Winter/Spring 2013
Course Catalog - Classes Through May

Highlighted Programs:

Medical Billing & Coding
Over 500 Online Classes
iClasses: iPad; iMovie
Becoming a Notary Public

Continuing Education
716.286.8181
www.niagara.edu/ce

Do More At Niagara

Expect the Unexpected

Education That Makes a Difference
Now you’ve done it!

You have picked up one of the most interesting catalogs in the area. As you look through the classes, you have to decide how many classes you want to take. Difficult choices! Picture yourself taking a computer class, online course, learning about finances, or taking ballroom dancing. This catalog has something for everyone.

Classes close out fast... register today 716-286-8181 or www.niagara.edu/ce.

You can also enroll in one of our 30+ undergraduate and graduate degrees, minors and certificates. If you are interested in learning more about day, evening and weekend credit courses, please visit: www.niagara.edu/admissions.

Think MORE!

Use these icons to find NEW and ONLINE courses!

Think MORE! See More Care More Explore More Be More
Laugh More Play More Learn More Grow

Arts & Crafts .................................................. 3
Business & Computers ................................. 5
Emergency Management Services ............. 9
Learning and Leisure ................................. 10
Health & Wellness ....................................... 15
Cooking ....................................................... 18
Online Courses ........................................... 20

Register Today!
Classes Close Out Fast!

This catalog was prepared with the information available at the time of publication. All information, including statements of fees, course offerings, and admission, is subject to change without notice or obligation. Niagara University reserves the right to cancel any course listed in this catalog, and to alter the title, description, times and dates of the same.
Beginning Crochet
It’s a wonderful thing and back in style. A great intro class that allows you to learn and create a legacy with your family. All you need for the first class is a K hook and light colored 4ply yarn which is usually less than $6 at any craft store. Sign up today and bring your friends!

_Instructor Diana Reneau, crochet expert_

_Tue, Apr 2-May 7 (6 sessions) 6-8pm $24 Dunleavy Hall_

Advanced Crochet
You have mastered the basics of crochet... now on to the next step. Learn more complicated stitches and how to read patterns. By the end of this class you will actually be able to create your own garment.

_Instructor: Diana Reneau, crochet expert_

_Wed, Apr 3-May 8 (6 sessions) 6-8pm $24 Dunleavy Hall_

Beginning and Advanced Oil Painting Workshop
Create beautiful works of art in the popular art of oil painting. Designed so you can easily learn the fundamentals and techniques of oil painting, as well as how to use its materials. This step-by-step course provides individual critiques of the students’ oil work. Supplies are available for purchase in the studio. Special skills needed: a willingness to learn and be creative.

_Instructor: Ruth L. Thomas, oil and drawing artist. Choose Tuesday or Wednesday mornings._

_Tue, Mar 5-Apr 23 or Wed, Mar 6-Apr 24 (8 sessions) 10am-12:30pm $89 Niagara Arts & Cultural Center, room 116 1201 Pine Avenue, Niagara Falls_

After Hours Oil Painting
If you are interested in oil painting but have a busy schedule, then this class is for you! An evening class will enable you to relax and unwind while expanding your creativity. Beginning and advanced students will easily learn the fundamentals and techniques of oil painting and how to use the materials. Supplies are available for purchase in the studio.

_Instructor: Ruth L. Thomas, oil and drawing artist._

_Thu, Mar 7-Apr 25 (8 sessions) 7-9:30pm $89 Niagara Arts & Cultural Center, room 116 1201 Pine Avenue, Niagara Falls_

Stained Glass for Beginners
Make beautiful stained glass while learning the lead came and copper foil methods. Develop basic glass-cutting skills, how to solder foil seams, cement stained glass panels, utilize correct safety procedures and tools required. It’s time to stop admiring and start creating!

_Instructor: Robert Muelbauer, craft specialist_

_Sat, Feb 2-Mar 2 (5 sessions) 9-11:30am $195 (includes supplies and safety goggles) Dunleavy Hall_

Intermediate Stained Glass
Master and enhance your glass cutting skills, cementing, and soldering techniques while creating your own masterpiece! Learn methods of constructing glass boxes and lamps.

_Instructor: Robert Muelbauer, craft specialist_

_Section I: Sat, Feb 2-Mar 2 (5 sessions) 12-2:30pm $195 (includes supplies and safety goggles) Dunleavy Hall_

_Section II: Sat, Mar 9-Apr 6 (5 sessions) 9-11:30am $195 (includes supplies and safety goggles) Dunleavy Hall_

**Arts and Crafts**

**Selling Your Art & Crafts at Local Shows**

_Haven’t friends and family told you that you should sell your art or homemade crafts? Are you a little nervous to try? Attend this workshop and learn the basics about selling your art or crafts at local craft shows. You will learn how to fill out applications, basic tax issues, equipment needed, pricing and more. If you have a desire and the creativity that could make you some extra money or possibly start a new profession, then this class is for you._

_Instructor: Shawn Kosmala, artist_

_Thu, Feb 7 7-9pm $14 Dunleavy Hall_
Beginner Chain Maille
Beautiful bracelets and earrings
Picture yourself telling others about the beautiful and simple bracelet and earring set that you made in the old chain maille style. You will learn the box-chain method and we will begin the first class by making a complete set of earrings. Options for colors will include gold and silver plated rings and tools will be provided. Students must bring a flat needle nosed pliers, which have smooth jaws (no ridges), and these can be found at any local craft or hardware store.
Instructor: Marie Erck, artisan
Thu, Jan 24-31
(2 sessions)
6:30-8:30pm
$24 (all materials included)
Dunleavy Hall

Stunning Crocheted Jewelry
Crochet a stunning necklace and bracelet by using 2 different necklace patterns that your friends will ask to borrow over and over. By using crochet thread, size 6 and 8 beads you will have 2 items to wear by the end of the class. Simple requirements include: knowing how to crochet a chain; bringing size 5 and 7 crochet hooks; size 10 or 20 crochet thread of any color; and scissors. Instructor will supply beads and show you a lot of options to go with your thread.
Instructor: Iesa Erck, craft enthusiast
Thu, Jan 24-31
(2 sessions)
6:30-8:30pm
$24
Dunleavy Hall

Daisy Chain Beaded Bracelet
Beads are back! Join a great class which will get you used to working with beads by learning how to make a Daisy Chain bracelet that looks like it came from Tiffany & Co. Please bring scissors and all supplies will be provided. We will be working with small beads and you will be able to choose a variety of colors. Bring reading glasses as needed and enjoy the company of others.
Instructor: Marie Erck, artisan
Thu, Feb 21-28
(2 sessions)
6:30-8:30pm
$24
Dunleavy Hall

Elizabethan Bracelet
Do you want to make something that will WOW your friends? This stunning bracelet will do that by using Swarovski beads and beautiful glass pearls. Please bring scissors and flat needle nosed pliers which have smooth jaws (no ridges). Some basic knowledge of beading is helpful, but not necessary. Bring reading glasses as needed and show off your bracelet to others. Bring a friend and have a great time.
Instructor: Iesa Erck, craft enthusiast
Thu, Feb 21-28
(2 sessions)
6:30-8:30pm
$34
Dunleavy Hall

Peyote Stitch Bracelet
By the end of this exciting class you will know the Peyote stitch and make a colorful bracelet. By using size 6 or 8 seed beads, learn the technique that can be used in all sorts of other projects. Bring your joy and your friends since supplies will be provided. Bring scissors and reading glasses as needed since you will be working with small beads.
Instructor: Marie Erck, artisan
Thu, Mar 14-21
(2 sessions)
6:30-8:30pm
$24
Dunleavy Hall

Helping the Easter Bunny Clay Easter Basket & Eggs
The Easter Bunny needs your help to fill his baskets with eggs. Make a simple Easter basket out of polymer clay and fill it with decorative eggs. Learn how to make simple canes to put on the eggs which creates designs, details and forms patterns. While the eggs are baking, we'll make an origami basket that you'll be able to take home. All supplies will be provided so you just need to sign up today.
Instructor: Iesa Erck, craft enthusiast
Thu, Mar 21
6:30-8:30pm
$24 (includes all supplies)
Dunleavy Hall

Flower Peyote Stitch Bracelet
Continue your Peyote stitching experience with this intermediate class to make a beautiful flower pattern bracelet. Learn how to use Peyote graph paper to make your own special designs and if you have Peyote experience, that would be great because then you can show others! Beads are smaller so bring reading glasses as needed. Students should bring scissors, colored pencils and friends.
Instructor: Marie Erck, artisan
Thu, Apr 11-25
(3 sessions)
6:30-8:30pm
$24
Dunleavy Hall
**Quilting For Beginners**
Quilting is back and you will create a beautiful table runner to cherish forever. You will learn the basics of quilting; fabric quality; rotary cutting; patchwork piecing; binding techniques and so much more. Students should bring flat head pins; scissors; cutting mat; ruler; rotary cutters and 3 coordinated fabrics of ½ yard each. A sewing machine that is easy to carry is optional.

*Instructor: Marilyn Harbison, experienced quilter*

Sat, Feb 2- 23  
(4 sessions)  
9-11am  
$39  
Dunleavy Hall

**Next Level Quilting**
If you have mastered the basics of quilting it is time to take it a step further. Create your own masterpiece by learning paper piecing techniques and the appliqué process. Complete a class project or bring your own project to work on and learn additional techniques. Students should bring flat head pins; scissors; cutting mat; ruler; rotary cutters and 4 coordinated fabrics of ¼ yard each. A sewing machine that is easy to carry is optional.

*Instructor: Marilyn Harbison, experienced quilter*

Sat, Mar 2-23  
(4 sessions)  
9-11am  
$39  
Dunleavy Hall

**Introduction to SQL**
Learn the key concepts of Structured Query Language (SQL) and gain a solid working knowledge of this powerful and universal database programming language. You’ll learn the basic structure of relational databases, how to read and write simple and complex SQL statements, and advanced data manipulation techniques.

*Open 24/7 and course is 6 weeks*  
*Session Start Dates: Jan 16; Feb 20; Mar 20; Apr 17; May 15*  
*Fee: $125*  
*Online at www.ed2go.com/niagara*

**Intermediate Microsoft Excel 2010**
Take your Excel skills to the next level! In these hands-on lessons, you’ll master charting, PivotTables, Slicers, Sparklines, and other advanced features of Microsoft Excel 2010. You’ll learn how to harness the power of Excel’s data analysis and filtering tools and see how easy it is to create macros that eliminate repetitive tasks. You’ll also set yourself apart from the casual Excel user by adding VLOOKUP, INDEX & MATCH, and Excel’s other time-saving functions to your repertoire. So get ready for six fun, action-packed weeks that will make you an Excel expert!

*Open 24/7 and course is 6 weeks*  
*Session Start Dates: Jan 16; Feb 20; Mar 20; Apr 17; May 15*  
*Fee: $125*  
*Online at www.ed2go.com/niagara*

**Introduction to QuickBooks 2012**
Learn how QuickBooks accounting software makes it easy to set up a chart of accounts; reconcile your checking account; create and print invoices, receipts, and statements; track your payables, inventory, and receivables; create estimates; and generate reports.

*Open 24/7 and course is 6 weeks*  
*Session Start Dates: Jan 16; Feb 20; Mar 20; Apr 17; May 15*  
*Fee: $125*  
*Online at www.ed2go.com/niagara*

**Paralegal Certificate Course**  
*Workforce Investment Approved*
This intensive, nationally acclaimed program is designed for beginning as well as advanced legal workers. Students will be trained to interview witnesses, investigate complex fact patterns, research the law, and assist in preparing cases for courtroom litigation. The practice-oriented instruction relates to the areas of law in which paralegals are most in demand. Students will be expected to complete a significant amount of homework for each session. This program will help students improve their office’s efficiency, productivity, and billable hours, as well as learn new marketable job skills. Successful graduates will be awarded a Certificate of completion from Niagara University. To receive a Certificate, students must pass six quizzes and successfully complete five legal document-writing assignments.

*Tue, Thu, Sat  
Mar 12-Apr 27 (excl 3/26,3/28 & 3/30)  
Tue & Thu 6-9:30pm, Sat 9am-5pm  
$1189 (does not include books)  
Dunleavy Hall  
Books: Must be ordered through the Center for Legal Studies at 1-800-522-7737*

**Computers for Absolute Beginners**
Take the mystery out of computers and feel comfortable using one. This hands-on class lets you sit in front of a computer and learn about hardware, software, memory, and basic Windows operations. Don’t let the computer world “surf” by you. Sign up today!

*Instructor: Chester Barosky, technology trainer.*

Sat, Feb 16-Mar 2  
(3 sessions)  
10am-noon  
$59
A to Z Grant Writing
A to Z Grant Writing is an invigorating and informative course that will equip you with the skills and tools you need to enter the exciting field of grant writing! You’ll learn how to raise needed funds by discovering how and where to look for potential funders who are a good match for your organization. You’ll also learn how to network and develop true partnerships with a variety of funders, how to organize a successful grant-writing campaign, and how to put together a complete proposal package.
Open 24/7 and course is 6 weeks
Session Start Dates: Jan 16; Feb 20; Mar 20; Apr 17; May 15
Fee: $125
Online at www.ed2go.com/niagara

Excel I: Tips, Tricks and Basics
Learn shortcuts and tricks for setting up fully formatted worksheets with ease. Discover secrets behind writing powerful formulas, using functions, and analyzing data. Create custom charts, and custom toolbar buttons. Topics will be addressed according to student interest and ability.
Sat, Feb 16
9am-noon
$49

Excel II: Advanced
Get more tips, tricks and learn what else you can do in this advanced class. Review calculations and built-in functions, and then learn to create more complex formulas. Link data between spreadsheets, pivot tables or charts and properly print advanced spreadsheets. Excel I is not required, but all students should have basic Excel knowledge.
Sat, Feb 23
9am-noon
$49

PowerPoint: Presenting the Best
Create powerful presentations and slide shows to enhance your marketing and sales efforts. Learn how to develop an outline and pick a look for your slide show. Add or rearrange your slides; format text; preview, run, and print your handouts for your best presentation. Everyone needs to know this program!
Sat, Mar 2
9am-noon
$49

NYS Notary Public Preparation Class
Get prepared for the NYS Notary Public examination using actual case studies and materials that will familiarize you with notarial documents and test-taking skills. Enhance your resume and productivity for your business or employer as a Notary Public.
Instructor: Cynthia Coney-Trowman.
Sat, Mar 9
9am-noon
$39
Dunleavy Hall

GIS (Geographic Information Systems)
We would like to offer a GIS class this summer. Are you interested?
If so, send us an email at ce@niagara.edu or call us at 286-8181

Learn More.

Microsoft Office Certificate
Take all 5 classes or sign up for the class you need. Advance your career and use all the knowledge you gain in these classes to utilize your computer to its fullest. Learn all the latest tips and tricks and get all your questions answered. Register for all five classes for only $220 and save money (a $25 savings!)
Instructor: Gordon Slipko Jr., computer expert.
Sat, Feb 2-Mar 2
9am-noon
$220
Dunleavy Hall, room 131

Windows: Maximizing Your Computer
Are you frustrated sometimes with your computer? Learn tips and tricks that will save you thousands of hours. Experienced or new users will discover how to run several programs simultaneously, share information and maximize desktops. A must for all computer users! You will be using menus, folders, and dialog boxes to their fullest potential.
Sat, Feb 2
9am-noon
$49

Word: An Introduction
Create, delete, move, cut, copy, paste and produce amazing documents in minutes. Properly learn how to handle multiple pages or a single document that will look professional. Also, learn some creative tips for adding graphics during hands-on exercises.
Sat, Feb 9
9am-noon
$49

Excel I: Tips, Tricks and Basics
Learn shortcuts and tricks for setting up fully formatted worksheets with ease. Discover secrets behind writing powerful formulas, using functions, and analyzing data. Create custom charts, and custom toolbar buttons. Topics will be addressed according to student interest and ability.
Sat, Feb 16
9am-noon
$49

Excel II: Advanced
Get more tips, tricks and learn what else you can do in this advanced class. Review calculations and built-in functions, and then learn to create more complex formulas. Link data between spreadsheets, pivot tables or charts and properly print advanced spreadsheets. Excel I is not required, but all students should have basic Excel knowledge.
Sat, Feb 23
9am-noon
$49

PowerPoint: Presenting the Best
Create powerful presentations and slide shows to enhance your marketing and sales efforts. Learn how to develop an outline and pick a look for your slide show. Add or rearrange your slides; format text; preview, run, and print your handouts for your best presentation. Everyone needs to know this program!
Sat, Mar 2
9am-noon
$49

NYS Notary Public Preparation Class
Get prepared for the NYS Notary Public examination using actual case studies and materials that will familiarize you with notarial documents and test-taking skills. Enhance your resume and productivity for your business or employer as a Notary Public.
Instructor: Cynthia Coney-Trowman.
Sat, Mar 9
9am-noon
$39
Dunleavy Hall

Learn More.

Microsoft Office Certificate
Take all 5 classes or sign up for the class you need. Advance your career and use all the knowledge you gain in these classes to utilize your computer to its fullest. Learn all the latest tips and tricks and get all your questions answered. Register for all five classes for only $220 and save money (a $25 savings!) Instructo
Photoshop Essentials
Are you interested in graphic design, transitioning to digital photography or learning the essential skills for this industry-standard program? Learn Photoshop by completing a series of real world projects which include learning digital imaging basics; preparing images for print or the web; fixing imperfections; compositing multiple images using layers; working with layer masks and more. A great class for anyone interested in improving their photos. Ideal for designers, photographers, marketers and anyone pursuing a career in graphic design. Training is in a Mac lab but Windows users will find that Photoshop works almost precisely the same way on their PC. No prior experience with Photoshop is needed, but students should be experienced with basic computers and software programs. Learn step-by-step how Professional Graphic Designers and Photographers use Photoshop on a range of projects. Space is limited.
Instructor: Donald Trainor, computer expert
Wed, Mar 20-Apr 24
(6 sessions)
7:15-10:15pm
$295
Dunleavy Hall 122

Photoshop Advanced
Taking your images to the next level
Are you interested in building on your existing knowledge of Photoshop to give your images a more professional and polished look? Learn advanced Photoshop techniques by completing a series of real world projects which include creating complex selections; working with the pen tool and paths; automating workflow with Actions; adding vector shapes and masks; using Smart Objects and more. Ideal for designers, photographers, and anyone pursuing a career in graphic design. Training is in a Mac lab but Windows users will find out that Photoshop works almost exactly the same way on their PC. Students must have a basic knowledge of Photoshop including working with layers. Learn step-by-step how Professional Graphic Designers and Photographers use Photoshop on a range of projects.
Instructor: Donald Trainor, computer expert
Mon, Apr 8-29
(4 sessions)
7:15-10:15pm
$195
Dunleavy Hall 122

Accounting Fundamentals
Demand for accounting professionals currently exceeds supply. If you're interested in increasing your financial awareness and accountability while also gaining a marketable skill, this course is for you. You'll learn the basics of double-entry bookkeeping, while also learning how to analyze and record financial transactions, as well as prepare various financial reports at the end of the fiscal period. Accounts receivable, accounts payable, payroll procedures, sales taxes, and various common banking activities will be discussed. We'll cover all the bases, from writing checks to preparing an income statement and closing out accounts at the end of each fiscal period.
Open 24/7 and course is 6 weeks
Session Start Dates: Jan 16; Feb 20; Mar 20; Apr 17; May 15
Fee: $125
Online at www.ed2go.com/niagara

Project Management Fundamentals
There are more projects occurring today than at any time in history. Organizations initiate projects to create new computer applications, erect bridges and buildings, improve processes, develop new products, and reorganize company operations. Unfortunately, most organizations do not manage projects well, creating an unprecedented demand for project management practitioners. If you're organized, perceptive, detail-oriented, and an excellent communicator, you just might have what it takes to succeed in the fast-growing field of project management. If you're new to project management, this course will provide you with the essential information you'll need to prepare for and complete your first project. If you're an experienced project manager, this course will make you more valuable to your employer by increasing your skills and competencies. This course will also help you prepare for the internationally recognized Project Management Professional (PMP®) and Certified Associate in Project Management (CAPM®) exams offered by the Project Management Institute, PMI®.
Open 24/7 and course is 6 weeks
Session Start Dates: Jan 16; Feb 20; Mar 20; Apr 17; May 15
Fee: $125
Online at www.ed2go.com/niagara

Business & Computers

• Take advantage of this exciting program that allows you to earn college credit during the summer months, while still enjoying your summer vacation before you head back to school!
• You must be entering your junior or senior year in high school in the Fall of 2013.
• Courses to be offered, dates and times will be available online in February 2013 at:
  www.niagara.edu/nustep
  or call: 716.286.8181 for more information

call to register 716.286.8181
iMovie
With this very easy to use program you will create awesome movies in no time. Come and create while you learn. You will build an iMovie from scratch during this series of three workshops. Also learn how to import a video, select the portions to use, insert music, and make adjustments, which will allow everyone to enjoy your creation. Basic computer skills are required.
Instructor: Danyelle Moore, online specialist
Wed, Feb 27-Mar 13
(3 sessions)
7:15-9:15pm
$29
Dunleavy Hall 122

Creating Web Pages
Learn how to design, create, and post your very own site on the Internet's World Wide Web using HTML. Discover low-cost marketing techniques and search engine strategies.
Open 24/7 and course is 6 weeks
Session Start Dates: Jan 16; Feb 20; Mar 20; Apr 17; May 15
Fee: $125
Online at www.ed2go.com/niagara

Getting Started with WordPress
Are you interested in using WordPress to start your own blog or create your own website. This workshop will cover all the basics from setting up a site on WordPress.com (or you can use an installed version on your own hosting service) and choosing a theme for the right look for your site to adding text, images and video. You will learn how to manage comments from site visitors, add new users and set permissions as well as work with sidebar Widgets. This workshop covers features that are managed through the WordPress interface and does not require coding or web design skills so you can be up and running in no time. No prior experience with WordPress is needed, but student should have basic computer skills and experience using a web browser. Space is limited.
Instructor: Donald Trainor, computer expert
Tue, Mar 19-Apr 9
(4 sessions)
6:30-8:30pm
$99
St. Vincent Hall 105

See More.
“I learned to see things from a different set of lenses.”
- Michael D., Digital Photography Student
Beginning Writer’s Workshop

If you’ve dreamed of writing creatively, this course is a great place to start. Get a taste of the writing life, improve your writing skills, and discover new ways to stretch your creative muscles. This isn’t school as you know it. It’s an in-depth writing experience filled with challenging hands-on exercises, expert advice, and plenty of direct support and encouragement.

Open 24/7 and course is 6 weeks
Session Start Dates: Jan 16; Feb 20; Mar 20; Apr 17; May 15
Fee: $125
Online at www.ed2go.com/niagara

Beginner Ballroom Dancing

Don’t be a wallflower at your next dance, wedding, or party! If you’ve always wanted to learn how to ballroom dance, this is the right place for you. Learn to dance for fun and fitness! This course on social dancing will get you on the dance floor in no time as you learn your smooth and Latin dances.

Instructor: Joevene Viola, dance teacher.

Thu, Feb 14-May 2 (excl 2/28 & 3/28) (10 sessions) 7-8pm $79
Gallagher Multipurpose Room Lower Level

Intermediate Ballroom Dancing

This course is a continuation of Beginner Ballroom Dancing, offering more advanced steps with added patterns and styling. You will learn both ballroom smooth and Latin dance steps with emphasis on floor craft and technique. Make your social dancing more interesting and lots of fun.

Instructor: Joevene Viola, dance teacher.

Thu, Feb 14-May 2 (excl 2/28 & 3/28) (10 sessions) 8-9pm $79
Gallagher Multipurpose Room Lower Level

Call to register 716.286.8181
**Sign Language**

The Easy and Fun Way

You've picked a great topic to study and learn. American Sign Language is a useful skill that can open up a new world of relationships and it is fun to learn. You will cover an introduction to communication, which emphasizes the basic level sign, words, and phrases. You and your friends will also be able to finger spell, learn basic sign principles, as well as an introduction to cultural information. A must take class.

**Instructor:** Kathy DuBois, experienced sign language instructor.

**Sat, Mar 2-Apr 27 (excl 3/30)**

(8 sessions)

9-11am

$59

Dunleavy Hall

---

**Defensive Driving Course**

Offers 10% discount on auto insurance. Niagara University offers defensive driving courses in association with the New York Safety Program. Completing the course entitles you to a 10 percent discount on your automobile insurance premiums in the state of New York each year for three consecutive years. The Department of Motor Vehicles will also deduct up to four points from your driving record if points were assigned in the last 18 months. Certain restrictions apply to the point reduction privilege. Niagara University urges all drivers, whether youthful, experienced, or mature, to take this six-hour defensive driving course.

**Instructors:** NYSP certified teachers.

**Saturdays**

Feb 23, Mar 23, Apr 13, May 18

9am-3pm

$35

Dunleavy Hall 103

---

**Get Amped with Guitar**

Don’t say to yourself “I wish I could play guitar like that,” because now, you can. Take this simple, easy-to-learn program from one of the best guitarists in the area and start playing. Students should bring a basic classical guitar to this group lesson class. Start today and soon you’ll be playing the way you’ve always wanted to.

**Instructor:** Jamie Holka, third place, North American Rock Guitar Competition

**www.jamieholka.com**

**Mon, Mar 4-Apr 29 (excl 4/1)**

(8 sessions)

6:30-8:30pm

$99

Dunleavy Hall

---

**Speed Spanish**

This powerful course teaches six easy recipes you can use to glue Spanish words together into sentences. With the powerful methods taught in this course, you’ll be able to engage in conversational Spanish in no time. ¡Qué Bueno! Open 24/7 and course is 6 weeks

**Session Start Dates:** Jan 16; Feb 20; Mar 20; Apr 17; May 15

**Fee:** $125

Online at www.ed2go.com/niagara

---

**Grammar Refresher**

Revive your lost or forgotten knowledge of English grammar and gain confidence in your ability to produce grammatically correct writing. Whether you’re a student or professional, a published or beginning writer, this course will help you navigate and master the linguistic twists and turns inherent in English grammar. Grammar is fun if you know the rules. A patient instructor will support you throughout the course, and plenty of interactive exercises will give you ample opportunity to put into practice everything you learn.

Open 24/7 and course is 6 weeks

**Session Start Dates:** Jan 16; Feb 20; Mar 20; Apr 17; May 15

**Fee:** $125

Online at www.ed2go.com/niagara

---

**NUSTEP Niagara University Senior Term Enrichment Program**

Niagara University offers many entry level (general education) college courses in local high schools for college credit. This program allows qualified juniors and seniors the opportunity to challenge themselves to the rigors of college level work while remaining on their high school campus - all at a discounted cost.

- The instructors use the course descriptions, outlines, syllabi and exams constructed by the academic department at the university
- NEW: Accredited by The National Alliance of Concurrent Enrollment Partnerships!
- Students who receive free/reduced lunches qualify for a tuition waiver with proper documentation.
- Ask your school counselor if your high school participates.

For more information on NUSTEP, visit: [www.niagara.edu/nustep](http://www.niagara.edu/nustep)

---

[Learn more at www.niagara.edu/ce](http://www.niagara.edu/ce)
Ornithology 101
If you think this course is for the birds your absolutely correct. Soar to new heights by adding new species to your life long list. Learn to identify birds, their anatomy and physiology, how to attract them to your yard, and migration patterns. Get out in the field with instructor and search secret places for birds. Learn how to properly hold a bird, determine their sex when we participate in an actual bird banding.
Instructor: Peter Jablonski, ornithology enthusiast
Lecture: Mon, Apr 22 & 29, 7-9pm, Dunleavy Hall
Field Trips: Sat, Apr 27 & May 4, 7-10am
(rain dates Sun Apr 28 & May 5)
(4 sessions)
$59

Great Digital Photos-Digital Photography
Discover how to stop taking digital snapshots and start creating photographs with the WOW factor. Discover your inner creativity through the basic principles of photography in simple, down-to-earth language. Practice what you discover through the weekly photographic assignments. If you love to take pictures, bring your digital camera and find out how creative you can be.
Instructor: Chester Barosky, technology trainer, digital photographer.
Sat, Apr 6-27
(4 Sessions)
10am-noon
$39
Dunleavy Hall

Secrets of Better Photography
Secrets of Better Photography is a hands-on course for beginning and emerging photographers, as well as those transitioning from traditional to digital photography. You’ll learn how to take better pictures by understanding how different types of cameras work and getting to know each of the features your camera offers.
Open 24/7 and course is 6 weeks
Session Start Dates: Jan 16; Feb 20; Mar 20; Apr 17; May 15
Fee: $125
Online at www.ed2go.com/niagara

Online

Serving Those Who Served
The new Post 9/11 GI Bill and Yellow Ribbon Program make Niagara University as affordable as any school in the country.

Why Niagara?
• Academic credit for military service.
• Highest accreditation in undergraduate and graduate degrees.
• More than 50 majors and academic programs.
• Small class sizes, caring campus community.
• Among the US News and World Report’s best colleges and universities in the Northeast.
• The ability to take what you learn and apply it to real-world settings.
• Named to the President’s Higher Education Community Service Honor Roll with Distinction.
• Over 150 years of excellence in higher education and serving those who served.

Call 1-800-462-2111
Visit us on the Web at www.niagara.edu/veterans or e-mail veterans@niagara.edu

Niagara University
Education That Makes a Difference

Call to register 716.286.8181
American Pickers
Niagara County Style
Want to supplement your income while working out of your home or find out how much grandma’s heirlooms are worth? Learn to research antiques and find out the true market value of an item using internet searches such as EBay completed items, auction catalogs and price guides. Peter Jablonski of Peter J’s Antiques will teach you how and where to buy antiques, how to appraise them, and how to sell them using PayPal and InKfrog. You can even bring in items for appraisal. Peter is an established antiques dealer and has sold internationally on eBay.
Mon, Jan 28-Feb 18
(4 Sessions)
6:30-8:30pm
$49
Dunleavy Hall

Get Paid to Talk:
Making Money with Your Voice
Ever been told you have a great voice? From audio books and cartoons to documentaries, commercials, and more, this class will introduce you to the growing field of voice over. Today, the range of voices hired has grown dramatically from the days of announcers. Learn what the pros look for, how to prepare, and where to find work in your area! We’ll discuss industry pros and cons and play samples from working voice professionals. In addition, you’ll have an opportunity to record a short professional script under the direction of our teacher. This class is lots of fun, realistic, and a great first step for anyone interested in the voice over field. In an effort to ensure a quality class experience, we must limit attendance! For more information please visit www.voicecoaches.com/gptt.
Instructor: Voice Coaches Services
Tue, May 21
6:30-9pm
$19
Dunleavy Hall
**The Hesitant Handyman: Hands-On Home Repair**
For the hesitant handyman (or woman) who has watched home repair and improvement shows, or read books and magazines, but still needs a little push. There will be a strong emphasis on hands-on instruction designed to increase your confidence and familiarity with tools, techniques and materials. We will bridge the gap between “book knowledge” and actual results, so that you will not hesitate to undertake intermediate home repair and improvement projects that previously intimidated you. Sessions will include drywall installation and repair, basic trim carpentry, electrical and plumbing repair and installation, hardware flooring, and ceramic floor and wall tiling. Students will have ample opportunity to ask questions about their own projects and problems. The goal is to prepare students to undertake both small repairs and also intermediate projects such as bathroom renovation. All tools will be supplied; participants may want to bring a notebook.

*Instructor: Mark Crawford, Highlander Homes*

Tue, Feb 19–Mar 26  
6:30–8:30pm  
(6 sessions)  
$49  
Dunleavy Hall

---

**Beginner Line Dancing**
Come and learn basic line dances to some “cool” country and non-country songs. You will learn the dances demonstrated in dance halls across Western New York. Come out, have fun and get some exercise too.

*Instructor: Suzanne Cassick, Fitness Instructor*

Tue, Jan 29–Apr 16 (excl 2/19 & 4/2)  
6:30–7:30pm  
(10 sessions)  
$40  
Lewiston-Porter Primary Education Center-Activity Center  
Save $5 if you sign up for both beginner & intermediate classes

---

**Intermediate Line Dancing**
After taking Line Dancing for Beginners, you will graduate to the challenge of the Intermediate Line Dance Class that will teach you slightly more difficult dances that are seen in the dance halls across Western New York and Canada. Be ready for some great exercise! The dances are fun while the music is a variety of country, pop and alternative.

*Instructor: Suzanne Cassick, Fitness Instructor*

Tue, Jan 29–Apr 16 (excl 2/19 & 4/2)  
7:30–8:30pm  
(10 sessions)  
$40  
Primary Education Center-Activity Center

---

**Dancercise**
A full body workout choreographed to upbeat music. The workout particularly targets arms, “abs”, and legs during the floor work (while doing sit-ups, push-ups, squats, etc.) with approximately 20 min. of aerobics to easy dances. Please bring a mat, water bottle and be prepared to work out the first night of class.

*Instructor: Suzanne Cassick, Fitness Instructor*

Mon, Jan 28–Apr 15 (excl 2/18 & 4/1)  
Thu, Jan 31–Apr 18 (excl 2/21 & 4/4)  
7–8pm  
(10 sessions)  
$40  
Lewiston-Porter Primary Education Center-Gym  
Save $5 by signing up for both Dancercise classes
Wilton Method: Cupcakes
Learn the basic skills of cake decorating as you try your hand at decorating cupcakes. Ice cupcakes, create pull out stars, dots, and lines. You’ll also make rosettes and leaves. A great mom and me opportunity! Registration fee does not include class materials. Class materials may be purchased from regional craft chains. Choose a date.
Instructor: Laurie Popielarski, Wilton Method Instructor
Mon, Feb 4 or Tue, Mar 26
6:30-8:30pm
$25
Dunleavy Hall

Wilton Method Cake Decorating: Decorating Basics
Let the fun begin as you learn the fundamentals of decorating amazing party cakes, cupcakes and cookies! Discover creating impressive decorations such as drop flowers, stars, rosettes, shell borders, pompom flowers, shaggy mum and leaves. The Wilton Method Decorating Basics Course is the perfect place to start learning the art of cake decorating! Registration Fee includes student book. Does not include class materials. Class materials may be purchased from regional craft chains.
Instructor: Laurie Popielarski, Wilton Method Instructor
Mon, Mar 4-25
6:30-8:30pm
(4 sessions)
$45
Dunleavy Hall

Wilton Method: Flowers and Cake Design
Learn how to create spectacular floral cakes! Work with fondant, gum paste, and royal icing as you learn the essentials of making flowers such as the pansy, rose, apple blossom, primrose, daffodil, violet, lily and rosebud. Create dramatic designs using the reverse shell and basket weave. Get ready to impress your family and friends with what you can do! Registration Fee includes student book. Does not include class materials. Class materials may be purchased from regional craft chains.
Instructor: Laurie Popielarski, Wilton Method Instructor
Mon, Apr 8-29
(4 sessions)
6:30-8:30pm
$45
Dunleavy Hall

Tall Ship Cruise: Commemorating the 200th Anniversary of the War of 1812-14
Join us for an exciting, historical daytime cruise on the Tall Ship Empire Sandy to commemorate the 200th anniversary of The War of 1812-14, a war that drastically changed the way of life along this Canadian-American frontier. As we sail from Port Dalhousie on Lake Ontario to the lower Niagara River, we shall reflect on the causes of the war that led to invasions of this province and to dramatic battles, death and injuries as well as widespread destruction on both sides. Noted historian, professor and author Wesley Turner will guide you along this historic journey that one time witnessed some of the most eventful aspects and fiercest of the War of 1812-14. The cruise will embark from Port Dalhousie, East Pier, at 10:30 a.m. (boarding time 10:00 a.m.) and includes refreshments upon boarding, a full-course meal in the mid-afternoon, and dessert and coffee/tea. NOTES: The ship sails rain or shine. The distance covered throughout the trip is directly dependent upon current, wind and weather conditions and is at the sole discretion of the Captain of the ship. Fee includes cruise, commentary, food, applicable marine fees and tax. Cash bar is available to individuals 19 years of age and over. Maps and boarding passes will be mailed out the week prior to the cruise.
Sat, Jun 8 or Sun, Jun 9
10:30am-5:30pm
$98
Port Dalhousie East Pier, Canada

Tall Ship Twilight Cruise
A relaxing evening cruise on Lake Ontario aboard the tall ship Empire Sandy! We’ll sail from dusk to midnight while enjoying a variety of delicious appetizers, full-course dinner, and dessert and coffee. Dance the night away to musical sounds of the blues group Rich and the Poor Boys. Cash bar available for individuals 19 years of age and older. Notes: The ship sails rain or shine. The distance covered throughout the trip is directly dependent upon current, wind and weather conditions and is at the sole discretion of the Captain of the ship. Fee includes cruise, food, musical entertainment, applicable marine fees and tax. Maps and boarding passes will be mailed out the week prior to the cruise.
Fri, Jun 7
8pm-midnight
$79
Port Dalhousie East Pier, Canada

Become a teacher . . . and have some fun!
We are always looking for new courses and instructors! Call us today at 716-286-8181 or email ce@niagara.edu

learn more at www.niagara.edu/ce
Medical Terminology: A Word Association Approach
This course teaches medical terminology from an anatomical approach. Root terms are divided by each body system. The origin, a combined form, and an example of non-medical everyday usage is provided for each root term. Word Associations are provided as a learning tool. Unusual and interesting information is provided in regards to each term. Root terms are combined with prefixes and suffixes as your learning will culminate in the interpretation of several paragraphs of medical notes.
Open 24/7 and course is 6 weeks
Session Start Dates: Jan 16; Feb 20; Mar 20; Apr 17; May 15
Fee: $125
Online at www.ed2go.com/niagara

Keeping Your Heart Healthy
Let’s discuss the New Year’s resolutions you should have made or didn’t keep. Let’s talk about healthy diet choices, exercise types and simple medicine to protect your heart. Things you should know about cardiac risk factors, cholesterol and cardiac testing will also be covered.
Instructor: Anthony Bonner, MD
Tue, Apr 16-23
(2 sessions)
6:30-8:30pm
$5

Curling for Beginners
Curling is a fascinating winter sport that provides adults with physical activity in a social setting. Curling became an official Olympic sport in 1998, is often described as shuffleboard on ice, and involves four people on a team. This course is intended for Americans and Canadians from the Niagara area, and will be taught by both American and Canadian instructors. Come out and learn the rules of the game, basic delivery and sweeping instruction, what makes a rock curl, why people sweep, and make some new friends while you’re at it.
Instructors: OCA qualified instructors and experienced curling teachers.
NOTE: Wear warm, loose fitting clothing, gloves, and bring running shoes (with clean soles). Be sure to have appropriate identification for border crossing.
Sat, Jan 19
9am-1pm
$69
Niagara Falls Curling Club Limited
5801 Morrison Street, Niagara Falls, Ontario
Canada L2G 6V1

Tall Ship Pirate Cruise: Ages 7+
Ahoy lads and lasses . . . and parents too! Dress up like a pirate and climb aboard the 3-masted schooner and Pirate Ship ‘Empire Sandy’ where ye’ll be setting sail for an incredible 3-hour cruise. Become a scallywag for the day as ye’ take part in treasure hunts and pirate games, help hoist the Jolly Roger, listen to sea shanties, have your face painted pirate-style, see and hear the ships thundering cannon as it is fired at surrounding phantom pirate ships, take part in a delicious ‘Shiver me Timbers’ lunch buffet on the quarterdeck and, who knows, maybe even silently sail over Davey Jones’ Locker! Contests and prizes too. Avast ye matey, and sign up today for a Pirate Cruise ye’l not forget! (Arr… Know this me’ buccaneers, the ship sails rain or shine and the destination is at Captain Eric’s discretion . . so come prepared!) NOTES: Price listed is per person and anyone 18 or younger must be accompanied (same price for kids and adults). A great idea for end of year school trips or birthday parties! Group rates available for 10 or more.
Fri, Jun 7
9:30am-12:30pm
$45
Port Dalhousie East Pier, Canada

Would you like to go to Guatemala for a fantastic adventure?
We have many people who are interested in a trip tentatively planned for January 5-12, 2014.
Let us know you’re interested also by contacting us at ce@niagara.edu or calling us at 286-8181.
More information to come.

探究更多。
Health Care Certificates
Information Night
Wednesday, February 13 at 5:30pm
Come learn more about the programs and certificates in Medical Billing and Coding; Electronic Health Records Management and Pharmacy Technician. Registration is required, but there is no fee to sign up for this information session.
Call us at 286-8181 to reserve your spot.

Electronic Health Record Management Program
This 95 hour Electronic Health Record (EHR) Management program prepares students to understand and use electronic records in a medical practice. Access to health information is changing the ways doctors care for their patients. Doctors now have access to a patient’s medical history, surgeries, allergies to medicines, and recent doctor’s visits all at the press of a button. This recent technology that intertwines health information from a variety of sources is known as an electronic health record. An electronic health record (EHR) includes computerized lifelong healthcare data from a variety sources where every encounter an individual has with the healthcare system is documented and compiled for quick access. Electronic Health Record professionals are educated in the implementation and management of electronic health information using common electronic data interchange systems such as HL7, CDISC, and DICOM. Students will learn through classroom and computer lab training the necessary components consistent with maintaining the medical, legal, accreditation and regulatory requirements of the electronic health record and database. After the successful completion of this program, students will be prepared to sit for the National Health career Association (NHA) Certified Electronic Health Record Specialist (CEHRS) exam.

Contact Hours – 95 hrs.
Tue, Thu, Sat
March 19-May 30 (excl 3/28)
6-9:30pm
Saturdays (4/6, 4/20, 5/4 & 5/18)
9am-3pm
$1999 (textbooks included)

Pharmacy Technician Program
This comprehensive 50 hour course will prepare students to enter the pharmacy field and take the Pharmacy Technician Certification Board’s PTCB exam. Technicians work in hospitals, home infusion pharmacies, community pharmacies and other health care settings – working under the supervision of a registered pharmacist. Course content includes medical terminology specific to the pharmacy, reading and interpreting prescriptions and defining drugs by generic and brand names. Students will learn dosage calculations, I.V. flow rates, drug compounding, dose conversions, dispensing of prescriptions, inventory control and billing and reimbursement.

Course Contact Hours - 50 hrs.
Tue & Thu
Mar 19-May 9 (excl 3/28)
6-9:30pm
$999 (textbooks included)

Medical Billing and Coding Program
This combined 80 hour billing and coding course offers the skills needed to solve insurance billing problems, how to manually file claims (using the CPT and ICD-9 manual), complete common insurance forms, trace delinquent claims, appeal denied claims and use generic forms to streamline billing procedures. The course covers the following areas: CPT (Introduction, Guidelines, Evaluation and Management), specialty fields (such as surgery, radiology and laboratory), ICD-9 (Introduction and Guidelines) and basic claims processes for medical insurance and third party reimbursements. Students will learn how to find the service and codes using manuals, (CPT, ICD-9 and HCPCS). After obtaining the practical work experience (6months to 2 years), students who complete this course could be qualified to sit for the American Academy of Professional Coders (AAPC) - Certified Professional Coder Exam (CPC or CPC-H Apprentice); the American Health Information Association (AHIMA) Certified Coding Associate (CCA) exam; and/or other National Certification Exams.

Course Contact Hours – 80 hrs.
Mon & Wed
Mar 18-May 29 (excl 4/1 & 5/27)
6-9:30pm
Saturdays (4/6 & 5/4)
9am-3pm
$1799 (textbooks included)

Reduce Toxicity in Your Home: DIY Cleaning Products
Just in time for Earth Day and spring-cleaning projects! Did you know that indoor air pollutants are often 2 to 5 times (and sometimes as much as 100) times greater than outdoor levels? Discover ways to save money, your family and the planet by using homemade cleaning products. Learn what ingredients to avoid, use with recipes for all your household needs and explore everyday items to use in your home to leave it clean and healthy. Another way to embrace a happier, healthier, holistic lifestyle! Participants are asked to bring their own 32-ounce spray bottle and will leave with their own Wonder Spray.

Instructor: Ami Patrick, holistic health coach
Tue, Apr 16
6:30-8pm
$24

Dunleavy Hall

You can earn your undergraduate and master's degrees in just five years with our combined programs in accounting (BBA/ MBA), criminal justice (BS/MS), and commerce (BS/MBA).
Delish Nutrish
Wellness Series:
Embrace your Best Self
Through
Whole Living &
Whole Foods
Delish Nutrish is a 5-week wellness series, featuring cooking demonstrations and tastings, take home recipes and grocery shopping lists, nutritional benefits, lifestyle tips and much more! The focus is on using whole foods and nutrition to optimize wellbeing, address chronic conditions and reduce the need for prescription medications, younger in spirit, reach a happy weight, eat for energy and address cravings for sugar and artificial stimulants.
Each week features a different theme: grains, greens/vegetables, beans and plant-based protein, appetizers, snacks, dips and indulgent treats. You will leave with a wealth of information. Most importantly, you will find support and motivation to embrace a happy, healthy and balanced life in a fun way, free of deprivation and guilt.
Instructors: Ami Patrick & Eileen Hoffman, holistic experts

Eating for Energy: Creating Vitality from the Inside Out
Have you become reliant on artificial stimulants—coffee, sugar and caffeine to get you through your day? Do you wake up feeling fatigued and have a difficult time getting out of bed in the morning? Is lack of energy limiting your potential and stagnating your health? Discover how to reenergize your body and mind in 2013. Use delicious, whole foods to generate natural energy and learn simple lifestyle tips to revitalize your spirit. Make this year your time to shine—vibrant and passionate about your life and ready to embrace a healthy, happy YOU! Handouts, recipes and samples provided.
Instructor: Ami Patrick, holistic health coach

Gluten Free and Lovin’ It
You are hearing it everywhere: gluten-free this, gluten-free that! You may not even really know what it means, but you want to learn more. Come to this informative class and get your questions answered. Do you experience chronic digestive issues, headaches, joint pain, skin issues or foggy thinking? Discover if your symptoms could be related to food sensitivity . . . discover what gluten is and what gluten sensitivity entails. Learn the tools to embrace a gluten-free lifestyle and understand how it can positively affect your health and wellness. Leave with resources, handouts, product recommendations and take-home recipes to satisfy and nourish your body. Samples too!
Instructor: Ami Patrick, holistic health coach

Niagara County Law Enforcement Academy (NCLEA) at NU
The Niagara County Law Enforcement Academy (NCLEA) at Niagara University is a partnership between the Niagara County Sheriff’s Department (Office); Niagara Falls Police Department and Niagara University’s Criminal Justice and Continuing Education departments.
Administered through Continuing Education, the academy trains both currently hired Sworn Officers and has been approved by the Division of Criminal Justice Services (DCJS) to train Pre-Employment Recruits. It is designed for current civilians throughout New York State who are interested in entering the law enforcement field.
For more information please visit our web site at www.niagara.edu/nclea.
Next Academy Sessions: Full time begins July; Part Time begins September.
call to register 716.286.8181
Cooking
Learn from one of the area’s best cooking experts, have a lot of fun, and then amaze your guests with new cooking skills. Register today because space is very limited. We’re all watching the Food Network and cooking shows, so why not put yourself into a cooking class today.
Instructor: Jennifer Diez, cooking expert.
St. Vincent’s Hall, 4th floor kitchen.
Fee includes food costs. Bring your apron.

Everything Organic
What exactly is organic? Is it truly healthier? Does organic food taste different? Get all of your questions answered as we prepare several dishes made from organic ingredients.
Sat, Jan 19
10am-noon
$39

Pasta with Sauce
Now that’s Amore! We all love pasta, but what about the sauce? There are so many types to choose from and in this class we will make four incredible varieties to top our beloved carbohydrate.
Sat, Jan 26
10am-noon
$39

Birthday Bash
In this class we will prepare the perfect Birthday Party Menu (cake and all) for inviting friends over and celebrating that someone special!
Sat, Feb 2
10am-noon
$39

Homemade Soups
We all love the comfort of homemade soup, especially in the cold winter months! Learn the basics of soup making and you will never eat canned soup again!
Sat, Feb 16
10am-noon
$39

Gourmet Food Gifts
Anyone would just LOVE to receive one of these delicious and beautifully presented gourmet delights! We will make four gorgeous, edible gifts that you would be proud to give to your friends or family!
Sat, Mar 2
10am-noon
$39

Little Chef
This class allows children to find their inner chef and be creative! We will be making a complete lunch to share with our new friends while learning the basics of the kitchen, how to properly set a table and how important it is to have good manners. (This class is for children ages 4-10. All children must be accompanied by an adult 18 or older).
Sat, Apr 6
10am-noon
$49 per couple-Adult and ‘little chef’

Cooking for a Crowd
Have a large family or do you just love to entertain? The menu we prepare in this class will enable you to feed a large group of people (20-25) with ease and keep your budget in check.
Fri, Apr 19
7-9pm
$39

Made Fresh Yesterday
Don’t know what to do with those pesky leftovers? Stop wasting them . . . this class will show you some different and delightful ideas to transform yesterday’s dinner into another delicious dish you could actually serve to company.
Sat, May 4
10am-noon
$39

A Dish to Pass
The dreaded dish to pass . . . aren’t you sick of broccoli casserole and chicken surprise? We will be preparing four mouth watering and creative dishes that will be sure to impress your hosts when you take them to your next event.
Fri, May 17
7-9pm
$39
**Luscious, Low-Fat, Lightning-Quick Meals**

Do you want to save money and prepare home-cooked meals that are fast, easy and so delicious your family won’t even realize they’re healthy? If so, then this is the cooking class for you! Find out just how simple it can be to prepare meals that are both nutritious and delicious. You’ll discover dozens of easy ways to make lowered-fat food taste terrific. You’ll learn a dietician’s trade secrets for getting in and out of the kitchen quicker, and explore her tricks of the trade for encouraging reluctant family members to eat more healthfully. Get ready to discover over 50 exciting and easy lowered-fat recipes for tasty entrees, side dishes, desserts, and garnishes!

Open 24/7 and course is 6 weeks
Session Start Dates: Jan 16; Feb 20; Mar 20; Apr 17; May 15
Fee: $125
Online at www.ed2go.com/niagara

**Start Your Own Edible Garden**

Grow delicious, nutritious fruit and vegetables in your own backyard! In this course, you’ll learn how to give your garden a healthy start and keep it growing strong all season. You’ll discover the secrets for growing leafy greens, root vegetables, fruit, herbs, and more. In addition, you’ll learn how to spot pests and diseases before they destroy your bounty. You’ll find out how to fix pH and drainage problems in your soil, and you’ll take the guesswork out of watering as you explore a variety of irrigation options. Whether you want to provide your family with nutritious food, save money, get some exercise, or just be more self-sufficient, this course will give you the skills you need to ensure a successful harvest.

Open 24/7 and course is 6 weeks
Session Start Dates: Jan 16; Feb 20; Mar 20; Apr 17; May 15
Fee: $125
Online at www.ed2go.com/niagara

---

**Did someone say BBQ?**

Top area experts and award winners from Smokin’ Eagles BBQ will demonstrate the best sauces, rubs and marinades for you. This “TV cooking style” class will show you the secrets to rubs and two different sauces. You’ll be able to take home these secrets and the recipes for you to use in your own backyard. Sign up today and start your BBQ tomorrow.

Instructor: Smokin’ Eagles BBQ owners
Sat, Apr 27
9-11:30am
$29
Dunleavy Hall

**Back by Popular Demand!**

**Smokin’ Eagles BBQ-Hands-On**

Are you ready for Barbecue Season? Would you like to learn to cook competition style BBQ at home? Do you need a great gift for Dad for Father’s Day? Get ready for the BBQ season by learning the tips and tricks from local award winners Rob and Honcho from Smokin’ Eagles BBQ. Join the Smokin’ Eagles BBQ Team to learn how to cook competition style BBQ ribs from start to finish. This hands-on class will teach you how to select the perfect rack of ribs, trim them, and prepare them for smoking. You will also learn seasoning options, cooking techniques, recipes, and food safety. Bring your questions and your appetite. We will sample the ribs at the end of the demonstration!

Instructors: Robert Giordano & Roy “Honcho” Gregory, both Certified BBQ Judges and members of the WNY Chapter of the International Dutch Oven Society.
Sat, June 8
9:30am-12:30pm
$39
Dunleavy Hall

---

**College of Hospitality and Tourism Management presents:**

**Student Managers Dining Series Spring 2013**

Four-course dinner for $18 per person

Enjoy “Our Gourmet Statler Dining Room menu,” a themed sit down dinner menu which includes two appetizers, entree, dessert and beverage, coffee/tea.* Prepared and served by the students in our food production class.

One Seating at 6:30 the following Thursdays: January 24, February 7 & 28, March 21 and April 4
Call Niagara University’s Office of Continuing Education for reservations at (716) 286-8181.

*Menus are not released prior to the date of the event.
Online Courses

Instructor-Facilitated

More than 250 online courses available
www.niagara.edu/ce

Learn from the comfort of home!

• Expert Instructors
• Online Discussion Areas
• 24-Hour Access
• 6 Weeks

Our MOST Popular!
Start dates: Jan 16; Feb 20; Mar 20; Apr 17; May 15

Medical Terminology:
A Word Association Approach
Prepare for a career in the health services industry by learning medical terminology in a memorable and enjoyable fashion.

Keyboarding
Learn how to touch-type or improve your existing typing skills using Keyboarding Pro 5.

Introduction to Microsoft Excel 2010
Become proficient in using Microsoft Excel 2010 and discover dozens of shortcuts and tricks for setting up fully formatted worksheets quickly and efficiently.

Creating Web Pages
Learn the basics of HTML so you can design, create, and post your very own site on the Web.

A to Z Grantwriting
Learn how to research and develop relationships with potential funding sources, organize grantwriting campaigns, and prepare proposals.

Speed Spanish
Learn six easy recipes to glue Spanish words together into sentences, and you’ll be engaging in conversational Spanish in no time.

Beginning Writer’s Workshop
Get a taste of the writer’s life and improve your writing skills in this introduction to writing creatively.

Secrets of Better Photography
Explore strategies and learn a variety of tricks to create excellent photographs in all types of situations.

Accounting & Finance

Accounting Fundamentals
Gain a marketable new skill by learning the basics of double-entry bookkeeping, financial reporting, and more.

Where Does All My Money Go?
Learn how to get control of your money once and for all.

Protect Your Money, Credit, and Identity
Learn how to guard against scam artists, identity thieves, predatory lenders, and abusive debt collectors.

Learn to Buy and Sell on eBay
Auction pros teach you how to work from home or earn extra income by buying and selling goods online.

Business

Computer Skills for the Workplace
Gain a working knowledge of the computer skills you’ll need to succeed in today’s job market.

Fundamentals of Supervision and Management
Learn the people skills required to motivate and delegate, and learn tools for solving problems and resolving conflicts.

PMP ® Certification
Begin a well-paying career as a project manager by preparing to take and pass the PMP certification exam.

Business and Marketing Writing
Write great marketing copy to improve your company’s image and your chances of getting hired or promoted.
Computer Applications

Word 2010
Master the more advanced features of Microsoft Word 2010 and learn how to create an index, build a list of figures, design a table of contents, do desktop publishing, perform a mail merge, and use timesaving shortcuts.

PowerPoint 2010
Learn how to use Microsoft PowerPoint 2010 to create exciting slide presentations that include SmartArt, multimedia, animation, sound, charts, clip art, and hyperlinks.

Excel 2010
Take your Microsoft Excel 2010 skills to the next level as you master charts, PivotTables, Slicers, Sparklines, and other advanced Excel features.

QuickBooks 2011
Performing Payroll in QuickBooks 2011

Dreamweaver CSS
Learn to use Adobe Dreamweaver CSS to design, create, and maintain user-friendly Web sites full of professional-quality Web pages.

InDesign CS5
Learn how to use Adobe InDesign CS5 software to design and produce professional-quality letterhead, brochures, business cards, and more.

Design

Designing Effective Websites
Learn powerful graphic design techniques and build Web sites that are both attractive and wickedly effective.

Making Movies with Windows Vista or XP
Learn how to create fun, professional-quality movies using Windows.

Photoshop Elements for the Digital Photographer
Master the tools in Adobe’s Photoshop Elements and take your image-editing skills to the next level!

Health Care and Medical

6 weeks
Start dates: Jan 16; Feb 20; Mar 20; Apr 17; May 15
Fee $ Varies based upon course
Online at www.niagara.edu/ce-online

Medical Terminology: A Word Association Approach
Prepare for a career in the health services industry by learning medical terminology in a memorable and enjoyable fashion.

Assisting Aging Parents
Be prepared to handle the challenges you and your parents will face in the coming years, while learning to cherish the transition.

Genealogy Basics
Learn where to look, who to contact, and how to use research tools to begin an exciting and fascinating exploration of your roots.

Become an Optical Assistant
Learn what it takes to become an optical assistant and discover why it’s one of today’s most popular and fascinating career opportunities.

Explore a Career in a Dental Office
Discover the wide range of dental office careers open to you, master basic dental anatomy and terminology, and learn how dental professionals create healthy smiles.

Language and Arts

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

Start Your Own Arts and Crafts Business
Learn how to start your own arts and crafts business from a professional artist.

Photographing People with Your Digital Camera
Learn to take beautiful pictures of adults, children, and babies.

Spanish for Medical Professionals
Learn medical Spanish quickly and easily, honing your basic conversational skills and mastering key healthcare words and phrases.

Law and Legal

Business Law for the Small Business Owner
Learn how to successfully protect your small business and solve most of the legal problems that may arise.

Spanish for Law Enforcement
Master the fundamentals of the Spanish language by practicing basic conversational skills and learning essential Spanish terminology for law enforcement situations.

Personal Development

Guitar
Master basic guitar skills and become the musician you’ve always wanted to be.

Luscious, Low-Fat, Lightning-Quick Meals
Join a registered dietitian and discover how easy it can be to prepare meals that are both delicious and nutritious!

Interior Design
Explore a career in interior design as you learn how to transform any room into a beautiful and functional space.

Mastering Public Speaking
Learn the secrets of effective public speaking and small group communication.

Music Made Easy
Learn the fundamentals of music theory. Be able to read, write, and play simple music.

Pleasures of Poetry
Create your best possible work, whether you’re looking to be published or simply wish to craft beautiful poems for friends.

Teaching and Education

Solving Classroom Discipline Problems
Veteran teacher reveals the secrets to an orderly classroom. A step-by-step approach to effective, positive discipline.

Using the Internet in the Classroom
Discover how you can use the Internet to make teaching easier for you and more relevant to your students.

Test Preparation

6 weeks
Start dates: Jan 16; Feb 20; Mar 20; Apr 17; May 15
Fee $ Varies based upon course
Online at www.niagara.edu/ce-online

GED Preparation

SAT and ACT
Master the questions on the ACT and new SAT.

GMAT / GRE / LSAT
Learn about college entrance procedures, developing analytical reasoning skills, and improving your test-taking skills (course 1 of 2).

Writing and Publishing

Writing Essentials
Master the essentials of writing so you can excel at business communications, express yourself clearly online, and take your creative literary talents to a new level.

Resume Writing Workshop
Discover the secret to transforming your tired, boring resume into a powerful tool that will get you interviews.

The Keys to Effective Editing
If you aspire to be an editor, this course will teach you the fundamentals of top-notch editing for both fiction and nonfiction.

Fiction Writing
Explore advanced fiction writing techniques with a published novelist.

Forensic Science for Writers
Learn the secrets behind forensic science and add new characters, depth, and marketability to your fiction.

Breaking Into Sitcom Writing
Introduction to Journaling
Mystery Writing
Research Methods for Writers

call to register 716.286.8181
Online Career Training Programs

WWW.NIAGARA.EDU/CE

Prepare for employment in some of today’s hottest careers with a comprehensive, affordable, and self-paced online Career Training Program. You can begin these Programs at any time and learn at your own pace. Upon successful completion of all required coursework, you will receive a Certificate of Completion. All materials are included in the program fees. Each course has an instructor assigned to answer student questions and solve student problems.

Programs are available in the following areas:
- Business and Professional
- Healthcare and Fitness
- IT and Software Development
- Management and Corporate
- Media and Design
- Hospitality and Gaming
- Skilled Trades and Industrial

Features:
- Facilitators and mentors are available to answer questions and help you through your studies
- Career Counselors will help you prepare for the transition from the classroom to the workplace
- Courses are all open-enrollment and self-paced
- No additional charges - all materials, workbooks, and software are included in the course fee

Six Sigma Black Belt
Course material provides an in-depth look at the Six Sigma Black Belt DMAIC problem-solving methodology, as well as deployment and project development approaches.

Six Sigma Green Belt
The six sigma green belt Online Training Program encompasses all aspects of running a six sigma green belt business, including management, service delivery, design, production, and customer satisfaction.

AutoCAD 2009
Learn the skills needed to create and edit simple drawings and gradually introduce more advanced AutoCAD skills.

Medical Billing & Coding + Medical Terminology
The medical billing and Coding + medical terminology Program will prepare you for an entry-level position doing medical billing or coding, while also teaching you proper medical terminology and spelling.

Administrative Medical Specialist with Medical Billing and Coding
Get the skills you need to become an administrative medical specialist, medical billing specialist, or a medical coder.

Event Management & Design
From planning to pyrotechnics, the event management and design Online Training Program will teach you everything you need to know to create events that are truly special.

Bookkeeping the Easy way with Quickbooks.
Master basic bookkeeping and accounting skills using QuickBooks 2010.

CompTIA A+ Certification Training
Take your first step toward a career as a security professional and prepare yourself for the comptia™ Security+ certification exam as you master the basics of system security, network infrastructure, access control, and organizational security.

Enroll Today!

All materials are included in the program fees. Each course has an instructor assigned to answer student questions and solve student problems.

MORE COURSES AVAILABLE AT OUR WEBSITE WWW.NIAGARA.EDU/CE
Registration Information

Eligibility | Fees | Emergency Closing | Parking

Classes open to 18 years or older unless otherwise indicated.

The total fee as listed in the course description must accompany all enrollments. Additional charges for lab fees, materials or textbooks are required for some courses. These fees are not payable at the time of enrollment.

Special closings due to inclement weather will be announced on local radio stations. Your instructor will review the class schedule and makeup sessions with you.

Campus Safety requires that all vehicles have a parking pass. Parking is available in campus lots for free if you park in open parking spots (yellow). Visitors/students should obtain a temporary parking pass at Campus Safety located across from the Dwyer Arena. A campus map is available online at www.niagara.edu/campus and please contact Campus Safety at 716-286-8111.

We realize that last-minute babysitting problems can occur. Unfortunately, we cannot allow children to accompany their parents to class (except where indicated in the course description). Thank you for your cooperation.

No refunds unless course cancels.

on-line www.niagara.edu/ce

phone 716-286-8181

fax 716-286-8210

Fax completed registration form with your Visa/MC/Discover account information.

mail and walk-in

Continuing Education, Dunleavy Hall 103, Niagara University, NY 14109 www.niagara.edu/ce

Niagara University is committed to having a healthy and beautiful campus. Smoking is not allowed within any building or other enclosed facility and is only allowed in temporary designated areas as indicated by maps and signage.

call to register 716.286.8181
Sign up Today!

Register for credit-free classes

call 716-286-8181

or online at www.niagara.edu/ce
Office of Continuing Education
Dunleavy Hall Room 103
Niagara University, NY 14109

Do More
Sign up Today!

Explore More
Think More
Be More
Earn More
Become A Teacher

Learn More
Online Classes

Register for credit-free classes
call 716-286-8181
or online at www.niagara.edu/ce

Instructor-Facilitated
Online Courses
Courses start as low as $99

• Expert Instructors • 24-Hour Access • Online Discussion Areas • 6 Weeks of Instruction