

# LIVE

LIFESTYLE & LEISURE



CELEBRATING 5 YEARS  
**WAUBONSEE**  
COMMUNITY COLLEGE

## DIVE DEEPER

*Learn more, uncover the hidden,  
and experience the new and unique*

### DISCOVER THE MYSTERIES OF THE DEEP

David Doubilet's underwater images  
will take your breath away.

**See page 17.**

### SEE WHAT YOU'VE BEEN MISSING

Explore dozens of local attractions and  
exotic destinations sure to delight.

**See pages 14-17.**

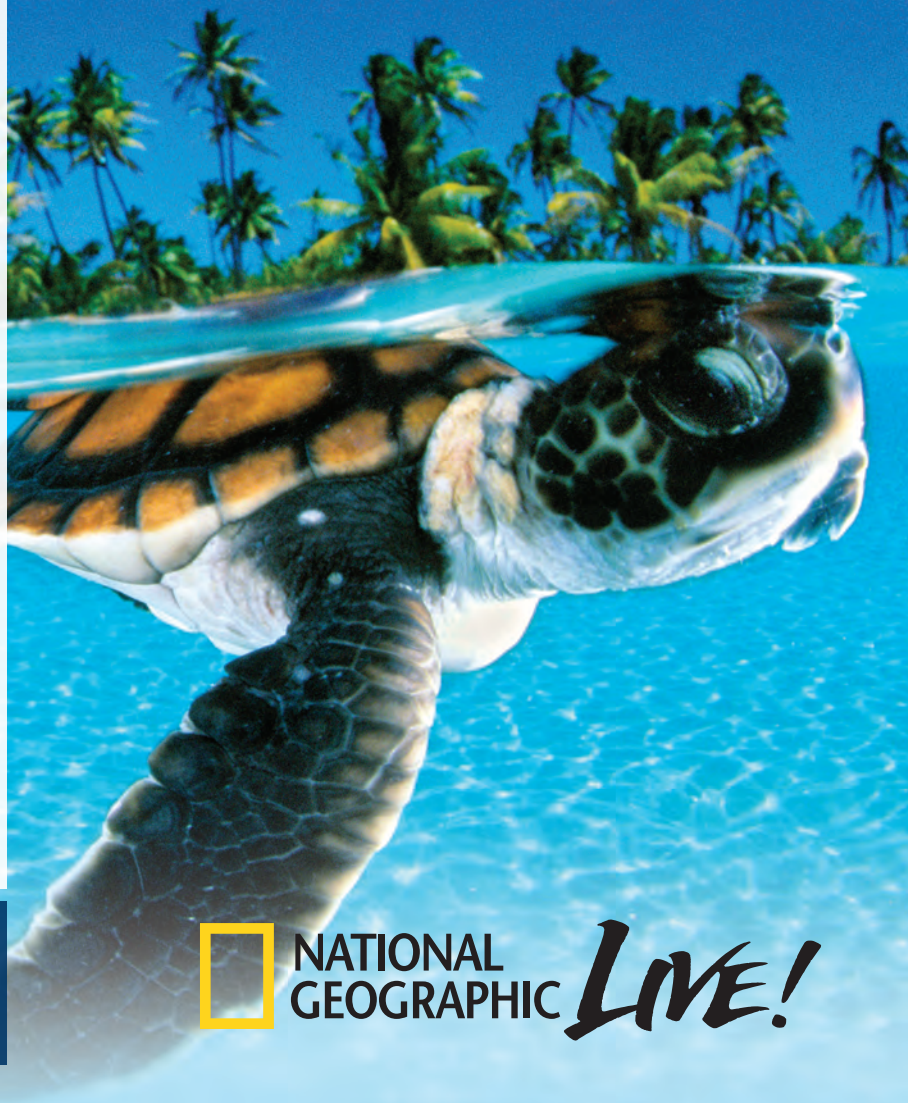
### TRY SOMETHING UNIQUE

Brew perfect coffee, learn magic  
up-close, understand your dreams  
and much more. **See pages 20-21.**

### COMMUNITY EDUCATION

FALL 2016

[www.waubonsee.edu/communityed](http://www.waubonsee.edu/communityed)



NATIONAL  
GEOGRAPHIC **LIVE!**

*Photograph by David Doubilet*





**NATIONAL GEOGRAPHIC LIVE!**

Photograph by David Doubilet

## DISCOVER THE MYSTERIES AND WONDERS OF THE DEEP

Take a spectacular visual journey into seldom-seen secret Edens with the world's leading underwater photographer – David Doubilet. The recipient of many prestigious awards, Doubilet has photographed more than 70 stories for National Geographic. *See page 17.*

**Saturday, October 22, 2016**

7 p.m.

Sugar Grove Campus,  
Academic and Professional Center  
\$29

[www.waubonseetickets.com](http://www.waubonseetickets.com)



*“Believing is one thing,  
knowing is another.”*

*-Chris Fleming*

## DO YOU BELIEVE?

Chris Fleming, one of the world's preeminent paranormal researchers, shares stories, images and recordings of his incredible first-hand encounters with ghosts. *See page 18.*

**Friday, November 4, 2016**

7 p.m.

Sugar Grove Campus, Auditorium  
\$10

[www.waubonseetickets.com](http://www.waubonseetickets.com)

## GET MORE OUT OF LIFE

No matter where you're at in life, our courses, seminars and workshops are designed to help you meet your personal and professional goals. *See pages 2-14* for the many ways you can pursue a healthier lifestyle, enhance your home, follow your passions, and more.

## COOKING 101, 102 & 103

Our trio of cooking courses for beginners is back! Chef June is your culinary guide. *See page 6.*



# COMMUNITY EDUCATION

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## GENERAL INFORMATION

*(Found in center  
section of schedule)*

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## Fall 2016 Offering Classes for Everyone

***Looking for short, intense courses designed to  
improve your skills at work?***

*Flip this book over and browse the offerings of the college's Workforce Development department. Classes are offered in such topics as CAD, Communication, Computers, Food Service and Sanitation, Health Care, and Office Essentials.*



## COMMUNITY EDUCATION OFFERINGS

### ASTRONOMY

#### Learn to Navigate Our Night Sky

"What's that bright star?" Impress friends and family with celestial answers while ramping up your own enjoyment of the night sky! Learn to predict what will be visible next in the northern hemisphere and to use both classic and modern tools for stargazing to explore how stars and planets move over the course of a night and across the seasons. Discover what you can see without a telescope and uncover the secrets of the best Chicagoland spots for observing our amazing night sky.

CLASS FEE: \$19

SKY815.800 (11694) 7:00pm- 9:00pm F APC160 Davy  
Meets on: Sep. 23

#### How to Observe the Sun

You'll never look at a sunny day the same way again! After a long, cold winter, you're likely more than ready for an up-close-and-personal relationship with our nearest stellar neighbor, the sun. You'll learn to safely observe, accurately record and to discover patterns in this fascinating star. You'll explore pin hole projection, telescopes and remote observing. You'll even try your hand at photographing and drawing solar features under the expert tutelage of your instructor, a skilled, deep sky object photographer.

CLASS FEE: \$19

SKY856.800 (11696) 7:00pm- 9:00pm F APC160 Davy  
Meets on: Oct. 14

### COMPUTERS AND TECHNOLOGY

#### Computers 101

New to computers? Take part in this relaxed, hands-on class and learn keyboard and mouse skills. Find out about the parts of a computer and everything that goes along with it, as well as computer terminology. Learn how to organize and find items on your computer. Surf the Internet and discover interesting websites. Get an overview of Microsoft Office to see what you can do with it. This class is conducted using the Windows 7 operating system. Follow this class with Microsoft Office at Home. Note: Please come to class prepared with your X Number and password. For more information about the specific content of this course contact the Community Education department at 630.466.2360.

CLASS FEE: \$69

INT804.600 (11647) 6:30pm- 8:30pm W HCC103 Swift  
Meets between: Sep. 7-Sep. 28

#### Microsoft Office at Home

New to Microsoft Office? Join us for this relaxed, hands-on six-week course. Start with MS Word to create basic documents then move up to using backgrounds, borders, pictures and bullets to create an eye-catching flyer. Master tabs, tables, columns, page breaks, headers, footers, and much more! Next, learn the basics of MS Excel by creating a sample budget spreadsheet, using basic formulas, sorting and more. Finally, discover what you can do with a MS PowerPoint presentation! An experienced instructor in computers and technology, Carrie Swift, will lead this class at a comfortable pace for students.

Note: Please come to class prepared with your X number and password.

CLASS FEE: \$79

INT845.600 (11649) 6:30pm- 8:30pm W HCC101 Swift  
Meets between: Oct. 12-Nov. 16



## COMPUTER COURSES FOR BEGINNERS

*Take one of our practical courses for beginners and learn how to use computers, simple software, auction sites and social media.*

#### **Computers 101** – our most popular core course

New to computers? This relaxed, hands-on class is where to start.

#### **Microsoft Office at Home**

Instructor Carrie Swift leads this popular course at a comfortable pace for beginners.

#### **Elevate Your Career: Learn LinkedIn**

Find out why you should be on LinkedIn and how to get started.

#### **How to Sell Your Used Treasures Online**

Learn how to make money on EBay, Bookoo and other profitable online selling sites.

**See course listings on pages 2-3.**



## How to Sell Your Used Treasures Online

Grab some quick cash with what you already own - the extras from your basement, attic or storage room! Learn the basics to fast and effective selling techniques to begin earning income on Ebay, Bookoo, Craigslist and other profitable online sites. Whether you're saving cash for a vacation, special gift or dream car, our instructor and experienced internet seller Diane Desmond will see that you become introduced to researching, listing, selling and shipping with ease. Bring an item to class for hands-on practice and leave with confidence to begin listing, selling and earning immediately! Note: Please come to class prepared with your X number and password.

CLASS FEE: \$59

INT809.600 (11661) 6:30pm- 8:30pm T HCC105 Desmond  
Meets between: Sep. 6-Sep. 20

## Elevate Your Career: Learn LinkedIn

Stand out from the crowd on LinkedIn, the social media network for business professionals! Under the experienced guidance of Social Media Consultant Ernie Katko, learn to use this great tool for networking, referrals, job hunting, and marketing. Get hands-on training through the mechanics of creating an account, building an effective profile, understanding connections, posting updates and joining/utilizing groups. Learn best practices on conducting a job search, fine tuning your company pages, plus much more! Note: Please come to class prepared with your X number and password.

CLASS FEE: \$39

INT830.600 (11669) 6:30pm- 8:30pm Th HCC111 Katko  
Meets between: Oct. 13-Oct. 20

## ARTS & CRAFTS

### Introduction to Cartoon Story Telling

Express yourself in a creative way by using cartoon characters to tell your story. Discover your potential as a cartoonist, no matter what your skill level! Award-winning writer and cartoonist, Steven Fischer, will introduce you to the possibilities cartooning offers as a vehicle to express and communicate effectively. You'll learn story structure, character creation, and how to express it all using various illustration formats such as comic strips, comic books, and single panel gags. You're sure to find a new appreciation for cartoons as a justified art form. Note: Bring a notebook, pencil, and eraser.

CLASS FEE: \$59

ART835.800 (11674) 10:00am- 12:30pm Sa APC270 Fischer  
Meets between: Sep. 24-Oct. 15

### Beginning Italic Calligraphy

Who says that beautiful handwriting is a dying art? Learn italic calligraphy - the most versatile and popular of all styles - and turn any quotation into a work of art! Other uses for italic calligraphy you'll cherish for years to come include invitations, hand written letters, and cover pages for scrapbooks. Fine art and design instructor Lauren Davies will show you what you can do with pen, ink, and a little practice! Fee includes: all materials.

CLASS FEE: \$109

ART822.600 (11700) 6:30pm- 8:30pm W BDE246 Davies  
Meets between: Sep. 14-Oct. 12

### Beginning Drawing

Learn the fundamentals of drawing in a relaxed, encouraging environment with MFA artist Andrew Blair. Working primarily in pencil and charcoal, you'll practice the principles of composition, shading, perspective and more. By the end of this six-week course you'll have the confidence and the skills needed for further study of drawing and painting. Note: Anticipate approximately \$70 investment for supplies. Supplies may be purchased at WCC Bookstore. Email communityed@waubonsee.edu for supply list.

CLASS FEE: \$79

ART836.600 (11644) 6:30pm- 9:00pm Th WGL120 Blair  
Meets between: Sep. 8-Oct. 13

## Beginning Acrylic Painting

Artist and teacher Gary Schirmer introduces beginning painting students to the versatile medium of water-based acrylics. Basic concepts in composition, observational painting from still-life set-ups, color mixing and paint application are considered, as well as special aspects of the medium that make it suitable for mixing with other materials. Note: Anticipate approximately \$100 investment in paints, tools, and painting grounds. Supplies may be purchased at WCC Bookstore. Email communityed@waubonsee.edu for supply list.

CLASS FEE: \$79

ART843.820 (11673) 9:00am- 12:00pm Sa WGL120 Schirmer  
Meets between: Sep. 17-Oct. 22

## Ceramic Arts: Handbuilding and Wheel Throwing

Find deep satisfaction in designing and creating your own pottery, whether you're a beginner or an advanced student of ceramics. You'll learn the best practices in handbuilding, wheel throwing, decorating and glazing, and then use the campus kiln to fire your original creations. If you're a beginner, you'll benefit from instructor Mary DeRose's reputation for careful guidance, but if you're a more advanced student, you'll delight in her balanced approach of giving pointers while allowing you to expand your skills and explore your passions. Note: Additional cost for materials. Prepared kit may be purchased at Waubonsee bookstore.

CLASS FEE: \$159

ART807.600 (11701) 6:00pm- 9:00pm Th CER104 DeRose  
Meets between: Sep. 8-Nov. 17

## Get Hooked! Crochet Basics

Learning to crochet is not as difficult as it appears. With over 35 years of experience, your instructor can help you begin to crochet in just four weeks. You'll be introduced to basic crochet techniques in a step-by-step easy process. Simple projects will be available for practice to build confidence while learning the six basic stitches including: slip-stitch, chain, single crochet, half-double crochet, double crochet and triple-crochet. Fee includes: Basic starter materials. Additional materials must be purchased separately. Note: Choose between the Sugar Grove campus or Hobby Lobby (2402 US Hwy 34, Oswego) locations.

CLASS FEE: \$59

SEW806.600 (11662) 6:00pm- 8:00pm W HBLB Desmond  
Meets between: Sep. 21-Oct. 12

## Stay Hooked! Crochet Continued

You've mastered the first six stitches of crochet and are now ready to move forward! It's time to learn about different patterns and how they are read. Begin to crochet from a starting chain in order to practice filet crochet and edging. You'll also be taught to crochet in the round to learn motifs. The picot will be a challenge no longer! Fee includes: Basic starter materials. Additional materials must be purchased separately. Note: Choose between the Sugar Grove campus or Hobby Lobby (2402 US Hwy 34, Oswego) locations. Prereq: Get Hooked! Crochet Basics or equivalent crocheting experience.

CLASS FEE: \$59

SEW834.600 (11663) 6:00pm- 8:00pm W HBLB Desmond  
Meets between: Oct. 19-Nov. 9

## PHOTOGRAPHY

### Capturing Autumn Beauty

Capture the mesmerizing beauty of the fall season with its stunning display of vibrant color. Professional photographer Donnell Collins will share his artistic vision as he guides you in the exploration of nature. You'll learn when the best times are to photograph landscapes and discover the proper way to use an electronic flash outdoors. Gain hands on experience by taking your own photos in a natural setting. A perfect photography class for those who appreciate the outdoors. No photography experience is necessary. Note: Bring your own DSLR camera to class.

CLASS FEE: \$59

PIC821.820 (11667) 9:00am- 11:00am Sa APC190 Collins  
Meets between: Sep. 3-Sep. 24

### Portrait Photography Workshop

Do you want to improve your portrait taking skills? Professional photographer Bob Lockwood will guide you in all you need to know to capture great photos of your friends and family. Learn the basics from understanding lighting to how to best pose your subject. Also, learn some inside tips and tricks that professionals use to get the perfect shot. Practice what you've learned by photographing a model in class. Note: Bring your own DSLR camera to class.

CLASS FEE: \$59

PIC827.600 (11646) 6:30pm- 8:30pm TTh APC120 Lockwood  
Meets between: Nov. 8-Nov. 17

### Take Better Travel Photos Workshop

Traveling is fun, but it can also be a little chaotic and overwhelming. Well, fear no more weary traveler - those situations do not have to get in the way of taking some great photos! Improve your travel photography skills by learning the tips, tricks, and techniques that make a good travel photo. From getting ideas to research before you travel, to finding that perfect photo location and capturing 'that decisive moment' - this workshop will cover it all. Any type of camera and level of photography experience is welcome. Note: Bring your vacation plans to get a jump start on your travel photos.

CLASS FEE: \$29

PIC840.820 (11704) 9:00am- 12:00pm Sa APC258 Smith  
Meets on: Oct. 8

### Digital Photography in Focus

Elevate your digital photography skills from "weak to WOW" while mastering easy-to-learn techniques in this hands-on workshop. Anchor your art with knowledge of composition, exposure and the fundamentals of camera settings, before moving on to technical aspects such as selecting memory cards, transferring images to PC/Mac and backing photos up. Together, your class will gain a full understanding of how to use depth of field, resolution, white balance, color adjustment, compression and file formats. Learn to make your photos picture perfect! Note: Bring your own DSLR camera to class.

CLASS FEE: \$89

PIC810.600 (11664) 6:30pm- 9:00pm T APC120 Collins  
Meets between: Aug. 23-Sep. 20

PIC810.601 (11666) 6:30pm- 9:00pm Th APC120 Collins  
Meets between: Oct. 6-Nov. 3

### Photoshop Elements for Digital Photographers

Get the photo you want, not the photo you took! Learn how affordable Photoshop Elements software can help you correct, enhance, optimize and organize your digital photos. You can even create a variety of artistic effects with just a touch of a button. Class is held in a computer lab so you'll get direct, hands-on experience with the software. Be sure to bring some digital photos on a flash drive or have them available for download during class. Note: Please come to class prepared with your X number and password. Basic computer knowledge is required for this class.

CLASS FEE: \$85

PIC818.600 (11645) 6:30pm- 8:30pm W APC120 Lockwood  
Meets between: Sep. 7-Oct. 12



## FALL PHOTOGRAPHY WORKSHOPS

*Workshops and courses designed to inspire both amateur and professional photographers alike*

### Digital Photography in Focus

Our popular introductory course on digital photography.

### Take Better Travel Photos Workshop

Learn the tips, tricks and techniques that will help you take a great travel photo.

### Capturing Autumn Beauty

The conditions are perfect for beautiful photographs – learn how to take advantage and capture the magic of autumn.

### Photoshop Elements for Digital Photographers

Learn how Photoshop Elements software can help your correct, enhance and organize your digital photos.

### Portrait Photography

Lighting, posing and other useful techniques to put your best face forward.

**For details on fall photography workshops and courses, see the listings on this page. Questions? Call us at (630) 466-2360.**

## CREATIVE WRITING AND BOOK PUBLISHING

### Creative Non-Fiction Writing

Become the writer you want to be. In this 10-week workshop, you'll gain the skills and confidence you need to get your work published. With author John O'Donnell as your guide, you'll improve your writing skills, gain insights from the masters, and receive valuable feedback from fellow writers in the class. You'll also get verbal and written feedback on assignments from the instructor (up to five pages reviewed per assignment). Join us as we assist each other and grow as writers. Note: "Writing Life Stories" by Bill Roorbach with Kristen Keckler is required and may be purchased at WCC Bookstore. CLASS FEE: \$135

WWS805.600 (11682) 6:30pm- 9:00pm M BDE209 O'Donnell  
Meets between: Sep. 12-Nov. 14

### NEW! Creative Writing: Breaking the Tradition Explore New Ways Of Putting Your Thoughts Down On Paper!

Experienced writer, Tara Scalzo, will introduce unique exercises that will encourage you to think outside the box. Break out from standard methods of writing and move towards ideals of freeform writing and non-traditional outlining; while bending those ideals into a cohesive piece of work. The importance of journaling, finding your inspiration, character development, establishing point of view, and marketing your work are just some of the concepts that will be discussed. CLASS FEE: \$99

WWS818.600 (11681) 6:30pm- 8:30pm Th BDE210 Scalzo  
Meets between: Sep. 22-Nov. 8

### Dale Zawada's Screen Writing Workshop: Write Screenplays That Sell!

Appropriate for writers of all levels, this six-session workshop focuses on selling your script by examining the foundations of storytelling and the very specific craft of the screenwriting business. From pre-writing to making the most of your film-viewing habits this workshop covers story structure, writer's room dynamics, television writing, working with producers, and how to land a manager. Learn how to get your scripts produced and make living writing scripts from professional screenwriter Dale Zawada, writer of the award-winning comedy A Big Love Story. Register for the section ending in 600 for in-class and written feedback. Register for the section ending in 601 and you'll also receive a 30-minute skype consultation with Dale, covering all aspects of your screenplay (limited enrollment). CLASS FEE: \$199

WWS819.600 (11777) 7:00pm- 9:00pm T BDE102 Zawada  
Meets between: Oct. 4-Nov. 15

WWS819.601 (11778) 7:00pm- 9:00pm T BDE102 Zawada  
Meets between: Oct. 4-Nov. 15  
FEE for this section is \$229

## MUSIC

### Class Guitar I

This course provides beginning guitar instruction in playing and reading chords, chord symbols, picking, strumming patterns, reading musical notation and playing chord progressions, and a variety of guitar styles. Note: Guitar must be brought to the first class. For credit course see MUS154 in the credit schedule. CLASS FEE: \$252

MUS890.600 (11714) 6:00pm- 7:40pm T VON232 Salazar  
Meets between: Aug. 23-Dec. 13

### Guitar Ensemble

This course is a guitar ensemble that covers classical to jazz, and various popular styles. Repeatable to a maximum of 4 semester hours; 4 semester hours may apply to a degree or certificate. CLASS FEE: \$126

MUS887.600 (11740) 6:00pm- 7:40pm Th VON137 Salazar  
Meets between: Aug. 25-Dec. 15

### Class Instruction in Piano I

This course provides beginning instruction in piano and is conducted in the electronic piano lab. No previous background needed. Students learn music notation, chords and harmonization. Music study includes popular, folk and classical music for beginners. Note: For credit course see MUS151 in the credit schedule. CLASS FEE: \$252 LAB FEE: \$30

MUS891.600 (11725) 6:30pm- 8:10pm M VON231 Gregory  
Meets between: Aug. 22-Dec. 12

### Community Steel Drum Band

Learn or continue to develop the percussion techniques of the Caribbean-style steel drum band. Members are separated according to ability.

CLASS FEE: \$189

MUS893.600 (11726) 6:00pm- 7:40pm W VON137 Check  
Meets between: Aug. 24-Dec. 14

### Percussion Ensemble

In this performance ensemble of 20th century percussion music and world drumming, individual percussion instruments and techniques are discussed. Traditional and contemporary percussion notation are taught to enable the student to perform assigned parts. Mallet instruments (marimba, vibes, etc.) as well as pitched and nonpitched percussion instruments are used.

Recommended Prereq: Music background.

CLASS FEE: \$126

MUS892.600 (11731) 6:30pm- 8:10pm T VON137 Check  
Meets between: Aug. 23-Dec. 13

### Jazz Ensemble

This course focuses on the performance of jazz music composed for the standard 15-17 piece ensemble. Music of the swing, bebop and contemporary periods is performed.

Note: For credit course see MUS160 in the credit schedule.

CLASS FEE: \$126

MUS894.600 (11727) 6:30pm- 8:10pm M VON137 Patti  
Meets between: Aug. 22-Dec. 12

### Rock Music Ensemble

This course is a study of the various styles and techniques of rock music from the 1950s to the present through a performance group. Open to all musicians - guitar, percussion, keyboards, horns, singers and any other instruments used in rock music performance. Note: For credit course see MUS162 in the credit schedule. CLASS FEE: \$126

MUS895.001 (11728) 2:00pm- 3:40pm Th VON137 Popowitch  
Meets between: Aug. 25-Dec. 15



## Instrumental Ensemble

This course is an instrumental ensemble for chamber music, folk or other special combinations. Note: For credit course see MUS164 in the credit schedule.

CLASS FEE: \$126

MUS896.001 (11729) 11:00am- 12:40pm F VON137 Patti  
Meets between: Aug. 26-Dec. 16

MUS896.600 (11732) 6:30pm- 8:10pm W VON125 Patti  
Meets between: Aug. 24-Dec. 14

## Vocal Ensemble: Waubonsee Chorale

The Waubonsee Chorale is a vocal ensemble of approximately 20 male and female singers, led by a faculty member, designated teaching assistant, or under the supervision of a faculty member. The group explores the lively art of small ensemble singing through performances of selected music including madrigals, spirituals and other traditional choral music forms. Note: For credit course see MUS166 in the credit schedule.

CLASS FEE: \$126

MUS898.001 (11730) 12:30pm- 1:45pm TTh VON125 Lathan  
Meets between: Aug. 23-Dec. 15

## DANCE

### Let's Dance!

### Ballroom, Swing, Latin and Country

Get a little taste of everything in this combination dance class that will give you confidence for any social dance occasion! With over 35 years of experience in dance instruction, Patricia Ray will help you develop your techniques of leading and following while dancing with your partner. Have fun practicing the basic moves of the waltz, fox trot and swing, stomp your way through the Texas two step and finish off with the spicy cha, cha! A perfect class for beginners or those who want to brush up on their dance skills. Note: Couples only. Partners register separately. Wear hard sole shoes.

CLASS FEE: \$55

DAN898.601 (11695) 7:00pm- 8:15pm Th FLD254 Ray  
Meets between: Sep. 22-Oct. 27

DAN898.600 (11692) 7:00pm- 8:15pm F FLD254 Ray  
Meets between: Sep. 23-Oct. 28

## WORLD LANGUAGES

### Learn More Spanish

If you have the most basic Spanish language skills, but are ready for more, you'll progress in this vocabulary-building class suited for those with some prior exposure to the language. You'll begin speaking in class the very first week as you grow comfortable with vital conversational builders including fundamental grammar, working phrases and important vocabulary. This essentials class hands you necessary language tools you can put to work as you walk out of the classroom door and into the Spanish-speaking world. Note: For more information about the specific content of this course email communityed@waubonsee.edu. Prereq: Learn a Little Spanish or equivalent Spanish language skills.

CLASS FEE: \$129

LAN808.600 (11655) 6:30pm- 9:00pm MW BDE108 Gajardo-Munoz  
Meets between: Aug. 29-Oct. 5

Note: Class will not meet on Sept. 5

## Italian Language and Culture for Travel

You don't need to be a maestro to make the most of your trip to Italy! Learn greetings and other etiquette (scusa o scusi?) as well as the simple language skills you'll need for reading schedules and counting euros, eating beyond the ristorante and trattoria, and handling medical emergencies. You'll also become acquainted with the gusto of everyday Italian life, regional differences, piazzas in several destinations, hints for planning and packing, and much more. Buon viaggio!

CLASS FEE: \$79

LAN825.600 (11657) 6:30pm- 8:30pm Th APC185 Gajardo-Munoz

Meets between: Sep. 15-Oct. 20

## COOKING AND CULINARY

### Cooking 101

No more take-out! In this very popular class you'll learn the basics of cooking and shopping with experienced chef June Schroenhammer. Begin by reviewing what staples should be in your pantry and how to develop easy menus for every day of the week. Then learn how to choose and use knives, pots and pans, and other kitchen equipment. Lastly, develop new skills with basic cooking methods such as poaching, sautéing, broiling and pan frying! Fee includes: All supplies. Note: Classes are held at Oswego High School (4250 Rt. 71, Oswego); enter through Door #35 (Athletics entrance), classroom 189.

CLASS FEE: \$85

EAT803.600 (11689) 6:30pm- 8:30pm T OHS189 Schroenhammer

Meets between: Sep. 6-Sep. 27

### Cooking 102

After you've learned the basics in Cooking 101 let experienced chef June Schroenhammer show you how to turn up the heat in the kitchen with delicious menu ideas for your family and guests! Learn how to plan, budget, and execute delicious yet simple meals. Make ordinary ingredients extraordinary and discover additional techniques such as the preparation of stocks, soups and sauces. While you're at it, learn about spices, vegetables, starches, convenience products, nutrition and use of kitchen tools. Fee includes: All supplies. Note: Classes are held at Oswego High School (4250 Rt. 71, Oswego); enter through Door #35 (Athletics entrance), classroom 189. Prereq: Cooking 101 or equivalent cooking experience.

CLASS FEE: \$95

EAT804.600 (11691) 6:30pm- 8:30pm T OHS189 Schroenhammer

Meets between: Oct. 4-Oct. 25

### Cooking 103

Take your cooking to the next level! Delve deeper into cooking and learn new techniques and skills that will make you feel like a pro in any kitchen. Chef June Schroenhammer will lead you through learning additional cooking methods as you find out how to create meals using new recipes. Fee includes: all supplies. Note: Classes are held at Oswego High School (4250 Rt. 71, Oswego); enter through Door #35 (Athletics entrance), classroom 189. Prereq: Cooking 101 and Cooking 102 or equivalent cooking experience.

CLASS FEE: \$95

EAT851.600 (11693) 6:30pm- 8:30pm T OHS189 Schroenhammer

Meets between: Nov. 1-Nov. 22





## LEARN HOW TO COOK WITH CHEF JUNE

*A trio of courses that teach the basics*

### Cooking 101

Learn simple cooking methods, knife skills, shopping and menu preparation.

### Cooking 102

Turn up the heat in the kitchen as you refine your skills and learn how to create more delicious meals.

### Cooking 103

Learn more "advanced" techniques. Now you're on a roll!

Chef June Schroenhamer brings more than 10 years of experience to our culinary program. She's worked as director of dining services, food & beverage director, executive chef and sous chef for hotels, restaurants and other facilities.

**For more details about the cooking 101, 102 and 103 courses, see page 6.**

## Wine Making

Have you ever wanted to make your own wine but were unsure about where to begin? Let the expert staff at Fox Valley Home Brew and Winery Supplies guide you through this fascinating process! Using special wine kits, fresh fruit, canned fruit, and pressed juices, you will have the opportunity to create your own distinctive wine. You'll gain plenty of hands-on experience during each session, making wine from start to finish! Note: Classes are held at Fox Valley Homebrew & Winery Supplies (14 W. Downer, Aurora). Class meets on 10/12, 10/19, 11/2, and 11/16. Prereq: Must be 21 or older to register. CLASS FEE: \$59

SIP810.600 (11698) 6:00pm- 8:00pm W FVHB Strugalla  
Meets between: Oct. 12-Nov. 16  
Note: Class will not meet on Oct. 26 or Nov. 9

## Beer Making 101

Uncap your passion making delicious beers! Brew an extract beer from start to finish. Experience the beer making process as you learn about its history, ingredients, and equipment used to make it. Different beer styles will be covered and proper cleaning and sanitation techniques will be demonstrated. Come and enjoy the art of making beer, then take home a 6-Pack of your own homebrewed beer. Note: Classes are held at Fox Valley Homebrew & Winery Supplies (14 W. Downer, Aurora). Class meets on 10/29 and 11/12. Prereq: Must be 21 or older to register.

CLASS FEE: \$59

SIP807.820 (11671) 11:00am- 2:00pm Sa FVHB Harrison  
Meets between: Oct. 29-Nov. 12  
Note: Class will not meet on Nov. 5

## HOBBIES AND SPECIAL INTERESTS

### NEW! Bridal Beauty Workshop

Save money and do your own make up on your wedding day! Learn how to apply cosmetics correctly using products and colors that bring out your natural beauty. Find out what colors go well with various skin types, eye and hair color. Practice different techniques on how to apply make up to yourself. Go from the neutral look during the ceremony to the dramatic look at the reception. You'll look fabulous! Note: Non-brides and teens 16 and up are welcome to join us! Bring your own cosmetics. Samples will be given.

CLASS FEE: \$19

IMG805.600 (11660) 9:00am- 12:00pm Sa APC260 Carter  
Meets on: Oct. 15

### Adorable Doll to Sew and Love

Create a sweet 12 inch doll for a special baby or yourself! This doll is perfect for a very young child, as it involves all soft construction, including facial features that are embroidered or sewn on. A simple set of clothing makes the project so endearing. Some studies suggest that doll therapy may be effective for dementia and Alzheimer's patients, so this might also be an ideal gift that a caregiver could bestow upon a loved one. Note: Bring your own portable sewing machine and materials. Email [communityed@waubonsee.edu](mailto:communityed@waubonsee.edu) for supply list. Prereq: Basic sewing skills and good working knowledge of sewing machine operation is required.

CLASS FEE: \$49

SEW803.600 (11688) 6:30pm- 9:00pm T APC185 Sabbia  
Meets between: Oct. 11-Oct. 25

### Survival Sewing

Save money and fix your own clothes in this class for the sewing challenged. No more getting rid of clothes when buttons fall off or paying someone else to do it for you. Experienced seamstress Paula Sabbia will teach you how to sew on a standard or shank button, a set of snaps, or hooks and eyes that may need repair. Differentiate between the different types of hems for sleeves, slacks or jeans and build skills for restoring garments to their original form. You can do it yourself now! Fee includes: all materials except scissors. Note: Bring a pair of scissors to class.

CLASS FEE: \$39

SEW823.600 (11690) 6:30pm- 8:30pm T APC185 Sabbia  
Meets between: Sep. 13-Sep. 20

## Private Pilot Ground School

Take wing with this comprehensive “rules of the road” course as you learn about aerodynamics, aircraft systems, flight planning, weather and FAA regulations. Successful completion of this class will help all hope-to-be pilots prepare for the required FAA private pilot (non-flight) exam. Others simply fascinated with flight and airplanes will also find unique value. FAA licensed ground instructor Ed Hausknecht has instructed this course for more than 12 years. Note: Anticipate approximately \$150 investment for textbook and supplies. The required text is available at WCC Bookstore and additional supplies will be discussed on the first day of class. A free private pilot information session will be held on Wednesday, September 7. Please contact Community Education if you would like to attend (630) 466-2360 or email [communityed@waubonsee.edu](mailto:communityed@waubonsee.edu). CLASS FEE: \$265

FLY800.600 (11668) 6:30pm- 9:30pm MW SCI234 Hausknecht  
Meets between: Sep. 12-Nov. 2

## An Introduction to Voiceovers - Getting Started in Voice Acting

Are people always telling you that you have a great voice? Do you often find yourself listening to your favorite audiobook, commercial or cartoon character and thinking, “I could do that?” This fun and empowering two-hour introductory workshop covers the different types of voiceovers and what tools are needed in order to find success in the industry. You’ll be coached as you perform a real voiceover script and be recorded to receive a professional voiceover evaluation later. After class you’ll have the knowledge necessary to help you decide if this is something you’d like to pursue. Note: Taught by a professional voice actor from Voices For All. CLASS FEE: \$49

ART860.600 (11672) 6:00pm- 8:00pm F APC185 Staff  
Meets on: Oct. 14

## Explore the Unknown

Explore the other side in this jam-packed two day workshop. Hear and share stories of paranormal encounters with ghosts, aliens and cryptids. Learn about theories of longevity, alchemy and unusually long lived persons. Learn how to divine the future using tarot cards, astrology and dream analysis. Investigate techniques and practices of removing ghosts from homes. Instructor John Meyer will share his vast knowledge of the paranormal and personal experience living in a haunted house. Prereq: Must be 18 or older to register. CLASS FEE: \$39

HBV845.600 (11680) 6:30pm- 9:30pm Th BDE205 Meyer  
Meets between: Oct. 20-Oct. 27

## FAMILY

### NEW! Mothering Made Easier

One of the most important relationships is that of a mother and child. Keep this relationship strong by exploring some important skills and tools that every mother can know, develop, and implement. Mother, Author, and Founder of M.O.M (Mentoring Our Moms), Pamela Hampton, will discuss ways you can develop a healthy relationship with your child through effective communication, scheduling time with your child, and the importance of consistency. She will also go over the difference between disciplining versus punishment. CLASS FEE: \$39

PAR804.600 (11699) 7:00pm- 8:30pm Th DWNTN380 Hampton  
Meets between: Oct. 6-Oct. 27

## NEW! Home Schooling Demystified

Are you considering home schooling, but not sure if you should? An experienced home school educator will provide you with objective information that will help you decide if home schooling is right for your family. This interactive session will cover the basics of what home education is all about and give you the opportunity to ask questions of an experienced home school family and their home-schooled adult children. Practical considerations will be discussed along with stereotypes regarding children that are home schooled. A list of resources will be made available.

CLASS FEE: \$19

PAR805.600 (11679) 7:00pm- 9:00pm M APC190 Wood  
Meets on: Oct. 17

## Genealogy 101

Have you thought of starting your family tree, but don’t know where to begin? Uncover new and exciting information about your ancestors by learning how to record what you already know! Instructor and soon to be certified genealogist, Carrie Swift, has been doing genealogy for many years. You’ll learn how to organize your family documentation, interview living relatives, research effectively and locate physical repositories. You’ll also become familiar with free websites used for research and building family trees. Come to class with a list of ancestors you already know! Note: Computers will be used in class. Basic computer knowledge is recommended for this class.

CLASS FEE: \$49

HBV840.600 (11650) 6:30pm- 8:30pm T HCC111 Swift  
Meets between: Sep. 27-Oct. 11

## PETS

### First Aid for Pets

Pets are like family; be prepared and confident to take action in the event of an unexpected accident or illness. In this information packed workshop with Dr. Judy McBeth DVM, CVA, you’ll learn the basics of first aid for dogs and cats. Learn how prepare a pet first aid kit to treat wounds and other injuries. Then, learn how to help your pet and respond appropriately if they get hit by a car, stung by insect, have a seizure, start choking, or swallow something they shouldn’t have.

CLASS FEE: \$25

PET811.820 (11683) 2:00pm- 5:00pm Sa APC158 McBeth  
Meets on: Oct. 22

## PERSONAL FINANCE

### Retirement Planning Starting Now

Retirement planning isn’t just something that happens late in life. It’s something you create now with the decisions you make every day. From determining your goals to choosing investments, you make financial decisions that may help enrich your life not only in retirement, but each step along the way. Gain the financial education you need to deliver rewards throughout your lifetime. Whether your objective is to build a nest egg, protect your assets, or preserve your lifestyle throughout retirement, you’ll learn what you need to plan your future with confidence. Note: Couples may attend together for a single registration fee.

CLASS FEE: \$69

FIN850.600 (11670) 6:30pm- 9:30pm Th APC260 Barnes  
Meets between: Oct. 20-Oct. 27

FIN850.800 (11665) 9:00am- 12:00pm Sa APC195 Barnes  
Meets between: Oct. 22-Oct. 29





## SUCCESS BEGINS HERE

*Learn how to best present yourself to employers, land the job you want, progress in your career and more.*

### Resume Writing Success!

Former human resources specialist Bob Schlacks reveals the secrets to creating a resume that will get noticed.

**Job Interviewing Success!** *Includes how to answer the 12 most common interview questions*

Learn how to put your best foot forward with former human resources specialist Bob Schlacks.

### Elevate Your Career: Learn LinkedIn

Find out why you should be on LinkedIn and how to get started.

**See course listings on page 11.**

## MIND AND BODY

### Diet and Nutrition for Healthy Skin

We've all heard the saying, "you are what you eat"; but did you know that by making healthy food choices, you can help keep your skin glowing and beautiful? Led by licensed esthetician, Cathy India, this workshop includes an overview of basic skin anatomy and physiology and reviews the nutritional requirements for healthy skin. Learn about the foods that actually feed the skin and take home quick and simple recipes that your skin will appreciate! Note: Anyone 18 and under must be accompanied by a parent or guardian registered separately.

CLASS FEE: \$29

MNB876.820 (11651) 9:00am- 12:00pm Sa APC258 India  
Meets on: Oct. 1

### NEW! Transitioning to a Healthier You!

Discover how you can become a healthier YOU starting right now! Learn the facts you need to lose the weight and keep it off. Certified Weight Management Consultant and Personal Nutritionist, Dee-Dee Carter (also known as "The Fitness Diva"), will share her personal journey of losing well over 250 lbs. without surgery, but just by changing her diet and exercising. She'll explain why we crave certain foods, the difference between healthy carbs and manufactured carbs, and why exercise is essential. Receive recipes, tips and healthy treats. Learn how to prepare and enjoy nutritious, tasty meals all while being motivated to eat properly.

CLASS FEE: \$39

MNB877.600 (11658) 6:30pm- 8:00pm T BDE246 Carter  
Meets between: Oct. 18-Nov. 8

### NEW! Introduction to Reflexology

Dating back to Ancient Egypt, India and China, the holistic therapy of reflexology utilizes pressure points or reflex points located on the feet and hands that corresponds to areas and organs of the body. With over 25 years of performing and teaching reflexology, Michael McAleese, has witnessed many positive results of reflexology for his clients. Reflexology has been used to help aide common ailments such as sinus problems, constipation, migraines, back and neck problems, sports injuries, and much more. Learn the basics of Reflexology with lecture and then practice hands on with other students.

Note: Bring a spouse or significant other to practice on at no additional charge.

CLASS FEE: \$69

MNB878.600 (11703) 6:30pm- 9:30pm W APC270 McAleese  
Meets on: Sep. 28

### NEW! Transform Your Stress into Success!

What is stopping you from pursuing your goals and dreams? Could it be the impact of stress in your life? Try a powerful tool called EFT (Emotional Freedom Technique), also known as tapping, that can help you release stress so that you can focus on what you want to achieve in your life. Certified Life Coach, Niko Burkhardt, will guide you in identifying your personal stressors and will use various exercises to define your personal goals. Whether it be a new career or business, a new hobby, or just more time with family, all can be yours when you learn to let the stress go!

CLASS FEE: \$39

MNB818.600 (11702) 6:30pm- 8:00pm M BDE210 Burkhardt  
Meets between: Oct. 24-Nov. 14

**NEW! Mindfulness Meditation for Beginners**

Life can bring many challenges that are not always easy to handle. Learn to manage your thoughts and cultivate a positive state of mind during difficult situations -- by practicing mindfulness meditation. Lower your stress and connect better with yourself and others in a much deeper and healthier way. Improve your focus and learn techniques for dealing with intense emotions and pain. Experienced teacher and practitioner, Tricia Alampi, is excited to share her passion for meditation and help others to improve their quality of life.

CLASS FEE: \$39

MNB809.601 (11787) 6:30pm- 8:00pm Th BDE208 Alampi  
Meets between: Oct. 13-Nov. 3

**Meditate in the Hawaiian Huna Tradition**

Calm your breathing and learn to center mind and body with the ancient Hawaiian Huna tradition of "center to center" or Piko Piko meditation. Whether or not you're familiar with any other form of meditation, you'll quickly learn to replicate this and other techniques that will take you on a journey to the depths of your imagination and help you to gain insights into your life. In-class meditations will guide you toward your spiritual, health, financial, and relationship advisors. Explore or change a bad dream or memory that's keeping you stuck in the past. Learn to embrace the power of NOW!

CLASS FEE: \$29

MNB809.600 (11675) 6:30pm- 9:00pm W BDE244 Drake  
Meets on: Oct 5

**Develop Your Psychic Abilities**

Use the psychic gifts you were born with! Discover ancient scrying methods that may assist you toward future events. Sharpen your intuition with newly-honed skills of sensory perception, divination, dowsing, mandalas for empowerment and other time-tested ways of inner knowing. With the assistance of metaphysics expert Jana Drake, this uplifting and enlightening workshop will help you welcome a prosperous synchronicity and a heightened awareness back into your daily life. Who knew? You did!

CLASS FEE: \$29

MNB810.600 (11676) 6:30pm- 9:00pm W BDE244 Drake  
Meets on: Oct. 12

**Huna Healing**

Create more energy, more purpose, more huna with knowledge of seven simple principles, such as "energy flows where attention goes" and bringing light, health, and balance into your life. Jana Drake has studied with Hawaiian Shaman and author Dr. Serge Kahili King on Kauai, Hawaii. Her class allows you to experience these principles, use them in divination, and learn a more powerful, yet simple, energy technique for health of yourself and others around you.

CLASS FEE: \$29

MNB847.600 (11677) 6:30pm- 9:00pm W BDE240 Drake  
Meets on: Oct. 19

**Stone Lore: No Stone Unturned**

Explore the metaphysical and mystical properties of gems and stones. Learn about their myths and legends, and find out why some stones have different meanings. Discover how stones can be used for their (healing) energy properties. Delve into your experience as you choose a crystal to cleanse, personally program and take home. You will also have the opportunity to choose from a variety of stones to take one home with you. Divination and stones will also be discussed. Note: Stones and crystals provided.

CLASS FEE: \$29

MNB854.600 (11678) 6:30pm- 9:00pm W BDE108 Drake  
Meets on: Oct. 26

**Hatha Yoga for Beginners**

Experience the benefits of Hatha Yoga. Firm and tone your body while learning how to reduce stress, improve balance, flexibility and concentration. Designed for those new to Hatha Yoga, you will learn specific postures in combination with controlled breathing, as well as how to focus on breathing and relaxation techniques. Wear loose, comfortable clothing and bring an exercise mat.

CLASS FEE: \$49

MNB801.600 (11685) 8:10pm- 9:10pm W FLD VanGieson  
Meets between: Aug. 31-Oct. 5

**Hatha Yoga Continued**

Hatha Yoga is the slow and deliberate stretching of muscles and stimulation of inner organs. One way to think of Hatha Yoga is the union occurring between mind, body and spirit. Continue your practice of Hatha Yoga and refine your techniques. Designed for those who have taken Hatha Yoga for Beginners or have a similar level of experience. This class can be repeated as many times as desired.

CLASS FEE: \$49

MNB803.600 (11687) 8:10pm- 9:10pm W FLD VanGieson  
Meets between: Oct. 12-Nov. 16

**RECREATION AND SPORTS****Tennis**

Take a swing at tennis! The beginning or inexperienced player is taught racket and body position for the forehand and backhand strokes as well as a basic serve. Rules and etiquette are discussed. Student plays both singles and doubles.

CLASS FEE: \$63

REC897.001 (11707) 11:00am- 12:15pm TTh TNCT Staff  
Meets between: Aug. 23-Sep. 29

**Intermediate Tennis**

Singles and doubles who have a basic knowledge of tennis but wish to improve their court strategies and shot-making skills can hone several strokes including lob, chop back spin, top spin, slice and volley.

CLASS FEE: \$63

REC898.001 (11708) 11:00am- 12:15pm TTh TNCT Staff  
Meets between: Aug. 23-Sep. 29

**Karate**

Self-defense, competition, ceremonial techniques and costume dress are covered in this course designed for the beginning student of karate. Students also practice punching and blocking.

Note: For credit course see PED116 in the credit schedule.

CLASS FEE: \$98

REC888.600 (11711) 6:00pm- 7:40pm W ERK213 Aboshadi  
Meets between: Aug. 24-Dec. 14

**Personal Defense**

This course is designed to help students acquire confidence and the ability to cope with unexpected attacks and emergencies. Self-defense techniques, including methods of preventing attacks, breaking falls and basic throw, are taught. Note: For credit course see PED118 in the credit schedule.

CLASS FEE: \$126

REC890.600 (11712) 6:00pm- 7:40pm M ERK213 Staff  
Meets between: Aug. 22-Dec. 12



## Horsemanship I

Horsemanship I is for the beginning or inexperienced rider and includes English riding (Saddleseat), grooming, leading, saddling and bridling. Students must have shoes (no slippers) with hard soles and low heels for riding, long pants, riding or bike helmet, tee shirts or sweatshirts (no tank tops). Note: Weight restriction of under 160 lbs. per stable requirements. For credit course see PED108 in the credit schedule.

CLASS FEE: \$253

REC892.600 (11709) 8:00pm- 9:40pm T HUNT Reed  
Meets between: Aug. 23-Oct. 11

## Horsemanship II

Horsemanship II is a continuation of skills learned in Horsemanship I, only more in-depth. Riders work on diagonals, simple figure work and horse psychology. Note: Maximum weight limit: 160 lbs., per stable requirements. For credit course see PED109 in the credit schedule. Prereq: Consent of instructor.

CLASS FEE: \$253

REC893.600 (11710) 8:00pm- 9:40pm Th HUNT Reed  
Meets between: Aug. 25-Oct. 13

## TELEVISION PRODUCTION

### Public Access Television Production Training

Public Access Television training gives you the chance to use professional video equipment to create programs to air on local cable television and the internet! In four 4-hour classes you'll learn the basics of studio production, field camera work, lighting, audio and non-linear editing. These skills will prepare you to produce your own show or assist in a variety of crew positions in professional and student productions. Completing this class certifies you to use the equipment and facilities of Fox Valley Television free of charge and gives you access to our local public access channel to air your programs.

CLASS FEE: \$100 \* MAJOR CODE: VS25

TVP001.820 (11705) 12:00pm- 4:00pm Sa COL115 Rennels  
Meets between: Oct. 1-Oct. 22

### Public Access Television - Intermediate Editing/DVD

This course provides students with advanced instruction in non-linear video editing and DVD production. The class is a follow up to TVP001 and is not required for Public Access Certification. Students learn advanced non-linear editing techniques utilizing Final Cut Studio software including: titling, key-frame animation, advanced transitions and effects. DVD production instruction is based on DVD Studio Pro software. Students receive instruction in audio and video compression, surround sound and advanced DVD creation techniques. Prereq: Successful completion of TVP001.

CLASS FEE: \$100 \* MAJOR CODE: VS25

TVP002.820 (11706) 12:00pm- 4:00pm Sa COL115 Rennels  
Meets between: Nov. 5-Nov. 19

## CAREER PREPARATION

### NEW! Resume Writing Success!

Create a resume that will get their attention! Whether you're new or returning to the workforce, you'll need a resume that stands out. As a former Human Resources specialist, Bob Schlacks, has seen hundreds of resumes and will share his experience of what employers are looking for. He will also show you a step-by-step process that will help you as you prepare or improve your current resume. Also learn how to focus your skills and abilities to the specific vacancy that you are applying for.

CLASS FEE: \$19

PFG892.600 (11686) 6:30pm- 8:30pm W BDE208 Schlacks  
Meets on: Nov. 2

### NEW! Job Interview Success!

Congratulations, you got them to call you in for an interview -- now it's time to polish up those interviewing skills! Former Human Resources specialist, Bob Schlacks, will explain the 5 types of interviews and will cover the 12 most common questions asked and how prepare for them. The importance of punctuality, appearance and body language and what to do before, during and after the interview will also be discussed. Plan, prepare, and get that job!

CLASS FEE: \$19

PFG893.600 (11684) 6:30pm- 8:30pm W BDE208 Schlacks  
Meets on: Nov. 9

### Elevate Your Career: Learn LinkedIn

Stand out from the crowd on LinkedIn, the social media network for business professionals! Under the experienced guidance of Social Media Consultant Ernie Katko, learn to use this great tool for networking, referrals, job hunting, and marketing. Get hands-on training through the mechanics of creating an account, building an effective profile, understanding connections, posting updates and joining/utilizing groups. Learn best practices on conducting a job search, fine tuning your company pages, plus much more! Note: Please come to class prepared with your X number and password.

CLASS FEE: \$39

INT830.600 (11669) 6:30pm- 8:30pm Th HCC111 Katko  
Meets between: Oct. 13-Oct. 20

## ACT TEST PREPARATION

### Raise Your Score - ACT English (Ages 15 and Up)

Prepare for the English, reading, and writing sections of the ACT in this focused 10.5-hour course taught by experienced teachers. You'll review the crucial subject matter tested on the ACT and learn strategies proven to help you when you are unsure of the correct answer. Note: Textbook is required for this class and may be purchased at WCC Bookstore. Email communityed@waubonsee.edu for the title. Come prepared to each class with a notebook and pencil/pen.

CLASS FEE: \$109

TST807.820 (11656) 9:00am- 12:00pm Sa APC195 Abbott  
Meets between: Sep. 3-Oct. 8

TST807.821 (11659) 10:00am- 12:00pm Sa APC260 Abbott  
Meets between: Sep. 3-Oct. 8

### Raise Your Score - ACT Math (Ages 15 and up)

This 10.5-hour course focuses on six core subject areas: pre- algebra, algebra, intermediate algebra, plane geometry, coordinate geometry and trigonometry. You'll also acquire abilities in problem- solving, concepts, and strategies proven to assist you in working through problems and respond when you are unsure of the correct answer. Note: Textbook is required for this class and may be purchased at WCC Bookstore. Email communityed@waubonsee.edu for the title. Come prepared to each class with a notebook, pencils and ACT-approved calculator (www.act.org).

CLASS FEE: \$109

TST806.820 (11648) 9:00am- 12:00pm Sa APC280 Venters  
Meets between: Oct. 15-Nov. 19

TST806.821 (11653) 10:00am- 12:00pm Sa APC190 Venters  
Meets between: Oct. 15-Nov. 19



## WAUBONSEE TOTAL FITNESS CENTER

Offering a complete health and fitness experience with quality and value **you** can feel good about!

### PROGRAMS

Lifestyle/Fitness Assessments  
Individualized Exercise Programs  
Personal Training  
Group Training Opportunities  
Motivational Incentive Activities

### FACILITIES

Cybox Strength Training Machines  
Free Weights  
The Latest in Cardiovascular Equipment  
CardioTheater Entertainment Center  
Locker Rooms with Showers  
Complimentary Workout Towels

### HOURS:

Mon.-Thur. 5:30 a.m.-8 p.m.  
Fri. 5:30 a.m.-7 p.m.  
Sat. 6:30 a.m.-1 p.m.

### MEMBERSHIP

Membership rate options available.  
Call (630) 466-2530 to arrange your complimentary visit.

Waubonsee Community College  
Erickson Hall, Rm. 126  
Route 47 at Waubonsee Drive  
Sugar Grove, Illinois



**WAUBONSEE**  
COMMUNITY COLLEGE

## TOTAL FITNESS CENTER

### Fitness Center: Memberships

Explore your fitness options at Waubonsee's Total Fitness Center. We feature CardioTheater - an entertainment center that makes exercise fun; a free weight area; Cybex Eagle strength systems; and the latest in cardiovascular equipment. Highly-skilled staff assist you with your exercise program and answer fitness-related questions. Call the fitness center at (630) 466-2530 for registration information and to schedule an orientation. Note: The fitness center is open to anyone 16 years of age or older.

<b>3-Month Individual</b> .....	<b>\$89</b>
FIT800.700 (11546)	ERK126
<b>6-Month Individual</b> .....	<b>\$169</b>
FIT802.700 (11547)	ERK126
<b>Year Individual</b> .....	<b>\$299</b>
FIT804.700 (11548)	ERK126
<b>Year Couple (two people; same household)</b> .....	<b>\$469</b>
FIT811.700 (11549)	ERK126
<b>Additional Third and Fourth Member*</b> .....	<b>\$129/each</b>
FIT814.700 (11551)	ERK126
<b>Additional Fifth Member*</b> .....	<b>\$59</b>
FIT815.700 (11552)	ERK126

\* Requires corresponding Year Couple membership.

Daily passes and monthly memberships are also available by visiting the Total Fitness Center in Erickson Hall.

<b>Daily Pass</b> .....	<b>\$8</b>
<b>Monthly Membership</b> .....	<b>\$35</b>

*Prices subject to change without notice.*

### Metabolism Matters

Weight management success is just a simple measurement away! With BodyGem, a device used to measure your metabolism, you can easily and quickly determine your resting metabolic rate. Your metabolic measurement can then be used to determine an accurate daily calorie target designed to best assist you with meeting your personalized weight management goals. Call the Total Fitness Center at (630) 466-2530 for more information and to schedule an appointment. Note: BodyGem includes a metabolic measurement, a printed report of calorie budgets and a review of the results.

CLASS FEE: \$39

FIT860.700 (11566)	TBA	ERK126	Anderson
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### Body Fat Analysis

Weight alone is a deceptive indicator of body composition. Determine your percentages of body water, fat and lean mass by electrical impedance and have trained staff explain your results. Call (630) 466-2530 to schedule your appointment.

CLASS FEE: \$12

FIT806.700 (11555)	TBA	ERK126	Anderson
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### Shaping Up Is No Sweat

Learn to incorporate the components of physical fitness into your exercise plan. Participate in a fitness screening and develop realistic goals to start and maintain your fitness program. Participants receive a free visit to the Total Fitness Center. Call (630) 466-2530 to schedule your appointment.

CLASS FEE: \$30

FIT808.700 (11554)	TBA	ERK126	Anderson
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## FITNESS AND WELLNESS

### Small Group Training

Program participation includes small group personal training sessions that meet three times per week; accountability; weekly weigh-ins and a six-week Total Fitness Center membership.

CLASS FEE: \$189

FIT816.001 (11632) 6:00am- 7:00am MWF ERK126 Anderson  
Meets between: Sep. 12-Oct. 21

FIT816.002 (11633) 8:00am- 9:00am MWF ERK126 Anderson  
Meets between: Sep. 12-Oct. 21

FIT816.003 (11629) 6:00am- 7:00am MWF ERK126 Anderson  
Class will not meet November 21-25.  
Meets between: Oct. 31-Dec. 16

FIT816.004 (11631) 8:00am- 9:00am MWF ERK126 Anderson  
Class will not meet November 21-25.  
Meets between: Oct. 31-Dec. 16

### Boost Your Fitness with HIIT

Don't let the name scare you! High Intensity Interval Training (HIIT) combines full-body strength training with high intensity cardio bursts designed to tone your body, improve your endurance and stimulate your mind. Modifications for all fitness levels are provided. Give HIIT a try. Sign up today for one of our FREE introductory sessions.

FIT830.001 (11767) 6:00am- 6:30am M FLD254 Anderson  
Meets on: Oct. 24

FIT830.002 (11769) 12:30pm- 1:00pm T FLD254 Anderson  
Meets on: Oct 25

FIT830.600 (11768) 7:00pm- 7:30pm T FLD254 Anderson  
Meets on: Oct 25

FIT830.003 (11770) 7:00am- 7:30am W FLD254 Anderson  
Meets on: Oct 26

### Tabata Bootcamp

Higher Intensity. Shorter Duration. Powerful Results. Tabata Bootcamp's unique approach combines high intensity interval training with bootcamp fitness for incredible results! Periodic assessments reinforce the effectiveness of the program, while an around-the-clock member website provides daily exercise routines, sound nutritional support and on-line tracking tools for a complete wellness experience. Note: The Tabata Bootcamp™ website is an additional \$4.99/month subscription with the eight-week program being billed upfront for those who choose to subscribe.

CLASS FEE: \$59

FIT862.001 (11635) 7:00am- 7:30am Th FLD254 Anderson  
Meets between: Sep. 15-Nov. 3

FIT862.600 (11634) 5:00pm- 5:30pm T FLD252 Anderson  
Meets between: Sep. 13-Nov. 1

### Power Yoga

This vigorous, fitness-based approach to Yoga emphasizes strength and flexibility. Following a set series of poses, Power Yoga focuses on building the core strength needed to support more advanced postures. Prepare to work up a sweat.

CLASS FEE: \$54

FIT829.001 (11771) 7:00am- 7:45am T FLD254 Anderson  
Meets between: Sep. 13-Oct. 18

FIT829.002 (11772) 7:00am- 7:45am T FLD254 Anderson  
Class will not meet November 22.  
Meets between: Nov. 1-Dec. 13

### Zone Interval Training

Fitness meets science to maximize your workout! The intensity of each session is based on your heart rate, so sessions are individualized and perfect for all levels. Polar Heart Rate technology combined with top-of-the-line equipment, energizing music and motivating trainers leads to a results-driven fitness experience. Each 60-minute workout is different — and exhilarating!

CLASS FEE: \$159

FIT836.001 (11766) 10:00am- 11:00am MTh FLD254 Anderson  
Meets between: Sep. 12-Oct. 20

FIT836.600 (11764) 6:30pm- 7:30pm MW FLD254 Anderson  
Meets between: Sep. 12-Oct. 19

FIT836.002 (11776) 10:00am- 10:45am MTh FLD254 Anderson  
Class will not meet November 21-24.  
Meets between: Oct. 31-Dec. 15

FIT836.601 (11765) 6:30pm- 7:30pm MW FLD254 Anderson  
Class will not meet November 21-23.  
Meets between: Oct. 31-Dec. 14



## A NEW TAKE ON FITNESS

### High Intensity Interval Training

Don't let the name scare you! High Intensity Interval Training (HITT) combines full-body strength training with high intensity cardio bursts designed to tone your body, improve your endurance and stimulate your mind. Modifications for all fitness levels are provided. Give HITT a try. Sign up today for one of our FREE introductory sessions.

### Zone Interval Training

Fitness meets science to maximize your workout! The intensity of each session is based on your heart rate, so sessions are individualized and perfect for all levels. Polar Heart Rate technology combined with top-of-the-line equipment, energizing music and motivating trainers leads to a results-driven fitness experience. Each 45-minute workout is different — and exhilarating!

**See all fitness related course listings on this page.**

## Zumba

Working out can be lots of things, but it's never been known to be an exhilarating experience . . . until now! The Zumba program fuses hypnotic Latin rhythms and easy-to-follow moves to create a one-of-a-kind fitness class that will blow you away. The goal is simple: we want YOU to WANT to work out, to LOVE working out and to get HOOKED. Achieve long-term benefits while experiencing an absolute blast in one exciting hour. Note: For credit course see PED134 in the credit schedule.

CLASS FEE: \$126

FIT827.001 (11587) 2:00pm- 2:50pm MW FLD254 Gunderson

*Class will not meet Nov. 21-24*

*Meets between: Aug. 22-Dec. 14*

FIT827.002 (11588) 4:45pm- 5:35pm TTh FLD254 Gunderson

*Class will not meet Nov. 21-24*

*Meets between: Aug. 23-Dec. 15*

## Nordic Walking - Walking is Good, Nordic Walking is Better!

Nordic Walking is a great total body workout for anyone interested in a fun physical activity with maximum health benefits. This low-stress, easy-to-master workout is fantastic for weight loss and great for your body and mind. Keep fit, toned and healthy at any age. To sign up for your 30-minute private session with a certified Nordic Walking instructor, please call the Total Fitness Center (630) 466-2530. Poles are provided.

CLASS FEE: \$29

FIT865.700 (11553) TBA ERK126 Anderson

## Yoga

Designed as an introduction to Hatha Yoga, this course focuses on the union of mind, body and breath through asana practice complemented by relaxation and meditation. The techniques shown enhance muscular strength, flexibility, energy, concentration and relaxation. Note: For credit course see PED146 in the credit schedule.

CLASS FEE: \$126

FIT892.002 (11590) 11:00am- 12:40pm W FLD254 Bellock

*Meets between: Aug. 24-Dec. 14*

*Class will not meet Nov.21-24*

FIT892.600 (11589) 9:00pm- 10:40pm W FLD254 Bellock

*Meets between: Aug. 24-Dec. 14*

*Class will not meet Nov.21-24*

FIT892.601 (11591) 4:45pm- 5:35pm TTh ERK213 Bellock

*Meets between: Aug. 23-Dec. 15*

*Class will not meet Nov.21-24*

## Cardio Kickboxing

Cardio Kickboxing is a fusion of boxing, martial arts, and aerobics done rhythmically to music. It is a cardiovascular workout consisting of jabs, hooks, uppercuts, and kicks designed to get you on your way to a leaner body and healthier state of mind. This is a non-contact course and gloves are not required. Note: For credit course see PED127 in the credit schedule.

CLASS FEE: \$126

FIT894.001 (11585) 2:00pm- 2:50pm TTh FLD254 Staff

*Class will not meet Nov. 21-24*

*Meets between: Aug. 23-Dec. 15*

FIT894.600 (11586) 4:45pm- 5:35pm MW FLD254 Aboshadi

*Class will not meet Nov. 22-24*

*Meets between: Aug. 21-Dec. 21*

## TRIPS & TOURS FALL 2016

### DISCOVER YOUR NEW FAVORITE PLACE

Travel to far-away destinations or make new discoveries close to home. Explore dozens of local excursions and extended tours created and curated by Community Education.

For more details and registration information, visit [www.waubonsee.edu/communityed](http://www.waubonsee.edu/communityed) or call our travel specialist at (630) 466-2360.

### LOCAL EXCURSIONS

#### "Pump Boys and Dinettes"

Enjoy a toe-tapping, countrified musical tribute to life along the open road at the Theatre at the Center in Munster, IN. Between changing tires and baking pies, watch the gang perform a rousing mix of country western, rock 'n' roll and bluegrass in this ever-popular tale of friendship, romance and life's simple pleasures. Begin your trip with a tasting at Chicagoland Popcorn and a stroll through the gift shop and art gallery at the Center before lunch (included). Fee includes: Transportation and lunch tours. Note: Trip departs Thursday, September 15, at 7:00 a.m. at Erickson Hall/Fieldhouse on the Sugar Grove campus and returns to Erickson Hall/Fieldhouse at approximately 6:30 p.m. Sign up by August 22, 2016. No refunds after August 22, 2016

CLASS FEE: \$99

TRP867.001 (11541) 7:00am- 6:30pm Th TBA Staff

*Meets on: Sep. 15*



### Pullman National Monument & Indiana Dunes National Lakeshore



Discover the story of American opportunity at Pullman National Monument, a planned community famed for its urban design and architecture. Then, it's on to Indiana Dunes National Lakeshore, featuring the famously rugged dunes, as well as wetlands, prairies and the original "Century of Progress" homes built for the 1933 Chicago World's Fair. Ranger led lectures and a tour of a craftsman's cottage (or similar) at Pullman and one of the "Century of Progress" homes at Indiana Dunes are a delightful bonus. Lunch at Islamorada Fish Company. Participants should be capable of walking around the homes and along the lakeshore terrain at the Indiana Dunes. Fee includes: Transportation, lunch, tours. Note: Trip departs Thursday, September 29, at 7:00 a.m. at Erickson Hall/Fieldhouse on the Sugar Grove campus and returns to Erickson Hall/Fieldhouse at approximately 6:30 p.m. Sign up by September 15, 2016. Limit 28. No refunds after September 15, 2016.

CLASS FEE: \$99

TRP835.001 (11542) 7:00am- 6:30pm Th TBA Staff

*Meets on: Sep. 29*



### It's All About Pumpkins!

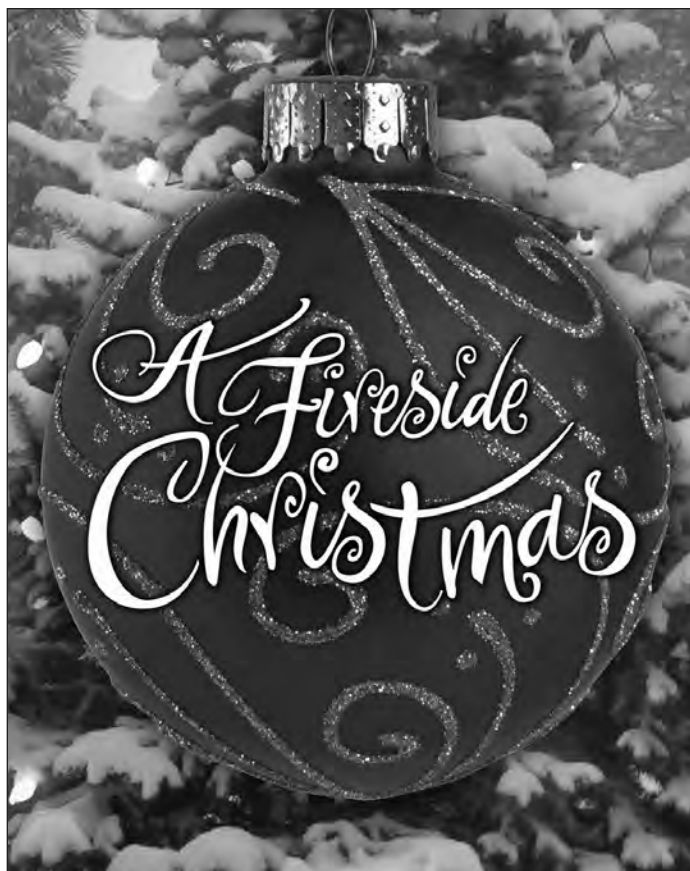
Autumn colors burst through trees and glass pumpkins at the Morton Arboretum. After a morning TRAM ride through the Arboretum, explore a dazzling display of more than 3,000 glass pumpkins in captivating colors, shapes and sizes. Watch live glass-blowing demonstrations and hear step-by-step narration about glass art. After lunch in the Arboretum Ginkgo Room, continue on to the Naper Settlement, a museum village of homes, shops and public buildings exhibiting 19th century daily life (we add the pumpkins)! Afternoon snack in the Pre-Emption House Tavern before heading home. Glass Pumpkins not available for purchase at the Arboretum. Fee includes: Transportation, lunch, tours and snack. Note: Trip departs Wednesday, October 12, 2016 at 8:00 a.m. from Erickson Hall/Fieldhouse on the Sugar Grove campus and 8:15 a.m. from the Aurora Walmart and returns to the Aurora Walmart at approximately 5:15 p.m. and the Erickson Hall/Fieldhouse at approximately 5:30 p.m. Sign up by September 28, 2016. No refunds after September 28, 2016. CLASS FEE: \$89

TRP882.001 (11543) 8:00am- 5:30pm W TBA Staff  
Meets on: Oct. 12

### White Pines Dinner Theater - "Branson on the Road"

What do you get when you bring together a fiddle, mandolin, banjo, upright slap bass, rhinestone costumes, hilarious comedy and great folk, traditional, bluegrass, rockabilly and gospel music? There's only one answer to that question .... Branson on the Road - Salute to America 2016. This original touring show from the famous city brings the glory days of the Grand Ole Opry, the Louisiana Hayride and the first Branson music shows to life as it takes you through a musical journey around the nation. But first, back by popular demand, a stop at Merlin's Greenhouse and The Other Side for shopping. Fee includes: Transportation, lunch, tours. Note: Trip departs Wednesday, November 16, at 9:00 a.m. at Erickson Hall/Fieldhouse on the Sugar Grove campus and returns to Erickson Hall/Fieldhouse at approximately 4:30 p.m. Sign up by November 2, 2016. No refunds after November 2, 2016. CLASS FEE: \$89

TRP857.001 (11544) 9:00am- 4:30pm W TBA Staff  
Meets on: Nov. 16



### Fireside Theatre - "A Fireside Christmas"

Rekindle the Christmas spirit through song, stories and dance as the Fireside captures the very heart of the holiday season. Since this holiday production first debuted in 1993, each show is new and different with gorgeous new costumes and sets, new songs and new ways to tell the story of the season. First stop, Jones Dairy Farm, a sixth-generation family owned business since 1889 famous for their meats and grocery market. Fee includes: Transportation, lunch theatre. Note: Trip departs Friday, December 16, 7:15 a.m. at Erickson Hall/Fieldhouse on the Sugar Grove campus and returns to Erickson Hall/Fieldhouse at approximately 6:30 p.m. Sign up by December 2, 2016. No refunds after December 2, 2016.

CLASS FEE: \$99

TRP855.001 (11545) 7:15am- 6:30pm F TBA Staff  
Meets on: Dec. 16



## EXTENDED TOURS



### Backroads of Sunny Florida - Value Tour 2017

*Mayflower Tours*

Unwind in the warmth of Florida without the crowds and hassle. See a side of the Sunshine State made up of literary notables, abundant wildlife, great food and even better sunsets. Stay at the Plantation Resort on the Crystal River, step back in time at Marjorie Rawlings Historic State Park and visit Tarpon Springs – famous for its Greek heritage - for shopping and lunch.

February 26 – March 4, 2017

From \$1,549 per person, double

### Myrtle Beach and Washington D.C.

*Fancy-Free Holidays*

Appreciate the contrast between the gardens, speedways, theaters and beaches in South Carolina with the many historic sites in Washington, D.C. Includes three shows in Myrtle Beach and tours of the White House, Capital, Library of Congress, Arlington National Cemetery and many other national treasures.

March 27 – April 3, 2017

From \$1,949 per person, double



### TulipTime on the Romantic Rhine and Mosel River Cruise

*Mayflower Tours*

Experience spring and see the countryside bloom as you sail two historic rivers in Europe during peak tulip season. There is no better way to enjoy spring than by cruising through the heart of central Europe!

April 23 – May 3, 2017

From \$3,599 per person, double (includes 2 for 1 air from Chicago)

### Coast to Coast by Rail

*Vacations by Rail*

See the best of America by train on this 19-day coast to coast grand tour. Travel along legendary rail routes to visit some of the country's most popular destinations including New York City, Washington DC, Chicago, Glacier National Park, the Grand Canyon, Seattle, Hollywood and Los Angeles.

May 20 – June 7, 2017

From \$4,899 per person, double



### Great Volcanoes

*Mayflower Tours*

The awesome natural beauty of the Pacific Northwest takes center stage on this journey to explore nine of America's spectacular volcanoes including Mt. Rainier, Mt. St. Helens and Mt. Hood. Included are visits to Crater Lake & Lassen Volcanic National Parks among others.

July 16 – 24, 2017

From \$3,149 per person, double

### Mexico's Copper Canyon

*Mayflower Tours*

Take a spectacular train ride through one of Mexico's most remarkable natural landmarks. Located in the beautiful Sierra Madre Mountains, Copper Canyon is four times larger than the Grand Canyon and a sight not to be missed.

September 8 – 15, 2017

From \$2,099 per person, double

### Italy's Lake District and Riviera

*Mayflower Tours*

Experience the best of northern Italy on this tour of the domain of Europe's rich and famous. Gaze upon the azure seas of the Italian Riviera, admire the art and fashion of Milan, and cruise both Lake Maggiore and Lake Como.

October 6 – 15, 2017

From \$4,099 per person, double (includes round-trip air from Chicago)



### African Safari Adventure

*Mayflower Tours*

Get ready for the adventure of a lifetime — a safari across two African countries! Experience extraordinary scenic beauty as well as elephants, giraffes, wildebeests, rhinos, and other animals you've only seen on TV or in zoos.

October 28 – November 9, 2017

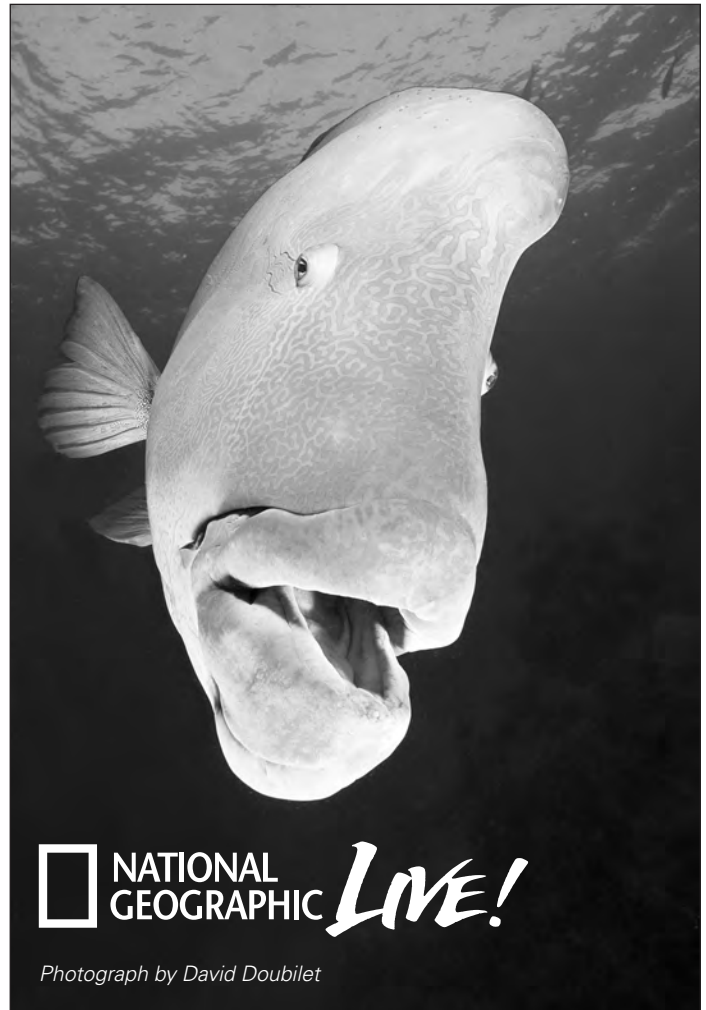
From \$6,919 per person, double (includes round-trip air from Chicago)

### DISCOVER MORE TRIP AND TOUR OPTIONS AT:

[www.waubonsee.edu/trips](http://www.waubonsee.edu/trips) or call our travel specialist at (630) 466-2360

## SPECIAL EVENTS FALL 2016

# DIVE DEEPER



 NATIONAL  
GEOGRAPHIC *LIVE!*

*Photograph by David Doubilet*

### Secret Underwater Edens

*David Doubilet*

Take a spectacular visual journey into seldom-seen secret Edens with the world's leading underwater photographer. Doubilet is the recipient of many prestigious awards, and has photographed more than 70 stories for National Geographic. Recommended for ages 7 and above.

Saturday, October 22, 2016

7 p.m.

Sugar Grove Campus, Academic and Professional Center

\$29

Purchase tickets at [www.waubonseetickets.com](http://www.waubonseetickets.com)



### Chris Fleming

*World-renowned medium, paranormal researcher and spiritualist*  
Chris captivates audiences with tales and recordings of his incredible first-hand encounters with ghosts, lessons he's learned from the spirit world, and news on current paranormal research. He's a former co-host of Living TV's wildly popular "Dead Famous" and has appeared on "Psychic Kids" (A&E), "Ghost Hunters" (SyFy) and more. Recommended for ages 10 and above.

Friday, November 4, 2016

7 p.m.

Sugar Grove Campus, Auditorium

\$10



### Hunt for Ghosts with Chris Fleming

Ghost hunt with one of the world's preeminent paranormal researchers. Sign-up for a Unique Local Experience with Chris Fleming. See page 20.

Limited to those 16 and above.

Friday, November 4, 2016

8:30–9:30 p.m. (approx.)

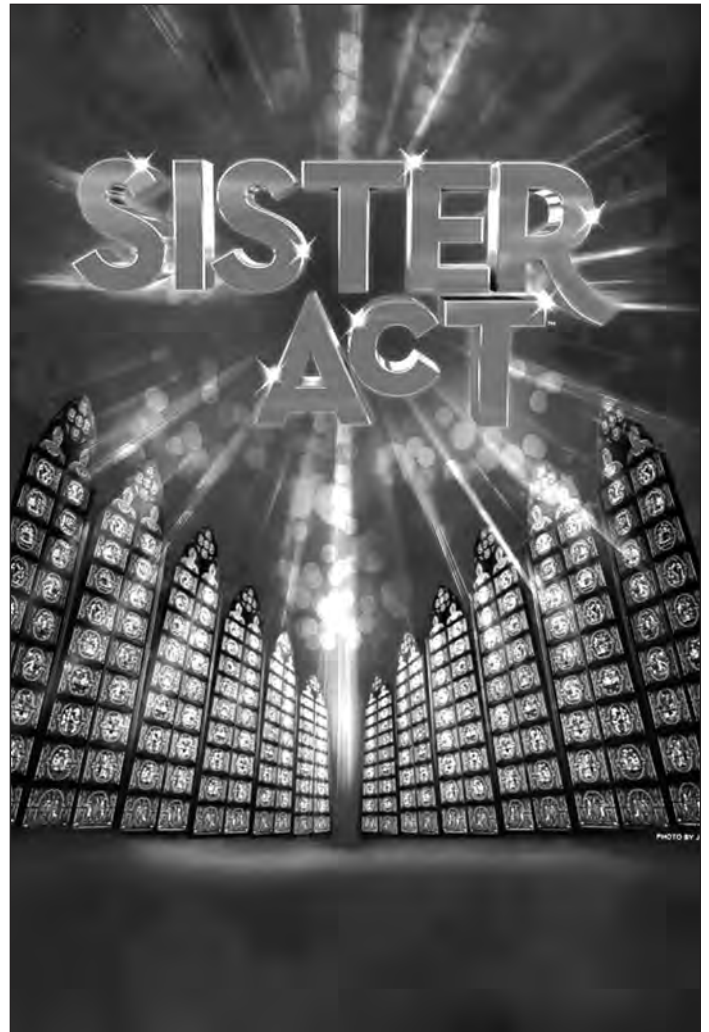
Sugar Grove Campus, Auditorium

\$25

Purchase tickets at [www.waubonseetickets.com](http://www.waubonseetickets.com)

## COMMUNITY THEATRE

Community Education welcomes the Fox Country Players to the Auditorium stage.



### Sister Act

#### A reason to REJOICE!

Sister Act, a sparkling tribute to the universal power of friendship, is the feel-good musical comedy smash based on the hit 1992 film that has audiences jumping to their feet! Featuring original music by Tony- and eight-time Oscar winner, Alan Menken, this uplifting musical was nominated for five Tony Awards, including Best Musical.

October 14–16, 2016

(Fri., Sat. 7 p.m.; Sun. 2 p.m.)

Sugar Grove Campus, Auditorium

\$20

\$15 students/seniors 65+

Purchase tickets at [www.waubonseetickets.com](http://www.waubonseetickets.com)

The Fox Country Players – founded in 1979 – is a community theatre group based in Yorkville



## ASSET EARTH

Exploring people and their environment

### X-ray Imaging at Argonne National Laboratory: The Case of the Tully Monster Fossil

*Dr. Lydia Finney*

*Physicist, X-ray Science Division*

*Advanced Photon Source, Argonne National Laboratory*

*Dr. Carmen Soriano*

*Assistant Physicist, X-ray Science Division*

*Advanced Photon Source, Argonne National Laboratory*

Discover how the state-of-the art imaging techniques at Argonne helped to solve the question of where to place the Tully Monster – the state fossil of Illinois - in the Tree of Life.

Thursday, September 22, 2016

7 p.m.

Sugar Grove Campus, Auditorium

Free



### Gravitational Waves: What Their Discovery Means for Us

*Dr. Pratima Jindal*

*Physics Instructor*

*Waubonsee Community College*

We now know that we live in a universe that is buzzing with gravitational waves that have always been there and always will be. Learn how this discovery was made and what it means for future study of the universe.

Thursday, October 27, 2016

7 p.m.

Sugar Grove Campus, Auditorium

Free



## OF INTEREST

### The Causes and Costs of Corruption

*Juliet Sorensen*

*Clinical Associate Professor of Law*

*Northwestern University*

Public corruption has an illustrious history in Illinois and is no less prevalent today. In this timely presentation, Professor Sorensen examines the causes of corruption and its effects on economic growth and human development. Sorensen is a Clinical Associate Professor of Law with Northwestern's Center for International Human Rights. Previously, she was an Assistant U.S. Attorney in Chicago, focusing on fraud and public corruption.

Thursday, October 6, 2016

7 p.m.

Sugar Grove Campus, Academic and Professional Center

Free

## COMMUNITY EDUCATION

(630) 466-2360

[www.waubonsee.edu/communityed](http://www.waubonsee.edu/communityed)

# UNIQUE LOCAL EXPERIENCES™

Memorable things to do hosted by local experts.



## Try Your Hand at Cartooning With an Emmy Nominated Filmmaker

No drawing experience is necessary for this unique creativity workshop with the multi-talented Steven Fischer. Develop your original, personal story through drawing. Generate ideas using a range of writing and drawing exercises as you develop characters, locations and themes. Along the way, explore the philosophy and psychology of inspiration, cartoon art, creativity and storytelling.

Saturday, September 10, 2016

9 a.m. – 12 p.m.

Sugar Grove Campus

\$19

## Experience a Psychic Intuitive Gathering - Hawaiian Style

Get a sneak peek into your future with a personal reading from metaphysics expert Jana Drake. Then, learn how to do intuitive readings in the Hawaiian Huna tradition for yourself and others. You'll receive a Huna Token Casting Kit and etched glass talisman to keep. Since 1989, Jana been teaching others about Huna, stone lore, meditation, psychic intuitive development, as well as conducting readings for individuals and groups.

Wednesday, September 28, 2016

6:30 – 9:30 p.m.

Sugar Grove Campus

\$29



## Make Better Coffee at Home

There's a reason why coffee is the second most traded commodity in the world – it's eye-opening and delicious (if you make it right)! The experts at FreshGround Roasting lead this unique opportunity to learn how coffee is grown and processed and cover the four main coffee brewing techniques that will revolutionize your home brewing. Sample coffees and take home a booklet outlining brewing basics as well as recipes and instructions.

Thursday, September 29, 2016

7 – 8:30 p.m.

FreshGround Roasting, Geneva

\$29

## Explore the Art of Wine Making

Experience the fine art of making your own delicious wine from start-to-finish. It's all about fermentation, stabilization, clearing, selecting corks, bottling – and of course, creativity! Led by the experts at the Fox Valley Homebrew & Winery Supplies, you're sure to have a good time and will be prepared to make wine at home.

Saturday, October 1, 2016

3 – 5 p.m.

Fox Valley Homebrew & Winery Supplies, Aurora

\$59

## Craft Your Own Cocktails

Master the art and science of mixology with classically trained bartender and owner of Stockholm's restaurant and brewery in Geneva - Michael Olesen. After an introduction to basic bar techniques, terminology and trends, you'll explore the science behind flavor combinations as you mix your own cocktails to sample (and share). Spirits, mixers and juices are provided. The cocktail shaker is yours to keep.

Sunday, October 2, 2016

3 – 4:30 p.m.

Stockholm's, Geneva

\$69



## Create and Enjoy an All-Natural Facial Treatment

Skin care never tasted so good! Enjoy this hands-on experience with licensed esthetician and the owner of The Skin You're In, Catherine India, as she shows you how to prepare customized facials from a variety of readily available natural foods such as milk, yogurt, eggs, berries, lemons, avocados and more. Leave with the know-how to mix up your own purifying facials at home.

Saturday, October 8, 2016

9 – 11:30 a.m.

The Skin You're In, Aurora

\$29

## Hunt for Ghosts with a World-Renowned Paranormal Expert

Join Chris Fleming after his evening lecture for an overview of ghost hunting techniques and a trek around the Waubonsee campus to look for spirits of the dead.

Friday, November 4, 2016

8:30 – 9:30 p.m. (times are approximate)

Sugar Grove Campus, Auditorium

\$25

**Purchase tickets for Unique Local Experiences™ at [www.waubonseetickets.com](http://www.waubonseetickets.com)**



### Learn the Secrets of Beautiful Gift Wrapping

Craft specialist Paula “Charlie” Sabbia is ready to show you how to swear off generic gift bags and tissue paper forever! You’ll be surprised how easy it is to learn the basic skills of gift wrapping and produce perfectly executed corners, make simple bows and wrap those oddly shaped items. Feel free to bring your own gifts and wrapping supplies or practice on an assortment of materials provided.

Thursday, November 3, 2016

6:30 – 9:30 p.m.

Sugar Grove Campus

\$29

Bring a friend! Only \$39 (for two)

### Stay Warm with a Handcrafted Wrap!

Keep warm and cozy this winter with your very own handcrafted hand warmer, neck gaiter, scarf or blanket. Enjoy a quiet time with friends as you create a perfect holiday gift for a loved one; complete with cookies and drinks. No prior crochet experience is necessary to join the fun and once you master the basic single crochet stitch, you’ll be able to make projects for years to come.

Saturday, November 5, 2016

10 – 12:30 p.m.

Sugar Grove Campus

\$29

### Amaze Your Friends and Family this Holiday with Creatively Wrapped Gifts

Be ready to hear, “but, it’s too pretty to open” over and over again this holiday season. Craft specialist Paula “Charlie” Sabbia is ready to show you how to pleat paper, embellish with bows and ribbons, and decorate packages with ornamentations, floral sprays and holiday greenery. Feel free to bring your own gifts and wrapping supplies or practice on an assortment of materials provided.

Thursday, November 10, 2016

6:30 – 9:30 p.m.

Sugar Grove Campus

\$29

### Make Delicious Holiday Sweet Treats That Impress

Be prepared to impress at your next holiday event! Indulge your love for everything sweet as you try your hand at cake and cupcake decorating as well as learning how to melt and mold colorful candies. It’s sure to be a fun time and easier than you think to make decorative, delicious treats. Take your goodies home to enjoy later!

Saturday, November 19, 2016

10:00 a.m. – noon

PME School of Cake Decorating & Confectionery Art, Aurora

\$39

Questions: Call (630) 466-2360, or email [communityed@waubonsee.edu](mailto:communityed@waubonsee.edu)



## Have a Seasonally Unique Experience!

Make Adorable Seasonal Needle Felted Crafts with Acclaimed Fiber Artist Natasha Lewis.

No previous experience necessary! Perfect for the novice crafter, needle felting is easy to learn.

### Delightful Fall Felted Pumpkins

Create perfect autumn décor for home and hearth using wool and needle felting techniques! From their life-like ridges, tendrils and stems to the sweet-smelling surprise of apple mulling spices tucked inside, the 6-inch pumpkins you’ll create are fall memory makers worth celebrating.

Thursday, October 13, 2016

1 – 3 p.m.

Esther’s Place Fiber Arts Studio, Big Rock

\$29

### Cute Felted Twiggy Reindeer

Learn how to shape and sculpt wool into felt while ringing in the holidays with an adorable woodland reindeer. From his twiggy legs and bittersweet berry antlers, to his red nose and perky tail, he’s oh-so-cute and simple to create.

Tuesday, November 8, 2016

6:30 – 8:30 p.m.

Sugar Grove Campus

\$29

**Purchase tickets for Unique Local Experiences™ at [www.waubonseetickets.com](http://www.waubonseetickets.com)**

*Unless otherwise specified, Unique Local Experiences™ are intended for those 18 and above. Must be at least 21 to attend any experience that includes alcohol.*



## Registration Information and Payment Policies

**EARLY REGISTRATION IS ADVISED** because many classes fill rapidly. Also, early registration can help avoid class cancellation because of lack of enrollment.

**NOTE:** Unpaid fees will prevent registration for additional courses.

### REMINDER! ABOUT PAYMENT POLICY

- Full or partial payment is due at the time of registration.
- More payment options — the sooner you register, the smaller your payments!

### Payment options:

- **Full Payment** — Tuition and fees totaling less than \$200 require full payment.
- **Partial Payment** — Pay the required first installment and the remaining balance in monthly payments. (A \$25 nonrefundable service fee is charged for selecting this option; it's automatic when you make the first payment.) The sooner you register, the more time to pay!
- **Employer Payments** — If your employer is paying your tuition and fees, and should be billed directly, a letter from your company, including the contact name and company address (on company letterhead), is required at the time of registration.

Questions? Call or visit the Bursar Office, second floor of the Student Center, (630) 466-7900, ext. 5705.

### Additional Fees

- Insufficient funds charge: \$25.00
- Late payment fee: \$20.00

## HOW TO READ THE CLASS SCHEDULE

Name of course	Course description	Cost
<b>Windows Level 1</b> This class is the place to start when learning computer software. Students are introduced to the following Windows features: desktop elements; shortcut menus; minimizing and moving windows, scrollbars, menus, toolbars and dialog boxes; working with multiple windows; managing files-move, copy, delete, rename, find; plus folder creation. Prereq: Basic familiarity with computers. CLASS FEE: \$185 • MAJOR CODE: VS25		
163INT005.001 (#11616)	12:30pm-4:30pm F	FOXVLY209
Meets between: Sept. 16-Sept. 23		Staff
<b>Ticket number</b>	<b>Section Number</b>	<b>Course Reference Number (CRN)</b>
	.001 = day class	<b>Class time</b>
	.600 = night class	<b>Meeting day(s)</b>
	.800 = weekend class	<b>Major code</b>
	.920 = online course	<b>Building and room number or off-campus location</b>

## HOW TO PAY:

- Online payment system at [www.waubonsee.edu](http://www.waubonsee.edu) or at [mywcc.waubonsee.edu](http://mywcc.waubonsee.edu) (*credit card or electronic check*)
- In person at the Sugar Grove, Aurora Downtown, Aurora Fox Valley or Plano campuses
- Fax payment information to (630) 466-6637
- Mail to: Bursar Office  
Waubonsee Community College  
Route 47 at Waubonsee Dr.  
Sugar Grove, IL 60554-9454

**What if I Don't Pay?** Waubonsee Community College cancels your registration if you do not select a payment option at the time of registration. Please note that payment is required even during college holidays and breaks. Enrollment will not be cancelled if any payment has been received for the semester.

**Refund Policy** Full refund of tuition and fees is granted if the college cancels a course. Course fees will be refunded if a student withdraws at least four calendar days prior to the course start date. Course fee refunds for all online courses and Community Education activities, such as Trips and Tours, may have a different policy (please see the activity descriptions for details or contact (630) 466-7900, ext. 2360).

**Disclaimer** Workforce Development or Community Education offerings generally are not approved for college credit, but they may appear on the student's transcript. For more information contact Registration and Records (630) 466-7900, ext. 2370.

## Four Easy Ways to Register



### By mail:

Waubonsee Community College  
Registration and Records  
Route 47 at Waubonsee Drive  
Sugar Grove, IL 60554-9454



### Online:

24 hours a day,  
seven days a week [mywcc.waubonsee.edu](http://mywcc.waubonsee.edu)  
For returning students only.



### By fax:

(630) 466-4964  
Direct line, 24 hours a day



### Walk in:

— Sugar Grove Campus  
— Aurora Downtown Campus  
— Aurora Fox Valley Campus  
— Plano Campus



### Need help?

Need more information?  
Call Community Education  
at (630) 466-2360  
or Workforce Development  
at (630) 906-4152.

## F.Y.I.

### When you need books

Many classes do not require textbooks, but some of the programs call for the use of materials needed at the first meeting. This information is provided in the class listing. Books can be purchased at the Waubonsee bookstores.

### When there aren't enough of you

We cannot guarantee that all activities listed in this schedule will be available when you register. We reserve the right to cancel activities if there is insufficient enrollment. If your activity is cancelled, you may select another activity or receive a refund. An attempt will be made to notify you by phone or mail when it is necessary to cancel an activity. For students wishing to drop a class(es), please refer to the refund policy.

### When you need something special

To find out about interpreting services for the hearing impaired, call (630) 466-2928 (TDD/FAX). For disability accommodation, call (630) 466-7900, ext. 2564, approximately one month before the start of class.

### Visit us on the Internet

Check out Waubonsee's programs and services at [www.waubonsee.edu](http://www.waubonsee.edu).

### When the weather is bad

Should the college close due to weather or emergency, information regarding the closing will be communicated through the following methods:

- **Waubonsee Alert System (text, email and voice)**
- **The college's website:** [www.waubonsee.edu](http://www.waubonsee.edu)
- **The college's portal:** [mywcc](http://mywcc) (view Announcements)
- **The Emergency Closing Center:** [www.emergencyclosings.com](http://www.emergencyclosings.com)
- **Auto Attendant (phone)**
- **Local TV and radio stations**

Information in the closing message will include:

- Indication of cancellation of day and/or evening classes
- Campus or class locations that may be affected (i.e. Sugar Grove Campus, Aurora Downtown Campus, Plano Campus, Aurora Fox Valley Campus, other extension sites)
- Daytime closings will be posted by 5 a.m.
- Evening closings will be posted by 3:30 p.m.

**Sugar Grove Campus:** During snow season, please park as orderly as possible. Call Campus Police (ext. 2931) or the College Information Center (ext. 0) if your car will be on campus overnight. Due to insurance restrictions, the college will no longer be able to assist in jump-starting vehicles. Jumper cables will be available.

## WHERE CLASSES MEET

**Waubonsee Community College**, Sugar Grove Campus,  
Route 47 at Waubonsee Drive, Sugar Grove

<b>A</b>	Building A
<b>AB</b>	Auto Body
<b>AKL</b>	Akerlow Hall
<b>APC</b>	Academic and Professional Center
<b>AUD</b>	Auditorium
<b>BDE</b>	Bodie Hall
<b>CER</b>	Ceramics
<b>COL</b>	Collins Hall
<b>DKN</b>	Dickson Center
<b>ERK</b>	Erickson Hall (Gymnasium)
<b>FLD</b>	Field House
<b>HCC</b>	Henning Academic Computing Center
<b>OBS</b>	Observatory
<b>OPS</b>	Campus Operations
<b>SCI</b>	Science Building
<b>STC</b>	Student Center
<b>VON</b>	Von Ohlen Hall
<b>WGL</b>	Weigel Hall

**DWNTN** Waubonsee Community College,  
Aurora Downtown Campus, 18 S. River Street,  
Aurora

**BHMA** BH Martial Arts and Learning Center  
664 W. Veterans Pkwy (Unit G), Yorkville

**FOXVLY** Waubonsee Community College,  
Aurora Fox Valley Campus,  
2060 Ogden Ave., Aurora  
(New name of the former Copley Campus)

**HBLB** Hobby Lobby, 2402 U.S. Hwy. 34, Oswego

**HUNT** Huntoon Stables, 507 Oak St., North Aurora

**PLANO** Waubonsee Community College,  
Plano Campus, 100 Waubonsee Drive, Plano

**FVHB** Fox Valley Home Brew  
14 W. Downer Place  
Aurora, IL 60505

**OHS** Oswego High School  
4250 Rt. 71  
Oswego, IL 60543

# Registration Form

## Community Education/ Workforce Development



**WAUBONSEE**  
COMMUNITY COLLEGE

Mail to: Registration and Records  
Waubonsee Community College  
Route 47 at Waubonsee Dr.  
Sugar Grove, IL 60554-9454  
**Fax: (630) 466-4964**

Please print in black ink. Use this form if you are registering for noncredit courses only. Students interested in disability accommodations should contact the Access Center for Students with Disabilities at (630) 466-7900, ext. 2564.

### Section I Student ID (if known) X \_\_\_\_\_

Social Security # \_\_\_\_\_ - \_\_\_\_\_ - \_\_\_\_\_ Gender: ☐ Male ☐ Female U.S. Citizen: ☐ Yes ☐ No  
(New students only)

Legal Name \_\_\_\_\_ Date of Birth: \_\_\_\_/\_\_\_\_/\_\_\_\_  
Last First Middle Initial Month Day Year

Permanent Address: \_\_\_\_\_  
Street Address Apt./Unit No. City State Zip County

Telephone : \_\_\_\_\_  
Home ( ☐ Primary Contact ) Cell ( ☐ Primary Contact ) Work ( ☐ Primary Contact )

Email Address: \_\_\_\_\_ Have you attended WCC before? ☐ Yes ☐ No

If you are not a resident of WCC District #516, in which a community college district do you reside? \_\_\_\_\_

### Section II

This information is requested solely to comply with federal and state laws. Your response will not affect consideration of your application or registration.

Are you Hispanic or Latino? ☐ Yes ☐ No

Check one or more of the following race/ethnicity groups.

- ☐ American Indian/  
Alaska Native (5) ☐ Hispanic (3)  
☐ Asian (4) ☐ Native Hawaiian or  
Other Pacific Islander (9)  
☐ Black or African American (2) ☐ White (1)

Please indicate your primary race/ethnicity using the number from the list above \_\_\_\_\_

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

If yes, what is your home country of origin? \_\_\_\_\_

### Section III

Major code (choose from list below): \_\_\_\_\_

Personal Development	ND50	Improve Family Circumstances	ND65
Community/Civic Development	ND55	Health, Safety and Environment	ND70
Intellectual/Cultural Studies	ND60	Homemaking	ND75

Highest Degree Earned (choose from list below): \_\_\_\_\_

GED	Completed GED	MD	Completed Master's Degree
HS	Completed High School	PD	Completed Professional Degree
CRT	Completed Certificate	PHD	Completed Doctoral Degree
AD	Completed Associate Degree	OTH	Other
BD	Completed Bachelor's Degree	ND	No Degree Earned

Why are you enrolling at Waubonsee? (choose one) \_\_\_\_\_

- Course work for transfer to a four-year college.
- Improve skills needed in present job or to change jobs.
- Prepare for a future job/career.
- Perfect or review basic educational or vocational skills.
- Personal interest or self-development.

Ticket No.	Course Ref. # (CRN)	Course Name	Write in time of class							Bldg. & Room	Fees
			Mon.	Tues.	Wed.	Thur.	Fri.	Sat.	Sun.		

I certify that the above information is complete and correct.



Students Signature \_\_\_\_\_

Date \_\_\_\_\_

**NOTE: Full or partial payment is due at the time of registration.**

☐ Cash

☐ Check or money order (payable to Waubonsee Community College) - check # \_\_\_\_\_



Account number \_\_\_\_\_ Expires \_\_\_\_\_ Month \_\_\_\_\_ Year \_\_\_\_\_

Authorized charge card signature \_\_\_\_\_

Financial Code _____ 1. _____ 2. _____	Course Fee	
	Other	
	Total Fees	
	Amount received	

All information provided to Waubonsee Community College will be kept confidential in accordance with the Family Educational Rights and Privacy Act of 1974. (Public Law 93-380) Waubonsee does not discriminate based on any characteristic protected by law in its programs and activities. To help protect your privacy, please do not email any forms containing confidential information. Waubonsee will not process any registration form received via email.



## Adult Basic Education (ABE) General Educational Development (GED)

The ABE/GED program provides the adult student with an opportunity to develop basic vocabulary, reading, writing and math skills along with preparation necessary to complete the General Educational Development (GED) Exam. Adults find this useful for employment, entry into job training, promotion, admission to college or for personal satisfaction. Assessment of skills for

placement is conducted before entering class. There is NO tuition charge for these classes. GED classes are also available in Spanish. **Further information about GED is available by contacting the program office, (630) 801-7900, ext. 4600.**

### Aurora Downtown Campus

18. S. River Street

Monday/Wednesday.....9 a.m.-12:30 p.m.

6-9:30 p.m.

Tuesday/Thursday .....9 a.m.-12:30 p.m.

6-9:30 p.m.

Saturday .....9 a.m.-12:30 p.m.

## English as a Second Language (ESL)

The ESL program provides non-native adults an opportunity to develop English speaking, listening, reading and writing skills. There is NO tuition charge for these classes. Assessment of language skills is required *before* entering class.

**Further information is available by contacting the program office, (630) 801-7900, ext. 4600.**

### Aurora Downtown Campus

18. S. River St.

Monday/Wednesday.....9 a.m.-12:30 p.m.

6-9:30 p.m.

Tuesday/Thursday .....9 a.m.-12:30 p.m.

6-9:30 p.m.

Saturday .....9 a.m.-12:30 p.m.

### Plano Campus

100 Waubonsee Drive

Tuesday/Thursday .....9 a.m.-12:30 p.m.

6-9:30 p.m.



## Adult Education Computer Center (AECC)

The AECC provides ABE/GED, and ESL students with computer-aided instruction, and is located at the Aurora Downtown Campus, Room 454. Students work with AECC instructional aides to enhance the skills they are learning in class. Registration can be done during the first visit, and the AECC is open entry. Computer skills are not necessary. **For more information contact the center at (630) 801-7900, ext. 4600.**

**Adult Education Computer Center, Aurora Downtown Campus, Room 454**  
18 S. River St.

### Computer Lab Hours:

Monday through Thursday.....8:30 a.m.-2:30 p.m.  
3-9:30 p.m.

Interested in  
volunteering as  
an Adult Literacy  
tutor? Call  
(630) 801-7900,  
ext. 4106.