

### 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.

### DATP 110 CCC (3787)

Date: Sept. 21, 23, 28 and 30  
Day: Tuesday & Thursday  
Time: 9:00 am – 11:30 am  
Location: HCC Technology Center, Room T160  
Cost: \$51.50 (1/2 credit)  
Instructor: Bob Baker

### DATP 110 ECC (3788)

Date: Sept. 21, 23, 28 and 30  
Day: Tuesday & Thursday  
Time: 1:00 pm – 3:30 pm  
Location: HCC Technology Center, Room T160  
Cost: \$51.50 (1/2 credit)  
Instructor: Bob Baker

### Disability 411

Creating a future plan for your child with a disability or adult dependent with a disability can be challenging. Parents, siblings and other care givers will learn about legal issues (trusts and guardianship), benefits (social security and other funding opportunities), community resources and transition planning. All classes are interactive and structured to meet the specifics of the group.

### PERS036JCC (3829)

Date: Sept. 14, 21, and 28  
Day: Tuesday  
Time: 7:00 pm – 9:00 pm  
Location: HCC Student Conference Center, Room H210  
Cost: \$20  
Instructor: Carl M. Mook, Advocate Protected Tomorrows

### Dance Class in Cedarville

Learn the rhythms and moves of the American Style Cha Cha. Grab a partner and join the fun at the Jane Addams Community Center. You must have a dance partner to participate in this class.

### PERS036ICC (3808)

Date: Oct. 18 – Nov. 22  
Day: Monday  
Time: 6:30 pm – 8:00 pm  
Location: Jane Addams Community Center, Cedarville, IL  
Cost: \$30 per person  
Instructor: Kelly Myers

### Basic Drawing Techniques

Learn the basics of pencil drawing, taught with much personal guidance by an experienced professional artist. Express yourself and learn about line, shape, texture, shading and more as you discover your own artistic talent. Students should bring an 11x14 sketch pad, a kneaded eraser, a table easel if possible, soft charcoal, assorted pencils – HB , B3, B6, B9 or 10 – tracing paper, a ruler, a 45 degree triangle and white pastel (chalk). Class size is limited to 8.

### PERS 036 CCC (3789)

Date: Sept. 15 – Oct. 20  
Day: Wednesday  
Time: 6:00 pm – 9:00 pm  
Location: HCC West, Elizabeth, IL, Room 127  
Cost: \$69  
Instructor: Janet Checker

### 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 a table easel, 6 8x10 canvas boards (12x16 are also OK but nothing larger), Viva paper towels, mineral spirits or turpenoid with no odor, 3 filbert brushes in assorted sizes, 3 bright brushes in assorted sizes, a palette (a white plastic plate works well), and paints in the following colors – Alizaran, Phalo blue, cad yellow light, white, and black. Class size is limited to 8.

### PERS 036 GCC (3790)

Date: Sept. 16 – Oct. 7  
Day: Thursday  
Time: 6:00 pm – 9:00 pm  
Location: HCC West, Elizabeth, IL, Room 127  
Cost: \$69  
Instructor: Janet Checker

### Painting Portraits From a Photo

Using pastels, 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 8x10 canvas boards (12x16 are also OK but nothing larger), Viva paper towels, mineral spirits or turpenoid with no odor, 3 filbert 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 – Alizaran crimson, Phalo blue, cad yellow light, cad red light, yellow ochre, burnt umber, burnt sienna, Viridian green, white, and black. Class size is limited to 8.

### PERS 036 ECC (3791)

Date: Oct. 14 - Nov. 4  
Day: Thursday  
Time: 6:00 pm – 9:00 pm  
Location: HCC West, Elizabeth, IL, Room 127  
Cost: \$69  
Instructor: Janet Checker

### Life Drawing/Painting

Students will learn the basics of life drawing. A model fee will be assessed. Students working in oils will need to provide a table easel, 6 8x10 canvas boards (12x16 are also OK but nothing larger), Viva paper towels, mineral spirits or turpenoid with no odor, 3 filbert brushes and 3 bright brushes in assorted sizes, a palette and paints in the following colors – Alizaran, Phalo blue, cad yellow light, white, and black. Participants choosing pastels should bring 10 sheets of 600 grade regular household sandpaper, assorted soft pastels (Rembrandt brand recommended), vine or willow charcoal, a kneaded eraser, a table easel, an old toothbrush, a plastic plate, waxed paper, Viva paper towels, a container for water and a ¼” wide flat bristle brush. Most materials are available at hobby and art supply stores or the HCC bookstore in Freeport. Class size is limited to 8.

### PERS 036 FCC (3792)

Date: Oct. 27 - Nov. 17  
Day: Wednesday  
Time: 6:00 pm – 9:00 pm  
Location: HCC West, Elizabeth, IL, Room 127  
Cost: \$69  
Instructor: Janet Checker

### Travel Spanish

This class is designed to teach basic Spanish skills to people who plan on traveling to a Spanish speaking country for business or for pleasure. Topics will include greetings, basic grammar and pronunciation, asking for directions, shopping, eating at a restaurant, weather, sports and recreation, and travel vocabulary. Students will purchase a workbook (available in the HCC West bookstore for approximately \$20) and should also bring a notebook and pen or pencil. Enrollment is limited to 20.

### CED 016 ACC (3793)

Date: Sept. 7 - Oct. 12  
Day: Tuesday  
Time: 6:00 pm – 8:00 pm  
Location: HCC West, Elizabeth, IL, Room 126  
Cost: \$39  
Instructor: Gina Shelley

### Business Spanish

This course is ideal for businesses with Spanish speaking customers. The class will be a continuation of the Travel Spanish course but it is not necessary to have attended Travel Spanish to take Business Spanish. Students will delve deeper

into basic grammar and pronunciation and will also cover the topics of talking on the phone, shopping and telling time. Students will purchase a workbook (available in the HCC West bookstore for approximately \$20) and should also bring a notebook and pen or pencil. Enrollment is limited to 20.

### CED 016 BCC (3794)

Date: Oct. 19 - Nov. 23  
Day: Tuesday  
Time: 6:00 pm – 8:00 pm  
Location: HCC West, Elizabeth, IL, Room 126  
Cost: \$39  
Instructor: Gina Shelley

### Broken Families: Finding Peace or Making Peace

This course will help students better understand and appreciate the effects of emotional cut-off, or emotional separation, in relationships. What is it? What are its consequences? How do we come to see and change our part in it?

Bob Williamson, a member of the faculty of the Center for Family Consultation, a Chicago-area group founded in 1979 for the purpose of contributing to the learning, teaching, and research of the natural systems theory of the family developed by Murray Bowen, M.D.

### 4019

Date: Saturday, Oct. 9  
Place: St. John UCC, 1010 S Park Blvd Freeport, IL  
Hours: 9 am - 3 pm  
Tuition: \$25 per student, due on Oct. 9 in class

### EQUINE WEEKEND

#### CLINICS

#### Equine Communication

Two afternoons will give you a glimpse of your possibilities to communicate with a horse. The first Saturday afternoon you will practice communication and also receive methods to improve your skills until we meet for the 2nd Sat. afternoon a month later. Class size 10.

### WFD 048 ACC 3853

Date: Oct. 16 and Nov. 13  
Day: Saturday  
Time: 1:00 pm-4:00 pm  
Location: Country View Equestrian Center, 2192 Clarno Rd Monroe, WI  
Cost: \$115  
Instructor: Anki Fockstedt

### Horse Handling and Riding

Here is your chance to try out horse handling and riding with an experienced school horse and have fun at the same time. You will learn some basics and experience how to groom, handle, mount and ride a horse. No previous experience is required. Class size is 6.

### WFD 048 BCC 3854

Date: Sept. 19  
Day: Sunday  
Time: 1:00 pm-4:00 pm  
Location: Country View Equestrian Center, 2192 Clarno Rd Monroe, WI  
Cost: \$50  
Instructor: Anki Fockstedt

### Horse Safety

Have you ever wondered what you have to consider for you and the horse to be as safe as possible? Here is a way for you to be informed in secure handling methods and also to get an idea of an environment that is as safe as possible for a horse and its handler. Class size is 10.

### WFD 048 CCC 3855

Date: Nov. 14  
Day: Sunday  
Time: 1:00 pm-4:00 pm  
Location: Country View Equestrian Center, 2192 Clarno Rd, Monroe, WI  
Cost: \$50  
Instructor: Anki Fockstedt

### A Bit of Horse Massage

Come on- take a step into the world of Horse Massage! Perfect opportunity if you are curious and interested to know more what horse massage is all about. These hours will give you an idea of how, when and why to massage. You will also practice an easy, short massage. Class size is 10.

### WFD 048 ECC 3856

Date: Oct. 17  
Day: Sunday  
Time: 1:00 pm-4:00 pm  
Location: Country View Equestrian Center 2192 Clarno Rd Monroe, WI  
Cost: \$50  
Instructor: Anki Fockstedt  
**Tours du Jour**

### TOURS DU JOUR

In conjunction with the Highland Community College Community Education Department

### MADISON QUILT EXPO

Friday, Sept. 10  
8:00 am – 6:00 pm  
\$40.00 per person  
Madison, WI

Join us on the bus to the Quilt Expo brought to you by Wisconsin Public Television and Nancy Zieman. Check on the website wiquiltexpo.com for event details: Workshops, lectures, vendors, quilt competition. Cost includes transportation and admission.

### WICKED

Sunday, Oct. 3  
2:00 pm – 11:30 pm  
\$110.00 per person  
Madison, WI

The performance is at 6:30 pm We will get to Madison and all of the wonderful shops and restaurants which surround the Overture Center in plenty of time for you to decide where to eat before the play. We will provide maps and suggestions for restaurants but the meal is on you.

### SEVEN BRIDES FOR SEVEN BROTHERS

Saturday, Oct. 23  
1:00 pm – 10:00 pm  
\$90.00 per person  
Oakbrook, IL

Seven Brides for Seven Brothers takes place in the 1850's in the Oregon wilderness when a young bride desires to civilize and marry off her six rowdy brothers-in-law to ensure the success of her own marriage. Please make your entrée choice between roast turkey breast or roast sirloin of beef. Salad, vegetable, potato or rice, bread, dessert, and beverage are included.

### WOODFIELD

Saturday, Nov. 13  
8:00 am – 6:00 pm  
\$35.00 per person  
Schaumburg, IL

Our annual trip to Eli's Cheesecake Factory took a step up last year when the owner, Marc Schulman, had cheesecake samples and coffee for us. He even had a drawing for 6 or 7 cheesecakes, so bring your cooler (we will have a couple of coolers for general use) and stock up now. We will get over to Woodfield about 11:00 and you will have the rest of the day for shopping. The bus has room to bring home bulky items from IKEA.

### DOWNTOWN CHICAGO

Wednesday, Dec. 8  
Saturday, Dec. 11  
8:00 am – 8:00 pm  
\$40.00 per person (each trip)

Drop off and pick up on North Michigan Avenue and Randolph St. (the Loop). Watch area newspapers for latest info. All trips use Dixon-Meyers Trailways busses. Send \$25 non-refunded deposit – if the trip is cancelled, you get full refund. Sally Spudich, Tours du Jour, 1660 Gladewood Drive, Freeport, IL 61032 With your deposit, please include a phone number where you can be reached. Trips leave from HCC northwest corner parking lot A. 815.232.7988 (Sally) or 815.908. 9422 (Candy) e-mail: sspudich@verizon.net Reservations will be confirmed by card upon receipt of deposit. Balance due two weeks before trip.



## HIGHLAND COMMUNITY COLLEGE



# Fall 2010 Community Education Classes

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](http://www.highland.edu). **Class offerings subject to change.**

2998 WEST PEARL CITY ROAD  
FREEPORT, IL 61032  
815.599.3612 • [WWW.HIGHLAND.EDU](http://WWW.HIGHLAND.EDU)

## BUSINESS AND PROFESSIONAL

### 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. Learn to work with the components common to Mechanical Engineering Prints. Topics include title blocks, dimensioning, tolerances, linetypes, symbols, terminology, measurement, orthographic projection, sectioning, detail and pictorial views. Class size is 20.

SPTP 150 ACC 3861  
Date: Sept. 18 and 25  
Day: Saturday  
Time: 8:00 am-12:00 pm  
Location: Liberal Arts Ctr., room 122  
Cost: \$135  
Instructor: Scott Anderson

### Effective Stress Management

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

WFD 052 ACC 3862  
Date: Oct. 1  
Day: Friday  
Time: 9:00 am-12:00 pm  
Location: Student/Conference Ctr., room 208  
Cost: \$65  
Instructor: Dieter Ammann

### Powerful Team Dynamics

Learn to maximize group dynamics and processes, while having a good time. This workshop will engage participants in group activities, while learning how groups function. Discover how groups formed and evolved and about roles group members play, while exploring the art of facilitation.

WFD 052 BCC 3863  
Date: Nov. 12, 2010  
Day: Friday  
Time: 9:00 am-12:00 pm  
Location: Student/Conference Ctr., room 210  
Cost: \$65  
Instructor: Dieter Ammann

### Managing Conflict the Smart Way

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!

WFD 052 CCC 3864  
Date: Oct. 29, 2010  
Day: Friday  
Time: 9:00 am-12:00 pm  
Location: Student/Conference Ctr., room 210  
Cost: \$ 65  
Instructor: Dieter Ammann

### Process Improvement Using Six Sigma Tools

This is a practical but effective approach to using Six Sigma tools to improve any process, shop or office. Selected tools take you through the five phases of the DMAIC track of Six Sigma: Define problem, Measure key metrics, Analyze data, implement Improvements, and Control process to hold the gains. Participants should bring one or two problem ideas to apply. Prerequisite: Students should have a working knowledge Microsoft Word and Excel and have access to computers at work (but they are not required in class).

SPTP 150 BCC 3865  
Date: Oct. 29, Nov. 5, 12  
Day: Friday  
Time: 8:00 am-12:00 pm  
Location: Student/Conference Ctr., room 208  
Cost: \$275  
Instructor: Al Softley

### Statistical Process Control (SPC) Overview

Learn how SPC works, and what it can and cannot do. Basic principles of the six types of control charts will be explained including strengths and applications of each. How to make an existing SPC program more effective is also discussed. Those considering implementing SPC or those maintaining, or performing SPC will benefit from this class.

WFD 048 FCC 3866  
Date: Oct. 22  
Day: Friday  
Time: 8:00 am-12:00 pm  
Location: Student/Conference Ctr., room 210  
Cost: \$120  
Instructor: Al Softley

### Six Sigma / Lean Overview

What is Six Sigma? What is Lean? How are they different? This course will explain what the most successful improvement methodology in history, Six Sigma, and Lean are all about. The tools and deliverables of each of the five phases of a Six Sigma project are shown through examples from real projects. Implementation issues are also discussed. Participants will learn if Six Sigma and Lean are right for their organization and if so, where to begin. Prerequisite: Students should have a working knowledge Microsoft Word and Excel and have access to computers at work (but they are not required in class).

WFD 048 GCC 3867  
Date: Oct. 15  
Day: Friday  
Time: 8:00 am-12:00 pm  
Location: Student/Conference Ctr., room 210  
Cost: \$ 120  
Instructor: Al Softley

### Fast-Track: Introduction & Intermediate Microsoft Word 2007

The first session will include how to embed pictures, create columns, charts and graphs, build tables, and copy and paste materials from one document to another. Class two will cover how to embed an Excel spreadsheet into Word, create tables of content, and foot and end notes, as well as specialty tricks. Hit the ground running with this fast-paced Microsoft Word class!

WFD 011 ACC 3868  
Date: Sept. 21 and 28  
Day: Tuesday  
Time: 6:30 pm-8:00 pm  
Location: Technology Ctr., room 160  
Cost: \$65  
Instructor: John Harris

### Fast-Track: Introduction & Intermediate Microsoft Word 2007

The first session will include how to embed pictures, create columns, charts and graphs, build tables, and copy and paste materials from one document to another. Class two will cover how to embed an Excel spreadsheet into Word, create tables of content, and foot and end notes, as well as specialty tricks. Hit the ground running with this fast-paced Microsoft Word class!

WFD 011 BCC 3869  
Date: Sept. 22 and 29  
Day: Wednesday  
Time: 6:00 pm-7:30 pm  
Location: HCC West, Elizabeth, room 123  
Cost: \$65  
Instructor: John Harris

### Fast-Track: Introduction & Intermediate Microsoft Word 2007

The first session will include how to embed pictures, create columns, charts and graphs, build tables, and copy and paste materials from one document to another. Class two will cover how to embed an Excel spreadsheet into Word, create tables of content, and foot and end notes, as well as specialty tricks. Hit the ground running with this fast-paced Microsoft Word class!

WFD 011 CCC 3870  
Date: Oct. 6 and 13  
Day: Wednesday  
Time: 3:00 pm-4:30 pm  
Location: Technology Ctr., room 159  
Cost: \$65  
Instructor: John Harris

### Introduction of PowerPoint MS Office 2007

Students learn to create an effective slide show presentation on PowerPoint. Students will choose a design, and revise and modify text. Topics include inserting text and graphics, such as shapes, clip art, and pictures. Other topics may include headers and footers, tables, charts, options for printing, sound and animation.

WFD 011 ECC 3871  
Date: Oct. 28 and Nov. 4  
Day: Thursday  
Time: 6:30 pm-8:30 pm  
Location: Technology Ctr., room 160  
Cost: \$65  
Instructor: Rudy Nielsen

### Introduction of Microsoft Word 2007

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. Prerequisite: Working knowledge of Microsoft Windows is highly recommended.

WFD 011 FCC 3872  
Date: Oct. 21 and Oct. 22  
Day: Thursday and Friday  
Time: 9:00 am-11:00 am  
Location: Technology Ctr., room 160  
Cost: \$65  
Instructor: Rudy Nielsen

### Introduction of Microsoft Word 2007

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. Prerequisite: Working knowledge of Microsoft Windows is highly recommended.

WFD 011 GCC 3873  
Date: Oct. 29  
Day: Thursday  
Time: 8:00 am-12:00 pm  
Location: HCC West, Elizabeth, room 123  
Cost: \$65  
Instructor: Rudy Nielsen

### OSHA 10 Hour

The 10-hour General Industry OSHA course will include the OSHA required introduction to OSHA, walking and working surfaces, exit routes and emergency plans, electrical safety, personal protective equipment, and hazard communication topics. Includes optional topics in areas of record keeping, hazardous materials and machine guarding. Students who pass the final test will receive a 10-hour card.

SPTP 150 CCC 3874  
Date: Sept. 13 and 14  
Day: Monday and Tuesday  
Time: 8:00 am-2:00 pm  
Location: Student/Conference Ctr., room 210  
Cost: \$250  
Instructor: John Vaughan

### EPA Required: Lead Safety for Renovation, Repair & Painting

Learn to comply with the EPA Renovation, Repair and Painting Rule and HUD Lead Safe Housing Rule. This training is required for all contractors (general, HVAC/Boiler/AC, Electricians and Plumbers) that work on pre-1978 housing and child-occupied facilities. Participants will become certified in leadsafe work practices. Topics include: Lead-based paint, regulations and the Rule, EPA-recognized test kits, dust containment, prohibited practices, protective equipment, clean-up, recordkeeping, and training noncertified workers. Occupational Training & Supply, Inc. is an approved EPA-certified training firm.

SPTP 150 ECC 3875  
Date: Sept. 20  
Day: Monday  
Time: 8:00 am-4:30 pm  
Location: Student/Conference Ctr., room 210  
Cost: \$225 Box Lunch Provided  
Instructor: Occupational Training & Supply, Inc.

### EPA Required: Lead Safety for Renovation, Repair & Painting

Learn to comply with the EPA Renovation, Repair and Painting Rule and HUD Lead Safe Housing Rule. This training is required for all contractors (general, HVAC/Boiler/AC, Electricians and Plumbers) that work on pre-1978 housing and child-occupied facilities. Participants will become certified in leadsafe work practices. Topics include: Lead-based paint, regulations and the Rule, EPA-recognized test kits, dust containment, prohibited practices, protective equipment, clean-up, recordkeeping, and training noncertified workers. Occupational Training & Supply, Inc. is an approved EPA-certified training firm.

SPTP 150 FCC 3876  
Date: Sept. 21  
Day: Tuesday  
Time: 8:00 am-4:30 pm  
Location: Student/Conference Ctr., room 210  
Cost: \$225 Box Lunch Provided  
Instructor: Occupational Training & Supply, Inc.

### Food Sanitation

## 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.

HMEC192ACC (3450)  
Date: August 19 – Oct. 7  
Day: Thursday  
Time: 7:00 pm – 9:15 pm  
Location: HCC Student/Conference Center, Room H117  
Cost: \$103, 1 credit  
Instructor: Georgia Balsamo

HMEC192BCC (3451)  
Date: Oct. 14 – Dec. 9  
Day: Thursday  
Time: 7:00 pm – 9:15 pm  
Location: HCC Student Conference Center, Room H117  
Cost: \$103, 1 credit  
Instructor: Georgia Balsamo

HMEC192ECC (3766)  
Date: August 23 – Oct. 4  
Day: Monday  
Time: 12:30 pm – 3:30 pm  
Location: JoDaviess/Carroll Area Vocational Center, Elizabeth, IL  
Cost: \$103, 1 credit  
Instructor: Sharon Zigmont

HMEC192FCC (3767)  
Date: Oct. 18 – Nov. 22  
Day: Monday  
Time: 12:30 pm – 3:30 pm  
Location: Jo Daviess/Carroll Area Vocational Center, Elizabeth, IL  
Cost: \$103, 1 credit  
Instructor: Sharon Zigmont

### Food Sanitation Refresher Classes

This class is only for currently licensed students who have been notified that their license is due for renewal and who have been notified that they can renew by taking this refresher course. Note: It is critical that each student bring their current sanitation license ID number with them to the refresher class so that license renewal paperwork can be submitted by the instructor as soon as the refresher session is completed.

CED020ACC (3452)  
Date: Oct. 7, 2010  
Day: Thursday  
Time: 12:30 pm – 5:30 pm  
Location: HCC Student Conference Center, Room H117  
Cost: \$45  
Instructor: Georgia Balsamo

CED020BCC (3453)  
Date: Dec. 2, 2010  
Day: Thursday  
Time: 12:30 pm – 5:30 pm  
Location: HCC Student Conference Center, Room H117  
Cost: \$45  
Instructor: Georgia Balsamo

### Personal Enrichment

## PERSONAL

## ENRICHMENT

### Calligraphy 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 the lower and upper case italic alphabet. Approximate cost of supplies will be \$25.00 with payment due to instructor on first day of class. Save money on supplies by reusing some of them in the Calligraphy Crafts class (on Thursday nights). For more information you can contact the instructor Bessie Pavell at 630-346-1336.

PERS036ACC (3526)  
Date: Sept. 7 – Oct. 12  
Day: Tuesday  
Time: 6:00 pm – 8:00 pm  
Location: HCC Liberal Arts Center, Room M122  
Cost: \$45  
Instructor: Bessie Pavell

PERS036BCC (3527)  
Date: Sept. 9 – Oct. 14  
Day: Thursday  
Time: 6:00 pm – 8:00 pm  
Location: HCC Liberal Arts Center, Room M122  
Cost: \$45  
Instructor: Bessie Pavell

### Sign Language

After taking this twelve-week class, students will be able to have basic conversations with a deaf person. Having a basic knowledge in Sign Language could lead the student to a higher level to become an interpreter. Like any language, the more you practice, the better chance for you to be able to communicate.

SPTP113ACC (3385)  
Date: Sept. 7 – Nov. 23  
Day: Tuesday  
Time: 5:30 pm – 6:50 pm  
Location: HCC Liberal Arts Center, Room M204  
Cost: \$103, 1 credit  
Instructor: John Huneke

### Warrior Spirit

Every country and culture has stories of famous warriors who underwent physical training to find their warrior spirit. Men and women are invited to work together to find that spirit themselves. Class will involve learning martial arts moves both with empty hands and with a weapon and physical conditioning exercises. Participants should wear comfortable clothing and bring a three foot dowel rod, ¾ to 1 inch in diameter. Enrollment is limited to 20.

PERS 034 ACC (3783)  
Date: Sept. 7 – Nov. 23, 2010  
Day: Tuesday  
Time: 8:00 pm – 9:00 pm  
Location: HCC Sports Center/YMCA - Multi Purpose Room 127  
Cost: \$35  
Instructor: Allen Reed

### Card Making

Learn the art of making creative and personal cards for many occasions. In week 1, students will make simple fold cards, learn to use embellishments and layered paper and also try embossing. Much more will follow in succeeding weeks including seasonal fun paper projects. Enrollment is limited to 10 people. Students should bring a pencil, a notebook, a ruler and a general adhesive. A supply kit (costing \$12-\$16) will be available to purchase at the first class session.

CED 020 CCC (3784)  
Date: Sept. 8, 22, Oct. 6. 20,  
Day: Wednesday  
Time: 6:00 pm – 8:00 pm  
Location: Ferguson Fine Arts Center, Room FA62  
Cost: \$20  
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.

DATP 110 ACC (3785)  
Date: Sept. 7, 9, 14 and 16,  
Day: Tuesday & Thursday  
Time: 9:00 am – 11:30 am  
Location: HCC Technology Center, Room T160  
Cost: \$51.50 (1/2 credit)  
Instructor: Bob Baker

DATP 110 BCC (3786)  
Date: Sept. 7, 9, 14 and 16  
Day: Tuesday & Thursday  
Time: 1:00 pm – 3:30 pm  
Location: HCC Technology Center, Room T160  
Cost: \$51.50 (1/2 credit)  
Instructor: Bob Baker