

**How to Register: By phone with credit card (803) 938-3793 (Fran Castleberry) or (803)938-3795 Susan Brabham or by mail: USC Sumter**

**Continuing Education  
200 Miller Road  
Sumter, SC 29150-2498**

### *Personal Enrichment*

#### **Locally Owned and Grown**

The participants in this class will visit three local farms, a farm store and have lunch at a local restaurant that grows some of its own produce and buys locally produced food whenever possible. We will start off the day visiting Old McCaskills farm where owner/farmer Kathy McCaskill will show us first-hand how sheep, goats, chickens and pigs are raised as well as visit their store that carries all the meats raised here on the farm and wool items made from the wool sheared from the flock and fresh canned goods. Bells Honey is next on the tour where we will see how bees are raised and honey is farmed. Trent Langston chef and owner of Lilfreds will prepare a delicious meal using ingredients from our tour. The next stop will be Azeez Mastafa's organic farm, the largest organic vegetable farm in South Carolina. Azeez will introduce participants to organic farming and share how he farms seasonal produce such as spinach and cabbage without the use of pesticides. We will end up our tour at Felisha and Mike Dellinger's Farm Store for local produce and a cheese making demonstration.

Date: May 16, 2012

Time: 9:00am – 4:00pm

Cost: \$35.00 (includes lunch)

#### **Organic Gardening**

Rebecca McKinney is an experienced organic gardener, instructor, and consultant. A former college professor and manager for industry, she now focuses on developing self-sufficiency and sharing knowledge about organic gardening. She is co-owner of Growing Up Green Organics Inc., a training center and urban farm. Participants will also receive information on most reliable and safe seed sources.

Date: March 15, 2012

Time: 5:30pm – 8:30pm

Cost: \$45.00

#### **Search it, Find it, Live it**

#### **Purpose, happiness and meaning from the inside out**

Want more meaning in your life? Want to find your life purpose and live it? Want to feel as if your life is flourishing and grounded in a vibrant spirituality? This course will focus on how the brain-mind can produce all of the characteristics

described depending on your (1) mindset, (2) beliefs (3) what you pay attention to in your daily life. This three hour session will give specific strategies in finding your core values, life purpose and learned purpose, an explanation of the two major nervous systems making up our reality (negative and positive,) determining the positive characteristics of your inner self, identifying the spiritual force for you and what kind of relationship you want, and learn neuroscience strategies that will result in a growing sense of well-being. The instructor, Dianne Greyerbiehl is a certified master life coach and licensed counselor holding four advanced degrees: a PhD in neurosciences and master's degrees in counseling, and business. Her special focus is creating a flourishing, purposeful, meaning-based style of living from the inside out.

Date: January 31, 2012  
Time: 6:00pm -9:00pm  
Cost: \$85.00

### **Concealed Weapons Permit Course**

This class provides participants with the training required to apply for a South Carolina Concealed Weapons Permit covering proper handling and use of firearms, self defense law, firearms safety and shooting fundamentals. The class will also include information about the Concealed Weapons Law to assist participants with passing the written test as well as the shooting qualification at the end of the class required for individuals to apply for the permit. It is recommended that students bring a handgun for the qualification course plus 50 bullets; however, one will be provided for students without an acceptable handgun. In the latter case, students must furnish ammunition.

Information about the Concealed Weapons Law may be found at the South Carolina Law Enforcement Division web site.

Date: March 31, 2012  
Time: 8:30am - 5:30pm  
Cost: \$85.00

### **The Carolina Shag - Beginner**

Betty Kennedy Kane in the Shagger's Hall of Fame and the Living Legends will be teaching the Carolina Shag to include the Basic Step, Start, Crossover Basic, Female Underarm Turn, Open and Closed, the Prep Step (front and back), Side Pass and the Triple Basic just to name a few.

Date: February 7, 2012 – April 3, 2012 (Tuesdays)  
Or: April 17, 2012 – May 15, 2012  
Time: 6:30pm – 7:30pm  
Location: Arts and Letters Building, Banquet Hall  
Cost: \$50.00

### **Ballroom Dancing**

This beginner's course will have you on the dance floor in seven easy lessons. This class will provide close, personal attention to each student's progress. The Waltz, Foxtrot, Salsa, and Cha Cha are taught with Tango added if time allows. Shoes that will slide are needed. No partner necessary.

Date: February 2, 2012 – March 8, 2012 (Thursdays)

Time: 6:00pm - 8:00pm

Cost \$79.00

### **Puppy Kindergarten/ Dog Obedience**

Tina Heckman, a dog training enthusiast and professional, will share her knowledge about dog behavior and training to teach the basics in dog obedience through a series of hands-off techniques training dogs to be more obedient pets and owners to learn how to win your dog's loyalty and respect. Basic commands and socialization with other dogs as well as people will be covered. Puppies will learn proper eye contact laying the groundwork of obedience. Training using commands such as stay, sit, come, down, heel will be covered as well as behavior modification techniques to achieve desirable behaviors and prevent common problems such as jumping, nipping and anxiety will be the emphasis in this three week program.

Date: February 16, 2012 – March 1, 2012 (Thursdays)

Time: 6:00pm – 7:30pm

Cost: \$99.00

### **Writing Workshop—The Fundamentals (Level 1, 6 week session)**

This course explores the basics of fiction writing: generating ideas, description, characterization, plotting, finding your voice, and constructing dialogue, setting, and imagery. Students will practice writing in all areas by impromptu creative writing exercises. Examination of good beginnings, middles, and endings will play a considerable role in the development of writing skills. In addition, students will learn about critiquing the work of others and how to apply this experience to their own writings in revision sessions. Class critiques will be an integral part of the learning environment.

Date: February 7, 2012 – March 13, 2012 (Tuesdays)

Time: 6:00pm – 8:00pm

Location: Anderson Library Conference room

Cost: \$99.00

### **Writing Workshop— (Level 2, 6 week session)**

This course builds on the knowledge and work begun in Level 1. Participants should have a work of fiction already in progress, and, preferably, should have taken the Level 1 course, as there will be an extensive focus on developing the work already begun. Class

critique will, again, be an important part of the learning process. Leigh Kiernan takes participants on a challenging, but satisfying, course of revision of their works of fiction.

Date: April 17, 2012 – May 22, 2012 (Tuesdays)

Time: 6:00pm-8:00pm

Location: Anderson Library Conference room

Cost: \$99.00

### **Jewelry Design and Making Level 1**

Believe it or not but in just four short weeks you can be designing and making your own jewelry. Come use your creative side making earrings, bracelets and necklaces out of various materials such as beads, rocks, stones, glass, ribbons and wire. This course covers the basics of jewelry formation and design as well as the proper use of tools and findings to create beautiful works of art.

Week 1: Class will cover wire wrapping, tools and findings, Participants will design and create 3 to 4 pairs of earrings.

Week 2: Covers wires, toggles, elastic and memory wire. Participants will make several types of bracelets and a ring.

Week 3: Covers extenders, ribbons and clamping. Participants will make several necklaces.

Week 4: Covers abstract and asymmetrical designs. Participants will make and design their own project to create their wearable art.

Date: February 7, 2012 – February 28, 2012 (Tuesdays)

Time: 6:00pm – 8:00pm

Cost: \$ 75.00

### **Fashion Design and Pattern Construction 101**

In this sewing class, students will learn how to construct a garment/craft or home decor item and design it to their specifications, read and follow a pattern, techniques of how to make alterations to a pattern and custom fit, giving it a more tailored look. Students will also learn how to use a serger, and techniques of how to embellish their project, giving it a more fashionable look. Participants will need a list of materials and a sewing machine for each class as well as an understanding of the basic sewing stitches such as the straight stitch and zigzag.

Date: February 13, 2012 – March 19, 2012 (Mondays)

Time: 6:00pm – 8:30pm

Cost: \$99.00

### **Interior Design**

Discover the different facets of Interior Design through this 10-week course. Nicole Norris, ASID, an award winning interior designer, will guide you through the process of designing an interior space step-by-step. You will learn the elements and principles of design, color theory, basic space planning, and much more! There will be field trips to

explore floor covering and lighting design, as well. The course is perfect for you if you enjoy decorating as a hobby or wish to pursue further studies in the field.

Date: January 30, 2012 – April 2, 2012 (Mondays)

Time: 6:30pm – 8:30pm

Cost: \$250.00

### **Landscape Design**

This course will focus on the elements of design in landscaping to help create beautiful outdoor rooms. Ben McIver, a landscape architect and horticulturalist, can help you add a new look to your home and plant the plants that are suited for the location. This training program covers the basics of landscape design, plant selection, soil types and maintenance. Participants will have the opportunity to complete an actual landscape design project.

Date: March 12, 2012 – March 26, 2012 (Mondays)

Time: 5:30pm - 7:30pm

Cost: \$95.00

### **Cake Decorating, Beginning**

Learn the basic fundamentals of cake decorating including how to smoothly ice a cake. Develop skills in pressure control, figure piping, applying borders and writing on cakes. Discover how to add basic flowers, leaves and the classic basket weave using butter cream frosting. Participants will make and decorate their own cake each week to practice and improve their cake decorating skills.

Date: January 25, 2012 – February 29, 2012 (Wednesdays)

Time: 6:00pm - 8:00pm

Cost: \$85.00

### **Intermediate Cake Decorating**

In this more advanced class, participants will learn cake decorating skills such as border combinations, color flow, sugar molding, fondant, flower formations (two new flowers each week) in creating their very own beautiful cake.

Date: March 7, 2012 – April 11, 2012 (Wednesdays)

Time: 6:00pm - 8:00pm

Cost: \$85.00

### **Advanced Cake Decorating (Wedding)**

In this advanced class, participants will culminate the skills learned in the first two levels of cake decorating to demonstrate techniques in assembling and designing stacked or tied wedding cakes. The class will cover cake borders and combinations for borders, fondant icing, and floral design with frosting flowers and silk flowers as well as forming ribbons, pearls and statues.

Date: May 2, 2012 – May 22, 2012 (Wednesdays)

Time: 6:00pm– 8:00pm

Cost: \$ 85.00

### **Floral Design**

This course covers the fundamentals of flower arranging including the necessary materials, equipment, care, and identification of fresh flowers, as well as the principals of design and color for various design styles for fresh arrangements.

Date: April 26, 2012 – May 17, 2012 (Tuesdays)

Time: 6:00pm - 8:00pm

Cost: \$89.00

### **Bottle and Brush**

This course not only provides one-of-a kind entertainment but also a unique experience by combining the enjoyment of wine while learning to express yourself through painting. This concept is very popular around the country and is sure to be great fun right here in Sumter. The class begins by handing each participant a light and sparkling wine and your very own and empty canvas along with step-by- step and layer by layer instructions in how to unleash your creativity and ability to create your own beautiful painting and work of art. The instructor/artist Mary Ann Reames will be sharing her expertise in teaching this art class in a fun and integrative way. The entire evening participants will enjoy wine, hors d'oeuvres, learning and being with friends to feed your mind and spirit as well as reward your hard work.

Date: March 13, 2012

Time: 6:00pm – 9:00pm

Cost: \$55.00

Location: Room136, the Arts and Letters Building

### **Bottle and Brush (Acrylic)**

Date: May 14, 2012

Time: 6:00pm – 9:00pm

Cost: \$55.00

Location: Room136, the Arts and Letters Building

### **Photography Level 1**

It is amazing, so many features in such a small package. Identify the features of your digital camera and learn how to be a better photographer. This course is designed for the novice point and shoot digital camera user and will cover the basic functions of your digital camera such as image composition and capture, image editing, image printing and archiving. Day 1: Understanding the functions of your camera: In this class, participants will go over the buttons and dials on their camera and the function of each. Please bring the camera manual with you. Day 2: Troubleshooting basic problems associated with your digital pictures. Day 3: Editing Programs and photo Critique: Bring in images for review and critique as well as learn how to make improvements. Topics discussed during

the class will include lighting, composition and exposure. Day 4: Archiving and printing: Use CD and DVD technology in printing your images yourself or sending them to a lab.

Date: February 6, 2012 – February 27, 2012 (Mondays)

Time: 6:00pm – 8:00pm

Cost: \$85.00

### **Photography Level 2**

Participants will travel to different locations, both inside and outside, covering necessary adjustments needed to improve photographs depending on backgrounds and lighting. This class is designed for those who would like to take their basic photography skills to another level and create better snapshots. Students should have a Digital SLR and understand the basics of digital technology. Day 1: Understanding the basics of exposure and f-stops: Following subject matter, ISO/ASA as related to the quality of the digital image, and flash exposure, RAW vs. JPG. Day 2: Participants will go out of the classroom and into the real world of photography (location to be determined). The class will be exploring the use of depth of field, shutter speeds, ISO and white balance. Day 3: Continue on the safari to another location covering photography of people and inanimate objects as well as flash usage. Day 4: Photo Critique: Bring in your images for review and critique as well as to learn how to make improvements. Topics include lighting, composition and exposure.

Date: March 6, 2012 – March 27, 2012 (Tuesdays)

Time: 6:00pm – 8:00pm

Cost: \$85.00

### **Instant Piano for Hopelessly Busy People**

Take a few hours to learn how to play the piano the way the pros do – with chords. Save time and money with this innovative approach that shows you the easy way to play several songs right in class – then develop your techniques at home using the 60-minute workbook and CD provided. This is a beginning course in chord piano techniques that also works for those who play traditional piano. Topics include: How chords work in music, musicians' shortcuts, how to "speed read" sheet music, how to derive all major, minor, and seventh chords, how to handle different keys and time signatures, simple techniques of counting and how to substitute for 12,000 complex chords.

Note: For a free start-up pamphlet on reading treble clef quickly & easily: send self-addressed, stamped, #10 envelope to SMI, 31 Killian Road, Asheville, NC, 28804.

Date: March 15, 2012

Time: 6:00pm – 9:00pm

Location: Nettles Auditorium

Cost: \$99.00 (Includes workbook and 60-minute practice CD)

### **Sign Language**

This is an introductory class for individuals wanting to learn sign language as well as the

history and culture of the deaf community. With practice, you can learn over 400 signs and finger Spelling. There is a great need for sign language interpreters in hospitals, schools, law enforcement, and churches.

Date: February 6, 2012 – February 29, 2012 (Mondays and Wednesdays)

Time: 6:00pm – 8:00pm

Cost \$125.00

### **Skin Care (Notions and Potions)**

Learn the facts on proper skin care from Dr. Phillip Lane Latham Jr. MD, board certified dermatologist. This is a great course for any one, any age. The class will cover the basics on skin structure, function, changes, and maintenance for proper skin care. Participants will learn about the active ingredients in skin care products as well as the therapeutic value (or lack thereof) in order to ensure more healthy skin.

Date: February 22, 2012

Time: 6:00pm – 9:00 pm

Cost: \$25.00

### **Yoga**

The Sanskrit word “yoga” means union. This union is the aligning of the body, mind and spirit. Yoga, meditation and breath work allows us to move the energy and open up the channels within us so we find the greater strength, balance and peace in our daily lives. This course combines meditation and mindfulness practices for every human spirit and offers a healthy combination of exercises for the mind and body. Individuals who practice Yoga look younger and experience improvement in general health, personal appearance, mental outlook and emotional stability regardless of age or present physical condition.

Date: January 23, 2012 – March 7, 2012 (Mondays and Wednesdays)

Or: March 21, 2012 – May 2, 2011

Time: 6:00pm – 7:00pm

Cost: \$100.00

Location: Arts and Letters Building, Room 116

### **Overcoming Anger through Meditation**

Kelsang Nyema is an American Buddhist nun has been teaching beginners how to get started in their meditation practice for many years. With her guidance, students will learn what meditation is, what does it mean to really relax, what is the mind, how to use basic meditation techniques to relax and clear the mind, how to obtain a stable peace of mind, how to achieve mindfulness in every moment, meditations for a kind heart, meditating to heal relationships, and how to apply lessons learned through meditation to solve daily problems and lead a more peaceful, happier life. The benefits of this program include: improving focus and concentration, distinguishing between positive and negative thoughts, dealing with distractions, breathing and visualization, dealing with anger, why we get angry, and how anger is harmful, patience, benefits of patience, and how to remain calm in difficult times.

Date: May 7-28, 2012 (Mondays)

Time: 7:00 pm – 8:30pm

Cost \$75.00

Location: Arts and Letters Building, the Lecture Hall

### **Buying and Selling Through eBay**

Step by step instructions and tips for listing and tracking items for auction.

Learn the rules and how to avoid common mistakes when buying and selling on eBay.

Participants will learn how to research, list, and manage items. They will also learn how to accept payments, follow up with bidders and auction buyers as well as pack and ship items sold. Re-listing items and second-chance offers will also be covered.

Date: January 29, 2012

Time: 9:00 – 1:00 pm

Cost: \$60.00

## **Business and Professional**

### **Securities Investment Strategies in Today's Market**

Yes we are experiencing a new volatile economy and that volatility actually provides great opportunities for increasing and enhancing your investment potential.

No matter what your age, chances are you want a better future. This financial workshop for individual investors provides strategies and valuable information on today's market of how to save, invest, and work toward your financial goals and a more secure future. Topics will include today's investing journey, strategies for successful investing, moving down the road to your financial goals, arriving at retirement, and establishing your legacy.

Date: February 13, 2012 (Mondays)

Time: 6:00 – 9:00

Cost: \$25.00 (includes materials)

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### **Real Estate Investment Strategies in Today's Market**

In today's buyers market for Real Estate this class will present excellent opportunities in locating, assessing income potential, and profit potential as well as sources of excellent properties in the area. Topics include how to evaluate real estate as an investment, managing risk, possible tax benefits, and short and long term benefits of real estate investing. Short sales will also be covered in detail and foreclosures in general terms as potential opportunities for prospecting in real estate investing.

Date: February 27, 2012

Time: 5:30pm-8:30pm

Cost: \$35.00

### **Grant Writing**

This course will help participants not only learn the process involved in writing a successful grant but it will also help in identifying sources available to get grants funded.

The technical writing skills, the writing process and fund sources available will be covered to get participants started in writing their own grant.

Date: February 7 - 28, 2012 (Tuesdays)

Time: 6:00pm – 8:00pm

Cost: \$199.00

### **New tax laws and Income Tax Preparation**

Learn about the new tax laws and how they can benefit and affect you. Also hands on experience will be provided to not only increase your knowledge of required tax but also in the process of preparing your individual tax return.

Date: March 6 - 20, 2012 (Tuesdays and Thursdays)

Time: 6-00pm - 8:00pm

Cost: \$149.00

### **No Fear Public Speaking**

This class covers techniques that transform people who have a fear of speaking in public into professionals who can get their point across with enthusiasm and poise. Learn the basics of public speaking such as getting to know your audience, organizing ideas, creating an outline and the types of speeches. The course will also cover delivering speeches using sophisticated techniques like voice modulation, attention focusing, and idea pyramids to create impact and persuade your audience.

Date: February 6 – 27, 2012 (Mondays)

Time: 6:00pm- 8:00pm

Cost: \$75.00

### **Customer Service Techniques from the Masters**

Yes it is a fact some businesses, restaurants, agencies and retailers get an A+ in customer service. The experience makes you want to come back, feel great, and tell others about it. In this class, experts from various businesses will inform, demonstrate and share their secrets of achieving improved sales and customer satisfaction as well as their organization's philosophy of customer service and living by it every day.

Date: February 22, 2012

Time: 6:00pm – 9:00pm

Cost: \$45.00

### **Real Estate Licensing**

Required by law for the beginning student, this 60 hour course provides an introduction to real estate and preparation for the South Carolina real estate exam. No experience is necessary. Successful completion of the course enables participants to take the state examination to be a licensed real estate agent. The course cost includes text, license law, and workbook. A calculator is needed.

To obtain a real estate license in South Carolina, the applicant must be 18 years old, agree to submit a satisfactory credit report, have a high school diploma or GED equivalent, proof of completion of 60-hours of pre-license education from an authorized provider, pass the state written exam, submit application for licensure along with appropriate fees, and must be associated with a Broker-in-Charge.

### **Real Estate Pre-Licensing Course**

Date: February 6 - 29, 2012 (Monday through Thursday)

Time: 5:45pm – 9:45 pm

Cost: \$399.00 includes book

## **Computer Training and Certification Programs**

**USC Sumter's continuing education department is teaming up with Training Concepts**, one of the largest privately-owned, high-end, certified computer education centers in South Carolina. Our IT Team has both certified instructors and experienced engineers that will be providing the instruction for the following programs spring 2012:

### **Certification courses:**

CompTia A+ (\$2000)

CompTia Network+ (\$2000)

CompTia Security+ (\$2000)

Windows 7 MCTS (\$2000)

CCNA (\$2,000)

### **Microsoft Office 2010**

Word (\$250)

Excel (\$250)

Access (\$250)

PowerPoint(\$250)

Outlook (\$195)

QuickBooks 2011 (\$295)

Please feel free to call for more information.

## **Test Preparation**

### **SAT/ACT Test Preparation**

USC Sumter's Continuing Education division is offering an informative and valuable seminar in providing tips and techniques that have been proven to help students be more successful when taking the SAT or ACT. The workshop is designed to not only improve participants' performance on the SAT/ACT but also improve overall test-taking skills, increase reading speed, enhance reading comprehension and increase knowledge in each content area. Keys to how to write good essays, worksheets, word problems and mathematical logic, question formats and test taking strategies will be included to help

students put the concepts into practice to improve their test scores in both the Verbal and Quantitative areas.

Date: April 21& 28, 2012 (SAT test date May, 2012)

Time: 10:00am – 1:00pm

Cost: \$50.00

### **PRAXIS I and II Workshop**

This workshop is designed to improve test-taking skills, increase reading speed, enhance reading comprehension, reduce test-taking anxiety, and increase knowledge in the content area. The program assists with PRAXIS I, II, PLT, PPST, C-PPST or Specialty Area Tests.

Guarantee: \$140.00 refunded to participants who follow the workshop format and attend all three meetings but do not pass the exams.

Date: January 21, 2012, February 4, 2012, and March 3, 2012 (Saturdays) **for the March 10, 2012 test date**

Time: 10:00am - 4:00pm

Location: Business Building, Room 112

Cost: \$250.00

## **Senior Segment**

### **Introduction to Computers and Navigating the Internet for Senior Citizens**

This class covers a basic introduction to computer hardware, software and mouse manipulation. Also included is how to use the World Wide Web, search engines and directories, social networking and bookmarking, blogs, wikis, and more. Learn powerful research techniques to help you find whatever you want whenever you want; take advantage of the power of cloud computing; reconnect with friends and family; share documents and photos; plan vacations and make purchases; and discover how you can better defend your computer and your identity against external threats.

Date: March 7, 2012 – April 4, 2012 (Wednesdays)

Time: 4:00pm – 6:00pm

Cost: \$45.00

## **Culinary and Beverage**

### **Tapas**

Tapas have evolved into an entire, and sometimes sophisticated, cuisine. Eating tapas is very traditional in Spain and very trendy — and getting trendier — in the rest of the world. What makes dish tapas? At the minimum, it must be savory and highly flavored, accompanied by wine or sherry, and most importantly, served in small portions so the

diners nibble and chat over an extended period rather than sit down to a heavy meal. That is exactly what will be included in this class. Trent Langston will prepare savory and highly flavorful dishes along with appropriate wine accompaniments.

Date: February 13, 2012

Time: 6:00pm – 9:00pm

Cost: \$50.00

### **Creating a Five-Course Meal (Italian)**

Traditional Italian menus have five sections. A full meal usually consists of an appetizer, first course and a second course with a side dish followed by dessert. Italian Appetizers - Antipasti: The First Course - Primo: The Second or Main Course - Secondo: The Side Dishes - Contorni: The Dessert - Dolce: Trent Langston will be preparing a delicious five course Italian meal of regional specialties that will provide participants a delicious meal, recipes and chance to experience Italian culture.

Date: February 27, 2012

Time: 6:00pm – 9:00pm

Cost: \$50.00

### **Creating a five-Course Meal (French)**

The French are renowned for their passionate love affair with food. French cuisine is extremely diverse, with a subtle touch of elegance added into even the simplest meal preparations. This French cooking presentation will not only offer a delicious dinner but also provide a fabulous evening. In this cooking presentation Trent Langston, chef and owner of Lilfreds will include *L'Apéritif* (Aperitif), light alcoholic drink and small appetizers to stimulate your appetite for the meal ahead, *L'Entrée* (Appetizer): appetizers, meant to stimulate the appetite. Then he will demonstrate and prepare the *Le Plat Principal* (Main course): meat or fish, served with side dishes of salads, rice, or pasta. *Le Fromage* (Cheese): a selection of cheese served on a wooden board with assorted cut fruit and ending with a scrumptious *Le Dessert* (Dessert).

Date: March 12, 2012

Time: 6:00pm – 9:00pm

Cost: \$50.00

### **Asian Cooking**

According to Asian Food traditions, Asian cuisine varies greatly but centers around the same basic principle: It is rural food made from hardy ingredients, then flavored to make them extraordinary. In this course participants will taste and explore menu items from the three major regions of Asian cuisine. The Southwest drawing heavily from Middle Eastern and Indian influences, with flat breads, kebabs and ghea (butter oil) making up staples of the diet. Northeast cuisine showcasing Chinese, Korean and Japanese foods, with dishes like chow mien, kimchee and sushi. Southeast cuisine centered on fresh foods and lots of spice, reflecting the more tropical environment.

Date: March 26, 2012

Time: 6:00pm – 9:00pm  
Cost: \$50.00

### **Vegan Cooking for a Healthier Life**

The consumption of animal fats and proteins has been linked to heart disease, hypertension, obesity, and a number of other debilitating conditions. Cows' milk contains ideal amounts of fat and protein for young calves, but far too much for humans. And eggs are higher in cholesterol than any other food, making them a leading contributor to cardiovascular disease. The American Dietetic Association reports that vegetarian/vegan diets are associated with reduced risks for all of these conditions. Vegan foods such as whole grains, vegetables, fruits, and beans are low in fat, contain no cholesterol, and are rich in fiber and nutrients. In this class Trent Langston, owner and chef of Lilfred's will prepare recipes and menu items for a vegan diet that can provide all the protein, grains, calcium and vitamins that we need for a healthy life.

Date: April 30, 2012  
Time: 6:00pm – 9:00pm  
Cost: \$50.00

### **Italian Wines**

This class is designed to introduce participants to the various grape varieties grown in Italy as well as the outstanding wines that are produced. Participants will gain an in-depth understanding of the style, types, labeling, and regional differences of the wine producing areas in Italy. The class includes the tasting of twelve wines from different regions accompanied with appropriate foods of the regions. The instructor, Mr. Richard Fadeley holds the CSW (Certified Wine Specialist) certificate from the Society of Wine Educators and is also certified by the French Wine Society (as a FWS). He also is columnist on various topics about wine for the *Free Times*.

Date: February 2, 2012  
Time: 6:30 – 9:00 pm  
Cost: \$50.00

### **California Wines**

With over 568,000 acres of wine grapes planted, California now competes favorably in producing some of the world's finest wines. This class includes an introduction to the various wine producing areas of California such as Napa Valley, North Coast, and the Central Coast regions as well as different techniques on how wine is made, how to taste with the eyes, nose, and palate. Participants will have the opportunity to taste various California wines paired with foods that enhance their characteristics.

Date: February 16, 2012

Time: 6:00 – 8:00 pm  
Cost: \$50.00

### **French Wine**

This class is designed to introduce you to the outstanding characteristics of French wines. Participants will gain an in-depth understanding of the styles, types, labeling, and regional differences of the various wine producing areas of France such as Bordeaux, Burgundy, and the Loire Valley. The class includes the opportunity to taste the quality of still and sparkling wines from these regions accompanied with appropriate food pairings. The instructor, Mr. Richard Fadeley holds the CSW (Certified Wine Specialist) certificate from the Society of Wine Educators and is also certified by the French Wine Society (as a FWS). He also is columnist on various topics about wine for the Free Times.

Date: March 1, 2012  
Time: 6:30 – 9:00 pm  
Cost: \$50.00

### **Burgundy Intensive**

Spend an evening delving into the intricacies of France's Burgundy region. Participants will learn about allowed grapes, classifications, geography and climate of the world's most enchanting wine producing area. Most wines will be tasted blind to test your palate and raise experience level. White, red, and sparkling wine tastings are accompanied with gourmet food and cheese pairings.

Date: March 15, 2012  
Time: 6:30 – 9:00 pm  
Cost: \$50.00

### **Bordeaux Intensive**

Taste and experience wines from the world's greatest wine-producing region. With this one-night session, you will become familiar with the terminology, grapes, classifications, and geography of Bordeaux. Participants will taste blind and non-blind a dozen white, red, rose', sparkling, and sweet wines from elegant chateaux along with appropriate food pairings. You will gain a better understanding of one of the most important wine producing regions.

Date: March 29, 2012  
Time: 6:30 – 9:00 pm  
Cost: \$50.00

### **Advanced Wine Class:**

This class is designed for wine oenophiles to test their palate in blind tastings while also having fun determining the grape varieties, wine types, and regions of various wine producing areas throughout Europe. The content will include a more advanced instructional component covering regional and variety differences and characteristics while comparing red and white wines from France, Spain, Italy; for example: blind tastings and comparisons of Pinot grigio, soave, white burgundy, and albariño.

Date: April 26, 2012  
Time: 6:30 – 9:00 pm  
Cost: \$50.00

### **Wines of the Southern Hemisphere**

Wines produced in Chile, South Africa, New Zealand, Australia, and Argentina are rapidly gaining attention for the cultivation and production of not only some outstanding wines but also wines that are an excellent value. This class will allow participants to taste the exciting and unique specialties of those countries – Shiraz in Australia; Malbec in Argentina; Carmenère in Chile; Sauvignon Blanc in New Zealand; Pinotage & Steen in South Africa. The food pairings are as delightful as the wine selections.

Date: May 3, 2012  
Time: 6:30 – 9:00 pm  
Cost: \$50.00

### **Northern France (Champagne, Alsace and Loire Valley)**

Northern France (Champagne, Alsace and Loire Valley)

Come experience some of the most diverse wine regions of France. From the continental climate of Alsace and Champagne to the more moderate Loire Valley, you will taste some of the most exciting (and affordable) whites and delicious reds. From food friendly riesling, mouth watering sauvignon blanc, world class chenin blanc to the world's most beloved sparkling wines, not to mention juicy reds from cab franc and malbec. As usual we will serve with regional cheese and good food.

Date: May 24, 2012  
Time 6:30pm – 9:30pm  
Cost: \$55.00

