How to Register:  By phone with credit card (803) 938-3793 (Fran Castleberry) or (803)938-3795 Susan Brabham or by mail:  USC Sumter Continuing Education 200 Miller Road Sumter, SC 29150-2498

Personal Enrichment

Art Trip

We will spend the day traveling to Greenville, South Carolina, to see The Old Master Painting Collection at the Museum & Gallery of Bob Jones University that beautifully traces the artistic, cultural, and religious history of Western Europe from the 14th through 19th centuries. We will also see works by recognized artists such as Rubens, van Dyck, Reni, Tintoretto, Le Brun, Cranach, Ribera, and Murillo that are aesthetically exhibited with period furniture, sculpture, and tapestries to lend a period ambience to the galleries and give patrons a panoramic view of ages past. Also showing are the M&G’s baroque paintings that represent one of the most important collections in America. Participants will also visit the Greenville County Museum of Art to view the Andrew Wyeth: The Greenville Collection, which is now the largest and the most complete collection of Wyeth's watercolor paintings owned by any public museum in the world. We will see the new additions in their spring showings and enjoy old favorites.

Date: April 25, 2013
Time: 8:00am – 6:00pm
Cost: $45.00

Locally Owned and Grown

The participants in this class will visit three local farms and a farm store. We will start off the day visiting Old McCaskill’s farm where owner/farmer Kathy McCaskill will show a border collie working the sheep in the field demonstration as well as how sheep, goats, chickens and pigs are raised. Lee McCaskill will give a corn grinding demonstration for making scratch and grits as well as a tour of their store that carries all the meats raised on the farm and wool items made from the wool sheared from the flock and fresh canned goods. Lunch will be served with a meat selection and produce grown and raised on the farm. Wateree prison is next on the tour where we will see how the dairy cows are raised and milked to furnish all of the milk for the entire state’s prison system as well as the grain farm that produces the grain to feed the livestock. The next stop will be Willard’s Farm, for a tour and taste of fresh ice cream and homemade fudge as well as fresh strawberries from their strawberry patch. We will end our tour at Felisha and Mike Dellinger’s Farm store for local produce and a cheese making demonstration.

Date: May 15, 2013
Time: 9:00am - 4:00pm
Cost: $40.00 (includes lunch)
Restaurant Roving
Oh what a day! We will travel to local restaurants, have presentations from each chef, learn about their cooking background and training and sample specialties of their cooking expertise as well as get recipes to try at home. We will have an assortment of dishes and cuisines from each restaurant starting the day with a light breakfast and coffee, then off to lunch, next for salads, appetizers, dinner, and finally dessert. Come and enjoy this gastronomical experience.

Date: April 16, 2013
Time: 9:00am - 4:00pm
Cost: $40.00 (includes great food and fun)

Hand Gun Training
This Basic Pistol course is designed specifically for women to improve their handgun skills as well as confidence in handling a gun. Students will receive 8 hours (1 Day) of training in basic handgun fundamentals, as well as receive an extensive lesson in safety, gun handling, the various types of pistols, the fundamentals of pistol marksmanship, various pistol firing positions, and several practical exercises on the firing range, gun cleaning, and storage. Each student will need to have a handgun for this course.

Date: March 2, 2013
Time: 9:00am - 4:00pm
Cost: $80.00
Location: Business Administration Building, Room 119

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

Date: March 16, 2013
Time: 8:30am - 5:30pm
Cost: $95.00
Location: Business Administration Building, Room 119

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

Date: January 22 – February 19, 2013 (Tuesdays)
Or: April 16, 2012 - May 14, 2013 (Tuesdays)
Time: 6:30pm - 7:30pm
Cost: $50.00
Location: Arts and Letters Building, Banquet Hall

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

Date: February 4, 2013 – March 11, 2013 (Mondays)
Time: 6:00pm - 8:00pm
Cost: $79.00
Location: Arts and Letters Building, Banquet Hall

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

Date: February 7 - 21, 2013 (Thursdays)
Time: 6:00pm - 7:30pm
Cost: $99.00
Location: Arts and Letters Building, Banquet Hall

**Writing Workshop—The Fundamentals**
This course explores the basics of fiction writing: generating ideas, description, characterization, plotting, finding your voice, constructing dialogue, setting, and imagery. Students will practice writing in all areas by impromptu creative writing exercises. Examination of good beginnings, middles, and endings will play a considerable role in the development of writing skills. In addition, students will learn about critiquing the work of others and how to apply this experience to their own writings in revision sessions. Class critiques will be an integral part of the learning environment.
Jewelry Design and Making Level 1
Believe it or not, in just four short weeks you can be designing and making your own jewelry. Come use your creative side making earrings, bracelets and necklaces out of various materials such as beads, rocks, stones, glass, ribbons and wire. This course covers the basics of jewelry formation and design as well as the proper use of tools and findings to create beautiful works of art.

Week 1: This class will cover wire wrapping, tools and findings. Participants will design and create 3 to 4 pairs of earrings.
Week 2: Covering wires, toggles, elastic and memory wire. Participants will make several types of bracelets and a ring.
Week 3: Covering extenders, ribbons and clamping. Participants will make several necklaces.
Week 4: Covering abstract and asymmetrical designs. Participants will make and design their own project to create their wearable art.

Calligraphy for the Beginner
This course covers the foundation in calligraphy and techniques for learning and practicing this beautiful writing style that was popular in the 15th century. Basic tools will be explained as well as step-by-step instructions on the formation of each letter in the alphabet and whole numbers as well as how to join letters to create words and handwritten documents that can be true pieces of art.

Sewing and Pattern Construction 101
In this sewing class, students will learn how to construct a garment/craft or home decor item and design it to their specifications, read and follow a pattern, techniques of how to make alterations to a pattern and custom fit, giving it a more tailored look. Students will also learn how to use a serger and techniques of how to embellish their project giving it a more fashionable look. Participants will need a list of materials and a sewing machine for
each class as well as an understanding of the basic sewing stitches such as the straight stitch and zigzag.

**Date:** February 11, 2013 – March 18, 2013 (Mondays)  
**Time:** 6:00pm - 8:30pm  
**Cost:** $99.00  
**Location:** Arts and Letters Building, Banquet Hall

### Interior Design
Discover the different facets of Interior Design through this 10-week course. Nicole Norris, ASID, an award winning interior designer, will guide you through the process of designing an interior space step-by-step. You will learn the elements and principles of design, color theory, basic space planning, and much more! There will be field trips to explore floor covering and lighting design, as well. The course is perfect for you if you enjoy decorating as a hobby or wish to pursue further studies in the field.

**Date:** January 28, 2013 – April 15, 2012 (Mondays, except for the week of Easter)  
**Time:** 6:30pm - 8:30pm  
**Cost:** $275.00  
**Location:** Anderson Library, Room 255

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

**Date:** April 22, 2013 - May 6, 2013 (Mondays)  
**Time:** 5:30pm - 7:30pm  
**Cost:** $95.00  
**Location:** Business Administration Building, Room 119

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

**Date:** January 30, 2013 - March 6, 2013 (Wednesdays)  
**Time:** 6:00pm - 8:00pm  
**Cost:** $85.00  
**Location:** Anderson Library, Kitchen
**Cake Decorating, Intermediate**
In this more advanced class, participants will learn cake decorating skills such as border combinations, color flow, sugar molding, fondant, and flower formations (two new flowers each week) to create their very own beautiful cake.

Date: April 10, 2013 – May 8, 2013 (Wednesdays)
Time: 6:00pm - 8:00pm
Cost: $85.00
Location: Anderson Library, Kitchen

**Floral Design**
This course covers the fundamentals of flower arranging including the necessary materials, equipment, care, and identification of fresh flowers as well as the principles of design and color for various design styles for fresh arrangements. Bow tying techniques will also be covered to make your packages works of art.

Date: May 2 - 23, 2013 (Thursdays)
Time: 6:00pm - 8:00pm
Cost: $89.00
Location: Arts and Letters Building, Kitchen

**Painting 101, Creating an Abstract Painting**
Themed art classes have become very popular around the country and are sure to be great fun right here in Sumter. The class begins by handing each participant their very own and empty canvas along with step-by-step and layer-by-layer instructions in how to unleash their creativity and ability to create their own beautiful abstract painting and work of art. This art class will teach painting in a fun and integrative way. The entire evening participants will enjoy wine, hors d’oeuvres, learning and being with friends to feed your mind and spirit as well as reward your hard work.

Date: April 24, 2013
Time: 6:00pm – 9:00pm
Cost: $65.00 (includes canvas)
Location: Arts and Letters Building, Room136

**Photography Level 1**
It is amazing, so many features in such a small package. Identify the features of your digital camera and learn how to be a better photographer. This course is designed for the novice point and shoot digital camera user and will cover the basic functions of your digital camera such as image composition and capture, image editing, image printing and archiving. Day 1: Understanding the functions of your camera: In this class, participants will go over the buttons and dials on their camera and the function of each. Please bring the camera manual with you. Day 2: Troubleshooting basic problems associated with your digital pictures. Day 3: Editing programs and photo critique: Bring in images for
Photography Level 2
Participants will travel to different locations, both inside and outside, covering necessary adjustments needed to improve photographs depending on backgrounds and lighting. This class is designed for those who would like to take their basic photography skills to another level and create better snapshots. Students should have a Digital SLR and understand the basics of digital technology. Day 1: Understanding the basics of exposure and f-stops: Following subject matter, ISO1ASA as related to the quality of the digital image, and flash exposure, RAW vs. JPG. Day 2: Participants will go out of the classroom and into the real world of photography (location to be determined). The class will be exploring the use of depth of field, shutter speeds, ISO and white balance. Day 3: Continue on the safari to another location covering photography of people and inanimate objects as well as flash usage. Day 4: Photo Critique: Bring in your images for review and critique as well as to learn how to make improvements. Topics include lighting, composition and exposure.

Date: February 25, 2013 – March 18, 2013 (Mondays)
Time: 6:00pm - 8:00pm
Cost: $95.00
Location: Business Administration Building, Room 119

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

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

Date: May 2, 2013
Time: 6:00pm - 9:00pm
Cost: $99.00 (Includes workbook and 60-minute practice CD)
Location: Nettles Auditorium
Sign Language
This is an introductory class for individuals wanting to learn sign language as well as the
history and culture of the deaf community. With practice, you can learn over 400 signs
and finger spellings. There is a great need for sign language interpreters in hospitals,
schools, law enforcement, and churches. Delve into the silent world of ASL and
experience this complex and elegant language first-hand.

Date: January 28, 2013 - February 20, 2013 (Mondays and Wednesdays)
Time: 6:00pm – 8:00pm
Cost: $125.00
Location: Anderson Library, Bibliographic Instruction Room

Sign Language Level II
This is a continuation of the level one class taking participants signing skills to a higher
level learning more signs and sentence formation using sign language.

Date: February 25, 2013 - March 20, 2013 (Mondays and Wednesdays)
Time: 6:00pm - 8:00pm
Cost: $125.00
Location: Anderson Library, Bibliographic Instruction Room

Sign Language Level III
As requested by previous students in the sign language classes to continue to more
advanced sign communication, USC Sumter is now offering Sign language Level III.
Each class will focus on a significant facet of ASL and allow participants to use the
letters, words and sentences learned in level I and II to expand their signing vocabulary
and signing skills for enhanced sign language skills as an actual language.
Date: April 15, 2013 - May 8, 2013 (Mondays and Wednesdays)
Time: 6:00pm - 8:00pm
Cost: $125.00
Location: Anderson Library, Bibliographic Instruction Room

Zumba
Are you ready to party yourself into shape? That’s exactly what the Zumba® program is
all about. It’s an exhilarating, effective, easy-to-follow, Latin-inspired, calorie-burning
dance fitness that’s moving millions of people toward joy and health. Zumba combines
Latin and International music with a fun and effective workout system. Join the Party.

Date: February 4, 2013 – March 6, 2013 (Mondays and Wednesdays)
Time: 6:00pm - 7:00pm
Cost: $100.00
Location: Arts and Letters Building, Room 116

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

Date: March 11, 2013 – April 10, 2013 (Mondays and Wednesdays)
Time: 6:00pm - 7:00pm
Cost: $100.00
Location: Arts and Letters Building, Room 116

**Agility Training**
Agility is the ability to change the body's position efficiently and requires the integration of isolated movement skills using a combination of balance, coordination, speed, reflexes, strength and endurance. This course will teach techniques, exercises, and training drills designed to maximize our innate movement capabilities and improve the integration of these skills for more effective movement.

Date: April 15, 2013 – May 8, 2013 (Mondays and Wednesdays)
Time: 6:00pm - 7:00pm
Cost: $100.00
Location: Arts and Letters Building, Room 116

**Buying and Selling Through eBay**
Step-by-step instructions and tips for listing and tracking items for auction. Learn the rules and how to avoid common mistakes when buying and selling on eBay. Participants will learn how to research, list, and manage items. They will also learn how to accept payments, follow-up with bidders and auction buyers as well as pack and ship items that are sold. Re-listing items and second-chance offers will also be covered.

Date: March 16, 2013
Time: 9:00am -1:00 pm
Cost: $60.00
Location: Business Administration Building, Room 119

**Business and Professional**

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

Date: March 19, 2013
**Real Estate Licensing**
Required by law for the beginning student, this 60-hour course provides an introduction to real estate and preparation for the South Carolina real estate exam. No experience is necessary. Successful completion of the course enables participants to take the state examination to be a licensed real estate agent. The course cost includes text, license law, and workbook. A calculator is needed.
To obtain a real estate license in South Carolina, the applicant must be 18 years old, agree to submit a satisfactory credit report, have a high school diploma or GED equivalent, proof of completion of 60-hours of pre-license education from an authorized provider, pass the state written exam, submit application for licensure along with appropriate fees, and must be associated with a Broker-in-Charge.

Date: April 1 - 24, 2013 (Monday through Thursday)
Time: 5:45pm - 9:45 pm
Cost: $399.00 includes book
Location: Business Administration Building, Room 112

**Computer Training and Certification Programs**

**Keeping your PC Healthy**
This valuable seminar can help you avoid mistakes that can cause your computer to get viruses or other problems that can result in complete computer crashes. Learn how to clear out unnecessary files, clean your hard drive and protect your computer against viruses and unwanted spam. Participants will also learn how to avoid unwanted pop-ups and the secrets for exploring safe sites on the web.

Date: February 4 -18, 2013 (Mondays)
Time: 6:00pm - 8:00pm
Cost: $65.00
Location: Arts and Letters Building, Room 119

**How to Use Mail Merge**
This class will teach you how to use Mail Merge in simplifying creating repetitive documents and tasks, for example you can send the same letter, addressed by name to all of the contacts in your database. You will learn how to use Mail Merge for creating many documents at once that contain identical formatting, layout, text, graphics, etc., and where only certain portions of each document varies. You’ll learn to use Mail Merge for generating mailing labels, envelopes, address lists, personalized training handouts, etc., as
well as how to generate multiple emails and electronic faxes. Whenever you need to assemble similar data, mail merge is the answer and this class can teach you how.

Date: March 6 -20, 2013 (Wednesdays)
Time: 6:00pm - 8:00pm
Cost: $65.00
Location: Arts and Letters Building, Room 119

Using your PC in Photography
This course is designed to develop a better work flow for your digital photography. Participants will learn how to move your images from your camera to your computer, learn basic retouching/enhancement skills, cropping your images for printing/production and archiving your finished images.

Date: April 22, 2013 – May 1, 2013 (Mondays and Wednesdays)
Time: 6:00pm - 8:00pm
Cost: $65.00
Location: Business Building, Room 119

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

Certification courses:
CompTia A+ ($2000)
CompTia Network+ ($2000)
CompTia Security+ ($2000)
Windows 7 MCTS ($2000)
CCNA ($2,000)

Microsoft Office 2010
Word ($250)
Excel ($250)
Access ($250)
PowerPoint ($250)
Outlook ($195)
QuickBooks 2011 ($295)

Please feel free to call for more information, (803)938-3795.

Test Preparation

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

Date: January 19, 2013 (SAT will be administered January 26, 2013)
Date: March 2, 2013 (for the March 9, 2013 test date)
Time: 10:00am - 4:00pm
Cost: $95.00
Location: Business Administration Building, Room 112

PRAXIS I and II Workshop
This workshop is designed to improve test-taking skills, increase reading speed, enhance reading comprehension, reduce test-taking anxiety, and increase knowledge in the content area. The program assists with PRAXIS I, II, PLT, PPST, C-PPST or Specialty Area Tests.
Guarantee: $140.00 refunded to participants who follow the workshop format and attend all three meetings but do not pass the exams.

Date: February 23, 2013, March 16, 2013, and April 6, 2013, (Saturdays) for the April 13, 2013, test date.
Time: 10:00am - 4:00pm
Cost: $250.00
Location: Business Administration Building, Room 112

Senior Segment

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

Date: April 3, 2013 – May 1, 2013 (Wednesdays)
Time: 4:00pm - 6:00pm
Cost: $65.00
Location: Business Administration Building, Room 119
Culinary and Beverage

Pasta Making
Pasta making is a lot easier than you may think. All you need is the time, good recipes and know-how and you are ready to go. Once you learn the basic techniques, you'll be making lasagna, ravioli and spaghetti before you know it. Hopefully you will be making them often and having fun with it. This class will also include wines that pair well with each pasta dish.

Date: January 28, 2013
Time: 6:00 – 9:00 pm
Cost: $50.00
Location:  Arts and Letters Building, Kitchen

Introduction to Cheese and Cheese Making
Mike Dellinger with The Farm Store along with Earl and Allison Boiler of Middle Sparrow Ranch and Creamery, who are accomplished cheese makers using raw cow’s milk and goat’s milk cheeses, will be teaching this informative course on making different types and styles of soft and hard artesian cheeses. Participants will gain a basic understanding of cheeses, how they are made, and their history as well as have a hands-on cheese making lesson of mozzarella, ricotta and goat cheese using fresh raw milk from local farmers. The course content will also include how to store and present cheeses.

Date: April 20, 2013
Time: 10:00 – 1:00 pm
Cost: $35.00
Location:  Arts and Letters Building, Kitchen

Secrets to Entertaining
In this introductory course, you will learn how to put your cooking and party planning skills to work. Learn how to create enticing menus, cook for small and large crowds, organize your kitchen, manage your time, and the flow for elegant entertaining. The course teaches the cooking, organization, and presentation skills to create fabulous dining experiences. You’ll also receive many unique and tested recipes that you can use to jump-start entertaining.

Date: March 11, 2013
Time: 6:00pm – 9:00pm
Cost: $45.00
Location:  Arts and Letters Building, Kitchen

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

Date: April 8, 2013  
Time: 6:00pm – 9:00pm  
Cost: $45.00  
Location: Arts and Letters Building, Kitchen

**Salads and More Salads**

Nothing beats a great salad. With a bit of advanced prep work, you can stock your refrigerator and pantry with everything you need to throw together a perfect and satisfying salad. With a variety of veggies, crispy toppings and your protein of choice, learn how to chop, accent and dress various greens to create hearty, restaurant worthy salads. **Menu Highlights:** Baby Bok Choy, Napa Cabbage and Romaine Lettuce Salad with a Sesame Ginger Dressing; Southwestern Chopped Salad with Honey Lime Vinaigrette; Mixed Greens with Roasted Beets, Avocado and Blue Cheese tossed with a Garlicky Balsamic Dressing.

Date: April 29, 2013  
Time: 6:00pm - 9:00pm  
Cost: $45.00  
Location: Arts and Letters Building, Kitchen

**Cooking Foods that Help You Lose Weight and Be a Healthier You**

Three factors that increase our chances of developing debilitating diseases are; inflammation, oxidative Stress and the inability to rid your body of toxins properly. What are the causes of health problems that we can do something about? You guessed it, eating healthier food and making healthy lifestyle choices. In this class, Trent Langston, chef and owner of Lilfred’s restaurant, will present recipes and menu selections that are delicious, fulfilling, and low in calories and fat.

Date: May 13, 2013  
Time: 6:00pm - 9:00pm  
Cost: $45.00
USC Sumter Wine Classes Spring 2013

How to Taste Wine to Enhance your Enjoyment of Wine
This class is actually usually offered for wine sales associates to help them gain a better understanding of the wine they will be representing, the outstanding, unique characteristics of the different wine types and especially the appropriate food pairings that bring out those outstanding characteristics. The content has been somewhat redesigned as a USC Sumter wine class offering. Whether you are a novice to enjoying wine or advanced wine enthusiast, you will enjoy this class and learn to enjoy wine even more. The instructor, Craig Locascio is a CWE (Certified Wine Educator) and serves as the Supervising Director, National Education Programs Charmer Sunbelt Group.

Date: January 31, 2013
Time: 6:30pm - 9:00pm
Cost: $55.00
Location: Anderson Library, Conference Room

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

Date: February 21, 2013
Time: 6:30 – 9:00 pm
Cost: $55.00
Location: Anderson Library, Conference Room

Italian Wines
This class is designed to introduce participants to the various grape varieties grown in all three main wine producing areas in Italy as well as a cooking demonstration and tastings of the wines and foods from each region. Participants will gain an in-depth understanding of the style, types, labeling, and regional differences of the wine producing areas in Italy. The instructor, Mr. Richard Fadeley holds the CWS (Certified Specialist of Wine) certificate from the Society of Wine Educators and is also certified by the French Wine Society (as a FWS).
Old World Wines versus New World Wines

The "New World Wines" have taken the wine markets by storm, with Australia actually outselling France and Britain, while the "Old World Wines" (European) continue to be the favorite of most wine geeks. It's up to you to decide which you like better, but there is no doubt that they are different. Enjoy a fun evening of blind tasting and side-by-side comparison of new world vs. old world wines. As usual, appetizers and an interesting meal will accompany the class. The instructor, Craig Locascio is a CWE (Certified Wine Educator) and serves as the Supervising Director, National Education Programs Charmer Sunbelt Group.

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

Bordeaux Intensive
Taste and experience wines from the world’s greatest wine-producing region. With this one-night session, you will become familiar with the terminology, grapes, classifications, and geography of Bordeaux. Participants will taste blind and non-blind a dozen white, red, rosé, sparkling and sweet wines from elegant chateaux along with appropriate food pairings. You will gain a better understanding of one of the most important wine producing regions.
Advanced Wine Class and Potluck Dinner
This class is designed for intermediate and advanced wine enthusiasts, where we will test your palate in blind tastings while also having fun determining the grape varieties, wine types, and regions of various wine producing areas throughout Europe. We will couch this class in an elegant wine dinner in which members can contribute their gastronomical specialties and showcase the utility of wine and food pairings. This course will include a more advanced instructional component covering regional differences and characteristics while comparing both red and white wines from around the world. The instructor, Mr. Richard Fadeley holds the CWS (Certified Specialist of Wine) certificate from the Society of Wine Educators and is certified by the French Wine Society (as a FWS). He is also a columnist on various topics about wine for the Free Times.

Date: May 16, 2013
Time: 6:30 - 9:00 pm
Cost: $35.00
Location: Anderson Library, Conference Room

Picture choices:
#137575850
#83111832
#83111830 cover
#142923204 cover
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#87774734 by cellar tracker course #86523786 or this one if it is not too small
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#87798566 by a wine class or cover
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#142378478 puppy dog obedience or cover

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