This is your chance to ensure your groundwork possibilities! Work with your own horse or an experienced school horse with the goal to bring tools and routines for groundwork/long lining with you home. Class size is 5.

Cost: $55
Instructor: Anki Fockstedt

Class
To register for classes, call 815.599.3612. In addition, you may register for Community Education courses in the Admissions Office in Freeport or at HCC West in Elizabeth, IL. Registration forms and a complete list of classes are also available at www.highland.edu.

10:30 am - 11:30 am.
April 18, 2011 from
College, Student/Conference Center, H210
Highland Community College

This class is for the person interested in developing or gaining additional knowledge of the art of oil painting. Color, values, composition and different techniques in painting with oil will be covered, as well as drawing techniques needed to create a finished oil painting. The student will need to provide a table easel, 6 x 10 canvas boards (12 x 16 are also OK, but nothing larger), Viva paper towels, mineral spirits or turpentine with no odor, 3 blending brushes in assorted sizes, 3 bright brushes in assorted sizes, a palette (a white plastic plate works well), and pains and rags. Colors: Alizarin crimson, Phalo blue, cad yellow light, burnt umber, burnt sienna, Viridian green, white, and black. Enrollment limited to 8.

PERS 036 GCC (6888)
Date: April 9 - March 16
Day: Wednesday
Time: 6:00 p.m. - 9:00 p.m.
Location: HCC West, Elizabeth, IL, Room W-127
Cost: $69
Instructor: Janet Checker

Painting Portraits from a Photo
Using paints, acrylics or oils, students will learn the process of painting a portrait, how to create a likeness of the subject and give it dimension. Students will work from photos of their choice. Participants will need to provide a table easel, 6 x 10 canvas boards (12 x 16 are also OK, but nothing larger), Viva paper towels, mineral spirits or turpentine with no odor, 3 blending brushes in assorted sizes, 2 bright brushes in assorted sizes, a palette (a white plastic plate works well), a photo from which to create a portrait and paints in the following colors: Alizarin crimson, Phalo blue, cad yellow light, cad red light, yellow ochre, burnt umber, burnt sienna, Viridian green, white, and black. Enrollment limited to 8.

PERS 036 GCC (6888)
Date: March 30 - May 4
Day: Wednesday
Time: 6:00 p.m. - 9:00 p.m.
Location: HCC West, Elizabeth, IL, Room W-127
Cost: $69
Instructor: Janet Checker

Horse Tack for Riding and Ground Work
This afternoon will give you basics in the tack needed to work with a horse. Broaden your knowledge in bits, bridles, saddles and ground work tools. The sure to bring a list of questions and also tack if you have something you want to discuss in class. Class size is 10.

WFD 048 FCC 6688
Date: March 13
Day: Sunday
Time: 1:00 p.m.-4:00 p.m.
Location: Country View Equestrian Center, 2192 Claro Rd., Monroe, WI
Cost: $45
Instructor: Anki Fockstedt

Stress Points in Horses
Here is a perfect opportunity if you are curious and interested in learning how to relieve stress in horses by using specific stress points found by the American Jack Meagher. These hours will give you an idea of how, when and why to treat stress points in both theory and practice. Class size is 10.

WFD 048 GCC 6686
Date: April 17
Day: Sunday
Time: 1:00 p.m.-4:00 p.m.
Location: Country View Equestrian Center, 2192 Claro Rd., Monroe, WI
Cost: $55
Instructor: Anki Fockstedt

Ground Driving/Long Lining
This is your chance to ensure your groundwork possibilities! Work with your own horse or an experienced school horse with the goal to bring tools and routines for groundwork/long lining with you home. Class size is 5.

WFD 048 CCC 6686
Date: April 17
Day: Sunday
Time: 1:00 p.m.-4:00 p.m.
Location: Country View Equestrian Center, 2192 Claro Rd., Monroe, WI
Cost: $65
Instructor: Anki Fockstedt

Admissions Office in Freeport or at HCC West in Elizabeth, IL. Registration forms and a complete list of classes are also available at www.highland.edu.
**Effective Stress Management**

Learn to identify stressors and manage them, professionally and personally. Transform old attitudes and beliefs that create “bad” into attitudes and actions that are healthy and effective. Make stress work FOR you, to be more productive and content in your work—and life!

**Food Sanitation**

This course is designed to provide the information necessary to pass the Illinois Food Handler’s Exam. The exam is a multiple choice test that will be administered at the end of the course. Students will achieve the passing score necessary to earn the certificate of completion.

**Instructor:** Carl M. Mook, Allen Reed

**Date:**
- Monday, April 23, 2015
- Tuesday, April 24, 2015
- Wednesday, April 22, 2015
- Thursday, April 23, 2015
- Friday, April 24, 2015

**Time:**
- 12:00 p.m. – 5:00 p.m.
- 6:00 p.m. – 9:00 p.m.

**Location:**
- Ferguson Fine Arts Center, Room H208

**Cost:** $45

**Credit:** 1

**Course:**
- CED010ACC (6831)
- CED010BCC (6832)

**Intro to MS Office Word 2007**

This course will help students learn the essential skills for using Microsoft Word. This course will cover the following topics:
- Creating documents
- Formatting documents
- Working with tables
- Creating and formatting lists
- Using MS Reader
- Using AutoCorrect

**Instructor:** Rudy Nielsen

**Date:**
- Monday, April 13, 2015
- Tuesday, April 14, 2015

**Time:**
- 9:00 a.m. – 11:00 a.m.
- 1:00 p.m. – 3:00 p.m.

**Location:**
- Student/Conference Center, Room H210

**Cost:** $45

**Certificate:***
- CED010BCC (6832)
- CED010ACC (6831)

**Personal Enrichment**

**Aerobics & Toning**

Get moving in the New Year! This class will consist of an aerobics workout with the use of resistance bands. All participants should bring a yoga mat or small rug for floor work and wear clean athletic shoes.

**Instructor:** Georgia Balsamo

**Date:**
- Monday, April 20, 2015
- Tuesday, April 21, 2015

**Time:**
- 12:30 p.m. – 5:30 p.m.

**Location:**
- Community Center, Room H208

**Cost:** $30

**Instructor:** John Huneke

**Card Making**

Learn the art of making creative and personal cards for many occasions. In week 1, students will make simple folded cards, ... A supply kit (costing $12-$16)

**Instructor:** Allen Reed

**Date:**
- Tuesday, March 24, 2015
- Wednesday, March 25, 2015
- Thursday, March 26, 2015

**Time:**
- 9:00 a.m. – 12:00 p.m.

**Location:**
- Student/Conference Center, Room H208

**Cost:** $65

**Managing Conflict for Better Results**

We all have disagreements with co-workers, customers, suppliers—the significant people in our lives and even with ourselves! When disagreement moves to confrontation and conflict, it often becomes destructive. Learn to shift to a process that allows satisfaction of everyone’s needs. Curious? Join the fun!

**Instructor:** Georgia Balsamo

**Date:**
- Monday, April 20, 2015
- Tuesday, April 21, 2015

**Time:**
- 12:30 p.m. – 5:30 p.m.

**Location:**
- Community Center, Room H208

**Cost:** $65

**Instructor:** Rudy Nielsen

**Effective Stress Management**

Learn to identify stressors and manage them, professionally and personally. Transform old attitudes and beliefs that create “bad” into attitudes and actions that are healthy and effective. Make stress work FOR you, to be more productive and content in your work—and life!

**Intro to MS Office Excel 2007**

Prerequisite: Working knowledge of Microsoft Windows is highly recommended. This course covers word processing basics: cut, copy and paste, formatting text, spell check, moving text, and saving and printing documents. Students will learn to navigate the Word environment, menu bar, toolbars, and status bar.

**Instructor:** Rudy Nielsen

**Date:**
- March 4 & 11
- March 5 & 12

**Time:**
- 9:00 a.m. – 11:00 a.m.

**Location:**
- Student/Conference Center, Room H210

**Cost:** $65

**Instructor:** Rudy Nielsen

**Sign Language I**

A six-week-class will be offered and students will be able to have basic conversations with a deaf person. Participants will learn the basic words and phrases in sign language. Language could lead the student to a higher level to become an interpreter. Like any language, the more you practice, the better chance you have to become an interpreter. Textbook is required for this class.

**Date:**
- January 13 – March 3

**Location:**
- Student/Conference Center, Room H117

**Instructor:** Georgia Balsamo

**Date:**
- March 17 – May 5

**Time:**
- 7:00 a.m. – 9:15 p.m.

**Location:**
- Student/Conference Center, Room H117

**Sign Language II**

We are going to use the same book for Sign Language I and Sign Language II. The book has a total of 22 lessons. Our goal is to teach a lesson each day of the course.

**Date:**
- January 21 – April 2

**Time:**
- 7:00 – 9:00 p.m.

**Location:**
- Elizabeth Community Building
- 401 W. West St.
- Elizabeth, IL

**Instructor:** John Huneke

**Cost:** $30

**Instructor:** John Huneke

**Sign Language Class-Letters are symbols which turn matter into spirit**

This six week course is designed to introduce you to the basic strokes important in forming and understanding the structural elements of sign language. In upper case italic alphabet. Our aim is to practice with the basic strokes. In addition we will cover the tools and materials needed, proper letter, word and sentence formation.

**Instructor:** Brian Crandall

**Date:**
- January 7, 2015

**Time:**
- 9:00 a.m. – 12:00 noon

**Location:**
- Student/Conference Center, Room H208

**Cost:** $35

**Instructor:** Andrea Dubick and Allies Red

**Card Making**

Create a fun project for your children with a disability or adult dependent family member. In this session, participants will have the opportunity to create a personalized card for a friend, family member or from the heart. Students will need to bring their own materials.

**Date:**
- January 27, 2015

**Time:**
- 9:00 a.m. – 12:00 noon.

**Location:**
- Ferguson Fine Arts Center, Room C202

**Cost:** $20

**Instructor:** Carl M. Mook

**Advocate Protected**

This course is designed to introduce students to the OSHA 10-hour certification. Students will learn about the OSHA 10-hour certification process and become familiar with the basic elements of the course. The course includes a reading and a discussion of the OSHA 10-hour course materials.

**Instructor:** Carl M. Mook

**Date:**
- March 4 & 11

**Time:**
- 9:00 a.m. – 11:00 a.m.

**Location:**
- Student/Conference Center, Room H210

**Cost:** $20

**Instructor:** Debbie Miller

**Computers Made Easy for Seniors**

This class is designed to be relaxing and easy to understand. Participants will learn how to use a computer, the keyboard, and mouse.

**Instructor:** Carl M. Mook

**Date:**
- March 5 & 12

**Time:**
- 9:00 a.m. – 12:00 noon

**Location:**
- Ferguson Fine Arts Center, Room C202

**Cost:** $20

**Instructor:** Debbie Miller

**Communications for Technicians**

This course is designed to help technicians understand the language of their customers and to be able to communicate effectively with them. The course includes a reading and a discussion of the course materials.

**Instructor:** Carl M. Mook

**Date:**
- March 5 & 12

**Time:**
- 9:00 a.m. – 12:00 noon

**Location:**
- Ferguson Fine Arts Center, Room C202

**Cost:** $20

**Instructor:** Debbie Miller

**Managing Conflict for Better Results**

We all have disagreements with co-workers, customers, suppliers—the significant people in our lives and even with ourselves! When disagreement moves to confrontation and conflict, it often becomes destructive. Learn to shift to a process that allows satisfaction of everyone’s needs. Curious? Join the fun!

**Instructor:** Carl M. Mook

**Date:**
- March 4 & 11

**Time:**
- 9:00 a.m. – 11:00 a.m.

**Location:**
- Student/Conference Center, Room C202

**Cost:** $65

**Instructor:** Dieter Amman

**Vocational Center, Elizabeth, IL**

**Day:**
- Thursday

**Time:**
- 6:00 p.m. – 8:00 p.m.

**Location:**
- Ferguson Fine Arts Center, Room FA-062

**Cost:** $20