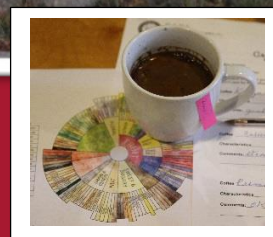
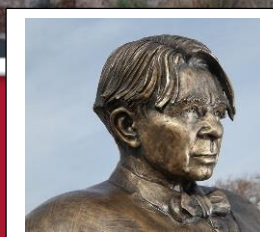
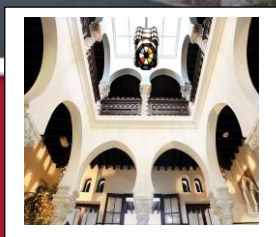
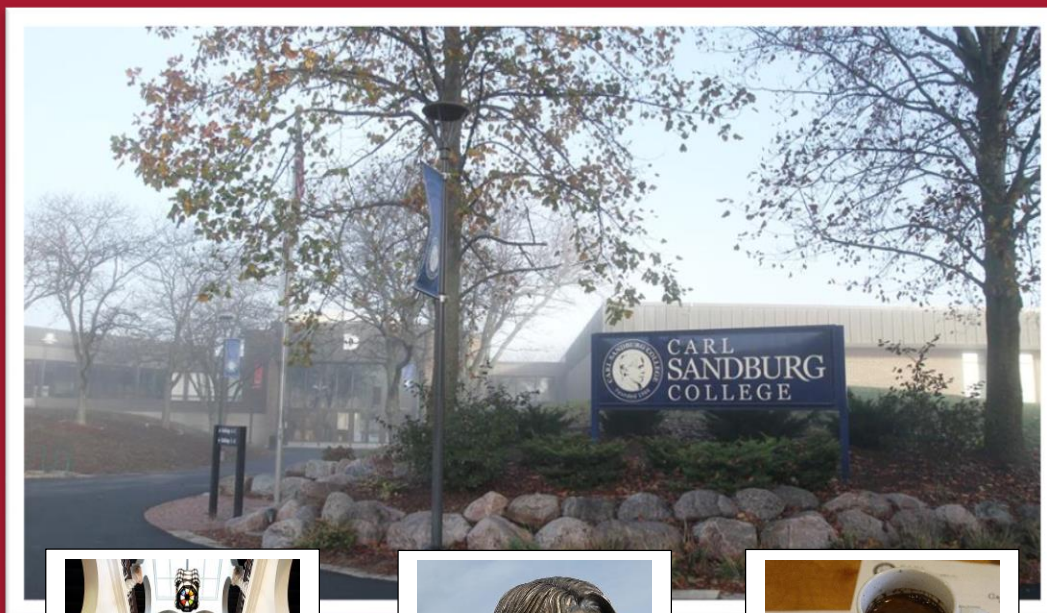


# SANDBURG

## Corporate & Leisure College 2016 Fall Schedule



Corporate & Leisure College  
Galesburg 309.345.3501  
Carthage 217.357.3129



As the children, young adults and adults begin a new school year, I am reminded of my first days of school with all the exciting possibilities and unanswered questions. Would I start each school day with a physical education class? How many hours of homework each evening? What if I can't get in my locker? Those same questions are no longer a part of my life, but I do still look forward to the start of each school year. It has always felt like a second New Year's Eve. The past is the past and one can welcome a new beginning. Stacks of school supplies in stores and the hint of a Fall smell outside can instantly transport me to the many times I hauled my over packed book bag into a classroom to see what adventures awaited.



There are many good things about working for a college, and one of my favorite aspects is capturing the same feelings from my school years. Thankfully, I am lucky enough to organize a schedule of community education classes and educational day trips. This gives me the chance to create opportunities of adventure for individuals. Plus, the great part about community education is it is for everyone. Community education can be in your life no matter the road you are currently on. It is my hope that individuals feel a sense of wonder and enthusiasm when they register for a class or day trip.

I am happy the Fall Corporate & Leisure College schedule has returning classes while also opening doors to new experiences. If you feel like hitting life's pause button, for just a few hours of escape, I encourage you to view our listing of educational day trips. There is a great mix offering unique travels and discoveries you will be discussing long after you arrive home.

In addition to our leisure classes and day trips, we offer customized trainings for area organizations. Classes in computer technology, forklift safety, professional development and more can be taken on campus or at the company site for convenience. As always, Corporate College's goal is to deliver needed education to ensure employees' success and increase business productivity.

It is Carl Sandburg College's 50<sup>th</sup> year anniversary. Celebrations lead to reflection. The start of the new school year may have you reminiscing about your own classroom experiences. We welcome you to join us and add to your collection of memories. I think you will be surprised how much fun is waiting. See you soon!

Stacey Rucker '97  
Director, Corporate & Leisure College  
309.341.5330 srucker@sandburg.edu

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**Website:**

[www.sandburg.edu/corp-leisure-college](http://www.sandburg.edu/corp-leisure-college)



**Facebook:**

[www.facebook.com/sandburgcorporateleisure](http://www.facebook.com/sandburgcorporateleisure)



# Corporate & Leisure College

## Registration



**ONLINE:** [www.sandburg.edu/corp-leisure-college](http://www.sandburg.edu/corp-leisure-college)  
(select "Registration Info" under Related Links)



**BY PHONE:** Galesburg, 309.345.3501  
Carthage, 217.357.3129



**IN PERSON:** Carl Sandburg College, Center for Manufacturing Excellence  
2051 Tom L. Wilson Blvd., Galesburg, IL 61401

Carl Sandburg College, Branch Campus, 305 Sandburg Dr.,  
Carthage, IL 62321

### ***Protect Yourself from Common Scams***

#### ***Free presentation -***

Detective Todd Olinger with the Special Operations Division of the Galesburg Police Department will be at Sandburg's Center for Manufacturing Excellence on Wednesday, August 17 for a one-hour presentation on how to protect yourself against common scams. Included in Detective Olinger's discussion will be Ponzi schemes, foreign lottery scams, fake check scams, elderly fraud, home repair fraud, IRS scams, and re-shipping scams. A question and answer session will conclude the program. Afterwards, there will be a brief presentation about Corporate & Leisure College. In this presentation you can discover more details about upcoming Fall classes and educational day trips. Participants will have an opportunity to share their class ideas and destinations of interest. Stacey Rucker, director of corporate & leisure college, will provide the overview and welcome questions. No cost, however, pre-registration is required. Please register by August 16.

Main Campus, Galesburg  
Center for Manufacturing Excellence  
W, 8/17/16  
10:00 a.m. - 11:30 a.m.  
Free, CIS C80 600

### ***Cancellation Policy:***

Sandburg's Corporate & Leisure College reserves the right to cancel classes or educational day trips because of registration numbers or due to other circumstances. During weather related events, individuals may be prevented from entering campus or off-campus Sandburg facilities. Notice of a decision to close or delay opening Sandburg will be communicated as quickly as possible through local radio/TV stations, postings to the Sandburg website, and Facebook pages. For most Leisure College classes, a 100% refund is given up to 24 hours prior to the start of a class. Our complete cancellation and refund policy may be reviewed at the Corporate & Leisure College website page.

[www.facebook.com/sandburgcorporateleisure](http://www.facebook.com/sandburgcorporateleisure)





# Educational Day Trips

*I anticipate day trips with Carl Sandburg College just like school field trips when I was young. I enjoy learning and the camaraderie of others who are curious and a bit adventurous. --Pam*

## Galena

We will start the day with a tour of President Grant's home and a brief visit to The Market House. From there, it is a foodie's delight as we travel to Galena's Main Street for lunch and a chance to visit several food shops along the way. We will eat lunch at the Galena Brewing Company, established in 2009. Afterwards, we will make our way to The Grateful Gourmet, the Popcorn Factory, Galena Canning Company, Galena's Kandy Kitchen, and additional shops! In each location, you will see how a food item is created or have an opportunity to inquire about products and pick-up cooking tips. You may even catch a few tasty samples! By 3 p.m., we will leave Main Street for a short walk to Commerce Street for an 80-minute cooking demonstration with the Breakfast Diva, Susan Steffan. Susan is the owner-innkeeper of Farmers Guest House, an award winning bed and breakfast. She was also a contestant on the Food Network's Holiday Baking Championships

and the winner of the BeadandBreakfast.com Best Breakfast in the North America Competition. Cooking tips, hints, and laughs will be shared as the audience gets to participate and join in on the fun! The class concludes with tastings of everything prepared during class. Cost includes transportation and admission to activities. Lunch and shopping expenses are at your own cost. Space is limited, minimum of 10. Please note this educational day trip has an early registration date of Friday, August 19. Exact cancellation date to be determined, a substitute will be able to attend after the provided cancellation date. Please wear comfortable walking shoes. Shuttle bus departs from Carl Sandburg College's Center for Manufacturing Excellence, 2051 Tom L. Wilson Blvd., Galesburg. Sa, 9/17/16  
7:00 a.m. - 6:00 p.m.  
\$99, CST C01 600

## Bloomington

Known for their farm-to-table restaurants, Epiphany Farms Enterprises utilizes sustainable, organic, environmentally friendly farming techniques. We will start with a tour of Epiphany Farms and then head to their restaurant, Anju Above, for lunch. (Note: In the event of rain, we will not tour Epiphany Farms. Another activity will be chosen). Neapolitan pizzas, sushi, and Asian dumplings are just a few of the items you will find on the Anju Above menu, which includes all locally grown cuisine. Following lunch, we will receive a behind the scenes curtain tour of the Bloomington Center for the Performing Arts. The Center offers dance, musical, and theatre performances throughout the year. Visitors will have a chance to view the neo-Classical design and learn about the Center's history. We then head to Ewing Cultural Center for a tour of Ewing Manor, Bloomington's only castle. We end the day with a tour of The Chocolatier to watch chocolate



# Day Trips continued

candies being hand-dipped. The shop offers a wide variety of treats to satisfy your sweet tooth! Cost includes transportation and admission to activities. Lunch and shopping expenses are at your own cost. Space is limited, minimum of 10. Registration required by Friday, September 30. No cancellations past 9/30/16; however, a substitute can attend. For this educational day trip we will be walking long distances. Please wear comfortable walking shoes with good tread. You may wish to dress in clothing layers as we will vary our travel destinations throughout the day. Shuttle bus departs from Carl Sandburg College's Center for Manufacturing Excellence, 2051 Tom L. Wilson Blvd., Galesburg. M, 10/10/16  
8:00 a.m. - 6:00 p.m.  
\$75, CST C01 601

## Delavan / Lincoln



Begin the day with breakfast or lunch at the Harvest Café. Located in historic downtown Delavan, the Harvest Café specializes in a farm-to-table restaurant experience using meats and produce from area farms. We will then travel to Lincoln, Illinois and visit the

Lincoln Heritage Museum, located on the campus of Lincoln College. Through audio-videos, attractive graphics, and realistic 19<sup>th</sup>-century room recreations, the visitor is drawn into Lincoln's life through a "life review" of his experiences and memories. The visitor is encouraged to touch objects as they light up to view video and still images and hear voices from the past narrate the scenes using authentic first-person accounts. The tour is self-guided and lasts approximately one hour and 15 minutes. From there, we will travel to a replica of the Postville Courthouse. Built in 1953, the building is a close replica of the 1840 courthouse used by lawyer Abraham Lincoln. This tour will be about 25 minutes. Before leaving Lincoln, we will stop at the Rail-splitter Covered Wagon. The Guinness Book of World Records lists the wagon as the largest in the world! Meal and shopping expenses are at your own cost. Space is limited, minimum of 10. Registration required by Wed, October 5. No cancellations past 10/5/16; however, a substitute can attend. Please wear comfortable walking shoes. Shuttle bus departs from Carl Sandburg College's Center for Manufacturing Excellence, 2051 Tom L. Wilson Blvd., Galesburg. Sa, 10/15/16  
9:30 a.m. - 6:00 p.m.  
\$65, CST C01 602

## The Orpheum Theater



The crown jewel of Galesburg is celebrating 100 years: The Orpheum Theater. Take a group tour and learn about the beautiful theater's history. Stand on the stage and pause to imagine you are Fanny Brice, Houdini or George Burns. Seeing the historic theater will lead you down memory lane. Do you recall when western movies were shown for no charge on Saturday mornings? Remember the great performances you have seen and find out what will be in the future! Individuals who register for and complete the one-hour tour will have their name entered into a drawing for a chance to win two free tickets to any upcoming Orpheum Theater show. The Orpheum Theater  
57 S. Kellogg St., Galesburg  
Th, 10/27/16  
10:00 a.m. - 11:00 a.m.  
\$5, CST C73 600

*The day trips offered by Carl Sandburg College are very interesting. Where else can you take a trip to a museum and visit with King Tut? The Anderson Japanese Gardens were fabulous. The peaceful setting of the gardens was so inspirational. I walked away feeling my mind was at rest and my body calm. The food served at their restaurant was delicious. I plan on taking more trips through Carl Sandburg College, a jewel of a school. --Renee*

# Day Trips continued

## Quincy



The first tour stop will be a visit to Underbrink's Bakery, in business since 1929, creating made-from-scratch baked good. We will learn about Claude Underbrink opening the shop and see the original display cases, antique ovens, and baking tools from the 1930s. A fabulous sweet tray with bakery samples will also be provided. From there, we will take a self-guided tour through St. Francis Church adorned with interior murals and white marble. The church opened in 1884 and has a Gothic Revival style. Afterwards, it is time for lunch at Tiramisu, in downtown Quincy, featuring Italian cuisine. Following lunch, we visit two historic homes on Maine Street for tours. A stop at the Villa Kathrine completes the day. Built in 1900, The Villa was a residence modeled to look like a castle. It now houses the Quincy Area Convention & Visitors Bureau. Cost includes transportation and entrance to activities. Lunch and shopping expenses are at your own cost. We will be walking long distances for this educational day trip. Please wear comfortable walking shoes with good tread. Space is limited, minimum of 10. Registration required by Tuesday, October 18. No cancellation past 10/18/16; however, a substitute

can attend. Shuttle bus departs from Carl Sandburg College's Center for Manufacturing Excellence, 2051 Tom L. Wilson Blvd., Galesburg. F, 10/28/16  
8:00 a.m. - 5:15 p.m.  
\$75, CST C33 600



Villa Kathrine

## Peoria - Festival of Lights Tour, Fired Up Pottery, The Spotted Cow Tour



Join us for a fun tour of the Festival of Lights building in East Peoria. See the fabulous floats being created and learn about the design process. The tour will be about an hour in length. At 11 a.m., we will head over to Firehouse Pizza for a delicious lunch buffet featuring the salad bar, pizzas, a soft drink and dessert. Succeeding lunch, we will travel to Fired Up! where you will have a chance to paint a pottery piece. (You may choose from their selection of pottery, ranging in price from \$8 to over \$40. Pottery

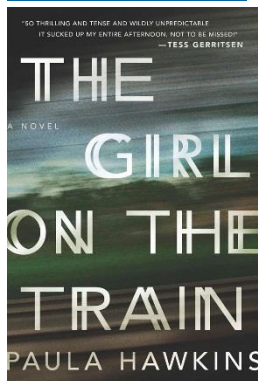
will be ready for pick up 7 - 10 after our visit. You will be notified when your painted pottery is available for pick-up at Sandburg's Center for Manufacturing Excellence). After you have created a masterpiece, we will visit The Spotted Cow Creamery & Creations for a behind-the-scenes look at the popular destination. Cost includes transportation, lunch and admission to activities. Pottery fee must be paid at the time of painting and is payable to Fired Up Pottery. Space is limited, minimum of 10. Registration required by Friday, October 21. No cancellations past 10/21/16; however, a substitute can attend. Please wear comfortable walking shoes. Shuttle bus departs from Carl Sandburg College's Center for Manufacturing Excellence, 2051 Tom L. Wilson Blvd., Galesburg. W, 11/2/16  
9:00 a.m. - 4:00 p.m.  
\$70, CST C69 600

## Peoria - Riverfront Museum: Titanic Exhibit, Kelleher's Irish Pub, Luthy Botanical Garden

This educational day trip will include Titanic: The Artifact Exhibition at the Peoria Riverfront Museum. Exhibit visitors will receive a replica boarding pass, assume the role of a passenger and follow a chronological journey through life on Titanic. Learn about the ship's construction, the passengers, the tragic sinking, and the wreckage discovery. Following a two-hour visit to the museum,

we will head to Kelleher's Irish Pub & Eatery. A popular restaurant established on Peoria's historic downtown riverfront in 2001. Once lunch concludes, we will head to Luthy Botanical Garden's conservatory to see tropical beauty and hundreds of poinsettias. We will learn about the different poinsettia varieties. An early chance to get in the festive spirit. Space is limited, minimum of 10. Registration required by Tuesday, November 8. No cancellation past 11/8/16; however, a substitute can attend. Please wear comfortable walking shoes. The Luthy Botanical Garden temperature is around 75 - 80 degrees in November; you may wish to dress in clothing layers. Shuttle departs from Carl Sandburg College's Center for Manufacturing Excellence, 2051 Tom L. Wilson Blvd., Galesburg, Sa, 11/19/16  
9:00 a.m. - 3:00 p.m.  
\$85, CST C01 603

**Kewanee - The Station House Restaurant, Book Club Discussion**



Read Paula Hawkins' *The Girl on the Train* and then travel by an

Amtrak train to The Station House restaurant in Kewanee. We will depart at 7:30 a.m. and arrive in Kewanee by 8:10 a.m. for a delicious breakfast at The Station House. Decide your breakfast choice from their extensive menu. During and after breakfast, there will be a book discussion about *The Girl on the Train*. Book discussion will be led by Stacey Rucker, director of corporate & leisure college. Train will depart for Galesburg at 9:40 a.m. and arrive at 10:20 a.m. Train times subject to change. This educational trip is planned for November; exact date to be determined. When registering your travel date preferences will be collected. Once a date is chosen, you will be notified with further details. If the date does not work with your schedule, you may opt off the registration list. If interested in taking the train to Kewanee, please register no later than Wednesday, October 5. Space is limited, maximum of 10 registrations. If more than 10 are interested, a second trip may be planned. No cancellations 10 days prior to the educational trip departure date; however, a substitute may attend. Exact prices to be determined. Estimated cost is \$10 to \$12 per person. Breakfast and shopping expenses are at your own cost. Sorry, no shuttle bus service to the Galesburg train depot. Limited parking is available at the train depot or in the parking lot next to The Packinghouse restaurant. For details about the book's plot

and information about an additional book club discussion on Wednesday, October 5, visit the personal enrichment section of this brochure.

Date TBD

7:30 a.m. - 10:30 a.m.

Cost TBD

\*Please note that any educational day trip activities, days or times may be changed with little notice due to inclement weather or other unforeseen circumstances. In the event of bad weather, a determination about cancelling the day trip will be made as early as possible. If a day trip is cancelled, setting a new travel date will be discussed and the trip may be offered again.



**Travel to Beijing, China  
March 10 - 20, 2017**  
**Open to students and the public.**  
**Includes airfare from Chicago, double occupancy hotel, Great Wall excursion, Chinese cooking class, scheduled admissions. Limited space.**  
**October 15 registration deadline**  
**Cost: \$2,500**  
**Questions: contact James Hutchings at 309.341.5317**

**For an application, click [here](#).**





# Mind and Body

## Sandburg's Fitness Center

A relaxing atmosphere for your workout needs which includes a walking track, free weights area and wide variety of cardiovascular and strength training equipment. Call regarding additional Fitness Center dates.

Main Campus, Galesburg  
8/22/16 - 12/8/16

Times: M - Th, 6:00 a.m. - 7:00 p.m.; F, 6:00 a.m. - 5:00 p.m.; Sa, 8:00 a.m. - 12:00 p.m.  
\$80, PED C06 600

## Fitness Classes

### Yoga

#### **Instructor June Ziegler**

Designed to improve flexibility, balance and strength.

Main Campus, Galesburg  
M-W-F, 8/22/16 - 10/14/16  
7:00 a.m. - 8:00 a.m.  
\$70, PED C03 600

M-W-F, 10/17/16 - 12/9/16  
7:00 a.m. - 8:00 a.m.  
\$70, PED C03 601

### Zumba

#### **Instructor Jane McGee**

An energized class using dance and aerobic elements.

Main Campus, Galesburg  
M & W, 8/22/16 - 10/12/16  
5:30 p.m. - 6:30 p.m.  
\$50, PED C30 600

M & W, 10/17/16 - 12/7/16

5:30 p.m. - 6:30 p.m.  
\$50, PED C30 601

### Boot Camp

#### **Instructor Megan Johnson**

Do not let the phrase "Boot Camp" scare you! This class is made for all fitness levels - beginners or regulars to the fitness world. This class will combine cardio and strength training by using a variety of equipment and body weight to give you a total body workout. The class will always provide you with a new challenge causing your body to achieve results fast! You will leave class feeling accomplished and fitter.

Main Campus, Galesburg  
Tu & Th, 8/23/16 - 10/13/16

Boot Camp...7:00 a.m. - 8:00 a.m.

\$50, PED C13 600

Tu & Th, 10/18/16 - 12/8/16

7:00 a.m. - 8:00 a.m.  
\$50, PED C13 601

### Boot Camp

#### **Instructor Megan Johnson**

Second section being offered.

Main Campus, Galesburg  
M & W, 8/22/16 - 10/12/16  
4:00 p.m. - 5:00 p.m.  
\$50, PED C13 602

M & W, 10/17/16 - 12/7/16

4:00 p.m. - 5:00 p.m.  
\$50, PED C13 603

### Pilates

#### **Instructor Joan Pacheco**

In this class you will use multiple muscles providing an all-inclusive workout to gain core strength as well as flexibility and balance.

Main Campus, Galesburg,  
Th, 8/25/16 - 10/27/16  
5:30 p.m. - 6:30 p.m.  
\$30, PED C82 600

*The Conditioning class at Sandburg is an unknown gem. I have taken the class for 7 + years. I'm not going to lie. It is tough, but it's tough in a good way. I would not make myself do most of the stuff we do in the class. I continuously feel sore after a class...and that is a good thing because I am challenging my body to work harder. One of the class goals is to hit every muscle group. How many of us do that? --Laurie*



# Mind and Body continued

## Fitness Classes Continued

### **Muscle Conditioning**

#### **Instructor Joan Pacheco**

Class is designed to strengthen, tone, and stretch major muscle groups while improving flexibility and range of motion. Exercises utilizing light weights and resistance bands will be performed to music.

Main Campus, Galesburg

Tu, 8/23/16 - 10/25/16

5:30 p.m. - 6:30 p.m.

\$30, PED C09 600

Tu, 11/15/16 - 12/6/16

5:30 p.m. - 6:30 p.m.

\$13, PED C09 601

\*Register in all three of Joan Pacheco's fitness classes and receive \$3 off the total price.  
\$70, PED C85 600

## Well-Being Classes

### **The Art of Fermentation**

#### **Instructor Tina Hope**

Explore the art and science of fermentation! Join Tina Hope, local herbalist and gardener, for a discussion of the many health benefits of fermentation. Learn how to transform and preserve your garden vegetables into delicious, nutrient rich kraut and other pickled products.

Carl Sandburg College Annex

209 E. Main St., Galesburg

Th, 8/18/16

6:30 p.m. - 8:00 p.m.

\$20, LEI C100 600

### **Herbs for External Use**

#### **Instructor Tina Hope**

In this workshop, you will learn how to use plants for treating

cuts, bruises, burns, stings, and other external ailments. You will discover the art of making herb-infused medicinal oils, liniments, and salves. Everyone will get to make and take home their own tin of healing salve.

Carl Sandburg College Annex

209 E. Main St., Galesburg

Th, 10/20/16

6:30 p.m. - 8:00 p.m.

\$20 plus (\$5 supplies fee payable to the instructor), LEI C100 601

### **Nutrition Detectives**

#### **Instructor Bobbi Pio**

Do food labels leave you lost and confused? Tired of trying to decipher health food claims? This class offers 5 tips for better health, including simple tools to get the most of your next trip to the grocery store.

Main Campus, Galesburg

W, 9/14/16

6:00 p.m. - 8:00 p.m.

\$25, HTH C01 600

### **Meditation 101**

#### **Instructor Bobbi Pio**

Curious about meditation? Join us as we discuss the physical and emotional benefits of this amazing practice. Discover simple techniques guaranteed to lower your stress and bring more peace into your life.

Main Campus, Galesburg

W, 11/16/16

6:00 p.m. - 8:00 p.m.

\$25, HTH C20 600

### **Introduction to Medicinal Herbs**

#### **Instructor Tina Hope**

This class is an introduction to the world of herbal medicine. Learn about local, nutritious, and medicinal herbs, including when and how to use them. A discussion of different forms in which herbs can be taken safely as teas and infusions will also be addressed.

Carl Sandburg College Annex

209 E. Main St., Galesburg

Th, 9/15/16

6:30 p.m. - 8:00 p.m.

\$20, HTH C15 600

### **Nutrition Trivia 101**

#### **Instructor Christine Willis**

Join Dietician/Diabetes Educator Christine Willis from OSF St. Mary Medical Center. A discussion on hearth health to bone health including eating to ease inflammation. Also, a review on brain health. In this course, you will learn by an interactive trivia game.

Main Campus, Galesburg

Th, 9/22/16

9:00 a.m. - 11:00 a.m.

\$5, HTH C01 600

## Coping Classes

### **Who Gets Grandma's Yellow Pie Plate?**

#### **Instructor Cara Allen**

Almost all individuals have valued personal belongings. Participants explore ways to talk to family members about the difficult subject of distributing family items with emotional and sentimental value while still keeping

# Mind and Body continued

## Coping Classes Continued

### **Who Gets Grandma's Yellow Pie Plate?** *continued...*

relationships intact.

Main Campus, Galesburg

Th, 10/13/16

9:00 a.m. - 10:30 a.m.

\$20, RES C15 600

### **Introduction to Hospice Care & Palliation**

#### **Instructor Hospice Compassus**

Exploration of the foundation of hospice care and philosophy, including debunking myths and providing the understanding that hospice is about living, not dying. This segment discusses coverage by Medicare, who is providing care (as well as how they are trained and accredited), and the patient's right to choice in end of life care.

Main Campus, Galesburg

Tu, 10/4/16

6:00 p.m. - 7:00 p.m.

\$5, HTH C24 600

### **Who Needs Hospice?**

#### **Instructor Hospice Compassus**

A clinically-grounded discussion on the various illnesses and how to know when it is time for hospice care. We discuss the special needs of Veterans at end of life, as well as how we accommodate those needs. This segment also includes how we communicate hospice to patient and family, and how we customize their care as their end of life wishes.

Main Campus, Galesburg

Th, 10/6/16

6:00 p.m. - 7:00 p.m.

\$5, HTH C25 600

## **Families**

### **Instructor Hospice Compassus**

Hospice is for more than just the patient - it's for the whole family as well. We discuss the psychosocial support and bereavement services available and clarify what hospice can provide with regard to support and bereavement services available and clarify what hospice can provide with regard to support, how to avoid compassion fatigue, the stages of grief, and bereavement for those left behind.

Main Campus, Galesburg

Tu, 10/11/16

6:00 p.m. - 7:00 p.m.

\$5, HTH C26 600

### **The Gift of Hospice**

#### **Instructor Hospice Compassus**

We bring closure to the topic by presenting a video by Barb Karnes, an expert in end of life care. Resources for end of life planning, including advanced directives and the importance of designating a Power of Attorney are provided, as well as information on how to become a hospice volunteer.

Th, 10/13/16

6:00 p.m. - 7:00 p.m.

\$5, HTH C27 600

## **Self-Improvement Skills**

### **Simplify Your Life by Decluttering**

#### **Instructor Cara Allen**

Does the clutter in your house cause you stress? Is the clutter a cause for conflict with other family members? Do you want less

clutter but you are too overwhelmed to begin? Many of us struggle to keep up with the clutter in our lives. Learn ways to organize your life in order to declutter and distress.

Main Campus, Galesburg

W, 9/28/16

10:00 a.m. - 12:00 p.m.

\$25, LEI C15 600

### **L.I.F.E. Savers**

#### **Instructor Bobbi Pio**

Struggling to find time for yourself? Striving for success but never quite reaching your goals? This course will introduce 6 easy steps to increase your productivity and assist you in accomplishing your dreams.

Main Campus, Galesburg

W, 10/5/16

6:00 p.m. - 8:00 p.m.

\$25, LEI C102 600

### **Finding Your Get Up & Go**

#### **Instructor Cara Allen**

We've all had the feeling there is much to do, but you just can't get motivated to do the tasks. Yet the rewards of completing a "round-to-it" list produce much satisfaction. Find out how to give your enthusiasm a boost.

Main Campus, Galesburg

Tu, 11/1/16

9:00 a.m. - 10:30 a.m.

\$20, CSC C66 600



# Personal Enrichment

## Creativity

### **Cork It!**

**Instructor Alberta LaFollette**

Bring along your creativity and you will make and take gift items from wine corks. We will supply the corks, but bring along extras to create vases, coasters, mats, and picture frames. Limited to 12 students.

Main Campus, Galesburg

M, 11/7/16

5:30 p.m. - 8:30 p.m.

\$25 plus (\$5 supplies fee payable to the instructor), CSA C06 600

### **Charmed Purse or Tote**

**Instructor Alberta LaFollette**

Need a new bag? Bring your sewing machine and one charm pack or your favorite scraps and put them together for a bag for all seasons. Join us and be charmed.

Main Campus, Galesburg

M, 9/26/16

5:30 p.m. - 8:30 p.m.

\$25, LEI C09 601



### **Bowl of Many Colors**

**Instructor Alberta LaFollette**

Dig into your scraps and odd pieces of fabric and create a durable bowl to show off your holiday decorations. All you need is clothes line rope and scraps – everything else will be provided.

Bring your own creativity or get a group of friends together to laugh and learn. Make one for a gift.

Main Campus, Galesburg

M, 9/19/16

5:30 p.m. - 8:30 p.m.

\$25, LEI C09 600

### **Mini Indoor Gardens**

**Instructor Tara LaFollette**

This class will give you hands-on experience creating a miniature garden for your home or patio. Plant care will be covered, along with where to purchase supplies and how to create a miniature.

During this time, you will also learn how to care for some basic indoor plants.



Main Campus, Galesburg

Tu, 9/20/16

5:30 p.m. - 8:30 p.m.

\$25 plus (option to pay \$20 and take home a garden or plants), CSC C67 600

### **DIY Herbal Gifts for the Holidays**

**Instructor Tina Hope**

Looking for unique, healthy, and inexpensive gifts for the holiday season? Come learn how to make a variety of nourishing herbal goodies, including herbal tea blends, infused vinegars, lip balms, salt scrubs, and more! Class will include demos, recipes, and an opportunity to make and take home a tube of herbal lip balm.



# Personal Enrichment continued

## Creativity continued

### **DIY Herbal Gifts for the Holidays**

*continued...*

Carl Sandburg College Annex

209 E. Main St., Galesburg

Th, 11/17/16

6:30 p.m. - 8:00 p.m.

\$20 plus (\$5 supplies fee payable to instructor), LEI C100 602

### **Mesh Wreath Making**



#### **Instructor Tara LaFollette**

Just in time for the holidays! In this course, you will create a wreath out of mesh tool. This can be done for any holiday and created in varying sizes. Step by step instruction to create a wreath and each student will make one to take home.

Main Campus, Galesburg

Tu, 11/15/16

5:30 p.m. - 8:30 p.m.

\$25 plus (\$12 supplies fee payable to instructor), LEI C103 600

### **Design Time**

#### **Instructor Nina Smith**

Smart Design on a Dime owner, Nina Smith, will show some easy and inexpensive ways to give your home a new look by redoing a

lamp to look new again, as well as other simple visual ideas for your home.

Main Campus, Galesburg

11:30 a.m. - 1:30 p.m.

\$20, HOI C07 601

## **Cooking**

### **Party Snacks & Ideas**

#### **Instructor Alberta LaFollette**

The holidays are fast approaching so join us to learn how to prepare quick and easy snacks, appetizers, and even gift ideas for holiday gatherings. We will incorporate microwaves, crockpots, and just plain quick ideas for family and friends. Taste the goodies we prepare and bring along a covered container to take home your treasures.

Main Campus, Galesburg

11/14/16

5:30 p.m. - 7:30 p.m.

\$20 plus (\$5 supplies fee payable to the instructor), LEI C08 602

### **Cooking with Alberta**

#### **Instructor Alberta LaFollette**

Old-fashioned Fall cuisine made easy. So many ways to enjoy the freshness of your garden or farmer's market. This course is hands on food preparation and dining class. The variety of preparation methods will be presented to accomplish fabulous results. The menu includes: ham and beans, waffle cornbread, fried green tomatoes, fantastic slaw, and apple brown Betty. Each is a traditional recipe updated to provide ease in preparation. Bring a friend and spend the evening

enjoying fresh country cuisine.

The Butter Churn

275 N. Division St., Woodhull

M, 10/17/16

5:30 p.m. - 7:30 p.m.

\$35, LEI C08 600

### **Coffee Club**

#### **Instructor Patricia Christianson**

The Beanhive, located in downtown Galesburg, will host a presentation explaining coffee shop menu terminology. This Coffee Club meeting will take the mystery out of the menu. Offering samples and providing an illustrated menu guide. The Beanhive barista will explain features of various coffee beverages. As an accompaniment, an assortment of food items from the menu will be served. As usual, participants will receive a half pound of coffee to take home! Attendees will exponentially expand their coffee shop vocabulary – and enjoyment!

The Beanhive

124 E. Simmons, Galesburg

M, 9/26/16

8:00 a.m. - 10:00 a.m.

\$20, CSL C09 605

### **Wine Club**

Representative from vineyards and local distributors teach the basics of wine education with the goal of helping you become a more educated and discerning consumer of wine. Classes are conducted in conjunction with HyVee Wine & Spirits. Registration is required by noon Thursday before Wine Club. No

## Cooking continued

### Wine Club continued...

cancellations will be permitted after that date, however, a substitute can attend.

The Knights of Columbus  
1556 E. Fremont St., Galesburg  
Th, 9/1/16, 7:00 p.m. - 8:30 p.m.  
\$25, CSL C09 601

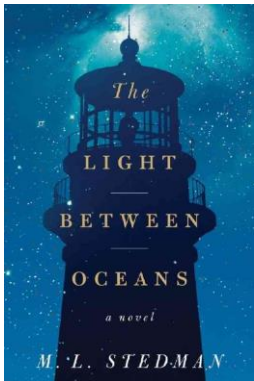
Th, 10/6/16, 7:00 p.m. - 8:30 p.m.  
\$25, CSL C09 602

Th, 11/3/16, 7:00 p.m. - 8:30 p.m.  
\$25, CSL C09 603

\$69 to register for all three Wine Club sections, CSL C09 600

## Book Club

### The Light Between Oceans



Join us at Q's Café in Galesburg for a book discussion of M.L. Stedman's award winning novel, *The Light Between Oceans*, soon to be a released as a major motion picture. Set in 1926, the novel tells the story of an Australian lighthouse keeper living on a small island with his wife. Fate intercedes when a boat washes ashore carrying a dead man and a

living baby. The couple decide to keep and raise the baby as their own. Will their decision lead to a lifetime of happiness or heart-rendering consequences? Enjoy Q's famous brownies and lemonade as we discuss the novel. Books may be picked up after August 30 at Sandburg's Center for Manufacturing Excellence for a \$9 cash deposit fee. The deposit fee will be reimbursed when the undamaged book is returned to the college on 9/29/16. Book discussion led by Stacey Rucker, director of corporate & leisure college. Limited to 12 students. Q's Café

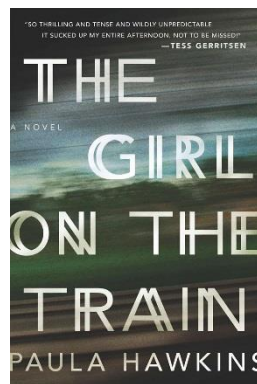
319 E. Main St., Galesburg

Th, 9/29/16

1:30 p.m. - 3:00 p.m.

\$7 plus (\$9, cash only, if you would like to borrow a book),  
LEI C07 600

### The Girl on the Train



Read the #1 New York Times Bestseller: *The Girl on the Train* by Paula Hawkins. Rachel rides the commuter train each day to and from London. Sad about her life, Rachel often sees a couple from

the train window - Jason and Jess - fictionalized names and only created in Rachel's imagination. To her, Jason and Jess embody the perfect relationship. When "Jess" goes missing, Rachel's world spirals further out of control as she is put in the middle of the investigation. A fast-paced gripping read that will have you guessing the entire way. There will be a book club discussion of *The Girl on the Train* at Carl Sandburg College's Library on Wednesday, October 5<sup>th</sup>. Free and open to Carl Sandburg College students and the community. Book discussion led by Jennie Archer, coordinator of library instructional services. Main Campus, Galesburg  
Carl Sandburg College Library  
W, 10/5/16  
12:15 p.m. - 12:50 p.m.  
Free, LEI C07 601

\*Please call to pre-register for the book club discussion.

In November, there will be an additional book club discussion of *The Girl on the Train* at Kewanee's The Station House restaurant. Please visit the educational day trip section of this brochure for details.

## Computer Training

### Internet Basics

#### **Instructor Tyler Yarbrough**

This course will cover a majority of the areas in exploring your web browser. Starting by finding the Internet browsers on your computer. Followed by searching for specific websites through a lesson on Google searches. In the meantime, learning how to set up

# Personal Enrichment continued

## Computer Training

### continued

#### **Internet Basics** *continued...*

accounts online such as personal email. Overall the goal is to make browsing the Internet easy and comfortable for everyone.

Main Campus, Galesburg

W, 9/14/16

1:00 p.m. - 2:30 p.m.

\$20, CIS C10 600

## Google Docs

### **Instructor Tyler Yarbrough**

In this course, you will be discussing a wonderful free word processing application by Google. Google Docs is much like Microsoft Word in most areas. The course will explain how to create a document and how to compose it. Google Docs offers several ways to edit your document and to make it look the way you like. After the document is completed, the course will show how to save the document to your computer.

Main Campus, Galesburg

W, 10/26/16

1:00 p.m. - 3:00 p.m.

\$25, CIT C02 600

## History

### **Carl Sandburg - Native Son, National Treasure?**

**Instructors Rex Cherrington, Barry Swanson, Mike Hobbs, Pat Kane**



In honor of Carl Sandburg College's 50<sup>th</sup> year anniversary, there will be four speakers from the Carl Sandburg Historic Site

Association present to provide a discussion about Carl Sandburg. There will be stories about Carl Sandburg's youth in Galesburg and the richness of his early life, experiences attained in part due to his belonging to an immigrant group. Sandburg as the Lincoln biographer will also be briefly discussed. His literary accomplishments in prose and poetry will be featured in this presentation. Sandburg was a Pulitzer Prize winner in both poetry and history. There will be an overview of Sandburg as a Grammy winning recording artist and his work as an ethnomusicologist, which resulted in the publication of *The American Songbag*. This creation documented songs that might have otherwise been lost.

Main Campus, Galesburg

W, 10/12/16

1:00 p.m. - 2:30 p.m.

\$20, CSL C02 600

## Titanic's Passengers

### **Instructor Stacey Rucker**

Before you register for the educational day trip to Peoria Riverfront Museum's Titanic Artifact Exhibit, learn facts about the passengers and White Star Line staff aboard the ill-fated ocean liner. There will also be information presented about two Titanic survivors who resided in Galesburg.

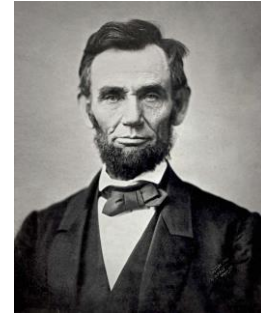
Main Campus, Galesburg

Tu, 10/25/16

10:30 a.m. - 12:00 p.m.

\$15, CSC C73 600

## Living with the Lincolns



### **Instructor Michael Zecher**

Have you ever wondered what life was like within Abraham Lincoln's home? Join us for a trip back in time to join a cash-strapped frontier lawyer and his wife as they build a life and family together in 19<sup>th</sup> century America. Through contemporary accounts and photographs, you will observe how this family met the challenges of daily life - first on the prairie of Illinois, and later in the most famous home in America.

Main Campus, Galesburg

Th, 12/1/16

10:00 a.m. - 12:00 p.m.

\$20, HIS C01 605

## Miscellaneous

### ABCs of Medicare

#### **Instructor Lora Felger**

An overview of the different parts of Medicare. What they cover, and costs associated with Medicare will be discussed. Special attention will also be given to the Part D coverage gap, enrollment periods, and the types of Medicare coverage available.

Main Campus, Galesburg

W, 9/21/16

1:00 p.m. - 2:00 p.m.

\$5, CSC C85 600



## **Miscellaneous continued**

### **Where Are You Going? Creating Your Vision**

#### **Instructor Bobbi Pio**

Feeling stuck or uncertain of which direction to take in your life? This workshop will give you the tools you need to connect with your long-term vision, get clear on the steps you need to take now to reach your goals and meet your vision. Each participant will create a vision board to take home.

Main Campus, Galesburg

Th, 10/27/16

6:00 p.m. - 9:00 p.m.

\$30, LEI C103 600

### **Become an Instructor**

#### **Instructor Stacey Rucker**

Have you ever thought about teaching a course? Instructors for non-credit courses are currently being sought for Corporate & Leisure College. Teaching credentials are not required, however, enthusiasm for a subject is essential. A prospective instructor must be driven to share his or her skills and be comfortable speaking to a group of students. Class lengths vary depending on the content and instructor availability. Past subjects include: history, art, cooking, fitness, and many others! If you would like to learn further details about teaching a course, this is your chance!

Main Campus, Galesburg

Th, 9/22/16

5:30 p.m. - 6:00 p.m.

Free

Or

Tu, 10/4/16

6:00 p.m. - 6:30 p.m.

Free

### **Willow Haven Home Décor & Furnishings Tour**

Visit Galesburg's latest downtown store, Willow Haven Home Décor & Furnishings, and discover new decorating ideas for inside your home. The store owner, Teresa Phillipson, will explain her passion for home décor and why she decided to follow her dream of opening a store. She will cover the challenges of getting her shop started, the joys of each day, and her future plans. A tour of the store and a chance to view merchandise will be included. An informational hour for anyone interested in decorating and/or opening a store.

Willow Haven Home Décor & Furnishings

309 E. Main St., Galesburg

Tu, 10/18/16

3:00 p.m. - 4:00 p.m.

\$5, HOI C07 600

### **Travel Free & Get Paid to Do It**

#### **Instructor Gina Henry**

If you are near retirement, retired, re-tooling or changing careers, a student or anyone who likes the idea of making additional income to support their travel dreams and keep their retirement money in the bank, this class is for you! Learn over 200 ways to free vacations, fun work-trips and paid

travel opportunities. Instructor, Gina Henry, teaches in 90 cities nationwide and shows you how she affords to travel 12 months a year visiting over 90 countries and 48 states in the past 25 years. Earn free airline tickets, hotel nights, cruises, tours, car rentals, vacation meals, and more in the USA and worldwide. Maximize frequent flyer miles and reward points. Get bumped and fly free. Volunteer and paid seasonal jobs worldwide. Free resort stays. Be a tour director or organize your own trips and go free. Get paid to mystery shop on vacation. If you speak English, you can teach conversational English (earn a free trip or even get paid). Get paid to drive. Import, start your own business, write articles, shoot photos, blog, money-saving travel web sites, smart phone apps, packing light, solo travel, safety, health. Learn how to avoid scams, negotiation tips, and the top 50 words to know in any language to travel anywhere. Visit [www.GinaHenry.com](http://www.GinaHenry.com) for more instructor information and student testimonials. Students receive Gina's 100-page book/class materials at a reduced price. This book normally retails for \$39.95 and provides all the contact info you need to travel free. Main Campus, Galesburg M, 10/3/16 6:00 p.m. - 9:30 p.m. \$35 (plus \$15 book fee, payable to instructor), CSC C42 600

# Personal Enrichment continued

## Miscellaneous continued

### Fall Fashion Showcase

**Instructor Christine Gilbert**

Curious about the latest fall clothing styles? This is your chance to take a glimpse at the great wardrobe pieces you will want in your closet. Learn which clothing colors are trending and see the stylish ways to dress for the cooler temperatures. Store manager, Christine Gilbert, will discuss how to build an outfit that compliments you and brings the wow factor. Get your friends together for an hour of fun!

Four Seasons

420 E. Main St., Galesburg

W, 9/28/16

2:00 p.m. - 3:00 p.m.

\$5, LEI C101 600

### Introduction to Welding

**Instructor Jenna Redington**

A very brief introduction to the welding trade for individuals who have an interest in welding for personal knowledge. Areas of study could include a variety of arc skills, gas shielded skills and/or oxyacetylene skills. Necessary welding supplies will be provided prior to the start of class. Limited to 6 students. Class meets for 4 consecutive Fridays. The instructor will contact each student before the start of class to inquire about the student's interests and goals.

Main Campus, Galesburg

F, 10/21/16 – 11/11/16

5:30 p.m. - 9:00 p.m.

\$525, WEL C13 600

## Kids' Corner

### Cupcakes and Canvas

**Instructor Bobbi Dupoy**



A follow along step-by-step painting experience aimed at helping participants become more comfortable with their creativity as well as some painting techniques...plus it's just fun! Each participant will also have a chance to decorate a cupcake with a variety of treats.

The Butter Churn

275 N. Division St., Woodhull

Sa, 10/22/16

2:00 p.m. - 4:00 p.m.

\$34, LEI C08 601

### Party Fun 101

**Instructor Megan Johnson**

Don't sit on the sideline at parties. Join the fun and learn the most common party dances! In this class, you will learn the steps for the Electric Slide, Macarena, Chicken Dance, Cha Cha Slide, and a few more. Discover a few basic dance moves to make yourself look good even when you are unsure about the steps.

Main Campus, Galesburg

Sa, 10/22/16

10:30 a.m. - 11:30 a.m.

\$12, LEI C95 600

## Kids Kitchen Creations

**Instructor Megan Johnson**

In this course, students will learn how to prepare anytime snacks on their own. A two-hour crash course that provides 8 - 10 quick, easy, and nearly mess free snack recipes that any ages can make when in a hurry or on the go. Snacks will be nutritional and nut free. Course is for those in grades 1 - 6.

Main Campus, Galesburg

Sa, 11/5/16

10:30 a.m. - 12:00 p.m.

\$15, LEI C08 603

If you would like to learn additional information about the Fall Corporate & Leisure College classes and educational day trips being offered, join us at the Galesburg Public Library, 40 E. Simmons St., for an overview. Presentation will be held in the Sanderson Room, second floor. Two separate sessions are being offered: Wed, August 17, from 6:30 p.m. - 7:30 p.m. and Wed, August 24, from 2:00 p.m. - 3:00 p.m. There is no cost to attend either session and no pre-registration is required. Bring your questions and discover more about the many learning opportunities.



# Carthage Campus Classes

## Carthage Campus

### IPAD Basics

Are you considering buying an IPAD, or have one and not quite sure how to use it? Then, this class is for you. We will learn how to use applications on the IPAD to fit in with your daily life needs. No need to have your own IPAD, you can use one we have available or bring your own. Limited to 5 students.

Branch Campus, Carthage  
305 Sandburg Dr.  
F, 10/21/16  
2:00 p.m. - 4:00 p.m.  
\$20, CIS C04 650

### Charge Up Learning Sessions

Did you get a new device and have no idea what to do? Do you need assistance with a new computer program, or need job skills enhancement? Call today and schedule a charge up training. These trainings are individualized to meet your specific needs. Topics include, but are not limited to: Word, Excel, Power Point, Publisher, Access, Facebook, Twitter, Instagram, Resume Building, Interviewing Techniques, Job Searching and many more individualized topics to meet your need, call us today, and let us know how you need assistance. Branch Campus, Carthage  
305 Sandburg Dr.  
\$10/hour

### Sandburg Walk Club



#### Instructor Linda Thomas

Join the Sandburg Walk Club. We will walk around the Carthage area, and learn a little history of the area as we are walking. There will be a chance to win an incentive prize at the end of the 4-week session.

Branch Campus, Carthage  
305 Sandburg Dr.  
M & W, 9/12/16 - 10/6/16  
5:30 p.m. - 6:30 p.m.  
\$10, CSP C00 650

### Book Discussion Group

#### Instructor Linda Thomas

Do you love to read? Society today spends more time watching television and less time reading. Join other book lovers in a relaxed, friendly atmosphere at monthly sessions where the discussion of each month's book is sure to be lively, stimulating, and thought provoking. Please read each month's book prior to that month's book discussion. In the interest of keeping the book discussion non-intimidating, the

enrollment will be limited to 12 individuals.

**September Book:** *The Light Between Oceans*, by M.L. Steadman

Tu, 9/13/16  
5:30 p.m. - 6:30 p.m.  
\$5, LEI C07 650

**October Book:** *The Girl on the Train*, by Paula Hawkins

Tu, 10/11/16  
5:30 p.m. - 6:30 p.m.  
\$5, LEI C07 651

**November Book:** *Skipping Christmas*, by John Grisham

Tu, 11/8/16  
5:30 p.m. - 6:30 p.m.  
\$5, LEI C07 652

**December Train Trip:** Chicago bound via Amtrak. \*Please see details listed below.

Branch Campus, Carthage  
305 Sandburg Dr.

#### \*December Train Trip

After the endless hours of reading and discussing the books, we will take a trip to Chicago, and tie in the book we read with fun activities such as riding the train, taking in the German Village and many other holiday festivities.

Sa, 12/3/16  
Cost TBD

### Simplify Your Life by Decluttering

#### Instructor Cara Allen

Does the clutter in your house cause you stress? Is the clutter a cause for conflict with other family members? Do you want less clutter but do not know where to begin? Many of us struggle with the clutter in our lives. Learn ways



# Carthage Classes continued

## **Simplify Your Life by Decluttering** *continued...*

to organize your life in order to declutter and distress.

Branch Campus, Carthage

305 Sandburg Dr.

W, 9/28/16

10:00 a.m. - 12:00 p.m.

\$25, LEI C15 650

(Galesburg remote)

## **Who Gets Grandma's Yellow Pie Plate?**

**Instructor Cara Allen**

Almost all individuals have valued personal belongings. Participants explore ways to talk to family members about the difficult subject of distributing family items with emotional and sentimental value while still keeping relationships intact.

Branch Campus, Carthage

305 Sandburg Dr.

Th, 10/13/16

9:00 a.m. - 10:30 a.m.

\$20, RES C15 650

(Galesburg remote)

## **Finding Your Get Up & Go**

**Instructor Cara Allen**

We've all had the feeling there is much to do, but you just can't get motivated to do the tasks. Yet the rewards of completing a "round-to-it" list produced much satisfaction. Find out how to give your enthusiasm a boost.

Branch Campus, Carthage

305 Sandburg Dr.

Tu, 11/1/16

9:00 a.m. - 10:30 a.m.

\$20, CSC C66 650

(Galesburg remote)

## **Soft Skills Suite**

A New Credential for Today's Workforce

### *What are Soft Skills?*

Soft skills are essential qualifications for many jobs that have become necessary for an individual's employment success at any level.

### *What are Employers Seeking?*

- Communication
- Leadership Skills
- Teamwork Skills
- Problem Solving
- Etiquette (Business & Social)
- Positive Work Ethic

### *What is the Soft Skills Suite?*

A series of seminars designed for employees that should effectively improve the success rate in retaining employment.

Upon successful completion of the Soft Skills Suite, graduates will receive a certificate of completion and the knowledge and skills to:

- Exhibit self-confidence through believing in their professional abilities.
- Live with self-esteem by projecting a positive orientation towards oneself.
- Practice positive social and interpersonal skills such as the ability to interact with people in appropriate ways both in person and through social media.
- Communicate effectively by conveying information that is both received and understood appropriately.
- Be a reliable person by keeping consistently high standards regarding attendance and time commitments.
- Present themselves as professionals through consistently dressing appropriately and maintaining a courteous manner.

For more information, contact: Kyle Cecil, Dean of Career & Corporate Development, [krcecil@sandburg.edu](mailto:krcecil@sandburg.edu), 309.341.5461





Did you know that instructor led courses are available online? A variety of exciting subjects are offered for your convenience. Courses in business, technology, accounting and finance, computer applications, and personal development are just a few of the options. How to get started:

Visit our webpage: [www.sandburg.edu/communityed/online-education](http://www.sandburg.edu/communityed/online-education), click the ed2go link, choose the department and course title you are interested in and select the "Enroll Now" button.

For short term six week classes, Sandburg will contact you to make payment arrangements. After payment is made, return to the ed2go website and choose a password that will allow you access. For longer certificate programs, payment is arranged through ed2go.

\*If you do not see the course you are interested in, please contact us for possible updates to the current course list.

Questions: Contact Linda at 309.345.3501 or [lhankins@sandburg.edu](mailto:lhankins@sandburg.edu)

## Ed2Go courses offered include:

### Accounting Software

- Advanced Microsoft Excel 2010
- Advanced Microsoft Excel 2013
- Intermediate Microsoft Excel 2010
- Intermediate Microsoft Excel 2013
- Intermediate QuickBooks 2015
- Introduction to Crystal Reports
- Introduction to Microsoft Excel 2010
- Introduction to Microsoft Excel 2013
- Introduction to QuickBooks 2014
- Introduction to QuickBooks 2015
- Introduction to QuickBooks Online
- Performing Payroll in QuickBooks 2014
- Performing Payroll in QuickBooks 2015
- QuickBooks 2013 for Contractors
- QuickBooks 2015 for Contractors
- QuickBooks for Contractors 2014

### Adobe/Digital Photography

- Intermediate Dreamweaver CS6
- Intermediate Flash CS6
- Intermediate InDesign CC
- Introduction to Adobe Acrobat X
- Introduction to Digital Scrapbooking
- Introduction to Dreamweaver CS6
- Introduction to Flash CS6
- Introduction to Illustrator CS6
- Introduction to InDesign CC
- Introduction to InDesign CS6
- Introduction to Lightroom 4
- Introduction to Lightroom 5
- Introduction Lightroom CC

### Adobe/Digital Photography *continued*:

- Introduction to Photoshop CC
- Introduction to Photoshop CS5
- Introduction to Photoshop CS6
- Photographing Nature with Your Digital Camera
- Photographing People with Your Digital Camera
- Secrets of Better Photography
- Travel Photography for the Digital Photographer

### Health

- Become a Physical Therapy Aide
- Become an Optical Assistant
- Explore a Career as a Pharmacy Technician
- Explore a Career as an Administrative Medical Assistant
- Explore a Career in Medical Coding
- Explore a Career in Medical Transcription
- Explore a Career in Medical Writing
- Explore a Career in Nursing
- Medical Terminology: A Word Association Approach

### Arts

- Introduction to Guitar
- Music Made Easy

### Business and Corporate

- Employment Law Fundamentals
- Workers' Compensation

### Business Communication

- Fundamentals of Technical Writing
- Grammar Refresher

## Ed2Go Courses Continued:

### Business Software

Introduction to Microsoft PowerPoint 2010  
Introduction to Microsoft PowerPoint 2013  
Introduction to Microsoft Project 2010  
Introduction to Microsoft Project 2013  
Introduction to Microsoft Project 2010  
Introduction to Microsoft Project 2013  
Introduction to Microsoft Word 2010  
Introduction to Microsoft Word 2011 for Mac  
Introduction to Microsoft Word 2013  
Intermediate Microsoft Word 2010  
Intermediate Microsoft Word 2013  
Introduction to Microsoft Outlook 2010  
Introduction to Microsoft Outlook 2013

### Business Writing

Business and Marketing Writing  
Explore a Career in Medical Writing  
Intermediate Microsoft Word 2010  
The Keys to Effective Editing  
Write Effective Web Content

### Certificate Prep

Advanced Comp TIA A+ Certification Prep  
Basic Comp TIA A+ Certification Prep  
Comp TIA Network+ Certification Prep  
Comp TIA Security+ Certification Prep 1  
Comp TIA Security+ Certification Prep 2  
Intermediate Comp TIA A+ Certification Prep

### Children, Parents, and Family

Assisting Aging Parents  
Genealogy Basics  
Math Refresher

### Classroom Computing

Creating a Classroom Web Site  
Integrating Technology in the Classroom  
Microsoft PowerPoint 2013 in the Classroom  
Teaching Smarter with SMART Boards  
Using the Internet in the Classroom  
Web 2.0: Blogs, Wikis, and Podcasts

### Computer Fundamentals

Computer Skills for the Workplace  
Introduction to PC Troubleshooting  
Introduction to Programming  
Introduction to Windows 10  
Introduction to Windows 8  
Introduction to Windows 7  
Introduction to XML

### Computer Programming

Creating jQuery Mobile Websites with Dreamweaver  
Creating Mobile Apps with HTML5  
Creating Responsive Web Pages  
How to Get Started in Game Development  
Intermediate C# Programming  
Intermediate Java Programming  
Intermediate PHP and MySQL  
Introduction to Ajax Programming  
Introduction to ASP.NET  
Introduction to C# Programming  
Introduction to C++ Programming  
Introduction to Java Programming  
Introduction to PHP and MySQL  
Introduction to Python 2.5 Programming  
Introduction to Python 3 Programming  
Introduction to Visual Basic  
Introduction to XML  
Mac, iPhone, and iPad Programming

### Creative Writing

Advanced Fiction Writing  
Beginning Writer's Workshop  
Creating WordPress Websites  
Creating WordPress Websites II  
How to Make Money from Your Writing  
Introduction to Internet Writing Markets  
Introduction to Journaling  
Introduction to Screenwriting  
Mystery Writing  
Publish and Sell Your E-Books  
Research Methods for Writers  
Romance Writing  
The Craft of Magazine Writing



## Ed2Go Courses Continued:

### **Creative Writing** *continued:*

Travel Writing  
Write and Publish Your Nonfiction Book  
Write Fiction Like a Pro  
Write Your Life Story  
Writing Essentials  
Writing for Children  
Writing the Fantasy Novel  
Writing Young Adult Fiction

### **Criminal Law**

Introduction to Criminal Law

### **Database Management**

Intermediate Microsoft Access 2010  
Intermediate Microsoft Access 2013  
Intermediate SQL  
Introduction to Crystal Reports  
Introduction to Database Development  
Introduction to Microsoft Access 2010  
Introduction to Microsoft Access 2013  
Introduction to SQL

### **Ethics, Law, and Compliance**

HIPAA Compliance

### **General Business Skills**

Computer Skills for the Workplace  
Effective Selling  
Fundamentals of Supervision and Management  
Fundamentals of Supervision and Management II  
Introduction to Business Analysis  
Introduction to Microsoft Word 2011 for Mac  
Manufacturing Applications  
Manufacturing Fundamentals  
Total Quality Fundamentals

### **General Law**

Real Estate Law

### **Graphic and Multimedia Design**

Advanced Web Pages  
Creating Web Pages  
Designing Effective Websites

### **Graphic and Multimedia Design** *continued:*

Introduction to Camtasia Studio  
Introduction to CoreIDRAW X5  
Introduction to Final Cut Pro X

### **Languages**

Beginning Conversational French  
Conversational Japanese  
Discover Sign Language  
Easy English 1  
Easy English 2  
Easy English 3  
Grammar Refresher  
Instant Italian  
Spanish for Law Enforcement  
Spanish for Medical Professionals  
Spanish for Medical Professionals II  
Spanish in the Classroom  
Speed Spanish  
Speed Spanish II  
Speed Spanish III

### **Management and Leadership**

Creating a Successful Business Plan  
Distribution and Logistics Management  
Employment Law Fundamentals  
Fundamentals of Supervision and Management  
Fundamentals of Supervision and Management II  
Managing Customer Service

### **Networking and Communications**

Understanding the Cloud  
Wireless Networking

### **Nonprofit**

Introduction to LinkedIn Career Networking  
Introduction to Nonprofit Management  
Marketing Your Nonprofit  
Nonprofit Fundraising Essentials  
Starting a Nonprofit

### **Personal Finance and Investments**

Introduction to Stock Options  
Keys to Successful Money Management

## Ed2Go Courses Continued:

### Project Management

PMP Certification Prep 1  
PMP Certification Prep 2  
Project Management Applications  
Project Management Fundamentals  
Total Quality Fundamentals

### Publishing

Beginner's Guide to Getting Published  
Introduction to Internet Writing Markets  
Publish and Sell Your E-Books  
The Craft of Magazine Writing  
Write and Publish Your Nonfiction Book

### Sales and Marketing

Business and Marketing Writing  
Designing Effective Websites  
Effective Selling  
Professional Sales Skills

### Security

Advanced PC Security  
CompTIA Security + Certification Prep 1  
Comp TIA Security + Certification Prep 2  
Introduction to PC Security

### Start Your Own Business

Learn to Buy and Sell on eBay  
Marketing Your Business on the Internet  
Start and Operate Your Own Home-Based Business  
Start Your Own Small Business

### Test Prep

GMAT Preparation  
GRE Preparation - Part 1 (Verbal and Analytical)  
GRE Preparation - Part 2 (Quantitative)  
LSAT Preparation - Part 1  
LSAT Preparation - Part 2  
SAT/ACT Preparation - Part 1  
SAT/Act Preparation - Part 2

### Web Design and Technology

Advanced CSS3 and HTML5  
Creating jQuery Mobile Websites with Dreamweaver  
Creating Mobile Apps with HTML5  
Intermediate CSS and XHTML  
Introduction to Camtasia Studio  
Introduction to CSS and XHTML  
Introduction to Google Analytics  
Introduction to JavaScript  
Mac, iPhone, and iPad Programming

## Career Opportunity! Pharmacy Technician

### Instructor Karen Pasko

Start your career in the growing field of healthcare. Employment as a pharmacy technician is an attainable goal once a student has earned a high school diploma (or equivalent), and has been trained professionally and becomes PTCB certified. The Pharmacy Technician training course will give a solid foundation of the skills necessary for employment as a pharmacy technician in a retail setting. Course will also prepare students for the PTCB Certification exam. (Student textbooks, workbooks, and handouts are included in the tuition).

### Main Campus, Galesburg

Tu, 8/23/16 - 11/15/16  
6:00 p.m. - 10:00 p.m.  
\$1,550, PHM E03 530

Branch Campus, 305 Sandburg Dr., Carthage  
\$1,550, PHM E03 555 (Galesburg remote)



# LanguageAuthority

Are you interested in learning a foreign language, but afraid you don't have the time for a course? Corporate & Leisure College is now offering LanguageAuthority online courses. Enroll in a course and receive 6 months of unlimited access. Learn the language by engaging in lesson plans, flash cards and games to help with your skills. Courses are \$99 and include the following options:

Conversational Mandarin Chinese  
Conversational Dutch  
Conversational French  
Conversational German  
Conversational Italian  
Conversational Portuguese (Brazil)  
Conversational Spanish (Latin America)  
Spanish for Teachers

Spanish for Customer Service  
Spanish for Banking  
Spanish for Real Estate  
Spanish for Law Enforcement  
Spanish for Corrections  
Spanish for 9-1-1 Dispatch  
Spanish for EMS & Fire  
Spanish for Healthcare



Visit [www.languageauthority.com/carlsandburg](http://www.languageauthority.com/carlsandburg) for additional details or to register. Questions? Phone 309.345.3501.

## 50<sup>th</sup> Anniversary Celebration

Free & Open to the Public!

### Friday, Sept. 23:

7 p.m. Movie by the Pond

### Saturday, Sept. 24:

1 - 3 p.m. Explore Sandburg Demonstrations & Tours  
FAFSA workshop

2 - 2:30 p.m. Dedication of Ann Rhykerd-Asplund College of  
Nursing Building

4 - 6:30 p.m. Free Community Picnic & Music

5 p.m. 50<sup>th</sup> Anniversary Program

For additional details visit, [www.sandburg.edu/50](http://www.sandburg.edu/50)

