Heartland Community College
Winter Schedule
December 1, 2016 - March 31, 2017

Registration Information pg. 40
Unless otherwise stated, these classes are designed for adults 18 and over.

Visit our website at www.heartland.edu/continuingEd

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Eliminating Self-Defeating Behaviors

Procrastination, indecision, discouragement – whatever your self-defeating behaviors (SDBs) might be, they prevent you from experiencing your fears. Break the barrier and see a world of freedom, possibilities and opportunities. This workshop helps you eliminate your SDBs so you can experience that world without fear and with a sense of confidence and self-trust.

Ron Maier
6287 Sec. A
Tuesdays (5 sessions), 1/24-2/21, 6-8PM, HCC WDC Rm 3002
$79

Autumn Harvest: Cultivating Happiness & Meaning for Retirement

Whether you choose to retire from full-time employment or pursue an encore career, the autumn of your life can be a season filled with engagement and purpose. The instructor of this course will offer a practical model, based on current research, to use your talents, interests and values to create new opportunities and positive challenges. Learn how to cultivate your best self!

Maggie McCormick
6290 Sec. A
Thursday 3/2, 6-9PM, HCC SCB Rm 1602
$75

Finding Balance & Clarifying Your Mission

Regardless of your phase in life, planning resolutions is not always enough. You need to find balance and clarify your mission. This workshop gives you practical tips for finding balance and the opportunity to write a personal mission statement focused on your values and goals to kick start what is sure to be your best year yet.

Rebecca Mentzer
6282 Sec. A
Wednesday 2/1, 6-8PM, HCC WDC Rm 1402
$55

Complete Meditation

Meditation is an integral part of many people’s lives. Politicians, celebrities and corporate leaders take part in the practice. In spite of this awareness, the “what, why and how” of meditation are often unclear. In this interactive session, you will understand what true meditation is and learn techniques that will take you beyond the body and mind. In this state, you will go from doing meditation to simply being meditation.

Ashlesha Raut
6330 Sec. A
Thursday 2/2, 6-9PM, HCC WDC Rm 1403
$35
Personal Safety & Self-Defense for Women

ENRICHMN-1412
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. Instructor Michael Donovan will teach you evasive techniques and behaviors to help you avoid and escape dangerous situations. Donovan is a 4th-degree Black Belt and a USYKA certified instructor with 27 years of teaching experience as well as 20 years of working in criminal justice. This is a hands-on class so please wear comfortable clothes and tennis shoes.

Michael Donovan
6119 Sec. A
Saturday 2/4, 9AM-12PM, HCC CCB Rm 1407
$42

The Art & Science of College Teaching

ENRICHMN-3005
Enhance your understanding of issues and best practices related to teaching in a college environment. Topics include beliefs about how adult college students learn best as well as principles and best practices of course design, delivery of instruction, day-to-day classroom management and assessing and evaluating student learning. Each participant will create a teaching philosophy statement and a plan for continued professional development in this area. Note: you do not need a master’s degree to take this class but a master’s degree is required to teach at most colleges.

Deborah Gentry
6157 Sec. A
Mondays (5 sessions), 1/30-2/27, 6-9PM, HCC WDC Rm 1403
$64

Fly Your Sweetie to the Moon: A Valentine Mission

SCIENCE-1046
Have a romantic Valentine’s Day with a candlelight dinner and a trip to the moon with the one you love. This magical evening begins with a candlelight Italian dinner of delicious lasagna (meat or vegetarian), crisp romaine lettuce salad and fresh baked bread. Next, join the Challenger Learning Center staff as we fly 15 adult couples to the moon for a simulated space mission. Cake and punch are provided half way through the mission when we take a break and reflect upon the developments that took place during the mission. Upon completion of the mission, each couple is provided with a photo, flowers and chocolates.

Stacey Shrewsbury, Susan Evens & Libby Torbeck
6353 Sec. A
Thursday 2/9, 6PM-9PM, ACEC Rm 1200
$90 (includes meal, refreshments & supplies, per couple)

We Want to Hear From You!
Is there a particular destination you have always wanted to visit? Would you like to receive advanced information on trips and tours in Heartland’s travel series as it becomes available? Contact the Continuing Education office at (309) 268-8160 or continuing.education@heartland.edu to add your name to the mailing list and share your suggestions and new ideas today!

Heartland EDventures
Watch for our Spring booklet (coming in mid February) for exciting new EDventures!
Christmas During the Civil War
ENRICHMN-1985
What was Christmas like when brother was battling brother during the American Civil War? Through letters, diaries, stories, drawings, manuscripts and books, we will reconstruct how soldiers and civilians celebrated the holiday during a period of battle and bloodshed.
Christina Smith
4393 Sec. A
Monday 12/5, 6-9PM, HCC WDC Rm 1402
$30

A Friendship that Shaped History
Ages 8-88
ENRICHMN-3006
Abraham Lincoln and David Davis were great friends who both had ties to Central Illinois. Come to the David Davis Mansion to hear about their friendship. You will get to hear and participate in a presentation and also get a tour of the mansion. You may even find out why the bathtubs in the house are so big. You are welcome to bring adults with you.
Christina Smith
6941 Sec. YA
Monday 2/20, 9-11AM
6942 Sec. YB
Monday 2/20, 1-3PM
David Davis Mansion
$10

Introduction to Welding
INDCE 1001 A
Learn different welding methods in this introduction to Stick (SMAW) welding, MIG (wire) welding and oxy-acetylene gas welding. The basic skills of each process as well as safe operation will be covered. Lab time is used to apply what you have learned and you will be allowed to bring projects from home to work on.
Dennis Ludwig
6401 Sec. A
Sundays (5 sessions), 11/5-2/12, 1-4PM, WDC 1601 & 1605
$225
**Play the Recorder I: Beginning**

**PRFMARTS-1028**

It’s never too late for learning to play the recorder. Start with basic techniques or improve upon what you already know in a positive environment with professional recorder player Lisette Kielson. Beginners and low-intermediate players welcome. Please bring your own recorder and music stand. Prerequisite: you must be able to read music.

Lisette Kielson
6143 Sec. A  
Tuesdays (8 sessions), 1/10-2/28, 3:30-4:30PM, HCC ACEC Rm 2400  
$90 (plus supplies)

**Play the Recorder II: Intermediate & Above**

**PRFMARTS-1034**

Improve your tone, technique and ensemble playing skills in this encore level class. We will tackle more advanced notes, rhythms and musical concepts with exercises and recorder ensemble repertoire from the Renaissance to the Contemporary. No prior group playing experience is necessary. Please bring your own recorder and music stand. Music is provided. This class serves as a continuation of “Play the Recorder I: Beginning” or for those with prior study of recorder.

Lisette Kielson
6145 Sec. A  
Tuesdays (8 sessions), 1/10-2/28, 2-3PM, HCC ACEC Rm 2400  
$90 (plus supplies)

**Heartland Songbirds**

**PRFMARTS - 1029**

Make your Wednesday lunch break your favorite by adding a dash of music. If you love to sing and can read music, join the Heartland Songbirds. Whether you love hits from yesteryear, show tunes or catchy songs with great harmonies, this ensemble will remind you why making music with others is so fun. Our session will conclude with a casual performance at a campus or community event.

Char Fesler
7562 Sec. A  
Wednesdays (8 sessions) 1/18-3/8, 12-1PM, HCC ACEC rm 2400  
$40
creative arts

Knitting & Crocheting

Beginner Knitting
ARTCRAFT-1023
Stay warm this winter! Discover the joys of knitting and create two different beginner knit projects. Learn the basic techniques which include casting on, knit stitch, purl stitch and casting off. Course homework allows you to work on your own and explore knitting even further. By the end of this course, you will be ready to work on more advanced projects.

Lyn Johnson
6079 Sec. A
Tuesdays (6 sessions),
1/24-2/28, 6-8PM,
HCC SCB Rm 1602
$105 (plus $22 materials fee paid to instructor)

Cables 101
ARTCRAFT-1737
Cables are fun and easy. Learn to create those lovely twists and turns in knitting by following a cabled ear warmer pattern. The class will cover cabling in the front and back, following a cable pattern and proper blocking. You’ll also learn how to pick up stitches to turn the ear warmer into a hat. Knitting experience required.

Lyn Johnson
4444 Sec. A
Tuesdays (2 sessions),
12/6-12/13, 6PM-8PM,
HCC SCB Rm 1602
$47 (plus $15 materials fee paid to instructor)

Learn to Crochet
ARTCRAFT-1025
Get hooked on a new hobby. Learn and practice the single crochet, half double crochet and double crochet. Work on several small projects like dishcloths, round hot pads, granny squares, a winter scarf and how to crochet the top of a kitchen towel. This class will teach you how to read patterns and change yarn colors. No experience necessary.

Kay Bowen
6091 Sec. A
Mondays (6 sessions),
2/13 – 3/20, 6:30-8:30PM,
HCC WDC Rm 1401
$88 (plus $7 materials fee paid to instructor)
Register online at www.heartland.edu/continuingEd

**Creative Arts**

**Artist Trading Cards**

**ARTCRAFT-1742**

Artist Trading Cards are self-made, unique works of art that showcase your personal artistic style. These cards are collected and exchanged, similar to the way baseball cards are traded. In this course, you'll create multiple art cards, experiment with multi-media techniques, share your creations with others and collect art from other creators. In each class session, you'll create a card using a new theme. This class is appropriate for all skills levels, including novices.

Kimberly Wiggers de Otte

6090 Sec. A  
Mondays (6 sessions), 1/30-3/6, 6:30-9:30PM, Heartland Lincoln Center Rm 628B

$129 (plus $12 for supplies)

**Beginning Stained Glass**

**ARTCRAFT-1161**

Create beautiful works of stained glass art. This course teaches you all about the tools, techniques and safety procedures of stained glass crafting. You'll also create your very own stained glass panel using the copper foil method. A supply list will be provided when you register and you may need to purchase some tools prior to the first night of class. Your additional expense for tools and supplies over the five weeks may total as much as $135, depending on your choice of design and glass.

Terry Garbe

6306 Sec. A  
Tuesdays (5 sessions), 1/17-2/14, 7:30-10PM, Touch of Glass

$99 (plus supplies & tools)

**Ceramics Fun for Parent & Child**

**ARTCRAFT-1707**

Have fun working side by side. Our instructor will guide adult and child pairs as you explore the world of clay together. Learn the basics of working with clay from start to finish. Each of you will create three pieces of work including a potter's wheel thrown piece. The final class will be spent glazing and decorating your work. Children should be ages 8 and up. Your work will be available for pick up two weeks after the course has completed.

Erin Furimsky

6307 Sec. A  
Monday (4 sessions), 1/30-2/20, 6-8PM, HCC ICN Rm 1408

$65

**Beginning & Intermediate Wheel Thrown Ceramics**

**ARTCRAFT-1032**

Experience the excitement of a ceramic studio! Learn the basics of wheel thrown pottery and hand building. Create functional pots and two hand-built projects that focus on surface enhancement. Come get dirty and make some three-dimensional art in Heartland's fully-equipped ceramic studio. Your work will be available for pick up two weeks after the class has completed.

Erin Furimsky

6309 Sec. A  
Wednesdays (6 sessions), 2/1-3/8, 1-3PM

6311 Sec. B  
Wednesdays (6 sessions), 3/29-5/3, 1-3PM

$115
Getting to Know Your Sewing Machine

ARTCRAFT-1376

Don’t let your sewing machine just sit there; put it to good use. This class teaches you how to stitch a blind hem, make buttonholes, insert a zipper and mend and stretch stitches. You’ll also learn basic machine maintenance techniques to keep your machine in tip-top running condition. Bring your own machine (in good running condition) and if available, the manual and attachments. Your instructor will help you learn how to use the accessories in your attachment box.

Dee Thompson

6082 Sec. A  Mondays (2 sessions), 1/23-1/30, 6-8:30PM
6084 Sec. B  Mondays (2 sessions), 3/13-3/20, 6-8:30PM
HCC WDC Rm 1400

$60 (plus $3 supply fee paid to instructor)

Sewing for Beginners

ARTCRAFT-1087

Make sewing easy in this introductory class. Start with the basics: fabric, supplies and pattern selection. Learn how to read a pattern, straighten the fabric grainline and the importance of accurate measurements. Then practice your new skills by completing a project designed for the novice. By the end of class, you’ll know basic sewing and finishing techniques you can apply to any simple sewing project.

Note: for this class, you need to bring your own sewing machine (in good working condition), manual and attachments.

Dee Thompson

6086 Sec. A  Mondays (5 sessions), 2/6-3/6, 6-8PM
6088 Sec. B  Mondays (5 sessions), 3/27-4/24, 6-8PM
HCC WDC Rm 1400

$80 (plus $3 supply fee paid to instructor, plus materials)

WANTED: Enthusiastic Instructors

Do you have a special skill or topic that you would like to teach? Share your knowledge and love of learning with the community. Instructors are wanted to teach short-term Continuing Education courses — day or evening.

- Youth Enrichment Programs
- Sustainable Living
- Jewelry Making
- Stained Glass
- Languages
- Reading Tablets
- The Connected Home
- Microsoft Office 2016
- Game Programming
- Adobe Creative Suite
- SAT English & Reading Prep
- Edmodo
- All Topics for Pontiac & Lincoln

For more information, visit www.heartland.edu/continuingEd or call (309) 268-8160.
**Quilting**

**Quilting Basics I**

**ARTCRAFT-1308**

The joys of quilting are only a stitch away. In this introductory class you'll learn to use a rotary cutter, press seams and assemble and finish your own lap quilt. We'll explore quilting basics, choosing fabric, color values and the supplies you'll need. Basic sewing skills are required and you must have access to a sewing machine outside of class.

Kay Bowen  
6093 Sec. A  
Tuesdays (6 sessions, does not meet 2/7), 1/31-3/14, 6-8:30PM, HCC WDC Rm 1402  
$98 (plus supplies & fabric)

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**Quilting Basics II**

**ARTCRAFT-1089**

Show off your new quilting skills with piece block quilting. You make six beginning blocks to construct a lap quilt, wall hanging, table runner, pillow or tote bag. With half-square, quarter-square and triangle units, you can use piece blocking to create any quilt. We explore advanced quilting basics, choosing fabric, color values and the supplies you need. Basic sewing skills or Quilting Basics I is required and you must have access to a sewing machine outside of class.

Kay Bowen  
6164 Sec. A  
Tuesdays (6 sessions), 3/21-4/25, 6-8:30PM, HCC WDC Rm 1402  
$98 (plus supplies & fabric)

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**Quilted Bag for Your Mat**

**ARTCRAFT-1743**

Transport your quilting supplies in style. Use your quilting skills and create a customized tote for your mat, ruler and other tools. The pattern has three different options for design and measurements to make your bag exactly the way you want it. Quilting experience recommended.

Kay Bowen  
6139 Sec. A  
Mondays (2 sessions), 1/23-1/30, 6-9PM, HCC WDC Rm 1402  
$66 (plus supplies)

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**Quilted Spiral Holiday Table Runner**

**ARTCRAFT-1564**

Your table will shine at your next holiday gathering after you learn to make a very easy and versatile table runner. This festive holiday table runner can be easily modified to fit any holiday or special occasion by simply using different fabrics.

Kay Bowen  
6162 Sec. A  
Thursdays (2 sessions), 3/23-3/30, 6-9PM, HCC WDC Rm 1400  
$66 (plus supplies, fabric & pattern)

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**Twister Pinwheel Quilt**

**ARTCRAFT-1570**

Have fun creating continuous pinwheels using the Lil’ Twister tool. The new tool simplifies this old favorite with an easy, fun and fast technique. You can use a charm pack, get a kit from Kay or bring your own five-inch squares.

Kay Bowen  
6160 Sec. A  
Monday 3/27, 6-9PM, HCC WDC Rm 1402  
$53 (plus cost of fabric & supplies)
The following classes are offered in Lincoln

**Artist Trading Cards**  
**ARTCRAFT-1742**  
Artist Trading Cards are self-made, unique works of art that showcase your personal artistic style. These cards are collected and exchanged, similar to the way baseball cards are traded. In this course, you’ll create multiple art cards, experiment with multi-media techniques, share your creations with others and collect art from other creators. In each class session, you’ll create a card using a new theme. This class is appropriate for all skill levels, including novices.  
Kimberly Wiggers de Otte  
6090 Sec. AL  
Mondays (6 sessions), 1/30-3/6, 6:30-9:30PM, Heartland Lincoln Center Rm 628B  
$129 (plus $12 for supplies)

**Career Research & the Job Search Process**  
**COMMCR-1277**  
New to the workplace? Time for a career change? Get the tools and focus you need to be on your way toward rewarding employment opportunities. This class helps you assess your current skills and interests, explore online resources and examine the latest job search techniques. You’ll have the opportunity to participate in a resume development workshop, and get information on customized career documents such as cover letters, reference lists and thank you letters. Plus, learn what to do before, during and after an interview, and go through a mock interview with immediate feedback that will move you in the right career direction.  
Jennifer Kirby  
6078 Sec. AL  
Wednesdays (5 sessions), 1/25-2/22, 6:30-8:30PM, Heartland Lincoln Center Rm 110  
$89

**Holiday Cookie Decorating**  
**HMEGARD-1455**  
Make your holiday celebration a sweet success. Creating cookies that are beautiful, fun and whimsical is easy once you learn the steps. In this class, bake and decorate cookies using different icings, tools and tips. At the end, you’ll take home delicious holiday treats to share with family and friends. Ingredients and tools are provided. Come with your imagination!  
Peggy Payne  
4365 Sec. AL  
Thursday 12/8, 5:30-9PM, Carroll School, Lincoln  
$40 (plus $15 supply fee paid to instructor)

**Income Taxes Made Easy**  
**COMPNR-1886**  
Whether you choose to prepare your own taxes or assist your tax prep professional, this classes offers several benefits to you. The course introduces you to basic tax forms and methods of preparation. It also provides you with knowledge on what records to keep and an understanding of personal income taxes. Topics covered include basic income tax forms overview, IRS history and available free and paid tax preparation programs.  
Dana Mollohan  
6080 Sec. AL  
Tuesdays (2 sessions), 2/21-2/28, 6-8PM, Heartland Lincoln Center Rm 110  
$59

**Computer Created Holiday Projects**  
**COMPNR-3060**  
Use your computer to get crafty. This course combines holiday arts and crafts projects with basic computer skills. Bring your whole family and learn how to make custom holiday placemats, ornaments, gift tags, address labels, e-cards, printed cards and more. This is a great class for those who are creative and thrifty. You’ll be limited only by your imagination so bring your ideas and come ready to create!  
Jennifer Crones  
4439 Sec. AL  
Saturdays (2 sessions), 12/3-12/10, 9AM-12PM, Heartland Lincoln Center Rm 628A  
$79 (includes supplies)
Cookie Decorating

**HOMEGARD-1476**
Cookies and sugar and buttercream, oh my! Learn the basics of cookie decorating such as how to make basic buttercream frosting, color your frosting, prepare frosting bags, use icing tips to get the look you want, tricks to smooth icing, and cookie outlining and fill. You get to take home your cookies…if they even make it home.

- **Teresa Hudak**
- **4632 Sec. B**
- Thursday 12/1, 6-9PM, HCC SCB Rm 1802
- **$50**

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Holiday Cookie Decorating

**HOMEGARD-1455**
Make your holiday celebration a sweet success. Creating cookies that are beautiful, fun and whimsical is easy once you learn the steps. In this class, bake and decorate cookies using different icings, tools and tips. At the end, you’ll take home delicious holiday treats to share with family and friends. Ingredients and tools are provided. Come with your imagination!

- **Peggy Payne**
- **4365 Sec. AL**
- Thursday 12/8, 5:30-9PM, Carroll School, Lincoln
- **$40 (plus $15 supply fee paid to instructor)**

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Cookie Decorating with Kelly

**HOMEGARD-1425**
Make your festivities more festive and your merriment merrier this holiday with beautifully decorated holiday cookies. Cookie master Kelly Mathy of Kelly’s Bakery will show you all you need to know to turn a cookie into art in this hands-on class.

- **Kelly Mathy**
- **4963 Sec. A**
- Wednesday 12/14, 6:30-8:30PM, HCC NRC Rm 1203/1204
- **$45**
Healthy One-Pot Meals

**HOMEGARD-1483**

Don’t get stressed over dinner. We’ve got a way to keep it easy and simple. One-pot meals are great fixes for busy nights. Dietitian Anuja Deshpande will show you how to cook healthy, one-pot meals that are quick, nutritious and delicious.

Anuja Deshpande
4297 Sec. A
Thursdays (2 sessions), 12/8-12/15, 6-8PM, HCC SCB Rm 1802
$44 (plus $10 supply fee paid to instructor)

Make Your Own Breakfast Skillets

**HOMEGARD-1487**

Rise and shine to a hearty meal. We’ve all heard that breakfast is the most important meal of the day so make it count! Learn to create your own personal skillet with a base of home fried potatoes topped with your favorite ingredients like eggs, veggies and cheese. Satisfy your sweet tooth by making the fastest homemade cinnamon rolls ever.

Kristine Freshour
6324 Sec. A
Thursday 1/19, 6-8PM, HCC NRC Rm 1203/1204
$55

Enriched Breads

**HOMEGARD-1446**

Satisfy your need to knead. This class will get you baking breads rich with flavor. Brioche, croissants and more will be on the menu as you mix, rise and bake your way to becoming a better baker.

Zoe Guzman
6292 Sec. A
Wednesday 1/25, 6-8PM, HCC NRC Rm 1203/1204
$45

Truffles

**HOMEGARD-1465**

You’ll have people eating out of the palm of your hand when you master this sweet treat. Learn how to craft delectable, handmade chocolate truffles. You will also make ganache and create hand rolled traditional truffles as well as beautifully molded truffles that are sure to be a hit for any special gathering.

Zoe Guzman
6294 Sec. A
Tuesday 2/7, 6-8PM, HCC NRC Rm 1203/1204
$45

Easy Gourmet

**HOMEGARD-1489**

Whether you’re planning a romantic dinner for two or a lively dinner for eight, wow your guests with a delicious meal without spending hours in the kitchen. On the menu: firecracker salmon with steamed basmati rice, pan roasted asparagus and dulce de leche bananas foster for dessert.

Kristine Freshour
6328 Sec. A
Thursday 2/9, 6-8PM, HCC NRC Rm 1203/1204
$55

Fresh & Healthy Herbs

**HOMEGARD-1431**

Fresh herbs to the rescue! Herbs are healthy, flavorful and have medicinal properties. They are often the best remedies to keep away coughs and colds during winter. There is a long list of flavorful herbs like mint, basil, cilantro, chives and more that can help keep you fit and healthy. Join this class to learn more about the benefits of herbs, their role in boosting your immune system and how to incorporate herbs in cooking.

Anuja Deshpande
6141 Sec. A
Tuesdays (2 sessions), 2/21-2/28, 6-8PM, HCC SCB Rm 1802
$62 (plus $10 supply fee paid to instructor)
The Taste of New Orleans

**HOMEGARD-1275**

Bring home a bit of Bourbon Street and enjoy the flavors of the Big Easy. You will learn how to make a mean pot of red beans and rice, gumbo and beignets. Laissez les bon temps rouler (Let the good times roll!)

**Zoe Guzman**

6296 Sec. A  Wednesday 2/22, 6-8PM, HCC NRC Rm 1203/1204

$45

Soups to Keep You Healthy

**HOMEGARD-1436**

Keep the cold at bay this winter with warm and healthy soups. Simple or hearty, pureed or chunky, soups are a great way to boost your immune system. Dietician Anuja Deshpande teaches you soup recipes that your family will love and want to have over and over again.

**Anuja Deshpande**

6166 Sec. A  Tuesdays (2 sessions), 3/7-3/14, 6-8PM, HCC SCB Rm 1802

$62 (plus $10 materials fee paid to instructor first class)

Tastes of Africa

**HOMEGARD-1488**

Venture into the diverse foods of Africa. From Morocco to Cape Town, you’ll experience all the wonderful flavors Africa has to offer. Make roasted vegetables with chermoula, spicy Ethiopian chicken in red sauce with rice and finish with South African malva pudding.

**Kristine Freshour**

6326 Sec. A  Thursday 3/9, 6-8PM, HCC NRC Rm 1203/12

$55

Indian Nutrition: Ayurveda Cooking

**HOMEGARD-1468**

Ayurveda is a popular eastern cuisine. Discover its richness from a health perspective as we learn to improve your life through healthy cooking. This class is great to take with a partner, spouse or good friend so encourage them to sign up with you.

**Ashlesha Raut**

6318 Sec. A  Thursday 3/23, 6-9PM, HCC SCB Rm 1802

$45

Brunch Breads

**HOMEGARD-1485**

 Impress your brunch guests with homemade sweet and savory breads. Learn to bake delicious cinnamon rolls, brioche and beignets. Perfect for Easter Sunday, Mother’s Day or for any other gathering.

**Zoe Guzman**

6298 Sec. A  Thursday 3/23, 6-8PM, HCC NRC Rm 1203/1204

$45
CommunityScope an Open House for Lifelong Learning

Saturday, January 7, 2017 • 9AM-12noon (Doors open at 8:30AM)
Heartland Community College • Workforce Development Center

Bring a friend and enjoy the kaleidoscope of course offerings at CommunityScope. This FREE event will give you a chance to sample Continuing Education classes including computers, painting, wellness and cooking. If you’re feeling adventurous, Rendezvous with a Comet through the Challenger Learning Center, or try a fitness class. Youth classes available at all sessions.

Participants must pre-register or complete the registration form when checking in to the event.
To pre-register, call 309-268-8160 or register online at www.heartland.edu/continuingEd

Enjoy up to four FREE 35-minute mini-classes at CommunityScope
Register for one or more Continuing Education courses while you’re there and receive a 25% discount!*

*Discount applied only to walk-in registrations received during CommunityScope. Discount cannot be combined with other discounts and does not apply to some programs.
## 9:00-9:35

<table>
<thead>
<tr>
<th>Room</th>
<th>Class</th>
<th>Instructor</th>
</tr>
</thead>
<tbody>
<tr>
<td>CLC</td>
<td>Rendezvous with a Comet Mini Mission</td>
<td>Stacey Shrewsbury</td>
</tr>
<tr>
<td>WDC 1006</td>
<td>Hatha Yoga II</td>
<td>Cindy Houser</td>
</tr>
<tr>
<td>WDC 1402</td>
<td>Beginning Genealogy</td>
<td>George Perkins</td>
</tr>
<tr>
<td>WDC 1403</td>
<td>Autumn Harvest</td>
<td>Maggie McCormick</td>
</tr>
<tr>
<td>WDC 1404</td>
<td>Eliminating Self-Defeating Behaviors</td>
<td>Ron Maier</td>
</tr>
<tr>
<td>WDC 1400</td>
<td>Crocheted Granny Square Basics</td>
<td>Lauren Bruggenthies-Lott</td>
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<tr>
<td>WDC 1401</td>
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## 9:45-10:20

<table>
<thead>
<tr>
<th>Room</th>
<th>Class</th>
<th>Instructor</th>
</tr>
</thead>
<tbody>
<tr>
<td>ACEC 2400</td>
<td>How to Get Your Records in Order NOW</td>
<td>Sonja Reese</td>
</tr>
<tr>
<td>WDC 1403</td>
<td>Changing Seasons</td>
<td>Maggie McCormick</td>
</tr>
<tr>
<td>WDC 1404</td>
<td>Free Yourself from Negative Emotion</td>
<td>Ron Maier</td>
</tr>
<tr>
<td>WDC 1601</td>
<td>Essential Oils</td>
<td>Shari Weitekamp</td>
</tr>
<tr>
<td>WDC 1400</td>
<td>DIY Fabric Flowers</td>
<td>Anuja Despande</td>
</tr>
<tr>
<td>WDC 1405</td>
<td>Removing Doubt in a Job Interview</td>
<td>Eric Hoss</td>
</tr>
<tr>
<td>WDC 1605</td>
<td>Explore Welding</td>
<td>Dennis Ludwig</td>
</tr>
<tr>
<td>WDC 1006</td>
<td>Hatha Yoga</td>
<td>Cindy Houser</td>
</tr>
<tr>
<td>WDC 1402</td>
<td>Beginning Genealogy</td>
<td>George Perkins</td>
</tr>
<tr>
<td>WDC 1401</td>
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## 10:30-11:05

<table>
<thead>
<tr>
<th>Room</th>
<th>Class</th>
<th>Instructor</th>
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</thead>
<tbody>
<tr>
<td>WDC 1402</td>
<td>Beginning Genealogy</td>
<td>George Perkins</td>
</tr>
<tr>
<td>WDC 1405</td>
<td>Retirement University</td>
<td>Bernie Wrezinski</td>
</tr>
<tr>
<td>WDC 3002</td>
<td>Birdwatching</td>
<td>Dave Weth</td>
</tr>
<tr>
<td>WDC 3603</td>
<td>Antiques: What’s in Your Attic?</td>
<td>Cheryl Bradley</td>
</tr>
<tr>
<td>WDC 3004</td>
<td>Medicare: What Does it Mean for You?</td>
<td>Carol Burroughs</td>
</tr>
<tr>
<td>WDC 1006</td>
<td>Texas 2-Step</td>
<td>Cathy Hempstead</td>
</tr>
<tr>
<td>WDC 1601</td>
<td>Play the Recorder</td>
<td>Lisette Kielson</td>
</tr>
<tr>
<td>WDC 1403</td>
<td>For Better or Worse</td>
<td>Maggie McCormick</td>
</tr>
<tr>
<td>WDC 1404</td>
<td>Meditation &amp; Mindfulness</td>
<td>Ron Maier</td>
</tr>
<tr>
<td>SCB 1802</td>
<td>Truffles</td>
<td>Zoe Guzman</td>
</tr>
<tr>
<td>WDC 1400</td>
<td>How to Draw Faces</td>
<td>Julie F. Callahan</td>
</tr>
<tr>
<td>WDC 3602</td>
<td>Conversational Russian</td>
<td>Olya Cochran</td>
</tr>
<tr>
<td>WDC 1401</td>
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</table>

## 11:15-11:50

<table>
<thead>
<tr>
<th>Room</th>
<th>Class</th>
<th>Instructor</th>
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</thead>
<tbody>
<tr>
<td>WDC 1006</td>
<td>Nightclub ChaCha</td>
<td>Cathy Hempstead</td>
</tr>
<tr>
<td>WDC 3002</td>
<td>Birdwatching</td>
<td>Dave Weth</td>
</tr>
<tr>
<td>WDC 1404</td>
<td>Eliminating Self-Defeating Behaviors</td>
<td>Ron Maier</td>
</tr>
<tr>
<td>WDC 1601</td>
<td>Essential Oils</td>
<td>Shari Weitekamp</td>
</tr>
<tr>
<td>WDC 1400</td>
<td>Painting Clouds</td>
<td>Julie F. Callahan</td>
</tr>
<tr>
<td>WDC 3602</td>
<td>Conversational Russian</td>
<td>Olya Cochran</td>
</tr>
<tr>
<td>WDC 1405</td>
<td>Removing Doubt in a Job Interview</td>
<td>Eric Hoss</td>
</tr>
<tr>
<td>WDC 1401</td>
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### Open throughout the day in WDC Atrium

<table>
<thead>
<tr>
<th>Atrium</th>
<th>Class</th>
<th>Instructor</th>
</tr>
</thead>
<tbody>
<tr>
<td>Atrium</td>
<td>Trains</td>
<td>Dave Gentry</td>
</tr>
<tr>
<td>Atrium</td>
<td>3D Printing</td>
<td>Rob Martin</td>
</tr>
</tbody>
</table>
Conversational Russian

**COMMNCR-1171**
Explore the language and culture of this exotic country. This course offers a broad scope of activities to teach you the basics of conversational Russian. You will learn how to read and write using the Cyrillic alphabet and learn new words and phrases that will help you understand the mysterious Russian soul. The course will consist of several themed units to make memorization of the language structures more relevant to everyday life situations. Your instructor will help you work on your pronunciation and explain some grammar for comprehension and production of speech. You will also have a unique opportunity to be part of the live performance of some Russian popular songs and learn about Russian culture. (20 PDs)

Olga Cochran
6403 Sec. A
Thursdays (10 sessions, does not meet 3/9), 1/19-3/30, 6PM-8PM, HCC WDC Rm 1401
$129 (plus text)

Conversational Russian II

**COMMNCR-1279**
Revisit your Russian and broaden your command of this fascinating language. This course is built for those who already have some knowledge of the Cyrillic alphabet and basics of grammar. You will expand your syntax knowledge and learn to use nouns, pronouns, verbs, numerals and prepositions. Along with grammar, the course will focus on expanding vocabulary and applying it in various situations. (20 PDs)

Olga Cochran
6405 Sec. A
Tuesdays (10 sessions, does not meet 3/7), 1/24-4/4, 6PM-8PM, HCC WDC Rm 1401
$129 (plus text)
**Sign Language I**  
**COMMNR-1001**  
Designed for the beginner with little to no signing skills, Sign Language I teaches you the basic alphabet and sign vocabulary. This beginner course in American Sign Language (ASL) helps you develop the ability to have a basic conversation with a deaf individual. *(20 PDs)*  
Amy Blough  
6402 Sec. A  
Tue/Thu (10 sessions), 1/31-3/2, 6PM-8PM,  
HCC ICB Rm 1704  
$129 (plus text)

**Sign Language II**  
**COMMNR-1019**  
Because American Sign Language (ASL) is a visual language, you’ll continue to develop and practice your expressive and receptive skills through group activities and dialogues. Whether you’re taking this class to communicate with a friend, family member or colleague, considering a career in interpreting or for personal development, you’ll expand your ability to converse in sign. This course is taught by a deaf instructor using ASL. No interpreter is provided and this course will continue to use the same book from Sign I. *(20 PDs)*  
Amy Blough  
6406 Sec. A  
Tue/Thu (10 sessions), 3/21-4/20, 6PM-8PM,  
HCC ICB Rm 1704  
$129 (plus text)

**Chinese Language Program**  
Class days and times vary for K-12 graders.  
*For information contact Dr. Jane Ren at jane.ren@heartland.edu or visit www.heartland.edu/CCE/chinese-school for details.*

**Apprendre à Parler Français - Learn to Speak French**  
**COMMNR-1289**  
This is a fun and intensive class for people interested in a comprehensive, in-depth study of this beautiful language. You will learn, recognize and reproduce the sounds of spoken French. This class develops your basic competency of French linguistic structures so you can carry on simple conversations, respond to and follow directions, speak on assigned topics and write clearly. You will also become familiar with the cultural characteristics and issues of the French-speaking world. Preparatory outside of class is required and sessions will only be conducted in French. Purchase of text and online access keys are also required. *(48 PDs)*  
Lisa Brittingham  
6404 Sec. A  
Tue/Thu (24 sessions, does not meet 3/7, 3/9, 4/25, 4/27), 2/14-5/18, 1PM-3PM, WDC Rm 1403  
$245 (plus text & online access code)

**Beginning French I**  
**COMMNR-1008**  
Get started learning French in this introduction to oral and written French and basic grammar. You’ll learn and practice basic conversational vocabulary and dialogue. You’ll also learn about the French culture including customs, greetings, transportation, food and more. *(20 PDs)*  
Molly Ramirez  
6408 Sec. A  
Tuesdays (10 sessions), 3/21-5/23, 5PM-7PM,  
ICN Rm 2302  
$129 (plus text)

**Beginning French II**  
**COMMNR-1184**  
Brush up on your French with this next level language class. In Beginning French II, you will learn to recognize and reproduce the sounds of spoken French, carry on simple conversations, respond to and follow directions, speak on assigned topics and write clearly. You will also become familiar with the cultural characteristics and issues of French-speaking people. *(20 PDs)*  
Molly Ramirez  
6407 Sec. A  
Thursdays (10 sessions), 3/23-5/25, 5PM-7PM,  
ICN Rm 2304  
$129 (plus text)
Essential SAT Skills

COLLPREP-1039
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’ll go through a test simulation to identify areas of improvement and focus. Class lessons include reading, writing, math and the history/social studies and science skills tested throughout the SAT. We’ll also practice test-taking strategies and provide skill-building exercises to help you improve. Homework includes reinforcement modules and simulated test problems.

HCC instructors

6174 Sec. A   Tue/Thu (6 sessions, does not meet 2/14), 2/7-2/28, 6-9PM, HCC Rm TBA
$160 (includes text & materials)
Get your laugh on and support mission scholarships for K-12!

Friday, February 24, 2017 at Heartland’s Campus Cafe 6-9 p.m.

Food, Cash Bar, Silent Auction and Crowd Favorite Contest

Advanced ticket purchases through 2/22 are $25
$35 at the door
Buy your tickets today by calling (309) 268-8110 or buy online at www.challengerlearningcenter.com
Science Spectacular Ages 3-8

SCIENCE-1162
Join the team from the Challenger Learning Center for this Science Spectacular Open House! Families are invited to come out any time between 10am and noon to explore the science that is around us every day through fun, hands-on activities. Parents, aunts, uncles and grandparents can work with their children to discover the wonders of science and perform experiments they can do again at home. Preregistration for parent and child is strongly recommended.

Susan Evens & Libby Torbeck
4502 Sec. YA
Saturday 12/3, 10AM-12PM,
HCC Challenger Learning Center & ACEC 1000
$10 (per child)

Sports on the Moon Grades 2-6

SCIENCE-1206
NASA is heading back to the moon and where humans go, sports go too. As part of a select group, you have been chosen by NASA to adapt sports for the moon. During this camp, you will learn the science of the moon and how it is similar and different from Earth. Next, participate in Earth-based sport challenges. Finally, create or adapt a sport so it can be played on the moon to present to our panel of experts. Your one small step might be a giant leap for sports! This program is open to youth in grades 2 - 6. Bring a lunch and if you have food allergies, please bring snacks as well.

Stacey Shrewsbury & Libby Torbeck
6351 Sec. YA
Thursday 1/5, 8:30AM-4:30PM,
HCC Challenger Learning Center
$50

Bring Back the Summer Grades 2-6

SCIENCE-1199
Don’t let the winter blues get you down. Flash back to days of fun and sun as we highlight summer camp activities. One moment you might be exploring Mars and the next, competing in an out-of-this-world Olympics. Challenges may include building a roller coaster or a mad scientist machine. Explore the powers of super heroes or maybe even the universe. It’s sure to be a fun day. This program is open to youth in grades 2-6. Bring a lunch and if you have food allergies, please bring snacks as well.

Stacey Shrewsbury & Libby Torbeck
6348 Sec. YA
Wednesday 1/4, 8:30AM-4:30PM,
HCC Challenger Learning Center & ACEC 1000
$50

Parent & Child STEM Exploration Ages 3-6

SCIENCE-1205
Join us for a fun-filled day of science, math, engineering and technology. Through inquiry-based learning and your encouragement, your child will develop a better understanding of scientific concepts. Topics include air, magnets and color. Hands-on activities include discovering the three states of matter, launching stomp rockets, moving objects and changing colors through chemistry. Cost is per child. We recommend one adult for every two children.

Stacey Shrewsbury & Susan Evens
6349 Sec. A
Saturday 2/4, 10AM-12PM,
HCC Challenger Learning Center
$10 (per child)
Martian Mayhem for Students  Grades 2-6

SCIENCE-1179
Could you survive if you were stranded on Mars? Spend a day off school investigating this planet and find out what NASA is doing to send astronauts there. We’ll learn to science our way out of Martian pitfalls and explore the challenges of surviving a mission to Mars as we sort science fiction from fact. This program is open to youth in grades 2 - 6. Bring a lunch and if you have food allergies, please bring snacks as well. Unit 5 is out of school January 9. District 87 is out of school February 3.

Susan Evens & Libby Torbeck
6346 Sec. YA  Monday 1/9, 8:30AM-4:30PM
6347 Sec. YB  Friday 2/3, 8:30AM-4:30PM
HCC Challenger Learning Center
$50

Good Movie, Bad Science  Grades 2-6

SCIENCE-1045
Spend the day out of school watching movies and finding science! Many top-grossing movies are science fiction. While entertaining, the science in these movies is sometimes wrong. Become a sci-fi movie critic (with movie snippets) and identify what is right and what is wrong in these films. Design and implement science demonstrations that debunk the bad science. Then, create your own exciting sci-fi adventure that gets the science right! This program is open to youth in grades 2-6. Bring a lunch and if you have food allergies, please bring snacks as well. Unit 5 is out of school on February 17. District 87 is out of school February 21.

Susan Evens & Stacey Shrewsbury
6344 Sec. YA  Friday 2/17, 8:30AM-4:30PM
6345 Sec. YB  Tuesday 2/21, 8:30AM-4:30PM
HCC Challenger Learning Center
$50

A Presidential Crime Scene  Grades 2-6

SCIENCE-1183
Back by popular demand! A crime involving the president has occurred at the Challenger Learning Center. Your job is to collect the evidence and investigate the crime scene to determine the perpetrator. Learn how to collect and handle evidence, conduct interviews and explore forensics. Once the forensic results come in, you will work with your assigned group to figure out what happened. Use your dramatic skills as your group acts out how the crime happened and explain who should be arrested. This program is open to grades 2-6. Bring a lunch and if you have food allergies, please bring snacks as well.

Susan Evens & Libby Torbeck
6352 Sec. YA  Monday 2/20, 8:30AM-4:30PM,
HCC Challenger Learning Center
$50

Digital Photography  Grades 5-9

COMPNCR-1307
Get your shot. Have fun composing pictures while you experiment with different shooting modes, resolution and flash settings. Practice advanced techniques such as close-up/macro, then learn to use Photoshop to enhance your images. Discover how to download and print images and file them for safe, long-lasting storage. Indoor and outdoor shooting sessions are planned (weather permitting). Bring your own camera and transfer cable.

Kent Simpson
6113 Sec. YA  Mon-Fri (5 sessions), 3/27-3/31, 9AM-12PM,
HCC WDC Rm 1405
$129 (includes materials & USB drive)

The World According to Dr. Seuss  Ages 3-5

ENRICHMN-3003
Explore the wacky world of Dr. Seuss. We will have a fantastic, wonderful time reading his books and doing some exciting activities. A Seusstastic snack will also be included.

Kathy Bihn
6155 Sec. YA  Monday 2/20, 9AM-11AM, HCC WDC Rm 1400
$30

A Friendship that Shaped History  Ages 8-88

ENRICHMN-3006
Abraham Lincoln and David Davis were great friends who both had ties to Central Illinois. Come to the David Davis Mansion to hear about their friendship. You will get to hear and participate in a presentation and also get a tour of the mansion. You may even find out why the bathtubs in the house are so big. You are welcome to bring adults with you.

Christina Smith
6941 Sec. YA  Monday 2/20, 9-11AM
6942 Sec. YB  Monday 2/20, 1-3PM
David Davis Mansion
$10
active retirement

Enjoy the company of other students your age while learning new skills. Many of the following classes are offered during the daytime for your convenience.

Beginning & Intermediate Wheel Thrown Ceramics

ARTCRAFT-1032
Experience the excitement of a ceramic studio! Learn the basics of wheel thrown pottery and hand building. Create functional pots and two hand-built projects that focus on surface enhancement. Come get dirty and make some three-dimensional art in Heartland’s fully-equipped ceramic studio. Your work will be available for pick up two weeks after the class has completed.

Erin Furimsky
6309 Sec. A
6311 Sec. B
Wednesdays (6 sessions), 2/1-3/8, 1-3PM
Wednesdays (6 sessions), 3/29-5/3, 1-3PM
HCC ICN Rm 1408
$115

A Friendship that Shaped History
Ages 8-88

ENRICHMN-3006
Abraham Lincoln and David Davis were great friends who both had ties to Central Illinois. Come to the David Davis Mansion to hear about their friendship. You will get to hear and participate in a presentation and also get a tour of the mansion. You may even find out why the bathtubs in the house are so big. You are welcome to bring adults with you.

Christina Smith
6300 Sec. YA
6301 Sec. YB
Monday 2/20, 9-11AM
Monday 2/20, 1-3PM
David Davis Mansion
$10
Play the Recorder I: Beginning
PRFMARTS-1028
It’s never too late for learning to play the recorder. Start with basic techniques or improve upon what you already know in a positive environment with professional recorder player Lisette Kielson. Beginners and low-intermediate players welcome. Please bring your own recorder and music stand. Prerequisite: you must be able to read music.
Lisette Kielson
6143 Sec. A Tuesdays (8 sessions), 1/10-2/28, 3:30-4:30PM, HCC ACEC Rm 2400
$90 (plus supplies)

Apprendre à Parler Français - Learn to Speak French
COMMNCR-1289
This is a fun and intensive class for people interested in a comprehensive, in-depth study of this beautiful language. You will learn, recognize and reproduce the sounds of spoken French. This class develops your basic competency of French linguistic structures so you can carry on simple conversations, respond to and follow directions, speak on assigned topics and write clearly. You will also become familiar with the cultural characteristics and issues of the French-speaking world. Preparation outside of class is required and sessions will only be conducted in French. Purchase of text and online access keys are also required. (48 PDs)
Lisa Brittingham
6404 Sec. A Tue/Thu (24 sessions, does not meet 3/7, 3/9), 2/14-5/11, 1PM-3PM, WDC Rm 1403
$245 (plus text & online access code)

Play the Recorder II: Intermediate & Above
PRFMARTS-1034
Improve your tone, technique and ensemble playing skills in this encore level class. We will tackle more advanced notes, rhythms and musical concepts with exercises and recorder ensemble repertoire from the Renaissance to the Contemporary. No prior group playing experience is necessary. Please bring your own recorder and music stand. Music is provided. This class serves as a continuation of Play the Recorder I: Beginning or for those with prior study of recorder.
Lisette Kielson
6145 Sec. A Tuesdays (8 sessions), 1/10-2/28, 2-3PM, HCC ACEC Rm 2400
$90 (plus supplies)

Tai Chi I
RECREATN-1054
Relieve stress, build concentration and increase your flexibility, coordination, balance and physical fitness. Tai Chi is for everyone. It includes choreographed movements which can be thought of as a moving meditation. This internal exercise is characterized by stillness, slowness, agility, lightness and use of the mind to improve health and achieve longevity.
Bonnie Hocking
6151 Sec. A Tuesdays (6 sessions), 1/24-2/28, 10AM-11AM, HCC Rm TBA
4875 Sec. C Tuesdays (6 sessions, does not meet 12/27), 12/6-1/17, 10AM-11AM, HCC Rm TBA
$59

Yoga for Arthritis
RECREATN-1308
Create an attitude for yoga, learn correct body alignment and take action needed for proper execution. You will learn how yoga can increase your balance, strength and flexibility. This class is perfect for those 55 and older. Support props such as blocks, straps and chairs are available for use. Also, modifications for poses are shown throughout the class. You will increase your flexibility, mobility and range of motion while reducing aches and pains. Please wear comfortable clothing and bring a yoga mat.
Diane Boeck
6135 Sec. A Mondays (6 sessions), 2/27-4/3, 10-11AM, HCC FRC Rm 1020
$59

Beginning Hatha Yoga II
RECREATN-1412
Continue your yoga practice. This class is aimed toward anyone who has some beginning yoga experience. It is practiced at a gentle pace, allowing plenty of time to explore poses and to create a practice that suits your individual needs. The goal of the class is to expand your experience by introducing new poses with an emphasis on building strength. Come with your yoga mat and leave with energy, a calm mind and brighter mood.
Cynthia Houser
6133 Sec. A Thursdays (10 sessions, does not meet 3/16), 2/9-4/20, 11AM-12PM, HCC FRC Rm 1020
$69
Multiple Computer Course Discount

Sign up for two or more computer classes and receive a 10% discount on each! Only those classes designated by the $$ symbol are eligible for the discount. 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 discounted computer classes remaining on your schedule. We will refund the class fee minus the difference between the full price and discount price of the remaining class. If Continuing Education cancels the class, you will still be eligible for the discount price. For more information, please call (309) 268-8160.

Getting Started with Computers

**COMPNCR-1083** $$

If you’ve never used a computer, then this is the class for you. Learn the most basic skills such as how to turn it on, how to use a mouse to point and click and other essential computer skills. This is a hands-on class that provides plenty of time to practice. The class uses PCs with Windows 7.

Kay Bowen  
6095 Sec. A  
Tuesday 2/7, 9AM-12PM, HCC WDC Rm 1404  
$66  
$60 discount fee (see above for details)

Getting Started with Computers II

**COMPNCR-1022** $$

Get lots of hands-on experience using the start menu programs and working with a word processor. Practice using Windows software to locate and manage your files. Increase your knowledge of the Internet by searching, book-marking and choosing what to print. Experience with using a mouse or our Getting Started with Computers class is a helpful foundation for this course.

Kay Bowen  
6096 Sec. A  
Tuesdays (4 sessions), 2/14-3/7, 9AM-12PM, HCC WDC Rm 1404  
$130 (includes text)  
$117 discount fee (see above for details)

Keyboarding I

**CMPCE-1016** $$

Break bad habits by learning to type properly and prepare for an employment test. This class helps you write your reports, memos and emails faster. Weekly assignments will enhance your skills. The typing program used in class will be available for you to use on any computer outside of class.

Cheryl Belligio  
6285 Sec. A  
Tue/Thu (6 sessions), 1/10-1/26, 1:30-3PM,  
HCC NRC Rm 1104  
$105 (includes materials)  
$95 discount fee (see above for details)

Digital Photography Basics - SLR Cameras

**COMPNCR-1293** $$

Learn basic photography techniques to enhance your digital picture-taking 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  
6356 Sec. A  
Tue/Thu (4 sessions), 1/24-2/2, 9AM-12PM,  
HCC WDC Rm 3602  
$149 (includes text)  
$134 discount fee (see above for details)
Essential Oils: What, Why & How
ENRICHMN-1937
Learn how you can use essential oils to promote better health and wellness. As one of the fastest growing industries in the U.S., essential oils are used for everything from fighting illness and pain, to serving as natural cleaners and bug repellents. You can say “Yes, there is an oil for that!” to just about anything. You will leave this course with your own oil recipe to help fight colds or repel mosquitoes along with a ton of other useful information.
Shari Weitekamp
6081 Sec. A  Tuesdays (2 sessions), 1/10-1/17, 6:30-8PM, HCC NRC Rm 1202
$40 (plus $10 for supplies)

Intro to Ayurveda
ENRICHMN-1878
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
6320 Sec. A  Thursdays (4 sessions, does not meet 3/9), 2/16-3/16, 6-7PM, HCC WDC Rm 1403
$37

Save a Life – Get Certified
American Heart Association CPR & AED Classes

CPR/AED
4295 Sec. B  Thursday 12/15, 5:30-9PM
$55

Healthcare Provider CPR
4293 Sec. B  Saturday 12/3, 9AM-12PM
$55

For more information on our CPR classes, please call 309-268-8160, or visit us at www.heartland.edu/continuingEd.
Hoop Dance Fitness I
RECREATN-1299
In this beginner class you work your core, arms and legs while you learn waist hooping, hand hooping and basic off body hooping. Practice time will help you achieve a gentle increase in range of motion and/or flexibility. Learn at your own pace in a fun, laid-back atmosphere. Comfortable, natural fibers are best to wear. Adult-sized hula hoops are provided during class. Personalized hoops can also be purchased from instructors and are highly recommended for practice at home.

Suzanne Richardson
6158 Sec. A
Tuesdays (6 sessions), 1/10-2/14, 6-7PM,
HCC CDL Rm 1201
$69 (plus optional $25 to purchase hoop from instructor)

Tai Chi I
RECREATN-1054
Relieve stress, build concentration and increase your flexibility, coordination, balance and physical fitness. Tai Chi is for everyone. It includes choreographed movements which can be thought of as a moving meditation. This internal exercise is characterized by stillness, slowness, agility, lightness and use of the mind to improve health and achieve longevity.

Bonnie Hocking
6151 Sec. A
Tuesdays (6 sessions), 1/24-2/28, 10AM-11AM
4875 Sec. C
Tuesdays (6 sessions, does not meet 12/27), 12/6-1/17, 10AM-11AM
HCC Rm TBA
$59
Gentle & Restorative Yoga

**RECREATN-1169**
Learn deep relaxation and self-reflection in this intro to yoga. The class focuses on stretching, breath and movement coordination, alignment awareness and slow motion movement. This may be the gentlest yoga class you attend. It’s perfect if you are new to yoga, have joint sensitivity, stiffness throughout your body, stress or physical limitations. Please wear comfortable clothes and bring a yoga mat.

Diane Boeck  
6121 Sec. A  
Wednesdays (6 sessions), 2/8-3/15, 6-7PM,  
HCC CDL Rm 1201  
$59

Yoga for Arthritis

**RECREATN-1308**
Create an attitude for yoga, learn correct body alignment and take action needed for proper execution. You will learn how yoga can increase your balance, strength and flexibility. This class is perfect for those 55 and older. Support props such as blocks, straps and chairs are available for use. Also, modifications for poses are shown throughout the class. You will increase your flexibility, mobility and range of motion while reducing aches and pains. Please wear comfortable clothing and bring a yoga mat.

Diane Boeck  
6135 Sec. A  
Mondays (6 sessions), 2/27-4/3, 10-11AM,  
HCC FRC Rm 1020  
$59

Beginning Hatha Yoga II

**RECREATN-1412**
Continue your yoga practice. This class is aimed toward anyone who has some beginning yoga experience. It is practiced at a gentle pace, allowing plenty of time to explore poses and to create a practice that suits your individual needs. The goal of the class is to expand your experience by introducing new poses with an emphasis on building strength. Come with your yoga mat and leave with energy, a calm mind and brighter mood.

Cynthia Houser  
6133 Sec. A  
Thursdays (10 sessions, does not meet 3/16),  
2/9-4/20, 11AM-12PM, HCC FRC Rm 1020  
$69

Fencing for Beginners

**RECREATN-1447**
Modern Olympic fencing draws on a long history of form and technique. As physically demanding as tennis or racquetball, fencing is chess at 80 miles an hour. It requires quick thinking, strategy and trained reflexes. You will learn enough skills in attack and defense by the end of the class to participate in competitive bouts where safety and fun are priorities. The last class will consist of a tournament and will conclude at 6:30 PM. All equipment is provided.

David Duguid  
6172 Sec. A  
Thursdays (6 sessions), 1/19-2/23, 5:30-7:30PM,  
HCC FRC Rm 1007N  
$110

Advanced Fencing

**RECREATN-1448**
Take your fencing experience to the next level. The physical demands in this class are greater than the beginner class with more time for sparring. Class training includes a focus on footwork and drills in a group setting. Fencing for Beginners is required for this class or previous fencing experience with instructor approval. All equipment is provided.

David Duguid  
6173 Sec. A  
Tuesdays (6 sessions, does not meet 2/14), 1/17-2/28, 5:30-7:30PM,  
HCC FRC Rm 1007N  
$110
Fitness & Recreation Center Community Access

**RECREATN-1400**
Experience the health and wellness opportunities that Heartland’s Fitness and Recreation Center has to offer. Enrollment in this program provides everything you need to improve your fitness level, including treadmills, ellipticals, free weights and weight machines. You can also use the 1/13 mile walking track, the dance studio and the 10,000 square foot gymnasium complete with four basketball standards that double as volleyball courts. Access to the locker room, a towel service and four group fitness offerings a week are all included (classes offered by Continuing Ed not included). Ages 16 and up only. Heartland Community College employees, please register in person or over the phone with Continuing Education.

**Ryan Knox**  
6019 Sec. A Access 1/9-5/12  
$99

Personal Training - Individual Sessions

**RECREATN-1285**
Personal training offers you an individualized exercise program to help you reach your fitness goals. Our trainers are certified exercise professionals with the knowledge and experience to offer you fitness advice and guidance. Weight loss, exercise performance and overall improved wellness can be achieved through a safe and effective workout designed by your trainer. You will receive personalized attention to achieve your goals and stay motivated throughout your four sessions. All levels, beginner to avid exercisers, can participate and benefit from personal training at Heartland.

**HCC Instructor**  
6137 Sec. A 1/9-5/12  
$160

Dance

**Ballad Basics - The Perfect Slow Dance**

**RECREATN-1100**
Easily learned, ballad is the perfect slow dance with more elegant moves than the hug and waddle standard. Many brides and grooms practice the ballad in preparation for a photogenic first dance. It’s also great for singles who enjoy dancing with a variety of partners because it’s easy to lead and follow.

**Cathy Hempstead**  
4674 Sec. A  
Mondays (3 sessions), 12/5-12/19, 6-8PM, HCC Rm TBA  
$64

$64 (per person)

**Foxtrot Basics**

**RECREATN-1281**
It’s time to dance the Foxtrot! Transport yourself to the 20s and 30s when you learn the basic steps and get introduced to some intermediate patterns in this fun, five-week class. Fall in love with the smooth rhythms and enjoy this energizing ballroom dance.

**Cathy Hempstead**  
6147 Sec. A  
Mondays (4 sessions), 1/9-1/30, 6-7:45PM, HCC Rm TBA  
$64

**Rumba Basics**

**RECREATN-1282**
Ballroom dancing is about elegantly dancing with a partner: one person leads, the other follows. The original Latin slow dance, Rumba is smooth and romantic. This course teaches you a few basic Rumba moves that are useful at weddings, reunions, clubs and other social dance opportunities.

**Cathy Hempstead**  
6149 Sec. A  
Mondays (4 sessions), 2/6-2/27, 6-7:45PM, HCC Rm TBA  
$64
Medicare: What Does It Mean for You?

PERSFIN-1187
If your next birthday cake has 65 candles on it, then you have a whole new healthcare world to navigate. Knowing what Medicare is and what it’s not is very important. This class will answer questions about how your current health insurance figures into your transition, if you need a Medicare supplement policy, and what Medicare Advantage is.

Carol Burroughs
6117 Sec. A
Tuesdays (2 sessions), 1/17-1/24, 6-7:30PM, HCC ACEC Rm 2101
$44

Public Service Student Loan Forgiveness

PERSFIN-1212
You might be eligible for student loan forgiveness and not even know it. Learn about specific programs that may forgive a substantial amount of your federal loans. If you are teaching or working in public service, discover how monthly payments can be potentially reduced or eliminated and how to receive tax-free forgiveness of remaining loan balances after qualifying payments.

Bernard Wrezinski
6129 Sec. A
Thursday 2/23, 6-7PM, HCC WDC Rm 1402
$25

Retirement University

PERSFIN-1196
Retirement is getting closer – are you ready? Take our Retirement University class, and make sure you know everything you need in order to retire responsibly. You will learn advanced social security income planning strategies, explore your expenses, changes in your income stream, aspects of long-term care, Medicare coverage and tax efficient legacy planning, and wills and trusts.

Bernard Wrezinski
6131 Sec. A
Thursdays (4 sessions), 1/26-2/16, 6-7:30PM, HCC WDC Rm 1402
$40

Taxes & the IRS: Know Your Options

PERSFIN-1213
Taxes are one of the few absolutes in life so you should know something about them. Learn methods and options of tax-free savings that are available to you. Discuss tax-deferral vs. tax-deductible vs. tax-free and the impact of each. Explore why you should or shouldn’t have a tax advisor and how using charitable tax strategies could be a secure choice for planned giving. Learn tax considerations and how they can help you.

Bernard Wrezinski
6127 Sec. A
Thursday 3/2, 6-7PM, HCC WDC Rm 1402
$25

Income Taxes Made Easy

COMPNCR-1886
Whether you choose to prepare your own taxes or assist your tax prep professional, this classes offers several benefits to you. The course introduces you to basic tax forms and methods of preparation. It also provides you with knowledge on what records to keep and an understanding of personal income taxes. Topics covered include basic income tax forms overview, IRS history and available free and paid tax preparation programs.

Dana Mollohan
6080 Sec. AL
Tuesdays (2 sessions), 2/21-2/28, 6-8PM, Heartland Lincoln Center Rm 110
$59
Career Research & the Job Search Process

COMMCR-1277

New to the workplace? Time for a career change? Get the tools and focus you need to be on your way toward rewarding employment opportunities. This class helps you assess your current skills and interests, explore online resources and examine the latest job search techniques. You’ll have the opportunity to participate in a resume development workshop, and get information on customized career documents such as cover letters, reference lists and thank you letters. Plus, learn what to do before, during and after an interview, and go through a mock interview with immediate feedback that will move you in the right career direction.

Jennifer Kirby
6078 Sec. AL

Wednesdays (5 sessions), 1/25-2/22, 6:30-8:30PM, Heartland Lincoln Center Rm 110

$89

Personal Training Certification

PFDCE-1015

Do you have a passion for fitness? Prepare for a new professional endeavor and expand your understanding of this dynamic field by becoming a certified personal trainer. Whether you are looking for a new career path or just some extra income, this class prepares you to be a top-notch personal trainer. Lecture topics include anatomy, exercise physiology, nutrition and health screening. Practical training prepares you to work with clients one-on-one. Participants who successfully complete this course will be prepared to sit for the American Council on Exercise’s (ACE) Personal Trainer Exam. The computer-based exam can be taken locally and the cost of the exam is included in the course. CPR certification is required to sit for the exam. Cost of text not included. For more information visit www.acefitness.org.

Lisa Summers
6284 Sec. A

Tuesdays (12 sessions, does not meet 3/14), 1/31-4/25, 5:30-8PM, HCC ICN Rm 2301

$470
Save a Life – Get Certified

American Heart Association CPR & AED Classes

CPR/AED

4295 Sec. B Thursday 12/3, 5:30-9PM
$55

Healthcare Provider CPR

4293 Sec. B Saturday 12/15, 9AM-12PM
$55

For more information on our CPR classes, please call 309-268-8160, or visit us at www.heartland.edu/continuingEd.

Project Management


Oracle/Primavera: Project Management in P6 Client-Server

CMPCE 5002

Oracle’s Primavera P6 Enterprise Project Portfolio Management is the most powerful, robust and easy-to-use solution for prioritizing, planning, managing and evaluating projects, programs and portfolios. It provides a 100% web-based, solution for managing projects of any size, adapts to varying levels of complexity across projects and intelligently scales to meet the needs of all roles, functions, or skill levels in your organization and on your project team.

Participants who successfully complete the two-day training will receive a certificate of completion, 15 PDUs and 1.5 CEUs.

Next available training: November 12-16 8AM-5PM. Register today!

Registration Price: $1,600 (includes training and light refreshments on both days; lunches on your own)

Early Registration Discount: Save $200 if you register before Friday at 12:00PM, two weeks prior to the start date of the course.
Take the Lead
2017
**LEADERSHIP SERIES**
Instructor: Steve Welland

Classes begin in January.
Register by December 20
and transform yourself
into a trusted leader.

Our Leadership Series consists of 12 cutting-edge courses that will prepare you to manage your team through a variety of leadership techniques. Courses include:
- Communicating for Superior Teamwork*
- The Principles & Qualities of Genuine Leadership*
- Take Control - Managing Email Effectively
- Communication Excellence
- Providing Constructive Feedback*
- Coaching: Developing Others*
- Resolving Conflict within Your Team
- Time Mastery
- Delegating for Shared Success
- Addressing Emotions at Work
- Giving Recognition
- Fearless Facilitation

Participants must complete the four required courses* plus seven additional courses to earn the certificate of completion. Those interested in classes but who are not seeking certification can sign up for individual classes. The Series will be offered annually!

For course dates, descriptions and cost visit
www.heartland.edu/customizedTraining

**Register today!**
Call Customized Training at 309-268-8440
Business group discounts available
For more details visit
www.heartland.edu/customizedTraining or call 309-268-8440

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**Certified ScrumMaster and Certified Scrum Product Owner Training**

These two-day trainings introduce the concepts of agile project leadership using the Scrum methodology. Successful participants will become Certified ScrumMasters (CSM) or Certified Scrum Product Owners (CSPO), the first step in the journey towards this more adaptive form of project leadership.

**Upcoming 2016 Scrum Trainings:**
- December 3-4, 2016 - Certified ScrumMaster (CSM)
- February 18-19, 2017 - Certified ScrumMaster (CSM)
- March 4-5, 2017 - Certified Scrum Product Owner (CSPO)
- April 8-9, 2017 - Certified ScrumMaster (CSM)

See more at: www.heartland.edu/customizedTraining/training/scrum.

These courses are offered on Saturdays and Sundays from **8:15AM to 4:30PM in the Workforce Development Center (WDC), Room 1006 at our Normal, Illinois campus.**

**Registration Price:** $1,199 (includes training, breakfast and lunch both days, and the certification fee)

**Early Registration Discount:** Save $200 if you register before Friday at 12:00PM, two weeks prior to the start date of the course.

**Employers:** We can enroll your employees in our open-enrollment CSM or CSPO trainings or we can set up a customized training exclusively for your staff on a time and day that is most convenient for you.

Please call 309-268-8440 for more information or visit www.heartland.edu/customizedTraining
Truck Driver Training Program

**TRFCE 1001**

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.

Joseph Eggleston, David Keim & Roger Gudeman
Classes are held Monday-Friday from 8:30AM-4:30PM for four weeks & Evening classes held Monday-Friday 5-9PM for eight weeks.
Call 309-268-8448 for more information
$3,750
Allied Health Care

Prepare for a career in one of the largest growing industries. The health care industry is projected to add 2.3 million new jobs between 2014 and 2024 according to the U.S. Bureau of Labor Statistics. If you are looking for a new career or want to advance yourself in your current medical career, these are the programs for you.

A few points to consider prior to registration:
• Research employment opportunities in your area
• A significant time investment is required to be successful
• A thorough background check and drug screen is needed prior to obtaining employment in health care
• Suggested knowledge of medical terminology and basic human anatomy recommended

Heartland Community College offers these affordable and convenient trainings for allied health care professions in partnership with Condensed Curriculum International, Inc. Students who successfully complete these programs will have the necessary skills to pursue employment, job placement is not guaranteed. Please visit www.heartland.edu/continuingEd or call (309)268-8160 for more information.

Healthcare Careers Open House

PROFDVLP-1344
The healthcare field is a growing industry. Learn more about allied healthcare careers and the healthcare professional courses available through Continuing Education. Current offerings are phlebotomy technician, dental assistant, pharmacy technician, medical office assistant and clinical medical assistant. Meet the instructors and hear more about each course’s content and career outlook. Find out which course is right for you and your future in healthcare.

6289 Sec. A Thursday 2/2, 6-8PM, HCC WDC Rm 1006
Free (registration required)
Getting Started with Computers

COMPNCR-1083  $$
If you’ve never used a computer, then this is the class for you. Learn the most basic skills such as how to turn it on, how to use a mouse to point and click and other essential computer skills. This is a hands-on class that provides plenty of time to practice. The class uses PCs with Windows 7.

Kay Bowen
6095 Sec. A Tuesday 2/7, 9AM-12PM, HCC WDC Rm 1404
$66
$60 discount fee (see page 36 for details)

Getting Started with Computers II

COMPNCR-1022  $$
Get lots of hands-on experience using the start menu programs and working with a word processor. Practice using Windows software to locate and manage your files. Increase your knowledge of the Internet by searching, book-marking and choosing what to print. Experience with using a mouse or our Getting Started with Computers class is a helpful foundation for this course.

Kay Bowen
6098 Sec. A Tuesdays (4 sessions), 2/14-3/7, 9AM-12PM, HCC WDC Rm 1404
$130 (includes text)
$117 discount fee (see page 36 for details)

Getting Started with an iPad

COMPNCR-1749  $$
Learn how to organize, explore and maximize this unique digital device. Pinch, swipe, tap and shake your way through the features and functions including photos, videos and calendar. Learn how to use the preinstalled apps on your iPad. Find some hidden gems and tips to make you a confident and proud iPad owner. Please come to class with your iPad already set up.

Jennifer Schoppe
6332 Sec. A Mon/Wed (2 sessions), 2/6-2/8, 6-9PM, HCC Rm TBA
$90 (includes text)
$81 discount fee (see page 36 for details)
Computer Created Holiday Projects

**COMPNCR-3060**

Use your computer to get crafty. This course combines holiday arts and crafts projects with basic computer skills. Bring your whole family and learn how to make custom holiday placemats, ornaments, gift tags, address labels, e-cards, printed cards and more. This is a great class for those who are creative and thrifty. You'll be limited only by your imagination so bring your ideas and come ready to create!

Jennifer Crones  
4439 Sec. AL  
Saturdays (2 sessions), 12/3-12/10, 9AM-12PM,  
Heartland Lincoln Center Rm 628A  
$79 (includes supplies)

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Keyboarding I

**CMPCE-1016 $$$**

Break bad habits by learning to type properly and prepare for an employment test. This class helps you write your reports, memos and emails faster. Weekly assignments will enhance your skills. The typing program used in class will be available for you to use on any computer outside of class.

Cheryl Belligio  
6285 Sec. A  
Tue/Thu (6 sessions), 1/10-1/26, 1:30-3PM,  
HCC NRC Rm 1104  
$105 (includes materials)  
$95 discount fee (see below for details)

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Microsoft Applications

**Excel Introduction**

**CMPCE-1008 $$$$**

Excel is a powerful tool to organize data, but it can be overwhelming at first. This course is designed primarily for beginners, but long-time spreadsheet users can also learn many valuable hints and techniques. Topics include developing and editing worksheets using cut, copy, paste and fill commands to create spreadsheets faster. You'll create a wide variety of formulas using relative and absolute addressing (formulas using the $ sign) and some of the most popular built-in functions. The class also covers customizing reports and how to visually represent data with charts and graphs. (12 PDs)

Jennifer Coombs  
6335 Sec. A  
Tue/Thu (4 sessions), 1/24-2/2, 6-9PM,  
HCC WDC Rm 1404  
$160 (includes text)  
$144 discount fee (see below for details)

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**Excel Intermediate**

**CMPCE-1009 $$$$**

Build on the Excel skills you already have. This course covers a variety of features in Excel to help you gain intermediate business and home-use skills. Topics include managing multiple-page worksheets by locking important rows and columns on the screen and getting larger reports to print properly with headers, footers, page breaks and other printing techniques. Other topics include setting up multiple sheet workbooks, creating a master budget, using passwords and protection commands, assigning names to cells, organizing reports using tables that can be sorted, filtered and subtotalled and spicing up reports with graphics and SmartArt. Prerequisite: Completion of Excel Introduction or equivalent. (12 PDs)

Jennifer Coombs  
6338 Sec. A  
Tue/Thu (4 sessions), 2/7-2/16, 6-9PM,  
HCC WDC Rm 1404  
$160 (includes text)  
$144 discount fee (see below for details)

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**Excel Advanced**

**CMPCE-1010 $$$$**

Learn some pro tips and tricks for Excel. This course covers the more complex features in Excel allowing you to fully utilize this powerful software at home or work. Topics include creating and revising Pivot Tables that summarize large lists of data into clear and meaningful reports, using macros to simplify repetitive tasks, performing more advanced financial and data analysis by using the Lookup and If functions, auditing and tracing formulas, sharing data with others, tracking document changes and using Excel with other programs. Prerequisite: Completion of Excel Intermediate or equivalent. (12 PDs)

Jennifer Coombs  
6341 Sec. A  
Tue/Thu (4 sessions), 2/21-3/2, 6-9PM,  
HCC WDC Rm 1404  
$160 (includes text)  
$144 discount fee (see below for details)

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**Multiple Computer Course Discount**

Sign up for two or more computer classes and receive a 10% discount on each! Only those classes designated by the $ symbol are eligible for the discount. 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 discounted computer classes remaining on your schedule. We will refund the class fee minus the difference between the full price and discount price of the remaining class. If Continuing Education cancels the class, you will still be eligible for the discount price. For more information, please call (309) 268-8160.
Digital Photography Basics - SLR Cameras
COMPNCR-1293 $\$
Learn basic photography techniques to enhance your digital picture-taking 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

4981 Sec. AA  Tue/Thu (4 sessions), 11/29-12/8, 5:30PM-8:30PM, HCC WDC Rm 3002
6356 Sec. A  Tue/Thu (4 sessions), 1/24-2/2, 9AM-12PM, HCC WDC Rm 3602
6110 Sec. B  Tue/Thu (4 sessions), 1/31-2/9, 5:30-8:30PM, HCC WDC Rm 3602
6359 Sec. C  Tue/Thu (4 sessions), 2/28-3/9, 5:30PM-8:30PM, HCC TBA Rm HCC TBA

$149 (includes text)
$134 discount fee (see page 36 for details)

Digital Photography Intermediate - SLR Cameras
COMPNCR-1580 $\$
Learn more about your DSLR features to properly control exposure. With practice you will see more consistent results and learn common image editing skills. You will need a digital SLR camera with a fully charged battery, lens, memory card, user manual and transfer cable. Prerequisite: Digital Photography Basics.

Kent Simpson

6115 Sec. A  Tue/Thu (4 sessions), 12/13-12/22, 5:30-8:30PM, HCC WDC Rm 1405

$134 (includes materials)
$121 discount fee (see page 36 for details)

Digital Photography Portraiture
COMPNCR-3070 $\$
Portraiture is one of the most popular forms of photography. Find out what goes into taking a portrait you can be proud of. Learn what a portrait is and about the different types of portrait photography. You will learn how to put your subject at ease as well as the importance of your surroundings, lighting, location and mood and subject posing. Must have basic knowledge of digital photography.

Ricardo Williams

6107 Sec. A  Saturdays (3 sessions), 2/4-2/18, 9AM-12PM, HCC NRC Rm 1103

$90
$81 discount fee (see page 36 for details)
Update your skills, discover a new talent or chart a career path at your convenience with our online courses. Interactive quizzes, assignments, tutorials and online discussion areas are available to supplement the lessons. Read your lessons and ask questions of your instructor at the times most convenient for you.

**Ed2Go Courses — www.ed2go.com/hcc**
Acquire new skills or gain knowledge in just six weeks! Most Ed2Go courses run for six weeks and consist of 12 lessons. Visit our Ed2Go website for more information.

**Ed2Go Online Career Training — www.ed2go.com/career**
Complete a career training program in just 90 days. All of the Ed2Go Online Career Training courses are self-paced and open enrollment. Visit the website for an online demo and more information.

**Center for Legal Studies Online Classes — www.legalstudies.com**
Legal Secretary and Paralegal - Check website for dates. To register, click on “Illinois” and then choose Heartland Community College or call: (800) 522-7737.

**JER Online — Workforce and Continuing Education Online Learning Courses**
**www.coursecatalog.com/hcce**
Heartland Community College is pleased to offer Workforce and Continuing Education Online Learning courses at basic, intermediate and advanced levels. Start a course anytime. Registration information can be found on our website. All you need to get started is Internet access, an email address and a web browser. Additional requirements, if any, will be listed with the course description.

**UGotClass — www.yougotclass.org/catalog.cfm/Heartland**
In partnership with LERN, Continuing Education is now offering UGotClass online courses to help you grow, develop new or update current skills. Instructors are experts in their respective fields and have a passion for teaching and learning.

**George Brown College – www.heartland-gbc.com**
A world-leader in distance education, George Brown College offers award-winning online technical training in Programmable Logic Controllers. The PLC Technician II Certificate is a computer-based home study program that enables students to study at their own pace, remotely from their own homes, using DVD-based curriculum and a PLC simulator to master the technology of PLCs in the field of industrial manufacturing and production.

**be Xsible - www.bexsible.com**
Social Media job openings increased 49% last year and with the right education you can venture down this career path. For information on these virtual or online classes please go to Be Xsible’s website.

For more information about online offerings, call (309) 268-8160.
www.heartland.edu/continuingEd/online/

*Begin your online learning today!*
location key

Carroll Catholic School
111 4th St.
Lincoln, IL 62656

Heartland Lincoln Center
Heartland Community College
620 Broadway St.
Lincoln, IL 62656

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

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

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

Touch of Glass
606 1/2 Oglesby Ave.
Normal, IL 61761

Thanks to our partners:
The Center for Legal Studies
Condensed Curriculum International
Dance Partners
Infinite HeArt Studios
Omnikron University

Main Campus 1500 W Raab Rd, Normal IL
1 Community Commons Building (CCB)
2 Student Commons Building (SCB)
3 Instructional Commons Building (ICB)
4 Instructional Commons North (ICN)
5 Physical Plant Building (PPB)
6 Receiving and Storage Building (RSB)
7 Workforce Development Center (WDC)
8 Child Development Lab (CDL)
9 Fitness & Recreation Center (FRC)
10 Astroth Community Education Center (ACEC)
11 Normal Readiness Center (NRC)
12 Corn Crib Stadium
Pre-registration is required for all classes. Classes fill quickly so register early!

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.

Full or Canceled Classes
Continuing Education reserves the right to limit the enrollments or cancel any class due to insufficient enrollments. For this reason, please register early to reserve your place in the class of your choice. Every effort will be made to notify registrants that a class has been filled or canceled. Registrants may choose alternate courses or receive full refunds.

Refund Policy
Unless otherwise stated in the description, if you wish to drop a class you must do so no later than two working days before the first class session to receive a full refund. After that time, no refunds will be issued. Unfortunately, we are unable to issue refunds or credits due to missed classes. No refunds will be given after the class has ended. Payments for course materials, supplies or textbooks are non-refundable. To drop a class, please call (309) 268-8160.

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. Students are responsible for understanding the benefits of successful certification attainment. 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.

If you have any questions or suggestions for future courses or potential instructors, please call our Program Coordinators:

Angie — 268-8193
April — 268-8706
Lauren — 268-8202
Laurie — 268-8179

Lucas — 268-8240
Tom — 268-8427
Val — (217) 735-1731 (Lincoln)