

Classes at HCC West in Elizabeth

Card Making

Learn the art of making your own custom, creative cards. Each class will present several different projects, with progressing difficulty and technique. Seasonal and other types of cards will be introduced based upon student ability and interest. Class size is 8.

CED 020 CWA 4508

Date: September 9, 23, October 7, 21
Day: Wednesday
Time: 6:00 p.m. - 8:00 p.m.
Location: HCC West, Elizabeth
Cost: \$20 plus \$15 for supply kit (purchased at first class)
Instructor: Lori Thrash

CED 020 CWB 4509

Date: September 16, 30, October 14, 28
Day: Wednesday
Time: 6:00 p.m. - 8:00 p.m.
Location: HCC West, Elizabeth
Cost: \$20 plus \$15 for supply kit (purchased at first class)
Instructor: Lori Thrash

A Day in the Life at Apple River Fort

Join historical interpreters for a day of working at Apple River Fort and learning skills and crafts that settlers of the 1830's would have known. Learn skills such as cooking on an open hearth/campfire, starting a fire with flint and steel, spinning and other fabric arts, farming and gardening. Explore military life, music, dancing and games. We will conclude the day with a dinner cooked at the Fort. Students will be invited to stay for an evening of discussion of how Native Americans interpreted the stars and constellations. Students should wear comfortable clothes suitable for the weather and shoes for standing. Natural fabrics are highly recommended, as participants will be working near open fires. Please bring your own lunch. Begin at 10 AM at the Apple River Fort Interpretive Center at 311 E. Myrtle St. in Elizabeth, IL. Class size is 50.

PERS 033 CC 4507

Date: September 26
Day: Saturday
Time: 10:00 a.m. - 5:00 p.m.
Location: Apple River Fort, Elizabeth
Cost: \$35
Instructor: Allen Reed

Eat Well, Move Well, Think Well

Learn how to live a long, healthy life by eating what you need to get and stay healthy through genetically congruent nutrition. Move well daily with genetically congruent exercise and energy expenditure. Finally, learn how to think well and cope with the stresses of today's society. The September 22 class will be followed by an optional second session on preparing health foods, taught by Chef Michael Staver from Bright Flowers. For the cooking session there is an additional fee of \$8, payable the evening of the class. Class size is 20.

PERS 034 CCA 4510

Date: September 8, 22, October 13, November 3, 17
Day: Tuesday
Time: 6:30 p.m. - 8:30 p.m.
Location: HCC West, Elizabeth
Cost: \$35
Instructor: Dr. Mike Wampfler

Beginning Oil Painting

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 used 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????** Class size is 8.

PERS 036 CCB 4511

Date: September 9, 16, 23, 30
Day: Wednesday
Time: 6:00 p.m. – 9 p.m.
Location: HCC West, Elizabeth
Cost: \$69
Instructor: Janet Checker

Oil Painting 2

Take the next step to continue to improve your artistic ability. Different and more advanced techniques used in painting with oil will include glazing, wet on wet and alla prima. Learn how to use photos to create an original painting. Class size is 8.

PERS 036 CCC 4512

Date: October 7, 14, 21, 28
Day: Wednesday
Time: 6:00 p.m. – 9:00 p.m.
Location: HCC West, Elizabeth
Cost: \$69
Instructor: Janet Checker

Portrait Painting

Using pastels, acrylics or oils, students will learn the process of painting a portrait and how to create a likeness of the subject and give it dimension. Students will work from photos of their choice. Class size is 8.

PERS 036 CCF 4513

Date: November 4, 11, 18, 25
Day: Wednesday
Time: 6:00 p.m. – 9:00 p.m.
Location: HCC West, Elizabeth
Cost: \$69
Instructor: Janet Checker

Real People's Workout

Would you like to lose inches, especially in the abdomen and waist, to relieve back and neck pain or to improve your posture, flexibility and endurance? Techniques taught in these workshops have helped others in the area to achieve this and more. In these motivational and educational workshops, featuring the fundamentals of T-Tapp™, Carol will teach you how to fit fitness into your busy lifestyle. She has enjoyed helping many people to get started right and progress with T-Tapp™, a series of copyrighted, sequential movements designed to put the body in proper functional alignment utilizing a physical therapy approach to fitness, developed by world renowned fitness expert and exercise physiologist, Teresa Tapp. Workshop fee is for one 2 hour session and includes the required book. Please bring well-fitting cross trainer athletic shoes, a towel and water. As always, check with your health care provider before beginning any exercise program. (Carol is scheduled to talk about and demonstrate exercises at the Health Fair at HCC West on October 23, 2009 from 9-11:30 a.m.) For more information or to sign up for a workshop, contact Carol at rejoice@aeroinc.net or call 815-541-2235. or visit Carol's website at www.joyhealthfit.com Class size is 25.

Date: August 25
Day: Tuesday
Time: 6:30 p.m. – 8:30 p.m.
Location: HCC West, Elizabeth
Cost: \$60
Instructor: Carol Heinrich, Certified T-Tapp™ Trainer

Date: September 22
Day: Tuesday
Time: 6:30 p.m. – 8:30 p.m.
Location: HCC West, Elizabeth
Cost: \$60

Instructor: Carol Heinrich, Certified T-Tapp™ Trainer
Date: November 10
Day: Tuesday
Time: 6:30 p.m. – 8:30 p.m.
Location: HCC West, Elizabeth
Cost: \$60
Instructor: Carol Heinrich, Certified T-Tapp™ Trainer

Date: November 4
Day: Wednesday
Time: 9:30 a.m. – 11:30 a.m.
Location: HCC West, Elizabeth
Cost: \$60
Instructor: Carol Heinrich, Certified T-Tapp™ Trainer

Classes at HCC in Freeport

Knitting

Classes will be held in Verna's new upstairs classroom. Learn to cast on stitches and how to knit and purl. Student will also learn how to do increasing and decreasing. Learn to put these stitches together to make a garter, rib and stockinette stitches and how to read patterns and how to bind off. First project will be a hat or dishcloth. Student will need a pair of 10 inch, size 7, 8, or 10 knitting needles, a skein of light colored worsted weight yarn and Susan Bates [My Knitting Teacher](#) book. You may purchase all items at the first class if necessary. Class is limited to 8 students.

PERS 036 BCC 4473
Date: September 15 through October 20
Day: Tuesday
Time: 7:00 p.m. – 9:00 p.m.
Location: Verna's Yarn Shop, 888 W. Galena, Freeport
Cost: \$45
Instructor: Verna Kintzel

Tatting

Classes will be held in Verna's new upstairs classroom. In this class you will learn how to make rings, chains, picots and how to put them together. Learn how to read patterns, make edgings, snowflakes, etc. Student will need a Tatting shuttle, crochet thread, and a 5" weaving needle. You may purchase all items at the first class if necessary. Class is limited to 8 students.

PERS 036 ACC 4472
Date: September 9 through October 19
Day: Monday
Time: 7:00 p.m. – 9:00 p.m.
Location: Verna's Yarn Shop, 888 W. Galena, Freeport
Cost: \$45
Instructor: Verna Kintzel

Crocheting

Classes will be held in Verna's new upstairs classroom. In this class, you will learn to make a chain, single, double, triple, and a half-double crochet stitches. Learn to increase, decrease and learn to read patterns. Learn to do the afghan, post, and popcorn stitches. You will need to supply a size G or H crochet hook, a skein of light colored yarn and a Susan Bates [My Crocheting Teacher](#) book. You may purchase all items at the first class if necessary. Class is limited to 8 students.

PERS 036 ECC 4474

Date: September 16 through October 21
Day: Wednesday
Time: 7:00 p.m. – 9:00 p.m.
Location: Verna's Yarn Shop, 888 W. Galena, Freeport
Cost: \$45
Instructor: Verna Kintzel

Learn to Dance

Learn to dance the Double Two Step (Swing on the Move). Those who love to dance will love the Double Two Step. This lively dance has been nicknamed "Swing on the Move." If you like the Polka, you'll love this dance. Grab a partner and some friends! Join the fun at the Jane Addams Community Center!

PERS 036 JCC 4477

Date: November 2 through December 7
Day: Monday
Time: 6:30 p.m. – 8:00 p.m.
Location: Jane Addams Community Center, Cedarville
Cost: \$30 per person – You must have a dance partner to participate in this class.
Instructor: Kelly Myers

Warrior Spirit

Every country and culture has stories of famous warriors who underwent physical training to find their warrior spirit. Both men and women are invited to work together in an hour-long class, once a week, to find that spirit themselves. The class will involve learning martial arts moves both with empty hands and with a weapon, as well as physical conditioning exercises. Participants should wear comfortable clothing and bring a three foot dowel rod, ¾ to 1 inch in diameter. Class limit is 20.

PERS 034 CC 4492

Date: September 8 through November 24
Day: Tuesday
Time: 7:00 p.m. – 8:00 p.m.
Location: HCC Sports Center/YMCA
Cost: \$35
Instructor: Allen Reed

Card Making

Learn the art of making creative and personal cards for many occasions. In week one, students will make simple fold cards, learn to use embellishments and layered paper and try embossing with the Cuttle bug. Week two will include a pocket card and other fall and holiday themed projects. For week three participants will create Spirille cards using punches and thread Shrinky dinks. The class concludes with an Iris folding card and other seasonal fun paper projects. Enrollment is limited to 10 people per 4 week course. Students should bring a pencil, a notebook, a ruler and a favorite general adhesive.

CED 020 CC 4493

Date: September 9, 23, October 7, 14
Day: Wednesday
Time: 6:00 p.m. - 8:00 p.m.
Location:
Cost: \$20 plus \$16 for a supply kit
Instructor: Debbie Miller

CED 020 CCA 4495

Date: September 16, 30, October 14, 28
Day: Wednesday
Time: 6:00 p.m. - 8:00 p.m.
Location:
Cost: \$20 plus \$16 for a supply kit
Instructor: Debbie Miller

Computers Made Easy for Seniors

This non-threatening, hands-on class will help you ease into computer age technology and become familiar with the jargon, concepts and basic operations of computers. Class size is 14.

PERS 010 CC 4547

Date: September 8, 10, 15, 17
Day: Tuesday and Thursday
Time: 9:00 a.m. – 11:30 a.m.
Location:
Cost: \$45.50
Instructor: Bob Baker

PERS 010 CCA 4548

Date: September 8, 10, 15, 17
Day: Tuesday and Thursday
Time: 1:00 p.m. – 3:30 p.m.
Location:
Cost: \$45.50
Instructor: Bob Baker

Internet and Email for Seniors

Examine the fascinating world of the Internet. Learn how to send and receive messages and attachments via e-mail, search various websites for information and understand the basics of the World Wide Web. Class size is 14.

PERS 010 CCB 4549

Date: September 22, 24, 29, October 1
Day: Tuesday and Thursday
Time: 9:00 a.m. – 11:30 a.m.
Location:
Cost: \$45.5
Instructor: Bob Baker

PERS 011 CCC 4550

Date: September 22, 24, 29, October 1
Day: Tuesday and Thursday
Time: 1:00 p.m. – 3:30 p.m.
Location:
Cost: \$45.5
Instructor: Bob Baker

Ballroom Dancing for Beginners

Learn to dance – it's fun and it's easy. Many people dance for poise, self-confidence and physical fitness. Learn the Waltz, Foxtrot, Swing, Tango and more. Julie Dale, Professional Dance Instructor from Sterling, Illinois, will teach you the steps, the dips and the flourishes to let you shine as you "Dance with your own Star". Learn the basics in the beginners' class. All participants must have a partner. Class size is 50

PERS 036 CCA 4499

Date: September 9 through October 14
Day: Wednesday
Time: 6:00 p.m. – 7:00 p.m.
Location:
Cost: \$75 per couple
Instructor: Jule Dale, Professional Dance Instructor

PERS 036 CCD 4502

Date: October 21 through November 25
Day: Wednesday
Time: 6:00 p.m. – 7:30 p.m.
Location:
Cost: \$75 per couple
Instructor: Jule Dale, Professional Dance Instructor

Intermediate Ballroom Dancing

Put a little fun in your life- learn to dance! Whether you dance for poise, self-confidence, physical fitness, or just for fun, Julie Dale, Professional Dance Instructor from Sterling, Illinois, will teach experienced dancers various combinations of steps and help you develop your own choreographed routine. All participants must have a partner. Class size is 50.

PERS 036 CC 4501

Date: September 9 through October 14
Day: Wednesday
Time: 7:30 p.m. – 9:00 p.m.
Location:
Cost: \$75 per couple
Instructor: Jule Dale, Professional Dance Instructor

PERS 036 CCE 4503

Date: October 21 through November 25
Day: Wednesday
Time: 7:30 p.m. 9:00 p.m.
Location:
Cost: \$75 per couple
Instructor: Jule Dale, Professional Dance Instructor

Wellness and You

Each meeting of this 3-session course will focus on a different aspect of personal and family wellness. Learn ways to prevent and correct Type II Diabetes naturally, the four main factors that you can control to help your family's wellness, and how to find relief from fibromyalgia and chronic pain and fatigue. These sessions are presented through the sponsorship of the Foundation of Wellness. Class size is 50.

PERS 034 CCN 4504

Date: September 14, October 12, November 9
Day: Monday
Time: 6:45 p.m. – 8:45 p.m.
Location:
Cost: \$25
Instructor: Dr. Mike Wampfler

Introduction to Voice Overs

Have you ever wanted to be the voice everyone hears on TV and radio commercials, or documentary or audio book narrations? You too can become a Professional Voiceover Artist! This fun, informative, and empowering class will teach you the basics of the voice over industry to help you decide if it is something you'd like to pursue. We will discuss the many different types of voiceovers and what it takes to get started as a voice actor. Your voice will be recorded as you read from real scripts so you can receive a professional voice evaluation later. Be warned, many who have taken this class have gone on to become real, bona-fide, professional Voice Actors. Come ready to laugh, learn and be inspired. This class is taught by a professional voice actor from the voice acting training company, Voices For All.

CED 009 CCN 4505

Date: November 4
Day: Wednesday
Time: 6:00 p.m. – 8:00 p.m.
Location:
Cost: \$30
Instructor:

Interior Design

Here is a chance to learn how to make your house in to the dream home you have always wanted. Explore color selection and coordination, design styles and trends, and space planning ideas for every area of your home. Gain fresh ideas about windows, walls, and floors, as well as learn how to use your existing furniture and accessories in new and creative ways. Our experienced instructor can provide you with the tools to decorate, or perhaps redecorate like a pro! Students should bring 1-2 pencils with erasers, a notepad, graph paper, colored pencils, a ruler, scissors and glue. Class size is 15.

CED 019 CC 4506

Date: September 10 through October 29
Day: Thursday
Time: 7:00 p.m. – 8:30 p.m.
Location:
Cost: \$50
Instructor: Lindsay Heitz

Professional Development Classes

Blueprint Reading Workshop

Do you need hands-on training in reading blueprints on the job? Here's your chance to learn how to read, interpret and communicate using prints. You will learn to work with the components common to Mechanical Engineering Prints. Topics include title blocks, dimensioning, tolerances, linetypes, symbols, terminology, measurement, orthographic projection, sectioning, auxiliary views, detail, and pictorial views. Class size is 20.

WFD 048 BCC 4520

Date: September 19, 26
Day: Saturday
Time: 8:30 a.m. - Noon
Location: HCC Marvin-Burt Liberal Arts Center, Room M-122
Cost: \$125
Instructor: Scott Anderson

Geometric Dimensioning & Tolerancing

Acquaints students with the means of identifying engineering design and drawing requirements with respect to the function and relationship of a part feature. Topics include symbols, rules, terminology, geometric characteristics, datums and inspection as related to the ASME Y14.5- 1994. At the conclusion of this course the student will be able to interpret geometric symbols applied to a mechanical print. Class size is 20.

WFD 048 ACC 4519

Date: October 10, 17
Day: Saturday
Time: 8:30 a.m. – Noon
Location: HCC Marvin-Burt Liberal Arts Center, Room M-122
Cost: \$125
Instructor: Scott Anderson

ARC Flash

This course will concentrate on safe work practices, identifying potential hazards, and following basic safety rules when working with electricity. The training will incorporate the 29CFR 1910 OSHA regulations as well as the National Fire Protection Association 70E safe Work practices program. Class size is 15.

WFD 048 CCC 4521

Date: October 26
Day: Monday
Time: 8:00 a.m. - 5:00 p.m.
Location: HCC Student Conference Center, Room H-208
Cost: \$199 (includes textbook)
Instructor: John Vaughan

DOT Haz Mat

This one day course provides an overview of the Training Requirements, Packaging, Hazard Communication and Security issues as they relate to transportation. DOT Hazardous Materials Regulations (HMR 49CFR Parts 171 – 180) require training and certification for anyone shipping or receiving haz-mat in relation to the transportation of hazardous material. This may include filling packages, labeling or marking of containers, preparing and or signing shipping papers. Class size is 20.

WFD 048 ECC 4522

Date: October 5
Day: Monday
Time: 8:00 a.m. – 5:00 p.m.
Location: HCC Student Conference Center, Room H-210
Cost: \$149
Instructor: John Vaughan

Meetings That Get Results

Meetings are an important way of conducting business, yet many of us groan at the mere suggestion of another meeting. Learn how to get commitment for structure and conduct effective meetings. Don't let meetings be a punishment – let meetings become a source of energy! Class size is 20.

WFD 052 ECC 4518

Date: October 1
Day: Thursday
Time: 9:00 a.m. – Noon
Location: HCC Student/Conference Center, Room H-210
Cost: \$60
Instructor: Dieter Ammann,

Discipline in the Workplace

Do you struggle with employee discipline measures at your workplace? Participants in this class will be able to identify 7 elements of effective employee discipline and 5 steps in the discipline process. Attendees will also learn how to use the components of the “Hot Stove” approach in solving disciplinary issues. Class size is 20.

WFD 052 BCC 4516

Date: October 15
Day: Thursday
Time: 9:00 a.m. – Noon
Location: HCC Student/Conference Center, Room H-210
Cost: \$60
Instructor: Lydell Manning

4 C's of Customer Service

Participants will explore how the 4 C's – Courtesy, Care, Consistency, and Commitment – can be applied during their daily customer transactions. Learn how to: successfully handle customers' complaints, build rapport, control roadblocks to great customer service, focus on the customer, and more. Class size is 20.

WFD 052 ACC 4514

Date: November 2, 3
Day: Monday and Tuesday
Time: 6:30 p.m. – 8:30 p.m.
Location: Galena High School in Galena, IL - Room 120
Cost: \$60
Instructor: Patricia Dietz

Motivating Employees

Are you out of ideas to boost workplace motivation? Class participants will learn how to apply the top employee motivators by using the Performance Analysis Quadrant Model, and be able to recognize the differences between intrinsic and external motivation. Motivational guidelines to improve employee performance will be covered. Class size is 20.

WFD 052 CCC 4517

Date: November 5
Day: Thursday
Time: 9:00 a.m. – Noon
Location: HCC Student/Conference Center Room H-210
Cost: \$60
Instructor: Lydell Manning

Promote Your Business with Twitter & Facebook

Learn to target market your business inexpensively with today's viral marketing methods: Twitter and Facebook. This hands-on computer class will show you how to create accounts and events, and add friends and Facebook pages with your business' promotion in mind. Class size is 14

WFD 011 ACC 4515

Date: September 9, 16
Day: Wednesday
Time: 6:30 p.m. – 8:30 p.m.
Location: HCC Technology Center Building, Room T-160
Cost: \$60
Instructor: Nancy Barker

NEW--Equine Courses offered through Highland Community College . Take the opportunity and release your curiosity - sign up for Equine courses at Highland Community College, surely we have something for your taste! For directions to Country View Equestrian Center please check out their website at www.countrview-equestrian.org.

Intro to Horse Feed and Breeding

Make the horse your good friend, know how to breed and feed!. In this class you will cover nutrition, types of feed, feed related diseases, breeding management, and evaluation of horses. Includes field trips and lectures from field experts. Class size is 15.

SPTP 160 ACC 4523

Date: September 8 through December 15
Day: Tuesday
Time: 6:00 p.m. – 8:00 p.m.
Location: HCC Student/Conference Center Room H-208
Cost: \$209
Instructor: Anki Fockstedt

Intro to Equine Sports Massage & Horse Maintenance

Massage is for sure one way to the horse's heart and soul – let Highland show you how! In this class you will cover massage, stresspoints, stretching, muscles, anatomy, physiology, health care, bits, saddles, and shoeing. Includes practice and lectures from field experts. Class size is 10.

SPTP 161ACC 4524

Date: September 9 through December 16
Day: Wednesday
Time: 6:30 p.m. – 8:30 p.m.
Location: HCC Student/Conference Center Room H-208 and Country View Equestrian Center
Cost: \$329
Instructor: Anki Fockstedt

Intro to Horse Handling, Horsemanship and General Training

Learn how to handle and how to train – be sure there is horsemanship on the way! In this class you will cover horse management, management of stables and establishments, secure handling, safety, and operational directions. Horse maintenance includes the needs of training, training programs, and retraining of horses. Includes field trips and lectures from field experts. Class size is 15.

SPTP 162 ACC 4526

Date: September 10 through December 17 (no class November 26)
Day: Thursday
Time: 7:00 p.m. – 9:00 p.m.
Location: HCC Student/Conference Center Room H-208
Cost: \$209
Instructor: Anki Fockstedt

Intro to the Practical Work of the Horse

Start to really train yourself for a life with horses – get a genuine touch of lunging, riding and driving! In this class you will cover training programs, evaluations for future training, practice in riding, lunging and ground driving. Also, includes examples of training programs for horses at different stages of work. Class size is 10.

SPTP 163ACC 4525

Date: September 12 through December 19
Day: Saturday
Time: 11:00 a.m. – 1:00 p.m.
Location: Country View Equestrian Center
Cost: \$429
Instructor: Anki Fockstedt

Food Sanitation

Classes held at Highland Community College and JoDaviess/Carroll AVC

This course is for managers or representatives of food service establishments who require certification. A certificate of completion will be awarded to students who meet all course requirements, including the completion of the state examination. Pre-registration for this class is required. Textbook is required for this class. Successful students will earn 1 credit hour.

HMEC 192 ECC 3977

Date: August 20 through October 8
Day: Thursday
Time: 7:00 p.m. – 9:15 p.m.
Location: HCC Student/Conference Center Room H117
Cost: \$91 (1 credit)
Instructor: Georgia Balsamo

HMEC 192 FCC 3978

Date: October 15 through December 10
Day: Thursday
Time: 7:00 p.m. - 9:15 p.m.
Location: HCC Student/Conference Center Room H117
Cost: \$91 (1 credit)
Instructor: Georgia Balsamo

HMEC 192 ACC 3975

Date: August 24 through October 5
Day: Monday
Time: 3:00 p.m. - 6:00 p.m.
Location: Jo Daviess Carroll Area Vocational Center, Elizabeth
Cost: \$91 (1 credit)
Instructor: Sharon Zigmont

HMEC 192 BCC 3976

Date: October 19 through November 23
Day: Monday
Time: 3:00 p.m. - 6:00 p.m.
Location: Jo Daviess Carroll Area Vocational Center, Elizabeth
Cost: \$91 (1 credit)
Instructor: Sharon Zigmont