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To request this information in an alternate format, please contact The Center for Accessible Resources at 541.463.5150 or accessibleresources@lanecc.edu

Volume 7, Issue 3, Winter 2020. Continuing Education Class Schedule (USPS #004-578) is published quarterly by Lane Community College 4000 E. 30th Ave., Eugene OR 97405. Periodicals postage paid at Eugene, OR. Direct inquiries to Dave Oatman M.S.Ed, Interim Dean, Extended Learning Division, 101 W. 10th Ave., Eugene, OR 97401. Every effort is made to ensure accuracy at time of publication; however, the college reserves the right to make changes without prior notice. POSTMASTER: Send address changes to w Community College 4000 E. 30th Ave., Eugene OR 97405. An equal opportunity/affirmative action/veteran/disabilities institution.
Learning a skill or trade or a language is fundamental to successful employment and finding your way in the world, but learning can also open doors to a rich, fulfilling life.

Continuing Education classes at Lane Community College offer a variety of ways to make your life more meaningful and enjoyable—and that can make a tremendous difference!

In this class schedule you will find opportunities to learn an art or a craft, to dance or learn yoga, to sew or write or learn to drive, and much more. Take a few moments to kick back and browse the schedule. You’ll be impressed.

Every skill or bit of knowledge you pick up with the goal of getting more out of life will also enhance your professional or business life. Skills and knowledge are transferable and complementary.

Sometimes when you take a class just for fun, it changes your life. The Washington Post once wrote about a woman who worked as a copy editor at a newspaper. It was a good job, but it wasn’t her passion. Just for fun she took a class in stand-up comedy. Now she’s a professional performer.

So give yourself the gift of learning. You never know where it might take you.

The great American philosopher, Ralph Waldo Emerson, put it this way: “Make the most of yourself ... for that is all there is of you.”

Enjoy the new year,
Margaret Hamilton, President

The Lane Community College Board of Education is comprised of seven elected, non-paid persons, and has primary authority for establishing policies governing the operation of the college and adopting the college’s annual budget. The board’s charge is to oversee the development of programs and services, which it believes will best serve the needs of the people of the Lane District.

CURRENT BOARD MEMBERS
• Melanie Muenzer
• Angela VanKrause
• Mike Eyster
• Matt Keating
• Chelsea Jennings
• Rosie Pryor
• Lisa Fragala

For more information on Lane’s Board of Education, visit lanec.edu/board
The New Year is at hand, giving us all the chance to take inventory of our lives. You might ask yourself “What can I learn this year that I’ve always wanted to explore?” or, “What skills can I gain that will enrich my life even more?” Maybe this year you have a goal to feel more connected to your community. It’s this type of inner dialogue that inspires Lane Community College to offer a plethora of Personal Enrichment classes.

At Lane, we believe learning is a lifelong adventure. By offering people the chance to invest in themselves, we’re actually investing in our community. Whether you decide to sign up for a class in watercolor, winter tea tasting or woodshop, the Personal Enrichment program at Lane Continuing Education Department offers you the chance to stay curious, playful and connected to others through the power of learning.

“Our best class ideas come straight from the community. I like to believe our Personal Enrichment program puts the community in community college,” says Bliss Newton, Project Coordinator for Lane’s Continuing Education program.
“You’d be surprised how many of my students find connections and community outside of the classroom. By showing up for themselves, they learn to be more in the moment and present for other people in their lives,” observes Christine Tracy, Lane’s Stretch, Strength and Stress Relief instructor.

By offering a wide range of Personal Enrichment classes, potential students can fulfill their curiosity around topics that might not have made sense for them to explore while they were seeking a degree or other career goal. Learners can find classes that are designed for pure joy without the pressure of grades or the competition among classmates.

“Interestingly enough, the world opens up in ways that it didn’t when we were young. Those that continue to educate themselves throughout their lives engage their minds differently and connect with others in an age where personal connections are becoming more and more distant,” remarks Angela McDonald who teaches Winter Tea Tasting.

Every Personal Enrichment class at Lane Continuing Education Department benefits from being a part of the larger community college campus. This not only makes for more affordable classes, it means the curriculum is designed for today’s modern student. Classes are experiential and interactive to create a powerful learning experience. “In my classes in particular, I teach to all different learning styles with the goal of helping my students better understand their bodies. It’s about building a toolbox that helps them get better at self-care, which is a form of self-love,” notes Christine.

“What’s wonderful about our students is that they’re building their own personal power. Many are finally doing something for themselves, exploring something new that perhaps they thought was out of reach,” explains Bliss.

Our goal is to make checking something off your bucket list or pursuing an interest barrier free. Often people are hesitant to jump into something new because it’s unfamiliar, which is why we encourage people to reach out to us. We will walk you through class details, answer any questions, and even connect you to the actual instructor to learn more. Oftentimes, this type of insight is just what people need to shed any nervousness they have about getting out of their comfort zone and trying something they’ve never done before.

“Education is a gift that people can give to themselves. The new year is a great time of year to make a change. I always encourage people to just go for it,” comments Bliss.

“I have seen many people take my tea courses on a whim, not knowing how complex the subject is. Afterwards, they tell me that I’ve opened a door to a fascinating and complex world that they are excited to explore more,” explains Angela.

At Lane Continuing Education Department, we champion continuing education because you’re never too old to expand your experience. Every Personal Enrichment class is intended to captivate your curiosity and enhance your sense of wonder. Don’t let another year go by without exploring our course selection to find a class that inspires you. Explore this term’s Personal Enrichment classes on pages 22–41 in this magazine. Learn more at ce.lanecc.edu or call 541.463.6100.
FEATURED INSTRUCTORS

Some of the most awesome instructors at Lane Continuing Education

ABIGAIL HOUSTON | All-Natural Perfumes
Abigail Houston spends her time learning about the healing arts and living a sustainable lifestyle. Abigail is a certified aromatherapist and crafts her own all-natural perfumes. She especially enjoys interacting with plants and flowers. Originally from the Chicago area, she has happily called Oregon home for the last ten years. Benefit from Abigail’s expertise in natural essential oils and make your own perfume in this winter term’s new class, All-Natural Perfumes: Make Your Own!

CHRISTINE TRACY | Self-Care 2020! Stretch, Strengthen, Soothe and Reduce Stress
Christine Tracy is owner, personal trainer, reiki practitioner and self-care coach at Formation Self-Care Studio. She helps individuals structure their self-care through the practice of exercise, restorative body care, foods that bring joy, creative projects, goal setting and time management. She believes once you nurture your own needs, all areas of your life become more manageable. She has over 14 years of coaching experience as well as a background in rehabilitation, outdoor education, dance, and social services. In her free time, she reads, dances flamenco, nerds out about houseplants and research, and laughs a lot with her two daughters, two dogs, and two lizards. Join Christine in our new class, Self-Care 2020!

PAUL BULLOCK | Lane Small Business Development Center (SBDC) Business Advisor and Instructor
Paul has more than 40 years of experience as a business strategist and financial consultant. He has owned, started, bought and sold businesses in a number of industries and has served on both public and private corporate boards, as well as charitable and educational boards. Paul has published six books on business and financial design and taught numerous educational credit classes. At the Lane SBDC, his areas of focus are startups, general business, digital marketing, financial, business planning and development.

Paul is a U.S. Veteran. He has earned a bachelor’s degree in Business Administration specializing in Accounting and Finance, and a Master of Science from College of William & Mary.

Do you have a passion for a particular subject and the desire to teach? Submit an interest card and we’ll get in touch if your submission fills a community or programming need. Professional certification is not required for most subjects.

lanec.edu/ce/teach-class
YOU DON'T HAVE TO GO FAR, TO GO FAR
BASIC LIFE SUPPORT

Basic Life Support (BLS) for Healthcare Providers
The Basic Life Support (BLS) for Healthcare Providers course is designed to provide skills and knowledge for a wide variety of healthcare professionals, including students in healthcare fields. This course meets the CPR requirement for licensure or certification for healthcare related regulatory agencies.

W · Jan 15 | 10am–2:30pm | $60 |
Downtown Campus | Room 108 |
Hansen
W · Feb 5 | 10am–2:30pm | $60 |
Downtown Campus | Room 108 |
Hansen
Tu · Mar 17 | 10am–2:30pm | $60 |
Downtown Campus | Room 104 |
Hansen

COMPUTER SKILLS AND TECHNOLOGY

iPhone/iPad Basics
What’s this thing do, anyhow? Whether you own an iPad, iPhone, or both, you’ll get the answers in this introduction. Begin by learning basic operations and functions, then you’ll explore device setup for your needs and preferences, including locating and downloading the best apps for you. Learn to manage tools and security options, and if you own both devices, how to sync them. Bring your device(s) fully charged.

Tu · Jan 7–Feb 4 | 1:30–3pm |
$85 | Downtown Campus |
Room 104 | Joslin
Tu · Jan 7–Feb 4 | 6–7:30pm |
$85 | Downtown Campus |
Room 104 | Joslin

Macbook 101
Discover favorite tips and quick tricks for all the things you do on your Mac every day. Organize your desktop and folders and learn how to make the most of your Mac. Discover time-saving techniques for searching and tagging your files, getting the most from Notes, and exploring various ways to share and collaborate on projects with friends, family and coworkers. Bring your MacBook fully charged. No class Feb 17.

Th · Jan 16–Feb 13 | 6pm–7:30pm |
$125 | Downtown Campus |
Room 308 | Joslin

Microsoft Excel Level 2
Increase your knowledge of Excel! Covers a wide variety of formulas and functions to manage and analyze information. Plus, learn to effectively use charts and pictures to make your data eye-catching and understandable. You should have foundational knowledge of Excel or have completed Microsoft Excel 1. Workbook/Reader is provided and yours to keep.

W · Feb 12–Mar 11 | 6:30–9pm |
$149 | Downtown Campus |
Room 220 | Joslin

Microsoft Excel Level 1
Learn or update basic spreadsheet skills with Microsoft Excel. The class will cover creating and editing simple spreadsheets as well as how to enter values and formulas, format spreadsheets, and use multiple tabs for creating more than one spreadsheet in one file. Workbook/Reader is provided and yours to keep.

W · Jan 8–Feb 5 | 6:30–9pm |
$149 | Downtown Campus |
Room 220 | Joslin

Quickbooks for Beginners
Get started with Quickbooks! Over the course of eight weeks, you will acquire the major basic skills needed to begin using Quickbooks for your business or personal needs. Topics will include setting up a company file, using charts of accounts, working with lists, setting up inventories, selling products, invoicing for services, processing payments, working with bank accounts, and tracking and paying bills. A 200+ page workbook guide is yours to keep. Use our computers with Quickbooks 2019 or bring your own device with Quickbooks installed (2016 or newer) to class. No class Jan 21 and Feb 17.

M · Jan 13–Mar 16 | 6–7:30pm |
$199 | Downtown Campus |
Room 220 | Joslin
Accounting with Excel Series, ONLINE
Ed2Go. Master the skills and develop the knowledge you need to increase your financial awareness, while building your Excel skills to add time-saving functions to your repertoire. Four, 6-week classes that may be taken individually: Intro to MS Excel I, Intermediate MS Excel, Accounting Fundamentals, and Accounting Fundamentals II. Variable start dates | $199 | Instructor led | Registration and info: Ed2Go.com/lanecc

Coding Certificate, ONLINE
UGotClass. Coding is becoming one of the most in-demand skills in the workplace today. As a result, coding has become a core skill that bolsters one’s chances of becoming of higher value to organizations. The highest demand is for programming languages with broad applicability. Begin by getting introduced to the basics of computer programming and various programming languages. Then go to the next level and acquire all the basics of HTML and CSS. You will learn the relationship between these two industry-standard web page coding languages and the step-by-step process of hand coding and building web pages. Finally, discover the advanced features of CSS and learn how to use this very powerful language. Variable start dates | $595 | Instructor Led | Registration and info: ce.lanecc.edu Go To: >Eug/Spfd>Online Learning>Computers

Creating Wordpress Websites Series, ONLINE
Ed2Go. Want to build an attractive, sophisticated blog or website—without having to learn how to code? Wordpress.org is the answer! Wordpress.org is one of the world’s most popular web design tools. It’s free and easy to use, and it produces professional results. Includes free, temporary domain for 90 days (US-based only). See online listing for details. Variable start dates | $199 | Instructor Led | Registration and info: Ed2Go.com/lanecc

Data Analysis Certificate, ONLINE
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. Add a whole new skill set to your portfolio and make a big difference in the success of your organization by acquiring data analysis skills. Three, 4-week courses which may be taken individually. Variable start dates | $495 | Instructor led | Registration and info: ce.lanecc.edu Go To: >Eug/Spfd>Online Learning>Computers

Microsoft Office 2016 Value Suite, ONLINE
Ed2Go. Learn to use the basic features of Microsoft Word, Microsoft Excel, and Microsoft PowerPoint, three of the most fundamental software programs used in educational and professional settings. Available for several versions of MS Office. Includes three, 6-week classes that may be taken individually for $115–$129 each: Intro to MS Word, Intro to MS Excel, Intro to MS PowerPoint. Variable start dates | $324 | Instructor led | Registration and info: Ed2Go.com/lanecc, search class title.
Social Media for Business Certificate, ONLINE
UGotClass. Get in on this exciting and growing way to communicate, market and serve your customers and clients. For businesses, nonprofits, government, and other organizations. From Facebook to Twitter, blogging, YouTube, LinkedIn, and more, discover the new principles of communication that apply across all networks, how these specific social networks work and the possible uses for your organization. Three, 4-week courses which may be taken individually.

ONLINE · Variable start dates | $245 | Instructor Led | Registration and info: ce.lanecc.edu Go To: >Eug/Spfd>Online Learning>Computers

SQL Series, ONLINE
Ed2Go. SQL is a sought-after skill in today’s market. Learn the key concepts of Structured Query Language (SQL), and gain a solid working knowledge of universal database programming language. By the end of this course, you'll be able to use a wide range of advanced SQL techniques with confidence. Includes two, 6-week classes that may be taken individually for $115–$129 each: Intro to SQL and Intermediate SQL.

ONLINE · Variable start dates | $199 | Instructor Led | Registration and info: Ed2Go.com/lanecc

Website Design, ONLINE
UGotClass. Understanding what it takes to produce effective web design is essential in today’s market of highly saturated digital competition. Discover the basics of web design using HTML and CSS. No prior knowledge of HTML or web design is required. Discover ways to enhance web pages with the use of page layout techniques, text formatting, graphics, and images. One, 4-week course.

ONLINE · Variable start dates | $245 | Instructor Led | Registration and info: ce.lanecc.edu Go To: >Eug/Spfd>Online Learning>Business

HOSPITALITY

Coffee Shop Consultation, Private Barista Lessons, Group Barista Basics Classes
All are offered through Eugene Barista School. Please contact Sue for more information and/or to set up dates/time. Registration and information: eugenebaristaschool@gmail.com, eugenebaristaschool.com, 541.954.5345.

Barista Basics Classes
If you are new to the work world, interested in gathering new skills to make yourself more marketable or simply wanting to know how to make delicious espresso drinks like the pros, then these classes and camps are for you! This lecture and hands-on class will cover the basics of drink making, customer service, order taking, cashiering, espresso machine basics plus plenty of individualized attention with time for questions. Instructor: Sue Harnly, Owner; Eugene Barista School.

W · Tu · Jan 13–Jan 14 | 5–8pm | $195 | Call for location | Harnly
W · Tu · Feb 10–Feb 11 | 5–8pm | $195 | Call for location | Harnly
W · Tu · Mar 9–Mar 10 | 5–8pm | $195 | Call for location | Harnly

Pre-registration required for all classes. Registration and information: eugenebaristaschool@gmail.com, eugenebaristaschool.com, 541.954.5345
LMT CONTINUING 
EDUCATION

Lane County Massage and Bodywork Association (LCMBA)

All massage and bodywork professionals in our community are invited to attend monthly LCMBA workshops. These workshops offer the opportunity to network with other practitioners, learn about referral services and continuing education opportunities, hear guest speakers, find mentoring opportunities, and volunteer to participate in special events! Workshops are held on the first Monday of every month, from 6:30-8:30pm at the Lane Downtown Campus, 101 W. 10th Avenue, across from the Eugene Public Library.

NEW! Yo-Gong! A Yoga-Qigong Fusion for Physical and Mental Health

Jan 6 · Presenter: Sarah Rose Turpane · Topic: The Path to Barefoot Massage

Feb 3 · Presenter: Margy Campbell, L.Ac · Topic: Shifting the Body into Spring: A Traditional Asian Medicine Approach

Mar 2 · Presenter: Carmen Ionescu, MD, ND · Topic: A Naturopathic’s Tips for LMTs

Jan 11 · Presenter: Debra Nash-Galpern · Topic: The Path to Barefoot Massage

Feb 3 · Presenter: Margy Campbell, L.Ac · Topic: Shifting the Body into Spring: A Traditional Asian Medicine Approach

Mar 2 · Presenter: Carmen Ionescu, MD, ND · Topic: A Naturopathic’s Tips for LMTs

Like our Facebook Page:
@LCCMassage

1st Degree Usui Reiki

Awaken or deepen your healing abilities and learn a wide variety of uses for this gentle but powerful ancient healing art. Class introduces the body’s energy centers, the science behind Reiki, as well as techniques and applications to your personal life, for self-healing and for healing others. Open to anyone with an interest in healing and personal growth. Certificate and manual included. CEUs: 14. For more information, visit reikiclasseseugene.com. Must register by Jan 8.

Sa · Su · Jan 11–Jan 12 | 10am–5pm | $235 | 766 Foothill Drive | Eugene | Magpali

Also offered in March. Must register by March 4.

Sa · Su · Mar 7–Mar 8 | 10am-5pm | $235 | 766 Foothill Drive | Eugene | Magpali

Communication and Ethics: Creating Healthy Boundaries with Clients

This class uses experiential exercises, discussion, and practice to explore therapeutic attitudes and boundary-setting, as well as how to relate clearly and compassionately with our clients, especially when transfer-ence, countertransference, and dual relationship issues arise. Handouts provided. CEUs: 4. For more information, visit www.smithbodymind.com, email beckysmithlmt@gmail.com, or call 541.345.7189.

Su · Jan 12 | 1–5pm | $75 | Location TBD | Smith

NEW! Yo-Gong! A Yoga-Qigong Fusion for Physical and Mental Health Hand

Debra Nash-Galpern has been a licensed acupuncturist and herbalist for over twenty years and was an instructor at the American College of Traditional Chinese Medicine (ACTCM) in San Francisco. She is certified to teach Qigong under the Universal Healing Tao system of Grand Master Mantak Chia and has a 200-hour yoga teaching certificate from Sarah Joy Marsh as well as a 500-hour certificate from Scott Anderson. Debra is also a presence practitioner in the system of Eckhart Tolle. Join her to learn and practice these ancient healing arts. CEUs: 10. For more information, email acuoffice@yahoo.com.

Th · Jan 9–Mar 12 | 2–3pm | $150 | 1641 Oak St | Eugene | Nash-Galpern

Jin Shin Do® Acupressure Facial

Increase the health and vitality of clients with a deeply relaxing, 12-step, 40-point acupressure facial (plus 10 vital hand points) to release head, neck, and facial tension, and aid energetic circulation throughout the body. Learn shortcuts tailored to the needs of specific clients. For LMTs, estheticians, and hair stylists. CEUs: 8. For more information, visit smithbodymind.com, email beckysmithlmt@gmail.com, or call 541.345.7189.

Sa · Jan 11 | 9–6pm | $145 | Location TBD | Smith

Communication and Ethics: Creating Healthy Boundaries with Clients

This class uses experiential exercises, discussion, and practice to explore therapeutic attitudes and boundary-setting, as well as how to relate clearly and compassionately with our clients, especially when transfer-ence, countertransference, and dual relationship issues arise. Handouts provided. CEUs: 4. For more information, visit www.smithbodymind.com, email beckysmithlmt@gmail.com, or call 541.345.7189.

Su · Jan 12 | 1–5pm | $75 | Location TBD | Smith
Experiential Anatomy and Massage: The Skeletal System
Gain a deeper understanding of the structure of the bones and the movements of the skeletal system, using images, visualizations, and touch. Discover how to incorporate these experiences into your massage or bodywork practice. Bring questions to class! Instructor certified in Embodied Anatomy and Yoga from the School of Body-Mind Centering. CEUs: 4. For more information, visit wendyloren.massagetherapy.com, or text 541.337.4726.

Su · Jan 26 | 12–4pm | $45 | Downtown Campus | Room 230 | Loren

Cupping: Cold and Flu Season
In this introduction to the world of cupping, you’ll learn the basics as well as two different sequences for cupping the back. Variations on these traditional sequences have been used around the world to deal with the discomforts of the cold & flu season. No cupping or bodywork experience is necessary! CEUs: 12. For more information, visit www.naturalartscenter.com.

Su · Su · Jan 18–Jan 19 | 10am–5pm | $240 | Natural Arts Center | Eugene | Madras

Ethics for the Massage Therapist
Students will deepen their understanding of ethical principles and dilemmas, the Oregon Revised Statutes and Administrative Rules, policy statements, boundaries, communication, dual relationships, best practice management, and business ethics. This class fulfills the OBMT requirement for re-licensing. CEUs: 4. For more information, visit robbertbike.com, email robbertbike@comcast.net, or call 541.465.9486.

Su · Jan 19 | 1pm–5pm | $75 | Downtown Campus | Room 105 | Bike
Also offered in March.

Su · Mar 1 | 1pm–5pm | $75 | Downtown Campus | Room 105 | Bike

Hot Stone Massage
No matter what your work setting, hot stones can be a valuable addition to your practice by enhancing the experience of clients while offering your hands a much-needed break. This class focuses on how to safely use moving stones as a therapeutic tool. CEUs: 8. For more information, email leea@lanecc.edu, or call 541.908.2336.

Su · Feb 2 | 9am–6pm | $179 | Downtown Campus | Room 221 | Lee and Rowan

NEW! Communicating with Clients about Pain
If your clients experience pain, this class is for you! Gain greater insight into the field of pain science and how this exciting research can help massage therapists. Explore the impact of communication on pain and develop skills to improve communication with clients. Come away with new tools you can start using today. This class fulfills the OBMT requirement for re-licensing. CEUs: 6. For more information, email beckettrowan@gmail.com, or call 541.337.3917.

Su · Jan 12 | 9am–4pm | $125 | Location TBD | Rowan
SPRING COHORT BEGINS IN APRIL!

LCC Continuing Education now offers courses and training in project management, tailored for those who want to build or enhance their skills in this growing field of employment. Take only the classes that interest you, or the entire seven-course series and earn an LCC Project Management Certificate.

LCC PROJECT MANAGEMENT TRAINING CERTIFICATE

7 courses, 111 hours, 6 months
This seven-course series is completed in fewer than 6 months, with cohorts beginning in fall and spring terms. You may take and pay for each class one at a time, or you can enroll in the LCC PM Certificate Bundle and save 17%.

Courses paid for one at a time: $2,399
Certificate Bundle, paid in advance: $1,899

FOUNDATIONS OF PROJECT MANAGEMENT | $369
PROJECT REQUIREMENTS AND PROCUREMENT | $298
PROJECT RISK MANAGEMENT | $298
PROJECT COST MANAGEMENT | $298
PROJECT MANAGEMENT LEADERSHIP | $369
PROJECT QUALITY CONTROL | $298
PROJECT MANAGEMENT CAPSTONE | $405

Virtual Format | You will log in on the same day and time each week to participate in a live, interactive virtual classroom. You will need a reliable computer and internet access.

Questions? Email Coordinator Bliss Newton at newtonb@lanecc.edu, call 541.463.6107, or visit: lanecc.edu/ce/project-management.
Ancient Wisdom for Ethical Practice in the Healing Profession

Explore the indigenous wisdom of lomilomi, or Hawaiian massage. Class begins with a discussion of the responsibility practitioners have to ourselves, our clients, and our planet. Self-care tools will be shared to energize your daily practice and new insights will be applied, to improve client communication, enhance awareness of boundaries, and gain clarity in resolving ethical dilemmas. This course fulfills the ethics requirement for license renewal in Oregon. CEUs: 4. For more information, visit mymassageeducation.com, email: mymassageeducation@gmail.com or call 541.999.6542.

Su • Feb 9 | 11am–3pm | $85 | Downtown Campus | Room TBD | York

Experiential Anatomy: Connective Tissue

Connective tissue provides both flexibility and stability to all of our body systems. This workshop will review new research on connective tissue, including fascia. Using manual techniques to focus on different layers, participants will explore depth, pressure, and change in connective tissue. Verbal communication and feedback are essential components of this approach. Instructor is certified in Embodied Anatomy and Yoga from the School of Body-Mind Centering and is a Registered Somatic Movement Educator (RSME). CEUs: 4. For more information, visit: wendyloren.massagetherapy.com, or text 541.337.4726.

Su • Feb 9 | 12–4pm | $55 | Location TBD | Loren

Phase 1 Vibrational Sound Course: Energy Vitality Technique

Students will learn the Chakras, bodily locations, and correlated Solfegegio Frequency. In group exercises, frequency attunement will be introduced, and techniques of ear reception and point stimulation will be explored, along with the Energy Vitality Technique—a complete set of protocols for using the forks for personal or client-centered settings. Solfegegio tuning forks for sale ($199) but not required for class. CEUs: 12. For more information, email backintune@ymail.com, or call 541.895.2475.

Sa • Su • Feb 22–Feb 23 | 10am–5pm | $235 | 766 Foothill Drive | Eugene | Magpali

2nd Degree Usui Reiki

Accelerate your personal growth and deepen your healing abilities. Magnify your Reiki energy with symbols and techniques for remote healing of others, for emotional self-healing, and for creating the life you want. Open to anyone who has their 1st Degree Reiki. Certificate and manual included. CEUs: 14. For more information, visit reikiclasseseugene.com.

Sa • Su • Feb 9 | 11am–3pm | $85 | Downtown Campus | Room TBD | York

NEW! Analgesics to Oil: Topicals for Massage Therapists

Take a closer look at how the skin interacts with many of the topical products available for massage! This hands-on class will help you make informed decisions about these products by deepening your understanding of how their ingredients affect the body. Students will have the opportunity to sample an array of products, including: lotions, creams,lineaments, and analgesics. CEUs: 8. For more information, email beckettrowan@gmail.com, or call 541.337.3917.

Su • Feb 23 | 9am–6pm | $179 | Location TBD | Rowan
NEW! Introduction to Conscious Communication

Begin building a communication skill set that allows you and your clients to share a deeper direct experience of the present moment. From guided breath work to conversations from the heart, this class offers something for anyone seeking personal and professional growth. This class fulfills the OBMT requirement for re-licensing. CEUs: 4. For more information, visit ourobodywork.com, email cris@ourobodywork.com, or call 541.525.0488.

**Sa · Mar 7 | 8am–12pm | $75 | Tamarack Annex, 3575 Donald St | Eugene | Rubini**

Techniques for the Low Back and Glutes

This workshop will begin with an anatomy review, followed by demonstration and practice of techniques for effectively working the low back and glutes. Students will leave with new techniques they can implement immediately. CEUs: 4. For more information, email beckettrowan@gmail.com, or call 541.337.3917.

**Su · Mar 8 | 10am–2pm | $85 | Downtown Campus | Room 221 | Lee and Rowan**

Basic Jin Shin Do® Bodymind Acupressure®

Explore how to assess and balance energy using gentle yet firm finger pressure. This class introduces simple acupoint patterns that release chronic tension associated with headaches, backaches, digestive and sleep problems, and fatigue. Learn to relate to clients mindfully and to promote body-mind awareness and core vitality. Includes 4 hours of ethics. Discount for payment in advance! Please note: class is held over two long weekends, March 13–15 and April 17–19. Deposit due by Feb 28. CEUs: 40. For more information, visit smithbodymind.com, email beckysmithlmt@gmail.com, or call 541.345.7189.

**F · Sa · Su · Mar 13–Apr 19 | 9am–5pm | $675 | South Eugene | Smith**

NEW! Insurance Billing for the LMT – Beyond the Basics

This class, designed for LMTs who are experienced with billing, covers topics such as joining provider networks, setting fee schedules, and dealing with primary and secondary insurances. There will be time for discussion of real-world examples, and students are encouraged to share questions or problems they have encountered. Reference packet provided. CEUs: 2. For more information, email ericaander@gmail.com, or call 541.870.7692.

**M · Feb 10 | 5:30–7:30pm | $59 | 388 Pearl Street, Suite 2 | Eugene | Anderson**

NEW! Free the Head, Neck, and Jaw

Have you ever wondered why, after multiple treatments, the pain of a whiplash injury persists? Could the answer to more effective treatment lie within the TMJ itself? Explore the myofascial connections of the entire cranium and learn how subtle work with the TMJ and other deep structures can greatly enhance your capacity to treat a variety of injured tissues and chronically held tension deep within the head. CEUs: 14. For more information, visit ourobodywork.com, email cris@ourobodywork.com, or call 541.525.0488.

**Sa · Su · Mar 14–Mar 15 | 9am–5:30pm | $250 | Tamarack Annex, 3575 Donald St | Eugene | Rubini**

NEW! Cupping: Non-Fire Methods

Modern silicone and squeeze bulb cups open up new possibilities for beginning and seasoned cuppers alike. This class will focus on treating fascia, scars, the face, and joints, as well as stretching; all without fire. No cupping or bodywork experience is necessary. CEUs: 12. For more information, visit www.naturalartscenter.com.

**Sa · Su · Mar 14–Mar 15 | 10am–5:30pm | $240 | Natural Arts Center | Eugene | Madras**

**CONINUING EDUCATION INFO: CALL 541.463.6100 OR CE.LANECC.EDU**

**NATIVE AMERICAN STUDENTS** enrolled in basic education (GED), higher education or vocational occupational training may be eligible for financial assistance. We offer tuition assistance, stipends and related support services. To find out if you qualify through the Eugene area 477 Self-Sufficiency Program of the Confederated Tribes of Siletz Indians, call 541.484.4234.
The Massage Program at Lane Community College will prepare you to test for licensure and begin a career as a Licensed Massage Therapist. This required that students spend significant time outside of classes studying sciences, developing and reflecting on interpersonal skills, and practicing hands-on techniques. The plan for completion is designed to give students the time to integrate classroom experiences and grow as practitioners so that they are confident, well-rounded, and proficient entry-level therapists.

**Massage Therapy Pre-licensure Courses**

**Term One:**
- Introduction to Law, Ethics and Communications 15 hours
- Massage 1 35 hours
- Anatomy/Physiology/Pathology 1 30 hours

**Term Two:**
- Introduction to Kinesiology: Upper Body 35 hours
- Massage 2 35 hours
- Anatomy/Physiology/Pathology 2 30 hours

**Term Three:**
- Introduction to Kinesiology: Lower Body 35 hours
- Massage 3 35 hours
- Anatomy/Physiology/Pathology 3 30 hours
- Introduction to Acupressure 30 hours

**Term Four:**
- Applied Laws, Ethics and Communications 15 hours
- Kinesiology: Upper Body 30 hours
- Anatomy/Physiology/Pathology 4 30 hours
- Massage 4 (formerly Community Massage) 35 hours

**Term Five:**
- Anatomy/Physiology/Pathology 5 30 hours
- Kinesiology: Lower Body 30 hours
- Massage 5 (formerly Massage 4) 35 hours
- Advanced Massage Techniques 35 hours

**Term Six:**
- Advanced Massage 6 35 hours
- Professional Practices 30 hours
- Business Laws, Ethics and Communications 15 hours
- Student Clinic 45 hours

The Oregon Board of Massage Therapists requires proof of completion of a minimum of 625 classroom hours to be considered for licensure. Those hours must include at least 200 hours of health sciences – which include Anatomy, Physiology, Pathology, and Kinesiology – and 425 hours of Massage Theory and Practical Application, Clinical Practice, Business Development, Communication, Ethics, and Sanitation. Applicants must be at least 18 years of age to be licensed.

**For more information:**
Kathy Calise  
calisen@lanec.edu  
541.463.6111
NEW! Effective Deep Tissue Techniques for Spa and Clinical Practice

This individualized course is designed to help students meet the demands of delivering effective, problem-solving deep tissue massage in spa and clinical environments. The rhythmic, flowing technique taught in the class is inspired by Hawaiian massage. The use of therapeutic, moist heat will also be introduced. CEUs: 6. Special rate for massage students: $100. For more information, visit mymassageducation.com, email mymassageducation@gmail.com, or call 541.999.6542. Must register by Mar 15.

Su · Mar 22 | 10am–5pm | $130 | Downtown Campus | Room 230 | York

MEDICAL RECEPTIONIST

Medical Receptionist

Gain entry-level skills to seek employment in medical reception areas. Instruction includes medical ethics and laws, basic medical terminology, customer service, clerical skills, registration and scheduling, basics of billing and insurance and initial medical record documentation. Upon completion of this course, students will be eligible for a work experience placement in a medical setting.

Tu · Th · Jan 7–Mar 12 | 1–4pm | $499 | Downtown Campus | Room 105 | Beckner

NURSING ASSISTANT

Nursing Assistant

This is Part One of a two-part class. Upon successful completion of Nursing Assistant Class - Part One, you will be able to register for Nursing Assistant Clinical - Part Two. Nursing Assistant Class - Part One and Nursing Assistant Clinical - Part Two must be successfully completed in order to sit for the Oregon State Board of Nursing certification exam to become a Certified Nursing Assistant. Class enrollment is limited to 12 students.

M · W · F · Jan 6–Mar 13 | 8am–12pm | $679 | Downtown Campus | Room 327 | Carrick
Tu · Th · Jan 7–Mar 13 | 9am–3pm | $679 | Downtown Campus | Room 327 | Leach
M · W · F · Feb 21–Mar 20 | 9am–3pm | $729 | Downtown Campus | Room 327 | Leach

PHLEBOTOMY

Phlebotomy 2

The primary responsibility of a phlebotomist is to draw blood specimens from patients for laboratory tests. Upon successful completion of two courses, Phlebotomy 1 and Phlebotomy 2, you will have the necessary skills to seek employment in this field.

Tu · Th · Jan 7–Mar 12 | 9:30am–12:30pm | $799 | Downtown Campus | Room 108 | Mitchell
REAL ESTATE BROKER PRE-LICENSURE

Real Estate Broker Pre-Licensure

This is an accelerated 10-week licensing course, providing a combination of online self-study (150 hours) and supplemental classroom instruction, which meets at the Oregon Real Estate Agency pre-licensing criteria. The course wraps up with an all-day course review in March. This course is taught by an experienced principal broker. For information: stacey@sts.careers, 503.551.4467.

Tu • Jan 7–Mar 12 | 6–9pm | $705 | Downtown Campus | Room 105 | Jardine

WORKPLACE SKILLS AND LEADERSHIP DEVELOPMENT

A to Z Grant Writing Series, ONLINE

Ed2Go. Learn all there is to know about writing grants, fundraising, and organizing a grant writing campaign. This group of online classes is ideal for those wanting to learn more about managing fundraising. Includes two classes that may be taken individually: A to Z Grant Writing and A to Z Grant Writing Beyond the Basics.

ONLINE • Variable start dates | $199 | Instructor Led | Registration and info: Ed2Go.com/lanecc

Accounting Fundamentals Series, ONLINE

Ed2Go. If you’re interested in increasing your financial awareness while also gaining a marketable skill, this series of courses is perfect for you. Learn the basics of double-entry bookkeeping, accounts receivable, accounts payable, payroll procedures, sales taxes, and various common banking activities. Finally, you’ll explore such topics as special journals, uncollectible accounts receivable, plant assets, depreciation, notes and interest, accrued revenue and expenses, dividends, and retained earnings. Two, 6-week classes that may be taken individually.

ONLINE • Variable start dates | $199 | Instructor Led | Registration and info: Ed2Go.com/lanecc

Bookkeeping Certificate, ONLINE

UGotClass. This program focuses on cash basis accounting. No one cares more about the financial health of your business than you! It’s imperative that you understand how the process works and are able to complete the accounting cycle accurately and in a timely fashion. The Bookkeeping Certificate will provide you with the knowledge needed to measure and manage the financial health of your business. Even if you plan to outsource your bookkeeping needs, you should still understand how the process works. No one should be clueless when it comes to the finances of their business. Three, 4-week classes that may be taken individually.

ONLINE • Variable start dates | $495 | Instructor Led | Registration and info: ce.lanecc.edu Go To: >Eug/Spfd>Online Learning>Careers

Business Writing Certificate, ONLINE

UGotClass. Discover the keys to successful writing for the workplace. Whether you are writing a report, memo, letter or publicity notice, business writing has some defined characteristics for success. Successful communicators in the workplace move forward, others move back. Enhance your career by improving this critical communication skill. Three, 4-week classes that may also be taken individually.

ONLINE • Variable start dates | $495 | Instructor Led | Registration and info: ce.lanecc.edu Go To: >Eug/Spfd>Online Learning>Careers

ARE YOU INTERESTED IN A CAREER IN HEALTHCARE?

Come to an informational session and learn about health career trainings offered through Continuing Education.

NURSING ASSISTANT
Wednesday, 5:30–6:30pm, Mar 4
Thursday, 10:30–11:30am, Mar 5

MASSAGE THERAPY
Thursday, 6–8pm, Mar 5

PHLEBOTOMY
Tuesday, 6–7pm, Mar 3

All meetings held at the Downtown Campus, Room TBD

For more information about health careers offered through Continuing Education, contact Kathy Calise, calisek@lanecc.edu, 541.463.6111.
the seven steps in the accounting cycle, and analyzing financial information. Next, discover the keys to managing cash and maximizing cash flow. Finally, explore potential debt and equity sources of funds to help support your entrepreneurial venture. Three, 4-week classes that may be taken individually.

**Customer Service Certificate, ONLINE**
UGotClass. With technology, human interaction with customers becomes all the more important. Gain insight on retaining customers, serving your audience, or turning inquiries from potential customers into sales through offering good customer service. Improve your own customer service skills, improve productivity, and increase your organization’s success, as well as learning extraordinary techniques you won’t find anywhere else. Three, 4-week courses that may be taken individually.

**Management Certificate, ONLINE**
UGotClass. Enhance your existing management skills through this program for supervisors, managers, and emerging leaders. Discover the keys for effectively managing your employees by creating clear expectations, engaging and motivating, and increasing your own effectiveness. Next, explore the principles of collaborative management and how to manage different generations in your workplace. Three, 4-week courses which may be taken individually.

**Resume Writing Workshop, ONLINE**
Ed2Go. Create an effective resume or improve the one you already have. Transform your resume into a powerful tool that will get you interviews. This workshop will lead you through a self-assessment series so you will have extensive knowledge about the product you are marketing: YOU!
Manager Suite, ONLINE
Ed2Go. Learn how to be an effective manager or supervisor by developing leadership skills that can help you gain the respect and admiration of others. Plus, master the basics of business and organizations, the people skills required to motivate and delegate, the tools for solving problems and resolving conflicts, and the basics of communicating effectively. Three, 6-week classes that may be taken individually: Fundamentals of Supervision 1, 2, and Leadership.

ONLINE · Variable start dates | $299 | Instructor Led | Registration and info: Ed2Go.com/lanecc, search class title.

Managing Social Change Certificate, ONLINE
UGotClass. Discover proven strategies for moving your efforts, and those of others, from advocacy to managing and achieving social change within the workplace and/or community. First, learn to strategically apply various disciplines to cause organizational change as well as develop the personal skills and attitudes organizations need for implementing change. Then find out how to address change in the workplace, including addressing the resistance to change. Finally, leaders from elected officials to the CEO of Apple are encouraging people in the workplace to participate in community and social change. Learn different change strategies to improve your community and society for all.

ONLINE · Variable start dates | $495 | Instructor Led | Registration and info: ce.lanecc.edu Go To: >Eug/ Spfd>Online Learning>Business

Six Sigma Green Belt Certificate, ONLINE
UGotClass. Green Belt training teaches participants problem-solving skills, using the DMAIC (Define, Measure, Analyze, Improve and Control) model. After completing this challenging course, Six Sigma Green Belts serve their organizations as a trained specialist able to work on Six Sigma projects that benefit the organization. Although not required, participants are strongly encouraged to have a project during the course. The instructors and mentors work closely with the class to not only teach the material, but to guide candidates as they work on projects.

ONLINE · Variable start dates | $495 | Instructor Led | Registration and info: ce.lanecc.edu Go To: >Eug/ Spfd>Online Learning>Business

Workplace Communication Certificate, ONLINE
UGotClass. Gain a comprehensive and intensive preparation communication skills and techniques you can put to use immediately, including a conflict management model, along with conflict management strategies. Learn to improve your negotiation skills for a win-win outcome, including helping others to get what they want, so you get what you want. Finally, find out more by using personality profiles for better work performance. Two, 4-week classes that can be taken individually.

ONLINE · Variable start dates | $495 | Instructor Led | Registration and info: ce.lanecc.edu Go To: >Eug/ Spfd>Online Learning>Business

YOGA INSTRUCTOR CERTIFICATE
Yoga Instructor Certificate
A two-term course, this Yoga Alliance approved training features Radiant Health Yoga®, a holistic health practice that blends the ancient teachings of hatha yoga with contemporary body-mind science. Your training will catapult you to the next level of professional expertise in the wellness industry and deepen your personal practice. You will be trained to be a versatile highly skilled instructor who emphasizes injury prevention, safe alignment, and the health benefits of yoga practice. This therapeutic approach teaches you how to adapt yoga to meet the needs of individuals and groups with a wide range of holistic health goals. You will learn the kinesiological basis of safe practice for a wide range of people from frail elders to young athletes. Join us and acquire the skills, knowledge and confidence you need to make the transition from yoga practitioner to yoga teacher.

Sa–Su: Jan 11–Mar 22 | 9am–6:30pm | $1,250 per term | Downtown Campus | Room 107 | Cashman
TURN ON YOUR TOMORROW
ART, CRAFT, AND HOBBY

Acrylic Painting, Intro and Continuing
Are you a beginner who wants to paint your own masterpieces? Or have some experience, but need some guidance? We'll dabble in perspective, explore color, light, composition, drawing and painting techniques, and demystify some art history. Have fun in a safe, non-judgmental environment! Come solo or enroll with your friends, family, and/or partner. Launch your creativity!

Tu · Jan 14–Mar 3 | 6:15–8:45pm | Main Campus Bldg 10 | Room 219 | Hahn

Adobe LightRoom
Take your photography to the next level! Your instructor will lead you through image processing and file management best-practices and help you get the most from your digital photography. Learn to manage your files in LightRoom so they are securely stored and accessible for years to come. Produce beautiful final images to share with the world or to print and hang in your home, all using the powerful features of LightRoom.

Sa · Feb 15–Feb 22 | 10am–1pm | $65 | Downtown Campus | Room 220 | Daniels

NEW! All Natural Perfume: Make Your Own!
Do you have a collection of essential oils but need inspiration and guidance on how to use them harmoniously? Discover the art and practice of natural perfumery! Over the course of four sessions, learn about the history of perfumery, including the rise of synthetics and the recent revival of natural perfumery. Learn the important differences between natural and synthetic perfumes. Plus, explore fragrance families, natural scent structures, and practice exercises to train your nose like a perfumer. Experience over 50 oils and learn precisely what you like. Finally, you will create a scent that is tailor-made for you that is yours to keep!

W · Jan 22–Feb 12 | 6–8pm | $69 | Downtown Campus | Room 202 | Houston

Artist’s Books and Pop Up Art
Winter term only. Design and create your own original artist’s books, using a variety of basic movable book structures and pop-up techniques. We’ll also focus on design process development, conceptual development, paper engineering, typographic layout and the history of movable and pop-up books. Purchase of some materials required; list provided. Limited seats; register today!

Tu · Jan 7–Mar 12 | 9–11:50am | $249 | Main Campus Bldg 10 | Room 223 | Lowdermilk

NEW! Astrology with Mark S. McNutt
Explore the major components of astrology: signs, planets, houses, aspects, major asteroids and chiron, interpretation, and more. In just six sessions, you’ll be able to begin interpreting the charts of others and gain greater personal insight into yourself. Leave with the tools to navigate the complex language of Astrology and the seasons and how it applies to everyday life and future goals. Taught by astrologer Mark S. McNutt. Recommended Text: “Astrology Simplified” ISBN 978171244291 available only through Amazon.com.

W · Jan 29–Mar 4 | 6:30–8:30pm | $99 | Downtown Campus | Room 303 | McNutt, Mark S.

Italic Hand Calligraphy
Learn not only how to write beautiful letters of the Italic hand, but also learn the history development of Western writing and gain a trained eye that will help you learn more on your own. Each week will have an at-home project that will combine lettering and a design technique discussed or demonstrated during class. Supply list provided. No class Jan 20 or Feb 17.

M · Jan 6–Mar 16 | 6:30–8:30pm | $115 | Downtown Campus | Room 320 | Merydith

Digital Photography 1
Introduces students to the concepts and practices of using digital cameras, exposure, lighting, composition, and basic file
management and image processing. Bring your camera and its manual. Includes two Saturday practice labs on Jan 18 and Feb 1. Limited to only 12 students, so register early!

**Th · Jan 9–Feb 6 | 6–8:45pm | $135 | Downtown Campus | Room 331 | Daniels**

### Drawing: Beginning and Continuing

For those new to drawing, as well as those wanting to keep their drawing skills sharp. Includes demonstration, lecture, exercises, and time for in-class drawing. Beginners will learn fundamental techniques and skill development, while continuing students will build speed, improve accuracy, and hone technique.

**Th · Jan 16–Mar 19 | 6–8pm | $132 | Downtown Campus | Room 408 | Zanetta**

### Drawing: Colored Pencil

Continue the exploration of drawing and developing your artist’s eye through lecture, demonstrations, exercises and colored pencil drawing. Recommended: Experience with drawing techniques or completion of Drawing - Beginning and Continuing with Continuing Education.

**W · Jan 15–Mar 18 | 6–8pm | $132 | Downtown Campus | Room 415 | Zanetta**

### NEW! History of Japanese Art

Winter term only. A historical survey of the visual arts of Japan from the prehistoric era to the present day including selected works of pottery, woodblock prints, sculpture, and architecture. Strong reading and writing skills are key to succeeding in this class. Limited seats, so register early!

**Tu · Th · Jan 7–Mar 11 | 10–11:20am | $149 | Main Campus Bldg 11 | Room 121 | Nanneman**

### NEW! History of Middle Eastern and Islamic Art

Winter term only. A historical survey of the visual arts of the Middle East and Islam. Including selected works of Mesopotamia and Persia, metalwork, Islamic ornament and architecture, miniature paintings and calligraphy. Strong reading and writing skills are key to succeeding in this class. Limited seats, register early!

**Tu · Th · Jan 16–Mar 5 | 6–7:30pm | $149 | Canaga Studio | Eugene | Canaga**

### NEW! History of Western Art 2

No prerequisite. A historical survey of the visual arts from the early Christian era through the High Renaissance in Europe including selected works of early religious art and architecture, medieval art and manuscripts, and Renaissance painting. Course may combine in-class activities such as lectures, group work, pottery work, soap carvings, drawings, reconstructions, and field trips. Strong reading and writing skills are key to succeeding in this class. Limited seats, so register early!

**M · W · Jan 6–Mar 11 | 10–11:20am | $149 | Main Campus Bldg 11 | Room 121 | Osterkamp**

### Painting with Oil and Wax with Robert Canaga

Join Artist Robert Canaga and explore methods for painting on canvas using oil- and wax-based paints. Instructor Canaga’s specialty is the use of color, working exclusively with non-toxic materials. Please bring your current painting supplies to the first class, we’ll then create an individualized supply list. View Robert’s work at art.robert-canaga.com. Class is limited to just five people total, so register early!

**Th · Jan 16–Mar 5 | 6–7:30pm | $149 | Canaga Studio | Eugene | Canaga**

### FEATURED CLASS

**ALL-NATURAL PERFUMERY: MAKE YOUR OWN**

Who doesn’t want to smell great? And how cool would it be to create your own bespoke scent utilizing only 100% natural oils? In our new All-Natural Perfumery class, you will learn all about the art of perfumery, and its rich history. Additionally, you will acquaint your sense of smell with over 50 essential oils, gradually narrowing them down to your favorites. In the final class, you will blend your top oils together and create your own perfume. Give a gift to yourself this new year!
Printmaking on Main: Experimental Printmaking
Winter term only. Explore monotype and collage plate printmaking techniques involved in creating original prints and combining processes. We'll go over a variety of techniques and cover the aesthetics and history of printmaking. Design and create your own original editioned prints and learn perceptual skills, compositional development, and basic thematic awareness. Purchase of some materials required; list provided.

**Tu • Th • Jan 7–Mar 12 | 12–2:50pm | $249 | Main Campus Bldg 11 | Room 121 | Lowdermilk**

Watercolor Painting 1
If you’ve ever wanted to watercolor paint, but did not know where to start, join us for this fun, beginning watercolor class for beginners. You will learn painting techniques, color mixing, and composition in this wonderful medium. Class will include demonstrations, time to paint at your own pace, and supportive reviews of your work. Your instructor will email a supply list prior to class start date. Fills quickly!

**Th • Jan 9–Jan 30 | 6–8:30pm | $99 | Downtown Campus | Room 320 | Stocks**

Watercolor: Saturday Splash
This quick, one-day clinic will teach you all the basic techniques you’ll need to successfully begin or revive your watercolor hobby. Master smooth washes and mixing colors while creating two or three simple paintings. The class is small enough to allow individualized instructor guidance, and will include demonstration, in-class painting, and several eye-popping techniques. Instructor Stocks will email a supply list a few days prior to the start of class. Fills quickly—register early!

**Sa • Jan 25 | 9am–3:30pm | $59 | Downtown Campus | Room 320 | Stocks**

**Sa • Feb 8 | 9am–3:30pm | $59 | Downtown Campus | Room 320 | Stocks**

Watercolor Painting 2
Continue to improve your skills while painting seasonal subjects. Additional techniques will be presented where you will see demonstrations, paint at your own pace, and review your work in a supportive group setting. Recommended: Completion of Watercolor 1 or Instructor’s consent. Unsure if you are ready? Call Continuing Education at 541.463.6100 for instructor contact information. No class Nov 28.

**Th • Feb 6–Feb 27 | 6–8:30pm | $89 | Downtown Campus | Room 320 | Stocks**

DANCE AND EXERCISE FITNESS

Argenine Tango
Join a vibrant group of established Eugene tango lovers from all walks of life in this fun, welcoming class. Don’t hesitate because you fear you have two left feet; you will learn to tango as a social dance, not for stage performance. Learn the dance born in the working class of Argentina. No partner necessary; wear soft or leathersoled shoes, or heavy socks.

**Su • Jan 12–Mar 8 | 3–4pm | $95 | Knights of Pythias, 420 W 12th Ave | Eugene | Rizik**

Bachata and Salsa!
Dance your heart out and have some fun with Bachata and Salsa! For both beginners and experienced dancers. Acquire skills in basic footwork, proper frame, body movements and leading and following techniques. You will work with various partners throughout the class to improve your adaptability and enhance your social experience. Please wear comfortable clothes that allow for movement and comfortable shoes.

**Th • Jan 16–Mar 5 | 6–7pm | $89 single, $135 Paired | Downtown Campus | Room 112 | Moses**

Ballet 2
This intermediate level class develops your alignment, coordination and musicality in Ballet technique. Includes center floor phrases, adagios, petit allegros and grande allegros with an emphasis on musicality and line. Students explore alignment, breathing, body awareness and function as it relates to overall health and injury prevention.

**Tu • Th • Jan 7–Mar 12 | 2–3:20pm | $125 | Main Campus Bldg 5 | Room 136 | Moses**
Ballet 3
This intermediate–advanced level Ballet class focuses on technical execution, musicality, and line. Class work builds on your ballet vocabulary through more advanced center floor phrases, adagios, petit allegros and grande allegros. Explore alignment, breathing, body awareness and function as it relates to overall health and injury prevention.

M · W · Jan 6–Mar 11 | 2–3:20pm | $125 | Main Campus Bldg 5 | Room 136 | Moses

Contemporary 2 and 3
Mixed-level intermediate contemporary dance technique. Emphasis on dance phrase work that incorporate three-dimensional use of the spine and torso; joint articulation and mobility; core strength, expressivity and spatial awareness. Focus on personal artistry by developing sophisticated connections in the body and in relation to space.

Tu · Th · Jan 7–Mar 12 | 10–11:20am | $125 | Main Campus Bldg 5 | Room 136 | Instructor TBD

Intro to Israeli-Based Self Defense—Krav Maga
Learn to protect yourself against a stronger, more skilled and even armed opponent. Simple to learn and execute, Krav Maga is based on instinctive responses that allow tactics to be learned and applied in minimal time and to overcome an attack as quickly as possible. This class will help you feel confident in the ability to defend yourself and those you love. Intended as an introductory course. No previous experience required. Beginners encouraged! Registration and information: 541.344.0404.

M · W · Jan 6–Feb 19 | 5:30–6:30pm | $99 | RMA Martial Arts and Fitness | 2709 Willamette St | Snodgrass

Sa · Jan 11–Feb 15 | 9–10am | $79 | RMA Martial Arts and Fitness | 2709 Willamette St | Snodgrass

Introduction to Shaolin Kung Fu
Learn the basic fundamentals of the ancient art of Shaolin Kung Fu: breathing, stretching, stances, forms, application and mental focus. Workouts are dynamic, fun and functional—naturally designed to improve speed, fluidity of movement, flexibility, agility and power. Gain confidence, self-discipline and tools that will last a lifetime. Intended as an introductory course. No previous martial arts experience required! Registration and information: 541.344.0404

M · W · Jan 6–Feb 19 | 6:45–7:45pm | $89 | RMA Martial Arts and Fitness | 2709 Willamette St | Snodgrass
Women's Boxing and Kickboxing for Fitness

Come to one of the BEST total-body workouts available! Exercise to music against a heavy bag, increase cardio, build strength and muscle tone while learning traditional boxing and kickboxing techniques and moves from a variety of martial arts. Work at your own pace. No contact, just fitness, in an encouraging, energetic and fun atmosphere. Intended as an introductory course. Beginners encouraged!

M · W · F · Jan 6–Feb 7 | 9–10am | $89 | RMA Martial Arts and Fitness | 2709 Willamette St | Snodgrass

FEATURED CLASS

SELF-CARE

2020! STRETCH, STRENGTHEN, SOOTHE & REDUCE STRESS

Take some time for yourself this winter in this short four-week class. Focus your attention and intentions by participating in gentle exercises and stretches, as well as techniques to promote relaxation and relief. Tune in to your pain patterns and discover ways you can self-soothe. Put yourself at the center of 2020!

Sa · Jan 11–Mar 14 | 9am–12pm | Downtown Campus | Room 106 | Oregon Drivers Training Institute

Motorcycle and Scooter Classes

Lane Community College motorcycle courses are offered in cooperation with TEAM OREGON, a nationally recognized leader in motorcycle rider safety and skills training. TEAM OREGON offers courses for riders of all levels of ability. You can learn to ride, earn your motorcycle endorsement, or take your skills to the next level. The course instruction and coaching will help you to ride safer, smarter, and more skillfully. Basic and intermediate courses are approved for Oregon’s mandatory training requirements and offer a choice of traditional or online classroom.

Basic Courses | $199
• Choose from Basic Rider Training (BRT) or eRider™ Basic
• 8 hours practice riding + classroom
• Available to all riders 16 and older; mandatory for new riders under 21

Intermediate Courses | $169
• Choose from Intermediate Rider Training (IRT) or eRider™ Intermediate
• 4 hours practice riding + classroom
• Available to all riders 21 and older

Advanced Courses | $99
• Rider Skills Practice (RSP)
• 4.5 hours, no classroom
• Available to riders 16 and older with a motorcycle endorsement
• Other advanced courses are available through TEAM OREGON

Find complete training and licensing information, course schedules, and register online at the TEAM OREGON website team-oregon.org. Registration and information: 800.545.9944
NEW! Nut and Seed "Milks" and "Cheeses"
You can make your own nut or seed milks simply, quickly, and without wasteful packaging or additives and preservatives that commercially available products contain. Plus, making your own is much less expensive! Enjoy this practical class where you will learn how to make seed and nut "milks," “cottage cheese,” and even a gluten free vegan “cream cheese” sauce. Bring three small jars for take home samples. Recipes provided.

W · Feb 5 | 6:30–8:30pm | $35 | Downtown Campus | Room 308 | McNutt, Mary

NEW! Winter Tea Tasting
Enjoy several samples of each type at each class meeting while taking an in-depth look at the six main types of tea. Explore how they are made, where they are grown, and how they are best brewed. We will also discuss tea’s complex history and the impact it has had on world politics, religion, and culture, in addition to its innumerable health benefits. Recommended Text: Tea: History, Terroirs, Varieties ISBN-10: 0228100275. Presented by Angela McDonald, owner of Oregon Tea Traders.

Th · Jan 23–Feb 27 | 6–7:30pm | $99 | Downtown Campus | Room 114 | McDonald

NEW! Vegan Desserts!
A practical class of parfait-style vegan dessert making. No baking required! Designed to inspire your creativity and tantalize your taste buds with vegan, whole food desserts. Recipes provided.

W · Feb 26 | 6:30–8:30pm | $29 | Downtown Campus | Room 308 | McNutt, Mary

NEW! Your Diet, Arthritis and Inflammation
Help ease the symptoms of osteoarthritis, rheumatic arthritis and other forms of inflammation by learning the chemical properties of the food you eat. We will explore the acidity-alkalinity balance of foods and how to help keep calcium in your bones. Explore foods that are of particular benefit for alleviating painful inflammation. We will enjoy healthful, anti-inflammatory tea and snacks while we learn.

W · Mar 11 | 6:30–8:30pm | $15 | Downtown Campus | Room 416 | McNutt, Mary
NEW! Self-Care 2020
Stretch, Strengthen, Soothe and Reduce Stress
Start new habits in the New Year! Join this supportive class and explore stretches, exercises, and practices that can relieve tension and promote strength and flexibility in several parts of the body. We'll focus on hands, arms, shoulders, neck, face, eyes, hips and core. Bring new awareness to posture, breath, ergonomics at home and work, and our own patterns of discomfort or pain. Discuss techniques for incorporating new routines so that they take root in your life. Taught by Christine Tracy, Personal Trainer, Health Coach and Reiki Practitioner at her studio, Formation Self-Care Studio.
Th · Jan 16–Feb 6 | 6:30–8:30pm | $139 | Formation Self-Care Studio, 539 Willamette St | Eugene | Tracy

Zen Meditation and Mindfulness for Health and Well-Being
Improve your overall health and well-being with this eight-week mindfulness course. We’ll be covering simple and effective techniques drawn from the Zen tradition that will support you in dealing with stress/pain, improve concentration skills and present moment awareness, and boost your overall health, energy, and vitality. This course is perfect for anyone interested in an introduction to mindfulness and meditation practice, and/or anyone looking for ways of dealing with stress-related problems, anxiety, fear, depression, pain, difficulty sleeping or chronic-fatigue. To register: contact bluecliffzen@gmail.com or call 541.543.5049.
Th · Jan 16–Mar 5 | 7–8:30pm | $195 | Mudra Yoga, 199 E 5th Ave

Couples Massage Playshop
Treat a friend or Valentine to a delightful afternoon, learning massage techniques to relax the back, shoulders, neck, and head. Explore giving and receiving touch in a safe, comfortable environment. Proper body mechanics are emphasized. For more information, visit www.smithbodymind.com, email beckysmithlmt@gmail.com, or call 541.345.7189. Must register by Jan 17.
Su • Feb 9 | 1–6pm | $105/couple | Downtown Center | Room 230 | Smith

FEATURED CLASS
HISTORY OF ART

Whether you are yearning to broaden your understanding of cultures different from your own or you are a diehard history buff, our new series of art history classes will be right up your alley. Join History of Art faculty members, Ellen Osterkamp and Alexandria Nanneman, for an in-depth look at Japanese, Middle Eastern, and Western art and history this winter term. Classes are interactive and stimulating and may engage you with hands-on or group work in addition to lectures and slide viewing. You will be immersed, guaranteed!

NEW! History of Japanese Art
Winter term only. A historical survey of the visual arts of Japan from the prehistoric era to the present day including selected works of pottery, woodblock prints, sculpture, and architecture. Strong reading and writing skills are key to succeeding in this class. Limited seats, register early!
Tu · Th · Jan 7–Mar 1 | 1–2:20pm | $149 | Main Campus Bldg 11 | Room 121 | Osterkamp

NEW! History of Middle Eastern and Islamic Art
Winter term only. A historical survey of the visual arts of the Middle East and Islam. Including selected works of Mesopotamia and Persia, metalwork, Islamic ornament and architecture, miniature paintings and calligraphy. Strong reading and writing skills are key to succeeding in this class. Limited seats, register early!
Tu · Th · Jan 7–Mar 12 | 10–11:20am | $149 | Main Campus Bldg 11 | Room 121 | Osterkamp
NEW! History of Western Art 2
No prerequisite. A historical survey of the visual arts from the early Christian era through the High Renaissance in Europe including selected works of early religious art and architecture, medieval art and manuscripts, and Renaissance painting. Course may combine in-class activities such as lectures, group work, pottery work, soap carvings, drawings, reconstructions, and field trips. Strong reading and writing skills are key to succeeding in this class. Limited seats, so register early!

M · W · Jan 6–Mar 11 | 10–11:20am | $149 | Main Campus Bldg 11 | Room 121 | Nanneman

American Sign Language Beginning 2
Increase your knowledge of ASL grammar, syntax and culture, and expand your vocabulary. Must have completed ASL I or have vocabulary of 200–300 signs and be able to demonstrate moderate proficiency in performance skills and receptive skills of finger spelling. Bring writing materials. Class workbook reader is yours to keep. Class workbook reader is provided and yours to keep. Bring writing materials to first class. No class Jan 20 or Feb 17.

M · Jan 6–Mar 16 | 6–8:30pm | $149 | Downtown Campus | Room 310 | Sieczkowski

American Sign Language Conversational B
Study the following grammatical elements of American Sign Language: topic/ comment sentence structure, directionality, use of space and negation. Course includes videos, quizzes, and final project. Dictionary recommended but not required. Bring paper and pencil to first class.

American Sign Language Beginning 1
Covers grammar, syntax and cultural information. Includes readings, regular tests and a final project with focus on vocabulary. Class workbook reader is yours to keep. Please bring writing materials to first class. No class Jan 20 or Feb 17.

M · Jan 6–Mar 16 | 6–8:30pm | $149 | Downtown Campus | Room 310 | Sieczkowski

French Conversation and Culture 1
You’ll acquire the building blocks of French conversation in this fun class, including common phrases such as greetings and leave-takings, asking for directions, and telling time. Emphasis is on pronunciation and comprehension. While exploring the language, you’ll get acquainted with French culture. A great class for review, to prepare for a trip, or for speaking with friends and family. Monday section: No class Jan 20 or Feb 17.

Evening: M · Jan 13–Mar 16 | 6–8pm | $149 | Downtown Campus | Room 416 | Herman

Daytime: Tu · Jan 21–Mar 10 | 3–5pm | $149 | Downtown Campus | Room 402 | Herman

French Conversation and Culture 2
Suitable for anyone who has taken French previously or taken French Conversation and Culture 1. Continue your acquisition of the French language and increase your proficiency in speaking, reading, writing and comprehending basic conversational topics such as likes/dislikes, foods, places, asking and giving directions, and more. Immerse yourself in French culture and history. Not sure if you’re ready? Call the office for instructor contact info: 541.463.6100.

Th · Jan 23–Mar 12 | 1:30–3:30pm | $149 | Downtown Campus | Room 104 | Herman
French Conversation Culture, Continuing
Continue developing skills in the French language. Explore more in-depth and longer conversational topics, more complex sentence structures, and additional vocabulary and grammatical structures. Become familiar with additional verb tenses and conjugations, and further develop your listening, speaking, and writing/reading skills. Recommended: Completion of French Convo and Culture 1 or 2, comfort and familiarity with French, or instructor approval. Call 541.463.6100 for Instructor contact information.

M · Jan 6–Mar 16 | 6–8pm | $139 | Downtown Campus | Room 104 | Rice, Andrea

Japanese 2, Beginning
Includes learning past tense verb forms, adjectives and counting as well as continued conversation practice and reading short folk tales. Cultural knowledge examples integrated with classroom activities, such as honorifics, local expressions, and more.

Diem
Medical Spanish Series, ONLINE
Ed2Go. Communicate more effectively with Spanish-speaking patients after taking this discounted series of courses that teach Spanish for medical professionals.

ONLINE · Variable start dates | $199 | Instructor Led | Registration and info: Ed2Go.com/lanecc, search class title.

NEW! Plan Your Trip to Europe
Are you planning a trip to Europe, or curious about what it might be like? Join experienced world traveler and LCC Continuing Ed French Instructor Amey Herman and get unique ideas about what to see and choices you have for lodging. Plan authentic, off-the-beaten-path experiences, as well as popular tourist destinations. Hear tips on dining out or in, how to use public transportation methods or driving rental vehicles, and importantly, what to pack and what to leave behind. Explore your site-seeing options, and make sure you plan the trip you’ve always dreamed about!

Th · Feb 6–Feb 20 | 1–3pm | $49 single, $89 paired | Downtown Campus | Room 107 | Herman

German, Beginning 1
For beginners or those wanting a refresher. Learn useful German phrases and introductory sentence structure. Ask questions, respond in meet and greet situations and social events, order and pay in restaurants, ask for time and directions, and express personal preferences. Includes vocabulary about colors, food items, hobbies, family members, numbers etc., and incorporate German culture and history as well. Taught by a life-long speaker.

Tu · Jan 7–Mar 10 | 6:30–8:30pm | $149 | Downtown Campus | Room 422 | Rice, Alex

German, Continuing
Follows German 3. Taught by a native speaker of German. Continue building complex sentences in various tenses, including future, past and present. Accumulate more vocabulary as well. Recommended: Completion of German Beginning 3 with Continuing Education, at least one year of German language experience, or Instructor approval. Call 541.463.6100 for Instructor contact information.

W · Jan 15–Mar 18 | 6–8:30pm | $159 | Downtown Campus | Room 104 |


Russian, Beginning 1
A course for those with no previous knowledge of the Russian language. Students acquire basic speaking, reading, and writing skills, including the Cyrillic alphabet, while learning about Russian culture. Class activities include interactive exercises, discussion and practice. Principles of grammar and syntax are introduced as students become more comfortable with the spoken language. Required Text: Beginner’s Russian with Interactive Online Workbook.
PERSONAL ENRICHMENT


W · Jan 15–Mar 4 | 6–8pm | $145 | Downtown Campus | Room 409 | Zagoruyko

Russian, Beginning 2
Review and expand basic Russian grammar and vocabulary. Attention to further developing your reading, writing, and conversational skills and a deeper understanding of Russian culture. Short literary and cultural pieces will be used as learning tools. Recommended: Russian I with Lane Continuing Ed, previous Russian language experience, or instructor consent. Text: Beginner’s Russian with Interactive Online Workbook. Kudyma, Miller, Kagan. ISBN-10: 0781812518

Tu · Jan 14–Mar 3 | 6–8pm | $145 | Downtown Campus | Room 416 | Zagoruyko

Spanish Basic Essentials
Designed to get the beginner speaking conversational Spanish quickly, or those with some skills wanting a refresher. Attain practical, everyday Spanish language skills through Blain Ray’s highly successful Teaching Proficiency through Reading and Storytelling (TPRS) method. We’ll focus on commonly used words and phrases and use them in stories, conversations and other activities so that you’ll understand everything being talked about in the language.

Th · Jan 9–Mar 12 | 9–11:30am | $159 | Downtown Campus | Room 408 | Collins

Th · Jan 9–Mar 12 | 6–8:30pm | $159 | Downtown Campus | Room 104 | Collins

Spanish Advanced Essentials
Follows Basic Essentials. Do you feel ready to tackle something beyond beginning Spanish? This course builds upon Spanish Basic Essentials and will focus on the past tense, including preterite, imperfect and present perfect verb tenses. Additionally, expand vocabulary and build speed and confidence. Recommended: Completion of Spanish Basic Essentials or some prior experience with acquisition of Spanish. Not sure if you are ready? Call 541.463.6100 to be connected with the instructor.

Tu · Jan 14–Mar 17 | 6–8:30pm | $165 | Downtown Campus | Room 402 | Collins

MONEY MANAGEMENT

Accounting with Excel Series, ONLINE
Ed2Go. Master the skills and develop the knowledge you need to increase your financial awareness, while building your Excel skills to add time-saving functions to your repertoire. Four, 6-week classes that may be taken individually: Intro to MS Excel 1, Intermediate MS Excel, Accounting Fundamentals, and Accounting Fundamentals 2.

ONLINE · Variable start dates | $199 | Instructor Led | Registration and info: Ed2Go.com/lanecc

NEW! Passport to Retirement
Explore “How-To” strategies for a more comfortable retirement. Get informed about the complexities facing your retirement and gain confidence in your financial decision making. Topics include how to calculate monthly costs of retirement, Medicare planning, and how to choose investments in retirement. We’ll give special focus to taxes, estate planning, and Social Security. Ample time for questions and answers in this two-session seminar. Substantive workbook reader is yours to keep.

Th · Jan 23–Jan 30 | 6–9pm | $59 | Downtown Campus | Room 402 | Coffee and Scott

Speed Spanish Series, ONLINE
Ed2Go. Learn shortcuts to help you engage in conversational Spanish as you build your language skills and develop fluency.

ONLINE · Variable start dates | $299 | Instructor Led | Registration and info: Ed2Go.com/lanecc, search class title.
Personal Finance, ONLINE
Ed2Go. Protect your assets and discover how best to achieve all your financial goals.

Quickbooks for Beginners
Get started with Quickbooks! Over the course of eight weeks, you will acquire the major basic skills needed to begin using Quickbooks for your business or personal needs. Topics will include setting up a company file, using charts of accounts, working with lists, setting up inventories, selling products, invoicing for services, processing payments, working with bank accounts, and tracking and paying bills. A 200+ page workbook guide is yours to keep. Use our computers with Quickbooks 2019 or bring your own device with Quickbooks installed (2016 or newer) to class.

M · Jan 13–Mar 16 | 6–7:30pm | $199 | Downtown Campus | Room 220 | Joslin

Stock Trading Suite, ONLINE
Ed2Go. Learn how to make wise investment decisions and discover valuable techniques that show you step-by-step how to research and value stocks.

M · Jan 7–Mar 10 | 6–6:55pm | $199 | Downtown Campus | Room 220 | Joslin

Group Singing for Fun!
Do you love to sing? And love to sing with others? Whether you have the voice of an angel or can barely carry a tune in a bucket, join this singing group and have some vocal fun! Our group portfolio will include three upbeat seasonal songs, which we will perform in grand style on the 10th and final class. Opportunities for duets and solos for the brave. A casual, fun opportunity for singing with others in our community. No auditions, but first meeting will consist of Instructor Bell listening to you and placing you in the proper vocal range (e.g. soprano, alto, tenor, etc.).

Tu · Jan 14–Mar 17 | 7–8:30pm | $99 | Location TBD | Bell

Guitar: Right-Hand Finger Picking
Explore right-hand finger picking in this unique class. Acquire skills in proper hand position, counting, and open chord progressions. Practice techniques through arpeggio exercises, strum patterns and repetition of alternating fingers. Instructor James Garcia has an extensive background and education in classical guitar. Questions? Call 541.463.6100 for instructor contact info.

Tu · Jan 14–Mar 3 | 6:30–7:30pm | $149 | Downtown Campus | Room 416 | Garcia

Guitar: Beginning Group Lessons
Group guitar lessons are an economical and fun way for beginners to get started on this versatile
instrument. Acquire the foundations of great playing, including posture and hand positioning, tuning, instrument care, strumming, open chords, elementary music theory, and reading tablature. Supportive, fun environment.

Eight sessions. Questions? Call 541.463.6100 for instructor contact info.

**Individual Guitar Lessons: Package of 3 or 6**

Exclusive discount for Lane Continuing Education students! These private lessons can be tailored to any player, whether you are a nervous beginner, a confident long-time player wanting to learn new tricks, or someone just in need of some refresher lessons. Work with expert player James Garcia to establish your short and long-term goals, identify challenge areas, and set a plan that works for you. Upon registration, Instructor Garcia will contact you to arrange your lessons to work with your schedule. Ages 18+ unless cleared with the department and instructor prior to registration. Questions? Call 541.463.6100.

**Days and times determined by instructor and student after registration | $399 | Studios | 1016 Lincoln St | Bell**

**Individual Singing/Voice Lessons: Package of 10**

Exclusive rates for Lane Continuing Education students! Get one-on-one voice training and learn to sing any contemporary style without damaging your voice. Learn and apply techniques that Grammy winners and speech therapists alike use to strengthen and enhance vocal range and technique. In addition to your 10 individual sessions, this package includes audio files of each individual lesson, custom take-home voice exercises, and two group work sessions. Upon registration, Instructor Bell will contact you to arrange your ten weekly 30-minute sessions that fit your schedule. Ages 18+ unless cleared with the department and instructor prior to registration.

**FEEL (SOMETHING WONDERFUL)**

- Self-Care 2020! Stretch, Strengthen, Soothe and Reduce Stress
- Couples Massage Playshop
- Cajun and Zydeco Dance

**SMELL (SOMETHING DELIGHTFUL)**

- All-Natural Perfume: Make Your Own!

**SEE (SOMETHING BEAUTIFUL)**

- Japanese Art History
- Oil & Wax Painting with Robert Canaga
- Watercolor Painting

**TASTE (SOMETHING YUMMY)**

- Winter Tea Tasting
- Vegan Desserts
- Sweets for My Sweetheart

**SENSE (THE UNIVERSE AND BEYOND)**

- Astrology with Mark S. McNutt

**WE’VE GOT A CLASS FOR EVERY SENSE**

The new year is a time to take a look at your life, renew your focus, and make a plan. Are you longing to try something new? Inspire your creativity? Reconnect with your body or stimulate your intellect?

There is perhaps no better time of year to engage yourself in a new activity than now, and luckily, activities are a specialty of ours. In the spirit of the new year, why not take stock of all your senses, and indulge in a class (or two) to stimulate them?

**Pro Songwriting Made Simple**

Popular class with top-rated instructor! Learn what makes a successful song and the techniques the pros are using. Explore developing ideas, lyrics, melodies, background music, overcoming common pitfalls, copyrights and registrations, formats, breaking free from stage fright, expanding your current writing styles, submission basics, and much more. Taught by an award-winning singer/songwriter and professional voice trainer. No class Feb 17.

**M · Jan 27–Feb 24 | 6:30–8:30pm | $135 | Downtown Campus | Room 415 | Bell**
PERFORMING ARTS

Comedy Improv with Leigh Anne Jasheway
Come out and play! Improv is uproariously entertaining, and helps the mind stay sharp and quick. We’ll have laugh-out-loud, silly good fun. Plus, you’ll learn to think on your feet, improve your flexibility, and play well with others through games, exercises, and prompts. Isn’t it more fun to learn while giggling? Facilitated by Leigh Anne Jasheway, Master of Public Health, Mistress of Public Humor.

W · Jan 15–Mar 18 | 6–8pm | $149 | Downtown Campus | Room 421 | Jasheway

Overcoming Performance Anxiety
Highly rated class and instructor! Whether preparing for a presentation, a performance or an audition, this class will teach you proven techniques for overcoming stage fright, getting rid of "tells," relaxing the voice, and sounding and appearing confident. Stand out in the best way possible!

Th · Jan 16–Feb 6 | 6:30–8pm | $65 | Downtown Campus | Room 416 | Bell

PHOTOGRAPHY AND MEDIA ARTS

Adobe LightRoom
Take your photography to the next level! Your instructor will lead you through image processing and file management best practices and help you get the most from your digital photography. Learn to manage your files in LightRoom so they are securely stored and accessible for years to come. Produce beautiful final images to share with the world or to print and hang in your home, all using the powerful features of LightRoom.

Sa · Feb 15–Feb 22 | 10–1pm | $65 | Downtown Campus | Room 220 | Daniels

Digital Photography 1
Introduces students to the concepts and practices of using digital cameras, exposure, lighting, composition, and basic file management and image processing. Bring your camera and its manual. Includes two Saturday practice labs on Jan 18 and Feb 1. Limited to only 12 students, so register early!

Th · Jan 9–Feb 6 | 6–8:45pm | $135 | Downtown Campus | Room 331 | Daniels

NEW! Make Your Own Oral History Video
A legacy video or living history video is an oral and visual account of who you are and where you come from. The intention of these videos is to tell the story of you, through storytelling, sharing of lessons, values or spiritual beliefs. It is a chance to memorialize your stories, thoughts, keepsakes, favorite music, and photographs. Class topics and activities will include viewing and analyzing examples, developing topics and interview questions, refining stories, and how to film subjects.

Tu · Jan 28–Feb 18 | 1–4pm | $75 | Downtown Campus | Room 320 | Safari

Where Have My Photo Files Gone?
Unravel the mystery of what happens to your photos once you’ve downloaded them to your computer. Learn to take control of your photos and to manage and preserve them. Basic understanding required of working with files and folders on a PC or Mac.

Th · Feb 13–Feb 20 | 6–9pm | $65 | Downtown Campus | Room 220 | Daniels

SEWING

Altering Store-Bought Clothing
Lost when it comes to making alterations? Learn about measurements, fitting, hemming, letting out/taking in, and much more in a welcoming environment. Bring those items you’ve been wanting to alter and finally get the perfect fit. Use your own machine or ours! Recommended: Basic sewing skills or completion of Learn to Sew on a Machine with Continuing Education.

W · Jan 8–Feb 5 | 6–8:30pm | $89 | Downtown Campus | Room 320 | Szmit
Learn to Sew on a Machine
Beginner-level class. Get comfortable with a sewing machine by starting with the basics. The first two weeks will cover basic use and care of the machine. The final six weeks you will work on your own independent, instructor-guided project. Classroom machines available to use or bring your own. Limited to only eight people per section and consistently fills—register early!

Tu · Jan 14–Mar 3 | 6–8:30pm | $135
| Downtown Campus | Room 320 | Szmit
F · Jan 17–Mar 6 | 4–6:30pm | $135
| Downtown Campus | Room 320 | Szmit

Serger Basics 2
Expand your Serger experience. Work with knit and woven fabrics, alter T-shirts, sweatshirts and sweatpants. Explore basic and decorative hemming and try finishing edges on any fabric using different stitches. Use our Sergers or bring your own. Recommended: Completion of Serger Basics 1 or instructor permission. Call 541.463.6100 for instructor contact.

W · Feb 12–Mar 11 | 6–8:30pm | $95
| Downtown Campus | Room 320 | Szmit

SPIRITUALITY AND RELIGION

Astrology with Mark S. McNutt
Explore the major components of astrology: signs, planets, houses, aspects, major asteroids and chiron, interpretation, and more. In just six sessions, you’ll be able to begin interpreting the charts of others and gain greater personal insight into yourself. Leave with the tools to navigate the complex language of Astrology and the seasons and how it applies to everyday life and future goals. Taught by astrologer Mark S. McNutt. Recommended Text: “Astrology Simplified,” ISBN 978171244291 available only through Amazon.com.

W · Jan 29–Mar 4 | 6:30–8:30pm | $99
| Downtown Campus | Room 303 | McNutt, Mark S

WELDING

Welding Basics Westside
Intended for those with little or no experience in welding or metal working processes. Emphasis on safety practices and equipment set-up, with individual instruction in varied processes. Please bring welding gloves, pliers, and safety glasses. Individual student projects with instructor approval. Attendance at first class is mandatory. Ages 18+.

Tu · Jan 7–Mar 10 | 6–9pm | $299
| Elmira High School, 24936 Fir Grove Ln | Elmira | Johnson

Welding Practice Lab
For improving your welding techniques. Emphasis on safety practices and equipment set-up, with individual instruction in varied processes. Focus on SMAW (Stick), and MIG processes, with an introduction to TIG welding. Oxy-acetylene and plasma cutting processes used for preparing materials for welding practice. Students to provide gloves, pliers, and safety glasses. First class attendance mandatory. Ages 18+. No Class Nov 27.

W · Jan 8–Mar 11 | 5:30–8:30pm | $249
| Junction City High School | 1135 W 6th Ave | Junction City | King

WOODWORKING AND CONSTRUCTION

Mastering Woodworking
Woodworking and cabinet making are very rewarding hobbies. This class works as a progression of skills and projects. Start at (or near) the beginning, safely learn all the skills and techniques for building basic furniture and cabinetry. Taught by Michael King, a master woodworker and cabinetmaker with 30 years’ experience in design, building and teaching. Take the class multiple times to increase your skills and build more great projects! Limited to 8 students—register today!

W · Jan 8–Mar 11 | 5:30–8:30pm | $249
| Junction City High School | 1135 W 6th Ave | Junction City | King
LEARNING IS BETTER TOGETHER

Look for this icon next to class listings for special Paired Pricing. Imagine taking a class with your bestie, your significant other, or your mom at a savings on average of 20%.

WRITING

Business Writing Certificate, ONLINE
UGotClass. Discover the keys to successful writing for the workplace. Whether you are writing a report, memo, letter or publicity notice, business writing has some defined characteristics for success. Successful communicators in the workplace move forward, others move back. Enhance your career by improving this critical communication skill. Three, 4-week classes that may also be taken individually.

ONLINE · Variable start dates | $495 | Instructor Led | Registration and info: ce.lanecc.edu Go To: >Eug/Spfd>Online Learning>Careers

Grammar Refresher, ONLINE
Ed2Go. Develop your English grammar skills and take your writing and speaking to the next level of excellence in this course. This course explores the eight parts of speech, punctuation and mechanics, and foundational sentence construction. You will learn about phrases, clauses, problem words, common grammar mistakes, and much more through practical, hands-on exercises. You will also learn through short videos, examples, and even fun games.

ONLINE · Variable start dates | $99 | Instructor Led | Registration and info: Ed2Go.com/lanecc, search class title.

Grant Writing Suite, ONLINE
Ed2Go. Learn everything you need to know to start writing grant proposals and consult or volunteer for non-profit, public foundations. Includes three, 6-week classes that may be taken individually for $115 each: A to Z Grant Writing, Advanced Grant Proposals, and Becoming a Grant Writing Consultant.

ONLINE · Variable start dates | $299 | Instructor Led | Registration and info: Ed2Go.com/lanecc, search class title.

Write Your Life as a Comedy
Whatever you may be writing, the ability to amuse yourself and others is a life skill. Learn the tricks of comedy writing, play silly writing games, and make your classmates laugh. Wonderful for writers or anyone who just needs to laugh, or stand-up comics needing material. Opportunities for students to present on stage at the end of the class.

Tu · Jan 14–Mar 3 | 6–8pm | $125 | Downtown Campus | Room 415 | Jasheway

Writing and Editing Value Suite, ONLINE
Ed2Go. Brush up on your grammar, writing, and editing skills with this discounted bundle of online courses!

ONLINE · Variable start dates | $299 | Instructor Led | Registration and info: Ed2Go.com/lanecc, search class title.

FREE!

THE FIRST PRACTICE OF TAI CHI & QI QONG OF THE NEW YEAR
WED, JANUARY 1
11:00am–12:00noon
EWEB Reservoir
25th & Lawrence, Eugene, OR
For more information call Machiko: 541.683.8626

A great way to start the New Year!
Radient Health Yoga®

Instructor Training

200 hours
12 weekends | 2 terms
January – May 2020
$1250 per term

- **Holistic approach** blends the ancient teachings of hatha yoga with current body mind science
- Emphasis on **injury prevention**, safe alignment, and the **health benefits** of yoga practice
- **Therapeutic approach** teaches how to adapt yoga to meet the needs of individuals and groups with a wide range of holistic health goals
- **Acu-Yoga** methods balance chakra and energy meridians
- Use of **Acutronics®** Ohm tuning forks on key acupoints to optimize wellness
- The **Six Neurodevelopmental Patterns of Total Body Connectivity** and trauma sensitive techniques are used to support safe yoga practices and whole brain function
- **Yoga Alliance** approved

Radiant Health Yoga is a “non-denominational” style of hatha yoga that honors all spiritual wisdom traditions. You will learn anatomy, physiology, safe alignment principles, intelligent sequencing and injury prevention skills, acu-yoga, meditation, pranayama, history, philosophy, chakras, and more.

For more information contact:

Joanna Cashman  
radianthealhyoga.com  
360.870.6039

Kathy Calise  
calisek@lanecc.edu  
541.463.6111

Offered through partnership between Lane Community College and Radiant Health Yoga.
YOGA AND TAI CHI

**Back Care Yoga**
Treat yourself to a gentle yoga-based back care practice that releases tension, reduces pain and improves postural alignment. This class is modeled after the back-rehabilitation principles developed by Dr. Mary Pullig-Schatz, MD, and is taught by a medical professional. We emphasize stress reduction and selective stretching and strengthening of the major muscles that act on the spine and pelvis providing an indispensable intervention for chronic back and neck discomfort. This program is conscientiously designed to decompress and hydrate intervertebral discs, take pressure off spinal nerve roots, improve postural alignment, and correct imbalances in muscle length and strength. You will learn self-care practices that release unnecessary tension, stabilize the torso, balance the sacro-iliac joints, and restore comfort to your body-mind. No prior yoga experience needed. All levels welcome. Bring your own yoga mat.

**W · Jan 8–Feb 26 | 12–1pm | $79 | Downtown Campus | Room 112 | Cashman**

**Tai Chi with Machiko for Health and Wellness**
Tai Chi has many benefits: physical strengthening of the body, improved balance and flexibility, lower blood pressure and reduced stress. Tai Chi is not only an exercise program for all ages but also one which encourages mental relaxation and stimulates internal energy. Medical Qigong for warm up and cool down. This class is for all levels. Class location: Mahonia Building, 120 Shelton McMurphy Blvd, Eugene. For Information:

**Sa · Su · Jan 11–Mar 22 | 9am–6:30pm | $1,250 per term | Downtown Campus | Room 107 | Cashman**

**Yoga Instructor Certification**
A two-term course, this Yoga Alliance approved training features Radiant Health Yoga®, a holistic health practice that blends the ancient teachings of hatha yoga with contemporary body-mind science. Your training will catapult you to the next level of professional expertise in the wellness industry and deepen your personal practice. You will be trained to be a versatile highly skilled instructor who emphasizes injury prevention, safe alignment, and the health benefits of yoga practice. This therapeutic approach teaches you how to adapt yoga to meet the needs of individuals and groups with a wide range of holistic health goals. You will learn the kinesiological basis of safe practice for a wide range of people from frail elders to young athletes. Join us and acquire the skills, knowledge and confidence you need to make the transition from yoga practitioner to yoga teacher.

**Tu · Th · Jan 7–Mar 19 | 9:30–10:30am | $179 | Mahonia Bldg | 120 Shelton McMurphy Blvd | Machiko**
SENIORS +55

AARP Driver Safety Program
Learn the latest evidence-based strategies. Refresh your knowledge of the latest rules and road hazards. All licensed drivers welcome. Those 55+ may qualify for insurance discounts. Six hours.
Variable dates, times, locations | $20 non-member, $15 AARP member | Information: 1.888.227.7669 or aarp.org/findacourse

The Advance Directive Gap: Special Instructions for Cognitive Impairment
Do you, your spouse or parents have an Advanced Care Directive? Did you know it only covers certain situations? Have you been putting off completion of a directive because you have questions? In this two-part workshop, we will explore the uses and limits of the standard form and we will consider ethical and quality-of-life issues in cases of cognitive impairment. Each participant will then draft a custom special instruction that reflects his or her own values and wishes for care in situations not covered by the standard form.
W · Feb 5–Feb 12 | 6–8pm | Free | Downtown Campus | Room TBD | Fabiano

Become a Senior Companion!
Are you a people person with time on your hands? Want to earn a bit of extra cash while helping others? The federal Senior Companion Program trains and supports low-income adult volunteers, age 55+ who make weekly visits to frail elders and those with disabilities. Help clients maintain quality of life and earn a small hourly tax-free stipend. You’ll also learn about ElderHelp. Sponsored locally by Lane Community College. To register, contact Campbell Senior Center at 541.682.5318.
F · Jan 17 | 10–11am | Free | Campbell Community Center | 155 High Street | Clairmont
W · Feb 5 | 10–11am | Free | Campbell Community Center | 155 High Street | Eiler-Mough
Th · Mar 19 | 10–11am | Free | Campbell Community Center | 155 High Street | Clairmont

DevNW (formerly NEDCO) Financial Wellness Classes
Enjoy a wide spectrum of personal finance and home ownership classes. The $75 per year cost buys you and your household several different HUD approved classes and other DevNW workshops, and one year of one-on-one counseling with a HUD certified counselor.
Pre-registration is required: DevNW at www.devNW.org, email at hello@devNW.org or by phone at 541.345.7106.

Designing Your Own Forever Garden
Garden without limits! Adaptive gardening and container gardening offer great opportunities to continue to keep on going as we age, or deal with various physical limitations. Learn how to adapt the tools you already have to plant more easily. Garden smarter, not harder!
M · Jan 6–Feb 24 | 10am–12pm | Free | Downtown Campus | Room 105 | Aanestad

MAKE A DIFFERENCE IN YOUR COMMUNITY
BECOME A SENIOR COMPANION
Join our team of Senior Companions in providing support to frail elders and disabled adults in our community. Income-eligible volunteers, aged 55+, receive a stipend of $2.65 an hour, mileage reimbursement and on-going training and support while serving clients 15+ hours a week. Lane Community College has proudly sponsored this program for over 30 years!
To get involved, call 541.463.6260

CONTINUING EDUCATION INFO: CALL 541.463.6100 OR CE.LANECC.EDU
Legal and Financial Planning for Alzheimer’s Disease
The diagnosis of Alzheimer’s makes planning for the future more important than ever. Through this interactive two-part program, you will learn about important legal and financial issues, how to put plans in place, and how to access resources near you. Taught by local Elder Law Attorney, and Senior Financial Advisor. Class is limited to the first 20 registrations.

W · Feb 19–Feb 26 | 1–3pm | Free | Downtown Campus | Room TBD | Gershenzon

Living Well with Chronic Conditions, Pain, Diabetes
Does a health condition, chronic pain, or diabetes affect your daily life? If so, these free, six-week programs may be just for you. Gain skills to help you manage symptoms, sleep, eat, exercise and work well with your health care providers. Co-sponsored by Senior & Disability Services and LCC Continuing Education/Senior Programming. Pre-registration required.

Registration and info: 541.682.4103 or email livingwell@lcog.org | Variable dates, times, and locations | Gilbert

Living with Memory Loss Series
This 10-week educational seminar offers a unique opportunity for persons with a memory loss disease and their care partners to gain valuable education and support. Each session features a local professional offering information about memory loss and the community support services available. In addition, there is ample time for discussion and sharing in a format that allows for care partners and persons with memory loss to experience unique support groups. Registration and info: call Elder-Health & Living, 541.747.1755.

Tu · Jan 7–Mar 10 | 10am–12pm | $100 per family | Good Samaritan Society | 3500 Hilyard St | Eugene | Martin

Ki Development: Kiodasu — Living Energy in Daily Life
Ki (or chi) is “living energy.” Coordinate mind, body and ki to be more positive, more energized, more relaxed in the face of life’s challenges. Practice correct physical posture, ki movements and ki stretches for health and balance; practice take-anywhere mini-meditations to stay positive in the face of any challenge. You’ve heard of other mind-body practices, but if something seems missing, try ki training for practical ways to integrate mind, body, and ki. Kiodasu training evolved from the martial art of kiaikido; it is appropriate for persons of all ages and fitness levels. Wear loose, comfortable clothing. See www.eugene.oks.org for more information, or contact instructor Karen Fabiano (aikiraven@yahoo.com) for details.

Intro Session | Sa · Jan 11 | 9–12:30pm | Free | The Eugene Dojo | 1071 West 7th Ave | Eugene | Fabiano
Session 1 | M · W · Jan 6–13 | 6:30–8pm | Free | The Eugene Dojo | 1071 West 7th Ave | Eugene | Fabiano
Session 2 | Tu · Th · Jan 14–23 | 7–8pm | Free | The Eugene Dojo | 1071 West 7th Ave | Eugene | Fabiano

NEW! Make Your Own Oral History Video
A legacy video or living history video is an oral and visual account of who you are and where you come from. The intention of these videos is to tell the story of you, through storytelling, sharing of lessons, values or spiritual beliefs.

It is a chance to memorialize your stories, thoughts, keepsakes, favorite music, and photographs. Class topics and activities will include viewing and analyzing examples, developing topics and interview questions, refining stories, and learning how to film subjects.

Tu · Jan 28–Feb 18 | 1–4pm | $75 | Downtown Campus | Room 320 | Safarti

NEW! Passport to Retirement
Explore “How-To” strategies for a more comfortable retirement. Get informed about the complexities facing your retirement and gain confidence in your financial decision making. Topics include how to calculate monthly costs of retirement, Medicare planning, and how to choose investments in retirement. We’ll give special focus to taxes, estate planning, and Social Security. Ample time for questions and answers in this two-session seminar. Substantive workbook reader is yours to keep.

Th · Jan 23–Jan 30 | 6–9pm | $59 | Downtown Campus | Room 402 | Coffee
WAKE UP YOUR INNER MOVER & SHAKER
The Lane Small Business Development Center provides support services for small businesses, from start-up to established, and from small to medium sized. Services include: Small Business Management program classes and confidential, no-cost business advising. Whether your business has been in existence for 100 years or is just starting out, we have the resources and expertise to help you find success.

ACCOUNTING AND FINANCIAL

Find the Money to Fund Your Business
Lack of adequate funding is the number one reason small businesses fail. Understand financing options, including bank loans, government guaranteed loans, and state, regional, and local loan programs. Discuss how to select a loan program based on your business type and needs. Learn about the importance of loan terms and how to evaluate whether your business can support timely loan repayment. Learn how to minimize the cost of capital.

W · Jan 8 | 6–8pm | $47 | Downtown Campus | Room 312 | Bullock | CRN 33350

Understanding Your Financial Statements
Whether you choose to hire out or do it yourself, understanding financials is essential. Learn about key documents including balance sheet, income statement and cash flow statement. Understand key financial indicators including gross margin, accounts payable, depreciation, assets and equity. Designed for new or future business owners.

Tu · Feb 18 | 5–7pm | $47 | Downtown Campus | Room 312 | Penegor | CRN 33361

Small Business Tax Tips
Review allowed deductions, understand the business tax structure, what essential records to keep to avoid challenges to tax filings and how to make tax-smart business choices. Content is applicable to Sole Proprietorships, Limited Liability Corporations (LLCs) and Corporations. Ideal for those still considering which business structure to choose.

W · Jan 22 | 6–8pm | $47 | Downtown Campus | Room 312 | Bullock | CRN 33359

BUSINESS STARTUP & LAUNCH PHASE

Choosing the Right Legal Entity for Your Business
What box to check on the Secretary of State’s business registration form may seem inconsequential at first, but the legal structure of a business impacts personal liability, taxes and how a business operates. Not fully understanding the rationale behind the choice of business structure, can lead to costly mistakes. Review different business structure options and next steps to form a business. You should be in the beginning stages of forming a business or be experiencing difficulty with your current structure.

W · Jan 15 | 6–8pm | $47 | Downtown Campus | Room 312 | Bullock | CRN 33341

Going into Business: First Steps
Decide if running a business is right for you. Learn how to evaluate a business idea and understand essential topics, including the importance of market analysis, how to create a business plan to analyze your idea and financial projections. Attendees with business ideas, or in the early stages of planning, are encouraged to register. Pair this (first) with a free advising appointment at the SBDC.

Tu · Jan 7 | 5:30–7:30pm | Free | Downtown Campus | Room 312 | Penegor | CRN 33351

W · Feb 12 | 11am–1pm | Free | Downtown Campus | Room 312 | Penegor | CRN 33352

Th · Feb 20 | 3–5pm | Free | LCC Cottage Grove Learning Center, Cottage Grove | Room 130 | Penegor | CRN 33353

Th · Mar 5 | 3–5pm | Free | Campus | Room 312 | Penegor | CRN 33354
What is the Small Business Development Center?

Small Business Development Centers (SBDCs) were created by the U.S. Congress in 1980. There are over 1,000 SBDCs throughout the United States.

SBDCs are hosted by colleges, universities, and economic development organizations. We are hosted by Lane Community College in Eugene, OR.

What We Do & Who We Are

Free 1-to-1 Business Advising

Highly experienced advisors provide no-cost advising in every area of business including marketing, finance, accounting, starting a business and accessing capital.

Workshops and Training

Our no-cost/low-cost workshops provide excellent training in starting a business, obtaining financing, operations, marketing, management and much more.

Expertise and Accountability

As entrepreneurs and business owners ourselves, we uniquely identify with the challenges our clients face every day. Our job is to help you overcome them.

Call Now!

...to book your free 1-to-1 meeting with an SBDC advisor!

541.463.6200

www.lanesbdc.com

Lane Small Business Development Center
101 W. 10th Ave Ste 304, Eugene, OR 97401
Knowing Your Options: Build, Buy or Franchise
Join us as business and franchise specialists break down the realities and real opportunities in business and franchise ownership. We’ll cover full-time and manager-run business options, pros and cons of business/franchise ownership, why franchise ownership is for your venture, financing strategies for your venture, and how your personality and values uniquely match certain businesses.

B.E.S.T: Build your ideal business model and gain access to a comprehensive report to review insights and application of your unique profile summary.

Tu · Jan 21 | 12–2pm | Free | Downtown Campus | Room 312 | Anderson | CRN 33356

Starting a Food Cart … Do I Really Know What to Do?
Starting a Food Cart is a step-by-step process of understanding not only the business, but government laws, and the daily operations of running and maintaining your food cart. If you are thinking of starting and running a food cart business, you are encouraged to attend this presentation before you invest your time and money.

Tu · Feb 4 | 3–5pm | $47 | Downtown Campus | Room 312 | Wong | CRN 33360

Your Business Plan Accelerator (BPA)
Write your business plan using LivePlan® and present it to your peers. “If you don’t know where you are going, you will end up somewhere else.” Yogi Berra wasn’t talking about business planning, but he could have been. You will put your ideas into words, forecast sales and expenses, identify a target market, and learn to use the plan to manage forward. Meet for five sessions and attend one-on-one advising sessions in alternate weeks. Participants get three months of free LivePlan® business planning software with this class. Great for startups or existing businesses.

W · Jan 8 · Jan 22 · Feb 5 · Feb 19 · Mar 4 | 3–5:30pm | $199 | CRN 33364 | BPA+1 Additional Person: $99 | CRN 33365

Downtown Campus | Room 220 | Wong | Registration and Information: Pre-payment required for LivePlan® access

GROWING YOUR BUSINESS

Advanced Notary Topics Seminar
Gain more advanced notary information from this free notary seminar.

Confronting the Brutal Facts
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Downtown Campus | Room 220 | Wong | Registration and Information: Pre-payment required for LivePlan® access

Confronting the Brutal Facts
Running a business is a huge job. Not only are you responsible for delivering your product or service, but countless other pressures and pitfalls are constantly grasping for your attention. Introducing GrowthWheel®, a revolutionary tool that simplifies business oversight and fosters continuous improvement. You will identify strengths and opportunities, build a

Registration and information: notsem.sos.state.or.us or call 503. 986.2200 for dates and times.

REGISTRATION AT SBDC IS EASY
Register today, as space is limited. Call, email, or go online to register for the classes that you want to take. Pre-register at least two business days in advance. You will be given instructions by email on how to pay your balance. A $10 LCC fee is added to your account once per term.

Contact Us:
541.463.6200 LaneSBDC.com, LaneSBDC@lanecc.edu

SBDC Business Hours:
9am-5pm, Monday-Friday
Lane Community College (LCC) Location: 101 W. 10th Avenue Suite 304, Eugene, OR 97401
MARKETING AND

Which social media channel is going to help your business the most? Social media has changed the business marketing landscape. It has changed how you get, keep and grow customers; how you engage with the outside world; and how you communicate plan of action, and come away with knowledge of a process to help you to foster ongoing growth for years to come.

Th · Jan 16 | 3–6pm | $47 | Downtown Center | Room 316 | Killen | CRN 33343
Th · Feb 13 | 3–6pm | $47 | LCC Florence Learning Center | Room 130 | Killen | CRN 33347
Th · Feb 20 | 3–6pm | $47 | LCC Cottage Grove Learning Center | Room 126 | Killen | CRN 33348

Small Business Management (SBM) Program, Year 1—Foundations
SBM is a unique combination of classroom learning, one-on-one coaching, and networking with one goal: making you and your business more successful. Create solid marketing ideas and a plan of action to improve sales and grow your business. Build knowledge and gain necessary skills to examine and understand business financials. Focus on core operations to create a successful enterprise. (Includes: 15 class sessions and 15-plus hours of coaching through the year.)

Fall 2020 TBD | Registration and information: smithge@lanecc.edu

Best Fit Social Media Strategy
Which social media channel is going to help your business the most? Social media has changed the business marketing landscape. It has changed how you get, keep and grow customers; how you engage with the outside world; and how you communicate the character of your business. Join us as we explore the most common and influential social media channels, learn how to take advantage of them, and develop a "best fit" social media strategy for your business.

Th · Jan 9 | 6–8pm | $47 | LCC Florence Learning Center, Florence | Room 130 | Killen | CRN 33336
Th · Jan 23 | 6–8pm | $47 | LCC Cottage Grove Learning Center, Cottage Grove | Room 126 | Killen | CRN 33337
Th · Feb 6 | 3–5pm | $47 | Downtown Campus | Room 316 | Killen | CRN 33338
Th · Mar 5 | 6–8pm | $47 | Downtown Campus | Room 316 | Killen

Build Your Business Website
Understand how to build a small business website using Wix Websites. Learn the basics of content creation, file formation, search engine optimization to help customers find you and techniques to promote small businesses online. Ideal for business owners with minimal existing investment in a website.

M · Jan 27–Feb 10 | 6:30–8:30pm | $99 | Downtown Campus | Room 430 | Bennett | CRN 33340
Facebook for Business
Being successful on Facebook takes consistency and strategy. This class will give you an overview of using Facebook to promote your small business, as well as an introduction to the ads platform. You will leave class with strategies you can employ right away to increase your business exposure on the platform.

Th · Feb 20 | 6–8pm | $47 | Downtown Campus | Room 316 | Brabham | CRN 33349

Instagram for Business
You will learn to use Instagram stories for a business page, create a marketing game plan, attract the right followers, convert followers into business leads and create ads. Learn about Instagram tools for analytics and how to schedule posts to save time. Ideal for business owners looking to grow their business and convert more customers.

Th · Jan 16 | 6–8pm | $47 | Downtown Campus | Room 312 | Lambrecht | CRN 33355

Advanced Selling on Etsy
Get more out of your Etsy shop. Having a successful Etsy shop requires more than listing great items and waiting for sales. Explore promotional strategies such as renewing, promoted listings, Google Shopping, advertising with social media, customer service, reviews and more. You should have an active Etsy shop.

Th · Feb 13 | 6–8pm | $47 | Downtown Campus | Room 316 | Brabham | CRN 33326

Video Marketing—Essentials
You will learn how to make simple and effective videos without breaking the bank or spending hours at a time. Understand how to target local audiences and create compelling content. You should research businesses similar to your own on YouTube before attending class. Multiple editing programs will be discussed, but iMovie will be the focus.

M · Jan 27-Feb 10 | 6–8pm | $99 | Downtown Campus | Room 312 | Brabham | CRN 33363

We offer access to confidential, no-cost professional business advising for Lane County residents who want to start or grow their business. Our professional business advisors have the knowledge and tools to help emerging and growing businesses.

The “Become a Counseling Client” form will start your advising relationship with the Lane SBDC, where you will find the most up-to-date resources for your business needs. At your first visit, the advisor assigned to you will go over your expectations, collect business data and help you develop your next steps.

Visit LaneSBDC.com/services/business-advising to complete the registration process. Once the form is submitted, you will be contacted by SBDC staff to set up your advising session, or you may call 541.463.6200 to schedule an appointment. Advising is by appointment only. Please call 24 hours prior to your appointment to cancel or reschedule.
AMP UP YOUR AMBITION
No matter what your ambitions may be, you can jump start your future at Lane. Get a degree or certificate and hit the ground working. Wherever your education takes you, Lane Community College will help you get where you want to go.

**ARTS AND COMMUNICATIONS**
- Graphic Design¹
- MIDI and Audio Production¹
- MIDI Production¹
- Multimedia Design², ⁴
- Music Technology & Sound Engineering⁴
- Web Design²

**BUSINESS AND OFFICE PROFESSIONALS**
- Accounting¹
- Business Assistant²
- Business Management⁴

**COMPUTER SCIENCE AND INFORMATION TECHNOLOGY**
- Computer Network Monitoring and Management¹
- Computer Network Operations⁴
- Computer Network Security¹
- Computer Programming⁴
- Computer Simulation & Game Development¹
- Computer Simulation & Game Development: Art Option⁴
- Cybersecurity⁹
- Database Specialist¹
- Front End Web Development¹
- Mobile Application Development¹

**CULINARY, HOSPITALITY AND TOURISM**
- Culinary Arts & Food Service Management¹
- Commercial Baking & Pastry²
- Commercial Cooking²
- Hotel/Restaurant/Tourism Management³
- Meeting, Convention & Special Events Manager¹

**HEALTH, MEDICAL AND FITNESS**
- Basic Health Care¹
- Dental Assisting²
- Dental Hygiene³
- Emergency Medical Technician¹
- Fitness & Lifestyle Specialist²
- Group Exercise Instructor¹
- Health Information Management³, ⁴
- Medical Assistant²
- Medical Coding³
- Nursing³
- Paramedicine⁴
- Physical Therapy Assistant⁴
- Practical Nursing²

**INDUSTRIAL TRADES, TECHNOLOGIES, TRANSPORTATION, APPRENTICESHIP**
- Automotive Technology³, ⁴
- Aviation Maintenance Technician³, ⁴
- Commercial Unmanned Aerial Systems⁴
- Construction Technology², ⁴
- Construction Trades, General Apprenticeship², ⁴
- Diesel Technology³, ⁴
- Drafting³, ⁴
- Electrician Apprenticeship

**SCIENCE, NATURAL RESOURCES, MATH & ENGINEERING**
- Energy Management⁴
- Energy Management Technician: Building Controls Technician Option⁴
- Sustainability Coordinator⁴
- Water Conservation Technician⁴

**SOCIAL SCIENCES, SOCIAL SERVICES AND EDUCATION**
- Criminal Justice⁴
- Early Childhood Education², ⁴
- Early Childhood Teacher Aide¹
- Human Services⁴
- Infant and Toddler¹
- Guidance and Curriculum¹

¹Career pathway certificate ²One-year certificate ³Two-year certificate ⁴Associate of Applied Science degree
CREDIT COURSES

AEROSPACE SCIENCE
AS112 The Air Force Today
AS120 Leadership Laboratory
AS212 The Development of Air Power

ANTHROPOLOGY
ANTH101 Physical Anthropology
ANTH102 World Archaeology
ANTH103 Cultural Anthropology
ANTH232 American Indian Studies

APPRENTICESHIPS
APR101 Trade Skills Fundamentals
APR101A Trade Skills Fundamentals 1
APR105 Electrical Wiring for Trades
APR116 Carpentry Framing Fundamentals
APR119 Carpentry Commercial Plans and Exterior Finish
APR131 Electrical Principles/Residential Wiring
APR134 Electrical Generators, Transformers and Motors
APR140 Electrical Systems Installations Methods
APR141 Limited Voltage Electrical Circuits
APR142 Devices, Testing Equipment and Code
APR143 Limited Voltage Cabling
APR144 Communications
APR161 Plumbing Materials and Fixtures
APR164 Plumbing Basic Installation
APR170 Introduction to Sheet Metal Apprentice
APR191 Electrical Theory
APR202 Carpentry Concrete Practices
APR205 Carpentry Advanced Planning and Management
APR213 HVAC Systems
APR220 Electrical Apprentice Code and Exam Prep
APR225 Electrical Motor Controls
APR226A Electrical Grounding/Bonding and Blueprint Reading
APR240 Audio & Intrusion Systems
APR241 Fire Alarm Systems and Nurse Call
APR241I Industrial Instrument Drawings
APR242 Limited Voltage Systems Integration
APR250 Millwright: Industrial Print Reading,
Schematics and Estimating
APR261 Plumbing Piping Sizing and Systems
APR263 Plumbing Code and Test Preparation
APR291 Programmable Controllers

ART
ART111 Introduction to Visual Arts
ART115 Basic Design: Fundamentals
ART116 Basic Design: Color
ART117 Basic Design: 3-Dimensional
ART118 Artist books and Pop-up
ART119 Typography
ART120 Intermediate Artists Books and Pop Up
ART131 Introduction to Drawing
ART216 Digital Design Tools
ART222 Graphic Design 2
ART225 Digital Illustration
ART228 Graphic Design Production 2
ART231 Drawing: Intermediate
ART237 Illustration 1
ART245 Drawing for Media
ART250 Ceramics: Hand Building
ART251 Ceramics: Wheel Throwing
ART253 Ceramics: Intermediate
## PERSONAL ENRICHMENT
### CREDIT COURSES

CALL 541.463.3000 OR VISIT LANECC.EDU/APPLY

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<td>Photography 1</td>
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<td>ART272</td>
<td>Print: Experimental Processes</td>
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<td>ART275</td>
<td>Screen Printing</td>
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<td>ART276</td>
<td>Sculpture: Introduction</td>
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<td>ART285</td>
<td>Advanced Screen Printing</td>
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<td>Sculpting for Animators</td>
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<td>Sculpture: Figure</td>
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<td>Watercolor: Intermediate</td>
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<td>Independent Study: Artist Books</td>
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### ART HISTORY

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### AVIATION MAINTENANCE

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<td>BI101I</td>
<td>General Biology: Botanical Beginnings</td>
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<td>BI101J</td>
<td>General Biology: Unseen Life on Earth</td>
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<tr>
<td>BI101K</td>
<td>General Biology: Intro to Genetics</td>
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<td>BI102C</td>
<td>General Biology: Marine Biology</td>
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<td>BI102G</td>
<td>General Biology: Genetics &amp; Society</td>
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### BUSINESS TECHNOLOGY

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<td>Business Proof and Editing</td>
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<td>BT223</td>
<td>MS EXCEL for Business-Expert</td>
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<td>BT230</td>
<td>Sustainable Paperless Office Practices using Adobe Acrobat</td>
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<tr>
<td>BT286</td>
<td>Professional Bookkeeping</td>
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### CAREER DEVELOPMENT/HUMAN RELATIONS

<table>
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<tr>
<td>CG100BC</td>
<td>College Success-Back on Course</td>
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<tr>
<td>CG140T</td>
<td>Career and Life Planning: Women in Transition</td>
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<tr>
<td>CG203</td>
<td>Human Relations at Work</td>
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<td>CG213</td>
<td>Improving Parent/Child Relationships</td>
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<td>CG220</td>
<td>Life Transitions: Women in Transition</td>
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### CAREER SKILLS

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<tr>
<td>CSK101</td>
<td>Career Skills Training</td>
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### CHEMISTRY

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<th>Course Code</th>
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<tr>
<td>CH104</td>
<td>Introduction to General Chemistry</td>
</tr>
<tr>
<td>CH106</td>
<td>Introduction to Organic and Biochemistry</td>
</tr>
<tr>
<td>CH112</td>
<td>Chemistry for Health Occupations</td>
</tr>
<tr>
<td>CH221</td>
<td>General Chemistry 1</td>
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<td>CH222</td>
<td>General Chemistry 2</td>
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<td>CH242</td>
<td>Organic Chemistry 2</td>
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<tr>
<td>CH298</td>
<td>Independent Study: Chemistry</td>
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</table>

CALL 541.463.3000 OR VISIT LANECC.EDU/APPLY
CHINUK WAWA
CW102 Chinuk Wawa
CW202 Chinuk Wawa

CINEMA STUDIES
CINE265 Film History 1

COMMUNICATION
COMM100 Basic Communications
COMM105 Listening and Critical Thinking
COMM111 Fundamentals of Public Speaking
COMM112 Persuasive Speech
COMM115 Introduction to Intercultural Communication
COMM218 Interpersonal Communication
COMM220 Communication, Gender & Culture
COMM221 Advanced Public Communication
COMM265 Environmental Communication
COOP206 Co-op Education: Internship Seminar

COMPUTER INFORMATION SYSTEMS
CIS100 Computing Careers Exploration
CIS101 Computer Fundamentals
CIS125D Software Tools 1: Databases
CIS125G Software Tools 1: Game Development
CIS195 Web Authoring 1
CIS225 Computer End-User Support

COMPUTER SCIENCE
CS120 Concepts of Computing: Information Processing
CS133N Beginning Programming: C#
CS161C+ Computer Science 1
CS162C+ Computer Science 2
CS189 Routing and Switching
CS206 Co-op Education: CIT Seminar
CS235IM Introduction to Mobile Application Development: IOS
CS240U Advanced Unix/Linux: Server Management
CS240W Advanced Windows: Server Management
CS246 System Design
CS273 Introduction to Cloud Computing
CS275 Basic Database SQL
CS289 Connecting Networks
CS296N Web Development2: ASP.NET

CONSTRUCTION TECHNOLOGY
CST110 Blueprint Reading 1
CST118B Building Construction B
CST122 Construction Codes
CST201 Sustainable Building Practices
CST211 Blueprint Reading 2
CST298 Independent Study: Construction

CREATIVE WRITING
CRWR242 Creative Writing: Poetry

CRIMINAL JUSTICE
CJA100 Introduction to Criminal Justice
CJA200 Introduction to Criminology
CJA210 Criminal Investigation 1
CJA212 Criminal Justice Documentation & Reporting
CJA214 Introduction to Forensic Science
CJA222 Criminal Law: Procedural Issue

CULINARY ARTS
CA122 Artisan Breads
CA123 International Baking and Pastry
CA130 Oregon Wine Country
CA159 Kitchen Fundamentals
CA162 Cooking Theories 2
CA163B Intermediate Baking & Pastry
CA293 Advanced Cooking Theories 2

DANCE
D152 Dance Basics
D153 Pilates Workout
D160 Dance Composition
D176 Fluid Yoga
D177 Contemporary Dance 1
D178 Contemporary Dance 2
D179 Contemporary Dance 3
D183 Meditation in Motion
D184 Hip Hop 1
D185 Ballet 1
D186 Ballet 2
D187 Ballet 3
D194 Hip Hop 2
D251 Looking at Dance
D261 Dance Rehearsal & Performance
DENTAL ASSISTING
DA108 Dental Health Education 2
DA193 Dental Materials 2
DA194 Dental Office Procedures
DA196 Chairside Procedures 2
DA211 Dental Radiology 2

DENTAL HYGIENE
DH119A Clinical Dental Hygiene 2
DH119B Clinical Dental Hygiene 2-Lab
DH139 Special Needs Patient
and Dental Emergencies
DH221A Clinical Dental Hygiene 5
DH221B Clinical Dental Hygiene 5-Lab
DH229 Oral Pathology for the
Dental Hygienist
DH237 Community Dental Health
DH244A Oral Roentgenology 2
DH244B Oral Roentgenology 2-Lab
DH271 Periodontology 2
DH276 Restorative Dentistry 2
DH298 Independent Study:
Dental Hygiene

DIESEL AND
HEAVY EQUIPMENT
DS154 Heavy Duty Braking Systems
DS257 Diesel Electrical Systems
DS260 Lift Truck/Material Handling Equipment

DRAFTING
DRF121 Mechanical Drafting
DRF160 CAD
DRF207 Drafting: Strength
of Materials
DRF220 Building Information Modeling
DRF236 Machine Elements
DRF298 Independent Study:
Drafting

EARLY CHILDHOOD
EDUCATION
ECE110 Observing Young
Children’s Behavior
ECE150 Creative Act for Children
ECE170 Infants & Toddler
Development
ECE230 Family, School,
Community Relations
ECE240 Supervised Student Teaching

EARTH AND
ENVIRONMENTAL SCIENCES
ENSC181 Terrestrial Environment
ENSC182 Atmospheric Environment and Climate
ENSC183 Aquatic Environment
ENSC298 Independent Study:
Atmosphere Environment
WST230 Watersheds and Hydrology

ECONOMICS
ECON200 Principles of Economics: Intro
ECON201 Principles of Economics: Microeconomics

EDUCATION
ED200 Foundations of Education Seminar
ED269 Inclusion and Special Needs

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WINTER – 2020

EFFECTIVE LEARNING
EL113 Connections: Spec Study Skills
EL115 Effective Learning
EL115R Effective Learning: Reading
EL116 Critical Thinking: Paragraphs
EL117 Critical Thinking for Essays
EL121 Effective Digital Learning

ELECTRONICS
ET130 Electrical Theory 2
ET235 Programmable Controllers 2

EMERGENCY MEDICAL/
PARAMEDIC
EMT151 Emergency Medical Technician Basic 1
EMT152 Emergency Medical Technician Basic 2
EMT169 Emergency Services Rescue
EMT196 Crisis Intervention
EMT272 Paramedic Part 2
EMT273 EMT-Paramedic Clinical Part 2
EMT298 Independent Study: EMT

ENERGY
NRG103 Sustainability in The Built Environment
NRG111 Residential/Light Commercial Energy
NRG112 Commercial Energy Use Analysis
NRG154 Alternative Energy Technologies
NRG181 Direct Digital Controls 1
NRG182 Commercial HVAC Controls
NRG298 Independent Study: Energy Management

ENGINEERING
ENGR101 Engineering Orientation
ENGR102 Engineering Orientation 2
ENGR213 Strength of Materials
ENGR221 Electrical Fundamentals 1
ENGLISH

ENG105 Introduction to Literature: Drama
ENG201 Shakespeare
ENG222 Literature and Gender
ENG243 Native American Autobiography
ENG270 Bob Dylan: American Poet
ENG282 Intro to Comics/Graphic Novels

ETHNIC STUDIES

ES101 Historical Racial and Ethnic Issues
ES102 Contemporary Racial and Ethnic Issues
ES213 Chicano/Latino Studies:

FABRICATION AND WELDING

WLD113 Fabrication/Welding 2
WLD121 Shielded Metal Arc Welding I
WLD122 Shielded Metal Arc Welding 2
WLD139 Welding Lab
WLD140 Welder Qualification: Wire Drive
WLD141 Welder Qualification: SMAW
WLD143 Wire Drive Welding 1
WLD154 Wire Drive Welding 2
WLD159 Wire Drive Welding 3
WLD160 Wire Drive Welding 4
WLD216 Fabrication/Welding 5
WLD242 Gas Tungsten Arc Weld 1
WLD256 Gas Tungsten Arc Weld 2
WLD257 Gas Tungsten Arc Weld 3

FITNESS & LIFESTYLE SPECIALIST

FLS150 Techniques of Group Exercise Leadership
FLS160 Applied Anatomy and Kinesiology

FITNESS & LIFESTYLE

FT256 Flight Instructor-Airplane and Instrument Ground School
FT262 Aviation Law and Regulations

FRENCH

FR101 First Year French
FR102 First Year French
FR202 Second Year French

GENERAL SCIENCE

GS108 Oceanography
GS109 Meteorology

GENERAL WORK EXPERIENCE

GWE180 Co-op Education: General Work Experience

GEOGRAPHY

GEOG141 Natural Environment
GEOG142 Intro to Human Geography

GEOGRAPHIC INFORMATION SCIENCE

GIS245 GIS 1

GEOLOGY

G101 Earth’s Dynamic Interior
G102 Earth’s Dynamic Surface
G146 Rocks and Minerals
G148 Geologic Hazards

FILM ARTS

FA221 Computer Animation
FA250 Concepts of Visual Literacy
FA255 Understand Movies: American Cinema
FA256 Lighting for Photography
FA261 Writing and Interactive Design
FA264 Women Make Movies
<table>
<thead>
<tr>
<th>COURSE CODE</th>
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<tbody>
<tr>
<td>G202</td>
<td>Earth's Surface Systems</td>
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<tr>
<td>G298</td>
<td>Independent Study: Earth Science</td>
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**GRAPHIC DESIGN**

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<td>Introduction to Graphic Design</td>
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**HEALTH EDUCATION**

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<tr>
<td>HE152</td>
<td>Drugs, Society and Behavior</td>
</tr>
<tr>
<td>HE212</td>
<td>Women's Health</td>
</tr>
<tr>
<td>HE252</td>
<td>First Aid</td>
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<td>HE255</td>
<td>Global Health and Sustainability</td>
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<td>HE275</td>
<td>Lifetime Health and Fitness</td>
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**HEALTH OCCUPATIONS**

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<tr>
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<tr>
<td>HO100</td>
<td>Medical Terminology</td>
</tr>
<tr>
<td>HO110</td>
<td>Health Office Procedures</td>
</tr>
<tr>
<td>HO150</td>
<td>Human Body Systems 1</td>
</tr>
<tr>
<td>HO152</td>
<td>Human Body Systems 2</td>
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**HEALTH INFORMATION MANAGEMENT**

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<th>COURSE CODE</th>
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<tbody>
<tr>
<td>HIM101</td>
<td>Introduction to Health Care and Public Health in the US</td>
</tr>
<tr>
<td>HIM114</td>
<td>Introduction to Medical Coding</td>
</tr>
<tr>
<td>HIM153</td>
<td>Intro to Pharmacology</td>
</tr>
<tr>
<td>HIM220</td>
<td>Legal and Ethical Aspects of Healthcare</td>
</tr>
<tr>
<td>HIM222</td>
<td>Reimbursement Methodologies</td>
</tr>
<tr>
<td>HIM230</td>
<td>Quality Improvement in Healthcare</td>
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<tr>
<td>HIM242</td>
<td>Health Information Management Applications 2</td>
</tr>
<tr>
<td>HIM271</td>
<td>ICD-10-PCS Coding</td>
</tr>
<tr>
<td>HIM298</td>
<td>Health Information Management</td>
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<td></td>
<td>Independent Study: Health Information Management</td>
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**HISTORY**

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<tr>
<th>COURSE CODE</th>
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<tbody>
<tr>
<td>HST101</td>
<td>History Western Civilization</td>
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<tr>
<td>HST102</td>
<td>History Western Civilization</td>
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<tr>
<td>HST104</td>
<td>World History</td>
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<td>HST105</td>
<td>World History</td>
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<tr>
<td>HST201</td>
<td>History of United States</td>
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<td>HST202</td>
<td>History of United States</td>
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<td>HST266</td>
<td>US Women's History</td>
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**HUMAN DEVELOPMENT AND FAMILY STUDIES**

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<tbody>
<tr>
<td>HDFS227</td>
<td>Children Under Stress</td>
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<tr>
<td>HDFS228</td>
<td>Young Children with Special Needs</td>
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**HUMAN SERVICES**

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<tr>
<td>HS102</td>
<td>Psychopharmacology</td>
</tr>
<tr>
<td>HS155</td>
<td>Interviewing Theory and Technique</td>
</tr>
<tr>
<td>HS201</td>
<td>Introduction to Human Services</td>
</tr>
<tr>
<td>HS221</td>
<td>Co-occurring Disorders</td>
</tr>
<tr>
<td>HS226</td>
<td>Ethics and Law</td>
</tr>
<tr>
<td>HS265</td>
<td>Casework Interviewing</td>
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<tr>
<td>HS267</td>
<td>Cultural Competence in Human Services</td>
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**HOTEL/RESTAURANT/TOURISM/MANAGEMENT**

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<th>COURSE CODE</th>
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<tbody>
<tr>
<td>HRTM104</td>
<td>Intro to Travel and Tourism</td>
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<tr>
<td>HRTM106</td>
<td>Intro to Hospitality Management</td>
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<td>HRTM140</td>
<td>Hospitality Law and Security</td>
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<tr>
<td>HRTM205</td>
<td>Managing the Restaurant Operation</td>
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<td>HRTM220</td>
<td>Sustainability in the Hospitality Industry</td>
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<tr>
<td>HRTM227</td>
<td>Banquet Operations 2</td>
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<tr>
<td>HRTM231</td>
<td>Hotel Operations 2</td>
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<tr>
<td>HRTM260</td>
<td>Hospitality Human Resources and Supervision</td>
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<td>HRTM265</td>
<td>Hospitality Financials 1</td>
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**JOURNALISM**

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**LEGAL ASSISTANT**

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<td>LA100</td>
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<tr>
<td>LA101</td>
<td>Introduction to Paralegal Studies</td>
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<td>LA102</td>
<td>Legal Terminology</td>
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<td>LA128</td>
<td>Legal Procedures 2</td>
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**LIBRARY INFORMATION RESEARCH**

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<td>LIB127</td>
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**MANUFACTURING**

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<tr>
<td>CNC101</td>
<td>CNC Concepts</td>
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<tr>
<td>CNC102</td>
<td>CNC Setup and Operation</td>
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<tr>
<td>CNC103</td>
<td>CNC Programming</td>
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<td>CNC108</td>
<td>CNC Projects</td>
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<td>CNC201</td>
<td>CNC Mill</td>
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<td>CNC202</td>
<td>CNC Lathe</td>
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<td>CNC208</td>
<td>CNC Advanced Projects</td>
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<td>CNC209</td>
<td>Advanced CNC Concepts</td>
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<tr>
<td>MFG101</td>
<td>Safety and Basic Shop Practice</td>
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<td>MFG102</td>
<td>Shop Measurement and Coordinate System</td>
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### MATH

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<td>AMMP</td>
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<tr>
<td>MTH010</td>
<td>Whole Numbers, Fractions, Decimals</td>
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<tr>
<td>MTH020</td>
<td>Math Renewal</td>
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<tr>
<td>MTH020A</td>
<td>Math Renewal: Online</td>
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<tr>
<td>MTH020B</td>
<td>Math Renewal: Part B</td>
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<tr>
<td>MTH020C</td>
<td>Math Renewal: Part C</td>
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<tr>
<td>MTH020D</td>
<td>Math Renewal: Part D</td>
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<tr>
<td>MTH052</td>
<td>Math for Health and Physical Sciences</td>
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<tr>
<td>MTH060</td>
<td>Beginning Algebra</td>
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<td>MTH060A</td>
<td>Beginning Algebra: Online</td>
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<tr>
<td>MTH060B</td>
<td>Beginning Algebra: Part A</td>
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<tr>
<td>MTH060C</td>
<td>Beginning Algebra: Part B</td>
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<td>MTH060D</td>
<td>Beginning Algebra: Part C</td>
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<tr>
<td>MTH065</td>
<td>Elementary Algebra</td>
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<td>MTH065A</td>
<td>Elementary Algebra: Online</td>
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<td>MTH065B</td>
<td>Elementary Algebra: Part A</td>
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<tr>
<td>MTH065C</td>
<td>Elementary Algebra: Part B</td>
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<td>MTH065D</td>
<td>Elementary Algebra: Part C</td>
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<td>MTH070</td>
<td>Introductory Algebra</td>
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<tr>
<td>MTH075</td>
<td>Applied Algebra for Technicians</td>
</tr>
<tr>
<td>MTH082</td>
<td>Math for Network Operations</td>
</tr>
<tr>
<td>MTH085</td>
<td>Applied Geometry for Technicians</td>
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<td>MTH095</td>
<td>Intermediate Algebra</td>
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<tr>
<td>MTH095A</td>
<td>Intermediate Algebra: Online</td>
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<td>MTH095B</td>
<td>Intermediate Algebra: Part A</td>
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<td>MTH095C</td>
<td>Intermediate Algebra: Part B</td>
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<td>MTH095D</td>
<td>Intermediate Algebra: Part D</td>
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<td>MTH095E</td>
<td>Intermediate Algebra: Part E</td>
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<td>Math Literacy</td>
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<td>MTH098A</td>
<td>Math Literacy: Online</td>
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<tr>
<td>MTH105</td>
<td>Math in Society</td>
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<tr>
<td>MTH105A</td>
<td>Math in Society: Online</td>
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<td>MTH105B</td>
<td>Math in Society: Part A</td>
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<td>MTH106</td>
<td>Math in Society: Part B</td>
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<td>MTH111</td>
<td>College Algebra</td>
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<td>College Algebra: Online</td>
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<tr>
<td>MTH112</td>
<td>Trigonometry</td>
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<td>MTH112A</td>
<td>Trigonometry: Online</td>
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<tr>
<td>MTH212</td>
<td>Fundamentals Elementary Math</td>
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<tr>
<td>MTH231</td>
<td>Discrete Mathematics 1</td>
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<tr>
<td>MTH241</td>
<td>Elementary Calculus 1</td>
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<tr>
<td>MTH242</td>
<td>Elementary Calculus 2</td>
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<tr>
<td>MTH243</td>
<td>Intro Probability and Statistics</td>
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<tr>
<td>MTH251</td>
<td>(Differential Calculus)</td>
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<td>MTH252</td>
<td>Calculus 2</td>
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<tr>
<td>MTH253</td>
<td>Calculus 3 (Infinite Series and Sequences)</td>
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<td>MTH254</td>
<td>Vector Calculus 1</td>
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<tr>
<td>MTH255</td>
<td>Vector Calculus 2</td>
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<tr>
<td>MTH265</td>
<td>Statistics for Scientists and Engineers</td>
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<tr>
<td>MA120</td>
<td>Clinical Assistant 2</td>
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<td>MA150</td>
<td>Laboratory Orientation</td>
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<td>MA206</td>
<td>Co-op Education: Medical Office Assistant Seminar</td>
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<td>MUL105</td>
<td>Digital Photography</td>
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<tr>
<td>MUL212</td>
<td>Digital Imaging</td>
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<tr>
<td>MUL218</td>
<td>Business Practices for Media Arts</td>
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<td>MUL223</td>
<td>Digital Sculpting and Texture</td>
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<td>MUL224</td>
<td>Digital Painting</td>
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<tr>
<td>MUL298A</td>
<td>Independent Study: Multimedia</td>
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PERSONAL ENRICHMENT
CREDIT COURSES

57 WINTER – 2020

MUSIC

MUS101 Music Fundamentals
MUS109 Audio Engineering 2
MUS112 Music Theory 1
MUS115 Sightreading & Ear Training
MUS118 Music Technology
MID/Audio 1
MUS119 Music Technology
MID/Audio 2

MUS128
Keyboard
Skills 1 (2nd Term)
MUS131 Group Piano
MUS134 Group Voice
MUS137 Group Guitar 1
MUS138 Group Guitar 2
MUS202 Intro Music & Its Literature
MUS212 Music Theory 2 (Second Term)
MUS215 Keyboard Skills 2 (Second Term)
MUS225 Sightreading & Ear Training
MUS260 History of Hip-Hop and Rap Music
MUS264 Roots of Rock (Roots-1963)
MUS265 Golden Age of Rock & Roll
MUS268 History of Electronic Music
MUS291 Chamber Choir
MUS293 Jazz Combos
MUS294 Jazz Ensemble
MUS295 Symphonic Band
MUS297 Concert Choir
MUS298 Independent Study: UO Basketball Band

MUSIC PERFORMANCE

MUP100 Individual Lessons: Tuba
MUP100 Individual Lessons: Percussion
MUP100 Individual Lessons: Cello
MUP100 Individual Lessons: Harp
MUP100 Individual Lessons: Composition
MUP100 Individual Lessons: Bassoon
MUP100 Individual Lessons: Guitar
MUP100 Individual Lessons: Electric Bass
MUP100 Individual Lessons: Trombone
MUP100 Individual Lessons: Violin
MUP100 Individual Lessons: String Bass
MUP100 Individual Lessons: Oboe
MUP100 Individual Lessons: Tabla
MUP100 Individual Lessons: French Horn
MUP100 Individual Lessons: Music Technology
MUP100 Individual Lessons: Euphonium
MUP100 Individual Lessons: Drums
MUP100 Individual Lessons: Piano
MUP100 Individual Lessons: Voice
MUP100 Individual Lessons: Trumpet
MUP100 Individual Lessons: Viola
MUP100 Individual Lessons: Flute
MUP100 Individual Lessons: Clarinet

MULTIMEDIA PRODUCTION

MDP246 Multimedia Production 1

MUP100 Individual Lessons: Saxophone
MUP171 Individual Lessons: Piano
MUP174 Individual Lessons: Voice
MUP175 Individual Lessons: Violin
MUP178 Individual Lessons: Bass
MUP182 Individual Lessons: Oboe
MUP183 Individual Lessons: Clarinet
MUP184 Individual Lessons: Saxophone
MUP185 Individual Lessons: Bassoon
MUP186 Individual Lessons: Trumpet
MUP187 Individual Lessons: French Horn
MUP188 Individual Lessons: Trombone
MUP189 Individual Lessons: Euphonium
MUP191 Individual Lessons: Percussion
MUP194 Individual Lessons: Guitar
MUP217 Individual Lessons: Piano
MUP274 Individual Lessons: Voice
MUP275 Individual Lessons: Violin
MUP281 Individual Lessons: Flute
MUP283 Individual Lessons: Clarinet
MUP284 Individual Lessons: Saxophone
MUP286 Individual Lessons: Trumpet
MUP288 Individual Lessons: Trombone
MUP289 Individual Lessons: Euphonium
MUP290 Individual Lessons: Tuba
MUP291 Individual Lessons: Percussion
MUP294 Individual Lessons: Guitar

NURSING

NRS111A Chronic Illness 1
NRS111B Chronic Illness
1-Clinical Lab
NRS222A Acute Care 2
NRS222B Acute Care 2
NRS230 Clinical Pharmacology 1
NRS298 Independent Study: Nursing
PN102 Practical Nursing 2

**NUTRITION**
FN105 Nutrition for Foodservice
FN110 Personal Nutrition
FN130 Family Food and Nutrition
FN190 Sports Nutrition
FN225 Nutrition

**PHILOSOPHY**
PHL201 Ethics
PHL203 Theories of Reality

**PHYSICAL EDUCATION**
PE103 Cardio Kickboxing
PE104 Body Sculpt
PE106 Yogilates
PE107 Zumba Fitness
PE108 Conditioning
PE111 Group Cycling
PE117 Strength Training
PE119 Strength Training for Women
PE122 Badminton
PE133 Meditation
PE134 Tai Chi Chuan
PE136 Yoga
PE138 Ballroom Dancing
PE142 Basketball
PE147 Volleyball

**PHYSICAL THERAPIST ASSISTANT**
PTA103 Introduction to Clinical Practice 2
PTA132 Applied Kinesiology 1
PTA201 Physical Therapy and the Older Adult
PTA205 Physical Therapy Intervention - Complex Medical Dysfunctions

**PHYSICS**
PH102 Fundamentals of Physics
PH202 General Physics
PH211 General Physics with Calculus
PH212 General Physics with Calculus
PH298 Independent Study: Physics

**POLITICAL SCIENCE**
PS201 U.S. Government and Politics
PS202 U.S. Government and Politics
PS203 State and Local Govern.&Politics
PS205 International Relations
PS208 Introduction to Political Theory
PS211 Peace and Conflict: Global

**REGIONAL TECHNICAL & EARLY COLLEGE**
RTEC101 Gateway to College and Careers

**SOCIOLOGY**
SOC204 Introduction to Sociology
SOC205 Social Stratification and Social Systems
SOC206 Institutions & Social Change
SOC210 Marriage, Family and Intimate Relations
SOC211 Social Deviance

**SPANISH**
SPAN101 Spanish First Year
SPAN102 Spanish First Year
SPAN103 Spanish First Year
SPAN202 Second Year Spanish

**STUDENT LEADERSHIP DEVELOPMENT**
SLD112 Chicano/Latino Leadership 2
SLD121 African American Leadership

**THEATRE ARTS**
TA141 Acting 1 (Beginning)
TA142 Acting 2 (Beginning)
TA143 Acting 3 (Beginning)
TA227 Stage Makeup
TA241 Intermediate Acting 1
TA242 Intermediate Acting 2
TA253 Theatre Rehearsal and Performance
TA298 Independent Study: Theatre Arts

**VIDEO PRODUCTION**
VP151 Video Production 1

**READING SKILLS**
RD087 Preparatory Academic Reading
Continuing Education
Continuing Education offers a wide range of classes and workshops covering personal and professional interests at locations throughout the college district. Enrollment in most courses is open to any interested person over 16 years of age.

Instructors have expertise in the subjects they teach. People interested in teaching a Continuing Education course may contact a coordinator at 541.463.6100.

Location: Lane Downtown Campus, 101 W. 10th Avenue, Eugene
Website: lanecc.edu/ce
Phone: 541.463.6100
Fax: 541.463.6136
Office hours: Monday-Thursday, 8am–5pm, Friday 8am–4pm (Hours subject to change)

College Policies and Procedures
For information about Lane’s college policies and procedures, visit lanecc.edu/copps.

Parking
Main Campus
• Parking is permitted in all parking lots on main campus and is prohibited on main access roads at Gonyea Rd. and Eldon Schafer Dr.
• For more information, visit lanecc.edu/copps/documents/vehicle-regulations.

Downtown Campus
• Parking is available at the Broadway Garage, Overpark and Parcade and is free on weekends and after 6 pm Monday-Friday.

• Downtown Campus non-credit students ineligible for a bus pass may obtain parking validations (for the period of their scheduled classes only) from the Continuing Education department. Validations may be used only in the Overpark and Parcade.
• For more information, visit lanecc.edu/facilities/transportation.

Bus Passes for Credit, ABSE and ESL Students
Students taking credit classes at Lane’s Main Campus, Downtown Campus, and Aviation Academy are eligible for the LCC Bus Pass. Photo ID required.

Credit Courses
For information about Credit Courses and Programs, please go to lanecc.edu/schedule/credit-classes.

Accessibility and Accommodations
It is Lane’s goal that learning experiences be as accessible as possible. If you anticipate or experience physical or academic barriers based on disability, please contact the Center for Accessible Resources to discuss potential accommodations or other strategies to assist you in participating fully in these classes or events: 541.463.5150 (voice); 711 (relay); Building 1, Room 218; or email AccessibleResources@lanecc.edu.

Affirmative Action and Equal Opportunity
Lane Community College is committed to providing an atmosphere conducive to learning and free from discrimination, harassment and retaliation. Lane is committed to equal opportunity in education and employment.

It is a policy of the Board of Education and a priority of the Oregon Department of Education that there will be no discrimination or harassment on the grounds of race, color, sex, sexual orientation, marital status, religion, national origin, age, or disability in any educational programs, activities or employment. Inquiries may be directed to the chief human resources officer at: 541.463.5115.

Security and Safety at Lane Community College
The number of crimes reported to Public Safety and local law enforcement in the categories set forth in the Crime Awareness and Clery Act may be found at the Public Safety web site: lanecc.edu/psd/clery-compliance-information.
BUSINESS

Online Certificates

**CERTIFICATE IN 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. Add a whole new skill set to your portfolio, and make a big difference in the success of your organization by acquiring data analysis skills. Three, one-month courses.

- Introduction to Data Analysis ..........4 weeks, $195
- Intermediate Data Analysis..............4 weeks, $195
- Advanced Data Analysis...................4 weeks, $195

**SAVE!** $495 for all 3! ......................... 12 weeks

**DIGITAL MARKETING CERTIFICATE**

Get in on this exciting and growing way to communicate, market and serve your customers and clients. For businesses, nonprofits, government, and other organizations. From Facebook to Twitter, blogging, YouTube, LinkedIn, and more, discover the new principles of communication that apply across all networks and how these specific social networks work and the possibilities for your organization. Three, one-month courses.

- Improving Email Promotions ............4 weeks, $195
- Boosting Your Web Site Traffic..........4 weeks, $195
- Online Advertising..........................4 weeks, $195

**SAVE!** $495 for all 3! ......................... 12 weeks

**CERTIFICATE IN ACCOUNTING**

This certificate explains the financial concepts and accounting processes used in most businesses and provides practical tips for implementation. Get a foundation to understand the seven steps in the accounting cycle and use financial information in decision making. Next, discover how to maximize cash flow, learn the importance of cash and find out your role in cash flow success. Finally, acquire advanced knowledge on the financial information that drives your organization. Three, one-month courses.

- Accounting and Finance for Non-Financial Managers ..........4 weeks, $195
- Cash is King ................................ 4 weeks, $195
- Financial Analysis and Planning for Non-Financial Managers.........4 weeks, $195

**SAVE!** $495 for all 3! ......................... 12 weeks

**CERTIFICATE IN BUSINESS WRITING**

Discover the keys to successful writing for the workplace. Whether you are writing a report, memo, letter or publicity notice, business writing has some defined characteristics for success. Successful communicators in the workplace move forward, others move back. Enhance your career by improving this critical communication skill. Three, one-month courses.

- Effective Copywriting......................4 weeks, $195
- Business Writing..............................4 weeks, $195
- Writing News and Press Releases ..............4 weeks, $195

**SAVE!** $495 for all 3! ......................... 12 weeks

To register for the classes on this page, go to [ce.lanec.edu > Online Learning](ce.lanec.edu)
Online Certificates

- **DIGITAL MARKETING CERTIFICATE**
  
  Get in on this exciting and growing way to communicate, market and serve your customers and clients. For businesses, nonprofits, government, and other organizations. From Facebook to Twitter, blogging, YouTube, LinkedIn, and more, discover the new principles of communication that apply across all networks and how these specific social networks work and the possible uses for your organization. Three, one-month courses.

  - **Introduction to Social Media** .......... 4 weeks, $195
  - **Integrating Social Media in Your Organization** .......... 4 weeks, $195
  - **Marketing Using Social Media** .......... 4 weeks, $195
  
  **SAVE!** $495 for all 3! .......................... 12 weeks

- **CODING CERTIFICATE**

  Coding is becoming one of the most in-demand skills in the workplace today. As a result, coding has become a core skill that bolsters one’s chances for becoming a higher value to organizations. The highest demand is for programming languages with broad applicability. Three, one-month courses. Variable start dates.

  - **Introduction to Coding** .......... 4 weeks, $195
  - **HTML Fundamentals** .......... 4 weeks, $245
  - **CSS Fundamentals** .......... 4 weeks, $245
  
  **SAVE!** $595 for all 3! .......................... 12 weeks

- **CERTIFICATE IN GOOGLE TOOLS**

  Increase your online savvy and ability to position yourself and your organization for greater success. Experience the interaction and big take-aways from studying with top notch professionals. Learn more about Google Analytics, Google apps for business, and Google+. Acquire new tips and techniques. Just one new tip can mean greater productivity, effectiveness and even profitability for your work. Three, one-month courses.

  - **Google +** .......... 4 weeks, $195
  - **Google Analytics** .......... 4 weeks, $195
  - **Google Apps for Business** .......... 4 weeks, $195
  
  **SAVE!** $495 for all 3! .......................... 12 weeks

- **GRAPHIC DESIGN SOFTWARE ESSENTIALS CERTIFICATE**

  The Adobe software tools are the leading software for graphic design. Use Illustrator to draw shapes and design logos, flyers, posters, banners, business cards or any other vector graphics for print or web. InDesign allows you to create simple to complex multi-page documents such as brochures, flyers, books and magazines. Use Adobe Photoshop to effectively work with selection and editing tools, layers, and masks to edit, retouch and enhance existing images or create your own composite digital art work. Access to the Adobe software tools required.

  - **Adobe Illustrator Essentials** .......... 4 weeks, $225
  - **Adobe InDesign Essentials** .......... 4 weeks, $225
  - **Adobe Photoshop Essentials** .......... 4 weeks, $225
  
  **SAVE!** $545 for all 3! .......................... 12 weeks

To register for the classes on this page, go to [ce.lanecc.edu> Online Learning](http://ce.lanecc.edu> Online Learning)
LANE’S CAMPUS TURNS 51 THIS YEAR

THE STRATEGIC PLAN FOR IMPROVING ITS AGING INFRASTRUCTURE

Lane Community College held its first classes at the 30th Avenue campus in September 1968. Much has changed since then, but there’s no doubt that the campus has character.

Nestled in the forested hills of south Eugene, Lane indeed provides a community to many, including first-generation college students looking to gain their 2-year transfer degree, as well as veterans seeking a new degree or skills such as medical or dental training. Health professions, advanced tech and industrial trades help students find high-wage jobs that will benefit the local economy after graduation. It’s all taking place at Lane—an educational home to more than 26,000 students.

But like any well-loved educational facility, Lane’s campus is in dire need of updates in an effort to address long-standing safety, security, seismic, and accessibility concerns. With non-linear career paths and an increased demand for more training in nearly every field, the college must be able to keep up with the needs of its community in Lane County and offer the proper training in a variety of careers. At a basic level, the school requires an up-to-date learning environment for the thousands of students and staff who utilize its facilities every day.

However, adequate funding for public schools in Oregon has been lacking for decades, especially since the passage of Measure 5 in 1990. The measure was meant to curb rising property taxes by introducing limits on the taxes paid by individual property owners, but its passage had a detrimental effect on schools. With the majority of education funding coming from income taxes, which dip with the economy, it made for an unstable model. A long-term disinvestment in public schools has resulted in inadequate funding that leaves schools to decide between paying for educators or capital improvements. For obvious reasons, paying
for educators wins out, therefore making it nearly impossible for public colleges or school districts to make physical improvements or updates on their campuses without the help of bond funds.

SOME OF THE KEY ISSUES

Lane’s campus, albeit beautiful, is aging. The college has undertaken a process to develop a facilities master plan. This is a multi-year effort involving the board and campus community with the goal of strategically planning for the future of building and repairs at Lane. This plan has uncovered some key issues with the campus that need attention. For instance, due to the layout being confusing, it is difficult to navigate, and in some cases, inaccessible to those using a wheelchair or stroller. There are places where students feel unsafe due to a lack of lights or the way buildings are situated, according to a recent survey of students and staff at the school.

Several buildings on campus are more than 50 years old and need updates to meet fire safety codes, such as adequate access to water, updated sprinkler systems, and fire alarms.

Unfortunately, violent acts happen almost daily in the United States and have had devastating effects here in Lane and Douglas counties. Safety measures at Lane need to be updated so the campus is better equipped should the unthinkable happen here. Improvements such as security systems, automatic locking mechanisms, and enhanced communication tools could help protect students and staff from a potential active shooter.

In addition, many of the school’s buildings are not seismically sound. The Willamette Valley and Oregon Coast sit on one of the most dangerous earthquake fault lines in the country. Buildings on the Lane campus need to be retrofitted or reconstructed to ensure that students have a safe place to learn, receive job training, or attend community events, while being able to escape safely in the event of an earthquake.

Improving safety and security infrastructure would be a top priority with any capital investment. Such funding would also allow Lane to make some basic but important large-scale repairs to job training facilities and learning spaces. Some of these improvements include the replacement of leaking roofs, pipes, and siding; replacing heating, ventilation, and air conditioning systems; and the removal of mold and asbestos.

In an effort to better serve student veterans, the college would enhance the Veterans Center to provide improved access and referrals to medical, mental health, and dental care as well as affordable housing. Veterans who are looking to earn another degree or further their training will have better access to do so.

A number of projects are aimed at making the campus more sustainable and climate-friendly, while upgrading classroom equipment and technology is also part of the overall plan.

Funding for public education is scarce these days, and Lane Community College needs the support of the community it serves to adapt its campus to meet the needs of today’s learners. These updates are necessary, not only to make the school safer, more accessible, and technologically up-to-date, but to encourage learning, passion, hard work, and education in Lane County and Oregon.

Lane is considering putting a bond on the 2020 ballot to pay for improvements to the campus. Learn more about the strategic plan and bond at lanecc.edu/bond
CREDIT CLASSES

STEPS TO ENROLL IN CREDIT CLASSES AT LCC:

1. Complete the application at lanecc.edu/apply.
2. Complete the online orientation.
3. Plan your first term.
4. Register for classes.

NONCREDIT CLASSES

CE REGISTRATION:

1. Visit ce.lanecc.edu and click “Eugene & Springfield” on the right of the screen.

2. Find your class, and add it to your cart. Or take a few and add them too!

3. You will be prompted to Sign In or Create an Account. To pay, check out with your debit or credit card.

Please Note: You may also visit the CE Office if you would like to pay with a check or cash. A once per-term fee of $10 is applied at checkout for most classes.

SBDC REGISTRATION:

CONTACT US
541.463.6200
LaneSBDC.com
LaneSBDC@lanecc.edu

SBDC BUSINESS HOURS
9 am 5 pm, Monday – Friday
Lane Community College Location
101 W. 10th Avenue
Eugene, OR 97401

A once per term fee of $10 is applied at checkout for most classes.