Get Cooking with Continuing Education!
Our Culinary Arts classes are brimming with flavor from instructors who will share their knowledge, techniques and tips with you, giving you the confidence you need to make cooking a simple, fun and creative experience!

Check out our classes and join us in the kitchen this spring.

Call 314-984-7777 to register today
Classes are filling up fast!

Table of Contents

Dinner and a Movie 3
Desserts 4
Breads 7
Healthy Eating 8
Entertaining 9
Skills - Bring on the Flavor! 10
Entrepés - The Main Event 11
International Flavors 12
Beverages 13
Cake Decorating Certificate 14
Couples Cook 15
Registration Information 16

Locations

Kirkwood Senior High School
801 West Essex, 63122

Culinary Arts House
3137 Hampton Avenue, 63139

Lindbergh Senior High School
4900 South Lindbergh, 63126

Hixson Middle School
630 South Elm Ave, 63119

Mehlville Senior High School
3200 Lemay Ferry Rd, 63125

St. Louis Wine and Beer Making
231 Lamp and Lantern Village, 63017

Wine Barrel
3828 South Lindbergh, Suite 111, 63127

St. Louis Community College
Florissant Valley (FV)
3400 Pershall Road, 63135

Alaska Klondike Coffee Company
3200 N Highway 67, 63033

Call 314-984-7777 to register today
Classes are filling up fast!
Dinner and a Movie: “No Reservations”
Kate lives her life like she runs the kitchen at her upscale restaurant in Manhattan — with a captivating but intimidating intensity. When her only sister dies and her ten-year-old niece comes to live with her, she struggles to be a parent while her formerly well-controlled restaurant kitchen is transformed by a new chef. Kate suspects that the loose, Italian-trained Nick wants to replace her. A buffet featuring movie-inspired foods will be served. Dinner begins at 6:30 pm; film begins at 7:15 pm. Withdrawal deadline for refund: 1/16.

FOOD: 747 | $25
480 F 6:30pm-9pm
Jan. 30
Mark Williams
FP - HSP, ABDR

Dinner and a Movie: “Simply Irresistible”
Chef Amanda Shelton is running the trendy, legendary (and inherited) Southern Cross restaurant into the ground. An intervention by a cab-driving, Cupid-like guardian angel crosses Amanda’s path with Tom Bartlett, who is opening a 4-star restaurant for his boss. Amanda, hopelessly in love with Tom, suddenly has the gift of infusing her dishes with powerful emotions that overwhelm diners with ecstasy. A buffet featuring movie-inspired foods will be served. Dinner begins at 6:30 pm; film begins at 7:15 pm. Withdrawal deadline for refund: 2/13.

FOOD: 747 | $25
482 F 6:30pm-9pm
Feb. 27
Mark Williams
FP - HSP, ABDR

Dinner and a Movie: “Chocolat”
Vianne Rocher and her young daughter are drifters. They move to a conservative town in rural France and open a chocolate shop during Lent. They’re met with suspicion and opposition until Vianne begins to work her magic with her culinary art, helping the townspeople through her chocolates. Although the townspeople are won-over by her charm and chocolates, the mayor is determined to shut her down. A buffet featuring movie-inspired foods will be served. Dinner begins at 6:30 pm; film begins at 7:15 pm. Withdrawal deadline for refund: 3/13.

FOOD: 747 | $25
485 F 6:30pm-9pm
March 27
Mark Williams
FP - HSP, ABDR

Dinner and a Movie is held at the Forest Park campus in the Hospitality building, in the Anheuser-Busch Dining Room.
Junior Baker: Cake Decorating
A fun, creative activity for young bakers ages 11-14. This class teaches introductory cake decorating techniques on projects that will be completed for take home after each class. You’ll be amazed at the beautiful creations you’ll be able to make for your family and friends! Bring an empty one-quart bowl (with lid) and a box to take home your finished projects. Supplies furnished. Class is a combination of demonstration and hands-on. Park on Hartford or Hampton. Flagpole in front.
KIDS: $30 | $49
P01  Su  2pm-4pm  
  April 12 – April 19
Cynthia Sciaroni  
Cul. Arts House

Spring “Cupcake Critters”
There’s no end to the fun things you can create with cupcakes and icing. In this hands-on class, you’ll make critters and characters that will include: a puppy, a lady bug and an alligator. You’ll also make and decorate a cupcake “cake” by arranging cupcakes and decorating to form a watermelon. No special talent or skills required. All supplies included. Park on Hartford or Hampton. Flagpole in front.
FOOD:702 | $39
P02  Th  6:30pm-9:30pm 
  Feb. 26
  Cul. Arts House

Spring Cupcake Spectacular!
Come join us for a fun morning creating spring theme cupcakes! In this hands-on class, you’ll be introduced to filling and decorating cupcakes using a combination of buttercream and fondant. We’ll transform simple cupcakes into spectacular desserts with Easter, Mother’s Day, bridal, and graduation themes. So come tap into your creativity (we’ll provide the ideas and show you how). Your friends and family will be impressed when you serve up a display of delicious and beautiful cupcakes for your special event desserts.
FOOD:705 | $39
M01  Tu  9:30am-12pm  
  March 31
Carla Soll  
Affton White-Rodgers, B

Petit Fours for Spring Parties and Teas
Make your next spring party extra special with these delightful petit fours you’ve made yourself. These flavorful, small cakes are beautifully decorated for special events. They’re so easy to make and so wonderful to eat! Class is hands-on. Park on Hartford or Hampton. Flagpole in front.
FOOD:724 | $39
P01  Th  6:30pm-9:30pm 
  March 12
  Cul. Arts House

Taking “Tea”
Rediscover the art of taking Afternoon Tea. A demonstration of how to brew the perfect pot of tea and a bit of insight into the history of afternoon and high teas will be served up with an update of classic favorites: petite tea sandwiches such as curried chicken, bacon olive, blue cheese walnut, savory radish and watercress; cheddar cheese straws, Parmesan thyme shortbread, chive gougères, salmon mousse, lemon pound cake, and chocolate cherry scones with lemon curd and mock Devonshire cream. You’ll feel like royalty! Class is hands-on.
FOOD:744 | $39
750  W  6:30pm-9:30pm 
  April 1
Suzanne Corbett  
Kirkwood H.S., C 191

Valentine’s Day Cookie Bouquet
Make, decorate and construct a deliciously edible Valentine Cookie Bouquet centerpiece in one easy lesson. It makes a wonderful gift! You’ll leave class with a completed cookie “bouquet” to keep or to give that special someone on your Valentine’s Day list. Class is hands on. Park on Hartford or Hampton. Flagpole in front.
FOOD:708 | $39
P02  Th  6:30pm-9:30pm 
  Feb. 12
  Cul. Arts House

Easter Cookie Bouquet
Make, decorate, and construct a deliciously edible Easter Cookie Bouquet centerpiece in one easy lesson. You’ll leave with a completed “bouquet” to grace your holiday table or to make someone else’s holiday special! Class is hands on. Park on Hartford or Hampton. Flagpole in front.
FOOD:708 | $39
P03  M  6:30pm-9:30pm  
  March 16
  Cul. Arts House
**Cookie Cactus Garden**

Don’t have a green thumb? Not to worry! Make, decorate, and construct this fun cactus garden out of cookies. It’s as much fun to eat as it is to “grow!” You’ll leave class with a completed “cactus garden” to keep or to give as a very unique gift. All materials included. Park on Hartford or Hampton. Flagpole in front.

**Food:** $39

**P01** M 6:30pm-9:30pm
Jan. 26 **Cul. Arts House**

**Valentine’s Hand-dipped and Molded Chocolates**

There’s no better way to say “Be Mine” for Valentine’s Day than with your own hand-dipped and hand-molded chocolates. You’ll be making (and tasting) molded and dipped chocolates such as: caramel, peanut butter, mocha, and fruit. Learn easy packaging ideas to get the chocolates ready for gift giving. Class is a combination of demonstration and hands-on. Bring a take-home container. Park on Hartford or Hampton. Flagpole in front.

**Food:** $39

**P01** Th 6:30pm-9:30pm
Feb. 5 **Cul. Arts House**

**Impossibly Easy and Simply Elegant Mini Pie Tarts**

Do you purchase pie shells from the grocery store because you’re terrified that you’ll butcher a pie crust from scratch? Well fear no more! In this class, you’ll see just how easy it can be to make simple buttermilk pie crusts while we put together some surprisingly easy, elegant mini tarts. Everyone will get lots of practice making their own mini pie crusts. You’ll also learn to make a several types of pie fillings, such as homemade vanilla custard, from-scratch cherry pie filling, and chocolate bourbon pecan pie. You’ll take home pie crusts to freeze (imagine the convenience, taste, and homemade quality!) as well as pies that are ready to eat, so bring a take-home container. Class includes demonstration and hands-on practice.

**Food:** $39

**P02** M 6:30pm-9:30pm
March 2 **Cul. Arts House**

**Delicious Cakes**

Come find out how easy it is to bake a cake from scratch. You’ll help make: apple cake, chocolate pound cake, classic sour cream cake, lemon chiffon cake, German Black Forest cake. Come and enjoy a day of baking (and eating)! You may never use a boxed mix again. Class is hands-on.

**Food:** $39

**580** Sa 9:30am-12:30pm
March 28 **Eileen Fraser**

**Say “Cheese”cake**

Always a favorite, we’ll make minis, savory, traditional and a cheesecake bar to wow your family and friends. Grasshopper, mocha, salted caramel, amaretto and taco cheesecakes. We’ll include garnishing, demonstration, hands-on preparation and tasting (of course!).

**Food:** $39

**750** W 6:30pm-9:30pm
Feb. 18 **Shirley Rauh**

**German Pastries**

German pastries are individual-sized baked goods. They’re perfect for when a whole cake is too much or you’d like to have a variety of choices on hand for your guests. In this class, we’ll be making Danube Waves cake, Bee Sting cake (with almonds and honey), and traditional apple strudel. Class is part demonstration with some hands-on. Park on Hartford or Hampton. Flagpole in front.

**Food:** $39

**P02** M 6:30pm-9:30pm
March 2 **Cul. Arts House**
Swedish Sweets
Although Sweden isn’t internationally famous as a culinary hotspot, the country’s dessert scene offers plenty of delicious, culturally classic desserts. We’ll be making Pepparkakor (traditional Scandinavian sugar and spice cookies), Toscakaka (Tosca cake - Swedish almond cake), Kladdkaka (Swedish sticky chocolate cake), and Chockladbullar (no cook cocoa balls). Class is a combination of demonstration and hands-on. There will be plenty of taste-testing plus you can take some home for later. Park on Hartford or Hampton. Flagpole in front.
FOOD:705 | $39

Classic Greek Pastries
From delicate and fragile to crunchy and chewy, Greece is known for its confections, cakes, and cookies. Made with an abundance of honey, nuts, fruits, and creams, these mouth-watering treats will satisfy anyone’s sweet tooth. We’ll make the ever popular Baklava with our super easy recipe, Melomakarona (honey cookies with walnuts), Kataifi (almond and walnut pastry in syrup), and Melopita (honey pie). Class is a combination of demonstration and hands-on. There will be plenty of taste-testing plus you can take some home for later. Park on Hartford or Hampton. Flagpole in front.
FOOD:705 | $39

Moroccan Sweets
Moroccan sweets are a unique blend of influences including Arab, French and Berber cultures. The instructor worked with a women’s baking association while living in Morocco. The beautifully crafted desserts explore the natural colors and textures of the ingredients. You’ll work with almonds, peanuts, warqa (filo dough), sesame seeds, honey, dates, orange flower water, and chocolate. Moroccan mint tea will be prepared and served. Come join us in a hands-on class to explore this delicious side to the culture. Park on Hartford or Hampton. Flagpole in front.
FOOD:705 | $39

Sweets and Treats

Join us at
the Culinary Arts House
3137 Hampton Avenue
St. Louis,
MO 63139
Near the
corner of
Hampton and Arsenal
St.

Call 314-984-7777 to register for classes today!

Do you enjoy creating beautiful food?
Develop your talent and pave the way to extra income.

St. Louis Community College
Cake Decorating
Certificate Program
Continuing Education

See page 14 for more details.
Basic Home-baked Yeast Breads (and Beyond!)
Imagine filling your home with the delightful aroma of baking bread and sharing warm-from-the-oven home-baked breads with family and friends! Learn to make a variety of old-fashion homemade breads made perfect for modern appetites. We’re sure you’ll enjoy our basic white bread, whole wheat bread, easy cinnamon bread, pita bread, cheese bread and more. Class is hands on.

FOOD:706 | $39
580  Sa  9:30am-12:30pm
Jan. 24

Gluten-free Pizza, Breads and Rolls
Are you or family and friends gluten intolerant or are you choosing to restrict gluten in your diet? Are you afraid you’ll have to give up breads and pizza forever? Not to worry! This class will give you the skills to add tasty gluten-free breads, rolls and pizza back into your diet. The class is a combination of demonstration and hands-on. Bring a take-home container. Park on Hartford or Hampton. Flagpole in front. *NOTE: We’ll be working in a facility that may have been cross-contaminated with some gluten-containing ingredients.

FOOD:706 | $39
P04  Th  6:30pm-9:30pm
April 23

Artisan Breads: Flat Breads
There are hundreds of types of flatbreads that are made worldwide. The textures of flatbreads vary from crispy, puffy, soft, flaky, tender or light. Come learn the variations of pizzas and flatbreads and how to insure that yours turns out perfectly in your home oven. The class will concentrate on pizza, pita, focaccia and lavash. If time allows, we'll experiment with breadsticks. Class is a combination of demonstration and hands-on. Bring a take-home container. Park on Hartford or Hampton. Flagpole in front.

FOOD:706 | $39
P02  Sa  9:30am-12:30pm
March 7

Bread Machines: No-fuss Homemade Breads
Do you have a bread machine still in the box or hidden away collecting dust? It’s time to get it back out and get this handy, time-saving appliance back into action. Take the hard work out of making bread and you’ll find yourself making it more frequently. We'll show you how to make the most of that under-used appliance. We’ll show you a variety, from simple loaves to shaped breads, both sweet and savory. Some recipes can also be made using a mixer/processor with a kneading attachment. This class is mostly demonstration with some hands-on. Park on Hartford or Hampton. Flagpole in front.

FOOD:706 | $39
P01  Sa  9am-1pm
Feb. 28

Artisan Breads: Sourdough
Learn to make delicious sourdough bread your whole family will enjoy. You’ll learn the many ways you can begin your own starter, from purchasing a starter kit to using wild yeast. We'll make sourdough bread in class using the instructor's own sourdough starter and you’ll get a sample of the starter to take home. Class is a combination of demonstration and hands-on. Park on Hartford or Hampton. Flagpole in front.

FOOD:706 | $39
P03  Sa  9:30am-12:30pm
April 18

Eileen Fraser
FV - SM, 129
Dianne Johnson
Cul. Arts House
Lisa Payne
Cul. Arts House
Dianne Johnson
Cul. Arts House
The Wonderful World of Fermented Vegetables

Come experience the wonderful world of fermented vegetables. We'll have samples of krauts, kimchis, and other fermented vegetables for you to try. These fermented vegetables are rich in nutrients and healthy probiotics. You'll be making your own sauerkraut with cabbage and vegetables, but that's just the start! We'll move on to kimchi, learning what makes those combinations and processes different from sauerkraut. Other vegetables can be fermented, too (without whey) and we'll show you how. Bring a large bowl and several large glass jars with lids for taking home what you've prepared.

FOOD:718  |  $39

780  W  6:30pm-8:30pm  Jane Campbell
      April 8

Irresistible Vegetables: Who Knew?

Are you tired of cooking corn, broccoli, carrots, and peas the same old way every night? Re-discover the wonders of veggies through simple, often quick recipes that will leave your whole family coming back for more. Put excitement and variety back into your mealtimes with over a dozen new recipes that you'll try in this class, like cauliflower au gratin, bacon asparagus, Chinese green beans, Marsala Brussels sprouts, chocolate zucchini bread, celery chestnut casserole, and much more. Come hungry and bring take home containers. Class is hands on.

FOOD:724  |  $29

551  Th  7pm-9:30pm  Eileen Fraser
      May 7

Tasty, Easy Vegetable Side Dishes

If you're looking for ways to jazz up vegetables, this class is for you. You'll help make and enjoy these recipes: lemon butter Brussels sprouts, haricots verts (young French green beans) with lemon and apricots, baked apples and squash, Swiss green beans, sweet potatoes with honey cinnamon, and much more. Always something exciting and different from our instructor's recipe box. Class is hands on.

FOOD:718  |  $39

750  Tu  6:30pm-9:30pm  Michelle Melton
      April 14

Vegetarian Soups from Around the World

The first day of spring is still a month away but that means there is still plenty of cold weather left for vegetarian and vegan soups that will warm you up as they fill you up. Some of the soups that we'll be making include: French onion, roasted vegetable, sopa de frijol (black bean soup), creamy potato and leek and more. We'll also make croutons and crackers to go with the soups. Some of the dishes will accommodate a gluten-free diet or can be easily modified. The class is a combination of demonstration and hands-on. Bring a take-home container. Park on Hartford or Hampton. Flagpole in front.

FOOD:742  |  $39

P01  Th  6:30pm-9:30pm  Dianne Johnson
      Feb. 19

MORE Ancient Grains

Join us to learn about the fascinating history of ancient grains and their nutritional benefits. You'll see how to cook these tasty ancient grains and incorporate them into recipes. Cooking with old-world grains adds texture, variety and healthy nutrients to your meals. You'll help prepare and sample several recipes made with teff, millet and wheat berries. Several of the recipes will be suitable for a gluten-free diet. Class is a combination of demonstration and hands-on. Bring a take-home container. Park on Hartford or Hampton. Flagpole in front.

FOOD:718  |  $39

P01  Th  6:30pm-9:30pm  Dianne Johnson
      April 9

Crazy for Kefir and Kombucha

Did you know you can make wonderful probiotic drinks at home? Come sample kombucha and two different kefirs, then see a demonstration of how to make them. You'll also learn how to second ferment each one. These drinks are good for your health and you'll discover how easy and tasty these probiotic drinks are. Bring 4 glass jars to take home some "mother" cultures.

FOOD:722  |  $39

781  W  6:30pm-9pm  Jane Campbell
      March 25

Gluten-free Desserts

If anyone in your family is gluten intolerant, this class is just in time for spring celebrations. These gluten-free baked treats will satisfy the sweet tooth in you and your family and friends. Recipes include flourless chocolate and vanilla marble cake, chocolate-dipped shortbread cookies, blackberry tartlets with vanilla-flavored mascarpone cream and more. Class is a combination of demonstration and hands-on. Bring a take-home container. Park on Hartford or Hampton. Flagpole in front. *Note: we will be working in a facility that may have been cross-contaminated with some gluten-containing ingredients.

FOOD:724  |  $39

P03  Th  6:30pm-9:30pm  Dianne Johnson
      May 7

Cul. Arts House

Jane Campbell

Michelle Melton

Eileen Fraser

Dianne Johnson

Cul. Arts House

Cul. Arts House
Girls Night Out: Diva Cupcakes!
Come spend a fun, creative evening with your best girlfriends learning to create pretty cupcakes with a diva theme. You’ll make a high heel shoe, purse, hat, and dress cupcakes. In addition, you’ll see how to make and decorate a cupcake “cake” to go with the theme. There will be plenty of taste-testing plus you can take some home for later (or for the car ride home!) Class is a combination of demonstration and hands-on. Park on Hartford or Hampton. Flagpole in front.

FOOD:716 | $39
P01 F 6:30pm-9:30pm
Feb. 20
Cul. Arts House

Girls’ Night Out: Cinco de Mayo
It’s never too early to get ready for one of the biggest parties of the year. There are endless varieties of easy-to-make appetizers that keep you munching throughout the afternoon and late into the evening to accompany whatever you’re drinking. Join us as we make about a dozen different Cinco de Mayo party foods that are sure to make your celebration a blast! Class is hands-on. Bring an apron and hat or hair net and wear closed-toe shoes.

FOOD:724 | $39
480 F 6:30pm-9:30pm
Mark Williams
April 17
FP - SC, 015

Vegetarian Super Bowl: Small Plates and Appetizers
Everyone knows that Super Bowl Sunday isn’t just about football! Super Bowl Sunday is the second-largest food consumption day, behind Thanksgiving. Come join us for vegetarian-vegan small plates and appetizers that are guaranteed to please all your guests. Recipes include mini corn and leek flautas, mini meatless Reubens, zucchini chips and more. Some of the dishes will accommodate a gluten-free diet or can be easily modified. The class is a combination of demonstration and hands-on. Bring a take-home container. Park on Hartford or Hampton. Flagpole in front.

FOOD:752 | $39
P01 Th 6:30pm-9:30pm
Dianne Johnson
Jan. 29
Cul. Arts House

Holiday Brunch Ideas
What makes a successful brunch? Food that “wows” your guests! We will prepare several recipes that will utilize some easy techniques and creative ideas that can transform ‘traditional’ breakfast and dinner items into top notch offerings. Chef Mark will teach you how to prepare a memorable, show-stopping brunch. Class is hands-on. Bring an apron and hat or hair net and wear closed-toe shoes.

FOOD:747 | $39
483 Sa 9:30am-12:30pm
Mark Williams
Feb. 28
FP - HSP, 111

Gluten-free Spring Brunch
Spring celebrations include family get-togethers with lots of sweet and savory dishes. Whether you are hosting your own or attending a brunch and bringing a special dish to share, this class can help. We’ll be making classic brunch items with a gluten-free twist. Recipes will include: spinach quiche, Mediterranean strata, lemon poppy seed scones, and carrot cake roll to name a few. Class is a combination of demonstration and hands-on. Bring a take-home container. Park on Hartford or Hampton. Flagpole in front. *Note: we will be working in a facility that may have been cross-contaminated with some gluten-containing ingredients.

FOOD:724 | $39
P02 Th 6:30pm-9:30pm
Dianne Johnson
March 26
Cul. Arts House
Sharpen Your Skills

Cooking Techniques Made Easy
With a few easy techniques, you can create delicious “from scratch” meals. You’ll learn to measure, dice, slice, chop, roast and bake. The helpful hints, guidance in class and easy to follow recipes will sharpen your culinary skills and have you cooking great meals yourself at home. Tonight’s recipes will include classic Caesar salad with homemade dressing, chicken cutlets with almond butter, rosemary orange-glazed pork tenderloins, southern style green beans and shortbread cookies. Class is hands on.

FOOD:711 | $29
550 Th 7pm-9:30pm
Feb. 19
Eileen Fraser
V - SM, 129

Introductory Knife Skills: With Dinner!
Are you ready to do more cooking at home but unsure of yourself when it comes to techniques for using a chef’s knife safely and effectively? The instructor will discuss knife safety and demonstrate a variety of classic cuts and simple cutting techniques. You’ll learn how to use a knife safely, how to properly care for a knife, and how to recognize quality when shopping for a knife. Then, you’ll practice simple knife cuts with your very own chef knife that will be yours to keep for attending this class! By the end of class, you’ll be able to safely dice an onion and turn carrots, celery, and potatoes into uniform pieces with confidence. There will be plenty of time for practice, questions, and one-on-one guidance as you practice your new knife skills while making a few soups and salads for a tasty dinner. Class includes a lecture and hands-on cooking. Cost for adults 60 and over $50.50.

FOOD:747 | $39
750 Tu 6:30pm-9:30pm
Feb. 24
Michelle Melton
Kirkwood H.S., C 191

Bring on the Flavor!

Some Like it Hot: Fiery Foods!
It may be cold outside, but this class will warm you up! If you love Tabasco and other hot sauces, this class will give you even more reasons to crave the heat. We’re featuring a variety of hot sauces and chilies that add flavor beyond the heat to such dishes as shrimp salad with smoked chile vinaigrette, buffalo chicken soup, chipotle cream cheese and chicken quesadilla, Thai chicken red curry, chile-glazed pineapple sundaes. Class is hands-on.

FOOD:712 | $39
750 Tu 6:30pm-9:30pm
April 22
Suzanne Corbett
Kirkwood H.S., C 191

Mother Sauces and Their Offspring
Sauces make everything taste better. Sauces are often considered one of the greatest tests of a chef’s skill. The successful pairing of a sauce with a food demonstrates technical expertise, an understanding of the food, and the ability to judge and evaluate a dish’s flavors, textures, and colors. Learn to make the 5 basic mother sauces (Béchamel, Velouté, Espagnole, hollandaise, and Tomato) from which hundreds of other sauces are derived. Break into the mystery of tasty, restaurant-style pan sauces and derived. Break into the mystery of tasty, restaurant-style pan sauces and

FOOD:747 | $39
481 Sa 9:30am-12:30pm
Jan. 31
Mark Williams
FP - SC, 015

What’s in Your Spice Cabinet?
An Exploration of Cooking Spices
Have you ever stared at the hundreds of little bottles in the spice aisle in your grocery store perplexed and thinking “what does THAT smell/taste like and what do you DO with it?!?” Come find out! In this exploratory course, you’ll prepare recipes and experience a wide variety of spices from Anise to Turmeric. You’ll learn what they are, what they taste and smell like, what type of foods or cuisines they are best for and of course how to cook with them (hands-on) to make awesome dishes from curry chicken to Jamaican jerk pasta. Come hungry and bring take home containers. Class is hands on.

FOOD:712 | $39
751 Tu 6:30pm-9:30pm
March 31
Michelle Melton
Kirkwood H.S., C 191

Introductory Knife Skills: Part II
So now that you know the basics of using your chef knife are you ready for more? In this class, we’re going to take your knife skills to the next level. We’ll review the basics of dicing, chopping, and mincing (covered in the introductory class) then the instructor will demonstrate some new techniques that you can practice as we prepare a simple dinner to share. In this class, we’ll learn how to carve a roasted chicken, how to cut some of the odder shaped fruits and vegetables like pineapples and melons, and some surprisingly easy knife cuts that make for beautiful presentations. Class includes a lecture/demonstration and hands-on cooking.

FOOD:747 | $39
751 Tu 6:30pm-9:30pm
April 21
Michelle Melton
Kirkwood H.S., C 191

Advanced Knife Skills
You probably have several good quality knives in your kitchen and know which ones to use for various tasks. But do you know to use them most effectively? Or know how to take care of them properly to protect your investment? And are you well-skilled at knowing how to properly cut meats, fish, vegetables, etc. for most uniform cooking? This class will begin with knife care and safety, and then move on to the classical French cuts of meats and vegetables. Class includes demonstration and practice. Bring an apron and hat or hair net and wear closed-toe shoes.

FOOD:747 | $39
481 Sa 9:30am-12:30pm
Jan. 31
Mark Williams
FP - SC, 015
Fish! What a Catch!
Most of us don't attempt to cook fish at home, either because we always ruin it or because home-cooked fish just seems "boring." Chef Mark will show you that cooking flavorful fish is very easy and can provide endless variety. In this class, we'll be steaming, sautéing, baking, broiling or grilling, poaching, and frying fish to make appetizers, soups or stews, and main courses. Class is hands on. Bring an apron and hat or hair net and wear closed-toe shoes.

FOOD:736 | $39
480  F  6:30pm-9:30pm
Mark Williams
FP - SC, 015
Feb. 13

Killer Ribs
Everyone knows how to make ribs, right?? Just dunk 'em in BBQ sauce and blacken them on a grill. Chef Mark will show you a better technique that will make awesome ribs, from start to finish. You'll learn how to properly trim and prepare ribs for grilling, baking and braising. We'll make dry rubs, basting or mop sauces, glazing sauces and braised skillet sauces. You'll truly be the "Rib King" after this! Class is hands-on. Bring an apron and hat or hair net and wear closed-toe shoes.

FOOD:740 | $39
480  Sa  9:30am-12:30pm
Mark Williams
FP - HSP, 111
March 28

Meet Meat
Have the many different cuts of beef in the meat department got you confused and bewildered? Come hone your consumer skills in purchasing meat, learn to select the best cooking techniques for each type of cut, and understand how you can enhance flavor and tenderness of the most expensive item on your menu. Then, we'll prepare and taste: beef stroganoff, vegetable beef soup, pork tenderloin, chili, brisket (demonstration). Class includes hands-on.

FOOD:748 | $39
750  W  6:30pm-9:30pm
Shirley Rauh
Kirkwood H.S., C 191
Feb. 11

Comfort Food Classics
We all like foods that make us feel good inside. And knowing we can make them anytime with these recipes is even better! You'll help make and sample these old favorites (some with a new twist): Gouda mac and cheese with bacon, pork chops in sherry mushroom gravy, oven-roasted crispy chicken, hungarian-style goulash, herbed pork cutlets in gravy, and much more. This array of recipes would satisfy anyone's appetite and make you proud to serve. Class is hands-on.

FOOD:742 | $29
550  Th  7pm-9:30pm
Eileen Fraser
FV - SM, 129
April 23
Dining Global: Soups, Salads, and Sandwiches from Around the World

Savor the flavors of global and regional specialties with one-pot wonders from around the world, salads with flair, and delicious soups like Greek lemon chicken orzo, Italian wedding soup, Spanish paella, Brazilian stew, miso soup and egg drop soup. We’ll also make a classic Greek salad, a strawberry salad, and a Caesar salad—all with homemade dressings. Finally, we’ll revel in the simple joy of a good sandwich as we devour our own New Orleans muffalettas, Mediterranean halibut sandwiches, Monte Cristos and more. Come hungry and leave with your lunch for tomorrow. Bring take home containers. Class is hands on.

FOOD:734 | $39
750 Tu 6:30pm-9:30pm
Feb. 17
Michelle Melton
Kirkwood H.S., C 191

Chinese Take-out (at home)

Addicted to your favorites on your local Chinese restaurant’s take-out menu but looking to save some cash or perhaps eat a little bit healthier? Learn how to make your Chinese favorites at home with fresh vegetables and sometimes, less oil. In this class, you’ll learn how to make Crab Rangoon 3 ways (traditional fried, baked, and as a dip) as well as General Tso’s Chicken, Sesame Chicken, Moo Goo Gai Pan, Pork Spring Rolls, Szechuan Beef, Fried Rice, and Egg Drop Soup. Come hungry and bring take-home containers. Class is hands-on.

FOOD:734 | $39
751 Tu 6:30pm-9:30pm
March 10
Michelle Melton
Kirkwood H.S., C 191

A Taste of India: Vegetarian Meal

If you enjoy dining out in Indian restaurants, come learn how to prepare these delicious vegan dishes yourself at home. It’s not difficult once you’ve been shown how to do it. You’ll prepare and enjoy sampling: ven pongal (rice and lentils, seasoned with fragrant spices), samosa (homemade pastry dough filled with spicy potatoes and peas), cabbage (bhaji cabbage, peas and potatoes with spices), chapati, dal palak (sweet and sour lentils with spinach). Class is hand-on.

FOOD:734 | $39
780 M 6:30pm-9:30pm
March 23
Seema Shintre
Lindbergh H.S., 31

A Taste of India: Complete Chicken Dinners

If you enjoy the flavors of Indian food, come learn to prepare these dishes for yourself. You’ll help prepare and enjoy traditional Indian flavors in: kadhahi chicken (boneless chicken with peppers, tomatoes and onions in a fragrant sauce), kheema matar (ground up chicken with peas, cashews and spices), mix dal (two types of lentils with ginger, garlic and spices), kheer (rich and creamy rice pudding flavored with cardamom and nutmeg), pulav (fragrant basmati rice with veggies and spices). Served with naan. Class is hand-on.

FOOD:734 | $39
781 M 6:30pm-9:30pm
April 6
Seema Shintre
Lindbergh H.S., 31

A Taste of India: Traditional Fish and Chicken Entrees with Side Dishes

If you enjoy the flavors of Indian cuisine, come learn how to prepare these popular dishes. You’ll help prepare and enjoy traditional Indian flavors in: fish moilee (fish cooked in coconut milk, tomatoes and spices), kheema mater (ground chicken with peas and cashews), daal palak (lentils and spinach with spices), peas pulav (fragrant basmati rice with peas and cumin). Served with naan and raita. Class is hand-on.

FOOD:734 | $39
782 M 6:30pm-9:30pm
April 13
Seema Shintre
Lindbergh H.S., 31
Make Your Own Wine at Home
Would you like to try making your own wine? Home wine-making is an enjoyable and satisfying hobby. The quality of home-made wines can be amazing. Many tips and simple instructions from our experienced home wine-making expert will lead you to make the process easy and improve your efforts at home. This is a demonstration “show and tell” class (no drinking), with step-by-step instructions that will take you from start to finish. Participants will assist in preparing a batch of wine (unfermented) and take a sample to ferment at home. Must show proof of 21 years or older.
FOOD:760 | $35
M05 W 6:30pm-9:30pm  Dave Deaton
April 22  St Louis Wine & Beermaking

Wines of Spain
Spanish wines are gaining popularity due to their quality and affordability. There is also a transformation in the wines of Spain whereas the benchmark traditional style of wine is being complimented by a growing influence of a more modern style. Wine tasting will be accompanied by explanations of the influence of growing environment, fermentation, aging and bottling processes used to produce the wines. $20 material fee payable at class. Must show proof of 21 years or older.
FOOD:760 | $15
M03 Tu 6:30pm-8:30pm William Polhemus
April 7  The Wine Barrel

Classic Wines of the Old World
France, Italy, Spain and Germany are where it all started. This will be an overview of some of the most influential wine producing areas of the old world such as Bordeaux, Burgundy, Chianti and more. Wine tasting will be accompanied by explanations of the influence of growing environment, fermentation, aging and bottling processes used to produce the wines. $20 material fee payable at class. Must show proof of 21 years or older.
FOOD:760 | $15
M02 Tu 6:30pm-8:30pm William Polhemus
March 10  The Wine Barrel

Compare and Contrast Different Wine Varietals
What’s the difference between Bordeaux and a Chilean Cabernet Sauvignon or the difference between Sancerre and California Sauvignon Blanc? This will be a side-by-side tasting where we will be comparing the same grape varietals from different regions and identifying their individual characteristics. Included will be sensory components (i.e., apples, gooseberries, eucalyptus, etc.) to better identify the aromatics and flavors found in wine. $20 materials fee payable at class. Must show proof of 21 years or older.
FOOD:760 | $15
M04 Tu 6:30pm-8:30pm William Polhemus
May 5  The Wine Barrel

Rhone Around the World
Come experience the influence that France’s Rhone region, where Syrah is king, has had on America, Australia and South Africa. Wines will include G.S.M, Grenache and Viognier. Wine tasting will be accompanied by explanations of the influence of growing environment, and the fermentation, aging, and bottling processes used to produce the wines. $20 material fee payable at class. Must show proof of 21 years or older.
FOOD:760 | $15
M01 F 6:30pm-8:30pm William Polhemus
Feb. 13  The Wine Barrel

Wine and Chocolate Pairing
February is the perfect time to enjoy the mood-lifting endorphins released by eating a good piece of chocolate. Pair that chocolate with a glass of wine and you have a winning combination. Maddie Earnest of Local Harvest Grocery will introduce you to some of the finest Missouri chocolates and let you taste good piece of chocolate. Pair that chocolate with a glass of wine and you have a winning combination. Maddie Earnest of Local Harvest Grocery will introduce you to some of the finest Missouri chocolates and let you taste

Brew Your Own Beer at Home
Have you ever wanted to make your own beer to match your own taste, but weren’t sure where to start? Come to this one-night class to learn how to prepare a batch of ale from beginning to end. Discussion will include beer styles, preparation steps, equipment, bottling, and resources for the home brewer. This is a demonstration “show and tell” class (no drinking). Participants will assist in preparing a batch of ale (unfermented) and take a sample to ferment at home. Must show proof of 21 years or older.
FOOD:761 | $35
M01 W 6pm-9pm  Dave Deaton
March 25  St Louis Wine & Beermaking

Coffee College
Have you wondered what the difference is between cappuccino and latte? Have you wished you could distinguish between Kenyan or Columbian coffee or even knew the difference between packaged, bagged and fresh coffee? Then come to our Coffee College and learn the characteristics of beans from different growing areas, taste several coffees that will provide you with a good sample of coffees from all over the world, and learn the different roast levels that impact the flavor, feel and aroma of coffee.
FOOD:765 | $19
V01 W 6pm-9pm  Steve Richards
March 4  Alaska Klondike Coffee Co
Cake Decorating for Fun or Profit: Beginning & Intermediate
Unleash your creativity with cake decorating! This combined course begins with instruction and practice in the use of basic tools to torte, fill, and ice your cakes. Decorate them with flowers, writing and borders to make your cakes creative, casual, elegant or romantic. Then you'll enhance your artistic skills and creative abilities with the icing rose, run sugar techniques, figure piping, and basket weave. More as time permits. Join for fun or for the rewards of starting your own business. Supplies extra. No class 3/17.
FOOD: 701 | $79
550 Thu 6:30pm-8:30pm  LaTrice Turner  FO-SC, PDR-A
Feb. 3 – March 31

Cake Decorating for Fun or Profit: Beginning
Unleash your creativity with cake decorating! This introductory course includes instruction and practice in the use of basic tools to torte, fill, and ice your cakes. Decorate them with flowers, writing, figure piping and borders to make your cakes creative, casual, elegant or romantic. Join for fun or for the rewards of starting your own business. Supplies extra.
FOOD: 701 | $79
770 M 6:30pm-9pm Cynthia Sciaroni  Cul. Arts House
Jan. 26 – Feb. 23
No class 2/16
M01 Tu 9:30am-12pm Carla Soll  Cul. Arts House
March 3 – March 24
White-Rodgers, B

Cake Decorating for Fun or Profit: Intermediate
Enhance your artistic skills and creative abilities in this intermediate level class. Learn the icing rose, run sugar techniques, additional flowers, and basket weave. More as time permits. Basic cake decorating skills required. Supplies extra.
FOOD: 702 | $59
770 M 6:30pm-9pm Cynthia Sciaroni  Cul. Arts House
March 23 – April 13

Airbrushing Techniques for Cake Decorating
Airbrushing is a unique technique for creatively adding color to special occasion cakes. Liquid food-safe colors are sprayed through a needle tip with compressed air giving the cakes a beautiful "painted" look. In this class, you'll get hands-on experience with more advanced airbrushing techniques including making and using multiple stencils to create "layered" finished projects, and more intricate shadowing and shading for amazing dimensional looks. Equipment is provided for use in class and supplies are included. Airbrushing techniques can take your decorated cakes to the next level by giving them a distinctive professional finish. Prerequisite: Airbrushing Techniques for Cake Decorating. Park on Hartford or Hampton. Flagpole in front.
FOOD: 703 | $59
P03 Su 12pm-5pm Carla Soll  Cul. Arts House
March 22

Airbrushing: Beyond the Basics
For those who already have airbrushing skills. Airbrushing is a unique technique for creatively adding color to special occasion cakes. Liquid food-safe colors are sprayed through a needle tip with compressed air giving the cakes a beautiful "painted" look. In this class, you'll get hands-on experience with more advanced airbrushing techniques including making and using multiple stencils to create "layered" finished projects, and more intricate shadowing and shading for amazing dimensional looks. Equipment is provided for use in class and supplies are included. Airbrushing techniques can take your decorated cakes to the next level by giving them a distinctive professional finish. Prerequisite: Airbrushing Techniques for Cake Decorating. Park on Hartford or Hampton. Flagpole in front.
FOOD: 703 | $59
P04 Su 12pm-5pm Carla Soll  Cul. Arts House
March 23 – April 13

Flowers, Borders, & Traditional Techniques with Buttercream
If you're comfortable with the basics, this class will show you how to make your decorated cakes look extraordinary. Expand your skills with additional icing flowers, embellished borders, and traditional techniques including the icing bow and cornelli lace. More as time permits. Basic cake decorating skills and experience required. Supplies extra, list provided.
FOOD: 703 | $59
P02 Sa 9am-1pm Carla Soll  Cul. Arts House
Feb. 7

Cake Decorating: Contemporary Wedding Cakes
What wedding cake styles are modern brides requesting? Come join us to learn contemporary wedding design including Quilting, the Ombre Effect, Lacy Embossing, Fondant Appliques, and the easiest way to add shimmer to your cakes. You'll also learn about support, transportation, and set up. The first class is informational and a supply list will be given. Prerequisite: Beginning Cake Decorating.
FOOD: 704 | $59
550 Tu 6:30pm-9pm  Carla Soll  FO-SC, PDR-A
April 7 – April 21
P01 M 6:30pm-9pm  Cynthia Sciaroni  Cul. Arts House
April 20 – May 4

Sculpted Cakes
Do you admire those sculpted cakes you see on TV shows and in high class cake shops? You can learn how to do those yourself. In this class, you'll develop the skills to design the desired shape and structure of a sculpted cake, carve, ice and decorate using multiple materials and techniques. Basic cake decorating skills required. You'll make a Mallard duck cake in this class. Supplies included. Park on Hartford or Hampton. Flagpole in front.
FOOD: 703 | $59
P01 Sa 9am-1pm Carla Soll  Cul. Arts House
Jan. 31

“Test-out” Option: Cake Decorating Certificate Program
If you already have cake decorating skills and would like to “test out” of the basic skills classes (beginning, intermediate) so you can complete the rest of our Cake Decorating Certificate, sign up for this session. We'll send you a supply list of things to bring and our instructor will assess your skills and readiness for the more advanced classes.
FOOD: 702 | $49
P01 Sa 9:30am-11:30am Cynthia Sciaroni  Cul. Arts House
Jan. 24

The Cake Decorating Certificate with Continuing Education
Do you enjoy creating beautiful food? Would you like to develop your talent and pave the way to extra income? If baking is your passion, and you have artistic flair, a Cake Decorating Certificate from STLCC will help you build new skills, focus on your strengths and learn the tricks of the trade that you’ll need for a successful future in cake decorating.

Classes may be taken individually or as a part of the Cake Decorating Certificate Program.

Call 314-984-7777 for a copy of the Cake Decorating brochure.
Couples Cook: Romantic Valentine’s Dinner
Bring your sweetie for a fun night of couples cooking and dining on these great recipes: Pork tenderloin with mushroom stuffing, stuffed baked potato soup, salmon with creamy dill sauce, cookie dough brownies, raspberry vinaigrette salad, to name a few. The instructor will have additional delicious recipes for you to enjoy that will complement these and complete this wonderful evening activity for partners only. Fee is per person. Class is hands-on.
FOOD:765 | $29
580 F 7pm-9:30pm  Eileen Fraser  FV - SM, 129
Feb. 6

Couples Cook: Flavors of the Mediterranean - A Taste of Italy and Greece
Make plans to join us for an evening of delicious dining. You’ll enjoy the flavors of Italy and Greece with Zuppa Tuscan soup, Insalatadi riso lentichii (lentil-rice salad), Pastichio (pasta casserole with Béchamel sauce), Cotoletta Milanese (pork chops Milanese, Torta di mele (apple cake), Patate al forno (roasted potatoes with red onions), Cremosa Merluzzo cotto in salsa alle erbe (cod baked in creamy herb sauce). There will be additional recipes for you to enjoy that will complement these and complete this wonderful evening activity for partners only. Fee is per person. Class is hands-on.
FOOD:765 | $29
581 F 7pm-9:30pm  Eileen Fraser  FV - SM, 129
March 13

Couples Cook: Spring Buffet
Make plans to join us for an evening of delicious dining and fun in the kitchen. Enjoy preparing and sharing these springtime dishes: smothered pork marsala, roasted fingerling potatoes with arugula, spicy garlic chicken with lemon glaze, spinach salad with basil green goddess dressing and cinnamon apple muffins. There will be additional recipes to complement these and complete this wonderful evening activity for partners only. Fee is per person. Class is hands-on.
FOOD:765 | $29
582 F 7pm-9:30pm  Eileen Fraser  FV - SM, 129
April 10

Directions to the Florissant Valley campus
COMING FROM THE WEST (I-270) Take 270 East. Exit at Washington-Elizabeth. (McCluer High School is on the right.) Turn right and then make an immediate left onto Pershall Road. (It is the highway service road) Follow Pershall Road approximately one mile. When you come to the Florissant Valley Campus, turn right at the big blue billboard (it is the second entrance into campus) and immediately turn left & proceed to park.

COMING FROM THE WEST (I-170) Take 170 to 270 East. Exit at Washington-Elizabeth. (McCluer High School is on the right.) Turn right and then make an immediate left onto Pershall Road. (It is the highway service road) Follow Pershall Road approximately one mile. When you come to the Florissant Valley Campus, turn right at the big blue billboard (it is the second entrance into campus) and immediately turn left & proceed to park.

COMING FROM THE EAST (I-270 IL) Take 270 West. Exit at West Florissant Road. Turn left onto West Florissant and cross over the highway. Turn right onto Pershall Road. (It is the highway service road) Follow Pershall Road until you come to the Florissant Valley Campus, turn left at the big blue billboard (it is the second entrance into campus) and immediately turn left & proceed to park.

COMING FROM SOUTH COUNTY (I-270) Take 270 North which will change to 270 East. Exit at Washington-Elizabeth. (McCluer High School is on the right.) Turn right and then make an immediate left onto Pershall Road. (It is the highway service road) Follow Pershall Road approximately one mile. When you come to the Florissant Valley Campus, turn right at the big blue billboard (it is the second entrance into campus) and immediately turn left & proceed to park.

Directions to the Florissant Valley campus
Registration is Easy!!!

Mail
Complete the registration form (below) and mail with check (payable to St. Louis Community College) to:

STLCC Continuing Education, 3221 McKelvey Road, Suite 250, Bridgeton, MO 63044

Students who register by mail should assume they are registered unless otherwise notified. A registration confirmation is mailed to students who register by mail; however, the confirmation may not be received prior to the beginning of the class. If you have enrollment questions, please call Continuing Education: 314-984-7777.

In Person at STLCC
Meramec, Florissant Valley and Forest Park: M-F 8:30am–4pm
You may want to first call the Continuing Education office at 314-984-7777, to check that openings exist.

Call to complete your registration by charging fees to MasterCard, Visa, American Express or Discover.

Telephone: 314-984-7777
Before calling to register, have this information ready:

1. Course Title / Course Code (letter prefix with number) / Section Number
2. Student Contact Info (name / address / phone number)
3. Student Social Security Number or UIN
4. Credit Card Number with Expiration Date

Online: www.stlcc.edu
Visit our website and click on the "Continuing Education" link — where you can view current class offerings and to register for classes.

Enrollment in classes within this brochure, except for youth section classes, is limited to persons 16 years or older.

Registration Deadline
All non-credit courses are limited in enrollment. Advanced registration is required.

Automatic Bank Payment (ACH)
All checks will be converted to an electronic Automated Clearing House (ACH) transaction whether the payment was made in person or mailed.

Accommodations Statement
St. Louis Community College is committed to providing access and reasonable accommodations for individuals with disabilities. If you have accommodation needs, please contact the Access office at the campus where you are registering at least six weeks prior to the start of class to request accommodations. Event accommodation requests should be made with the event coordinator at least two working days prior to the event. Documentation of disability may be required.

Refund of Fees
Since continuing education (non-credit) classes are self-supporting, the decision to run a class is based on the number of people enrolled. The college reserves the right to cancel if sufficient enrollment is not achieved. Registrants will be notified by phone or mail if a class is cancelled. Full refunds will be issued for classes cancelled by the college.

Firearms on College Property
Except for licensed police officers, no person shall possess or carry any firearm, visible or concealed, on college property including college buildings and grounds leased or owned by the college, college athletic fields and parking lots or in any college van or vehicle or at college-sponsored activities. College employees, students and visitors who hold concealed carry endorsements as allowed by Missouri law may not carry or bring any firearms, visible or concealed, on college property, owned or leased or at any college activities.

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Notice of Non-Discrimination
St. Louis Community College is committed to non-discrimination and equal opportunities in its admissions, educational programs, activities and employment regardless of race, color, creed, religion, sex, sexual orientation, national origin, ancestry, age, disability, genetic information or status as a disabled or Vietnam-era veteran and shall take action necessary to ensure non-discrimination. For information contact:
Lesley English-Abrams
STLCC Corporate Center
3221 McKelvey Road, Suite 250
Bridgeton, MO 63044
314-539-5480

Mail-In
Registration form Please print in ink.

☐ Male ☐ Female

Senior Citizen? ☐ Yes ☐ No

Check Payment:
Please make checks payable to St. Louis Community College, and mail with form (addres above).

Credit Card Payment:
Charge fees to: ☐ MasterCard ☐ VISA ☐ Discover ☐ American Express

Telephone/Home: ____________________________ Work: ______________________________

Expiry Date: ____________________________

Total: ____________________________

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