

# Community Education

## Heartland Community College Winter Schedule

January 17 - March 23, 2015



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

**Visit our website at [www.heartland.edu/communityEd](http://www.heartland.edu/communityEd)**

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# personal enrichment

## Basic Dog Grooming

**ENRICHMN 1695**

Learn from an experienced groomer how to trim nails, clean ears, brush teeth and clip hair. Have fun decorating your dog with paints and chalks to make your pup look festive for homecomings to holidays. Class is limited to six dogs to maximize hands-on education and animal safety. Instructor will screen all dogs prior to admittance to class. Participants are required to purchase equipment on the first night from the instructor. Registration ends one week prior to start of class.

**Denise Kozell**

**2096 Sec. A** Tue/Thu (2 sessions),  
1/27-1/29, 6-9PM

**2098 Sec. B** Tuesdays (2 sessions),  
3/3-3/10, 6-9PM  
HCC WDC Rm 1400

**\$99 (plus \$60 for grooming kit)**

## Advanced Dog Grooming

**ENRICHMN 1696**

Take your dog grooming skills to the next level. Study dog faces and ear shapes, learn to trim around the feet and paw pads and shape the tail for a unique look. *Basic Dog Grooming* or prior experience required. Class is limited to three dogs, 25 pounds or less, to maximize hands-on education and animal safety. A professional grooming kit must be purchased from the instructor on the day of class. Registration ends 2/23.

**Denise Kozell**

**2102 Sec. A** Saturday 2/28, 10AM-4PM,  
HCC WDC Rm 1400

**\$185 (plus \$149 grooming kit)**

## Pet CPR/First Aid & Care

**ENRICHMN 1874**

Pets are members of our family and lifelong companions. This hands-on training will prepare you with the knowledge, skills and techniques to help your pets in the event of a medical emergency. Our PetTech certified instructor will demonstrate hands-on skills and cover a number of valuable first aid skills to help keep dogs and cats happy and healthy. Course fee includes a PetSaver handbook and upon successful completion, each participant will receive a certificate and wallet card.

**Denise Kozell**

**2209 Sec. A** Thursday 1/22, 6-10PM,  
HCC WDC Rm 1400

**\$99 (includes books)**



## Fly Your Sweetie to the Moon: A Valentine Mission

**SCIENCE 1046**

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

**Stacey Shrewsbury**

**2490 Sec. A Thursday 2/12, 6-8:30PM, Challenger Learning Center**

**\$90 (per couple, includes meal, refreshments & supplies)**

## The Power of Coupons

**ENRICHMN 1773**

Cut coupons to cut your budget. Kim McCormick will show you how to take full advantage of coupons to minimize your grocery bill and maybe even help your community in the process. More than an overview of how coupons work, this class will be your personal coupon coaching session where you leave knowing how to leverage coupons to suit your lifestyle and how to and use coupons to support your favorite causes.

**Kimberly McCormick**

**2633 Sec. A Saturdays (3 sessions), 2/28-3/14, 9-11AM, HCC Rm WDC 3002**

**\$30**



## Intro to Ayurveda

**ENRICHMN 1878**

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

**Dr. Ashlesha Raut**

**3028 Sec. A Thursdays (6 sessions), 2/5-3/12, 6PM-8PM, HCC SCB Rm 1802**

**\$50**

## How to Publish What You Write

**ENRICHMN 1756**

So you like to write, but how do you get paid for writing? Hear what it takes to get your work published in newspapers, magazines, books and on the Internet. Learn how to market your writing effectively, how to approach publishers and how to negotiate a contract. We will also discuss copyright issues and electronic publishing versus traditional publishing. Deborah has written hundreds of articles for newspapers, magazines and online, and she is the author of three traditionally-published books.

**Deborah Niemann-Boehle**

**2606 Sec. AP Monday 3/9, 6-9PM, Heartland Pontiac Center Rm 214**

**\$42**

## Introduction to Welding

**INDCE 1001**

Have you ever wanted to learn to weld or do you know only one method? Join us for an introduction to Stick (SMAW) welding, MIG (wire) welding and oxy-acetylene gas welding. Learn the basic skills of each process as well as safe operation. Lab time is used to apply what you have learned and you will be allowed to bring projects from home to work on. Registration ends 2/6.

**Dennis Ludwig CWI/CWE**

**2067 Sec. A Sunday (5 sessions), 2/15-3/15, 1-4PM, HCC WDC Rm 1601 & 1605**

**\$200 (includes supplies)**



## Creating the Life You Want

**ENRICHMN 1336**

Dreams often get side tracked and buried by the unexpected demands of life. Can we meet those demands and still make our dreams a reality? This class says yes! Reclaim your dreams, turn them into achievable goals, create a plan and marshal support for success.

**Ron Maier**

**2254 Sec. A**

**2256 Sec. B**

**Wednesdays (5 sessions), 2/25-3/25, 6-8:30PM**

**Thursdays (5 sessions), 2/26-3/26, 9-11:30AM**

**HCC WDC Rm 1401**

**\$72 (plus text)**

## Understanding the Power of Your Subconscious Mind

**ENRICHMN 1376**

Utilize your subconscious mind to help you achieve your goals. Learn how it works and how to work with it instead of against it. We discuss how the mind and body communicate and how people are achieving what they do want. Learn a couple of different tools to use to make changes in your subconscious mind in a good way.

**Richard Longstreth**

**2377 Sec. A**

**Thu/Tue (2 sessions), 2/12-2/17, 6-8PM,**

**HCC ACEC Rm 2102**

**\$48**

## Eliminating Self-Defeating Behaviors

**ENRICHMN 1293**

Join professional counselor Ron Maier for this unique self-enhancement workshop. Learn how to identify self-defeating behaviors and then discuss how they are created and maintained. As you learn more about your behaviors and yourself, you'll discover your ability to make new choices, choices that will enhance your sense of self and improve the quality of your life.

**Ron Maier**

**2363 Sec. A**

**Wednesdays (5 sessions), 1/28-2/25, 6-8PM,**

**HCC ACEC 2101**

**\$90**

## Parenting Your Adolescent Child

**ENRICHMN 1755**

Developed especially for parents of children ages 13-25 this course explains the eight different types of adolescent/young adult temperaments. Learn how to communicate and adjust to your child's approach to life. This course also explores why temperaments collide as well as how to best support and reconnect to your children as they struggle to become adults.

**Jonathan Fraser-Lindsey**

**2366 Sec. A**

**Wednesdays (5 sessions), 2/11-3/11, 6-7:30PM,**

**HCC WDC Rm 1402**

**\$80**

## Building a Better Self-Esteem

**ENRICHMN 1726**

Discover how you can build your self-confidence and feel better about yourself. Increased self-esteem can lead to improvements in health, life and body. We'll teach you how self-esteem can impact many areas of your life as well as give you tools to boost your self-esteem, self-love and self-worth.

**Jennifer Bovee**

**2700 Sec. A**

**Tuesday 2/17, 6-8PM, HCC WDC Rm 1402**

**\$40**

## Change Your Brain

**ENRICHMN 1875**

You may think the brain you are born with is the one you will have for the rest of your life. However, new research has shown that the brain is constantly changing throughout life and when you learn new things, you are literally changing your brain. Join us as we talk about the positive impact this new understanding is having, including helping stroke victims and reversing learning disabilities.

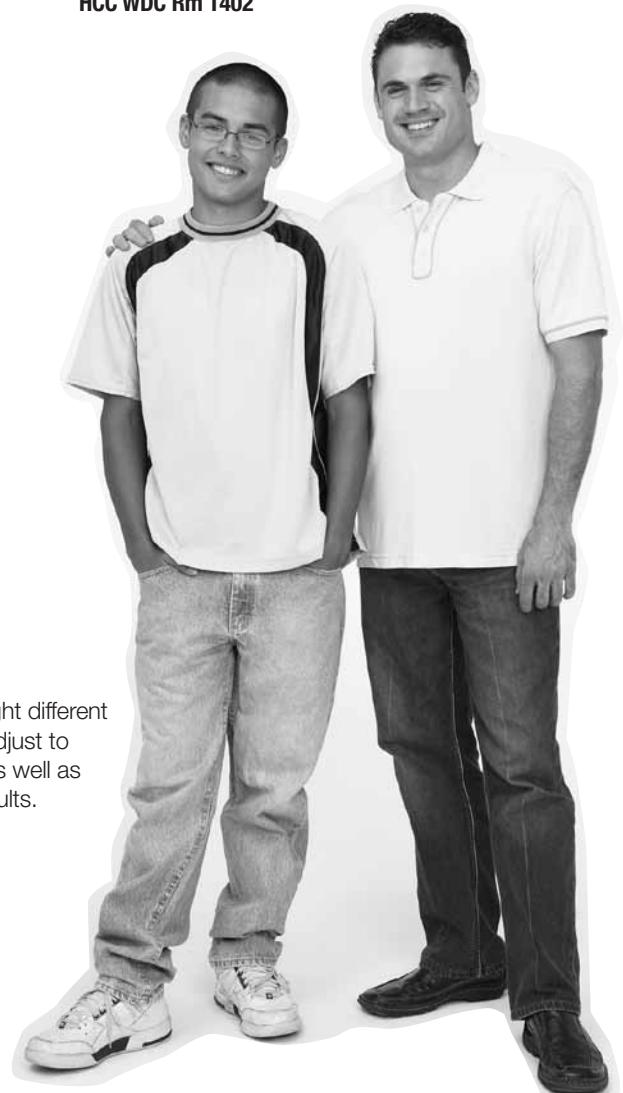
**Ron Maier & Bruce Boeck**

**2332 Sec. A**

**Mondays (4 sessions), 1/26-2/16, 6-8PM,**

**HCC WDC Rm 1402**

**\$90**



## Winning Workouts/Setting SMART Goals

ENRICHMN 1765

Where are you heading on your fitness journey? It might be time to evaluate to keep on track during the holidays and other stressful times. Learn all about setting SMART goals and different ways of working out to achieve your goals.

**Lisa Summers**

**2821 Sec. A Wednesday 1/28, 6-7:30PM, HCC WDC Rm 1403**

**\$20**

## Is Your Workout Working for You

ENRICHMN 1764

If you're putting in time at the gym and not seeing the results you want, it's time to talk. Bring a lunch and join the discussion about workout goals, how your current exercise and eating habits make you feel and the benefits of having a healthy lifestyle.

**Lisa Summers**

**2819 Sec. A Friday 2/13, 12-1PM, HCC WDC Rm 1403**

**\$15**

## Boundaries to Find Balance

ENRICHMN 1774

If you feel like there's no time for what's important to you and you are just putting out the 'next fire', let's try to get balance back in your life. We will look at ways to recognize urgent versus important items and how boundaries can have big benefits. Boundaries are important tools to help control the chaos that quickly gets in the way of a meaningful life.

**Lisa Summers**

**2823 Sec. A Wednesday 2/25, 6-7:30PM, HCC WDC Rm 1403**

**\$20**

## Finding Food to Stay Fit and Healthy

ENRICHMN 1775

What you eat affects how you feel. If you have zero energy and "run on empty" it could be what you are feeding your body. We will review how our bodies need fuel and what foods zap us of functioning at our best.

**Lisa Summers**

**2825 Sec. A Friday 3/13, 12-1PM, HCC WDC Rm 1403**

**\$15**

## How to Live Centered

ENRICHMN 1758

When you live centered, you can be the best version of yourself with more peace, less stress and better health. In this class, learn the definition of what it means to have center and balance in life, how to achieve balance and pinpoint cause and effect for decisions.

**Lisa Summers**

**2817 Sec. A Wednesday 3/18, 6-7:30PM, HCC WDC 1403**

**\$20**

## New Year, New You *By Lily Sherer*

A new year is about to begin. How will you start it? There's certainly a better way to live than rushing around every day tackling what is urgent. How about making your New Years' resolution living more intentionally?

Live Centered was founded by Lisa Summers. This certified personal trainer, coach, consultant and accountability partner started her company because she's met many people who are unhappy, unhealthy and out of balance looking for help. "They want to feel better and change their lifestyle but don't believe in themselves or even know where to start," said Summers. Summers understands exactly how hard it is to make improvements when hectic schedules get in the way. "Real changes that stick take more than a resolution. First you have to understand why you want the change to happen. Then you must set parameters to make it happen," she explains. A fit and healthy lifestyle is a common resolution people often make. At the core of health and wellness is our ability to recognize strengths, weaknesses, self-esteem, goals, habits, and work on ways to eliminate the bad and create more of the good.

One strategy Summers recommends for a successful resolution is implementing S.M.A.R.T. goals. These are goals that are specific, measurable, attainable, realistic and timely. Here's an example. I will block time in my calendar to exercise 30 minutes a day three times each week between today and March 1st. If you get discouraged sticking to resolutions when life gets busy, think about this powerful idea from H. Jackson Brown. "You have exactly the same number of hours per day that were given to Helen Keller, Pasteur, Michelangelo, Mother Theresa, Leonardo da Vinci, Thomas Jefferson and Albert Einstein." Being fit and healthy is within reach when we live with intention, focus and a plan. "That is how we live centered and enjoy the life journey even more," said Summers.

So as you browse the offerings, remember that Community Education classes at Heartland can be a great way to live your resolutions and live intentionally.



## Identity Theft 101: An Introduction to an Insidious Crime

**ENRICHMN 1769**

Identity theft is one of the fastest growing crimes in America. This course provides you with an overview of the different types of identity theft, information about perpetrators and victims and ways to protect yourself from becoming a victim. The instructor will share her experience as a victim of child identity theft as well as how she discovered the identity of the perpetrator 20 years after the crime began. There will also be time for questions.

**Axton Betz**

**2716 Sec. A Monday 3/16, 6-8PM, HCC WDC Rm 1405**

**2702 Sec. AL Monday 4/6, 6-8PM, Heartland Lincoln Center Rm 112**  
**\$45**

## Basic Handgun Class

**ENRICHMN 1730**

Designed for the beginner, Basic Handgun is the perfect course for anyone who has never fired a handgun and is an ideal companion to Concealed Carry. Taught by law enforcement veterans with years of experience, this class takes you through firearm and range safety, handgun handling skills and handgun cleaning, followed by practical dry fire and live fire exercises on the range. You will walk away from this class with the knowledge and confidence to handle your handgun safely and effectively. For optimum safety and quality of instruction, Basic Handgun will be taught by two certified instructors and is limited to 10 students per class. All students must bring a valid Illinois FOID card, handgun and at least 100 rounds of weapon specific ammunition. Class begins at Heartland and will then move to the Ethos Tactical Range. Contact our office for any additional questions at 309-268-8160.

**Ethos Instructor**

**2599 Sec. A Saturday 3/14, 8AM-1PM, HCC WDC Rm 1403 & Ethos Tactical**

**\$160**

## Personal Safety & Self-Defense for Women

**ENRICHMN 1412**

Self-defense begins long before an attack happens. Knowing how to protect yourself is an important set of skills that everyone should know. Learn self-defense techniques to build your confidence and teach you how to respond when you are faced with threatening situations. Join instructor Michael Donovan as he teaches you evasive techniques and behaviors to help you avoid and escape dangerous situations. Michael is a 4th-Degree Black Belt, a USYKA certified instructor with 27 years of teaching experience and 20 years of working in criminal justice. This is a hands-on class so please wear comfortable clothes and tennis shoes.

**Michael Donovan**

**2368 Sec. A Saturday 3/14, 9AM-12PM, HCC NRC Rm 1201/1202**  
**\$40**

## Concealed Carry Class

**SAFCE 1001**

Receive the highest standard of training both on and off of the firing range in small classes to allow maximum personal attention. Classes are taught by veteran law enforcement officers and military veterans with decades of firearm instruction experience. They have trained with and carried concealed weapons for decades and will teach how to carry a loaded firearm discreetly and professionally. The classes meet the State of Illinois training requirement to obtain an Illinois Concealed Carry Permit. All participants must present a valid FOID card at the beginning of the class and provide their own handgun with 50 rounds of weapon specific ammunition. Weapons are only needed in the range portion of the course at Ethos Tactical and are not permitted on Heartland property. Concealed Carry Permit fee is not included in the course fee. Fingerprinting is not included but will be available at the class for an additional fee. Prior handgun experience required. If you have no prior experience, please take the *Basic Handgun* class. Contact our office for any additional questions at 309-268-8160.

**Ethos Instructor**

**2774 Sec. A16 Saturday 2/7, 8AM-4:30PM, HCC WDC Rm 1400**  
**Sunday 2/8, 8AM-12PM, HCC WDC Rm 1400**  
**Sunday 2/8, 12-4:30PM, Ethos Tactical**

**\$225**

**NOTE: If you have prior training credit, you may only need to take 8 or 12 hours for training. Call 309-268-8160 to register for the 8 or 12 hour classes.**

**12 Hr. \$175**

**8 Hr. \$125**



## Heartland EDventure Series

Community Education's Heartland EDventure Series offers exciting trips to regional events, shows and attractions to educate and enrich your life. Leave the planning and details to our knowledgeable travel escorts. Invite a friend or family member to join you for a memorable and carefree day. EDventures are designed for adults ages 18 and up, unless otherwise noted. Seats are limited. Make your reservations today!



### Coming in Spring

*Festa at The Chopping Block in Chicago*

*Watch for information about our new suitcase EDventure trips!*

## ED O'venture

**ENRICHMN 1880**

The luck of the Irish will be with us on Friday the 13th as we head to Chicago for a St. Patrick's Day EDventure. First we will visit the south side neighborhood of Bridgeport. This neighborhood remains true to its Irish roots and has been home to many Chicago police officers, firefighters and politicians, including former Mayor Richard J. Daley. Then we will enjoy a traditional Irish meal of corned beef and cabbage at the Mystic Celt Bar and Grill in the Lakeview neighborhood. Following lunch we will get a tour of Holy Name Cathedral. It was designed by Irish-American architect Patrick Keely. Your trip includes transportation to and from Chicago, tour fee, lunch and all gratuities. Sorry, no refunds after 2/13.

**2797 Sec. AE Friday 3/13, 7:30AM-8:30PM, Chicago**

**\$145 early registration discount**

**\$160 (after 2/13)**



### We Want to Hear From You!

Is there a particular destination you have always wanted to visit? Would you like to receive advance information on trips and tours in Heartland's new travel series as it becomes available? Contact the Community Education office at (309) 268-8160 or [community.education@heartland.edu](mailto:community.education@heartland.edu) to add your name to the mailing list and share your suggestions and new ideas today!

# GO from HERE to ANYWHERE!

## Get Your GED

- Classes held at Heartland campuses in Normal, Lincoln & Pontiac
- Classes open for new enrollments throughout the academic year
- Scholarships available to students who complete the GED

**Call (309) 268-8180 for more information!**

# Look Ahead to What's Coming in Spring Mark Your Calendar!

## Creative Arts

Twister Pinwheel Quilt	3/24
Beginning Stained Glass	3/24-4/21
Serger Encore	3/30-4/13
Sewing II	4/1-4/29
Zentangle – Inspired Art II	4/4
Crocheting – Beyond the Basics	4/6-4/27
4-Patch Posey Quilt	4/7
Crochet Jewelry: Necklace & Bracelet	4/7
Henna Art for Beginners	4/7
Quilting Basics II	4/8-5/13
Beginning Calligraphy	4/9-5/14
Quilted Spiral Holiday Table Runner	4/14-4/21
Mixed Media Bonsai Art	4/18
Foundation Paper Piecing for Quilts	4/28
Bargello Quilt	5/4-5/18
Dresden Plate Quilt Block	5/5
Flying Geese Made Easy	5/12
Adjustable Bracelet	5/13

## College Prep

ACT Math Review	4/21-5/5
Enhanced ACT Review	5/19-6/4

## Language & Communication

Japanese II	3/23-5/11
Memoirs: Your Life Story	3/24
The Art of the Interview	3/30
Pick Up Your Pen	4/7
Sign Language I	4/7-5/7
Grant Writing Fundamentals	4/20
Removing Doubt in a Job Interview	4/27
Get That First Job – Grades 8-12	5/11

## Spring Break YEP classes

Spring Break Painters – Grades 5-8	3/23-3/26
Spring Break Sculptors – Grades 5-8	3/23-3/26
Spring Break Spanish – Grades 5-8	3/23-3/26
Spring Break Authors – Grades 5-8	3/23-3/26
Spring Break Bakers – Grades 5-8	3/23-3/26
Spring Break Singers – Grades 5-8	3/23-3/26
Spring Break Players – Grades 5-8	3/23-3/26
CLC Special Agent Academy – Grades 2-6	3/23-3/24
Study Skills & Passing Tests – Grades 7-12	3/23-3/26
American Red Cross Babysitter's Training – Grades 6-9	3/24
Science on the Big Screen – Grades 2-6	3/25-3/26

## YEP

Beginning Scratch Programming – Grades 3-5	3/28-5/2
Zoo Animal Photography – Grades 4-8	4/11
Challenger SciGirls Adventure Club: Going Green – Grades 4-8	4/25
Challenger SciGirls Adventure Club: Science Investigations – Grades 4-8	5/16

## Computer Skills

Word Advanced	3/31-4/14
Android 101: These Are the Droids We Are Looking For	4/1-4/15
Getting Started with Social Media	4/2
SharePoint Introduction	4/7-4/9
Getting Started with Word	4/7-4/14
Digital Photography Basics – SLR Cameras	4/7-4/16
Social Media Management	4/7-4/16
iPhone Application Development	4/7-4/23
Getting Started with Facebook	4/8
Getting Started with an iPad	4/13-4/20
	4/28-4/30
Digital Scrapbooking	4/13-4/15
SharePoint Advanced	4/14-4/16
Unlock the Power of LinkedIn	4/15
Photography Workshop at the Zoo	4/18
Getting Started with Excel	4/21-4/28
Social Media Certificate Workshop	4/21-5/19
Illustrator CS6 Essentials II	4/27-5/4
Getting Started with Twitter	4/30
Making the iPhone Work for You	4/30-5/14

## Home & Garden

Cooking: The Basics – Meats	3/28
Fresh & Healthy Salads	3/31
Advanced Wine Appreciation	4/15
Cooking: The Basics – Stocks & Sauces with Chef	4/16
Yeast Bread Basics	4/18
Salad Decoration & Garnishes	4/21
Cooking: The Basics – Breakfast	4/25
Home Brewing 101	4/26
Gluten Free Baking	4/30
Home Brewing Advanced	5/3
Ikebana – Japanese Art of Flower Arranging	5/4-5/18

## Personal Enrichment

Basic Bicycle Maintenance	3/31
The Power of Coupons	4/4-4/18
Identity Theft 101: An Introduction to an Insidious Crime	4/6
Free Yourself from Negative Emotion	4/6-4/20
Make Healthy Change Happen	4/8
Concealed Carry Class – 8 hours	4/12
Introduction to Welding	4/12-5/10
Building Healthy Relationships	4/15-5/13
Eliminating Self-Defeating Behaviors	4/16-5/14
Understanding the Power of Your Subconscious Mind	4/16-4/21
Festa at the Chopping Block	4/17
1st Degree Traditional Usui Reiki Training	4/24-4/25
Advanced Dog Grooming	4/25
Solar Electric Vehicle Charging	4/25
Chakra – What's This All About?	4/28
Pet CPR/First Aid & Care	4/30
Basic Dog Grooming	5/5-5/12
Basic Handgun Class	5/9
Travel Free – Make Money Traveling!	5/14
Finding a Fit & Healthy Lifestyle	5/20

## Healthcare

Dental Assisting	3/23-5/18
Pharmacy Technician	3/24-5/12
AHA Heart Saver First Aid	4/4
Medical Office Assistant	4/25-6/13
Medical Ethics	4/27-5/11

## Personal Finance

Do You Want to Retire?	5/14
The Sandwich Generation: How to Help Your Aging Parents Financially	5/19
Show Me the Money! Accessing Scholarships & Paying for College	5/21
Estate Planning	5/26-6/2

## Professional Development

IL Food Service Sanitation Manager Certification	3/23-3/25
Basic Security	3/23-3/29
OSHA 30-Hour General Industry	4/27-4/30
OSHA 10-Hr General Industry Outreach	5/12-5/13

## Performing Arts

Guitar Masterclass: Drop D Tuning	4/8-5/6
Guitar for the Advanced Beginner	4/18
Ukulele Just For Fun	4/20-5/18

## Career Development

Social Media & Your Business	3/26
PNMT Mystery of Pain Seminar	4/9
Real Colors	4/16
The Addicted Brain	4/18
Real Colors, Real Leadership	4/23
HealthCare Provider CPR	4/25
STEPS - Safety Training to Encourage Profitable Services	5/16
Skills for Excellent Customer Service	5/21

## Recreation & Leisure

Hoop Dance Fitness II	3/23-4/27
Beginning Hatha Yoga I	3/24-4/28
Belly Dance	3/24-4/28
Yoga II	3/30-5/4
Zumba	3/31-5/5
Gentle & Restorative Yoga	4/1-5/6
Belly Dance for Fitness & Fun	4/1-5/20
Single Swing	4/6-4/27
Tai Chi	4/9-5/28
Yoga for Gardeners: Don't Let Your Body Go to Seed	4/20-5/11
The United Martial Arts Association Camp	4/24
Ballad Basics - The Perfect Slow Dance	5/9-5/23

## Challenger Learning Center

Challenger SparkFest Singles Mission	4/7
Parent & Child Space Day	5/2

## Scholarship Opportunities

Heartland Community College Foundation offers scholarships for many deserving students. Learn more about scholarship criteria and submit your online application today at [www.hccfoundation.org](http://www.hccfoundation.org). The application deadline is March 1, 2015. Contact the Foundation office at (309) 268-8110 for additional information.

Heartland Community College  
**Foundation**

Local people. Real dreams. Make it happen.

# performing arts

## Guitar for the Advanced Beginner

### PRFMARTS 1025

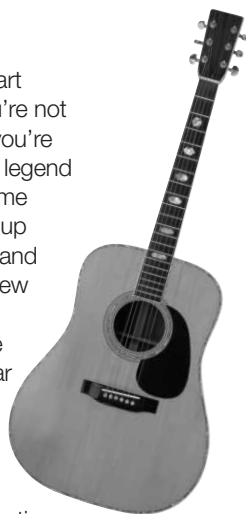
Grab that pick and start strumming along. You're not quite a beginner but you're still far from the guitar legend you want to be so come to this class and pick up some new tricks. Expand your skills and learn new chords, rhythms and bass lines. If you have taken Beginning Guitar or need some tips to get beyond the few chords you know, this class is just the boost you need. Acoustic guitar only please.

**Daniel Liechty**

**2396 Sec. A**

**Saturday 2/21, 9-11AM,  
HCC SCB Rm 1602**

**\$32**



## Mandolin Masterclass

### PRFMARTS 1024

Mandolin master Cliff Anglen will get you strumming and picking in this tuneful class. Learn to play tunes from across the styles - Celtic, bluegrass, old-time and more. Pick your way through scale patterns, get some tips on instrument setup, and learn crosspicking, tremolo and other secrets of the mandolin. If you already know some chords and want to learn more techniques or if you play another string instrument and want to pick up the mandolin, come on and join the music.

**Clifford Anglen**

**2546 Sec. A**

**Tuesdays (3 sessions), 2/10, 2/24 & 3/10, 6-8PM, HCC ACEC Rm 2101**

**\$68**

## Harmonica Encore

### PRFMARTS 1026

Come on out for one more jam with Harmonica Encore. Steve "The Harp" Mehlberg will teach you advanced harmonica techniques with study on Americana, Blues, Jazz and Rock & Roll. Built upon the foundations of his beginning harmonica class, Advanced Harmonica is for players of all ages who are ready for the next level. The Bloomington-Normal Blues Blowtorch Society will provide a free harmonica for all students.

**Steven Mehlberg**

**2548 Sec. A**

**Mondays (5 sessions), 2/16, 3/2, 3/16, 3/30 & 4/13, 6:30-8PM,  
HCC ACEC Rm 2103**

**\$75**



**CLC FUNNYRAISER**  
Comedy Night

Heartland Community College  
Foundation

**Get your laugh on.**  
**Giggle, chuckle and cackle all night**  
**long with amateur comedians.**

**Friday, February 27, 2015**  
**at Heartland's Campus Café**  
**6-9 p.m.**

**Food, Cash Bar, Silent Auction**  
**and Crowd Favorite Contest**

Advanced tickets are \$20 per person  
To buy your tickets call (309) 268-8110  
or visit [www.challengerlearningcenter.com](http://www.challengerlearningcenter.com)

Supporting mission scholarships for local K-12 schools





# creative arts

## Watercolor Painting

### Fearless Watercolor

#### ARTCRAFT 1096

Have you ever wanted to start painting but were too scared? This class takes the fear out of beginning painting and will give you the confidence you need to not only get started but to continue painting for years to come. After this class you will have a better understanding of painting, composition and drawing. You will also learn tricks to make your paintings sparkle as well as some special effects. Come prepared to paint at the first session!

**Sally Walsh**

**2692 Sec. A**

**Wednesdays (5 sessions), 3/4-4/1, 9AM-12PM,  
HCC SCB Rm 1802**

**\$90 (plus supplies)**

### Intermediate Watercolor Painting

#### ARTCRAFT 1561

Join this intermediate-level course and learn how to create dramatic skies and realistic trees. Create believable depth and perspective as you fine tune all of the components of challenging topics using experimental materials. Be prepared to paint on the first day of class.

**Sally Walsh**

**2694 Sec. A**

**Wednesdays (5 sessions), 3/4-4/1, 1-4PM,  
HCC SCB Rm 1802**

**\$90 (plus supplies)**



**Watercolor classes  
for any schedule!**

*Day and evening  
classes available.*

### Watercolor Adventures

#### ARTCRAFT 1612

Once the basic techniques are understood and practiced, watercolor painting can be both relaxing and joyous. Join local artist Dale Evans to explore the fascinating world of watercolor. This class will help you improve your painting skills no matter what your level of experience. A recommended supply list is provided at the first class.

**Dale Evans**

**2602 Sec. A**

**Mondays (5 sessions), 2/23-3/23, 6:30-8:30PM,  
HCC SCB Rm 1802**

**\$76 (plus supplies)**

### Watercolor Studio

#### ARTCRAFT 1683

No matter what your level of watercolor painting talent or expertise, Watercolor Studio is for you. Log some studio time for your own practice or to complete a put-off project while receiving individualized coaching in a relaxed, positive environment. Learn how to maximize the characteristic behavior of the medium. Projects for any skill level will be proposed to enhance each student's current watercolor skills set. If you need supplies, a supply list will be sent prior to class.

**Kimberly Wiggers de Otte**

**2555 Sec. AL**

**Thursdays (6 sessions), 2/19-3/26, 6:30-8:30PM,  
Lincoln College Adams Art Studio**

**\$80 (plus supplies)**

### Teacher Feature - Lillian Andrew

I am originally from Oregon, IL, a beautiful small town two hours north of Bloomington-Normal. Growing up, I spent a lot of time hiking, camping and playing sports. My passion for the arts developed in junior high and I decided I wanted to pursue a career in the arts. In high school I worked as a teacher's aide, which made me realize I had another passion: teaching. I attended Illinois State University from 2008-2012 and was able to combine my passions by majoring in Art Education and Drawing. Currently, I teach art for grades 9-12 at Ridgeview Jr./Sr. High School in Colfax. In my free time, I love getting outdoors, running, drawing, reading and learning new things.



## Mixed Media Exploration

### ARTCRAFT 1658

Mix it up and let your mind run free. Explore different types of painting, layering and collage techniques to create unique and personal works of art. Each session will be a new project, starting with abstract collage using a variety of sources from newspapers to maps. The next project has you using text as a main element. Finally, you will use collage elements to add interest to a painting.

**Lillian Andrew**

**2698 Sec. A** Saturdays (3 sessions), 2/28-3/14, 9-11:30AM, HCC SCB Rm 1802

**\$58**

## Mixed Media Bonsai Art

### ARTCRAFT 1657

Capture the elegant beauty of the bonsai tree. In this mixed media art workshop learn about the basics of Bonsai tree design. Get a step by step process to create your own frameable high quality 10X12 inch composition. Create from an array of mixed media such as colored pencil, chalk pastel, acrylic paint and more. While art experience is helpful, beginners are welcome and encouraged to attend.

**Julie Callahan**

**2569 Sec. A** Saturday 3/14, 9AM-12PM, HCC SCB Rm 1802  
**\$36 (plus \$5 materials fee paid to instructor)**



## Beginning Stained Glass

### ARTCRAFT 1161

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

**Terry Garbe**

**2203 Sec. A** Thursdays (5 sessions), 1/29-2/26, 7:30-10PM, Touch of Glass  
**\$85 (plus supplies & tools)**

## Zentangle

### ARTCRAFT 1640

Access your intuition and develop your creativity by learning the intriguing and meditative art form of Zentangle. Certified Zentangle instructor Ellen Baranowski will show you how easy it is to make repeated pen strokes to draw patterns called “tangles” on a 3.5” square paper tile, transforming it into a work of art. Learning to Zentangle doesn’t require any special art ability or previous drawing experience. Supply kit is available from the instructor.

**Ellen Baranowski**

**2496 Sec. A Saturday 2/14, 10AM-12PM, HCC WDC Rm 1400**

**\$36 (plus \$7 materials fee paid to instructor)**



## Zentangle-Inspired Art

### ARTCRAFT 1641

Didn't get enough coloring time in kindergarten? Feel the joy of adding color to your Zentangle tiles to create Zentangle-Inspired Art. Ellen Baranowski, certified Zentangle instructor, will show you how easy it is to make repeated pen strokes to draw patterns called “tangles,” on a 3.5” square paper tile then add color to them to create Zentangle-Inspired Art. Prerequisite: previous experience with Zentangle. A supply kit is available from the instructor.

**Ellen Baranowski**

**2498 Sec. A Saturday 3/7, 9:30 AM-12PM, HCC WDC Rm 1400**

**\$39 (plus \$7 materials fee paid to instructor)**

## Knitting I

### ARTCRAFT 1023

Discover the joys of knitting. This class teaches you the basic techniques and helps you create your own knitted scarf. Course homework allows you to work on your own and explore knitting even further. By the end, you will be ready for Knitting II.

**Belinda Johnson**

**2460 Sec. A Mondays (6 sessions), 2/9-3/16, 6-8PM, HCC WDC Rm 1401**

**\$78 (plus \$5 for supplies paid to instructor)**

## Creating Mandalas

### ENRICHMN 1771

Create beautiful mandalas, drawings within circles, in this morning workshop. Learn about the history of the mandala and its proven therapeutic effects while expressing your uniqueness through a variety of media. No artistic experience is needed! Creating mandalas is fun, easy, and beneficial to your health.

**Kathryn Bell**

**3015 Sec. A Saturday 3/7, 9AM-12:30PM, Mandala at Normandy Village**

**\$50**

## Learn to Crochet

### ARTCRAFT 1025

Crocheting is a beautiful art form. Learn and practice several different crochet stitches including chain stitching from an experienced practitioner. This class teaches you how to read patterns and change yarn colors. Work on several small projects to practice. No experience necessary. A supply list is given at the first class.

**Kay Bowen**

**2201 Sec. A Tuesdays (6 sessions), 2/10-3/17, 6:30-8:30PM, HCC WDC Rm 2402**

**\$70 (plus \$7 materials fee paid to instructor)**

## DIY Fabric Flowers

### ARTCRAFT 1634

Have beautiful flowers all year long by making your own. Learn how to make fabric and satin flowers then learn how to use candles to make flowers from organza. The organza fabric melts and curls to be formed in the shape of your choice. Your fabric flowers will make great embellishments on bags, purses, head-bands, hair-wear or jewelry. With clip-ons attached to each flower, they are easy to use on a variety of items. No experience is necessary for this fun, do-it-yourself project.

**Anuja Deshpande**

**2531 Sec. A Tuesday 1/27, 6-9PM, HCC SCB Rm 1802**

**\$35 (plus \$10 supplies fee paid to instructor)**

## Quilting

### Quilting Basics I

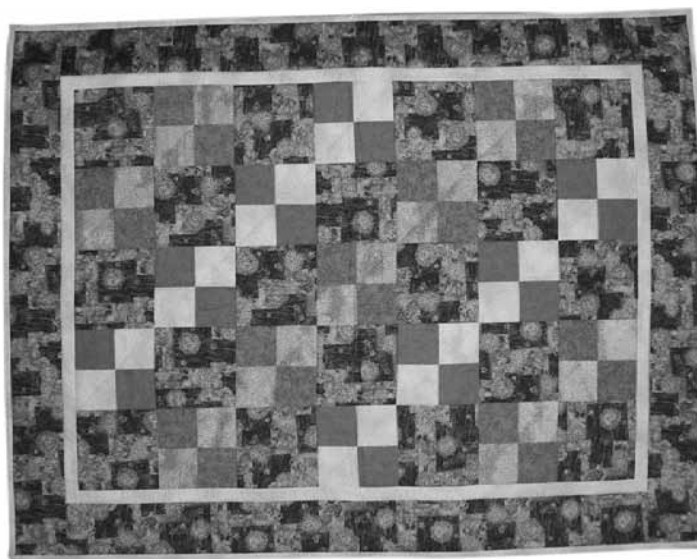
#### ARTCRAFT 1308

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

**Kay Bowen**

**2075 Sec. A** Wednesdays (6 sessions), 2/11-3/18, 6-8:30PM,  
Hancock Fabrics

**\$88 (plus materials)**



## Sewing

### Getting to Know Your Sewing Machine

#### ARTCRAFT 1376

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

**Dee Thompson**

**2510 Sec. A** Wednesdays (2 sessions),  
2/11-2/18, 6-8:30PM,  
HCC WDC Rm 1400

**\$46 (plus \$3 supply fee paid to instructor)**

### Sewing for Beginners I

#### ARTCRAFT 1087

Make sewing easy in this introductory class. Start with the very basics: fabric, supplies and pattern selection. Learn how to read a pattern, straighten the fabric grainline and the importance of accurate measurements. Then practice your new skills by completing a project designed for the novice. By the end of class, you'll know basic sewing and finishing techniques that can be applied to any simple sewing project. Note: for this class, you need to bring your own sewing machine, manual and attachments (in good working condition). The first class will meet at Hancock Fabrics.

**Dee Thompson**

**2508 Sec. A** Mondays (5 sessions),  
2/23, 6-8PM,  
Hancock Fabrics  
3/2-3/23, 6-8PM,  
HCC NRC Rm 1203

**\$65 (plus \$3 supply fee paid to instructor & plus materials)**

### Serger Boot Camp

#### ARTCRAFT 1506

Take the frustration out when using your serger. Remove it from the closet, dust it off and get ready to serge with Serger Boot Camp. Your first class is all about the machine and the basic stitch; you learn to thread and maintain your machine and balance your tensions. The second class has you making pajama pants or a pillowcase and in the third class, a layette set or a table setting. Along with your serger (in good working condition), you will need to bring basic sewing supplies, extra machine needles, four spools of neutral thread and a three-ring binder with sheet protectors. Because each serger is different, class size is limited to assure individualized attention. Bring your serger's accessories and manual. If you aren't sure if your serger is in working order, please have it checked before the class begins.

**Trisha Horner**

**2321 Sec. A** Mondays (3 sessions),  
3/2-3/16, 6-8:30PM,  
HCC WDC Rm 1400

**\$62**

# home & garden



## Home Brewing 101

**HOMEGARD 1086**

Water, barley, yeast and hops: the building blocks of beer! Roll up your sleeves and join master brewer Bryan Ballard in this hands-on class on the craft of home brewing. Gather round the boil kettle and learn to brew the best way there is – by brewing. We will show you the home brewer's equipment and introduce the grains, hops, yeasts and extracts used in the craft. While brewing a batch with the class, you will learn the

timing, tricks and lingo of brewing along with the science, chemistry and history of the brew. Your instructor will have a batch ready for bottling and you will help bottle up your own samples to take home. Course fee includes sampling. Must be 21 or older to register.

**Bryan Ballard**

**2581 Sec. A Sunday 3/22, 1-4PM, The Hop Shoppe**  
**\$42 (includes materials & tasting)**

## Wine Appreciation - Beginners

**HOMEGARD 1311**

Come learn the basics of wine tasting and recognizing varietal characteristics to help you identify your likes and dislikes. Discover how to properly open, serve and taste wines, as well as how to pair certain wines with food. This class consists of a brief lecture followed by a tasting of five varietals to learn their basic characteristics. Although this class is geared towards the novice enthusiast, it is open to all. Some light appetizers will be served. Participants must be at least 21 years of age.

**Jhun Medina**

**2786 Sec. A Wednesday 2/11,  
6:30-8:30PM, Swingers Grille**  
**\$35 (plus \$10 wine fee paid at first class)**



## Cooking

### The Basics of Cheese Making

**HOMEGARD 1367**

From milk to cheese and everything in between, this class explains everything you need to know about making your own delicious dairy products. Take this class and learn:

- How to make a variety of cheeses, yogurt and buttermilk
- The difference between milk from cows, goats and sheep
- The history of dairy in America

Recipes and scrumptious samples are provided. An optional textbook is also available to purchase for \$23 in class.

**Deborah Niemann-Boehle**

**2464 Sec. A Monday 1/26, 6-9PM,  
HCC SCB Rm 1802**

**\$35 (plus \$5 for supplies paid to instructor)**



### Fresh & Healthy Herbs

**HOMEGARD 1431**

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

**Anuja Deshpande**

**2557 Sec. A Tuesday 2/17, 6-9PM, HCC SCB Rm 1802**

**\$35 (plus \$10 supplies fee paid to instructor)**

### Soups to Keep You Healthy

**HOMEGARD 1436**

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

**Anuja Deshpande**

**2577 Sec. A Tuesday 2/24, 6-8PM, HCC SCB Rm 1802**

**\$30 (plus \$10 materials fee paid to instructor at first class)**



### DIY Yogurt

**HOMEGARD 1396**

Learn how to make plain, flavored and Greek style yogurt with a few simple kitchen items you already have on hand. DIY Yogurt also shows you how to substitute yogurt in cooking and baking. You'll home all kinds of recipes for yogurt including smoothies, dip and cake.

**Polly Bedford**

**2427 Sec. A Saturday 3/21, 10AM-12PM, HCC SCB Rm 1802**

**\$35 (plus \$5 for supplies paid to instructor)**

## Hands-on Cooking Classes in Our New NRC Kitchen

*All classes on these pages will take place in the new Normal Readiness Center (NRC) kitchen. Prepping, proper tool usage, cleaning and food safety are important skills that every cook should practice. You will have a true culinary experience under the guidance of our expert instructors. In these hands-on classes, you will be involved in every step of the cooking process and go home a better chef. Measure, mix and make your way through memorable experiences in our new NRC kitchen.*

### Cooking: The Basics - Breakfast

#### HOMEWARD 1434

Rise and shine; it's breakfast time. No need to eat breakfast before this class. You learn to cook it yourself under the professional guidance of Chef Scott Rowan. Learn the many ways to cook eggs and how to make perfect omelets. Breakfast isn't complete without pancakes and French toast, so they are on the menu.

**Scott Rowan**

**2610 Sec. A**

**Saturday 2/28, 9AM-12PM,  
HCC NRC Rm 1203**

**\$75**

#### Teacher Feature - Scott Rowan

Originally from Chicago, IL, I went to The Cooking and Hospitality Institute of Chicago.

After working for some small caterers, I started as a line cook for Maggiano's Little Italy. I worked my way up to Sous Chef and have worked in all four original locations in the Chicago market. I also helped open several Maggiano's across the country. Later, I took a Sous Chef position with Biaggi's here in Bloomington-Normal. I was also Chef with ISU Campus Dining and was the Executive Chef at Baxter's in Bloomington. Currently I am the Food Service Director/Executive Chef with Consolidated Management Company at Heartland Community College. I live in Normal with my wife Sally and two children, Kaelynn and Liam.



### Cooking: The Basics Slicing & Dicing with Chef

#### HOMEWARD 1392

Stop being afraid of the kitchen – join Chef Scott Rowan in our new kitchen to gain fundamental skills every cook should know. In this three-hour course, you slice and dice your way through the basics of knife skills, learning:

- The many types of knives in the kitchen
- How to sharpen knives
- How to use knives safely and accurately

Empower your cooking by using Mise en Place and break down the fundamental base, Mirepoix. Learn the difference between traditional and Cajun Mirepoix and how you can use this simple base to expand your cooking palate. Bring along your own knife or use one of ours. This class is perfect for someone new to the kitchen, but is also great for the experienced cook.

**Scott Rowan**

**2523 Sec. A**

**Wednesday 3/11, 6-9PM, HCC NRC Rm 1203**

**\$64**



## Chinese Cooking: Fried Rice & Fried Rice Noodles

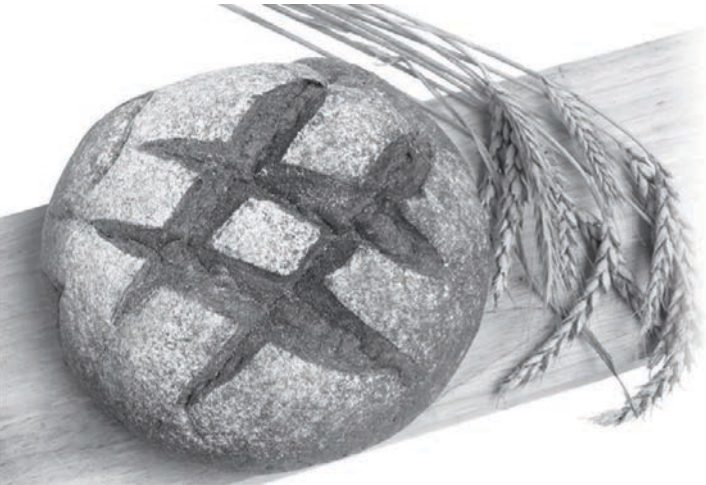
**HOMEWARD 1438**

Bring the tastes of China into your kitchen. Rice and noodles is very popular wok-fried grain dish in Chinese cuisine. In this class, you get hands-on experience making fried-rice and fried-rice noodles. This class teaches you about the tools and techniques used in authentic Chinese cooking. The ingredients vary so participants will have options to choose the foods they like and make their own fried-rice and fried-noodle dishes.

**Dr. Lin Lin**

**2784 Sec. A Thursday 3/19, 6-8PM, HCC NRC Rm 1203**

**\$60**



## Yeast Bread Basics

**HOMEWARD 1130**

Fill your home with the aroma of fresh baked bread. Once you learn some basics skills, the whole world of bread-making opens up to you. In four hours you will make a lean bread, an herbed bread and a sweet bread. This hands-on session has you measuring, mixing, kneading and baking and then send you home with three delicious loaves of bread.

**Ellen Vega**

**2639 Sec. A Saturday 2/21, 9AM-1PM, HCC NRC Rm 1203**

**\$75**

## Gluten Free Baking

**HOMEWARD 1437**

You don't need gluten to have fantastic baked goods. Discover some scrumptious gluten free recipes. At the end of class you will take home all of your gluten-less puff pastry, cookies, bread and even pie. Don't let gluten stand between you and the foods you love. Let us teach you how to let go of the gluten.

**Ellen Vega**

**2643 Sec. A Thursday 3/12, 9AM-1PM, HCC NRC Rm 1203**

**\$75**

## Beginning Candy Making

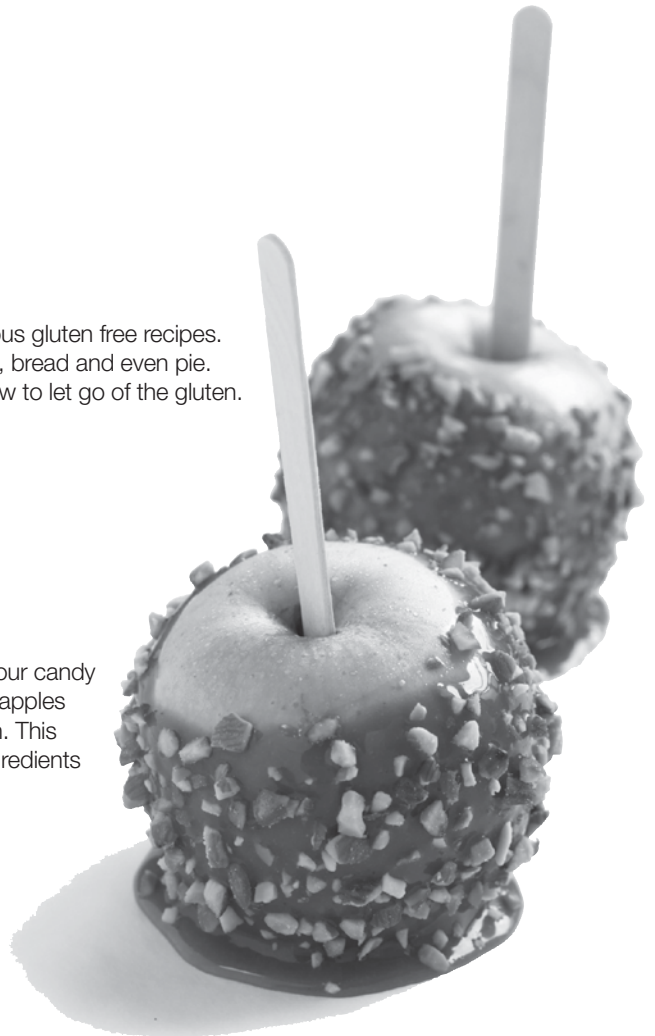
**HOMEWARD 1427**

Make and take some delicious treats in Beginning Candy Making. Armed with your candy thermometer, you learn the stages of candies and how to make fudge, caramel apples and other delicious treats while you do the cooking in our new hands-on kitchen. This class teaches you the techniques to turn your home into a candy kitchen. All ingredients included, but bring something to take candy home.

**Ellen Vega**

**2486 Sec. A Saturday 1/31, 9AM-12PM, HCC NRC Rm 1203**

**\$64**





# language & communications

## Writing & Publishing a Children's Book

**COMMNCR 1246**

See Jane write. See Jane publish! Discover the world of writing for children in this introductory course designed to offer advice to those on the path to publication. Learn about the various genres, formats and age levels of books as well as the basic elements of what makes a good story. This class includes short writing activities to get your creative juices flowing. Your instructor will share tips and tricks for researching publishers and submitting your work for publications. This course will help you hone your writing skills and provide you with a clear understanding of the challenges and pathways to publication.

**Dawn Malone**

**2608 Sec. AP** Saturdays (2 sessions), 2/7-2/14, 9-11:30AM,  
Heartland Pontiac Center Rm 214

**\$65**

## How to Publish What You Write

**ENRICHMN 1756**

So you like to write, but how do you get paid for writing? Hear what it takes to get your work published in newspapers, magazines, books and on the Internet. Learn how to market your writing effectively, how to approach publishers and how to negotiate a contract. We will also discuss copyright issues and electronic publishing versus traditional publishing. Deborah has written hundreds of articles for newspapers, magazines and online, and she is the author of three traditionally-published books.

**Deborah Niemann-Boehle**

**2606 Sec. AP** Monday 3/9, 6-9PM, Heartland Pontiac Center Rm 214  
**\$42**

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- Payroll in QuickBooks
- Accounting Fundamentals
- Resumé Writing
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**take it  
ONLINE**

## Conversational German

### COMMNCR 1005

Sprechen Sie Deutsch? Whether for travel, business or personal development, this course is perfect for those who wish to learn the language and culture of Germany. You'll explore the basics of reading, writing, understanding and speaking German with special emphasis on useful phrases and vocabulary for everyday situations.

(20 CPDUs) 🍏

**Alicia Henry**

**2637 Sec. A**

**Wednesdays (10 sessions), 2/25-4/29, 6-8PM,  
HCC NRC Rm 1201**

**\$112 (plus text)**

## Beginning French I

### COMMNCR 1008

Get started learning French in this introduction to oral and written French and basic grammar. You'll learn and practice basic conversational vocabulary and dialogue. You'll also learn about the French culture including customs, greetings, transportation, food and more. (20 CPDUs) 🍏

**Lisa Brittingham**

**2767 Sec. A**

**Thursdays (10 sessions), 2/19-4/23, 10AM-12PM,  
HCC ACEC Rm 2100**

**\$120 (plus text)**

**Molly Ramirez**

**2769 Sec. B**

**Thursdays (6 sessions), 2/5-3/12 6-8PM,  
HCC NRC Rm 1201**

**\$84 (plus text)**

## Beginning Spanish for All Occasions

### COMMNCR 1035

Whether you wish to converse with colleagues or simply chat with native speakers during your next vacation, this introductory course teaches you the basic skills needed to communicate in Spanish.

(30 CPDUs) 🍏

**Carlos Diaz**

**2723 Sec. A**

**Tuesdays (11 sessions), 2/10-4/21, 6:30-8:30PM,  
HCC ICB Rm 2801**

**\$145 (includes workbook)**

## Sign Language I

### COMMNCR 1019

Because American Sign Language (ASL) is a visual language, you'll develop and practice your expressive and receptive skills through group activities and dialogues. Whether you're taking this class to communicate with a friend, family member or colleague, considering a career in interpreting or for personal development, you'll expand your ability to converse and deepen your understanding of deaf culture. This course is taught by a deaf instructor using ASL. No interpreter is provided. (10 CPDUs) 🍏

**Cynthia McElroy**

**2073 Sec. A**

**Tue/Thu (10 sessions), 2/24-3/26, 6-8PM,  
HCC ICN Rm 2301**

**\$112 (plus text)**



## Chinese Language Program

*Class days and times vary for K-12 graders.  
For more information contact Shuang Cheng  
at (309) 268-8042 or visit  
[www.heartland.edu/CCE/chinese-school/](http://www.heartland.edu/CCE/chinese-school/)  
for details.*

## Japanese I

### COMMNCR 1258

If you're planning a vacation to Japan or need to communicate with international colleagues, it's important to know your konnichiwas from your sayonaras. We'll help you develop the vocabulary to engage in elementary conversation for self-introduction, shopping, and travel. Basic vocabulary and simple sentence structures are taught. This introductory class focuses on only the spoken word and saves Japanese writing and reading for another class. Romanji, a system of writing out Japanese words using the Roman alphabet will be used so you can jump right in to the conversation. This class is intended for students who have little or no background in Japanese.

(16 CPDUs) 🍏

**Akiko Wilson**

**2696 Sec. A**

**Mondays (8 sessions), 1/26-3/16, 6-8PM,  
HCC NRC Rm 1201**

**\$120 (plus text)**

English as a  
Second  
Language

ESL

**Your bridge to better communication!**

**Heartland's ESL classes will help you:**

- Increase your knowledge of English grammar and vocabulary
- Improve your reading and writing skills
- Strengthen your speaking and listening ability
- Prepare for college-level classes

**Call (309) 268-8180 for more information.**

# Single Serving Workshops

*Super busy? Choose from these single session classes designed to fit into most any hectic schedule. For complete course descriptions, check the specific section where the course is listed in the booklet.*

## Personal Enrichment

### Advanced Dog Grooming

Saturday 2/28, 10AM-4PM, HCC WDC Rm 1400

### Pet CPR/First Aid & Care

Thursday 1/22, 6-10PM, HCC WDC Rm 1400

### Building a Better Self-Esteem

Tuesday 2/17, 6-8PM, HCC WDC Rm 1402

### How to Publish What You Write

Monday 3/9, 6-9PM, Heartland Pontiac Center Rm 214

### Identity Theft 101: An Introduction to an Insidious Crime

Monday 3/16, 6-8PM, HCC WDC Rm 1405

### Personal Safety & Self-Defense for Women

Saturday 3/14, 9AM-12PM, HCC NRC Rm 1201/1202

### Basic Handgun Class

Saturday 3/14, 8AM-1PM, HCC WDC Rm 1403 & Ethos Tactical

### ED O'venture

Friday 3/13, 7:30AM-8:30PM, Chicago

## Performing Arts

### Guitar for the Advanced Beginner

Saturday 2/21, 9-11AM, HCC WDC Rm 3002

## Creative Arts

### Mixed Media Bonsai Art

Saturday 3/14, 9AM-12PM, HCC SCB Rm 1802

### Zentangle

Saturday 2/14, 10AM-12PM, HCC WDC Rm 1400

### Zentangle-Inspired Art

Saturday 3/7, 10AM-12PM, HCC WDC Rm 1400

### DIY Fabric Flowers

Tuesday 1/27, 6-9PM, HCC SCB Rm 1802

## Active Retirement

### Advanced Dog Grooming

Saturday 2/28, 10AM-4PM, HCC WDC Rm 1400

### Personal Safety & Self-Defense for Women

Saturday 3/14, 9AM-12PM, HCC NRC Rm 1201/1202

### ED O'venture

Friday 3/13, 7:30AM-8:30PM, Chicago

## Health & Wellness

### AHA Heart Saver CPR/AED

Thursday 2/26, 5:30-9PM, HCC NRC Rm 1102

### AHA Heart Saver First Aid/CPR/AED

Saturday 1/31, 8AM-2PM, HCC NRC Rm 1102

Saturday 3/7, 8AM-2PM, HCC NRC Rm 1102

## Language & Communication

### How to Publish What You Write

Monday 3/9, 6-9PM, Heartland Pontiac Center Rm 214

## Home & Garden

### Home Brewing 101

Sunday 3/22, 1-4PM, The Hop Shoppe

### Wine Appreciation - Beginners

Wednesday 2/11, 6:30-8:30PM, Swingers Grille

### The Basics of Cheese Making

Monday 1/26, 6-9PM, HCC SCB Rm 1802

### Cooking: The Basics - Slicing & Dicing with Chef

Wednesday 3/11, 6-9PM, HCC NRC Rm 1203

### Cooking: The Basics - Breakfast

Saturday 2/28, 9AM-12PM, HCC NRC Rm 1203

### Chinese Cooking: Fried Rice & Fried Rice Noodles

Thursday 3/19, 6-8PM, HCC NRC Rm 1203

### Fresh & Healthy Herbs

Tuesday 2/17, 6-9PM, HCC SCB Rm 1802

### Soups to Keep You Healthy

Tuesday 2/24, 6-8PM, HCC SCB Rm 1802

### Yeast Bread Basics

Saturday 2/21, 9AM-1PM, HCC NRC Rm 1203

### Gluten Free Baking

Thursday 3/12, 9AM-1PM, HCC NRC Rm 1203

### DIY Yogurt

Saturday 3/21, 10AM-12PM, HCC SCB Rm 1802

### Beginning Candy Making

Saturday 1/31, 9AM-12PM, HCC NRC Rm 1203

## Personal Finance

### Medicare: What Does It Mean for You?

Wednesday 3/18, 6-8PM, HCC WDC Rm 1402

### Women in Transition: Invest in Yourself

Wednesday 1/28, 6-8PM, HCC WDC Rm 1402

### Navigating Your First Home Purchase

Tuesday 3/10, 6-9PM, HCC WDC Rm 1403

## Computers

### Getting Started with Computers

Friday 1/30, 9AM-12PM, Heartland Lincoln Center Rm 112

Tuesday, 2/3, 9AM-12PM, HCC WDC Rm 1404

### Surf Safe Now-Internet Safety for the Family

Saturday, 2/14, 10AM-12PM, HCC WDC Rm 1405

### Getting Started with Windows 8

Thursday 2/19, 6-9PM, HCC NRC Rm 1103

### Home 3D Printing Basics

Tuesday 2/17, 6-8PM, HCC Rm TBA



# youth enrichment

## LEGO MindStorm Robot Challenge Grades 5-8

### SCIENCE 1132

Robots rock! Learn to design, construct and program robots that can complete different tasks. This beginner camp helps you build engineering, programming and troubleshooting skills with the LEGO MindStorm NXT 2.0 system.

**Kristen Throm**

**2326 Sec. YA** Mondays (7 sessions, does not meet 2/16), 1/26-3/16,  
6-8PM, NRC Rm 1104

**\$158 (includes a USB drive)**

## Build Your Own PC Grades 6-9

### COMPNCR 1326

Anyone can buy a computer, this class gives you the skills and confidence to build your own custom PC. Learn about various computer parts and their functions, assemble working computers from base components and gain valuable troubleshooting skills along the way.

**Matthew Meins**

**2664 Sec. YA** Saturdays (3 sessions, does not meet 2/21), 2/7-2/28,  
9AM-12PM, HCC WDC Rm 2007

**\$95 (includes materials)**



## Spring Break Classes

*Spend Spring Break at Heartland Community College with classes that offer hands-on learning and fun.  
Sign up for morning or afternoon sessions or register for Supervised Lunch and stay all day.*

### Spring Break Painters Grades 5-8

#### ARTCRAFT 1650

Find your inner Picasso. Be part of a creative team as we draw, paint and create our very own mural in four days. Take this class and discover new artists, learn new techniques and make remarkable works of art.

**Julie Callahan**

**2588 Sec. YA Mon-Thu (4 sessions), 3/23-3/26, 9AM-12PM,  
HCC WDC Rm 1400**

**\$82 (plus \$10 materials fee paid to instructor at first class)**

### Spring Break Spanish Grades 5-8

#### COMMNCR 1257

Explore Espanol in this introduction to the Spanish language. Spend Spring Break immersed in language and culture while learning about different countries and covering some basic vocabulary. This class incorporates music, art and games into your practice as you learn a new language. No prior knowledge of Spanish is necessary.

**Jeanette Lee**

**2686 Sec. YA Mon-Thu (4 sessions), 3/23-3/26, 9AM-12PM  
HCC ACEC Rm 2102**

**\$82**

### Spring Break Singers Grades 5-8

#### PRFMARTS 1002

Lend your voice to the choir and sing your way through four separate styles in four days: classical, jazz, Pop and Broadway. In this choir class you learn about some of the great music from across the choral repertoire the best way there is-by singing! Every day your director takes you through a style, learning about the history of the genre and closes class with a performance of songs from that style. You will have a blast learning many new songs and walk away a stronger vocalist. Geared towards middle school aged voices, the Spring Break Singers welcome singers of all levels.

**Michael Schneider**

**2433 Sec. YA Mon-Thu (4 sessions), 3/23-3/26, 9AM-12PM,  
HCC ACEC Rm 2400**

**\$70**

### Study Skills & Passing Tests Grades 7-12

#### ENRICHMN 1674

Lowering your stress and doing well at school takes some know-how. Learn super smart strategies for taking notes, studying and overcoming test anxiety. Loads of personalized attention is available in this small class. Perfect for study tips in preparation for finals.

**Learning for Tomorrow Instructor**

**2993 Sec. A Mon-Thu (4 sessions), 3/23-3/26, 9AM-12PM,  
HCC ACEC Rm 2204/2205**

**\$200**

### Spring Break Authors Grades 5-8

#### ENRICHMN 1772

Grab your pencils and get ready to write. This lively and interactive class introduces the elements of writing a good story. Participate in short, guided writing sessions and participate in hands-on activities that help you create believable characters and plot a story from start to finish. Explore where ideas come from and examine works of current literature to understand how they're constructed.

**HCC Instructor**

**2431 Sec. YA Mon-Thu (4 sessions), 3/23-3/26, 9AM-12PM,  
HCC ACEC Rm 2103**

**\$70**

### YEP Supervised Lunch

#### ENRICHMN 1262

Enjoy lunch, games and activities with other YEP campers between your morning and afternoon sessions. Our staff will escort you to lunch and to your afternoon class so you can relax knowing you're exactly where you need to be. Bring a sack lunch each day.

**HCC Instructor**

**3004 Sec. YA Mon-Thu (4 sessions), 3/23-3/26, 12-1PM,  
HCC ACEC 2102**

**\$8**

# spring

## Spring Break Classes

### Spring Break Sculptors Grades 5-8

**ARTCRAFT 1651**

Ready, set, sculpt! Become a modern day Michelangelo or Rodin with Spring Break Sculptors. Spend four days working with a wide variety of materials, themes and techniques to create some truly stunning pieces of art. Along the way, you will also learn about some fascinating artists.

**Julie Callahan**

**2590 Sec. YA Mon-Thu (4 sessions), 3/23-3/26, 1-4PM,  
HCC WDC Rm 1400**

**\$82 (plus \$10 materials fee paid to instructor at first class)**

### Spring Break Bakers Grades 5-8

**HOMEGARD 1432**

Turn spring break into spring bake. Step right up to the mixer, spatula in hand and bake. Under the guidance of Ellen Vega, you will learn to make bread, pizza, breadsticks, pies, candies and other delicious foods. This class is a whirlwind of culinary fun and leaves you with some serious baking skills. All ingredients included. At the end of each day, you can take your foods home to share or not - how generous you are is up to you!

**Ellen Vega**

**2458 Sec. YA Mon-Thu (4 sessions), 3/23-3/26, 1-4PM,  
HCC NRC Rm 1203**

**\$140 (Bring containers to take food home in)**

### Spring Break Players Grades 5-8

**PRFMARTS 1003**

Take the stage and explore the basic principles of acting through theater games and creative play. Led by local professional actor Rhys Lovell, the class culminates in a showcase consisting of short scenes and monologues that demonstrate the acquired skills.

**Rhys Lovell**

**2435 Sec. YA Mon-Thu (4 sessions), 3/23-3/26, 1-4PM,  
HCC ACEC Rm 2400**

**\$70**

# break!

### CLC Special Agent Academy Grades 2-6

**SCIENCE 1164**

Become a special agent. Attend the CLC Special Agent Academy to learn the skills you need to investigate crime. Learn how to collect and handle evidence, conduct covert surveillance, explore forensics and crack secret codes. Join the ranks of Sherlock Holmes as you learn how to use reasoning and observation skills just like a detective. By the end of your training, you'll help figure out what happened at a special CLC crime scene using your newly acquired skills. If you're in 2nd through 6th grade, this is the place to be. Don't forget to bring a sack lunch each day. If you have food allergies, bring a snack as well.

**Susan Evens**

**2802 Sec. YA Mon/Tue (2 sessions), 3/23-3/24, 8:30AM-4:30PM,  
Challenger Learning Center**

**\$100**

### Science on the Big Screen Grades 2-6

**SCIENCE 1163**

Have you ever watched TV and seen someone use a laser sword, travel through time, or manipulate objects using their mind? Could this really happen? Join the CLC and investigate science on the big screen while you explore hands-on activities, play games and make projects that get you thinking about science fact and science fiction faster. Don't forget to bring a sack lunch each day. If you have food allergies, bring a snack as well.

**Elizabeth Norcross**

**2810 Sec. YA Wed/Thu (2 sessions), 3/25-3/26, 8:30AM-4:30PM,  
Challenger Learning Center**

**\$100**

### American Red Cross Babysitter's Training Grades 6-9

**ENRICHMN 1261**

Know the secrets of being a great babysitter? Take this Red Cross babysitting course and find out. Gain the confidence to handle most babysitting situations, like what to do in an emergency and how to keep yourself and the kids safe. Learn the basics of child care, such as feeding and changing diapers. Plus, you'll get tips on talking with parents and how to get your business started. Bring a sack lunch and drink.

**Red Cross Certified Instructor**

**2543 Sec. YA Tuesday 3/24, 9AM-4PM, HCC ACEC Rm 2206/2207  
\$115 (includes materials)**



# college prep

## Enhanced ACT Review

### **COLLPREP 1001**

This course teaches everything you need to succeed on the ACT exam. You will use practice exams to learn about the different types of questions and the best strategies for successfully answering them. The workshop consists of six two-hour sessions which include discussions of test taking strategies and reviews of English, math, reading and science reasoning skills. \*Please register for the ACT exam at [www.act.org](http://www.act.org) or through your high school guidance counselor's office.

**Jeffrey Coughlin, Susan Evens & Elizabeth Peterson**  
**2264 Sec. A** Tue/Thu (6 sessions), 1/20-2/5, 6-8PM

**Jeffrey Coughlin, Susan Evens & Elizabeth Peterson**  
**2266 Sec. B** Tue/Thu (6 sessions, does not meet 3/24, 3/26),  
3/17-4/9, 6-8PM  
HCC WDC Rm 1403

**\$90 (includes text & materials)**

## ACT Math Review

### **COLLPREP 1019 \$\$**

You can become more confident in solving the types of math problems you encounter on the ACT exam with this comprehensive review of the ACT math section. We will review six subject areas (pre-algebra, algebra, plane geometry, intermediate algebra, coordinate geometry and trigonometry) and learn strategies to solve problems in each subject area. Take this class with the Enhanced ACT Review for the discounted price of \$44.

**Jeff Hoogland**  
**2270 Sec. A** Tuesdays (3 sessions), 2/10-2/24, 6-8PM,  
HCC WDC Rm 1403

**\$55**

**\$44 (discount if taking Enhanced ACT Review)**

## Free Application for Federal Student Aid

*Free Application for Federal Student Aid (FAFSA) completion workshops are held weekly throughout the year. The hands-on workshops allow families to complete the FAFSA with assistance from experienced financial aid professionals. Call (309) 268-8020 for specific times and locations.*

# Visit Campus!

## Information Day

Monday, February 16, 1pm  
Astroth Community Education Center

## Information Night

Thursday, February 26, 6pm  
Workforce Development Center

The best way to learn about Heartland Community College is to visit our campus! Students can register for both events at [www.heartland.edu/enroll/visit.jsp](http://www.heartland.edu/enroll/visit.jsp)

Can't make one of the scheduled sessions? Call (309) 268-8059 to schedule a personal appointment. Your visit will include:

- How to get started
- Programs of study
- Campus tours
- Services to help you succeed
- Answers to your questions
- How to transfer



# WANTED: Enthusiastic Instructors

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

- Youth Enrichment Programs
- Game Programming
- QuickBooks
- Italian
- Prezi
- Edmodo
- All topics in Pontiac & Lincoln
- Real Estate
- Cooking & Baking



**For more information,**  
**visit [www.heartland.edu/communityEd](http://www.heartland.edu/communityEd)**  
**or call (309) 268-8160.**



# active retirement

*Enjoy the company of other students your age while learning new skills.*

*Many of the following classes are offered during the daytime for your convenience.*

## Free Yourself from Negative Emotion

**ENRICHMN 1382**

Negative emotions tend to get in our way. Emotional Freedom Techniques (EFT) are simple, safe techniques that can provide relief, often permanently, in just minutes. You can drop bad habits. No more junk food. No more overeating. End cravings for chocolate, sweets, salty snacks, caffeine... even cigarettes. Eliminate problems resulting from stress like headaches, stomach problems, sleep disturbance, fatigues, worry and anxiety. Free yourself from emotions that get in the way of being the parent, husband, wife or partner you want to be. You can even improve your golf or bowling score and your performance in other areas of your life.

**Ron Maier**

**2537 Sec. B**

**Tuesdays (3 sessions),  
1/27-2/10, 9-11AM,  
HCC WDC Rm 1402**

**\$70**

## Creating the Life You Want

**ENRICHMN 1336**

Dreams often get side tracked and buried by the unexpected demands of life. Can we meet those demands and still make our dreams a reality? This class says yes! Reclaim your dreams, turn them into achievable goals, create a plan and marshal support for success.

**Ron Maier**

**2256 Sec. B**

**Thursdays (5 sessions),  
2/26-3/26, 9-11:30AM,  
HCC WDC Rm 1401**

**\$72 (plus text)**

## Meditation - Finding Inner Peace to Handle Outer Stress

**ENRICHMN 1440**

While meditation has its roots in religious and spiritual traditions, recent research has shown that there are practical benefits stressful times. Meditation has been shown to have a positive effect on allergies, chronic pain, heart disease and many more health concerns. In this class you will learn about the history of meditation, practice a variety of meditative forms and explore posture, time, location and distractions.

**Ron Maier**

**2541 Sec. B**

**Tuesdays (5 sessions),  
3/3-3/31, 9-11AM,  
HCC WDC Rm 1403**

**\$90**

## ED O'venture

### ENRICHMN 1880

The luck of the Irish will be with us on Friday the 13th as we head to Chicago for a St. Patrick's Day EDventure. First we will visit the south side neighborhood of Bridgeport. This neighborhood remains true to its Irish roots and has been home to many Chicago police officers, firefighters and politicians, including former Mayor Richard J. Daley. Then we will enjoy a traditional Irish meal of corned beef and cabbage at the Mystic Celt Bar and Grill in the Lakeview neighborhood. Following lunch we will get a tour of Holy Name Cathedral. It was designed by Irish-American architect Patrick Keely. Your trip includes transportation to and from Chicago, tour fee, lunch and all gratuities. Sorry, no refunds after 2/13.

**2797 Sec. AE Friday 3/13, 7:30AM-8:30PM, Chicago**

**\$145**

**\$160 (after 2/13)**



## Fearless Watercolor

### ARTCRAFT 1096

Have you ever wanted to start painting but were too scared? This class takes the fear out of beginning painting and will give you the confidence you need to not only get started but to continue painting for years to come. After this class you will have a better understanding of painting, composition and drawing. You will also learn tricks to make your paintings sparkle as well as some special effects. Come prepared to paint at the first session!

**Sally Walsh**

**2692 Sec. A Wednesdays (5 sessions), 3/4-4/1, 9AM-12PM, HCC SCB Rm 1802**

**\$90 (plus supplies)**

## Intermediate Watercolor Painting

### ARTCRAFT 1561

Join this intermediate level course and learn how to create dramatic skies and realistic trees. Create believable depth and perspective as you fine tune all of the components of challenging topics using experimental materials. Be prepared to paint on the first day of class.

**Sally Walsh**

**2694 Sec. A Wednesdays (5 sessions), 3/4-4/1, 1-4PM, HCC SCB Rm 1802**

**\$90**

## Create your own class!



*Put a unique spin on your next special event. Schedule a Community Education class for you and your friends. Call 309-268-8440 for details.*

## Beginning Hatha Yoga I

### RECREATN 1411

Yoga calms the mind, lifts the spirit and helps support a healthy body through greater strength, flexibility and balance. This class is for brand new students or anyone who has practiced yoga in the past and would like to pick their practice up again through a gently paced, beginning level practice. Each class includes basic yoga poses, breath work, and relaxation. Plan to let go of stress and resume your day with an increased sense of well-being. For your comfort, wear soft clothing and bring your own yoga mat.

**Cynthia Houser**

**2341 Sec. A** Tuesdays (6 sessions), 2/3-3/10, 11AM-12PM, HCC ACEC Rm 2101

**\$53**

## Beginning Hatha Yoga II

### RECREATN 1412

This class is a continuation of Beginning Hatha Yoga I and is aimed toward anyone who has attended that class or has some beginning yoga experience. Following the same format, it is practiced at a gentle pace, allowing plenty of time to explore poses and to create a practice that suits your individual needs.

The goal of the class is to expand your yoga experience by introducing new poses with an emphasis on building strength and endurance. Come with your yoga mat and leave with energy, a calm mind and brighter mood.

**Cynthia Houser**

**2345 Sec. A** Thursdays (12 sessions), 2/26-5/14, 11AM-12PM, HCC ACEC Rm 2101

**\$86**



## International Folk Dancing

### RECREATN 1375

Folk dancing might be the new adventure you're looking for. Learn dances from faraway places such as Bulgaria, Greece and Turkey. Each week you will learn a new dance and review your dance from the previous week. This class is designed for beginners, no experience or partner is required. You will be working at a slow to medium pace with low-impact. Please wear comfortable shoes and clothing.

**Claudia Terrence**

**2258 Sec. A** Wednesdays (4 sessions), 2/25-3/18, 11AM-12PM, HCC ACEC Rm 2400

**\$75**

## Getting Started with Windows 7

### COMPNCR 1639 \$\$

The more you learn about Windows 7, the easier it will be to operate your computer. Come learn how to organize your files, personalize your computer, use the ribbons and gadgets and find where the games are stored.

**Kay Bowen**

**2310 Sec. A** Tuesdays (3 sessions), 3/10-3/24, 9AM-12PM, HCC WDC Rm 1404

**\$119 (includes text)**

**\$107 discount fee (see page 61 for details)**

## Join the Heartland Smart Steppers

*Become a member of the Heartland Smart Steppers Walking Club and enjoy casual walks for all fitness levels in the comfort of Heartland's indoor track at the Fitness and Recreation Center.*

**Contact [outreach@heartland.edu](mailto:outreach@heartland.edu) or call (309) 268-8188.**



# health & wellness

## Meditation - Finding Inner Peace to Handle Outer Stress

**ENRICHMN 1440**

While meditation has its roots in religious and spiritual traditions, recent research has shown that there are practical benefits during stressful times. Meditation has been shown to have a positive effect on allergies, chronic pain, heart disease and many more health concerns. In this class you will learn about the history of meditation, practice a variety of meditative forms and explore posture, time, location and distractions.

**Ron Maier**

**2539 Sec. A**

**Mondays (5 sessions),  
3/2-3/30, 6-8PM,  
HCC ACEC Rm 2102**

**2541 Sec. B**

**Tuesdays (5 sessions),  
3/3-3/31, 9-11AM,  
HCC WDC Rm 1403**

**\$90**

## Free Yourself from Negative Emotion

**ENRICHMN 1382**

Negative emotions tend to get in our way. Emotional Freedom Techniques (EFT) are simple, safe techniques that can provide relief, often permanently, in just minutes. You can drop bad habits. No more junk food. No more overeating. End cravings for chocolate, sweets, salty snacks, caffeine... even cigarettes. Eliminate problems resulting from stress like headaches, stomach problems, sleep disturbance, fatigue, worry and anxiety. Free yourself from emotions that get in the way of being parent, husband, wife or partner you want to be. You can even improve your golf or bowling score and your performance in other areas of your life.

**Ron Maier**

**2537 Sec. B**

**Tuesdays (3 sessions)  
1/27-2/10, 9-11AM  
HCC WDC 1402**

**\$75**

## 1st Degree Traditional Usui Reiki Training

**ENRICHMN 1815**

Usui Reiki is a safe hands-on and natural energy technique used for stress reduction, relaxation and healing. Learn the history of this ancient healing practice as well as its oral traditions. Practice hand positions for self-treatment and treatment of others including animals. Restore your flow of life energy by removing blocks caused by stress and pain. By the time this class is over you'll be able to let go of negative thought patterns and behaviors and learn to live your life to its fullest.

**Karen Ridinger**

**2780 Sec. A**

**Friday 2/6, 6-10PM &  
Saturday 2/7, 8:30AM-5PM  
HCC CCB Rm 1407**

**\$180**

## AHA Heart Saver First Aid/CPR/AED

**HLTHNCR 1003**

This course, designed for anyone with limited or no medical training, combines the Heart Saver CPR/AED course with basic first aid. You will learn basic CPR skills such as performing a head tilt-chin lift and giving compressions and breaths, proper use of an automatic external defibrillator (AED) and OSHA-approved first aid skills.

**HCC Instructor**

**2504 Sec. A**

**Saturday 1/31, 8AM-2PM**

**2506 Sec. B**

**Saturday 3/7, 8AM-2PM  
HCC NRC Rm 1102**

**\$75 (includes text)**

## AHA Heart Saver CPR/AED

**HLTHNCR 1001**

This course, designed for anyone with limited or no medical training, teaches basic CPR skills such as performing a head tilt-chin lift and giving compressions and breaths and automatic external defibrillator (AED) skills.

**HCC Instructor**

**2500 Sec. A**

**Thursday 2/26, 5:30-9PM, HCC NRC Rm 1102**

**\$55 (includes text)**



# fitness & recreation

## Zumba

### RECREATN 1168

Ditch the workout and join the party! Zumba® features exotic rhythms to high energy Latin and international beats to create a dynamic workout that can be done at your pace. Your energy level will soar. You will get fit and have fun all at the same time. The Zumba fitness party is easy to do, effective and no dancing experience is necessary.

**Janell Woolard**

**2728 Sec. A**    **Tuesdays (6 sessions), 2/3-3/10, 5:30-6:30PM,**  
**HCC FRC Rm 1020**

**\$53**

## Tai Chi

### RECREATN 1054

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

**Bonnie Hocking**

**2648 Sec. A**    **Thursdays (8 sessions), 1/29-3/19, 5:30-6:30PM,**  
**HCC ACEC Rm 2400**

**\$69**

## Gentle & Restorative Yoga

### RECREATN 1169

Experience an introduction to yoga and learn deep relaxation and self-reflection. Advanced students can also enjoy this class with an emphasis on stretching, breath and movement coordination, alignment awareness and slow motion movement. The class is perfect if you are new to yoga, have joint sensitivity, stiffness throughout your body, stress or physical limitations. This may be the gentlest yoga class you have attended. Please wear comfortable clothes and bring a yoga mat.

**Matthew Donovan**

**2037 Sec. A**    **Wednesdays (6 sessions), 2/4-3/11, 5:30-6:30PM,**  
**HCC ACEC Rm 2206/2207**

**\$53**

## Yoga for Arthritis

### RECREATN 1308

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

**Diane Boeck**

**2408 Sec. A**    **Mondays (6 sessions), 3/9-4/13, 10-11AM,**  
**HCC FRC Rm 1020**

**\$53**

## Yoga I

### RECREATN 1099

Learn the fundamentals of Hatha yoga including basic postures, proper breathing, mindfulness practice and deep relaxation. Individuals will work safely within their personal levels of strength and flexibility. No experience or knowledge of yoga is necessary. Bring your yoga mat, leave your stress behind and re-energize your body and mind.

**Matthew Donovan**

**2040 Sec. A Mondays (6 sessions),  
2/2-3/9, 5:30-6:30PM,  
HCC FRC Rm 1020**

**\$53**

## Beginning Hatha Yoga I

### RECREATN 1411

Yoga calms the mind, lifts the spirit and helps support a healthy body through greater strength, flexibility and balance. This class is for brand new students or anyone who has practiced yoga in the past and would like to pick their practice up again through a gently paced, beginning level practice. Each class includes basic yoga poses, breath work, and relaxation. Plan to let go of stress and resume your day with an increased sense of well-being. For your comfort, please wear soft clothing and bring your own yoga mat.

**Cynthia Houser**

**2341 Sec. A Tuesdays (6 sessions),  
2/3-3/10, 11AM-12PM,  
HCC ACEC Rm 2101**

**\$53**

## Beginning Hatha Yoga II

### RECREATN 1412

This class is a continuation of Beginning Hatha Yoga I and is aimed toward anyone who has attended that class or has some beginning yoga experience. Following the same format, it is practiced at a gentle pace, allowing plenty of time to explore poses and to create a practice that suits your individual needs. The goal of the class is to expand your yoga experience by introducing new poses with an emphasis on building strength and endurance. Come with your yoga mat and leave with energy, a calm mind and brighter mood.

**Cynthia Houser**

**2345 Sec. A Thursdays (12 sessions),  
2/26-5/14, 11AM-12PM,  
HCC ACEC Rm 2101**

**\$86**



## Fitness & Recreation Center Community Access

### RECREATN 1400

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

**Ryan Knox**

**2412 Sec. AOR 16-week access**

**\$125**

**2413 Sec. BOR 8-week access**

**HCC FRC**

**\$65**



### **Personal Training Sessions**

*are available for purchase with  
Trainers Alex Nigro or  
Lisa Summers. For more  
information call 309-268-8191.*

## Hoop Dance Fitness I

### RECREATN 1299

In this beginner class you work your core, arms and legs while waist hooping, hand hooping and basic off body hooping. For those who need a gentle increase in range of motion and/or flexibility experience more in-class practice time. Learn at your own pace in a fun, laid back atmosphere. Comfortable natural fibers are best to wear. Adult sized hula hoops are provided during class. Personalized hoops can also be purchased from instructors and are highly recommended for practice at home.

**Suzanne Almeida Richardson**

**2614 Sec. A Mondays (6 sessions, class does not meet 2/23), 1/26-3/9, 5:30-6:30PM, HCC CCB Rm 1406-1407**

**\$60 (plus optional \$25 to purchase hoop from instructor)**

## Belly Dance for Fitness & Fun

### RECREATN 1397

Combine the fun of learning how to belly dance with the results of a low impact cardio workout at the same time. Learn the sensual and graceful art of belly dance movement for fun and fitness. Throughout the class you learn the foundation steps and movements to teach you a short, simple choreography. Small muscle movements engage all the muscles in the abdomen resulting in better balance, posture and core stabilization. Please wear clothing that is easy to move in but not baggy or loose. Bare bellies are not required and women ages 16 and up are welcome to attend.

**Patricia Schneider**

**2381 Sec. A Wednesdays (8 sessions), 1/28-3/18, 6:15-7:30PM, HCC FRC Rm 1020**

**\$80**

## Belly Dance

### RECREATN 1139

Belly dance is the oldest dance form, starting thousands of years ago in the Middle East. Belly dance moves are accessible to all sorts of body types, regardless of age, size or ethnicity. In this session you learn basic belly dance moves perfect for any dance floor. Explore another culture in a fun and encouraging atmosphere.

**Dana Mollohan**

**2260 Sec. AL Tuesdays (6 sessions), 2/10-3/17, 7-8PM, Lincoln College Scott Joslin Fitness Center Aerobics Room**

**\$70**

## Dance

## Ballroom Basics I

### RECREATN 1013

Foxtrot, Rumba and Cha Cha - these three dance styles fit a variety of pop, country, '50s, '60s and "movie" music. Romantic and sultry, Rumba was the original slow dance. A highly addictive rhythm, Cha Cha is the Caribbean influenced counterpart of swing. Foxtrot allows you to move gracefully around the dance floor like Fred & Ginger did in all the old movies. Get ready to impress your friends with your great moves and self-confidence at wedding receptions, street festivals, holiday parties and other dance occasions.

**Cathy Hempstead**

**2279 Sec. A Mondays (4 sessions), 2/2-2/23, 6-7:45PM, HCC ACEC Rm 2400**

**\$60 (per person)**

## Tango I

### RECREATN 1081

You can learn a few basic Tango patterns in less than seven hours. Tango has evolved from colorful beginnings in Argentina to become a popular ballroom dance. Join us and learn to lead or follow your partner into dramatic dips and turns.

**Cathy Hempstead**

**2281 Sec. A Mondays (4 sessions), 3/2-3/23, 6-7:30PM, HCC ACEC Rm 2400**

**\$54 (per couple)**

## Dessert & Dancing

### RECREATN 1156

Celebrate Valentine's Day with your favorite person and an evening of dessert and dancing. Enjoy an assortment of light desserts, then dance off those calories. Cathy Hempstead will offer introductory lessons in several romantic slow dances intermittently throughout the evening and provide "danceable" music for you and your partner to enjoy all evening long.

**Cathy Hempstead**

**2276 Sec. A Saturday 2/14, 6:30-9PM, HCC WDC Atrium**

**\$40 (per couple)**

## International Folk Dancing

### RECREATN 1375

Folk dancing might be the new adventure you're looking for. Learn dances from faraway places such as Bulgaria, Greece and Turkey. Each week you will learn a new dance and review your dance from the previous week. This class is designed for beginners, no experience or partner is required. You will be working at a slow to medium pace with low-impact. Please wear comfortable shoes and clothing.

**Claudia Terrence**

**2258 Sec. A Wednesdays (4 sessions), 2/25-3/18, 11AM-12PM, HCC ACEC Rm 2400**

**\$75**

## Learn to Fish: Local Tips & Tricks

**ENRICHMN 1879**

Stop casting your line over and over again, and learn to catch some fish in our local waters. First time anglers, and those who haven't been fishing in some time, will both enjoy this class. You learn all kinds of things in this class including: essential fishing advice, tips and tricks for catching fish in all conditions, type of lures, bank fishing, knot tying, equipment and safety. We'll also discuss local places to fish and share our "can't miss" fishing spots.

**Betsy Davis**

**2339 Sec. A** Thursday 3/19, 6:30-8:30PM, HCC WDC Rm 1400  
**\$35**

## America's Boating Course

**RECREATN 1264**

Obtain a boat license or safety certification. In this Mid Illini Sail & Power course you will cover boat and water safety topics including: introduction to boating, boating law, safety equipment, safe boating, boating problems, transporting, storing and protecting your boat, recreational boating and an introduction to navigation. Many insurance companies will offer discounts for those who successfully complete this course. All course materials are included.

**Mid Illini Sailing & Power Instructor**

**2348 Sec. A** Tuesdays (5 sessions), 2/17-3/17, 7-9PM,  
HCC ACEC Rm 2206

**\$70 (includes book)**

**\$35 discount fee (if 2 people enroll & share book)**

## Sport Fencing

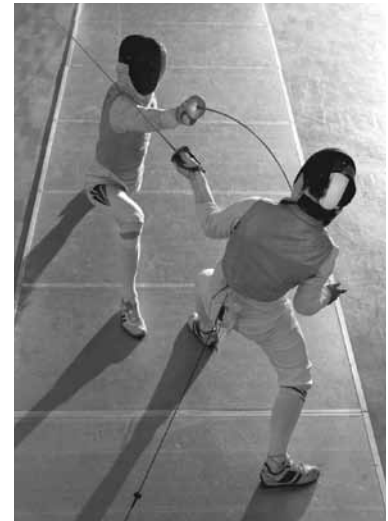
**RECREATN 1414**

Try the sport based on the time honored art of sword fighting. Modern Olympic fencing draws on a long history of form and technique, while adding safety, fun and fitness. As physically demanding as tennis or racquetball, fencing is chess at 80 miles per hour, requiring quick thinking and trained reflexes. You will be well versed in the sport of fencing by the end of this 16-week class. The class is appropriate for ages 12+. You will need to bring your own gear to class.

**David Duguid**

**2647 Sec. A** Wednesdays (16 sessions), 2/4-5/20, 5-7PM,  
HCC ACEC Rm 2400

**\$285 (Fencing equipment required to have a mask, jacket & a foil or saber)**

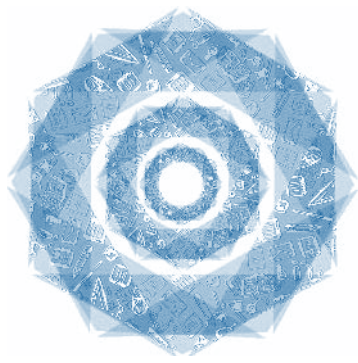


## Give a Gift of Learning

Looking for the perfect gift to give your spouse, friends or relatives for birthdays, anniversaries or other special occasions? Want to reward your employees for a job well done?

Purchase gift certificates that are redeemable for any credit or Community Education course. See the cashier in the Community Commons Building to purchase.





# CommunityScope

an Open House for Lifelong Learning

**Saturday, January 10, 2015, 9AM-12noon**

**Doors open at 8:30AM**

**Heartland Community College  
Workforce Development Center**

*Bring a friend and enjoy the kaleidoscope of course offerings during our Winter/Spring sessions at CommunityScope. This FREE event will give you a chance to sample Community Education classes including computers, painting, wellness and cooking. If you're feeling adventurous, Rendezvous with a Comet at the Challenger Learning Center or try a fitness class.*

**Enjoy up to four FREE 35-minute classes at CommunityScope**

**Register for one or more Community Education courses while  
you're at the event and receive a *25% discount!***

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

## 9:00-9:35

Room	Class	Instructor
CLC	CLC Mission: Rendezvous with a Comet (9-10:20)	Stacey Shrewsbury
SCB 1802	Knife Skills	Chef Scott Rowan
WDC 1400	How to Paint a Better Cloud	Julie Callahan
WDC 1401	Zentangle	Ellen Baranowski
WDC 1403	Intro to Ayurveda	Ashleasha Raut
WDC 1404	Your Unique Child	Jonathan Fraser-Lindsey
WDC 1405	Getting Started with WordPress	Laura Olshak
WDC 1407	Reiki 101	Karen Ridinger
WDC 1601	Hatha Yoga	Cindy Houser
WDC 3601	Eliminating Self-Defeating Behaviors	Ron Maier

## 9:45-10:20

SCB 1802	Cooking: The Basics-Meats	Chef Scott Rowan
WDC 1006	Intro to Belly Dance	Patt Schneider
WDC 1400	How to Draw a Better Tree	Julie Callahan
WDC 1401	Zentangle	Ellen Baranowski
WDC 1403	Removing Doubt in a Job Interview	Eric Hoss
WDC 1404	Getting Started with an iPad	Cory Dawson
WDC 1405	Introduction to Scratch Programming- YEP	Terri Keys
WDC 1407	Reiki 101	Karen Ridinger
WDC 3601	Free Yourself from Negative Emotions	Ron Maier
WDC 3602	The Power of Coupons	Kimberly McCormick
WDC Atrium	Tango	Cathy Hempstead

## 10:30-11:05

CLC	CLC Mission: Rendezvous with a Comet (10:30-11:50)	Stacey Shrewsbury
SCB 1802	Beginning Candy Making	Ellen Vega
WDC 1006	Belly Dance for Fitness	Patt Schneider
WDC 1400	Fun with Flower Crafts	Anuja Deshpande
WDC 1401	Zentangle	Ellen Baranowski
WDC 1403	Dog Grooming and Pet Care	Denise Kozell
WDC 1404	Getting Started with Social Media	Jennifer Flaig
WDC 1405	Introduction to Scratch Programming - YEP	Terri Keys
WDC 1407	Reiki 101	Karen Ridinger
WDC 1601	Hatha Yoga	Cindy Houser
WDC 3006	Beginning Guitar	Dan Liechty
WDC 3601	Creating the Life You Want	Ron Maier
WDC 3602	Community Ed Instructor Recruitment	Laurie Mueller and Lauren Bruggenthies-Lott
WDC Atrium	Folk Dancing	Claudia Terrence

## 11:15-11:50

SCB 1802	Beginning Candy Making	Ellen Vega
WDC 1006	Intro to Belly Dance	Patt Schneider
WDC 1400	Henna	Anuja Deshpande
WDC 1401	Zentangle	Ellen Baranowski
WDC 1403	Dog Grooming and Pet Care	Denise Kozell
WDC 1404	Identity Theft 101: An Introduction to an Insidious Crime	Axton Betz
WDC 1405	Financial Workshop	Bernie Wrezinski
WDC 1407	Reiki 101	Karen Ridinger
WDC 3006	Spring Break Singers - YEP	Michael Schneider
WDC 3601	Meditation	Ron Maier



# personal finance

## Women in Transition: Invest in Yourself

**PERSFIN 1186**

Change is the only constant and learning how to survive a financial transition is important. Strengthen your relationship with your money you want to avoid “affinity fraud” and understand the steps you can take to help yourself during life’s transitions. While this class is primarily for women we will not keep the men out.

**Carol Burroughs**

**2352 Sec. A** Wednesday 1/28, 6-8PM, HCC WDC Rm 1402  
**\$38**



*Income Taxes  
Made Easy*

*and  
Quickbooks I  
see page 60*

## Medicare: What Does It Mean for You?

**PERSFIN 1187**

If you will have 65 candles on your next birthday cake then you have a whole new world ahead of you when it comes to healthcare. Knowing what Medicare is and what it is not is very important. Your questions about how your current health insurance figures into this transition, if you need a Medicare supplement policy and what is Medicare Advantage will all be answered.

**Carol Burroughs**

**2347 Sec. A** Wednesday 3/18, 6-8PM, HCC WDC Rm 1402  
**\$38**

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**ALUMNI**  
**SAVINGS CLUB**



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SAVE THE DATE SAVE THE DATE SAVE THE DATE SAVE THE DATE SAVE THE DATE

# MONEY SMART WEEK®

APRIL 18–25, 2015

## SAVE THE DATE: Money Smart Week April 18–25, 2015

*Learn more about money and how to manage it!*

Stop by a free seminar sponsored by financial institutions, businesses, government agencies, schools, libraries and lots of others who are joining together to promote personal financial education.

*For more information, visit our website:*

**MONEYSMARTWEEK.ORG**

## Wealth & Wisdom Academy

### **PERSFIN 1185**

Understanding the components of how money can work for you leads to financial success. Discover a new thought process that will become the foundation to your financial future. This class takes you through all stages of your financial life from how to make money work for you to estate planning.

**Bernard Wrezinski**

**2154 Sec. A** Tuesdays (5 sessions), 2/24-3/24, 5-6:30PM,  
HCC Rm TBA

**\$16**

## Navigating Your First Home Purchase

### **PERSFIN 1188**

Learn all the basics to buying your first home and some helpful tips for home ownership. This class teaches you how to pre-qualify for financing and find the property that's for you. You will also get an understanding of the entire purchase process, including how to formulate an offer and what to expect at closing.

**Lisa Lockenvitz**

**2829 Sec. A** Tuesday 3/10, 6-9PM, HCC WDC Rm 1403  
**\$40 (per couple, please register both participants)**



## The following classes are offered in Lincoln and Pontiac

### Getting Started with Computers

**COMPNCR 1083** **\$****\$**

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

**Jennifer Cronos**  
**2652 Sec. AL** Friday 1/30, 9AM-12PM,  
 Heartland Lincoln Center Rm 112

**\$55 (includes materials)**  
**\$50 discount fee (see page 61 for details)**

### Getting Started with Computers II

**COMPNCR 1022** **\$****\$**


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

**Jennifer Cronos**  
**2655 Sec. AL** Fridays (4 sessions), 2/6-2/27, 9AM-12PM,  
 Heartland Lincoln Center Rm 112

**\$125 (includes text)**  
**\$113 discount fee (see page 61 for details)**

### Word Introduction

**CMPCE 1005** **\$****\$**

This course covers basic operation of Word 2010 so you become more productive and proficient with word processing for work needs or personal use. Topics include using the Office ribbon and toolbar commands; creating documents using various commands including cut, copy and paste; formatting with colors and shading; creating tab stops and bulleted lists; creating tables and working with forms. (9 CPDUs) 

**Jennifer Cronos**  
**2730 Sec. AP** Friday (3 sessions), 3/6-3/20, 9AM-12PM,  
 Heartland Pontiac Center Rm 214

**\$130 (includes text)**  
**\$117 discount fee (see page 61 for details)**

### Getting Started with an iPad

**COMPNCR 1749** **\$****\$**

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

**Joseph Bracco**  
**2704 Sec. AL** Wednesdays (2 sessions), 3/4-3/11, 6-9PM,  
 Heartland Lincoln Center Rm 112  
**2707 Sec. AP** Mondays (2 sessions), 4/13-4/20, 6-9PM,  
 Heartland Pontiac Center Rm 220

**\$90 (includes text)**  
**\$81 discount fee (see page 61 for details)**

### Income Taxes Made Easy

**COMPNCR 1886**

This course introduces you to basic tax forms and methods of preparation. It also provides you with knowledge on what records to keep, and provides an understanding of personal income taxes and will benefit you whether you choose to prepare your own or to assist your tax prep professional. Among the topics covered will be a look at basic income tax forms, IRS history and available free and paid tax preparation programs.

**Dana Mollohan**  
**2682 Sec. AL** Mon/Wed (2 sessions), 2/9-2/11, 6-8PM,  
 Heartland Lincoln Center Rm 112

**\$55**

### QuickBooks I

**COMPNCR 1048** **\$****\$**

Designed for business professionals rather than accountants, QuickBooks assists you in staying organized with your business financial records. Topics include setting up company records, creating invoices, processing payments, entering and paying bills and more.

**Tiffany Worth**  
**2630 Sec. AL** Wed/Thu (2 sessions), 3/18-3/19, 6-9PM,  
 Heartland Lincoln Center Rm 112

**\$115 (includes text)**  
**\$104 discount fee (see page 61 for details)**

## Real Colors

### PROFDVLP 1684

Real Colors is grounded in the personality theory of Carl Jung, an early 20th century Swiss psychiatrist and Real Colors is based on the research of Myers-Briggs and Keirsey-Bates. This class combines experience-based research and complex psychological theory into an understandable, four-color system. The color system allows you to apply the information easily on a daily basis. This class includes interactive training. Through participation you will be able identify your own temperament. After this course, you will be able to identify the temperament of those around you accurately and quickly. This class is great for the young professional and those looking to begin career training.

**Aimee Ingalls**

**2470 Sec. AP**

**Thursday 2/19,**

**8AM-12PM,**

**Heartland Pontiac Center**

**Rm 201**

**\$60**

## Real Colors, Real Leadership

### PROFDVLP 1685

This training is designed to successfully and strategically allow you to use the Real Colors concepts anytime you find yourself in a leadership role. The training helps you recognize each color's leadership strength and assists you in developing a plan to successfully lead each color. The strength of a great leader is not in dictating the process of creating success but rather in allowing each color to use the process to succeed. This class is great for the young professional and those looking to follow up the Real Colors course.

**Aimee Ingalls**

**2474 Sec. AP**

**Thursday 2/26,**

**8AM-12PM,**

**Heartland Pontiac Center**

**Rm 201**

**\$65**

## Skills for Excellent Customer Service

### PROFDVLP 1686

Folks on the front lines of our local business, organizations and agencies must stand ready to meet customer needs. Effective customer service helps to ensure the health of an organization and healthy organizations keep our community thriving. Customer service is inextricably linked to community and economic vitality. This program is designed to help you see the importance of delivering excellent customer service for your individual development as well as the success of your business and community.

**Aimee Ingalls**

**2478 Sec. AP**

**Thursday 3/19, 9AM-5PM,**

**Heartland Pontiac Center**

**Rm 201**

**\$85**

## How to Publish What You Write

### ENRICHMN 1756

So you like to write, but how do you get paid for writing? Hear what it takes to get your work published in newspapers, magazines, books and on the Internet. Learn how to market your writing effectively, how to approach publishers and how to negotiate a contract. We will also discuss copyright issues and electronic publishing versus traditional publishing. Deborah has written hundreds of articles for newspapers, magazines and online, and she is the author of three traditionally-published books.

**Deborah Niemann-Boehle**

**2606 Sec. AP**

**Monday 3/9, 6-9PM,**

**Heartland Pontiac Center**

**Rm 214**

**\$42**

## Belly Dance

### RECREATN 1139

Belly dance is the oldest dance form, starting thousands of years ago in the Middle East. Belly dance moves are accessible to all sorts of body types, regardless of age, size or ethnicity. In this session you learn basic belly dance moves perfect for any dance floor. Explore another culture in a fun and encouraging atmosphere.

**Dana Mollohan**

**2260 Sec. AL**

**Tuesdays (6 sessions), 2/10-3/17, 7-8PM,**

**Lincoln College Scott Joslin Fitness Center Aerobics Room**

**\$70**

## Writing & Publishing a Children's Book

### COMMNCR 1246

See Jane write. See Jane publish! Discover the world of writing for children in this introductory course designed to offer advice to those on the path to publication. Learn about the various genres, formats and age levels of books as well as the basic elements of what makes a good story. This class includes short writing activities to get your creative juices flowing. Your instructor will share tips and tricks for researching publishers and submitting your work for publications. This course will help you hone your writing skills and provide you with a clear understanding of the challenges and pathways to publication.

**Dawn Malone**

**2608 Sec. AP**

**Saturdays (2 sessions),**

**2/7-2/14, 9-11:30AM,**

**Heartland Pontiac Center**

**Rm 214**

**\$65**

## Watercolor Studio

### ARTCRAFT 1683

No matter what your level of watercolor painting talent or expertise, Watercolor Studio is for you. Log some studio time for your own practice or to complete a put-off project while receiving individualized coaching in a relaxed, positive environment. Learn how to maximize the nine characteristics behavior of the medium. Projects for any skill level will be proposed to enhance each student's current watercolor skills set. If you need supplies, a supply list will be sent prior to class.

**Kimberly Wiggers de Otte**

**2555 Sec. AL**

**Thursdays (6 sessions),**

**2/19-3/26, 6:30-8:30PM,**

**Lincoln College**

**Adams Art Studio**

**\$80 (plus supplies)**

# THE GREEN INSTITUTE

at Heartland Community College



## Solar Training Academy

will be offered at Heartland Community College. See p. 49 for more information.

*The Green Institute is an initiative designed to provide education and information to businesses and residents about energy efficiency, renewable energy, recycling, retro-commissioning and other related environmental technologies. For more information visit [www.heartland.edu/greeninstitute](http://www.heartland.edu/greeninstitute) or call Larissa Armstrong at 309-268-8225.*

## Intro to Modern Homesteading

### GREENNCR 1012

You don't have to move to the middle of nowhere to be a modern homesteader. Become more self-reliant, grow some of your own food and start making things from scratch. Today people are taking control of their lives and becoming more self-sufficient whether they live in a Chicago condo, a suburban subdivision, or in the country. We'll discuss the basics of growing your own fruits and vegetables, as well as caring for backyard poultry and the requirements for a personal home dairy. Deborah is the author of *Homegrown and Handmade: A Practical Guide to More Self-Reliant Living*, which is available to purchase in class.

**Deborah Niemann-Boehle**

**2488 Sec. A Monday 2/9, 6-9PM, HCC ACEC Rm 2103**  
**\$35**

## Solar Energy Basics

### GRNCE 1002

Turn the sun's energy into your own. This workshop teaches you about solar energy system basics, how solar energy works and the best applications or limitations of the four basic system types. Learn how to describe and identify solar system components and explore various mounting options. At the end of this class, you will be able to perform a basic site assessment on your home, calculate your household's electrical load, determine the ballpark size and price of a solar electric system for your home and layout the next steps towards installation. (7.5 CPDUs) 🍏

**Midwest Renewable Energy Association Instructor**

**2251 Sec. A Saturday 1/24, 8:30AM-5PM, HCC WDC Rm 1403**  
**\$150 (1 hour lunch on your own, includes text)**

## Beekeeping for Beginners

### HOMEGARD 1330

Learn what all the "buzz" is about. Beekeeping for beginners will teach you bee basics and everything you need to know to start a hive and begin collecting and processing honey. Our instructors, David and Sheri, started beekeeping in 1994 and own Long Lane Honey Bee Farms in Fairmont, IL. David is a Master Beekeeper of the Eastern Apicultural Society of North America. Supplemental text is available for purchase at the class for \$10.

**David & Sheri Burns**

**2353 Sec. A Saturday 2/21, 9AM-3PM,**  
**HCC NRC Rm 1101**

**\$70**

## Garden Planning

### HOMEGARD 1341

Cold weather make us long for summer days and fresh-picked produce. Garden Planning is the cure for those winter blues. Hans Bishop of PrairErth Farms will teach you how to plan for your spring vegetable garden. You will learn about plant basics and vegetable varieties best suited for Central Illinois, reputable seed and plant sources and how to match plants to appropriate growing conditions (soil, water, sunlight). Tool supply kits, season extension tips and raised bed recommendations will round out this course to prepare you to confidently plan for your spring vegetable garden.

**Hans Bishop**

**2356 Sec. A Saturday 1/24, 9AM-12PM,**  
**HCC WDC Rm 1402**

**\$55**

## Seed Starting

### HOMEGARD 1342

Interested in planting your own summer vegetable garden? Winter is the best time to start your seeds indoors. Learn all the steps to successfully start seeds indoors from Hans Bishop of PrairErth Farms. This class teaches you which seeds germinate first, how deep to plant them, how to select growing medium, how to increase seed germination rate and when to transplant. You will also learn about the shelf-life of particular seeds, seed storage techniques and how to test for seed viability. Before you know it, the danger of frost will be gone and you will be able to transplant your seedlings into the garden.

**Hans Bishop**

**2359 Sec. A Saturday 1/31, 9-11AM,**  
**HCC WDC Rm 1402**

**\$45**

# career development

## Social Media Marketing Certificate Program Preview

### PROFDVLP 1714

Social Media Marketing and the demand for knowledgeable employees are exploding. This four class certificate program is designed around a continually updated curriculum and can be completed in one semester. This is a free one hour seminar but registration is recommended.

**Richard Watts**

**2835 Sec. A Tuesday 1/20, 6-7PM, HCC WDC Rm 1405**

**FREE, preregistration is recommended**

## Social Media Marketing & Interactive Content

### COMPNCR 1996

Combine marketing fundamentals with social media statistics to develop a solid social media marketing plan that focuses on brand awareness, target audience and key objectives. Be introduced to the scope of social media and the selection process for social networking platforms, the marketing strategies and content creation techniques for interactive content, and the marketing benefits of blogging. Learn how to develop a social media campaign and content marketing approach, to research and plan a keyword strategy, to create and manage an editorial calendar and to design and launch a WordPress blog.

**Richard Watts**

**2243 Sec. A Tue/Thu (6 sessions), 2/3-2/19, 6-9:15PM, HCC WDC Rm 1405**

**\$599 (includes text)**

## Social Media for Business

### COMPNCR 1997

Recognize powerful techniques to establish a brand identity, build a network, gain organic exposure and develop relationships with social media. Understand the differences between social media platforms, the importance of user demographics and expectations, the influence of rules and algorithms, the power of relationships and collaboration, and the significance of content engagement. Learn to set up professional profiles and pages on key platforms (Facebook, LinkedIn, Twitter, Google+, and Pinterest), how to capitalize on vital platform features and opportunities, how to employ content to earn engagement, and how to use targeted social media advertising to promote and attract interest.

**Richard Watts**

**2241 Sec. A Tue/Thu (6 sessions, does not meet 3/10 & 3/12), 3/3-3/26, 6-9:15PM, WDC Rm 1405**

**\$599**

## Social Media Management

### COMPNCR 1998

Employ solid management skills and analytical procedures to generate results from an integrated marketing campaign. Recognize the strategic use of email campaigns, the growing demand and versatility of mobile marketing, the indelible effects of online reputations and the critical role of analytics. Learn to amplify marketing through integration, to manage an online reputation with proactive monitoring and to improve social media results with tactical analytics using tools specific to each social media platform or online property.

**Richard Watts**

**2239 Sec. A**

**Tue/Thu (4 sessions), 4/7-4/16, 6-9:15PM,  
HCC WDC Rm 1405**

**\$399**

## Social Media Certificate Workshop

### COMPNCR 1999

This class requires the strategic application of all skills learned previously in other social media courses. By incorporating the social media strategies and tactics introduced during each class, this class allows you to create the social media marketing plan and campaign for an actual business. The portfolio project involves the research, planning and implementation of three social media platforms and requires proper integration and detailed analytics to amplify, monitor and manage the success of the campaign. The completed portfolio is packaged in a slide show for an in-class presentation and serves as a professional illustration of achievement.

**Richard Watts**

**2237 Sec A**

**Tuesdays (4 sessions, does not meet 4/28), 4/21-5/19,  
6-9:15PM, HCC WDC Rm 1405**

**\$199**

## Truck Driver Training

## Truck Driver Training Program

### TRFCE 1001

This course is designed to prepare you with little or no commercial driving experience to obtain a commercial driver's license. Students who do not already have a valid commercial driver's license learner's permit spend the first week preparing for that exam. At the end of

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

**HCC Instructor**

**1690 Sec. A**

**Mon-Fri (29 sessions), 1/20-2/27, 7AM-12:30PM**

**1691 Sec. B**

**Mon-Fri (29 sessions), 1/20-1/29, 7AM-12:30PM & 1/30-2/27, 12:30-6:30PM**

**2837 Sec. C**

**Mon-Fri (30 sessions), 3/2-4/10, 7AM-12:30PM**

**2838 Sec. D**

**Mon-Fri (30 sessions), 3/2-3/10, 7AM-12:30PM & 3/11-4/10, 1-6:30PM**

**HCC WDC Rm 1407 & ISU Lot 104**

**\$3,500**





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# Removing Doubt in a Job Interview

**COMMNCR 1198**

Get that job! Successful interviews don't just happen, they are prepared for and planned. A successful interviewee is always preparing the groundwork for their next interview, no matter how far away it might be. Remove all doubt and walk confidently into your next interview ready to impress. Author Eric C. Hoss will show you how to focus on your skills and background, target potential doubts and remove them. The user-friendly style of "Removing Doubt in a Job Interview" makes it easy to learn the system and get the job you want. Don't let an interview be an obstacle. Learn the skills from an experienced interviewer and turn that interview into an opportunity.

**Eric Hoss**

**2393 Sec. A Monday 3/9, 6-9PM, HCC WDC Rm 1402**

**\$60 (includes book)**

## Certified ScrumMaster and Certified Scrum Product Owner Training

*Heartland Community College Customized Training is excited to offer Certified ScrumMaster (CSM) and Certified Scrum Product Owner (CSPO) training at our Normal, Illinois campus. These two-day trainings introduce the concepts of agile project leadership using the Scrum methodology. Successful participants will become Certified ScrumMasters or Certified Scrum Product Owners, the first step in the journey towards this more adaptive form of project leadership. The Certified Scrum Product Owner training is for product owners on a Scrum team who want to learn how to use Scrum on the business side of a Scrum project.*

Certified ScrumMaster and Certified Scrum Product Owner courses at Heartland Community College are offered on Saturdays and Sundays so you don't have to miss work to get your certification. Training begins both days at 8:15AM and ends at 4:30PM. The training meets in the Workforce Development Center (WDC), room 1006.

**Save \$200 and register at least two weeks before the training and take advantage of the early registration discount.**

Early Registration Deadline: \$999 per person

Final Registration Deadline: \$1,199 per person

The registration fee covers your 2-day Certified Scrum Product Owner training, certification fee, continental style breakfast and lunch.

### Upcoming 2015 Scrum Trainings:

- February 7 & 8, 2015 - Certified ScrumMaster (CSM)
- March 14 & 15, 2015 - Certified Scrum Product Owner (CSPO)
- May 16 & 17, 2015 - Certified ScrumMaster (CSM)
- July 11 & 12, 2015 - Certified ScrumMaster (CSM)
- September 12 & 13, 2015 - Certified Scrum Product Owner (CSPO)
- November 14 & 15, 2015 - Certified ScrumMaster (CSM)

### Employers: Need Certified ScrumMaster Training for your whole department or only a few members of your staff?

Heartland Community College Customized Training can enroll your employees in our open-enrollment Certified ScrumMaster trainings or we can set up a customized training exclusively for your staff on a time and day that is most convenient for you.

**Please call 309-268-8440 for more information.**

## Allied Health Care

Heartland Community College offers affordable and convenient training for allied health care professions in partnership with Condensed Curriculum International, Inc. Health care is one of the largest industries in the country, with over 14 million jobs. Health care is expected to generate five million new jobs between now and 2020, many of which will be for allied health care professionals.

Available to current health care employees eager to advance their careers or adults interested in a new career, these exciting programs will help students prepare for some of the fastest growing careers in the health care industry.

Students are encouraged to research employment opportunities prior to registration. Successful completion of these courses will require a significant investment of time and money. **Please note that all careers in health care will require a thorough background check before obtaining employment.**

Suggested prerequisites: medical terminology and basic human anatomy courses.

Please visit [www.heartland.edu/communityEd](http://www.heartland.edu/communityEd) or call (309) 268-8160 for more detailed information.

## Health Care Careers Preview

### PROFDVLP 1344

The health care field is a growing industry. Learn more about allied health care careers and the health care professional courses available through Community Education. Current offerings are:

• Phlebotomy Technician • Dental Assistant • Medical Office Assistant • Pharmacy Technician • Clinical Medical Assistant  
Meet the instructors and hear more about each course's content. Find out which course is right for you and your future in health care.

#### HCC Instructor

**2545 Sec. A Thursday 2/5, 6-8PM, HCC NRC Rm 1101/1102**

**Free but registration required**

## Phlebotomy Technician

### HLTCE 1004

The phlebotomist is an important member of the health care team and works in hospitals, physician offices and independent laboratories. This 90-hour course prepares you to collect blood specimens from clients for the purpose of laboratory analysis. You also become familiar with all aspects of blood collection and develop comprehensive skills to perform venipunctures completely and safely. Classroom work includes terminology, anatomy and physiology, blood collection procedures and clinical training in skills and techniques to perform puncture methods. The program includes lab exercises, work with a training arm, live blood draws and other exercises intended to prepare you to function as an entry level phlebotomy technician. There is no outside externship included with this program. **Registration ends 2/23.**

#### CCI Instructor

**2313 Sec. A Mon/Wed (21 sessions, does not meet 3/9 & 3/11),  
3/2-5/18, 6-9:30PM, HCC NRC Rm 1102  
Saturday (3 sessions), 3/28, 4/18 & 5/9, 9AM-3PM,  
HCC NRC Rm 1102**

**\$1,799 (includes text)**

## Clinical Medical Assistant

### HLTCE 1011

This course prepares you to assist physicians by performing functions related to the clinical responsibilities of a medical office. Instruction includes preparing patients for examination and treatment, routine laboratory procedures, diagnostic testing, technical aspects of phlebotomy and the cardiac life cycle. You review important topics including phlebotomy, pharmacology, the proper use and administration of medications, taking and documenting vital signs, cardiology including proper lead placements, professional workplace behavior, ethics and the legal aspects of healthcare. The course includes 140 hours of classroom lecture and hands-on labs and a clinical externship opportunity at a local healthcare provider. To be eligible for the clinical rotation, you must successfully complete the 140-hour course, submit to a thorough background check and drug screening and meet other requirements. Note: upon successful completion of this course, you will be eligible to sit for the National Healthcareer Association (NHA) Certified Clinical Medical Assistant (CCMA) national examination. **Registration ends 2/24.**

#### CCI Instructor

**2370 Sec. A Tue/Thu (28 sessions, does not meet 3/10 & 3/12),  
3/3-6/11, 6-9:30PM, HCC NRC Rm 1101  
Saturdays (6 sessions), 3/7, 3/28, 4/18, 5/9, 5/16 &  
5/30, 9AM-4:30PM, HCC NRC Rm 1101**

**\$2,599 (includes text)**

# Pharmacy Technician

## HLTCE 1002

Pharmacy technicians work in hospitals, community pharmacies and other health care settings under the supervision of a registered pharmacist. This comprehensive 50-hour course prepares you to enter the pharmacy field and to take the Pharmacy Technician Certification Board's PTCB Exam. Course content includes medical terminology specific to the pharmacy, reading and interpreting prescriptions and defining drugs by generic and brand names. You also learn dosage calculations, I.V. flow rates, drug compounding, dose conversions, dispensing of prescriptions, inventory control, billing and reimbursement. **Registration ends 3/17.**

### CCI Instructor

**2323 Sec. A** Tue/Thu (15 sessions), 3/24-5/12, 6-9:30PM,  
HCC NRC Rm 1102

**\$1,199 (includes text)**

# Medical Office Assistant

## HLTCE 1005

Administrative medical assistants, medical secretaries and medical records clerks are all positions in great demand. Medical office assistants provide administrative support to physicians and nurses. This 50-hour course prepares you to function effectively in any of the administrative and clerical positions in the health care industry. The program covers important background information on the medical assisting profession and interpersonal skills, telephone techniques, scheduling appointments, medical terminology, medical ethics and law, basics of insurance billing and coding, medical records management and management of practice finances. This program is intended to provide you with a well-rounded introduction to medical administration so you can gain the necessary skills required to either obtain or advance to a health care administration position. Note: this program does not include a national or state certification as part of its overall objectives. **Registration ends 4/20.**

### CCI Instructor

**2371 Sec. A** Saturday (7 sessions, does not meet 5/23),  
4/25 9AM-4:30PM, HCC WDC Rm 1402  
5/2-6/13 9AM-4:30PM, HCC WDC Rm 1400

**\$999 (includes text)**

# Dental Assisting

## HLTCE 1010

The 60 hour Dental Assisting Program prepares you for entry level positions in one of the fastest growing health care positions – Dental Assisting. The purpose of this course is to become familiar with all areas of pre-clinical dental assisting and provide training in the professional skills required to function as an assistant in the dental practice. This course covers the following key areas and topics and administrative aspects include history of dentistry and dental assisting, introduction to the dental office, legal aspects of dentistry, policies and guidelines. Clinical aspects include introduction to oral anatomy, dental operator, dental equipment, introduction to tooth structure, primary and permanent teeth, oral cavity and related structures, proper patient positioning, dental hand-pieces and sterilization. In addition to entry-level administrative jobs, this course is ideal for those interested in pursuing a future formal Dental Hygienist program. This program includes 60 hours of classroom lecture and hands on labs and an externship opportunity at a local healthcare provider. To be eligible for the clinical rotation, you must successfully complete the 60 hour program, submit to a thorough background check, drug screening and meet other requirements. **Registration ends 3/16.**

### CCI Instructor

**2308 Sec. A** Mon/Wed (17 sessions), 3/23-5/18, 6-9:30PM,  
HCC NRC Rm 1101

**\$1,299 (includes text)**



Looking for CPR certification for  
your job in the medical field?

Check out our

**Healthcare Provider CPR**

training on page 52.

**Did you know we offer online professional  
development opportunities?**

- Project Management
- Customer Service
- Pain Assessment & Management
- Complementary & Alternative Medicine
- Grant Writing

**Visit [www.heartland.edu/communityEd/online.jsp](http://www.heartland.edu/communityEd/online.jsp) or see page 62 for details.**

take it  
ONLINE

- Event Planning
- Six Sigma

## Travel & Tourism Certifications & Continuing Education

*Have you ever thought about traveling the world on the job – visiting places like Cairo, Venice, Paris or London? In keeping pace with the level of sophistication of today's traveler, careers in travel and tourism have also become more complex, requiring specific skills and keen destination knowledge to be successful. This award-winning innovative online travel and tourism program offers industry-based courses to prepare you for that challenge!*

- Online
- Affordable
- Flexible
- Accessible

*You will study world destinations, travel products and suppliers, customer service and sales skills, and industry procedures and ethics. Our professional program will prepare you to launch a new career or start your own home-based travel business. Employment opportunities will continue to increase as the baby boomers retire and fulfill their dreams of traveling the world. Internet access is required. A high speed Internet connection and Word 2003 or newer are highly recommended. For more information call (309) 268-8160 or visit Career Training at [www.heartland.edu/communityEd](http://www.heartland.edu/communityEd).*

## Travel and Tourism Professional Program Preview

### PROFDVLP 1343

Join us on campus to discover how this affordable and flexible online program prepares you to work part time or full time in the travel industry, or how to start your own home-based travel business. You will meet the instructor and learn about the travel and tourism industry professional certifications and designations needed to be successful in this business. Find out how you can “see the world on the job” using industry travel discounts and benefits.

**Nancy Roop**

**2248 Sec. A Thursday 1/15, 6:30-7:30PM, HCC WDC Rm 1403**

**Free but registration required**

## The Business of Travel and Tourism

### PFDCE 1008

Begin your journey to a successful career in travel and tourism with a systematic, real-world focused and comprehensive review of this exciting profession. You will be introduced to basic travel concepts, key sectors of the travel industry, effective practices for selling the travel product, an overview of destination knowledge and use of technology in the travel and tourism industry. You'll also learn about business communications and money management in travel offices, along with the operations of a home-based travel business.

**Registration deadline is 1/16.**

**Nancy Roop**

**2376 Sec. HOA Mondays (16 sessions), 1/26-5/11, Online**

**\$349 (plus text)**

## Geography for Travel and Tourism

### PFDCE 1009

Geography literacy is essential for those planning a career in the travel, tourism and hospitality industries. Learn about the world's most popular destinations and discover unique, lesser known locations. Explore the physical environment, history, language, currency, transportation, accommodations and attractions of key tourist destinations around the world. You'll also learn how to match clients to destinations, arrange travel itineraries and respond to common requests. **Registration deadline is 1/16. (48 CPDUs)** 🍏

**Nancy Roop**

**2374 Sec. HOA Mondays (16 sessions), 1/26-5/11, Online**

**\$349 (plus text)**



## A Guide to the Cruise Industry

**PFDCE 1012**

Welcome to this exciting introduction to the world of cruising. You will begin your study with a brief history of the amazing evolution of the cruise industry. Learn about the many unique cruise regions around the world, and the ports of call, shore excursions and attractions at different destinations. Explore the many different cruise companies, learn how to read a cruise brochure and a deck plan, how to market, promote, price and book a cruise vacation for individuals or groups. On-board daily routines and activities will be discussed, along with cruise etiquette, tipping, packing and pre- and post-cruise packages. You will also learn what to expect on a day in port and a day at sea. **Registration deadline is 2/13.**

**Nancy Roop**

**2372 Sec. HOA Mondays (12 sessions), 2/23-5/11, Online**

**\$249 (plus text)**

## Travel Agent Proficiency Exam Review

**PFDCE 1011**

This comprehensive online review prepares you to be successful on the Travel Agent Proficiency (TAP) Exam. The TAP Exam was developed by The Travel Institute and The American Society of Travel Agents (ASTA) to provide a national standard of entry-level proficiency for travel and tourism professionals. It measures entry-level competency in all aspects of this industry including air, rail and motor coach tours, accommodations, cruises, group tours, destinations, industry technology, sales, customer service and more. Hundreds of practice questions will challenge your industry knowledge. You must pass the TAP by a score of 75% or higher. Prerequisites:

- The Business of Travel & Tourism
- Geography for Travel & Tourism
- A Guide to the Cruise Industry

Information on the testing options, fees and score reporting is given at the end of the class session. **Registration deadline is 1/16.**

**Nancy Roop**

**2375 Sec. HOA Monday (16 sessions), 1/26-5/11, Online**

**\$349 (does not include exam fee)**

## European Culture and Heritage Destination Specialist

**PFDCE 1021**

Pack your bags and come along on an extraordinary journey through 25 European countries rich in culture and heritage. Learn about historic sites and monuments; United Nations Educational, Scientific and Cultural Organization's (UNESCO) World Heritage sites; special traditions and celebrations, customs, art, architecture, music and composers; literature, history and museums and the local cuisine of each featured country in this course. Upon successful completion of this course, you will have the option to take an industry-recognized examination to earn your professional designation: European Culture & Heritage Destination Specialist. **Registration deadline is 2/13. (36 CPDUs)**

**Nancy Roop**

**2373 Sec. HOA Monday (12 sessions), 2/23-5/11, Online**

**\$249 (does not include exam fee)**

## SOLAR TRAINING ACADEMY - HEARTLAND COMMUNITY COLLEGE



- Sixty three hours of solar training one weekend per month
- Training from January to May
- Training includes assessment, system design, financials
- Training toward NABCEP Installer and Sales Certification
- Network with industry professionals



To register or for more information:  
[www.midwestrenew.org/workshops](http://www.midwestrenew.org/workshops)  
or call 715-592-6595

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## Take the Lead 2014-2015 LEADERSHIP SERIES

Instructor: Steve Welland

Series consists of 12 cutting-edge courses that will prepare you to manage your team through a variety of leadership techniques. Courses include:

- Communicating for Superior Teamwork\*
- The Principles & Qualities of Genuine Leadership\*
- Get Control! Of Email & Get Organized
- Communication Excellence
- Providing Constructive Feedback
- Coaching: Developing Others\*
- Resolving Conflict within Your Team
- Time Mastery\*
- Delegating for Shared Success
- Addressing Emotions at Work
- Giving Recognition
- Fearless Facilitation

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

For course dates, descriptions  
and cost visit

[www.heartland.edu/customizedTraining](http://www.heartland.edu/customizedTraining)

**Register today!**

Call Customized Training at 309-268-8440

Business group discounts available

Your Path to  
**Business Solutions**

## IL Food Service Sanitation Manager Certification

### PFDCE 1020

The Illinois Department of Public Health Food Sanitation Code (section 750.540) requires food service establishments to be under the operational supervision of a certified food service sanitation manager. This course meets the 8-hour coursework and examination required by the State of Illinois for either the initial Food Service Sanitation Managers Certification or the recertification, which is required every five years. Topics include introduction to food safety, contamination, employee health and hygiene, safe food handling, cleaning and sanitizing and HACCP. After successful completion of this course, you will need to pay an additional \$35 to the Department of Public Health to receive your certificate.

**U of I - ACES Instructor**

**2402 Sec. A Wed/Fri (2 sessions), 2/25-2/27, 9AM-3PM, HCC WDC Rm 1402**

**\$124 (includes textbooks, materials & exam)**

## STEPS - Safety Training to Encourage Profitable Services

### PROFDVLP 1605

STEPS is an educational training tool for sellers/servers of alcoholic beverages to serve responsibly and stay within the law. Learn to discourage over consumption and keep drunk drivers off the roads. The goals and objectives of the program are:

- Prevent DULs and alcohol-related fatalities through intervention procedures
- Properly check ID cards to stop underage sales and drinking
- Educate on state and local laws regarding alcohol service including the Dram Shop liability statute
- Create safer communities and establishments

After successful completion of the class, you will receive a certificate and official BASSET identification card. *HCC is a licensed provider for Beverage Alcohol Sellers and Servers Training program.*

**Brian Copple**

**2252 Sec. A Saturday 1/24, 8AM-12PM, HCC NRC Rm 1101**

**\$45**

## Grant Writing for the Professional

### PFDCE 1025

Come prepared with an idea and leave with a proposal. This course covers the content of our popular Grant Writing Fundamentals class with additional time for research, writing, review and feedback. Topics include essential information and useful tips on grant proposal content, style, format and submission. Leave the class with a draft proposal reviewed by your peers and written to a prospective funder's guidelines. There will be weekly assignments requiring time outside of class. Choose this class instead of Grant Writing Fundamentals if you have an actual project to fund. **Enrollment ends 1/19. (14 CPDUs)** 🍏

**Beverly Beyer**

**2583 Sec. A Mondays (7 sessions), 1/26, 6-8PM, HCC NRC Rm 1101  
2/2, 6-8PM, HCC NRC Rm 1103  
2/9-3/9, 6-8PM, HCC NRC Rm 1101**

**\$275**

## OSHA 10-Hr General Industry Outreach

### PFDCE 1002

This 10-hour program is intended to provide instruction on a variety of general industry safety and health standards to entry-level participants. The class emphasizes hazard identification, avoidance, control and prevention. Participants receive an OSHA 10-hour General Industry course completion card from the National Safety Education Center.

**Tom Grey**

**2778 Sec. A Tue/Wed (2 sessions), 2/24-2/25, 8:30AM-2:30PM, HCC NRC Rm 1201/1202**

**\$200 (1 hour lunch on your own, includes materials)**

## OSHA 30-Hr General Industry Outreach

### PFDCE 1036

The OSHA 30-hour program provides a variety of training on general industry safety and health to entry-level workers. This class emphasizes hazard identification, avoidance, control and prevention. After completion of the course you will receive a 30-hour OSHA General Industry Outreach completion card.

**Tom Grey**

**2813 Sec. A Mon-Thur (4 sessions), 4/27-4/30, 8:00AM-4:30PM, HCC NRC Rm 1201/1202**

**\$350 (1 hour lunch on your own, includes materials)**

## Basic Security

### PFDCE 1035

This course covers security fundamentals for new security officers and provides a review for experienced employees who want to earn state certification. This course, along with a Permanent Employee Registration Card (PERC), is required for employees of private security agencies. This course meets the requirements of the Illinois Department of Financial and Professional Regulation as outlined in the Detective Act.

**Nicholas Tripoli**

**2764 Sec. A Mon/Wed/Fri (3 sessions), 2/9-2/13, 5-9PM, Saturday 2/14, 8AM-5PM, HCC WDC Rm 1403**

**\$150 (1 hour lunch on your own on Saturday)**

## Commercial Food Equipment Repair Technician

### PFDCE 1034

Master the skills you need to gain employment as a commercial food equipment repair technician! This engaging, interactive curriculum is available online 24-hours a day, 7 days a week. The course, which can be completed in 30 days or less, covers basic topics in electricity, gas and steam as well as an introduction to the commercial food equipment industry. You are guaranteed a job interview with an authorized service company after successfully completing the program. Sample the course at: [www.ignitorlabs.com/techniciantraining/heartland/](http://www.ignitorlabs.com/techniciantraining/heartland/)

**2839 Sec. AX Online  
\$,1495**

## Personal Training Certification

### PFDCE 1015

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

**Lisa Summers**

**2771 Sec. A Tue/Thu (34 sessions), 2/3-5/28, 7-8PM, HCC ACEC Rm 2103**

**\$549**

## Scholarship Opportunities

Heartland Community College Foundation offers scholarships for many deserving students. Learn more about scholarship criteria and submit your online application today at [www.hccfoundation.org](http://www.hccfoundation.org). The application deadline is March 1, 2015. Contact the Foundation office at (309) 268-8110 for additional information.

Heartland Community College  
**Foundation**

Local people. Real dreams. Make it happen.

## National Career Readiness Certificate

### PROFDVLP 1718

ACT's National Career Readiness Certificate (NCRC) is a credential that has been used for nearly 20 years by employers across all sectors of the economy. NCRC measures and verifies the workplace readiness skills that employers believe are critical to job success. The WorkKeys® assessments are: Applied Mathematics, Locating Information, and Reading for Information. The test questions are based on situations in the everyday work environment. When you successfully complete all three assessments you may earn the NCRC credential. The cost is \$22 per assessment. Note: All examinees are required to present a current official photo ID and check-in at the Heartland Community College Assessment Center (located in the Student Commons Building). We also offer online courses to help you prepare for each assessment. Call Travis at 309-268-8191 for more information.

**2994 Sec. AX** Saturday 1/24, 9AM-1PM  
**2995 Sec. BX** Friday 1/30, 12:30-4:30PM  
**2996 Sec. CX** Saturday 2/21, 9AM-1PM  
**2997 Sec. DX** Friday 2/27, 12:30-4:30PM  
**2998 Sec. EX** Saturday 3/21, 9AM-1PM  
HCC SCB Rm 2002

**\$22 (per exam section)**

## Temperament Types & Client Needs

### PROFDVLP 1664

This seminar introduces eight basic temperament types of clients based on studies regarding Extroversion/Introversion and the work of David Keirsey's four temperament types. Discuss what motivates clients, strengthens self-esteem and expected barriers to health all within the framework of individual temperament. Practice indirect application through small group work. 2.0 CEUs are awarded after completion of the seminar to Social Workers and Counselors. CEUs are approved by the Illinois Department of Financial and Professional Regulation. (2.0 CEUs)

**Jonathan Fraser-Lindsey**  
**2423 Sec. A** Saturday 3/21, 9-11AM, HCC WDC Rm 1402  
**\$40**

## How Trauma Affects Perception

### PROFDVLP 1666

This seminar will look at how traumatic experiences can change an individual's perception of the world. Current theory suggests that by addressing the individual's worldview, you can alleviate PTSD symptoms. Discussion of how worldview is changed, techniques to address altered perceptions and the opportunity to practice this knowledge will be covered. 2.0 CEUs are awarded after completion of the seminar to Social Workers and Counselors. CEUs are approved by the Illinois Department of Financial and Professional Regulation. (2.0 CEUs)

**Jonathan Fraser-Lindsey**  
**2836 Sec. A** Saturday 2/21, 9-11AM, HCC NRC Rm 1102  
**\$40**

## Career Ready 101

### PFDCE 1030, 1031 & 1032

This class gives you access to the online self-paced training. The online training is a part of Career Ready 101 to help prepare for the NCRC Assessment (KeyTrain) exam in order to earn an NCRC Plus certificate. This class can help you improve your score through online sessions teaching you what you need to know for the test. Through this class, you will have access to the online material for 6 months including access to two pretests for each subject. Call 309-268-8191 for more information or to enroll.

- Applied Math
  - Locating Information
  - Reading For Information
- \$15 per subject**

## HealthCare Provider CPR

### PROFDVLP 1607

This course reinforces healthcare professionals' understanding of the importance of early CPR and defibrillation, performing basic steps of CPR, relieving choking, using an AED and the role of each link of the Chain of Survival. This course will prepare healthcare professionals to perform CPR in both in and out of hospital settings.

**HCC Instructor**  
**2466 Sec. A** Saturday 2/28, 8AM-12PM, HCC NRC Rm 1102  
**\$75 (includes text)**



## PNMT Headache Seminar

### PROFDVLP 1728

In this seminar, you'll learn important information to understand the different types of headaches and the neurophysiology behind them. You will be fascinated with the current research and see the immediate usefulness of manual therapy in dealing with the soft-tissue component of headaches. 3.0 CEUs available for licensed massage therapists. (3.0 CEUs)

**Doug Nelson**  
**2799 Sec. A** Thursday 3/12, 6-9PM, HCC ACEC Rm 2101  
**\$60**



**HEARTLAND**  
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## How to get your employer's support for taking a class:

### Stress the benefits.

Show how the additional skill training will make you a more productive employee who can help the organization meet its goals.

### Put the information at their fingertips.

Highlight the classes that will boost your effectiveness so your supervisor can find all the key information in a snap.

### Emphasize the ROI.

Remind your boss that taking advantage of top-quality training available locally saves time and money.

Your Path to  
**Business Solutions**

## Real Colors

### PROFDVLP 1684

Real Colors is grounded in the personality theory of Carl Jung, an early 20th century Swiss psychiatrist and is based on the research of Myers-Briggs and Keirsey-Bates. This class combines experience-based research and complex psychological theory into an understandable, four-color system. The color system allows you to apply the information easily on a daily basis. This class includes interactive training. Through participation you will be able identify your own temperament. After this course, you will be able to identify the temperament of those around you accurately and quickly. This class is great for the young professional and those looking to begin career training.

**Aimee Ingalls**

**2470 Sec. AP**

**Thursday 2/19, 8AM-12PM, Heartland Pontiac Center  
Rm 201**

**\$60**

## Real Colors, Real Leadership

### PROFDVLP 1685

This training is designed to successfully and strategically allow you to use the Real Colors concepts anytime you find yourself in a leadership role. The training helps you recognize each color's leadership strength assists you in developing a plan to successfully lead each color. The strength of a great leader is not in dictating the process of creating success but rather in allowing each color to use the process to succeed. This class is great for the young professional and those looking to follow up the Real Colors course.

**Aimee Ingalls**

**2474 Sec. AP**

**Thursday 2/26, 8AM-12PM, Heartland Pontiac Center  
Rm 201**

**\$65**

## Skills for Excellent Customer Service

### PROFDVLP 1686

Folks on the front lines of our local business, organizations and agencies must stand ready to meet customer needs. Effective customer service helps to ensure the health of an organization and healthy organizations keep our community thriving. Customer service is inextricably linked to community and economic vitality. This program is designed to help you see the importance of delivering excellent customer service for your individual development as well as the success of your business and community.

**Aimee Ingalls**

**2478 Sec. AP**

**Thursday 3/19, 9AM-5PM, Heartland Pontiac Center  
Rm 201**

**\$85**



# computer skills

## Getting Started with Computers

**COMPNCR 1083** \$\$

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

**Kay Bowen**

**2318 Sec. A** Tuesday 2/3, 9AM-12PM, HCC WDC Rm 1404

**Jennifer Crones**

**2652 Sec. AL** Friday 1/30, 9AM-12PM,  
Heartland Lincoln Center Rm 112

**\$55 (includes materials)**

**\$50 discount fee (see page 61 for details)**

## Getting Started with Computers II

**COMPNCR 1022** \$\$

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

**Kay Bowen**

**2314 Sec. A** Tuesdays (4 sessions), 2/10-3/3, 9AM-12PM,  
HCC WDC Rm 1404

**Jennifer Crones**

**2655 Sec. AL** Fridays (4 sessions), 2/6-2/27, 9AM-12PM,  
Heartland Lincoln Center Rm 112

**\$125 (includes text)**

**\$113 discount fee (see page 61 for details)**

## Getting Started with Keyboarding

**COMPNCR 1294** \$\$

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

**Cheryl Belligio**

**2563 Sec. A** Tuesdays (6 sessions), 1/27-3/3, 6-7:30PM,  
HCC NRC Rm 1104

**\$95 (includes materials)**

**\$86 discount fee (see page 61 for details)**

## Getting Started with Keyboarding II

**COMPNCR 1316** \$\$

Increase your typing speed and improve your accuracy in this intermediate class. You will review touch-typing techniques and also learn to type numbers and symbols. Proofreading skills such as punctuation usage and grammar rules are taught, as well as formatting of basic business documents using Word. There is plenty of practice time in order to encourage proper typing and increase your speed. This class is intended to increase your speed to 35 wpm, which is a minimum requirement for most clerical and office jobs. Prerequisite: Completion of "Getting Started with Keyboarding" or equivalent experience.

**Cheryl Belligio**

**2560 Sec. A** Tuesdays (5 sessions), 3/10-4/7, 6-7:30PM,  
HCC NRC Rm 1104

**\$84 (includes materials)**

**\$76 discount fee (see page 61 for details)**

## Getting Started with Windows 7

**COMPNCR 1639** \$\$

The more you learn about Windows 7, the easier it will be to operate your computer. Learn how to organize your files, personalize your computer, use the ribbons and gadgets and find where the games are stored.

**Kay Bowen**
**2310 Sec. A**
**Tuesdays (3 sessions),  
3/10-3/24, 9AM-12PM,  
HCC WDC Rm 1404**
**\$119 (includes text)**
**\$107 discount fee (see page 61 for details)**

## Getting Started with Windows 8

**COMPNCR 1887** \$\$

Windows 8 is Microsoft's new operating system. Familiarize yourself with features such as the two page spread format, touch screen and Charm Bar. You will learn to use the basics including how to manage files and how to start an app.

**Jennifer Schoppe**
**2618 Sec. A**
**Thursday 2/19, 6-9PM,  
HCC NRC Rm 1103**
**\$95 (includes text)**
**\$86 discount fee (see page 61 for details)**

## Getting Started with an iPad

**COMPNCR 1749** \$\$

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

**Joseph Bracco**
**2704 Sec. AL**
**Wednesdays (2 sessions),  
3/4-3/11, 6-9PM,  
Heartland Lincoln Center  
Rm 112**
**2707 Sec. AP**
**Mon (2 sessions),  
4/13-4/20, 6-9PM,  
Heartland Pontiac Center  
Rm 220**
**Jennifer Schoppe**
**2621 Sec. A**
**Tue/Thu (2 sessions),  
4/28-4/30, 6-9PM,  
HCC NRC Rm 1103**
**\$90 (includes text)**
**\$81 discount fee (see page 61 for details)**


### Teachers!

Watch for the apple signs! 🍏 They indicate courses that have been approved for Continuing Professional Development Units (CPDUs) by the Illinois State Board of Education. **Please inform the instructor when taking a class for CPDUs.**

## TAKE YOUR TEAM TO THE NEXT LEVEL!

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Heartland Community College Campus  
1500 W. Raab Road, Normal

**(309) 268-8700**  
[www.ChallengerLearningCenter.com](http://www.ChallengerLearningCenter.com)

# Welcome to the Mac

COMPNCR 1629 **\$\$**

Use the Mac mouse, explore the menu bars and desktop, and see how files are stored and how to find them. Use iCal for scheduling with the address book and explore the entertainment applications. If you are a PC user, you will even learn how to run Windows on a Mac. We are using Lion OS. (9 CPDUs) 🍏

Jacqueline Langhoff

2713 Sec. A Saturdays (3 sessions), 2/21-3/7, 9AM-12PM,  
HCC ICN Rm 1101

\$125 (includes text)

\$113 discount fee (see page 61 for details)

# Build Your Own PC

CMPCE 1001

Build a computer from the ground up. In this class, you assemble working computers from base components. Learn about various computer parts, their functions and how you can effectively connect the parts into a working machine. You also gain valuable hardware and software troubleshooting skills. At the end of class, you will have the skills and confidence to buy your own components and build your own custom PC.

Matthew Meins

2721 Sec. A Saturday (3 sessions), 3/14-3/28, 9AM-12PM,  
HCC WDC Rm 2007

\$90 (includes materials)

# Surf Safe Now - Internet Safety for the Family

COMPNCR 1681

Learn to protect your computer, your information and yourself. Topics include firewalls, virus protection, secure passwords and more. Explore what is great about the Web. Bring the whole family for one low price.

Jennifer Crones

2661 Sec. A Saturday 2/14, 10AM-12PM, HCC WDC Rm 1405  
\$45 (per family, please register each family member attending)

# Digital Scrapbooking

COMPNCR 1834

Discover how Photoshop Elements can be used to design beautiful scrapbook pages that can be printed, bound into books or shared electronically. Learn basic editing techniques using digital papers, embellishments, etc. Bring 5-10 digital photos on a memory card or flash drive. No prior knowledge of Photoshop Elements is necessary.

Jaime Skaggs

2671 Sec. A Mon/Wed (2 sessions), 2/16-2/18, 6-9PM,  
HCC WDC Rm 1405

2666 Sec AP Mon/Wed (2 sessions), 4/13 - 4/15, 6-9PM,  
Heartland Pontiac Center Rm 214

\$65

# Guided Path to Computer Educational Success

We recognize that each student's computer knowledge and educational needs are different. This guide provides suggestions to help you determine which classes will best meet your goals.

These classes are designed to help you:

- gain computer knowledge and confidence to improve your skills at work or home
- gain access to clerical and professional job opportunities
- create a portfolio suitable for job interviewing or promotion consideration

Upon completion of any of these classes, you may call our office at (309) 268-8160 and request a certificate of completion or a noncredit transcript that you may give to your employer for reimbursement or present to a potential employer to demonstrate that you have attended these classes.

## Are you new to computers?

- Getting Started with Computers I or II
- Introduction to Office

## Are you learning for home use?

- Welcome to the Mac
- Getting Started with an iPad

## Are you entering the workforce, looking for a new job or looking for career enhancement?

- QuickBooks (small business, bookkeeping)
- iPhone App Development
- Android Application Development
- Word
- Excel

## Does your employer require these specific skills or are you looking to expand your skill base?

- Access
- ITIL
- Cisco
- Project Management
- Android Application Development
- Social Media Marketing Certificate

## Create Your Own Photobook

### COMPNCR 3001

Preserve your priceless photos for generations to come. Digital photobooks are today's alternative to the traditional photo album. Learn how to use a popular photobook making website to create professionally printed and bound photo books from your own digital photos.

**Jaime Skaggs**

**2668 Sec. A** Mon/Wed (2 sessions), 3/9-3/11, 6-8PM,  
HCC WDC Rm 1405

**\$45 (includes materials)**

## Home 3D Printing Basics

### COMPNCR 1994

3D printing is a revolutionary technology that will change the way we think about printing. If you are considering buying a 3D printer or just want to know more about this exciting technology, this class is for you. We will introduce you to operating a home 3D printer and you will experience the printer in action as it prints out a model.

**Lawrence Butts**

**2429 Sec. A** Tuesday 2/17, 6-8PM, HCC Rm TBA

**\$45**



## Open Computer Lab

*Need practice time for your class? Use Heartland's open computer lab in the Student Commons Building. All of the computers have MS Office and Internet access.*

*For the schedule and more information, call (309) 268-8410 or visit online at [www.heartland.edu/asc](http://www.heartland.edu/asc)*

## Microsoft Applications

## Introduction to Office

### COMPNCR 1001 \$\$

If you are familiar with using computers and thinking about getting back into the workforce, changing jobs or perhaps using computers for your own personal or business use, this class will assist you in learning about some popular business applications. You will get hands-on experience with Windows 7 and Microsoft Office 2010 products including Word, Excel, PowerPoint and Outlook.

(9 CPDUs) 🍏

**Greg Peterson**

**2679 Sec. A** Tuesdays (3 sessions)  
1/27-2/10, 6-9PM,  
HCC ICN Rm 1002

**\$105 (includes materials)**

**\$95 discount fee (see page 61 for details)**

## Word Introduction

### CMPCE 1005 \$\$

This course covers basic operation of Word 2010 so you become more productive and proficient with word processing for work needs or personal use. Topics include using the Office ribbon and toolbar commands; creating documents using various commands including cut, copy and paste; formatting with colors and shading; creating tab stops and bulleted lists; creating tables and working with forms.

(9 CPDUs) 🍏

**Greg Peterson**

**2725 Sec. A** Tuesdays (3 sessions)  
2/17-3/3, 6-9PM,  
HCC ICN Rm 1002

**Jennifer Crones**

**2730 Sec. AP** Fridays (3 sessions),  
3/6-3/20, 9AM-12PM,  
Heartland Pontiac Center  
Rm 214

**\$130 (includes text)**

**\$117 discount fee (see page 61 for details)**

## Word Intermediate

### CMPCE 1006 \$\$

Continue exploring various features of Word 2010 and gain intermediate skills for work or personal use. Increase desktop publishing knowledge by creating a newsletter and brochure using WordArt, Clip Art, SmartArt, graphics and setting up multiple columns. Other topics include using tables to organize lists and reports with calculated totals, working with long documents using headers, footers and page breaks and setting up a research paper with endnotes, footnotes and captions. Prerequisite: completion of Word Introduction or equivalent. (9 CPDUs) 🍏

**Greg Peterson**

**2735 Sec. A** Tuesdays (3 sessions),  
3/10-3/24, 6-9PM,  
HCC ICN Rm 1002

**\$130 (includes text)**

**\$117 discount fee (see page 61 for details)**

## Excel Introduction

**CMPCE 1008 \$\$**

This course is designed primarily for beginners but long-time spreadsheet users also learn many valuable hints and techniques for more efficient use of spreadsheets at work or home. Topics include creating and editing worksheets using cut, copy, paste and fill commands to create spreadsheets faster. You create a wide variety of formulas using relative and absolute addressing (formulas using the \$) and some of the popular built-in functions. Customizing reports and visually representing data with charts and graphs will also be covered. (12 CPDUs) 🍏

**Jennifer Schoppe**

**2751 Sec. A Tue/Thu (4 sessions),  
1/27-2/5, 6-9PM,  
HCC NRC Rm 1103**

**\$149 (includes text)**

**\$134 discount fee (see page 61 for details)**

## Excel Intermediate

**CMPCE 1009 \$\$**

This course covers a variety of features of Excel to gain intermediate business and home skills. Topics include managing multiple-page worksheets by locking important rows and columns on the screen and getting larger reports to print properly with headers and footers, page breaks and other printing techniques. Other topics include setting up multiple sheet workbooks, creating a master budget and using passwords and protection commands, assigning names to cells, organizing reports using tables that can be sorted, filtered and subtotaled and spicing up reports with graphics and SmartArt. Prerequisite: Completion of Excel Introduction or equivalent (9 CPDUs) 🍏

**Jennifer Schoppe**

**2754 Sec. A Tue/Thu (3 sessions),  
2/10-2/17, 6-9PM,  
HCC NRC Rm 1103**

**\$130 (includes text)**

**\$117 discount fee (see page 61 for details)**

## Excel Advanced

**CMPCE 1010 \$\$**

This course covers the more complex features in Excel allowing you to fully utilize this powerful software at home or work.

Topics include:

- Creating and revising Pivot Tables that summarize large lists of data into clear and meaningful reports
- Using macros to simplify repetitive tasks
- Performing more advanced financial and data analysis by using the Lookup and If functions
- Auditing and tracing formulas
- Sharing data with others
- Tracking document changes
- Using Excel with other programs.

Prerequisite: Completion of "Excel Intermediate" or equivalent. (12 CPDUs) 🍏

**Jennifer Schoppe**

**2757 Sec. A Tue/Thu (4 sessions),  
2/24-3/5, 6-9PM,  
HCC NRC Rm 1103**

**\$149 (includes text)**

**\$134 discount fee (see page 61 for details)**

# INDUSTRY CERTIFICATION PREPARATION

## ONLINE WEBINAR TRAINING CENTER

In partnership with

**OMNIKRON**  
UNIVERSITY

we are pleased to offer **online** virtual training in:

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- **ITIL Service Management 101**
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Courses are offered at scheduled or customized times and delivered through a LIVE virtual classroom via WebEx which really keeps our students engaged!

**For more information call (309) 268-8160.**

## PowerPoint Introduction

**COMPNCR 1526** \$\$

Learn how to design and format presentations or slide shows by using the powerful features of PowerPoint 2010. Add pictures, text, sound, animation, graphics, charts or diagrams to your presentation. It is great for family slideshows and work applications. PowerPoint is fun and easier than you think. (6 CPDUs) 🍏

**Greg Peterson**

**2676 Sec. A**    **Thursdays (2 sessions) 2/19-2/26, 6-9PM,**  
**HCC NRC Rm 1104**

**\$99 (includes text)**

**\$89 discount fee (see page 61 for details)**

## PowerPoint Intermediate

**COMPNCR 1885** \$\$

Continue exploring PowerPoint features by learning to prepare speaker notes, adding headers and footers to slides and handouts, adding multimedia and movies. Find out how to use and format PowerPoint tables for slides with rows and columns. You will learn about the various timing methods and how to use document themes and master slides to make your slides consistent and professional.

(6 CPDUs) 🍏

**Greg Peterson**

**2673 Sec. A**    **Thursdays (2 sessions) 3/5-3/12, 6-9PM,**  
**HCC NRC Rm 1104**

**\$99 (includes text)**

**\$89 discount fee (see page 61 for details)**

## Web Design

### Web Site Creation Using WordPress

**COMPNCR 1724**

This course teaches you how to build a self-hosted, custom website. You'll go from choosing a domain name to installing WordPress.org and designing a site that's beautiful and functional. Students are encouraged to bring their own laptops to class. There will be an additional fee paid directly to GoDaddy for hosting and domain name. Knowledge of basic computer skills required.

(10 CPDUs) 🍏

**Laura Olshak**

**2454 Sec. A**    **Tuesdays (4 sessions), 2/3-2/24, 6-8:30PM,**  
**HCC WDC Rm 1404**

**\$115 (includes materials)**

### WordPress Advanced

**COMPNCR 1766**

Take your WordPress.org sites to the next level. Learn about advanced design techniques, slideshows, magazine templates and more. Extensive one-on-one assistance is given. Students must come to the first session with an existing self-hosted WordPress.org site that they have managed for 3+ months. Please contact the instructor with any questions. (5 CPDUs) 🍏

**Laura Olshak**

**2455 Sec. A**    **Tuesdays (2 sessions), 3/17-3/24, 6-8:30PM,**  
**HCC WDC Rm 1404**

**\$75 (includes materials)**

### Introduction to Java Programming

**COMPNCR 1499** \$\$

This course introduces you to the basic problem solving and program design skills that are used to create object oriented programming in Java. Collection interface, Generic, GUI components, Multithreading, event driven programming, JDBC with all other key features of Java 7.0 programming are covered in this course. Case study and examples describing the essential concepts will be based on preparing for Sun certification in Java.

**William Warner**

**2328 Sec. A**    **Tuesdays (10 sessions), 1/27-3/31, 6-9PM,**  
**HCC ICN Rm 1001**

**\$310 (includes text)**

**\$279 discount fee (see page 61 for details)**

### Web Development Using ASP.NETMVC

**COMPNCR 1912** \$\$

This course covers the basics of designing, developing and hosting web based applications using ASP.NET 4.5, C#, and SQL Server. Microsoft Visual Studio IDE is used to develop websites using ASP.NET framework. Dynamic content generation will be explained with Ajax. Developing end to end applications and consuming the available web services will be covered with exercises. Prior C or C++ knowledge required.

**William Warner**

**2330 Sec. A**    **Thursdays (10 sessions, does not meet 2/26),**  
**1/29-4/9, 6-9PM, HCC ICN Rm 1001**

**\$259 (includes text)**

**\$234 discount fee (see page 61 for details)**

## Publishing

## InDesign CS6 Essentials

COMPNCR 1677 **\$\$**

The best artists use the best tools. InDesign is an essential tool for design firms, ad agencies, magazines, newspapers, book publishers and freelance designers around the world. Learn the core features and techniques that make this powerful page layout application fun and easy to use. The hands-on applications teaches you how to navigate and customize the workspace, manage documents and pages, work with text frames and graphics, export and print finished documents, explore creating interactive documents and much more.

(6 CPDUs) 🍏

Kristi Kern

2443 Sec. A

**Mondays (2 sessions),  
2/23-3/2, 6-9PM,  
HCC WDC Rm 1404**

\$75

\$68 discount fee (see page 61 for details)

## InDesign CS6 Essentials II

COMPNCR 3027 **\$\$**

Now you're ready to take your design skills up a notch. Expanding on the tools and capabilities in Adobe InDesign CS6, you go deeper into the core features and techniques of this powerful page layout application. There will be plenty of hands-on time to work with documents, pages, text frames, graphics and more that you started in the InDesign CS6 Essentials class.

Kristi Kern

2446 Sec. A

**Mondays (2 sessions),  
3/9-3/16, 6-9PM,  
HCC WDC Rm 1404**

\$75

\$68 discount fee (see page 61 for details)

## Illustrator CS6 Essentials

COMPNCR 1673 **\$\$**

Turn out professional-looking graphics for web or print with Adobe Illustrator software. Through practical exercises, become proficient in the premier program for line art, logos, vector graphics and quick page layout as well as tricks to keep work clean and professional. We will cover, in depth, all the basics which will allow you to start making professional looking graphics immediately.

Kristi Kern

2449 Sec. A

**Mondays (2 sessions),  
3/23-3/30, 6-9PM,  
HCC WDC Rm 1404**

\$75 (includes materials)

\$68 discount fee (see page 61 for details)

## Financial

## QuickBooks I

COMPNCR 1048 **\$\$**

Designed for business professionals rather than accountants, QuickBooks assists you in staying organized with your business financial records. Topics include setting up company records, creating invoices, processing payments, entering and paying bills and more.

Tiffany Worth

2630 Sec. AL

**Wed/Thu (2 sessions), 3/18-3/19, 6-9PM,  
Heartland Lincoln Center Rm 112**

\$115 (includes text)

\$104 discount fee (see page 61 for details)

## Income Taxes Made Easy

COMPNCR 1886

This course introduces you to basic tax forms and methods of preparation. It also provides you with knowledge on what records to keep and provides an understanding of personal income taxes and will benefit you whether you choose to prepare your own or to assist your tax prep professional. Among the topics covered will be a look at basic income tax forms, IRS history and available free and paid tax preparation programs.

Dana Mollohan

2682 Sec. AL

**Mon/Wed (2 sessions), 2/9-2/11, 6-8PM,  
Heartland Lincoln Center Rm 112**

\$55

## Digital Photography

Digital Photography Basics  
SLR Cameras**COMPNCR 1293** \$\$

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

**Kent Simpson****2226 Sec. A** Tue/Thu (4 sessions), 1/27-2/5, 5:30-8:30PM,  
HCC WDC Rm 1006**2229 Sec. B** Tue/Thu (4 sessions), 2/24-3/5, 9AM-12PM,  
HCC WDC Rm 1402**2232 Sec. C** Tue/Thu (4 sessions), 4/7-4/16, 5:30-8:30PM,  
HCC WDC Rm 1006**Jennifer Crones****2658 Sec. AP** Fri (4 sessions), 4/17-5/8, 9AM-12PM,  
Heartland Pontiac Center Rm 210**\$149 (includes text)****\$134 discount fee (see below for details)**Digital Photography Intermediate  
SLR Cameras**COMPNCR 1580** \$\$

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

**Kent Simpson****2245 Sec. A** Tue/Thu (4 sessions), 3/3-3/12, 5:30-8:30PM,  
HCC WDC Rm 1404**\$129 (includes materials)****\$116 discount fee (see below for details)**

## Photoshop Elements 10 Essentials

**COMPNCR 1241** \$\$

Live in the moment knowing you can easily turn your everyday snapshots into sensational photos. Adobe Photoshop Elements 10 helps you edit pictures with powerful, easy-to-use options and share them via print, the web, Facebook and more. This class is an easy and fun way to learn layer basics, photo retouching and image editing. If you want to create great images, this is the place to start.

**(6 CPDUs)** 🍏**Kristi Kern****2437 Sec. A** Mondays (2 sessions), 1/26-2/2, 6-9PM,  
HCC WDC Rm 1404**\$75 (includes materials)****\$68 discount fee (see below for details)**

## Photoshop CS6 Essentials

**COMPNCR 1031** \$\$

This course shows you how to use Adobe Photoshop to perform many different image processing techniques. In this course you learn to use several tools for selecting parts of images, move, duplicate and resize images, use layers, layer effects and filters, painting and blending and color modification, and create images of different formats for different applications. **(6 CPDUs)** 🍏

**Kristi Kern****2440 Sec. A** Mondays (2 sessions), 2/9-2/16, 6-9PM,  
HCC WDC Rm 1404**\$75 (includes materials)****\$68 discount fee (see below for details)**

## Multiple Computer Course Discount

Sign up for two or more computer classes and receive a 10% discount on each! Only those classes designated by the \$\$ symbol are eligible for the discount. You must register and pay for all the classes at the same time.

If you withdraw from a discounted class, you will no longer be eligible for the discounted price unless you have at least two discounted computer classes remaining on your schedule. We will refund the class fee minus the difference between the full price and discount price of the remaining class. If Community Education cancels the class, you will still be eligible for the discount price.

For more information, please call (309) 268-8160.

# take it ONLINE

Update your skills, discover a new talent or chart a career path at your convenience with our online courses. Interactive quizzes, assignments, tutorials and online discussion areas are available to supplement the lessons. Read your lessons and ask questions of your instructor at the times most convenient for you.

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Acquire new skills or gain knowledge in just six weeks! Most Ed2Go courses run for six weeks and consist of 12 lessons. Visit our Ed2Go website for more information.

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

## **Center for Legal Studies Online Classes — [www.legalstudies.com](http://www.legalstudies.com)**

Legal Secretary and Paralegal - Check website for dates. To register, click on "Illinois" and then choose Heartland Community College or call: (800) 522-7737.

## **JER Online — Workforce and Continuing Education Online Learning Courses [www.coursecatalog.com/hcce](http://www.coursecatalog.com/hcce)**

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

## **UGotClass — [www.yougotclass.org/catalog.cfm/Heartland](http://www.yougotclass.org/catalog.cfm/Heartland)**

In partnership with LERN, Community Education is now offering UGotClass online courses to help you grow, develop new or update current skills. Instructors are experts in their respective fields and have a passion for teaching and learning.

## **Online Commercial Food Equipment Repair Technician**

Master the skills you need to gain employment as a commercial food equipment repair technician! This engaging, interactive curriculum is available online 24-hours a day, 7 days a week. The course, which can be completed in 30 days or less, covers basic topics in electricity, gas and steam as well as an introduction to the commercial food equipment industry. You are guaranteed a job interview with an authorized service company after successfully completing the program. Sample the course at: [www.ignitorlabs.com/techniciantraining/heartland/](http://www.ignitorlabs.com/techniciantraining/heartland/)

## **Online Marketing Courses (OMCP Eligible) [www.heartland.edu/communityED/online.jsp](http://www.heartland.edu/communityED/online.jsp)**

The demand for qualified Online Marketers is growing daily and the demand for quality education is growing with it. Heartland Community College is now in partnership with Market Motive who offers web-based courses for sales and online marketing. Each course is OMCP certified (Online Marketing Certified Professional) and you can finish in as little as three months. All courses are 100% online, open enrollment, and designed for student success.

**For more information about online offerings,  
call (309) 268-8160.**

**[www.heartland.edu/communityEd/online.jsp](http://www.heartland.edu/communityEd/online.jsp)**

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**HCC**  
Heartland Community College  
1500 W Raab Rd  
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**CCB**-Community Commons Building  
**FRC**-Fitness & Recreation Center  
**ICB**-Instructional Commons Building  
**ICN**-Instructional Commons North  
**NRC**-Normal Readiness Center  
**SCB**-Student Commons Building  
**WDC**-Workforce Development Center

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

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

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

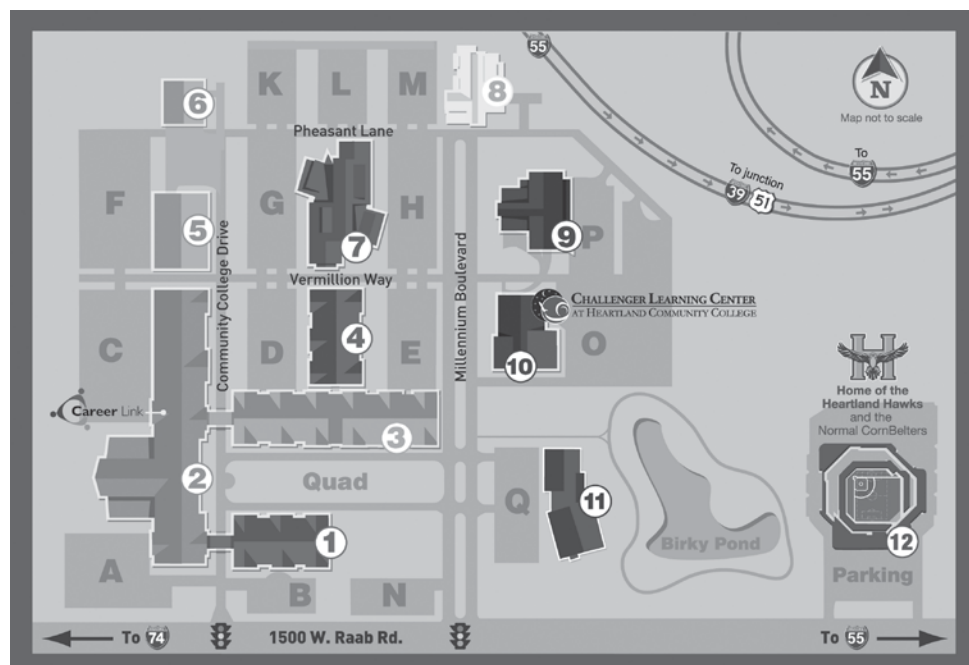
**Lincoln College**  
Scott Joslin Fitness Center Aerobics Room  
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**Mandalas at Normandy Village**  
1100 Beech St Bldg 13 Ste B  
Normal, IL 61761

**Swingers Grille**  
1304 Cross Creek Dr  
Normal, IL 61761

**The Hop Shoppe**  
1801 Industrial Park Drive  
Unit A  
Normal, IL 61761

**Touch Of Glass**  
606 1/2 Oglesby  
Normal, IL 61761

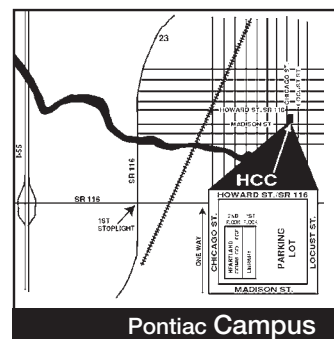


## Main Campus 1500 W Raab Rd, Normal IL

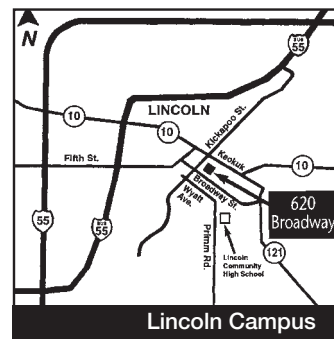
- |   |   |
|---|---|
| <b>1</b> Community Commons Building (CCB)     | <b>8</b> Child Development Lab (CDL)                |
| <b>2</b> Student Commons Building (SCB)       | <b>9</b> Fitness & Recreation Center (FRC)          |
| <b>3</b> Instructional Commons Building (ICB) | <b>10</b> Astroth Community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

## Thanks to our partners:

The Center for Legal  
Studies  
Condensed Curriculum  
International  
Dance Partners  
Hancock Fabrics  
Natural Pathways  
Omnikron University



Pontiac Campus



Lincoln Campus

# register now!

*Pre-registration is required for all classes.*  
**Classes fill quickly so register early!**



## **Online:**

Payment must be made by credit/debit card (MasterCard, Visa, Discover or American Express).  
Visit our website:



**[www.heartland.edu/communityEd](http://www.heartland.edu/communityEd)**



## **By Phone:**

**Call (309) 268-8160**

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



## **By Fax:**

Complete registration form. Payment must be made by credit/debit card (MasterCard, Visa, Discover or American Express). Fax completed form to:  
**(309) 268-7882**



## **By Mail:**

Mail the completed registration form along with full payment to:

**Community Education  
Heartland Community College  
1500 W. Raab Rd.  
Normal, IL 61761**



## **In Person:**

Bring completed form and payment to:

**Community Education  
Workforce Development Center  
Suite 2400  
Heartland Community College  
1500 W. Raab Rd., Normal, IL**

Office hours are:  
8:00AM - 4:30PM, Monday - Friday

## **Questions or suggestions?**

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

## **Registration Confirmation**

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

## **Age Appropriate Guidelines**

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

## **Fees**

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

## **Full or Canceled Classes**

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

## **Refund Policy**

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

## **Weather or Emergency Cancellation Policy**

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

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

*Angie — 268-8193*

*Kevin — 268-8178*

*Lauren — 268-8202*

*Laurie — 268-8179*

*Travis — 268-8191*