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## Multiple Course Discount

Sign up for two or more classes in this booklet and receive a 10% discount on each class. You must register and pay for all the classes at the same time. If you withdraw from a discounted class you will no longer be eligible for the discounted price unless you have at least two classes remaining on your schedule. If we cancel a class you will still be eligible for the discounted price.

*\* Does not include Truck Driver Training, off campus trips, professional development, online classes or classes noted ineligible in the course description.*

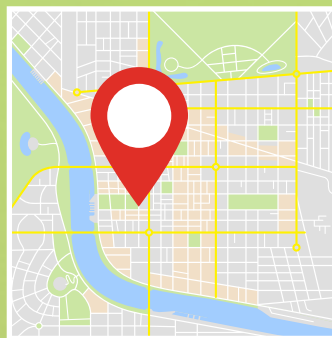
## DAYTIME LEARNING

Enjoy daytime learning opportunities with Continuing Education.

Look for this icon indicating our daytime classes.



## OFF CAMPUS LOCATION



**Unless otherwise stated, these classes are designed for adults 18 and over.**

Visit our website [www.heartland.edu/continuingEd](http://www.heartland.edu/continuingEd)

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**POSTMASTER:** Please send address changes to Continuing Education, Heartland Community College, 1500 W Raab Rd, Normal IL 61761.

# Trips & Events

## Chicago Jazz, Blues & Beyond Tour



Jazz and Blues genres have consistently influenced the music industry and American culture—our own Chicago known as one of America's top music cities. Step back in time to experience a Jazz and Blues tour, ripe with cultural and historical drama. Learn what made Jazz and the Roaring 20's so scandalous and what permanent effects the Great Migration and racial segregation would have on music. Get your own Blues harmonica lesson, and enjoy stops including Chess Records, Green Mill Jazz Club, Aragon Ballroom, and the former site of Maxwell Street Market. Your trip includes transportation, tour admissions, food, and gratuities. Sorry, no refunds after February 21st.

**2433** Sec. AE1    Friday 3/20, 7AM-8PM  
Chicago  
\$165



## Old Polonia & Wicker Park Food Tour



Immerse yourself in the vibrant Chicago communities of Noble Square and Wicker Park. During a unique walking tour, enjoy food and hear tales that reveal the history and culture of these neighborhoods. Learn of the voyage of Polish immigrants in the 1800s and sample home-style Polish cuisine. Stop along the way at a stunning Catholic church, the Gilded Age Mansion on Beer Baron Row, and a historic bank vault. Later, head to Ashland Avenue's famous "taco row," to enjoy ethnic food and a closer look inside the stories of Mexican immigrants. Cost includes transportation, tour admissions, food, and gratuities. Sorry, no refunds after April 21st.

**2445** Sec. AE2    Friday 5/22, 7AM-8PM  
Chicago  
\$165



Free fun for the whole family!

## **NEW!** Eyes on Earth Community Engagement Day



Get a fresh perspective on the planet you call home, just in time for Earth Day! All ages are invited to the Challenger Learning Center for a free community event, designed to educate and inspire your love for Mother Earth. Engage in fun, hands-on activities and learn how you can do your part to take care of the planet. Be amazed to witness what Earth looks like from space as you step into the Athena spacecraft simulator. This is a free, open-house event, but registration in advance or at the door is required.

**Challenger Learning Center Instructor**  
**2531** Sec. YA    Saturday 4/4, 9AM-12PM  
Challenger Learning Center  
Free, registration required

## Parent & Child Launch Through Space: Ages 5-10

Gear up for a space-tacular adventure at the Challenger Learning Center! Prepare to play rocket scientist as you build and launch your very own rocket. Journey through the solar system to explore all things outer space, learn about the planets, and relive past NASA missions. Children must be accompanied by a parent or guardian, and each parent and child must register for the class.

### Challenger Learning Center Instructor

**2651** Sec. YA      Saturday 5/2, 9AM-12PM  
Challenger Learning Center  
**\$20 (per person. Cost includes supplies  
and one rocket kit per child)**



## **NEW!** Weather in the Heartland: The Twist on Tornadoes

They're treacherous. They're terrorizing. They're intriguing. Join WMBD/WYZZ Chief Meteorologist, Chris Yates, to unearth the truth behind tornadoes. Take a look back at some of Illinois' most memorable twisters, learning why this area is an inviting place for storms to materialize. Study air flow patterns to determine how tornadoes are formed. Leave with a healthy respect for these formidable funnels along with safety precautions to take should you encounter one. In addition to the in-the-classroom portion, the first 25 people interested can register to get front-row seats to witness a live, behind-the-scenes broadcast at Peoria's WMBD/WYZZ studio. Transportation not included.

### Chris Yates

**2647** Sec. A      Saturday 4/25, 9-11AM  
WDC Rm 1006 &  
Friday 5/1, 5:30-6:30PM  
WMBD/WYZZ Studio, Peoria  
**\$25**

## Signed up for Weather in the Heartland?

Reserve your front-row spot to witness a live broadcast at Peoria's WMBD/WYZZ studio! Only 25 seats available! Transportation not included.

**Friday 5/1, 5:30-6:30PM**



# History & Culture

## **NEW!** Unraveling the Russian Revolution

The Soviet Union (USSR) was one of the most ambitious yet destructive political superpowers of the twentieth century. Enhanced by discussions of its preceding historical events - the Bolshevik Revolution and Russian Civil War - this course will capture the urgency of the Russian Revolution and its long-lasting polarization effects. Leave understanding how the Revolution's legacy influenced future policy and perceptions in both Soviet Russia and across the world.

**Erika Quinn**

**2504 Sec. A**

**Saturday 3/28, 1-4PM**

**WDC Rm 1402**

**\$25**

## Introduction to Russian Culture

Set out on an adventure to the biggest country in the world. Explore Russia through the eyes of geography and architecture, customs and traditions, folklore and religion, cuisine and holidays, and politics and education. Bring your lessons closer to home as you learn the history behind a unique friendship between Bloomington-Normal and the Russian city of Vladimir, including professional and cultural exchanges that have been actively supported by the authorities of both cities, ISU, and Vladimir State University.

**Lyudmila Belomoina**

**2183 Sec. A**

**Thursday (4 sessions), 4/2-4/23, 6-8PM**

**WDC Rm 1402**

**\$49**



## Introduction to German Culture

Learn more about the German-speaking world or prepare for your travels overseas. This introductory course will give you insights into the history, geography, and culture of this fascinating part of the world.

**Marvis Dickinson**

**2158 Sec. A**

**Monday (4 sessions), 4/6-4/27, 6-8PM**

**WDC Rm 1402**

**\$49**

## Introduction to French Culture

France is famous for its iconic architecture, fine cuisine, and romantic dialect. Dive beyond the surface as you get a taste for French culture and day-to-day life in this unique exploration. Discover aspects of French cooking and interpersonal communication, uncover what makes the geography unique, and take a glimpse into various regions across the country. This class will have you enjoying cultural quirks you won't find anywhere but France.

**Molly Ramirez**

**2178 Sec. A**

**Tuesday (4 sessions), 4/21-5/12, 5:30-7:30PM**

**WDC Rm 1403**

**\$49**

## **NEW!** Vienna's Turn-of-the-Century Tale

Located in the heart of Europe, the city of Vienna is no stranger to transformation - now one of the world's most affluent cities. Discover Vienna during the years of 1889-1910 - a time of new political movements, massive immigration, and artistic experimentation. Discuss the ideological and cultural shifts that accompanied the city's dramatic growth at the turn of the century. Walk away with historical insight and a real-life example of a society that achieved prosperity by embracing change.

**Erika Quinn**

**2732 Sec. A**

**Saturday 5/2, 1-4PM**

**WDC Rm 2004**

**\$25**



# Performing & Creative Arts

## Darkroom Photography for Beginners

Go old school cool with this introduction to vintage technology. Increase your understanding of photography basics by learning to shoot film, and then experience the magic of processing and printing your own black and white images in a darkroom studio. You will need a 35 mm camera.

**Bernadette Cash**

**2620 Sec. A** Tue/Thu (6 sessions), 4/14-4/30, 6-8:30PM  
ICB Rm 2501  
\$135 (plus supplies)



## Wheel Thrown Ceramics



Get your hands dirty and make some three-dimensional art in Heartland's fully-equipped ceramic studio. You will experience the excitement of a ceramic studio while learning the basics of wheel-thrown pottery and hand building. Create functional pots and projects that focus on surface enhancement. Your work will be available for pick-up two weeks after the class has completed.

**Claire Hedden**

**2608 Sec. B** Wednesday (6 sessions), 4/1-5/6, 8:30-11:30AM  
ICN Rm 1408  
\$135

## NEW! Advanced Ceramics: Exploring the Surface



A ceramic surface has unlimited potential, and in this workshop-based class, it's yours to discover. Expand your horizons to discover new skills and unique ways to bring your pottery to life. Observe various demonstrations, including paper stencils, underglaze trailing, water etching, and image transfer, and apply your knowledge by practicing these techniques on flat tiles. Leave class inspired and equipped to liven up any surface. A basic understanding of clay and glaze is required.

**Claire Hedden**

**2711 Sec. A** Monday (4 sessions), 3/30-4/20, 8:30-11:30AM  
ICN Rm 1408  
\$119

## NEW! Advanced Ceramics: Teapot Techniques



"Tip" your toe into new ceramic techniques as you learn to design and sculpt a teapot in this advanced course. Explore your three-dimensional creativity and get hands-on practice shaping lids, handles, and spouts. Walk away with a personalized and functional teapot, pitcher, or casserole dish, as well as new skills on the wheel. Previous experience working with clay and glaze is required.

**Claire Hedden**

**2716 Sec. A** Monday (4 sessions), 4/27-5/18, 8:30-11:30AM  
ICN Rm 1408  
\$119

## Paint Like a Pro: Acrylics & Oil



Learn acrylic and oil painting techniques from a professional artist. This course covers color mixing, edging, values, design, and other basic skills to allow you to master acrylic or oil painting. You will receive a supply list on the first day of class and have an opportunity to save money by purchasing supplies through the instructor. Please be advised that paint and brushes may cost \$90 or more. This class is for ages 16 and up.

**Infinite HeArt Studios Instructor**

**2497 Sec. B** Wednesday (6 sessions), 4/1-5/6, 11:30AM-2PM  
Infinite HeArt Studios  
\$135 (plus supplies)

## 2D Mixed Media Exploration



Bring some drama to your 2D art! Explore a variety of 2D materials in this class, including pencils, ink, paint, and pastels. Apply color and composition techniques and learn to combine mediums to execute your artistic vision to its highest potential. Walk away with the knowledge and skill to turn any 2D canvas into living piece of art. Prior art experience is recommended, but not required.

**Julie F. Callahan**

**2690 Sec. A** Tuesday (6 sessions), 4/28-6/2, 9AM-12PM  
SCB Rm 1802  
\$135 (plus supplies)

# Performing & Creative Arts



## Intermediate Sewing

Don't let your new sewing skills get rusty. Practice next-level techniques by learning how to create a customized garment in this class. Select a pattern of your choosing and sew it to completion with step-by-step guidance from the instructor. Come ready on the first day of class with all materials, including fabric and your sewing machine with the manual and attachments. Prerequisite: *Sewing for Beginners* or prior machine sewing experience.

**Dee Thompson**

**2563** Sec. A      Monday (5 sessions), 3/30-4/27, 6-8PM  
WDC Rm 1400  
**\$69 (plus supplies)**

## Getting to Know Your Serger

From threading the machine to adjusting your tension, take the mystery out of how to use your sewing machine serger. In this class, you will learn all the basics, including how to deal with corners and curves. You will need to bring your serger in good working order with the manual and any attachments.

**Dee Thompson**

**2237** Sec. A      Monday 5/4, 6-8PM  
WDC Rm 1400  
**\$29 (plus supplies)**

## Petal Pressed Artwork

Combine your love for nature and art and create your very own flower press. Learn the proper techniques for dissecting various flowers and discover other ways to press and use flower parts. You'll also get to create and take home a framed piece of pressed artwork for your wall.

**Penny Feehan**

**2684** Sec. A      Tuesday 5/26, 6-8PM  
SCB Rm 1802  
**\$25 (plus \$10 supply fee paid to instructor)**

## Quilting II

Show off your new skills with piece block quilting - a technique used to create any quilt. Learn to make six beginning blocks to construct a lap quilt, wall hanging, table runner, pillow, or tote bag. Explore advanced quilting fundamentals, including choosing fabric, color values, and proper supplies. Prerequisite: *Quilting Basics* or prior basic sewing skills. You must have access to a sewing machine outside of class.

**Kay Bowen**

**2458** Sec. A      Wednesday (6 sessions), 3/25-4/29, 6-8:30PM  
WDC Rm 1400  
**\$95 (plus supplies)**

## Disappearing Nine Patch Quilt

Learn to make an intricate and impressive quilt...so easy, a beginner could do it! A simple variation on the traditional nine-patch block, the disappearing nine patch is an ideal pattern for using up scraps and novelty squares, whipping up a quick baby blanket, or making a classic "I Spy" quilt. Master this new pattern by creating a table topper in this class.

**Kay Bowen**

**2610** Sec. A      Wednesday (2 sessions), 5/6-5/13, 6-9PM  
WDC Rm 1400  
**\$39 (plus supplies)**



## Multiple Course Discount

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## Crocheting: Beyond the Basics

You've mastered the basic crochet stitch, and you're ready to conquer more. Learn the v-stitch, crossed double stitch, traditional ripple, simple ripple, and the shell stitches in this hands-on class. Learn how to use these decorative techniques to create your own afghan or scarf. Prerequisite: *Learn to Crochet* or prior knowledge of single and double crochet stitches.

**Kay Bowen**

**2460 Sec. A**

**Monday (4 sessions), 4/6-4/27, 6:30-8:30PM**

**WDC Rm 1401**

**\$49 (plus supplies)**

## **NEW!** Knitting Socks with Magic Loop

Ditch the double-pointed needles and watch socks appear before your eyes using the magic loop technique. Learn how to utilize this method to knit each section of a sock - from cuff to toe. Outside of socks, you will explore additional uses for the magic loop, including hats, sleeves, and more. Leave class a master of the magic loop, ready to apply your newfound knowledge to future projects.

**Melinda Baur**

**2615 Sec. A**

**Thursday (4 sessions), 4/9-4/30, 6-8PM**

**WDC Rm 1400**

**\$49 (plus supplies)**



## Beginner Uke Hum'n Strum

It's impossible to be unhappy while playing a ukulele. Add some joy and music to your life in this unique beginner's course!

Pluck along to upbeat, well-known songs while you learn all the basic chords and strumming patterns. Wrap up your lesson and join a local ukulele band for a toe-tapping performance at a senior living center. Please bring your own ukulele, strap, and music stand.

**Rhonda Flottmann**

**2721 Sec. A**

**Monday (5 sessions, does not meet 5/25)**

**5/4-6/8, 6-7:30PM**

**WDC Rm 2004**

**\$60**

## Concert Band

Share your gift of music and join the Heartland Community Band! Open to musicians ages 15+, the concert band performs a variety of classical and contemporary pieces at various community concerts. High school students are required to audition or submit a recommendation. Contact [joe.tiemann@heartland.edu](mailto:joe.tiemann@heartland.edu) for more details.

## Trombone Choir

Showcase your trombone talent in the Heartland Community Trombone Choir! Open to musicians ages 15+, the group performs a variety of genres, including jazz, movie scores, and more at various community concerts. High school students are required to audition or submit a recommendation. Contact [joe.tiemann@heartland.edu](mailto:joe.tiemann@heartland.edu) for more details.



# Truck Driver Training



## Truck Driver Training I

This course is designed to prepare you to obtain a commercial driver's license. You will spend the first week preparing for the commercial driver's license learner's permit exam. At the end of the course, you will take a Class "A" License road test administered by the Illinois Secretary of State's office. This course also covers endorsement preparation, state and federal regulations, log books, map reading, trip planning and complete vehicle training to prepare you for an entry-level position in the transportation industry. Instruction includes classroom lecture, demonstration and behind-the-wheel experience in a Class "A" vehicle. Course fee includes background check, drug screening and Motor Vehicle Report (MVR). For more information call (309) 268-8448 or email [truck.driver@heartland.edu](mailto:truck.driver@heartland.edu)

**Dave Keim**

### Day

**1951** Sec. HWR Mon-Fri (20 sessions), 4/27-5/22, 8AM-4:30PM  
WDC Rm 1407

### Night

**1955** Sec. JWR Mon-Fri (40 sessions), 5/4-6/26, 5-9PM  
WDC Rm 1407  
\$4,049

Visit [heartland.edu/truck](https://heartland.edu/truck) for all 2020 class dates, including Pontiac (June 22) & Lincoln (October 12).





Discover Heartland.  
*Discover Yourself.*

**Credit Class Registration Dates**

**Summer 2020:** March 3 – June 1

**Fall 2020:** April 7 – August 17



**HEARTLAND**  
COMMUNITY COLLEGE

***[heartland.edu/discover](https://heartland.edu/discover)***

# Essential Workplace Skills



Local employers identified soft skills training as the most important need for their employees. This series of workshops was built to give employees the tools they need to improve those skills and build on-the-job success. The sessions may be taken individually or as a series for maximum benefit.

## EWS Supervisory Support Orientation

Ensure your organization leverages the maximum benefit from sending participants to EWS by attending a free 90-minute Supervisory Support Orientation. In this session, connect EWS topics to your organization's mission and employee responsibilities. Learn to support participants' ideas and action plans as they put them into practice back on the job. Walk through job tools that promote impactful and efficient follow-up conversations. Leave knowing how to reinforce professional behaviors so you're confident EWS will add value to your team.

**Christina Schulz**

2005 Sec. C

Tuesday 4/7, 7:30-9AM

WDC Rm 1403

Free, registration required

## EWS Train the Trainer

When you are ready to bring EWS into your organization as ongoing professional development (PD), consider our Train the Trainer program. Through a combination of on-site and virtual learning events, you will become a certified instructor for each of the 4-hour modules that comprise the series. Activate facilitation skills to ensure a participant-centered experience. Explore approaches to teaching that engage learners and inspire real-world application. Practice pieces of EWS with feedback from program facilitator and peers, and build a plan to integrate EWS as a primary onboarding PD tool. Leave confident that improving soft skills across your company will impact the culture and generate strong results.

**Next session offered Fall 2020**

## Using Effective Tools for Decision-Making & Goal-Setting

Organizations value individuals who make thoughtful decisions and set intentional goals. In this session, consider a 6-step process for making better work decisions. Practice goal writing and be ready to implement an action plan for growth and advancement. By understanding the concepts of habit change and influence, you will take greater ownership of your goals. Walk away knowing how to make your goals both personally and professionally worthwhile.

**Lisa Summers**

1992 Sec. B Thursday 4/2, 8AM-12PM  
WDC Rm 1403  
\$60

## Navigating Challenges & Stressors

Stressors at work create opportunities to rethink our responses and habits. In this session, identify challenges in your professional life and what contributes to them. Adopt strategies such as a proactive mindset and what-if thinking to anticipate problems before they arise. Grow your emotional intelligence to improve encounters with peers, supervisors, and customers. Explore how attending to your whole self affects your professionalism and career path. Leave with an action plan that promotes resilience in the face of workplace demands.

**Carol Burrell**

2001 Sec. B Wednesday 4/15, 8AM-12PM  
WDC Rm 1403  
\$60

## Understanding Customer Service Essentials

Inclusive and cross-generational workplaces are today's professional norm. In this session, assess your customer-centricity and learn how to maintain and improve trust. Expand communication skills, including use of technology, to serve internal and external customers equally well. Learn recovery steps that rebuild customer loyalty. Leave ready to provide professional customer-service excellence regardless of title or industry.

**Jennifer Keith**

1996 Sec. C Tuesday 4/28, 8AM-12PM  
WDC Rm 1403  
\$60

## Practicing Professionalism at Work

A true professional is one who adds value to their organization. In this session, cross check your professionalism against best practices. Learn how to positively influence coworkers and customers, relate to diversity, and adapt to various work environments. Understand how to use feedback to improve performance and be seen as a problem-solver. At the end of the session, you will have new tools that help you contribute to a healthy and positive workplace.

**Next session offered Fall 2020**

## Communicating Effectively

Communication drives workplace engagement. In this session, get more strategic about communication as a professional skill. Tune into your personal communication style and compare it to that of your peers, supervisors, and customers. Learn how to customize your approach and get the best results. Understand what to get right in managing in-person, written, and digital interactions to prevent conflict and promote productivity. Leave with new methods for connecting to others at work and contributing as a high-performing employee.

**Next session offered Fall 2020**

Sign up for  
all 5 modules  
and get  
\$50 off!

# Professional Development



## **NEW!** Coaching to Captivate

A great coach can inspire a team to turn from satisfactory to outstanding. Take time to explore your personal coaching philosophy in this course. Complete a self-assessment to learn about your leadership style. Observe and apply coaching techniques that are most effective for your type. Take away strategies that marry best leadership practices with your unique personality and current management methods. Leave equipped to motivate individuals to become dynamic and committed members of any team!

**Julie Navickas**

**2650** Sec. A

**Thursday 4/23, 9AM-12PM**

**WDC Rm 1403**

**\$49**

## **NEW!** Diversity & Cultural Sensitivity in the Workplace

Research shows that professional teams who represent multiple social identities contribute more to their organization than less diverse teams. But while diversity may be ideal for creativity, productivity, and profitability, it can also cause individuals to clash. In this workshop, learn to become more mindful of the behaviors and attitudes that have high potential to cause issues at work. Increase your awareness of situations that may unintentionally offend or exclude people from marginalized backgrounds. Walk away with enhanced empathy and a deeper appreciation for diversity in your workplace. This workshop is worth 3.0 PD hours for educators and 3.0 CEU hours for social workers and counselors.

**Mayuko Nakamura**

**2530** Sec. A

**Tuesday 5/5, 9AM-12PM**

**WDC Rm 1403**

**\$49**

## BUSINESS

### The Key to Content Development

You know you've got that special something a person is looking for, but you don't know how to get the word out. In this class, learn how to develop a content marketing strategy that gets customers knocking on your door. Discuss the various types of content you can create like blogs, ebooks, social media posts, videos, and more. Learn strategies for crafting informational and persuasive content that meets customer needs, solves problems, and ultimately, drives revenue for your business.

**Jordon Patterson**

**2512** Sec. A

**Wednesday 3/25, 6-8PM**

**WDC Rm 1405**

**\$29**

Engage in a unique team-building experience designed to foster comradery and improve communication and problem-solving skills in the workplace.

Inquire about a simulated space mission for your group at the Challenger Learning Center! Call (309) 268-8193.



### Management Styles: Valuing Employees & Reducing Turnover

Employees who voluntarily leave their jobs often report that their departure stems from a lack of meaningful communication and validation from their managers. Intended for supervisors, administrators, and other persons in leadership roles, this workshop will focus on how to identify and embrace opportunities to affirm your employees and their contributions to the organization. Walk away with an action plan to enhance employee satisfaction and in turn, aim to reduce turnover in your company.

**Terry Lowe**

**2646** Sec. A

**Thursday 5/28, 9AM-12PM**

**WDC Rm 1403**

**\$49**



## SOCIAL WORK & EDUCATION

### **NEW!** Journeying through Dementia-Related Grief

Grief sets in at the time of an Alzheimer's or dementia diagnosis and continues beyond the individual's passing. In this course, discuss universal concepts associated with loss, including a unique perspective on the stages and symptoms of grief related to dementia. Leave with applicable and empathetic knowledge of coping strategies and a better understanding of the differing ways that humans endure grief. This workshop is worth 3.0 CEU hours.

**Laura Lampert**

**2769 Sec. A**     **Wednesday 5/27, 6-9PM**  
**WDC Rm 1403**  
**\$49**

**CPR & First-Aid training is invaluable for any workplace. Find the class on page 15.**

**Grow in your mindfulness of diversity and cultural sensitivity in the workplace. CEU hours available. Find the class on page 12.**

**Set your SMART goals (and yourself) up for success using a vision board! Find the class on page 23.**

## FOOD & DRINK

### **Food Protection Manager Certification**

Illinois regulations require food establishments to have at least one Certified Food Protection Manager (CFPM) on staff. This course uses the National Registry of Food Safety Professionals examination, which is approved by the American National Standards Institute. You will learn about basic food safety, personal hygiene, cross-contamination and allergens, time and temperature, and cleaning and sanitation. Certification is required every five years.

**U of I - Extension Instructor**

**2205 Sec. A**     **Wednesday 4/1, 9AM-3PM &**  
**Friday 4/3, 9AM-2PM**  
**WDC Rm 1403**  
**\$125**

### **Heartland BASSET Training**

Fulfill your state required training to serve alcohol. Learn to check ID-cards properly, practice intervention techniques to prevent excessive alcohol consumption, and familiarize yourself with the local and state laws regarding alcohol service. After successful completion of this program, you will receive a certificate and official Beverage Alcohol Sellers/Servers Education & Training (BASSET) identification card from the Illinois Liquor Control Commission.

**Brian Copple**

**2645 Sec. A**     **Monday 5/11, 5:30-9:30PM**  
**WDC Rm 1601**  
**\$39**

# Health & Wellness



## HEALTHY AT HOME

### Treating Chronic Health Problems

If you suffer from chronic health conditions like fibromyalgia, rheumatoid arthritis, or digestive discomfort, you may frequently find yourself in pain and frustrated. Aside from medication, you can seek long-term relief as you make a connection between your lifestyle habits and your health in this class. Discover the impacts that diet, mindset, and movement can have for your daily pain and mentality and make a basic action plan that includes nutrition and exercise unique to your condition.

**Robert Hermann, DC**

**2549 Sec. A** Tuesday 4/7, 6-8PM  
WDC Rm 3002  
\$25

### The Power of Happy Thoughts

You have a say over how you feel. This class will provide insight on how to raise your happiness quotient by understanding the three laws of the mind. Practice applying these laws personally to push through mental blocks and transcend self-limiting, degrading, and negative thoughts. Take steps toward living a joyous, meaningful, and fulfilled life. A serene meditation session will be included.

**Ashlesha Raut**

**2251 Sec. A** Thursday 4/9, 5-8:30PM  
WDC Rm 3002  
\$30

### **NEW!** Essential Oils: Making Over Your Medicine Cabinet

Prioritize your well-being and upgrade your remedies by introducing essential oils to your medicine cabinet. In this course, learn which oils help treat common irritations and minor medical issues. Discover how the right oil treatment can naturally and safely combat allergies, headaches, digestion discomfort, and more, without fear of harmful side effects. Leave with your very own custom-mix roller ball bottle of immunity-building oils.

**Virginia Roll**

**2680 Sec. A** Tuesday 4/14, 6-8PM  
WDC Rm 2004  
\$19 (plus \$10 supply fee paid to instructor)

### **NEW!** Essential Oils: Natural Spring Cleaning

Do your spring cleaning a bit differently this year. Using cost-sensitive and environmentally-sustainable essential oils, learn how to naturally disinfect your home without sacrificing your well-being or your wallet. Put essential oils to the test against commonly-used cleaning products and gain an appreciation for their natural and safe properties. Mix up your own cleaning product to take home, and leave class with the knowledge and capability to incorporate more health-conscious cleaning solutions.

**Virginia Roll**

**2682 Sec. A** Tuesday 4/21, 6-8PM  
WDC Rm 1400  
\$19 (plus \$10 supply fee paid to instructor)

## Personal Safety & Self-Defense for Women

Self-defense begins long before an attack happens. Knowing how to protect yourself is an important skill everyone should have. Learn self-defense techniques to build your confidence and know how to respond when you are faced with threatening situations. You will learn evasive techniques and behaviors to help you avoid and escape dangerous situations. Instructor Michael Donovan is a 4th-degree karate black belt, a brown belt in Brazilian Jiu-Jitsu and USYKA certified instructor. This is a hands-on class to please wear comfortable clothes and tennis shoes.

**Michael Donovan**

**2704 Sec. A**     **Saturday 4/18, 9AM-12PM**  
**FRC Rm 1020**  
**\$35**

**Don't keep your training to yourself.**  
**Look for Personal Safety & Self Defense**  
**for Girls on page 27.**



For additional CPR training locations and times, please check with Advocate BroMenn at [advocatehealth.com/bromenn](http://advocatehealth.com/bromenn).



## Heart Saver CPR/AED/First Aid

Heartsaver CPR/AED/First Aid is for anyone who wants to learn basic CPR and first aid skills. You will learn cardiopulmonary resuscitation (CPR), how to provide breaths with a barrier device, how to relieve an airway obstruction, and how to use an AED (automated external defibrillator). The basic principles of first aid will be covered as well. A CPR/AED/first aid certification card will be emailed after successful completion of the hands-on first aid skills and manikin practice. Certification is valid for two years. Certification is approved by DCFS for day care providers. This class is not intended for healthcare professionals.

**Dawn Wilson**

**2188 Sec. B**     **Saturday 5/2, 8:30-11:45AM**  
**WDC Rm 1402**  
**\$65 (includes text & certification card)**

## BREAK A SWEAT

### Ballet Fusion Fitness

Back and better than before, Ballet Fusion Fitness is sporting new music and a new routine! This unique, full-body fusion workout combines the toning and stretching components of ballet with strength training. No prior ballet experience is necessary. These exercises can be customized for all fitness levels. Bring a yoga mat and wear comfortable workout clothing. Don't forget water and a towel too, because you'll be sweating! Sign up for this BFF with your BFF and commit to getting fit together.

**Jenny Cook**

**2190 Sec. A**     **Monday (5 sessions), 4/6-5/4, 5:30-6:30PM**  
**FRC Rm 1020**  
**\$45**



# Health & Wellness

## Texas 2-Step



Typically enjoyed to country and country-rock music, the Texas 2-step travels briskly around the dance floor and utilizes many turns. Step in time with your partner to learn this easy alternative to line dancing. Enjoy your favorite music and your favorite person, and leave with a smile on your face and a trot to your step.

**Cathy Hempstead**

**2426 Sec. A** Thursday (5 sessions), 4/9-5/7, 6-7:15PM  
Dance Partners  
\$69 (per person)

## Introduction to Sailing



Whether you seek relaxation or adventure, set sail for fun on the water! Soon to be your new favorite hobby, this recreational sailing class is perfect for beginners looking to hit the lake. Lessons will include classroom training and on-the-water practice. This class is held in cooperation with the Clinton Lake Sailing Association and will use their fleet of sailboats at the Clinton Lake Marina.

**Clinton Lake Sailing Club Instructor**

**1960 Sec. A** Mon-Tue (6 sessions, does not meet 5/25, 5/26)  
5/18-6/9, 6-8PM  
Clinton Lake  
\$199 (plus \$20 supply fee paid to instructor)

## SLOW IT DOWN

### Intermediate Yoga



Expand on your yoga training with new poses and an emphasis on building strength. Aimed toward those with some prior or beginning yoga experience, this exercise is practiced at a gentle pace, allowing ample time to explore poses and create a workout that suits your individual needs. Come with your yoga mat and leave with more energy, a calmer mind, and a brighter mood.

**Cindy Houser**

**2630 Sec. A** Thursday (6 sessions), 3/26-4/30, 10-11AM  
NRC Rm 1101/1102  
\$55

## Gentle & Restorative Yoga

Learn deep relaxation and self-reflection in this intro to yoga. Focus on stretching, breath and movement coordination, alignment awareness, and slow motion movement. This gentle class is perfect if you have joint sensitivity, stiffness throughout your body, stress, or physical limitations. Please wear comfortable clothes and bring a yoga mat and water.

**Diane Boeck**

**2247 Sec. A** Wednesday (6 sessions), 4/1-5/6, 6-7PM  
CDL Rm 1201  
\$69

## Intro to Ayurveda

Learn the core concepts of Ayurveda, the ancient medical science that studies the art of living to achieve an individual's highest potential of optimal health. You will learn more about yourself and how to balance your lifestyle through Ayurveda. The class also discusses yoga for your body type and how to rejuvenate your life through Ayurveda detox.

**Ashlesha Raut**

**2518 Sec. A** Thursday (4 sessions), 5/7-5/28, 6-7PM  
WDC Rm 1006  
\$35





## Home Staging: Tips to Get Your Home Sold

Get the know-how you need to prepare your home to hit the market. Make home staging work for your time and budget as you learn how to save money and avoid common selling pitfalls. With the guidance of a real estate expert, you'll take away tips for the best ways to show off your house, prepare for walkthroughs, and eventually, put out that "Sold!" sign with pride!

**Adrienne Cornejo**

**2643 Sec. A** Tue/Thu (2 sessions), 4/21-4/23, 6-8:30PM  
WDC Rm 2004  
\$35

## **NEW!** DIY Container Gardens

You're never too old to play in the dirt. Give your plants a handmade home in this course that perfectly blends the worlds of crafting and gardening. Learn about design elements, plant selection, and container care. In class, you will receive all the tools and guidance required to assemble your very own potted container. Leave with a one-of-a-kind creation that any plant would be lucky to call home.

**Penny Feehan**

**2218 Sec. A** Tuesday 3/24, 6-8PM  
SCB Rm 1802  
\$25 (plus \$10 supply fee paid to instructor)

## **NEW!** How to Grow Your Own Sprouts

Growing your own sprouts is an easy and effective way to add vital nutrients and vitamins to your diet. In this class, address simple techniques for sprouting and nurturing a variety of seeds in your home, including chick peas, red lentils and green mung beans. Discover the power-packed health benefits and flavor of these mighty plants, and leave class with tips for incorporating your favorite sprouts into everyday meals.

**Anuja Deshpande**

**2637 Sec. A** Thursday 4/9, 6-9PM  
SCB Rm 1802  
\$45

## **NEW!** Introduction to Mushroom Identification

Before venturing out to forage for mushrooms, it's important to know what to look for and what to bring with you. Ensure a successful hunt by learning various fungi fundamentals, such as identifying cap characteristics and recognizing gill and stipe features. You will leave class with the ability to classify species, make a spore print, and differentiate major mushroom groups.

**Maira O'Keefe**

**2714 Sec. A** Thursday 4/16, 6-8PM  
WDC Rm 2004  
\$35

# Home & Garden



## Basic Bicycle Maintenance

Avoid taking your bicycle to the shop for minor repairs with this do-it-yourself class. Learn how to lube a chain, fix a flat tire, and make minor adjustments to your bike. Get tips on how to keep your bike in good condition during the off season. Bring your bike to class for even better hands-on, personal instruction!

**David Kitchell**

**2702** Sec. A    **Wednesday 4/8, 5-8PM**  
SCB Rm 1802  
\$25

## Bicycleology

Ride or bring your bike to this intermediate bicycle maintenance course. Riding will be safer and faster after learning how to tune and clean your bicycle, identify worn components, adjust the breaks, and more. Leave this class more "in tune" as you see, hear, and feel what your bicycle is telling you.

**David Kitchell**

**2514** Sec. A    **Wednesday (2 sessions), 4/15-4/22, 5-8PM**  
SCB Rm 1802  
\$55

## **NEW!** Woodworking Basics



Discover the step-by-step process to design and execute your very first woodworking project. Gain confidence and experience using carpentry machinery. Acquire knowledge of the craft through discussion and demonstration, then learn to navigate the different cuts, joins, and assembly techniques as they apply to your project. Walk away with your very own hand-made piece as well as a new creative skillset!

**John Mackinson**

**2746** Sec. A    **Wednesday (6 sessions), 4/8-5/13, 6-8PM**  
Normal Community West High School Rm 1201  
\$299 (includes supplies and tools)

## Empowering You with Power Tools

Don't let the power intimidate you - harness it! Get experience handling basic power and hand tools in this do-it-yourself class. Gain confidence hammering, sawing, and nailing on your own, keeping proper eye and ear protection in mind. Get ready to tackle that long list of projects with your own two hands!

**Penny Feehan**

**2448** Sec. A    **Tuesday 4/14, 6-8PM**  
WDC Rm 1400  
\$19 (plus \$10 supply fee paid to instructor)

## Welding Decor for the Outdoors

Shape new, used, or recycled metal into creative yard art by using basic MIG welding techniques. Choose from an iron butterfly or flower, both made with old horseshoes. Bring decorative pieces to class or add them later at home. Great for gifts or your own personal outdoor decor. All basic supplies to complete the project are included.

**Dennis Ludwig**

**2257** Sec. A    **Sunday 5/3, 1-5PM**  
WDC Rm 1601/1605  
\$79

# TAKE IT ONLINE

## Ed2Go Online Training

Complete online classes in 90 days and career training programs in 6 months. All courses are self-paced and open enrollment.

From Understanding Adolescents to Understanding the Cloud, hundreds of courses across dozens of subject areas are waiting for you. Ed2Go can be accessed through our website at [heartland.edu/continuingEd/online](http://heartland.edu/continuingEd/online) or direct at [ed2go.com/hcc](http://ed2go.com/hcc).





## **NEW!** Flatbreads & Focaccia

Dip into some dough and discover how to make breads that trace back to the beginning of baking. Compliment your cooking with any of the multiple flatbreads demonstrated in class, then try your hand at baking your very own Italian focaccia. Walk away with mouthwatering oven and stovetop-ready recipes that will add warmth and flavor to any meal!

**Candace Borth**

**2641 Sec. A** Monday 4/13, 6-9PM  
SCB Demo Kitchen Rm 1802  
\$45

## Scones

Sweet or savory, fruit-filled or frosted, a scone is a very special treat. Learn to make your own perfect scones at home. Take recipes and tips from the experts at Ivy Lane Bakery. The menu in this class includes cheddar bacon, triple chocolate, and orange cranberry American scones. Served with butter or jam, syrup, or even runny egg yolk, scones pair with your morning coffee, afternoon tea or your favorite nightcap.

**Ivy Lane Instructor**

**2723 Sec. A** Monday 4/20, 6-9PM  
SCB Demo Kitchen Rm 1802  
\$45

## Cake Decorating for Beginners

Make your cakes look as good as they taste. Learn to make a delicious buttercream frosting and practice proper icing techniques to get your cake perfectly smooth every time. Take your cakes up a notch by creating flowers, decorative borders, and other tasteful designs. Practice decorating your own cake in class. Beware: soon your cake decorating skills will be in demand!

**Candace Borth**

**2686 Sec. A** Thursday (2 sessions), 4/30-5/7, 6-8PM  
SCB Demo Kitchen Rm 1802  
\$69 (plus supplies)

## **NEW!** Touring an Indian Grocery Store



Looking to cook authentic Indian dishes? Your go-to grocer might not cut it. In this fun fieldtrip, join your instructor for an informational tour through local Indian grocery store, Spice Venue, to learn the ins and outs of shopping for ingredients. Gain confidence to navigate the aisles on your own and locate and identify what you need. Enjoy samples and leave class with the knowledge to prepare a memorable meal.

**Anuja Deshpande**

**2491 Sec. A** Sunday 4/26, 12-3PM  
Spice Venue Grocery Store  
\$25

## **NEW!** Springtime Appetizers

Unleash the fresh and colorful flavors of spring at your next event. Learn to make appetizers that are both delicious and aesthetically appealing. Try your hand at Italian classics like bruschetta, pesto, and polenta fries. Take home samples and recipes to re-create these crowd-favorite apps and be prepared to wow your guests. Please bring a small container to take home your leftovers.

**Candace Borth**

**2639 Sec. A** Wednesday 5/13, 6-9PM  
SCB Demo Kitchen Rm 1802  
\$45



# Personal Finance



## **NEW!** Financial Planning: To Retirement & Beyond

Thoughts of managing finances during retirement is intimidating. In this course, create a financial plan that protects your wealth from risks like longevity, assisted living costs, inflation, and more. Explore strategies to safely transfer wealth and maximize benefits for your heirs and discuss how to legally prepare a surviving spouse. Leave class with your questions answered and stress minimized, equipped to transition into retirement with ease.

**Krista McBeath**

2734 Sec. A

Tuesday (3 sessions), 4/7-4/21, 6-8PM  
WDC Rm 2004  
\$25

## **NEW!** Financial Planning for College

Navigate the maze of financial aid and get a head-start on planning for your education. Learn the difference between need-based and non-need-based scholarships and grants. Get insight into tax strategies that can benefit you and your family. Explore the different sources of money available to you while maneuvering the ins and outs of FASFA and other required processes. Leave class with the resources and knowledge to begin funding your future.

**Karson Lueck**

2726 Sec. A

Wednesday 4/29, 6-7:30PM  
WDC Rm 1402  
\$15



## Online Course Option

### **Six Sigma: Total Quality Application**

Learn how to effectively apply the elements and methods of Six Sigma. Understand how more than 25 tools and methods relate to the DMAIC (define, measure, analyze, improve, and control) model. Master the use of other key tools such as cause and effect diagrams, check sheets, scatter diagrams, failure mode and effects analysis (FMEA), and force field analysis. This course will help you prepare for the internationally recognized Six Sigma Black Belt and Quality Manager exams offered by the American Society for Quality® (ASQ®).

**\$135 (ed2go.com/hcc to register)**

## Principles of Retirement Planning

This course offers real-world strategies and methods designed for retirees and pre-retirees who are interested in improving their retirement plan, regardless of current planning stage. Achieve your individual goals using tried-and-true strategies. Topics include: properly allocating your assets, developing a long-term income plan designed to last your entire retirement, and building awareness of tax tips and strategies while also minimizing taxes to Uncle Sam.

**Krista McBeath**

**2740 Sec. A** Wednesday (3 sessions), 5/6-5/20, 6-8PM  
WDC Rm 2004  
\$25

## Estate Planning

Getting your or your parents' estate in order can be an overwhelming task. Get your questions answered and make the process more manageable in this estate planning class. Join us for a discussion on wills, powers-of-attorney, probate, estate taxes, and titling assets. Leave with the knowledge and confidence you need to be proactive and handle this important process.

**Tyler Wrezinski**

**2427 Sec. A** Thursday (2 sessions), 5/7-5/14, 6-8PM  
WDC Rm 1402  
\$20



## Digital Photography Basics: SLR Cameras

Learn basic techniques to enhance your digital photography skills. Find out how the proper camera settings can improve your results. You will need a digital camera with a fully-charged battery, lens, memory card and user manual. Prerequisite: familiarity with the basic controls of your camera.

**Kent Simpson**

**2441 Sec. B** Tue/Thu (4 sessions), 4/14-4/23, 5:30-8:30PM  
WDC Rm 1405  
\$160 (includes textbook)



## Online Course Option

### Understanding the Cloud

What is the cloud? If you have trouble answering this question, you are not alone. In this course, you will explore how the cloud works, what drives its incredible growth, and how you can use cloud services. You will start by looking at the building blocks of the cloud, where it started, and how it transitioned. You will learn about the different kinds of clouds (public, private, and hybrid).

**\$135 (ed2go.com/hcc to register)**



## Multiple Course Discount

Sign up for two or more classes in this booklet and receive a 10% discount on each class. You must register and pay for all the classes at the same time. If you withdraw from a discounted class you will no longer be eligible for the discounted price unless you have at least two classes remaining on your schedule. If we cancel a class you will still be eligible for the discounted price. *Does not include Truck Driver Training, off campus trips, professional development, online classes or classes noted ineligible in the course description.*

# Technology



## Excel Power Pivot: Dominating Data Analysis

Today's age is defined by data collection. Don't fear the data: dominate it. In this class, you'll be introduced to Excel's power pivot feature, an impressive tool designed to hold and analyze large amounts of data from multiple sources all in one place. Interact with power pivot to organize, manipulate, and report your data effectively using data models, allowing you to make strategic, data-driven decisions that are easy to understand. This course is for experienced Excel users who wish to advance their data-analysis capabilities.

**Jennifer Dyehouse**

**2276** Sec. A Mon/Wed (2 sessions), 3/23-3/25, 6-8PM  
WDC Rm 1404  
\$79 (includes textbook)

## **NEW!** Excel 2016: Transforming Raw Data to Charts

In a world run by data, it's imperative to keep up with the trends and innovation, and Excel is a powerful application to do so. In this course, explore Microsoft Excel's features for transforming numerical data into easy-to-interpret visual charts. No matter who or what you're crunching numbers for, walk away with the ability to extract actionable, organizational intelligence from your raw data. Prerequisite: familiarity with Excel 2016.

**Jennifer Dyehouse**

**2728** Sec. A Thursday 4/16, 6-8PM  
WDC Rm 1404  
\$59 (includes textbook)

## **NEW!** Excel 2016: Advanced Functions & Formulas

Boost your Excel capabilities. Designed for experienced users seeking an even more advanced skillset, this course will focus on the innovative functions required to perform complex calculations in Excel. Master auditing your workbook content to find, troubleshoot, and correct data errors. Get training on lookup functions, cell tracing, and formula evaluation. Leave class confident and capable to execute the program's most cutting-edge features.

**Jennifer Dyehouse**

**2730** Sec. A Wednesday 5/13, 6-9PM  
WDC Rm 1404  
\$59 (includes textbook)

## Excel Advanced: Automating Workbook Functionality

Save valuable time and keep your data intact by mastering advanced automation features in Excel. Progress your skills as you learn to automate a wide variety of workbook tasks, anywhere from ensuring that correct data is entered into your worksheets to eliminating repetitive tasks. This course is intended for experienced Excel 2016 users who wish to train on more advanced features.

**Jennifer Dyehouse**

**2744** Sec. A Tuesday 5/19, 6-8PM  
WDC Rm 1404  
\$65 (includes textbook)

# Language & Communications

## **NEW!** Braille: Not Just for the Blind

While Braille is most commonly used by the seeing-impaired, it has applications for anyone. Learn to read the tactile system of raised dots with finger-tracking techniques and practice writing it on your own with a slate and stylus. Walk away with the ability to decipher Braille letters and numbers and recreate your name and birth date.

**Wilma Copeland**

**2622 Sec. A** Thursday (6 sessions), 4/2-5/7, 6-8PM  
WDC Rm 1403  
\$85 (plus slate & stylus)

## **NEW!** Writing Skills: How to Craft Setting

Bring your literary vision to life for your readers. No matter the genre, approach your next project with a masterful understanding of the setting in which it takes place. Deepen your writing repertoire by learning how to capture the voice and essence of any location, and allow your audience to effortlessly escape into the world you've created. Walk away with sharper writing skills that will help you take future readers on an authentic, unforgettable journey.

**Zeke Jarvis**

**1974 Sec. A** Tuesday (4 sessions), 4/7-4/28, 6-8:30PM  
WDC Rm 1402  
\$75

## **Introduction to Voiceovers**

Explore the voiceover industry. Discover current trends, opportunities, and tools you need to find success in this exciting field. Read a real script and receive coaching from your instructor, a working professional voice actor from Voices For All, to improve your delivery. Receive a professional voiceover evaluation after the conclusion of the class.

**Voices for All Instructor**

**2154 Sec. A** Wednesday 4/15, 6-8PM  
WDC Rm 1402  
\$49

## **NEW!** Setting SMART Goals with Vision Boards

Visualize your dreams becoming reality. Merge creativity with action to take steps toward meeting your personal and professional goals. Shape a path to future accomplishments by assembling a personalized vision board, applying the universal Specific, Measurable, Attainable, Relevant, and Timely (S.M.A.R.T.) strategies to your plan. Leave with your customized vision board and a refreshed purpose and accountability for your aspirations.

**Jennifer Caldwell-Edwards**

**2771 Sec. A** Tuesday 5/12, 6-9PM  
WDC Rm 1402  
\$29 (plus \$5 supply fee paid to instructor)



Online Course  
Option

## **Instant Italian**

Planning a trip to Italy? Express yourself confidently in various situations as you learn practical, everyday words and phrases through reading, listening, and speaking exercises. On top of mastering vocabulary and pronunciation, you will also get a taste for Italian culture, its people, and its impact on the world. By the end of class, you will know how to greet and address someone, introduce yourself, ask for help or directions, navigate Italian shops, book a hotel room, order a meal, and more!

**\$100 ([ed2go.com/hcc](https://ed2go.com/hcc) to register)**





## **NEW!** Mission to the Moon

Travel way out of town this spring break...you're taking a trip to the moon! Ready yourself for adventure at the Challenger Learning Center as you explore Earth's only natural satellite. Design space rockets, examine moon craters, engineer a rover, experience a lunar eclipse, and even try some astronaut food. Learn all about NASA's upcoming Artemis mission, as well as past Apollo moon missions. Head home to Earth with your new, out-of-this-world knowledge!

### **Challenger Learning Center Instructor**

**2536** Sec. YA      **Wed-Thu (2 sessions), 3/25-3/26, 9AM-4PM**  
Challenger Learning Center  
**\$110 (please pack a lunch both days)**

**Need-based scholarships available. Contact us!**

## **SPRING BREAK** **Grades 2-6**

### **NEW!** Surviving in Outer Space

Ever wondered what it would be like to live in outer space? Get all your questions answered at the Challenger Learning Center this spring break! Discover how the human body changes when it travels beyond the Earth's atmosphere and discuss how astronauts keep themselves strong and clean in zero-gravity. Train like an astronaut, then put your skills to the test during a simulated space mission!

### **Challenger Learning Center Instructor**

**2534** Sec. YA      **Mon-Tue (2 sessions), 3/23-3/24, 9AM-4PM**  
Challenger Learning Center  
**\$110 (please pack a lunch both days)**

## **Grossology: The Study of All Things Disgusting**

Some questions are embarrassing to ask. Like, what exactly are saliva and snot made of? Or, why do bodies sweat and release gas? Unmask the interesting answers to these - and more - questions by engaging in activities that focus on the most repulsive, yet fascinating, aspects of organic science. Learn the importance of everyday, "gross" bodily functions, then head home with facts guaranteed to both disgust and captivate your friends and family!

### **Challenger Learning Center Instructor**

**2528** Sec. YA      **Friday 3/27, 9AM-4PM**  
Challenger Learning Center  
**\$55 (please pack a lunch)**



**For more fun at the CLC, bring the whole family to our Eyes on Earth Community Engagement Day!**

**Flip to page 2 to learn more.**

Stay tuned, summer learning adventures coming soon!



## SPRING BREAK Grades 3-5

### **NEW!** Debunking Food Myths with Science

Play with your food for the sake of science! In this class, discover how elements like humidity, temperature, and pressure all affect the treats you eat and how they taste. Conduct food science experiments involving different ingredients and observe the crazy chemical reactions. Taste-test your scientific creations and explore what happens to food in outer space. Walk away with new food knowledge and a knack for scientific discovery!

#### **Challenger Learning Center Instructor**

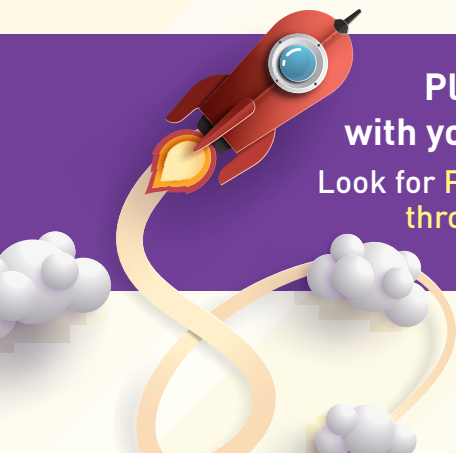
**2532** Sec. YA Mon-Thu (4 sessions), 3/23-3/26, 9AM-12PM  
Challenger Learning Center  
**\$99**

### **FoodVentures**

A class where you're actually allowed to play with your food? That's right! Each day, you will experiment with new and exciting food preparation techniques in the kitchen. Cut fruits and vegetables into fun shapes, knead bread dough, and make the coolest frozen treats ever. Prepare to be creative in the kitchen and explore the wondrous world of food! Parents, please alert us to any food allergies when registering your child.

#### **Candace Borth**

**2225** Sec. YA Mon-Thu (4 sessions), 3/23-3/26, 1-4PM  
SCB Demo Kitchen Rm 1802  
**\$129**



Play rocket scientist  
with your 5-10 year olds!

Look for **Parent & Child Launch  
through Space** on page 3.





## SPRING BREAK Grades 6-8

### Discovering Digital Photography: Grades 5-9

Discover your love for digital photography. Get to know your camera's various settings along with their purposes and effects. Learn to navigate Photoshop to expertly enhance and personalize your images. Experience what it's like to photograph on location during a field trip to Miller Park Zoo. Leave class with a sharper eye and a taste of what it's like to be a professional photographer! Bring your digital SLR camera to class with a fully charged battery and transfer cable.

**Kent Simpson**

**2429** Sec. YA    Mon-Thu (4 sessions), 3/23-3/26, 9AM-12PM  
WDC Rm 1405  
**\$139 (includes materials)**

### Art of Nature, Nature of Art

Capture the essence of the outdoors through art. Sketch, write, take pictures, make a sculpture - however you're inspired to express your creativity and love for nature. You will get to enjoy time outside for inspiration and to collect materials. No prior experience or artistic talent required.

**Ellen Baranowski**

**2239** Sec. YA    Mon-Thu (4 sessions), 3/23-3/26, 9AM-12PM  
WDC Rm 1400  
**\$99 (plus \$10 supply fee paid to instructor)**

### Drama Camp

Jump in with both feet for this fast-paced romp through the theater. With an emphasis on acting skills, theater games, stage presence, and even playwriting, this camp will help you become a better actor and communicator, all while having a great time. The class will close with a performance for your family and friends.

**Rhys Lovell**

**2294** Sec. YA    Mon-Thu (4 sessions), 3/23-3/26, 1-4PM  
ACEC Rm 2400  
**\$99**

Don't feel bad about leaving the roost.  
Your chicks can attend

**Before & After Care  
(7:30-9AM & 4-5PM) and  
Supervised Lunch (12-1PM)**

included at no fee when you stay all day!

Not staying all day? Before & After Care  
can be added on for an addition \$15 and  
Supervised Lunch for \$10.

Please sign up when you register.

**Staying all day for camp?  
Don't forget to pack a lunch!**



## Magician's Workshop

Step into the shoes of a professional magician and learn the craft of this fantastical performing art. Entertain your friends and family after learning how to perform a wide variety of magic tricks involving playing cards, money, rope, and even mind reading! You'll also get to make your own magic props. All supplies and an instructional book are provided.

**Greg Joyce**

**1965 Sec. YA** Mon-Thu (4 sessions), 3/23-3/26, 1-4PM  
WDC Rm 1400  
**\$89 (plus \$8 supply fee paid to instructor)**

## Babysitter Training

Get the training you need to launch your babysitting business! Learn life-saving skills like how to rescue someone who's choking and what to do during severe weather. In addition to best safety practices and first-aid care, you will gain a better understanding of child behavior patterns according to their development stage. Leave with a CPR certification from the American Heart Association and a Safe Sitter completion card, along with tips and tricks to ensure a booming babysitting business.

**Dawn Wilson**

**2454 Sec. YA** Friday 3/27, 9AM-4PM  
WDC Rm 2004  
**\$119 (please pack a lunch)**

## Leadership & Service Academy: Grades 9-12

Gain leadership skills and resume experience by helping young learners solve problems and make discoveries!

Assist our Challenger Learning Center and Continuing Education staff part-time this summer.



## Grades 9-12

### Essential SAT Skills

Statistics show that test preparation is the key to higher SAT scores. The materials in this program were developed by Cambridge Education Services and are used throughout the country with an extraordinary success rate. At the start of the course, you will go through a test simulation to identify areas of improvement and focus. Class lessons include reading, writing, and math, as well as the history/social studies and science skills tested throughout the SAT. We will also practice test-taking strategies and provide skill-building exercises to help you improve. Homework includes reinforcement modules and simulated test problems.

**Jennifer Dawson, Ryan Edel**

**1963 Sec. YA** Tue/Thu (6 sessions), 4/14-4/30, 6-8PM  
WDC Rm 3002  
**\$149 (includes text & materials)**

### Personal Safety & Self Defense for Girls

Learning to be aware of your surroundings and how to take care of yourself is very important. Learn simple self-defense principles and safety tips to help you stay safe. You will learn responses to bullying and have practice time with a McLean County Probation Officer. The important topic of firearm safety will also be covered. Please wear comfortable clothes and tennis shoes.

**Michael Donovan**

**2706 Sec. YA** Saturday 4/25, 9AM-12PM  
CCB Rm 1406/07  
**\$25**

**Call (309) 268-8160 to learn more.**

# Lincoln



## Creating a Social Media Strategy for Your Business

Social media got its start as a personal platform, but quickly evolved into a primary marketing tool for businesses. Discover just how influential this channel can be for converting leads into sales, retrieving customer data, and staying connected with your audience. Determine which platforms align best with your marketing goals, and learn how to maximize their potential to best reach your target audience. Leave with the knowledge to create an intentional social media strategy through purposeful content creation and mindful scheduling habits.

**Jennifer Keith**

**2487** Sec. AL    Monday 3/30, 6-8PM  
Heartland Community College Lincoln Rm 202  
\$29

## Social Security & Retirement Planning

Good social security planning can play a significant part in achieving a secure and comfortable retirement. Learn how to increase your monthly benefit through determining your full retirement age, properly claiming spousal payments, building delayed retirement credits, and other special claiming strategies. Discover the potential impact that budget changes can have on your retirement finances. Please bring questions relating to your own situation to class.

**Tyler Wrezinski**

**2300** Sec. AL    Wednesday 4/22, 6-7:30PM  
Heartland Community College Lincoln Rm 403  
\$15

## Creative Problem Solving

Employers look for individuals who demonstrate the ability to problem-solve outside the box. In this class, we will examine your leadership and problem-solving preferences. Using hands-on examples, you will develop your strengths and target areas that need improvement. Walk away with strategies for how to creatively and tangibly tackle your next unexpected problem.

**Jennifer Keith**

**2485** Sec. AL    Monday 4/27, 6-8PM  
Heartland Community College Lincoln Rm 202  
\$29

## **NEW!** At Ease with Expressive Art

Experience painting as a powerful and playful tool for self-expression. Release stress and restore a sense of balance in this unique class, where artistic expression serves as a form of meditation. Relax with gentle body movements and inspirational conversation. Feel at ease to embody your individualism through guided painting exercises. Leave rejuvenated, taking away new modes of stress relief and self-discovery. No prior art experience required.

**Laura Elliott**

**2695** Sec. AL    Tuesday (3 sessions), 4/28-5/12, 6-7:30PM  
Heartland Community College Lincoln Rm 403  
\$39 (plus \$8 supply fee paid to instructor)

## The truck is coming to Pontiac and Lincoln!

Pontiac: **June 22**

Lincoln: **October 12**

For more information call (309) 268-8448  
or visit [heartland.edu/truck](http://heartland.edu/truck).



## Essential SAT Skills: Grades 9-12

Statistics show that test preparation is the key to higher SAT scores. The materials in this program were developed by Cambridge Education Services and are used throughout the country with an extraordinary success rate. At the start of the course, you will go through a test simulation to identify areas of improvement and focus. Class lessons include reading, writing, and math, as well as the history/social studies and science skills tested throughout the SAT. We will also practice test-taking strategies and provide skill-building exercises to help you improve. Homework includes reinforcement modules and simulated test problems.

**Jeremy Scott & Debbie Vaughan**

**2709 Sec. YAP** Mon/Wed/Thu (6 sessions), 3/30-4/9, 6-8PM  
Heartland Community College Pontiac Rm 214  
**\$149 (includes text & materials)**

## Navigating Challenges & Stressors

Stressors at work create opportunities to rethink our responses and habits. In this session, identify challenges in your professional life and what contributes to them. Adopt strategies such as a proactive mindset and what-if thinking to anticipate problems before they arise. Grow your emotional intelligence to improve encounters with peers, supervisors, and customers. Explore how attending to your whole self affects your professionalism and career path. Leave with an action plan that promotes resilience in the face of workplace demands.

**Learn how you  
can benefit from  
our Essential  
Workplace Skills  
series on page 10.**

**Lisa Summers**

**2000 Sec. AP** Wednesday 4/22, 8AM-12PM  
Heartland Community College Pontiac Rm 220  
**\$60**

## Trash to Treasure: Junk Drawer Art

Practice the philosophy "one man's trash is another man's treasure"... with your own trash! Dread that long-avoided junk drawer no longer, as you turn your miscellaneous items into functional and unique art. Scavenge together unwanted clutter to bring to class where you will concoct a one-of-a-kind stepping stone to use as home or yard décor. Take home your stone and a mold to use when your junk drawer inevitably fills up again.

**Penny Feehan**

**2688 Sec. AP** Saturday 4/25, 10AM-12PM  
Heartland Community College Pontiac Rm 220  
**\$25 (plus \$10 supply fee paid to instructor)**



## **NEW!** Promoting Responsible Tech: Personal Internet Protection

Whether at home or on the go, it's important to take steps to protect your data. Achieve a deeper understanding of what goes on behind-the-scenes of your screens. Review and discuss common scenarios involving personal data on your mobile device and learn ways to increase the protection around your home's internet access. Walk away with a solid grasp on concepts like sustaining WiFi security, monitoring child devices, filtering internet content, and more.

**Michael McCabe & Dylan Melvin**

**2736 Sec. AP** Tuesday 4/28, 6-8PM  
Heartland Community College Pontiac Rm 210  
**\$29**

## Mastering Your Grill



Master your grill and become legendary for mouthwatering meats and veggies. In this grilling fundamentals class, discuss rubs, marinades, and secrets for maximizing flavor. Discover what differentiates grilling from barbecue, create your own signature BBQ sauce, and compare the pros and cons of gas and charcoal grills. Leave this class equipped with essential grilling techniques, ready to conquer any backyard BBQ, neighborhood block party, or summer cookout that comes your way.

**Chef Scott Rowan**

**2624 Sec. AP** Tuesday 5/5, 6-9PM  
Livingston Area Career Center  
**\$39**

# Information/Registration

## 4 WAYS TO REGISTER



### Online:

Payment must be made by credit/debit card (Visa, MasterCard, Discover or American Express).  
Visit our website:  
[www.heartland.edu/continuingEd](http://www.heartland.edu/continuingEd)



### By Phone:

Call (309) 268-8160  
The TDD number is (309) 268-8030.  
Office hours are 8:00AM - 4:30PM, Monday through Friday. To register by phone you must pay by credit/debit card (MasterCard, Visa, Discover or American Express).



### By Mail:

Mail the completed registration form along with full payment to:  
Continuing Education  
Heartland Community College  
1500 W. Raab Rd.  
Normal, IL 61761



### In Person:

Bring completed form and payment to:  
Continuing Education  
Workforce Development Center  
Suite 2400  
Heartland Community College  
1500 W. Raab Rd., Normal, IL  
Office hours are:  
8:00AM - 4:30PM, Monday - Friday

### Questions or suggestions?

Email: [continuing.education@heartland.edu](mailto:continuing.education@heartland.edu)

## Registration Confirmation

You will receive a confirmation of your registration in the mail. Confirmation will include a course schedule, receipt, map and other information specific to your class(es).

## Age Appropriate Guidelines

Unless otherwise stated, these classes are designed for adults ages 18 and over.

## Fees

Fees are payable in full at the time of registration. We accept cash, check or credit/debit cards.

## Classroom Expectations

We strive to provide excellent learning experiences in our Continuing Education classes. As a result, anyone exhibiting inappropriate behavior or disrespectful language may be dismissed without a refund. Please refer to the HCC Student Conduct policy for details at [heartland.edu/conduct](http://heartland.edu/conduct).

## Full or Canceled Classes

Please make sure we have your current contact information so we can notify you if classes are full or canceled. You may choose alternate classes or receive a refund.

## Refund Policy

Unless otherwise stated in the course description, you must drop a class no later than two working days before the first class session to receive a refund. No refunds or class credits will be issued after that time. Payments for course materials, supplies or textbooks are also non-refundable.

## Workforce Training Employment Policy

Heartland Community College does not guarantee employment upon completion of instructional programs. Students are responsible for researching relevant employment opportunities prior to registration. No refunds will be provided if a student fails to complete a course, does not pass a certification exam, or is unsuccessful at obtaining employment.

## Weather or Emergency Cancellation Policy

If Heartland Community College closes campus due to inclement weather or emergencies, Continuing Education classes will also be canceled. Cancellations will be announced on area radio stations and local TV stations.

**Heartland Community College is a tobacco-free and weapons-free campus.**



Please complete a registration form for EACH STUDENT planning to attend class.

# REGISTRATION FORM

Legal Name \_\_\_\_\_  
Birthdate \_\_\_\_\_ ☐ Male ☐ Female  
Address \_\_\_\_\_  
City \_\_\_\_\_ State \_\_\_\_\_  
Zip+4 \_\_\_\_\_ County \_\_\_\_\_  
Home Phone \_\_\_\_\_ Work/Other \_\_\_\_\_  
Email \_\_\_\_\_

The following demographic items are requested for state reporting:

**Highest Degree Previously Earned:**

- |   |  |
|---|--|
| <input type="checkbox"/> GED              | <input type="checkbox"/> Bachelor's Degree       |
| <input type="checkbox"/> H.S. Diploma     | <input type="checkbox"/> Master's Degree         |
| <input type="checkbox"/> Some College     | <input type="checkbox"/> 1st Professional Degree |
| <input type="checkbox"/> Certificate      | <input type="checkbox"/> Doctoral Degree         |
| <input type="checkbox"/> Associate Degree | <input type="checkbox"/> Other                   |

**Ethnic Origin:**

Are you Hispanic or Latino? ☐ Yes ☐ No

Are you from one or more of the following racial groups?

- ☐ White ☐ American Indian/Alaskan Native ☐ Asian  
☐ Black/African American ☐ Native Hawaiian/Other Pacific Islander

Are you in the United States on a Visa-Nonresident Alien? ☐ Yes ☐ No

Please identify your primary racial/ethnic group from the choices listed above:

\_\_\_\_\_

If yes, please indicate Visa type \_\_\_\_\_

Country of Origin \_\_\_\_\_

**Course Code (4-Digit)**

**Course Title**

**Fee**

_____	_____	_____
_____	_____	_____
_____	_____	_____
_____	_____	_____

Total Fees \$ \_\_\_\_\_

**For credit card payments please register  
online or call us at (309) 268-8160.**

**For Office Use**

Date Received \_\_\_\_\_ Initials \_\_\_\_\_ EMPLID# \_\_\_\_\_



# Find Your Class

## Main Campus 1500 W Raab Rd, Normal IL

- |   |   |
|---|---|
| <b>1</b> Community Commons Building (CCB)     | <b>7</b> Workforce Development Center (WDC)         |
| <b>2</b> Student Commons Building (SCB)       | <b>8</b> Child Development Lab (CDL)                |
| <b>3</b> Instructional Commons Building (ICB) | <b>9</b> Fitness & Recreation Center (FRC)          |
| <b>4</b> Instructional Commons North (ICN)    | <b>10</b> Astroth Community Education Center (ACEC) |
| <b>5</b> Physical Plant Building (PPB)        | <b>11</b> Normal Readiness Center (NRC)             |
| <b>6</b> Receiving and Storage Building (RSB) | <b>12</b> Corn Crib Stadium                         |



## HCC

Heartland Community College  
1500 W Raab Rd  
Normal, IL 61761

**ACEC**-Astroth Community Education Center  
**CCB**-Community Commons Building  
**CDL**-Child Development Lab  
**FRC**-Fitness & Recreation Center  
**ICB**-Instructional Commons Building  
**ICN**-Instructional Commons North  
**NRC**-Normal Readiness Center  
**SCB**-Student Commons Building  
**WDC**-Workforce Development Center

Challenger Learning Center at  
Heartland Community College  
Astroth Community Education Center  
1500 W Raab Rd  
Normal, IL 61761

• Letters represent parking lots

## Off Campus

Clinton Lake Marina  
5695 White Pigeon Road  
Weldon, IL 61882

Dance Partners  
1401 Tralee Ln  
Bloomington, IL 61704

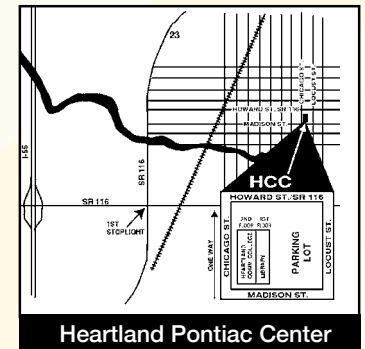
Infinite HeArt Studios  
2907 Gill Street #1  
Bloomington, IL 61704

Livingston Area Career Center  
1100 E Indiana Ave.  
Pontiac, IL 61764

Normal Community West High School  
501 North Parkside Rd.  
Normal, IL 61761

Spice Venue Grocery Store  
106 Young Drive  
Normal, IL 61761

## Pontiac



Heartland Pontiac Center  
Heartland Community College  
211 E Madison  
Pontiac, IL 61764

## Lincoln



Heartland Lincoln Center  
Heartland Community College  
2201 Woodlawn Road  
Lincoln, IL 62656