LOS ALAMOS COMMUNITY EDUCATION

2019 Spring Classes

Astrophysics

Explore Your Universe: Modern Astrophysics for Everyone

Have you ever looked up at the night sky and wondered what exactly is out there? Do you want to know what a black hole is and if it exists? Have you always been curious about what dark matter and dark energy are, or thought about the possibility of life on other planets? In this class, students will learn about current outstanding questions in astrophysics, through a combination of informal lectures and open-ended discussions. The students' interests govern the topics we cover, and the class welcomes everyone regardless of his/her math and science background - all that is required is a desire to learn more about the universe!
Led by mentors working as astrophysicists at LANL and spanning a wide range of expertise.
Feb 19 to Apr 23 | T | 3:00 – 4:00 PM | Rm 631 | Dr. Nicole Lloyd-Ronning and Mentors from LANL | $45

Health and Wellness

Yoga (Beginning Iyengar) Session 1

Beginning level yoga in the Iyengar style. Suitable for all levels and ages. No previous yoga experience necessary. The class will focus on flexibility, strength, and awareness of the mind, body, breath connection while moving into and out of postures. *Students should wear comfortable clothing and bring a mat and a cotton yoga blanket.*
Jan 17 to Mar 7 | TH | 8:30 – 9:30 AM | Rm 631 | Laurel Conner | $80

Yoga (Beginning Iyengar) Session 2

Beginning level yoga in the Iyengar style. Suitable for all levels and ages. No previous yoga experience necessary. The class will focus on flexibility, strength, and awareness of the mind, body, breath connection while moving into and out of postures. *Students should wear comfortable clothing and bring a mat and a cotton yoga blanket.*
Mar 14 to May 2 | TH | 8:30 – 9:30 AM | Rm 631 | Laurel Conner | $80

Yoga (Intermediate Iyengar) Session 1

Intermediate level yoga in the Iyengar style. Previous yoga is helpful. Students should be in good physical health, but modifications will be made for injury or disability. There will be liberal use of props to help students bring their body into alignment dictated by the poses. All ages welcome. *Students should wear comfortable clothing and bring a mat and a cotton yoga blanket.*
Jan 22 to Mar 12 | T | 8:30 – 9:30 AM | Rm 631 | Laurel Conner | $80

Yoga (Intermediate Iyengar) Session 2

Intermediate level yoga in the Iyengar style. Previous yoga is helpful. Students should be in good physical health, but modifications will be made for injury or disability. There will be liberal use of props to help students bring their body into alignment dictated by the poses. *Students should wear comfortable clothing and bring a mat and a cotton yoga blanket.*
Mar 19 to May 7 | T | 8:30 – 9:45 AM | Rm 631 | Laurel Connor | $80

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Home and Garden / Creative Arts

Water Color Painting
In this 3-session workshop, learn a variety of watercolor painting techniques to add depth to your paintings. We will create paintings containing various plants and flowers.
Mar 26 to Apr 9 | T | 6:00 to 8:00 PM | Susanne Harrison | Rm 517 | $70

Creative Digital Photography
In this course, students will learn the basics of photographic composition and lighting, the fundamentals of a digital camera and the basics of preparing a digital darkroom. A student with little or no background in photography or even a camera may take the course. Basic photographic composition, fundamental tools for image processing, modern lighting techniques, imaging software, basic landscape photography and more will be some of the topics covered.
Feb 26 to Apr 2 | T | 5:30 to 6:30 PM | Rm 638 Mac Lab | Michael Redondo | $65

Instructor Training

Lifeguarding Instructors Course
This course will prepare instructor candidates to teach Lifeguard Training (including First Aid), CPR for the Professional Rescuer, Lifeguard Management, AED Essentials, Oxygen Administration for the Professional Rescuer, Preventing Disease Transmission, Community Water Safety and Basic Water Rescue. The training prepares instructor candidates by developing their understanding of how to use the course materials and methods, how to conduct training sessions and how to evaluate participants' progress. Once you are registered, you will be given a link to the *Deeplink online portion* of the course.
Class times and days TBD | Leanne Sanchez | $325

Water Safety Instructor Course, *2 step registration process.*
This course trains instructor candidates to teach water safety, including basic Water Rescue and Personal Water Safety courses, six levels of learn-to-swim, three levels of preschool aquatics and two levels Parent and Child Aquatics. Participants completing all requirements will receive certification as a Water Safety Instructor. Class meets on the UNM Los Alamos Campus from 8:00 am to 12:00 pm and at the Aquatic Center from 12:30 pm to 5:00 pm. Please contact the instructor for additional information. gruney21@hotmail.com
Students need to purchase the American Red Cross Water Safety Instructor Manual.
Mar 25 – 29 | M – Fri | 8 AM – 4:30 PM | Rm 203 | Leeanne Sanchez | $325

Language

Spanish for Everyday Communication for Beginners and Intermediate
Introduction to Spanish language and culture, with an emphasis on building a solid foundation of grammar and verb use. Students will explore grammar structures, pronunciation, and useful phrases for everyday communication, including those used for traveling or conducting business. Learn to read short paragraphs, pronounce words correctly, interpret and give directions, and describe yourself and your work. *Textbook available from the UNM-LA Bookstore MBS Direct: Las Aventuras de Isabela (Spanish Edition.) ISBN 13: 978-0982468708*
Beginners Course | Mar 26 to May 14 | T | 5 to 7:00 PM | Rm B 11 | Naly Ramirez | $200.00
Intermediate Course | Mar 28 to May 16 | TH | 5 to 7:00 PM | Rm B 11 | Naly Ramirez | $200.00

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TOEFL ® Test Preparation

Come and join us, and improve your English academic skills. This course will provide students with the opportunity to increase their skills and confidence levels as they prepare for the TOEFL ® Test. Content will include instruction and practice in speaking, listening, reading, and writing academic English. The TOEFL ® Test measures a person's academic English proficiency. Many US colleges and universities require a minimum TOEFL score for admission of international students.

Feb 5 to Mar 28 | T and TH | 11:00 to 12:00 PM | Rm B 17 | Natalia Sherman | $200.00

Professional and Personal Development

How to Publish Your Book

Carol MacLeod is an author of over 20 books, many of them self-published. Her writing includes many fiction genres such as romance, science fiction, and fantasy as well as non-fiction articles about writing. She brings nearly forty years of publishing experience to the classroom to share with students.

Mar 19, 26 and Apr 2nd | T | 6:00 to 8:00 PM | RM 220 | Carol MacLeod | $70

The Art of Networking in the Publishing World

Networking is the art of putting yourself and your work out there for the world to see. In writing, like many other creative endeavors, it's all about the skills necessary to bring you and your writing to the world's attention. Many of those same skills can serve an author well when dealing with editors or agents. This class will work on the techniques needed to make this a natural part of your writing life.

Apr 18 and 25 | Th | 5:30 to 7:30 PM | Rm 220 | Carol MacLeod | $55

The Art of the Critique

The first task of any writer, no matter what the genre, is to get the words down. The second is to get as many people as possible to read your work *before* it is published. This is the class where every student brings their work for an honest and constructive feedback session. Each class will build on the next as we go through the steps for what constitutes a great critique.
"Writing is not for the shy or the timid as every author must learn to give as well as receive honest critiques so their work can grow and get better with each revision." ~ Lynn Crain

Feb 19, 26 Mar 5 | T | 5:30 to 7:00 PM | Rm 203 | Carol MacLeod | $65

American Heart Association CPR/ AED / First Aid Certification

In this course you will learn the basics of first aid, the most common life-threatening emergencies, how to recognize them and how to help. Fulfilling the requirements of this class leads to a 2 year certification.

Feb 22 | Fri | 9:00 to 5:00 PM | Rm 631 | Melanie Colgan | $80

Personal Finance and Lifestyle Planning

Understanding your Social Security & Medicare Options

This course will provide a basic understanding of these programs and assist students in maximizing their benefits based on individual needs and desires. This is an interactive class in which questions and participation are encouraged and make the class especially worthwhile.

Feb 9 | Sat | 9:00 to 1:00 PM | Rm 203 | Peter Murphy | $55

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Retirement Income

This course introduces concepts and practices that will help attendees make the most of their retirement assets. Attendees will learn how to size up their current situation and sources of income; explore alternative distribution methods; understand distributive rules; how to develop an investment strategy; and to prepare for the unexpected. The registration fee includes a colorful 20-page workbook including sections to help figure out Net Cash Flow and Net Worth.
Mar 21 | Th | 6:00 to 8:30 PM | Rm 203 | Peter Murphy | $45

Introduction to Project Management

This course introduces and applies the concepts, techniques, and tools of project management, $10 fee, *also offered as 1 cr. hr. BSTC 113*
Jan 17 to Feb 14 | Th | 6 to 8:40 PM | Rm 306 | V. Erhart | $105

Time Management

This course examines methods of managing personal and professional time during the workday.
Also offered as 1 cr.t hr. BSTC 115
Feb 21 to Mar 28 | Th | 6 to 8:40 PM | Rm 627 | V. Erhart | $105

Organizational Skills for the Workplace

This course examines techniques for organizing workplace space and filing systems.
Also offered as 1 cr. hr. BSTC 117
Apr 4 to May 2 | Th | 6 to 8:40 PM | Rm 627 | V. Erhart | $105

Microcomputer Accounting

Learn to use Quickbooks™ to record, classify and report business activities. $30 fee. *Also offered as 3 cr. hr. BSTC 202*
Jan 15 to May 7 | T | 6 to 8:30 PM | Rm 306 | V. Erhart | $295

Yoga Introductory level

A basic level yoga introducing the student to the practice.
Also offered for 1 cr. hr.
Jan 15 to May 7 | T | 5:10 to 6 PM | Rm 631 | H. Hanson | $120