WESTMORELAND COMMUNITY COLLEGE COMMUNITY COLLEGE COMMUNITY COLLEGE

Fall 2021

September – December

Enjoy Wines from Around the World, page 4

Discover inner peace through Gentle Yoga, page 17

Add color to your fall landscape, page 25



Westmoreland Friends,

We are excited to offer you opportunities to learn, grow and enjoy activities for Fall 2021.

Enjoy a variety of courses ranging from American Heart Association classes, to meditation, to intergenerational cooking, you choose the format that suits you the best!

- IN-PERSON Classes will be held in a classroom.
- **ONLINE** Classes will have start and end dates, and you can access the class content at your leisure.
- **REMOTE** Classes will use Zoom and be live. You will be able to interact with the instructor and fellow students during class time.

Class formats are subject to change and new classes may be added. Please check the college website at westmoreland.edu/coned for updates and provide your email address when registering for a class.

Should circumstances change regarding CDC guidelines for Covid, please refer to our Operating Plan at westmoreland.edu. It can be found under the Resources tab at the top of the web page.

For more information, contact the Information Center at 724.925.4000 or infocenter@westmoreland.edu.

Thank you for considering Westmoreland County Community College. New ideas for classes are always welcome.

STAY SAFE AND HEALTHY.

Dr. Sydney Beeler Vice President/Enrollment Management

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Continuing Education Units (CEUs)

Continuing Education Units (CEUs) are awarded to a student at the rate of 1 CEU for every 10 hours of contact. The CEU is a nationally recognized unit of measure to record an individual's continuing education. CEUs do not correlate to college credit classes. The college maintains student records of CEU accomplishments and copies are available through the Records Department.

Notice of Nondiscrimination

Westmoreland County Community College will not discriminate in its educational programs, activities or employment practices based on race, color, national origin, sex, disability, age, religion, ancestry or any other legally protected classification. Announcement of this policy is in accordance with state law including the Pennsylvania Human Relations Act and with federal law, including Titles VI and VII of the Civil Rights Act of 1964, Title IX of the Educational Amendments of 1972, Section 503 and 504 of the Rehabilitation Act of 1973, the Age Discrimination Act of 1975, and the Americans with Disabilities Act of 1990. Inquiries should be directed to the Affirmative Action Officer (presently Sylvia Detar) at 724.925.4190 or in Room 353D, Student Achievement Center, Youngwood, PA 15697.

Lifelong learning has numerous benefits including increased confidence, wider social connections, expanded possibilities in the workplace, and healthier minds and bodies, just to name a few. Through Club Westly, you can take a class to learn for leisure, to stay relevant in the workplace, to keep your mind sharp or simply to fight boredom!



Wines from Around the World

Broaden your knowledge of wine by joining us as we explore the foundations of different wine types. Each month you will taste your way through two to three different worldwide regions of the featured wine while discussing popular food pairings. Must be at least 21 to attend. Registration ends the Tuesday prior to class. Jill Kummer, Wine Educator, \$25 tuition + \$10 material fee

Pinot Noir from California, Oregon & Givry, Burgundy PRDX 9037-50 Monday, October 4, 6-7 p.m.

Chardonnay from California, Chablis, & Macon PRDX 9037-51 Monday, November 1, 6-7 p.m.

Cabernet Sauvignon from Paso Robles, California, Chile & Barossa, Australia PRDX 9037-52 Monday, December 6, 6-7 p.m.

Wine: Putting the FUN in Fundamental

Join us for this two-hour fun overview of wines, and impress your friends with your new knowledge. We will discuss how wine is made, what makes a bad wine, wine regions of the world, and the predominant grapes from each region, basic wine labeling and bottle shapes. Jill Kummer, wine educator, \$25 tuition

PRDX 9034-50 Monday, October 18, 6-8 p.m.

Fun with Friends

Bring your friends. Make some more. Discover new interests.

Heartsaver & Pediatric CPR

An American Heart Association CPR class for lay persons with an interest in pediatric CPR. Includes lecture and practice in adult and child (ages 1-8) CPR and obstructed airway maneuvers. Students must pass practical examinations to receive certification card valid for two years. Tiffany Simmons. Tuition \$29 tuition + \$25 material fee + required text (review of textbook prior to class is required)

MEDX 3020-50 Friday, September 10, 9-11 a.m.



Introduction to Yoga

Join us to get a taste of what yoga is all about in this new introductory class. Dress comfortably and bring a beach towel or yoga mat for when you are taken through beginner yoga poses and breathing techniques. Hayley Dunhoff, \$10 tuition PHSX 3059-50 Friday, October 15, 11:30-1:30 p.m.

Herbal Tea Blends

Do you enjoy tea? Then join us for tips on making herbal tea and herbal tea blends for both taste and specific purposes such as relaxation and de-stressing. Ellen Marsili, \$15 tuition + \$2 material fee

PHSX 3045-50 Friday, November 12, 9-11 a.m. PHSX 3045-90 Tuesday, October 26 7-9 p.m. (Westmoreland-Murrysville)

The Beatles-Discuss the Legends

Do you love the Beatles? Interested in their history from famine to fame? Join us for this two-hour class that will delve into how the Beatles made history. Discuss how the Beatles changed the world of music as we know it, and how they have impacted you personally. Deborah Kazsimer, \$10 tuition

MSCX 0125-50 Friday, December 10, 1-3 p.m.

REMOTE – classes take place using Zoom and are live. You can interact with the instructor. Registration ends three (3) business days prior to start date.

ONLINE – classes have start and end dates, and you can access the class content at your leisure.

To participate in remote or online classes, you need to have a PC/Laptop/ Tablet with Internet access. An invitation to join the class is sent to you via email a couple of days prior to the class start date.

Professional Development

Expand your knowledge. Chase better career prospects. Increase your earning power.

Computers for Plus 50 using Windows 10

A beginner class especially for those 50 and better that provides a hands-on, relaxed approach to computer learning for personal use or to develop job-related skills. Become familiar with the Windows 10 interface and its basic capabilities, along with basic computer hardware and terminology, file saving, file management, creating documents, sending email, browsing the Internet and sharing information between applications and other users. Bring flash drive to second class. Rick Martz, \$95 tuition + required textbook, 1.5 CEUs

DAPX 0916-50 5 Fridays starting October 15, 9 a.m.-noon DAPX 0916-60 5 Tuesdays starting October 5, 9:30 a.m.-12:30 p.m. (Westmoreland-Latrobe)

Building a Website with WordPress



Create a website for yourself or a small business using the WordPress content management system. We'll talk about what WordPress is and how it works. You'll create up to 5 pages (home, about, services, blog and contact) and customize them with text and images. You'll also learn to secure and back up your website and how to update it regularly. You will have access to a WordPress site during class at no cost. If you would like to keep the site after the class ends, you will need to purchase website hosting and a domain name. Must have computer experience. Rene Morozowich, \$69 tuition, .8 CEUs DAPX 9240-R1 4 Tuesdays starting

September 21, 5:30-7:30 p.m. (remote)

Equity & Inclusion

In their book, Diversity Training, Wildermuth and Gray (2005) introduce the term "conversity" or the concept of focusing on commonalities leading to attitudes and behaviors that capitalize on human differences for organizational success. We will discuss commonalities between various cultures, stereotypes and what to do about them, and the impact of subtle discrimination in the workplace and how to reduce it. James & Michelle Teague, \$35 tuition, .4 CEUs

JREX 1746-01 Friday, September 24, 8:30 a.m.-12:30 p.m.



Introduction to the iPad

Designed for you to get the most out of your new iPad. Topics will include: hardware; connectivity; apps; productivity; media; syncing and backup; and printing. Your iPad will soon become your trusty companion. Bring your iPad to class as this is a practical, hands-on course where you will participate in exercises for every topic and all points covered. Must have iPad Air or newer version. Alan Laick, \$49 tuition, .6 CEUs DAPX 3075-50 2 Fridays starting September 24, 1-4 p.m.



Personal Enrichment

Beginning Tai Chi

A program of continuous, non-strenuous movements designed to improve mental focus and concentration, relax and tone the major joints in the body, increase energy levels and build internal strength and suppleness. Wear comfortable clothes and shoes. Linda Vucelich, \$35 tuition MEDX 8018-50 5 Thursdays starting September 23, 9:30-10:30 a.m

Tai Chi, Level II

Perfect your form and balance through practice. Wear comfortable clothes and shoes. Prerequisite: Beginning Tai Chi. Linda Vucelich, \$35 tuition

MEDX 8019-50 5 Thursdays starting September 23, 10:45-11:45 a.m.

Gentle Yoga

An introduction into yoga techniques for those who haven't exercised lately or are limited in mobility. Learn to apply the principles of yoga to stimulate the body into more flexibility, the mind into awareness and peace, and to unlock the potential that is within all of us. Bring a mat or towel to class. Hayley Dunhoff, \$45 tuition

PHSX 9485-50 8 Mondays starting September 27, 9-10 a.m.



NEW - "Relaxercise" for Health & Fitness

"Relaxercise" is the term for the Feldenkrais Method for Easy Movement which addresses each area of the body with slow, easy, gentle motion to increase range of movement, flexibility and improved health. The class will be done in a seated position. Linda Vucelich, \$35 tuition PHSX 7145-R50 4 Tuesdays starting

September 28, 10:30-11:30 a.m.



Denotes REMOTE Class

Walk Live

Walk Live is an indoor aerobic walking program which has been helping people get fit for over 25 years. You will engage in a three-mile, heart pumping, calorie torching aerobic indoor walk geared for all fitness levels. If you can walk, you can do this program. Angie Tomer, \$55 tuition

PHSX 9039-50 8 Thursdays starting September 30, 5:30-6:30 p.m.

Paying for Long-term Care

The average cost of nursing home care in the Commonwealth of Pennsylvania is now over \$8,400 a month. What would your family do if faced with a nursing home stay? What is the difference between Personal Care, Assisted Living and Nursing Home Care? What options exist to allow loved ones to stay at home? What benefits are available to help pay for the care we need? Will I lose my house if I accept help from Medicaid? This class will discuss the answers to these questions and more. Colleen Bratkovich, Esquire, \$19 tuition, .3 CEUs FINX 4860-50 Tuesday, September 28, 6-9 p.m.

Protect Your Assets

Learn the facts on nursing home care, Medicaid and retirement planning. Discussion will include how to protect your assets from a nursing home stay, the biggest mistake seniors make on titling assets, estate planning for the middle class and minimizing taxes upon death. Jack George, CFP®, CLTC, CMP, \$19 tuition FINX 7553-50 Tuesday, October 19, 6-8 p.m. FINX 7553-R50 Tuesday, October 19, 6-8 p.m. (remote)

Your Retirement Readiness Checklist

When the stakes are high some professionals, such as pilots and surgeons, rely on checklists to ensure things go according to plan. Your retirement should be no different. This course is designed to walk you through a seven-point comprehensive checklist to determine if you have your ducks in a line regarding your retirement. We will explore the essential items that should be "checked off" before you decide to retire. Jack George, CFP®, CLTC, CMP, \$19 tuition

FINX 6719-50 Tuesday, November 23, 6-8 p.m.

Medicare 101

Many decisions need to be made when you become eligible for Medicare. To assist you in making these informed decisions, information will be presented on Medicare benefits, Medicare Advantage options, Medigap plans and the Medicare prescription drug benefit. Information will be presented by the PA Medicare Education and Decision Insight (PA MEDI), formally known as APPRISE, program which is a program of the Department of Aging. The program provides free information and counseling to anyone who is Medicare eligible. No tuition.

PRDX 5019-50 Tuesday, September 28, 3-5 p.m. PRDX 5019-51 Thursday, December 9, 1-3 p.m.



AARP Smart Driver Course

This two-session classroom driver retraining program is designed to help adults age 50 and better improve their driving skills. The class covers the effects of aging and medications on driving, basic driving rules, license renewal, local traffic hazards, adverse road conditions, energy saving and accident prevention measures. \$25 material fee payable at first class (check or money order only made payable to AARP, no cash). The fee is only \$20 if you are a member of AARP (membership card must be presented). NOTE: You must be age 50 or older, have a valid driver's license and attend both sessions to receive a certificate. RSVL 2150-51 Wednesday, & Thursday,

October 6 & 7, 6-10 p.m. RSVL 2150-52 Wednesday & Thursday, November 10 & 11, 9 a.m.-1 p.m. RSVL 2150-60 Monday & Tuesday, November 1 & 2, 9 a.m.-1 p.m. (Westmoreland-Latrobe) RSVL 2150-90 Tuesday & Wednesday, October 19 & 20, 9 a.m.-1 p.m. (Westmoreland-Murrysville)

AARP Smart Driver Course Four-Hour Refresher

This class will teach you how to handle adverse driving conditions and traffic hazards, in addition to learning about the effects of aging and medications on driving. Prerequisite: AARP Driver Safety eight-hour class. You must bring the safety certificate from prior 55 Alive Driver Safety class as proof of completion. \$25 material fee payable at first class (check or money order only made payable to AARP, no cash). \$20 for AARP members (membership card must be presented)

RSVL 2154-51	Wednesday, November 3,
	5-9 p.m.
RSVL 2154-60	Thursday, October 14,
	5-9 p.m.
	(Westmoreland-Latrobe)
RSVL 2154-71	Tuesday, November 9,
	9 a.m2 p.m. (Latrobe
	Senior Center)
RSVL 2154-91	Wednesday, October 27,
	9 a.m1 p.m.
	(Westmoreland-
	Murrysville)

Final Preparation Series

Pre-planning and getting your affairs in order allows you to let your final wishes be known and alleviates any hard decisions your family will have to make at an already difficult time.

Writing an Obituary

An obituary is a tribute to a person's life. Join us for guidance in writing your tribute. You will be encouraged to compose an obituary that can be shared with your family and friends to be used as your final honor. Leah Tapper, funeral director, \$10 tuition PRDX 9108-50 Thursday, October 21, 6-8 p.m.

Estate Planning

This class provides fundamental estate planning strategies to help you reduce costs/ taxes and avoid the pitfalls that commonly occur with simple estates. Topics include: avoidance of probate, Medicare reimbursement for nursing homes and guardianship proceedings. Attorney Eric Bononi, \$10 tuition

FINX 1752-50 Monday, October 25, 6-7 p.m.

Funeral Pre-Planning: Where to Start

Pre-planning a funeral can bring peace for you and your family, but sometimes it's hard to know where to start. Take part in this class to uncover the steps you need to take to bring you and your family serenity in your final time. Leah Tapper, funeral director, \$10 tuition

PRDX 6752-50 Wednesday, October 27, 6-8 p.m.

Basic Will Writing

Step-by-step instructions will be provided. You'll leave with the knowledge to complete a basic will and, if desired, a living will and organ donor form. A basic will provides for general distribution of property; names a guardian/trustee for children, if needed; names a personal representative to administer the estate; and provides specific burial instructions, if desired. Attorney Mary Ann Grec, \$35 tuition LAWX 5300-50 Monday, November 1, 5:30-9:30 p.m.



We are always looking for new classes to offer the community. If you have special knowledge or a skill that you would like to share with others, please complete a course proposal. Visit our website at <u>westmoreland.edu/CEproposal</u> for a course proposal form and to view directions and deadlines for submission.

Mental Health First Aid 🛛 📃

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This groundbreaking skills-based course gives people the tools to identify, understand and respond to someone who might be struggling with a mental health or substance use challenge-and connect them with the appropriate support and resources when necessary. In this training, you will learn a 5-step Action Plan that guides their interaction with individuals experiencing a mental health or substance use crisis. Bethany Gary and Meredith Weber. Tuition \$75 + \$25 material fee

JREX 5250 R1 Saturday, November 6, 10 a.m. - 4:30 p.m.



NEW - Dealing with Difficult People & BIG Personalities

We have the agenda, the slide deck, the flip chart and markers...even the coffee is on its way. Yet, in seconds, a difficult participant can unravel our plans, and our success, because what we DON'T have are the strategies to handle these unpredictable people! If we're lucky, we navigate it. But there's no need to rely on luck when the process is simple when core principles are in place. Join us to learn these core principles that you can use in any situation – meetings, classroom, or boardroom. Dawn DePasquale, Ph.D., \$35 tuition, .3 CEUs JREX 1365-R1 Friday, September 24,

9 a.m. to noon



Creative Thinking: Tools & ____ Techniques for Fresh Solutions

Creativity is a capacity that is innate in all people. With the correct training it can be developed and strengthened. In this 3-session course, we'll explore what creativity is and isn't, and look at the factors that support creative thinking and our own barriers to creative thinking. You will learn how to find sources of inspiration to overcome the barriers and ready your mind for new possibilities. You'll walk away with tried-and-tested idea generation techniques that tap into both the conscious and subconscious mind to break out of "the box" and discover fresh ideas and solutions. Dawn DePasquale, Ph.D., a presenter at international conferences on creativity, \$39 tuition, .3 CEUs

JREX 0963-R1 3 Fridays starting October 8, 9-10 a.m.

Irresistible Ideas: How to _____ make your ideas impossible to ignore!

How many of us have had a great, even brilliant idea, a process improvement, a service/product to be provided, a better way, only to have that idea ignored? In disbelief, we wonder "what went wrong?" How could they possibly have NOT seen the value in this idea?" Strange as it may seem, it's possible that our excitement may have kept us from being as clear-headed and thoughtful about our approach and packaging. If we truly believe an idea warrants serious attention, we may need to do a few things to improve the odds of its acceptance. You will have an opportunity to apply strategy, work on your own 'influencing' challenge, and walk away with a prepared strategy and idea proposal. Dawn DePasquale, Ph.D., \$25 tuition, .2 CEUs JREX 3941-R1 Friday, October 29, 9-11 a.m.

Denotes REMOTE Class

Equity & Inclusion

In their book Diversity Training, Wildermuth and Gray (2005) introduce the term "conversity" or the concept of focusing on commonalities leading to attitudes and behaviors that capitalize on human differences for organizational success. We will discuss commonalities between various cultures, stereotypes and what to do about them and the impact of subtle discrimination in the workplace and how to reduce it. James & Michelle Teague, \$35 tuition, .4 CEUs

JREX 1746-01 Friday, September 24, 8:30 a.m.-12:30 p.m.



You receive a 1099, now what?

Being in a self-employed position, such as an Uber driver, and receiving a 1099 has different tax obligations than when you receive a W-2. You are now responsible to file and pay your own taxes. This class will explain the different business taxes and how to complete Schedule C for form 1040 tax filings. The advantages of forming a Limited Liability Corporation (LLC) or S Corporation for small business owners and the process to apply for these statuses will also be discussed. James Teague, \$35 tuition, .4 CEUs



Financial Statements for Non-Financial People

Financial management is one of the key drivers for an organization's success; however, not every manager, supervisor or business owner has a good understanding of financial statements or financial management. Join us to learn the basics of financial statements and the analysis of the data to boost your financial proficiency. Michelle Teague, \$39 tuition, .4 CEUs JREX 2149-01 2 Fridays starting

October 29, 9-11:30 a.m.

Blogging & Podcasting for Beginners



Blogging and podcasting are great ways to express yourself, but maybe you're not sure how to start. This course will teach you how to successfully plan and create your very own blog and podcast using hands-on exercises and free web tools. For class start dates, cost and to register, go to www. ed2go.com/wcconed.



NEW - Free Google Apps

Get the most out of the free Google apps by gaining a thorough understanding of what these apps have to offer. Through instructor demonstrations and practice, you can gain the skills to utilize these tools efficiently and effectively. Pre-requisite: a basic understanding of the apps available and a gmail account. Lawrence Fallon, \$59 tuition

DAPX 2129-01 4 Thursdays starting October 21, 6-8 p.m.



To register, call 724.925.4204 or 1.800.262.2103, ext. 4204.

Unless otherwise noted, classes are for ages 18 and older.

Marketing with Social Media

To increase your customer base and keep your current customers engaged, it is necessary to utilize all marketing strategies available. In this introductory class, you will learn how to incorporate social media into your marketing plan. Larry Tavlarides, \$65 tuition, .9 CEUs

SMBX 1350-R1 3 Thursdays starting October 14, 6-9 p.m.



Negotiation: 🧨 Get What You Want

Negotiation is a key skill for success in business and everyday life. Knowing strategies to clarify what you want and how to prioritize needs will ensure you get more of what's essential. Having the skills to help others get what they want will improve relationships and increase your odds of success in the future. Work with a pro to learn how to plan, implement and win in the bargaining process. Save time, grow your business network and gain confidence when dealing with even the shrewdest of dealmakers. Invest in these skills now and reap a lifetime of rewards. Greg Marsello, \$195 tuition, 1.6 CEUs

JREX 5314-W1 October 4-29



Project Management Processes Acquire a well-rounded knowledge of the five Project Management Processes relating to the Project Management Body of Knowledge (PMBOK) Guide. This basic information will assist you in learning the beginnings of Project Management, whether you are interested in project management, in a project management field or in any line of work. Come away with a solid foundation of the five processes to learn and use when any type of project occurs in your employment arena. Christina Mitchell, \$195 tuition, 1.6 CEUs JREX 6657-W1 October 4-29

Introduction to Data Analysis

Data analysis is quickly becoming one of the most sought-after skills in the workplace. Companies have vast amounts of data, but it is rare to have someone with the ability to analyze that data to see trends and make predictions. This course will give you a basic understanding of how to analyze data in a business setting. John Rutledge, \$195 tuition, 1.6 CEUs

JREX 3029-W1 September 7-October 1

Introduction to Power BI

Gain insights into your data! Power BI (business intelligence) is a widely used business analytics service offered by Microsoft. Power BI Desktop is a complete data analysis and report creation tool that you install for free. Discover how to quickly extract, transform, and load data with just a few clicks. You will create interactive visualizations (charts, maps, KPIs) to provide insights into your company's data to make informed decisions. Marion Williams, \$195 tuition, 1.6 CEUs

DAPX 6676-W1 September 7-October 1



Leadership Development

John Maxwell has written many books on leadership. The following classes are based on his books. James & Michelle Teague are certified to coach, teach and speak on John Maxwell's programs.

Everyone Communicates, Few Connect

Based on the book Everyone Communicates, Few Connect by John Maxwell, the principles of connecting with other people will be explored, and we will discuss the relationship that effective communication has with leadership and influence. An assessment will be used to determine your communication style and methods for improvement. Michelle Teague, \$35 tuition + \$50 material fee, .4 CEUs JREX 0944-01 Friday, October 1, 8:30 a.m.-12:30 p.m.

Becoming a Person of Influence

A person's level of influence can increase by utilizing methods to interact positively with others. Using the John Maxwell book, Becoming a Person of Influence, as the basis of the class, we will discuss what influence is and what it is not, different types of influence, and methods of increasing influence in a positive manner. James Teague, \$19 tuition, .25 CEUs

JREX 6734-01 Monday, October 4, 6-8:30 p.m.

How to Be a R.E.A.L. Success

John Maxwell writes to be a REAL success, you need to develop the ability to work with people. This includes being able to RELATE to others better as you understand relational rules; EQUIP others with the proper skill sets; improve your ATTITUDE through daily practice; and LEAD others successfully to where you have gone and beyond. Each session will focus on a different aspect (Relate, Equip, Attitude, Lead) of being a REAL success. Michelle Teague, \$85 tuition, 1.2 CEUs

JREX 7199-01 4 Thursdays, October 14, 6-9 p.m.

Sometimes You Win - Sometimes You Learn

John Maxwell believes that any setback, whether professional or personal, can be turned into a step forward when you possess the right tools to turn a loss into a gain. In his book, Maxwell, using 50 years of leadership experience, provides a roadmap for winning by examining the 11 elements that constitute the DNA of learners who succeed in the face of problems, failure and losses. Michelle Teague, \$25 tuition, .3 CEUs

JREX 7525-01 Friday, October 15, 9 a.m.-noon

Leadership Gold

What does it take to be a good leader? In his book, Leadership Gold, John Maxwell shares valuable lessons from his many years of leading. The lessons that will be examined include how to lead yourself, how to handle defining moments and criticism, ways to stop working and get in the zone. In addition, we will discuss the real responsibilities of leaders and how to become a leader people want to follow. The class will finish with a discussion on the leadership legacy you want to leave behind. James Teague, \$35 tuition, .4 CEUs

JREX 4855-01 Friday, October 22, 8:30 a.m.-12:30 p.m.

15 Invaluable Laws of Growth

According to the principles in John Maxwell's book, 15 Invaluable Laws of Growth, to achieve full potential, a person must grow, and this growth needs to be intentional. We will examine two of the laws from the book. The Law of Pain examines how growth comes from learning to manage bad situations. The Law of the Rubber Band looks at how growth can only happen when individuals are willing to step outside of their comfort zone and stretch themselves. James Teague, \$19 tuition, .25 CEUs

JREX 2531-01 Monday, October 25, 6-8:30 p.m.

Career Series

Looking to change your career or move up within your current company? Learn effective communication, resume writing, soft skills, and interviewing tips and tricks with this series formatted specifically to help you put your best self forward in your professional life.

Job Seeker

Looking for a job and not know where to start? Acquire new job searching skills while learning which search engines and print publications can lead to legitimate jobs and careers. Tuition: \$10, Lorrie Douglass.

JREX 3995-01 Tuesday, September 7, 6-8 p.m.

Resume Writing for the Job Market

Never write a resume or just need ideas on how to spice up your resume? Learn how to format your resume to highlight your skills that companies are looking for. Bring a copy of your current resume or ideas of what you would like to promote on your resume. Tuition: \$19, Lorrie Douglass.

JREX 7324-01 3 Tuesdays starting September 14, 6-8 p.m.

Social Media for Job Searching

Ever wonder how to make social media work for you? Explore how to use LinkedIn, Facebook, Instagram, and other platforms as career search engines and how to make them beneficial resources for you. Tuition: \$10, Lorrie Douglass.

JREX 7327-01 Tuesday, October 5, 6-8 p.m.

Interviewing 101

Not sure how to promote yourself successfully in an interview? In this class, learn how to promote yourself as an asset for the company you are interviewing with that they absolutely need to have on their team. Tuition: \$10, Lorrie Douglass. JREX 1742-01 Tuesday, October 12, 6-8 p.m.

Brushing Up on the Basics

Need to brush up on the basics? When re-entering the workforce or changing a career, sometimes a refresher is business math, English, and communication can be what is needed to give the edge in your new profession. Tuition: \$19, Lorrie Douglass. JREX 0436-01 2 Tuesdays starting October 19, 6-8 p.m.

Effective Business Communication

Learn how to effectively connect with your peers and colleagues through email and face to face communication. Using effective communication to be successfully heard while staying professional and cooperative in the workplace is an impressive and intangible skill that is imperative for an employee to have. Tuition: \$10, Lorrie Douglass. JREX 1741-01 Tuesday, November 9, 6-8 p.m.

Working with Customers

In a career or looking for a career working with customers? Learn how to effectively work with customers to overcome objections, obstacles, and issues to get successful resolutions and positive outcomes. Tuition: \$10, Lorrie Douglass. JREX 9031-01 Tuesday, November 16, 6-8 p.m.

For more information about Business & Professional Development classes, contact the Information Center at 724.925.4000 or infocenter@westmoreland.edu.

NEW - Design Sketching Using Autodesk Revit

If you could design your dream building, what would it look like? Start with a basic sketch and finish your design using Autodesk Revit. Unleash your creativity and see your design turn into a 3-D model. This class is for entertainment purposes only. Douglas Gengler, \$185 tuition + \$10 material fee, 2.4 CEUs

DAPX 0117-A1 8 Mondays starting September 27, 5-8 p.m. (Advanced Technology Center)

Manufacturing Jumpstart



Companies need to be able to locate high-quality talent to fill vacant positions. Increase your employability by participating in this 100% online fast-track, short term program that offers training in workplace skills and techniques most relevant in today's industrial environment. \$832 tuition + \$170 material fee, 2.6 CEUs

INDX 5365-W1 October 4-29

Essentials of Workplace Safety



Safety is no accident! Throughout this online course, you will be introduced to what workplace safety is and why it is important. You will also learn about specific topics that affect all workers such as hazardous communication, lockout/tagout and personal protective equipment. \$280 tuition + \$170 material fee, 0.8 CEUs

INDX 9534-W1 November 1-30

YOUR COMPANY MAY QUALIFY FOR MONEY FOR TRAINING THROUGH WEDNETPA!



Westmoreland is a proud partner with the Workforce & Economic Development Network of Pennsylvania (WEDnetPA). Beginning July 1, qualified companies can receive up to \$2,000 in training reimbursement per eligible employee. The beauty of this program is that it is

completely employer-driven....you have the freedom to choose the training method(s) that best suit your needs.

WEDnetPA provides training reimbursement funds in several skill-building categories:

- Business Operations
- Computer Operations
- Machine Operations and Maintenance
- Manufacturing Fundamentals
- Manufacturing Technology

To find out if your company qualifies for the WEDnetPA grant or to inquire about customized on-site workforce training courses, contact our Workforce Development team at <u>workforce@westmoreland.edu</u>.



Arts & Crafts



Make the most of your scrapbooking talents to show off your photos and memorabilia. This course provides hands-on experience building scrapbook pages, using artistic journaling, and producing your own artwork with Photoshop Elements. For class start dates, cost and to register, go to www. ed2go.com/wcconed.

Introduction to Bobbin Lace

Are you ready for a new adventure? Bobbin Lace is a skilled craft with a tradition dating back hundreds of years. You will learn about the history while working through a series of patterns designed to introduce you to a new skill each week. A \$25 deposit for tools will be paid to the instructor the first night of class, which will be returned when the tools are returned. Marion Warzel, \$69 tuition + \$10 material fee

CRFX 0540-60 6 Mondays starting September 27, 6-9 p.m. (Westmoreland-Latrobe) (No Class October 11)

Crochet Basics

This modern crochet class is a beginner's dream! We will cover all the basic stitches, complete multiple projects, and learn many tips and tricks to become a successful crocheter. Projects include: boho wall hanging, cotton dishcloth, winter hat, and a basic granny square. No previous experience required. Materials list will be provided prior to class start. Lauren Henschel, \$60 Tuition CRFX 0030-01 6 Mondays starting

September 20, 6-8:30 p.m.

Figure Drawing 101

If you've ever wanted to improve your stick-figure drawing skills, have we got a course for you. In a few sessions, learn the fundamentals of figure drawing such as recognizing lines of action, gesture drawing, and how to capture measurements and angles to better proportion your figures and increase your drawing skills. Bring sketch pad (minimum size 9 x 12), drawing pencils, kneaded eraser and pencil sharpener. Kyle Reidmiller, MFA, \$45 tuition

RTSX 2164-01 3 Thursdays starting September 30, 6-9 p.m.

Wonders of Watercolor

Have you ever wanted to explore a new creative avenue that's as simple as grabbing a cup of water and a few brushes? Handling techniques of water color paints used by artists and illustrators for centuries to create beautiful and whimsical works will be demonstrated. You will experiment with application techniques to create your own still-life painting. No painting experience necessary. Supply list will be emailed. Registration closes one week prior to start date. Kyle Reidmiller, MFA, \$45 tuition RTSX 9032-01 3 Thursdays starting October 21, 6-9 p.m. RTSX 9032-60 3 Tuesdays starting November 9, 6-9 p.m.

(Westmoreland-Latrobe)



NEW - Portrait Drawing

Have you ever wanted to make a doodle or drawing of a loved one but felt lost from the start? Perhaps you wonder how artists throughout history managed to capture the likeness of someone on canvas or paper. Join us to explore contemporary and traditional methods of portrait drawing and learn the basics of how to draw the human face. Topics covered will include sighting measurements, using simplified shapes to construct complex forms, and how to avoid symbolic drawing when attempting observational accuracy amongst others. Bring a sketchbook or drawing pad with your favorite pencils, erasers and a ruler as we block in the basics of portrait drawing. Kyle Reidmiller, MFA, \$45 tuition

RTSX 6677-01 3 Thursdays starting December 2, 6-9 p.m.

Denotes ONLINE Class



NEW - Hungarian Easter Egg Decorating with Beeswax

Join us for an evening of Hungarian Easter Egg decorating. You will decorate an egg using the techniques, designs and traditions of different regions. No experience is necessary. You will leave class with an egg you decorated and a kit you can use to make more at home. Registration closes October 8. Timea Szep, \$25 tuition + \$20 material fee

CRFX 3078-60 Monday, October 25, 6-9 p.m.

Zentangle

Create beautiful images from repetitive patterns in an easy to learn format. This fascinating new art form increases focus and creativity while providing a fun and lighthearted way to relax and intentionally shift your attention. Additional Zentangle supplies will be available in class. Paulette Harvey, \$12 tuition + \$10 material fee

RTSX 9900-01 Wednesday, October 6, 6-8 p.m.

COURSE IDEAS NEEDED

We are always looking for new classes to offer the community. If you have special knowledge or a skill that you would like to share with others, please complete a course proposal. Visit our website at <u>westmoreland.edu/CEproposal</u> for a course proposal form and to view directions and deadlines for submission.

Black & Tan Zentangle

Continue exploring your creativity with this intriguing art form. Learn interesting new tangles and be introduced to the Zendala. This will shift your perspective to fit tangles into dynamic shapes of a circular format. Additional supplies will be available after class. Prerequisite: Zentangle. Paulette Harvey, \$12 tuition + \$10 material fee RTSX 9901-01 Wednesday, October 20, 6-8 p.m.

Zentangle Inspired Art

Take Zentangle to the highest level with Zentangle inspired art. Take all the tangles and put them together to make a beautiful picture of a Christmas bulb. Even if you think you cannot draw a stick figure, you can learn Zentangle and create stunning original art. People of all ages and skill levels can create Zentangle art and have fun in the process! Paulette Harvey, \$12 tuition + \$10 material fee

RTSX 9902-01 Wednesday, November 10, 6-8 p.m.

Fitness/Health

Qi Gong for Energy & Health

In four sessions, you will learn a complete nine-minute system of 13 simple, flowing movements. This practice increases and strengthens the immune system's functioning and promotes overall harmony and well-being with movement, breathing and repetition. Qi Gong (Qi means energy and Gong means practice) is the foundation of Tai Chi. No experience needed. Wear comfortable clothes. Linda Vucelich, \$35 tuition

MEDX 6913-60 4 Thursdays starting September 30, 7-8 p.m. (Westmoreland-Latrobe)

NEW - Meditation

Need to quiet your mind and settle into a sense of peace? This class will show you how to focus on your inner self and find a sense of peace and relaxation. Learn how to use these techniques no matter where you are to calm your mind and your spirit. Hayley Dunshoff, \$55 tuition

PHSX 5368-01 8 Fridays starting September 24, 10-11 a.m.



NEW - "Relaxercise"

"Relaxercise" is the term for the Feldenkrais Method for Easy Movement addressing each area of the body with slow, easy, gentle motion to increase range of movement, flexibility and improved health. The class will be done in a seated position. Linda Vucelich, \$35 tuition PHSX 7145-R50 4 Tuesdays starting

0 4 Tuesdays starting September 28, 10:30-11:30 a.m.

What Is Reiki?

The energy balancing method called Reiki encourages the body and mind into a greater state of stability. The balancing effect on the energy field enlivens the person or animal's instinctive desire for equilibrium in all systems and therefore supports the natural healing mechanisms. It is considered a valued palliative therapy for stress reduction, calming and aiding a healthful response. Hear more about Reiki's use in people and animals (Janet Jackson, Animal Specialist will be our guest) and experience a short Reiki session for yourself. Linda Yarbrough, \$20 tuition

MEDX 7108-01 Thursday, September 30, 6:30-9 p.m.

Beginning Tai Chi

A program of continuous, non-strenuous movements designed to improve mental focus and concentration, relax and tone the major joints in the body, increase energy levels and build internal strength and suppleness. Wear comfortable clothes and shoes. Linda Vucelich, \$35 tuition MEDX 8018-50 5 Thursdays starting

September 23, 9:30-10:30 a.m.

Tai Chi, Level II

Perfect your form and balance through practice. Wear comfortable clothes and shoes. Prerequisite: Beginning Tai Chi. Linda Vucelich, \$35 tuition

MEDX 8019-50 5 Thursdays starting September 23, 10:45-11:45 a.m.



Gentle Yoga

An introduction into yoga techniques for those who haven't exercised lately or are limited in mobility. Learn to apply the principles of yoga to stimulate the body into more flexibility, the mind into awareness and peace and to unlock the potential that is within all of us. Bring a mat or towel to class. Hayley Dunhoff, \$45 tuition PHSX 9485-50 8 Mondays starting

September 27, 9-10 a.m.



Denotes REMOTE Class

REMOTE – classes take place using Zoom and are live. You can interact with the instructor. Registration ends three (3) business days prior to start date.

ONLINE – classes have start and end dates, and you can access the class content at your leisure.

To participate in remote or online classes, you need to have a PC/Laptop/ Tablet with Internet access. An invitation to join the class is sent to you via email a couple of days prior to the class start date.

Walk Live

Walk Live is an indoor aerobic walking program which has been helping people get fit for over 25 years. You will engage in a three-mile heart pumping, calorie torching aerobic indoor walk geared for all fitness levels. If you can walk, you can do this program. Angie Tomer, \$55 tuition

PHSX 9039-50 8 Thursdays starting September 30, 5:30-6:30 p.m.



Warrior Women

Warrior Women is a proven personal violence prevention program developed to teach women techniques to limit potentially dangerous situations. Classes are hands-on and filled with practical skills that are practiced with each participant. The techniques are simple and highly effective for creating a window of escape. Girls (14 & over) are welcome to attend with a family member (both must register). Wear comfortable clothes and shoes. Cassandra Briner-Kintigh, \$15 tuition

PHSX 2153-01 Monday, September 20, 6:30-9:30 p.m.

Warrior Women 2

Concepts learned in Warrior Women will be reviewed with new techniques added to protect yourself. Wear comfortable clothes and shoes. Cassandra Briner-Kintigh, \$15 tuition

PHSX 2157-01 Monday, October 18, 6:30-9:30 p.m.



Hatha Yoga

Yoga is an ancient practice that promotes a sense of inner peace through a series of physical exercises (asanas or postures) and breathing techniques. What sets yoga apart from fitness programs is an emphasis on the breath as well as a noncompetitive attitude. We will concentrate on Hatha Yoga stretches, centering, and meditation. All poses are presented with options for all levels from beginners to intermediate so everyone feels comfortable. Bring yoga mat to class. \$59 tuition

PHSX 9490-01 Jennifer Goebel 8 Tuesdays starting October 5, 6-7:15 p.m. PHSX 9490-60 Jennifer Goebel 8 Wednesdays starting September 29, 6-7:15 p.m. (Westmoreland-Latrobe) PHSX 9490-90 Saroja Chandra 8 Tuesdays starting September 28, 9:30-10:45 a.m. (Westmoreland-Murrysville) PHSX 9490-R1 Saroja Chandra 8 Thursdays starting September 30, 5:30-6:45 p.m. (remote)

WESTMORELAND COMMUNITY SURVEY

Thank you for your interest in taking classes at Westmoreland. If there are classes you would like to take that are not currently being offered, tell us what they are.

Complete an online survey at westmoreland.edu/cesurvey

To register, call 724.925.4204 or 1.800.262.2103, ext. 4204.

Unless otherwise noted, classes are for ages 18 and older.



Zumba

A mixture of Latin and international music and dance combined with fitness provides an invigorating and effective workout. It is so much fun you won't believe you are exercising! Wear good, supportive sneakers and bring water. Missy Troxell, \$55 tuition PHSX 9980-01 8 Mondays starting

October 4, 5:30-6:30 p.m.



Residential Lighting & Electrical Basics

Learn how to diagnose and repair common electrical problems, and most importantly, know when to call a professional. Introduction to the National Electric Code is offered through hands-on activities, simple installations and repairs. \$95 tuition + \$15 material fee, 1.2 CEUs

HOBX 3100-A1 3 Tuesdays starting October 5, 5-9 p.m. (Advanced Technology Center)

Food

Cake Decorating I

Learn all the basics of cake decorating, including seven borders, 13 flowers, basket weave, lattice and transfers. The first session meets for only one hour to receive a material list and discuss supplies. Limit 12 students. Mary Lou Cinciripini, \$95 tuition + \$7 material fee

FODX 0460-01 8 Tuesdays starting September 28, 6-8 p.m. (first class 6-7 p.m.)

Cupcake Bouquets

Buttercream cupcake bouquets make a perfect, unique gift or beautiful covered dish. Impress your family and friends with this fun and simple technique. No cake decorating experience necessary. A supply list will be mailed. Registration closes one week prior to start date. Judy DeWitt, \$25 tuition

FODX 1020-01 2 Thursdays starting November 11, 6-8 p.m.



Take Your Cooking Skills to the Next Level with a Credit Class!

If you've enjoyed our noncredit cooking classes, consider auditing a credit class offered through our School of Culinary Arts/Hospitality. Auditing a course means that you do not receive a grade nor credits and generally do not participate in exams or homework. You must pay the tuition and any associated fees. Auditing a class is usually for personal enrichment and exploration.

To view the schedule, visit westmoreland.edu



Cooking Classes - Make it a Date Night or Friends Night Out

Bring a friend or special someone. You both must register for the class. Space is limited.

Sugar Cookie Decorating

Learn to decorate sugar cookies with royal icing. Students will learn basic icing techniques along with a few special techniques. All participants will take home a minimum of 6 different seasonally decorated cookies that they will decorate that evening in class. A supply list will be emailed. Julie Jones, \$15 tuition

FODX 7581-60 Tuesday, October 5, 6-8 p.m. (Westmoreland-Latrobe)

Seasonal Cupcake Decorating

Learn to decorate seasonal cupcakes with buttercream icing. Students will learn basic icing techniques along with a few special techniques. All participants will take home a minimum of 6 different seasonally decorated cupcakes that they will decorate that evening in class. Supply list will be emailed to students. A supply list will be emailed. Julie Jones, \$15 tuition

FODX 1021-60 Tuesday, October 12, 6-8 p.m. (Westmoreland-Latrobe)

Pagach

Pagach is a yeast filled dough that is stuffed with potato and cheese, fried sauerkraut, fried sweet cabbage or cottage cheese. It is the Slovak version of a calzone. Deborah Moore, \$29 tuition + \$9 material fee FODX 6490-01 Tuesday, September 28, 5:30-9:30 p.m.

Pirohi (Pierogies)

Potato, cheese and sauerkraut filled pirohi just like grandma made. You will leave class with a dozen pirohi you prepared. Deborah Moore, \$29 tuition + \$10 material fee FODX 6644-01 Tuesday, October 5, 5:30-9:30 p.m.

Cookies

You will make a Russian torte (layers of walnuts and apricot between flakey pastry dough topped with cream cheese frosting) and a choco-cherry cookie (fudge drop cookie with a cherry in the center, topped with fudge frosting). You will leave with the cookies you make. Bring a take home container. Deborah Moore, \$29 tuition + \$13 material fee

FODX 3093-01 Tuesday, October 19, 5:30-9:30 p.m.

Cheregi

A light Slovak knot doughnut rolled in powdered or cinnamon sugar. You will go home with a couple dozen cheregi. Deborah Moore, \$29 tuition + \$9 material fee FODX 0903-01 Tuesday, October 26, 6-9:30 p.m.

Mom's Nut Rolls

Come to class and learn how to make this traditional sweet bread pastry from scratch using yeast dough and a buttery, sweet walnut filling. You will take home the nut rolls you make. Deborah Moore, \$29 tuition + \$15 material fee

FODX 6005-01 Tuesday, November 2, 5:30-9:30 p.m. FODX 6005-02 Thursday, November 4, 5:30-9:30 p.m.

Cream Puffs

French pastry consisting of a light hollow pastry shell filled with a cooked vanilla custard. The same pastry can be used to make savory appetizers and French cruller donuts. You will take six cream puffs home. Bring a take home container. Deborah Moore, \$29 tuition + \$8 material fee FODX 0985-01 Tuesday, November 16, 6-9:30 p.m.



Lunch with Chef Schmucker

Prepare a delicious lunch in the kitchen with Chef Schmucker, then join him in the Bistro to enjoy what you prepared. Register for the lunches separately. Chef Scott Schmucker, Ed.D., CEC, CCE, \$45 tuition + \$20 material fee

Vegetable Tortellini: Cheese Tortellini, Asparagus, Sundried Tomatoes, Kalamata Olives, Artichoke Hearts, with Fresh Herbs & Champagne Vinaigrette in Radicchio Bowl.

Turkey Pesto Wrap/Panini: Smoked Turkey Breast, Bacon Strips, Muenster Cheese, Avocado, Arugula, Plum Tomato, and Pesto Aioli in a Spinach Tortilla Wrap, Grilled in Panini Press

FODX 4980-01	Vegetable Tortellini Salad
	Tuesday, October 12,
	10 a.m2 p.m.
FODX 4980-02	Turkey Pesto Wrap/
	Panini
	Tuesday, November 2,
	10 a.m2 p.m.

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Denotes REMOTE Class

Languages & Culture

Italian, Level I



In this introductory course in Italian, you will acquire basic speaking, reading and writing skills while learning about Italian culture. Grammar, tenses, structure and conversation are included. Antonella DiFilippo-Petruccelli, \$145 tuition + required textbook, 3.0 CEUs

LNGX 3060-R1 10 Wednesdays starting September 15, 6-9 p.m.

Italian, Level II

A continuation of Level I with an emphasis on speaking, reading and writing. You will build vocabulary through conversation while learning new verb tenses and grammar. (Textbook is same as Level I). Antonella DiFilippo-Petruccelli, \$145 tuition + required textbook, 3.0 CEUs LNGX 3081-R1 10 Mondays starting September 20, 6-9 p.m.

Italian, Level III

Take your Italian speaking to the next level in this advanced course. New grammar and verb tenses will be introduced, while keeping the emphasis on speaking and writing. Prerequisite: Italian Level II. (Textbook is same as Levels I & II). Antonella DiFilippo-Petruccelli, \$145 tuition, 3.0 CEUs LNGX 3082-01 10 Tuesdays starting September 21, 11 a.m.-2 p.m.

Italian, Level IV

Perfect your speaking and writing skills through weekly conversation, grammar review and reading. Completion of Italian Level III required. Antonella DiFilippo-Petruccelli, \$145 tuition, 3.0 CEUs LNGX 3083-01 10 Thursdays starting September 16,

11[']a.m.-2 p.m.

REMOTE – classes take place using Zoom and are live. You can interact with the instructor. Registration ends three (3) business days prior to start date.



ONLINE – classes have start and end dates, and you can access the class content at your leisure.

To participate in remote or online classes, you need to have a PC/Laptop/ Tablet with Internet access. An invitation to join the class is sent to you via email a couple of days prior to the class start date.

Law & Money

Introduction to Bitcoin & Crypto Currency

What is Bitcoin exactly? Join us for an explanation on the basics of Bitcoin and other crypto currencies, such as how they work, their purposes and the problems they aim to solve. Jack George, CFP®, CLTC, CMP, \$10 tuition

FINX 0965-01 Tuesday, October 5, 6-7 p.m. FINX 0965-R1 Tuesday, October 5, 6-7 p.m. (remote)

The Truth About Annuities

Are annuities inherently good or bad? There are a lot of opinions out there regarding annuities; this course will focus on the facts. We will cover what annuities are, how they work, what they can be used for, and the general pros and cons to consider before purchasing one. Jack George, CFP®, CLTC, CMP, \$19 tuition

FINX 0004-01 Tuesday, November 9, 6-8 p.m.

Invest in Your Debt

Learn how to pay off all debt, including mortgages, in seven to 10 years using only present income. You will learn specific mathematical techniques for rapidly paying down debt. Whether you earn \$20,000 or \$120,000, you will benefit from this practical, proven method. No get-rich-quick schemes—just simple math and surprising results. Bring a list of your debts, with balances and monthly payments, along with a calculator to class. Optional textbook available from the instructor for \$45. Linda Banks, \$29 tuition + \$7 material fee

FINX 3220-01 Tuesday, October 19, 6-9 p.m.

Buying a Home in Today's Market

This course will provide an overview on where to start, what to look for in determining value, best financing for your lifestyle and needs, making the best investment, inspections, understanding the contract and more. Scott Ludwick, \$15 tuition, .2 CEUs

RESX 0460-01 Wednesday, September 29, 6-8 p.m.

Selling a Home in Today's Market

Whether you sell your home on your own or go through an agent, this class will be beneficial for you. Preparing your home for the market, determining value, maximizing the selling price, avoiding problems, reducing selling time and understanding the contract will be covered. Scott Ludwick, \$15 tuition, .2 CEUs

RESX 7500-01 Wednesday, October 13, 6-8 p.m.

Real Estate Investments

Topics covered will include methods to selecting profitable properties, how to find great deals, financing, rehab and project management, buying and holding properties, flipping, tenant selection and management, title insurance and other tips to starting and growing your real estate business. Otis DiCerbo, \$35 tuition + \$2 material fee, .3 CEUs

FINX 6699-01 Thursday, November 18, 5:30-8:30 p.m.

Personal Interest

Beginning Beekeeping

Beekeeping is a great hobby that could also turn into a profitable business. Topics covered include: Basics of beginning beekeeping; where to obtain bees; equipment; state inspectors and regulations; and honey safety guidelines. Registration ends September 15. John Albright, \$55 tuition + \$12 material fee NTRX 0080-01 4 Mondays starting September 27,

6-8:30 p.m.

Basic Dog Obedience

This course teaches owners how to train a dog in obedience basics, the responsibilities owners have with pets and neighbors and proper care in areas such as noise, cleanup and breeding. Minimum dog age: four months. Requires proof of up-to-date vaccinations. Bring your dog on a leash. Arlene Halloran, \$69 tuition

NTRX 1360-01 8 Saturdays starting September 11, 9-10 a.m. (Career Link Parking Lot)

Advanced Dog Obedience

This course offers advanced training for those dogs that have learned the basics and are ready to learn to work without leashes and prepare for obedience showing. Learn advanced commands, including retrieving and drop on recall. All dogs will be evaluated for prior training. Requires proof of up-to-date vaccinations. Arlene Halloran, \$69 tuition

NTRX 1351-01 8 Saturdays starting September 11, 10-11 a.m. (Career Link Parking Lot)

Navigating the Turbulence of Divorce

Going through a divorce is never easy, especially the legal aspects that you have to navigate. Being familiar with topics such as working through marital assets, financial information, custody procedure and litigation, alimony, attorney fees, along with the emotional costs, may make this difficult time more manageable. This class is not direct legal counsel. Mark Sorice, Esquire. \$35 tuition

SMBX 8500-01 Monday, October 18, 6 -8 p.m.

Monarchs, Milkweed & You!

The Monarch butterfly population has declined about 80% in the last 20 years. Steps are being taken to help save them from further decline. Patti Schildkamp, a Monarch enthusiast who has raised hundreds of Monarchs from egg stage to maturity, will take you through the Monarch lifecycle, the critical role milkweed plays in their survival, their fall migration to Mexico, and how you can make a difference. \$10 tuition

NTRX 5328-01 Monday, November 1, 6-8 p.m.

Healthy Habitats for Bees & Other Pollinators

Join us to learn how to attract and keep pollinators in your garden. Information will be presented on host and nectar plants for several butterflies, along with the colors and shapes of flowers for different pollinators. Patti Schildkamp, \$10 tuition

NTRX 2060-01 Wednesday, October 13, 6-7:30 p.m.

The Art of Bonsai

Bonsai is an art form using cultivation techniques to produce small trees in a container. You can purchase a Bonsai tree, but it is much more interesting to grow and style one yourself. You will learn how to select and care for a tree. Nancy Neel, \$10 tuition

NTRX 0615-01 Monday, November 8, 6-8 p.m.

Succulents

Known as the "easy man's plant," succulents are very popular due to their beauty and ease of care. There are various families of succulents that come from all over the world. Come and learn about the different varieties and how to care for these plants from the amount of light and water needed to propagation. Nancy Neel, \$10 tuition NTRX 7570-01 Monday, October 25,

6-8 p.m.



Houseplants

Houseplants are decorative and freshen up the air. Find out what plants are best for your home, ones that are child and pet friendly, and the requirements to keep them healthy. Nancy Neel, \$10 tuition

NTRX 3040-01 Wednesday, October 6, 6-8 p.m.

For more information about Personal Enrichment classes, contact the Information Center at 724.925.4000 or infocenter@westmoreland.edu.



NEW - Fall Gardening for Extended Harvest & a Good Start Next Year As the main garden season nears the end of the line in autumn, it is a good time for harvesting fall crops and taking care of chores that will make your next garden better and easier. Consider cool season crops of vegetables or flowers, lawn care, cover crops, weed seed prevention and fall planting. Fall is also a time for soil testing, liming and some fertilization to prepare soil for a big harvest in 2022. Eric Oesterling, retired Penn State Extension Educator, Horitculture consultant, \$15 tuition

NTRX 1690-01 Tuesday, September 21, 6:30-8:30 p.m.

NEW - Fall Color in Landscape Plants

We usually consider spring bloom as the most important factor in selecting landscape plants, which is understandable, but the flowering season only lasts a couple of weeks for most plants. There is a second "bloom season" in the northeastern states, and that is fall foliage season. Fall foliage inspires "leaf peepers" and fullblown tourist seasons throughout the northeast. But the color doesn't have to be restricted to native trees in the woods. It can be designed into your home landscape. Consider selecting plants that will contribute fall color and fit in with each other in the fall landscape. Eric Oesterling, retired Penn State Extension Educator, Horitculture consultant, \$15 tuition

NTRX 1650-01 Tuesday, October 19, 6:30-8:30 p.m.

NEW - Winter Sowing

Winter sowing is a technique that uses milk jugs and mother nature for seed germination. You will learn about the advantages of sowing seeds outside, the supplies needed and where to place your container for the winter. Patti Schildkamp, \$10 tuition

NTRX 9030-01 Monday, September 27, 6-7:30 p.m.

Herbal Tea Blends

Do you enjoy tea? Then join us for tips on making herbal tea and herbal tea blends for both taste and specific purposes such as relaxation and de-stressing. Ellen Marsili, \$15 tuition + \$2 material fee

PHSX 3045-50 Friday, November 12, 9-11 a.m. PHSX 3045-90 Tuesday, October 26, 7-9 p.m. (Westmoreland-Murrysville)

The Versatility of Herbs

Herb gardening is relaxing and rewarding. Your own homegrown herbs can provide new flavors in cooking, making herbal teas, aromatics, crafts and cleaning supplies for your home. Join us to learn more about growing and using herbs in your home in many different ways. Ellen Marsili, \$35 tuition + \$2 material fee

NTRX 8560-01 3 Wednesdays starting October 6, 7-9 p.m.

Herbs for Health & Wellness

Growing herbs at home is a fun and money saving hobby that also happens to be good for your health. In addition to flavoring up your favorite dishes, herbs are filled with antioxidants and essential nutrients. Learn how to decide which herbs will work best for you and how to use them. Ellen Marsili, \$15 tuition + \$2 material fee

NTRX 2081-60 Tuesday, September 21, 6-9 p.m.

(Westmoreland-Latrobe)



NEW - Worldly Herbal Mixes Travel around the world with Ellen to learn about herbal mixes from several cultures and how to use them in your cooking. Ellen Marsili, \$15 tuition + \$2 material fee NTRX 9080-01 Tuesday, November 9, 7-9 p.m.

Pennies from Heaven

Do pennies seem to appear in your path when you least expect them? Do you often find strange objects in unexpected places? What could these really mean to you? Are you being sent a special message? Throughout the years I have learned the meanings of many signs that just appear out of nowhere when dealing with grief after the loss of loved ones in my life. These signs and symbols have brought me relief in ways I never thought possible. I would love to share my experiences with you. Linda Yarbrough, \$15 tuition

PRDX 6684-01 Tuesday, October 19, 6:30-8:30 p.m.

Gratitude & Mindfulness: Building Blocks for a Peaceful Life

An attitude of gratitude combined with a five-minute mindfulness meditation practice can create a peaceful state that can change your body, mind and spirit. Join us to begin your gratitude ritual. Linda Yarbrough, \$15 tuition

PRDX 2619-01 Thursday, November 4, 6:30-8:30 p.m.

Minimalism & Decluttering Your Life

Are you overwhelmed by the clutter in your home and feel cluttered in your mind? Minimalism is a concept that can help you get rid of physical clutter and help you clear your mind, both allowing you to live a more focused life with less. It's not about giving up things you love, it's about having more time and space in your life to appreciate those things that spark joy. You will learn how to get started on our minimalist journey and get inspired to begin right away. Angela Pompa, \$15 tuition

PRDX 5260-01 Tuesday, October 12, 6-8 p.m.

NEW - Natural Cleaning

Tired of not knowing what is in your household cleaning products and how it could be affecting you, your family and even your pets? During this three-hour class, you will discover new ingredients and methods to clean with that are nontoxic for your entire household. You will even make a natural cleaning product to take home and enjoy! \$15 tuition + \$5 material fee

PRDX 1803-01 Wednesday, October 13, 6-9 p.m.



Gender Identity: Transgender & Non-conforming Youth

Gender Identity, while not new, is more prevalent in today's society, and it opens up questions and dialogues that can sometimes be difficult to navigate or understand. Join us for a discussion on what gender identity means, terms, definitions, and how to have positive and meaningful conversations surrounding gender identity. There will be a class specifically for Parents and Loved Ones and a class for professionals who work with clients who struggle with gender identity. Jennifer Huber, LSW, \$15 tuition

MEDX 2506-01 Monday, October 11, 6-9 p.m. (Parents and Loved Ones) MEDX 2506-02 Monday, October 18, 6-9 p.m. (Professionals)

Introduction to Fiction Writing



Learn the basic building blocks of story: character, plot and setting. Then find out the different forms of fiction writing and some of the genres you might like to explore. Whether you've never written a word of fiction, or haven't written since high school or college, you will complete the course with the skills you need to get started. Create a new work of fiction, or revive an old one that's been sitting in your bottom drawer. Jacqui Lipton, \$195 tuition PRDX 2213-W1 September 7-October 1

Skills for Making **Great Decisions**



Learn how to make excellent everyday decisions from an experienced counselor and life coach. This course will help you discover how to effectively deal with a crisis, how to use your emotions as decisionmaking tools and how to work with others to make the most of every opportunity. For class start dates, cost and to register, go to www.ed2go.com/wcconed.



Cutting the Cord

With the many options now available to access television entertainment, people are cutting the cord with cable. More choices can make it more confusing. Depending on what you want to watch, you may need to replace your cable with several other options. The various TV, streaming and Internet options will be reviewed to help you make more informed decisions for getting the shows and movies you want. John Struble, \$19 tuition

PRDX 1098-01 Saturday, October 23, 9 a.m. to noon

How to Operate Your Digital Camera

Through practical exercises and explanations, this course will show you how to use the buttons, dials and switches on your digital camera for better photographic results. Bring your digital camera and manual to class. Alan Laick, \$59 tuition + optional textbook

DAPX 1478-01 3 Thursdays starting October 14, 6-9 p.m.

Photoshop, Level 1

With this hands-on course, you will enhance photos and artwork that will demonstrate the Photoshop basics and capabilities. Using the powerful tools of retouching, painting and drawing, you will be able to create dazzling images to make your presentations, newsletters or artwork pop. You should know how to use a computer, but no previous Photoshop experience is necessary. Alan Laick, \$95 tuition + \$2 material fee DAPX 6657-01 5 Tuesdays starting September 28, 6-9 p.m

Fundamentals of Guitar Playing

This guitar course is not only an introduction for the beginning guitarist, but is also for the guitarist who has been playing for years but cannot read music. Learn how to sight read music, play chords and incorporate a variety of techniques in your playing styles. By the end of this course, you will have the essentials to play guitar as a soloist or to accompany another. Must provide your own acoustic guitar. Limit 10 students. Registration ends **September 20**. Deborah Kazsimer, \$65 tuition + \$27 material fee (includes textbook)

MSCX 2604-01 8 Mondays starting September 27, 6-7 p.m. MSCX 2604-R1 8 Thursdays starting September 30, 6-7 p.m.

(remote)

Fundamentals of Guitar Playing II Lessons will include sight reading chords, bass chord accompaniment, dynamics, eighth note rests, dotted quarter notes, major scales and more! Bring acoustic guitar to class. Limit 10 students. Registration ends **September 20**. If you have the book, inform registration. Deborah Kazsimer, \$65 tuition + \$27 material fee (includes textbook)

MSCX 2606-01 8 Mondays starting September 27,

MSCX 2606-R1

7:10-8:10 p.m. 8 Thursdays starting September 30, 7:10-8:10 p.m. (remote)

Music Theory for Guitarists

Understanding some fundamentals of music theory and how it applies to the guitar can help take your guitar playing to the next level. Practical aspects of theory for the guitarist that will be presented include fretboard scales, chords and progressions, key signatures, modes, arpeggios, circle of fifths and more. Must have guitar playing experience. Limit 10 students. Registration ends May 25. Deborah Kazsimer, \$59 tuition + \$12 material fee (includes textbook) MSCX 5315-01 8 Mondays starting September 27,

8:20-9:20 p.m.

UFOs 101

This course offers students who are unfamiliar with the UFO phenomena a sample of historical and modern UFO history and recent documentation. Over the last 70 years, many researchers have collected important UFO data that will be discussed in class to get a better perspective on the questions of UFOs and aliens. Topics that will be discussed include conspiracy theories, ancient UFOs, occupation, and much more. Fred Saluga, West Virginia State Director and PA Assistant State Director, MUFON, \$39 tuition

PRDX 8351-01 4 Wednesdays starting September 29, 6-8 p.m.



UFOs 102

This is an advanced course on UFOs for students who have taken UFOs 101. This class will discuss UFO investigations in Pennsylvania, Westmoreland and surrounding counties, if Pennsylvania is a UFO HotSpot, how MUFON conducts a UFO investigation, abductions, and much more. Fred Saluga, West Virginia State Director and PA Assistant State Director, MUFON, \$39 tuition

PRDX 8352-01 4 Wednesdays starting October 27, 6-8 p.m.



Western Pennsylvania

We've all heard of various legendary events and creatures: Roswell, Shangri-Ia and Leprechauns. But what about local myths and legends? Come explore various legends unique to Western Pennsylvania, including: Joe Magarac, the Green Man and General Braddock and his gold. Also, feel free to offer your own take on these local legends or to share your own personal addition to our regional folklore. Frank Kordalski, \$25 tuition PRDX 2215-R1 2 Thursdays starting

September 23, 6:30-9 p.m.

Discover your Family Tree

Discover who your ancestors were and where they lived and provide your family with a legacy they will appreciate and cherish. Basic methods to conduct genealogical research will be reviewed to assist you in tracing your family tree. Frank Kordalski, Jr., \$25 tuition

HSTX 2601-01 2 Thursdays starting October 7, 6:30-9:30 p.m.

The History of Bushy Run Battlefield

The Battle of Bushy Run was one of the most significant Native American conflicts in American History. Come and discover the role this local historical landmark played in the history of our nation. Scott Perry, \$15 tuition, .3 CEUs

HSTX 3072-90 Thursday, October 7, 6-9 p.m. (Westmoreland-Murrysville)

International Impact of the American Civil War

In the course of any war, commerce is disrupted, and the American Civil War was no exception. We will look at how the naval blockade of southern ports affected foreign economies, helped in the building of the Suez Canal and led to the rise of an extremist Islamic movement. Scott Perry, \$15 tuition, .3 CEUs

HSTX 3800-01 Thursday, November 4, 6-9 p.m.

The Splendid Little War: 1898

The Spanish-Philippine-American War lasted from April to August 1898. Famous figures, key events, long-term impacts and social connections of the conflict will be presented. Eric Greisinger, Ph.D., \$15 tuition HSTX 8999-01 Thursday, September 30,

HSTX 8999-01 Thursday, September 30, 6-9 p.m.

World War I & Society

Famous figures, key events, social connections and the impact the war had on the 20th and 21st centuries will be presented. Eric Greisinger, Ph.D., \$15 tuition HSTX 9059-01 Thursday, October 14, 6-9 p.m.

Prohibition in America

This course examines the origins of alcohol in America, how it was used and why people wanted its use to end. It then takes a more detailed view of the rules during prohibition, how they were violated and how they were followed. It also looks at the political process that allowed a very small minority in the country to enact a constitutional amendment to ban the sale, importation and production of alcohol in America. Scott Perry, \$15 tuition, .3 CEUs HSTX 6677-01 Thursday, October 21, 6-9 p.m.

World War II: Highlights of the Global Conflict

World War II has historical importance as the single largest event in human history and a shaper of subsequent global events. Dr. Greisinger, who has a doctorate in history with a specialization in World War II studies, will examine the 10 main elements of the war and the outcomes of those elements. \$15 tuition

HSTX 9061-01 Thursday, November 11, 6-9 p.m.

Denotes REMOTE Class

NEW - Monsters of War: Conflict & the Genre of Horror

Discover the link between human conflict in war and its impact on literature, the arts and cinema. The experience of war has shaped the stories and images constructed by humans from the antiquity to the present. Topics such as the story of Frankenstein, the film image of the Phantom of the Opera and other points will be explored. Eric Greisinger, Ph.D., \$15 tuition

HSTX 5750-01 Thursday, November 4, 6-9 p.m.

Basic Handgun Familiarization for Women

Women can learn the very basics of weapons (handguns) and the appropriate handling of the handgun they choose to train with while being in class with other women with similar knowledge/experience. The classroom portion will consist of disassembly, reassembly, cleaning the weapon, ammunition and other instruction to help the student understand their weapon or the weapon they may choose at a later date. For those who already own a weapon, bring in your owner's manual. (No firearms please.) One-hour lunch on your own. Donald Hess, \$42 tuition + \$2 material fee, .4 CEUs LAWX 2049-01 Thursday, September 9,

AWX 2049-01 Thursday, September 9 6 p.m. – 10 p.m.

Handguns - Home Safety & Personal Protection

Applicable "use of force" issues and information, self-protection tips, knowledge of civil liability issues and information on various gun permits are the focus of this course. Class includes six hours of shooting at our firearms range. Bring your own handgun and at least 150 rounds of factory ammunition. No hand-loaded ammunition is permitted on range. Shooting is not required, but you will attend the range sessions to be exposed to weapons, understand how they function and appreciate their capabilities and limitations. Bring a holster that fits your handgun and wear a belt to the range portion of the class. Donald Hess, \$125 tuition + \$10 material fee, 1.6 CEUs

LAWX 2050-01 Tuesday & Thursday, September 14 & 16, 6-10 p.m. (Youngwood) and Saturday, September 18, 8 a.m.-5 p.m. (Public Safety Training Center)

Advanced Handguns -Home Safety & Personal Protection

Further develop your marksmanship, decision-making skills, personal survival skills and knowledge of use of force issues. Topics covered will include legal ramifications, shooting from behind cover, effective target acquisition, shooting while stationary and on the move, and practical applications of tactical shooting. Class includes six hours of shooting on Westmoreland's firearms range. Bring your own handgun and at least 150 rounds of factory ammunition. No hand-loaded ammunition is permitted on the range. Bring a holster that fits your handgun and wear a belt to the range portion of the class. Pre-requisite: Handguns-Home Safety and Personal Protection. Donald Hess, \$64 tuition + \$10 material fee, .8 CEUs

LAWX 2051-78 Saturday, October 2, 8 a.m.-5 p.m. (Public Safety Training Center)

Advanced Handguns II

Continue your handgun training by shooting from various locations including the close confines of a vehicle using advanced target acquisition methods, shooting on the move, shooting from cover and speed shooting with accuracy. Prerequisite: Advanced Handguns (LAWX 2051). Donald Hess, \$65 tuition + \$10 material fee, .8 CEUs LAWX 2053-78 Saturday, October 16,

8 a.m.-5 p.m. (Public Safety Training Center)

Dim Light/Darkness Shooting-Advanced Handgun Level 2

Master the challenges of dim light shooting that adds a whole new dimension to firearms handling. Most crimes involving firearms occur in the evening hours or later, when darkness provides easy cover to criminals. Skills learned will increase marksmanship and decision making as it relates to survival and use of deadly force. Have the edge when it comes to target acquisition and skills when it counts the most and know your rights. Prerequisite: Advanced Handguns-Home Safety & Personal Protection. Donald Hess, \$75 tuition + \$2 material fee, .6 CEUs

LAWX 2052-78 Saturday, October 23, 4-10 p.m. (Public Safety Training Center)

In person computer courses are conducted in an interactive learning environment where each student completes lessons and exercises on a computer.

NEW – Programming for Homeschoolers (ages 10-16)

This programming class is designed for homeschool students ages 10-16. Students will learn coding concepts and actual coding languages, such as Scratch and Python, as well as Arduino and some basic app development. All students must have their own Google account that they can access during class. Jennifer da Conceicao, \$125 tuition

SCHX 6875-96 10 Tuesdays starting September 28, 10 a.m.-noon

Computers for Plus 50 using Windows 10

A beginner class especially for those 50 and better that provides a hands-on, relaxed approach to computer learning for personal use or to develop job-related skills. Become familiar with the Windows 10 interface and its basic capabilities, along with basic computer hardware and terminology, file saving, file management, creating documents, sending email, browsing the Internet and sharing information between applications and other users. Bring flash drive to second class. Rick Martz, \$95 tuition + required textbook, 1.5 CEUs

DAPX 0916-50 5 Fridays starting October 15, 9 a.m.-noon DAPX 0916-60 5 Tuesdays starting October 5, 9:30 a.m.-12:30 p.m. (Westmoreland-Latrobe)

Excel 2019, Level 1

You will be introduced to the essential Excel features. You will create worksheets by entering and editing data, manage and navigate worksheets and workbooks, create formulas, use functions, manipulate worksheet data, format worksheet contents and prepare, set up and print information. Windows knowledge is required. Bring a flash drive to class. Richard Martz, \$85 tuition + required textbook, 1.2 CEUs

DAPX 1783-01 4 Mondays starting October 18, 6-9 p.m.

Excel 2019 Boot Camp

You will be introduced to the essential Excel features. You will create worksheets by entering and editing data, manage and navigate worksheets and workbooks, create formulas, use functions, manipulate worksheet data, format worksheet contents and prepare, set up and print information. Windows knowledge is required. Bring a flashdrive. 30-minute lunch on your own. Richard Martz, \$59 tuition + required textbook, .6 CEUs

DAPX 1778-01 Friday, October 8, 9 a.m.-3:30 p.m.

NEW - Free Google Apps

Get the most out of the free Google apps by gaining a thorough understanding of what these apps have to offer. Through instructor demonstrations and practice, you can gain the skills to utilize these tools efficiently and effectively. Pre-requisite: a basic understanding of the apps available and a Gmail account. Lawrence Fallon, \$59 tuition

DAPX 2129-01 4 Thursdays starting October 21, 6-8 p.m.

Word Boot Camp 📃

Become familiar with the essential Word working environment, including the Word Start screen with BackStage View to manage and open your saved documents. Instruction will be provided on using the Word Interface, navigating and entering text using both the keyboard shortcuts, mouse and touch screen, personalizing tabs, ribbons and the quick access toolbar, and using file explorer to locate files stored on your computer or flash drive. Create new documents and learn editing techniques that you can use to change text, formats, margins, styles, and insert bullets, numbers or tabs. Save documents in PDF or Word older versions. Windows knowledge is required. Carol Shoemaker, \$59 tuition + required textbook, .6 CEUs

DAPX 9226-R1 Friday, November 19, 9 a.m.-3:30 p.m.



COMPUTERS

Building a Website 📃 with WordPress



Create a website for yourself or a small business using the WordPress content management system. We'll talk about what WordPress is and how it works. You'll create up to five pages (home, about, services, blog and contact) and customize them with text and images. You'll also learn to secure and back up your website and how to update it regularly. You will have access to a WordPress site during class at no cost. If you would like to keep the site after the class ends, you will need to purchase website hosting and a domain name. Must have computer experience. Rene Morozowich, \$69 tuition, .8 CEUs

DAPX 9240-R1 4 Tuesdays starting September 21, 5:30-7:30 p.m.

QuickBooks

Manage the financial aspects of your small business quickly and efficiently with this powerful accounting software program. QuickBooks is designed especially for the small to mid-sized business owners to create and print invoices, track payables and receivables, and more. For class start dates, cost and to register, go to www.ed2go. com/wcconed.

Denotes ONLINE Class

fellow students, and practical information that you can put to immediate use.

Denotes REMOTE Class

Introduction to SQL



Gain a solid working knowledge of the powerful and widely used database programming language. This course will provide you the skills to write SQL queries to create tables, retrieve data from single or multiple tables, manipulate data in a database and gather statistics from data stored in a database. For class start dates, costs and to register, go to www.ed2go.com/wcconed.

CSS Fundamentals



In this introductory course, you will learn how to style web pages using Cascading Style Sheets (CSS) coding language. Topics include using inline, internal, and external CSS, web typography, formatting text, working with web colors, using Google fonts, working with id and class selectors, working with elements, creating page layouts using elements and CSS box model. Andy Helmi, \$245 tuition, 1.6 CEUs DAPX 1225-W1 November 1-26

HTML Fundamentals

This course covers all the basics of HTML coding language. You will learn about building simple web pages by hand coding, using HTML tags to create paragraphs, heading, lists, links, insert images and tables and more. We also cover creating a simple multipage website with images, text and a navigation bar. Andy Helmi, \$245 tuition, 1.6 CEUs DAPX 2320-W1 October 4-29

Textbooks will be purchased online. Instructions will be emailed to registered students.



For more information visit our website!

www.ed2go.com/wcconed

No credit or CEUs are awarded for Ed2go classes.

Dental Care

Local Anesthesia for the Dental Professional

Local Anesthesia for the Dental Professional is designed to provide the licensed dental hygienist with the knowledge and skills to administer safe and effective local anesthesia in a clinical setting. Didactic content will include: neuroanatomy and pain physiology, armamentarium and local anesthesia administration, pharmacology and systemic complications. Practical training will include hands-on administration of local anesthesia in a clinical laboratory setting. The specific requirements set forth by the State Board of Dentistry of the Commonwealth of Pennsylvania will be addressed. A continental breakfast and lunch will be provided each day. Registration ends August 30. Angie Rinchuse, \$950 tuition + \$44 material fee, 3.0 CEUs

MEDX 4880-01 2 Saturdays,

September 18 & 25, 7:30 a.m.-5 p.m. (remote) 2 Sundays, September 19 & 26, 7:30 a.m.-5 p.m. (in person)

Informative Dental Posters (formerly Dental Table Clinics)

Westmoreland's dental hygiene students will provide informative dental posters for dental professionals to earn 3 continuing education credits. Registration deadline: October 7. \$35 tuition + \$15 material fee (includes appetizers), 3 CEUs

MEDX 1348-01 Wednesday, October 13, 6-9 p.m. (Science Innovation Center Reception Area)

NEW - Certified Recovery Specialist

This Pennsylvania Certification Board approved program is a credential for individuals with personal, lived experience in their own substance use disorder recovery. By offering insight into the recovery process based on their own experience, recovery specialists are able to provide a unique perspective while providing recovery support services. The CRS is not a sponsor, case manager or a therapist but rather a role model, mentor, advocate, and motivator. This is a 78-hour program and consists of 66 hours of in person training and 12 hours of online portal training. There will be an additional application process for this certification. After successful completion of this program, you will be eligible to take a certification exam and become a Certified Recovery Specialist. Additional information will be emailed prior to the start of the course. Kat Fieser, Certified Master Instructor, \$1,050 tuition

Please visit

westmoreland.edu/continuingeducation for more information.

Mental Health First Aid 📃

This groundbreaking skills-based course gives people the tools to identify, understand and respond to someone who might be struggling with a mental health or substance use challenge-and connect them with the appropriate support and resources when necessary. In this training, you will learn a 5-step Action Plan that guides their interaction with individuals experiencing a mental health or substance use crisis. Bethany Gary and Meredith Weber, \$75 tuition + \$25 material fee

JREX 5250 R1 Saturday, November 6, 10 a.m. - 4:30 p.m.



Textbooks available at the American Heart Association website The link for ACLS is https://shopcpr.heart.org/acls-provider-manual The link for PALS is https://shopcpr.heart.org/pals-provider-manual The link for BLS is https://shopcpr.heart.org/bls-provider-manual The link for Heartsaver CPR/AED is https://shopcpr.heart.org/heartsaver-cpr-aed-student-workbook

Health Care & Emergency Medical Services Professionals

Nurse Aide

For class information, visit <u>westmoreland.edu/nurseaide</u>

Emergency Medical Technician

For class information, visit westmoreland.edu/emt

American Heart Association (AHA) Courses

The AHA has purposely developed instructional material to promote knowledge of and proficiency in CPR. Although these CPR courses are not sponsored by an AHA component, some or all materials utilized by faculty or students may be AHA materials supplied on a cost basis. Any fees charged for these courses do not represent income to the AHA. The AHA requires students to purchase appropriate CPR textbook prior to class.

- Material fees are subject to change based on a potential increase in course cards.
- Textbooks available at the College Store.

Precourse Requirements for Advanced Cardiac Life Support (ACLS) and Pediatric Advanced Life Support (PALS) Full Course and Renewal

- 1. Complete the Precourse Preparation Checklist and review the course agenda found in the Provider Manual and bring with you to class. **(ACLS and PALS)**
- 2. Review and understand information in the Provider Manual. Pay attention to the cases in Part 5. (ACLS)
- Review and understand the information in your PALS Provider Manual. Pay attention to the systematic approach to pediatric assessment, the evaluate-identify-intervene sequence and the management of respiratory and circulatory abnormalities. (PALS)
- 4. A current Basic Life Support for Health Care Providers CPR card must be presented for admittance to class. (ACLS and PALS)
- Complete Precourse Self-Assessment. For the ACLS precourse, please visit https://elearning.heart.org/course/423. For the PALS precourse, please visit https://elearning.heart.org/course/426. Bring certificate with you to class. A passing score is 70% or above. You can take the Precourse Self-Assessment as many times as needed to achieve a passing score. (ACLS and PALS)
- 6. Be familiar with the PALS algorithms and flowcharts so you can apply them to clinical scenarios. (PALS)
- 7. A current ACLS or PALS completion card is required for admittance in a renewal class. (ACLS and PALS)

Advanced Cardiac Life Support (ACLS)

Designed for health care providers to enhance their skills in the treatment of an adult victim of a cardiac arrest or other cardiopulmonary emergency. You will engage in simulated clinical scenarios that encourage active hands-on participation. See precourse requirements for more information. \$97 tuition + \$13 material fee + required textbook. 1.3 CEUs from Westmoreland, 13 ConEd credits from PA DOH.

MEDX 0085-01 Thursday, November 11, 8 a.m.-4:30 p.m., & Friday, November 12, 8 a.m.-1 p.m.

Pediatric Advanced Life Support (PALS)

Utilizing a scenario-based team approach, pediatric health care providers will be taught how to efficiently and effectively manage critically ill infants and children. See precourse requirements for more information. Practical and written evaluations are required. \$97 tuition + \$13 material fee + required text. 1.5 CEUs from Westmoreland, 15 ConEd credits from PA DOH. MEDX 6822-01 Thursday, October 7, 8 a.m.-4:30 p.m. & Friday, October 8,

8 a.m.-3:30 p.m.

ENROLL EARLY! Decisions to hold a class are based upon enrollment approximately one week prior to the start date.

Unless otherwise noted, classes are for ages 18 and older.



Advanced Cardiac Life Support (ACLS) Renewal

Provides previously trained health care providers a renewal of their ACLS status upon successful completion of written and practical skills. See precourse requirements for more information. \$61 tuition + \$13 material fee + required text .75 CEUs from Westmoreland, 7.5 ConEd credits from PA DOH.

MEDX 0040-01 Wednesday, September 15, 8 a.m.-4 p.m. MEDX 0040-02 Wednesday, October 6, 8 a.m.-4 p.m. MEDX 0040-03 Wednesday, November 10, 8 a.m.-4 p.m. MEDX 0040-04 Wednesday, December 15, 8 a.m.-4 p.m.

Pediatric Advanced Life Support (PALS) Renewal

Provides previously trained health care providers a renewal of the PALS status upon successful completion of written and practical skills. See precourse requirements for more information. \$61 tuition + \$13 material fee + required text. .75 CEUs from Westmoreland, 7.5 ConEd credits from PA DOH. MEDX 6823-01 Wednesday,

MEDX 6823-01 Wednesday, September 22, 8 a.m.- 4 p.m. MEDX 6823-02 Wednesday, October 13, 8 a.m.- 4 p.m. MEDX 6823-03 Wednesday, December 8, 8 a.m.- 4 p.m.

Basic Life Support for Health Care Providers (BLS/HCP) Instructor Course

This course is aimed at experienced persons who have completed the BLS for Healthcare Providers, have completed the BLS Essentials course, and who wish to teach the BLS courses. Discover how to effectively present lecture materials, monitor and coach students, demonstrate accurate CPR skills for adult, child and infant patients, demonstrate manikin maintenance techniques, evaluate written and skills performance, maintain accurate records, and work with a Training Center (TC). You must affiliate with a TC of your choice, be 16 years old, have a current BLS for Healthcare Provider CPR card and purchase an instructor manual. Written testing, hands-on performance and practice lecture required. CPR instructor card is valid for two years. Instructors must teach four classes within two years to remain certified. Prerequisites: Successful completion of the BLS Essentials course, which can be accessed at www.onlineaha.org. You must bring a copy of your certificate of completion of the BLS Essentials course and current BLS for Healthcare Providers card to class. Registration ends November 5. \$99 tuition + \$10 material fee + required textbook, .8 CEUs

MEDX 1140-01 Saturday, November 13, 8 a.m.-4:30 p.m

For more information about Health Care and Emergency Services classes, contact the Information Center at 724.925.4000 or infocenter@westmoreland.edu.

Basic Life Support for Health Care Providers (BLS/HCP): Adult/Child/ Infant

Designed for health care providers and follows the AHA Guidelines for delivery of CPR for victims of all ages (including ventilation with a barrier device, a bag-mask device and oxygen), use of an AED on adults and children and relief of foreign body airway obstruction (FBAO) in responsive and non-responsive victims. Written testing and hands-on skill performance are required. A course card is awarded upon successful completion. \$49 tuition + \$11 material fee + required text (review of textbook prior to class is required), .475 CEUs

MEDX 1101-01 Tuesday, September 21, 6-10:45 p.m. MEDX 1101-02 Tuesday, October 19, 6-10:45 p.m. MEDX 1101-03 Friday October 29, 9-1:45 p.m. MEDX 1101-04 Tuesday, November 9, 6-10:45 p.m.

Heartsaver CPR AED Adult & Child & Infant CPR

Heartsaver CPR AED is a video-based, instructor-led course that teaches adult and child CPR and AED use, infant CPR, and how to relieve choking in adults. children and infants. This course teaches skills with the AHA's research-proven practice-while-watching technique, which allows instructors to observe the students, provide feedback and guide the students' learning of skills. This course is for anyone with limited or no medical training who needs a course completion card in CPR and AED use to meet job, regulatory or other requirements. \$29 tuition + \$25 material fee + required text (review of textbook prior to class is required), .45 CEUs

MEDX 1014-01 Tuesday, November 16, 6-9:30 p.m.



Basic Life Support for Health Care Providers (BLS/HCP) – Renewal

Renew your basic life support for health care providers by reviewing the 2015 AHA Guidelines. You will review the latest adult, child and infant CPR skills for one and two rescuers; practice skill development and foreign-body airway obstructions; the integration of an AED into adult and pediatric CPR and rescue breathing using barrier devices and the bag-valve mask. A current BLS for Health Care Providers CPR card is required for admittance. Written exam and skills evaluation required. \$39 tuition + \$11 material fee + required text (review of textbook prior to class is required), .35 CEUs

MEDX 1106-01 Wednesday, September 15, 6-9:30 p.m. MEDX 1106-02 Thursday, October 28, 6-9:30 p.m. MEDX 1106-03 Monday, November 22, 6-9:30 p.m.

Heartsaver First Aid: Adult/Child AED & CPR & Infant CPR

The AHA First Aid course incorporates basic first aid skills with adult CPR and automated external defibrillators (AEDs). It is designed for those in the workplace needing OS-HA-compliant first aid and CPR training. The course includes instruction on rescuer safety, medical and injury emergencies, adult CPR and the AED and environmental emergencies. Wounds, bleeding, shock, stroke, allergic reactions, joint and muscle injuries, choking, bites and stings, heat and cold emergencies and poisonings are covered. The Heartsaver CPR/First Aid textbook is required. A course card is awarded upon successful completion. \$55 tuition + \$25 material fee + required text (review of textbook prior to class is required), .8 CEUs MEDX 3029-01 Saturday, October 23, 9 a.m.-2:30 p.m.

PUBLIC SAFETY

Municipal Police Officers' Training Academy



Established in 1979, Westmoreland's Municipal Police Officers' Training Academy has graduated over 900 cadets who now serve and protect their communities at the local, county, state and federal levels.

All Police Academy classes are held at the Public Safety Training Center located off Interstate 70 in Smithton, PA. This facility houses a 50-yard, 17-position shooting range, classrooms, simunitions house, traffic roadways, police vehicles and a six-story tower for complex building searches and rescue.



Features of the Westmoreland Police Academy include:

- Part-time class begins in February
- Full-time class begins in late spring/early summer
- 15 transferrable college credits can be applied toward Westmoreland's Criminal Justice Program, which can then be transferred to a four-year university.

Go to <u>www.westmoreland.edu/policeacademy</u> for further information regarding Westmoreland's Municipal Police Officers' Training Academy.

If you have questions after reviewing the website, please contact Franklin R. Newill at 724.925.4298 or <u>newillf@westmoreland.edu</u>.

ACT 180 – M.P.O.E.T.C. Mandated 2021 Municipal Police Officers' In-Service Classes

For complete descriptions and schedule of 2021 classes, go to <u>westmoreland.edu/act180</u>. If you have questions, contact Franklin Newill at 724.925.4298 or <u>newillf@westmoreland.edu</u>.



A class schedule for firefighters can be found at westmoreland.edu/classes. The schedule will also be sent to fire departments.

For more information about Firefighter classes, contact Marc Jackson, director, Public Safety Training Center, at 724.872.2447 or jacksonmarc@westmoreland.edu.

COLLEGE FOR KIDS

Parental Guidelines for College for Kids

- Print a Continuing Education Emergency Contact form at <u>westmoreland.edu/ceform</u>, complete and bring to class (Forms also available in the classroom)
- Accompany your child to the classroom
- Come to the classroom at dismissal each day
- Be prompt in dropping off and picking up your child

Pirohi (Pierogies) (Ages 7-17 accompanied by an adult)

Prepare potato, cheese and sauerkraut filled pirohi. You will both leave with a dozen pirohi you prepared. An adult must accompany each child. Both must register. Deborah Moore, \$29 tuition + \$10 material fee FODK 6665-01 Wednesday, October 13, 5-9 p.m.



COOKIES

(Ages 7-17 accompanied by an adult)

Make memories as you make choco-cherry cookies (fudge drop cookie with a cherry in the center topped with fudge frosting) and strawberry shortcake cookies (soft drop cookie with strawberries and white chocolate chips). You will leave class with the cookies you make. Bring a take home container. An adult must accompany each child. Both must register. Deborah Moore, \$29 tuition + \$8 material fee

FODK 0945-01 Tuesday, November 9, 5:30-9 p.m.



Mad Science NASA: The Academy of Future Space Explorers (7-12 year olds)

From our Earth's atmosphere to the outer reaches of our solar system, this hands-on program sends participants on a quest for exploration! Comets, planets, stars, and more are all waiting to be discovered. Learn about the four forces of flight, the challenges of space travel, end participate in a rocket launch. Mad Science Staff. Tuition \$120

PRDK 1762-01 8 Tuesdays beginning September 21, 6-7 p.m.

SAT Prep

Worried about your SAT's? Join us for an SAT Prep course to help you get ready for your big test. Review reading comprehension, science, grammar usage, and math. Learn study methods, important test preparation, maximizing your time during the test, and much more. Tuition \$75 + \$2 material fee per session.

Session One: SCHX 7567-01 3 Thursdays beginning September 16, 6-9 p.m. Session Two: SCHX 7567-02 3 Thursdays beginning October 14, 6-9 p.m. Session Three: SCHX 756-03 3 Thursdays beginning November 11 (no class on Thursday, November 25), 6-9 p.m.

COLLEGE FOR KIDS

Instructor-Led ONLINE Youth Courses



Westmoreland County Community College

Our instructor-led online courses are informative, fun, convenient, and highly interactive. We focus on creating warm, supportive communities for our learners. New course sessions begin monthly. Complete any of these courses entirely from your home or office and at any time of the day or night.



Drawing for the Absolute Beginner Gain a solid foundation in drawing and become the artist you've always dreamed you could be!

Introduction to Microsoft Word Learn how to create and modify documents with the world's most popular word processor.



Introduction to Microsoft PowerPoint Build impressive slide presentations filled with text, images, video, audio, charts, and more.



Introduction to Microsoft Publisher Find out how to use this software to design, develop, and publish newsletters, Web sites, and brochures.

Creating Web Pages Learn the basics of HTML so you can



design, create, and post your very own site on the Web. **Blogging and Podcasting for Beginners** Learn how to create your very own blog

and add a podcast too using the tools you already have on your computer.



Introduction to Photoshop Learn how to use Photoshop, the world's best graphics program, to edit and process photos and create original images.



Photoshop Elements for the Digital Photographer Master the secrets of correcting digital photos, and bring out the best in all your photographs!



Secrets of Better Photography Discover strategies and tricks for taking excellent pictures no matter what or where you're shooting.



Discover Digital Photography Explore the fascinating world of digital photography equipment.



SAT/ACT Preparation

Get your best possible score on the verbal and reasoning sections of the new SAT exam.

Introduction to Algebra



Understand how algebra is relevant to almost every aspect of your daily life, and become skilled at solving a variety of algebraic problems.

• 24-Hour Access Learn from Discussion Areas the comfort of home!

 6 Week Format Expert Instructor

Prices start as low as: \$115

MORE COURSES AVAILABLE AT OUR ONLINE INSTRUCTION CENTER www.ed2go.com/wcconed

Visit our website for start dates

REGISTRATION

Call 724.925.4204 or 1.800.262.2103, ext. 4204 Monday - Friday, 8 a.m. - 5 p.m.

Tuition

Payment may be made by check and MasterCard, VISA or Discover credit cards.

Refund Policy

All refunds are calculated from the official starting date of the course. The number of days or weeks to determine refunds is calculated by counting the actual days from the starting date of the course and not by counting the course meeting dates.

All refund checks will be mailed to students and not be held for pick up.

For courses meeting one week or less:

If you officially drop before the course starts, you may be eligible to receive a 100% refund of tuition and fees. There are no refunds after this date.

For courses two weeks through four weeks:

If you officially drop through the first three days of the course, you may be eligible to receive a 100% refund of tuition and fees. There are no refunds after this date.

For courses five weeks through nine weeks:

If you officially drop through the first week of the course, you may be eligible to receive a 100% refund of tuition and fees. There are no refunds after the first week of the course.

For courses of 10 weeks through 19 weeks:

If you officially drop through the second week of the course, you may be eligible to receive a 100% refund of tuition and fees. There are no refunds after the second week of the course.

For courses 20 weeks through 29 weeks:

If you officially drop through the second week of the course, you may be eligible to receive a 100% refund of tuition and fees. If you officially drop during the third or fourth week of the course, you may be eligible to receive a 60% refund of tuition. There are no refunds after the fourth week of the course.

For courses 30 weeks or longer:

If you officially drop through the third week of the course, you may be eligible to receive a 100% refund of tuition and fees. If you officially drop during the fourth, fifth or sixth week of the course, you may be eligible to receive a 60% refund of tuition. There are no refunds after the sixth week of the course.

Class Cancellation

Class cancellations and college closing due to inclement weather or other emergency conditions will be announced on area radio and television stations and the Internet. As road conditions vary widely during inclement weather, you are advised to use your own judgment in deciding whether to attend classes.

You must contact the Registration Center to officially drop a course. If you do not officially drop, you remain obligated for all tuition and fees.

VIRTUAL INFORMATION SESSIONS

Nonprofit Org. U.S. Postage P.A.I D Permit No. 20 Greensburg, PA

- September 8
- November 10
- December 8

Join our Admissions team on Zoom during one of our monthly Virtual Information Sessions!

Discover all Westmoreland has to offer and have your questions answered.

Visit westmoreland.edu and click on the Zoom link for the session you want to attend.

For more information 724.925.4000 infocenter@westmoreland.edu Postmaster, please deliver April 30-May 5, 2021

45 Pavilion Lane, Youngwood, PA 15697-1898

Welcome to the EVENT CENTER at WESTMORELAND

Host your next event in the new Event Center at Westmoreland County Community College. Nestled in scenic Youngwood, the center is perfect for hosting:

- Conferences
 Special events
- Weddings
- Company meetings

The college also has a new board room adjacent to the Event Center for rent. You can utilize our event services team to help organize your next executive meeting using this private, high tech room.

Westmoreland has a premier catering services team, state-of-the-art video and audio systems, ample parking and a beautiful view onto the Youngwood campus, surrounded by conservation wetlands.

Contact Keri Bailey, events director 724.925.5981 baileyker@westmoreland.edu westmoreland.edu/eventservices



