



Continuing Education Center

Spring 2012 Schedule | www.ivcc.edu/cec

[For Work]

- Sleep Technician **2**
- Public Speaking **8**
- Sports Officiating **7**

[For Play]

- Beginning Self Portrait **23**
- Breadmaking **27**
- Which Tablet Meets Your Needs **12**

[For a Get-a-way]

- South Pacific **18**
- Mailboats & Mansions **19**
- Windy City Snack Attack **18**



a portrait of
Success

No Place So Close Can Take You So Far

a portrait of Success

Greetings!

Welcome to our Spring 2012 edition of the Continuing Education Center course schedule. We want to introduce you to our Continuing Education staff who make these courses and programs possible, providing you the canvas for your portrait of success!

KIM KOEHLER

Classes for our community and our youth for personal and lifestyle interests.

Kim began her career at IVCC in June 2009. Her main responsibilities are coordinator of community and youth classes including creative arts, fitness, culinary, summer youth camps, and other community interest classes. Kim also coordinates IVCC's Eagle Ed'Ventre program for educational bus trips and IVCC's equally successful Outdoor Ed'Ventre camp for area youth each summer.

Prior to her commitment to IVCC, she worked in park and recreation administration for fourteen years. Kim is an IVCC and Illinois State University alumni.

BECKY PIANO

Classes for licensed professionals, fast track career programs and online learning.

Becky began her career at IVCC in April 2011. Her main responsibilities include classes for professionals requiring continuing education hours. Becky organizes classes for the nursing profession, teachers, massage therapists, municipality workers, "fast-track careers" and on-line course offerings.

Prior to her commitment to IVCC, Becky worked in secondary education in tutoring & career counseling programs and has an extensive background in the mental health field.

GAIL DIVAN

Classes for businesses & their employees, management, and safety courses.

Gail began her career at IVCC in August 2011. Her main responsibilities are to expand the business, management, leadership, safety, and human resource course offerings. Gail has extensive background and experience in these areas and is a valuable asset to the department in expanding these course offerings.

Prior to her commitment to IVCC, Gail worked in human resources & safety administration for nine years and owns her own faux finishing business.

Contact these managers with your ideas and suggestions for future courses and programs. They are here to serve you and assist IVCC in meeting the lifelong learning needs of our community.

I wish you great success in the New Year. Remember to make IVCC your first choice for lifelong learning!

Regards,
Jamie Gahm, Director

Visit us on the Web! www.ivcc.edu/cec



KIM KOEHLER
[815] 224-0207



BECKY PIANO
[815] 224-0490



GAIL DIVAN
[815] 224-0280

Student Testimonials

See what students have said about our classes...

eBay

"A very good class with a lot of information. Presentation very well done. I will tell friends about this class and go home and get to work on eBay. Thank you very much."

Computers

"Doreen is a very patient and informative instructor. You can tell she enjoys what she's teaching. She is very excited to share. Valuable asset to IVCC."

Breathing for Life

"Dan is a great teacher. Very relaxed atmosphere allowed me to get into this class and benefit."

Graduate Class for Educators

"Excellent Class. I always come away from class with ideas and strategies I can use right away"

Massage Therapy

"Awesome presentation!!! Great information-very useful!"

Certified Medical Administrative Assistant

"The instructor is an excellent teacher. She goes above and beyond to help us succeed in this course"

Continuing & Professional Education

For busy professionals and career seekers to acquire skills needed to improve work performance or prepare for a new career.

- 2 Sleep Technician Certification
- 3 Certified Medical Administrative Assistant, Pharmacy Technician, EKG Technician
- 4 Healthcare
- 5-6 Massage
- 7 Home Inspection & Sports Officiating
- 8 Business & Leadership
- 9 Small Business Development
- 10 Non-Profit Workshops
- 11 Safety & Wastewater Treatment
- 12-13 Computers
- 14-15 Teachers
- 16 Food Service Sanitation



For people in our community wanting courses, activities and cultural experiences to enrich their lives and continue their learning adventure.

Community Education

- 17 Music & Theatre
- 18-19 Trips
- 20 Illinois Theatre Conservatory
- 21 Dance
- 22-23 Creative Arts
- 24 Jewelry
- 25 Hot Glass Experience
- 26-27 Culinary Arts
- 28 Gardening & Green Technology
- 29 Homestead Conference
- 30 Dollars & Sense
- 31 Fitness & Youth
- 32 Registration Form
- 33 For Your Information ...People's Law School



Look for this icon throughout for classes at the IVCC Ottawa Campus.

[CONTINUING PROFESSIONAL EDUCATION]



Sleep Technician Certification



■ Sleep Technician Information Session

Sleep Technology, also known as Polysomnographic technology, is a specialized profession. It involves the technical evaluation of patients with sleep disorders in the clinical setting of a sleep disorder center or laboratory for sleep-related breathing disorders. Sleep technicians utilize the latest technology to conduct "sleep studies" that ensure safe and accurate assessment and treatment of sleep disorder patients. Millions of Americans suffer from sleep disorders, and growth in the number of sleep laboratories supports an increasing demand for trained professionals. Learn all you ever wanted to know about becoming a Sleep Technician, including: the profession and steps to accreditation, IVCC's accredited program, clinicals at Provena Saint Joseph Medical Center in Joliet, required drug and health screening/background checks, pay range and career opportunities. In addition, details about IVCC's Automatic Payment Plan will be available for interested students. Payment plan options are available for students registered by February, 15. Job assistance is not available for this program. Contact Becky Piano for more information at 815-224-0490.

Wed 6-7:30 p.m.
Mary Kay Hobby C-325, IVCC

Feb 1 1 Session
CPD-3217-302 FREE

■ Sleep Technician *New Blended Learning Format!*

IVCC's four week Sleep Technician Basic Training course is an A-STEP program (Accredited Sleep Technology Education Program) which is accredited by the American Academy of Sleep Medicine. The A-STEP 80 hour introductory course includes online lecture segments that are to be completed prior to your first day in the classroom and will take approximately 30 hours to complete. This program is designed to provide a solid foundation for the sleep technician as recommended by the American Academy of Sleep Medicine [AASM], plus 16 hours of clinical experience in an accredited sleep lab. Whether new to the field or arriving with experience, the tools gained from this program will help cultivate an understanding and appreciation for the importance of sleep data collection and the analysis process. Participants will develop the skills to collect a quality sleep study with an introduction to polysomnography scoring procedures. They will achieve the essentials necessary, as set forth by the AASM's 29 standards of achievement, to promote an understanding of basic principles of polysomnography and the role of the sleep technician. Topics include abnormal sleep patterns, collecting an EEG signal, sleep staging, respiratory events, and medications. Participants will be prepared for a professional position as a trainee in a sleep disorder center.

Mon-Fri	8:30 a.m-5:30 p.m.	Apr 30-May 4	7 Sessions
Mon-Tue	8:30 a.m-5:30 p.m.	May 7-May 8	
Mary Kay Hobby	A-323, IVCC	CCE-1730-04	\$2695

REGISTRATION DEADLINE: Monday, March 12, 2012

IVCC's Sleep Technician Basic Training course is accredited by the American Academy of Sleep Medicine. In order to meet the AASM's requirements, the clinical training portion of the course will be at Provena Saint Joseph Medical Center in Joliet, an AASM-accredited sleep center. Prerequisites for the clinical portion include: background check, vaccination titres, TB skin tests, and drug test. For more information, call: 815-224-0490.

Healthcare Career Programs

■ Certified Medical Administrative Assistant

This comprehensive 50-hour course prepares students to function effectively in many of the administrative and clerical positions in the health care industry. This program covers background information on the medical administrative profession and interpersonal skills, medical ethics and law, medical office terminology, basics of insurance billing and coding, telephone techniques, scheduling appointments, medical records management and management of practice finances. This program is intended to provide students with a well-rounded introduction to medical administration so that a student can gain the necessary skills required to obtain a medical administrative assistant position in the health care field. **The Certified Medical Administrative Assistant (CMAA) Exam will be administered at the end of the training program for those interested in securing certification. Cost of CMAA exam is NOT included in course fee.**

Tue/Thu	6-9:30 p.m.	Mar 13-May 1	15 Sessions
TBA	A-321, IVCC	CCE-1740-300	\$999

■ Pharmacy Technician Certification

This comprehensive 50-hour course will prepare students to enter the pharmacy field and take the Pharmacy Technician Certification Board's PTCB exam. Technicians work in a variety of healthcare settings. Course content includes medical terminology specific to the pharmacy, reading and interpreting prescriptions and defining drugs by generic and brand names, dosage calculations, I.V. flow rates, drug compounding, dose conversions, dispensing of prescriptions, inventory control and billing and reimbursement. **Prerequisite: A high school diploma or GED plus a solid background in math. Cost of PTCB exam is NOT included in the course fee.**

Mon/Wed	6-9:30 p.m.	Mar 12-Apr 30	15 Sessions
TBA	A-321, IVCC	CCE-1720-300	\$999

■ EKG Technician Certification

This comprehensive 50 hour course prepares students to function as an EKG Technician and to take the Electrocardiograph Technician Certification Exam. This course will include practice and background information on anatomy and physiology of the heart, medical disease processes, medical terminology and ethics, legal aspects of patient contact, electrocardiography and stress testing. Students will practice with EKG equipment and perform hands on labs including introduction to the function and proper use of the EKG machine, the normal anatomy of the chest wall for proper lead placement and other clinical practices. **The EKG Certification Exam is administered at the end of the training program; cost of the exam is NOT included in the course fee.**

Tue/Thu	6-9:30 p.m.	Mar 13-May 1	15 Sessions
TBA	C-326, IVCC	CCE-1710-300	\$999



■ Exploring Careers in Healthcare [Information Session]

Certified Medical Administrative Assistant, Pharmacy Technician, EKG Technician

These programs are offered in partnership with Condensed Curriculum International, Inc. (CCI). Available to both working adults interested in a new career and current professionals, these short term training programs will help you prepare for entry level jobs in healthcare. The free informational session will give prospective students information on job outlook, certification requirements and the course content for the Certified Medical Administrative Assistant, Pharmacy Technician, and EKG Technician programs, as well as payment plan options. **It is recommended that you check out the local market and attend this session BEFORE registering for the programs.**

Tue	6-7:30 p.m.	Feb 7	1 Session
Staff	C-316, IVCC	CPD-3210-302	Free

Find out more about payment plan options by calling 815-224-0490. Payment plan options are available for students registered by February 15.

Healthcare



Ed2Go Nursing Take it Online!

www.ed2go.com/ivcc



CEU's for Nurses through Allegra Learning Solutions, LLC. Allegra Learning Solutions is accredited as a provider of continuing education in nursing by the American Nurses Credentialing Center's Commission of Accreditation.

Courses Begin Monthly.

See back cover for registration directions.

Certificate of Complementary and Alternative Medicine [28 Contact hours]
Course Number: CPD-3504 \$189

Certificate in Pain Assessment and Management [24 Contact hours]
Course Number: CPD-3505 \$159

Certificate in Gerontology [44 Contact hours]
Course Number: CPD-3506 \$199

Certificate in Growth and Development Through the Lifespan [15 Contact hours]
Course Number: CPD-3507 \$199

Certificate in Legal and Ethical Issues in Nursing [23 Contact hours]
Course Number: CPD-3508 \$159

Certificate in Perinatal Issues [14 Contact hours]
Course Number: CPD-3509 \$109

Certificate in Spirituality, Health, and Healing [25 Contact hours]
Course Number: CPD-3510 \$159

Certificate in Integrative Health [67 Contact hours]
Course Number: CPD-3511 \$475

*The Mystery of Pain – page 5
Nurses can earn 3 CE Hours*

To Pee or Not to Pee Renal Update & Overview

NEW

Join Barb Bancroft for her light-hearted, up-to-date, entertaining and educational approach to the world of kidney A and PEE, and Pathology. Barb will provide a review of the anatomy and physiology of the kidney and related structures, diseases that directly affect the kidney (diabetes, hypertension, glomerulonephritis, glomerulopathies, nephritic syndrome) as well as the kidney as an innocent bystander in systemic diseases (CHF, multiple myeloma, systemic lupus erythematosus, rhabdomyolysis), and the numerous drugs that affect the kidney. She will cover the signs and symptoms of renal failure as well as the treatment of renal disease and renal failure.

Here's a few "did you know's" to pique your interest...

- Did you know the kidneys start to function during the 3rd month of pregnancy?
- Did you know you excrete 11,000 gallons of urine in a lifetime?
- Did you know beer inhibits anti-diuretic hormone?

[5 CE Hours]

Tue 8:30 a.m.-3 p.m. Apr 17 1 Session

Barb Bancroft C-316, IVCC CPD-3227-04 \$99

Class fee includes continental breakfast, lunch, and material fees.

Barb Bancroft

Barb Bancroft is a fascinating and highly informative national speaker whose dynamic presentation style makes learning complex health topics easily understandable. Many can write books on health and conduct seminars, but very few can make them thoroughly informative and entertaining.



Massage

■ The Mystery of Pain

How well do we understand the process of pain and what it means? The old assumption was that pain was a prompt to stop a potentially harmful activity, but this model does not explain chronic, phantom-limb, or latent pain for today's clinical practitioners. Join Doug Nelson, founder of Precision Neuromuscular Therapy, as he discusses one of the fastest growing fields of study in massage today. This fascinating journey takes you into the very heart of how to treat pain and suffering, with a renewed exploration of the brain, how it works, and the profound implications of this knowledge to clinical practice.

Approved by NCBTMB for 3 CE hours for massage therapists and bodyworkers. *Nurses: register for CPD-3224-302 for 3 CE hours

Mon	6-9 p.m.	Feb 27	1 Session
Douglas Nelson	Bldg 11, Rm 104,	CPD-3127-302	\$59
	IVCC-East Campus		



Douglas Nelson began his career in massage therapy in 1977 and is the founder of NMT MidWest, Inc. providing workshops in Precision Neuromuscular Therapy™. Doug is also a columnist for *Massage and Bodywork* magazine and has published articles in numerous journals and magazines and is the author of the book *Table Lessons: Insights in the Practice of Massage Therapy*.

■ Orthopedic Assessment and Treatment of Common Neck Conditions NEW

Students will review the anatomy of the cervical spine; palpate muscles often associated with cervical injuries; be introduced to muscles that harbor trigger points that lead to tension headaches and orthopedic assessment protocols for common neck conditions such as herniated discs; how to document findings, and specific treatment protocols related to tension headaches and herniated discs. Attendees are asked to wear comfortable clothing, bring lunch, and a set of sheets for the massage table. **Massage therapists receive 8 CE hours through the State of Illinois.**

Sun	8 a.m.-4 p.m.	Jan 22	1 Session
Michael Hovi	Bldg 11, Rm 104,	CPD-3128-01	\$99
	IVCC-East Campus		

■ Orthopedic Assessment and Treatment of Common Elbow and Wrist Conditions NEW

Students will review the anatomy of the elbow and wrist; palpate muscles often associated with elbow tendinitis and carpal tunnel syndrome; be introduced to muscles that harbor trigger points that lead to elbow and hand pain and loss of grip strength; introduced to orthopedic assessment protocols for common elbow and wrist conditions such as tendinitis and carpal tunnel syndrome; how to document findings, and specific treatment protocols. Attendees are asked to wear comfortable clothing, bring lunch, and a set of sheets for the massage table. **Massage therapists receive 8 CE hours through the State of Illinois.**

Sun	8 a.m.-4 p.m.	Feb 19	1 Session
Michael Hovi	Bldg 11, Rm 104,	CPD-3130-02	\$99
	IVCC-East Campus		

■ Orthopedic Assessment and Treatment of Common Shoulder Conditions NEW

Students will review the anatomy of the shoulder complex; palpate rotator cuff muscles and muscles that move the scapulae and humerus at the glenohumeral joint; be introduced to common trigger points of the shoulder; introduced to orthopedic assessment protocols for common shoulder conditions such as tendinitis and impingement syndromes; how to document findings, and specific treatment protocols related to shoulder tendinitis and postural deviations. Attendees are asked to wear comfortable clothing, bring lunch, and a set of sheets for the massage table. **Massage therapists receive 8 CE hours through the State of Illinois.**

Sun	8 a.m.-4 p.m.	Jan 29	1 Session
Michael Hovi	Bldg 11, Rm 104,	CPD-3129-01	\$99
	IVCC-East Campus		



Mike Hovi has been practicing Clinical Massage Therapy since 1991. He has been teaching massage classes since 1998, *Clinical Massage Techniques and Sports Massage* since 2002 and at The University of Illinois-Chicago since 2003. He has worked as a sports massage therapist at the Winter Olympics in Salt Lake City, and the Summer Olympics in Athens, Greece.

■ Orthopedic Assessment and Treatment of Common Low Back and Hip Conditions NEW

Students will review the anatomy of the lumbar spine and posterior hip; palpate muscles often associated with low back and hip injuries; be introduced to muscles that harbor trigger points that lead to low back and posterior hip pain; introduced to orthopedic assessment protocols for common low back conditions such as herniated discs how to document findings, and specific treatment protocols related to herniated discs. Attendees are asked to wear comfortable clothing, bring lunch, and a set of sheets for the massage table. **Massage therapists receive 8 CE hours through the State of Illinois.**

Sun	8 a.m.-4 p.m.	Feb 26	1 Session
Michael Hovi	Bldg 11, Rm 104,	CPD-3131-02	\$99
	IVCC-East Campus		

Continuing Professional Education

Massage

■ Massage Cupping Bodywork Therapy **NEW**

Massage Cupping is a beneficial therapy for bringing blood flow to stagnated muscles and skin, loosening adhesions, and releasing rigid soft tissue. The history and theory of cupping will be covered in addition to instruction on getting started. All equipment will be demonstrated and each participant will have ample time to experience working with the equipment on others and having the equipment used on them. Equipment demonstrated will be glass fire cups, manual vacuum cups, micro cup sets and several other aspects of cupping. Explore advanced cupping techniques, with focus on specific treatment methods. This is an experiential workshop and attendees are asked to wear comfortable clothing, bring lunch, sheets for the massage table, and if you have a set of cups, please bring those also. There will be cups available to use if needed. Class size is limited. **This class has been approved by NCBTMB for 7 CE hours for massage therapists and bodyworkers.**

Fri	9 a.m.-5 p.m.	Apr 6	1 Session
Pam Booras	Rm 104, Bldg 11, IVCC-East Campus	CPD-3132-04	\$99

■ SAD [How Massage Helps]

This class covers the symptoms of Seasonal Affective Disorder, causative factors, and recommended treatments. Relating the effects of massage (especially on biochemical changes) to improvement in client mood, sleep patterns, and ability to function at optimal levels will be explained. Resources and handouts will be provided. **Massage therapists will receive 2 CE hours through the State of Illinois.**

Thu	6:30-8:30 p.m.	Apr 12	1 Session
Susan Lanning	C-325, IVCC	CPD-3121-304	\$49

■ Ethics for Body Workers

Satisfy the NCBTMB's requirement for six hours of ethics, as well as the minimum requirement of two hours on roles and boundaries. The Six Standards of Practice will be covered including: professionalism, legal and ethical requirements, confidentiality [includes HIPAA], business practices, roles and boundaries, and prevention of sexual misconduct. **This class has been approved by the NCBTMB for 6 CE hours for massage therapists and bodyworkers.**

Fri	9:30 a.m.-4 p.m.	Apr 13	1 Session
Susan Lanning	C-325, IVCC	CPD-3107-04	\$119

■ Reiki [Level I]

Reiki energy can assist you in learning to relax, reduce stress, and help to clear your emotional and physical anxiety throughout your day. Intro to Reiki Level I is helping one balance the energy vortexes (chakras) in the body and the mind. Learning to balance oneself will lead to healing those every day stresses caused by anger and worry, or those caused by family, friends, or your professional and work obligations. Anyone can learn Reiki and its meditative values with hands on training. Prior to workshop participants must have at least one full Reiki session, bring a sack lunch, and a set of twin sheets. Please call Tina (815) 252-1656 to set up an appointment and for additional information. **This course has been approved for 7 CE hours by the NCBTMB.**

Your instructor, Tina Dittle is a Reiki master teacher since 1998 is a master in Usui and Karuna Reiki, practicing in Reiki-ssage and Reiki-reflex, and Reiki phowa. Tina is an affiliate member of the international center for Reiki training and has an office in LaSalle.

Sat	9 a.m.-5 p.m.	Apr 21	1 Session
Tina Dittle	Bldg 11, Rm 101, IVCC-East Campus	CPD-3101-04	\$139

Illinois Valley Community College is approved by the National Certification Board for Therapeutic Massage & Bodywork (NCBTMB) as a continuing education Approved Provider. Provider #295825-00



IVCC offers Online Career Training Programs... anytime, anywhere... just a click away!

Prepare for today's hottest careers from the comfort of your home or office

These open enrollment, instructor-led programs are designed to provide the skills necessary to acquire entry-level positions for many in-demand occupations, all within a six-month delivery window. Instructors are actively involved in the student's online learning experience. Additional information for these and many other online courses, including complete course descriptions, outlines, eligibility requirements, and demos are available at www.gatlineducation.com

Programs Include:

- ✓ Certified Bookkeeper Certification Preparation Program
- ✓ Paralegal
- ✓ Comp TIA+ Certification Training
- ✓ Web Design Certificate
- ✓ Payroll Practice & Management

More career opportunities available at www.gatlineducation.com

Home Inspection

■ Home Inspection Information Seminar

Do you have the desire to run a small business? Are you interested in construction and how things work? Are you a detail-oriented person? Do you enjoy meeting and helping people? Whether you are seeking part-time or full-time employment, home inspection may be the career choice for you. Gain insight into the profession from a practicing home inspector. Find out about the income potential and learn the steps to take to become a licensed home inspector.

Sat 9-11 a.m. Feb 4 1 Session
 Charles U-304, CPD-4101-402 Free
 Bellefontaine Kishwaukee College

■ Home Inspection Pre-Licensing Program

Prepare for the Illinois Home Inspection State Licensing Exam with this state-approved course consisting of classroom, online, and one day of in-field instruction with live home inspections. Topics include the physical components of a home, communication skills, knowledge of professional practices, and insight into what may go wrong as well as the cause and implications of problems that result. Participants will receive clear direction concerning what to look for during an inspection, such as signs of non-performance due to old age, deferred maintenance, weather damage, and poor workmanship. Our instructors are experienced licensed home inspectors and active members of the American Society of Home Inspectors [ASHI]. Upon completion of the approved pre-licensing course, applicants must pass the Home Inspection State Licensing Exam before they are eligible for a license in the State of Illinois. [Cost of exam is NOT included in the course fee.] E-mail access and an internet connection are required for this course.

The first five sessions of classroom instruction will be held at Kishwaukee College in Malta, Illinois, in computer lab A-350, on the following Saturdays: Feb 25; Mar 10 & 24; Apr 14 & 28. In-field inspections and instruction will be held at Rock Valley College in Rockford on the following Saturday: May 12th

Sat 8 a.m.-4 p.m. Feb 25-May 12
 CCE-1500-150 6 Sessions \$899

Locations: Kishwaukee College & Rock Valley College
 Instructors: Charles Bellefontaine & Corey Friedman

A payment plan option is available for students registered by February, 15, 2012. Call 815-224-0490 for more information.

NOTE: Students MUST register by Friday, February 17, 2012 through IVCC. Please REGISTER early to receive materials to complete homework prior to the first day of instruction. IVCC is offering this program in cooperation with Kishwaukee College and Rock Valley College. To register or for more information, call IVCC's Continuing Education Center at (815)224-0427

Sports Officiating

■ Sports Officiating

In partnership with the Illinois High School Association (IHSA), IVCC is offering this officiating course which will provide you with the knowledge necessary to succeed as an official. Topics include: psychology of officiating, personal fitness for officials, and managing professional responsibilities. A required textbook, *Successful Sports Officiating 2nd Edition*, is available at the IVCC Bookstore. **NOTE: This course is a prerequisite and must be completed prior to enrolling in any of the sport-specific officiating classes. No Class: March 6.**

Tue 6-8:30 p.m. Feb 7-Mar 20 6 Sessions
 Eric Pinter B-215, IVCC CCE-1800-302 \$89



■ Sports Officiating for Baseball



Gain the knowledge and the experience necessary to officiate baseball interscholastically. Topics include: general principles, current official rules, and correct officiating techniques for baseball. Clinic training is required by the IHSA for baseball officiating and dates for officiating experience will be scheduled by your instructor. Review of the certification exam will be covered to prepare the student for the IHSA Rules Exam. \$25 material fee payable to the instructor for your textbook and registration with the IHSA. **Prerequisite: Sports Officiating.**

Tue 6-8:30 p.m. Apr 3-24 4 Sessions
 Richard Volker C-325, IVCC CCE-1802-304 \$89



■ Sports Officiating [see course description above]

Mon 6-9 p.m. Jun 4-25 4 Sessions
 Tom Canale TBA, IVCC CCE-1800-306 \$89

■ Sports Officiating for Football

Gain the knowledge and the experience necessary to officiate football interscholastically. Topics include: general principles, current official rules, and correct officiating techniques for football. Clinic training is required by the IHSA for football officiating and dates for officiating experience will be scheduled by your instructor. Review of the certification exam will be covered to prepare the student for the IHSA Rules Exam. \$25 material fee payable to the instructor for your textbook and registration with the IHSA. Course meets: Mondays, July 16; 23; 30, and Tuesday, July 31. **Prerequisite: Sports Officiating.**

Mon/Tue 6-8:30 p.m. Jul 16-31 4 Sessions
 Tom Canale TBA, IVCC CCE-1801-307 \$89

Continuing Professional Education

Business

Facebook for Business Marketing

Discover how to leverage this exciting platform with more than 800 million active users to enhance your business presence using some of the newest marketing tools. You'll learn how to create a compelling Facebook business page, tips on ways to build your fan base and engage your audience, use Facebook insights and ads and maximize the social networking effect with social plugins. We'll cover how real life businesses are using Facebook and tips you can use with your business. CEU: .2

Mon	6-8:30 p.m.	Mar 12	1 Session
Gayle Treend	A-323, IVCC	CEU-4609-303	\$89

Mentoring in the Workplace

NEW

This interactive class will provide an introduction to mentoring. Work-based mentors advise both job-specific and personal skills needed to succeed in the workplace. While technical job skills are often emphasized in evaluating job success, employers tend to be more concerned with the soft skills of interpersonal relationships and effective communication. Topics like building trust, peer pressure and behavior, understanding interpersonal values, and effective methods for managing diversity and sustaining the relationship will make it easier to navigate the beginning stages of the relationship with your mentee. This class will be appropriate to both new mentors and experienced mentors. CEU: .3

Wed	9:30 a.m.-12:30 p.m.	Apr 11	1 Session
Corinne Pierog	C-325, IVCC	CEU-7618-04	\$55

"Can We Talk?"

NEW

[Public Speaking for Everyday Occasions]

We can run, but we can't hide. Sooner or later, most of us will have to stand up before a group and offer a few remarks: to make a toast, ask for a charitable contribution (or a vote), or give or receive an award. Two experienced professional speakers and a former radio talk-show hosts will offer strategies and techniques that will help you face these occasions in a more relaxed and confident state of mind. Learn to conquer stage fright, prepare your remarks, make a strong delivery, and connect with your audience. You may never enjoy public speaking, but after this class, you're sure to feel better about doing it. CEU: .3

Nedda Simon is a retired addiction and mental health counselor. She has presented seminars on personal and career development. In 1983, she founded Freedom House, a shelter for abused women, children and victims of sexual assault.

Kathy O'Malley was a columnist for the Chicago Tribune's INC. column, followed by 20 years as a talk show co-host for WGN Radio. Kathy is involved with the Princeton Tourism Board, the Bureau County Historical Society, and serves as a board member of Freedom House.

Mon	6-9 p.m.	Apr 16	1 Session
Kathy O'Malley & Nedda Simon	Auditorium	CEU-7617-404	\$29
	Grace Performing Arts Center		
	316 S. Main, Princeton		

Guerilla Marketing

NEW

Tough times need tough solutions for your business or non-profit organization. When the going gets tough, GO GUERILLA! It's the best track toward getting the public attention your organization is thirsty for. Get that bang for your buck and learn special marketing tactics that are low-cost and highly effective: take Guerilla Marketing!

A required textbook "Guerilla Marketing, 4th edition" is available at the IVCC bookstore. CEU: .2

Wed	6:30-8:30 p.m.	Mar 14	1 Session
Todd Volker	Rm 101,	CEU-1612-633	\$29
	Ottawa Center		



Development Dimensions International

Supervisory Leadership Series [All day seminar]

Making a successful transition to a leadership role requires strong interpersonal skills. DDI leadership curriculum accelerates the development of these important "people" skills. CEU: .8

Take both classes and **SAVE \$49**

Thu	8 a.m.-5 p.m.	Mar 8	1 Session
Damien Barr	C-325, IVCC	CEU-8268-03	\$249

Essentials of Leadership [Morning Only]

The essence of being an effective leader lies in establishing strong interpersonal work relationships and the ability to spark action in others. This foundation course for all DDI courses teaches leaders how to get results through people. Learn a set of essential skills to meet both practical business needs and your personal needs. Students acquire a set of proven interaction skills and discover seven leadership imperatives key to meeting today's challenges.

CEU: .4

Thu	8 a.m.-12 p.m.	Mar 8	1 Session
Damien Barr	C-325, IVCC	CEU-8234-03	\$149

Getting Started as a New Leader [Afternoon Only]

Prerequisite: Essentials of Leadership.

It's an exciting day in the workplace when an individual is recognized for their performance and rewarded with a promotion to leadership ranks. Often new leaders struggle with the transition from "buddy" to "boss". This course arms new leaders with the knowledge and skills they need to confront the challenges associated with getting their footing and getting results more quickly in their new leadership role. CEU: .4

Thu	1-5 p.m.	Mar 8	1 Session
Damien Barr	C-325, IVCC	CEU-8267-03	\$149

Small Business Development



■ Starting a Business in Illinois

Starting a new business is both exciting and frightening. This workshop covers registering a business name, obtaining a tax ID number, choosing appropriate forms of insurance, keeping records, choosing a legal form of ownership and other start-up issues. This seminar is intended for those not yet in business.

Tue	6-8 p.m.	Feb 7	1 Session
Beverly Malooley	Bldg 11, Rm 112,	CEX-9508-302	\$35
	IVCC-East Campus		

Tue	6-8 p.m.	Apr 17	1 Session
Beverly Malooley	Bldg 11, Rm 112,	CEX-9508-304	\$35
	IVCC-East Campus		

■ Marketing for Your Business

One of the biggest mistakes made by small business owners when trying to market their company's products and services is never hitting their target market. Going after everyone in the world who you think will be interested in your services is a recipe for disaster. This will be a training camp for marketing to help you understand your company's market potential. This class meets for two sessions.

Part I **New Marketing Tools for 2012**
Part II **The Marketing Connection**

Tue	6-8 p.m.	Feb 21-28	2 Sessions
Gina Czubachowski	Bldg 11, Rm 112,	CEX-9521-302	\$90
	IVCC-East Campus		

■ Writing a Business Plan

A business plan is a necessity for any business, especially if you want to reduce your risk. In this seminar, you will begin to develop the basic foundation for organizing and writing a comprehensive business plan as well as preparing revenue and expense projections. Learn why it is an important tool for long-range planning, submitting financial proposals, and developing strategies.

Tue	6-8 p.m.	Mar 6	1 Session
Beverly Malooley	Bldg 11, Rm 112,	CEX-9501-303	\$65
	IVCC-East Campus		

■ Employers [Writing a Policy Manual & Performance Reviews]

NEW

Learn the basics of writing a policy manual for your company and employees. Also, learn how to write and administer constructive yearly performance plans to enhance employee productivity and skills.

Tue	6-8 p.m.	Mar 13	1 Session
Gina Czubachowski	Bldg 11, Rm 112,	CEX-9524-303	\$65
	IVCC-East Campus		

■ Retail Strategies

NEW

This workshop is for current and recently opened retail businesses. To succeed successfully, we will cover topics that include effective retail displays, handling the competition, and customer service.

Tue	6-8 p.m.	Mar 20	1 Session
Beverly Malooley	Bldg 11, Rm 112,	CEX-9525-303	\$65
	IVCC-East Campus		

■ Succession Planning

NEW

This workshop is for family owned businesses that get passed down from generation to generation. Discussions on legal and financial topics are the main focus.

Tue	6-8 p.m.	Apr 3	1 Session
Beverly Malooley	Bldg 11, Rm 112,	CEX-9526-304	\$65
	IVCC-East Campus		

Illinois Small Business Development Center

The leader in providing small business owners and entrepreneurs with the tools and guidance needed to become successful in today's challenging economic climate.
Questions? Please Call: 815.224.0212

www.ivcc.edu/sbdc

Non-Profit Agencies

■ Non-Profit All Day Seminar

Sign up for both the morning and afternoon sessions for the reduced seminar price of \$89. CEU: .5

Wed 9:30 a.m.-3:30 p.m. Feb 22 1 Session
Corinne Pierog C-316, IVCC CEU-8410-02 \$89

■ Planning Special Events [Morning Only]

Learn how to create and coordinate successful special events and avoid costly planning errors. Identify criteria for selecting a good site, learn how to develop a budget and create a break even analysis. Choose the right event for your organization and develop marketing materials to support the event. CEU: .25

Wed 9:30 a.m.-12 p.m. Feb 22 1 Session
Corinne Pierog C-316, IVCC CEU-8408-02 \$55

■ The Ins and Outs of Cultivating Individual Gifts [Afternoon Only]

Explore the key elements necessary to obtain gifts from individual donors. Create techniques to develop rating systems for segmentation and prioritization. Learn the skills for prospect identification and individual donor solicitation, and discover how to write an effective fundraising letter. CEU: .25

Wed 1-3:30 p.m. Feb 22 1 Session
Corinne Pierog C-316, IVCC CEU-8409-02 \$55



Corinne M. Pierog has 15 years experience in managing not-for-profit and community organizations. Her credentials include an extensive background in systems and personnel management, strategic planning, marketing, public relations, budget supervision, fund raising, grant writing, with a specialization in corporate sponsorship and community outreach. Ms. Pierog holds an M.A. from San Francisco State University in theater administration and an MBA from Roosevelt University in non-profit management.

■ Non-Profit Leadership

Many people believe that leadership is simply being the first, biggest or most powerful. Leadership in organizations has a different and more meaningful definition. The most successful nonprofit leaders relentlessly pursue agency growth. Yet, growth-oriented vision is often impeded by the realities of limited finances, an already-stretched staff, a less-than-inspired board, or any number of other undesirable constraints. In this hands-on class, you'll learn best practices for better communication and strategies for cultivating leadership both within and outside of your organization. Learn how to develop and establish an on-going succession plan for key staff and board members. CEU: .6

Wed 9:30 a.m.-4 p.m. Mar 14 1 Session
Corinne Pierog E-324, IVCC CEU-8407-03 \$89

■ Successful Management for Volunteers

Volunteering is the commitment of time and energy, doing something that aims to benefit the environment or the community. Volunteers are the lifeblood of service delivery and fulfillment of the organization's mission. With our belt-tightening economy and growing need, many organizations are reaching out to volunteers for both administrative support and program assistance. But like employees, volunteers need to be managed as part of an overall, systematic approach which achieves the delicate balance between a volunteers' need to give back to their community and organizational goals. This seminar will help leaders (both employees and volunteers) manage effective volunteer efforts. Topics will include: volunteer recruitment, training, supervision, evaluation and recognition. CEU: .3

Wed 1-4 p.m. Apr 11 1 Session
Corinne Pierog C-325, IVCC CEU-8405-04 \$55

Let IVCC Bring Business Training to You!

The IVCC Business Training Center provides a full-range of cost-effective employee training programs and consulting services designed to develop and enhance employee skills and knowledge that drives business results. Our training specialist together with our expert team of instructors and consultants can assess employee skill level and customize and implement results-oriented training programs to give your company the competitive edge.

Collaborating with IVCC's Business Training Center offers many advantages:

- ☑ **Customization:** Training programs customized to meet your specific business needs.
- ☑ **Value:** Affordable courses and programs that stretch your training dollars. Grant funds may be available.
- ☑ **Flexibility:** Training can be delivered day or night, at the college, on-site or another location of your choice.
- ☑ **Quality:** Instructors and consultants with work-place experience bring professional programs that produce desired outcomes.

Contact us with your needs; we can provide a solution.

Jennifer Scheri, Business Training Center | 815.224.0390 | Jennifer_scheri@ivcc.edu | www.ivcc.edu/btc

Safety/Water Treatment

■ Forklift Train-the-Trainer

This class will cover the classroom requirements of the new Powered Industrial Truck Standard. OSHA defines a powered industrial truck as a "mobile, power propelled truck used to carry, push, lift, stack, or tier material." Manual operated pallet movers, earth moving and agricultural equipment is not covered by this regulation. Students will review the Powered Industrial Truck Training Standard and review requirements for an in-house training program. CEU: .3

Mon	1-4 p.m.	Feb 13	1 Session
Jeff Clark	C-325, IVCC	CEU-7213-02	\$99

■ Safety & Health for Supervisors & Managers 10 Hour

This course is designed for supervisors and managers with the responsibility to implement and maintain a company safety and health program. Participants will learn to read and understand OSHA's 29 1910 Code of Regulations, understand and manage MSDS's, complete a Job Hazard Analysis (JSA), Lockout/Tagout procedure, and much more. CEU: 1

Tue/Wed	Tue: 9 a.m.-3:30 p.m.	Wed: 8 a.m.-12 p.m.
Feb 21-22	2 Sessions	C-325, IVCC
Jeff Clark	CEU-7224-02	\$269

■ OSHA Illness & Injury Recording

Employers who are subject to the requirements of OSHA, must maintain a log of all recordable occupational injuries and illnesses. This course will help those responsible for filing and maintaining the required OSHA forms. Topics covered: determining if you are required to maintain records, understanding the definition of an employee, establishing if the injury or illness is work related, defining a case for the OSHA 300 log, completing display and proper retention of records, what to do if there is a death, days away from work, restricted work, and medical or first aid. CEU: .3

Mon	9 a.m.-12 p.m.	Mar 5	1 Session
Jeff Clark	C-325, IVCC	CEU-7208-03	\$99

■ OSHA 10 Hour General Industry

Participants will learn the major provisions of the Occupational Safety and Health Act. Primary topics include: the inspection and citation process, working and walking surfaces, emergency plans and exit routes, material data sheets and labeling, electrical, machine guarding and record keeping. This course can be customized to meet the participants' needs. OSHA's 10 Hour General Industry card will be earned upon completion of this class. CEU: 1

Mon/Tue	Mon: 12-4 p.m.	Tue: 8 a.m.-3 p.m.
Mar 12-13	2 Sessions	C-325, IVCC
Jeff Clark	CEU-7203-03	\$269

■ Dept. of Transportation-Hazardous Materials

The Department of Transportation requires training for employees receiving or shipping hazardous materials. Learn about new changes in the 49 CFR hazardous materials table, packaging of materials, shipping papers and other documentations, and recognizing potential hazardous conditions when receiving packages.

Participants are encouraged to bring a list of products they ship or receive and samples of shipping papers. Review of the 2008 Emergency Response Guidebook and Homeland Security training will be included in this class. CEU: .3

Mon	1-4 p.m.	Apr 9	1 Session
Jeff Clark	C-325, IVCC	CEU-7304-04	\$99



■ Intermediate Wastewater Treatment

The objective of this course is to train wastewater operators for Class 1 & 2 wastewater operator license examinations, which are administered by the Illinois Environmental Protection Agency. Topics include activated sludge, digestion and solid handling, effluent disposal, plant safety, maintenance, laboratory procedures and chemistry, basic math and treatment plant problems, analysis and presentation of data, records and report writing. *Class does not meet March 28 or April 18.*

Wed	6-9 p.m.	Feb 15-Apr 25	9 Sessions
Scott Wallis	B-211, IVCC	WWT-1201-349	\$449

Continuing Professional Education

Computers

■ Beginning Microsoft Word 2010

This class covers beginning-level skills and is ideal for the newer computer user who wants to become well versed in Word. You will be introduced to the Ribbon interface, working with text, printing, using proofreading tools, creating bulleted and numbered lists, tables and forms, and more. *Textbook and 2GB flash drive required.

Tue	6-9 p.m.	Feb 7-28	4 Sessions
Doreen Balzarini	A-323, IVCC	CEX-4021-302	\$99

■ Intermediate Microsoft Word 2010

Explore a variety of intermediate Word features: newsletter columns, WordArt and clip art, document themes, styles, picture editing, using mail merge, footnotes and endnotes, headers and footers, templates, tables of contents and indexes, inserting SmartArt graphics, formatting page backgrounds, and more. Each student will create a research paper and a promotional brochure. *Textbook and 2GB flash drive required. No class March 27.

Tue	6-9 p.m.	Mar 6-Apr 3	4 Sessions
Doreen Balzarini	A-323, IVCC	CEX-4022-303	\$99

■ Advanced Microsoft Word 2010

Introduction to organizing long documents by using a table of contents, indexing and cross-reference, collaborating in Word by tracking changes, macros, sharing and securing content using backstage view, attaching digital signatures, customizing options, integrating Word with Excel, the Web. *Textbook and a 2GB flash drive required.

Tue	6-9 p.m.	Apr 10-May 1	4 Sessions
Doreen Balzarini	A-323, IVCC	CEX-4023-304	\$99

■ Microsoft Access 2010 [Level 1]

Gain basic skills in the newest version of this database program. You will learn how to create databases and tables, enter data, create forms and reports, lookup fields, write and review queries. *Textbook and a 2GB flash drive required.

Wed	6-9 p.m.	Feb 8-29	4 Sessions
Doreen Balzarini	A-323, IVCC	CEX-4211-302	\$99

■ Microsoft Access 2010 [Level 2]

Introduction to designing a relational database, creating split forms, creating and modifying reports, creating and running parameter and crosstab queries, customizing input forms, modifying form controls and form layouts, creating custom reports, and more. *Textbook and a 2GB flash drive required. No class March 28.

Wed	6-9 p.m.	Mar 7-Apr 4	4 Sessions
Doreen Balzarini	A-323, IVCC	CEX-4212-303	\$99

■ Microsoft Excel 2010 [Level 1]

Designed for beginners, gain basic skills in this spreadsheet program. At the completion of class you will be able to create and edit worksheets, enter formulas, format cells and entries, manipulate data, use various automated tools and create charts. *Textbook and a 2GB flash drive required.

Fri	1-4 p.m.	Feb 10-Mar 2	4 Sessions
Kathy Baker	Rm 112, Ottawa Center	CEX-4115-602	\$99

■ Microsoft Excel 2010 [Level 2]

Learn to work with multi-sheet workbooks, use financial functions and analysis tools, work pivot tables, styles and outlines, use illustrations, and create an Excel database. *Textbook and a 2GB flash drive required. No class on March 23 and March 30.

Fri	1-4 p.m.	Mar 9-Apr 13	4 Sessions
Kathy Baker	Rm 112, Ottawa Center	CEX-4116-603	\$99

■ Microsoft Excel 2010 [Level 3]

Learn to work with spark lines, pivot tables and macros, pivot charts, financial functions, data analysis tools, auditing functions, collaboration and more. *Textbook and a 2GB flash drive required.

Fri	1-4 p.m.	Apr 20-May 11	4 Sessions
Kathy Baker	Rm 112, Ottawa Center	CEX-4117-604	\$99

■ Which Tablet Meets Your Needs **NEW**

Participants will learn the difference between a laptop and a tablet. Compare and contrast the different tablets on the market that will include the iPad 2. Explore wireless costs and available plans. Also, explore the world of "apps" for these devices. *Please bring a 2GB flash drive to class.

Thu	6-9 p.m.	Feb 9	1 Session
Doreen Balzarini	C-325, IVCC	CEX-1205-302	\$29

PLEASE NOTE:

Ottawa Center is located at 321 W. Main Street • Ottawa, IL

DON'T FORGET YOUR TEXTBOOKS!

If you are taking courses at the Ottawa Center, you can have your textbooks delivered to the center at no charge. Order your books online at www.ivccbookstore.com or call the bookstore at 815-224-0311 for more information.

Computers



■ Microsoft PowerPoint 2010 [Level 1]

This class covers beginning-level skills and is ideal for the professional who wants to become well versed in PowerPoint. Topics introduced are document themes, bulleted lists, outlines, formatting text, clip art and graphics, charts, slide show delivery, and more. Learn about the changes introduced in 2010 including artistic effects with photos and background removal. **Textbook and a 2GB flash drive required.*

Thu	9 a.m.-12 p.m.	Feb 16-Mar 8	4 Sessions
Doreen Balzarini	A-323, IVCC	CEX-4309-02	\$99

■ Internet & Email

Would you like to be able to go shopping, plan a trip, check the weather, find a favorite recipe, or keep in touch with family? Experience the amazing World Wide Web. **Textbook required.*

Mon/Wed	3:30-5:30 p.m.	Mar 5-21	6 Sessions
Kathy Baker	Rm 112, Ottawa Center	SRS-1103-603	\$99

■ Microsoft Publisher 2010

Be introduced to the Publisher ribbon, plan and design publications, use various tools to enhance publications, explore templates, add and edit graphic images, and modify building blocks. **Textbook and a 2GB flash drive required. No class March 29.*

Thu	9 a.m.-12 p.m.	Mar 15-Apr 12	4 Sessions
Doreen Balzarini	A-323, IVCC	CEX-1203-03	\$99

■ Microsoft Outlook 2010

NEW

Topics introduced include navigating in Outlook, setting email options, sending messages, attaching files, responding to messages, creating contacts, distribution lists, creating notes, tasks and journal entries. **Textbook and a 2GB flash drive required.*

Wed	6-9 p.m.	Apr 11-May 2	4 Sessions
Doreen Balzarini	A-323, IVCC	CEX-4904-304	\$99

■ eBay Kick Start

Having trouble getting started selling on eBay? This class is for you! Bring two items with you and list them on eBay right in class. You'll learn how to research the value of your item to determine a good starting price, provide a good title and description, upload pictures, choose a shipping carrier, and complete the sale. Students must be registered on eBay, know their username and password prior to this class and bring a cell phone. A manual, *Basics of Selling on eBay*, will be available for purchase the day of class for \$25.

Gayle Treend is President of Toy Box Enterprises, an online retail store, and has been an Education Specialist trained by eBay since 2006, teaching hundreds of classes in libraries and businesses. Gayle is a Top Rated Seller, eBay Trading Assistant, and facilitates an eBay Sellers Group. She's a regular instructor at her local community college and has offered various classes on eBay, Amazon, Social Networking, and Internet Marketing.

Sat	10 a.m.-3 p.m.	Apr 21	1 Session
Gayle Treend	A-323, IVCC	CEU-4610-04	\$89

■ Newbie's Guide to Facebook

NEW

This will be a hands-on training class where we will cover the basic essentials of setting up your Facebook account, choosing privacy options, finding friends, messaging someone, adding photos and taking a look at Facebook's new timeline feature.

Fri	1-3:30 p.m.	Mar 2	1 Session
Gayle Treend	A-323, IVCC	CEU-4611-03	\$89

■ PC Security & Maintenance for Home Computers

NEW

Learn how to protect and maintain your computer. This class is designed for the home user. This class covers both Windows Vista and Windows XP. Topics include: installing, updating and uninstalling software, hardware and updates, email spam and phishing, malware types and protection, hard drive maintenance and how to communicate effectively with technical support. **Textbook and a 2GB flash drive required. No class: March 27.*

Tue	3:30-5:30 p.m.	Feb 28-Apr 10	6 Sessions
Kathy Baker	Rm 112, Ottawa Center	CEX-4409-404	\$99

Mon	5:30-7:30 p.m.	Apr 2-May 7	6 Sessions
Kathy Baker	A-323, IVCC	CEX-4409-303	\$99

Continuing Professional Education

Teachers [CPDUs]

🍏 Tech Tools for Teachers

Have you ever felt like you can't reach your students? They talk "tech" while you speak the language of, well, teachers. Learn how to make learning memorable by incorporating their favorite formats: audio, images and video. Find out about the best free software to use, common pitfalls, and smart ways to integrate technology into your everyday curriculum. We'll also experiment with Web 2.0 sites and Shareware software in this hands-on course. **3 CPDUs**

Wed 5:30-8:30 p.m. Feb 8 1 Session
Dawn Lockwood A-209, IVCC CPD-1110-302 \$29

🍏 Using a Flip Video to Create a Classroom Video

Put two of your students' favorite gadgets—cameras and computers to work for school projects. Engage your students and promote retention of knowledge by using and creating video clips in the classroom. In this hands-on session, you will learn the basics of camera handling, downloading video, editing, and creating a movie, using a Flip video camera. Leave this session with your first Flip Video Movie and ideas on how to integrate video making into your curriculum. **3 CPDUs**

Wed 5:30-8:30 p.m. Feb 15 1 Session
Dawn Lockwood A-209, IVCC CPD-1124-302 \$29

🍏 QR Codes in Education

Quick Response codes are showing up everywhere. Come explore how you can use the QR codes in your classroom. Explore integration ideas and develop QR codes you can use in your classroom. This is a perfect activity to use with an iPod Touch or iPad. **2 CPDUs**

Wed 5:30-7:30 p.m. Feb 22 1 Session
Dawn Lockwood A-209, IVCC CPD-1126-302 \$29

🍏 Advanced Features in PowerPoint 10

Take your PowerPoint presentations to the next level. In this course we will explore the new features in PowerPoint 10. Look at making interactive presentations, using video, and animation. Explore the different ways to save presentations in multimedia formats. **3 CPDUs**

Wed 5:30-8:30 p.m. Feb 29 1 Session
Dawn Lockwood A-209, IVCC CPD-1125-302 \$29

🍏 Using SMART Notebooks

Learn to create SMART board presentations using the SMART notebook software. This will be a hands-on workshop where you will leave with a lesson you can use in your classroom. Come ready with ideas for creating your lesson. **3 CPDUs**

Wed 5:30-8:30 p.m. Mar 7 1 Session
Dawn Lockwood A-209, IVCC CPD-1127-303 \$29

🍏 Beginning Stage Combat [Unarmed]

Have you ever wanted to learn the basics on unarmed combat skills on the stage? This is a beginning course that teaches how to create the illusion of violence for the stage. Unarmed techniques such as punches, slaps, and falls will be taught as well as safety when working with stage combat in the theatrical production. **9 CPDUs**

Thu 6-7:30 p.m. Feb 2-Mar 8 6 Sessions
Jenna Stinson C-316, IVCC CPD-1921-302 \$59

🍏 "Dancing With Books"

Learning Through Movement

Developed for primary educators, this class offers a unique approach to exploring and reinforcing educational skills through the use of movement. The instructor, a dance professional, will share the programs she has developed and implemented utilizing a student's math, vocabulary, and storytelling skills. No prior dance experience is needed to implement these programs into the classroom. **Teachers receive 3 CPDUs for the successful completion of this class.**

Barb Haurberg has thirty years experience as a choreographer, director, and writer. She has participated in over sixty stage shows and motivated hundreds of young performers.

Thu 6-9 p.m. March 29 1 Session
Barbara Haurberg Auditorium CPD-1213-403 \$29
Grace Performing Arts Center
316 S. Main, Princeton



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- Guided Reading and Writing

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Teachers [CPDUs]

🍏 How to Unpack and Map the New Common Core Standards **NEW**

Many schools have done curriculum mapping with Illinois Learning Standards. Those maps will need to be revisited, and in many cases, revised with the new Common Core Standards. This workshop will give a general overview of how to align curriculum with the new Common Core Standards and then how to "unpack" those standards so they are meaningful and understood by teachers, parents, and students. **3 CPDUs**

Tue 5:30-8:30 p.m. Feb 28 1 Session
Susan Goodale A-208, IVCC CPD-1617-302 \$59

🍏 Classrooms, Welcome to the 21st Century! **NEW**

What is it that all students need to know and be able to do in order to be successful in the 21st Century? With the new College and Career Readiness Standards of Common Core Standards and the input of college and career representations have emerged a set of skills and competencies all students will need to know for school, work, and life. This skill set, developed by the Partnership for the 21st Century Skill, will be explored along the way that skills can easily be part of every classroom K-16. **3 CPDUs**

Tue 5:30-8:30 p.m. Mar 6 1 Session
Susan Goodale C-325, IVCC CPD-1618-303 \$59

🍏 A Theory of Brain Balance to Help Students Who Struggle **NEW**

Theories of why students struggle or present with some types of learning disabilities often involve information on balancing the brain. Books such as *The Dominance Factor* by Carla Hannaford, Ph.D and *Disconnected Kid* by Dr. Robert Melillo, propose interesting approaches to working with children who struggle in the traditional classroom. This workshop looks at these theories of brain balance and offers strategies for educators to consider in their own classroom. **3 CPDUs**

Tue 5:30-8:30 p.m. Mar 20 1 Session
Susan Goodale C-316, IVCC CPD-1619-303 \$59

SUMMER CLASS
 Registration Opens April 5

■ Crafting Lessons Students Will Not Forget! **NEW**

Mon-Fri 8:00 a.m.-4 p.m. Aug 6-10 5 Sessions
Susan Goodale TBA, IVCC CPD-8111-08 \$445

This course addresses tools for all educators and instructors, who seek to provide learning that students will retain. *Three hours of graduate credit will be received from Quincy University.*
Quincy Course Code: MSE 5 CI 150

Teachers [Graduate]

🍏 Educator Renewal IX [Studies in Professional & Human Development for Motivating Oneself & Others] **NEW**

Quincy Course Code: MSE 5 CI 128

Learn new techniques and strategies for the growth and development of educators as well as their students. Content will be drawn from the work of Pink, Lemov and other leaders in human and educational development. Engage in experiential activities, reflective discussions, and a variety of readings. Examine, select, and practice the congruent integration of current research in teaching standards, social-emotional intelligence, psychology, and human development. Coach yourself and your students in forming positive habits of thinking and acting. Additionally, examine current research on human motivation to raise student achievement. Understand the latest research on developing and maintaining high motivation to learn and grow in addition to practicing strategies for personal and professional success in the classroom and beyond. *Three hours of graduate credit will be received from Quincy University. Required textbooks available at IVCC.* **Course**

meets on the following dates:

Friday, Feb. 17	5-9 p.m.	Saturday, Feb. 18	8 a.m.-4 p.m.
Friday, Mar. 9	5-9 p.m.	Saturday, Mar. 10	8 a.m.-4 p.m.
Friday, Apr. 27	5-9 p.m.	Saturday, Apr. 28	8 a.m.-4 p.m.

Beverages and meals will be on your own

Susan Goodale E-325, IVCC CPD-8109-302 \$445

SUMMER CLASS
 Registration Opens April 5

🍏 Using Formative Assessment as Ongoing Teaching and Learning Strategies **NEW**

Quincy Course Code: MSE 5 AS 118

Traditionally we have waited until the "test at the end" - or summative assessment to assess student learning. By that time, material which students had not learned well was left behind as the class raced on to the next chapter. Today's research suggests that formative assessment can provide both feedback to the teacher, and if done well, can become a learning strategy for the student. This course offers models and research-based strategies for formative assessment throughout the learning. Included are strategies that both motivate and assess learners, but also apply to teaching across all disciplines. All strategies involve higher order thinking and hands-on learning. Participants will present lessons based upon these strategies and provide participants with a variety of more than two dozen tools for effective classroom instruction and assessment.

Three hours of graduate credit will be received from Quincy University. Required textbooks available at IVCC.

Mon-Fri 8 a.m.-4 p.m. June 11-15 5 Sessions
Susan Goodale TBA, IVCC CPD-8110-06 \$445

Continuing Professional Education

Food Service Sanitation

PLEASE NOTE:

Ottawa Center is located at
321 W. Main Street
Ottawa, IL

Applied Food Service Sanitation [15 hour course]

Applied Food Service Sanitation is designed to assist the manager or potential manager apply sanitation principles in the operation of a food service establishment. Students will learn to identify the causes of food-borne illness, identify and apply correct procedures for cleaning and sanitizing, recognize problems and potential solutions associated with facility, equipment, and layout. The Illinois code related to food service establishments will be discussed. During the last session students will take the Illinois Food Service Certification exam. This class is required for certification as a food service manager. Students receive 1 hour of college credit for successful completion of this course. **Two textbooks are required for this class: *Serve Safe Essentials* and the *Illinois Food Sanitation Code Handbook*. Textbooks are available at the IVCC Bookstore.**

Mon/Thu Sara Smith Mary Krasnican	5-8 p.m. Rm 101, Ottawa Center	Jan 23-Feb 9 FSS-1200-630	6 Sessions \$88.52
Mon/Thu Sara Smith Mary Krasnican	5-8 p.m. Rm 101, Ottawa Center	Mar 26-Apr 12 FSS-1200-631	6 Sessions \$88.52
Mon/Thu Jan Schuster	5:30-8:30 p.m. D-319, IVCC	Apr 9-26 FSS-1200-300	6 Sessions \$88.52
Mon/Thu Sara Smith Mary Krasnican	5-8 p.m. Rm 101, Ottawa Center	Apr 30-May 17 FSS-1200-632	6 Sessions \$88.52

Food Service Sanitation Refresher [5 hour course]

This refresher course fulfills the Food Sanitation Recertification requirements as adopted by the Illinois Department of Public Health. Any person currently holding a Food Service Sanitation Manager's License **MUST** take an approved recertification course in order to renew his/her license. This class must be taken before the license expires. **Please bring your Food Sanitation Certificate Card and a photo I.D. to the first class. Please bring a copy of the *Illinois Food Sanitation Code Handbook* to class. The book is available at the IVCC Bookstore. CEU: .5**

Mon/Thu Sara Smith Mary Krasnican	5-7:30 p.m. Rm 101, Ottawa Center	Mar 5 & 8 CEU-1501-633	2 Sessions \$49
Sat Jan Schuster	9 a.m.-3 p.m. D-319, IVCC	Apr 21 CEU-1501-04	1 Session \$49
Mon/Thu Sara Smith	5-7:30 p.m. Rm 101, Ottawa Center	Apr 23 & 26 CEU-1501-634	2 Sessions \$49
Mon/Thu Jan Schuster	5:30-8 p.m. D-319, IVCC	May 7 & 10 CEU-1501-305	2 Sessions \$49



Applied Food Service Sanitation [15 hour course]

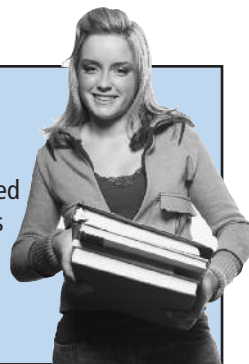
Mon/Thu Jan Schuster	5:30-8:30 p.m. D-319, IVCC	Jun 4-21 FSS-1200-300	6 Sessions \$88.52
Mon/Thu Sara Smith Mary Krasnican	5-8 p.m. Rm 101, Ottawa Center	Jul 9-26 FSS-1200-630	6 Sessions \$88.52

Food Service Sanitation Refresher [5 hour course]

Mon/Thu Sara Smith Mary Krasnican	5-7:30 p.m. Rm 101, Ottawa Center	Jun 4 & 7 CEU-1501-636	2 Sessions \$49
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GET YOUR TEXTBOOKS FOR CLASS

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[COMMUNITY EDUCATION]

Music/Theatre

■ IVCC Jazz Ensemble

Have you ever wanted to participate in a jazz ensemble? This course provides a study of style and techniques in the jazz idiom. The course is open to all wind instrument players as well as piano, guitar, bass and drum set players. Students will also participate in public performances throughout the semester. *Prerequisite: Performance ability on a wind instrument, piano, guitar, bass or drum set. Students must own their own instrument. Late enrollments accepted.* **No class**

March 27.

Tue	6:30-9 p.m.	Jan 10-May 15	18 Sessions
Tim Karth	D-223, IVCC	HLR-5116-301	\$25

■ Instant Guitar for Hopelessly Busy People

Have you always wanted to learn the guitar, but simply can't find the time? In just a few hours you can learn enough about playing the guitar to give you years of enjoyment. The best part—you don't need to take private lessons to do it! This crash course will teach you basic chords and get you playing along with your favorite songs right away. Topics include: how chords work in a song, how to form the three main types of chords, learn to tune your guitar, basic strumming patterns, how to play along with simple tunes and what to look for when buying a good guitar. **Bring your acoustic guitar and a \$29 material fee to the instructor at class for an instructional book and DVD. For more information on this workshop, visit the website: www.instantguitarnow.com**

Sat	10 a.m.-12 p.m.	Mar 3	1 Session
David Coffman	E-213, IVCC	HLR-5110-303	\$45

■ You Can "Uke"

Catch the ukulele wave. It's a simple instrument to play, sweet to hear, and always a kick...a wonderful way to relax with friends on a porch or in your backyard. The ukulele's popularity comes from its ease to learn and play. This course is designed to get you up and strumming. The course instruction covers basic chords and strums, along with open jamming. *Please trim long finger nails before class. Course fee includes materials valued at \$35 including a ukulele, pitch pipe, and song book.*

Sat	9-11 a.m.	Mar 24	1 Session
Todd Volker	C-325, IVCC	HLR-5114-03	\$53

"Very enjoyable!
I'm ready to play."

■ Instant Piano for Hopelessly Busy People

If you're like most adults, you don't have the time to take piano lessons once a week. It's time consuming and what you really want to do is sit down at the piano and 'play a tune'. It is possible to learn the secrets of the trade and all the chords you need for years of enjoyment in just one evening! In class you will learn how to play several songs and then practice your technique at home using an exclusive audio CD designed by your instructor. If you can find middle C and know the meaning of "Every Good Boy Does Fine", you already know enough to register for this class with confidence. **There is a \$28 lab fee payable to the instructor in class for your spiral textbook and audio CD for practice at home.**

Mon	6:30-9:30 p.m.	Apr 23	1 Session
Craig Coffman	C-326, IVCC	HLR-5107-304	\$45

■ Beginning Stage Combat [Unarmed]

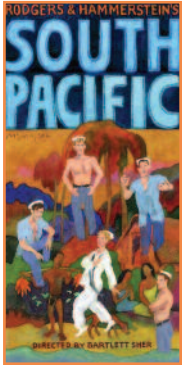
NEW

Have you ever wanted to learn the basics on unarmed combat skills on the stage? This is a beginning course that teaches how to create the illusion of violence for the stage. Unarmed techniques such as punches, slaps, and falls will be taught as well as safety when working with stage combat in the theatrical production. **Teachers register for CPD-1921-302 to earn 9 CPDUs.**

Thu	6-7:30 p.m.	Feb 2-Mar 8	6 Sessions
Jenna Stinson	C-316, IVCC	HLR-5155-302	\$59

Trips

Sail Away with South Pacific



Wednesday, February 22, 2012

If you are suffering from cabin fever, IVCC has a cure for your winter blues. Join us on a day trip to Chicago featuring the Pritzker Military Library, lunch at Roy's featuring a Polynesian inspired menu, and let Rodgers and Hammerstein's South Pacific take your breath away (seats located in dress circle).

Learn more about World War II with a visit to the Pritzker Military Library, founded in October 2003 by Colonel (IL) J.N. Pritzker, IL ARNG (Retired) with his collection of 8,500 books on military history. In seven short years, the library collection has expanded to include over 50,000 display items featuring the history of Citizen Soldiers. These books, original artwork, posters, and artifacts span the breadth of the history of Citizen Soldiers in the United States. Whether it's the iconic Uncle Sam or Christy Girl, an exhortation to join the WAVES or buy a war bond, each item shows the importance of the Citizen Soldier in the preservation of democracy. Next we will enjoy lunch at Roy's of Chicago. In Hawaii, there are two things of equal importance - food and the "aloha" spirit. The blending of these two dynamic principles is how Roy's Hawaiian Fusion® Cuisine was born. European techniques and Asian cuisine meet Hawaiian hospitality to create a fine dining experience unlike any other, where the "aloha" style of service comes straight from the heart. This afternoon we will take our seats in the Dress Circle for Rodger's and Hammerstein's SOUTH PACIFIC, based on James Michener's Pulitzer Prize winning book Tales of the South Pacific. Set on a tropical island during World War II, the musical tells the sweeping romantic story of two couples and how their happiness is threatened by the realities of war and by their own prejudices. The beloved score's songs include "Some Enchanted Evening," "I'm Gonna Wash That Man Right Outa My Hair," "This Nearly Was Mine" and "There is Nothin' Like a Dame". "Simply Wonderful! Beguiling Theatrical Magic!" hails the New York Post for Rodgers & Hammerstein's SOUTH PACIFIC. Don't miss it!

When: Wednesday, February 22, 2012
Time: 7:30 a.m.-7:30 p.m.
Where: IVCC Parking Lot #4
Course: HLR-8286-402
Fee: \$189

Windy City Snack Attack



Tuesday, April 17, 2012

Bring your appetite for fun and flavor on an exciting and "tasteful" exploration of Chicago, the cuisine capital of the Midwest. Start your day with a visit to Vosges Haut-Chocolat, a world renowned luxury truffle boutique based in Chicago. These delicious little works of art are made from the finest ingredients offered around the world, infusing rare spices and flowers with premium chocolate to create a delicately balanced sensation of spice and chocolate. Sample a chocolate delight before we move on to our next stop in Little Italy. Ask any Chicagoan and chances are that Italian Beef is high up on their top ten lists of Chicago's greatest eats. Head to the heart of Little Italy to a neighborhood eatery where we will enjoy Chicago's famous beef. Cleanse your palette with one of the most refreshing and sought after treats in Chicago, Mario's Italian Ice. It's a short walk to this wooden stand – decorated green, white, and red – that has been a Chicago favorite since the 1950's. Next we head to the vibrant community of Pilsen to sample championship Honky Tonk BBQ. Enjoy the comfortable setting that straddles the fence between quaint and Western kitsch: barn doors and shingles separate the dining room from the kitchen, which houses a very busy Southern Pride smoker. Enjoy a mini-brisket or pulled pork sandwich, side of slaw and iced tea. End the day on a sweet note with a visit to the Grand Lux Café where you'll enjoy a signature dessert – Molten Chocolate Cake with a melted chocolate center, served with vanilla ice cream! Located on Michigan Avenue in the heart of the Magnificent Mile, you'll enjoy watching the bustling thoroughfare from a position of comfort and elegance – a perfect end to your Chicago culinary adventure! *Please note: Mario's may be subject to change based on seasonal operation.*

Date: Tuesday, April 17, 2012
Time: 7:30 a.m.-6:30 p.m.
Where: IVCC Parking Lot #4
Course: HLR-8289-404
Guide: Howard Englander
Fee: \$116



Eagle Ed' Venture Frequent Flyer

Become a frequent flyer with IVCC Trips & Tours program!
After your 5th trip, you will receive a \$25 certificate to use on your next Eagle Ed' Venture.

Trips

Garden Spaces & *Historic Places*

Tuesday, May 8, 2012

Chicago Botanic Garden & Historic Long Grove

Start your day at Chicago Botanic Garden for 385 acres of awe and wonder. Around every bend, you'll discover something new, sparkling lakes, winding bridges and paths, breathtaking gardens including a tranquil Japanese garden. Start your visit with a ride on the narrated Grand Tram which will take you around the perimeter of the garden. Enjoy a delightful lunch included during our visit. Following lunch, you will have some free time to explore the gardens on your own and marvel in the array of spring blooms awaiting your discovery. This afternoon, visit historic Long Grove. This little village retains all the character of its original farming community roots, with historic buildings, cobblestone walks and flowering gardens, set in a secluded rural atmosphere. Nestled in historic homes and buildings that date back to the community's roots in the 1800's, Long Grove's many shops specialize in unique gifts, boutiques, exceptional art and home décor, and distinctive menus. Stroll the cobblestone walks that wind through the historic downtown and enjoy seasonal lush gardens and scenic views. This little crossroads was settled by German farmers who came to town to buy their supplies and have their horses shod. The original homes and businesses now bear plaques recognizing their importance to Long Grove's history. The signature covered bridge and the village landmarks in the historic district have all been carefully guarded as the town evolved into a unique and charming destination for visitors. Maybe it's the charming shops, the historic character or the genuine friendliness of the merchants. Or maybe it's the unique gifts, jewelry, exceptional home decor and distinctive foods and wines that will catch your fancy. Discover for yourself why Long Grove Historic Village is often called the hidden gem in Chicago's northern suburbs.

Date: Tuesday, May 8, 2012
Time: 8 a.m.–7 p.m.
Where: IVCC Parking Lot #4
Course: HLR-8288-405
Fee: \$98



MAILBOATS & MANSIONS

Thursday, June 21, 2012

Get away to Lake Geneva, Wisconsin



Find out why Lake Geneva, Wisconsin is known as the "Newport of the West". Take a ride on the most exciting way to see Lake Geneva-on the US Mailboat! An actual mail delivery service to lakeshore homes, the Mailboat gives you a front row view of the most remarkable scenery in the Midwest. You will be on the edge of your seat – the boat never stops and the agile and speedy mail girl must jump

from the boat to the dock and back in order to make the appointed rounds! Following our boat ride we will enjoy lunch at a well-known Lake Geneva eatery, Popeyes. Known for their flame roasted rotisserie chicken, Popeye's is celebrating 40 years as the Lake Geneva destination for outstanding food and an experience to remember. After lunch, you will have a little free time to explore the historic downtown boutiques before heading to Black Point Estate for a guided tour of the 20 room Queen Anne style Victorian home that has been owned and enjoyed by the Seipp Family for the last 120 years. Black Point was built in 1888 as a family summer home for Conrad Seipp, a German immigrant who became one of Chicago's most innovative beer barons. The home remains one of the finest examples of Queen Ann architecture and is considered to have one of the most intact collections of Victorian furnishings in the Midwest. The property covers nearly eight acres and is located along the Lake Geneva shoreline. On our way home, we will make our final stop at the Illinois Machine Shed Restaurant in Rockford, to enjoy a delicious family style, home cooked meal together. Enjoy a day away in Lake Geneva, Wisconsin.

Date: Thursday, June 21, 2012
Time: 7 a.m.–8 p.m.
Where: IVCC Parking Lot #4
Course: HLR-8287-406
Fee: \$129



Community Education

Illinois Theatre Conservatory



Kathy O'Malley



Nedda Simon



Barbara Haurberg



Joy Schertz



■ “Can We Talk?”

Public Speaking for Everyday Occasions

NEW

We can run, but we can't hide. Sooner or later, most of us will have to stand up before a group and offer a few remarks: to make a toast, deliver a eulogy, ask for a charitable contribution (or a vote), or give or receive an award. In this class, two experienced professional speakers and a former radio talk-show host will offer strategies and techniques that will help you face these occasions in a more relaxed and confident state of mind. Learn to conquer stage fright, prepare your remarks, make a strong delivery, and connect with your audience. You may never enjoy public speaking, but after this class, you're sure to feel better about doing it.

Nedda Simon is a retired addiction and mental health counselor. She has presented seminars on personal and career development. In 1983, she founded Freedom House, a shelter for abused women, children and victims of sexual assault.

Kathy O'Malley was a columnist for the Chicago Tribune's INC. column, followed by 20 years as a talk show co-host for WGN Radio. Kathy is involved with the Princeton Tourism Board, the Bureau County Historical Society, and serves as a board member of Freedom House.

Mon	6-9 p.m.	Apr 16	1 Session
Kathy O'Malley & Nedda Simon	Auditorium,	HLR-5156-404	\$29
	Grace Performing Arts Center		
	316 S. Main, Princeton		

Illinois Valley Community College in partnership with the Illinois Theatre Conservatory in Princeton, Illinois, is excited to offer a variety of theatre classes designed to inspire your love of the arts.

■ “Oh Say, Can You Sing?”

Group Singing for Amateurs

NEW

Think you're tone deaf? Can't carry a tune? Join the chorus! We're all called upon to sing: at games, religious services, civic events and parties. In this class, a professional choral director will share simple techniques that can be used by all of us who want to make the best of our voices and blend harmoniously into a group. Learn how to stand and breathe, how to find your voice and then merge it with others, and when it's OK to simply mouth the words. No auditions or solo performances required. Just come expecting to sing patriotic songs, beloved hymns and other favorites from a repertoire of commonly sung music. **Joy Schertz** is a retired choral music educator, director of the Bureau County Chorus, and maintains a private voice studio. Miss Schertz also performed professionally based in New York City, and 2 years with the Israel National Opera, Tel Aviv, Israel.

Mon	6-9 p.m.	Apr 23	1 Session
Joy Schertz	Auditorium,	HLR-5157-404	\$29
	Grace Performing Arts Center		
	316 S. Main, Princeton		

For Teachers Only

■ “Dancing with Books” Learning through Movement

NEW

Developed for primary educators, this class offers a unique approach to exploring and reinforcing educational skills through the use of movement. The instructor, a dance professional, will share the programs she has developed and implemented utilizing a student's math, vocabulary, and storytelling skills. No prior dance experience is needed to implement these programs into the classroom. **Teachers receive 3 CPDUs for the successful completion of this class.** **Barb Haurberg** has thirty years experience as a choreographer, director, and writer. She has participated in over sixty stage shows and motivated hundreds of young performers.

Thu	6-9 p.m.	March 29	1 Session
Barbara Haurberg	Auditorium,	CPD-1213-403	\$29
	Grace Performing Arts Center		
	316 S. Main, Princeton		

Dance

■ **Beginning Swing**

Big band, rock, oldies or country? No matter what kind of music you like you can swing to it. Learn the moves to take you a step ahead. You'll learn basic patterns, turns and some fancy footwork too. Look like Fred & Ginger on the floor, not Fred & Ethel! **Please sign up with a partner and both persons must register.*

Tue 7-8:15 p.m. Feb 7-Mar 13 6 Sessions
 Jane & Small Gym, HLR-5102-402 \$56
 Rodney Schomas Oglesby Lincoln Grade School

■ **Couples Variety Night**

Something new for dance couples this spring! Offering Two Step, Hustle, and West Coast Swing. Add something new to your dance book! **Please sign up with a partner and both persons must register.*

Tue 8:15-9:30 p.m. Feb 7-Mar 13 6 Sessions
 Jane & Small Gym, HLR-5115-402 \$56
 Rodney Schomas Oglesby Lincoln Grade School

■ **Wedding Reception Survival**

Tired of making small talk at the table while everyone else is having fun on the floor? Learn to survive most social occasions by mastering the reception basics: electric slide, cha cha slide, swing, waltz as well as some great slow moves. **Please sign up with a partner and both persons must register.*

Thu 7-8:15 p.m. Feb 9-Mar 15 6 Sessions
 Jane & Small Gym, HLR-5108-402 \$56
 Rodney Schomas Oglesby Lincoln Grade School

■ **Ballroom Basics**

Let Jane and Rodney get you ready for Dancing with the Stars! You will learn all the basics of the most popular ballroom styles, such as the foxtrot, cha-cha and waltz. **Please sign up with a partner and both persons must register.*

Thu 8:15-9:30 p.m. Feb 9-Mar 15 6 Sessions
 Jane & Small Gym, HLR-5101-402 \$56
 Rodney Schomas Oglesby Lincoln Grade School

■ **Intermediate Swing**

You've taken beginning swing and want more, but don't feel ready for the advanced class. This is the class for you! Learn intro to the Charleston, more turns, and intro to closed position among others. This class is a great follow up to the Beginning Swing class and is NEW this spring. Must have at least one beginning swing class completed. **Please sign up with a partner and both persons must register. No class Apr 5.*

Thu 7-8:15 p.m. Mar 22-May 10 7 Sessions
 Jane & Small Gym, HLR-5118-403 \$65
 Rodney Schomas Oglesby Lincoln Grade School

■ **Advanced Swing**

Now that you have the 6-count mastered, let's take on some fancier footwork! Learn some of the more intricate parts of swing: turns, advanced footwork, the Lindy Hop and Charleston moves. **Please sign up with a partner and both persons must register. No class Apr 5.*

Thu 8:15-9:30 p.m. Mar 22-May 10 7 Sessions
 Jane & Small Gym, HLR-5103-403 \$65
 Rodney Schomas Oglesby Lincoln Grade School

"We are ready for our daughter's wedding in February. Had a great time, really good instructors-made sure we were 'getting it'."



NEW

PLEASE NOTE:
 Oglesby Lincoln School is located at 755 Bennett Ave., Oglesby

Creative Arts



Silk Design Wedding Florals **NEW**

Do you have a wedding in your future? Are you overwhelmed by the costs? Let Wanda Galloway show you how you can cut that budget down by designing your own wedding flowers. Whether you choose to make just part of the florals you will need, or the whole thing, Wanda will show you how. Design corsages, boutonnieres, bows, bridesmaid bouquets and even the bridal bouquet. Learn about the different types of designs to suit your taste. If you have patience and a little bit of crafting ability, you can master the basics and save hundreds of dollars in wedding expense. *Students should bring a floral hand held pick machine with picks, hot glue gun, wire cutters, and green floral tape to class. There is a \$25 material fee payable to the instructor the first night of class.*

Wanda Galloway has been designing floral arrangements for 33 years and has provided arrangements for over 100 brides. She has designed for the Chicago Merchandise Mart and Starved Rock Lodge. Wanda is currently designing at Cattails and loves to teach the art of floral design.

Tue 6-9 p.m. Feb 28-Mar 6 2 Sessions
Wanda B-101, Art Rm, IVCC HLR-2606-302 \$49
Galloway

■ Spring Silk Floral Design **NEW**

Say goodbye to Old Man Winter and bring a bit of spring indoors! No experience required. Even if you have never designed before, you will learn the basics of floral design and create a one of a kind floral arrangement to brighten your home décor. Express your unique taste and style while gaining the confidence to design for your own home. *Please bring a floral hand held pick machine with picks, hot glue gun and wire cutters to class. There is a \$30 material fee payable to the instructor at class.*

Thu 6-9 p.m. Mar 22 1 Session
Wanda Galloway B-101, Art Rm, IVCC HLR-2609-303 \$29

■ Garden Stepping Stone Mosaic I

Discover the art of mosaics as you complete a beautiful stepping stone for your garden. For beginners, you'll learn the basic techniques to make a stone that will weather and decorate your garden. This is a first step to mosaics. Once you complete this piece you will see endless possibilities to be transformed by mosaics.

Please bring a \$16 material fee to the first class.

JoEllen Fiorentini has created numerous garden mosaics from bowling balls to birdbaths. With a degree in Art from Illinois State University, she has been decorating Bergners for over 30 years. As a member of the Utica Garden Club, she has been inspired to bring art to her garden.

Mon/Wed 6-8 p.m. Mar 5-14 4 Sessions
JoEllen Fiorentini B-101, Art Rm, IVCC HLR-2742-303 \$34

■ Garden Mosaic II "Bowling Ball"

Advance your mosaic skills. This class is an advanced class for students that have taken the "Garden Stepping Stone I" class. The techniques you learned in the first class will be applied to mosaic a bowling ball. The student must supply their own bowling ball and prep the ball prior to attending class. These instructions will be sent to you prior to attending class. Students will also be able to design and supply pieces of stone items for mosaic. This class is a six session class to develop, design and advance your techniques.

Please bring a \$12 material fee to the first class.

Mon/Wed 6-9 p.m. Apr 2-18 6 Sessions
JoEllen Fiorentini B-101, Art Rm, IVCC HLR-2750-304 \$75

■ Fabulous Faux [Classic-Tuscan-Metallics]

Save money and learn a faster, easier way to use paint to replicate Old World, stone-like walls, and classic looks for a traditional theme. Learn how to add "bling" from metallics. Linda Coffman, professional decorative painter with 15 years experience in this easy method, shows beginners some tricks of the trade such as 'how to have perfect edges', as well as money-saving tips to help you rescue your walls. Please bring a paint shirt. **A required material fee of \$29 is payable to the instructor the night of class. The student will receive a kit containing a custom roller, pan and DVD to accomplish these looks.**

Mon 6-8:30 p.m. Apr 23 1 Session
Linda Coffman B-101, Art Rm, IVCC HLR-5506-304 \$45

"Wanda is an excellent teacher. She makes the class relaxing."

Creative Arts

Creative Gourd Art

There are 23 different types of gourds that you will learn about in this introduction to gourd art. You will work with two different types of gourds as you learn how to clean the inside and prepare the outside surface for use as the base for a variety of techniques including painting, sculpting, and carving. Learn how to turn the common gourd into a work of art that you can keep for years to come. Tools used in class will be provided by your instructor. **There is a \$20 material fee payable to the instructor on the first night of class. Registration deadline is February 21. No class: March 27.**

Bill Ferguson is a member of the Illinois Gourd Society and American Gourd Society. He has been working with gourds for many years. Bill has a background in Art Education and Art History from Southern Illinois University.

Tue	6-8 p.m.	Mar 6-Apr 17	6 Sessions
Bill Ferguson	Rm 101,	HLR-2301-633	\$75
	Ottawa Center		

■ Beginning Self Portrait Class

If you've thought about wanting to draw and paint a self-portrait, but don't know where to start, join us for this two part workshop. On day one we will learn proper techniques of drawing the human face. On day two, we will learn basic color mixing and use wet-on-wet painting technique to create a self portrait in oils. Take home a finished work and the knowledge and skills to continue on your own. Students should bring a sack lunch to class. *The tuition fee includes most materials that will be used in class including paint, brushes, trowel, canvas, and sketchboard. A list of additional supplies will be sent to the student prior to class.*

Registration deadline is February 27.

Mel Keiser is an adjunct faculty member at IVCC. She holds a BFA from Illinois Wesleyan University and an MFA from Edinboro University of Pennsylvania. She is a member of the Chicago Artist Coalition and Society of Children's Bookwriters and Illustrators.

Sat	10 a.m.-4 p.m.	Mar 10-17	2 Sessions
Mel Keiser	B-101, Art Rm, IVCC	HLR-1106-03	\$119

NEW

■ Acrylic Painting Basics

Learn the tools of painting with acrylic paint. Copy an image onto a painting surface with drawing materials and then learn how to paint the image into a credible likeness of the original. Students will complete a landscape painting project in this two-day class. Students should bring a sack lunch to class. *The tuition fee includes most materials that will be used in class including canvas and paint. A letter will be sent to students prior to class with a supply list, including list of brushes, that will be purchased by the student prior to class.*

Registration deadline is April 2.

Matt Martin graduated from Illinois Wesleyan University with his BFA and from the University of Wisconsin-Madison with an MFA, MA. In the past he has taught continuing education classes at the University of Wisconsin including art and woodshop. He is currently working as an adjunct faculty member at IVCC.

Sat	10 a.m.-4 p.m.	Apr 14-21	2 Sessions
Matt Martin	B-101, Art Rm, IVCC	HLR-1108-04	\$81

NEW



SUMMER CLASS

Registration Opens April 5

■ Carve a Personalized Print

Create a relief print of your child (or grandchild), a friend, a pet, an animal or a landscape. Learn basic printmaking techniques, such as carving, inking, and printing to create your own unique print block that you can use over and over again. *Students should bring a 4"X 6" close-up photograph and a photocopy of the original photo to class. Please bring a sack lunch to class. All materials are included in the course fee.*

Sat	8 a.m.-2 p.m.	Jun 23	1 Session
Vanessa Goslin	B-101, Art Rm, IVCC	HLR-2760-06	\$48

NEW

Jewelry

■ Basic Bracelet and Earrings

NEW

This course is designed for the beginning jewelry-maker. You'll make a bracelet using basic stringing techniques as well as a pair of earrings. *Please bring a pair of fingernail clippers to class.* **There is a \$7 material fee payable to the instructor at class.**

Wed	6-8 p.m.	Jan 25	1 Session
Carey Burns	C-326, IVCC	HLR-2761-301	\$25

■ Earring Party

NEW

A girl can't have too many earrings! You'll make four different types of earrings using headpins, eyepins, chains and more. *Bring a pair of wire cutters and round or needle nose jewelry pliers to class.* **There is a \$15 material fee payable to the instructor at class.**

Wed	6-8 p.m.	Feb 15	1 Session
Carey Burns	C-326, IVCC	HLR-2762-302	\$25

■ Braided Crystal Bracelet

Students will use a simple braiding technique with nylon coated wire to make a sparkling crystal bracelet. Previous jewelry making experience is a plus but not required. *Students should bring wire cutters and needle nose or round nose jewelry pliers. Some components are small so bring eyeglasses if you need them.* **There is a \$15 material fee payable to the instructor at class.**

Wed	6-8 p.m.	Mar 21	1 Session
Carey Burns	C-326, IVCC	HLR-2757-303	\$25

■ Memory Wire Cuff Bracelet

Learn to make a dazzling crystal cuff bracelet using memory wire. Previous jewelry making experience is a plus but not required. *Students should bring memory wire cutters (regular cutters will not work) and round or needle nose jewelry pliers.* **There is a \$20 material fee payable to the instructor at class.**

Wed	6-8 p.m.	Apr 25	1 Session
Carey Burns	C-326, IVCC	HLR-2758-304	\$25

■ PMC Silver

Get creative while learning the basics of working with PMC, real silver in clay form, to create your own custom jewelry. The clay may be molded, stamped, cut, torn, carved, folded, textured, and shaped by hand. On the first evening we'll create our jewelry then return the following week to finish our fired pieces. Your finished pieces will be unique and can be worn as charms, earrings, or pendants that you can keep for yourself or give as a one of a kind gift. Different firing and finishing techniques will be discussed. **A material fee of \$32 will be payable the first night of class for the silver PMC you will use in class. Registration deadline is March 23 so that the sterling silver clay can be ordered.**

Tue	6-8:30 p.m.	Apr 3-10	2 Sessions
Theresa Smith	B-101, Art Rm, IVCC	HLR-2710-304	\$39

📌 "Rosette" Wire Wrapped Ring

This simple ring is a starting point for learning to make all kinds of elaborate wire wrapped rings. After learning the basic wrapping technique you'll use various thicknesses and types of wire to create several rings, each with its own unique look to keep or share. You will be instructed how to patina your ring naturally at home if you choose. **A \$7 material fee is payable to the instructor the night of class that will include the cost of the wire and the ring mandrel.**

Tue	6-8:30 p.m.	Apr 24	1 Session
Theresa Smith	Rm 101, Ottawa Center	HLR-2743-634	\$25

Mon	6-8:30 p.m.	May 7	1 Session
Theresa Smith	B-101, Art Rm, IVCC	HLR-2743-305	\$25



📌 Leather Wrap Bracelet

NEW

Simplicity and charm combine in this casual yet chic bracelet. Using leather cord and round gemstone beads you'll complete a double wrap bracelet in class, then go home with the skills needed to create more of these infinitely customizable wraparound unisex bracelets. **A \$10 material fee is payable to the instructor the night of class.**

Thu	6-8 p.m.	Mar 1	1 Session
Theresa Smith	B-101, Art Rm, IVCC	HLR-2763-303	\$25

Thu	6-8p.m.	Mar 15	1 Session
Theresa Smith	Rm 101, Ottawa Center	HLR-2763-633	\$25

Hot Glass

"Loved this class! Would take again and again and again!"

■ Hot Glass Experience I

Glassblowing is a technique that was invented by the Phoenicians around 3500 years ago; now you will have the opportunity to learn the art of working with studio glass! Students will learn about the history of hot glass, introduction to equipment, and safety precautions. This is an introductory level class. Each student will complete two paperweights during this class; a standard paperweight and a jellyfish paperweight. Students will learn a shaping technique rather than a blowing technique. Paperweights must cool in an annealing oven at the studio overnight before they can be taken home. Class will be held at the Starved Rock Hot Glass Studio in Ottawa. **There is a \$10 material fee payable to the instructor at class.**

Your instructor, Laura Johnson, first became interested in the art of glass blowing on a school field trip to the Sofa Show in Chicago. She graduated from the University of Illinois with a Bachelor Degree in Liberal Arts and Sciences. During her time in Champaign, she began taking classes from a glass blower in Farmer City; where she learned the art. In 2009, Laura opened Starved Rock Hot Glass in her hometown of Ottawa.

Sat Laura Johnson	1-4 p.m. Starved Rock Hot Glass, Ottawa	Feb 11 HLR-2748-402	1 Session \$59
Thu Laura Johnson	5-8 p.m. Starved Rock Hot Glass, Ottawa	Mar 8 HLR-2748-403	1 Session \$59
Sat Laura Johnson	1-4 p.m. Starved Rock Hot Glass, Ottawa	Mar 17 HLR-2748-413	1 Session \$59

■ Hot Glass Experience II

In this second level class, students will learn the actual blowing process in working with hot glass. Each student will complete two blown glass vessels, picking their own colors and choosing from a cup, jar, or candleholder. Completed projects must cool in an annealing oven at the studio overnight before they can be taken home. **Pre-Requisite:** All students must have completed Hot Glass Experience I prior to taking this course. Class will be held at the Starved Rock Hot Glass Studio in Ottawa. **There is a \$10 material fee payable to the instructor at class.**

Thu Laura Johnson	5-8 p.m. Starved Rock Hot Glass, Ottawa	Feb 16 HLR-2751-402	1 Session \$69
Sat Laura Johnson	1-4 p.m. Starved Rock Hot Glass, Ottawa	Mar 3 HLR-2751-403	1 Session \$69

Glass Art

Hot Glass Experience classes will be held at:
Starved Rock Hot Glass Studio, 700 W Main St, Ottawa, IL

Culinary Arts



■ Let's Do Brunch

Brunch is everyone's favorite weekend meal; it can be extremely decadent and fun! Chef Tim will go through the basics, and necessary items to make a fabulous brunch. With items like upside-down apple French toast with cranberries and pecans, to egg casserole, Canadian bacon, and more... including ideas for a low maintenance brunch. **There is a \$15 material fee payable to the instructor at class.**

Mon	6-9 p.m.	Feb 6	1 Session
Chef Tim Freed	Bldg 11, Rm 100, IVCC-East Campus	HLR-3802-302	\$29

■ Fish [Volume II]

With the success of Fish I, we will be diving further into the sea! Join Chef Tim as we explore more fish recipes. We will even discuss proper fish butchery, and other means of cooking so you can stop frying everything that comes out of the ocean. Types of fish and recipes taught in class will depend on fresh fish availability. Possible varieties include marlin, swai, sword fish, and trout. **There is a \$20 material fee payable to the instructor at class.**

Wed	6-9 p.m.	Feb 29	1 Session
Chef Tim Freed	Bldg 11, Rm 100, IVCC-East Campus	HLR-3412-302	\$29

■ Exploring Shrimp

NEW

Learn more about Chef Tim's favorite sea creature, shrimp. We will explore the classics: shrimp scampi, coconut shrimp, and a few other recipes soon to become your new favorites. We will discuss shrimp anatomy, differences between shrimp and prawns, and how to dissect a whole shrimp. Find out more about current fishing practices and procurement in today's global fish market. **There is a \$20 material fee payable to the instructor at class.**

Mon	6-9 p.m.	Mar 12	1 Session
Chef Tim Freed	Bldg 11, Rm 100, IVCC-East Campus	HLR-3413-303	\$29

■ A Taste of Italy

Italy...is the land of Caesars, legionnaires, and some of the most delicious foods. Come join Chef Tim on a journey through Italian cuisine. We will make some classics like bruschetta, lasagna, caprese salad, and tiramisu. **There is a \$15 material fee payable to the instructor at class.**

Mon	6-9 p.m.	Mar 19	1 Session
Chef Tim Freed	Bldg 11, Rm 100, IVCC-East Campus	HLR-3904-303	\$29



Tim Freed has worked as a chef for the past nine years. He has previously worked in banquets, catering and restaurants. His great love for cooking goes back to his childhood, which he gives credit to his two Grandmothers, who taught him how to cook and bake. It was their love for food that inspired him to become a chef. He enjoys sharing his passion and teaching others that fabulous cooking doesn't have to be complicated. While having been trained as a chef, Tim believes that hands on experience in the kitchen with family and friends is the best way to learn and have fun.

Culinary Arts

■ **Southern Desserts! Pass the Butter**

NEW

Now that we have all recovered from the belly busting food of the holiday season, get ready to once again leave your diet at the door! Chef Tim will go over classic southern desserts including praline strips, sweet potato pie, red velvet cake, Kentucky butter cake, and a true treat made from scratch...homemade banana pudding! **There is a \$15 material fee payable to the instructor at class.**

Mon 6-9 p.m. Apr 2 1 Session
 Chef Tim Freed Bldg 11, Rm 100, HLR-3606-304 \$29
 IVCC-East Campus

■ **Mushrooms [The Fungus Amongus]**

NEW

Join Chef Tim on a journey through the wonderful world of mushrooms. We will examine all of the mainstay varieties, button, portabella, shitake, and examine a few you may not be aware of like oyster, lobster, and wood ear. We will make and sample some great mushroom recipes as well, including Portobello fries, mushroom risotto, and more! Also, Chef Tim will discuss how mushrooms are grown and characteristics of some heirloom varieties. **There is a \$15 material fee payable to the instructor at class.**

Mon 6-9 p.m. Apr 16 1 Session
 Chef Tim Freed Bldg 11, Rm 100, HLR-3110-304 \$29
 IVCC-East Campus

■ **Kitchen Essentials**

Tired of eating frozen dinners? Chef Tim will teach you the basics of cooking meals for yourself. Whether you are venturing away from the nest for the first time, or just wanting to brush up on some basics, this class is for you. Learn some basic recipes that will make preparing home cooked meals a cinch! **There is a \$10 material fee payable to the instructor at class.**

Mon 6-9 p.m. May 7 1 Session
 Chef Tim Freed Bldg 11, Rm 100, HLR-3405-305 \$29
 IVCC-East Campus

■ **Cheesemaking**

We'll talk about the difference between milk from cows, goats, and sheep, as well as the history of dairy in this country. Then we'll demonstrate how to make mozzarella, queso blanco, and ricotta. We'll also talk about how to make yogurt, buttermilk, and chevre. **There is a \$5 material fee payable to the instructor at class.** An optional textbook, *Homegrown and Handmade*, will be available for purchase at class for \$20.

Deborah Niemann-Boehle has been making cheese for ten years using milk from her own herd of Nigerian dwarf dairy goats.

Tue 6-9 p.m. Apr 10 1 Session
 Deborah Niemann-Boehle Bldg 11, Rm 100, HLR-3500-304 \$29
 Niemann-Boehle IVCC-East Campus

■ **Breadmaking**

NEW

Does yeast scare you? Well, it shouldn't! In this class, we'll demystify yeast breads and show you how to use two basic recipes to make several different types of bread including a baguette, hamburger buns, dinner rolls, pizza dough, naan, and sandwich bread. Save money, remove artificial ingredients from your diet, and bake delicious bread! **There is a \$10 material fee payable to the instructor at class.**

Tue 6-9 p.m. Apr 24 1 Session
 Deborah Niemann-Boehle Bldg 11, Rm 100, HLR-3204-304 \$29
 Niemann-Boehle IVCC-East Campus



■ **Ground Beef [Reinvented]**

NEW

Ground beef is an American staple that at times can be boring and repetitive. Chef Tim will show you ways to add some new life and flavor into America's mainstay meat choice. Discussion will include; different varieties of ground beef, the difference between ground beef and ground buffalo, and an overview of the ground beef industry. So skip the barbecue and try some new ground beef recipes from Chef Tim. **There is a \$10 material fee payable to the instructor at class.**

Mon 6-9 p.m. Apr 30 1 Session
 Chef Tim Freed Bldg 11, Rm 100, HLR-3414-304 \$29
 IVCC-East Campus

Community Education

Gardening

Garden Talk [Starting Seeds Indoors]

Learn how to start your garden indoors by planting seeds. Soils, lighting, seeds, watering and fertilizing will be discussed. Find out how to raise beautiful plants successfully for your spring garden. Learn how to grow common plants, as well as flowers and vegetables not offered at nurseries. You will also learn how to grow plants organically with less chemicals, save money, and the environment. If you like, bring garden gloves and an apron to this hands-on class. We will get you started at class by planting some flower or vegetable seeds to take home. **Please bring a \$5 material fee payable to the instructor at class.**

Your instructor, Darlene Ray has been gardening since she was 10 years old. She is a Master Gardener and a member of the Garden Writer's Association. Darlene is a weekly garden columnist for the *Ottawa Times*.

Sat	9 a.m.-12 p.m.	Feb 18	1 Session
Darlene Ray	Rm 101,	HLR-5211-602	\$27
	Ottawa Center		

Put Spring in Your Garden

Spring will soon arrive and there will be much to do in the garden! Learn how to 'wake up' your garden from its long winter nap. Find out what and when to mulch, prune, plant, fertilize and divide. Discover how to get a jump on weeds before they take you over. Find out what is new in plants for 2012. Learn how to achieve a water-smart, weed-free, and attractive flower and vegetable garden by discovering the secrets of the pros.

Sat	9 a.m.-12 p.m.	Mar 24	1 Session
Darlene Ray	Rm 101,	HLR-5209-603	\$27
	Ottawa Center		

■ **Garden Stepping Stone Mosaic I**

Mon/Wed	6-8 p.m.	Mar 5-14	4 Sessions
JoEllen Fiorentini	B-101, Art Rm, IVCC	HLR-2742-303	\$34

■ **Garden Mosaic II "Bowling Ball"**

Mon/Wed	6-9 p.m.	Apr 2-18	6 Sessions
JoEllen Fiorentini	B-101, Art Rm, IVCC	HLR-2750-304	\$75

See page 22 for more details

Green Technology

■ **Small Wind Generators for Homeowners**

Have you ever wondered if you could save money on electricity by installing a small wind generator at your home? Learn what wind energy is, how it works, and what it can do for you. Dr. Vogl will discuss components of wind generators, tower height, and how to choose a site for the tower, as well as current legislation and zoning of wind towers. Bring one of your electric bills, a notepad, and a calculator to determine the savings on a typical month's performance of a wind tower versus your current source of electricity.

Sat	9 a.m.-12 p.m.	Feb 11	1 Session
Dr. Robert Vogl	C-325, IVCC	HLR-5521-02	\$35

■ **Renewable Energy** [How Can it Fit into Your Life?] **NEW**

Are you overwhelmed with the variety of "green" choices? Discover what other people have done to incorporate renewable energy into their homes and lives, including energy efficiency, solar electricity and heat, wind power, insulation, earth-based heating and cooling, and, how you can do the same. Don't miss this opportunity to ask the experts how you can reduce your use of natural resources through a sustainable lifestyle.

Sat	9:30 a.m.-12 p.m.	Feb 25	1 Session
Dr. Robert Vogl	C-325, IVCC	HLR-5520-02	\$35

■ **Basics of Solar Electricity**

Due to the growing demand for clean sources of energy, the use of solar cells to convert sunlight into electricity has expanded dramatically in recent years. Learn the basics of Photovoltaics [PV], also known as solar energy, as Dr. Vogl explains what it is, how it works, and the advantages of a solar system. The cost of installation of a PV system as well as sources of financial assistance will also be discussed. If you are thinking about using the sun's energy as a source of electricity in your home, this class is a great place to get started.

Sat	9:30 a.m.-12 p.m.	Mar 10	1 Session
Dr. Robert Vogl	E-231, IVCC	HLR-5522-03	\$35

Drs. Robert and Sonia Vogl, retired professors from Northern Illinois University, have presented programs on alternative energy and solar electricity in over a dozen countries. They have installed a 3.2 kilowatt grid-connected photovoltaic system and a one kilowatt wind generator which provides 70% of their home electrical power. They are active in preserving natural areas and have dedicated 60 acres of their 180 acre home farm to prairie and woodland restoration projects. Robert and Sonia are founders and officers of the Illinois Renewable Energy Association and coordinate an annual Renewable Energy and Sustainable Lifestyle Fair.

Community Education HOMESTEADING CONFERENCE

■ Homesteading Conference

IVCC's Continuing Education Center will present a one day Homestead Conference on Saturday, March 17, 2012. Learn the ins and outs of growing, raising and preserving your own food, as well as how to turn your passion into a business. Participants will have a choice of 4 sessions throughout the day, with a Question & Answer Session at the end of the conference. A light lunch will be provided.

Sat	8 a.m.–5 p.m.	Mar 17	1 Session
	C-316, IVCC	HLR-5527-03	\$69

Conference Schedule

8-8:30 a.m.: Conference Check-In & Welcome

8:30–9 a.m.: Why Homegrown and Handmade?
(Deborah & Cathy)

9:15-10:30 a.m.: Break-Out Sessions (choose one)

■ Preservation 101

(Cathy Lafrenz) Learn the basic equipment needs of canning, freezing and dehydrating. Talk about books, recipes, and basic planning guides.

■ Choosing Animals for Your Homestead

(Deborah Niemann-Boehle) We'll start with an overview of livestock and talk about how to choose the right animals for your homestead and your life, depending upon your property, your personality, and your goals.

10:45 a.m.-12 noon: Break-Out Sessions (choose one)

■ Backyard Chickens

(Cathy Lafrenz) Need a new addiction? Want entertainment, pets and breakfast rolled into one package? Then learn how you can start your own backyard flock. Learn about the breeds, the equipment, the feed and the difference between backyard eggs and whatever it is that the grocery store sells!

■ Gardening for Cowards

(Deborah Niemann-Boehle) If you are absolutely sure you cannot grow anything, this is the session for you! Deborah is living proof that everyone has a green thumb.

12 noon-1 p.m.: Lunch Break (lunch is included)

1-2:30 p.m.: Break-Out Sessions (choose one)

■ Marketing Your Homestead Business

(Cathy Lafrenz & Deborah Niemann-Boehle) Discover low-cost and free ways to advertise and market your business and build your customer base.

■ Beekeeping 101

(Richard McGinnis) Are you thinking of becoming a beekeeping hobbyist or are you a seasoned beekeeper? Learn about honey bee life and the products of the hive, what it takes to get started with your own apiary, basic seasonal hive management; Colony Collapse Disorder (CCD), modern agricultural practices and how these may affect bees. A local seasoned beekeeper answers questions, offers suggestions, and provides resources for apiary management.

2:45-4:15 p.m.: Break-Out Sessions (choose one)

■ Creating a Homestead Business

(Cathy Lafrenz) Discuss the creation of a business plan, ideas, legalities, marketing and expectations.

■ The Natural Home Dairy

(Deborah Niemann-Boehle) With the partnership of a few animal friends, you can produce all of your family's dairy products while letting mothers raise their own babies as nature intended. Discover how to choose dairy animals, how to share milk with babies, and what equipment you need to make all of your dairy products.

4:15-5 p.m.: Q&A with Cathy, Deborah, & Richard

Richard McGinnis has a passion for beekeeping, pollination and gardening, in combination with sustainable and environmentally conscious living practices. He has a career as a publisher, educator and writer. Richard serves as a panelist at Green Festivals, Family Farmed Expo, and Green Metropolis Fair.

Deborah Niemann-Boehle and her suburban family moved to 32 acres in the middle of nowhere to begin a homesteading lifestyle ten years ago. Today they produce 100% of their own meat, eggs, dairy products, and maple syrup and a large portion of their fruits and vegetables. They also make their own soap and spin their own wool into yarn. Deborah is the author of *Homegrown and Handmade*. To learn more visit www.antiquityoaks.com.

Cathy Lafrenz started Miss Effie's Country Flowers and Garden Stuff in 2002. She currently has an acre in cut flower production. Cathy has been featured in Midwest Living and The Radish Magazine. She chairs the special events committee at the Freight House Farmers Market and teaches canning and preservation classes along with cooking demos. Her farm is an Animal Welfare Approved farm and was recently named an emerging partner site for Silos and Smokestacks.

Dollars & Sense

U So You're Buying Your First Home

Five easy steps to owning a home! All the important steps to home ownership will be covered: the loan process, knowing the housing market, home selection, appraisals, home inspection and the closing. This session is free, but you must register at IVCC.

Mon	6:30-7:30 p.m.	Feb 27	1 Session
Tracy Tunnell	Rm 101, Ottawa Center	CDV-5008-632	Free

Tue	6:30-7:30 p.m.	Apr 24	1 Session
Tracy Tunnell	C-316, IVCC	CDV-5008-304	Free

■ Focus on Fixed Income

Whether you are currently working or enjoying retirement, being able to generate income for yourself is becoming more important. Find out how you can utilize your savings and investments to produce income stream. A variety of investments will be covered including cd's, tax-free municipal bonds, corporate bonds, dividend paying stocks/mutual funds, and annuities.

Wed	6-7:30 p.m.	Mar 7-21	3 Sessions
Clint O'Brien	C-325, IVCC	CDV-5012-303	\$29

■ Get Out of Debt... You Owe it to Yourself

Explore practical techniques to help you achieve a combination of debt elimination and personal household budgeting to control your debt in these tough economic times. Learn how to deal with your mortgage challenges and how to get more for less at the grocery store. Students will bring home a copy of the *Practical Budgeting Guidebook* and will leave with a budget and debt elimination plan. **Students should bring a pencil, calculator, and list of personal debts, balances, and minimum payments to class. Class fee includes workshop manual retailing for \$25. Sherry Ridge is a U.S. Dept. of Justice Certified Personal Financial Management Provider and is the host of the Sherry Debt Freedom Show on WRLR 98.3 LPFM.**

Sat	9 a.m.-12:30 p.m.	Mar 10	1 Session
Sherry Ridge	E-213, IVCC	CDV-5012-03	\$59

■ It's Decision Time [Understanding Medicare & Medicaid]

This interactive program will provide you with a better understanding of Medicare and Medicaid. Topics include: Medicare eligibility and enrollment, the benefits of Medicare Parts A and B, the costs that Medicare leaves you to pay and an overview of the standardized Medicare Supplemental Plans in addition to Medicaid "spend-down" requirements. This program is appropriate for people becoming eligible for Medicare, caregivers of people who are on Medicare and current Medicare beneficiaries who would like a refresher course on their benefits.

Wed	6:30-8 p.m.	Apr 4-18	3 Sessions
Richard Volker	A-300, IVCC	HLR-1113-304	\$29

■ Family Matters with Long-Term Care

NEW

Creating a long-term strategy now may help to protect your family from financial burden in the future. Learn about common funding options to provide high-quality long-term care, how insurance can play a significant role in helping to preserve your assets, and how you can take control of where and how you receive long-term care services.

Wed	6-8 p.m.	Apr 18	1 Session
Clint O'Brien	C-325, IVCC	CDV-5016-304	\$29

U Not So Extreme Couponing for Normal People

While some people seem to be stockpiling up to the rafters, most of us would just like to score a few really good deals that work for you. Find an organizational strategy that appeals to you with a time commitment you can handle. Take away resources to help you track your savings and discover how you can begin to \$AVE with coupons.

Thu	6-7:30 p.m.	Apr 19	1 Session
Linda Volker	Rm 101, Ottawa Center	HLR-5013-641	\$29

■ Appealing Your Property Taxes

Learn about the property tax appeal process and the steps required to appeal a tax bill. Find out how to read and understand a property tax bill and how it is calculated. Learn about property tax exemptions and how to apply for them. (A Spanish interpreter will be available for the one-day class on April 21.)

Tue/Thu	6-8 p.m.	Apr 17 & 19	2 Sessions
Robert Perez	C-316, IVCC	CDV-5014-304	\$25

Sat	9 a.m.-12 p.m.	Apr 21	1 Session
Robert Perez	C-325 & C-326, IVCC	CDV-5014-04	\$25

■ Reduce Your Insurance Costs

[AARP Driver Safety Program]

This classroom driver refresher course is designed for drivers age 50 and over. This class aims to help community members retain their driving competency. Learn driving strategies, understand the effects of aging on driving, reduce the chance of having an accident, and know when to retire from driving. Upon completion; students will receive a certificate that can be presented to their automobile insurance holder that may entitle them to a discount. **There is a \$12 fee for AARP members (with AARP membership card); and a \$14 fee for non-members payable at class. Please arrive a half-hour early for the first day of class.**

Mon/Tue	12-4 p.m.	Apr 23-24	2 Sessions
Robert Borla	C-316, IVCC	SRS-1112-04	Free

Fitness

■ Zumba

Zumba is a blend of dance movements with aerobic steps that will keep you moving. You will sculpt and tone, without even knowing it. Zumba comes from Columbia, so get ready to learn the salsa, merengue, reggaeton, cubia and more while moving to the music. **Please bring a water bottle and towel to class, as you will work up a sweat!** Stacy Holman has been trained in jazz and hip hop dance and is a licensed Zumba instructor. She loves fitness and looks forward to teaching you some new exercise moves.

Tue/Thu	6:30-7:30 p.m.	Feb 21-Mar 22	10 Sessions
Stacy Holman	B-216, Fireplace Lounge, IVCC	HLR-6214-302	\$49

■ Breathing for Life

Body, breath and mind are interrelated and breathing properly is conducive to health and well being. Proper breathing alleviates anxiety, improves sleep, circulation and immune system functioning and calms and relaxes the mind. **Bring a blanket, and dress comfortably for an exploration of the mechanics and benefits of natural breathing.** This is a great opportunity for an introduction to breathing techniques used in yoga. Learn how to breathe for life!

Wed	6:30-7:30 p.m.	Mar 7-21	3 Sessions
Dan Retoff	B-216, IVCC	HLR-6108-303	\$29

■ Beginning Yoga

Yoga uses gentle stretching, relaxation and breathing techniques to help you build strength, flexibility and endurance. Come away more relaxed, limber and feeling better! Yoga philosophy and its application to everyday life will be covered. **Wear comfortable, loose fitting clothes and athletic shoes and bring a towel or yoga mat and a sweater.** This class will be held on the IVCC East Campus in Building 11.

Wed	6:30-7:45 p.m.	Apr 4-May 9	6 Sessions
Dan Retoff	Bldg 11, Rm 101, IVCC-East Campus	HLR-6101-304	\$45



Save
the
Date!

Youth

■ Fractions & Friends

NEW

Fractions can be fiendish or friendly; so make friends with fractions! This "math for kids" class is designed to make kids more comfortable with using math, especially fractions. Also, we will have an introduction to decimals. We learn various kinds of measures, and review how to do the basic math operations involving fractions.

Sat	10-11 a.m.	Feb 18	1 Session
Todd Volker	Rm 103, Ottawa Center	YOU-2205-602	\$15

■ ACT Test Preparation

Prepare yourself for the ACT College Aptitude Test. You will learn general test-taking skills, answering strategies for handling each type of question, time restraints, and the scoring system. This class is designed to coach you to do your best on the ACT and demystify college admission testing. Preparing for the ACT will not produce perfect scores, but it will improve your score by reducing "test anxiety" that can limit your performance during the exam. Please bring a pen/pencil and notepaper to class. This course meets a total of two sessions. A textbook *Cliff's Test/Prep ACT* is included in the price of this course. Seating is limited for this class. **Registration Deadline is: Friday, March 9.**

Sat	Mar 17	9 a.m.-1 p.m.	A-211, IVCC
Sat	Mar 24	9 a.m.-12 p.m.	E-213, IVCC
Cathi Nelson & Bernie Moore	YOU-3501-03	2 Sessions	\$85



Outdoor Ed' Venture

July 23-26


Youth Summer Schedule
will be available April 30, 2012

Pre-registration is required for all classes.


Payment is due at the time of registration.

REGISTER NOW:

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IVCC Cashier
815 N. Orlando Smith Road
Oglesby, IL 61348

[By Phone] 
Please call (815) 224-0447

[By Fax] 
(815) 224-6091

[In Person] 
IVCC – Admissions & Records
Room C-211
815 N. Orlando Smith Road
Oglesby, IL 61348

REGISTRATION CONFIRMATION
You will receive a confirmation of your registration in the mail. Confirmation will include a schedule, receipt, and information specific to your classes.

REFUND/CANCELLATION POLICY
Registrants who cancel up to seven days prior to the start of a course receive a full refund. No refund will be given after that time, although a substitution of individuals is allowed. Registrants who do not attend and do not withdraw from the class will not receive a refund. Cancellations can be made by calling the Continuing Education Center (815) 224-0427.

The Continuing Education Center reserves the right to cancel classes due to low enrollment. If a class must be cancelled by the Continuing Education Center, you will receive a full refund.

Continuing Education Registration Form

Spring 2012 | Visit our website - www.ivcc.edu/cec



Gender: Male Female Admission Status: First time college Re-admit
Social Security Number (must be included) _____

Last Name _____ First Name _____ MI _____

Home Mailing Address _____

City _____ State _____ Zip _____ County _____

Phone: Home (____) _____ Business (____) _____ Cell (____) _____

Date of Birth _____ E-Mail Address _____

Emergency Contact Name _____ Phone (____) _____

Employer _____

Ethnic/Ethnicity:

1. Are you Hispanic or Latino Yes No

2. Are you from one of the following racial groups? (select all that apply)

American Indian/Alaskan Native Asian White Choose not to respond

Black or African American Native Hawaiian or other Pacific Islander

3. Please identify your primary racial/ethnic group. (select one)

American Indian/Alaskan Native Asian Hispanic Choose not to respond

Black or African American Native Hawaiian or other Pacific Islander White

4. Are you in the US on a Visa – Nonresident Alien? Yes No

List type of visa _____ Country of Origin _____

Employment Status: (please select one)

Full-time (FT) Part-time over 15 hours (PO) Part-time 15 hours or less (PL)

Homemaker (HO) Unemployed (UN) Retired (RE)

COURSE NUMBER	COURSE NAME	FEES

TOTAL _____

Student Signature: _____ Date: _____

PAYMENT INFORMATION

Check enclosed, payable to Illinois Valley Community College

Please charge my credit card for the fees indicated above.

Master Card Visa Discover 3-Digit Security Code _____

Card Number _____ Expiration Date _____

Cardholder's signature _____ Per Phone

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HOW TO GET STARTED:

1 - Select Your Course

from our web-site: www.ed2go.com/ivcc.edu. Click on "Enroll Now" and complete the on-line orientation program. Note: You cannot pay at the ed2go site and are not officially registered with IVCC until you complete Step 2.

2 - Register & Pay at IVCC

via phone, online, fax or mail. We accept online registration and payment for courses at www.ivcc.edu/onlinecec. You can phone your registration to 815-224-0447. Mail or fax registrations using the form on page 32. Be sure you are registered at IVCC and have paid no later than the day before your class starts.

3 - Begin the Course

on the day your course begins return to www.ed2go.com/ivcc.edu and click "Classroom" link. Log in with the name and password your provided during orientation.

View our on-line course catalog at
www.ed2go.com/ivcc



Learn More

