

# FALL 2010

## Course Schedule

Center for Continuing Education



LEARNING FOR LIFE



JAMESTOWN COMMUNITY COLLEGE

[www.sunyfcc.edu/continuinged](http://www.sunyfcc.edu/continuinged)



1950 - 2010

JAMESTOWN COMMUNITY COLLEGE

# Personal Enrichment



## All About "U" Series

Join us in these unique and enriching classes. Ranging in length from two to nine hours, participants will have the opportunity to enrich their life and learn "All About U."



### Haunted History of Chautauqua County

Would you like to gain a deeper insight into the world of the paranormal as well as learn about local haunted history? Then take this class where participants will learn about the nature of a haunting including the history and types of haunting; learn about the essential characteristics of a paranormal investigation which requires an approach backed up with scientific methodology, as well as receive different resources on the subject. In addition to discussing the haunted history of Chautauqua County, participants will tour some local establishments and discover the haunted past of Jamestown.

#### Jamestown Campus

Sept. 11 & 18 Sat. \$39  
4-6 p.m. B. Hulett CARN 123  
Crs. #5260 4 hrs.



### Italic Calligraphy for Beginners

Calligraphy is not only beautiful, but it's an art. Learn this art form by taking this introductory class where participants will learn letter groups, versals and joins, alternative letter forms, and will be given an introduction to illuminating. Individuals taking this class will complete the following projects: a quotation, a verse or poem, an invitation, and a bookplate design. Participants are asked to bring the following to class: a pencil and straight edge.

#### Jamestown Campus

Sept. 21-Nov. 30 Tues. \$99  
6-8 p.m. B. Rogers CARN A  
Crs. #5261 20 hrs.

\*No class on Nov. 23



### From Nana's Pantry...Preserving Nature's Bounty Series

Canning is becoming a lost form of art. Take these classes which will preserve this art form as well as teach you ways to incorporate sustainable living into your life. Courses in this series include canning homemade salsa/chili sauce, preserving fall fruits/pie filling, and making freezer jam. Participants can take classes individually or can take the series. Register for the series and pay only \$89 – an 18% savings!

#### Jamestown Campus

Sept. 22-Oct. 6 Wed. \$89  
6-9 p.m. V. McGraw ARSC 146  
Crs. #5351 9 hrs. (OTA Lab)



### Canning Homemade Salsa and Chili Sauce

Fruits and vegetables perish quickly and, unfortunately, we often can't enjoy them the way we'd like to. Take this class where you will learn canning techniques to preserve tomatoes into a scrumptious salsa or creative chili sauce. Additionally, make homemade chips! Not only will you learn a disappearing art form, but you can enjoy your canned goods for months to come.

#### Jamestown Campus

Sept. 22 Wed. \$35  
6-9 p.m. V. McGraw ARSC 146  
Crs. #5352 3 hrs. (OTA Lab)



### Preserving Fall Fruits and Pie Fillings

Do the wonderful fall fruits come and go before you get time to really enjoy them? Take this class to learn the canning techniques necessary to preserve these fruits into pie fillings. Additionally, participants will be given recipes for various uses of the fruits. You'll be glad you took this class as the wonderful smell of warm pie wafts through your house on a cold winter's day!

#### Jamestown Campus

Sept. 29 Wed. \$35  
6-9 p.m. V. McGraw ARSC 146  
Crs. #5353 3 hrs. (OTA Lab)



### Fabulous Freezer Jams

Would you like to learn to make fabulous freezer jams that you can use on anything from bread to ice cream and beyond? If so, then take this course where participants will learn the techniques to make freezer jam for many types of fruits. Additionally, talk about bread recipes that you can make to go along with these delicious jams and spreads.

#### Jamestown Campus

Oct. 6 Wed. \$35  
6-9 p.m. V. McGraw ARSC 146  
Crs. #5354 3 hrs. (OTA Lab)



### Symbols—Methods for Interpretation and Guidance

Symbols can provide a deeply personal look into self-discovery and one's search for individual and spiritual meaning. Benefits of the exploration of symbols include problem solving, creativity, dream interpretation, spirit communication, and most importantly, personal awareness. Come and learn how to interpret and work with the symbols, images, and messages of your soul.

#### Jamestown Campus

Sept. 30 Thurs. \$29  
6-8 p.m. W. White CARN Thtr.  
Crs. #5262 2 hrs.



### Lily Dale Experience

Would you like to visit the Lily Dale Assembly, the world's largest center for the science, philosophy, and religion of Spiritualism? Your guide during your visit is spiritual medium and teacher Willa White, a registered Lily Dale medium and resident of this charming village. Learn about spirit communication, spiritual healing, Spiritualism, Lily Dale, and more. This fun, informative class will be followed by the experience of attending a public demonstration of mediumship and spiritual healing, with a brief Q & A afterward. This is an excellent opportunity to explore facets of mediumship and healing, and to visit historic Lily Dale, now celebrating its 131st year. **This class will take place at The Assembly Hall, Cleveland Ave, Lily Dale, NY 14752.**

#### Jamestown Campus

Oct. 6 Wed. \$35  
6-9 p.m. W. White Assembly Hall,  
Crs. #5264 3 hrs. Lily Dale

### Draw Right (Right-Brain Drawing)

Are you someone who likes to draw and wants to improve your skills, or someone who has always wanted to draw, but never thought you could? If you answered yes to either question, then take this course which is designed for beginners of almost any age. Anyone and everyone can improve and develop their drawing skills if they learn how to connect with the right side of their brain. Based on methods in the book by Betty Edwards, students learn to switch to right brain thinking through exercises in order to open up their hidden talents.

**Participants are asked to bring the following to class: 9"x12" (or larger) pad of drawing paper.**

#### Jamestown Campus

Oct. 7-14 Tues. & Thurs. \$35  
6-7:30 p.m. E. Hanson CARN B  
Crs. #5265 4.5 hrs.

# Personal Enrichment



## Psychometry Techniques

What is psychometry? It is the ability to read the history of certain objects. Whenever we handle an object, we are laying down or leaving energy and information about ourselves on that object which is referred to as a signature. Strong emotions seem to be stored on objects and we are often able to pick up on these signatures (a location, a time, a feeling). In this class, we explore techniques to read information from objects by tuning into intuitive abilities. Participants are asked to bring the following to class: 2-3 personal objects that you or another person has had regular contact with such as a watch, a ring, a key, etc...

### Jamestown Campus

Oct. 14	Thurs.	\$29
6-8 p.m.	W. White	CARN 123
Crs. #5275	2 hrs.	

## Ghosts and Electronic Voice Phenomenon (EVP)

How many of us have ever heard something or taken a picture and when it's developed, there is something captured on film that wasn't there when you took the picture? If this has happened to you or if you are interested in learning more about ghosts, orbs, and electronic voice phenomenon take this class. Learn what orbs are, talk about spirit photography as well as electronic voice recordings of spirits. Come prepared to share your personal experiences, stories, and pictures. Don't worry if you don't have any, our instructor has several!

### Jamestown Campus

Oct. 20	Wed.	\$25
6-9 p.m.	R. Robertson	CARN 123
Crs. #5276	3 hrs.	

## Draw Right (Right-Brain Drawing) Part 2

A continuation of the first class, this is designed for beginners to improve their drawing skills by learning how to connect with the right side of their brain. Based on methods in the book by Betty Edwards, you will learn to utilize right brain skills in portrait drawing, still life, and linear perspective, in order to develop your artistic expression. It's helpful, but not mandatory, if participants have taken the Draw Right class.

**Participants are asked to bring the following to class: 9"x12" (or larger) pad of drawing paper.**

### Jamestown Campus

Oct. 21-28	Tues. & Thurs.	\$35
6-7:30 p.m.	E. Hanson	CARN B
Crs. #5277	4.5 hrs.	



## More than JUST a Jack-o-Lantern

Pumpkins aren't just for carving anymore! Come to this fun and different class where you will take the whole pumpkin and make use of all of its parts. First, carve the shell into a face, next roast the seeds to perfection, and lastly use the pulp to make a pie. *Children ages 3-7 years old must be accompanied by an adult throughout the class. Children ages 8-12 years old can take the class alone, but an adult is welcome. Please bring one pumpkin per child or child/adult pair.*

### Jamestown Campus

Oct. 23	Sat.	\$29
10 a.m.-12 p.m.	V. McGraw	ARSC 146
Crs. #5278	2 hrs.	(OTA Lab)

## Meditation for the A-Type Personality

Ever want to just slow down and take a break from the day, but don't think you can? This class will show even those strong A-Type personalities that yes, you can meditate. Meditation is good for your mind, body, and soul. The benefits from this class will be reduced stress, a calmer attitude towards life, and a renewed clarity of situations. If you've tried before and it didn't work, give this class a try; it works! How do we know? The instructor is an A-type personality and it works for her. Please wear comfortable clothes to class.

### Jamestown Campus

Nov. 9	Tues.	\$22
6:30-8:30 p.m.	K. Seastedt	CARN 123
Crs. #5291	2 hrs.	



## Beautiful Beaded Jewelry: The Basics

Have you always wanted to create a beautiful piece of jewelry? Would you like to be able to make your own jewelry? If so, then take this introductory class where participants will make a bracelet out of glass and stone beads. The second night is very special as individuals will make a simple necklace out of a pendant from your jewelry box. If time permits, participants will make a set of earrings at each session. What a great opportunity to make something for yourself or to give as a gift!

### Jamestown Campus

Nov. 11 & 18	Thurs.	\$49
6-8 p.m.	H. Parry	CARN 123
Crs. #5292	4 hrs.	

The Chautauqua County Visitors Bureau (CCVB) has partnered with a number of different organizations in an effort to provide expanded leisure learning opportunities for visitors and residents throughout Chautauqua County. This new initiative is called *the World's Learning Center* and JCC's Center for Continuing Education is proud to be a part of this effort. We have developed some new and different programming that will appeal to both visitors and residents. These courses can be found throughout this publication and are designated wherever you see the World's Learning Center logo.



### A sampling of courses to look for includes:

- Haunted History of Chautauqua County
- More than JUST a Jack-o-Lantern
- What's in Your Backyard?
- What's in a Lake?
- Spotlight on Chautauqua SERIES
- Science & Religion at Chautauqua
- Creative Writing for the Budding Author
- Building and Operating a Solar Wood Dryer (kiln)

- Lily Dale Experience
- The Life of Chautauqua County SERIES
- Bird Watching
- Local Natural History: Places to Explore
- The Origin of Chautauqua
- The Lake in History
- Holiday Entertaining with Wine
- Meditation

# Personal Enrichment



## Can Your Own Fruits and Vegetables

Did you plant a fruit and vegetable garden this year? Would you like to save your produce so it will last through the long winter? Canning your produce at home might be the answer. This course will look at the two common methods of home canning with the emphasis on food safety. You will learn the requirements of both hot pack preserving for acid containing fruits and vegetables and steam-pressure cooking of low acid vegetables. So if you are interested in keeping and enjoying home grown fruit and vegetables for the entire year, come and learn the skills needed for home canning. If you have some experience you may want a refresher course in the safety aspects of home canning.

### North County Center

Sept. 8-15	Wed.	\$35
6-8 p.m.	G. Pilgrim	NCTC 115
Crs. #5249	4 hrs.	



## Make-It, Take-It Classes—Created on the Computer



### Workshop: The Holidays are Coming

Learn to make handmade holiday cards. All card making materials are included except your pictures, your artistic design, and your special message. Participants will create handmade holiday cards using a combination of techniques in the computer lab. Come and have the opportunity to make 48 cards to send to family and friends. **Make-It-Take-It!** Take the three-hour follow-up class, From List to Post Office, and you can cross sending holiday cards right off your list!

### North County Center

Oct. 21-28	Thurs.	\$47
1:30-4 p.m.	C. Pilato	NCTC 122
Crs. #5315	5 hrs.	



### From List to Post Office

Creating personalized invitations, seating cards or labels is easy. You can use an Excel file that contains the list of people and merge it with the publication. Many people don't know that MS Publisher even has mail merge capability. Use MS Word, MS Excel, or MS Publisher to create your labels. Use one list for the invitations, attendee list, seating cards, and your thank-you notes. Please bring a digital or hand-written list of people for your project. **Make-It-Take-It!**

### North County Center

Nov. 4	Thurs.	\$25
1:30-4 p.m.	C. Pilato	NCTC 122
Crs. #5316	2.5 hrs.	



## Holiday Entertaining

### with Wine

Learn the art of serving wine for the holidays. Everything from which wines to pair with which foods, to the correct serving temperature, to the size and shape of the wine glass. Experience "hands on" food and wine pairings with foods prepared by 3C's catering. Enjoy learning how food and wine can complement each other. **Registration Deadline: Tuesday, October 26, 2010.**

### North County Center

Nov. 9	Tues.	\$30
6-8 p.m.	B. Margolis	Liberty
Crs. #5251	2 hrs.	Vineyards

### MS Office 2007 Tip!

Word automatically uses the Calibri font. You can easily change it, for all new documents.

To set the default font in Word 2007:

On the Home tab, click the Font Dialog Box Launcher

Click the Font tab.

Select font you want to use for new documents and set the font size.

Click Default (bottom left), and then click Yes.

## To Fly or Not to Fly

How do I get started to fly? This four-hour introductory review will help you decide whether you should invest the time and money in obtaining a pilot license. The class will include a summary of some of the different licenses an individual can obtain: Recreational License; Private Plane License; Sport Pilot License. Recreational and Pilot licenses have been available for quite some time. **New to the program is the Sport Pilot License recently introduced by the government. For a Sport Plane License, the cost is substantially lower, it's applicable for airplanes weighing up to 1320 pounds, and you can use a valid automobile driver's license in place of an FAA medical examination.** The instructor will answer questions regarding available flight training courses in the Chautauqua County region.

### Jamestown Campus

Sept. 13 & 15	Mon. & Wed.	\$28
6-8 p.m.	J. Minarovich	JCC Clrm.
Crs. #5169	4 hrs.	CC Airt.

## Ground School for Private and Recreational Pilots

This course is designed to help the individual get prepared to take and pass the test for Recreational Pilot License; Private Pilot License; Sport Plane Pilot License tests. Some of the attributes of each license are as follows:

- ♦ Private Pilot License would be the most expensive license to obtain; Recreational Pilot License would be approximately half the cost of the Private License, Sport Plane License would be the least expensive
- ♦ Sport Plane Licenses - medical exam requirements are waived if applicant holds a valid driver's license
- ♦ Sport Plane License holders can fly airplanes such as the Piper J-3 Cub, Taylorcraft, Aeronca Champ and others as long as the gross weight does not exceed 1320 pounds
- ♦ Inherent in the three types of licenses, is a trade-off in privileges without compromising safety
- ♦ Beginning pilots can get flight experience at a relatively low cost
- ♦ When appropriate, any experience gained can be used to move toward getting a more complex license in a cost and time effective method

### Jamestown Campus

Sept. 20-Nov. 10	Mon. & Wed.	\$245
6:30-9 p.m.	J. Minarovich	JCC Clrm.
Crs. #5170	40 hrs.	CC Airt.

The above two classes are held in the JCC Classroom at the Chautauqua County Airport, 163 Airport Dr., Jamestown, NY 14701.

# Jamestown Community College

## The Manufacturing Technology Institute



*MTI is a partnership of Jamestown Community College, the Manufacturer's Association of the Southern Tier, and the Chautauqua County Chamber of Commerce*

### Manufacturing is Essential!

- Grows the economy. Every \$1.00 in manufactured goods generates an additional \$1.37 worth of additional economic activity - more than any other economic sector.
- Invents the future. Manufacturers are responsible for more than 70 percent of all business R&D.
- Competes internationally. The United States is the world's 2nd largest exporter; 61 percent of all U.S. exports are manufactured goods, double the level of 10 years ago.
- Generates productivity increases. Over the past two decades manufacturing productivity gains have been more than double (actual figure 2.5 times) that of other economic sectors.
- Provides rewarding employment. Manufacturing compensation averages more than \$65,000, the highest in the private sector, and manufacturers are leaders in employee training.

### Upgrade the technical skills of your workforce with Jamestown Community College through programs such as:

- Fundamentals of Manufacturing Technology
- Welding Technology
- Machine Tool Technology
- Industrial Maintenance Technology
- Digital Electronics

### Here is a sample of some of the customized trainings we can provide to your company or organization:

- AC Electricity
- Basic Auto CAD
- Basic Electrical
- Basic Forklift Operator Training
- Basic Hydraulics/Pneumatics
- Basic Math
- Blueprint Reading
- CNC Programming
- DC Electricity
- Digital Electronics
- Electrical Devices and Circuits
- Electronic Instrumentation
- Engineering Drawing
- Gauging
- Machine Theory and Operation
- Measurement and Gauging
- Press Brake Operator
- Programmable Logic Controllers
- Shop Math
- Welding

**To discuss Manufacturing Technology Training Opportunities, contact the Center for Continuing Education nearest you:**

Jamestown Campus	716.338.1005
Olean Campus	716.376.7506
North County Center	716.363.6500
Warren Center	814.723-3577

# Personal Enrichment

## Health and Well Being/Exercise



### Adaptive Yoga

Adaptive yoga is a very gentle form that uses props (towels, pads, mats, and straps) to enable those with tight or weak muscles to practice in comfort. This type of yoga stretches and strengthens the entire body and allows both mind and body to reach deep relaxation. The poses learned will build strength, flexibility, and balance. Safety is stressed as participants learn the postures, and breathing techniques will increase lung capacity and promote relaxation. Anyone, regardless of physical condition, can engage in, and benefit from, this practice. **Wear comfortable clothes and bring a blanket to class.**

#### Jamestown Campus

Sept. 21-Oct. 26 Tues. \$33  
5:15-6:15 p.m. V. DiCarlo CSCE 331  
Crs. #5294 6 hrs.

Nov. 2-Dec. 14 Tues. \$33  
5:15-6:15 p.m. V. DiCarlo CSCE 331  
Crs. #5296 6 hrs.

**\*No Class on Nov. 23**

### Yoga

Take this non-credit course where you'll be introduced to the art of Hatha Yoga which deals with systematically and gradually loosening bound joints, tight muscles, connective tissues and other areas of the body as well as includes relaxation techniques. Learn how to relieve stress and emotional tension through yoga, guided imagery, diaphragmatic breathing, and breath awareness and form a strong foundation for an optimum state of health and well being. Anyone can participate in this class designed specifically for people with little or no experience. **Wear comfortable clothes and bring a towel or mat to class.**

#### Jamestown Campus

Sept. 22-Oct. 27 Wed. \$33  
11:30 a.m.-12:30 p.m. V. DiCarlo CSCE 331  
Crs. #5298 6 hrs.

Nov. 3-Dec. 15 Wed. \$33  
11:30 a.m.-12:30 p.m. V. DiCarlo CSCE 331  
Crs. #5300 6 hrs.  
**\*No class on Nov. 24**

Sept. 23-Oct. 28 Thurs. \$33  
5-6 p.m. V. DiCarlo CSCE 331  
Crs. #5302 6 hrs.

Nov. 4-Dec. 16 Thurs. \$33  
5-6 p.m. V. DiCarlo CSCE 331  
Crs. #5304 6 hrs.  
**\*No class on Nov. 25**

### Healthy Looking Inside and Out with Pilates

Do you want to dramatically transform the way your body looks, feels, and performs? Do you want to build strength, have a toned body, and develop internal awareness? Who wouldn't want this! Take this Pilates-based class, (developed by Joseph Pilates), to increase body awareness, improve posture, and focus internally. These exercises focus on the abdominal and spine or back muscles and are targeted at strengthening the "core" of the body. This class is a combination of Pilates, yoga, stretching, weight bearing exercises, and isometric exercises.

#### North County Center

Sept. 7-Oct. 7 Tues. & Thurs. \$40  
6-7 p.m. L. Liedke NCTC 117  
Crs. #5144 10 hrs.

Oct. 19-Nov. 18 Tues. & Thurs. \$40  
6-7 p.m. L. Liedke NCTC 117  
Crs. #5145 10 hrs.

### Zumba

Tired of the same old routine? Are you looking for something that is fun, different, easy, and effective? Then be a part of the fastest growing fitness program in the country and take Zumba. It's exercise in disguise! Zumba is a Latin-inspired, dance-fitness program that incorporates Latin and International music and dance movements, which create a dynamic, exciting, and effective fitness program. It gives participants a full-body workout, targeting areas such as gluteals, legs, arms, core, abdominals and the most important muscle in the body, the heart. Come join the fun! **Wear comfortable clothes, athletic footwear, and bring water and a towel or mat to class.**

#### North County Center

Sept. 13-Oct. 13 Mon. & Wed. \$40  
6-7 p.m. L. Liedke NCTC 117  
Crs. #5146 10 hrs.

Oct. 20-Nov. 22 Mon. & Wed. \$40  
6-7 p.m. L. Liedke NCTC 117  
Crs. #5147 10 hrs.



### Introduction to Traditional Shotokan Karate-Do

Karate is not only a great form of exercise, but teaches important character traits such as discipline and focus as well as improves self esteem. Take this introductory or beginner level class that will teach participants basic terminology, incorporate physical conditioning, and learn Japanese terminology, Kata (forms), self defense and, as class progresses, will include light sparring. Students will need to demonstrate their acquired skills in order to earn their yellow belt. **Cost of the course includes training manual and uniform, including a white belt. Males need a protective cup and supporter; females must have a pelvic protector. Classes are held in the Ballet Room at the Jamestown Savings Bank Ice Arena.**

#### Jamestown Campus

Sept. 22-Dec. 1 Wed. \$119  
6-8 p.m. J. Anderson JSBIA  
Crs. #5293 20 hrs. Ballet Rm.

**\*No class on Nov. 24**

### Tai Chi—Beginning

Join us in learning about the benefits in practicing Tai Chi. You will hear about the philosophy of the movement style and practice gentle exercises designed to stretch and tone muscles. The benefits of Tai Chi may include stress reduction, increased endurance, higher energy levels, general well being and a better focus. The instructor has had 43 years of experience in Tai Chi, having studied in the U.S. and China. The form that will be taught is Chinese Chi Gung Healing Form. **Quota is 24...register early...no exceptions.** (This "Tai Chi—Beginning" is ONLY for those who have NEVER taken a Tai Chi class.)

#### Jamestown Campus

Sept. 13-Dec. 20 Mon. \$70  
6-7 p.m. R. Sarber CSCE The  
Crs. #5171 15 hrs.

### Tai Chi—The Next Level

(The following 2 classes, Tai Chi "The Next Level" are for students who have taken at least one Tai Chi class with Red Sarber.)

#### Jamestown Campus

Aug. 25-Dec. 8 Wed. \$70  
1-2 p.m. R. Sarber CSCE The  
Crs. #5173 15 hrs.

**\*No Class on Nov. 24**

Aug. 25-Dec. 8 Wed. \$100  
6-7:30 p.m. R. Sarber CSCE The  
Crs. #5174 22.5 hrs.

**\*No Class on Nov. 24**

### White Crane Gung Fu

This course consists of stretching and self-defense and is considered to be a totally non-aggressive art.

#### Jamestown Campus

Aug. 24-Nov. 30 Tues. \$100  
5:30-7 p.m. R. Sarber CSCE The  
Crs. #5172 22.5 hrs.

### Zumba

Tired of the same old routine? Are you looking for something that is fun, different, easy, and effective? Then be a part of the fastest growing fitness program in the country and take Zumba. It's exercise in disguise! Zumba is a Latin-inspired, dance-fitness program that incorporates Latin and International music and dance movements, which create a dynamic, exciting, and effective fitness program. It gives participants a full-body workout, targeting areas such as gluteals, legs, arms, core, abdominals and the most important muscle in the body, the heart. Come join the fun! **Wear comfortable clothes, athletic footwear, and bring water to class. Classes are held in the Ballet Room at the Jamestown Savings Bank Ice Arena.**

#### Jamestown Campus

Sept. 14-Oct. 28 Tues. & Thurs. \$72  
5:30-6:30 p.m. R. Simon JSBIA  
Crs. #5305 14 hrs. Ballet Rm.

Nov. 2-Dec. 21 Tues. & Thurs. \$72  
5:30-6:30 p.m. R. Simon JSBIA  
Crs. #5307 14 hrs. Ballet Rm.

**\*No Class on Nov. 25**

**Health and Well-Being  
continued**

**New** How to for Caregivers:  
Improving Daily  
Hands-On Care

This program is for individuals who are caring for a loved one with memory loss. Topics to be discussed include providing personal care, mealtime, and communication skills. *This course is intended for family members.*

**North County Center**  
Sept. 30 Wed. \$15  
10:30 a.m.-12 p.m. K. Harvey, NCTC 119  
Alzheimer's Assoc.  
Crs. #5220 1.5 hrs.

 **Chautauqua Meditation**

Would you like to feel peace and transform your perception of yourself and the world? Then this meditation class is for you! Meditation has many benefits; it helps us regain our natural balance as well as it's simple and easy to do and the rewards are wonderful: relaxation, peace of mind, and insight into your inner self. In this interactive seminar, you will learn the various forms of meditation, practice relaxation and creative visualization to gain insight into your inner self, understand the mind/body/spirit connection and heal your life through personal transformation as well as discover ways to train the mind and quiet mind chatter during meditation.

**North County Center**  
Oct. 19 Tues. \$29  
6-8 p.m. W. White NCTC 116  
Crs. #5250 2 hrs.

**GIFT CERTIFICATES**

Want a wonderful idea for a birthday gift, anniversary gift, or any other special occasion? If so, then purchase a gift certificate for a non-credit course! Just contact the Center for Continuing Education nearest you for information or to request a gift certificate for the course of your choice. If you are not sure which course would be best for your friend or loved one, just state a dollar amount that can be applied to any of our offerings. What better way is there to say that you care?

**Animal Care**

**New** Exotic Animal Care  
Chinchillas, hedgehogs, sugargliders, tarantulas, and ferrets are all considered exotic animals. If you own one of these or are considering owning one, this class will explain the important issues that you need to know such as behavior, basic care, health issues, feeding, habitat, lifespan, cleaning and grooming.

**Jamestown Campus**  
Sept. 13 Mon. \$12  
5:30-7:30 p.m. A. Mathews CARN A  
Crs. #5212 2 hrs.

**New** Small Animal Care  
Many people choose to own small animals such as gerbils, hamsters, mice, rats, guinea pigs, rabbits, etc., yet they don't understand their habitat and dietary needs or their basic care and cleaning issues. All of these topics and more will be covered in this class.

**Jamestown Campus**  
Sept. 20 Mon. \$12  
5:30-7:30 p.m. A. Mathews CARN A  
Crs. #5213 2 hrs.

**New** Domesticated Bird Care  
Birds such as parrots, cockatiels, parakeets, canaries and finches have very specific needs when it comes to diet, cleaning, habitat plus distinctive personalities and behaviors. Learn about these important issues and more about your bird's care.

**Jamestown Campus**  
Sept. 27 Mon. \$12  
5:30-7:30 p.m. A. Mathews CARN A  
Crs. #5214 2 hrs.

**New** Reptile & Amphibian  
Care

Do you own a lizard, snake, turtle, tortoise, frog or salamander? If so, learn about their very special habitat and dietary needs by attending this class about these very special species.

**Jamestown Campus**  
Oct. 4 Mon. \$12  
5:30-7:30 p.m. A. Mathews CARN A  
Crs. #5215 2 hrs.

**New** Farm Animal Care  
Although horses, goats, sheep, pigs, chickens, and ducks, etc., are considered farm animals, many of us not living on a farm own these pets. Come and find out how to best care for these animals whether you live on a farm or not.

**Jamestown Campus**  
Oct. 11 Mon. \$12  
5:30-7:30 p.m. A. Mathews CARN A  
Crs. #5216 2 hrs.



**JCC offers the  
EMT Basic Program  
and  
EMT Refresher Program  
at the  
Jamestown Campus**

Applicants must be:

- ◆ At least 18 years of age.
- ◆ Physically able to function as an EMT, meeting ADA requirements.
- ◆ Able to read at least at the 11<sup>th</sup> high school grade level.

Academics:

- ◆ Students must pass all aspects of the course to be eligible to sit for the state certifying exam.
- ◆ Physical Condition: Some EMT training is strenuous. Applicants should consult their physician if conditions exist that may prevent them from full participation.

BASIC Program—earn 7 college credits.

**Contact the Center for  
Continuing Education  
(716) 338-1005.**

**Gain Valuable  
Computer Skills  
for the Workplace**

from the comfort  
of your home!



Visit our site to  
learn more.

[www.ed2go.com/jamestown](http://www.ed2go.com/jamestown)

# Personal Enrichment

## Café 905 Primetime Series

Café 905 is a series of educational and recreational opportunities presented by the Warren Center of Jamestown Community College in cooperation with Experience, Inc. Area Agency on Aging. **All classes will meet at the 905 Café unless otherwise noted.**

### One-Stroke Painting for

#### Beginners

Make it and take it! This decorative painting technique concentrates on blending, shading, and highlighting in one stroke using acrylic paints. Participants will complete one project in class. **Class is limited to 10 students.**

#### Warren Center

Sept. 13	Mon.	\$15
1-3 p.m.	S. Geer	Café 905
Crs. #5175	2 hrs.	

### Toile and Decorative Painting for Beginners Part I

Make it and take it! Learn the basics of decorative painting to include floating, shading and highlighting. Participants will create a seasonal project with acrylics on Wood creating a welcome plaque with pumpkins. **Class is limited to 15 students.**

#### Warren Center

Oct. 14	Thurs.	\$15
1-4 p.m.	D. Young	Café 905
Crs. #5178	3 hrs.	

### Bark, Bark and More Bark!

Make it and take it! Create your own bark candy for holiday giving. **Class is limited to 15 students.**

#### Warren Center

Nov. 10	Wed.	\$5
1-2 p.m.	B. Muntz	Café 905
Crs. #5180	1 hr.	

### Dips and Doodles

Make it and take it! Eat the snacks and take home the recipe! Create seasonal snacks for entertaining guests from Thanksgiving through Christmas. **Class is limited to 15 students.**

#### Warren Center

Nov. 17	Wed.	\$5
1-2 p.m.	B. Muntz	Café 905
Crs. #5182	1 hr.	



### Holiday Centerpiece

Make it and take it! Create a beautiful 12 to 14 inch arrangement for your table using holly, boxWood, Douglas fir, white pine, and other evergreens. Decorate it with ribbon loops and Christmas balls to make your home décor. **Class is limited to 10 students.**

#### Warren Center

Dec. 2	Thurs.	\$15
1-3 p.m.	S. Geer	Café 905
Crs. #5184	2 hrs.	

### Toile and Decorative Painting for Beginners Part II

Make it and take it! Learn the basics of decorative painting to include floating, shading and highlighting. Participants will create a winter scene learning the basics of the stippling technique to create a snowman on a Wooden sleigh. **Class is limited to 15 students.**

#### Warren Center

Dec. 9	Thurs.	\$15
1-4 p.m.	D. Young	Café 905
Crs. #5186	3 hrs.	

### Wrap It Up!

Make it and take it! Learn to make your own gift bags, wrapping paper and bows to create beautiful holiday packages on a shoe-string budget. **Class is limited to 15 students.**

#### Warren Center

Dec. 13	Mon.	\$10
1-2 p.m.	D. Young	Café 905
Crs. #5188	1 hr.	

**Can't make the date/time at the previous listed Café 905 series classes? Take them at JCC!**  
(course descriptions are the same)

### One-Stroke Painting

See course description at left.

#### Warren Center

Sept. 13	Mon.	\$15
6-8 p.m.	S. Geer	Curwen Bldg.
Crs. #5176	2 hrs.	

### Toile and Decorative Painting for Beginners Part I

See course description at left.

#### Warren Center

Oct. 14	Thurs.	\$15
6-9 p.m.	D. Young	Curwen Bldg.
Crs. #5178	3 hrs.	

### Bark, Bark and More Bark!

See course description at left.

#### Warren Center

Nov. 10	Wed.	\$5
6-7 p.m.	B. Muntz	Curwen Bldg.
Crs. #5181	1 hr.	

### Dips and Doodles

See course description at left.

#### Warren Center

Nov. 17	Wed.	\$5
6-7 p.m.	B. Muntz	Curwen Bldg.
Crs. #5183	1 hr.	

### Holiday Centerpiece

See course description at left.

#### Warren Center

Dec. 2	Thurs.	\$15
6-8 p.m.	S. Geer	Curwen Bldg.
Crs. #5185	2 hrs.	

### Toile and Decorative Painting for Beginners Part II

See course description at left.

#### Warren Center

Dec. 9	Thurs.	\$15
6-9 p.m.	D. Young	Curwen Bldg.
Crs. #5187	3 hrs.	

### Wrap It Up!

See course description at left.

#### Warren Center

Dec. 13	Mon.	\$10
6-7 p.m.	D. Young	Curwen Bldg.
Crs. #5189	1 hr.	

### You Do the Math!

This hands-on course is designed for adult non-traditional students who need a refresher in basic math skills with an emphasis on applied geometry. **Students are required to bring protractor, compass, 6-inch ruler, regular calculator, graph paper, pencils, and notebook. There is no textbook required. Class is limited to 20 students.**

#### Warren Center

Aug. 23-Nov. 15	Mon.	\$50
6-8 p.m.	M. Reynolds	Curwen Bld
Crs. #5194	24 hrs.	

**\*No Class on Sept. 6**

### Creative Writing for the Budding Author

Let your inner voice come out through writing. Let your imagination run free and put it down on paper. In this class, students will receive honest feedback, be offered encouragement to share their dreams and visions, and be permitted emotional expression. Bring your imagination, a notebook, pens or pencils, and don't forget your sense of humor!

#### Jamestown Campus

Sept. 8-Oct. 14	Thurs.	\$69
6:30-8:30 p.m.	V. Westling	CARN A
Crs. #5258	12 hrs.	

# Personal Enrichment

**New** Speaking for Any Occasion

Heart pounding? Voice quivering? Face flushed? Is this how you feel when called upon to make a presentation. No matter what the occasion - team meeting, project report, customer presentation - few people truly like to speak before a group. Come join us and learn how to prepare and deliver an effective presentation with confidence. Topics include: relaxation, organization, practice, dynamic openings, choosing the right words, audio/visual aids, and handling questions.

**North County Center**  
 Oct. 15 & 29 Fri. \$53  
 9 a.m.-12:30 p.m. L. Powell-Fortna  
 Crs. #5329 7 hrs. NCTC 116

**New** Invest in Your Debt  
 How would you like to pay off all your consumer debts, including credit cards, car payments, student loans, etc., in one to three years? Then, pay off your 30-year mortgage in another four to five years, saving tens, maybe even hundreds of thousands of dollars in interest fees? If you could do this without refinancing, doing balance transfers, and with just your current income, wouldn't you want to know how? Then bring a list of your debts, with balances and monthly payments, along with a calculator to class. You will develop a debt elimination plan to immediately implement into your lifestyle. If you're sick and tired of being "sick and tired of debt," this class is a must for you! **An optional textbook for \$45 will be available from Ray Goss, your class instructor.**

**Cattaraugus County Campus**  
 Oct. 21 Thurs. \*\$39  
 6-9 p.m. R. Goss  
 Crs. #5211 3 hrs. TCCE 101  
**\*Cost does not reflect the text, which is not necessary to purchase to take the class.**

**New** Ace the SAT  
 Critical Reading and Math are taught along with tips on how to study and prepare for the Scholastic Aptitude Test.

**Cattaraugus County Campus**  
 Sept. 20-30 Mon.-Thurs. \*\$60  
 6-8 p.m. Z. Butler  
 Crs. #5325 3 hrs. TCCE 110  
 \*Includes text.



**New** Affordable Green Housing Solutions

Whether you're considering buying a home, are a current homeowner, or rent property did you know there are ways to help you save money and the environment at the same time? The word "green" is creating quite the buzz these days but what exactly does it mean for us residing in Chautauqua County? Are there really affordable methods to help save energy costs? You bet! Come learn about potential problems with our housing stock and the potential solutions to become "greener" and reduce utility costs. Also for discussion are: topics for design and evaluation of a house, the types of renewable energy options you could use in this climate and what they are, what "green" building materials are and the financial impact of instituting some of these "green" measures, e.g. rebates, tax credits, costs vs. net costs, energy savings/payback and financing options. Don't miss this opportunity to learn and discuss relevant measures you can take today to make your home more energy efficient, reduce costs, and create a better place for tomorrow.

**Jamestown Campus**  
 Nov. 9-18 Tues. & Thurs. \$45  
 6-8 p.m. D. Harrington ARSC 138  
 Crs. #5340 8 hrs.

**Shed Building for Beginners**  
 Wouldn't it be great to have some extra storage space on your property and have the know-how to build it? Come learn construction basics, take part in the design and planning process, then put your knowledge to use to build a functional utility shed. At the end of the class we'll conduct a drawing for one lucky apprentice to take home the finished project! This class is for beginners or those with minimal builder's experience. **Please bring a hammer, tape measure, safety goggles, and work gloves. Dress appropriately as the hands-on activity will be outside.**

**Jamestown Campus**  
 Oct. 16 Sat. \$85  
 9:30 a.m.-4 p.m. E. Hanson CARN 120  
 Crs. #5345 6 hrs.

- Develop Successful Students!
- Enrich Your Lesson Plans!
- Learn Effective Motivation Tools!

**Online Courses for Teachers**

Visit us at  
[www.ed2go.com/jamestown](http://www.ed2go.com/jamestown)  
 to learn more.



Building and Operating a Solar Wood Dryer (kiln)

Do you need kiln dried wood for your next woodworking project? Would you like to have your own supply of kiln dried wood at your fingertips? Come discover how to build your own solar wood dryer (kiln) in your own backyard. This class will offer directions on how to build a solar wood dryer and information on how to operate the dryer to get the maximum benefits. Rather than paying for kiln dried wood you can use the sun's energy to make your own instead!

**North County Center**  
 Sept. 30-Oct. 7 Thurs. \$35  
 6-8 p.m. G. Pilgrim NCTC 115  
 Crs. #5248 4 hrs.

**GIFT CERTIFICATES**

Want a wonderful idea for a birthday gift, anniversary gift, or any other special occasion? If so, then purchase a gift certificate for a non-credit course! Just contact the Center for Continuing Education nearest you for information or to request a gift certificate for the course of your choice. If you are not sure which course would be best for your friend or loved one, just state a dollar amount that can be applied to any of our offerings. What better way is there to say that you care?

# Personal Enrichment



## Spotlight on Chautauqua Series

As a continuation of the exciting and popular series from spring 2009, we're thrilled to offer additional lectures on some of the county's points of interest from a historical perspective. How did the Chautauqua Institution come into existence? Did the area open doors for discussion of religion, science and the theory of evolution? What is the importance of Chautauqua Lake for the region? Come find out! This exciting series is facilitated by the Chautauqua Institution's archivist and historian, Jonathan Schmitz.

**Jamestown Campus**  
 Oct. 12-Nov. 9 Tues. \$16  
 7-8 p.m. J. Schmitz CARN 120  
 Crs. #5341 3 hrs.



## The Origin of Chautauqua

This talk will describe the first Chautauqua Assembly tracing the origins of this assembly and the Chautauqua Movement back to three American institutions: The Camp Meeting, the American Lyceum and the American Sunday School Movement.

**Jamestown Campus**  
 Oct. 12 Tues. \$7  
 7-8 p.m. J. Schmitz CARN 120  
 Crs. #5342 1 hr.



## Science and Religion at Chautauqua

This talk will examine the way in which Chautauqua tried to reconcile religion with modern science from its beginning in 1874 to the Scopes Trial in 1925. Special attention will be paid to question of evolution, the rise of modernism and fundamentalism, and the division this created within the Chautauqua Movement and American society in general.

**Jamestown Campus**  
 Oct. 26 Tues. \$7  
 7-8 p.m. J. Schmitz CARN 120  
 Crs. #5343 1 hr.



## The Lake in History

Ever since Chautauqua Lake took its present shape, there have been people using it, enjoying it, and depending on it. Beginning with what the name, Chautauqua, might mean, this presentation will look at the importance of the lake to the area's history as a transportation route and, later, for tourism.

**Jamestown Campus**  
 Nov. 9 Tues. \$7  
 7-8 p.m. J. Schmitz CARN 120  
 Crs. #5344 1 hr.



## The Life of Chautauqua County Series

Ever wonder with what or whom you share this wonderful county? There are so many forms of wildlife literally at your feet— and in the water, backyard, woods, etc. Gather information about wildlife, how to attract and identify native birds and find out about some cool places of interest right here in Chautauqua County! Come discover or relearn these wonderful treasures and feel free to bring your child (age 8 –16) to share the experience! **(see child's price below)**

**Jamestown Campus**  
 Sept. 25-Oct. 16 Sat. \$35  
 10 a.m.-12 p.m. A. Mathews CARN 125  
 Crs. #5330 8 hrs. & R.T.P.I.

**Child ages 8-16 accompanying adult taking the class. Complete separate registration form for child—include birthdate.**  
 Crs. #5331 \$8



## What's in Your Backyard?

Do you know what critters are in your backyard? Come learn about and discover things you didn't think would be there! After this you may never look at your backyard the same!

**Jamestown Campus**  
 Sept. 25 Sat. \$15  
 10 a.m.-12 p.m. A. Mathews CARN 125  
 Crs. #5332 2 hrs.

**Child ages 8-16 accompanying adult taking the class. Complete separate registration form for child—include birthdate.**  
 Crs. #5333 \$2



## Bird Watching

Have you ever wondered what bird was in your backyard? If so, this is the course for you. Come discuss which birds may be found in WNY as well as how to attract them. Do you wonder what type of bird houses attract certain bird species; or what type of food attracts certain birds? This is an opportunity to find out as well as obtain information needed to become an aspiring bird watcher! **Perhaps just being in class at the world famous Roger Tory Peterson Institute will inspire you!**

**Jamestown Campus**  
 Oct. 2 Sat. \$15  
 10 a.m.-12 p.m. A. Mathews R.T.P.I.  
 Crs. #5334 2 hrs.

**Child ages 8-16 accompanying adult taking the class. Complete separate registration form for child—include birthdate.**  
 Crs. #5335 \$2



## What's in a Lake?

Who doesn't love being in or around Chautauqua Lake or some other local natural body of water? Do you know we're not the only ones who enjoy the lake and in some cases depend on it? Come discuss and learn to identify the commonly found insects, arthropods, fish, amphibians and reptiles found in our very own Chautauqua Lake and other local bodies of water. Don't be surprised if you find out how many other "things" we share the water with!

**Jamestown Campus**  
 Oct. 9 Sat. \$15  
 10 a.m.-12 p.m. A. Mathews CARN 125  
 Crs. #5336 2 hrs.

**Child ages 8-16 accompanying adult taking the class. Complete separate registration form for child—include birthdate.**  
 Crs. #5337 \$2



## Local Natural History—Places to Explore

Do you know that there are many local areas that provide an excellent place to explore and even an excellent place for a picnic or gathering? Come learn about all the fun, natural places right here in Chautauqua County just waiting to be discovered! You'll get an overview and information on various places that cost little to nothing to enjoy!

**Jamestown Campus**  
 Oct. 16 Sat. \$15  
 10 a.m.-12 p.m. A. Mathews CARN 125  
 Crs. #5338 2 hrs.

**Child ages 8-16 accompanying adult taking the class. Complete separate registration form for child—include birthdate.**  
 Crs. #5339 \$2



## Auto Point/Insurance Class

### Traffic Survival Workshops

The Point/Insurance Reduction Program, offered through the National Traffic Safety Institute and approved by the Department of Motor Vehicles, offers participants a way to reduce driver record violation points and/or insurance premiums. **Saturday classes have a 1/2 hour lunch on your own. Please bring your driver's license to class.**

**Note: Students must arrive at this class promptly by 9 a.m. or 6:00 p.m. If you are late, you will not be admitted. We strictly adhere to this policy. This applies to every JCC location.**

### Cattaraugus Campus

Sept. 18	Sat.	\$35
9 a.m.-3:30 p.m.	E. Butler	TCCE 101
Crs. #5202	6 hrs.	
Oct. 18 & 19	Mon. & Tues.	\$35
6-9 p.m.	D. French	TCCE 101
Crs. #5203	6 hrs.	
Nov. 20	Sat.	\$35
9 a.m.-3:30 p.m.	E. Butler	TCCE 101
Crs. #5204	6 hrs.	
Dec. 13 & 14	Mon. & Tues.	\$35
6-9 p.m.	W. Aiello	TCCE 101
Crs. #5205	6 hrs.	

### Jamestown Campus

Sept. 13 & 14	Mon. & Tues.	\$35
6-9 p.m.	L. Livingston	CARN 123
Crs. #5159	6 hrs.	
Sept. 25	Sat.	\$35
9 a.m.-3:30 p.m.	D. Cappiello	CARN 123
Crs. #5160	6 hrs.	
Sept. 28 & 29	Tues. & Wed.	\$35
6-9 p.m.	L. Livingston	CARN 123
Crs. #5161	6 hrs.	
Oct. 23	Sat.	\$35
9 a.m.-3:30 p.m.	D. Cappiello	CARN 123
Crs. #5162	6 hrs.	
Oct. 25 & 27	Mon. & Wed.	\$35
6-9 p.m.	L. Livingston	CARN 123
Crs. #5163	6 hrs.	
Nov. 2 & 4	Tues. & Thurs.	\$35
6-9 p.m.	L. Livingston	CARN 123
Crs. #5164	6 hrs.	
Nov. 13	Sat.	\$35
9 a.m.-3:30 p.m.	D. Cappiello	CARN 123
Crs. #5165	6 hrs.	
Nov. 15 & 17	Mon. & Wed.	\$35
6-9 p.m.	L. Livingston	CARN 123
Crs. #5166	6 hrs.	

### Jamestown Campus—continued

Dec. 4	Sat.	\$35
9 a.m.-3:30 p.m.	D. Cappiello	CARN 123
Crs. #5167	6 hrs.	
Dec. 7 & 8	Tues. & Wed.	\$35
6-9 p.m.	L. Livingston	CARN 123
Crs. #5168	6 hrs.	

### North County Center

Sept. 7 & 9	Tues. & Thurs.	\$35
6-9 p.m.	D. Cappiello	NCTC 115
Crs. #5148	6 hrs.	
Sept. 18	Sat.	\$35
9 a.m.-3:30 p.m.	D. Cappiello	NCTC 116
Crs. #5149	6 hrs.	
Oct. 12 & 14	Tues. & Thurs.	\$35
6-9 p.m.	D. Cappiello	NCTC 115
Crs. #5150	6 hrs.	
Oct. 16	Sat.	\$35
9 a.m.-3:30 p.m.	D. Cappiello	NCTC 116
Crs. #5151	6 hrs.	
Nov. 6	Sat.	\$35
9 a.m.-3:30 p.m.	D. Cappiello	NCTC 116
Crs. #5152	6 hrs.	
Nov. 9 & 11	Tues. & Thurs.	\$35
6-9 p.m.	D. Cappiello	NCTC 116
Crs. #5153	6 hrs.	
Dec. 7 & 9	Tues. & Thurs.	\$35
6-9 p.m.	D. Cappiello	NCTC 116
Crs. #5154	6 hrs.	
Dec. 11	Sat.	\$35
9 a.m.-3:30 p.m.	D. Cappiello	NCTC 116
Crs. #5155	6 hrs.	

## DMV Pre-Licensing

### 5-hour Pre-Licensing Course

This is the five-hour NYS Department of Motor Vehicles' pre-licensing course for students who are in the process of applying for their NYS motor vehicle license. **You must bring your photo permit to class.**

### Cattaraugus Campus

Sept. 15	Wed.	\$25
4-9:30 p.m.	B. Bathurst	TCCE 101
Crs. #5198	5 hrs.	
Oct. 20	Wed.	\$25
4-9:30 p.m.	B. Bathurst	TCCE 101
Crs. #5199	5 hrs.	
Nov. 17	Wed.	\$25
4-9:30 p.m.	B. Bathurst	TCCE 101
Crs. #5200	5 hrs.	
Dec. 15	Wed.	\$25
4-9:30 p.m.	B. Bathurst	TCCE 101
Crs. #5201	5 hrs.	



## Traffic Survival Online

Complete this course at your convenience. You need basic computer skills and internet access. For details: [www.sunyjc.edu/continuing](http://www.sunyjc.edu/continuing)

Go to Online Courses

***This class is through the National Traffic Safety Institute.***

