing; the types of breathing; and the parts of each breath. Pranayama is the link between the mental and physical disciplines of yoga, and while the action of breathing is physical, the desired effect is to make the mind calm, lucid, and steady. Proper breathing will also improve the respiratory system, clear nasal passages, strengthen the heart muscle, and improve concentration.
CRN #20609 4 Wednesdays, 7/12-8/2, 6-7 p.m. MCC Bldg. LRC B144 Fee: $40
Instructor: Davender Khokhar is an experienced yoga instructor who has worked in Mother Theresa’s home for orphans in New Delhi and at the American Embassy School in India. She teaches in various fitness programs, including those at MCC.

Who Am I Really?
This lighthearted, fun-loving class will help you connect with who you really are, not who everyone wants you to be. Emphasis will be on looking at who you are at home, at work, and in your social life. Class will consist of visualizations and guided imagery, interesting surveys, artwork, and lots of laughs. Join us and (re)discover the real you hiding deep down inside.
CRN #20591 1 Monday, 6/26, 6-9 p.m. MCC Bldg. LRC B144 Fee: $30
Instructor: Dory Dzinski

Therapeutic Yoga
This class will provide participants with a guide to get their bodies and lives back after illness, surgery or injury. The class is also appropriate for older adults. The sessions are individually guided using breathing and relaxation techniques to promote harmony, as well as stretching, movement and posture positions to improve circulation and increase flexibility. The techniques taught in this class are appropriate for both beginners and advanced yoga students. Non-marking athletic shoes must be worn. Please bring a combination lock if you wish to secure your personal belongings during class.
CRN #20610 4 Saturdays, 7/22-8/12, 9-10:45 a.m. MCC Bldg. Lowe L135 (Aerobics Studio) Fee: $40
Instructor: Davender Khokhar

QiGong: Meditative Movements for Health and Wellness
QiGong (sometimes called “chi kung”) exercise systems have been practiced in China by millions of people since ancient times. There are various types and schools of QiGong. Soaring Crane QiGong is a form that uses slow movements accompanied by meditation to help promote well-being and heal the body on many different levels. As a result of its effectiveness, it has attracted more than 20 million practitioners worldwide. While the main focus of QiGong is on cultivating healing energy, it also can be used as a means to deepen one’s spiritual awareness. Regular practice of QiGong may help prevent and treat disease, reduce stress, and better integrate the body/mind/spirit connection. Participants will learn QiGong exercises that can be practiced at home. The history and theory of QiGong will also be discussed.
CRN #20652 3 Tuesdays, 6/13-6/27, 7-8:15 p.m. MCC Bldg. LRC B213 Fee: $40
Instructor: John Mammone is a licensed acupuncturist with an M.A. from the Oregon College of Oriental Medicine.
The Art of Ayurveda

The word Ayurveda is formed by linking the Sanskrit words “ayur” (life) and “veda” (knowledge). Translated, Ayurveda means the art and science of living. Ayurveda is the oldest system of medicine in the world, tracing its roots to ancient India (1500 B.C.). Ayurveda uses a full repertoire of natural elements—foods, spices, herbal medicines, colors, metals, gems, and sound—to treat and overcome illness and to continually strengthen the body and mind. Learn the basics of this ancient practice and how diet, cooking, yoga, breath work, meditation, exercise, and a vast pharmacopoeia can be employed to help an individual achieve balance. Please bring a yoga mat or blanket for floor exercises, dress in comfortable clothing or exercise attire, and come with an empty stomach. Materials fee: $10, payable to instructor at first class, for dried herbs and roots used for everyday household remedies for flu, indigestion and minor ailments.

CRN #20580
5 Saturdays, 7/22-8/19, 9-11 a.m.
MCC Bldg. LRC B144
Fee: $65
Instructor: Shalini Sharma

was born and raised in India. She earned her bachelor’s and master’s degrees from Meerut University, India, as well as a diploma in Indian classical dance. She is also certified in Ayurvedic healing practices and teaches others to use this ancient healing system to create wholeness in mind, body and spirit.

Henna Body Art Basics

Henna is a safe, natural dye made from the red plant which bears its name. Henna dyes have adorned the skin of men and women since before the time of Cleopatra. Today’s Indian brides and some of today’s hottest celebrities (e.g., Madonna, Demi Moore, Naomi Campbell) are creating with henna. In this course, learn about henna and how to use it to create intricate, temporary tattoos (henna stains last just two to three weeks). Making henna body art is a fun activity to do with friends and a great project for moms and dads to do with their kids (especially at parties). Participants in this course must be at least 14 years old. Materials fee: $4, payable to instructor at first class.

CRN #20581
3 Saturdays, 7/22-8/5, 11:30 a.m.-1:30 p.m.
MCC Bldg. LRC B144
Fee: $40
Instructor: Shalini Sharma

is a certified Angelspeake™ facilitator. She was trained by Barbara Mark and Trudy Griswold, authors of the bestselling book, Angelspeake: How to Talk With Your Angels.

Consider Yourself Confirmed!
MCC notifies you only if a course cancels or has schedule changes. If you don't hear from us, assume you are registered.
An Introduction to Pagans, Witches and Wicca
What most of us know about witches and witchcraft comes from pop culture (“Charmed,” “Harry Potter”) or from our dim memories of historical events and classic literature (Salem witch trials, “Macbeth”). There’s a lot more to Wicca and paganism, or “the old religion,” than the clichéd image of black-clad hags riding the skies on broomsticks. Wicca has its roots in Paleolithic times, some 25,000 years ago, and pagan celebrations are often the basis for Christian holidays. This course will provide open-minded individuals with an introduction to Wicca, paganism and New Age concepts related to living with and loving magic. Topics include the history of witchcraft, the Wheel of the Year (the Wiccan calendar of festivals and rituals), esbats and sabbats (new moon and full moon celebrations), and the elemental world. The final class will be a magical potions workshop whereby students make and bring home their own potion. Put a little “magic” in your life!

Materials fee: $10, payable to instructor at first class.

CRN #20546 4 Mondays, 7/10-7/31, 7-9 p.m. MCC Bldg. Lowe L213
Fee: $50

Instructor: Faith McCann is an MCC graduate, martial arts instructor and a third degree Wiccan priestess. She has practiced the Wiccan religion and has studied the history of religions, Wicca, witchcraft and magic for more than 20 years. Faith is also the owner of Enchantments, a Wiccan Metaphysical Center for the Magical Arts, located in Manchester.

Stop Smoking with Hypnosis
Become free of this expensive and unhealthy habit, successfully and permanently! Hypnosis is a powerful tool which has been approved by the American Medical Association since 1958, and since that time has effectively helped smokers (including your instructor, 25 years smoke-free!) to break the smoking habit. Avoid weight gain and learn how to relax away the tension, irritability and withdrawal problems that often accompany smoking cessation. Learn to identify and establish strategies to deal with triggers and habitual patterns. This workshop includes an explanation of hypnosis, hypnosis sessions and follow-up self-hypnosis instructions. Seating is limited; register today!

Materials fee: $5, payable to instructor at first class, for a reinforcement audiotape.

CRN #20586 2 Wednesdays, 6/21-6/28, 7-9 p.m. MCC Bldg. LRC B213
Fee: $30

Instructor: Patricia Galvin, J.D. and M.S in education, is a certified hypnotherapist who teaches self-hypnosis for weight control and smoking.

Self-Hypnosis for Weight Loss: Mind Over Matter
Reach your ideal weight by programming your brain for weight loss. Learn self-hypnosis and tap into the power of both your conscious and subconscious mind to facilitate weight loss and maintain your ideal weight without those nagging feelings of deprivation. Hypnosis is a powerful and effective tool, which has been approved by the American Medical Association since 1958. Tried too many fad diets? This course might be the start of a new, healthier lifestyle. Topics include explaining hypnotism and how it works, factors affecting weight control, the myth of willpower, eating journals, self-hypnosis, ideomotor questioning and the Chevreul pendulum. Materials fee: $5, payable to the instructor at first class, for a reinforcement audiotape.

CRN #20585 4 Wednesdays, 7/12-8/2, 7-9 p.m. MCC Bldg. LRC B213
Fee: $60

Instructor: Patricia Galvin

These classes are enrichment programs and do not necessarily reflect the views of MCC.

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John Ferreira is a senior electrical engineer/software engineer at Goodrich Pump & Engine Control Systems, West Hartford, where he designs, builds and programs computerized test equipment.

Carmine Fillaramo, B.A., has 30 years of experience in the photography business. He has worked as a newspaper photographer and a photographic consultant for Aetna Inc., Hartford, CT. His work has brought him around the world and his skills have led him to photograph four U.S. Presidents.

Margaret Gordon has more than 23 years of experience troubleshooting hardware and software systems and applications. She has provided instruction for the last 18 years including all levels of Microsoft operating systems and Office applications.

Richard Hoyer is a fine art, portrait, and location photographer, who has more than 20 years of fun and profit in the photo world. His work is exhibited regularly at galleries around the state.

Joseph Kardos has 30 years of experience in such computer-related fields as CAD, database, programming, and project management. He has provided training at many of the CT colleges over the years.

Diana Lemcoff is a computer professional with more than 20 years' experience in the design, installation and management of information systems. She has taught at the University of Pittsburgh, ORT schools, and private companies.

Stuart Lipman is the owner of a local computer store and brings more than 26 years of technical and practical experience to the classroom.

Bruce Manning, B.A., computer coordinator for MCC’s Continuing Education Division, designed, installed and maintained the networking, business and instructional applications for two public school districts in CT. He has provided training for Quinebaug Valley Community College; UConn; CREC; public, private and technical schools; businesses; municipalities; and State agencies.

Hunter Neal, Jr. is a commercial and professional photographer living and working in the Farmington Valley. A 1984 graduate of the Rochester Institute of Technology with a B.S. degree in professional photography, Hunter specializes in photography of people on location, and has contributed work to Yankee Magazine. He recently completed work on the 5th edition of a local publication, The Valley Book, a high-end local resource guide.

Chuck Schwartz is a professor of computer science at MCC with more than 18 years’ experience in the fields of programming, management, information systems, and application development.

Robert Thornton, B.A., is a Certified IT Security Engineer, Certified IT Instructor (CIT), and a Certified Internet Webmaster (CIW). He has more than 15 years’ experience as an IT instructor and developer.

Clayton Walnum has been programming computers for more than 20 years and has written nearly 60 books, most of which have been about computer software programming. He is the author of The Complete Idiot’s Guide to Visual Basic.NET.

Dorothy Weiner is an MCP- and MOUS-certified instructor with more than six years’ experience teaching Microsoft products and various other applications and operating systems.

Enrolled MCC Continuing Education Students Can Receive Free* Microsoft Software

MCC’s collaboration with Microsoft promotes student understanding of software by putting software in students’ hands. The Microsoft Developer Network Academic Alliance (MSDNAA) provides software to enrolled students for the following courses:

- Windows XP
- Microsoft Access

Ask your classroom computer instructor about how you can sign up for free software (*you pay postage only)
or call the Continuing Education Computer Coordinator
Bruce Manning at 860-512-2808 or email bmanning@mcc.commnet.edu
COMPUTER TECHNOLOGY

COMPUTER CERTIFICATION TEST PREPARATION

Professional Certification...

- Helps build solid careers
- Enhances your résumé and is highly valued by potential employers
- Provides a strong knowledge base not limited to one product or company
- Validates your knowledge and abilities in your field
- Gives you an edge when applying for a job or promotion

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<td>Microsoft Office Certification</td>
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Testing centers that administer certification exams can be found on the web at www.vue.com or www.prometric.com.

For more information contact Bruce Manning, Computer Coordinator at (860) 512-2808 or bmanning@mcc.commnet.edu

CERTIFICATION PREPARATION

Microsoft Office Certification
Increase your employability and prepare for the Microsoft Office 2003 Core Certification exam in this intensive 12-week course. This hands-on workshop will include practice time on Word, Excel, Access, PowerPoint and Outlook. Students will learn the basics of all Office programs, including merges, tables, graphics and sharing documents in Word; formulas, data management, formatting, printing, pivots and subtotals in Excel; database creation, criteria in queries, report and form design, grouping data, and establishing relationships in Access; creating slide shows, importing from Word, adding tables/graphics, animation, and advanced formatting in PowerPoint; and email management, creating folders, adding signatures/attachments, scheduling appointments with others, organizing contact lists, and creating/updating tasks in Outlook. Prerequisite: Basic Windows, keyboard and mouse skills with some exposure to Microsoft Office. Required text: Microsoft® Official Academic Course: Microsoft Office System 2003 Edition, available at MCC Bookstore.

CRN #20466 12 Wednesdays, 6/7-8/23, 6-9 p.m. EHCCC Room 4
Fee: $499
Instructor: Dorothy Weiner

INTRODUCTORY

Beginning Keyboarding
This is a self-paced basic typing course designed for the beginner. Develop touch keyboarding skills on a personal computer. Proper techniques for alphabetic and numeric key reaches will be covered. There is no prerequisite.

CRN #20453 2 Mondays, 6/5-6/12, 6-9 p.m. MCC Bldg. LRC B141
Fee: $95
Instructor: Margaret Gordon

Meet the PC
Learn how to work effectively in a Windows environment; how to understand an advertisement and computer jargon; and how to work with disks, files and folders. Fundamentals of Microsoft Office will also be covered, including creating, editing and saving documents with Word; creating spreadsheets with Excel; learning about a database with Access; and surfing the Internet with Internet Explorer. This class is not just for beginners. It provides participants with the strong foundation needed to learn other software programs. Curriculum workbook provided. Prerequisite: Basic keyboard and mouse skills.

CRN #20455 4 Mondays, 7/10-7/31, 6-9 p.m. MCC Bldg. LRC B142
Fee: $195
Instructor: Stuart Lipman

Introduction to Personal Computers for Older Adults
Designed for those with little or no experience with computers, this seminar introduces IBM-compatible machines to older learners eager to take advantage of new technology. Find out what a computer can do for you. Learn important terminology; how to use a mouse; the difference between hardware and software; all about disks; and how to open and close documents and windows. Explore simple word processing techniques and how to use a spreadsheet. You’ll also get to take a brief trip on the “information superhighway.” This seminar is a great first step to making a purchase or learning a specific software program. Instructor provides handouts. Please note: class size is limited.

CRN #20456 2 Thursdays, 6/15-6/22, 1-4 p.m. MCC Bldg. LRC B141
Fee: $95
Instructor: Bruce Manning

Five Ways To Get Your Company To Send You To A Class

1. Ask
   A simple request may be all that it takes.
   A written memo is better.

2. Show them the catalog
   Attach it to your memo.

3. Stress the benefits
   Explain how the additional skill training will improve your productivity.

4. Emphasize the convenience
   You don’t need to go far when quality training is as close as MCC.

5. Compare pricing
   Our cost-effective pricing will give your boss the most bang for the buck.
INTERNET

Internet Search Techniques
Are you doing research on the Internet? Looking for information for school, college or business? Do you ever feel that there is so much on the Internet that it is impossible to find what you really need? Take this class and learn how to perform simple and complex searches, the strengths and weaknesses of different search engines, and how to use multiple search engines to find what you need. Save time and energy. Don’t get frustrated—search effectively. Instructor provides handouts. Prerequisite: Basic Windows, keyboard and mouse skills.
CRN #20469 1 Wednesday, 8/2, 6-9 p.m. MCC Bldg. LRC B142
Fee: $65
Instructor: Diana Lemcoff

Getting Started on the Internet for Older Adults
Designed for older adults who want to learn about the Internet and its benefits, this class covers what you need to know to get started on the Internet and how to visit web sites. Learn how to send email and chat with friends online. Workbook included in course fee. Prerequisite: Basic mouse and keyboard skills.
CRN #20471 2 Mondays, 7/24-7/31, 1-4 p.m. MCC Bldg. LRC B141
Fee: $95
Instructor: Bruce Manning

Creating Web Pages with HTML
Learn HTML programming to create your own exciting web pages. This course will cover the syntax and all basic and pertinent commands. Prerequisite: Basic Windows, keyboard and mouse skills. Required text: Course ILT HTML 4.0: Basic, revised 2nd edition, available at MCC Bookstore.
CRN #20473 2 Thursdays, 7/6-7/13, 6-9 p.m. MCC LRC B142 Fee: $95
Instructor: Diana Lemcoff

FrontPage Introduction
Attention all Windows Internet surfers—create your own web pages without writing any HTML tags. This hands-on course explores built-in templates (simple page; corporate presence web site; customer support web site; discussion web site; and personal web site). Use or modify templates to create your own linked pages. Familiar Microsoft tool bars easily create all the latest special effects for web pages. Built-in email and reply forms allow web surfers rapid access to your products. FrontPage is totally integrated into all of Microsoft’s products and is considered the emerging standard in web page development and maintenance. This is not a class for beginners. You should understand files, file types, folders, and have a basic knowledge of the Internet and word processing. Workbook included in course fee. Prerequisite: Basic Windows, keyboard, mouse and Internet skills.
CRN #20472 2 Mondays, 8/7-8/14, 6-9 p.m. MCC Bldg. LRC B142
Fee: $95
Instructor: Margaret Gordon

Dreamweaver Introduction
This course teaches students the fundamentals of using Dreamweaver MX to create web pages and web sites. It introduces students to basic web and HTML concepts and how to use Dreamweaver tools to design a web page. Students will learn how to create, save and import text into web pages and sites. They will also learn how to format text and paragraphs; create tables; and add text and images to tables. Course activities will also cover working with image files; modifying image properties; and creating various types of links. Finally, students will examine and create a frames page, upload a site, and test the uploaded site. Prerequisite: Basic Windows, keyboard, mouse and Internet skills. Required Text: Dreamweaver MX 2004: Basic with CD, Thomson, available at MCC Bookstore
CRN #20478 2 Mondays, 7/24-7/31, 5-8 p.m. MCC Bldg. LRC B141
Fee: $95
Instructor: Diana Lemcoff

Successful Information Design for the Web
The average user spends less than nine seconds perusing a web page. This course, which combines hands-on training with small group discussions in analyzing web sites and software, is perfect for customer-focused departments with a web presence. We will review existing sites as examples for discussion and analysis. By the end of this workshop, participants will be able to design or modify a site that is more user-friendly and customer-focused. Topics to be covered include how to analyze web usability; the elements of a successful, usable web site; language and text design; color properties and end-user psychology; and methods of designing a usability study. Instructor provides handouts. Prerequisite: Basic Windows, keyboard, mouse and Internet skills.
CRN #20483 2 Tuesdays, 8/22-8/29, 6-9 p.m. MCC Bldg. LRC B141
Fee: $95
Instructor: Robert Thornton

Flash MX Introduction (for the PC)
This hands-on course (for the PC user) will introduce you to the basics of creating objects and animating in Macromedia’s Flash MX. You will explore tools and features of Flash and learn to create different types of animations. You will also publish material for the web. This course is intended for students with little or no experience creating Flash animations. Instructor provides handouts. Prerequisite: Basic Windows, keyboard and mouse skills with some web or graphics experience required.
CRN #20479 2 Mondays, 8/21-8/28, 6-9 p.m. MCC Bldg. LRC B141
Fee: $95
Instructor: Margaret Gordon

Of Similar Interest:
• Online Computer courses on pages 33-34
WORD PROCESSING

Word Introduction
Learn about the features of Microsoft Word. Practice the essential commands you need to know to perform all of your day-to-day word processing. You will practice creating, editing, formatting and printing documents. Workbook included in course fee. Prerequisite: Basic Windows, keyboard and mouse skills.
CRN #20459 2 Tuesdays, 7/11-7/18, 6-9 p.m. MCC Bldg. LRC B141
Fee: $95
Instructor: Bruce Manning

Word for Older Adults
Join us in this introduction to Microsoft Windows XP and Microsoft Word, today’s standard program for word processing. Become familiar with Word’s features and functions, and discover how to edit, copy, paste, format and print various documents. Learn how to create letters and reports in a professional manner in this hands-on class. Join us in a relaxed atmosphere where questions are encouraged and welcomed. Workbook included in course fee. Prerequisite: Basic mouse and keyboard skills.
CRN #20460 2 Wednesdays, 7/12-7/19, 1-4 p.m. MCC Bldg. LRC B141
Fee: $95
Instructor: Bruce Manning

OFFICE SUITES & OUTLOOK

PowerPoint Introduction
With unprecedented ease, this presentation software package allows users to create graphics and slides. You will work with slide masters; change backgrounds; manipulate clip art; use drawing tools; create a chart; and run a slide show. Workbook included in course fee. Prerequisite: Basic Windows, keyboard and mouse skills.
CRN #20467 2 Tuesdays, 7/25-8/1, 6-9 p.m. MCC Bldg. LRC B141
Fee: $95
Instructor: Bruce Manning

Outlook: Start Organizing your Business and Personal Life
To help manage your most precious commodity—time—you’ll need a variety of tools to help you track and organize information. In this class you will learn to use Outlook tools to help you better manage your time, including how to use the calendar, journal, to-do list, contact manager, and action and follow-up tools. Workbook included in course fee. Prerequisite: Basic Windows, keyboard and mouse skills.
CRN #20468 2 Wednesdays, 6/14-6/21, 6-9 p.m. MCC Bldg. LRC B142
Fee: $95
Instructor: Diana Lemcoff

SPREADSHEETS

Excel Introduction
Use the Microsoft Excel spreadsheet to combine number-crunching capabilities and database operations into an outstanding report. Gain an understanding of formulas and functions. Move and copy formulas, text, and numbers. Change the format of your spreadsheet to improve its appearance. Learn how to create a chart. Workbook included in course fee. Prerequisite: Basic Windows, keyboard and mouse skills.
CRN #20463 2 Wednesdays, 7/19-7/26, 6-9 p.m. MCC Bldg. LRC B141
Fee: $95
Instructor: Bruce Manning

Excel Intermediate
The Intermediate Excel course targets users who are already familiar with the basics of Excel. Students will learn about working with cells and cell data; using and creating functions; customizing workbooks; using lists; working with graphics and objects; using templates; managing workbooks; formatting and printing worksheets; modifying workbooks; and group collaboration. Workbook included in course fee. Prerequisite: Excel Introduction, or permission of instructor or computer coordinator.
CRN #20514 2 Tuesdays, 8/8-8/15, 6-9 p.m. MCC Bldg. LRC B141
Fee: $95
Instructor: Diana Lemcoff

QuickBooks Introduction
Students will learn how to set up a QuickBooks company; enter account opening balances; create and customize company lists; set up inventory; sell products; invoice for services; process customer payments; work with bank accounts; enter and pay bills; and utilize the graphic report features of QuickBooks to chart financial actions. Prerequisite: Basic Windows, keyboard and mouse skills. Required text: Course ILT: QuickBooks 2002, McKinnon, available at MCC Bookstore.
CRN #20461 2 Mondays, 6/19-6/26, 6-9 p.m. MCC Bldg. LRC B141
Fee: $95
Instructor: Chuck Schwartz

QuickBooks Intermediate
For individuals who have a working knowledge of QuickBooks and the desire to delve into the more advanced functions of this popular software, this hands-on class will focus on questions and problems that more advanced students may encounter. Learn how to create customized reports, invoices and other financial forms. Make the most of your personal finances and learn how to use QuickBooks more efficiently. Prerequisite: Basic knowledge of QuickBooks. Required Text: Course ILT: QuickBooks 2002, McKinnon, available at MCC Bookstore.
CRN #20462 2 Mondays, 7/10-7/17, 6-9 p.m. MCC Bldg. LRC B141
Fee: $95
Instructor: Chuck Schwartz

Want to take a class online? See the online classes listed on pages 31-38 or visit the web site at www.ed2go.com/manchcc
DATABASE

Access Introduction
Access is a database program that can be used to maintain mailing lists, inventories, employee records, contacts, and more. You will learn how to construct tables and forms, filter, sort, perform a query, and produce a report. Workbook included in course fee. Prerequisite: Basic Windows, keyboard and mouse skills.
CRN #20464 2 Thursdays, 8/3-8/10, 6-9 p.m. MCC Bldg. LRC B141
Fee: $95
Instructor: Margaret Gordon

NETWORKS & OPERATING SYSTEMS

Windows XP Introduction
This course is for the student who is completely new to personal computers and needs to learn the basics of Windows XP. You’ll be introduced to the fundamentals of personal computers, including terminology. You’ll also work with the Windows XP desktop objects and windows, and explore ways to customize your settings. In addition, you’ll look at ways to navigate the program; use Windows Explorer and other common Windows XP techniques; and access the Internet using the Internet Explorer environment. Students are eligible to receive free software for the course from Microsoft. Students only pay a minimal charge for shipping of the CD from Microsoft. Instructor provides handouts. Prerequisite: Basic keyboard and mouse skills.
CRN #20465 2 Tuesdays, 6/13-6/20, 6-9 p.m. MCC Bldg. LRC B141
Fee: $95
Instructor: Bruce Manning

Getting Started in Linux
This course is an excellent way for the student to gain an overview of the major Linux software products available. Students will run several live CD ROM based Linux distributions, including the Linux industry standards of Debian, Linspire, Mandrake, Red Hat, SUSE, and Knoppix. Students will discover firsthand the similarities and difference between Linux products. Students will also explore the use of common Linux applications, including desktops, KDE, Gnome, Office, Star Office, and the use of consoles. In addition, students will learn how to install an application requiring RPM. The installation of a Linux system will also be taught. Prerequisite: Basic keyboard and mouse skills. Required Text: Learning Red Hat Enterprise Linux and Fedora, McCarty and O’Reilly, available at MCC Bookstore.
CRN #20477 2 Fridays, 8/4-8/11, 6-9 p.m. MCC Bldg. LRC B142
Fee: $95
Instructor: John Ferreira

TROUBLESHOOTING & SECURITY

Be Your Own PC Tech: Part I
Why pay for expensive upgrades if you can learn how to do them yourself? This class covers hardware issues from the motherboard to the operating system. Practice RAM, expansion cards and peripheral device installations in a hands-on workshop with real parts. Learn how to configure drivers and troubleshoot your Windows operating system. This class is for the beginner or intermediate PC user. Instructor provides handouts.
CRN #20457 2 Wednesdays, 8/9-8/16, 6-9 p.m. MCC Bldg. LRC B141
Fee: $95
Instructor: Stuart Lipman

Build Your Own Home Network
If you’re operating a small business, or if you just want to connect all household members to a shared computer system, this class is a must! Students will be introduced to various network arrangements, including wire and wireless networks. Hardware will be reviewed to determine the best configuration for each participant. Students will install a mini-network and provide Internet, printing and data access across the network. Prerequisite: Basic Windows, keyboard and mouse skills.
CRN #20474 2 Mondays, 8/7-8/14, 6-9 p.m. MCC Bldg. LRC B141
Fee: $95
Instructor: Stuart Lipman

Troubleshooting Windows
This course is designed to introduce troubleshooting methods for the Windows platform. Appropriate for the technical and non-technical individual, this workshop will combine troubleshooting tasks familiar to Windows users with topics specific to Microsoft’s latest operating system. We will explore XP’s new interface and desktop; discover file, directory structure and saving procedures; learn operating system networking capabilities; and review system maintenance and optimization techniques. Handouts included. Prerequisite: Basic Windows, keyboard and mouse skills.
CRN #20458 1 Thursday, 7/6, 6-9 p.m. MCC Bldg. LRC B141 Fee: $65
Instructor: Stuart Lipman

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**DIGITAL IMAGING & DESIGN**

**AutoCAD Introduction**
This course will teach you how to design and develop architectural drawings using AutoCAD 2006. Learn essential commands, drawing, blocks and attributes, dimensions, plotting techniques, and more. Extensive hands-on curriculum is designed to address the needs of engineering design professionals, project managers, and the avid beginner. Increase your earning potential with this industry-leading AutoCAD training! Required text: Discovering AutoCAD® 2006. Mark Dix & Paul Riley is available at your local bookstore. Prerequisite: Basic Windows, keyboard and mouse skills.

CRN #20475 6 Fridays, 7/21-8/25, 6-9 p.m. MCC Bldg. AST C128
Fee: $295
Instructor: Joseph Kardos

**Photoshop Elements**
Professional photographers rave about Adobe Photoshop. Now, there’s Photoshop Elements 3.0, a new photo-enhancement and manipulation program designed specifically for amateur photographers, hobbyists and business users looking for an affordable, easy-to-use but powerful digital-imaging tool. Photoshop Elements is built on the same editing engine as its professional cousin, Adobe Photoshop, but it’s easier to learn and use. With Elements it’s easy to accomplish a variety of tricks and techniques that will enhance your photographs. Alter the color, contrast or brightness; change the size of a picture; remove unwanted elements; fix the dreaded redeye of your subjects, or combine the best of two photos, quicker and easier than ever. Elements contains features designed to download digital pictures from your camera or scanner directly into the program, organize your photo files, and has functions that allow you to output your finished images easily to the web or to print. Learn Photoshop Elements 3.0 and rub shoulders with the pros. Prerequisite: Basic Windows, keyboard and mouse skills. Instructor provides handouts.

CRN #20480 2 Thursdays, 6/15-6/22, 6-9 p.m. MCC Bldg. LRC B142
CRN #20481 2 Thursdays, 7/20-7/27, 6-9 p.m. MCC Bldg. LRC B142
Fee: $95
Instructors: CRN #20480: Hunter Neal, Jr.; CRN #20481: Carmine Fillaramo

**Photoshop Elements: Tips, Tricks and Answers**
If you have been using Photoshop Elements for your creative projects and feel that you need to increase your productivity, then this class is for you. Insider tips and tricks are taught which help promote creativity and reduce technical delays. Topics to be discussed will include artistic filtering; colorizing black and white photos; blending mismatched areas for color and texture; optimizing graphics for print and web; scanning, straightening a crooked picture; stitching wide multi-section photos into a panorama; and layers. The class is also an open workshop for students who want program and technical advice on their own home projects. Bring us your ideas and we will help you structure, improve and apply new techniques to accomplish your artistic goals in the popular Photoshop Elements program. Instructor provides handouts. Prerequisite: Basic Windows, keyboard and mouse skills and some Photoshop experience.

CRN #20482 2 Mondays, 8/21-8/28, 6-9 p.m. MCC Bldg. LRC B142
Fee: $95
Instructor: Richard Hoyer

**MULTIMEDIA**

**Pro Tools Digital Recording**
This course covers audio recording using Pro Tools software on PC computers and covers all basic functions of the software, as well as some advanced techniques. The course is aimed at musicians looking to record their own music in a home studio, but may be of interest to anyone who wants to know more about audio-recording techniques. Each concept will be demonstrated on the software, with the student being able to see and hear the results. Students will learn not only about recording, but also about editing and mixing audio. Instructor provides handouts. Prerequisite: Basic Windows, keyboard and mouse skills.

CRN #20476 3 Tuesdays, 7/11-7/25, 6-9 p.m. MCC Bldg. LRC B142
Fee: $149
Instructor: Clayton Walnum

**Mac Multimedia Tools (formerly Digital Life)**
The world has gone digital. Maybe you’ve been trying to ignore this fact, but it’s true, and it’s time for you to get on board! Learn how to comfortably integrate new digital technology into your home, school and workplace to begin or enhance your new digital lifestyle. Learn about digital music with iTunes and the iPod, as well as organizing digital photos with iPhoto. You will also learn how to burn CDs, rip MP3s and make digital slide shows with music. The class will focus on Apple’s digital iLife software which is fun, easy to learn and integrates well together. Join us if you want to learn more about our brave new digital world. Bring your digital toys, tools, shoeboxes and, of course, your digital questions to class.

CRN #20454 1 Tuesday, 7/18, 6-9 p.m. MCC Bldg. LRC B207 Fee: $65
Instructor: Richard Hoyer

**Picture Yourself Here!**
MCC’s Computer Labs are State of the Art
**Savory Summer Meals in 30 Minutes**

Whether you have a hectic schedule or you just don’t want to spend your summer in the kitchen, learn how to prepare a delicious dinner lickity split! We will make and sample dishes such as Vegetable and Walnut Stir-Fry, as well as Sun-Dried Tomato and Horseradish Encrusted White Fish. We will also undertake some ancillary menu items, such as Homemade Potato Chips and Toasted Sesame Broccoli to complement your summertime meals. Two dinners will be prepared at each class. At least one of the menu items at each session will include students’ hands-on participation. Students should bring one medium-sized bowl, a mixing spoon, and pot holder to each class. Materials fee: $30, payable to instructor at the beginning of the first class (cash or check).

CRN #20571 3 Wednesdays, 6/14-6/28, 6:30-8:30 p.m.
MCC Bldg. Lowe L245 Fee: $45

Instructor: Carol Lazzeri-Casey, inspired by her Italian family where the kitchen was the center of all household activity, has written two cookbooks in the “Savour the Flavour Series”: **There’s No Such Thing As Too Much Garlic (A Book for “Garlicaholics!”)** and **The Heat’s On, Baby! (A Book for Chile Heads)**. Her books have taken her on tour for cooking demonstrations and classes at various venues and food festivals, and will bring her to events in New York, Pennsylvania, Toronto, and California this summer and fall.

**Learn to Cake Decorate Like the Pros**

Have you ever wished that you could decorate cakes like the professional bakers? Astonish your family and friends during the holidays and any other special occasions? In this introductory class, you will learn how to build and decorate with frosting; fix problems and mistakes; and use a pastry bag for borders, flowers, and language. Once you learn the basics, then you can continue to practice and enhance your skills at home. Students should bring to the first class the following items: a rubber spatula; a straight frosting spatula (small and large); scissors; a pre-baked cake (either two round layers or one square or rectangle); and a cake plate to transport your finished cake back home. You are also encouraged to bring a camera, but it is not necessary. Materials fee: $20.

CRN #20648 2 sessions, Tuesday & Thursday, 6/13-6/15, 6-8 p.m.
MCC Bldg. Lowe L272 Fee: $40

Instructor: Paul Waszkelewicz received his associate’s degree in culinary arts from Johnson and Wales University. For many years he was the food service director for Marriott Corporation in East Hartford. He teaches culinary arts and nutrition at Bloomfield High School and for Glastonbury’s Department of Parks and Recreation.

**The Wines of Summer**

Summer is almost here and undoubtedly a series of summer festivities, including backyard picnics, barbecues, cookouts, parties, and other social events, will feature summer wines. This class will suggest an assortment of summer wines to satisfy your summer menus—what wines to drink with what foods. A dozen wines will be tasted and evaluated for this session, and some surprises will be in store for you. A fun evening is assured. Please bring some light snacks or munchies; glasses will be supplied. Register early as the class is limited to 20 people. Materials fee: $20, payable to instructor at beginning of class.

CRN #20572 1 Friday, 6/16, 6:30-9:30 p.m. MCC Bldg. Lowe L213 Fee: $25

Instructor: Gene Spaziani is a retired MCC professor who started the first wine classes in Connecticut at MCC in the early 1970s. He is a noted wine journalist and author who writes the weekly wine column for the Journal Inquirer.

**Before the Crush for Home Winemakers**

This session is designed for amateur home winemakers. The instructor has been an award-winning home winemaker for 45 years and is the author of The Home Winemaker’s Companion. He will discuss various winemaking techniques; where to get the best grapes and juices; what types of yeast to use; how to make three wines from one grape; blending suggestions; sanitation procedures; and basic equipment needs. Several award-winning amateur wines will be tasted. Bring along your winemaking questions and some food to much on; glasses will be supplied. This is an excellent opportunity for home winemakers to get valuable information on upgrading their winemaking skills. Materials fee: $10, payable to instructor at beginning of class.

CRN #20573 1 Friday, 8/25, 6:30-9:30 p.m. MCC Bldg. Lowe L213 Fee: $25

Instructor: Gene Spaziani

**Little Foods: Exploring the Small Food Traditions of the Mediterranean**

From Spanish tapas bars to the cafes of Italy and France, from Moroccan open air markets to the Turkish mezes table, the Mediterranean provides us with a rich and varied tradition of small-bite eating—what we generally think of as appetizers. In this two-session course, you will learn about these varied traditions, and you will cook and taste your way to a deeper understanding of this style of eating, one small bite at a time. Participants should bring a sharp knife, dish towels, and pot holders to class. Materials fee: $30, payable to instructor at the beginning of the first class.

CRN #20640 2 Tuesdays, 7/18-7/25, 6:30-9 p.m. MCC Bldg. Lowe L245 Fee: $45

Instructor: David deMercado is the owner and chef of “Dinner As You Please Chef Service,” which provides custom-designed menus in the home to time-challenged professionals and for parties of any occasion. Chef David also teaches several multi-course classes at Glastonbury High School through their Adult Continuing Education Program, and frequently gives large and small group cooking demonstrations throughout the area.

Interested in a cuisine class?
Please register early—instructors need to shop for an approximate number of students.
Vegetarian Indian Cuisine

This course will introduce students to sattvic foods, which means “pure.” This manner of Indian cooking is based on fresh vegetables, whole grains, lentils, fruits, and spices. Students will learn how to prepare roties (breads); chapati (different grains); soups; lentil and vegetable dishes; and various desserts and drinks. These meals are simple, quick and tasty, and direct from India! Materials fee: $25, payable to the instructor at the first class.

CRN #20607  3 Fridays, 7/14-7/28, 6:30-8:30 p.m.
MCC Bldg. Lowe L242 Fee: $60

Instructor: Davender Khokhar has taught Indian cooking to groups and private students. She also cooked for ambassadors to India, as well as teaching them about basic nutrition. In addition to her culinary background, Davender teaches yoga and Hindi language classes at MCC.

Chai, Curries, and Chutneys

The hallmark of Indian cuisine is in its variety of flavors and aromas. Asian Indians use exotic spices and numerous types of blends in preparing a variety of dishes. The usual Indian meal consists of at least one curried dish and a condiment such as chutney (a relish made of fruits, spices, and herbs). North Indians are also fond of chai, a tea blend mixed with herbs and spices to enhance the flavor, as well as to add healing properties. This class will focus on these three components of a typical Indian meal. Students will learn to make a variety of curried dishes; chutneys and other condiments; and chai tea and other drinks. Materials fee: $15, payable to instructor at first class.

CRN #20570  3 Sundays, 8/6-8/20, 10 a.m.-1 p.m.
MCC Bldg. Lowe L245 Fee: $60

Instructor: Shalini Sharma was born and raised in India, and enjoys experimenting with different styles of cooking. She earned her bachelor’s and master’s degrees from Meerut University, India, as well as a diploma in Indian classical dance.

Fish and Shellfish: The Ocean’s Bounty

Discover how to make the most of fresh seafood, which is brimming with nutrition and low in calories and fat. In this hands-on class, prepare Seafood Newburg, cod and vegetables en Papillote, and a scrumptious almond-encrusted salmon. Shellfish dishes include shrimp scampi, spicy shrimp sauté, and sea scallops Americaine. Participants will learn proper selection and handling of fish and shellfish, and how to prepare complementary sauces for seafood dishes. Materials fee: $15, payable to instructor at beginning of class.

CRN #20574  1 Saturday, 8/12, 12:30-4:30 p.m.  MCC Bldg. Lowe L294 (North Kitchen) Fee: $50

Instructor: Carl Stafford is associate professor of hospitality management at MCC.

Attention Chefs and Culinary Instructors

Share your expertise with us!
We’re always looking for fresh, interesting courses to serve up in our Cuisine section.

Classes are taught in MCC’s professional kitchen lab, with adjoining dining room.

Hungry for students?
Please call Continuing Education at (860) 512-2800
Movies That Inspire: Contemporary American Cinema
Through the viewing of four contemporary American films: Life as a House, The Spitfire Grill, Awakenings, and Grand Canyon, we will explore mainstream cinema’s power to inspire and uplift the human spirit. An introduction to each movie before the viewing and a discussion afterwards will focus on what spurs and nurtures in all of us such human elements as inspiration, hope, compassion, courage, awe, and purpose. Discussions and lectures will focus on each film’s literal, thematic, and sub-textual meanings; the realism/idealism debate; the use of cinematic techniques in order to highlight meaning; and philosophical and psychological themes as they apply to the movies.
CRN #20535 4 Thursdays, 6/1-6/22, 6-9 p.m. MCC Bldg. V5 V151
Fee: $75
Instructor: Len Rotondaro brings to the classroom more than 30 years of teaching experience in film studies, English, psychology, and philosophy. He is currently an MCC adjunct instructor in English and Film Study & Appreciation.

Cultural Exploration for Travelers to China
This class is designed for anyone fascinated by Chinese culture or those planning to travel to China. Explore Chinese history, geography, culture, and tradition and learn a few words of simple conversational Chinese. The instructor will provide an up-to-date analysis of the political climate in modern China and discuss food and eating etiquette, as well as travel tips. Participants will learn about popular travel routes in China and scenic, must-see attractions in Shanghai, Guilin, Xi’an and Beijing.
CRN #20525 2 Tuesdays, 6/13-6/20, 6-8 p.m. MCC Bldg. LRC B144
Fee: $35
Instructor: Ming Hua He is founder and director of the Chinese Cultural Exchange, an organization dedicated to promoting Chinese-American relations through education and cultural events. She has also taught Chinese language at Heilongjiang University in China, and accompanied the MCC tour of China in 2000.

Eastern European Culture through Film
Can you imagine a great battle on a frozen lake in 1242 A.D.? This event happened when the Teutonic knights of Germany attacked Russia. Alexander Nevsky, the Prince of Russia during that time, used ingenious tactics to win the battle. By viewing the film, Alexander Nevsky, you will experience one of the most intriguing epics of all time. In another session you will view Ukrainian filmmaker Alexander Ptushko’s 1935 classic, The New Gulliver, which is one of the first full-length animated movies ever made and includes over 1500 puppets. There will also be two other Ptushko movies shown: The Tale of Tsar Saltan and Scarlet Sails. The following two weeks will include award-winning Russian classics, The Stone Flower, which won the Cannes Award in 1946, and the 1953 film, Sadko, which won an award in Venice, Italy. Rounding out the selections is a film based on a novel by Polish Nobel Prize winner, Henryk Sienkiewicz, In Desert and Wilderness. Some of the films are in English, and others use English subtitles. Throughout the eight weeks, the focus of discussion will be on Eastern European culture, arts, customs, and history.
CRN #20526 8 Wednesdays, 6/7-8/2 (does not meet 7/5), 7-9 p.m. MCC Bldg. V5 V151
Fee: $99
Instructor: Rima Martin is a native of Lithuania and speaks Lithuanian, Russian and Polish. She has been teaching all three languages at MCC since 2002.

The Italian Renaissance: Art, Architecture and Florence
Come and enjoy this art-appreciation course about one of the most important periods of art history. We will focus on the Italian city of Florence, the capital of the Renaissance, and the superb art of the great masters of that period. We will analyze the art that reflected the Renaissance ideal: the rebirth of imagination inspired by classical antiquities and humanism. This is a “must” course for art lovers and those who are planning a visit to the amazing city of Florence.
CRN #20662 1 Friday, 6/30, 6-9 p.m. MCC Bldg. LRC B208
Fee: $30
Instructor: Dr. Akram Erik-Soussi lived in Italy for ten years and earned a doctoral degree from the University of Florence. He taught Italian at CCSU and the University of Hartford and was the personal interpreter for the President of Sicily during his official visit to Connecticut. He has taught art history and languages for MCC since 1993.

In partnership with Connecticut’s Institute for Community Research, MCC is pleased to continue its series of Cultural Bus Tours

Connecticut Cultural Heritage Arts Bus Tour: Cape Verdean Music and Dance
This bus tour travels to Waterbury’s large Cape Verdean population for its annual mid-summer celebration, Festa de Sao Joao, which features unique Cape Verdean drumming music called Repicar de tambur, as well as their dance, Kola. The tour will also attend the festival at the Cape Verdean Social Club, where community leaders, musicians, and dancers will discuss their traditions and perform. Food vendors serving tasty ethnic foods will be available at the festival. Participants should bring money to buy lunch from these vendors. Therefore, the course fee does not include the cost of lunch.
CRN #20672 1 Saturday, 6/24, 1-9 p.m. Bus tour leaves from and returns to MCC, Parking Lot C (there is no classroom). Fee: $65
Instructor/Tour guide: Lynne Williamson received a graduate degree from the University of Edinburgh, Scotland, has been a museum professional for nearly 30 years, and is an adjunct instructor at the University of Hartford. She is director of the Connecticut Cultural Heritage Arts Program at the Institute for Community Research, a Hartford-based, statewide, folk arts initiative. Lynne led each of the three cultural bus tours during the spring ’06 session.

AND SAVE THE DATE … ON SATURDAY, SEPTEMBER 9
The Cultural Bus Tour series continues with a day-long tour of Eastern European artists and churches, as well as a Polish festival in the Bristol-Terryville area.
For more information, see the Fall Credit-Free Catalog or call (860) 278-2044, x 251

www.mcc.commnet.edu
DANCE & DRAMA

New

Line Dance
Have fun while you exercise too! Some country dance will be included, but other styles will also be taught. Each dance that is introduced will be reviewed each week as a new one is taught. A partner is not necessary. Class is held at the Burton Dance Studio, 63 Linden Street, Manchester.
CRN #20545 7 Thursdays, 6/8-7/27 (does not meet 7/6), 6:15-7:30 p.m.
Fee: $89 (per person)
Instructor: Beverly Burton has been a dance teacher for more than 40 years.

Ballroom Dancing I
No experience required! Anyone can learn the fox trot, the waltz, and some swing and jitterbug steps in this fun and relaxed course. Enrollment is limited to 15 pairs of dancers. It is recommended that you register with a partner. Class is held at Burton Dance Studio, 63 Linden St., Manchester.
CRN #20651 7 Tuesdays, 6/6-7/25 (does not meet 7/4), 6:15-7:30 p.m.
Fee: $89 (per person)
Instructor: Beverly Burton

Ballroom Dancing II
Don’t stop now! You’ve learned the basic steps, and you actually started having fun in those last couple classes of Ballroom Dancing I, didn’t you? Well, what better time to improve your skills and learn new dances than now? The basic dances—foxtrot, waltz and swing—will be reviewed, and new steps will be taught, depending on the interest and ability of the class. Some Latin dances will also be included, such as the rumba, Merengue, and salsa. Participants should have taken Ballroom Dancing I or have permission of the instructor. It is recommended that you register with a partner. Class is held at the Burton Dance Studio, 63 Linden Street, Manchester.
CRN #20544 7 Tuesdays, 6/6-7/25 (does not meet 7/4), 7:45-9 p.m.
Fee: $89 (per person)
Instructor: Beverly Burton

Middle Eastern Belly Dance for Beginners
Contrary to popular belief, most belly dancers do not look or dress like Barbara Eden in “I Dream of Jeannie.” Middle Eastern dance derives from the folk dances commonly performed at weddings and the traditional celebrations of Arabia, Turkey and North Africa. Whether wearing ethnic costume or modern dancewear, Middle Eastern dancers come in all shapes and sizes. Today, this dance form can be seen at family gatherings from Morocco to Istanbul, in restaurants throughout Europe and America, and on the Broadway stage. By breaking down their unique, undulating movements into simple components, almost anyone can learn essential Middle Eastern dance steps, regardless of previous dance experience. Belly dancing is a fun-filled exercise that is especially helpful in toning thigh, hip and abdominal muscles. Participants must be at least 16 years of age. Appropriate exercise or dance clothing (sweats, leotards, t-shirts and gym shorts, etc.) and footwear (jazz shoes, ballet slippers or socks) are recommended. Repeat students are welcome.
CRN #20556 8 Mondays, 6/5-7/31 (does not meet 7/3), 6:30-8:30 p.m.
EHCCC Room 1 Fee: $99
Instructor: Tony Leshinskie (Hijara) has performed Middle Eastern dance since 1989 and is a founding member of Desert Moon Dancers, one of Connecticut’s premiere Middle Eastern dance troupes. He has taught Middle Eastern dance classes through several adult education programs since 1998.

Unleashing the Diva Within through Kripalu Danskinetics™
Love to dance? Hate to exercise? Get fit the fun way with Kripalu Danskinetics™. A fusion of Kripalu yoga and dance, Danskinetics is a well-rounded workout for the body and soul. Learn to release tension and stress. Move with confidence and ease as you connect with others in a supportive, non-judgmental environment. Each session begins with gentle yoga warm-up postures, followed by a period of fun, lively dance, and a rhythmic cool-down. Classes end with deep relaxation exercises. No previous experience is required to join in the fun while energizing the spirit! Please bring a mat, drinking water, and a combination lock to store your personal belongings during class.
CRN #20605 8 Thursdays, 6/15-8/10 (does not meet 7/6), 7-8:15 p.m.
MCC Bldg. Lowe L155 (Aerobics Studio) Fee: $50
Instructor: Ludwika “Vicky” D’Agostino is a certified Kripalu Yoga and Kripalu Danskinetics™ instructor who teaches at a studio in South Windsor. She is also a puppeteer, singer, songwriter, and music/theater enthusiast.

Dances of the Gods: Indian Classical Dance
Indian classical dance originated in temples, where it was used to illustrate the Hindu mythologies. However, you don’t have to be from South Asia to enjoy and benefit from the Dances of the Gods. In this fun and informative workshop for the novice, participants will learn a combination of various dance forms from India that combine body movement and yogic mudras (hand positions that form part of a Hindu prayer and that are believed to possess healing qualities). The combined techniques are designed to enhance strength and flexibility. Students will start with warm-up and stretching exercises and move into basic dance steps, learning to dance to music, learning to dance to slow and faster rhythms, moving with ease, working with yogic mudras, learning step coordination, working on dance routines and group dances, and learning to dance to the complex and soul-stirring drum beats of Indian classical music. Wear comfortable dance/exercise attire and footwear (jazz shoes, ballet slippers or socks). Optional hand cymbals and anklets are available from the instructor for an additional $6 fee. Please bring a combination lock to store your personal belongings during class.
CRN #20548 8 Fridays, 6/23-8/11, 6:30-8:30 p.m.
MCC Bldg. Lowe L155 (Aerobics Room) Fee: $99
Instructor: Shalini Sharma holds a diploma in classical dance from India. She has performed on stage in India and has participated in several cultural events and festivals in the United States.

Latin Dance for Beginners
If you got excited about the TV contest, “Dancing with the Stars,” and wished that you were a part of it, or if your desire is to become a potential dance competitor in “So, You Think You Can Dance?,” then this is the class for you. You will learn how to master sensual and hot Latin rhythms, such as salsa, Cumbia, and Merengue. Students will also be introduced to other Caribbean rhythms, such as cha-cha, mambo, and Bachata. Non-marking, athletic shoes must be worn. Please bring a combination lock to store your personal belongings during class.
CRN #20539 8 sessions, Mondays & Wednesdays, 7/10-8/2, 6-7 p.m.
MCC Bldg. Lowe L155 (Aerobics Studio) Fee: $90
Instructor: Oswaldo Tirano, a native of Colombia, learned Latin dance as part of his cultural heritage. He has studied theater, puppetry, dance and voice at the National University and National School of Dramatic Arts in Colombia. Currently, he is the director of the Grasshopper Puppet Theater and conducts performances and workshops in area schools.

Summer 2006 Credit-Free Catalog
Latin Dance for Beginners II
As a follow-up to Latin Dance for Beginners I, this class is for those who have strong Latin foot work and know basic turns with their partners. Students will learn how to become strong leaders and attentive followers, while learning a variety of turns based on “cross-body lead” and “salsa step.” There will be warm-ups using other rhythms, such as Merengue, Bachata, and cha-cha. Non-marking, athletic shoes must be worn. Please bring a combination lock to store your personal belongings during class.
CRN #20540 8 sessions, Mondays & Wednesdays, 7/10-8/2, 7:15-8:15 p.m. MCC Bldg. Lowe L155 (Aerobics Studio) Fee: $20
Instructor: Oswaldo Tirano

Success in Soap Operas, TV Commercials and Film
For aspiring actors, Ron Millkie offers a step-by-step, no-holds-barred seminar on breaking into soap operas and TV commercials. His course is open to people of any age from teen-agers on up, and including beginners! The program features acting for “soaps” and provides pertinent information on blocking, scene interpretation, character analysis, and how to get into the American Federation of Television and Radio Artists. Participants will be videotaped in a mock screen test patterned on an actual network soap opera, and finished tapes will be viewed and critiqued by the instructor. One student will be selected to spend a day in New York with the instructor to meet a series of casting directors and agents. Don’t miss this extraordinary opportunity to make a major contact, as well as learning the ropes of soap operas and commercials from a true professional. Each participant must bring a blank videotape. Film scripts and directions will be mailed prior to class start.
CRN #20637 2 sessions, Saturday & Sunday, 6/24-6/25, 10:30 a.m.-4:30 p.m. MCC Bldg. V2 V127 Fee: $149
Instructor: Ron Millkie is a professional actor who has appeared in several movies, a Broadway national tour, off-Broadway plays, commercials and daytime television.

Introduction to Commercial Acting
Ever watch a TV commercial and think, “I can do that!” Don’t know where to start? This class is your opportunity to get acting basics, while enhancing your communication skills and building confidence in a relaxed, stress-free environment. This class will explore varied acting and improvisational skills targeted specifically to the needs of a potential commercial audition. Each week will involve feedback and critique of class work. Students should bring a blank VHS video tape to record class work for home viewing. Students should also be at least 18 years old.
CRN #20555 6 Mondays, 6/5-7/17 (does not meet 7/3), 6:30-9 p.m. MCC Bldg. LRC A108 Fee: $95
Instructor: Michelle Pawlina-Martins is a professional actress, motivational speaker and trainer for the “Making It Count” programs, and a certified teacher. She has appeared in more than 20 professional productions in theaters from New York to Florida, and in nearly 40 commercials, films, and industrials. She also completed the teaching certification program at Southern Connecticut State University.

Introduction to Acting
Do you want to be prepared for any type of audition? Do you lack the confidence and ability to give a good audition? Learn the ins and outs of community theater; how to give a cold reading; prepare a scene; and research and perform monologues. Students will participate in various solo, partner and group exercises. We will also discuss head shots and resumes. As part of the class, you may have the opportunity to watch and partake in an audition for a community theater production.
CRN #20536 5 Tuesdays, 6/13-7/18 (does not meet 7/4), 7-9 p.m. MCC Bldg. AST E113 (Auditorium Backstage) Fee: $70
Instructor: Deb Popillo

Introduction to Voice-Over: Put Your Mouth Where the Money Is
The voices that you hear behind TV commercials and movie trailers belong to real people who make good money doing what they do. Learn about the many opportunities that exist in the world of voice-overs and how you can become part of that world. Commercials, industrial films, narrations, characters and animation are just a few of the possibilities waiting for good voice-over artists. Students in this course will learn what producers are looking for, where the auditions are, the pros and cons of having an agent, and much more. Turn your natural speaking voice into a fun and lucrative career. An invitation to tour a Hartford area recording studio will be extended to those who are interested.
CRN #20554 4 Tuesdays, 8/1-8/22, 7-9 p.m. MCC Bldg. V3 V131 Fee: $50
Instructor: Eric Michael Summerer is a professional voice-over artist and producer with years of experience in the radio and recording industries. Commercial and narration clients include New Balance, MedCo Health, Nestle, and SkillSoft. Eric will also be starring in upcoming games for the PlayStation and Xbox consoles.

Of Similar Interest:
- Fitness Section on pages 23-24
- “The Shorter Plays of Samuel Beckett: Performance and Analysis” on page 43
Pronunciation Practice: Accent Reduction
Learning English as a second language represents a giant step forward for émigrés seeking a new life in the United States. The next step in the process may involve speaking English with a less pronounced accent. This course is designed for intermediate to advanced ESL students and workplace employees who already have a good command of the English language. The focus will be on improving quality, comprehension and consistency of spoken English. Special emphasis will be placed on reducing native accents and improving articulation, rhythm, intonation and connected speech. Students will find themselves overcoming communication barriers with new confidence, productivity will increase and improved integration will be evident in the workplace or academic environment. Students will need to submit three, 90-minute audio cassettes to the MCC Library prior to the start of classes to obtain the material necessary for class.

CRN #20639 6 Mondays, 6/5-7/17 (does not meet 7/3), 5:30-7:30 p.m.
MCC Bldg. AST D229 Fee: $120
Instructor: TBA

ESL Communication
Do you need to practice the ESL skills you’ve been learning? This class will offer high-beginner and intermediate students an opportunity to reinforce listening, speaking, reading and writing skills in an informal setting. Each text/tape unit focuses on a contemporary topic. A variety of multi-skill activities will provide review, reinforcement and expansion of language skills. Students should bring a new 90-minute cassette to class. Required text: In Detail, Heinle, available at MCC Bookstore. Prerequisite: Ability to read and comprehend the text.

CRN #20638 8 Mondays, 6/5-7/31 (does not meet 7/3), 7:40-9:40 p.m.
MCC Bldg. AST D229 Fee: $160
Instructor: TBA

Grammar in Context: Part 1
This course is designed for students with a good working knowledge of English grammar, including the basic verb tenses of past, present and future. Participants will build on grammar skills, modals, time clauses, gerunds, and infinitives. Listening, speaking, reading, and writing exercises will help students with their communication skills. Prerequisite: Previous ESL course work or permission of instructor. Required text: Grammar in Context 2, 3rd edition, Elbaum, available at MCC Bookstore. Please review chapters 1-6 prior to the first session.

CRN #20634 4 Wednesdays, 6/7-6/28, 6-9 p.m. MCC Bldg. LRC A226 Fee: $120
Instructor: Natalia Piendel

Grammar in Context: Part 2
A continuation of Grammar in Context: Part I, this course is designed for students with a good working knowledge of English grammar. Students will continue to build on grammar skills, the perfect and past tenses, the passive voice and more sophisticated grammar topics. Listening, speaking, reading and writing exercises will supplement the text and improve overall English comprehension skills. Prerequisite: Grammar in Context: Part I, or permission of instructor. Required text: Grammar in Context 2, 3rd edition, Elbaum, available at MCC Bookstore. Please review chapters 7-12 prior to first class.

CRN #20635 4 Wednesdays, 7/5-7/26, 6-9 p.m. MCC Bldg. LRC A226 Fee: $120
Instructor: Natalia Piendel

ESL Speech Development: Part 1
Effective communication in English is of critical importance for recent immigrants to achieve self-sufficiency. This is a high beginner/intermediate ESL course enabling students to communicate orally and in writing; understand the culture and civics (expected social behavior) of their new environment; and master life skills necessary to survive and thrive in American society. The course includes pronunciation practice, grammar, vocabulary, listening, and authentic communication exercises. The topics in Part 1 (Units 1-5) will be community and volunteering; avoiding telemarketing fraud; leasing an apartment and legal responsibilities; house emergencies; traffic violations; incidents involving the police; booking a trip; staying at a hotel; evaluating travel packages; managing time; and the consequences of missing deadlines. The following grammatical material will be covered: simple, continuous, and perfect tenses; non-action verbs; gerunds; infinitives; and conditionals. Required text: Ready to Go, Joan Saslow, available at MCC Bookstore. Materials fee: $5 for tapes payable to the instructor at the first class.

CRN #20658 7 Mondays, 6/12-7/31 (does not meet 7/3), 5:30-7:30 p.m.
MCC Bldg. LRC A226 Fee: $140
Instructor: Natalia Piendel

Consider Yourself Confirmed!
MCC notifies you only if a course cancels or has schedule changes. If you don’t hear from us, assume you are registered.

Summer GED Classes

Ongoing Registration

NO CHARGE

Provided by
Vernon Regional Adult Basic Education
Call (860) 870-6000 ext. 139
for more information and to register.
How to Write a Successful College Application Essay

More and more colleges are requiring an essay as part of the admissions application. The essay can be an important distinguishing factor for applicants. This workshop is designed for high school students who will be juniors or seniors in the fall. Topics for discussion will include the essentials of successful essays; subject choice; the most appropriate tone; what to avoid; and a sample of student essays. Students will be asked to complete a draft essay at the conclusion of the course.

CRN #20557 2 sessions, Tuesday & Thursday, 7/18-7/20, 4-5:30 p.m.
MCC Bldg. AST C201 Fee: $25
Instructor: Dr. Heather Ricker-Gilbert is a faculty member at MCC and an educational consultant specializing in college admissions.

What the Truth is about Your Credit Score

Most Americans have been misinformed about the reason for their credit score. Take the mystery out of your credit score and learn the facts. Learn what a credit score is, step by step, and how it affects you and your life, especially when obtaining a home mortgage. Receive a credit report with your credit scores from all three major credit bureaus. Learn how easy it is to increase your credit score with a few simple tasks.

CRN #20560 2 Tuesdays, 6/20-6/27, 6-8 p.m. MCC Bldg. Lowe L213 Fee: $25
Instructor: Mark S. Chu, Jr. is a mortgage consultant with ten years’ experience in residential and commercial lending, specializing in difficult credit loans. He was educated in the process of credit scoring by all three major credit bureaus.

Mortgages and the Home Buying Process

This class is intended for those who are considering purchasing their first home, as well as those who are repeat buyers interested in the most up-to-date information regarding the mortgage industry. Participants will gain knowledge on the following topics: completing a home buying strategy; the impact of a credit score; pre-approval vs. pre-qualified; choosing a realtor; effectively negotiating the purchase of a home; choosing a suitable loan program; rent vs. own; and if applicable, the most prevalent mistakes that sellers make when selling their home. There will be handouts regarding each of the topics to aid in the learning of the material.

CRN #20669 1 Thursday, 8/3, 7-9 p.m. MCC Bldg. V3 V131 Fee: $25
Instructor: Eric Kincheloe has nearly ten years of mortgage lending experience. He also has experience in training other mortgage professionals and is currently a branch manager for a national lender.

Reverse Mortgage Education for Seniors

Intended specifically for seniors, age 62 and over, who own a home or are considering purchasing a home, this class will provide key information about reverse mortgages. A reverse mortgage allows seniors the ability to tap into their home’s equity and to receive either a monthly income, a lump sum of cash, or a line of credit. There are no income or credit qualifications and there is no repayment until the homeowner permanently leaves the home. Reverse mortgages are gaining popularity for the nation’s seniors. This class is designed to answer many of the questions regarding how a reverse mortgage works and the reasons for considering this type of loan program.

CRN #20670 1 Thursday, 8/10, 7-9 p.m. MCC Bldg. V3 V131 Fee: $25
Instructor: Eric Kincheloe

Successful Money Management Seminar

Procrastination is one of the worst mistakes you can make when it comes to planning for your retirement. Become proactive and join us for this informative course that will cover: how to organize your financial accounts and create a financial plan; saving for retirement; understanding the importance of cash reserves; mutual fund investing; estate planning; risk management; and how to balance your investment portfolio. Achieving financial success can be a long and difficult process for the uninformed. Learn how to potentially accumulate assets and plan for your future today. Materials fee: $25, payable to instructor at first class, for course workbook.

CRN #20562 3 Thursdays, 6/8-6/22, 6:30-8:30 p.m. MCC Bldg. LRC B208 Fee: $40
Instructor: Steven Jacques is a registered investment advisor with an independent firm. He has been providing financial advice for nearly five years.

File or Fling: Organizing Your Financial Records

The price of disorganization can be more than a messy desk. Studies have found that people who systematically plan and budget are, on average, 39 percent wealthier than their peers. This class will present strategies to organize your financial documents. For those tortured at tax time, we will cover an organizational system, which can help you cut down on preparation time and find overlooked deductions. We will also discuss which financial records you should keep and for how long. Join us and find out how to streamline your financial life.

CRN #20561 1 Thursday, 6/29, 7-9 p.m. MCC Bldg. LRC B208 Fee: $25
Instructor: Jan Johnson is a Certified Financial Planner™ professional who provides financial planning and investment advisory services for an independent firm. She is on the board of the Connecticut Valley Financial Planning Association and practices in Manchester.

Of Similar Interest:
- QuickBooks (Introduction & Intermediate) on page 13
- Outlook: Start Organizing Your Business and Personal Life on page 13
- Online Personal Finance courses on pages 36-37
FITNESS & RECREATION

Tai Chi for Health and Relaxation
Beginners of all ages are invited to let your chi energy flow. Learn to let your body release everyday stress and relax with graceful movements of this ancient Chinese art. Students will be taught tai chi, chi kung, and an easy-to-learn, short tai chi form. Feel your body increase in strength and flexibility, while you find peace of mind. Class meets at Malee’s School of Tai Chi & Kung Fu, 991 Main St., Manchester. The following enrollment options coincide with the School’s regularly scheduled classes. CRN #20618 10 Mondays, 6/5-8/21 (does not meet 7/3 & 7/31), 12:30-1:30 p.m.
CRN #20619 10 Mondays, 6/5-8/21 (does not meet 7/3 & 7/31), 7:30-8:30 p.m.
CRN #20620 10 Tuesdays, 6/6-8/22 (does not meet 7/4 & 8/1), 5:30-6:30 p.m.
CRN #20621 10 Wednesdays, 6/7-8/23 (does not meet 7/5 & 8/2), 12:30-1:30 p.m.
CRN #20622 10 Wednesdays, 6/7-8/23 (does not meet 7/5 & 8/2), 7:30-8:30 p.m.
CRN #20623 10 Thursdays, 6/8-8/24 (does not meet 7/6 & 8/3), 5:30-6:30 p.m.
Fee: $99
Instructor: Malee Khow, president of the U.S.A. National Tai Chi Chuan Federation, has studied and practiced the martial arts for 30 years. She is an international Wushu judge and multiple gold-winner in international competition.

Cardio Kick-Boxing Workout
Get the most out of your exercise time and have fun doing it! Burn up to 800 calories per session! Take the excitement, music and energy of an aerobics program and learn self-defense techniques in an action-packed workout. No prior experience needed; participants of any level can attend any class. The usual routine begins with warm-ups and stretching; then, on to the cardiovascular segment, where you’ll do basic punching and kicking moves to increase your heart rate; next, spend some time working with wave masters (a type of punching bag); and conclude your workout with some abdominal work and cool-down exercises. As these are continuous classes, beginning students follow along with the routine and learn from watching the instructor and other more experienced students. There is no person-to-person contact. No uniform is required. Please wear appropriate workout clothes. Students must be at least 16 years old. Equipment fee: $5, payable to instructor at first class. For your convenience, choose from any one of the ongoing classes scheduled below. Classes meet at the Academy of Martial Arts & Personal Development, 440 Oaklad St., Manchester.
CRN #20612 8 sessions, Tuesdays & Thursdays, 6/6-6/29, 9:30-10:30 a.m.
CRN #20613 8 sessions, Tuesdays & Thursdays, 7/11-8/3, 9:30-10:30 a.m.
CRN #20614 8 sessions, Tuesdays & Thursdays, 6/6-6/29, 6-7 p.m.
CRN #20615 8 sessions, Tuesdays & Thursdays, 7/11-8/3, 6-7 p.m.
CRN #20616 8 sessions, Mondays & Wednesdays, 6/5-6/28, 7-8 p.m.
CRN #20617 8 sessions, Mondays & Wednesdays, 7/10-8/2, 7-8 p.m.
Fee: $40 (per 8 sessions)
Instructors: Joel S. Waldron, owner and master instructor of The Academy of Martial Arts and Personal Development, has studied and taught martial arts for more than 25 years; and other Academy instructors.

Essential Mountain Bike Skills
This informative and instructive course is for both beginning and advanced mountain bike riders. Learn new riding techniques and unlearn bad habits that are holding you back. For beginners, learn correctly the first time, and for advanced riders, continue with your development. This course will cover bicycle and mechanical basics, but the focus will be on bike skills needed to expertly negotiate rocks, logs, corners, and uphills and descents of trails. Students need to bring their own bike and helmet. CRN #20624 2 Wednesdays, 6/7-6/14, 5:30-7:30 p.m.
MCC Bldg. LRC A108 Fee: $25
Instructor: Salem Mazzawy is a professional cross-country and downhill racer with 10 New England championship titles and an equal number of years of instructional experience, including coaching the USA Cycling Junior Olympic Camp. His awards include three Nutmeg Games State Championships and two Connecticut Point Series Championships.

Yoga for Every Body
Practice the ancient, graceful and time-tested system of Kundalini yoga. Yoga is healthy, fun and feels good. It boosts your energy, improves your concentration and lifts your mood. Try it, and in a short time you’ll wonder how you ever got along without it. Each class consists of breathing, stretching, and physical exercises; mental concentration; mantra; meditation; and long, deep relaxation. All levels of experience are welcome. No previous experience or fitness level is required. Please bring a mat and a combination lock to secure your personal belongings during class, and wear comfortable workout clothes. Non-marking athletic shoes must be worn. CRN #20604 4 Mondays, 6/5-6/26, 7:30-8:45 p.m.
MCC Bldg. Low E155 (Aerobics Room) Fee: $40
Instructor: Mary Ann McCandless, M.Ed., is a certified instructor in Kundalini yoga and Khalsa Way, a prenatal/postnatal yoga practice. She has taught yoga in the Greater Hartford Area for more than 10 years.

Core Approach to Strong Abs and Glutes
Do you want that long, lean, sculpted look? Then this Pilates class is for you. Pilates is a discipline that encourages strength training and core stability. Keeping the core portion of your body (shoulder to hip squared) still enables you to use your own body as weight. This gentle form of weight training promotes long, lean muscle mass that emphasizes abdominal and gluteus muscles. This program is performed in repetitions of 4 to 10 of the same movements and sequentially progresses to the exercise. Moves are in an exact manner to ensure that the body flexes and extends as safely as possible. All of our exercises are performed on a mat in a slow, concise rhythm. For optimal results, students will also be encouraged to practice on their own for one or two times per week. Non-marking athletic shoes must be worn. Please bring a combination lock in order to store your personal belongings during class. CRN #20601 4 Mondays, 6/5-6/26, 6:15-7:15 p.m.
MCC Bldg. Lowe E155 (Aerobics Studio) Fee: $25
Instructor: Angela DeMichele is an apprentice for Stott Pilates and is a certified instructor through the American Fitness Association of America (AFAA).

Of Similar Interest:
• “Breathing Pranayama,” “Therapeutic Yoga” and “QiGong: Meditative Movements for Health and Wellness” on page 7
• Dance classes on pages 19-20
Introduction to Pilates
The Pilates method may be today’s hottest exercise and the favorite workout of trim Hollywood actresses and international super models, but it has been endorsed by physicians for almost a century. Originally developed by Joseph H. Pilates in Germany in the early 20th century to help strengthen and condition muscles, Pilates is the ultimate mind/body exercise for anyone who wants to tone, streamline and realign his or her body without the bulked-up results of more conventional workout methods. This mat-based exercise combines elements of yoga and bodywork to strengthen the core muscles of the abdomen, while increasing flexibility in the legs, arms and smaller muscle groups. Learn how to firm and tone your muscles to improve posture and facilitate proper and graceful movement throughout your daily life. Participants should wear comfortable clothes and bring a mat. Non-marking athletic shoes must be worn. Please bring a combination lock in order to store your personal belongings during class.

**CRN #20599 4 Saturdays, 6/17-7/15 (does not meet 7/1), 9:45-10:45 a.m. MCC Bldg. Lowe L155 (Aerobics Studio)** Fee: $40
Instructor: Lorelei Chang is a certified Pilates and yoga instructor. Originally trained in China in ballet, modern and Chinese folk dance, she is currently a staff member of the Connecticut Concert Ballet and the Department of Theater and Dance at Trinity College. Lorelei has more than 30 years of dance and 15 years of instruction experience.

Intermediate Pilates
This class is for students who have already taken Introduction to Pilates or who have had previous Pilates experience. Students will continue to develop their technique and will learn more advanced movements. Participants should wear comfortable clothes and bring a mat. Non-marking athletic shoes must be worn. Please bring a combination lock in order to store your personal belongings during class.

**CRN #20600 4 Saturdays, 6/17-7/15 (does not meet 7/1), 8:30-9:30 a.m. MCC Bldg. Lowe L155 (Aerobics Studio)** Fee: $40
Instructor: Lorelei Chang

**New! Pilates on the Ball**
This class builds upon the benefits of the mat-work Pilates class by adapting the exercises to the stability ball. Use of the resist-a-ball is effective in improving functional and static balance and developing high levels of strength, flexibility and beauty by practicing mental and physical control. The method represents a simple way of combining static stretching and aerobic breathing in a series of controlled, non-impact movements with the ball. Non-marking athletic shoes must be worn. Please bring a combination lock in order to secure your personal belongings during class.

**CRN #20611 6 Saturdays, 7/22-8/26, 8:30-9:30 a.m. MCC Bldg. Lowe L155 (Aerobics Studio)** Fee: $60
Instructor: Davender Khokhar is an experienced yoga instructor who has worked in Mother Theresa’s home for orphans in New Delhi and at the American Embassy School in India. She teaches in various fitness programs, including those at MCC.

Personal Trainer National Certification
The World Instructor Training School’s (WITS) certification course is taught at colleges across the country. Come join this fun field and be a part of what ABC News.com states as the 4th hottest job in the U.S., with a national average of $25/hour. Whether a career move or for your own personal knowledge, get all the information you need to become a Certified Personal Trainer. This challenging course is taught over a 5-week period for better retention and skill competency. The National Exam is held on the 6th week. 15 hours of hands-on, practical training prepare you to actually work with clients. Another 15 hours of lectures include (but are not limited to) anatomy, exercise physiology, nutrition, and health screening. Subsequent proof of CPR and a 20-hour internship will prepare you to work successfully in the fitness field. This is a great opportunity to network with employers, while gaining valuable experience. Taking this course will also help you prepare for the National Boards. For more information, please visit: www.witseducation.com. Call (888) 330-9487 to order the required textbook for the course. Textbooks should be purchased in advance and reviewed prior to first class. Non-marking athletic shoes must be worn. Please bring a combination lock in order to store your personal belongings during the fitness class sessions.

**CRN #20597 12 sessions, Tuesdays (classroom) & Thursdays (Fitness Center), 6/20-8/3 (does not meet 7/4 & 7/6), 6:15-9:15 p.m. MCC Bldg. V5 V151 and Lowe L154 (Fitness Center)** Fee: $540
Instructor: World Instructor Training School staff

Advanced Weight Training Techniques
There are many ways to approach weight training, but which methods are truly safe and effective? This workshop is designed for personal trainers who are dedicated to challenging the clients and athletes whom they serve. Through theory and practical information, you will learn to design safe and effective strength exercises. The variety in movement patterns will challenge and enhance your clients’ neuromuscular development patterns in the upper and lower body. Please bring a combination lock in order to store your personal belongings during class.

**CRN #20598 1 Thursday, 8/10, 6:15-9:15 p.m. MCC Bldg. Lowe L154 (Fitness Center)** Fee: $65
Instructor: World Instructor Training School staff

Introduction to Orienteering
The sport of orienteering involves both the mind and body. Originating in Sweden, orienteering is the skill of navigating through an unfamiliar area in the woods using a highly detailed topographic map and a compass to find the best way from checkpoint to checkpoint. Most participants hike at a leisurely pace, while others compete by running through the woods in a test of stamina and decision making. This course will emphasize the recreational rather than the competitive aspects of the sport. If you don’t have your own protractor compass, you may borrow one from the instructor. First class meeting is held indoors. The second class will be held at a nearby state park and will include map and compass exercises and an orienteering hike. Suitable for people of all ages, from eight to eighty. No experience is necessary. Children must be accompanied by a registered adult. Materials fee: $3, payable to instructor at first class.

**CRN #20643 2 Mondays, 7/17, 6-8 p.m. MCC Bldg. LRC B144; and 7/24, 6-8 p.m. (Gay City State Park)** Fee: $30
Instructor: Paul R. Pearson has been a member of the New England Orienteering Club for more than 20 years. He is certified as a Level I coach by the U.S. Orienteering Federation and has been teaching orienteering for more than a decade.
All About Land Trusts
Learn how land trusts preserve open spaces in our towns and neighborhoods. We will study the history, standards and practices of land trusts in this country, and specifically, the operations of the Manchester Land Trust, a member of the National Land Trust Alliance. We will focus on the work of volunteers at the local level, and how you can become the steward of a land trust parcel. You will also receive information about guided hikes that are available for viewing land trust sites in the Manchester region. Anyone interested in the preservation of open spaces, passive recreation, and a healthy environment will find this course beneficial.

CRN #20659  1 Wednesday, 6/21, 7-9 p.m.  MCC Bldg. LRC B144
Fee: $15
Instructor: Malcolm F. Barlow is an attorney and president of the Manchester Land Trust. He frequently lectures on open space issues.

CONNECTICUT BASIC BOATING

OPTION 1:
This four-session, ten-hour course, taught by volunteers or employees of the Connecticut DEP Boating Division, is designed to fulfill the requirements for the Connecticut Safe Boating Certificate. This course will also provide a diploma for the Personal Watercraft Operator’s Certificate. Upon successful completion of the course, the student can send or bring the diploma, an application for certificate, and the appropriate fee(s) to any State DEP office to obtain the Safe Boating Certificate or the Personal Watercraft Operator’s Certificate. Students must attend all classes to qualify.

CRN #20517  4 sessions, Mondays & Wednesdays, 6/12-6/21, 7-9:30 p.m.  MCC Bldg. Lowe L240
CRN #20518  4 sessions, Mondays & Wednesdays, 7/10-7/19, 7-9:30 p.m.  MCC Bldg. Lowe L240
CRN #20519  4 sessions, Mondays & Wednesdays, 8/7-8/16, 7-9:30 p.m.  MCC Bldg. AST C210
Fee: $15
Instructors: Department of Environmental Protection, Office of Boating Staff

OPTION 2:
Students may receive the same Connecticut Safe Boating Certificate through single-day classes offered by Professional Marine Education. Please note that this scheduling option carries a higher course fee.

CRN #11518  1 Saturday, 5/20, 9 a.m.-5 p.m.  MCC Bldg. AST C210
CRN #20520  1 Saturday, 6/10, 8:30 a.m.-4:30 p.m.  MCC Bldg. Lowe L240
CRN #20521  1 Saturday, 7/8, 8:30 a.m.-4:30 p.m.  MCC Bldg. Lowe L240
CRN #20522  1 Saturday, 7/29, 8:30 a.m.-4:30 p.m.  MCC Bldg. AST C210
CRN #20523  1 Saturday, 8/19, 8:30 a.m.-4:30 p.m.  MCC Bldg. Lowe L240
Fee: $89
Instructors: Professional Marine Education staff

Medieval German Longsword
This course is an introduction to European martial arts from the 14th to the 16th centuries through a study of German longsword techniques. Intended for students with an interest in medieval history, martial arts, and/or the Age of Chivalry, each class involves a short classroom session followed by hands-on training of longsword techniques. Students will examine translations of medieval manuscripts, consult contemporary research, and learn longsword methods in the Liechtenauer Tradition. The course will employ wooden sword replicas. There is no sparring or contact involved. Students should dress appropriately for exercise. All equipment is provided.

CRN #20608  8 Mondays, 6/12-7/3 (does not meet 7/3), 6:30-8 p.m.  (except the first class which meets 6:30-8:30 p.m.).
MCC Bldg. AST E113 (Auditorium Backstage)  Fee: $80
Instructor: Drew Page is director of Western Swordsmanship Technique & Research, a local group studying European martial arts. He began training in longsword techniques in 1997 and has trained with groups from Houston, Toronto, and the Higgins Armory in Massachusetts.

The Big Deal: Poker for Beginners
With poker becoming America’s game, if you feel like you’re the only person who doesn’t know your ace from your elbow, this class is for you! Learn the poker basics, from the values of different hands to betting and bluffing, all with a focus on the game in its most popular form, Texas Hold ‘Em. At the end of the course, you will be just as comfortable sitting down at a table at Foxwoods or going online to play as you will be just playing with your friends. The class will conclude with a Texas Hold ‘Em tournament to reinforce the concepts learned. Students should bring a new deck of cards.

CRN #20630  4 Fridays, 6/30-7/21, 7-8:30 p.m.  (will meet 7-10 p.m. on 7/21)  MCC Bldg. Lowe L240  Fee: $40
Instructor: Adam Kievman is a semiprofessional poker player who has won numerous tournaments and played in both the World Poker Tour and in the World Series of Poker Championship event.

Winning at Blackjack
Want to maximize your chances of winning at blackjack? Learn what to do in four basic areas: when to hit or stay, when to double down, when to split, and a soft-hand strategy. The instructor will discuss the rules of the game, terminology, money management, and conservative vs. aggressive betting strategies. There will be interactive lecture, class discussion, simulated play and voluntary homework assignments. Please bring a fresh deck of cards to class. Materials fee: $14, payable to instructor at first class, for workbook and laminated basic-strategies card.

CRN #20629  3 sessions, Tuesdays & Thursday, 6/13-6/20, 7-8:20 p.m.  MCC Bldg. Lowe L142  Fee: $25
Instructor: Nino Nistri has an M.B.A. in finance from the University of Hartford. He has played blackjack and craps for more than 50 years and has been sharing his knowledge of these games with students at MCC since the summer of 2000.
Oh Craps!
The most fashionable men of 18th- and 19th-century England rolled dice in a game called Hazard in luxurious private gambling houses. Hazard would eventually evolve into a game called Craps. When the chips are flying, people are yelling and the dice are rolling, Craps is one of the most exciting games around. Craps is not as difficult as it looks; with a little help, anyone can learn. This course is designed primarily for beginners, but intermediate and advanced players are welcomed. Topics include rules, terms, layout, odds, bets, betting strategies, probability, and money management. Interactive lecture, class discussion, simulated play on a regulation layout, and voluntary homework assignments will make this course as much fun as it is informative. Materials fee: $28, payable to instructor at first class, for workbook, regulation casino dice and laminated reference card.
CRN #20631 4 sessions, Tuesdays & Thursdays, 7/11-7/20, 7-9 p.m.
MCC Bldg. Lowe L142 Fee: $50
Instructor: Nino Nistri

Winning at Bridge
Are you a novice at this internationally popular pastime? Or maybe you haven’t played the game of late and want to get started again? Bridge is much more than a simple card game. It is a social event, a competitive professional event, and the subject of a myriad of books and newspaper columns. This course will set you well on your way to becoming a formidable force among your circle of bridge sharpies. There will be hands-on play starting with the first night of class. With the potential for six million variations, you will never play the same hand twice! This course is for beginners only. Materials fee: $15, payable to instructor at first class for textbook.
CRN #20628 8 Mondays, 6/19-8/14 (does not meet 7/3), 6:30-8:30 p.m.
EHCCC Room 6 Fee: $80
Instructor: Stan Kerry became a lifetime bridge master in less than five years and has taught more than 1,000 students locally. He also appeared recently as a bridge expert on the local cable network show, “Make it Happen.”

Fundamentals of Pocket Billiards
The game of billiards has shown a recent resurgence in popularity. Come find out why! Learn basic techniques, rules of the game, proper stance, and shot making. Whatever level of play you now experience, you will develop a better understanding of technique and game strategy; learn exciting, new shot-making skills; and become a complete player. Materials fee: $5 for table time, payable to The Q Club at the first class.

Classes meet at The Q Club, 395 Broad Street, Manchester.
CRN #20625 3 Mondays, 6/12-6/26, 7-9 p.m.
CRN #20626 3 Mondays, 8/7-8/21, 7-9 p.m.
Fee: $60
Instructor: Bob Hayward has studied and taught the game of billiards for more than 35 years. For the past 10 years, he has captained an American Pool Players Association Eight-ball team, which has won numerous titles, including the team state championship. He has played with such legends as Willie Mosconi, Steve Mizerak and Irving Crane. He also teaches privately and for educational organizations in the area.

Intermediate Pocket Billiards
Are you a pool player with some experience, but can’t sink five or six or seven balls without a miss? Do you have problems with “cutting” balls; “throwing” balls; using right and left “English;” “drawing” balls; “banking” balls; setting up “key” balls; “semi-Masse” shots; “cheat the pocket” shots; or knowing how speed affects your game? If you answered “yes” to any of these, then this course is for you. Many of these shots can be made with very little practice. You will also learn how to play for position on your next shot, as well as safety play. Materials fee: $5 for table time, payable to The Q Club at the first class. Classes meet at The Q Club, 395 Broad Street, Manchester.
CRN #20627 3 Mondays, 7/10-7/24, 7-9 p.m. Fee: $60
Instructor: Bob Hayward

Mah Jongg for Beginners
Mah Jongg is a game of skill and chance with ancient Chinese origins. When the game was introduced to the West in the late 19th century, a real craze developed, and this enthusiasm has continued to grow. Mah Jongg keeps you mentally alert in a very engaging and relaxing way, provides a therapeutic effect on your mental and physical well-being, and is appropriate for all ages. The game involves drawing, discarding, and shuffling small tiles, and then combining them in strategic ways to win rounds. This course will provide a brief history of the game, an overview of the names and suits of the 144 tiles, explanations of the rules, recommended tactics, and an opportunity to practice with fellow classmates. Mah Jongg is a perfect family activity or an enjoyable way to entertain friends and relatives. Come find out why this game is so popular!
CRN #20649 6 Mondays, 6/19-7/31 (does not meet 7/3), 6-8 p.m.
EHCCC Room 2 Fee: $75
Instructor: Cecile Avila is the owner of Cecile’s Arts and Crafts Boutique in Manchester. She taught elementary school in the Philippines for many years, and has been playing Mah Jongg for most of her life.

Let’s Get Hooked on Fishing!
Would you like to learn how to catch fish and have fun doing it? In this introductory course, you will learn exactly this. The instructor will demonstrate a variety of effective fishing techniques, and students will have the opportunity to practice in the classroom. Topics of discussion will include casting, rod/reel/line selection, bait presentation, lures, line tying, fish cleaning, and recipes, as well as Connecticut laws and regulations. Get hooked on fishing—and get ready for Opening Day!
CRN #20603 2 Thursdays, 6/22-6/29, 7-9 p.m. MCC Bldg. LRC A108 Fee: $25
Instructor: Michael Boscarino has been fishing streams and ponds in Connecticut for more than 45 years. He has also written several fishing articles for the local newspaper, Columbia Crossroads. He is a former member of the Manchester Sportsman Club.
Plant Propagation
Does your garden have too many bare spots? You don’t have to buy more plants—just propagate the ones you have. This hands-on class is designed for individuals who want to fill in their garden’s empty places with more plants, and without breaking the bank. Participants will learn how to divide various root structures and bring home divisions to plant in their own gardens. Materials fee: $30, payable to instructor at beginning of class. Class is limited to eight participants; register early!
This workshop will be held at Gazebo Gardens, 54 Hennequin Road, Columbia. Directions will be mailed prior to class start.
CRN #20665 1 Sunday, 6/4, 2:30-4:30 p.m. Fee: $25
Instructor: Astrid Belanger owns Gazebo Gardens in Columbia, where she maintains 30 gardens on three acres of land. She is a master gardener who has been gardening for more than 30 years, and has appeared on television and in many popular gardening magazines.

Making a Living Sedum Wreath
Become the envy of your friends when you learn the secrets of creating a living sedum wreath. Sedums are classified as succulents, hardy plants with thick leaves that can survive a drought. Sedums and succulents make wonderful ground cover and are traditional rockery plants that look great nestled over and in between rocks. Learn how to mix the different textures of these forgiving plants to create a unique and festive wreath that lives forever. Materials fee: $30, payable to instructor at beginning of class. Class is limited to eight participants; please register early!
This workshop will be held at Gazebo Gardens, 54 Hennequin Road, Columbia. Directions will be mailed prior to class start.
CRN #20666 1 Monday, 6/12, 6-8:30 p.m. Fee: $25
Instructor: Astrid Belanger

Garden Tour and Lecture
Enjoy a leisurely stroll through 30 unusual gardens with more than 1,000 different perennials. A master gardener will share shortcuts, time-saving hints and “do’s and don’ts” of gardening. Participants will have an opportunity to observe unusual plants and learn about the care of perennials. This workshop will be held at Gazebo Gardens, 54 Hennequin Road, Columbia. Directions will be sent prior to class start.
CRN #20667 1 Wednesday, 6/14, 6:30-8:30 p.m. MCC Bldg. Lowe L142 Fee: $25
Instructor: Bettylou Sandy

Grow Your Own Historic Connecticut Garden
Did you know that many of the plants we call native in Connecticut actually were transplanted from Europe, Asia and England? How did they arrive? What did the colonists bring with them almost 400 years ago? In this class, you’ll find the answers to these questions and discover what plants the colonists learned about from Native Americans for use as medicine and food; what plants have taken hold in the last 100 years and have become nuisances; and what truly native plants are compared to transplanted ones. A chart of the plants will be provided. Here’s an opportunity to fill in a little-known but important gap in Connecticut’s history.
CRN #20578 1 Wednesday, 6/14, 6:30-8:30 p.m. MCC Bldg. LRC B144 Fee: $25
Instructor: Bettylou Sandy

Container Gardening
Whether you have a small yard, tiny porch, patio, or just a windowsill, you can still grow flowers, herbs or vegetables. Residents of apartments, condominiums, retirement homes, or houses on small lots can beautify their surroundings and enjoy gardening by using containers. Containers are mobile, allowing a gardener to keep and relocate plants or move them for an instant splash of color. Learn how to grow a moveable garden that is easy to maintain and, with a little creativity, can be planted in items found around the house. The instructor will also discuss the plants best suited for container gardening.
CRN #20576 1 Tuesday, 6/27, 6:30-8:30 p.m. MCC Bldg. LRC B144 Fee: $25
Instructor: Bettylou Sandy
**LANGUAGES**

**Accelerated Hindi for the Traveler**
If India is part of your travel plans this summer or fall, then you will find this short and intensive course most beneficial. India comprises several different cultural regions, and because tourist travel may involve a visit to any one of these regions, a basic cultural overview will be provided, along with sight-seeing recommendations. Students will learn basic conversational words, phrases, and gestures to facilitate travel within the country; meeting people; ordering meals; and arranging for day-trips. This simple four-lesson course will increase your pleasure and deepen your experience of India.

CRN #20606 4 Mondays, 6/5-6/26, 6-8 p.m.
MCC Bldg. Lowe L142 Fee: $80

**Instructor:** Davender Khokhar is a native of India, who has worked in Mother Theresa’s home for orphans in New Delhi and at the American Embassy School in India. She also teaches various yoga and cooking classes at MCC.

**Japanese for Busy People**
This is an introductory course in Japanese, designed for individuals interested in the Japanese language and yearning to travel to Japan for pleasure, educational, or business purposes. You will learn Japanese greetings and pronunciation, the Japanese writing system, and writing and pronunciation of the Japanese syllabic system. The course will concentrate on such basic topics as counting from one to ten, the four seasons, asking simple directions, and the proper use of the telephone. You will also watch some Japanese videos.

CRN #20566 4 Wednesdays, 6/7-6/28, 6-8 p.m. MCC Bldg. LRC B209 Fee: $60

**Instructor:** Atsuko Balon, a native speaker of Japanese, has been teaching about Japan’s language and culture at MCC since 1997.

**Introduction to Chinese**
Are you planning a trip to China for business or leisure or visiting Chinatown here in the U.S.? If so, this course was planned just for you. Through six well-designed lessons and role-play, students will learn Pinyin, the phonetics of the Chinese language. In addition to learning some very useful vocabulary phrases for meeting new people, asking for directions, ordering meals, shopping, using the telephone, taking public transportation, and sightseeing, students will learn much about Chinese culture.

CRN #20645 6 Wednesdays, 6/7-7/12, 6-8 p.m. MCC Bldg. AST C210 Fee: $90

**Instructor:** Portia Gu was born and educated in China. She holds an M.B.A. in finance from Rensselaer Polytechnic Institute in Hartford.

**BE IN THE RIGHT PLACE AT THE RIGHT TIME**
Check your class schedule for location.
Some classes meet at off-campus locations.

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<th>Location</th>
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<td>MCC</td>
<td>=Manchester Community College</td>
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<td>Lowe</td>
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<td>V1-V6</td>
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<td>LRC</td>
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<td>AST</td>
<td>=Arts, Sciences &amp; Technology Center</td>
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<tr>
<td>EHCCC</td>
<td>=East Hartford Community Cultural Center</td>
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</tbody>
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**Conversational Polish for Beginners**
If you have always wanted to speak Polish but never had the courage to try, then this is the course for you! You will learn the fundamentals of the language, with an emphasis on basic conversation and role-playing in a very friendly and supportive environment. Discussions on different aspects of Poland, including its culture, literature, history, and castles, will enhance the learning experience. Handouts will be provided. Recommended text: an English-Polish dictionary.

CRN #20563 8 Mondays, 6/5-7/31 (does not meet 7/3), 7-9 p.m.
MCC Bldg. AST C203 Fee: $99

**Instructor:** Rima Martin is a native of Lithuania and speaks Lithuanian, Russian and Polish. She has been teaching all three languages at MCC since 1997.

**Introduction to Russian: Part II**
Students will continue to learn verbs, nouns, pronouns, adjectives, adverbs, declensions, and verb tenses (present, past and future), as well as intermediate grammatical structures and how to write a letter and short story using skills learned in class. Students will also participate in classroom conversations. Russian culture, its monarchy, and Russian movies will also be included. Handouts will be provided. Recommended text: an English-Russian dictionary.

CRN #20569 8 Tuesdays, 6/5-7/31 (does not meet 7/4), 7-9 p.m. MCC Bldg. AST C207 Fee: $99

**Instructor:** Rima Martin

**Accelerated Italian for the Traveler**
If you’re planning a trip to Italy for pleasure or business, this short and intensive course is for you. Through lecture and role play, you will learn the essentials of the Italian language, including very useful vocabulary; phrases and cultural aspects to assist you in ordering meals; meeting people; shopping; using the phone; and more. Double your travel pleasure and avoid embarrassing miscommunication.

CRN #20568 4 Fridays, 6/2-6/23, 7-9 p.m. MCC Bldg. LRC B208 Fee: $80

**Instructor:** Dr. Akram Erik-Soussi lived in Italy for ten years and earned a doctoral degree from the University of Florence. He taught Italian at CCSU and the University of Hartford and was the personal interpreter for the President of Sicily during his official visit to Connecticut. He has also taught art history and languages for MCC since 1993.

**Conversational Spanish**
This introductory course to the Spanish language will include basic vocabulary used for travel, weather, foods, health, shopping, and many other aspects. Students will learn in a friendly and supportive environment, and will be coached in both speaking and listening. The instructor will also assist students with specific Spanish language needs as they pertain to their work or special interests. Recommended text: Paso a Paso. Book 1, Prentice-Hall, available at your local bookstore or online at www.prenticehall.com.

CRN #20567 8 Tuesdays, 6/5-7/31 (does not meet 7/4), 7-9 p.m.
MCC Bldg. AST C211 Fee: $99

**Instructor:** Ann Kelley has been speaking, translating, and teaching Spanish for nearly 40 years. She has taught Spanish at Talcott Mountain Academy, St. Alphonsus College, and since 2004 for the Vernon Board of Education.
**French for Beginners I**
Learn the basic elements of the French language quickly and effectively and begin speaking it in the very first class. You will soon be able to ask for directions and time; order meals; make hotel reservations; find out about bus, train and plane schedules; and much more! If you are planning a trip to Quebec, Paris or any other French-speaking locale, this course is a must. Required text: *French Made Simple*, Jackson & Rubio, available at MCC Bookstore.

CRN #20564 6 Wednesdays, 6/7-7/12, 7-9:30 p.m.
MCC Bldg. AST C203 Fee: $135
Instructor: Yvonne Foley was born and educated in France and has been tutoring students privately in the language for more than 20 years.

**French for Beginners II**
For those with a basic understanding of French, or who have completed *French for Beginners I*, this is the perfect follow-up to improve your communication skills and further your understanding of this wonderful language. We will cover useful and functional French to better understand the language and culture for business, travel or leisure. Required text: *French Made Simple*, Jackson & Rubio, available at MCC Bookstore

CRN #20565 6 Wednesdays, 7/19-8/23, 7-9:30 p.m.
MCC Bldg. AST C203 Fee: $135
Instructor: Yvonne Foley

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**LANGUAGES**

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- Drama
- Writing & Publishing
- Retirement Planning
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Consider Yourself Confirmed!
MCC notifies you only if a course cancels or has schedule changes. If you don’t hear from us, assume you are registered.
Playing the 5-String Banjo

Have you ever dreamed of picking out a bluegrass tune on the banjo? This introductory course is for those who want to learn how to play this fascinating instrument—the 5-string banjo. The emphasis will be on Scruggs-style playing and bluegrass music, but will also provide a basis for old-time music and melodic-style playing as well. The music will be taught using tablature, which conveys the right-hand movement and left-hand placement more effectively for banjo playing. Participants are expected to bring their own instruments to class. Recommended text: Mel Bay’s Complete Bluegrass Banjo Method, available at local bookstores or from www.melbay.com.

CRN #20644 6 Saturdays, 6/10-7/29 (does not meet 7/1 & 7/22), 10 a.m.-noon MCC Bldg. V2 V118 Fee: $75
Instructor: James Hammitt has presented workshops in banjo and guitar playing and guitar repair for Song-a-Day Music Center, as well as for the Center’s summer music camp. He also gives private lessons in banjo, guitar, mandolin, and violin. In addition, Jim performs as a solo act and with the duo “RJ” in venues throughout Connecticut and New Hampshire.

Fingerstyle Guitar

Fingerstyle, or finger-picking guitar, is a wonderfully flexible technique that can be applied equally to rock, folk, new age, classical, flamenco, Latin and jazz styles. This course will teach you the skills you need to perform this creative approach to guitar playing. Whether your focus is on Bach or Hendrix, if you have basic knowledge of the guitar and chords, you can learn how to finger pick. This course will cover how the many finger-picking techniques apply to steel, nylon stringed instruments and electric guitars. Required text: Basic Guitar Writing Book, Santorella, available at MCC Bookstore.

CRN #20657 8 Mondays, 6/3-7/31 (does not meet 7/3), 6:30-8 p.m. MCC Bldg. V2 V118 Fee: $135
Instructor: David Giardina performs professionally in many musical styles and has taught guitar privately for more than 20 years.

Basic Violin Instruction

If you want to rekindle a long-lost love for violin playing, or have always wanted to learn, then come join us for this introduction to the violin. Students will begin with the basic principals, such as posture, tone production, right and left hand technique, intonation, and note reading. As the instruction progresses, students will develop a knowledge of rhythm, musical style, phrasing, and ensemble playing. This course will provide a well-balanced and enriching musical experience for introductory violin students, as well as more advanced students. Aspects of improvisation and performance will be included. Students will need to have a violin prior to the first class. Those who do not own a violin may email the instructor to arrange for a rental: violinline@mail.com. Recommended text: Suzuki Violin Book I. Suzuki, available at local bookstores or from the instructor. Materials fee: $3, payable to instructor for shoulder pad.

CRN #20547 6 Thursdays, 7/13-8/17, 6:30-8:30 p.m. MCC Bldg. V2 V118 Fee: $75
Instructor: Bronwyn Burns earned a bachelor’s degree in music from the University of Connecticut and an artist’s diploma from the Hartt School of Music. She has performed and recorded in a variety of settings from jazz ensembles to classical symphonies, and has been teaching violin for more than 18 years. She is the music director of the violin instruction program at the East Hartford-Glastonbury Magnet School.

Vocal Instruction

Are you considering singing as a career? Have you always wanted to sing, but need some instruction and encouragement? Do you sing in a church choir, participate in community theater or love karaoke? Participants will learn breathing techniques, vocal warm-up exercises, vocal strengthening exercises, and how to identify and expand vocal range. This course includes ear, diction, rhythm, harmony training and basic music theory. Aspiring vocalists will discover proper body posture, and performance and voice-maintenance tips. With new vocal skills under your belt, you will then have an opportunity to sing a dozen or so songs with guitar accompaniment from the instructor’s “Song Request List” of more than 250 pop, oldie, rock or country titles. Participants must be at least 13 years of age.

CRN #20543 6 Mondays, 7/10-8/14, 7:15-8:45 p.m. MCC Bldg. V2 V117 Fee: $80
Instructor: Don Donegan is director emeritus and founder of the Connecticut Songwriters Association (CSA). He is a full-time singer/songwriter and musician and owns Rainbow Music, a teaching and recording studio in Glastonbury.

Songwriting and the Music Business

So you want to be a songwriter, even though you haven’t yet written a melody or a lyric? Or maybe you’ve written a stack of future standards but you’re not sure of the next step in getting your work published and recorded, and—most important of all—getting paid for your efforts. This hands-on course will take students through the entire songwriting experience from the creative process to the realities of publishing. You’ll learn about the anatomy of a song; musical components; self expression vs. communication; hooks; song structure; lyrics; melody; rhyme; collaboration; producing demos of your songs; production; copyrighting; publishing; performance societies that pay royalties to songwriters; contests; pitching songs; and accounting. Students should bring a completed song or a work in progress for critique and analysis.

CRN #20541 2 Tuesdays, 7/25-8/1, 7-9 p.m. MCC Bldg. LRC B213 Fee: $70
Instructor: Don Donegan

Drum Team: Introduction to the West African Djembe Drum Ensemble

Using beautiful, traditional, hand-carved drums provided by the instructor, participants will enhance their understanding of rhythm through practice patterns and traditional phrases. In this structured, hands-on drum course, participants will learn correct hand and stick techniques, how to start and stop the ensemble, and traditional accompaniments to West African rhythms. This music is fascinating and fun to play, and all levels are welcome.

CRN #20542 3 Thursdays, 8/3-8/17, 6:30-8:30 p.m. MCC Bldg. AST E113 (Auditorium Backstage) Fee: $40
Instructor: Rick Liegl has studied and performed traditional stick and hand drumming from West Africa for more than ten years. In 1999, he created Hand’s On Rhythm Circles, through which he has introduced thousands of Connecticut residents to West African drumming. He is also a founding member and a lead soloist for Soli Soma Djembe Orchestra, a traditional West African percussion group that performs throughout New England.

Of Similar Interest:
• “Pro Tools Digital Recording” on page 15
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HOW TO GET STARTED:

Successful enrollment is achieved by following these three simple steps:

1. Register and pay for the course(s) using the registration form on page 59. Be sure to indicate the start date and CRN of your course on the registration form (see available start dates below).
2. Visit our online instruction center at www.ed2go.com/manchcc and click on the “orientation” link to receive a course syllabus, course procedures, text requirements, and to meet your online instructor(s). During orientation, you will provide your name and create a password, which you will use to access your course. This step is critical! You cannot access your course until you complete orientation.
3. When your course starts, return to our online instruction center and click the “classroom” link. To begin your studies, simply log in with the name and password you provided during orientation.

START DATES:

A new section of every online course in this catalog will begin on the following dates:

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June 21
July 19
August 16

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Historical researcher and storyteller brings history to life with inspiring tales of courage and heroism. $104
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CRN #20224

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Introduction to Microsoft PowerPoint 2003
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Introduction to Photoshop 7  
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CRN #20307
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CRN #20252
Creating a Home Network  
CRN #20253
Wireless Networking  
CRN #20257
Introduction to Networking  
CRN #20255
Intermediate Networking  
CRN #20254

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CRN #20300
Microsoft Windows Certification Prep: Exam 70-270  
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PMP Certification Prep 1  
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PMP Certification Prep 2  
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### ONLINE COURSES

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<td>Motivate your students and enrich your lessons by bringing PowerPoint into your classroom.</td>
<td>20321</td>
<td>$104</td>
</tr>
<tr>
<td><strong>Big Ideas in Little Books</strong></td>
<td>Increase student performance and earn extra income by converting your ideas for instructional aids into reality.</td>
<td>20324</td>
<td>$104</td>
</tr>
<tr>
<td><strong>Enhancing Language Development in Childhood</strong></td>
<td>Enrich the lives of your children by learning fun and natural ways to help them become proficient speakers and thinkers.</td>
<td>20352</td>
<td>$104</td>
</tr>
<tr>
<td><strong>Understanding Adolescents</strong></td>
<td>Uncover the secrets of the adolescent mind. Gain valuable information on how they feel, how their identities develop, and how you can best meet their needs.</td>
<td>20348</td>
<td>$104</td>
</tr>
<tr>
<td><strong>Guiding Kids on the Internet</strong></td>
<td>Gain confidence and experience so you can help your children discover all the Internet has to offer.</td>
<td>20344</td>
<td>$104</td>
</tr>
<tr>
<td><strong>Marketing Tools for Actors</strong></td>
<td>A working casting director teaches you powerfully effective strategies to market yourself locally for film and television work.</td>
<td>20404</td>
<td>$104</td>
</tr>
<tr>
<td><strong>Theme Park Engineering</strong></td>
<td>Get a behind-the-scenes look at your favorite theme parks and meet the person who engineers their top attractions.</td>
<td>20379</td>
<td>$104</td>
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<tr>
<td><strong>Music Made Easy</strong></td>
<td>Learn the fundamentals of music theory. Be able to read, write, and play simple music.</td>
<td>20175</td>
<td>$104</td>
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<tr>
<td><strong>Making Movies with Windows XP</strong></td>
<td>Turn your home videos into entertaining movies that you can share with others by e-mail, the Web, CD, and DVD.</td>
<td>20281</td>
<td>$104</td>
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<tr>
<td><strong>GRANT WRITING &amp; NONPROFIT MANAGEMENT</strong></td>
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<tr>
<td><strong>A to Z Grant Writing</strong></td>
<td>Learn how to research and develop relationships with potential funding sources, organize grant-writing campaigns, and prepare proposals.</td>
<td>20330</td>
<td>$104</td>
</tr>
<tr>
<td><strong>Get Grants!</strong></td>
<td>Learn how to develop successful, fundable grants from experts in the field.</td>
<td>20331</td>
<td>$104</td>
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<tr>
<td><strong>Advanced Grant Proposal Writing</strong></td>
<td>Gain a full understanding of the criteria funders use to determine whether your grant proposal gets funded or rejected.</td>
<td>20333</td>
<td>$104</td>
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<tr>
<td><strong>Writing Effective Grant Proposals</strong></td>
<td>Learn to prepare grant proposals that get solid results for your favorite organization or charity.</td>
<td>20332</td>
<td>$104</td>
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<tr>
<td><strong>Becoming a Grant Writing Consultant</strong></td>
<td>Increase your income while working from home by starting a grant writing consulting business.</td>
<td>20394</td>
<td>$104</td>
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<tr>
<td><strong>Creating Your Own Nonprofit</strong></td>
<td>Industry veteran shows you how to take a nonprofit business from vision to reality.</td>
<td>20389</td>
<td>$104</td>
</tr>
<tr>
<td><strong>Marketing Your Nonprofit</strong></td>
<td>Further the ideals and goals of your nonprofit by learning to compete more effectively for members, media attention, donors, clients, and volunteers.</td>
<td>20397</td>
<td>$104</td>
</tr>
<tr>
<td><strong>Introduction to Nonprofit Management</strong></td>
<td>Develop the skills and strategies you need to become an integral part of one of America’s fastest growing service sectors.</td>
<td>20395</td>
<td>$104</td>
</tr>
<tr>
<td><strong>Making the Connection: Nonprofits and Technology</strong></td>
<td>Avoid common and costly mistakes by learning how to monitor and control technology projects so they deliver results on time and on budget.</td>
<td>20396</td>
<td>$104</td>
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<tr>
<td><strong>HEALTH CARE, NUTRITION &amp; FITNESS</strong></td>
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<tr>
<td><strong>Assisting Aging Parents</strong></td>
<td>Handle the challenges you will face in the coming years.</td>
<td>20351</td>
<td>$104</td>
</tr>
<tr>
<td><strong>Medical Terminology: A Word Association Approach</strong></td>
<td>Prepare for a career in the health services industry by learning medical terminology in a memorable and enjoyable fashion.</td>
<td>20360</td>
<td>$104</td>
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<tr>
<td><strong>Become a Veterinary Assistant</strong></td>
<td>Practicing veterinarian prepares you to work in a veterinary office or hospital.</td>
<td>20361</td>
<td>$104</td>
</tr>
<tr>
<td><strong>Become a Veterinary Assistant II: Canine Reproduction</strong></td>
<td>Practicing veterinarian teaches you to manage the entire canine breeding cycle, from assessing the health of parents to puppy care.</td>
<td>20362</td>
<td>$104</td>
</tr>
<tr>
<td><strong>Introduction to Natural Health and Healing</strong></td>
<td>Learn how to promote wellness, balance, and health in all aspects of your daily life.</td>
<td>20363</td>
<td>$104</td>
</tr>
<tr>
<td><strong>Food and Fitness to Fight Cancer</strong></td>
<td>Improve your health and decrease your risk of cancer by adding sound nutrition and wellness principles to your daily life.</td>
<td>20354</td>
<td>$104</td>
</tr>
</tbody>
</table>

Check out the complete listing of online courses at ed2go.com/manchcc
### ONLINE COURSES

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<table>
<thead>
<tr>
<th>COURSE</th>
<th>DESCRIPTION</th>
<th>FEE</th>
<th>CRN</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Luscious, Low-Fat, Lightning-Quick Meals</strong></td>
<td>Join a registered dietitian and discover how easy it can be to prepare meals that are both delicious and nutritious!</td>
<td>$104</td>
<td>#20355</td>
</tr>
<tr>
<td><strong>Handling Medical Emergencies</strong></td>
<td>Every second counts during a medical emergency. Learn how to respond if someone needs your help.</td>
<td>$104</td>
<td>#20359</td>
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<tr>
<td><strong>Outdoor Survival Techniques</strong></td>
<td>Learn the essential skills you will need to survive in a remote or stranded condition.</td>
<td>$104</td>
<td>#20387</td>
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<tr>
<td><strong>Creating a Healthier Home</strong></td>
<td>Learn what you can do to minimize health risks related to the quality of the air in your home.</td>
<td>$104</td>
<td>#20350</td>
</tr>
<tr>
<td><strong>Grammar for ESL</strong></td>
<td>If English is your second language and you’re headed to college, this course will teach you the principles of grammar and structure you’ll need to succeed.</td>
<td>$104</td>
<td>#20326</td>
</tr>
<tr>
<td><strong>MATH, SCIENCE &amp; PHILOSOPHY</strong></td>
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<tr>
<td><strong>Everyday Math</strong></td>
<td>Gain confidence in your basic math skills and start using math to your advantage.</td>
<td>$104</td>
<td>#20338</td>
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<tr>
<td><strong>Introduction to Algebra</strong></td>
<td>Understand how algebra is relevant to almost every aspect of your daily life, and become skilled at solving a variety of algebraic problems.</td>
<td>$104</td>
<td>#20371</td>
</tr>
<tr>
<td><strong>Human Anatomy and Physiology</strong></td>
<td>Gain a greater appreciation and understanding of the marvelous complexity of the human body.</td>
<td>$104</td>
<td>#20358</td>
</tr>
<tr>
<td><strong>Great Themes in Philosophy</strong></td>
<td>Follow in the footsteps of the great philosophers in this lively discussion of human thought and conduct.</td>
<td>$104</td>
<td>#20375</td>
</tr>
<tr>
<td><strong>Philosophy for the New Millennium</strong></td>
<td>Develop your critical thinking skills by understanding the role philosophy plays in human behavior and decision-making.</td>
<td>$104</td>
<td>#20374</td>
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<tr>
<td><strong>PERSONAL ENRICHMENT</strong></td>
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<tr>
<td><strong>Goodbye to Shy</strong></td>
<td>Become more confident in social, professional, and romantic situations.</td>
<td>$104</td>
<td>#20192</td>
</tr>
<tr>
<td><strong>Interpersonal Communication</strong></td>
<td>Become aware of the conscious and unconscious codes of meaning we send when communicating with others.</td>
<td>$104</td>
<td>#20190</td>
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<tr>
<td><strong>Grammar for ESL</strong></td>
<td>If English is your second language and you’re headed to college, this course will teach you the principles of grammar and structure you’ll need to succeed.</td>
<td>$104</td>
<td>#20326</td>
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<tr>
<td><strong>The Magic of Hypnosis</strong></td>
<td>Learn to use hypnotic suggestion on yourself and others with amazing results.</td>
<td>$104</td>
<td>#20365</td>
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<tr>
<td><strong>Parenting: The First Five Years</strong></td>
<td>Enjoy your children more while paving the way for their future academic success.</td>
<td>$104</td>
<td>#20346</td>
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<tr>
<td><strong>Genealogy Basics</strong></td>
<td>Learn where to look, who to contact, and how to use research tools to begin an exciting and fascinating exploration of your roots.</td>
<td>$104</td>
<td>#20345</td>
</tr>
<tr>
<td><strong>Wine Appreciation for Beginners</strong></td>
<td>Master the secrets of wine appreciation and never be intimidated by a wine steward again.</td>
<td>$104</td>
<td>#20353</td>
</tr>
<tr>
<td><strong>PERSONAL FINANCE</strong></td>
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<tr>
<td><strong>Debt Elimination Techniques That Work</strong></td>
<td>Learn specific, powerful, and proven strategies to get completely out of debt and live a stress-free lifestyle.</td>
<td>$104</td>
<td>#20328</td>
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<tr>
<td><strong>Where Does All My Money Go?</strong></td>
<td>Learn how to get control of your money once and for all.</td>
<td>$104</td>
<td>#20329</td>
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<tr>
<td><strong>Personal Finance</strong></td>
<td>Protect your assets and discover how best to achieve all your financial goals.</td>
<td>$104</td>
<td>#20340</td>
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<tr>
<td><strong>Building Wealth</strong></td>
<td>Certified financial planner shows you how most wealthy people build their fortunes.</td>
<td>$104</td>
<td>#20339</td>
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<tr>
<td><strong>Real Estate Investing</strong></td>
<td>Build and protect your wealth by investing in real estate.</td>
<td>$104</td>
<td>#20386</td>
</tr>
</tbody>
</table>

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*Check out the complete listing of online courses at ed2go.com/manchcc*
ONLINE COURSES

Stocks, Bonds, and Investing: Oh, My!
Learn how to make wise investment decisions so that you have enough money to live comfortably through your retirement. $104
CRN #20334

The Analysis and Valuation of Stocks
Discover valuable techniques that show you step by step how to research and value stocks. $104
CRN #20335

Build Your Own Mutual Fund for Pennies
Learn to build and manage your own personal mutual fund like the big shots on Wall Street. $104
CRN #20336

Introduction to Stock Options
Learn how stock options can protect your portfolio and help you profit in any type of market. $104
CRN #20337

TEST PREP

GED Test Preparation
Want to pass the GED? This course will help you develop the skills you’ll need to succeed. $104
CRN #20308

Prepare for the GED Language Arts, Writing Test
Obtain the skills and knowledge to successfully prepare for the GED Language Arts, Writing test. $104
CRN #20309

Prepare for the GED Math Test
Master the skills you’ll need to successfully pass Test 5 in the GED test series. $104
CRN #20310

GMAT Preparation
Discover powerful test-taking techniques and methods for improving your score on the GMAT. $104
CRN #20313

GRE Preparation: Part 1
Discover powerful strategies for success in the verbal and analytical sections of the GRE. $104
CRN #20311

GRE Preparation: Part 2
Learn a variety of useful techniques for tackling the math section of the GRE. $104
CRN #20312

LSAT Preparation: Part 1
Improve your reading comprehension and logical reasoning skills, and discover proven approaches for selecting correct exam answers. $104
CRN #20315

SAT/ACT Preparation: Part 1
Master the reading, writing, English, and science questions on the ACT and new SAT. $104
CRN #20316

SAT/ACT Preparation: Part 2
Master the math questions on the ACT and new SAT. $104
CRN #20317

PHOTOGRAPHY

Discover Digital Photography
An informative introduction to the fascinating world of digital photography equipment. $104
CRN #20378

Secrets of Better Photography
Explore strategies and learn a variety of tricks to create excellent photographs in all types of situations. $104
CRN #20376

Photographing People With Your Digital Camera
Learn to take beautiful pictures of adults, children, and babies. $104
CRN #20377

SALES & MARKETING

Principles of Sales Management
Master the art of managing sales teams from a sales management professional. $104
CRN #20155

Professional Sales Skills
Discover how to begin a successful and rewarding career in sales. $104
CRN #20156

Effective Selling
Learn the secret to converting a potential customer into a long-term asset. Find out how to lay the groundwork for repeat business and your future success. $104
CRN #20157

Prepare for the GED Language Arts, Writing Test
Obtain the skills and knowledge to successfully prepare for the GED Language Arts, Writing test. $104
CRN #20309

Prepare for the GED Math Test
Master the skills you’ll need to successfully pass Test 5 in the GED test series. $104
CRN #20310

GMAT Preparation
Discover powerful test-taking techniques and methods for improving your score on the GMAT. $104
CRN #20313

GRE Preparation: Part 1
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CRN #20315

SAT/ACT Preparation: Part 1
Master the reading, writing, English, and science questions on the ACT and new SAT. $104
CRN #20316

SAT/ACT Preparation: Part 2
Master the math questions on the ACT and new SAT. $104
CRN #20317

Beginning Writer’s Workshop
Get a taste of the writer’s life and improve your writing skills in this introduction to writing creatively. $104
CRN #20204

Fundamentals of Technical Writing
Learn the skills you need to succeed in the well-paying field of technical writing. $104
CRN #20183

Writing Great Technical Documents
Learn how to write great technical documents from an award-winning technical writer. $104
CRN #20184

The Keys to Effective Editing
If you aspire to be an editor, this course will teach you the fundamentals of top-notch editing for both fiction and nonfiction. $104
CRN #20164

Grammar Refresher
Gain confidence in your ability to produce clean, grammatically correct documents and speeches. $104
CRN #20327

Correcting Oral and Written Errors
Learn to speak and write with assurance that your word choices, punctuation, spelling, and pronunciation are correct. $104
CRN #20177

Check out the complete listing of online courses at ed2go.com/manchcc
### ONLINE COURSES

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<tr>
<th>Course</th>
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<tbody>
<tr>
<td>Effective Business Writing</td>
<td>Improve your career prospects by learning how to develop powerful written documents that draw readers in and keep them motivated to continue to the end. $104</td>
<td>CRN #20197</td>
<td>104</td>
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<tr>
<td>Writeriffic: Creativity Training for Writers</td>
<td>Banish writer’s block forever with these tricks from the published writer’s toolbox. $104</td>
<td>CRN #20200</td>
<td>104</td>
</tr>
<tr>
<td>Writeriffic 2: Advanced Creativity Training for Writers</td>
<td>This advanced writing course will increase your creativity—whether you’re writing for personal satisfaction or to launch a career. $104</td>
<td>CRN #20181</td>
<td>104</td>
</tr>
<tr>
<td>The Craft of Magazine Writing</td>
<td>If you’re a determined new writer, this class will provide you with the skills you need to get published. $104</td>
<td>CRN #20205</td>
<td>104</td>
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<tr>
<td>Writing for Children</td>
<td>A published children’s author shows you how to touch the hearts of children by creating books for them. $104</td>
<td>CRN #20195</td>
<td>104</td>
</tr>
<tr>
<td>Mystery Writing</td>
<td>Using vivid examples from bestselling mystery novels, this course will teach you the techniques you need to become a successful author. $104</td>
<td>CRN #20179</td>
<td>104</td>
</tr>
<tr>
<td>Research Methods for Writers</td>
<td>Learn the most efficient and effective methods to conduct research for any writing project. $104</td>
<td>CRN #20187</td>
<td>104</td>
</tr>
<tr>
<td>Demystifying Forensic Science: A Writer’s Guide</td>
<td>Learn the secrets behind forensic science and add new characters, depth, and marketability to your fiction. $104</td>
<td>CRN #20186</td>
<td>104</td>
</tr>
<tr>
<td>Beginner’s Guide to Getting Published</td>
<td>A published writer shows you how to give yourself the credibility you need to get your books and articles published. $104</td>
<td>CRN #20198</td>
<td>104</td>
</tr>
<tr>
<td>Your Screenwriting Career</td>
<td>Learn how to write and sell professional-quality screenplays from a Hollywood veteran. $104</td>
<td>CRN #20206</td>
<td>104</td>
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<tr>
<td>Write Like a Pro</td>
<td>A Hollywood writer and author teaches you how professional writers use story outlines to structure any type of story. $104</td>
<td>CRN #20199</td>
<td>104</td>
</tr>
<tr>
<td>Pleasures of Poetry</td>
<td>This course will help you create your best possible work, whether you’re looking to be published or simply wish to craft beautiful poems for friends. $104</td>
<td>CRN #20178</td>
<td>104</td>
</tr>
<tr>
<td>Travel Writing</td>
<td>Profit from your experiences in exotic lands (or your own backyard) by learning how to write and sell travel articles and books. $104</td>
<td>CRN #20182</td>
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<tr>
<td>Creating a Sense of Place</td>
<td>Develop your eye for detail and improve your writing with vivid descriptions, memorable settings, and believable characters. $104</td>
<td>CRN #20180</td>
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</tr>
<tr>
<td>Write Your Life Story</td>
<td>Learn how to create and distribute an inspirational and professional autobiography for family, friends, and others. $104</td>
<td>CRN #20201</td>
<td>104</td>
</tr>
<tr>
<td>Introduction to Journaling</td>
<td>Discover how journaling can help you learn more about yourself, explore your dreams, values, and beliefs, improve your health, survive unwanted change, succeed in your career, and express your creativity. $104</td>
<td>CRN #20203</td>
<td>104</td>
</tr>
<tr>
<td>Business Marketing Writing</td>
<td>Write great marketing copy to improve your company’s image and your chances of getting hired or promoted. $104</td>
<td>CRN #20196</td>
<td>104</td>
</tr>
</tbody>
</table>

### NEED HELP?

The knowledgeable staff at Ed2go can assist you!

Go to www.ed2go.com/manchcc and click “Help” on the Online Instruction Center menu. You will find answers to many common questions, or you may submit an inquiry directly to the Ed2go Help Desk by scrolling to the bottom of the page.

If you have questions about how to register or pay for an online class, you may email MCC’s Ed2go contact, Jessie Bradley: jbradley@mcc.commnet.edu

Check out the complete listing of online courses at ed2go.com/manchcc

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www.mcc.commnet.edu
Photographing Flowers in Nature
This weekend workshop will focus on the art and technique of shooting flowers in nature. We will discuss equipment, film, light and camera exposures best suited to shooting flowers in the natural landscape. In addition to class discussions, participants will have the opportunity to shoot different types of flowers with the instructor during at least two field trips to area parks and public places. In case of inclement weather, participants should bring samples of past work for critique as well. Participants can shoot film and/or digital images; only digital images will be critiqued during the workshop. Participants should also be equipped with tripods, cable releases, and polarizing filters, and bring a lunch for the weekend sessions.
CRN #20592 3 sessions, 1 Friday, 6/9, 7-9 p.m.; 1 Saturday, 6/10, 8 a.m.-4 p.m.; & 1 Sunday, 6/11, 8 a.m.-4 p.m. MCC Bldg. LRC B144 Fee: $130
Instructor: Mallorie Ostrowitz holds an M.F.A. from Lehman College and a B.A. in fine arts from Queens College. Her photography has been widely exhibited throughout the U.S. and can be viewed on her website: www.mallorieostrowitz.com.

Recording a Disappearing Wilderness: Photographing the Maine Woods
In this informative and entertaining session, the instructor will draw on 25 years of photographic work in the North Woods of Maine to present a visual perspective of this wilderness area. Included in the presentation will be a retrospective of past industry in these woods, as well as a discussion of recent land-use trends. Those interested in nature photography will find this course especially beneficial, but all photographers and environmentalists are welcome.
CRN #20668 1 Wednesday, 6/28, 7-9 p.m. MCC Bldg. LRC B144 Fee: $15
Instructor: Hunter Neal is a commercial professional photographer in the greater Hartford area with more than 20 years of experience, and has had his own business for the past 13 years. He is a graduate of Rochester Institute of Technology’s Pro Photo Program.

Ansel Adams: A Creative and Critical View
Ansel Adams has been recognized as one of the world’s finest photographers. This class considers the life and work of a true master. Adams championed photography as an art form. He was also a superb photographic technician who developed the zone system of photographic exposure. In particular, his work on capturing the contrast between light and dark revealed the essence of his subjects and became the basis of his sensitive art. The class will look at the photos he created and discuss the tools, process, techniques, and impact of his work. Through his lens, students will experience the rugged beauty, abstract forms, dramatic vistas, photographic skill, and deep admiration he had for the American wilderness.
CRN #20594 1 Wednesday, 8/16, 6-9 p.m. MCC Bldg. LRC B144 Fee: $30
Instructor: Richard Hoyer is a fine art, portrait and location photographer who has had more than 20 years of fun and profit in the photo world. His work is exhibited regularly at galleries around the state.

Digital Camera
Learn the fundamentals of digital photography using a consumer-model digital camera. All aspects of the digital camera will be discussed, including the lens, viewfinder, focus, aperture, shutter, digital file formats and image storage. Comparisons will be done on some popular digital cameras, including image quality, current usage and price. A portion of the course will also cover working with Photoshop Elements 3.0, a popular photo editing program. We will explore importing and saving photographs, demonstrate methods of color correction and enhancement, print sizing, preparing images for print and the web. To take this class, it is not necessary to own a digital camera, but if you do, please bring it along with your instruction manual. Prerequisite: Basic Windows, keyboard and mouse skills.
CRN #20484 2 Tuesdays, 6/6-6/13, 6-9 p.m. MCC Bldg. LRC B142
CRN #20485 2 Wednesdays, 7/12-7/19, 6-9 p.m. MCC Bldg. LRC B142 Fee: $95
Instructors: CRN #20484: Hunter Neal; CRN #20485: Carmine Fillaramo, B.A., has 30 years of experience in the photography business. He has worked as a newspaper photographer and a photographic consultant for Aetna Inc., Hartford, CT. His work has brought him around the world and his skills have led him to photograph four U.S. Presidents.

Digital Camera: Part II
Making the leap from film to digital photography was scary, but you did it! And now that you’ve had some time to enhance your digital photo skills, and maybe even learned how to load your photos into the computer and digitally enhance them, you’re ready for more. Well, we’ve got it! In this advanced course, learn how to control digital photography from camera to computer. Topics will include advanced techniques for taking better digital photos; digital picture management; advanced camera controls; enhancing your pictures with Adobe Photoshop; and successful printing and web usage techniques. Bring your digital camera and your digital questions to this informative class. Prerequisite: Introduction to Digital Camera, equivalent experience, or approval by instructor/computer coordinator.
CRN #20487 2 Tuesdays, 8/1-8/8, 6-9 p.m. MCC Bldg. LRC B142 Fee: $95
Instructor: Richard Hoyer

Digital Camera for Older Adults
Learn the fundamentals of digital photography using a consumer-model digital camera at a comfortable learning pace geared for older adults. All aspects of the digital camera will be discussed, including the lens, viewfinder, focus, aperture, shutter, digital file formats and image storage. Comparisons will be done on some popular digital cameras, including image quality, current usage and price. A portion of the course will also cover working with Photoshop Elements 3.0, a popular photo editing program. We will explore importing and saving photographs, demonstrate methods of color correction and enhancement, print sizing, preparing images for print and the web. To take this class, it is not necessary to own a digital camera, but if you do, please bring it along with your instruction manual. Instructor provides handouts.
Prerequisite: Basic Windows, keyboard and mouse skills.
CRN #20513 2 Tuesdays, 7/11-7/18, 1-4 p.m. MCC Bldg. LRC B142 Fee: $95
Instructor: Richard Hoyer
Digital Picture Editing for Older Adults
Learn to fix and enjoy your photos using some simple and low-cost tools. This class will use Picasa, a free software from Google that helps you to organize, edit and share the photos you have on your PC. Picasa makes advanced photo editing simple by putting one-click fixes and powerful effects at your fingertips. Picasa also makes it easy to email, print or burn CDs from your photos, and best of all, it’s free. Other topics will include how to download Picasa, posting photos on the web, and making simple slide shows. In addition to Picasa, we will look at other free, low-cost, simple software you can use to fix your photos and enjoy. Instructor provides handouts. Prerequisite: Basic Windows, keyboard and mouse skills.
CRN #20486 2 Wednesdays, 8/16-8/23, 1-4 p.m. MCC Bldg. LRC B142 Fee: $95
Instructor: Richard Hoyer

Basic 35mm Photography
Tired of struggling with your 35mm camera? Are your photos disappointing? This class will deal comprehensively with 35mm techniques and camera operation. Emphasis will be placed on developing camera fluency by shooting weekly photographic assignments. All elements of photography, such as f/stops, shutter speeds, automatic modes, film selection, and composition will be covered. Bring your camera to class. Each student will receive individual attention and critique. Approximate expenses: $75 for film and processing.
CRN #20593 4 sessions, 2 Fridays, 7/14-7/21, 6-9 p.m.; & 2 Saturdays, 7/15-7/22, 1-4 p.m. MCC Bldg. V1 V101 Fee: $120
Instructor: Richard Hoyer

If Similar Interest:
• See the Digital Imaging & Design courses on page 15

PROFESSIONAL DEVELOPMENT

REAL ESTATE

Principles and Practices of Real Estate
This required course for real estate licensing provides clear explanations of modern real estate practices and a working knowledge of real estate in Connecticut. Property owners, buyers, sellers, and anyone interested in pursuing real estate careers or operations will find this course beneficial and rewarding. Required texts: available from instructor for approximately $85.
CRN #11469 16 sessions, Tuesdays & Thursdays, 5/9-6/29, 5:30-9:30 p.m. MCC Bldg. Low E L240
CRN #20020 16 sessions, Mondays & Thursdays, 6/1-7/27, 5:45-9:45 p.m. MCC Bldg. AST C211
Fee: $399
Instructors: CRN #11469: Andrew Pappas is a licensed broker representing MCC within the Connecticut Community College Consortium; CRN #20020: Archangelo D’Amato brings more than 25 years of real estate brokerage, sales, leasing, development and property management to the classroom.

Real Estate Appraisal II: Principles of Commercial Valuation
This advanced course, which concentrates on commercial valuation, covers such important topics as evaluation of income property; discounting and compound interest; income estimation and forecasting; debt financing, capitalization and discount rates; tax considerations; and an introduction to mortgage equity analysis and financial residual techniques. A Hewlett Packard 12-C financial calculator is required. Prerequisite: Appraisal I: Principles of Residential Valuations. Required text: available from instructor for approximately $65.
CRN #11747 9 Wednesdays, 5/17-7/12, 5:45-9:45 p.m.
MCC Bldg. Lowe L142 Fee: $250
Instructor: Archangelo D’Amato

MCC Real Estate and Appraisal Courses Qualify for Veteran’s Benefits
Qualify for Veteran’s Benefits? You may be able to receive monthly benefits for taking Principles and Practices of Real Estate • Appraisal I • Appraisal II
Call MCC’s Financial Aid Office for more Information on Veteran’s Benefits at (860) 512-3362 or 512-3388
Professional Bartending with S.M.A.R.T. National Certification
Learn to prepare today’s most popular drink recipes (like the Kamikaze and the Cosmopolitan), as well as some of yesterday’s classic cocktails. Instruction includes opening and closing duties, product knowledge, garnish cutting, making change, optimizing tips, health regulations, and how to serve alcohol responsibly. The S.M.A.R.T. (Server and Manager Alcohol Responsibility Training) certification teaches responsible service of alcohol with extra emphasis on checking IDs and underage drinking problems. S.M.A.R.T. certification is recognized by liquor administrators throughout the country, and employees who hold this certification lower the liquor liability of the places they work. Anyone looking for a new skill that can be used immediately in restaurants, clubs, hotels, or catering companies will benefit from this course. Students receive a certificate for bartending and a wallet-sized S.M.A.R.T. certification card upon successful completion of this course. Students must be at least 18 years of age. No real alcohol is used in class instruction. Bring your lunch. Materials fee: $35, which includes S.M.A.R.T. booklet and other supplies, payable to instructor at first class.
CRN #20595 2 Saturdays, 6/10-6/17, 9 a.m.-5 p.m. EHCCC Room 6
CRN #20596 2 Saturdays, 8/5-8/12, 9 a.m.-5 p.m. EHCCC Room 6
Fee: $195
Instructor: Paul Rich has been a S.M.A.R.T. instructor for MCC and other CT community colleges for the past two years, and has worked in the bartending industry for more than 12 years.

Occupational Safety and Health Administration (OSHA): General Industry Certification Program
Entry-level workers and trade professionals will be trained on General Industry Standards for safety and health issues, and will earn the 10-hour OSHA certification that is recognized in Connecticut and around the nation. The program is designed to promote safety compliance on the job and empower workers to become partners with management in building a workplace culture of safety. Topics will include OSHA standards; fire protection and prevention; electrical hazards; fall protection; flammables and combustibles; and personal protective equipment. Upon completion of the 10-hour course (there is no testing; attendance and participation is of primary importance), OSHA certification will be provided. Materials fee: $30 for a comprehensive packet of handouts.
CRN #20524 2 sessions: Saturday & Sunday, 7/22-7/23, noon-5 p.m.
MCC Bldg. V3 V131 Fee: $250
Instructors: Maureen and Jay Bowers are both OSHA-certified trainers for both the 10-hour and 30-hour certification programs. They are empowered to train in Connecticut and throughout the U.S. by Federal OSHA through the University of New Hampshire at Keene. Maureen and Jay have both been employed for more than 10 years by the CT Technical School System, and Jay was a training and development specialist for Xerox Corporation in CT, MA, and NY for more than 30 years.

Construction Contracts and Claims Prevention
Knowledge is power! This course will teach homeowners and contractors the rights and responsibilities of the owner, architect and builder. You will learn how to read and better understand the language in a contract, insurance accord, product warranty, and submittal and schedule of values, which will help you to avoid misunderstandings and costly disputes. You will learn basic blueprint reading and interpretation; change order language that should be avoided; and how to ensure that the contractors you use are qualified and licensed to do what you have contracted them to do. This course is a must for everyone who intends to build or remodel a home or office.
CRN #20642 3 Tuesdays, 7/11-7/25, 7-9 p.m. MCC Bldg. LRC B144
Fee: $40
Instructor: Eileen M. Miller is the President of E. M. Miller Consulting, a construction consulting and contract administration firm. She has taught seminars for independent contractors, as well as for the San Diego Bar Association. Eileen is a member of the National Association of Women in Construction, Construction Management Association, American Arbitration Association, Forensic Consultant Association, and Associated Contractors.

Effective Time Management: The Power of Managing Your Time and Personal Priorities
In today’s busy, fast-paced environment, time is a very precious commodity, but one that can be misused all too easily. Pressures to deliver increasing workloads on time and within budget can often result in a feeling of “one step forward, two steps back.” But when the appropriate skills and techniques are learned and applied to day-to-day activities, a simple grasp of effective personal time management can be the key to success. In this course, students will learn skills which will improve their planning, assertiveness, priority setting, decision making, desk and paper management, and communication skills. This course utilizes the latest thinking in time management, so “not having enough time” will cease to be a problem. The benefits will include improved effectiveness and success, and a feeling of accomplishment and satisfaction at the end of every day.
CRN #20661 4 Tuesdays, 6/6-6/27, 6-8 p.m. MCC Bldg. AST C203
Fee: $70
Instructor: K. Umesh Vig is Assistant to the Dean of Students at MCC. He holds a master’s degree in higher education and student affairs from UConn, a bachelor’s degree in communications from ECSU, and a bachelor’s degree in English, economics and philosophy from Guru Nanak Dev University in India. He has more than 23 years’ experience as a leader, intercultural communications and leadership trainer, entrepreneur; and higher education administrator.
PROFESSIONAL DEVELOPMENT

Developing an Attitude of Excellence
Develop all of the skills necessary to have an attitude for excellence! This course will focus on eliminating self-doubt; developing positive thinking skills; and improving your confidence and self-esteem; as well as how to develop and achieve your goals and dreams. These skills can in turn be applied to all personal and professional facets of life.

CRN #20582 1 Thursday, 6/15, 7-9 p.m. MCC Bldg. LRC B213
Fee: $25
Instructor: Roger Abramsky is the founder of the American Society for Positive Thinking and a much sought-after motivational public speaker with extensive public speaking experience. He holds a B.A. in sociology and Applied Social Relations/Communications from Eastern Connecticut State University, and is employed by a major corporation as a compliance/business analyst.

Improve your Self-Esteem
If your self-esteem has been damaged or if you feel that life controls you instead of you controlling your life, then this course is for you. Learn the secrets of positive self-esteem and how to believe in yourself and your abilities. Never again let the comments or attitudes of others bother you or distract you from achieving your goals and dreams.

CRN #20583 1 Thursday, 6/22, 7-9 p.m. MCC Bldg. LRC B213
Fee: $25
Instructor: Roger Abramsky

Discover and Explore Online Journals in the MCC Library
Attention researchers at all levels and interests—did you know that the MCC Library provides access to a wide variety of online journals and magazines? This vast resource for exploring articles and publications in all kinds of disciplines, including literature, history, art, education, business, and the sciences, is at your fingertips and ready for use. The fruits of your research can be emailed to your home computer, and in many cases, can be downloaded in the library. You will learn how to conduct simple and more advanced searches using the following subscription databases: EBSCO Academic Search Premier, EBSCO Professional Development Collection, EBSCO ERIC, GaleNet Literature Resource Center, and GaleNet Info Trac OneFile. Don’t let these esoteric-sounding names and acronyms scare you off—they are a user-friendly doorway into an infinite world of research. Students are encouraged to bring specific research projects or ideas to class, but this is not necessary; a curious and motivated mind will suffice.

CRN #20633 1 Wednesday, 6/14, 7-9 p.m. MCC Bldg. LRC A142
Fee: $15
Instructor: Paula Cook received her master’s of library science from Southern Connecticut State University and is a reference and instruction librarian at MCC. She has worked in college and public school libraries for more than 20 years.

WRITE, PUBLISHING & LITERATURE

Cartoons and Comic Books
In this informative and instructional overview, we will discuss the Japanese cartoon and graphic style of Anime and Manga; Art Spiegelman’s books; popular comic strips, including Doonesbury; New Yorker Magazine cartoons; action figures; cartoon cover design; and graphic novels. Instruction will include work on sequential art, pagination, and comic book drawing techniques, as well as how to design a cartoon panel. Please bring your own supplies for drawing and illustrating.

CRN #20550 6 Thursdays, 6/15-7/20, 6-8 p.m. MCC Bldg. V1 V101
Fee: $120
Instructor: Iris Van Rynbach, author/illustrator of 13 children’s books, has had her illustrations grace the covers of several magazines and newspapers, including The New York Times, the New Yorker and The Hartford Courant.

Of Similar Interest:
• Allied Health Certification Programs on page 3
• “Microsoft Office Certification” on page 11
• Computer courses on pages 11-15
The World of Multicultural Children’s Books
This course will provide an overview of multicultural children’s books from around the world. We will discuss folk tales and stories from Europe, America, Asia, Russia, and the Middle East, with the aim of establishing common threads and a new appreciation of great children’s literature. Some of the books that will be covered are: from Asia, The Whispering Cloth (about a Hmong refugee girl’s painful remembrances), Grandfather’s Journey (1994 Caldecott Winner about a young Japanese man’s sojourn to America that leaves him culturally torn for the rest of his life), and I Love You Like Crazy Cakes (a single mother explains how she adopted her daughter in China and brought her home to America); from Africa, Mufaro’s Beautiful Daughters and Why Mosquitoes Buzz (traditional African tales); and from Europe, Always Remember Me (a story of Holocaust survivors) and Rechenka’s Eggs (a story involving painted eggs for an Easter festival).

CRN #20551 5 Wednesdays, 6/28-7/26, 6-8 p.m. (7/19 class will meet at Borders Books & Music, Manchester) MCC Bldg. V1 V101 Fee: $99
Instructor: Iris Van Rynbach

Publish Your Book!
Are you a writer? Do you have a manuscript that you would love to publish? Don’t miss this opportunity to learn how to self-publish and market your book. Topics that will be covered include an overview of the history of publishing; the business and technology of publishing; book design aspects such as cover, spine, binding, and paper stock; production timelines; and marketing issues such as how to set up signing and reading tours, arrange for book reviews, and create a successful retail distribution. By the end of this four-hour seminar, you, the author, will have all the information you need to begin the process of publishing your own book.

CRN #20552 1 Saturday, 6/24, 9 a.m.-1 p.m. MCC Bldg. LRC B144 Fee: $25
Instructor: David K. Ewen, M.Ed., has been in the book publishing field since 1994. The publishing house that he founded, Even Prime Company, has transformed into a consulting firm. He is also the former executive director of the New England Publisher’s Association.

Elements of Fiction Writing
This course is designed for those who want to write but feel they need more instruction in the craft of creative writing. The course includes six lessons with imaginative assignments in: finding and recognizing your material and your voice; structuring the plot, feeling the arc of the action; giving your characters depth and roundness; evoking the scene through description and detail; experimenting with points of view; and rewriting beginnings and endings. Aspiring writers are most welcome, as are those who seek inspiring assignments and who need deadlines in order to get started. We will use the Iowa Writing Workshop approach to facilitate critiques and commentary constructive to the writer’s work and goals.

CRN #20549 6 Tuesdays, 7/11-8/15, 7-9 p.m. MCC Bldg. AST D229 Fee: $145
Instructor: Jordon Pecile

Writing the Examined Life
This workshop in creative writing will focus on writing from personal experience and turning the raw material of daily life into fiction or memoir. Various exercises in creative writing and in shaping scenes for stories will be offered as needed. Participants with works-in-progress are welcome to submit scenes for class discussion. We will use the Iowa Writing Workshop approach to facilitate critiques and commentary constructive to the writer’s work and goals. Prerequisite: This course is intended as a follow-up to Elements of Fiction Writing or for those who have had previous writing experience.

CRN #20553 6 Wednesdays, 7/12-8/16, 7-9 p.m. MCC Bldg. AST D229 Fee: $145
Instructor: Jordon Pecile

Wallace Stevens: Order in the Slovenly Wilderness of Chaos
In this brief but intensive study of the life and poetry of Wallace Stevens, we will discuss his double life as both a vice president with the Hartford Accident Indemnity Group and as a major American poet. Our study will provide a close analysis of his poems, Sunday Morning, Final Soliloquy of the Interior Paramour, The Snow Man, Chaos in Motion and Not in Motion, and The Idea of Order at Key West, while reviewing pertinent biographical information. Stevens’s poetry has been described as obscure; to this, he responded, “The poem must resist the intelligence almost successfully.” About the seemingly paradoxical business of maintaining a profession as both a poet and an insurance man, Stevens said, “It gives a man character as a poet to have daily contact with a job.” Students considering this class should bring with them not only an interest in Stevens’s poetry, but also a penchant for analysis, as the majority of time will be spent discussing his poetry against the backdrop of his views on imagination, religion, and love. Handouts of the poems will be provided. Please bring pen and paper.

CRN #20664 2 Tuesdays, 8/8-8/15, 6-9 p.m. MCC Bldg. LRC B144 Fee: $40
Instructor: John Stanizzi’s poetry has been widely published in literary magazines across the country. Since 1992, he has been a high school English teacher at Bacon Academy, where he also directs the theater program. In addition, he is an adjunct instructor of English at MCC.

The Shorter Plays of Samuel Beckett:
Performance and Analysis
This study of Beckett’s shorter plays will cover What Where, Catastrophe, Come and Go, Breath, and Ohio Impromptu. Students will be given copies of the scripts and then given a short period of time in which to discuss and perform their “version” of the piece. Following discussion/analysis of the pieces, students will view a brand new film project called “Beckett on Film,” in which 19 Irish directors have taken Beckett’s plays and, for the first time, put them on film. Students will discuss the differences between their views and those made by the “pros.”

CRN #20663 2 Wednesdays, 8/9-8/16, 6-9 p.m. MCC Bldg. AST E113 (Auditorium Backstage) Fee: $40
Instructor: John Stanizzi

Of Similar Interest:
• See Culture & History section on page 18
• Online Writing courses on pages 37-38
The following courses are either specifically designed with older adults in mind, or are courses which older adults might find of interest. Subjects include health & fitness, arts & crafts, travel, dance, gardening, computers, business, art history, foreign languages, photography, and creative writing.

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**MCC-Older Adult Association Membership 2006-2007**

**PLEASE PRINT**

(Mr. & Mrs. Mr. Mrs. Ms. Miss) Last Name

First Name: Male __________________________ Date of Birth _________ - - 

First Name: Female _________________________ Date of Birth _________ - - 

Address ______________________________________________________________________________________

Town __________________________ State ___ Zip ______________ - -

Phone (___________) ________________________ Renewal _________ New Member __________

Return your completed form with your check.

**Dues: $12 per person, per year**

Check payable to: **MCC-OAA**

Amount enclosed: ______________

Check #: ______________

Check Date: ______________

Send to: Older Adult Association

Manchester Community College

P.O. Box 1046, MS #16

Great Path

Manchester, CT 06045-1046
OLDER ADULT ASSOCIATION PROGRAM

MCC-OAA Tuition Rebate Program

We are pleased to announce that the MCC-OAA will extend its popular tuition rebate program for the 2006/2007 academic year. This program provides a 20 percent tuition rebate for any course(s) you take in the Credit-Free Program up to a maximum of $50 per membership year (September 2006 through August 2007).

To Receive a Rebate:

Step 1
Register for any of the credit-free courses currently being offered at Manchester Community College. Fill out and mail in a registration form or call the phone-in registration line. PLEASE PAY THE FULL COURSE FEE AS LISTED IN THE COURSE CATALOG. If you have not received a complete catalog and would like one, please call (860) 512-2800.

Step 2
Bring your Tuition Rebate Form (see below) to class and have it signed by the instructor. Please use one form per member, per course.

Step 3
Mail the completed tuition rebate form to:
Carole Walden
664 Bush Hill Road
Manchester, CT 06040
You will receive reimbursement within four weeks directly from the Older Adult Association.

MCC-OAA Tuition Rebate Form

OAA member’s name: ________________________________________________________________

Member’s address: __________________________________________________________________

_____________________________________________________________________________________

Course title: ________________________________________________________________________

Course fee: _______________________________________________________________________

Semester: (circle one)    Fall    Winter    Spring    Summer

Instructor’s signature: ________________________________________________________________
(Verifying that student attended at least one class session)
Dear Parents and Students,

We invite you to attend one of our week-long Junior Culinary Camps (grades 5-8) and/or our two-week Summer Excursions program (grades K-8). Morning, afternoon and full-day programs are available. All classes are held on the campus of MCC in modern, air-conditioned classrooms. On the Friday evening before Summer Excursions, there will be a potluck dessert reception so students can learn more about the program and become familiar with the location of their classrooms. This is an opportunity to tour MCC, meet new friends and enjoy delicious sweets.

Junior Culinary Camp uses MCC’s professional kitchens to involve students in grades 5 through 8 in all aspects of food preparation. Because of the program’s popularity, two identical sessions are offered Monday through Friday, from 9 a.m.-3:30 p.m. on July 17-21 or July 24-28, 2006.

Summer Excursions offers gifted and/or high-achieving students in grades K through 8 the opportunity to explore a wide variety of topics in-depth through active, authentic learning. Students are challenged to experiment, imagine, role-play, investigate, problem solve, and complete independent projects. All staff have training and experience in gifted and talented education and/or advanced levels of training in their course content.

Summer Excursions meets weekdays from July 31-August 11, 2006. Morning sessions will be held from 9 a.m.-noon; afternoon sessions will be held from 1-4 p.m. In addition, an A.M. à la Carte session will be held from 8-9 a.m. Children staying all day should bring a lunch that does not require refrigeration. Lunch will be supervised for children attending both sessions.

Discover new ideas. Develop new talents. Become an Excursions in Learning participant.

Sincerely,

Susan Meisler
Coordinator of Youth Programs

GENERAL INFORMATION

COST:
1. The tuition for Junior Culinary Camp is $325 (includes a materials fee).
2. The tuition for Summer Excursions is $225 for a half day (one course, 30 hours for two weeks) or $450 a for full day (two courses, 60 hours for two weeks.) The tuition for Claytime or Clay Creations is $250 (includes a materials fee), and for AM à la Carte, $50. The Summer Excursions' registration fee includes a program T-shirt.

SCHOLARSHIPS:
Scholarships are available only for the two-week Summer Excursions Program. Scholarships are limited and need-based, (one scholarship per family). To apply, please submit copies of your 2005 IRS 1040 and W-2 Forms. Include a letter that describes your needs and any extenuating circumstances that would help us to evaluate your financial situation. All necessary information must be postmarked by June 1, 2006 to be considered. Send information to:

   Susan Meisler, Program Coordinator
   Excursions in Learning
   Manchester Community College
   Great Path MS #16
   P.O. Box 1046
   Manchester, CT 06045-1046

Please note that registration forms may be sent ahead of the scholarship request information. We will hold your child’s place in a class until the scholarship committee makes a decision in the early part of June.

   If you have any questions, please don’t hesitate to call 512-2804 or email smeisler@mcc.commnet.edu

FOR ALL SUMMER EXCURSIONS STUDENTS:
Registration forms must be accompanied by both a School Component Form and a Health and Safety Form. Registrations will not be processed, or seats in courses reserved, unless all three forms are submitted together. (Please note, this new procedure uses a revised school component form and is necessary regardless of prior attendance in the Summer Excursions program.)

Parents will receive official written confirmation of class placement as registrations are processed. A program information packet will be mailed to parents prior to class.
Excursions in Learning Registration Form

Student’s name ___________________________ (last) ___________________________ (first) _____________ Nickname ___________________________

Home address (street/city/state/zip) ___________________________

Student’s SS# (for student I.D.) _____________ Banner ID# (if known) _____________

Male ____ Female ____ Birth date _______ Grade (05/06 year) _______ Age _______

Parents’ names ___________________________ Home phone _______ Email _______

Mother’s work phone ___________________ Father’s work phone _____________ Cell phone # _______

Have you ever attended the Summer Excursions in Learning Program? ____ Yes ____ No

Reminder for ALL students: School Component & Health & Safety Form must be submitted with this registration form.

_____ JUNIOR CULINARY CAMP
_____ SESSION I .......... JULY 17-21 ..... CRN #20431 (Circle One): 1st Choice 2nd Choice
_____ SESSION II ......... JULY 24-28 ..... CRN #20432 (Circle One): 1st Choice 2nd Choice

_____ SUMMER EXCURSIONS COURSES
_____ A.M. à la Carte .. CRN #20406

In spaces below, list your child’s first and second course choices for Summer Excursions a.m., p.m., or both sessions.

SUMMER EXCURSIONS A.M. SESSION:
1st choice _____________ CRN # _____________
2nd choice _____________ CRN # _____________

If registering for MCC Jr. Jazz Band, name the instrument you play _____________

SUMMER EXCURSIONS P.M. SESSION:
1st choice _____________ CRN # _____________
2nd choice _____________ CRN # _____________

☐ Check or money order # _____________ enclosed.

I authorize the use of my MasterCard _____________ Visa _____________
cardholder name (print) _____________
cardholder signature _____________
credit card # _____________ exp. date (month/year) _____________
cardholder address _____________
cardholder phone number (W) _____________ (H) _____________

check if you are: _____ applying for a scholarship (for Summer Excursions only) see page 46.
_____ an Excursions instructor
_____ parent volunteer

Make checks payable to MCC.

Mail to: Manchester Community College
Continuing Education Excursions Registration MS #16
Great Path, P.O. Box 1046
Manchester, CT 06045-1046

Have you included?

_____ Payment
_____ Health & Safety Form (both sides)
_____ Completed Registration Form
_____ School Component Form
_____ T-Shirt size

Office Use Only _____________ Regis. _____________ Conf. _____________ Receipt # _____________
Banner I.D. _____________ Date _____________

Junior Culinary Camp .... $325
Summer Excursions
A.M. à la Carte .............. $50
A.M. only ................. $225
P.M. only ............... $225
Full Day ..................... $450
Clay Creations ............ $250
Claytime .................. $250
Total tuition enclosed ______

Summer Excursions
Student T-Shirt Size

(check one)

Child Size
small (6-8) _____________ medium (10-12) _____________ large (14-16) _____________

Adult Size
small (S) _____________ medium (M) _____________ large (L) _____________
extra large (XL) _____________
THERE ARE THREE WAYS TO REGISTER:

1) Send your completed Registration, Health & Safety and School Component Forms to:
   Manchester Community College
   Continuing Education Excursions Registration
   Great Path, MS #16
   P. O. Box 1046
   Manchester, CT 06045-1046

2) Fax number: (860) 512-2801

3) All walk-in registrations will be processed by Continuing Education in LRC B147A
   Please note: Phone-in registrations are not available.
The five-digit Course Registration Number (CRN) and the course title must be written on the registration form.

Make checks payable to MCC

Summer Excursions and Junior Culinary Camp are very popular programs; please register early.
We will do our best to accommodate your requests.

CONFIRMATIONS:
Registrations will be confirmed by mail only.
(This will take approximately three weeks.)

REFUND POLICY:
If your child cannot be accepted into the program, or the class is cancelled due to low enrollment, you will be notified and your payment will be refunded in full.

All refund requests must be written.
1. A $70 fee will be assessed for all refund requests received after July 1, 2006.
2. Refund requests must be received by
   July 3, 2006 for Junior Culinary Camp: Session I
   July 10, 2006 for Junior Culinary Camp: Session II
   July 17, 2006 for Summer Excursions in Learning

NO REFUND WILL BE ALLOWED AFTER THESE DATES.

Refunds are issued by the State Comptrollers’ Office and take approximately four to six weeks to process.

Written requests for refunds may be made to
Susan Meisler, Coordinator:
   In person: (LRC B147A)
   By fax: (860) 512-2801
   Or mail: Continuing Education, MS #16, MCC
            P.O. Box 1046, Manchester, CT 06045-1046
   (You must call to verify our receipt of your written request.)

Summer Excursions offers an early morning session
“A.M. à la Carte”

For students completing Grades K-8 during the 2005-2006 academic year

Bring in some of your favorite books, your GameBoy™, or play supervised board games and/or activities.
Do mind aerobics to prepare yourself for the day.
CRN #20406 10 sessions, Monday-Friday, 7/31-8/11, 8-9 a.m. MCC Bldg. LRC B209 Fee: $50
Instructor: Linda Armstrong
Excursions in Learning 2006 School Component Form

Required for ALL students starting with school year 2005-2006 (regardless of previous attendance.)
Please give this to your school teacher, counselor or principal to answer the following questions.

Note to School Personnel: Excursions in Learning is a 2-week enrichment program for gifted, talented and/or high achieving students who have completed K-8. Your recommendation helps us to assess a student’s potential for success in this program. Please complete this form in a timely fashion and return it to the parent to be submitted as part of the registration packet. If you have any questions or concerns, please contact Susan Meisler, Program Coordinator, at (860) 512-2804.

Student’s Name __________________________________________________________________________ Date ______________

School Personnel Completing Form __________________________________________________________

Position/Title __________________________________________ Work Email __________________________ Work Phone ________________

School Name ____________________________________________________________________________

Address ______________________________________________________________________________

1. Is or has the applicant been involved in a gifted and talented program in the school district?
   □ YES □ NO □ No formal gifted program
   If yes, name of program __________________________________________________________________

2. We strive for the best possible match of student to course. In what subject area does this child show strength?
   (Please elaborate in #4 below.)
   Math __________________________________________ Performing Arts ______________________________
   Science ______________________________ Social Studies ______________________________
   Technology ___________________________ Visual Arts ______________________________________
   Writing __________________________________ Other __________________________________________

3. Please assess the child’s performance/potential for participation in the three-hour classes
   held over a two-week, Mon-Fri. period.

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<th>Area</th>
<th>Above Average</th>
<th>Superior</th>
<th>Other Explain</th>
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4. What other information should the Excursions’ Program consider?

________________________________________________________________________________________
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_______________________________________________
Signature of Person Completing Form

Please return this form to: Susan Meisler
Manchester Community College
Great Path MS #16
P.O. Box 1046
Manchester, CT 06045-1046
For students completing Grades K-2 during the 2005-2006 academic year.

GRADES K-2

MORNING CLASSES • 9 A.M.-NOON

**Acting Adventures**
Laugh! Sing! Dance! We will play a variety of games and activities that work our “physical selves” (stalk like a lion or strut like a king); our “vocal selves” (mimic sounds around you - use big booming voices or teensy-weensy voices); and our “intellectual selves” (Be someone else - someone totally different from yourself.) We will incorporate movement with storytelling and improvisation to explore the exciting world of creative dramatics.
CRN #20417 9 a.m.-noon MCC Bldg. LOWE L155 and LOWE L124
Instructor: Hope Zettwoch

**Claytime (Grades 1-2)**
Create lifetime treasures while having fun. We’ll learn how to coil, pinch, roll slabs and sculpt clay, all while creating colorful fish, critter bowls, mobiles and more. Bring a smock and come prepared to explore the magic of clay. The tuition for this course is $250 which includes a materials fee.
CRN #20409 9 a.m.-noon MCC Bldg. AST D130 & AST D131
Instructor: Janine Turgeon

**Constructions for Children**
If you are a young builder and like to do things with your hands, this is the class for you! Challenge yourself by building castles, hot air balloons, wigwams and a model of Stonehenge. The list of building materials now. The sky’s the limit!
CRN #20446 9 a.m.-noon MCC Bldg. LOWE L240
Instructors: Jodi Clare and Claudine Polochanin

**Get Seuss-ed!**
The books of Dr. Seuss are among the most popular ever written. Come and enjoy the rhymes, rhythms and patterns of all your favorite Seuss-orrific books. We will read Seuss, act Seuss, build Seuss, paint Seuss and yes—even eat Seuss! Join Horton and hatch an egg. Build your own electro-who-cardio-flux. Decorate the Fox’s socks. Look down Mulberry Street. Design a “thneed” and wear one of Bartholomew Cubbin’s hats. Oh, the things we will do!
CRN #20415 9 a.m.-noon, MCC Bldg. LRC B125
Instructor: Arlette Cassidy

**Math That Isn’t (Grades 2-4)**
See course description on page 52.
CRN #20435 9 a.m.-noon, MCC Bldg. AST D213
Instructor: Barbara Johnston

**Sampling Science (Grades 1-2)**
Do you love science? Are you always asking questions? Here is a chance for you to explore a different science every day! One day we will study paleontology as we look at real fossils and put together a large dinosaur skeleton. Another day, we will set up a chemistry lab and mix chemicals together to see what happens. We’ll explore how some of our toys work as we study physics. Geology will give us a chance to identify some common rocks and minerals. There will be plenty of experiments and participatory activities so you’ll get a taste of the different sciences.
CRN #20443 9 a.m.-noon MCC Bldg. LOWE L141
Instructor: Susan (Craig) Harrington

**Things that Go Bump in the Night**
Meet the unique denizens of the insect world, up close and personal. Examine some “masters of deception” and “agents of destruction.” Learn about the survival techniques of the only creatures on earth that are in direct competition with humans. Explore the miniature world of insects in the great outdoors of MCC. Record personal findings in your own field guide to the bountiful world of bugs. Become a bug gourmet; details to follow. “Collect” yourselves for our insect-o-rama on the final day of class.
CRN #20425 9 a.m.-noon MCC Bldg. AST C204
Instructor: Winthrop Ford

**Whoosh, Bzz, Gurggle, Fizz**
Welcome to the world of science. Come explore how things around you work by participating in a variety of exciting, hands-on activities. We’ll investigate the mysteries of electricity, magnetism, aeronautics, catapults and simple machines. Learn about the process of scientific thinking that will allow you to be the scientist. Don’t miss the whoosh, bzz, gurggle and fizz of discovery.
CRN #20449 9 a.m.-noon MCC Bldg. LOWE L142
Instructor: Melissa Szych

**EXCURSIONS IN LEARNING FOR CHILDREN**
Monday-Friday • July 31-August 11

**GRADING K-2**

**AFTERNOON CLASSES • 1-4 P.M.**

**Discovering Ancient Egypt through Art (Grades 2-4)**
See course description on page 52.
CRN #20421 1-4 p.m. MCC Bldg. AST D132
Instructor: Karen Anger

**Exploring Art through Nature**
Explore the nature of art through poems, drawing, paintings, stories, creative movement and sound effects. Much of our time each day will be spent outdoors looking for feathers, pebbles, special leaves and sticks, and much more. This class is a balance of physical activities, such as tree tag and nature hikes, and quiet times, such as sponge painting to mimic clouds and building bird houses of sticks. Emphasis is on developing observational skills, artistic expression and an appreciation of nature. This fusion of body, mind and the arts will have us moving, feeling and creating. Join us!
CRN #20419 1-4 p.m. MCC Bldg. LRC B208
Instructor: Amy Burris
EXCURSIONS IN LEARNING FOR CHILDREN
Monday-Friday • July 31-August 11

The T.A.’s are a wonderful addition…involve the students and are enthusiastic about the program…A+
Parent

Now! Flip Out with Physics
Physics isn’t just for grown-ups and rocket scientists! Join us as we explore a variety of physics-related concepts including motion and force, light and color, electricity, and astronomy. Use hands-on experiments and activities to discover why some things float and others sink; why there is such a thing as day and night; why we wear white clothes in the summer, and more! Understanding physics will make you flip out!
CRN #20448 1-4 p.m. MCC Bldg. LOWE L142
Instructor: Marjorie Bruch

Math that Isn’t (Grades 2-4)
See course description on page 52.
CRN #20436 1-4 p.m. MCC Bldg. AST D213
Instructor: Barbara Johnston

Now! Monstrous Creatures, Past and Present
(Grades 2-4)
See course description on page 53.
CRN #20414 1-4 p.m. MCC Bldg. LRC B129
Instructor: Crystal King

Puppets, Puppets, Puppets (Grades K-1)
Introducing the magic of puppetry! You will make puppets that are as tiny as your little finger and puppets as big as you are—or bigger. You’ll explore the different kinds of materials to use: paper for shadow figures and moving mouth puppets, clay to sculpt puppet heads for your own rod puppets, and cloth or yarn to create marionettes. Once we’ve created all these wonderful puppet figures, our challenge will be to bring them to life through pieces you create and perform. Intrigued by puppetry? Like to work with your hands and your imagination? You won’t want to miss this course.
CRN #20418 1-4 p.m. MCC Bldg. LRC B125
Instructor: Rolande Duprey

Now! The Nature of Numbers (Grades K-1)
Put on your thinking caps and prepare to explore the fascinating world of numbers through scavenger hunts, nature observations, music and art. We will begin each day with a math puzzle that will unlock our featured number adventure. Become part of a group of ladybugs. Learn how to measure up to an inch worm. Create designs with mosaics and patterns. You will connect math to the real world with puzzles and problems that explore the “nature of numbers.”
CRN #20433 1-4 p.m. MCC Bldg. LRC B209
Instructor: Hope Zettwoch

For students completing Grades 3-5 during the 2005-2006 academic year

GRADES 3-5
MORNING CLASSES • 9 A.M.-NOON

Now! Be Outstanding in the Field
(Grades 4-6)
As an ecologist, you’ll discover the natural world of ecosystems present on the campus of MCC. Through field study we will observe, investigate and interpret. We’ll investigate the habits of nocturnal animals through tracking and then cast their prints. Be a plant sleuth and observe the animals that rely on them for food, shelter and cover. Record your field discoveries in a nature journal of sketches, measurements and observations. A guest ornithologist may show you how to trap, identify and band birds. New discoveries will make you “outstanding in the field.”
CRN #20450 9 a.m.-noon MCC Bldg. AST C107
Instructor: Paul Duva

Castles and Life in Medieval Times (Grades 5-6)
Just how “dark” were the Dark Ages? Learn about this exciting time in history while creating your very own three-dimensional castle. Do you know why castles were built or who got to live in them? Discover just what it takes to be a knight. As we build our castles we will explore what life was really like in Europe 800 or so years ago. Other activities include designing a coat of arms and building a mini catapult. We will culminate our adventure with a medieval wax museum whose figures can be animated.
CRN #20423 9 a.m.-noon MCC Bldg. AST D132
Instructor: Karen Anger

Discoveries in the Dark (Grades 4-6)
Ever wonder what it would be like to develop your own black-and-white pictures? You will learn how to use a 35mm camera to take pictures and then develop them. We will focus on (no pun intended) how to pick a subject, picture composition, use of light, developing black-and-white film, and printing 5” x 7” and 8” x 10” photos. Students must be able to follow directions carefully and work with a camera and sensitive materials. Participants must have use of a 35mm camera, and provide one roll of black-and-white film. There will be a $5 materials fee payable to the instructor on the first day of class.
CRN #20440 9 a.m.-noon MCC Bldg. AST D111A
Instructor: Gabrielle Zane

Everything was hands-on so his mind was engaged. Parent

Computer Grab Bag (Grades 5-7)
See course description on page 53.
CRN # 20427 9 a.m.-noon MCC Bldg. LRC B222
Instructor: Catherine Seaver

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**EXCURSIONS IN LEARNING FOR CHILDREN**
**Monday-Friday • July 31-August 11**

**Exploring Mayans, Aztecs and Incas**
Are you ready to explore the games, foods and crafts of ancient civilizations? Do you like adventures? In this course you will learn what life would have been like for the Mayans, Aztecs and Incas. You will learn about each of their cultures. You will work on projects such as making Mayan glyphs and designing and crafting an Incan mask. We will also plan and create a city of the likes of Machu Picchu.

CRN #20408 9 a.m.-noon MCC Bldg. LRC B129
Instructor: Melissa Prue

**Illustrating the World (5-8)**
See course description on page 54.
CRN #20420 9 a.m.-noon MCC Bldg. LOWE L241
Instructor: Iris Van Rynbach

**Making Magical Books**
Learn how to assemble and complete unique and beautiful books. Incorporate different kinds of writing in a variety of book formats. Create a nature log with rubbings and descriptions, an origami book with simple haiku poems, a Chinese flutter book with an original adventure story and/or an accordion book with limericks.

CRN #20424 9 a.m.-noon MCC Bldg. LRC B208
Instructor: Amy Burris

**Math that Isn’t (Grades 2-4)**
Math isn’t just a bunch of numbers and formulas. The influence of math is fun and all around us. Explore the elements of geometry and build geodesic domes and towers of straws and paper clips. Learn about angles and construct a periscope. Investigate symmetry, work with mirrors and create your own kaleidoscope. Develop and challenge your decoding skills as you unlock the mysteries of codes and quizzes. Investigate number fun and magic with games and activities such as smart cards, puzzles and magic squares. Challenge your friends and family with these new games and math tricks. Join us for a unique adventure in “Math that Isn’t.”

CRN #20435 9 a.m.-noon MCC Bldg. AST D213
Instructor: Barbara Johnston

**Excellent teachers, appropriate pace and interesting topics Parent**

**Museum Madness**
Learn how impressionists saw, cubists thought and expressionists moved. Join us in this introduction to the world of art and artists. You’ll have fun using hands-on projects to create your own impressionistic painting, build a cubist construction and design your own modern sculpture. You’ll learn how and what artists like Monet, Picasso and Pollack created, and the reasons why. A parent-volunteer, carpooled field trip to the Wadsworth Atheneum in Hartford will be scheduled. There will be a $3 admission fee, payable to the instructor on the first day of class.

CRN #20411 9 a.m.-noon MCC Bldg. AST D110
Instructor: Tina Miro

**Perplexing Problems (Grades 5-7)**
See course description on page 54.
CRN #20439 9 a.m.-noon MCC Bldg. AST C201
Instructor: Thomas Ebersold

**Running Your Own Business—Start to Finish (Grades 5-8)**
See course description on page 54.
CRN #20452 9 a.m.-noon MCC Bldg. LOWE L243
Instructor: Jim Griffin

**The Math of Sports I (Grades 4-5)**
This is math that you can really use and really like! We will talk about, use, and explore math as an important part of sports. We’ll figure out batting averages and earned-run averages. You know the big salaries that athletes make? We’ll figure out how the team owners can make enough money to pay them. We will use commercial sports board games, as well as our own sports board games, to keep statistics. When we finish, we’ll not only know how those numbers appear in a box or line score for any sport, but also how they were calculated and why they are important.

CRN #20434 9 a.m.-noon MCC Bldg. LOWE L213
Instructor: Jim Johnston

**GRAD ES 3-5**

**AFTERNOON CLASSES • 1-4 P.M.**

**Clay Creations**
Use your hands and your imagination to create personal works of art. A variety of hand-building techniques will be demonstrated and explored as we create both individual and group projects. Past students will build on previous skills. Bring a smock and come prepared to create some exciting projects. The tuition for this course is $250 and includes a materials fee.

CRN #20410 1-4 p.m. MCC Bldg. AST D130 & AST D131
Instructor: Janine Turgeon

**DansKinetics® (Grades 4-8)**
See course description on page 54.
CRN # 20451 1-4 p.m. MCC Bldg. LOWE L124 & LOWE L155
Instructor: Ludwika (Vicky) D’Agostino

**Discovering Ancient Egypt through Art (Grades 2-4)**
Travel back thousands of years and across the desert sands to the civilization of ancient Egypt. Learn how Egyptian traditions and beliefs shaped the way they lived and died. Create a replica of an ancient Egyptian tomb. Learn about the tradition of mummification and make your own mummy, complete with sarcophagus. Experiment with writing using Egyptian hieroglyphics, try your hand at some ancient Egyptian games and much, much more!

CRN #20421 1-4 p.m. MCC Bldg. AST D132
Instructor: Karen Anger

**Imagine, Ponder, Consider, Reflect**
Imagine using geometric shapes to design. Ponder the possibilities while listening to stories. Consider the idiom for the picture puzzle. Reflect upon a solution to a language problem. Creativity will help you have fun and success with thinking skills. Do you like math, scientific thinking and language? Do you think outside the box? Come and find out!

CRN #20437 1-4 p.m., MCC Bldg. LOWE L243
Instructor: Theresa McKeown

**Math that Isn’t (Grades 2-4)**
See course description in left column.
CRN #20436 1-4 p.m. MCC Bldg. AST D213
Instructor: Barbara Johnston
**EXCURSIONS IN LEARNING FOR CHILDREN**  
*Monday-Friday • July 31-August 11*

**Meet the “...ologist”**
If you were a scientist, how would you spend your day? Explore the world of science by studying a different topic each day. As an entomologist, try your hand at collecting live insects in the fields and watch the behavior of giant cockroaches. As an ecologist, you’ll explore the ecosystem of trees and plants around the college. Would you rather be an aeronautical engineer and learn about flight with paper airplanes or a chemist who creates a new compound, or an ornithologist who learns about birds and their songs?! We are sure to cover your favorite science. You will discover things you didn’t know!

**CRN #20444** 1-4 p.m. MCC Bldg. LOWE L141  
*Instructor: Susan (Craig) Harrington*

**Monstrous Creatures, Past and Present**  
(Grades 2-4)
Discover how real life monsters shaped the tales of ancient peoples. They became the basis for the myths we know today. You will investigate myths, the areas where certain prehistoric creatures roamed, then try to match the tales to these monsters! Create your own monster and give him a home that matches his or her characteristics. Develop a monstrous costume and act out a modern myth for friends and family!

**CRN #20414** 1-4 p.m. MCC Bldg. LRC B129  
*Instructor: Crystal King*

**Vive la France** (Grades 4-5)
Immerse yourself in the culture of France. Learn French words and phrases, then practice listening and speaking in French. Study and copy the works of famous French painters, such as Monet and Toulouse-Lautrec. Practice your artistic skills by drawing and painting subject matter related to French themes. Learn about French cuisine by cooking crepes, and best of all, eating them. Come share a picnic of French foods. Take some classic French stories, such as “Le Petite Prince” or “Babar,” and try to read them in French. Then, make a T-shirt featuring one of the main characters. Come enjoy a bit of France right here in Manchester. No plane ticket necessary. A bientot!

**CRN #20407** 1-4 p.m. MCC Bldg. LOWE L241  
*Instructor: Iris Van Rynbach*

**For students completing Grades 6-8 during the 2005-2006 academic year**

**MORNING CLASSES • 9 A.M.-NOON**

**Be Outstanding in the Field** (Grades 4-6)
See course description on page 51.

**CRN #20450** 9 a.m.-noon MCC Bldg. AST C107  
*Instructor: Paul Duva*

**Castles and Life in Medieval Times** (Grades 5-6)
See course description on page 51.

**CRN #20423** 9 a.m.-noon MCC Bldg. AST D132  
*Instructor: Karen Anger*

**Computer Grab Bag** (Grades 5-7)
Explore your computer with a different topic each day! Look at how computers are used for communications, entertainment, hobbies, education, work… and socializing. Get a taste of several areas of computer technology including programming, networking, web page design, graphics and operating system features (including Linux!). “Key-in” to this fascinating science where (almost) anything is possible.

**CRN #20427** 9 a.m.-noon MCC Bldg. LRC B222  
*Instructor: Catherine Seaver*

**Digital Photography**
Learn how to control, point and shoot digital cameras to create a special project. Load images into a computer and learn the basics of Adobe Photoshop, the premier photo imaging/editing software program. Equipment, software and techniques for successful digital photography will be discussed. Share your pictures by learning how to set them up for emailing and/or printing. It is not necessary to own a digital camera to take this course, but if you do, please bring it to class. (If you need MCC to provide a camera, please indicate this on the Registration Form.)

**CRN #20442** 9 a.m.-noon MCC Bldg. AST D211  
*Instructor: Richard Hoyer*

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*The teachers and assistant were very prepared and fun.*  
*Parent*
Discoveries in the Dark (Grades 4-6)
See course description on page 51.
CRN #20440 9 a.m.-noon MCC Bldg. AST D111A
Instructor: Gabrielle Zane

Illustrating the World (Grades 5-8)
Learn all about the world of commercial art as you take pencil, pen, or paintbrush in hand and illustrate the world. Illustrate your favorite children’s story, poem or folk tale. Make a book cover for a mystery novel. Illustrate a magazine cover. Draw a cartoon character series. Make your own greeting card and stationery. Work in watercolor, pen and ink, colored pencil and scratch board. The possibilities are as infinite as your imagination.
CRN #20420 9 a.m.-noon MCC Bldg. LOWE L241
Instructor: Iris Van Rynbach

MCC Junior Jazz Band
Do you enjoy listening to jazz music? Do you have the desire to learn how to improvise and play a variety of jazz styles? If you have at least two years of experience on any brass, woodwind, or percussion instrument (piano included), then you’re ready for the MCC Junior Jazz Band. Together, we will listen to and perform jazz classics, learn the art of improvisation, compose our own blues tune, and have a great time. You will have the opportunity to demonstrate your new skills and talent during a concert performance on the last day of class.
CRN #20422 9 a.m.-noon MCC Bldg. V2 V127
Instructor: Gerry Saez

Perplexing Problems (Grades 5-7)
Enhance your problem-solving skills and build your algebraic thinking abilities as you solve different types of mathematics problems. Problems will be drawn from many sources, including the Continental Mathematics League and Math Olympiads. Work cooperatively and individually to learn and practice a variety of strategies designed to help you solve perplexing problems.
CRN #20439 9 a.m.-noon MCC Bldg. AST C201
Instructor: Thomas Ebersold

Running Your Own Business—Start to Finish (Grades 5-8)
This course will introduce you to the ins-and-outs of starting, maintaining, and building your own business. It will feature hands-on activities, such as planning, manufacturing, selling, and accounting for a class-designed product. You will create a product, develop a business and marketing strategy, sell the product, keep financial records of earned income, and, hopefully, distribute your profits to your stockholders. This course will provide an exciting glimpse of the free-market economy.
CRN #20452 9 a.m.-noon MCC Bldg. LOWE L243
Instructor: Jim Griffin

I was amazed at how much my children learned and how much they accomplished. I think the small class size had a lot to do with this success.

Parent

The Power of Persuasion
How much does the mass media, from radio to television to the internet, influence your behavior? Get involved in the power of persuasion by creating your own TV commercial, a collage poster made from cutouts of magazines, and an internet scavenger hunt. Design an advertising campaign to try to influence a client to buy a product. Inform yourself—and others—in this hands-on class.
CRN #20426 9 a.m.-noon MCC Bldg. LRC B218
Instructor: Chris Buonacquisto

Ventriloquism Just for Laughs
Have you ever wondered how a ventriloquist can throw her/his voice? Learn basic ventriloquist skills that will enable you to "speak" without moving your lips. Make your puppet character come alive as you develop his/her personality and write humorous scripts. You’ll enjoy team work and solo performances with upbeat music. Try your skill on prop design behind the scenes. Learn the essential elements of this playful art!
CRN #20413 9 a.m.-noon MCC Bldg. AST C210
Instructor: Judy Buch

Computer Game Design and Programming
Learn about the history of computer games from Pong to Counter-Strike. We will play games and figure out what makes them fun, and then design some games of our own. Students will learn how different types of games are created using sprites, backgrounds, tiling and sound. Several different development tools will be used including GameMaker, the Visual Basic and C++ programming languages and the Allegro game library.
CRN #20430 1-4 p.m. MCC Bldg. LRC B222
Instructor: Catherine Seaver

DansKinetics® (Grades 4-8)
Love to dance! Here’s your chance! Combine yoga (Kripalu) with the joy of dance in Danskinetics® and the drama of theater. Begin each class with “mind storm” activities, and gentle yoga warm-up postures. Follow up with lively, multi-cultural dance rhythms from around the world. Experience many styles of dance—circle, line and partner; create your own movements, and use costumes, props—whatever “moves” you! End every class with rhythmic cool down and relaxation exercises. Bring a yoga mat or beach towel, drinking water, and a playful spirit! No previous dance experience is required.
CRN #20451 1-4 p.m. MCC Bldg. LOWE L124 & LOWE L155
Instructor: Ludwika (Vicky) D’Agostino
Playing with History

How would you like to learn, have fun and play games all at the same time? You can! Board games and computer simulations reveal why certain cultures thrived while others died out, what life was like in feudal Japan, how the Greeks lived in a world enlivened by myths and heroes, why trade is essential to a healthy economy and how to manage resources and take calculated risks. It’s all in the way you play the game. Join us!

CRN #20412 1-4 p.m. MCC Bldg. LRC A121
Instructor: Benjamin Hoffman

Power House

Power up with a variety of projects which explore alternative sources of energy. Build a “power house” model using solar panel, windmill, greenhouse and desalination systems. Perform experiments that harness the power of the sun using heat traps, solar cookers, and sun furnaces or burners. Get “current” with energy converters and the forces of magnetism. Build a sail car and learn how wings and sails transform energy. Be energy smart; your world depends on it.

CRN #20445 1-4 p.m. MCC Bldg. AST C107
Instructor: Odell Glenn

Rockin’ Minerals (Grades 5-7)

Put on your geologist’s hard hat as you explore the world beneath your feet. Dig down and learn about different types of rocks. Classify them by shape, size, color, and texture. “Scratch” and “streak” to identify them, as well as a “mystery rock” you’ll bring from home. Work with vinegar to see if calcite is “hiding” inside a rock. Make your own sedimentary rocks. Grow your own crystals with salt. What do geologists tell us about the importance of rocks and minerals in everyday life? This information may rock you.

CRN #20447 1-4 p.m. MCC Bldg. AST C201
Instructor: Thomas Ebersold

Sound Off with GarageBand™

Learn to use Apple’s brand new GarageBand™ software to create, compose and record music tracks on a computer. In this class we will look at how we can use different sounds to create art and music. If you don’t have any musical background, not to worry, with GarageBand™ it is easy for the novice and the experienced musician alike to perform, record, and create their own music. We will learn how to use prerecorded loops and beats to compose, arrange, edit and mix, and add effects to make music and experimental sound compositions. With GarageBand™ a new musician is born every minute. So whatever your style is: symphonic, pop, rock, hip-hop, rap, techno, jazz, or experimental, using a Mac and GarageBand™ is a way to unleash the creative musical artist within.

CRN #20429 1-4 p.m. MCC Bldg. AST D211
Instructor: Richard Hoyer

The Math of Sports II (Grades 5-8)

Calling all sporting mathematicians! Dig into the world of sports to discover the ways professionals use math. Examine the physics of making the ball go farther. Use statistics to calculate, and then predict the likelihood of a team making the finals. Better understand “success” by meeting with a sports analyst, and possibly visiting a sports venue. This class is open to students who have taken Sports Math or who have completed grades 5-8.

CRN #20438 1-4 p.m. MCC Bldg. LOWE L213
Instructor: Jim Johnston

Video Productions

Students will learn how to use video cameras (VHS and digital), how to conduct a television program, and how to edit on Media 100 using iMAC computers. Students will also learn many aspects of a television studio. Projects include a talk show, an interview program and a commercial about MCC. Learn how to put together a sequence of footages using the features of Media 100.

CRN #20428 1-4 p.m. MCC Bldg. LRC B218
Instructor: Chris Buonacquisto

Dynamic Instructors Wanted for Excursions 2007

Do you have a favorite teacher with special talents that might like to join the Excursions team?

Share this catalog.
Have him/her contact Susan Meisler, Program Coordinator at (860) 512-2804 or smeisler@mcc.commnet.edu for more information.
**MAPS & DIRECTIONS**

**MCC: Manchester Community College**

**EHCCC: East Hartford Community Cultural Center**

**From Hartford:** From I-84 Eastbound, take exit 59 to I-384. Immediately take exit 1. Turn left onto Spencer St. (eastbound). Turn right onto Hillstown Road. Take first left onto Great Path and proceed to stop sign. Take a right onto Founders Drive South to Lot C or a left onto Founders Drive North to Lot B.

**From Boston:** Take I-84 Westbound. Take exit 59 onto I-384. Immediately take exit 1. Turn left onto Spencer St. (eastbound). Turn right onto Hillstown Road. Take first left onto Great Path and proceed to stop sign. Take a right onto Founders Drive South to Lot C or a left onto Founders Drive North to Lot B.

**From Bolton:** (I-384 westbound): Take I-384 westbound. Take exit 1. Turn right at the light onto Spencer St. eastbound. Turn right onto Hillstown Road. Take first left onto Great Path and proceed to stop sign. Take a right onto Founders Drive South to Lot C or a left onto Founders Drive North to Lot B.

**From Springfield:** Take I-91 South. Take exit 35A to I-291 east, to I-384. Immediately take exit 1. Turn left onto Spencer St. (eastbound). Turn right onto Hillstown Road. Take first left onto Great Path and proceed to stop sign. Take a right onto Founders Drive South to Lot C or a left onto Founders Drive North to Lot B.

**Registrar’s Office Hours**

Monday, Wednesday, Thursday ... 8:30 a.m.-4:30 p.m.
Tuesday ........................................ 8:30 a.m.-7 p.m.
Friday .......................................... 8:30 a.m.-noon
Saturday ..................................... 9 a.m.-noon

For more information regarding registration, please call the Registrar’s Office at (860) 512-3220

**Bookstore Hours**

Required textbooks can be purchased at the MCC Bookstore located on the first floor of the Lowe Building.

**Regular Summer Bookstore Hours**

Monday-Thursday ............... 9 a.m.-4 p.m.
Friday ........................................ 9 a.m.-noon
Saturday & Sunday ............. Closed

The Bookstore will be closed whenever the school is closed.

For more information, call (860) 645-3140 or visit our website at: www.efollett.com
Manchester Community College Campus

Lowe Building:
- Admissions/Registrar’s Offices
- Athletics/Fitness Center
- Bookstore
- Center for Student Development
- Classrooms/Faculty Offices
- Great Path Academy
- Student Activities/Senate

Village:
- Buildings V1, V2, V3, V4, V5, V6

Learning Resource Center:
- Classrooms/Faculty Offices
- Computer Science Labs
- Continuing Education
- Educational Technology Services
- Health Career Labs
- Library
- TV Studio

Arts, Sciences & Technology Center:
- Auditorium
- Classrooms/Faculty Offices
- Chemistry/Physics
- Engineering
- English
- Fine Arts
- Mathematics
- Photography

All buildings have ramps to provide easy access for people with disabilities. There are also designated parking spaces for people with disabilities.

Want to take a class online? See the online classes listed on pages 31-38 or visit the web site at www.ed2go.com/manchcc
Register Early
To ensure that you receive materials lists (describing what you should bring to class) in a timely manner, register at least ten (10) days before the first scheduled class meeting. MCC can not guarantee that materials (what instructors bring for your use) will be available for late registrants. Enrollment in classes is limited and will be accepted on a first-come, first-served basis. Classes may fill quickly; early registration ensures you a seat and also decreases the likelihood that a course will be cancelled.

Confirmations
No written confirmations are mailed. Registrants will be contacted by MCC only if a course cancels or if classrooms, meeting times or dates change.

Course Locations
Courses are held in classrooms at MCC or the East Hartford Community Cultural Center (EHCCC) unless otherwise indicated in the course descriptions. Please see maps on pages 56-57 for directions to schools and for MCC room locations.

Free Parking
Parking is free at MCC. You may park without a permit in Lots A, B, or C. A permit is required to park in staff or handicapped spaces. For parking lot locations, see campus map on page 57. Parking is also free at EHCCC.

Weekend Restrictions
Weekend parking permitted in Lot C only. Enter through the AST building and proceed to your scheduled building/classroom.

Postponements & Make-Ups
Classes postponed by instructor’s request or extreme weather conditions will be made up whenever possible. Please call the College’s main line, (860) 512-3000, or listen to WTIC, WDRC, WHCN, WPOP, WRCH or WCCC for cancellations due to weather conditions. You may not make up absences by attending classes other than your own. Closings due to weather are also listed on the College web page: www.mcc.commnet.edu.

Cancellations
MCC reserves the right to cancel, postpone and substitute instructors as needed due to unforeseen circumstances. If MCC cancels a course, registrants may transfer their fees to another course for the same semester or receive a full refund. If a course is cancelled, registrants will be notified by phone or mail.

Class Supply List
If the class for which you are registering requires supplies (see course description), your supply list will be mailed to you prior to class start. If you have not received your list one week before the scheduled class start, call the Continuing Education office at (860) 512-2800, or stop by the office in the Learning Resource Center (LRC) Room B147 to pick one up.

Refund Policy for Credit-Free Courses
There is a minimum enrollment for all Credit-Free courses. Classes with insufficient enrollment will be cancelled. If a course is full or cancelled, you will be notified by phone, mail or email before the starting date. If the College cancels a Credit-Free course, students will receive a full refund.*

In order to drop a Credit-Free course and receive a refund*, you must submit a written request to the Continuing Education Office no later than THREE business days prior to the first scheduled class meeting. It is your responsibility to call Continuing Education to verify that your request for a refund was received. If you fail to call, and we have no record of your request, you are ineligible for a refund. Refund checks are issued by the State Comptrollers’ Office and take approximately four to six weeks to process.

Requests for refunds may be made:
In person: LRC B147
By fax: (860) 512-2801
Or mail: Continuing Education, MS #16, MCC, P. O. Box 1046, Manchester, CT 06045-1046

No refunds will be issued after the allowable drop period. There are no exceptions regardless of circumstances.

* The college does not keep student credit card information on file. If you paid for a class with a credit card and would like to have your credit card account refunded, you will need to provide us with your account number and expiration date. Otherwise, you will automatically be mailed a refund check.

Special Note to Students
Full payment is due upon registration. If you register and do not pay, you will be billed for the course(s). If you wish to drop a course, you must do so no later than three business days prior to the first scheduled class meeting, or you will be billed for the course(s).

WEB REGISTRATION
for Credit-Free Courses
Returning students may now register online using a MasterCard or Visa.
If you are a returning student and know your Banner ID*
here’s how to register online**:

- Go to www.online.commnet.edu
- In the “Secured Information” area click “Login”
- Enter your User ID/Banner ID, which is “@” followed by your eight-digit ID number**
- Enter your PIN or Password—Your PIN is your date of birth entered as “mmddyy” (You will be prompted to change your PIN when you login)
- Select “Manchester CC”
- Follow instructions for registration and payment

Online registration for the Motorcycle Program is not permitted.
* Banner ID numbers will be mailed (upon request) to all returning students and cannot be given out over the phone.
** Please choose your course(s) in advance and have the correct CRN number(s) handy when you register online.
Please call 512-3220 for more information about Web registration or to request your Banner ID.

Manchester Community College is committed to access and equal opportunity. Should you require special accommodations in order to participate in any of the programs offered, please contact Services for Students with Disabilities at 860-512-3332. Alternative formats of this material may be provided upon request. MCC does not discriminate against any individual on the grounds of race; color; national origin; ancestry; sex; sexual orientation; age; religion; political beliefs; mental, learning or physical disability; marital or veteran status; or prior conviction of a crime. The College reserves the right to make any necessary changes in the information listed in this publication. 406/60, 50M, Resource: CE/VS

Cover Design & Catalog Layout: Valerie Scott
**5 easy ways to register for Credit-Free courses**

Please complete and submit this entire page.

### 1. By Mail
Complete a registration form (one person per registration form, please). Pay by check, money order, MasterCard or VISA. Mail entire page with full payment to:

**Continuing Education Registration, MS #13**  
Manchester Community College  
Great Path  
P.O. Box 1046  
Manchester, CT 06045-1046

### 2. In-Person
At the Registrar's office in the Lowe Building. Pay at the Cashier's Office by cash, check, money order, MasterCard or VISA. Please use the night drop box after hours.

### 3. By Fax (860) 512-3221 (24 hours)
Complete a registration form, using your MasterCard or VISA. Please call (860) 512-3220 to confirm that your fax was received.

### 4. By Phone (860) 512-3232
Call (860) 512-3232 between 11 a.m. and 2 p.m., Monday-Thursday, using MasterCard or VISA only.

### 5. Register Online
Returning students, go to: [www.online.commnet.edu](http://www.online.commnet.edu) (using MasterCard or VISA). For details see page 58 or call (860) 512-2800.

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**MCC Credit-Free Course Registration**

Print clearly in ink. Register one person per form. Photocopy form as needed.

**Banner I.D. #**  
**Soc. Sec. No.**

**Name (Last) (First) (M)**

**Previous Name (if any)**

**email address**

**Home Address (Number and Street)**

**City**  
**State**  
**Zip Code**

**Tel. (Home) (Work) (Cell)**

Be sure to include both a day and evening phone number in case we need to inform you of a scheduling change or cancellation.

**Birth Date**  
**Sex**  
[ ] Female  
[ ] Male  
**Today's Date**

**Resident Information**

ARE YOU: (Check applicable)

A CONNECTICUT RESIDENT FOR 1 YEAR?  
[ ] YES  
[ ] NO

ARE YOU: (Check applicable)  
[ ] AMERICAN  
[ ] NATURALIZED  
[ ] APPLIED FOR CITIZENSHIP  
[ ] COUNTRY OF ORIGIN

[ ] NOT ON STUDENT VISA - Other (Specify)

[ ] PERMANENT RESIDENT (Registration Number)

**CRN #**  
**Course Title**  
**Start Date**  
**Time**  
**Room**  
**Fee**

---

**Make check or money order payable to "MCC".**

**Credit Card #**

**Cardholder name (print)**

**Cardholder signature**

**Relationship to student**

**Cardholder Address**

**Cardholder phone**  
**Exp. Date (mo/yr)**

**Fees (total enclosed)**

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**REFUNDS**

Refunds are issued only for Credit-Free courses that MCC cancels, or if a written request is received three (3) business days prior to the first scheduled class meeting. Regardless of circumstances, no exceptions will be considered. See details on page 58.
REAL ESTATE CLASSES
Preparation for CT Licensing Exam
• Principles and Practices of Real Estate
• Real Estate Appraisal II

See Page 40

BOATING CLASSES
See Page 25
Saturday and Evening Courses
To Obtain Safe Boating Certificate or Personal Watercraft Operators Certificate

Motorcycle Rider Program
Directed by the CT Department of Transportation
Focus on street strategies and survival skills

Call (860) 512-3004 extension 8705

www.mcc.commnet.edu/motorcycle.htm