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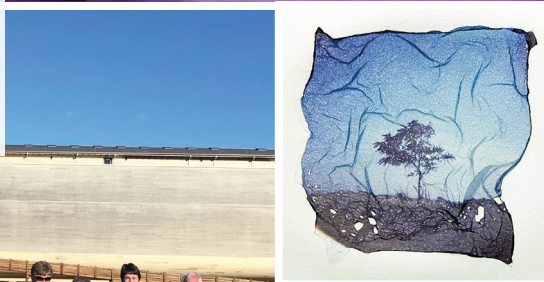
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Scan for
additional information.

A new year, a new you!

There is no better time than now to reinvent yourself, unlock your inner potential and **EXPERIENCE** something new! Every day presents a new opportunity to become a better version of yourself. At IVCC's Continuing Education Center, we strive to provide you with **EXPERIENCES** that inspire you to learn, grow, and succeed. Whether it be preparing for a new career, unleashing a hidden talent, or doing something just for fun, look to IVCC to provide the right **EXPERIENCE** for you!

EXPERIENCE

- culture, music and history – IVCC trips and tours where all of the planning has been done for you!
- the satisfaction that comes from making the commitment to prepare for a new career
- the lifelong benefits of learning to save for your future and how to make smart financial decisions.
- a new hobby such as painting, yoga or photography.
- the achievement of improving your workplace skills with a leadership, computer or technology course.



Jennifer Scheri

Director, Continuing Education & Business Services

Continuing & Professional Education

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



ILLINOIS VALLEY
COMMUNITY COLLEGE

"He has an admirable way of expressing himself even without words – his patience is especially appreciated."

Beginning Yoga – Dan Retoff

"Very enjoyable class! Addy made it fun."

Painting Class – Addy Sorce

"I learned a lot about the settings on my camera & feel more confident in my abilities now."

Beginning Photography – Doug Dellinger

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.

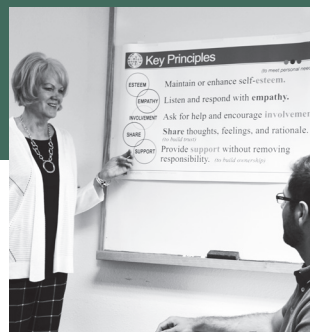
REFUND/CANCELLATION POLICY

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 canceled by the Continuing Education Center, you will receive a full refund.

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- 4 Leadership Series
- 5 Communications, Marketing & Non-Profit
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- 6 Online Certified Production Technician [CPT]
- 7 Real Estate Post License
- 7 Home Inspection
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- 8-9 Career Training Programs [Online Courses]
- 10 Agriculture Chemical Operator
- 10 Fire Science
- 11 Healthcare Careers
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Unless otherwise stated, these courses are designed for adults 18 & over.



Community Education

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

- | | | | |
|-------|---------------------|-------|--------------------------|
| 17-19 | Trips & Tours | 30-32 | Mind, Body & Wellness |
| 20-21 | Creative Arts | 33 | Dollars & Sense |
| 22-24 | Culinary | 34 | Survival Skills |
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Look for this icon throughout for classes at the IVCC Ottawa Campus.

Computer Classes Ottawa Center

Beginning Excel 2016

In this introductory class, you will gain basic skills which include Ribbon interface; entering and editing data; selecting cell and ranges; printing worksheets; creating formulas and functions; formatting cell contents; inserting and deleting columns, rows and cells; creating different types of charts; and more. This class will benefit new users as well as professionals upgrading from 2013. **Textbook and 2GB flash drive required.* CEU: 1.2

Mon/Thu	6-9 p.m.	Feb 26-Mar 8	4 Sessions
Kathryn Baker	Rm 112, Ottawa Center	CEU-4121-632	\$129

ONE DAY FAST COURSES

NEW These one-day computer classes are designed for individuals who are looking to expand their Microsoft Office skill set. The step-by-step, hands-on teaching approach ensures that anyone can master subjects and achieve success quickly. **All materials included in the cost of the class.*

Intermediate Excel 2016

NEW Expand upon the beginning level with an in-depth look at formatting features such as themes, cell styles and customizing pages. You will practice date and time functions with conditional formatting. Learn advanced functions for text and analysis, IF criteria, troubleshooting formulas, lookup functions and more. CEU: .7

Fri	8:30 a.m.-4 p.m.	Mar 30	1 Session
Kathryn Baker	Rm 103, Ottawa Center	CEU-4122-603	\$159

Advanced Excel 2016

NEW This advanced level will cover working with tables, calculating columns, structured references and various table features. Financial functions and what-if analysis, such as PMT, PV and NPV functions will also be discussed. Work with PivotTables, PivotCharts, macros, workbook protection and inspecting workbooks for compatibility. CEU: .7

Fri	8:30 a.m.-4 p.m.	Apr 27	1 Session
Kathryn Baker	Rm 103, Ottawa Center	CEU-4123-604	\$159

PowerPoint 2016

NEW Learn to create and deliver a presentation with document themes, bulleted lists, slide layout and navigation. Practice adding graphics and animation, work with online pictures, format objects and pictures, design artistic backgrounds and create various slide transitions. Become skilled when linking media files, use audio and video presentations and much more. CEU: .7

Fri	8:30 a.m.-4 p.m.	May 4	1 Session
Kathryn Baker	Rm 103, Ottawa Center	CEU-4312-605	\$159

IVCC Ottawa Center is located at 321 W. Main St., Ottawa

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 ivccbookstore.com or call the bookstore at (815) 224-0311 for more information.

IVCC Main Campus

● Beginning Word 2016

Begin with creating documents, formatting and editing text. You will be introduced to tables and then shown how to format, modify and sort data. Visual objects such as shapes, WordArt, SmartArt, pictures and text boxes will be utilized. You will also be asked to create a business report and then arrange text in columns, tab stops, headers and footers and much more. **Textbook and 2GB flash drive required.*

CEU: 1.2
 Tue 6-9 p.m. Feb 6-27 4 Sessions
 Doreen Balzarini A-323, IVCC CEU-4028-302 \$129

● Computer Basics: Windows 10

NEW Learn basic skills for using Windows 10 in this hands-on workshop. Begin with turning the computer on and proceed at a comfortable pace. You will learn the features of My Computer, Recycle Bin, customize your desktop, run multiple programs and use shortcuts. Learn to install programs, check your hard disk drive, delete and restore files and change your mouse settings. Your instructor will use plain language and hands-on demonstrations, practice and individual help. **Textbook (same book for Computer Basics and Internet & Email) and a 2GB flash drive required.*

Tue 6-9 p.m. Mar 6-27 4 Sessions
 Doreen Balzarini A-212, IVCC CEX-4411-303 \$129

● Internet & Email

Now that you've mastered computer basics, move on to the skills that will help you feel comfortable with navigating through the Internet and Email. Learn basic and advanced web searches, job search, online shopping and banking. This class will also include internet security, scam avoidance and identity theft warnings. Students will also be introduced to Yahoo webmail, instant messaging and photo sharing websites. **Textbook (same book for Computer Basics and Internet & Email) and a 2GB flash drive required.*

Tue 6-9 p.m. Apr 10-May 1 4 Sessions
 Doreen Balzarini A-212, IVCC CEX-4607-304 \$129

ONE DAY FAST COURSES

NEW These one-day computer classes are designed for individuals who are looking to expand their Microsoft Office skill set. The step-by-step, hands-on teaching approach ensures that anyone can master subjects and achieve success quickly. **All materials included in the cost of the class.*

● Intermediate Word 2016

NEW This intermediate level will concentrate on mail merges, pulling from data sources and working with labels and envelopes. You will also learn to create a newsletter, add special effects to text and pictures and column set up. Essential tools for long documents, such as formatting, navigating, creating a table of contents and index, headers and footers will also be covered. CEU: .7

Fri 8:30 a.m.-4 p.m. Mar 2 1 Session
 Doreen Balzarini A-323, IVCC CEU-4029-03 \$159

● Advanced Word 2016

NEW Enroll in this advanced class and tie it all together. You will learn how to highlight, track and review changes, as well as saving and sending files. Practice sharing and securing documents by reviewing compatibility and restricting editing. You will customize your set up options and learn to automate tasks with macros. Integrate Word with Excel, PowerPoint and the Web and embed links to data, objects, create a PDF, as well as web pages. CEU: .7

Fri 8:30 a.m.-4 p.m. Apr 13 1 Session
 Doreen Balzarini A-323, IVCC CEU-4030-04 \$159

● Access 2016

NEW You will begin with an introduction to databases and tables which includes; data types, filed properties, sorting, importing and data sources. Practice working with forms, the layout and design view. You will cover querying a database, using criteria, sorting and limiting results and calculating fields. Learn how to organize, structure and modify reports when displaying information and much more. CEU: .7

Fri 8:30 a.m.-4 p.m. May 11 1 Session
 Doreen Balzarini A-323, IVCC CEU-4213-05 \$159

● One-on-One Customized Sessions

These customized, two-hour classes provide individual tutoring with an instructor skilled in all aspects of basic computers, internet and email, Microsoft Office and QuickBooks Pro. The training will be tailor-made to fit your own specific needs and questions. You may register and attend this class at any time throughout the school term. Upon completion of the registration and payment process, the instructor will be notified to contact you (usually via email) to determine an agreeable appointment date and time. Therefore, it is extremely important to make sure you have entered current phone and email contact information. *All classes meet at either IVCC's main campus or the Ottawa Center. You must give at least 24 hours' notice to change or cancel your appointment.*

Course Fee: \$139

Please contact Jennifer Sowers at (815) 224-0280 before registering for a customized session in order to guarantee they meet your expectations and needs.



Leadership Series

If you missed these sessions the first time around, **NOW** is the time to register! Join us as we cover all the essential topics that can help you become the best supervisor you can be. Each session is a combination of lecture and open discussion, which will allow for great conversations and various insight to specific leadership styles. Beneficial to all levels of management. Seats are limited.

● Effective Leadership

Leadership many times is defined as the ability to influence people to willingly follow the guidance or adhere to one's decisions in setting and achieving a series of objectives. Leaders must provide a vision, share the responsibilities and the glory with the followers. Additionally, we will cover situational leadership styles and the specific characteristics and skills required to become an effective leader by building trust and respect for everyone involved in the process. CEU: .4

Wed	8:30 a.m.-12 p.m.	Feb 7	1 Session
Herb O'Rourke	C-316, IVCC	CEU-8111-02	\$99

● Fundamentals of Communication

Communications is one of the biggest problems in almost every organization. Behind most of the mistakes made there is generally a breakdown in the communication process. Communication is the most powerful tool a leader has to effectively manage and guide performance that creates desired results. Understanding the fundamental basics of the communication process (both verbal and non-verbal aspects), identifying one's own style as well as styles of others and developing skills in more effective listening will be covered in our attempts to become a more powerful and persuasive communicator. CEU: .4

Wed	8:30 a.m.-12 p.m.	Feb 28	1 Session
Herb O'Rourke	CTC-125, IVCC	CEU-7608-02	\$99

● Workplace Motivation

Motivation is probably the most misunderstood concept in business. A simple definition is getting people to do what you want them to do because they want to do it. To understand what wants, needs and desires people have we need to examine the motivation process and where people are in their development cycle along with their skill and desire levels. In other words what is the power that drives them and then how to give them the opportunities to achieve their needs and desires within the organization? It demands that we understand our people like never before. There is no magical tool that fits every person or situation and it requires that we become flexible in our management style to build an effective team. CEU: .4

Wed	8:30 a.m.-12 p.m.	Mar 21	1 Session
Herb O'Rourke	B-216, IVCC	CEU-8033-03	\$99

● Developing Coaching Skills

In a results oriented environment coaching is a visible and positive demonstration of a company's commitment to the employee's personal development and performance improvement. Successful coaching efforts must be an effective blend of clear expectations, goal setting, monitoring, positive feedback and ongoing communication. It can be formal or informal based on the nature of the performance issues. In this session we cover the responsibility one has to identify performance issues and develop with the individual a corrective action plan that brings about improved performance. CEU: .4

Wed	8:30 a.m.-12 p.m.	Apr 11	1 Session
Herb O'Rourke	CTC-125, IVCC	CEU-8007-04	\$99

● Building Effective Teams

How can you change from individual performance to becoming an effective team member? In this session we cover understanding Blanchard's 4 stages of team building and the contributions required of the various members of the team. We also touch on some generational differences in teams and factors in group effectiveness, as well as why some teams fail and what happens when management does not know how to create a culture that facilitates building effective teams inside their organization. CEU: .4

Wed	8:30 a.m.-12 p.m.	May 2	1 Session
Herb O'Rourke	C-316, IVCC	CEU-8035-05	\$99

Communications, Marketing & Non-Profit

● Can you Hear Me Now?

[Broadcast Communication 101]

NEW Rod Thorson has been "on the air" for 25 years and currently has the highest rated radio show in North Central Illinois. In this course, you will learn how to produce a show, build a following and create a powerful connection with your audience. Whether you want to broadcast for a living, create radio advertising, learn to promote your business or refine your communication techniques, you will learn the skills it takes to get to the top! You will walk away from this class with the ability to improve both your personal and business communication skills. The first session of this course will meet at IVCC. The second session you will meet at WLPO Radio Station where you will have the opportunity to see a real broadcast room and experience what happens behind the scenes. CEU: .4

Mon/Wed	6:30-8:30 p.m.	Feb 26 & 28	2 Sessions
Rod Thorson	CTC-214, IVCC	CEU-7617-302	\$49

Mon/Wed	6:30-8:30 p.m.	Apr 16 & 18	2 Sessions
Rod Thorson	CTC-214, IVCC	CEU-7617-304	\$49

Meet your instructor: The top talk radio host in North Central Illinois, Rod Thorson keeps tens of thousands of listeners up to date weekday mornings on WLPO in LaSalle. With 25 years of on-air experience, Rod cuts through headlines in rapid fire fashion with news and commentary that makes the show both entertaining and valuable to listeners and sponsors. He is a winner of the Illinois Broadcasters Association Silver Dome Award for "Best Morning Show" and continues to dominate morning radio with commentary and humor.



● Facebook for Business Basics

Do you want to learn the secret to creating a prominent Facebook presence? Then join us for this introductory class. Discover how to develop the right strategy, find and connect with your desired audience and create content that's fun and informational. Discover why some people can or cannot view posts, discuss Facebook algorithms and why they are important, as well as how to obtain more "Likes". We will provide you with the tools and information you need to get up to speed and launch your business like never before.

Sat	8:30-10 a.m.	Mar 10	1 Session
Abby Zukowski	CTC-124, IVCC	CEX-4609-03	\$39

● Build Your Facebook Business Page

NEW Are you interested in creating our own business page, but don't know where to start? We can help! In this hands-on session you will begin by determining which type of business page fits your marketing needs. You will design and pick a profile picture, create and add a cover photo, write a description in regards to your business and the details of your page, add a call to action for newsletters, among many other features. Additional tools such as "call now, contact us, send a message, or send an email" will be covered, as well as privacy and security settings. Please have a Facebook account set up prior to the first class.

Thu	8:30-10 a.m.	Mar 15 & 22	2 Sessions
Abby Zukowski	CTC-208, IVCC	CEX-4627-03	\$49

● Advanced Business Boosting for Facebook

NEW Now that you have covered the basics, let's boost your business! In this hands-on session you will go over additional tips and tricks as you work on your personalized page. You will also be shown how to manage your page on the go by using the Pages Manager App.

Thu	8:30-10 a.m.	Apr 12	1 Session
Abby Zukowski	CTC-208, IVCC	CEX-4628-04	\$39

● Facebook Live

NEW People love watching videos, which is why Facebook Live has become so popular! It is the best way to interact with viewers in real time, field their burning questions, hear what's on their mind and check out their Live Reactions to gauge how your broadcast is going. While your current fans will be able to keep up here and in News Feed, this tool will help new followers discover you as well. Go beyond the usual posts and connect with followers, Live!

Thu	8:30-10 a.m.	Apr 19	1 Session
Abby Zukowski	CTC-125, IVCC	CEX-4629-04	\$39

● Introduction to Project Budgets

NEW Are you ready to start fundraising for your project or idea, but don't know what and how much to ask for? If preparing a budget for your foundation grant is holding you back, come learn the basic elements of how to draft a project budget with confidence! Librarian Susan Markwell will present this workshop on planning a budget for your grant project. This session is free of charge but attendees must pre-register by calling (815) 224-0447.

Tue	1-2:30 p.m.	Apr 17	1 Session
Susan Markwell	Jacobs Library, IVCC	CEX-8422-04	Free



OSHA, Safety & CPT

● 10 Hour General Industry

Participants will learn the major provisions of the Occupational Safety and Health Act. New and updated information on the regulations will be discussed. Primary topics include: the inspection and citation process, working and walking surfaces, emergency plans and exit routes, the new Global Harmonization System (GHS) safety data sheets and labeling, electrical safety, machine guarding and new recordkeeping requirements. This course can be customized to meet the participants' needs. Recommended for managers supervisors, team leaders and members of a company safety committee. OSHA's 10 Hour General Industry card will be earned upon completion of this class. CEU: 1.0

Wed:	8 a.m.-3:30 p.m.	Mar 21	
Thu:	8 a.m.-12 p.m.	Mar 22	2 Session
Jeff Clark	CTC-125, IVCC	CEU-7203-03	\$329

Get on the Fast Track and validate your skills by obtaining the Certified Production Technician Certificate!

If you have manufacturing experience, but are struggling to get your foot in the door, then this is the program for you! The Manufacturing Skill Standards Council (MSSC) developed the Certified Production Technician (CPT) as the industry standard for production workers. CPT is the national certification supported by the National Association of Manufacturers and is recognized by multiple companies throughout the Illinois Valley area. Sixteen local employers are endorsing this program as a preferred credential for hire.

This is an online program which consists of 4 key production modules:

- Manufacturing & Safety
- Manufacturing Processes
- Quality & Measurement
- Maintenance Awareness

For more information call Jennifer Sowers at (815) 224-0280 or visit ivcc.edu/cptfasttrack

● Forklift Train-the-Trainer

This program will review classroom requirements of OSHA's Powered Industrial Truck Standard. Topics covered will include forklift training requirements, inspection documentation, forklift operation and material handling. Attending this class will satisfy the required classroom portion of the regulation. Handout materials will include an operators manual and a trainers compliance guide. The required site specific performance (driving) and evaluation is not included. CEU: .3

Tue	9 a.m.-12 p.m.	Feb 6	1 Session
Jeff Clark	CTC-125, IVCC	CEU-7214-02	\$159

● Dept. of Transportation HAZMAT

The Department of Transportation requires training for employees receiving or shipping hazardous materials. This training includes new changes in the 49 CFR hazardous materials table, packaging of materials, shipping papers and other documentation, as well as 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 Emergency Response Guidebook will also be included. CEU: .4

This training is recommended for persons that:

- Selects a hazardous materials packaging
- Marks a package to indicate that it contains a hazardous material
- Labels a package to indicate that it contains a hazardous material
- Prepares a hazardous materials shipping document
- Loads or unloads hazardous materials for the purpose of transportation
- Operates a vehicle used to transport hazmat

Tue	8 a.m.-12 p.m.	Mar 27	1 Session
Jeff Clark	CTC-125, IVCC	CEU-7304-03	\$159

● OSHA General Industry Plus

NEW This program is an extension of the OSHA 10 Hour courses. A review of the new or updated OSHA regulations and more in depth discussion on chemical inventories, selection of personal protective equipment and lock out tag out programs. It is recommended that the participant have completed the OSHA 10 Hour General Industry Training but not required. CEU: .4

Tue	8 a.m.-12 p.m.	Apr 10	1 Session
Jeff Clark	CTC-125, IVCC	CEU-7260-04	\$159

Real Estate Post License

Home Inspection

● Real Estate Broker 30 Hour Post License

This course completes the 30 hours of post-training needed by newly licensed brokers, prior to their first license renewal in Illinois. The course provides 15 hours of instructor led reviews related to license law, agency issues, market analysis, risk management, financing, closing transactions and more. It also provides 15 hours of interactive and practical application exercises. Sponsored by the Illinois REALTORS®. *Please Note: If you have any disabilities that require special accommodations, please identify those needs. Cost includes two transcripts processed through the Illinois Association of Realtors and text. CEU: 3.0*

Wed
Tom Guttilla

6:30-9:30 p.m.
CTC-125, IVCC

Jan 24-Mar 28
CEU-8307-301

10 Sessions
\$299



IVCC Business Training Center Looking for Employee Training?

Many of our courses in this catalog, as well as many not listed, can be offered at your site and customized to fit your company's needs. Call Jennifer Sowers in the IVCC Business Training Center for details at (815) 224-0280 or visit ivcc.edu/btc.

● Pre-Licensing Home Inspection Program-Online [80 hours]

Prepare for the Illinois Home Inspection State Licensing Exam with this state-approved, self paced course. Topics include the physical components of a home, communication skills, knowledge of professional practices, insight into what may go wrong as well as the cause and implications of problems that result.

You will be building a home inspection report as you travel through the program. Each section has a quiz to confirm that you have the knowledge to proceed. These quizzes can be taken from your home. A textbook is required and included in the cost of the class. The final exam is a proctored exam.

This program meets the classroom requirements, but you are still required to complete in-field inspections, at an additional cost, in order to be allowed to sit for the state exam. You can attend a live, one-day field training class at \$200 or you can participate in five one-on-one inspections to receive private coaching. The private coaching fee varies by inspector.

Once you complete all the requirements for this program, you will be allowed to challenge the State of Illinois Home Inspector Exam. After this, and after you mail in your application and fees, you will be a Licensed Home Inspector in the State of Illinois. **Cost of the exam is NOT included. E-mail access and an internet connection are required for this course. Open enrollment, register any time.**

Course Number: CPD-4102

Course Fee: \$600

Call (815) 224-0280 for additional information or to register.

Career Training Programs

Small Business Development

The Illinois Small Business Development Center at the Starved Rock Country Alliance is up and running and offering all new workshops! Don't miss out! All sessions are \$35 and lunch is included.

● Organizing Your Business & Entrepreneurial Life in 2018

Join Tina Curtis, of Curtis E Organizing, as she shares organizational philosophies along with tips, tricks and tools for small business owners, managers and other professionals.

Fri	10 a.m.-2 p.m.	Feb 9	1 Session
Tina Curtis	CTC-124, IVCC	CEX-9547-02	\$35

● Starting Your Business in Illinois

This informative workshop helps entrepreneurs understand many of the steps and requirements of starting a small business in Illinois. You'll be taken step-by-step through a variety of topics related to business structure, entrepreneurship, and considerations every beginning business owner should take. Attendees will have ample opportunity for discussion and questions.

Fri	10 a.m.-1 p.m.	Feb 16	1 Session
Amy Lambert	C-325, IVCC	CEX-9508-02	\$35

● Creating an Effective Business Plan

This workshop covers all aspects of creating a business plan and emphasizes the importance of setting measurable strategies and tactics. Topics include defining your business, outlining business plan components, researching your competition, developing operating and marketing plans and discussing the importance of financial statements.

Fri	10 a.m.-1 p.m.	Mar 23	1 Session
Amy Lambert	CTC-124, IVCC	CEX-9501-03	\$35

● Attracting Customers to Your Business

Sales, marketing and public relations are vital components to any successful business. This workshop will teach you how to build a successful plan to complement each discipline, resulting in significant growth for your business.

Fri	10 a.m.-1 p.m.	Apr 20	1 Session
Amy Lambert	CTC-125, IVCC	CEX-9521-04	\$35

IVCC offers online career training programs that vary from 6-18 months in length. These instructor-led programs are designed to provide the skills necessary to acquire entry-level positions for many occupations. All programs are self-paced, allowing you to learn on your schedule, and accessible 24/7. Most books and materials are included. For additional information including course content, prerequisites, requirements, registration and financial assistance please visit the web site at:

careertraining.ed2go.com/ivcc

Refund policy for Ed2Go career training online classes: There will be NO refunds granted once Ed2Go provides the student with an access code. There will be NO exceptions.

● Mastering Project Management with PMP® Prep [70 Hours]

In this program, you'll gain a better understanding of how to apply project management concepts and any variations between them. You will learn more advanced project management tasks, such as how to select projects and develop strategies for them, how to create a complex schedule model and how to identify and assess any risks in the project. You'll learn about stat using and forecasting, in addition to project recovery concepts and project termination. This program meets or exceeds the educational requirements for those interested in the Project Management Professional (PMP)® certification. **Students who are interested in earning the PMP credential must schedule and pay for testing on their own after program completion.** Course Fee: \$1,295

● Lean Six Sigma Green Belt [50 Hours]

This online, in-depth program enables you to learn Lean Six Sigma process improvement projects from start to finish. Green Belts can deliver measurable, sustainable improvement by finding the root causes of problems and streamlining processes. Your Green Belt Training program was developed to meet today's changing business environments and is facilitated by highly experienced and successful Lean Six Sigma Experts. This course draws on what our Experts practice every day in the field to provide you with the most effective way to learn and implement Lean Six Sigma. Upon completion of this program and required project, you will be prepared for the Lean Six Sigma Green Belt Certification exam. *Please note: students are required to complete a project in addition to assignments and quizzes. Projects must be based off an actual business and are subject to approval by Master Black Belt Coaches. Cost of exam is included.* Course Fee: \$1,495

For more information on these workshops go to alliancesbdc.org or contact Amy Lambert at (844) 369-8898.





● **Certified Ethical Hacker** [100 Hours]

NEW The Certified Ethical Hacker program is the pinnacle of the most desired information security training program any information security professional will ever want to be in. To master the hacking technologies, you will need to become one, but an ethical one! The accredited course provides the advanced hacking tools and techniques used by hackers and information security professionals alike to break into an organization. As we put it, "To beat a hacker, you need to think like a hacker". By using the same techniques as the bad guys, you can assess the security posture of an organization with the same approach these malicious hackers use, identify weaknesses and fix the problems before they are identified by the enemy, causing what could potentially be a catastrophic damage to your respective organization. Upon completion of this program, you will be prepared to sit for the Certified Ethical Hacker (CEH) Exam 312-50, offered by EC-Council. **Cost of exam is included.**
Course Fee: \$2,895

● **Paralegal** [300 Hours]

This self-paced program will get you ready for an entry-level paralegal position and prepare you to take the certification exam. Learn about the U.S. legal system, how to conduct legal research and legal interviews, how to perform legal analyses and more. Tuition includes access to NALA's Certified Paralegal Exam Review self-study courses along with free access to Westlaw to complete their assigned research projects. Westlaw is an online legal research service that provides fast and easy access to an extensive collection of legal resources, news, business and public records information. *Prerequisite: You must have a high school diploma or GED equivalent and good computer and keyboarding skills are recommended. In order to meet the eligibility requirements to sit for the CP/CLA credentialing exam using this course, you must also hold a Bachelor's degree in any field or have seven years of experience as a legal assistant under the supervision of a member of the Bar.* **Cost of exam is included.**
Course Fee: \$2,195

Many more to choose from online from the following areas:

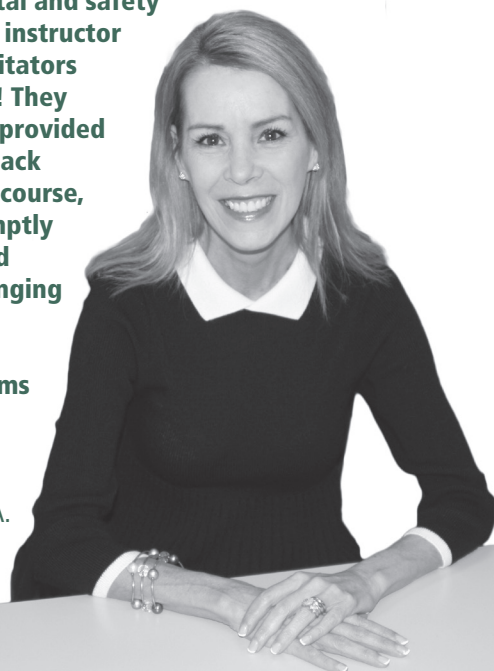
- | | |
|-------------------------|--------------------------|
| • Arts & Design | • Hospitality |
| • Business | • Information Technology |
| • Computer Applications | • Language |
| • Computer Programming | • Legal |
| • Construction & Trades | • Child Development |
| • Health & Fitness | • Writing |

● **Human Resource Professional** [120 Hours]

Are you seeking a career in a high-demand field with plenty of opportunity for advancement? In this online program, you'll master all the skills you need to obtain an entry-level position in the popular field of human resources. In addition, this program will prepare you to take the PHR, Professional in Human Resources certification exam, with HRCI (Human Resource Certification Institute) as the certifying body. You'll explore everything from the basics of HR to specific areas such as planning and strategizing, human resource laws, hiring disciplines and labor relations. You'll also obtain a reference manual of HR documents. By the time you're done, you'll be fully prepared to begin your career in this exciting and challenging field. If you are planning to take the PHR exam, with HRCI as the certifying body, after completing the program, you will need one of the following: one year of demonstrated professional HR, exempt-level experience with a master's degree or higher, or two years of demonstrated professional HR, exempt-level experience with a bachelor's degree, or four years of demonstrated professional HR, exempt-level experience with less than a bachelor's degree. **National exam not included.**
Course Fee: \$1,795

"The Continuing Education online Human Resources Professional Course was a very valuable course for those who are embarking on a career in the profession of Human Resources as well as experienced Human Resource Professionals seeking to update their knowledge and skills regarding current state and federal employment laws, compensation and benefit plans, best practices in recruitment, staffing and employee motivation strategies, as well as knowledge gained for environmental and safety procedures. The instructor and course facilitators were top-notch! They were excellent, provided insightful feedback throughout the course, responded promptly to questions and provided challenging assignments, quizzes, case studies and exams to ensure your future success."

Catherine Buck, M.A.
Human Resources
Management
Oglesby, IL



Agriculture Operator's Certificate

Fire Science

● Agriculture Operator's Certificate

Applying fertilizers and crop protection products is a crucial part of the agriculture retail business; and there's much more to it than jumping behind the wheel of an applicator and driving. Safety, regulations, personal networking, technology, machine calibration and maintenance all are parts of the business an Agriculture Operator needs to know. This course will help prepare the student for work in the agriculture industry. It will also go into details that the student will need to know about the job, as well as what a potential employer would want the student to know. General Standards training manual and workbook will be provided. **Upon completion of the course students will be responsible for registering and paying to take their General Standards exam offered through the University of Illinois Extension.** *Class meets Monday evenings in addition to two Saturdays, Feb 10 & 24.

Mon	6-9 p.m.	Feb 5-Mar 5	7 Sessions
Sat	9 a.m.-3 p.m.	Feb 10 & 24	
Kevin Nelson	BJE-117, IVCC-East Campus	CEU-1702-302	\$399

Meet your instructor:

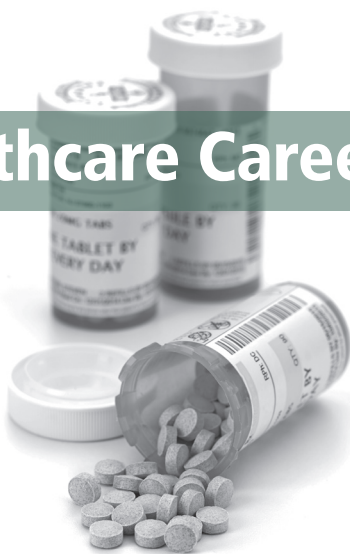
Kevin Nelson has worked for Northern Partners Coop and one of its legacy companies for 20 years. His current position is Director of Communications. He is a Certified Crop Advisor, with the 4R Nutrient Management Specialty (4R NMS) endorsement. He has held an Illinois Custom Pesticide Applicator license for 28 years. His experience includes soil testing, fertilizers, crop protection chemicals, crop scouting and consulting and agricultural retail sales.

● Fire Officer Series Strategy and Tactics I

NEW This course is designed for the Fire Officer who is responsible for commanding one to two companies at the fire or emergency scene, such as Company Officers, and Chief Officers of small fire departments. Subject areas which will be covered are: company officer leadership, safety, pre-fire planning, fire behavior, building construction, firefighting tactics, Engine Company and Truck Company operations, RIT officer, and tactical exercises. This course is required for certification from the Office of State Fire Marshall's Officer I program. This course meets for a total of 6 sessions.

Fri	6-10 p.m.	February 2, 9	
Sat/Sun	8 a.m.-5 p.m.	Feb 3, 4	
Sat/Sun	8 a.m.-5 p.m.	Feb 10, 11	
Jeff Newberry	CTC-206, IVCC	CPD-7001-02	\$299

Healthcare Careers



● Pharmacy Technician with Clinical Rotation

Prerequisite: A high school diploma or GED plus a solid background in math.

This comprehensive 50 hour program will prepare students to work as a pharmacy technician in a retail or other pharmacy setting and to take the Pharmacy Technician Certification Board's PTCB exam. Course content includes: pharmacy medical terminology, the history of pharmacy, the pharmacy practice in multiple environments, pharmacy calculations and measurements, reading and interpreting prescriptions and defining drugs by generic and brand names. Through classroom lecture and hands on labs, students will review dosage calculations, drug classifications, the "top 200 drugs", I.V. flow rates, sterile compounding, dose conversions, aseptic technique, the handling of sterile products, total parental nutrition (TPN), dispensing of prescriptions, inventory control and billing and reimbursement. In addition to classroom lecture and labs, this program includes an 80 hour clinical externship through a local pharmacy. To be eligible for the clinical externship, students must successfully complete the 50 hour program, submit to a thorough background check, drug screening and meet other requirements. **Textbooks and materials are included in the course fee. Cost of the PTCB national exam is NOT included in the course fee.**

This program is offered in partnership with Condensed Curriculum International, Inc. (CCI). Available to both working adults interested in a new career and current professionals, this short term training program will help you prepare for an entry level jobs in healthcare. It is recommended that you research the job market before registering for the program.

Please note: There is no refund for this course once class begins. Students who need to drop the class, must do so 7 days prior to the start date in order to receive a full refund.

A payment plan is available for students registered no later than February 21, 2018. For more information about this program, the payment plan, or to schedule an appointment, call 815-224-0427 or email kim_koehler@ivcc.edu.

Tue/Thu CCI	6-9:30 p.m. E-325, IVCC	Mar 20-May 8 CCE-1720-300	15 Sessions \$1,199
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● Medical Billing and Coding [Online Career Training] Certified Professional Coder CPC [340 Hours] ed2go.com/careertraining/ivcc

This program offers valuable training in legal, ethical and regulatory concepts that are central to the field, including HIPAA compliance and third-party guidelines for filing insurance claims. You will gain hands-on, practical experience in medical billing and coding and work with the main coding manuals: ICD-10-CM, ICD-10-PCS, CPT and HCPCS Level II. You will also learn how to code diagnoses, services and procedures for all systems of the body. Medical Terminology is the language of medicine. You will study word parts and the structures and functions of the human body. You will also learn about the disorders and medical procedures common to each body system, including musculoskeletal, cardiovascular, respiratory, digestive, nervous, endocrine, integumentary, genitourinary, lymphatic and immune. You'll also have the option to complete the all-new Career Roadmap lesson for *Medical Billing and Coding*. This lesson will help you find, land and keep a job in your new field. Upon completion of this program, you will be well prepared to find your place in this rewarding healthcare career. You will also be able to sit for the Certified Professional Coder (CPC) exam offered by the American Academy of Professional Coders (AAPC), the registration fee for this exam is included with this program. This program will also prepare you to sit for the Certified Coding Associate (CCA) exam. This program is entirely online and is completed at your own pace. When you register, you will receive twelve (12) months to complete this program.

In order to sit for national certification exams, candidates must have a high school diploma or equivalent; therefore, it is recommended you have this before enrolling for this program.

After successfully completing your program, you will also receive access to the American Academy of Professional Coders (AAPC) online CPC Exam Review course, to help you study for your certification exam.

Exam voucher and all textbooks are included in the tuition.

Please note: Once the program curriculum is accessed online or through submission of a material shipment confirmation, refunds cannot be issued.

Tuition: \$2,695

To learn more about this program and financing availability visit ed2go.com/careertraining/ivcc or call Kim Koehler at (815) 224-0207.

Nursing



● C.N.A Train the Trainer [Online] Includes Alzheimer's Disease

This course includes 5 weeks of online instruction and a one day Evaluator Workshop that will be held on IVCC's Main Campus. Students will spend online class time completing readings, discussion postings and assignments. Basic computer skills are helpful. Students should be comfortable with uploading and downloading files and attachments on a computer.

The **Approved Evaluator Workshop Skills** portion is a **face-to-face** format requiring one day on-campus for skills practice and successful return demonstrations.

Student Requirements include: 2 years RN experience, in addition to 1 year long term care experience as an RN. If there is any concern or desire to confirm whether your experience meets the eligibility requirements, contact: Illinois Department of Public Health at (217) 785-9172. ***IMPORTANT: Participants must meet the qualifications outlined in the June 2013 Illinois Administrative Code Section 395.160 Instructor Requirements.** All students are expected to have reviewed these requirements **PRIOR** to registering for class.

IMPORTANT CLASS DATES

Registration Deadline: April 16

Online Blackboard Orientation: April 23-27. In the first week you will be completing an orientation to the online learning environment. Please plan to spend about 30 minutes per day on the orientation.

Online Train the Trainer Course: April 30-June 1

On-Campus Workshop: June 1 (mandatory face to face workshop)

The following textbook is required for this course and can be purchased online or in the IVCC bookstore (participant to purchase prior to class)

DeYoung, S. (2015). Teaching Strategies for Nurse Educators (3rd ed.). Pearson Education, Inc.: Upper Saddle River, N.J.

Online
Tammy Taylor

Apr 30-Jun 1
CPD-3527-104
6 Weeks
\$599

● FOCUSED on Physical Assessment

So, you only have a limited amount of time to assess someone with chest pain, a headache, abdominal pain, or an unexplained cough; how would you go about taking a quick history and performing the pertinent focused assessment without spending hours on each patient? Barb will provide helpful hints on obtaining a differential diagnosis related to the chief complaint. She will also provide case scenarios for common problems observed on the unit and in the emergency room. Many common physical signs and symptoms are due to the side effects of drugs - Barb will discuss the common drugs and their relationship to various physical findings on the focused physical exam. Lots of clinical pearls, quips, and pictures for your educational enjoyment! [6 CE]

Wed 8:30 a.m.-3:30 p.m. Mar 21
Barb Bancroft C-316, IVCC CPD-3222-03 1 Session
\$119

***Meet your instructor:** Barb Bancroft is a widely-acclaimed national speaker noted for her humorous, entertaining and information packed seminars. She is the author of four books, her latest, *Kiss my asparagus, an essential guide to nutrition's role in health and disease*. Many people can conduct health seminars, or write books on health, but very few can make them both thoroughly informative and entertaining. Barb Bancroft makes complex health topics easily understandable, appealing, hilarious and most importantly, her information is always current and up-to-date. Barb has provided more than 2400 educational and motivational seminars on clinical topics and health maintenance topics to healthcare professional and corporations throughout the US and Canada.*



● Hearing Loss & Hearing Aids 101

Hearing loss is one of the most common medical conditions affecting adults. Approximately one in three people between the ages of 65 and 74 have hearing loss. Having trouble hearing can make it hard to communicate with others and can make it difficult to respond appropriately to environmental sounds. This can be frustrating, embarrassing and even dangerous. This course will help you to better understand hearing loss and the treatment options available for it. Hearing aids will be discussed in detail. Upon completing this course you will be educated with the information needed to confidently pursue hearing help for yourself or a loved one. *This course is presented by Beth Wallace, M.S. and Elizabeth Koch, AuD. They are both audiologists at St. Margaret's Health Ear, Nose and Throat Center with 15+ years of combined experience in the field of audiology.* [2 CE]

Tue 10 a.m.-12 p.m. Apr 17
Beth Wallace & Elizabeth Koch CTC-124, IVCC CPD-3251-04 1 Session
\$12

Nursing & Massage Therapy

● Detoxify Your Body & Living Environment

In the last hundred years, thousands of unresearched chemicals have been introduced into your food, water, environment and medicine. The average person now carries a body burden of 700 or more synthetic chemicals, including Teflon residues, plastics and dozens of pesticides. This toxicity load is sabotaging our health and quality of life. We will examine common chemicals that are undermining our bodies, homes and environment. More importantly, we will explore ways to minimize our exposure, detoxify our bodies, and replace common personal care and cleaning products with natural, non-toxic ingredients. [6 CE Hours]

Wed	9 a.m.-3:30 p.m.	Feb 21	1 Session
Candice Chaffee	C-316, IVCC	CPD-3236-02	\$89

● Stress & Life Management: A New Approach

Stress is the bane of western civilization and culture. Very few of us have been taught constructive ways to manage our lives, times, emotions and demands of daily activities. This course can change your life. Our reactions to stress reveal much about our inner lives. Learn techniques for transcending self-limiting beliefs and patterns of thinking. Learn how to identify the true sources of stress and how we can re-program our behavioral response. Explore Toltec wisdom in the simplicity of The Four Agreements as well as study bilaterally, the ability to integrate the brain's left and right hemispheres to enhance full function and communication with each other. You will learn simple bilateral exercises and techniques that encourage healthier brain functioning. Join us for refreshing and innovative strategies to reduce, prevent and manage your stress! [6 CE Hours]

Wed	9 a.m.-3:30 p.m.	Mar 14	1 Session
Candice Chaffee	C-316, IVCC	CPD-3244-03	\$89

● Aromatherapy for Health & Well-Being

Aromatherapy is required coursework in French medical schools and essential oils are revered for their healing benefits in many countries. This workshop is a comprehensive introduction to the many applications of essential oils. Topics include: how to use, buy, and store, basic care kit, pharmacological and psychological properties, carrier oils and everyday applications. Students have the opportunity to experience a wide variety of scents and learn the life-enhancing and healing qualities of essential oils. There is a \$5 material fee payable to the instructor the day of class. [6 CE Hours]

Thu	9 a.m.-3:30 p.m.	Apr 12	1 Session
Candice Chaffee	C-316, IVCC	CPD-3235-04	\$89

● Advanced Aromatherapy:

The Application of Essential Oils

Prerequisite: Aromatherapy for Health and Well-being or Aromatherapy for Healthcare Professionals.

This course is a continuation of Aromatherapy study. It is a more in-depth exploration of essential oils and their uses. Participants will learn about pharmacological properties of these healing oils, as well as the basics for mixing therapeutic, skin/personal care and home use products. The beginning concepts of hand and foot REFLEXOLOGY will be taught as a modality for enhancing the therapeutic properties of essential oils. This fun-filled workshop is experiential and students will make and take home their own creative products! There is a \$20 material fee payable to the instructor the day of class. Please bring notes from previous class for review. Also, feel free to bring your own collection of essential oils. Registration deadline: Apr 11. [6 CE Hours]

Wed	9 a.m.-3:30 p.m.	Apr 25	1 Session
Candice Chaffee	C-316, IVCC	CPD-3239-04	\$89

● Advanced Aromatherapy:

The Art of Blending Essential Oils

Prerequisite: Aromatherapy for Health and Well Being or Aromatherapy for Health Professionals.

This workshop is a continuation of Aromatherapy study and will focus on the art of selecting, balancing and blending essential oils for specific uses. We will examine blending for home use (cleaning, sanitizing), personal care products and custom perfumes. Participants will learn categories and note classifications (top, middle and base) of essential oils and different techniques for formulating therapeutic blends. Chemical constituents and their effects will be studied. Upon completion of this course, participants will be able to: list the categories of essential oils, their characteristics and specific oils from each category, explain which categories best complement each other, describe top, middle and base notes and their ideal proportions when creating a blend, demonstrate how to choose the correct ratios when formulating essential oils, explain the steps in determining desired effects and selecting appropriate oils and demonstrate how to test and formulate blends for a different uses. This workshop is experiential, students will formulate and take home their own pure essential oil blends. There is a \$20 material fee payable to the instructor the day of class. Please bring notes from previous class for review. Also, feel free to bring your collection of essential oils.

Registration deadline: Apr 26. [6 CE Hours]

Thu	9 a.m.-3:30 p.m.	May 10	1 Session
Candice Chaffee	C-316, IVCC	CPD-3254-05	\$89



Massage

● Using Massage Therapy to Help Headaches

NEW It is almost a certainty that every adult knows someone that suffers from headaches. Millions of people suffer from a variety of different types of headaches each day. Billions of dollars are spent on dealing with the pain associated with this health problem. Billions more are lost because of lost work production. Wouldn't it be nice if you could use massage therapy to help people suffering from headaches? During this class, attendees will learn about several of the more common types of headaches. You will be introduced to a variety of massage techniques for reducing or even resolving the pain associated with the headache. A focus will be on a Tension Type and Migraine headaches. *Lunch is on your own, students may bring a sack lunch if preferred. Please dress comfortably and bring a twin set of sheets to class. This course is for licensed massage therapists only and has been approved by the State of Illinois for 8 CE hours. This class has been submitted to NCBTMB for approval of 8 CE hours.*

Fri 8:30 a.m.-5 p.m. Feb 23 1 Session
Mike Hovi G-105, IVCC CPD-3126-02 \$119
Gym Building

Meet your instructor: Mike Hovi has been practicing clinical massage therapy since 1991. He is the program director and instructor at The Soma Institute-National School of Clinical Massage and also the director of massage therapy at Advanced Chirocare Plus. Mike was instrumental in the drafting of the Massage Licensing Act of Illinois. Mike has taught continuing education classes since 2000 in Sports Massage, Orthopedic Assessments and treatments of various conditions, Stretching for the Massage Therapist, and currently teaches a series of courses call "Your Massage Tool Box." He has been a presenter at several AMTA-IL State Conferences and at the National AMTA Convention. He was a member of sports massage teams that worked at both the Salt Lake City Winter Olympics and the Athens' Summer Olympics; he has been the coordinator of the Medical Massage team for the Chicago Marathon for 25 years and counting; served as the lead therapist for the Chicago Production of RiverDance and has been an educator of Massage Therapy since 1998.



Teachers

[Graduate credit]



● Mindfulness

**Quincy Course Code will be assigned prior to class.*

NEW Mindfulness. Will it reduce student and teacher stress? Might it raise test scores and reduce absences? Can it help kids regulate behavior and focus on learning? The answer is YES, however for mindfulness to occur it needs to be better understood and practiced by students and teachers. Join us to learn how to make mindfulness a habit in your classroom and how to teach it, yet not add to your workload. In this course teachers will learn about mindfulness, how to implement it in their classroom and how to pass on the concepts to students to promote better understanding, healthier social interactions, and improved retention and learning. **Three hours of graduate credit will be awarded from Quincy University. A textbook will be available at the IVCC Bookstore "Mindful Teaching and Teaching Mindfulness: A Guide for Anyone Who Teaches Anything" by Deborah Schoeberlein with David and Suki Sheth.**

Beverages and meals will be on your own.

Course meets on the following dates:

Mon-Fri	8 a.m.-4 p.m.	Jun 11-15	5 Sessions
Del Goodale	C-316, IVCC	CPD-8112-06	\$495



Check out our Featured Bundle!

Reading Strategies Suite

Learn creative ways to improve student literacy, turn guided reading strategies into opportunities and bring differentiated instruction to life in your classroom. Register for the complete four class bundle to receive a discount and earn 96 PD hours! Visit ed2go.com/ivcc to get registered. This featured bundle includes:

- Ready, Set, Read!

Take this opportunity to find out how children really learn to read and write. Learn by reading stories about children, doing interactive assignments and exploring the latest in parent and childcare information. Gain confidence in your ability to guide a child's literacy development.

- Guided Reading and Writing: Strategies for Maximum Student Achievement

Get the professional development training you need to improve student literacy as an accomplished teacher shares the secrets of turning guided reading strategies into opportunities for teaching writing.

- Guided Reading: Strategies for the Differentiated Classroom

Now more than ever, today's teachers are grappling with the question of how to reach struggling readers. While there are no quick fixes, thousands of teachers are combining the principles of differentiated instruction and guided reading with unparalleled success. Mixed in the right proportion, these popular strategies will help you build a balanced literary framework that gets results.

- Response to Intervention: Reading Strategies That Work

Discover response to intervention (RTI) strategies that ensure the struggling readers in your classroom get the help and education they need. Helping them with phonics, fluency, vocabulary mastery, comprehension and writing, these intervention strategies tackle the toughest literacy problems with flexibility and creativity.

Course Fee: \$349

Teaching PD Hours Take it Online!

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Affordable, and Effective!

Take IVCC online courses anywhere and
when it's most convenient for you!

New classes begin monthly.
Duration: 6 weeks • Contact Hours : 24
Cost: \$99

Complete course descriptions, syllabus and demos available at
ed2go.com/ivcc

For detailed information on how to get started and register see pg. 35.

Tools for Teachers

Solving Classroom Discipline Problems
Differentiated Instruction in the Classroom
Teaching Students with Autism: Strategies for Success
Working Successfully with Learning Disabled Students
Creating Classroom Centers
Survival Kit for New Teachers

Reading and Writing

Teaching Writing: Grades K-3
Common Core Standards for English Language Arts K-5
Content Literacy: Grades 6-12

Classroom Computing

Integrating Technology in the Classroom
Teaching Smarter with SMART Boards
Using the Internet in the Classroom

Languages

Spanish in the Classroom
Enhancing Language Development in Childhood
Introduction to Teaching ESL/EFL

Science and Mathematics

Teaching Science: Grades 4-6
Introduction to Algebra
Teaching Math Grade 4-6

Many more to choose from!

Additional class offerings and topics of concentration
are listed on the website.

Food Service Sanitation

IVCC Ottawa Center

These classes are at the IVCC Ottawa Campus.
Take it in Ottawa - IVCC Ottawa Center
[321 W. Main Street, Ottawa]

Mon/Thu Sara Smith	5-7:30 p.m. Rm 101, Ottawa Center	Jan 29-Feb 8 CEU-1503-631	4 Sessions \$119
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Mon/Thu Sara Smith	5-7:30 p.m. Rm 101, Ottawa Center	Feb 26-Mar 8 CEU-1503-632	4 Sessions \$119
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Mon/Thu Sara Smith	5-7:30 p.m. Rm 101, Ottawa Center	Mar 26-Apr 5 CEU-1503-633	4 Sessions \$119
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Mon/Thu Sara Smith	5-7:30 p.m. Rm 101, Ottawa Center	May 14-24 CEU-1503-635	4 Sessions \$119
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Take it at the IVCC Main Campus Oglesby
[815 N. Orlando Smith Road, Oglesby]

Wed Ida Boyle-Bruch	8 a.m.-5 p.m. CTC-123, IVCC	Jan 17 CEU-1503-01	1 Session \$119
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Tue/Thu Feb 13 Feb 15 Ida Boyle-Bruch	8 a.m.-3:30 p.m. 9 a.m.-12 p.m. CTC-123, IVCC	Feb 13 & 15 CEU-1503-02	2 Sessions \$119
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Tue Ida Boyle-Bruch	8 a.m.-5 p.m. CTC-123, IVCC	Feb 27 CEU-1503-12	1 Session \$119
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Tue Ida Boyle-Bruch	8 a.m.-5 p.m. CTC-123, IVCC	Mar 20 CEU-1503-03	1 Session \$119
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Tue/Thu Apr 17 Apr 19 Ida Boyle-Bruch	8 a.m.-3:30 p.m. 9 a.m.-12 p.m. CTC-123, IVCC	Apr 17-19 CEU-1503-04	2 Sessions \$119
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Tue/Thu May 8 May 10 Ida Boyle-Bruch	8 a.m.-3:30 p.m. 9 a.m.-12 p.m. CTC-123, IVCC	May 8-10 CEU-1503-05	2 Sessions \$119
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Tue Ida Boyle-Bruch	8 a.m.-5 p.m. CTC-123, IVCC	Jun 5 CEU-1503-06	1 Session \$119
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Mon/Thu Sara Smith	5-7:30 p.m. Rm 101, Ottawa Center	Jun 18-28 CEU-1503-636	4 Sessions \$119
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Mon/Thu Sara Smith	5-7:30 p.m. Rm 101, Ottawa Center	Jul 16-26 CEU-1503-637	4 Sessions \$119
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Food Service Sanitation

Applied Food Service Sanitation is designed to assist the manager or potential manager applying sanitation principles in the operation of a food service establishment. Students will learn to identify the cause of food-borne illness, identify and apply correct procedures for cleaning and sanitizing, recognize problems and potential solutions associated with facility, equipment and layout. During the last session students will take the ServSafe Food Protection Manager Certification exam.

This class is required in Illinois for Certified Food Protection Manager Certification (CFPM) and is an ANSI certified course accepted by the Illinois Department of Public Health (IDPH). Upon successful completion of the exam with a passing grade, students will attain the ServSafe CFPM. Licenses are valid for five years. *Please note: new Illinois law is in effect January 1, 2018 regarding licensure PA 100-0194.

Don't Forget Your Textbooks!

A textbook is required for this class: ServSafe Manager, 7th Edition. The textbook is available at the IVCC Bookstore located at the main campus in Oglesby or can be purchased in advance online at ivccbookstore.com. It is recommended that students purchase the book in advance and begin review prior to class due to the fast paced nature of the class.

Untouchables

Chicago's Roaring 20's



Includes: motor coach transportation, roaring 20's tour of Chicago, lunch and tickets to Tommy Gun's dinner theatre, free time at Eataly, all tips, gratuities and snacks.

Journey back in time as we explore the "untouchable" era in Chicago. Hear the stories of Al Capone, Bugsy Moran and the famous northside/southside rivalry. Visit the sites of some of Chicago's most notorious events, like the St. Valentine's Day massacre and the Biograph Theater where John Dillinger met his end, as well as hear the story of prohibition and how it shaped Chicago and Chicago politics for decades. This afternoon, enter the world of a Roaring '20s Chicago speakeasy featuring gangsters, flappers, food, hooch and plenty of fun at Tommy Gun's Garage Dinner Theater. Following a delicious sit-down dinner, you will be treated to a musical comedy revue featuring the songs of Cole Porter, George Gershwin, Fats Waller, Duke Ellington and more, all with flapper dancers performing the Charleston. Before we head home, we will stop at Mario Batali's Eataly for free time on your own. Explore 63,000 feet of this indoor Italian marketplace to browse the imported pastas, coffee, sweets, olive oil and more for an opportunity to stock your cucina full of Italian specialty foods!

Date: Wednesday, March 14
Time: 7:30 a.m.-6:30 p.m.
Where: IVCC Parking Lot, #4
Course: HLR-8214-403
Fee: \$135

Pretty Woman

the Musical

PRETTY WOMAN THE MUSICAL

Includes: motor coach transportation, brunch at Bohemian House, dessert and free time in Chicago's Old Town, lower balcony tickets to Pretty Woman, all tips, gratuities and snacks.

There is such a thing as "happily ever after." Start your morning off experiencing a popular tradition in Chicago...weekend brunch! The Bohemian House will be opening early just for our group! Located in Chicago's River North neighborhood, Bohemian House captures the lighthearted and carefree essence of Bohemian culture. Exposed brick walls and wood timber, eclectic décor, warm earth tones and soft lighting set the backdrop for a comfortable and sociable dining experience. Enjoy an original menu of Bohemian-inspired fare with influences from the Czech Republic, Germany and Austria. After brunch we head to Old Town. Enjoy free time to visit a few of Chicago's well-known boutiques and culinary shops such as the Spice House, The Fudge Pot and Old Town Oil. We will also be partaking in dessert in Old Town before we head to the Oriental Theatre for the pre-broadway performance of one of the most beloved romantic comedies of all times "*Pretty Woman*". The show features an original musical score by music legend, Bryan Adams; and choreography by two-time Tony award winning, Jerry Mitchell. Experience the moments you love from the movie and get to know the iconic characters in a whole new way in this dazzlingly theatrical take on a love story for the ages. "*Pretty Woman: The Musical*" is guaranteed to lift your spirits and sweep you off your feet!

Date: Saturday, April 14
Time: 8 a.m.-6:30 p.m.
Where: IVCC Parking Lot, #4
Course: HLR-8249-404
Fee: \$149

Crafted in Milwaukee



Includes: motor coach transportation, tour and lunch at Pabst Brewing Company, tour at Brew City Museum, tour of Twisted Path Distillery, choice of visit to Indulgence Chocolatier or Purple Door, visit to Milwaukee Public Market, all tips, gratuities and snacks.

Explore the emerging craft scene in Milwaukee from eateries to breweries and distilleries... everything we experience today will be "crafted in Milwaukee". Meet the masterminds behind the scenes and learn about their craft philosophies while sampling their wares. It wasn't long ago that Pabst Blue Ribbon's former brewery in Milwaukee lay dormant, blocks of hollow buildings speaking to the city's once-proud history as the birthplace of modern brewing and epicenter of beer manufacturing. Today, after millions of dollars in renovations the area is once again beginning to bustle. Pabst' new brewery is our first stop, located inside the compound's newly renovated historic chapel. Learn the history of Pabst Brewing Company and experience their new micro-brewing facilities behind the scenes while enjoying a farm to table lunch. Next stop is the Brew City MKE Museum. Learn about the original beer barons of Milwaukee on our docent guided tour. View the vintage ads, promotional materials, old bottles and packaging featuring heritage brewers such as Miller, Schlitz and Gentleman along with microbreweries new to the scene. Take a tour behind the scenes at Twisted Path Distillery, a micro distillery making certified organic spirits entirely from scratch. Owner, Brian Sammons, formerly worked for the CIA before becoming a self-taught small-batch distiller. From building and designing his own patent-pending heating system to constructing his own water heater for mashing, grain hopper and even light fixtures. His motto "Made from Scratch in Milwaukee" permeates every inch of space. There will be some free time after the tour to explore additional businesses located in the Lincoln Warehouse building. Next stop, you will choose between visiting a craft chocolatier or gourmet ice cream shop featuring flavors such as balsamic strawberry, salted caramel, beer and pretzels, rhubarb crisp and more! Before we head out of town, we will make a final stop at the Milwaukee Public Market. Located in the Historic Third Ward, the market is fashioned after European markets and is host to a variety of goods from coffee to candies, to spices, cheeses and sausage... there are a number of local purveyors and restaurants that represent the heritage and diverse communities of Milwaukee.

Date: Wednesday, May 9
Time: 8:15 a.m.-7 p.m.
Where: IVCC Parking Lot, #4
Course: HLR-8215-405
Fee: \$136

Continuing Education ● ● ● Register by: [phone] 815.224.0447 [fax] 815.224.6091 [mail] registration form on pg. 36

Dancing Around Broadway

Dirty Dancing: the Musical

Registration for this tour opens April 5



Includes: motor coach transportation, dance lesson at a Chicago studio, lunch at Carnivale, lower balcony tickets to Dirty Dancing, all tips, gratuities and snacks.

Have you ever admired Fred Astaire and Ginger Rogers? Be ready for fun and laughter! This is your chance to turn your two left feet into graceful swans! Experience a dance lesson with a well-known Chicago instructor! You will be *dancing like a star* before you know it! Afterwards, we will enjoy lunch at Carnivale! You will feel as though you stepped into a vibrant paradise! Since opening in 2005, Carnivale has established itself as one of the premier dining experiences in Chicago's West Loop. Colorful, energetic, and global, the festive atmosphere is a singular experience. This afternoon we will take our seats at the Cadillac Palace Theatre for Dirty Dancing! The show features sensational dancing, heart-pounding music, and of course... romance. This worldwide smash hit tells the classic story of Baby and Johnny, two fiercely independent young spirits from different worlds who come together in what will be the most challenging and triumphant summer of their lives. Featuring the hit songs, "Hungry Eyes," "Hey Baby," and "Do You Love Me". You will be singing along and by the end of the day you will surely say "I've had the time of my life".

Date: Wednesday, May 30
Time: 7:15 a.m.-7:30 p.m.
Where: IVCC Parking Lot, #4
Course: HLR-8271-405
Fee: \$155



Wonders of Wisconsin

Mt. Horeb & House on the Rock

Registration for this tour opens April 5

Includes: motor coach transportation, admission and docent guided tour at the Driftless Historium, lunch at the Grumpy Troll Pub, admission to House on the Rock, all tips, gratuities and snacks.

Travel through the rolling hills of Wisconsin to an area rich in Norwegian heritage and culture...Mt. Horeb! Known as the "Troll Capitol of the World", we will start our day with a visit to the Driftless Historium, for a docent guided tour, where we will learn about this region and the people who have lived here. Afterwards you will have time to explore the unique specialty boutiques downtown and also to see the life size Norwegian trolls that dot the landscape of this charming town. Many have been carved from wood by resident woodcarver, Michael Feeney. Take a walk along the "trollway" and don't forget your camera! We will gather for lunch at the Grumpy Troll Pub and enjoy a Norwegian style lunch before we head to House on the Rock, located outside Spring Green, Wisconsin. Built atop a lofty stone column, House on the Rock is an extensive collection of one man's imagination come to life. With everything from the world's largest carousel featuring 269 hand-crafted animals and 182 chandeliers to the Infinity Room jutting out over a 150-foot drop to an enormous sea creature longer than the Statue of Liberty is tall, House on the Rock is sure to entertain children and adults alike. You will have the afternoon to explore the entire complex of collections, gardens and buildings. *The House on the Rock is a three hour, self-guided walking experience that encompasses many ramps, varied surfaces and outdoor areas. Please wear comfortable walking shoes.*

Date: Thursday, June 28
Time: 7 a.m.-8:30 p.m.
Where: IVCC Parking Lot, #4
Course: HLR-8334-406
Fee: \$119



Wright Around Oak Park

Architecture that shaped America

Registration for this tour opens April 5

Includes: motor coach transportation, admission to the Frank Lloyd Wright Home & Studio, non-flash hobby photography inside the home, lunch at Café Winberie, tour of Unity Temple all tips, gratuities and snacks.

Oak Park has an important claim to international fame - America's greatest architect, Frank Lloyd Wright, lived and worked here for many of his early formative years in design. Start with a tour of the FLW Home & Studio, the nerve center of a revolution in design of the American home. This complex of buildings was meticulously restored to its appearance in approximately 1910. Frank Lloyd Wright used his first home to experiment with design concepts that contain the seeds of his architectural philosophy. In his adjacent studio, Wright and his associates developed a new American architecture - the Prairie style. A special feature of this tour is a visit to the Studio Balcony, now open to the public. Next, we will take a guided walk through the neighborhood adjacent to the home and studio to see a number of Prairie School homes by Wright, as well as the more traditional Victorians that also call this neighborhood "home". After lunch at Café Winberie in downtown Oak Park we will continue our afternoon with a tour of Unity Temple. Declared a National Historic Landmark in 1970, Unity Temple is Frank Lloyd Wright's only surviving public building from his Prairie period. Limited by a modest budget and an urban site, Wright created a bold design and used unconventional materials to produce one of his most significant accomplishments. Please note there are stairs and walking on this tour. *Please wear comfortable walking shoes.*

Date: Tuesday, August 7
Time: 7 a.m.-5:30 p.m.
Where: IVCC Parking Lot, #4
Course: HLR-8205-408
Fee: \$139

Creative Arts

Made in the Illinois Valley

Join IVCC's talented creative arts instructors for an exciting opportunity for you to get creative, learn a new hobby or make something truly one-of-a-kind. Our instructors are local art teachers and artists who live right here in the Illinois Valley. Get together with friends and share a unique experience or make class night a date night! Register today!

One Night Painting Workshops

● Heartfelt Snowman Window Painting

NEW This is a great opportunity to shake off your cabin fever! Join instructor, Addy Sorce, in this all new snowman painting class featuring a brand new design. Using acrylic paint you will complete a step by step painting on a glass window. This class will introduce new and varied painting techniques while creating a one of a kind decoration for your home. New students are welcome and previous students may wish to continue to add their snowman collection! A \$15 material fee is payable to the instructor the night of class.

Tue	5:30-8 p.m.	Feb 6	1 Session
Addy Sorce	B-101, IVCC	HLR-1115-302	\$39
	Art Room		

● "Spring is for the Birds" Window Painting

NEW Complete a spring painting in a one night painting class. This class will feature an all-new design that will focus on birds & birch tree. There are many options to customize this painting, from branch to tree and number of birds in the painting. Use acrylic paint to complete the painting on a glass window. This class will include step by step instruction to help facilitate an introduction to painting and an opportunity to learn a variety of new techniques! Brighten up your home for spring. This will also be a great year-round piece! A \$15 material fee is payable to the instructor the night of class.

Tue	5:30-8 p.m.	Mar 20	1 Session
Addy Sorce	B-101, IVCC	HLR-1115-303	\$39
	Art Room		

● Aloha Sunset Canvas Painting Class

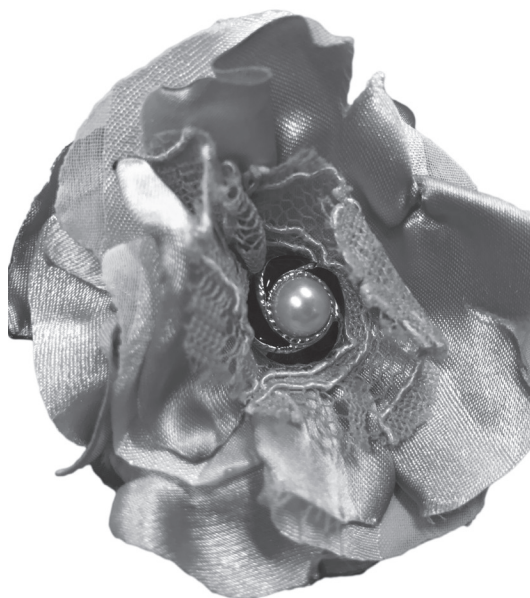
NEW Ready for a Hawaiian getaway right here in the Illinois Valley? Create a beautiful masterpiece on canvas of your own Aloha Sunset. Instructor, Vanessa Goslin will lead you through a step by step process to your completed work of art! Bring your creative side and join the fun at IVCC. There is a \$10 material fee payable to the instructor the night of class.

Thu	5:30-8 p.m.	Mar 8	1 Session
Vanessa Goslin	B-101, IVCC	HLR-1108-303	\$30
	Art Room		

● Gourd Art Workshop

You don't have to be an artist; just have a little imagination and get ready to have some fun. Learn about several different kinds of gourds as you create a work of art you can be proud of. You will learn to prepare gourds inside and out for carving, painting, cutting and sculpturing using the proper tools. Tools used in class will be provided by your instructor. *Please wear old clothes and bring a sack lunch that does not require refrigeration.* There is a \$25 material fee payable to your instructor the day of class. Registration deadline: Mar 9.

Sat	9 a.m.-3 p.m.	Mar 24	1 Session
Bill Ferguson	BJE-117, IVCC	HLR-2301-03	\$69



● Fabric Flowers

NEW Learn how to make beautiful decorative flowers from fabric. You will learn the techniques needed to create this fun and fashionable project. Follow along step by step as you use polyester fabric to create decorative pieces that you can attach to headbands, clothing, or even wire into bouquets or boutonnieres. You will make 2-3 finished flowers at class. There will be a \$5 material fee payable to the instructor the night of class. Students will also be sent a supply list prior to class.

Tue	6-8 p.m.	Mar 27	1 Session
Julie Anderson	CTC-123, IVCC	HLR-2407-303	\$29

● Digital Photography Transfers

NEW Transferring digital photographs onto wood is easier than it looks! Solutions can be used to transfer images onto almost any substrate thinkable. This class will cover preparing mixing a solution from a concentrate, preparing substrates for transfer, preparing digital files for printing onto transparencies and final transfer of the image to substrate. This technique will let you transform your family and personal photographs into works of art! Each participant will create two final pieces, one on aluminum and one on wood. There is an \$8 material fee payable to the instructor the night of class.

Sat	9 a.m.-12 p.m.	Mar 10	1 Session
Amanda Weygand	Rm 101, Ottawa Center	HLR-2508-603	\$29



● Art Print Workshop: Cyanotype Printing

A cyanotype print is a photographic printing process that results in a cyan-blue print. It is a great place to start learning about alternative photographic processes. Not only is this process low in cost and simple to master, but you will create beautiful and distinctive results. *Students will work in IVCC's dark room during class. There is a \$6 material fee payable to the instructor the night of class.*

Thu	4-7 p.m.	Apr 19	1 Session
Amanda Weygand	B-101, IVCC Art Room	HLR-2508-304	\$29

● Art Print Workshop: Lumen Printing

Lumen Prints are photograms created by placing plants directly on silver gelatin black and white paper and placing in the sun to 'develop'. The colors in the resulting print depend on the plant, humidity, ambient temperature and duration and intensity of the sunlight as well as the type of paper used. You will have an opportunity to try several different papers and learn how to make the prints permanent once they have been exposed. *Some botanical materials will be supplied by the instructor, but students are encouraged to bring plants, flowers and any other organic materials they wish to experiment with along to use in the class. Students will work in IVCC's dark room during class. There is a \$6 material fee payable to the instructor the night of class.*

Thu	4-7 p.m.	Apr 26	1 Session
Amanda Weygand	B-101, IVCC Art Room	HLR-2508-314	\$29

● Beginning Jewelry Workshop

Do you love jewelry? Learn how to make beautiful custom made pieces for all occasions. In this class you will learn the basics of bead stringing, crimping, attaching clasps and earring hooks and finishing your designs using the correct tools. Learn where to buy supplies and build on your knowledge of materials used to make beautiful but simple jewelry pieces that you will want to wear every day. *Please bring a pair of chain nose pliers. There is a \$20 material fee payable to the instructor on the night of class.*

Mon	5:30-8:30 p.m.	Mar 5	1 Session
Kari Matuszewski	CTC-214, IVCC	HLR-2705-303	\$29

● Re-Purposed Jewelry Workshop

From trash to treasures! Do you have a bunch of broken bits and pieces of costume jewelry that you love but cannot bear to part with? Have coins, small trinkets, or beads and buttons that you want to make into something, but do not know where to start? Love to shop thrift shops for odds and ends? Then this is the class for you! Students will learn how to turn old jewelry into a new, unique fashion piece. Class includes instruction and use of tools. Chains, jump rings, clasps and more will be provided. *Please bring four-five broken or old jewelry pieces such as necklaces, earrings or bracelets. You can also bring jewelry odds/ends, special coins, beads, pearls, charms, buttons or other trinkets you would like to use in your finished piece and a pair of chain nose pliers. A \$15 material fee is payable to the instructor on the night of class.*

Mon	5:30-8:30 p.m.	Apr 9	1 Session
Kari Matuszewski	CTC-214, IVCC	HLR-2749-304	\$29

● 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. *There is a \$10 material fee payable to the instructor on the night of class.*

Mon	5:30-8:30 p.m.	Apr 30	1 Session
Kari Matuszewski	CTC-214, IVCC	HLR-2763-304	\$29

Culinary

● Cooking with Cast Iron: The Next Step

NEW Cast iron cookware is arguably the most versatile piece of cookware you will ever find. It performs on the stove top, in the oven, over coals or even on top of a grill. From frying, sautéing, searing, to baking it's truly the Swiss Army knife of the kitchen. Join Chef Tim for an evening of education and fun as we journey through the world of cast iron cooking. We will discuss different varieties of cast iron cookware available, how to properly season cast iron, how to correctly care for cast iron and explore some delicious new recipes for cooking. Some of our recipes will include: mushroom, sausage and Parmesan baked pasta, skillet stuffing with apples, shallots and cranberries, rosemary seared pork chops, roasted fingerling potatoes and one or two more great cast iron recipes. There is a \$25 material fee payable to the instructor the night of class.

Wed	6-9 p.m.	Feb 28	1 Session
Tim Freed	CTC-123, IVCC	HLR-3706-302	\$35

● Cooking with Vino!

NEW Chef Tim is back with an all new class featuring wine as a culinary ingredient! Wine is one of the most complex and flavorful ingredients that can be used in cooking. By the end of this class, you will understand how to properly use it in recipes. We will go over different varieties of wine used in cooking, what wines are best cooked with which foods and how to properly buy wines for cooking. Recipes will include: orange and yogurt parfaits with red wine caramel, the ultimate Bolognese sauce, roasted chicken thighs with lemon and oregano, seared skirt steak with shallot pan sauce, chocolate cake with a red wine glaze and a few other vino inspired recipes! There is a \$30 material fee payable to the instructor the night of class.

Wed	6-9 p.m.	Mar 14	1 Session
Tim Freed	CTC-123, IVCC	HLR-3417-303	\$35

● Home Classics: Like Grandma Used to Make

Remember when you were a little kid, and your favorite part of going to Grandma's house (aside from sneaking a few pieces of candy from the candy jar) was her honest to goodness down home comfort food made from scratch? Join Chef Tim as we will prepare some of those comfort food classics. Recipes will include lard biscuits, glazed meatloaf, breaded pork chops, peach cobbler and a few additional traditional home classics! There is a \$25 material fee payable to the instructor at class.

Wed	6-9 p.m.	Mar 28	1 Session
Tim Freed	CTC-123, IVCC	HLR-3415-303	\$35

● Mushrooms: The Fungus Among Us!

Join Chef Tim on a journey through the wonderful world of mushrooms. We will discuss all of the mainstay varieties including 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, wild mushroom crostini, mushroom risotto and more! Chef Tim will discuss how mushrooms are grown and characteristics of some heirloom varieties. There is a \$30 material fee payable to the instructor at class.

Wed	6-9 p.m.	Apr 11	1 Session
Tim Freed	CTC-123, IVCC	HLR-3110-304	\$35

● Let's Wok and Roll: Chinese Take Out

NEW Do you love Chinese cuisine? Due to popular demand Chef Tim is going to show you just how easy it is to make Chinese take-out food right in your very own home. You will learn about the history of Chinese food in America, discussing common ingredients found in Chinese cooking. We will also discuss cooking methods and how American Chinese differs from traditional Chinese cuisine. Some of our recipes will include, pork egg rolls, crab rangoon, fried rice, beef broccoli, general tsao's chicken, sesame chicken and additional recipes. There is a \$30 material fee payable to the instructor the night of class.

Wed	6-9 p.m.	Apr 25	1 Session
Tim Freed	CTC-123, IVCC	HLR-3946-304	\$35

● Hey! Hey! Let's BBQ!

Summer is right around the corner and you will be firing up the grill to make your favorites. Leave out the processed ingredients and learn how to make your own specialty BBQ sauces right at home! Barbecue or BBQ sauces are almost as American as apple pie. We will examine the history of BBQ sauces, their differences, regional varieties and what foods they are best paired with. Recipes include: Kansas City style, South Carolina mustard style, Texas style, Alabama white sauce, sweet peach sauce and additional great recipes. At the end of class you will be armed with a variety of sauce recipes to elevate your summer to the next level! There is a \$25 material fee payable to the instructor the night of class.

Wed	6-9 p.m.	May 9	1 Session
Tim Freed	CTC-123, IVCC	HLR-3935-305	\$35



...SUMMER...

Registration opens April 5th
for the following classes.

NEW SUMMER SUNDAY SERIES with Chef Tim

● Grilling Boot Camp

NEW Join Chef Tim for our first ever grilling boot camp! We will go through all the steps from charcoal and gas to marinades and dry rubs. We will create and sample some grilling classics and also mix it up with unique grilling recipes. Some of our recipes will include: honey mustard marinated chicken breast, grilled sweet potatoes with granny smith apples, grilled tri-tip tacos, several unique seasoning blends and marinades and a grilled pineapple dessert. **There is a \$40 material fee payable to the instructor the day of class.**

Sun	12-4 p.m.	Jun 10	1 Session
Tim Freed	CTC-123, IVCC	HLR-3401-06	\$39

● Craft Cocktails and Appetizers

NEW Craft cocktails are a unique way to celebrate a special event, party or a gathering of friends; and who doesn't enjoy small bites to feast on? Chef Tim will show you how to make some popular craft cocktails along with great appetizer ideas to pair along with them. Some of our recipes will include: strawberry rhubarb rosé lemonade, cranberry Meyer lemon gin fizz, pineapple daiquiri, steak house bruschetta, smoked salmon crostini, and breakfast bramble. *Students must be age 21 and should be prepared to provide a valid form of personal identification.* **There is a \$40 material fee payable to the instructor the day of class.**

Sun	12-4 p.m.	Jun 24	1 Session
Tim Freed	CTC-123, IVCC	HLR-3101-06	\$39

● Summertime Seafood on the Grill

NEW We are firing up the grill for seafood. Join Chef Tim as we dive under the sea for freshly grilled fish, and shellfish. We will be grilling up salmon, Louisiana wild caught shrimp, tuna and swordfish to name a few. Chef Tim will be creating unique sauces, and toppings to take your grilled seafood to the next level. We will also be making some marinades and signature seasoning blends to spice up your seafood for the grill. **There is a \$40 material fee payable to the instructor the day of class.**

Sun	12-3 p.m.	Jul 15	1 Session
Tim Freed	CTC-123, IVCC	HLR-3421-07	\$35

● Optimize your Garden with Flavor

NEW How does your garden grow? If you are at your wits end with what to do with all that great bountiful produce from your garden, then you are in luck. Chef Tim will show you some great ways to utilize all the tomatoes, zucchini, peppers, cucumbers and squash that you are going to have coming up soon. Recipes will include grilled marinated garden vegetables, ratatouille stew, tomato cheddar corn bread, shrimp & tomato salad with avocado dressing and sweet corn, zucchini frittata and blueberry zucchini muffins. We will also go over some unique jams, jelly, and spreads that you can make for canning season. **There is a \$25 material fee payable to the instructor the day of class.**

Sun	12-3 p.m.	Aug 5	1 Session
Tim Freed	CTC-123, IVCC	HLR-3420-08	\$35

Get connected! Are you on IVCC's Culinary Class email list? Send an email to Kim_Koehler@ivcc.edu to be added to the list to receive updates about seat openings, added sessions and summer class registration alerts.

Culinary

Old World Italian with Dee Biagi

● Italian Specialties:

Homemade Noodles & Bagna Cauda

Learn how to mix, knead and roll out dough followed by cutting home-made noodles for home-made broth. The broth will start with the right selection of chicken, added vegetables and spices to create the best flavors. You will also learn to make Bagna Cauda, an appetizer that many in the Illinois Valley know well. Many make it one way and others make it another. Dee makes it like her mother-in-law, Margaret Biagi, and of course, has "tweaked" it over the years. The best part will be eating together at the end of the night. *Please bring an apron to class. There is a \$20 material fee payable to the instructor the night of class.*

Mon	6-9 p.m.	Jan 29	1 Session
Dee Biagi	CTC-123, IVCC	HLR-3707-301	\$35

● Tortellini: Twist, Cook, Eat & Repeat

Dee Biagi has been making these twisted treasures from the time she was a young girl. Relatives and elder ladies of Mark, Illinois taught her how to make the authentic tortellini and tortalache. Tortellini is a meat and cheese filled pasta that is twisted to resemble a belly button. As a child she sat around the big dining room tables and learned how to make this "staple" pasta from the experts... relatives from the Old Country. In this class we will learn how to make the dough and filling and how to twist them. Follow by cooking and of course eating them. *Please bring an apron to class. There is a \$20 material fee payable to the instructor the night of class.*

Mon	6-9 p.m.	Feb 26	1 Session
Dee Biagi	CTC-123, IVCC	HLR-3901-302	\$35

● Italian Tortellacci

Dee's Great Aunt, Enis Malavolti, had family over for Sunday dinner and served the most amazing Italian dishes. A favorite was her tortellacci. Tortellacci is a meatless cheese tortellini made with spinach. This dish is often served during Lent and other special occasions. The texture and flavor is very decadent and rich. Learn how to mix and knead the dough, make the special filling of the tortellacci and twist them into the correct shape. The best part, we will eat a tortellacci and Italian sausage dinner with all of the trimmings at the end of class. *Please bring an apron to class. There is a \$20 material fee payable to the instructor the night of class.*

Thu	6-9 p.m.	Mar 8	1 Session
Dee Biagi	CTC-123, IVCC	HLR-3943-303	\$35

● Gnocchi & Polenta

NEW One of Dee's best memories of Italian food while growing up was polenta. Polenta is a ground corn side dish, served at many Italian homes. This versatile recipe is typically served fried at lunch or dinner, but can also be served for breakfast. We will also learn how to make gnocchi, Italy's famed Italian dumpling. A classic Italian pasta, these fluffy potato dumplings make for a hearty meal no matter how you serve them. We will eat them with Dee's homemade spaghetti sauce. Come hungry! *Please bring a cutting surface such as a cutting board or mat and an apron. There is a \$20 material fee payable to the instructor the night of class.*

Mon	6-9 p.m.	Mar 19	1 Session
Dee Biagi	CTC-123, IVCC	HLR-3941-303	\$35

● Authentic Italian Meat Sauce

NEW Having experimented for many years, Dee Biagi will share with you her most prized Italian meat sauce recipe using all fresh ingredients, time and love. This class will teach you what your grandmother and those before her always knew. Experience a complete Italian meal involving "the Sauce". Come hungry to experience this treasured old world family recipe. *Please bring an apron to class. There is a \$20 material fee payable to the instructor the night of class.*

Tue	6-9 p.m.	Apr 24	1 Session
Dee Biagi	CTC-123, IVCC	HLR-3914-304	\$35



Dance & Music

Please note: Oglesby Lincoln School is located at 755 Bennett Ave., Oglesby

● 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 during the semester. **Prerequisite:** Performance ability on a wind instrument, piano, guitar or trap drum. The college owns a piano; students playing wind, guitar or drums must provide their own instrument. Late enrollments accepted. *No class: Mar 13.*

Tue	6:30-9 p.m.	Jan 16-May 15	17 Sessions
Brandon	D-223, IVCC	HLR-5116-301	\$25
Czubachowski			

● Wedding Reception Survival

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

Tue	7-8:15 p.m.	Feb 6-Mar 13	6 Sessions
Jane & Rodney	Small Gym,	HLR-5108-402	\$58
Schomas	Oglesby Lincoln School		

● Two Step

By popular request, Jane and Rodney are now offering a Two Step dance class. This class is a beginner's level introduction to footwork and turns in this pattern. This dance travels counter-clockwise around the dance floor and is usually danced to country music, but you will learn it is not just for country music! ***Please sign up with a dance partner and both persons must register.**

Tue	8:15-9:30 p.m.	Feb 6-Mar 13	6 Sessions
Jane & Rodney	Small Gym,	HLR-5124-402	\$58
Schomas	Oglesby Lincoln School		

● Tropical Rhythms

If you are planning a tropical vacation, a cruise or even if you are not... and you just want to have fun... this class will help you accomplish your goals! Tropical Rhythms will focus on Merengue, Salsa and Bachata. These basics will have you thinking "spring" in no time! ***Please sign up with a dance partner and both persons must register.**

Thu	7-8:15 p.m.	Feb 8-Mar 15	6 Sessions
Jane & Rodney	Small Gym,	HLR-5122-402	\$58
Schomas	Oglesby Lincoln School		

● Beginner's 2 Swing

Pre-requisite: Students must have completed a Beginning Swing Dance class in the past year.

This class will take you up a notch from the introductory Beginning Swing level. Beginners 2 Swing is designed for those that are not quite ready for the advanced class. ***Please sign up with a dance partner and both persons must register.**

Thu	8:15-9:30 p.m.	Feb 8-Mar 15	6 Sessions
Jane & Rodney	Small Gym,	HLR-5123-402	\$58
Schomas	Oglesby Lincoln School		

● Beginning Swing Dance

Big band, rock, oldies or country? No matter what kind of music you like you can dance swing to it. Learn the moves to take you a step ahead. You will learn basic patterns, turns and some fancy footwork too. Look like Fred & Ginger on the dance floor, not Fred & Ethel!

***Please sign up with a dance partner and both persons must register.**

No class: Apr 3.

Tue	7-8:15 p.m.	Mar 27-May 15	7 Sessions
Jane & Rodney	Small Gym,	HLR-5102-403	\$67
Schomas	Oglesby Lincoln School		

● Advanced Swing Dance

Now that you have the 6-count mastered, let's take on some fancier footwork! Learn some of the more intricate parts of swing dance including turns, advanced footwork, the Lindy Hop and Charleston moves. ***Please sign up with a dance partner and both persons must register. No class: Apr 3.**

Tue	8:15-9:30 p.m.	Mar 27-May 15	7 Sessions
Jane & Rodney	Small Gym,	HLR-5103-403	\$67
Schomas	Oglesby Lincoln School		

Photography

Looking to practice your photography skills, while stretching your legs and learning about Illinois wildflowers?

Check-out this class on page. 28

● Exploring Wildflowers of Starved Rock

Sat	10 a.m.-3 p.m.	Apr 28	1 Session
David Anderson	CTC-216, IVCC	HLR-5203-04	\$39



● Intro to Photography & DSLR

This course will answer questions about the basic operation and settings used with DSLR cameras. Basic photography concepts and camera settings will be discussed. A variety of topics introducing the student to the foundational building blocks of digital imaging will be presented. By the end of this class students will have a basic understanding of camera functions, lenses, accessories and an overview of topics related to imagery. **Students should bring a digital SLR camera, lens, memory card and camera manual to class.**

Tue	6:30-9:30 p.m.	Feb 13-Mar 6	4 Sessions
Doug Dellinger	E-320, IVCC	HLR-2505-302	\$99

● Beginning Photography & DSLR

Pre-requisite: Intro to Photography & DSLR

This course will delve into more in depth concepts of digital imaging with a digital SLR camera. Achieving proper exposure and color balance will be stressed. The use of both reflected and incident light meters and their differences. An introduction to composition and an overview of the different types of photography and their differences will also be included. At the end of this class you will have the confidence to capture great images in a variety of situations. **Students should bring a digital SLR camera, lens, memory card and camera manual to class.**

Tue	6:30-9:30 p.m.	Mar 20-Apr 10	4 Sessions
Doug Dellinger	E-320, IVCC	HLR-2506-303	\$99

● Intermediate Photography & Lighting

Pre-requisite: Intro & Beginning Photography & DSLR

This course will expand on exposure topics to cover challenging lighting situations and using supplemental lighting. Use of LED, incandescent and flash lighting will be discussed and the use of flash will be stressed. Types of flash, metering, triggering and light modifiers will be explored. Students will have hands on experience using these lights. **Students should bring a digital SLR camera, lens, memory card and camera manual to class.**

Tue	6:30-9:30 p.m.	Apr 24-May 15	4 Sessions
Doug Dellinger	E-320, IVCC	HLR-2507-304	\$99



Photoshop & Drone Technology

● Photoshop CC for Photographers [Part I]

NEW It is time to take your photos to the next level. Artists, photographers, designers and hobbyists all rely on Adobe Photoshop CC for image creation and editing. You will learn how to use Photoshop with detailed, step-by-step instructions and you'll have a lot of fun doing it. In this course we will focus on learning how to organize photos in Adobe Bridge, editing in Adobe Camera Raw and Introduction to Photoshop with time spent on menus and tools, layers, layer masks, adjustment layers and filters. **Students should bring their fully charged laptop with Photoshop CC already installed and charging cord. A textbook "The Adobe Photoshop CC Book for Digital Photographers" by Scott Kelby is required and is available at the IVCC Bookstore. This book will be used in both Part One and Part Two classes. No class: Mar 8.**

Thu	6:30-9 p.m.	Feb 15-Mar 29	6 Sessions
Doug Dellinger	CTC-123, IVCC	CEX-4958-302	\$139

● Photoshop CC for Photographers [Part II]

NEW *Pre-requisite: Photoshop for Photographers [Part I]
In this class, you will work with: selecting and selection tools, layers and blend modes, layer masks and painting in edits. You will also learn how to use Photoshop tool presets. In the second half of this class you will work on advanced topics such as portrait retouching, HDR, compositing, liquefy and warp tools, keyboard shortcuts and special effects. By the end of this class you will be able to create HDR images, fix common problems, learn special effects, add text to photos and add or delete people in a photograph.

Thu	6:30-9 p.m.	Apr 5-May 10	6 Sessions
Doug Dellinger	CTC-123, IVCC	CEX-4958-304	\$139

The Federal Aviation Administration predicts there will be 7 million active drones in the U.S. by 2020 – up from 2.5 million drones flying over American skies now. Hobbyists, entrepreneurs, tourism industry, farmers and even law enforcement and the military are using drones for everything from snapping photos of real estate listings, creating advertising, surveying crops to identifying hot spots in fires. Experts predict leisure drone use to increase and see boundless potential for drone use and drone based businesses.

● All Day Drone Workshop

Register for both Drones 101 and Drones 102 for the discounted all-day price of \$59. Use the course number below to register for the all-day rate.

Sat	9 a.m.-4 p.m.	Apr 28	1 Session
Bob Myers	CTC-124, IVCC	HLR-5902-24	\$59

● Drones 101 [Beginning Class]

Drone technology is a relatively new field and in its infant stages. There is literally nowhere to go but up! If you are thinking about getting a drone or already have one and are not sure what to do with it, this course is for you. Instructor will demonstrate how to fly a drone. Participants should not bring their drones to class. This class will cover:

- Basic drone flying techniques
- Basic drone operation safety tips
- How to conduct a "pre-flight inspection"
- How to determine if the conditions are safe to fly your drone
- The difference between a "toy and a professional" drone
- When your new drone needs to be registered with the FAA

Sat	9 a.m.-12 p.m.	Apr 28	1 Session
Bob Myers	CTC-124, IVCC	HLR-5902-04	\$35

● Drones 102 [Advanced Class]

So you bought an expensive drone and you aren't sure what to do with it. Some drone flying experience would be useful but not necessary for this course. Instructor will demonstrate how to fly a drone. Participants should not bring their drones to class. This class will cover:

- Is your new aircraft safe to fly?
- Are the weather conditions safe to fly your drone?
- What FAA rules apply to the area where you want to fly your drone?
- What FAA rules apply to flying a drone professionally?
- What additional privileges does a professional drone pilot have over a hobbyist?

Sat	1-4 p.m.	Apr 28	1 Session
Bob Myers	CTC-124, IVCC	HLR-5902-14	\$35

Meet your instructor: Bob Myers is retired from the U.S. Air Force. He is an FAA professionally licensed and experienced small unmanned aircraft (drone) operator, producing aerial photography and providing services for the American Red Cross, fire and police agencies.

Hobbies, Interests & Local History



● How to Brew Coffee like a Pro

NEW Learn how to make the perfect cup of coffee at home. We will look at various methods of brewing coffee. You will learn how to pick the right beans and grind for you. Matt McLaughlin of Starved Rock Coffee Company will take you through the home brewing process step by step. You will sample coffee in class and take coffee beans home with you at the end of the night.

Thu	6-7:30 p.m.	Feb 1	1 Session
Matt	CTC-123, IVCC	HLR-3801-302	\$45
McLaughlin			

Wed	6-7:30 p.m.	Mar 7	1 Session
Matt	CTC-123, IVCC	HLR-3801-303	\$45
McLaughlin			

● The Ottawa Rescue Case

What does the Fugitive Slave Act, the Underground Railroad and an Illinois Supreme Court Justice have to do with LaSalle County? In 1859 a runaway slave identified as Jim Gray was captured in Union County, Illinois. An abolitionist learned of the incident and demanded he be released as Illinois was a free state. Chief Justice of the Illinois State Supreme Court, John D. Caton, resided in Ottawa and ordered a hearing to be held at the LaSalle County Court House. You will learn about this fascinating story and local history connected to the Underground Railroad.

Tue	6:30-8 p.m.	Feb 13	1 Session
Heinz Suppan	CTC-124, IVCC	HLR-7605-302	\$16

● Banditti and Regulators of Northern Illinois

NEW After the smoke of the Black Hawk War had cleared and northern Illinois was opened for development, many settlers wanted to make claim to some of the best land in the Rock and Kishwaukee River Valleys. In northern Illinois, where the presence of the law was just developing, an unsavory group known as banditti moved into the area with the intent to steal horses and claim jump among other crimes. Local residents formed a group of "regulators" to take the law into their own hands and formed one of the largest firing squads in U.S. History. Find out what happened and how Judge John Caton of Ottawa became involved in the ensuing trial of the Ogle County Regulators.

Tue	6:30-8 p.m.	Feb 20	1 Session
Heinz Suppan	CTC-124, IVCC	HLR-7607-302	\$16

● Can you Hear Me Now?

[Broadcast Communication 101]

NEW Rod Thorson has been "on the air" for 25 years and currently has the highest rated radio show in North Central Illinois. In this course, you will learn how to produce a show, build a following and create a powerful connection with your audience. Whether you want to broadcast for a living, create radio advertising, learn to promote your business or refine your communication techniques, you will learn the skills it takes to get to the top! You will walk away from this class with the ability to improve both your personal and business communication skills. The first session of this course will meet at IVCC. The second session you will meet at WLPO Radio Station where you will have the opportunity to see a real broadcast room and experience what happens behind the scenes. CEU: .4

Mon/Wed	6:30-8:30 p.m.	Feb 26 & 28	2 Sessions
Rod Thorson	CTC-214, IVCC	CEU-7617-302	\$49

Mon/Wed	6:30-8:30 p.m.	Apr 16 & 18	2 Sessions
Rod Thorson	CTC-214, IVCC	CEU-7617-304	\$49

● Exploring Wildflowers of Starved Rock

Attention nature and photography lovers! Join freelance photographer David Anderson for a morning presentation of photographs of the beautiful wildflowers found at Starved Rock State Park. You will learn how to identify the various species that grow in this region and find out where and when they can be found. In the afternoon, you will meet at Starved Rock where David will lead you on a nature hike to view, identify and photograph wildflowers. Students will provide their own transportation to Starved Rock.

Course fee includes a pocket wildflower guide book, please bring hiking boots or sturdy tennis shoes, water and a sack lunch. A camera is recommended, but is not required to participate in this class.

Sat	10 a.m.-3 p.m.	Apr 28	1 Session
David Anderson	CTC-216, IVCC	HLR-5203-04	\$39



Bee Keeping



● Introduction to Bees & Bee Keeping

In this class, you will focus on the principles of bee keeping. These principles include the history of bee keeping, honeybee biology, plant and pollinator relationship and essential equipment and requirements. By the end of the course, you will be able to help experienced bee keepers in the management of hives and start bee keeping as a hobby. This is the first course in the Midwest Master Beekeeper Program.

Mon/Wed 6-8:30 p.m.
Dr. Moneen Jones C-316, IVCC

Feb 26 & 28
HLR-5530-302

2 Sessions
\$99

Meet your instructor: Dr. Moneen Jones is an entomologist, beekeeper, author of over 50 peer-reviewed publications on insect resistance management, and Director of the Midwest Master Beekeeper Program. She has been a faculty member at the University of Missouri, University of Florida, and received her doctorate in entomology from the University of Illinois, Urbana-Champaign. She has published over 50 peer-reviewed publications, magazine articles, and a new statistics book, *Bioassays with Arthropods, 3rd edition*.



Mind, Body & Wellness

T'ai Chi

T'ai chi is a set of 19 slowly and gently completed movements and one pose which increases the accumulation, circulation and balancing of the life source. The movements are easy to learn and appropriate for people of all ages and physical abilities. Those who regularly practice T'ai chi experience greater energy, awareness and creativity and an improved quality of life. This class will teach you approximately one half of the movements, enough to enable the student to experience the benefits of practice. **Wear comfortable, loose fitting clothes and athletic shoes. No class: Mar 16.**

Fri	9:15-10:30 a.m.	Feb 9-Apr 6	8 Sessions
Dan Retoff	Rm 101, Ottawa Center	HLR-6104-602	\$59

Breathing for Life

Body, breath and mind are interrelated. Breathing properly is conducive to health and well being, alleviates anxiety, improves sleep, circulation and immune system functioning and calms and relaxes the mind. This is a great opportunity for an introduction to breathing techniques used in yoga. You will learn how to breathe for life! **Bring a blanket and dress comfortably for an exploration of the mechanics and benefits of natural breathing. Dan Retoff has taught at Illinois Valley Community College since 1999. In addition to teaching yoga, breathing and t'ai chi classes through the Continuing Education Center, he also teaches Anatomy & Physiology I, Human Growth and Development and Human Body Structure & Function.**

Wed	6-7 p.m.	Feb 21-Mar 7	3 Sessions
Dan Retoff	C-326, IVCC	HLR-6108-302	\$29

Fri	9:15-10:15 a.m.	Apr 13-27	3 Sessions
Dan Retoff	Rm 101, Ottawa Center	HLR-6108-604	\$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.**

Wed	6-7:15 p.m.	Mar 21-Apr 25	6 Sessions
Dan Retoff	CTC-121, IVCC	HLR-6101-303	\$45

Yoga Unique to You

Yoga challenges body and mind while building core power and improving stability. All levels of experience welcome. Learn sun salutations, standing postures, seated postures and vinyasa. Emphasis will be placed on correct body alignment, holding postures and meditative flow from one posture to the next. Coordination of breath (pranayama) and movement is also emphasized. *Please bring a yoga mat and towel to class.*

Tue/Thu	4:45-5:45 p.m.	Jan 16-Feb 22	12 Sessions
Tracie Klieber	CTC-121, IVCC	HLR-6218-301	\$59

Tue/Thu	4:45-5:45 p.m.	*Feb 27-Apr 10	12 Sessions
Tracie Klieber	CTC-121, IVCC	HLR-6218-302	\$59
*No class: Mar 29			

Tue/Thu	4:45-5:45 p.m.	Apr 12-May 22	12 Sessions
Tracie Klieber	CTC-121, IVCC	HLR-6218-304	\$59

Strength Cardio Core

This class will provide you with an opportunity to cross train twice a week by participating in rotating training methods. Come ready to sweat, have fun and improve your health. *Please bring water, a sweat towel and an exercise or yoga mat.*

Strength & Core: This functional fitness class will encourage coordination skills, tone your body, zap calories and metabolize fat. Build a strong core: abs, hips and back, to support and improve what you do every day. Start at a beginner's level and gradually increase to a more advanced level as improvement is shown.

Fat Burning Cardio: Fat Burning Cardio is a HIIT (High Intensity Interval Training). Start with a warm-up then move into moderate pace cardio to harder pace cardio in intervals of 30 sec ending with a cool down stretch. Cardio has functional fitness, heart rate elevating moves. You will continue to burn calories long after class has ended.

Mon/Wed	5-5:30 p.m.	*Jan 22-Mar 5	12 Sessions
Tracie Klieber	CTC-121, IVCC	HLR-6212-301	\$59
*No class: Feb 19			

Mon/Wed	5-5:30 p.m.	*Mar 7-Apr 18	12 Sessions
Tracie Klieber	CTC-121, IVCC	HLR-6212-303	\$59
*No class: Mar 28			

Mon/Wed	5-5:30 p.m.	*Apr 23-Jun 4	12 Sessions
Tracie Klieber	CTC-121, IVCC	HLR-6212-304	\$59
*No class: May 28			



● **Detoxify Your Body & Living Environment**

In the last hundred years, thousands of unresearched chemicals have been introduced into your food, water, environment and medicine. The average person now carries a body burden of 700 or more synthetic chemicals, including Teflon residues, plastics and dozens of pesticides. This toxicity load is sabotaging our health and quality of life. We will examine common chemicals that are undermining our bodies, homes and environment. More importantly, we will explore ways to minimize our exposure, detoxify our bodies, and replace common personal care and cleaning products with natural, non-toxic ingredients.

Wed 9 a.m.-3:30 p.m. Feb 21 1 Session
Candice Chaffee C-316, IVCC HLR-6312-02 \$89

● **Stress & Life Management: A New Approach**

Stress is the bane of western civilization and culture. Very few of us have been taught constructive ways to manage our lives, times, emotions and demands of daily activities. This course can change your life. Our reactions to stress reveal much about our inner lives. Learn techniques for transcending self-limiting beliefs and patterns of thinking. Learn how to identify the true sources of stress and how we can re-program our behavioral response. Explore Toltec wisdom in the simplicity of *The Four Agreements* as well as study bilaterally, the ability to integrate the brain's left and right hemispheres to enhance full function and communication with each other. You will learn simple bilateral exercises and techniques that encourage healthier brain functioning. Join us for refreshing and innovative strategies to reduce, prevent and manage your stress!

Wed 9 a.m.-3:30 p.m. Mar 14 1 Session
Candice Chaffee C-316, IVCC HLR-6314-03 \$89

● **Aromatherapy for Health & Well-Being**

Aromatherapy is required coursework in French medical schools and essential oils are revered for their healing benefits in many countries. This workshop is a comprehensive introduction to the many applications of essential oils. Topics include: how to use, buy, and store, basic care kit, pharmacological and psychological properties, carrier oils and everyday applications. Students have the opportunity to experience a wide variety of scents and learn the life-enhancing and healing qualities of essential oils. **There is a \$5 material fee payable to the instructor the day of class.**

Thu 9 a.m.-3:30 p.m. Apr 12 1 Session
Candice Chaffee C-316, IVCC HLR-6402-04 \$89

● **Advanced Aromatherapy:**
The Application of Essential Oils

Prerequisite: Aromatherapy for Health and Well-being or Aromatherapy for Healthcare Professionals.

This course is a continuation of Aromatherapy study. It is a more in-depth exploration of essential oils and their uses. Participants will learn about pharmacological properties of these healing oils, as well as the basics for mixing therapeutic, skin/personal care and home use products. The beginning concepts of hand and foot REFLEXOLOGY will be taught as a modality for enhancing the therapeutic properties of essential oils. This fun-filled workshop is experiential and students will make and take home their own creative products! **There is a \$20 material fee payable to the instructor the day of class. Please bring notes from previous class for review. Also, feel free to bring your own collection of essential oils.** **Registration deadline: Apr 11.**

Wed 9 a.m.-3:30 p.m. Apr 25 1 Session
Candice Chaffee C-316, IVCC HLR-6421-04 \$89

● **Advanced Aromatherapy:**
The Art of Blending Essential Oils

Prerequisite: Aromatherapy for Health and Well Being or Aromatherapy for Health Professionals.

This workshop is a continuation of Aromatherapy study and will focus on the art of selecting, balancing and blending essential oils for specific uses. We will examine blending for home use (cleaning, sanitizing), personal care products and custom perfumes. Participants will learn categories and note classifications (top, middle and base) of essential oils and different techniques for formulating therapeutic blends. Chemical constituents and their effects will be studied. Upon completion of this course, participants will be able to: list the categories of essential oils, their characteristics and specific oils from each category, explain which categories best complement each other, describe top, middle and base notes and their ideal proportions when creating a blend, demonstrate how to choose the correct ratios when formulating essential oils, explain the steps in determining desired effects and selecting appropriate oils and demonstrate how to test and formulate blends for a different uses. This workshop is experiential, students will formulate and take home their own pure essential oil blends. **There is a \$20 material fee payable to the instructor the day of class. Please bring notes from previous class for review. Also, feel free to bring your collection of essential oils.**

Registration deadline: Apr 26.
Thu 9 a.m.-3:30 p.m. May 10 1 Session
Candice Chaffee C-316, IVCC HLR-6422-05 \$89

Mind, Body & Wellness

● Define & Connect with your Sixth Sense

Have you ever wondered "how did I know that before it happened"? How about a vivid dream that came true or a gut feeling that you cannot ignore? This course will focus on the most common ways intuitive messages are received and how to listen to your messages thereby creating a more enjoyable and rewarding life. Learn how to discern between the rational mind and the intuitive mind. A calming guided meditation will help students relax and be open to receiving their intuitive guidance. We will have an open forum at the end of class. Do you have an intuitive story to tell?

Wed	6:30-8 p.m.	Apr 4	1 Session
Mary Beth	CTC-125, IVCC	HLR-6504-304	\$35
LaManna			

● Guided Meditation

NEW In our fast paced world, we find ourselves running at top speed just to keep up. This pace increases our stress levels, which ultimately harms our bodies and minds. Are you searching for a way to find complete relaxation, inner peace and personal growth? Please join Spiritual Messenger and Intuitive Coach, Mary Beth LaManna, as she offers unique guided meditation sessions focusing on visualization, breath work, mindfulness and self-discovery. *Please bring a blanket (and yoga mat if you have one) to class.*

Tue	6:30-7:30 p.m.	Feb 27	1 Session
Mary Beth	CTC-121, IVCC	HLR-6414-302	\$35
LaManna			

Tue	6:30-7:30 p.m.	Mar 13	1 Session
Mary Beth	CTC-121, IVCC	HLR-6414-303	\$35
LaManna			

Tue	6:30-7:30 p.m.	Mar 27	1 Session
Mary Beth	CTC-121, IVCC	HLR-6414-313	\$35
La Manna			

Meet your instructor: Mary Beth LaManna is a spiritual messenger and intuitive coach. Her intuitive gift started at a very young age and she is passionate about using it to help others. Mary Beth has attended many spiritual workshops including an Angel Intensive Therapy course with Dr. Doreen Virtue.

● Creighton Model Fertility Care

NEW Alyssa Zukowski is a Fertility Care Practitioner (FCP) for the Creighton Model Fertility Care System. This model teaches the naturally occurring signs and symptoms of the fertile and infertile phases of a woman's menstrual cycle. With fertility awareness, a woman can be fully aware of what is occurring in her body. This system offers NaPro Technology, a scientific approach to address gynecologic issues and diseases in a woman.

Who would benefit from this session?

- Couples wanting a natural approach on how to effectively avoid or achieve pregnancy (98.6% effective).
- Couples struggling with infertility. This model is medically based and effective at identifying and treating medical issues: Polycystic Ovarian Dysfunction, Endometriosis, hormonal imbalances and many more.
- Any woman who struggles with painful periods including PMS and hormonal imbalances.
- Medical professionals who wish to advance their knowledge regarding the woman's anatomy and physiology.
- Any woman wishing to understand her body and gain female empowerment.

Sat	9-10:30 a.m.	Apr 14	1 Session
Alyssa Zukowski	CTC-124, IVCC	HLR-6318-04	\$29

● Hearing Loss & Hearing Aids 101

Hearing loss is one of the most common medical conditions affecting adults. Approximately one in three people between the ages of 65 and 74 have hearing loss. Having trouble hearing can make it hard to communicate with others and can make it difficult to respond appropriately to environmental sounds. This can be frustrating, embarrassing and even dangerous. This course will help you to better understand hearing loss and the treatment options available for it. Hearing aids will be discussed in detail. Upon completing this course you will be educated with the information needed to confidently pursue hearing help for yourself or a loved one. *This course is presented by Beth Wallace, M.S. and Elizabeth Koch, AuD. They are both audiologists at St. Margaret's Health Ear, Nose and Throat Center with 16+ years of combined experience in the field of audiology.*

Tue	10 a.m.-12 p.m.	Apr 17	1 Session
Beth Wallace & Elizabeth Koch	CTC-124, IVCC	SRS-1202-04	\$12

Dollars & Sense



• Financial Fitness Q & A with the Instructor

Is finding a financial balance your 2018 New Year's resolution? Learn more about the Financial Fitness program and if it is right for you. Instructor, Abby Zukowski will give you a basic overview of the upcoming program and share with you her personal story. Learn how re-adjusting your financial strategies can change your path in life. This session is free, but you must pre-register for planning purposes by calling IVCC at (815) 224-0447.

Tue	6-6:30 p.m.	Jan 30	1 Session
Abby Zukowski	CTC-125, IVCC	CDV-5000-301	FREE

• Financial Fitness

This class is designed to help individuals develop a deeper understanding of the principles behind the offense, defense and playing field of personal finance. Over the course of 6 weeks we will actively apply 47 proven principles and put them to the Financial Fitness Challenge! Not only will individuals learn the defense and how to get out of debt, they will learn to change habits and viewpoints on money, build stability for a more secure future and develop a better understanding of how money works in general!

"Financial Fitness" and *"Financial Fitness Workbook"* by Chris Brady & Orrin Woodward are recommended books for this class. Paperback copies can be purchased at lifeleadership.com.

Tue	7-8:30 p.m.	Feb 13-Mar 20	6 Sessions
Abby Zukowski	CTC-125, IVCC	CDV-5006-302	\$59

• Basics of Investing

NEW What is a 401k? Traditional IRA? Roth IRA? Brokerage Account? Learn about these different account types as well as stocks, bonds, mutual funds and other securities in this entry level investing class. The importance of diversification, dollar cost averaging, the benefits of a down market and other topics will be discussed to help you navigate the market as well as your own portfolio (large or small).

Wed	6-7:30 p.m.	Mar 21-Apr 4	3 Sessions
Brian Sellett	CTC-124, IVCC	CDV-5001-303	\$35



• 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 pre-register by calling IVCC at (815) 224-0447.

Thu	6:30-7:30 p.m.	Mar 22	1 Session
Tracy Tunnell	Rm 101, Ottawa Center	CDV-5008-633	Free

Wed	6:30-7:30 p.m.	Apr 25	1 Session
Tracy Tunnell	CTC-124, IVCC	CDV-5008-304	Free

• AARP Smart Driver Program

The AARP Driver Safety Program is a classroom driver refresher course designed especially for drivers age 50 and over. This program 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. At completion of this course; students will receive a certificate that can be presented to their automobile insurance holder that may entitle them to a discount. There is a \$15 fee for AARP members (with AARP membership card); and a \$20 fee for non-members payable to the AARP instructor for materials on the first day of class. Please arrive fifteen minutes early for the first day of class. This class is located at the IVCC Truck Driver Training Center, Building H on East Campus. Park in Lot #7.

Mon/Tue	8:30 a.m.-12:30 p.m.	Apr 9-10	2 Sessions
Regina Leffelman	Rm 101, Bldg H	SRS-1112-04	AARP Fee payable at class
	IVCC-East Campus		

• It's Decision Time

[Understanding Medicare and Medicaid]

Join in an informative and interactive program that will provide you with a better understanding of Medicare and Medicaid. Topics will 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 11-May 2	4 Sessions
Dick Volker	C-326, IVCC	SRS-1113-304	\$45



Sustainable Energy

● Small Wind Generators for the Homeowner

Energy independence through wind power

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. Discuss components of wind generators, tower height, 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 9:30-11:30 a.m. Feb 24 1 Session
Robert Vogl CTC-216, IVCC HLR-5521-02 \$35

● Basics of Solar Electricity

Energy independence through solar power

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. Dr. Vogl will explain 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 12-2 p.m. Mar 24 1 Session
Robert Vogl CTC-216, IVCC HLR-5522-03 \$35

Survival Skills



● Survival Series: 24 Hour Survivor Camp-Out!

NEW Are you ready for an adventure? This 24-hour, hands-on, experiential survival course will combine outdoor skills training with camp craft and a night spent in the woods in Illini State Park. Learn awareness and tracking skills in the woods, where it is meant to be experienced. Learn and practice the survival skills to make shelter, fire, tinder, rope, traps and snares, as well as see how to hunt primitively and build a proper fire structure, cook, purify water, and find edible/medicinal plants in the bush. Even if you have no camping or survival experience, you're bound to have fun, learn new skills, make new friends and have some good stories to tell when you get back home. Basic camping skills will also be covered so you can feel more comfortable and familiar with this great pastime. Bring your sense of adventure and prepare to be a survivor! **There is a \$7.50 fee payable the day of class for the tent-site reservation. Class is limited to 6 students, must be age 18 or older. Registration deadline: Apr 20. Please prepare to be outdoors and bring a camping knife, note-taking materials and camera. You will also need to provide your own tent, sleeping bag, sleeping mat, tarp(s), firewood, food, water, toiletries, changes of clothing/shoes and flashlight(s). You may also want to bring along insect repellent or cold/rain gear. Additional information will be mailed to students prior to class.**

Sat/Sun 12 p.m.-12 p.m. May 5-6 1 Session
Jason Thompson Illini State Park, Marseilles HLR-5318-405 \$150



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New class sessions will begin:
January 17 ~ February 14
March 14 ~ April 11 ~ May 16

● Introduction to QuickBooks 2017

Learn to manage the financial aspects of your small business quickly and efficiently with this powerful accounting software program. QuickBooks is designed especially for the small to midsized business owner who needs a fully functional accounting system that's also easy to use. You will gain hands-on experience as you master the tools you need set up a chart of accounts; reconcile your checking account; create and print invoices, receipts, and statements; track your payables, inventory, and receivables; create estimates; and generate reports. Whether you're new to QuickBooks or have already used earlier versions of this accounting software program, this course will empower you to take control of the financial accounting for your business. *You must have either QuickBooks Pro 2017 or QuickBooks Premier Edition 2017 version installed on your computer in order to take this class.*

Course Fee: \$99

● Discover Sign Language

It's truly amazing that we can communicate just by using our hands! In this course, you will discover how to use this graceful, expressive language to communicate with Deaf people. Master how to fingerspell the alphabet, learn signs for colors, numbers, objects, family members and see how to sign phrases and full sentences. Throughout, you will learn by watching videos that demonstrate how to make the signs and how to incorporate facial expressions to communicate in this beautiful language. By the end of the course, you will be ready to have a conversation in sign language.

Course Fee: \$99



Continuing Education ● ● ● Questions: [CALL] (815) 224.0427 [CLICK] ivcc.edu/cec

HOW TO GET STARTED:

1. Visit our Online Instruction Center at ed2go.com/ivcc
2. Click the "Courses" link, choose the department and course title you are interested in and select the "Enroll Now" button. Follow the instructions to enroll and pay for your course. Here you will enter your e-mail and choose a password that will grant you access to the classroom.
3. On the day your course begins return to our Online Instruction Center and click the "Classroom" link. To begin your studies, simply log in with your email and the password you selected during enrollment.

These are just a *few* examples of classes available online. Please visit the website for a full listing.

● Resume Writing Workshop

Create an effective resume or improve the one you already have. This workshop will lead you through a self-assessment series so you will have extensive knowledge about the product you are marketing, YOU! Learn different resume formats and the advantages and disadvantages of each. Write an employment objective that shows potential employers that you have direction. Know what to reveal in a resume and what to keep to yourself. Discover how to use references to your advantage. This course includes the use of online resumes and Internet Resume Secrets.

Course Fee: \$99

● Certificate in Gerontology

This certificate represents a specialization in the field of gerontology. It is designed to enhance the knowledge and skills of individuals who work with older adults by providing an educational experience that is multidisciplinary in nature. With the population aging at a rapid rate, the number of individuals over 65 will more than double by 2020. The demand for knowledgeable providers to meet the needs of this population is dramatically increasing, new jobs are being developed, and new services created. Health professionals who work with the older population will need continuing professional education to gain a broad understanding of the field of gerontology and to stay current with emerging trends.

Course Fee: \$199



Pre-registration is required for all classes.

Payment is due at the time of registration.

REGISTER NOW:

Online

ivcc.edu/onlinecec

Mail

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

Phone

Please call (815) 224-0447

Fax

(815) 224-6091

In Person

IVCC – Admissions & Records
Room CTC-101
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 canceled by the Continuing Education Center, you will receive a full refund.

Continuing Education Registration Form

Spring 2018 | Visit our website - ivcc.edu/cec 



Gender: ☐ Male ☐ Female Admission Status: ☐ First time IVCC Student ☐ Returning IVCC Student
Social Security Number (must be included) _____

Last Name _____ Former 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 () _____

The following items are requested for state reporting.

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 _____

Highest degree previously earned:

☐ GED

☐ Certificate

☐ Master's Degree

☐ Other

☐ H.S. Diploma

☐ Associate Degree

☐ 1st Professional Degree

☐ Some College

☐ Bachelor's Degree

☐ Doctoral Degree

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.

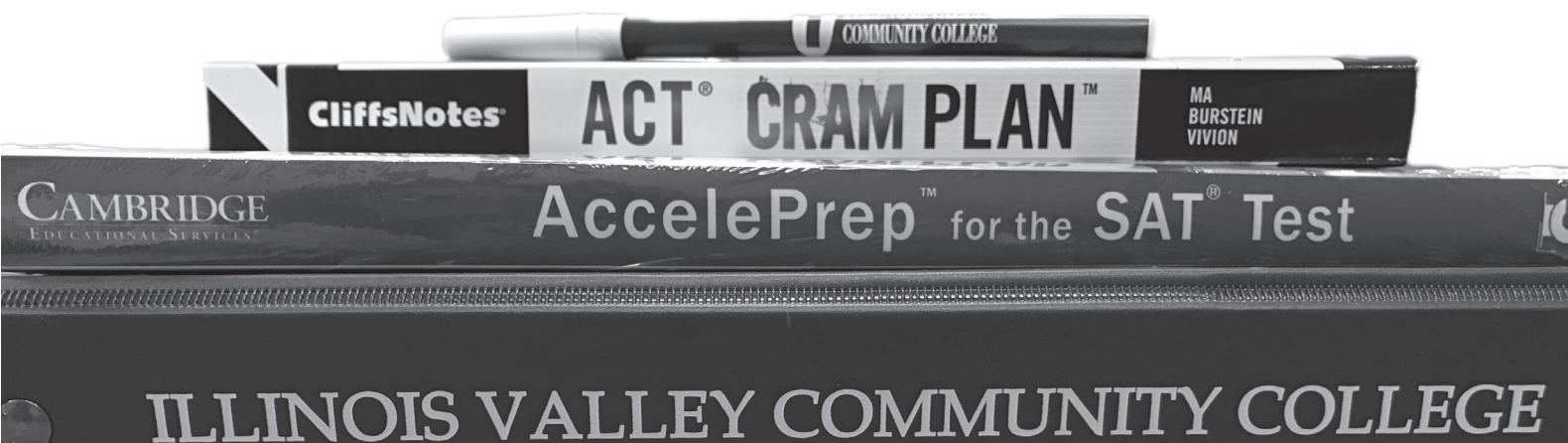
☐ Master Card ☐ Visa ☐ Discover ☐ American Express 3-Digit Security Code _____

Card Number _____ Expiration Date _____

Cardholder's signature _____ ☐ Per Phone

IVCC does not discriminate on the basis of race, national origin, disability, age, religion, sexual orientation or any legally protected classification.

High School Test Prep



● SAT Test Prep

Prepare yourself for the SAT (Scholastic Aptitude Test). You will learn test-taking skills, answering strategies for handling each type of question, time restraints and the SAT scoring system. This class is designed to coach you to do your best on the SAT and demystify college admission testing. Preparing for the SAT 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. This class will also review practice questions for the English, Reading & Math portions of the exam. A textbook "AccelePrep for the SAT Test" is included in the price of this course. Students will be able to use this text to continue preparing for the exam after the class has ended. Seating is limited for this class. Two classes have been scheduled. *Please see below for information on a class meeting in Ottawa at the IVCC Ottawa Center and the class meeting at IVCC's Main Campus in Oglesby.*

Take it at IVCC's Main Campus

**Registration deadline: Feb 16*

Sat	8:30 a.m.-1 p.m.	Feb 24	CTC-208
Sat	8:30-11:30 a.m.	Mar 3	CTC-214
Heather Crawley		YOU-3502-02	\$89
& Bernie Moore			

Take it at the IVCC Ottawa Center

**Registration deadline: Feb 23*

Sat	8:30 a.m.-1 p.m.	Mar 3	Rm 112
Sat	8:30-11:30 a.m.	Mar 10	Rm 104
Heather Crawley		YOU-3502-603	\$89
& Bernie Moore			

● ACT Test Prep

Are you scheduled for an up-coming ACT exam? This class will provide test taking strategies including how to handle time constraints, and review the ACT scoring system. This course will include, the English, Reading & Math portions of the exam. You will take home tips, techniques and test taking strategies to ensure you feel comfortable and confident on test day. Please bring a pen/pencil and notepaper to class. This course meets a total of two sessions. A textbook "CliffsNotes ACT Cram Plan, 3rd Edition" is included in the price of this course. Students will be able to use this text to continue preparing for the exam after the class has ended. Seating is limited for this class.

Take it at IVCC Main Campus

**Registration deadline: Mar 15*

Sat	8:30 a.m.-1 p.m.	Mar 24	CTC-208
Sat	8:30-11:30 a.m.	Mar 31	CTC-214
Heather Crawley		YOU-3501-03	\$89
& Bernie Moore			





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Oglesby, IL 61348-9692
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POSTAL CUSTOMER

IVCC Summer Youth Camps

IVCC's Summer Camp Schedule for kids will be available in April 2018

To request a copy call: (815) 224-0427

Summer Camps held June - August
Ed'Venture Week
is July 23-26, 2018



For more information contact the Continuing Education Center
Illinois Valley Community College
815 N. Orlando Smith Road | Oglesby, IL | 61348
(815) 224-0427 | ivcc.edu/cec