

CHICAGO STATE UNIVERSITY

# Options

THE PROGRAM OF CHOICE

FOR LIFE-LONG LEARNING



7 Week Session • Summer 2009

*begins Saturday, June 20, 2009*

*Registration starts Wednesday, May 20, 2009*

# How Green is your Life?

Going Green should no longer just be the slogan for the environmentalist; it's should be a way of life for everyone. Consumers must find ways to reduce their energy consumption, and seek goods and services that offer energy-efficient solutions to help them mitigate the environmental impact around them. Here are some ways that can help towards that endeavor: Reuse: use both sides of paper when taking notes or writing papers. Reduce: turn off lights, electronics and water when they are not in use to prevent wasting energy. Reduce: stop the spread of germs by washing your hands. Recycle: fill up those water bottles again and again with tap water – it's safe. There are so many ways that we can all make a difference. Here at Options we're trying to do our part. We're going Green! Email us at [options@csu.edu](mailto:options@csu.edu) and you can get the Options Catalog via email. It's quick, it's simple, and together, we'll save some trees.

## Reuse Reduce Recycle

Why not use these ideas and others to make "Going Green" a way of life...

Nelly Maynard  
Assistant Dean

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## Tutoring

Academic tutoring (Private and small-group sessions ) is available in reading, mathematics and writing for elementary, high school and college students. The objective of this service is to assist participants with course information, tips and strategies. All tutors hold a minimum of a bachelor's degree and are selected for their skills, knowledge and sensitivity to individual needs.

### Group Tutoring (8 hours)

6/22/09 - 8/22/09

Receive group tutoring with two or three other students in the same subject area. Meet with an expert tutor for eight one-hour sessions. Call Victor 773/995-2057 for an appointment before registering. \$129

### Private Tutoring (6 hours)

6/22/09 – 8/22/09

Students in grades kindergarten to 12th grade receive private tutoring from expert instructor. Tutoring meets for six one-hour sessions. Call Victor 773/995-2057 for an appointment before registering. \$181



### AR2101. Calligraphy

Produce decorative lettering with a touch of class. Design greeting cards, certificates, posters and flyers. Send beautifully addressed wedding and party invitations. Participants may purchase a calligraphy fountain pen with disposable ink cartridges or refillable barrel, interchangeable broad tip nibs, and graph paper. Dipping nibs are available for purchase in the class.

Sat 11:00 a.m.-12:30 p.m.  
Fee:\$73 Instr: Maria Rocio Jaramillo

### AR2102. Cartooning (Ages 8-13)

Unleash your sense of humor by learning to create funny and fantasy creatures. Draw facial expressions and various kinds of cartoon characters. Comic book story panels and coloring techniques will also be explored. Bring typing paper, pencils, erasers, sharpeners, markers, crayons, colored pencils and samples of your favorite cartoons.

Sat 9:00 a.m.-11:00 a.m.  
Fee: \$73 Instr: Maria Rocio Jaramillo

### AR2103. Introduction to Jewelry Design (Teen/Adult)

If you're interested in a variety of crafts, this is the class for you. Set your imagination free as you create fantastic jewelry and design wearable art. Be amazed and inspired by the possibilities. There is a \$20.00 materials fee, payable to the instructor.

Sat 9:00 a.m.-11:00 a.m.  
Fee: \$63 Instr: Ethel Mayfield

### AR2105. Floral Arrangements for Weddings and Other Occasions

In this beginner course, you'll learn how to add color and elegance to your home with flowers! Learn key floral design techniques to create beautiful arrangements with blooms from the nursery – even from your own garden. Each class will feature demonstration, discussion and hands-on practice with different types of arrangements. You'll learn how to dry and preserve flowers, make corsages and centerpieces for home use and other occasions.

Mon 6:00 p.m.-8:00 p.m.  
Fee: \$73 Instr: Itidal Zayed

### AR2106. Beginning Watercolor

Watercolor is a fresh, spontaneous, and immediate medium to use. It's quick drying and allows for fast work or for more detailed scenes. Color blending through mixing and glazing will be explored. Wet on wet, drybrush and other methods of rendering different kinds of scenes will be presented. Bring watercolor paints, brushes, paper, and clippings of subjects to class.

Sat 2:30 p.m.-4:30 p.m.  
Fee: \$73 Instr: Maria Rocio Jaramillo

### AR2108. Sewing! You Can Make It (Teen/Adults)

Back by popular demand is the sewing class you've been waiting for! These "you can make it" classes are designed with each level building on the knowledge from the previous level. Learn basic sewing skills in this class. Limited enrollment. Materials not included. Level I beginner/refresher

Sat 10:00 a.m. -12 noon  
Fee: \$91 Instr: Gloria Scott  
(Scott Fashions)

### AR2110. Open Studio Quilting

Would you like to discover quilting tips and techniques that save time and make your

quilt more than just a blanket? Are you ready to learn how to pick great fabrics for just the right effect, keep your blocks unjumbled, sew perfect seams, attach borders that make your quilt square up and much more? Make an Underground Railroad Coded Quilt top. Patterns such as 'the log cabin' and 'wench' will be used to make a nine-block patchwork quilt top. There is a \$15.00 material fee payable to the instructor. Limited enrollment.

Sat 1:00 p.m.-3:30 p.m.  
Fee: \$77 *Instr: Marian Hayes*



### **AR2112. Intro to Digital Photography and Graphic Design**

The course is designed to provide a Digital Photography/Multimedia resource. Students will work together on a class project and theme "Saving our Planet one Photo at a Time." Students will shoot photography and video, while learning and applying the technical and artistic skills necessary for great photography and multimedia presentations. Class will include field trips/lectures and photo safaris. Also, at the completion of the course, students will feature a closing exhibit of their work. (Minimum age 13)

Tues/Thur 6:00p.m.-8:00 p.m.  
Fee: \$125 *Instr: Tony Smith*

## **BUSINESS & VOCATIONAL**

### **BV2201. Buying Foreclosures**

Are you curious about putting actual deals together to purchase foreclosures? Learn various investment techniques, such as how to purchase property through assuming loans. Get the benefits of leasing property with an option to buy. Obtaining properties subject to existing financing will also be discussed

Mon 6:00 p.m.-8:00 p.m.  
Fee: \$83 *Instr: Anissa Welch*

### **BV2203. Grant Writing Workshop**

The goal of this workshop is for participants to create a full funding proposal that can be used for either private or public requests. By the end session, students will be able to produce the key components of a funding proposal. Then, students will further develop and package their grant to make it fundable. The final proposal must be typed. Homework is required to complete this workshop.

Thurs 6:30 p.m. - 8:30 p.m.  
Fee: \$139 *Instr: Earline Alexander*

### **BV2205. Retail Pharmacy Technician**

If you are a high school senior, young adult or a senior citizen considering a change, this training will get you off to a fast start toward a new career. This eight week class will introduce you to the responsibilities of a community pharmacy technician as well as teach you how to interpret prescriptions for yourselves and your family members. Class will also include indepth coverage of dosage calculations, medication classifications and federal laws. You will receive an application for state licensing and after completion of the course, with regular attendance, a certificate will be issued. Workbooks are required and can be purchased from the instructor for \$50.00. Enrollment is limited. Class begins July 11, 2009.

Sat 10:00 a.m. - 12:30 p.m.  
Fee: \$303 *Instr: Kay Hoffman*

### **BV2207. How to Invest in Real Estate**

Learn the basics of real estate investments: steps in buying, types of property, sources and methods of obtaining property, selling, financing and credit. We will include a field trip and actually show you how to gain the inside track. Join this class and learn how to secure your future as a real estate investor. An informative and popular class.

Sat 12 noon.- 2:00 p.m.  
Fee: \$83 *Instr: Ramona Turner*

*Man is a complex thing:  
he makes deserts bloom -and lakes die.*

Gil Stern

## Paralegal Certificate Course

This intensive, nationally, acclaimed program is designed for beginning as well as advanced legal workers. Students will be trained to assist trial attorneys, interview witnesses, investigate complex fact patterns, research the law, and assist in preparing cases for courtroom litigation. The instruction is practice-oriented and relates to those areas of the law in which paralegals are in most demand. This Paralegal Certificate Course will also teach you how to work as a full-time or part-time paralegal, or how to open your own freelance business. There are no prerequisites, but students will be expected to complete a significant amount of homework for each weekend session. This program will help students increase their office's efficiency, productivity, and billable hours as well as learn new marketable job skills. Successful students will be awarded a Certificate of Completion from Chicago State University,

Division of Continuing Education. To receive a certificate, students must pass numerous quizzes and successfully complete several legal document writing assignments. The Summer Session begins June 13, 2009. The Fall Session will begin September 12, 2009. Classes meet Saturday and Sunday from 9:00 a.m. to 5:00 p.m. for six weekends. Online Spring session will begin March 9, 2009. Online Summer Session II will begin June 29, 2009. Online Fall Session I will begin August 24, 2009 and Fall Session II will begin October 19, 2009. Go to [www.legalstudies.com](http://www.legalstudies.com) for registration or call 1-800-522-7737. Career Training Loans may be available for qualified candidates through Sallie Mae. Call 1-888-2-SALLIE. Also, visit [www.easyaid.com](http://www.easyaid.com) for more possible financial aid options. Tuition is \$989.00 per person. For further information, please call 773 995-3741.

## KIDS' KORNER

### KK2301. Beginning Ballet

Join us in learning the fundamentals of ballet consisting of basic ballet positions. Students will also learn various terms involving movement, development, and coordination, with a review at the end of the session.

Fri 5:00 p.m.-6:00 p.m.  
Fee: \$73 *Instr: Tonya Thurmond*

### KK2302. Introduction to Dance (Girls, Age 4-7)

Introduce your preschooler to character dances and basic acrobatic movements. This class will help your child develop self-esteem and confidence, appropriate social interaction and provide a great opportunity for fun. Students may demonstrate their talents in a dance recital. Class attire: leotard, tights, and ballet shoes.

Fri 6:00 p.m.-7:00 p.m.  
Fee: \$73 *Instr: Tonya Thurmond*

### KK2306. Karate

Tailored for those with little or no prior martial arts experience, students in this class

will learn basic strikes, blocks, and kicks. Intermediate/advanced class will take you to another level, incorporating self-defense and advanced techniques. Student must have a green belt in order to register for the Inter/Adv. class. Minimum age six

A. Sat (Begin) 1:30 p.m.-2:30 p.m.  
B. Sat (Inter/Adv) 2:30 p.m.-3:30 p.m.  
Fee: \$73 *Instr: Daryl Smith*

### KT2314. Hair Braiding for Teens

*Give your hair a break.*

Learn to hold and start the individual braid. Individual braids include box braids, regular size braids, micros and micro-mini. Learn to do goddess braids, casamas, and sculpture and design braiding. We'll also learn kinky twist, Senegalese and regular, flat twist, twistees/comb twist and sculpture twist. We'll cover dreadlocks: natural, silky and extension. Materials not included.

Mon 4:30 p.m.-5:30 p.m.  
Fee: \$91 *Instr: Charlotte Henderson*

# COMPUTERS

## **CS2402C. Exploring MS EXCEL 2007**

Intermediate level to advanced concepts will be explored in this course. The following tasks will be studied: working with large spreadsheets; adding graphics to worksheets; using templates and protecting workbooks; managing multiple-sheet workbooks; creating tables and outlines and creating pivot tables and macros.

Sat 9:00a.m.–11:00a.m.  
Fee: \$87 *Instr: Rita Lowe*

## **CS2402B. Introduction to Desktop Publishing Using Word and Publisher**

Upon completion of the course, the student will be able to create the following documents in Word & Publisher: posters, business cards, note cards, (graphics inserted, greeting cards, award certificates, Resume & cover letter (water mark inserted) and mail merged labels & letters. Use of various add-ons, such as, the Avery template add-on, will also be examined.

Sat 11:00a.m.–1:00p.m.  
Fee: \$87 *Instr: Rita Lowe*

## **CS2405. Introduction to Photoshop**

Do you have a digital camera or old photos that need restoring? Learn how to download, scan and restore old photos using Photoshop. This is a lab-based class. Learn the different file types and how to use a scanner. Discover Photoshop's special tools that give you the skill to enhance and create amazing effects. Limited seating!

Fri 6:00p.m.–8:00p.m.  
Fee: \$111 *Instr: Robert Johnson*

## **CS2405C. Advanced Photoshop**

This class is a continuation of the Intermediate course. In this class you will learn how to use Photoshop to edit and enhance photos to be used in the creation of DVD slideshows. You will learn to create Slideshows on: DVD that can be played on any DVD player, upload slideshow to Youtube, Myspace and create standalone slideshows that can be played on any computer with captions and background music, which is great for weddings, parties and family reunions. Learn how to create picture photo CD's or DVD's. This lab based class is intended for students that have taken Intermediate Photoshop and have a firm understanding of the basics of Photoshop.

Tues 6:00p.m.-8:00p.m.  
Fee: \$111 *Instr: Robert Johnson*

## **CS2409. Keyboarding**

Designed to teach touch typing, you will learn to master the computer keyboard and build speed and accuracy. Students will also learn to produce different styles of business letters and reports.

Sat 1:00 p.m.- 3:00 p.m.  
Fee: \$87 *Instr: Ollie Sims*

## **CS2415. Computer Camp (Adults)**

This three-week camp will include an overview of Windows XP and the Internet. We will cover Word processing and Desktop Publishing Basics. Also, we will explore the features of MS Excel and learn to produce slide shows using MS Power Point software.

M,W,Th 5:30 p.m.-7:00 p.m.  
Fee: \$129 *Instr: Rita Lowe*

*This is a beautiful planet and not at all fragile. Earth can withstand significant volcanic eruptions, tectonic cataclysms, and ice ages. But this canny, intelligent, prolific and extremely self-centered human creature had proven himself more destructive than Mother Nature herself. We've got to be stopped.*

Michael L. Fischer

# DANCE

## DA2501. Introduction to Steppin (Adults)

If you are a stepper wannabe, this is your opportunity to learn the fundamentals of this progressive art form that originated right here in Chicago. Join others like yourself for this fun-filled adventure in steppin'. Dazzle your friends with your mastery of the basic 8-count. No partner needed.

A. Sat 3:00 p.m.-4:30 p.m.  
B. Tues 6:00 p.m.-7:30 p.m.  
Fee: \$77 *Instr: Judy Estrada*

## DA2501C. Intermediate Steppin (Adults)

Now that you have the fundamentals under your belt, it's time to begin working on those fancy turns. Improve your footwork past the basic pattern. No partner needed. Students must have taken an introductory course or receive instructor's permission in order to register for this course.

Sat 1:30 p.m.-3:00 p.m.  
Fee: \$77 *Instr: Judy Estrada*

## DA2502. Advanced Steppin (Adults)

Continue to develop your steppin' skills. Move on to the next level in the world of steppin'. Learn the combinations you see everyone breezing through. Develop your own signature move. No partner needed. Students must have taken an introductory course or receive instructor's permission in order to register for this intermediate course.

Tues 7:30 p.m.-9:00 p.m.  
Fee: \$77 *Instr: Judy Estrada*

## DA2503. Line Dancing

Here is a western line dance class for everyone. Learn old and new steps in fun routines. Discover the fun and get fit while learning the Electric Slide, Cha-Cha Slide, Boot Scoot Boogie, Macarena and other popular line dances. No partner needed! Sign up early.

Tues 6:30 p.m.-7:30 p.m.  
Fee: \$67 *Instr: Tommie Lowe*

## DA2507. Hip Hop Dancing

Learn the latest and greatest hip hop moves. This class is geared towards dancers and non-dancers. It will also focus on muscle toning and exercises to enhance flexibility. Be the best dancer in the club or just be the best at home standing in the mirror.

Tues 7:15 p.m.-8:15 p.m.  
Fee: \$77 *Instr: LaTonya Houston*

# MUSIC

## MU2801. Introduction to Piano

If you really want to be heard, make music, not noise! Learn to play the piano in an electronic piano lab setting. Previous musical background helpful but not required. Text available in class: \$7 for children.

A.Sat (Ages 6-12) 9:00 a.m. 11:00a.m.  
B. Wed (Teen/Adults) 6:00 p.m.-8:00 p.m.  
Fee: \$83 *Instr: Fred Clink*

## MU2801C. Adv/Piano (Ages 6-12)

To register, students should have some previous background or should have taken the first course. The same text will be used as in Beginning Piano. Text will be available in class for \$7.

Sat 11:00 a.m.-1:00 p.m.  
Fee: \$83 *Instr: Fred Clink*

## MU2804. Introduction to Blues and Jazz Piano Improvisations

To register, students should have some previous instrumental music background; have knowledge of, and be able to perform major and minor scales and triads. No text needed. Students should bring music staff paper and pencils. (Teens/Adults)

Thurs 6:00 p.m.-8:00 p.m.  
Fee: \$83 *Instr: Fred Clink*

# FITNESS

## FT2601. Aerobics

Need a great cardio workout? Want to lose weight and improve fitness? This class will consist of a variety of warm up and cardio segments. You'll perform conventional aerobic moves while listening to great music. You'll have so much fun, you'll forget that you're exercising.

Mon/Wed 7:30 p.m.-8:30 p.m.  
Fee: \$73 *Instr: Marlene Pittman*

## FT2606. Weight Training

This class, designed for men and women, introduces the principles and skills of weight training for health, fitness, athletic conditioning and body composition on state-of-the-art equipment. Your workout is closely supervised. Register early!

Sat 9:00 a.m.- 10:30 a.m.  
Fee: \$67 *Instr: Bill Kopale*

## FT2607. Cardioboxing

Cardioboxing is an exercise that does wonders for the cardiovascular system. This course incorporates boxing and kickboxing drills and develops fitness, agility, and strength. Combine intense upper body sequences with boxer-strength circuits. This class is sure to be a "knockout."

M/W 6:30 p.m. -7:30 p.m.  
Fee: \$73 *Instr: Kimberli Yancey*

## FT2608. Building Superb Abs

This class primarily focuses on toning the abdominal system, improving the lower back, developing optimal posture, and stabilizing the muscles of the abdomen and the back. It incorporates strength training for fitness, and health and body conditioning. Be ready to use the mat.

A. Mon/ Wed- Fee:\$87 6:00 p.m.-8:00 p.m.  
B. Thurs -Fee:\$73 6:00 p.m.-8:00 p.m.  
*Instr: John Mammie*

## FT2609. Yoga

Join this outdoor and indoor class to reduce body tensions while increasing peace of mind. A qualified instructor will guide participants through yoga techniques, deep breathing, stretch awareness, relaxation and meditation. Wear loose clothing and bring a blanket.

Thurs 6:00p.m. - 7:30 p.m.  
Fee: \$73 *Instr: Anita Cooper*

## FT2306. Karate (14-Adult)

Tailored for those with little or no prior martial arts experience, students in this class will learn basic strikes, blocks and kicks.

A. Sat (Begin) 1:30 p.m.-2:30 p.m.  
B. Sat (Inter/Adv) 2:30 p.m.-3:30p.m  
Fee: \$73 *Instr: Daryl Smith*

## FT2613. Circuit Training

Circuit training is an excellent way to get the most from your exercise routine. You'll build strength and stamina. Join this class and notice the difference in your body and energy level.

Sat 11:00 p.m.- 12:00 p.m.  
Fee: \$73 *Instr: Kimberli Yancey*



## FT2614. Work it Out-Aerobics (Teens/Adults)

In this upbeat class, jazzercise, salsa, merengue and other great dance moves will be incorporated into a workout that will leave you exhilarated. Lose weight and get fit while listening to upbeat music. It's fun, it's hot, it's work it out aerobics.

M,W,Th 10:30 a.m.-12:00 a.m.  
Fee: \$147 *Instr: TBA*

## FT2615. Tennis Anyone? (Ages 13-15)

Get a fresh start on learning the fundamentals of tennis this summer. Build your form and increase your stamina with exercises to match. Work on your serve, your volley and your game. Let this class perfect what you may already know and prepare you for intermediate level. On rainy days we will exercise in the fitness center. Bring your racket, a can of tennis balls, a wrist band, and good shoes.

Prepare to win!

Sat 9:00 a.m.- 12 noon  
Fee: \$73 *Instr: Kimberli Yancey*

\*Please consult your physician to make sure these fitness classes are appropriate for your health situation.

**THINK YOU DON'T HAVE TIME TO  
TAKE A COURSE?  
THINK AGAIN!**

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Microsoft Excel, Introduction to  
Web Pages, Creating  
Accounting Fundamentals  
Medical Terminology:  
A Word Association Approach  
Speed Spanish  
QuickBooks, Introduction  
Microsoft Access, Introduction to  
Grantwriting, A to Z  
Dreamweaver MX, Introduction to  
Microsoft Word, Introduction to  
PC Troubleshooting, Introduction to  
EBay, Learn to Buy and Sell on  
Windows XP, Introduction to  
Grammar Refresher  
Digital Photography, Discover  
Internet, Introduction to the  
A+ Certification Prep  
Microsoft Excel, Intermediate  
Writeriffic: Creativity Training for Writers  
Microsoft PowerPoint 2002, Introduction to  
Networking,  
Introduction to GED Preparation  
Project Management Fundamentals  
SQL, introduction to  
Microsoft FrontPage 2002, Introduction to  
Photoshop 7 for the Absolute Beginner  
Microsoft Word, Intermediate  
Paralegal Certificate Program  
GRE Preparation  
Classroom Discipline Problems, Solving  
Java for the Absolute Beginner  
Business Writing, Effective  
Computer Skills for the Workplace  
Microsoft Outlook 2002, Introduction to  
Grant Writing Consultant, Becoming an Administrative  
Assistant Fundamentals  
GMAT Preparation  
Photoshop 7, Introduction to  
Fundamentals of Supervision and Management I  
XML, Introduction to  
Grant Proposals, Writing Effective  
Digital Photography OUTPUT!  
Debt Elimination Techniques that Work  
Business Plan, Creating a Successful  
Magazine Writing, The Craft of  
Designing Effective Websites  
Personal Finance  
Nonprofit Management  
Write Like a Pro  
Technical Writing, Fundamentals of  
Speed Reading  
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[www.ed2go.com/csuoptions](http://www.ed2go.com/csuoptions)

**Questions? Please contact 773.995.2547**



### **PD2901. Conversational Spanish**

Become familiar with our second national language. This informal class is for beginners and those who want to brush up on their Spanish skills. You will learn the phonetic pronunciation of the Spanish alphabet, as well as groups of words and phrases. An excellent course!

A. Level I Beg 9:00a.m.–11:00 a.m.

B. Level II Cont 11:00a.m.–1:00p.m.

Sat

Fee: \$77

*Instr: Santos Marchan*

### **PD2904. Hair Braiding Techniques I and II**

Learn to hold and start the individual braid. Individual braids include box braids, regular size braids, micros and micro-mini. Learn to do goddess braids, casamas, and sculpture and design. We'll also learn kinky twist, Senegalese, regular, flat twist, twistees/comb twist and sculpture twist. We'll cover dreadlocks: natural, silky and extension. In Part II advance to more complex styles. Learn more about dreadlocks, silky dreads, natural dreads, and cork screws. We'll cover interlocking/tree braiding, strand by strand, weaving/sew on, lacing, bonding and fusion knots, and care and maintenance. Materials not included.

A. I Mon 6:00 p.m.- 7:15 p.m.

B. II Mon 7:30 p.m.- 8:45 p.m.

Fee: \$105

*Instr: Charlotte Henderson*

### **PD2910. Community CPR**

Learn the skills needed to act until the arrival of emergency medical services. You will learn how to recognize an emergency and how to react. Participant will learn to administer CPR-rescue breathing to a conscious or unconscious choking victim with an airway obstruction. After completing required skills participant will receive an American Red Cross certificate in Community CPR.

Class meets for two 3 hour sessions

Mon/July 13 6:00 p.m.-9:00 p.m.

Tues/July 14 6:00 p.m.-9:00 p.m.

Fee: \$67

*Instr: Athenia Deanes*

### **PD2911. Electrical Repair Camp**

In this 3 week class students will learn the fundamentals of electrical theory. They'll learn how to calculate the wattage needed for electrical appliances such as: microwave oven or refrigerator. Also, they'll learn how to make simple repairs such as fixing a faulty electrical cord and socket and replace malfunctioning door bell with a new working bell or chime. Additionally, The following installations will be covered: putting in new room or wall outlets; installing a dawn to dusk security light; putting in a light controlled by a timer; mounting ceiling fans or a hanging chandelier. Students will also get hands-on experience with trouble shooting various types of electrical problems.

M,W,Th 5:30 p.m.-7:00 p.m

Fee: \$129

*Instr: Tommie Lowe*

### **PD2912. Chocolate and Wine Tasting**

This class is a high level overview on the proper way to taste chocolate and feel the "mouth feel" when tasting chocolate. Class will include six wine/chocolate pairings of wines from France, Spain, Germany, Italy and Australia; and fine chocolate from France and Belgium; sampling of Vino Cacao (chocolate wines: red and white) and Excellence (a chocolate Cognac) both made in France from the Bordeaux Region; sampling of The Chocolate Block - a chocolate wine made in South Africa. Students will also receive a list of wines tasted during the event. Class is taught by Chocolatier, Robyn Rice-Foster. Must be 21 to attend.

Friday, July 11 6:30 p.m.-8:30 p.m.

Fee: \$39

*Instr: Robyn Rice-Foster*

### **PD2917. Let's Learn Spanish Camp (Adults)**

Learn Spanish in four weeks. Students will learn simple, basic and useful Spanish words and phrases. Students will utilize flash cards and internet to learn the second most-widely spoken language in the world. Class will consist of group and independent work.

MTWR 6:00 p.m.-7:30 p.m.

Fee: \$127

*Instr: Aurelio Albear*

# Explore America Series

## **PD2918. My Country Tis of Thee-Kenosha, Wisconsin**

Still can't resist Wisconsin's cheese. Explore Kenosha and find out what it takes to make the best cheese in the world. Kenosha is also home to Dairyland Greyhound Park. Find out about and explore the fourth largest city in Wisconsin, Kenosha, known as the Gateway to Wisconsin. Saturday, June 20, 2009.

Information: Nelly Maynard, (773) 821-2453

Fee: \$65 *(Includes transportation and entrance fees)*

## **PD2919. My Country Tis of Thee-New Buffalo, Michigan**

This picturesque town is full of amazing history and things to do. Learn about the Pokagon Band of Potawatomi Indians. Their rich and enduring history is evident throughout this beautiful town. This interesting day event will end in a rousing tribute to the "Black Crooners" at Black Ensemble Theater. Saturday, July 25, 2009.

Information: Nelly Maynard, (773) 821-2453

Fee: \$104 *(Includes transportation and entrance fees)*

## **PD2920. My Country Tis of Thee-Milwaukee, Wisconsin**

There's more to Wisconsin than cheese. Visit Milwaukee, Wisconsin's largest city and find out everything you've ever wanted to know about the great state of Wisconsin, another one of the great cities in America's Heartland. Friday, August 7, 2009.

Information: Nelly Maynard, (773) 821-2453

Fee: \$99 *(Includes transportation and entrance fees)*

## **PD2921. My Country Tis of Thee-South Dakota**

Spend a week exploring the Black Hills of South Dakota and one of the country's greatest National Memorials, Mount Rushmore. Get a lesson in history and experience America as never before.

Sunday, August 23, 2009-Saturday, August 29, 2009. Information: Nelly Maynard, (773) 821-2453

Fee: varies *(includes transportation, lodging and park fees)*

## **PD2922. My Country Tis of Thee-Quad Cities**

Travel the Quad cities and learn why the Midwest is known as America's Heartland. This educational exploration of Iowa and Illinois will leave you in awe of the region and its people.

Monday, September 14, 2009 -Wednesday, September 16, 2009. Information: Nelly Maynard, (773) 821-2453

Fee: Varies *(Includes transportation, lodging and entrance fees)*

## **PD2923. My Country Tis of Thee-Shipshewana, Indiana**

In one day learn about the rich legacy of the unique town of Shippshewana. Learn about the faith and life of the Amish and Mennonites. This will prove to be an enlightening and informational day.

Saturday, October 10, 2009.

Information: Nelly Maynard, (773) 821-2453

Fee: \$96 *(Includes transportation and entrance fees)*

## **PD2924. My Country Tis of Thee-New Buffalo, Michigan**

This picturesque town is full of amazing history and things to do. Learn about the Pokagon Band of Potawatomi Indians. Their rich and enduring history is evident throughout this beautiful town.

Saturday, November 28, 2009.

Information: Nelly Maynard, (773) 821-2453

Fee: \$90 *(Includes transportation and entrance fees)*

## **PD2925. Relaxation and Rejuvenation**

Learn what it takes to center yourself and relieve stress. You'll feel refreshed, renewed, relaxed and ready to face the world again.

Exercise and relaxation techniques will be incorporated into this one day adventure.

Monday, July 13-Tuesday, July 14, 2009.

Information: Nelly Maynard, (773) 821-2453

Fee: varies *(includes transportation and supplies)*

**It's Easy To Be Green**  
**Email us at [options@csu.edu](mailto:options@csu.edu)**



**Join us for a Workshop**  
***Going Green***

Do you feel guilty when you purchase bottled water? Do you forget to turn off the lights when you leave home? Are you sleeping with the television on all night? If you are concerned about saving the planet, remember, we can all make a difference. Join Options at a Green Workshop and discover ways that you can Go Green!  
For additional information, call 773 995-3741.



**SW3001. Aquacise (Adults only)**

You will exercise all parts of the body. This class promotes improved muscle tone, circulation, and development of motor skills. The ability to swim is not required to enroll.

Sat 8:00 a.m.- 9:00 a.m.  
 Fee: \$77 *Instr: Staff*

**SW3002. Introduction to Swimming**

Do you know how to swim? This is an excellent time to learn. Bring a swim suit, cap, towel, lock and prepare to enjoy a sport that will leave you feeling refreshed and invigorated. No experience needed!

A. Mon (Ages 6-12) 6:00 p.m.-7:00 p.m.  
 B. Mon (Teen/Adult) 7:00 p.m.-8:00 p.m.  
 C. Tues(Ages 6-12) 6:00 p.m.-7:00 p.m.  
 D. Tues (Teen/Adult) 7:00 p.m.-8:00p.m.  
 Fee: \$77 *Instrs: Louis Watkins  
 Donna Watson*

**SW3003. Swimming-Continuing**

A beginning level course for those with some water skills, but who are not proficient swimmers. Students must be able to swim forward and backwards.

A. Wed (Ages 6-12) 6:00 p.m.-7:00 p.m.  
 B. Wed (Teen/Adult) 7:00 p.m.-8:00 p.m.  
 C. Thu (Ages 6-12) 6:00 p.m.-7:00 p.m.  
 D. Thu (Teen/Adult) 7:00 p.m.-8:00p.m.  
 Fee: \$77 *Instr: Jerome Alexander*

**SW3004. Beginners Swimming (Ages 5-13)**

This class introduces your child to the front crawl or freestyle stroke. Children must wear bathing attire. Also, bring a floating toy, a towel and a lock.

A. Sat (ages 5-8) 11:00a.m.-12:00 noon  
 B. Sat (ages 9-13) 12:00 noon -1:00 p.m.  
 Fee: \$77 *Instrs: Donna Watson  
 Rudolph Henry*

**SW3005. Advanced Beginners Swimming (Ages 6 -13)**

In order to register for the Advanced Beginners' class, your child should be able

to swim without flotation devices, put his or her face in the water, and float on his or her back. The crawl stroke, back stroke, underwater swimming, diving, and treading will be covered. Children must have completed an Infant Pre-schooler Swim Program and Beginners' Swim Program and must be prepared to demonstrate stated competencies in order to register for this class. Bring goggles, a towel, a lock and a big smile!

Sat 1:00 p.m.-2:00 p.m.  
 Fee: \$77 *Instrs: Donna Watson  
 Rudolph Henry*

**SW3006. Swimming II-Refining Strokes (Ages 6-11)**

This class improves your child's ability to move through the water. This class advances your child from the beginners stroke to the front crawl, back and breast strokes and other treading movements. Your child should be able to swim the length of the pool and be very comfortable in water.

Sat 1:00 p.m.-2:00 p.m.  
 Fee: \$77 *Instrs: Donna Watson  
 Rudolph Henry*

**SW3007. Swimming Intermediate (Teen/Adult)**

An intermediate level course for the proficient swimmer with good basic skills, including the ability to tread deep water. Student must demonstrate skills for instructor approval. Register at the first class session. **No pre-registration permitted** (Checks or money orders only)

Thu 7:00 p.m.- 8:00 p.m.  
 Fee: \$61 *Instr: Jerome Alexander*

**SW3008. Water Exploratory for Infants and Pre-schoolers-POPULAR**

This water acclimation class will help your child become comfortable in the water. One parent or guardian must accompany each child and participate in the aquatic activities. Each child must have swimsuit/trunks, swim cap, towel, lock, water wings and a floating toy at the first class session.

A. Sat ( 8 mo-2 yrs) 9:00 a.m.-10:00 a.m.  
 B. Sat ( 3-5 yrs) 10:15 a.m.- 11:15a.m.  
 Fee: \$81 *Instrs: Donna Watson  
 Rudolph Henry*

**SW3009. Swimming for Tots (Ages 6 and under)**

This water acclamation class will help your child become comfortable in the water. One parent or guardian must accompany each child and participate in the aquatic activities. Each child must have swimsuit/trunks, towel, and lock at the first class session.

Fri 6:00 p.m.-7:00p.m.  
Fee: \$77 Instr: Athenia Deanes

**SW3010. Intro to Swimming for Teens and Adults**

Do you know how to swim? This is an excellent time to learn. Bring a swim suit, cap, towel, lock and prepare to enjoy a sport

that will leave you feeling refreshed and invigorated. No experience needed!

Fri 7:00 p.m.-8:00p.m.  
Fee: \$77 Instr: Athenia Deanes

**SW3011. Learn to Swim in Seven (7) Weeks**

Always been afraid of the water? Want to try it again? Then join Options in the pool 4 days a week for 7 weeks. It's never too late to learn to swim. Learn techniques for floating and drown-proofing, as well as basic water safety.

Mon -Thurs  
A. Fee: \$139 11:00a..m.-1:00 p.m.  
B. Fee: \$121 4:00 p.m.-5:30 p.m.  
Instr: TBA

- Want to learn to speak in public without fear and trembling?**
- Want to communicate more effectively?**
- Want to improve your presentation skills?**
- Want to increase your self confidence?**
- Want to build your leadership potential?**
- Want a supportive, friendly, inexpensive group experience?**

**Then the proposed new Toastmasters Club at Chicago State University is for you!**

**Minimally 22 members are required to begin the club. Contact Extension Services for additional information at 773/995-2576.**

*The American reading his Sunday newspaper in a state of lazy collapse is perhaps the most perfect symbol of triumph of quantity over quality..... Whole forests are being ground into pulp daily to minister to our triviality.*

Irving Babbitt



## ***“Chocolate Meets Wine”***

If you would like to know which chocolate to pair with Merlot or Pinot Noir,

**Join Options  
for an  
Evening of Chocolate and Wine**

Class will be taught by  
*Chocolatier, Robyn Rice-Foster*



**Friday, July 11, 2009**

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

**Fee: \$39.00**

Remember, any day is a perfect day for chocolate!

**Must be 21 to attend**



*The battle we have fought, and are still fighting for the forests is a part of the eternal conflict between right and wrong, and we cannot expect to see the end of it ... So we must count on watching and striving for these trees, and should always be glad to find anything so surely good and noble to strive for.*

John Muir

# Chicago Park District and Chicago State University Gymnastics Center

## 2009 Gymnastics Summer Camp Schedule

	Camp 1 2 week camp	Camp 2 2 week camp	Camp 3 2 week camp	Camp 4 1 week camp	Camp 5 1 week camp
<b>Morning Session</b> 9:00 a.m. -12 Noon	6/22-7/3/09 GT3118 Tumbling Camp Girls & Boys All Levels 6-17 yrs. \$97.00	7/6-7/17/09 GT3119 Cheerleading Camp Girls & Boys All Levels 6-17 yrs. \$97.00			
<b>Evening Session</b> 1:00 p.m.-4:00 p.m.	6/22-7/3/09 GT3120 Gymnastics Camp Girls & Boys All Levels 6-17 yrs. \$97.00	7/6-7/17/09 GT3121 Gymnastics Camp Girls & Boys All Levels 6-17 yrs. \$97.00	7/20-7/31/09 GT3122 Gymnastics Camp Girls & Boys All Levels 6-17 yrs. \$97.00	8/3-8/7/09 GT3123 Tumbling Camp Girls & Boys All Levels 6-17 yrs. \$57.00	8/10-8/14/09 GT3124 Tumbling Camp Girls & Boys All Levels 6-17 yrs. \$57.00

2009 Program Schedule  
Summer Gymnastics Session: June 22-August 14, 2009

*To waste, to destroy our natural resources,  
to skin and exhaust the land instead of  
using it so as to increase its usefulness,  
will result in undermining in the days of  
our children the very prosperity which we  
ought by right hand down to them  
amplified and developed.*

Theodore Roosevelt

## SOMETHING FOR THE



*These classes are offered for seniors, sixty and over. Choose a class from this section or select from among the many other classes in this schedule. All classes allow you to pursue individual interests at your own pace. The courses in this section are priced at a reduced rate and parking is free.*

### **SC3201. Senior-Cise**

This is an exercise class tailored for the older adult. Improve your flexibility and increase your strength. The class is designed to meet your individual needs and the exercises allow you to progress at your own pace. Bring a towel.

A. Tue/Thurs 9:00 a.m.-10:00 a.m.  
Fee: \$57 *Instr: Marlene Pittman*

### **SC3203. Line Dance for Seniors**

Are you bored with the drudgery of your weekly exercise routine? Then join us in an activity that's full of fun and excitement and learn to line dance! You will be taught the Macarena, the Boot Scoot Boogie and many other popular line dances. This is a fun way to stay in shape. No partner needed. Don't miss it.

Fri 12:30 p.m.-1:30 p.m.  
Fee: \$57 *Instr: Tommie Lowe*

### **SC3205. Aqua Fitness**

You will exercise all parts of the body. This class promotes improved muscle tone, circulation, and development of motor skills.

Warm water exercise is great for those with arthritis. It helps to build up strength, ease stiff joints and relaxes sore muscles. It also allows more freedom of movement and increased range of motion. The ability to swim is not required to enroll.

Tues/Thurs 9:00 a.m.- 10:00a.m.  
Fee: \$57 *Instr: Alex Riley*

### **SC3207. Sewing**

This "you can make it" class for seniors is designed for intermediate and advanced level students. Build on your knowledge. Limited enrollment. Material not included.

Wed 3:00p.m.-5:00p.m.  
Fee: \$57 *Instr: Gloria Scott  
(Scott Fashions)*

### **SC3210. Yoga for Older Adults**

Relax and renew yourself naturally. Experience the many benefits of yoga. Yoga is one the best ways to ease the mind and body. Enjoy the wonderful benefits of gentle stretching and strengthening. Bring a mat and towel to class.

Fri 10:00a.m.-11:00a.m.  
Fee: \$57 *Instr: Anita Cooper*

### **SC3204. Introduction to Computers**

At the end of this course, students will be able to do the following: identify the parts of the personal computer, start & stop the computer, and identify the various types of software stored on their PC. Students will also be able to create the following files in MS Office: a flyer in WORD 2007, a spreadsheet & bar chart in EXCEL 2007, a slide show in Powerpoint 2007 and more.

Fri 10:30a.m.-12 noon  
Fee: \$57 *Instr: Ollie Sims*

*When you plant a tree, never plant only one. Plant three -- one for shade, one for fruit, one for beauty.*

African proverb

**It's Easy To Be Green**  
**Email us at [options@csu.edu](mailto:options@csu.edu)**



*You must teach your children that the ashes beneath  
their feet are the ashes of your grandfather's.  
So that they will respect the land, tell your children  
that the earth is rich with the lives of our kin.  
Teach your children what we have taught our children,  
that the earth is our mother. Whatever befalls the earth  
befalls the sons of the earth. If men spit upon the  
ground, they spit upon themselves.*

Native American Wisdom

**EMAIL US AT [OPTIONS@CSU.EDU](mailto:options@csu.edu)**

# Quick Picks

LEARN FAST SHORT SESSIONS

## QP3310. For Sale By Owner

Find out what you need to do and how to do it. From getting the home ready, to going to the closing, achieve success in selling your home. Learn how to work with buyers, price your home, and work together with real estate professionals.

Sat, June 27 1:30 p.m.-3:30 p.m.  
 Fee: \$31 Instr: Michelle Flagg

## QP3311. Preparing a Basic Will!

Planning on leaving your estate to the State of Illinois? If you don't have a will you may end up doing just that. Learn what's in a will and why you may need a will. To ensure your estate will be divided according to your wishes, you must make a will. Learn about dying without a will, types of wills, what to include, and choosing an executor.

Thurs, June 25 6:00 p.m.-8:00 p.m.  
 Fee: \$31 Instr: Michelle Flagg

## QP3313.

### You're On the Air....How to Really Make It In Voice-Overs

Voice-overs are hot today! You don't have to be an actor to get voice-over work. Learn about the voice-over business, income potential and the numerous opportunities. Join such notables as James Earl Jones and Donald Sutherland.

Sat, June 20 7:00 p.m.-9:00 p.m.  
 Fee: \$41 Instr: Dan Levine

## QP3314. Buying a Home in Troubling Economic Times

Now is the perfect time to purchase and invest in Real Estate. Do not let the news or the economy scare you. Learn how to purchase a house with No Money Down! Learn about short sales, foreclosures, auctions, and so much more.

Thurs, June 25 6:00 p.m.-7:30 p.m.  
 Fee: \$31 Instr: Ramona Turner

## QP3316. Grammar Refresher

This two day course will help you to refresh your forgotten knowledge of English grammar. Learn the rules of grammar in a fun and informative manner. The instructor will engage participants in interactive exercises. This class will give you the ability to write grammatically correct writing that will be useful if you're a student, professional, published or beginning writer.

Wed, July 8 6:00 p.m.-8:00 p.m.  
 Thur, July 9 6:00 p.m.-8:00 p.m.  
 Fee: \$41 Instr: TBA

## QP3317. Careers That Could Possibly Make you Money

Are you in a dead-end job? Have you been laid-off or are you a dislocated worker? Now is the time to explore other opportunities. What type of careers are there that you can do? There will be professionals from different industries speaking to let you know what they do and how?"

Thurs, July 16 6:00 p.m.- 7:30 p.m.  
 Fee: \$27 Instr: Ramona Turner

## QP3315. Retirement Planning

Avoid the biggest retirement planning mistakes. Whether your objective is to build a nest egg, protect your assets or preserve your current lifestyle throughout retirement, this course helps plan your future with confidence. (2 sessions)

8/5/09 & 8/12/09 6:00p.m-7:30pm  
 Fee: \$47 Instr: TBA

*Only after the last tree has been cut  
down...the last river has been  
poisoned...the last fish caught,  
only then will you find that money  
cannot be eaten.*

Cree Indian Prophecy

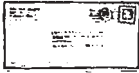
*We all moan and groan about the  
loss of the quality of life through  
the destruction of our ecology,  
and yet every one of us, in our own  
little comfortable ways, contributes  
daily to that destruction. It's time  
now to awaken in each one of us the  
respect and attention our beloved  
Mother deserves.*

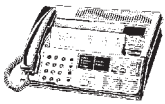
Ed Asner

# EASY REGISTRATION



## BY MAIL


Complete the attached registration form, sign and mail with your check.  Make checks/money orders payable to Chicago State University. **Mail registration form and payment to Options Program – JDC 201, CSU, 9501 S. King Drive, Chicago, IL 60628.** Please use one registration form for each person registering.




## BY FAX

Send your completed registration form by FAX to 773.995.4429, with Visa, Discover, or MasterCard number and expiration date and verification code. (Please type or print.)

## BY PHONE:

Register by phone with a Visa, Discover or MasterCard. Be sure to have all the requested information on your registration form when you call. 

## BRING IN YOUR REGISTRATION

Register in-person in the Options Program office, Jacoby Dickens Athletic Center, Room 201. Office hours are 9am – 5pm, Monday through Friday. **Late registration is Thursday, 6/11 & 6/18, from 5:00pm–7:00pm. Registration is also being held Sat., 6/13 & 6/20, from 9:00am–1:00pm** 

## COURSE FEES

Refer to course description for fees. Fees are payable by check, money order, Visa, Discover or MasterCard. **(NO CASH).** There is a \$20 service charge for checks returned NSF, Stop Payment and declined credit cards plus a \$25 telecheck fee.

## CLASS MEETINGS

The Options Program begins Saturday, June 20, 2009 and ends Saturday, August 8, 2009. Classes will not meet Friday, July 3, 2009 and Saturday, July 4, 2009. See course descriptions for exceptions.

## PARKING

Decals are available for \$10.00 for students enrolled in Options classes. **Only one decal per household.** Decals can be purchased from 95th Street Parking Booth once students have registered and received the necessary form from the Options office. Students enrolled in the university's academic courses are not eligible for Options parking decals. **Seniors, 60 and over, enrolled in Options courses, receive FREE parking decals.**

## CLASS SIZE

The university reserves the right to limit the size of classes and to cancel classes due to insufficient enrollment.

## REFUNDS

A full refund is given if we cancel your class. If you officially withdraw before the first class meeting, submit your original receipt. You will be given a full refund minus a \$5 service charge. **Processing may take six to eight weeks. NO REFUNDS AFTER THE FIRST CLASS SESSION. NO EXCEPTIONS.**

*Failure to read the information contained in this schedule does not constitute exemption from stated regulations.*

**For more information, please call  
773.995.4466**

**or visit our website at [www.csu.edu/Continuing Education/Options.htm](http://www.csu.edu/Continuing Education/Options.htm)  
Email us at [options@csu.edu](mailto:options@csu.edu)**

CHICAGO STATE UNIVERSITY  
**Summer 2009**

Continuing Education  
**Options**

NO./SEC.	COURSE TITLE	DAY	TIME	FEE

Student's Name \_\_\_\_\_  
 Is this your first Options class? \_\_\_\_\_ Are you attending CSU? \_\_\_\_\_

If a minor, parent's name \_\_\_\_\_

Is parent currently attending CSU? \_\_\_\_\_ Email Address \_\_\_\_\_

Address \_\_\_\_\_ Apt: \_\_\_\_\_

City: \_\_\_\_\_ State: \_\_\_\_\_ Zip: \_\_\_\_\_ Address changed? \_\_\_\_\_

Day phone \_\_\_\_\_ Evening phone \_\_\_\_\_

MasterCard# \_\_\_\_\_ Exp.Date: \_\_\_\_\_ 3 digit code: \_\_\_\_\_

Visa Card# \_\_\_\_\_ Exp.Date: \_\_\_\_\_ 3 digit code: \_\_\_\_\_

DiscoverCard# \_\_\_\_\_ Exp.Date: \_\_\_\_\_ 3 digit code: \_\_\_\_\_

Name as it appears on card: \_\_\_\_\_

**If I decide to withdraw from the above class(es), I must notify you before the first class meeting. I understand that I am voluntarily engaging in activities offered under the Options Program and in so doing assume all risk of injury illness, damage, or loss that may be associated with such activity.**

Signature \_\_\_\_\_ Date \_\_\_\_\_

CHICAGO STATE UNIVERSITY  
**Summer 2009**

Continuing Education  
**Options**

NO./SEC.	COURSE TITLE	DAY	TIME	FEE

Student's Name \_\_\_\_\_  
 Is this your first Options class? \_\_\_\_\_ Are you attending CSU? \_\_\_\_\_

If a minor, parent's name \_\_\_\_\_

Is parent currently attending CSU? \_\_\_\_\_ Email Address \_\_\_\_\_

Address \_\_\_\_\_ Apt: \_\_\_\_\_

City: \_\_\_\_\_ State: \_\_\_\_\_ Zip: \_\_\_\_\_ Address changed? \_\_\_\_\_

Day phone \_\_\_\_\_ Evening phone \_\_\_\_\_

MasterCard# \_\_\_\_\_ Exp.Date: \_\_\_\_\_ 3 digit code: \_\_\_\_\_

Visa Card# \_\_\_\_\_ Exp.Date: \_\_\_\_\_ 3 digit code: \_\_\_\_\_

DiscoverCard# \_\_\_\_\_ Exp.Date: \_\_\_\_\_ 3 digit code: \_\_\_\_\_

Name as it appears on card: \_\_\_\_\_

**If I decide to withdraw from the above class(es), I must notify you before the first class meeting. I understand that I am voluntarily engaging in activities offered under the Options Program and in so doing assume all risk of injury illness, damage, or loss that may be associated with such activity.**

Signature \_\_\_\_\_ Date \_\_\_\_\_

# Options

CHICAGO STATE UNIVERSITY

FOR LIFE-LONG LEARNING

THE PROGRAM OF CHOICE

Fall Session  
Begins Saturday,  
September 26, 2009  
Registration  
Begins Wednesday,  
August 26, 2009

Let's GO GREEN  
email us at [options@csu.edu](mailto:options@csu.edu)

CHICAGO STATE UNIVERSITY

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