



LAKE PARK HIGH SCHOOL COMMUNITY EDUCATION

Branch out! Enroll today!
Winter/Spring 2010

Classes for Winter/Spring 2010

Arts

- Drawing for the Novice I & II

Crafts

- Jewelry Making
- Crochet
- Knitting

Computers Office 2007

- Introduction to Word 2007
- Intermediate Word 2007
- Introduction to Excel 2007
- Intermediate Excel 2007
- Power Point 2007
- Word 2007 for Seniors Part 1
- Word 2007 for Seniors Part 2
- Office 2007

Dance

- Waltz & Fox Trot for Beginners
- Rumba & Swing for Beginners

Digital Photography

- Introduction to Digital Cameras
- Exploring Digital Photography
Leve II
- Adobe Photoshop CS3 & Adobe
Bridge
- Advanced Exploring Digital
Photography

Language

- Beginning French I
- Continuing French II
- Beginning German I
- Continuing German II
- German III

Personal Finance

- It's More Than Stocks vs.
Bonds
- Rebuilding Your Nest Egg -
Calming the Waters

Culinary

- Learn to Cook w/ Chef Erik
Around the World Cuisine #1
- Learn to Cook w/ Chef Erik
Around the World Cuisine #2
- Learn to Cook w/ Chef Erik -
Spring Potpourri
- Learn to Cook w/ Chef Erik -
Thrill of the Grill
- Beginning Cake Decorating
- Cake Decorating II
- Fondant and Tiered Cakes
- Fondant and Gumpaste
- Fun with Chocolate

General Interest

- Strategies for Living Debt-
Free
- Advanced Personal Finance
- Insight Meditation & Mindful
Living
- College Funding
- Diabetes Self-Management

Music

- Voice Class
- Intermediate Voice Class

Fitness

- Zumba Fitness

New for Winter/Spring 2010

Lake Park High School's Community Education program is aimed at bringing new learning opportunities to members of the community beyond the high school population.

Look inside for computer classes to help you at work or home, personal finance classes to help you plan for the future, or dance, crafts or photography classes to rev up your creative side.

New Classes added this session

Rebuilding Your Nest Egg - Calming the Waters

Do you want to get back to where your investments were? And then grow for retirement? This class will help you understand what should be done, whether you are a do-it-yourselfer, or prefer to have someone else help.

Diabetes Self-Management

Learn how to gain control of diabetes in this 4-class comprehensive education program. Learn how different food groups affect the blood sugar, and receive a custom meal plan to help control your blood sugars. Learn how to test your blood sugar, and how to use the results. Learn about different medications used to treat diabetes. You're welcome to bring someone to class. Blood glucose meter will be provided. The instructor has been a certified diabetes educator since 1995, and worked with 4 endocrinologists for 8 years. Get the knowledge, and support you need to take control of your diabetes.

New Jewelry Classes

Create a Heart-Shaped set for Valentine's Day or anytime; Irish inspired Clover necklace, Mom's bracelet, Glass Stone pendant and earrings, Jump Rings dangle earrings, an Initial pendant; learn the technique of twisting 2 colors of wires together that will form tubes and strung on bead wire. They are all so beautiful and you will create them yourself!

Cooking with Chef Erik - Around the World Cuisine, Spring Potpourri and Thrill of the Grill

We will take a culinary trip throughout the world. We will work with recipes that can be reproduced by you at home for family or entertaining. Cuisines that will be made and tasted: Hispanic, Asian, Irish, Italian, Japanese, Greek. There will be classes on making spring soups, salads with homemade low-fat dressings, super easy family-friendly sandwiches and healthy family dinner options. We will discuss the basics of using a grill and will work with flavor add-ons, grillin' veggie tips, choosing the right meat for the right meal off the grill, tasty appetizers, summer salads and soups.

Drawing for the Novice II

A continuation of techniques visited in Drawing for the Novice 1. Material covered will include a review and deeper understanding of contour, negative space, spatial perspective, light and shadow, but we will also cover modeled drawing, scaling up and down, color and other methods of drawing.

Office 2007

Newest version of Microsoft Office. Learn to use Word, Excel, Intermediate Word, Intermediate Excel and Power Point 2007, it's new and improved!

Word 2007 for Seniors Part 1 and Part 2, the newest version of Microsoft Office. Part 1 is a basic introductory class. It will be slower paced and will include practicing with the mouse, writing a simple letter, compiling an address list and much more. Part 2 is a basic, slower-paced class with hands-on instruction. No prior class requirements. Topics will include but are not limited to graphics, tables, columns, address lists, sort and other topics as requested.


Plus many more! Look for the  symbol next to the new classes listed on the following pages.

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IMPORTANT INFORMATION

CLASSES BEGIN FEBRUARY 22, 2010

All classes are held at Lake Park High School East Campus, 600 S. Medinah Road, Roselle, unless specified otherwise.

Registration is limited to adults 18 years and older.

Registration information is on page 24.

For more information, contact the Lake Park Community Education office at 630-295-5402.

Arts & Crafts

All classes are held at Lake Park High School East Campus, 600 S. Medinah Road. Registration is open to adults 18 years and older.

Jewelry Making



Steel My Heart Pendant & Earrings

1 session - \$35.00 - February 23 - includes \$15.00 kit

Celebrate the joy of LOVE and make this Heart-shaped set. Learn how to form wire into a Heart shape and add texture with a hammer. Add a crystal or pearl for the dangle of your choice. Basic Wire forming and Wire Wrapping will be taught.

Code JM100, 7-9 p.m., Tues., Art Room - E181, N. Pelletier



Irish Clover Necklace

1 session - \$35.00 - March 4 - includes \$15.00 kit

To celebrate St. Patrick's Day come and make this festive Irish inspired Clover necklace. Learn how to string seed beads and Swarovski crystal on bead wire. Complete the necklace by adding a clasp and securing with a crimp bead. The clovers are added by making a pattern out of glass hearts. Basic wire wrapping and crimping will be taught.

Code JM101, 7-9 pm, Thurs., Art Room - E181, N. Pelletier



Mom's Bracelet

1 session - \$40.00 - April 27 - includes \$20.00 kit

Come and create a one of a kind bracelet for your Mom just in time for Mother's Day. This bracelet features sterling silver "MOM" beads and is surrounded by the Crystal birthstone colors for each family member. This is a very personal gift that any mother will love or to keep for yourself. Basic bead stringing and wire crimping will be taught.

Code JM 102 7-9 p.m., Tues., Art Room - E181, N. Pelletier



Dichroic Glass Pendant & Earrings

1 session - \$40.00 - March 11- includes \$20.00 kit

1 session - \$40.00 - April 6 includes \$20.00 kit

This beautiful set is created by attaching a Dichroic glass stone to a metal bail or the pendant and a metal base for the earrings. You will learn some basic wire work by making your own earring wire hooks. A metal chain will be made for the pendant which you will learn how to attach the clasp by adding chain finishers.

Code JM103, 7-9 p.m., Thurs., 3/11 or Tues., 4/6, Art Room, 181, N Pelletier

Arts & Crafts Cont'd.....



Jump Ring Dangle Earrings

1 session - \$35.00 - 3/23 - includes \$15.00 kit

1 session - \$35.00 - 4/13 - includes \$15.00 kit

Learn how to make your own jump rings for use in all jewelry making. These earrings are made by attaching the jump rings with some seed beads in a pattern to form the earring. You will learn some basic wire work by making your own earring wire hooks.

Code JM104, 7-9 p.m., Tues., 3/23 or Tues., 4/13, Art Room - E181, N. Pelletier



Initial Pendant

1 session - \$40.00 - April 20 - includes \$20.00 kit

This is another one of a kind piece for yourself or a special someone. The pendant will feature the Initial of your choice engraved into a beautiful Lapis Stone. You will learn basic wire wrapping to create a pendant with crystal accents. A metal chain will be made for the pendant which you will learn how to attach the clasp by adding chain finishers. The stones will be pre-engraved and we will need to have your letter choice on your registration. The registration DEADLINE for this class is 4/1/10 to have the stones engraved and delivered in time for the class.

Code JM 105 7-9 p.m., Tues. 4/20, Art Room - E181, N. Pelletier



Twisted

1 session - \$35.00 - March 16 - includes \$15.00 kit

Learn this fun technique of twisting 2 colors of wires together that will form tubes. The two-tone tubes will be strung onto bead wire. Accent beads will be added to create the piece of your choice. This project can be made as a bracelet, choker necklace or ankle bracelet. A clasp will be added to complete the piece by learning how to crimp bead wire.

Code JM106, 7-9 p.m., Tues., Art Room - E181, N. Pelletier



Twisted Again

1 session - \$40.00 - May 3 - includes \$20.00 kit

Again, come and learn this fun technique of twisting 2 colors of wire together that will form tubes. This stunning Necklace will feature a focal bead surrounded by crystal dangles and finished with the two-toned tubes. You will learn basic wire wrap to make the crystal dangles as well as adding a clasp to wire with the crimp beads.

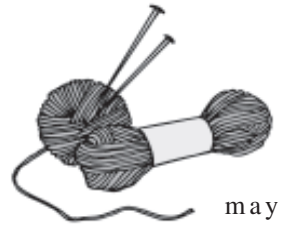
Code JM107, 7-9 p.m., Mon., Art Room - E181, N. Pelletier

****ALL JEWELRY CLASS PROJECTS ARE AVAILABLE FOR VIEWING AT THE DISTRICT OFFICE. COME IN AND TAKE A LOOK.**

Get Hooked on Crochet

6 sessions - \$70

Learn to crochet and make a sampler afghan with an assortment of stitches that serve as a foundation for the craft of crochet. Students will learn to read pattern instructions. Those experienced at crochet will be challenged with more advanced stitches. This class will be repeated. Bring the following materials to class:



may

crochet hooks in sizes, G, H, and I; scissors; 7oz. of 4-ply acrylic worsted weight yarn in three different colors to start afghan (more yarn will be needed to finish the entire afghan and this can be purchased later in the class); (do not buy navy, black, dark brown, pure white, or variegated colors; do not buy “soft” yarn); please purchase before the first class Leisure Arts book, “63 Easy To Crochet Pattern Stitches Combine To Make An Heirloom Afghan” by Darla Sims (available at JoAnn’s or Hobby Lobby).

CT101, 7-9 p.m. Thurs., 4/15, 4/22, 4/29, 5/6, 5/13 and 5/20, Room E184, R. Johnston.

Warm Up to Knitting

5 sessions - \$60

Here’s your chance to catch the latest crafting craze. Learn basic knitting stitches and techniques. This class will have you learning to knit, purl, cast on, bind off, increase, decrease and read knitting instructions. Students will follow a basic pattern to make a winter hat and scarf. Students will work at their own pace and will be introduced to a few more advanced techniques, such as cables. Bring the following materials to class: 14-inch straight knitting needles, US size 9; 10-inch straight knitting needles, US size 8; crochet hook, size G; cable needle; 2 3/4 inch plastic yarn needle; scissors; 14 oz of 4-ply acrylic worsted weight yarn in same color, in at least 2 separate skeins (do not buy navy, black, dark brown, pure white, or variegated colors; do not buy “soft” yarn); please purchase before the first class American School of Needlework book “Learn to Knit in Just One Day; by Jean Leinhauser (available for about \$6.50 at JoAnn’s or Hobby Lobby).

The cover of the book is ivory, pink, and light blue. (Do NOT buy similarly titled book “The Easy Learn to Knit in Just One Day” which costs around \$16.95 and has a brown and multicolored cover.)

CT102, 7-9 p.m., Thurs., 3/4, 3/11, 3/18, 3/25 and 4/8, Room E184, R. Johnston.

Beginning Cake Decorating

4 sessions –\$50

Welcome to the fun of cake decorating. Learn how easy and rewarding this can be with step by step directions from your instructor. Learn how to make character cakes, borders, flowers and exciting decorating tips to create wonderful desserts that will delight your friends and family. Supply list given the first night of class.

Code CT104, 7-9 p.m. Thurs., 3/4, Tues. 3/9, Thurs., 3/11 and Tues., 3/16, East Campus Staff Lounge, L. Vercillo.

Arts & Crafts cont'd.....

Cake Decorating II

4 sessions - \$50

In course 2 expand your decorating skill to create even more sophisticated desserts. Work with royal icing to create beautiful new flowers. Learn additional elegant borders and use colorflow for more vivid accents. Then put them all together to create a beautiful grand finale cake.

**Code CT105, 7-9 p.m. Thurs., 3/18, Tues. 3/23, Thurs. 3/25 and Tues. 4/6
East Campus Staff Lounge, L. Vercillo.**

Fondant and Tiered Cakes

4 sessions - \$50

Reach a new level of decorating skill with beautiful flowers and techniques in this course. Begin with intricate accents such as embroidery and lace, stringwork, garland and ruffled borders. Discover the elegance of rolled fondant to cover cakes. Add several new flowers to your repertoire including holiday blooms such as poinsettias and Easter lillies. Complete your course with a beautifully decorated tiered cake.

**Code CT106, 7-9 p.m., Thurs., 4/8, Tues. 4/13, Thurs. 4/15 and Tues. 4/20, East
Campus Staff Lounge, L. Vercillo.**

Fondant and Gumpaste

3 sessions - \$38

Create flowers and accents with beautiful detail using these easy to shape icings. Use tools to cut and shape amazing textured ribbons and borders. Each new technique will prepare you to decorate a grand finale cake you will be proud to take home.

**Code CT107, 7-9 p.m., Thurs., 4/22, Tues., 4/27 and Thurs. 4/29, East
Campus Staff Lounge, L. Vercillo.**

Fun with Chocolate

4 sessions \$50

This course will delight chocolate lovers. Come enjoy the fun of chocolate. Dip, mold and create beautiful chocolate creations. Learn how to use candy clay, make beautiful roses. Create a delicious grand finale project.

**Code CT108, 7-9 p.m., Tues., 5/4, Thurs., 5/6, Tues., 5/11 and Thurs., 5/13, East
Campus Staff Lounge, L. Vercillo.**

Drawing for the Novice I

7 sessions - \$80

Rather than drawing endlessly from still life, week after week, each session is designed to challenge the students' paradigms about drawing and art. For each of the eight weeks a different aspect of the skill set for drawing is discussed then practiced by the student through exercises and constructive guidance. The sessions cover contours, negative space, virtual perspective and other aspects of drawing thereby helping the student learn how to "see" and transfer that "seeing" to the paper. If you feel like you don't know how to draw, give me eight weeks and by the end of the series you will be amazed at your abilities! Supplies you will need for this class are: Drawing board, no smaller than 14 x 17. Available at an art supply store or get a hardboard/masonite panel from a hardware store. This needs to be larger than your drawing paper and non-flexible; a couple of large butterfly style paper clips or masking tape to fix your paper on the drawing board; a pad of all purpose drawing paper, no smaller than 14 x 17; one or two graphite sticks; pink pearl or other good "plastic" eraser; drawing or blending stumps (they'll know at the art store); pencils one soft lead and one hard lead; a portfolio in which to carry all of the above; a stiff piece of clear plastic about 8x10; a black, non-permanent, felt-tip pen.

Code DN, 6-8 p.m., Weds., 3/17, 3/24, 4/7, 4/14, 4/21, 4/28, 5/5, Art Room, A. McElwain.



Drawing for the Novice II

7 sessions - \$80

A continuation of techniques visited in Drawing for the Novice I. Material we will cover will include a review and deeper understanding of contour, negative space, spatial perspective, light and shadow, but we will also cover modelled drawing, scaling up and down, color and other methods of drawing.

You will need a drawing board, no smaller than 14 x 17, available at an art supply store, or get a hardboard/masonite panel from a hardware store. This needs to be larger than your drawing paper and non-flexible...A couple of large butterfly style paper clips or masking tape to fix your paper on the drawing board; a pad of all purpose drawing paper, no smaller than 14 x 17; one or two graphite sticks; pink pearl or other good "plastic" eraser; drawing or blending stumps (they'll know at the art store); pencils, one soft lead and one hard lead, colored pencils, medium lead, get 2 reds (one a crimson) and one of each of the following: blue, green, yellow, or buy a box of assorted colors. A portfolio in which to carry all of the above; a stiff piece of clear plastic about 8 x 10; a black, non-permanent felt-tip pen.

DN2, 6-8 p.m., Thurs., 3/18, 3/25, 4/8, 4/15, 4/22, 4/29, 5/6, Art Room, A. McElwain



Computer Classes



Microsoft Office 2007 - Introduction to Word

3 sessions — \$155

Word 2007 is the newest version of Microsoft Office. Learn to use Word 2007 to create and edit documents, format and print letters, memos and announcements. The following features are covered: menus, tool bar, fonts, bullets, printing, screen layout, shortcut keys, formatting, numbering, page/tab settings, editing features, multiple views, lines and borders, graphics, file management, shading, templates, wizards, search/replace, spell check, and thesaurus.

Skill level: A good working knowledge of Windows.

Fee includes \$35 textbook that will be distributed at the first session.

Code CS104, 6:30-9 p.m., Tues., 2/16, 2/23, 3/2, Room 206, J. Clark



Microsoft Office 2007 - Intermediate Word

3 sessions - \$125

Intermediate Word 2007 is the newest version of Microsoft Office. Dress up your documents, save time and automate tasks. Add tables, graphics and pictures. Use Page Setup to improve page appearance, change margins and tabs, add headers and footers. Use styles and formatting to save time and replicate attractive documents. Print envelopes and labels right from your document. Apply borders, shading, word-wraps and custom Word Art for professional-looking work.

Prerequisite: Introduction to Word or equivalent.

Code CS105, 6:30-9 p.m., Thurs., 3/11, 3/18, 3/25, Room 206, J. Clark



Microsoft Office 2007 - Introduction to Excel

3 sessions- \$155

Excel 2007 is the newest version of Microsoft Office. This class is for anyone working with numbers and can benefit from automating repetitive reporting and calculations tasks, such as inventory, sales statistics or payroll. This class will help you master the basics of designing and editing worksheets, entering data, creating formulas, formatting cells and working with charts. Learn powerful tools: moving and copying, formula replication with changing cell addresses, AutoFill, inserting and deleting rows and columns.

Fee includes \$35 textbook that will be distributed at the first session.

Skill level: Working knowledge of Windows and computer fundamentals.

Code CS106, 6:30-9 p.m., Weds., 2/17, 2/24, 3/3, Room 206, J. Clark



Microsoft Office 2007 - Intermediate Excel

3 sessions — \$155

Intermediate Excel 2007 is the newest version of Microsoft Office. Become an Excel wiz! Learn to use built-in Excel functions and formulas to do time-saving calculations. Use named ranges in formulas to describe areas of the spreadsheet. Use lookup tables to fill in multiple choice data. Use goal seeker to work input variables backward to reach a desired solution. Learn the function wizard to help use complicated functions. Create interrelated spreadsheets into Automate your spreadsheet tasks with macros.

Prerequisite: Introduction to Excel or equivalent.

Code CS107, 6:30-9 p.m., Weds., 3/10, 3/17, 3/24, Room 206, J. Clark

Microsoft Office 2007 - Power Point

3 sessions - \$155

Create eye appealing and data-centered professional looking presentations and reports in minutes, not hours. PowerPoint will enhance your presentations and public speaking with dramatic, attention-getting slides and easily created slide shows. Learn how to import clip art, graphics, tables and spreadsheets. PowerPoint allows one to use existing Word documents, reorganize and edit data and slides, print handouts, and create a script with ease. Fee includes text book.

Code CS112, 6:30-9 p.m., Weds. 5/5, 5/12, 5/19, Room 206, J. Clark

Microsoft Office 2007 - Word for Seniors Part I

3 sessions - \$50

Word 2007 is the newest version of Microsoft Office. **No prior computer experience or skills are needed.** This is a basic introductory class. It will be slower paced and will include practicing with the mouse, writing a simple letter, compiling an address list, learning to print labels for mailings, designing a one-page flyer using graphics, creating a recipe file and more. The class will use Word to create and edit documents. The computer screen will be explained in simple terms. Questions will be answered and special requests will be covered.

Skill Level: No prior computer experience or skills are needed.

Code CS109, 6:30-9 p.m. Thurs., 4/8, 4/15, 4/22, Room 206, J. Clark

Microsoft Office 2007 - Word for Seniors Part 2

3 sessions - \$50

Word 2007 is the newest version of Microsoft Office. This is a basic, slower-paced class with hands-on instruction. No prior class requirements. Topics will include the following but will not be limited to graphics, tables, columns, address lists, sort and other topics as requested. Questions and special requests will be covered. Handouts and instruction materials will be available.

Skill Level: Beginner

Code CS110, 6:30-9 p.m., Mon. 4/26, 5/3, 5/10, Room 206, J. Clark

Microsoft Office 2007

3 sessions - \$125

Using Microsoft Office 2007, this class will concentrate on Word, Excel and PowerPoint to enhance your computer skills. Learn how to easily and quickly create dynamic presentations, letters, handouts, fliers and much more. Explore advanced features of Word, including mail merge, newspaper columns, tables and graphics. Learn how to use Excel spreadsheets to manage data and projects, tabulate a checkbook and create budgets. Use Excel to create graphs for document enhancement and demonstration. Use PowerPoint to create professional looking slide presentations, explore custom layouts and designs and learn to include custom animations.

CS111, 6:30-9p.m., Weds., 4/7-4/21, Room 206, J. Clark

Dance



NEW Waltz and Fox Trot 6 sessions - \$60 per person

Dancing is for everyone! In our six-week program you will gain self confidence as you learn the basic skills of partner dancing. We will cover the rhythms of Waltz and Fox-Trot; the principles and technique of lead and follow; and basic steps in each dance. Partners are preferred but not necessary.

**Code DE100, All Dance Classes are held in Room E120, J. Smith
Tuesday, 7-8 p.m., 2/23, 3/2, 3/9, 3/16, 3/23,4/6.**

NEW Rumba, Swing 6 sessions - \$60 per person

Enjoy learning the basics of this exciting Latin dance. We will also cover the rhythms of Swing; the principles and technique of lead and follow; and basic steps in swing dance, including underarm-turns and a number of exciting swing patterns. Partners are preferred but not necessary.

**Code DE101, All Dance Classes held in Room E120, J. Smith
Tuesday, 8-9 p.m., 2/23, 3/2, 3/9, 3/16, 3/23,4/6.**



Digital Photography

Introduction to Digital Cameras

2 sessions — \$39

This course is designed for the new owner or someone who is considering the purchase of a digital camera. Learn about features and applications of your digital camera. Learn to download, organize, email and store your images. Be sure to bring your camera's manual.

Code DP100, 6:30-8:30 p.m., Tues., 2/23, 3/2, Room E207, M. Slaughter

Exploring Digital Photography Level I

6 sessions – \$90

Nationally published professional photographer Michael Slaughter will help take the mystery out of digital photography. Discover factors that impact the final result of your images. Learn to compose great pictures and get the shot you want every time. Bring your camera and get ready to have fun making great pictures. Course includes **2 days** of field shooting and a demonstration of **Photoshop CS3**. Bring your camera's manual to class.

Code DP101, 6:30-8:30 p.m., Weds., 3/3, 3/9, 3/16, Thurs., 3/4, and Saturday, 7:30-9:30 a.m., 3/6 and 3/13, Room E207, M. Slaughter

Adobe Photoshop CS3 and Adobe Bridge

4 sessions – \$160

Learn to make magic with your digital images using the leader in photo imaging software, Adobe Photoshop CS3. Get hands on experience with the basics of **Adobe Photoshop CS3** - Learn and understand the toolbox and how to use layers and selections to take your images to the next level. Create your own cards, collages and images the way you want them to look. A **demonstration of Adobe Bridge** shows how to make quick and easy image adjustments including exposure, white balance, sharpening and tonal values. This class does not include a text book.

Code DP102, 6:30-8:30 p.m., Tues., 3/23, 6:30-8:30 p.m., Weds., 3/17, 3/24 and 6:30-8:30 p.m., Thurs., 3/18 Room E225, M. Slaughter

Exploring Digital Photography Level II

2 sessions 4 hours - \$115.00 includes subjects and studio lighting

In this class you will learn how to work with a subject on location and studio. The value of preparing for a photo session, by discussing wardrobe, concepts, and props for the session. A Digital SLR is the preferred camera type for this class. Studio lighting will be provided to the class. You should have an understanding of how to use your camera before starting this class. See: Exploring Digital Photography. We will be shooting the first 2 hours with a subject than 2 hours of critique each day.

Code DP 103, Sat. 3/27, 4/03, 7:30 a.m.-11:30 a.m., and Sat., 3/10, 3/17, 7:30 a.m.-11:30 a.m., Room 207, M. Slaughter

Foreign Language



Beginning French I

10 sessions — \$150

Learn French for travel, business or pleasure. French conversation, grammar and culture will be introduced through the popular curriculum “French in 10 Minutes a Day.” No previous experience with the language is required.

Cost includes \$30 textbook.

Code FL 101, 7-9 p.m., Weds., 2/24 -5/5, Room E157, N. Trautmann

No class 3/31.

Continuing French II

10 sessions - \$125

This course seeks to continue the study of French in the four skills: listening, speaking, reading and writing. Prerequisite: French I . Students must have the textbook from French I or purchase it for \$30 when registering.

Code FL102, 7-9 p.m., Thurs., 3/4 - 5/13, Room E157, N. Trautmann.

No class 4/1.

Beginning German I

10 sessions - \$150

Learn German for travel, business or personal pleasure. German conversation, grammar and culture will be introduced through the popular curriculum “German in 10 Minutes a Day.” No previous experience with the language is necessary.

Cost includes \$30 textbook that will be available at the first class.

Code FL103, 6-7:30 p.m., Mon., 2/22 - 5/17, Room E157, N. Trautmann.

No class 3/1, 3/29, 4/5.

Continuing German II

10 sessions - \$125

This course seeks to continue the study of German in the four skills: listening, speaking, reading and writing. Prerequisite: German I. Emphasis is placed on listening, speaking, drills, and spelling exercises.

Students must have the textbook from German I or purchase it for \$30 when registering.

Code FL104, 8-9:30 p.m., Mon., 2/22 - 5/17, Room E157, N. Trautmann.

No class on 3/1, 3/29, 4/5.

German III

10 sessions - \$125

German III focuses on advanced conversation and grammar, (by permission of the instructor only.)

Code FL105, 7-9 p.m., Tues., 2/23 - 5/04, Room 157, N. Trautmann.

No class 3/30.



Personal Finance

All classes are held at Lake Park High School East Campus, 600 S. Medinah Road. Registration is open to adults 18 years and older.



Rebuilding Your Nest Egg - Calming The Waters

1 session – \$29 individual, \$29 per couple

We are still going through one of the most troubling financial times of our lives.

The economy took a huge hit, failures in real estate, financial markets, and business have impacted every corner of our society. You don't want to look at your financial statements, but you're afraid to do nothing.

Come and bring your questions to this guided discussion and we will calm the waters. Let me show you the opportunities:

- What's changed in our economy and how to take advantage of these changes.
- What remains the same in the strategies of wealth building.

We will discuss how to take advantage of those opportunities in a balanced and logical way that will let you be comfortable with your investments again, rebuild your nest egg, and grow for the future.

Because financial issues often involve more than one person, the instructor suggests that you bring another family member at no additional charge. The course is presented by Mr. Charles Schmitz who has taught graduate classes in Personal Financial Planning and who makes financial presentations to business and community organizations. He is a professional financial and investment advisor specializing in helping people understand and prepare for retirement.

PF103, 7-9 p.m., Tues., 3/2, Room 159, C. Schmitz

It's More Than Stocks vs. Bonds – Most Important Issues to Consider Pre and Post Retirement



1 session – \$29 individual, \$29 per couple

In retirement, your financial world is upside-down, and the rules work differently than they used to.

- At retirement, you will likely have the most money that you have ever had or will ever have in your life. Is your old way of thinking about your money appropriate?
- You are taking money out of your 401(k)/IRA, not putting it in: What does that mean to your investment strategy?
- Do you have a reasoned idea of how long you want your money to last?
- What money to take first?

We will address these and many more questions including:

- The 3 most important factors for success while you still have a paycheck
- The 3 most important factors for success while you are living on your investments
- Investments you can count on
- Investments you can grow with

Because financial issues often involve more than one person, the instructor suggests that you bring another family member at no additional charge. The course is presented by Mr. Charles Schmitz who has taught graduate classes in Personal Financial Planning and who makes financial presentations to business and community organizations. He is a professional financial and investment advisor specializing in helping people understand and prepare for retirement.

Code PF104, 7-9 p.m., Thurs., 3/4, Room E159, C. Schmitz

Personal Interest

Strategies for Living Debt-Free in the 21st Century Get Completely Out of Debt (including your mortgage) Owe Nothing to Anyone

1 session - \$35

Learn a three-step system for successfully managing your debts and expenses. The workshop is designed for middle-class Americans who want to build real wealth and become financially independent by eliminating debt. Learn a linear math system that will eliminate all of your consumer debt in one to four years, and then your mortgage in another three to six years. Learn specific, powerful and proven strategies that work...every single time. Bring a list of your debts with balances and monthly payments (principal and interest only for mortgage) and during the class develop your own debt elimination plan that can be implemented immediately into your lifestyle. We will also look at some simple money management techniques that will help ensure that you achieve your personal financial goals. We will walk through a simple cash flow management system for handling expenses. We will uncover numerous strategies for spending your money more efficiently, thereby putting more money back in your pocket. Finally, we will talk about "identity theft" and pulling a credit report to clean up incorrect information. Note: Please bring a pocket calculator to class.

Suggested textbook available from the instructor for \$39.

Code PF102, 6:15-9:30 p.m., Mon., 3/15, Room E159, F.Wilson

Advanced Personal Finance Workshop for Living Debt-Free - Saturday, April 3 Hampton Inn in Addison, IL

1 session - \$175 which includes lunch, workbook and separate 1 hour one on one session to address your specific personal goals and issues.

The original *Strategies class* is and was a basic finance class aimed at helping people with budgeting and getting out of debt. The new **advanced financial class** is for people who want to uncover more sophisticated approaches for handling their day to day finances.

The **advanced financial class** is a *one day* workshop that will look at the general economy, outline 7 steps to financial security, provide in depth insight when purchasing/renewing insurance contracts, look at little known mortgage products, and discuss 401k/403b/457/IRA account management strategies.

This workshop will also include the following topics:

- A proven system for saving money in various spending strategies
- Convey a plan for people who are in financial trouble
- Look at college financing options
- Show how to clean up your credit report and raise your score
- Outline tax saving ideas

PF103, 6-15-9:30 p.m., Sat. 4/3, F. Wilson, off-site

Personal Interest cont'd.....

Voice Class

12 sessions - \$120

This class offers an excellent introduction to the fundamentals of voice study. Basic vocal concepts including correct breathing, posture, tone production, diction and warm-ups are covered. Students will learn specific techniques useful for both singing and speaking. Repertoire will cover a variety of styles from folk, pop, and show tunes to simple classical songs. Each student will progress to sing solo songs of his/her own choosing. Emphasis is placed on enjoyment and gaining confidence as well as vocal proficiency.

Code VC100, 2/23 - 5/18, 7-8 p.m., Tuesdays, Room 152, B. Staley
No class 3/30

Intermediate Voice Class

12 sessions - \$120

For advanced singers with an understanding of vocal technique to expand their knowledge and work more in depth on repertoire, possibly some small ensemble singing. We will also do more with interpretation as well as audition preparation. Great opportunity to try your skills and enhance and polish the skills you already possess. Feel comfortable singing in a non-judgmental environment, where learning and growing are the main goals.

Code VC101, 2/23 - 5/18, 8-9 p.m., Tuesdays, Room 152, B. Staley
No class 3/30

College Costs How Much?

Can I Really Afford This?

1 session - \$15.00 per family - \$15.00 individual

This course will be useful for any family that anticipates future college expenses. We encourage you to be proactive in your college planning and take control of the process by educating yourself and doing all you can now so that you can get the most out of the financial-aid system later. The course is complementary to the typical educational goal-oriented programs high school guidance departments have in place because the parents also need resources to let them know how to afford college once the student(s) get in.

The course is presented by Rodney Thomas, owner of College Funding Awareness and Service Team, of Bartlett, IL. Rodney is a College Funding Specialist, a member of the National Association of College Funding Advisors, and a member of the Bartlett Chamber of Commerce. He has been educating local families about the best ways to pay for college for over 5 years.

CodeCF200, 7-9 p.m., Tues., 3/16, Room E154, R. Thomas.

Zumba Fitness

8 sessions - \$64

Looking for a fun and exciting way to tone and sculpt your body? Here is your chance! Salsa, cha cha, merengue, hip rolls and shimmies - put it all together with high energy Latin and international music and you've got Zumba! Current local Zumba students have said "It is the most effective exercise class I have ever taken", "I love Zumba! It's the most fun form of exercise I've tried!", "I enjoy Zumba because it is great exercise to music I enjoy!! I want to continue dancing all night!". This dance and fitness-based workout is fun, effective and easy to follow. It is a "feel-good" workout like no other that is great for the body and mind. Our Master instructor will guide you through a series of unique moves and combinations providing you with a dynamic interval style workout maximizing caloric output, fat burning and total body toning. No dance experience is necessary and all fitness levels are welcome. Ditch the workout and join the **ZUMBA** party! Please bring your water bottle and exercise or Yoga (sticky) mat (if you have one) for the cool down portion of the class. Please register early as class fills quickly.
Code ZF, 6:30-7:30 p.m., Thursdays, 4/8 - 5/27, Room E120, L. Troesken.

Insight Meditation & Mindful Living

8 sessions - \$80

Insight meditation is the intentional, non-judgmental awareness of our changing experience. Mindful living is applying that awareness to our everyday lives. Together they encourage us to live each day responding to life's challenges with awareness. In the Insight Meditation & Mindful Living program, students will learn not only traditional insight meditation and mindfulness techniques but also how to apply and integrate those techniques into their daily lives. The program uses body awareness, meditation, practical life exercises and class discussion to help you discover for yourself how to live a mindful life. Please dress in loose, comfortable clothing and bring a blanket or exercise mat to the first class.

Additional information on this class is available at www.TheMindfulWay.com

Code IMML, 6:30-8:30 p.m., Tues., 3/2 - 4/27, Group Room 228, D. Nielsen

No class 3/30



Diabetes Self-Management

Session 1 (4 classes)- \$100

Learn how to gain control of diabetes in this 4-class comprehensive education program. Learn how different food groups affect the blood sugar, and receive a custom meal plan to help control your blood sugars. Learn how to test your blood sugar, and how to use the results. Learn about different medications used to treat diabetes. You're welcome to bring someone to class. Blood glucose meter will be provided. Theresa has been a certified diabetes educator since 1995, and worked with 4-endocrinologists for 8 years. Get the knowledge, and support you need to take control of your diabetes.

Code DM1, 7-8 p.m., Tues., 3/4 - 3/25, Room 160, T. Daciolas

Personal Interest cont'd.....



Diabetes Self-Management

Session 2 (4 classes) - \$100

Learn how to gain control of diabetes in this 4-class comprehensive education program. Learn how different food groups affect the blood sugar, and receive a custom meal plan to help control your blood sugars. Learn how to test your blood sugar, and how to use the results. Learn about different medications used to treat diabetes. You're welcome to bring someone to class. Blood glucose meter will be provided. Theresa has been a certified diabetes educator since 1995, and worked with 4-endocrinologists for 8 years. Get the knowledge, and support you need to take control of your diabetes.

Code DM2, 7-8 p.m., Tues., 4/7 - 4/28, Room 160, T. Daciolas



Learn to Cook with Chef Erik - Around the World Cuisine #1

4 sessions - \$65

We will take a culinary trip throughout the world. We will discuss and work with recipes that can be reproduced by you at home for family or entertaining. Skill level doesn't matter, classes are entertaining and educational; plus you eat what you make in each class. **Cuisine that we will be making and tasting:**

- Hispanic
- Asian - Chinese
- Irish - St. Patrick's Day (class is on the 17th)
- Italian

No pre-requisite needed. You need to bring a clean cutting board, apron and your favorite kitchen knife to each class.

Code CE1 6-8 p.m., Weds., 3/3, 3/10, 3/17, 3/24, Room 185, E. Ruby



Learn to Cook with Chef Erik - Around the World Cuisine #2

4 sessions - \$65

We will take a culinary trip throughout the world (*different recipes than in Around the World Cuisine #1*). We will discuss and work with recipes that can be reproduced by you at home for family or entertaining. Skill level doesn't matter, classes are entertaining and educational; plus you eat what you make in each class. **Cuisine that we will be making and tasting:**

- Spanish - Tapas
- Japanese - Teriyaki
- Hispanic Appetizers
- Greek

No pre-requisite needed. You need to bring a clean cutting board, apron and your favorite kitchen knife to each class.

Code CE2, 6-8 p.m., Mons., 4/12, 4/19, 4/26, 5/3, Room 185, E. Ruby

No class 4/5



Learn to Cook with Chef Erik - Spring Potpourri

3 sessions - \$50

Are you stuck making the same meals night after night, week after week? We will take a short 3-week trip into helping you make your life easier. We will use recipes never used in Learn to Cook with Chef Erik classes.

Included are tasty meals and several recipes to take with you.

- Spring Soups
- Salads with Homemade Low-Fat Dressings
- Super Easy Family-Friendly Sandwiches
- Healthy Family Dinner Options

You need to bring a clean cutting board, apron and your favorite kitchen knife to each class.

CE3, 6-8 p.m., Mons. 3/8, 3/15, 3/22, Room 185, E. Ruby



Learn to Cook with Chef Erik - Thrill of the Grill

4 sessions - \$65

It's that time of year to brush off the grill cover, clean off the grill grates and fire up the bbq. In this class we will discuss the basics (and then some) of using a grill.

We will discuss and work with:

- Flavor Add-ons - Marinades, Rubs, Sauces and Glazes
- Grillin' Veggie Tips and Suggestions
- Choosing the right meat for the right meal off the grill
- Tasty Appetizers, Sides and Entrees off the grill
- Summer Salads and Soups

You need to bring a clean cutting board, apron and your favorite kitchen knife to each class.

CE4, 6-8 p.m., Weds. 4/7 - 4/28, Room 185, E. Ruby

Lake Park High School Schedule of Events Winter/Spring 2010

Winter Musical

Will be presented Feb. 4 - Feb 7 at the East Campus Auditorium. Performances will be 7 p.m. on Feb. 4, 7:30 p.m. on Feb. 5 and 6, and 2 p.m. on Feb. 7.

A Night at the Theatre

March 16, East Campus Auditorium, Reception at 6:15 p.m., Theatre at 7 p.m.

Jazz/Swing Choir Concert

April 8, West Campus Auditorium, Reception at 6:15 p.m., Concert at 7 p.m.

Spring Musical

Will be presented April 29 through May 2 at the East Campus Auditorium. Performances will be 7 p.m. on April 29, 7:30 p.m. on April 30, 7:30 p.m. on May 1, and 2:00 p.m. on May 2. Luncheon on May 2 at 12 Noon, Musical at 2:00 p.m.

Spring Choral Concert

May 12, at West Campus Auditorium, 7 p.m.

Spring Band Concert

May 13, at West Campus Auditorium, 7 p.m.

Community Education
 Lake Park High School District 108
 450 Spring Court Roselle, IL 60172
 Telephone (630) 295-5402 Fax (630) 295-5414

Name: _____

Address: _____

Day _____ Eve. _____
 Phone: _____ Phone: _____

Course no.					Course description	Room	Day	Fee
CIRCLE ONE: SENIOR CITIZEN YES NO							Total due	

Circle One: VISA MasterCard Check
 Card# _____ Expir. date _____



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 Card# _____ Expir. date _____

Easy 4-way registration

Mail, walk, phone or fax in registration. Enrolling in a Community Education class at Lake Park is easy; just pick what's most convenient for you. Please register early to ensure there are enough participants for the class. Most classes require eight students or will be cancelled.

>>Senior citizens enrolled in our classes will be given a 10% discount.

For all registration:

1. Fill out the registration form. Be careful to list course Code, title, and fee.
2. Make a record of the courses you have enrolled in for future reference.
3. Include name, address, phone number.

To register by phone: Call 295-5402; credit card only

The registrar will ask for the information listed above plus your charge card type, number and expiration date. MasterCard and Visa are accepted. If you are transferred to voice mail, leave your name and phone number and what class you are interested in and the registrar will call you back. **Do not leave credit card information on the voice mail.**

To register by fax: 295-5414, credit card only

Fax the registration form and credit card type, number and expiration date.

To register by mail: check or credit card

1. Make check payable to Lake Park High School or complete credit card portion of form.
2. Mail to: Community Education, Lake Park High School, 450 Spring Court, Roselle, IL 60172.

No Walk-in Registrations:

No walk in to class registrations will be accepted.

REFUND POLICY

Registration cancellation requests must be received prior to the day of the first class and are subject to a \$15 processing fee. If after attending the first class, a student wishes to withdraw from the class, refunds will be issued subject to a \$25 charge. No refunds for withdrawal will be granted beyond the first class.