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Scan for  
additional information.

Are you looking for a new challenge? Do you want to sharpen your skills? Want to look like Fred & Ginger on the dance floor? Discover the secrets taught by a professional dog groomer? Learn to build a fire using native techniques? Unleash your inner artist?

## EXPERIENCE IVCC... here is what our students have to say...

### Culinary

*"Very good class, enjoyable and very informative - good social for the group!"*

*"Awesome class, can't wait to make this for my friends."*

### Trips & Tours

*"You are one of the best in the area."*

*"IVCC thinks of everything to make this a most enjoyable day. Many thanks!"*

### Creative Arts

*"Really enjoyed the class, learned a lot."*

*"Very enjoyable! Great instructor. She was very responsive to the needs of the class!"*

### Professional Development/ Customized Training

*"The subject matter, presentation and instructor were all top notch - I have heard nothing but good reviews from all that attended!"*

*Susan Jones, American Nickeloid Company*

### Professional Development/ Customized Training

*"I've already had two of my team members thank me personally for the training, praising the instructor, interactive participation and they've only been back in the plant 15 minutes. Another job well done by IVCC!"*

*Jeff Wagner, Eakas Corporation*

### Computers

*"Kathy Baker was very enjoyable. The atmosphere was relaxed and she was a kind and patient instructor."*



Join our e-newsletter... email [Jessica\\_Beem@ivcc.edu](mailto:Jessica_Beem@ivcc.edu) to be added!

Visit us on the Web! [ivcc.edu/cec](http://ivcc.edu/cec)



### Continuing & Professional Education

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

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Unless otherwise stated, these courses are designed for adults 18 & over.

**"So much fun!  
Love the class &  
friendships I've  
gained from it."**

— Kim

**"I would suggest taking a  
dance class with your loved  
one, you will never regret  
the time spent!"**

— Brock

**Featured on cover:  
Brock & Kim Sondgeroth**

*Mendota, Illinois  
students, Beginning Swing Dance*

#### 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.



#### Community Education

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

17-20	Trips & Tours	30-31	Mind, Body & Wellness
20-22	Creative Arts	32	Survival Skills
23	Dance & Music	33	Pet Care
24-26	Culinary	34	Holiday
27	Dollars & Sense	35	Online Courses
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29	Hobbies & Local History	37	Classes in Ottawa



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



## Computer Classes

### ● QuickBooks Pro 2015

You will begin with basic navigations such as paying bills to outside vendors, recording customer payments and analyzing financial data. Then move on to advanced functions which include job costing, tracking, creating estimates working with balance sheets, sales tax, payroll and accounts payable. Although newer versions are available, there has been very little change to the program and this class will benefit every user. It is the complete package and no accounting experience is necessary in order to utilize this software! *\*A 4GB flash drive is included with the cost of the class. Textbook required which includes 140-day trial software.* CEU: 2.4

Mon/Wed	6-9 p.m.	Oct 23-Nov 15	8 Sessions
Kathy Baker	TBD, IVCC	CEU-4711-310	\$199

### ● Excel 2016 [Level 1]

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

Tue	6-9 p.m.	Sep 12-Oct 3	4 Sessions
Doreen Balzarini	A-323, IVCC	CEU-4121-309	\$99

### ● Excel 2016 [Level 2]

Topics include working with large worksheets and multi-sheet workbooks; building advanced functions; creating and formatting tables; inserting clip art, pictures and SmartArt; creating outlines and templates; digital signatures; troubleshooting formulas and more. *\*Textbook and 2GB flash drive required.* CEU: 1.2

Tue	6-9 p.m.	Oct 10-31	4 Sessions
Doreen Balzarini	A-323, IVCC	CEU-4122-310	\$99

### ● Introduction to Web Development

Learn to build a website from the ground up! You will begin with the basics of HTML (Hyper Text Markup Language) programming and cover all the components, such as tags, text, lists, links, tables and other miscellaneous elements used to establish the structure of your web page. Once that's done, you will move on to CSS (Cascading Style Sheets) properties and rules which allow you to control the style and layout of the web page. How to maintain a website, stay current with web standards and best practices will also be discussed.

*\*Textbook required.*

Tue/Thu	5:30-8:30 p.m.	Oct 17-26	4 Sessions
Scott Monterastelli	A-212, IVCC	CEX-4626-310	\$99

### ● How to Use Windows 10

Begin at a comfortable pace as you learn how to navigate the user interface, work with files, create user accounts and practice using the tools that make Windows 10 the most efficient Windows upgrade yet. Features covered include program controls, menus, working with the Start menu, using the task bar and much more. *\*Textbook and 2GB flash drive required*

Tue	6-9 p.m.	Nov 7-28	4 Sessions
Doreen Balzarini	A-212, IVCC	CEX-4411-311	\$99

### DON'T FORGET YOUR TEXTBOOKS!

Textbooks for the classes listed on this page are available at the IVCC Bookstore located on the main campus in Oglesby or can be purchased in advance online at [ivccbookstore.com](http://ivccbookstore.com).

# One Day - Fast Courses

Take advantage of these **NEW!** classes which are designed to enhance computer skills, at various levels, in just one day! All materials are included in the cost of the class.

## ● Access 2016 [Level 1]

You will begin with an introduction to databases and tables which includes; data types, field 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

Thu	8:30 a.m.-4 p.m.	Sep 14	1 Session
Doreen Balzarini	A-323, IVCC	CEU-4213-09	\$119

## ● Excel 2016 [Level 2]

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

Thu	8:30 a.m.-4 p.m.	Oct 5	1 Session
Doreen Balzarini	A-323, IVCC	CEU-4122-10	\$119

## ● Excel 2016 [Level 3]

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 NPER functions will also be discussed. Work with PivotTables, PivotCharts, macros, workbook protection and inspecting workbooks for compatibility.

CEU: .7			
Thu	8:30 a.m.-4 p.m.	Nov 9	1 Session
Doreen Balzarini	A-323, IVCC	CEU-4123-11	\$119

## ● Word 2016 [Level 1]

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. CEU: .7

Fri	8:30 a.m.-4 p.m.	Sep 29	1 Session
Kathy Baker	CTC-119, IVCC	CEU-4028-09	\$119

## ● Word 2016 [Level 2]

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.	Oct 20	1 Session
Kathy Baker	CTC-119, IVCC	CEU-4029-10	\$119

## ● Word 2016 [Level 3]

Enroll in this advanced class and put 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.	Nov 3	1 Session
Kathy Baker	CTC-119, IVCC	CEU-4030-11	\$119

## ● Powerpoint 2016 [Level 1]

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.	Dec 1	1 Session
Kathy Baker	CTC-119, IVCC	CEU-4312-12	\$119



# VISION

## Leadership Series

# INSPIRATION

Join us for a continuation of our popular business series. **Four new topics will be discussed.** 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 first-time or continuing attendees.

# LEADERSHIP

# TEAMWORK

### ● Implementing Conflict Resolution

Every situation where there is a difference of opinion over approaches and strategies from one's own beliefs, values and experiences offers the potential for friction, wasted time and bruised feelings. If the conflict is not resolved effectively there can be emotional scars and a lowering of morale. In this session we identify how to isolate the sources of conflict, the stages of conflict resolution, how to select the appropriate conflict managerial strategies and negotiate the differences that lead to a resolution of the problem. CEU: .4

Wed	8:30 a.m.-12 p.m.	Sep 20	1 Session
Herb O'Rourke	CTC-125, IVCC	CEU-8002-09	\$99

### ● Developing Effective 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.	Oct 18	1 Session
Herb O'Rourke	CTC-125, IVCC	CEU-8007-10	\$99

### ● Successful Training Techniques

Many companies profess that the most important asset they have are their employees. However, they do not always spend the time and resources to develop the talents of their people or to make them even more valuable in achieving the organizations goals and objectives. In this session we cover different styles of adult learning, why on the job training is not always effective, the need for a disciplined approach to provide an effective training plan that helps overcome performance deficiencies and provides positive feedback that builds an employee's overall capabilities. CEU: .4

Wed	8:30 a.m.-12 p.m.	Nov 15	1 Session
Herb O'Rourke	CTC-125, IVCC	CEU-8026-11	\$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.	Dec 13	1 Session
Herb O'Rourke	CTC-125, IVCC	CEU-8035-12	\$99

# Business Marketing

## ● How to Tell Your Story

**NEW** What is the story behind your business? If you had to tell your story, what would you say? What words would you use to hold your audience at attention? How would you make it compelling, relevant and important? This three-week workshop will provide you with the tools to bring your story to life. Whether you want to better market your business or just entertain your friends and family, the stories you tell can speak volumes to others.

<b>Tue</b>	<b>7-9 p.m.</b>	<b>Sep 12-26</b>	<b>3 Sessions</b>
Tricia Kelly	C-316, IVCC	HLR-5161-309	\$49

## ● "Like Us" Facebook Essentials

**NEW** Do you want to learn the secret to creating a prominent Facebook presence? Launch your business to the next level with our exclusive one-day seminar! 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. *Refreshments will be served.*

<b>Thu</b>	<b>8:30-10 a.m.</b>	<b>Sep 28</b>	<b>1 Session</b>
Abby Zukowski	CTC-124, IVCC	CEX-4609-09	\$39

# Non-Profit

## ● Grant-Seeking in the Updated Foundation Directory Online

**NEW** The Foundation Directory Online is expected to undergo a major update in the summer of 2017. Whether you're new to using this resource or a veteran grant-seeker, this workshop will serve as a hands-on opportunity to familiarize yourself with the improved features. Librarians Frances Whaley and Susan Markwell will address the changes that have been made to the database and how they may enhance your grant-seeking experience. **This session is free of charge but attendees must pre-register by calling (815) 224-0447.**

<b>Wed</b>	<b>2-3:30 p.m.</b>	<b>Nov 8</b>	<b>1 Session</b>
Frances Whaley & Susan Markwell	Jacobs Library, IVCC	CEX-8421-11	Free

## Take it Online

visit [ed2go.com/ivcc](http://ed2go.com/ivcc)

## ● Writing Effective Grant Proposals

Preparing successful grant proposals to receive funding from corporations or foundations requires careful research, meticulous preparation and graceful writing. Avoid losing out by learning how to avoid the errors that lead to the rejection of your proposal and be better prepared to help the causes you most admire. In this course, you'll learn how to become fully familiar with the institution or project for which you are requesting support. You'll get valuable guidance in preparing a background statement and a brief financial statement to support your request. You'll also research some charitable foundation and corporate giving sources. Then, you'll learn how to put everything together so you can assemble, write and submit complete grant proposals to foundations, corporations and wealthy individuals for any number of your pet projects. **See page 35 for additional registration information.**  
**Course Fee: \$99**

# OSHA & Safety

## ● Warehouse and Dockworker Safety

**NEW** This program will cover ideas for enhancing the safety for dock workers, increase safety awareness while working around forklift operations, packaging, labeling and understanding shipping document requirements for employees receiving or shipping hazardous materials DOT 49 CFR. Safe lining and other ergonomic practices will also be discussed. This class will end with demonstrations on the cleanup of minor chemical spills or battery acid, oils and fuels that may occur in warehouse and loading dock areas. CEU: .4

Wed	8 a.m.-12 p.m.	Sep 13	1 Session
Jeff Clark	CTC-125, IVCC	CEU-7213-09	\$159

## ● Training for Safety Committee Members

**NEW** Designed to build an effective safety committee to assist your company in maintaining a safe and healthful workplace. Your safety team will get an understanding of the Occupational Safety and Health regulations, learn how to set up training programs, manage safety committee meetings and the importance of Accident Investigations. Also, and most important, how to work as a team with management and non-management personnel to ensure competency. CEU: .4

Thu	8 a.m.-12 p.m.	Sep 14	1 Session
Jeff Clark	CTC-125, IVCC	CEU-7217-09	\$159

## ● 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), electrical safety, machine guarding and NEW Illness and Injury Record keeping. This course can be customized to meet the participants' needs. *OSHA's 10 Hour General Industry card will be earned upon completion of this class. Breakfast and lunch are included.* CEU: 1.0

Tue:	8 a.m.-3:30 p.m.	Oct 10	2 Sessions \$329
Wed:	8 a.m.-12 p.m.	Oct 11	
Jeff Clark	CTC-125, IVCC	CEU-7203-10	

## ● 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 material 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.	Nov 14	1 Session
Jeff Clark	CTC-124, IVCC	CEU-7214-11	\$159

## ● Teamwork and Communication Training

**NEW** The goal of this fun and simplified training session is to encourage individuals to work as a team and understand the importance and purpose to chain of command in the business and management environment. We will begin with a brief lecture on the importance of working together and then move into activities that will require participation from all attendees. Sending groups of employees to this session will produce the best results for your company. CEU: .3

The goal of this session is to demonstrate the importance of:

- "Chain of Command".
- Understanding the job task.
- Communication and using proper task lingo.
- Listening to instructions.
- Asking questions if you are unsure of your assigned task.

Tue	1-4 p.m.	Nov 14	1 Session
Jeff Clark	CTC-124, IVCC	CEU-7621-11	\$159





# Online Certified Production Technician

## CPT Fast Track

Do you have the right skills for a high-paying job in the Manufacturing Industry?  
The time is NOW! Improve your skills and become more competitive in the job market!

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. Sixteen area employers are endorsing this program as a preferred credential for hire.

This program is strictly online. Please enroll in the modules in the order they are shown\*. Success in this program is based off of not only the coursework itself, but prior knowledge and manufacturing experience.

**Each module is approximately 15-18 hours of instruction. They consist of:**

### Manufacturing and Safety

- OSHA Standards
- Production teams
- Training and leadership

*Cost includes the \$60 one-time registration fee required by MSSC.*  
Course Number: CEU-5317-09 <sup>\$299</sup>

### Quality and Measurement

- Blueprint reading
- Quality measurement processes
- Problem solving

Course Number: CEU-5318-09 <sup>\$239</sup>

### Manufacturing Processes

- Mechanical principles and linkages
- Machine processes, tooling and operations
- Production planning, workflow and control

Course Number: CEU-5319-09 <sup>\$239</sup>

### Maintenance Awareness

- Machine fundamentals and maintenance
- Basic electrical circuits and measurements
- Machine automation and control concepts

Course Number: CEU-5320-09 <sup>\$239</sup>

Once a module is complete, students are required to pass a final examination and upon completion of all four modules, the Certified Production Technician Credential will be awarded.

It is the student's responsibility to schedule examinations. Call the Assessment Center at least 1 week prior to the desired testing date at 815-224-0542.

**Classes Begin September 4th and are open for enrollment throughout the semester.**  
*Select your start date and work at your own pace!*

\*Students must provide a valid email address at the time of registration. All communication by IVCC and MSSC will be done via email. See page 36 for registration details.

Call 815-224-0280 for additional questions or assistance with registration.

For more information about Manufacturing Skills Standards Council (MSSC) and the Certified Production Technician (CPT) Credential go to [msscusa.org](http://msscusa.org).

### Endorsed by these local employers:

Allegion/ LCN

American Nickeloid Co.

The Black Bros. Co.

Carus Corporation

Eakas Corporation

Hart Electric

HCC, Inc.

Inman Electric Motors

James Hardie

Maze Nails

MBL (USA) Corp.

Plymouth Tube Co. USA

SABIC Innovative Plastics

Transco Products

Vector Manufacturing, Inc.

Zip-Pak

# Home Inspection



## ● 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.**  
CPD-4102      Course Fee: \$600

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



# Agriculture Operator's Certificate

Please note: Registration for this class opens November 3.

## ● 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 Tuesday evenings in addition to two Saturdays, Feb 10 & 24.**

Tue	6-9 p.m.	Feb 6-Mar 6	7 Sessions
Sat	9 a.m.-3 p.m.	Feb 10 & 24	
Kevin Nelson	TBD, IVCC	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 Science

## ● 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.** Class meets for a total of 6 sessions.

Fri	6-10 p.m.	Nov 3 & 17	
Sat/Sun	8 a.m.-5 p.m.	Nov 4-5	
Sat/Sun	8 a.m.-5 p.m.	Nov 18-19	
Jeff Newberry	CTC-206, IVCC	CPD-7001-11	\$299

# Online Career Programs

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](http://careertraining.ed2go.com/ivcc)

**REFUND POLICY for career training online classes:**  
There will be NO refunds granted once student is provided with the class access code. There will be NO exceptions.

## ● 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

## ● OMCP® Social and Mobile Marketing Professional [190 Hours]

Explore the scope of digital marketing and how to make mobile marketing and social media work in your favor, by building your campaigns from start to finish. You'll master the different opportunities available, understand when to use the different channels and know the best way to reach people on the go. You'll learn to find, engage, convert and measure your mobile audience and become expert in the guidelines, opportunities and strategies critical to effective campaigns. Master the art of generating content that your audience loves to share and they'll help spread your message. By the time you complete this program, you'll be fully prepared to further your career as a social media and mobile marketing focused digital marketer. This program will prepare you for the OMCP® certification exam. **It is the student's responsibility to schedule and pay for the exam after you complete the program.**  
Course Fee: \$1,795

## ● The Complete Project Manager with CAPM® and PMP® Prep [130 Hours]

This online training program provides you with a thorough understanding of project management by combining the Essentials of Project Management with Mastering Project Management programs together. You'll gain a thorough understanding of how to apply project management concepts, in addition to any specific variations between them. Key and critical topics are explored in depth as they are appropriate for a more intermediate and advanced level understanding. You will learn about project selection, developing project strategies, creating a schedule model, stat using and forecasting, project recovery and more. Material will be presented sequentially as it will likely occur in actual projects. This program meets or exceeds the requirements for those interested in the Certified Associate in Project Management (CAPM)® and PMP certifications. **Students who are interested in earning the CAPM and PMP credentials must schedule and pay for the exams on their own after program completion.**  
Course Fee: \$1,995

## ● 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.* **National Exam not included.**  
Course Fee: \$1,995

**Many more to choose from online from the following areas:**

Arts & Design  
Business  
Computer Applications  
Computer Programming  
Construction & Trades  
Health & Fitness

Hospitality  
Information Technology  
Language  
Legal  
Child Development  
Writing

# Healthcare Careers

## ● Pharmacy Technician

**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 a 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 job in healthcare. It is recommended that you research the job market before registering for the program.

A payment plan is available for students registered no later than September 20. For more information about this program, the payment plan, or to schedule an appointment, call (815) 224-0427 or email [kim\\_koehler@ivcc.edu](mailto:kim_koehler@ivcc.edu).

Tue/Thu  
CCI

6-9:30 p.m.  
E-231, IVCC

Oct 17-Dec 7  
CCE-1720-300

15 Sessions  
\$1,199

## ● Medical Billing and Coding [Online Career Training]

Medical billing and coding is one of the fastest-growing careers in the healthcare industry today! The need for professionals who understand how to code healthcare services and procedures for third-party insurance reimbursement is growing substantially. Physician practices, hospitals, pharmacies, long-term care facilities, chiropractic practices, physical therapy practices and other healthcare providers all depend on medical billing and coding for insurance carrier reimbursement. This billing and coding program delivers the skills students need to solve insurance billing and coding problems. It details proper assignment of codes and the process to file claims for reimbursement. With the transition to ICD-10, effective as of October 1, 2015, this course will also provide training in ICD-10-CM. This course covers the following key areas and topics: An overview of healthcare & insurance industry. The organization and use of the ICD-9-CM, ICD-10-CM, CPT and HCPCS manuals to identify correct codes. Detailed review and practice using the alphabetic index and tabular list of the ICD-9-CM, ICD-10-CM and practice coding examples within the CPT. Basic claims processes for medical insurance and third-party reimbursements. Completing common insurance forms, tracing delinquent claims and appealing denied claims. **Textbooks and materials are included in the course fee, national exam fees are not included. Students have six months to complete the program.**

**Course Fee:** \$1,799

Class begins on demand. Register by visiting [healthedtoday.com/ivcc](http://healthedtoday.com/ivcc) or call the IVCC Continuing Education Center at (815) 224-0427.

# 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: September 18

**Online Blackboard Orientation:** September 25-29. 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:** October 2-November 3

**On-Campus Workshop:** November 3 (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	Oct 2-Nov 3 CPD-3527-110	6 Sessions \$599
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## ● Neurotransmitters in Health & Disease

Join Barb for a day of dopamine, serotonin, norepinephrine, acetylcholine, glutamate and GABA! What do all of these neurotransmitters do in the central and peripheral nervous systems? How do various clinical conditions "upset the balance" of the neurotransmitters, including: seizure disorders, dementias, substance abuse and addiction, movement disorders, mood disorders and more? How do various classes of drugs influence the above conditions? Anti-depressants, anti-psychotics, opiates and opiate blockers, anti-convulsants and more. Barb fit it all in during this one-day seminar.

[6 CE]

Thu Barb Bancroft	8:30 a.m.-3:30 p.m. C-316, IVCC	Nov 16 CPD-3250-11	1 Session \$115
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## ● 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 Beth Wallace & Elizabeth Koch	10 a.m.-12 p.m. CTC-124, IVCC	Oct 24 CPD-3251-10	1 Session \$12
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# Nursing & Massage Therapy

Both Nurses & Massage Therapists can take the following classes listed on this page for CE hours: Detoxifying Your Body & Living Environment, Introduction to Herbalism, Energy Anatomy & Vibrational Healing and Advanced Herbalism. Use the CPD course number listed below.

## ● Detoxifying Your Body & Living Environment Removing Obstacles to Health

In the last hundred years, thousands of unresearched chemicals have been introduced into our food, water, medicine and environment. 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 deteriorating our health and quality of life. We will examine common chemicals that are sabotaging our bodies, homes and environment. Explore ways to minimize our exposure, detoxify our bodies and replace common personal care and cleaning products with natural, non-toxic ingredients. By the end of class you will be able to define exotoxins and endotoxins, describe auto-intoxication, identify the body's eliminative organs and channels, learn about the concept of synergy when chemicals are combined and learn detoxification strategies. [6 CE Hours]

Wed	9 a.m.-3:30 p.m.	Sep 20	1 Session
Candice Chaffee	C-316, IVCC	CPD-3145-09	\$79

## ● Introduction to Herbalism

Medicinal herbs and plants are steeped in rich tradition and history. Many are high in nutritional and pharmacological properties. Herbs encourage and activate the body's own healing mechanisms. This course is designed to offer an introduction to medicinal herbs and their history of use in healing. Topics include a brief history of herbal medicine, how herbs work in the human body, herbal properties and characteristics and demonstrations of how to prepare a wide range of internal and external applications. Participants will gain a basic understanding of how and when to use medicinal herbs to address simple health issues. [6 CE Hours]

Thu	9 a.m.-3:30 p.m.	Oct 12	1 Session
Candice Chaffee	C-316, IVCC	CPD-3245-10	\$79

## ● Energy Anatomy & Vibrational Healing

Vibrational Healing is the new "medicine." This course will explore the anatomy of the energy bodies and currents and provide tools for balancing the electromagnetic field. Emotional, mental and spiritual causation of disease are discussed. Participants will learn East Indian and Chinese methods for energetic balancing and re-patterning. The course is presented through a variety of mediums used in complementary healing. Topics include: chakra system, meridians, electromagnetic fields, healing with sound and color, flower essences, homeopathy and applied kinesiology. [6 CE Hours]

Wed	9 a.m.-3:30 p.m.	Oct 25	1 Session
Candice Chaffee	C-316, IVCC	CPD-3248-10	\$79

## ● Advanced Herbalism

*Prerequisite: Introduction to Herbalism*

This course will offer an in-depth study of herbal therapies and formulation of herbal blends to effectively address health needs. We will examine the major body systems, their functions, how they interact and the corresponding herbs used to balance their activities. External and internal herb preparations and their appropriate applications will be discussed comprehensively. You will leave this workshop with a profound understanding of the role herbs play in maintaining health and balance. *Please bring your materials from Introduction to Herbalism for review.* [6 CE Hours]

Wed	9 a.m.-3:30 p.m.	Nov 15	1 Session
Candice Chaffee	C-316, IVCC	CPD-3249-11	\$79



# Massage Therapy

## ● Trigger Point Therapy: How to locate and deal with these “Nodules”

This short class will be broken down into two sessions. In the classroom session (approximately two hours), students will learn about different types of trigger points (primary, secondary, satellite) as well as classification of trigger points (active and latent). Also discussed will be common characteristics to recognize when a trigger point is not only present, but also involved in the client's discomfort (client's description of pain, reaction when palpated and common referral patterns). Finally, several different trigger point techniques will be explained. The remaining class time (6 hours) will be spent in the lab. Included will be a review of palpation of muscles of the neck, shoulder, and arm that commonly harbor trigger points; use of the various techniques to resolve the trigger points and class will conclude with a 30 minute treatment to show how trigger point therapy can be incorporated into a massage session. *Please bring your lunch, snacks and a clean set of sheets for the table and dress comfortably.* 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.	Aug 18	1 Session
Mike Hovi	G-105, IVCC	CPD-3135-08	\$99
	Gym Building		

## ● Introduction to Myofascial Massage Techniques

**NEW** This course will cover several aspects of Myofascial massage. Students will be introduced to the three components of connective tissue and discuss the effects of heating, stretching and manipulating connective tissue. Thixotropy and tensegrity will be discussed. Myofascial assessment techniques will be reviewed and release techniques will be demonstrated. Students will learn to identify the two contraindications to various Myofascial Release Techniques. Unwinding techniques will also be covered. *Please bring your lunch, snacks, four pillows and a set of sheets to class. Wear comfortable clothes, tennis shoes and socks; bring a reference book with muscles in it.* 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. *Meet your instructor: James Scarpaci is a DPT and has taught in the massage program since 2000.*

Fri	8:30 a.m.-5 p.m.	Sep 15	1 Session
Jim Scarpaci	G-105, IVCC	CPD-3153-09	\$99
	Gym Building		

## ● Introduction to Sports Massage

This course will focus on several areas of sports massage. Initially, students will be introduced to the benefits of sports massage, common injuries associated with athletes and how to recognize the specific type of injury and then various techniques to assist the athlete in recovery. A strong emphasis will be placed on body mechanics for the therapist's own health and safe application of techniques; pre-event massage (preparing the athlete for competition); and post-event massage (application of techniques to assist the athlete in recovering from the competition). Techniques that will be covered will include several types of trigger point therapy, stretching, joint mobilization and cramp relief. *Please bring your lunch, snacks, a clean set of sheets for the table and dress comfortably.* 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.	Oct 20	1 Session
Mike Hovi	G-105, IVCC	CPD-3140-10	\$99
	Gym Building		

# Teachers



## Check out our New Featured Bundle!

### Educator's Fundamentals Series

Whether you're a new teacher or seasoned veteran, these fundamental courses will help you gain control of your classroom and more effectively teach all learner types. Register for the complete bundle to receive a discount and earn 72 PD hours! Visit [ed2go.com/ivcc](http://ed2go.com/ivcc) to get registered. This featured bundle includes:

- Solving Classroom Discipline Problems I

Why do some teachers enjoy peaceful, orderly classrooms while others face daily discipline battles? The answer is that some teachers know the secrets to solving discipline problems. This course reveals those secrets and presents a step-by-step approach to effective, positive classroom discipline.

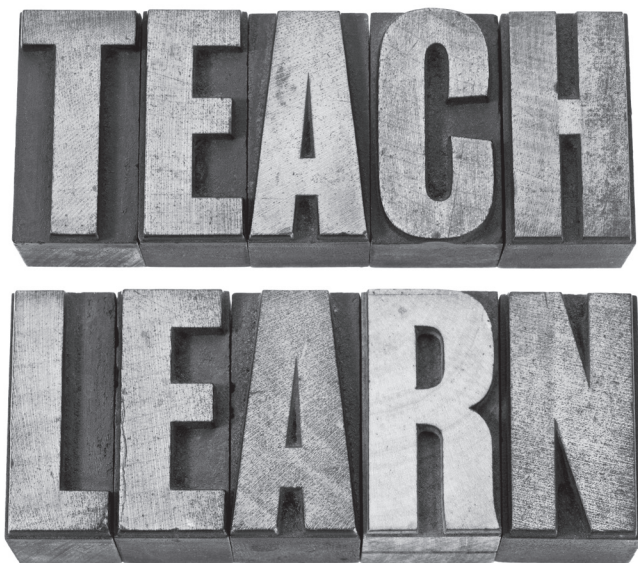
- Solving Classroom Discipline Problems II

In this professional development course, you'll get the teacher training you need to deal effectively with serious discipline problems and help even the most challenging students you're teaching make more responsible choices. You'll discover how to use a new research-based six-step approach to solve severe and chronic discipline problems, including bullying, fighting, using abusive language, stealing and refusing to work

- Teaching Students with ADHD

Children with attention deficit hyperactivity disorder (ADHD) are always hearing things like "try harder," "pay attention" and "sit still." In reality they'd love to do these things, but they don't know how. In this course, you'll discover practical ways to help children with ADHD control their behavior and succeed in school.

Course Fee: \$261



# Teaching PD Hours Take it Online!

[ed2go.com/ivcc](http://ed2go.com/ivcc)

Earn PD's that are Convenient, Affordable,  
and Effective!

Take IVCC ed2go online courses anywhere and when it's most convenient for you! Classes are 6 weeks long and 24 contact hours.

New classes begin monthly.

Complete course descriptions, syllabus and demos available at  
[ed2go.com/ivcc](http://ed2go.com/ivcc)

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

Empowering Students with Disabilities CPD-2211	\$99
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Creating a Classroom Website CPD-2315	\$99
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Teaching Adult Learners CPD-2319	\$99
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Content Literacy: Grades 6-12 CPD-2410	\$99
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Guided Reading: Strategies for the Differentiated Classroom CPD-2207	\$99
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Solving Classroom Discipline Problems CPD-2208	\$99
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Introduction to Teaching ESL/EFL CPD-2402	\$99
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Creating Classroom Centers CPD-2406	\$99
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Enhancing Language Development in Childhood CPD-2408	\$99
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Working Successfully with Learning Disabled Students CPD-2217	\$99
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Many more to choose from!  
Additional class offerings and topics of concentration  
are listed on the website.

# Food Service Sanitation

## ● Food Service Sanitation [8 Hr. Class]

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 causes of food-borne illness, identify and apply correct procedures for cleaning and sanitizing, recognize problems and potential solutions associated with facility, equipment and layout. The Illinois code related to food service establishments will be discussed. During the last session students will take the ServSafe Protection Food Manager Certification exam.

This class is required in Illinois for food service manager certification and is approved by the Illinois Department of Public Health (IDPH). Upon successful completion of the exam, students will submit their Food Service Sanitation Manager Certification online application, certificate of class completion and \$35 license fee payable to the IDPH. Food Service Sanitation Manager licenses are valid for five years.

### 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](http://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.

## 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	5-7:30 p.m.	Aug 14-24	4 Sessions
Sara Smith	Rm 101, Ottawa Center	CEU-1503-638	\$119

Mon/Thu	5-7:30 p.m.	Sep 25-Oct 5	4 Sessions
Sara Smith	Rm 101, Ottawa Center	CEU-1503-639	\$119

Mon/Thu	5-7:30 p.m.	Nov 6-16	4 Sessions
Sara Smith	Rm 101, Ottawa Center	CEU-1503-631	\$119

**Take it at the IVCC Main Campus Oglesby**  
**[815 N. Orlando Smith Road, Oglesby]**

Tue/Thu		Sep 5 & 7	2 Sessions
Tue	8 a.m.-3:30 p.m.	Sep 5	
Thu	9 a.m.-12 p.m.	Sep 7	
Ida Boyle-Bruch	CTC-123, IVCC	CEU-1503-09	\$119

Tue	8 a.m.-5 p.m.	Sep 12	1 Session
Ida Boyle-Bruch	CTC-123, IVCC	CEU-1503-19	\$119

Tue/Thu		Oct 3 & 5	2 Sessions
Tue	8 a.m.-3:30 p.m.	Oct 3	
Thu	9 a.m.-12 p.m.	Oct 5	
Ida Boyle-Bruch	CTC-123, IVCC	CEU-1503-10	\$119

Tue	8 a.m.-5 p.m.	Oct 10	1 Session
Ida Boyle-Bruch	CTC-123, IVCC	CEU-1503-20	\$119

Tue	8 a.m.-5 p.m.	Dec 5	1 Session
Ida Boyle-Bruch	CTC-123, IVCC	CEU-1503-12	\$119

# Take Me out to the Ballpark!



Includes: motor coach transportation, lunch at Harry Caray's, admission to a sports museum, behind the scenes tour at Wrigley Field, all tips, gratuities and snacks.

Holy Cow! This is the day you have been waiting for! We will start with a visit to a sports museum highlighting the accomplishments of well-known athletes and teams. You will enjoy being immersed in a wide variety of sports memorabilia and remembering the legends who have brought excitement from the roar of the crowd during a touchdown to the crack of the bat during a ball game! Our day would not be complete without lunch at another Chicago legend... Harry Caray's! The building was built for the Chicago Varnish Company in 1895 under the supervision of its renowned architect, Henry Ives Cobb, 33 West Kinzie is the only remaining example of 19th century Dutch Renaissance Architecture left in the city. Today it is known as Harry Caray's. Next stop...we head to the "northside"! Arrive in historic Wrigleyville for a little bit of free time before we begin our afternoon tour. Enjoy time to visit the gift shops or just to take in this famous neighborhood that bustles 365 days a year! Tour the legendary home of the Chicago Cubs and 2016 World Series champions! Built in 1914, Wrigley Field, the 2nd oldest ballpark in the United States, houses more than 100 years of history. We will go behind-the-scenes. Have you ever pictured yourself in the Press Box at iconic Wrigley field, calling the game with Harry Caray? Want to get the inside scoop on the visitor's clubhouse? How about sit in the Cubs' dugout? Well, now you can! This is a day you will long remember, especially for those young at heart! *\*Please note: this tour will include walking and standing up to an hour.*

Date: Wednesday, September 6  
Time: 8:30 a.m.-7:30 p.m.  
Where: IVCC Parking Lot, #4  
Course: HLR-8331-409  
Fee: \$134



## Visit to Amish Country

Includes: motor coach transportation, visit to Arthur, Illinois, driving tour, lunch at a traditional Amish home, private home tour, free time for visiting the local Amish shops, all tips, gratuities and snacks.

Travel to Arthur, Illinois where we will spend the day in the Amish countryside learning about the area's history and lifestyle. Take a driving tour through the country and have the opportunity to visit the unique cottage businesses scattered throughout the area. Enjoy a traditional Amish Sunday lunch served family style, just like Grandma used to make, in a real Amish home. You will be treated to homemade bread, jam, salad, golden brown fried chicken, mashed potatoes, gravy, homemade noodles and delicious homemade pie. Following lunch, we will visit another Amish home. Have you ever wondered what goes on behind the blue curtains? Step back in time to where you can just plug into the electrical outlet. You will not hear the phone ring, the noise of the TV or radio. Home life reflects simple things such as painted plates from a wedding or homemade bread cooling on the counter. Many homes have quilts in the process of being made, and you will find a few things that help make life a little more modern. You will also find out how the laundry is done! Enjoy this unique behind the scenes experience to learn on a personal level from the families themselves, how they go about their daily life. Afterwards, we will continue our tour through the countryside to arrive back in downtown Arthur, the Heart of Illinois Amish Country for a last chance to pick up some handmade fudge or cheese. Visit the fine art, antique and custom Amish furniture shops, or maybe have a soda at Dick's old time fountain. You will enjoy relaxing in this quaint downtown or shopping at the local businesses until we depart for home. *\*\*Please note during the home tour there will be approximately 45 minutes of standing and/or walking.*

Date: Friday, October 6  
Time: 8 a.m.-7:30 p.m.  
Where: IVCC Parking Lot, #4  
Course: HLR-8332-410  
Fee: \$98

## Escape to Margaritaville



Includes: motor coach transportation, behind the scenes program at Lincoln Park Zoo, lunch at Jimmy Buffett's Margaritaville, lower balcony tickets to Escape to Margaritaville, all tips, gratuities and snacks.

Nothing but fun is in order today! Get out your tropical shirt and plan your escape with IVCC to Margaritaville! We will start our day with a visit to Lincoln Park Zoo. Experience the zoo behind the scenes, where you will learn how exhibits are developed, signs are created and animal welfare is considered. Participate in a focus group to help the zoo direct their design of new signs and interpretation in the Bird House. You will also have some free time to explore the zoo and its exhibits on your own. Our next stop is sure to provide a relaxing change of pace from the daily grind! Lunch is at Jimmy Buffett's Margaritaville located at Navy Pier. Enjoy the tropical charm and comfortable atmosphere while we take in the view of Lake Michigan! Next stop is the Oriental Theatre for the pre-broadway performance of "Escape to Margaritaville" the musical comedy featuring both original songs and your most-loved Jimmy Buffett classics including "Come Monday", "Volcano", "Cheeseburger in Paradise" and many more. Imagine a place where the sun is hot and the water is warm. Welcome to the story of the island paradise where the regular folk get away from it all, and the locals get into the kind of trouble you can almost always talk yourself out of. This new musical explores the choices we make and the people we become – once we've had a change in latitude. Take a break from your troubles, make some new friends, and kickback to the soothing sounds of the kettledrum! Remember "Wrinkles will only go, where the smiles have been"  
– Jimmy Buffett

Date: Saturday, November 18  
Time: 7 a.m.-7:30 p.m.  
Where: IVCC Parking Lot, #4  
Course: HLR-8333-411  
Fee: \$149

## Hamilton



Includes: motor coach transportation, tour of Chicago Cultural Center and Elks Memorial, dinner at Athena in Greek Town, balcony seats to evening performance of Hamilton, all tips, gratuities and snacks.

Finally! The day everyone has been waiting for... we are off to Chicago to experience the Tony award winning Broadway performance of *Hamilton*. Start our day off with a tour of the Chicago Cultural Center, completed in 1897, the granite and limestone "palace" housed and inspired a marvelous library and a serenely beautiful Grand Army of the Republic Memorial. The building features rare imported marbles, polished brass, fine hardwoods and is home to the world's largest stained glass Tiffany Dome. Next we will visit the Elks National Monument. The monument is a tribute to the bravery, loyalty and dedication of the individuals who have fought and died for our country. It has been described as one of the most magnificent war memorials in the world and is viewed as a symbol of peace and patriotism. Time permitting, we will even make a visit to the newly restored 13 foot, 3,000 pound Alexander Hamilton statue in Lincoln Park for a photo opportunity! Enjoy a family style dinner in Chicago's Greek Town at Athena before we take our seats for the evening performance of *Hamilton*! *Hamilton* is the story of the unlikely Founding Father, determined to make his mark on the new nation as hungry and ambitious as he is. From his early days as an orphan to Washington's right-hand man, rebel to war hero to the Treasury head who made an untrusting world believe in the American economy. George Washington, Eliza Hamilton, Thomas Jefferson and Hamilton's lifelong friend Aaron Burr all make their mark in this astonishing new musical exploration of a political mastermind. Featuring a score that blends hip-hop, jazz, blues, rap, R & B and Broadway, *Hamilton* is the story of America then, told by America now. See the show that has swept Americans off their feet!

Date: Tuesday, November 28  
Time: 12:30 p.m.-11:30 p.m.  
Where: IVCC Parking Lot #4  
Course: HLR-8249-411  
Fee: \$197

# Jingle Around the World



Includes: motor coach transportation, visits and many samples at a variety of ethnic bakeries and specialty shops, lunch at Mader's German Restaurant, all tips, gratuities and snacks.

Travel around the world and back as we head to Milwaukee on our Jingle around the World tour! We will spend the day visiting a variety of ethnic bakeries and specialty shops well known for their delicious goods. The tour features stops throughout the area while enjoying stories of ethnic holiday traditions en route that celebrate Milwaukee's rich heritage. You will be treated to signature cookies, candies and pastries at each stop. Enjoy a taste of Italy when we visit Canfora Bakery known for their Italian cookies, cakes and pastries including their Cassata cake. We will also visit National Bakery, founded in 1925 in the heart of an old Polish neighborhood by Louis Wisniewski. "National" in Louis' native Polish language, signifies "for the people". The tradition of quality baking has prospered over the years and attracts people throughout the state of Wisconsin. We will also visit Simma's Bakery. Emigrating from Russia in 1779, Simma opened the doors to her bakery three years later to share the love and spirit of her family tradition of fine cheesecakes and pastries, unmatched anywhere in both taste and quality. Enjoy lunch at Mader's German restaurant, one of the most well-known dining establishments in Milwaukee. Founded in 1902. You will enjoy being surrounded by the panels of original art, suits of armor dating to the 1300's, dozens of original European woodcarvings and antiques. **There will be many more stops along the way throughout the day!** Bring a tote or canvas shopping bag to keep track of all your goodies. There will also be opportunity to shop at the locations we will be visiting. We will be sure to have lots of fun! Don't forget to wear your Santa hat, elf stockings, ugly Christmas sweater or even your pretty Christmas sweater...all are welcome as we experience a variety of holiday customs from around the world all in one day! *\*Please note: there will be multiple stops throughout the day, we will be loading and unloading from the bus frequently upon arrival in Milwaukee.*

**Date:** Thursday, December 7  
**Time:** 8 a.m.-6:30 p.m.  
**Where:** IVCC Parking Lot #4  
**Course:** HLR-8215-412  
**Fee:** \$132

# Make a Joyful Noise



Includes: motor coach transportation, visit to Randolph Street Indoor Holiday Market, lunch at Tre Soldi, afternoon performance of Handel's Messiah by the Apollo Chorus of Chicago, all tips, gratuities and snacks.

Rejoice in the holidays as we visit the city to experience all the joys of the season. Our first stop is the Randolph Street Indoor Holiday Market where you can stretch your stylish dollars to the max this holiday! The Holiday Market provides a unique mix of smartly priced antique, vintage and modern goods which make for a simple and convenient one-stop shopping for memorable and custom-made gifts. From thrifty to extravagant. You will discover fabulous keepsakes from embroidered hankies to estate jewelry. Timeless antiques and modern treasures including vintage and indie fashion, jewelry, art, decorative objects, house wares, and more will make this holiday a memorable experience! Enjoy lunch at Tre Soldi (meaning three coins) inspired by the Trevi Fountain in Rome. Murals of the iconic fountain and the rooftops of Rome bring a warm ambiance to the casual, contemporary atmosphere. Glass tiled pillars, an open kitchen and large windows that open to the neighborhood create a lively surrounding that's perfect for gathering with your fellow passengers. Enjoy an Italian focused meal before we take our seats at the Harris Theatre at Millennium Park for the performance of the Apollo Chorus of Chicago. Few works are more time-honored than Handel's Messiah. The Apollo Chorus has been presenting this glorious masterpiece annually during the holidays since 1879, a track record unmatched in the city of Chicago. The Chicago Tribune hailed Apollo's performances as a "venerable holiday tradition" performed with "an exultant spirit that came from the heart." This event sells out quickly, don't miss the opportunity to experience the power and passion of Messiah as you've never heard it before.

**Date:** Sunday, December 17  
**Time:** 7:45 a.m.-7 p.m.  
**Where:** IVCC Parking Lot, #4  
**Course:** HLR-8326-412  
**Fee:** \$149

# Hats off to the Heartland

Fall Colors. History. Ed' Venture.

Includes: motor coach transportation, professionally guided tour, admission and entry fees, nine meals, 4 night hotel accommodations, all tips and gratuities.

Join IVCC's Continuing Education Center on a 5 Day/4 Night tour of America's Heartland. Enjoy the fall foliage of Kentucky & Ohio and the rolling hills of horse country as we embark on a journey to explore the history and culture of our neighbors to the south.

## Highlights include:

Enjoy a tour at the Churchill Downs Derby Museum. Experience a 3 hour exclusive VIP tour and participate in a historic walking tour of Churchill Downs Racetrack, and a chance to meet their resident Thoroughbred ~ experience the famous Louisville Jack-O-Lantern Spectacular featuring over 4,000 pumpkins carved by artists ~ discover The Ark Encounter ~ experience an authentic German dinner & optional dancing ~ explore the shops of North Market ~ relax at the Franklin Conservatory & Botanic Garden ~ visit the Ohio History Center ~ participate in an Irish home tour & optional Irish dancing ~ visit a Soy Candle Factory and make your own candle ~ dine at the historic Worthington Inn ~ enjoy sunset and the Captain's Dinner Cruise aboard the Belle of Cincinnati ~ explore the Creation Museum.

Overnight Locations: Louisville, Kentucky (1 night), Dublin, Ohio (2 nights), Cincinnati, Ohio (1 night)

Dates: October 16-20

Room Type	Room Rate	Course Number
Double Room	\$810	HLR-8330-410
Single Room	\$1,079	HLR-8330-420
Triple Room	\$719	HLR-8330-430
Quad Room	\$677	HLR-8330-440

To learn more about this Eagle Ed' Venture travel program or to request a tour brochure call the IVCC Continuing Education Center at (815) 224-0427 or visit [ivcc.edu/cec](http://ivcc.edu/cec).

## Creative Arts



## ••• One Night Painting Workshops •••

### ● Rustic Halloween Window Painting

**NEW** Get spooky this Halloween season and join us in the IVCC art room with this one night painting class. Use acrylic paint to complete a spooktacular decorative painting on an old glass window. This class will include step by step instruction to help facilitate an introduction to painting and an opportunity to learn new and varied techniques. A \$15 material fee is payable to the instructor the night of class.

Tue	5:30-8 p.m.	Sep 26	1 Session
Addy Sorce	B-101, IVCC Art Room	HLR-1115-309	\$39

### ● Rustic Fall Window Painting

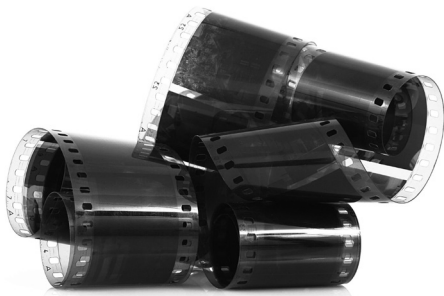
**NEW** Be thankful for old unwanted windows this Thanksgiving and join us to create a fall themed painted window decoration. Use acrylic paint to complete a step by step painting on a glass window. The class will help give an introduction to painting and an opportunity to learn new and varied techniques. A \$15 material fee is payable to the instructor the night of class.

Tue	5:30-8 p.m.	Oct 24	1 Session
Addy Sorce	B-101, IVCC Art Room	HLR-1115-310	\$39

### ● Holiday Snowman Painted Window

**NEW** It's beginning to look a lot like Christmas! Get in the holiday spirit and join us by painting a snowman themed window. 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 holiday decoration. A \$15 material fee is payable to the instructor the night of class.

Tue	5:30-8 p.m.	Nov 28	1 Session
Addy Sorce	B-101, IVCC Art Room	HLR-1115-311	\$39



## Experimental Techniques in Photography

*Students do not have to own a camera to participate in this class*

### ● Cyanotype Printing

**NEW** A cyanotype 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. This class will be of interest to both photographers looking to broaden their printing options and artists looking to add a photographic element to their work. 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.	Oct 5	1 Session
Amanda	B-101, IVCC	HLR-2508-310	\$29
Weygand	Art Room		

### ● Lumen Prints

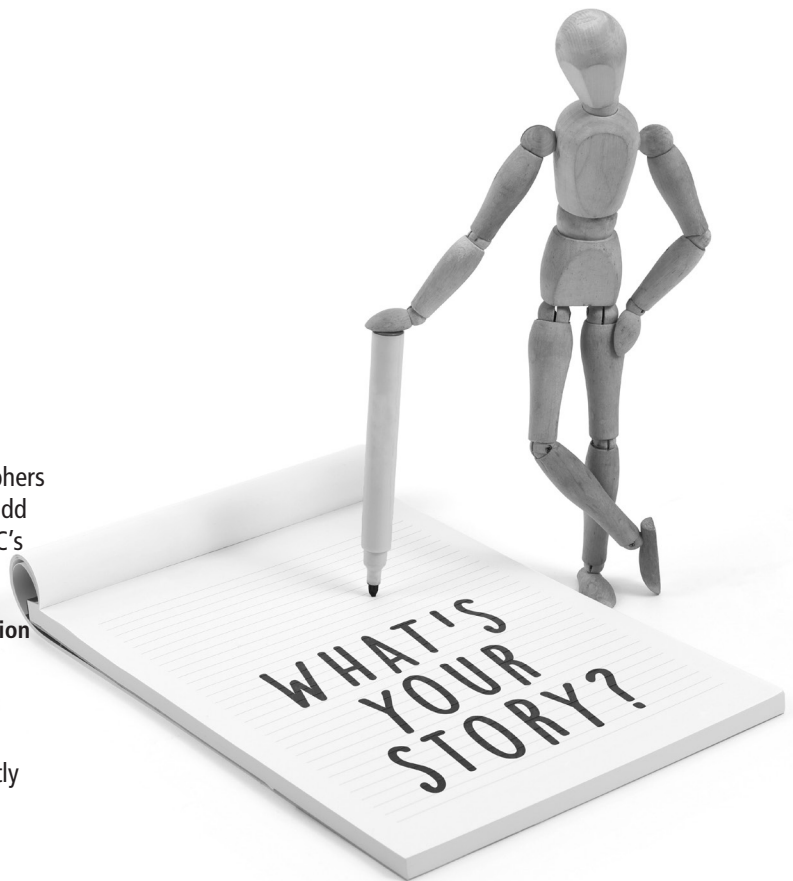
**NEW** Lumen prints are photograms created by placing plants directly on silver gelatin black and white paper and placing in the sun to 'develop'. The colors in the resulting print depend on the plant, humidity, ambient temperature and duration and intensity of the sunlight as well as the type of paper 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.	Oct 12	1 Session
Amanda	B-101, IVCC	HLR-2508-320	\$29
Weygand	Art Room		

### ● Polaroid Transfers

**NEW** In this class, you will learn the art of making Polaroid transfers and lifts. A Polaroid lift (or emulsion transfer) is when the emulsion layer is removed from a sheet of instant film and then transferred to a different surface. You will take turns with a Polaroid camera to turn these photos into effective lifts of your own artwork. You will also be shown the proper steps to remove your artwork from its film backing and transfer it to a solid surface. We will have watercolor paper to use, but please feel free to bring one object/material along if you have something that you would like to personally adhere the lift to. **There is a \$16 material fee payable to the instructor the night of class.**

Thu	5-8 p.m.	Oct 19	1 Session
Amanda	Rm 101,	HLR-2508-610	\$29
Weygand	Ottawa Center		



### ● Storytelling Workshop

**NEW** If you had to tell your story, what would you say? What words would you use to hold your audience at attention? How would you make it compelling, relevant and important? This three-week workshop will provide you with the tools to bring your story to life. Whether you want to better market your business or just entertain your friends and family, the stories you tell can speak volumes to others.

Tue	7-9 p.m.	Sep 12-26	3 Sessions
Tricia Kelly	C-316, IVCC	HLR-5161-309	\$49

### ● 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: Oct 23.**

Sat	9 a.m.-3 p.m.	Nov 4	1 Session
Bill Ferguson	Rm 101,	HLR-2301-611	\$69
	Ottawa Center		

# Creative Arts



## Baubles & Beads

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. Save money by making your own gifts. 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 5-9 p.m. Sep 18 1 Session  
Kari Matuszewski Rm 101, HLR-2705-639 \$35  
Ottawa Center

## Multi-Strand Tassel Necklace

A tassel necklace adds an opulent note to any fall outfit, and makes a perfect gift. Kari Matuszewski will show you how to make perfect tassels and attach them to a necklace or to the corners of home décor items such as napkins or pillows. The result is a bright pop of luxury and color that will have you looking for items to tassel up.

*Please bring a pair of chain nose pliers.* There is a \$20 material fee payable to the instructor on the night of class.

Mon 5-9 p.m. Oct 23 1 Session  
Kari Matuszewski CTC-214, IVCC HLR-2776-310 \$35

## Trash to Treasures

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 your broken jewelry pieces, jewelry odds/ends, coins, beads, buttons or other items 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 5-9 p.m. Nov 20 1 Session  
Kari Matuszewski Rm 101, HLR-2749-631 \$35  
Ottawa Center

## Ugly Holiday Sweater Workshop

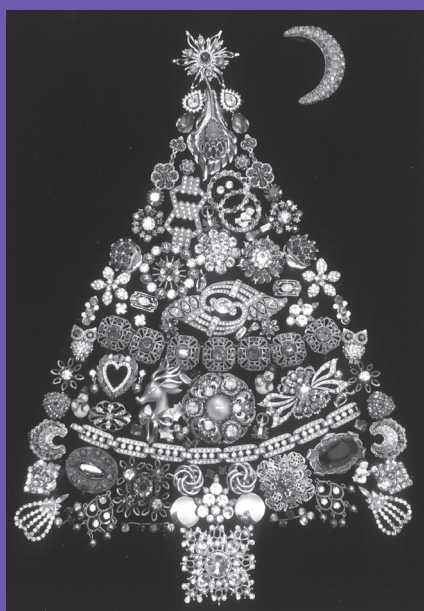
**NEW** Impress everyone this season with your own uniquely hand-crafted ugly holiday sweater! Join head elf, Kari Matuszewski, as we master the art of the tacky sweater at our ugly holiday sweater workshop! There will be plenty of fun and cheer to be had! *Bring your jolly spirit and a sweater, sweatshirt or t-shirt in your size to class that you will decorate. Holiday embellishments and supplies will be provided to help you add swag that will bedazzle and bedeck your festive-wear.* There is a \$10 material fee payable to the instructor on the night of class.

Mon 6-8 p.m. Dec 4 1 Session  
Kari Matuszewski B-101, IVCC HLR-4107-312 \$27  
Art Room

## Vintage Jewelry Tree

Create a holiday focal piece to accent your home. Use vintage or re-purposed jewelry to create a framed jewelry tree for the holidays. This is a great way to showcase grandma's unique jewelry or re-purpose found or broken pieces. **Each student needs to bring 10-12 brooches to class to complete their project.** *It is recommended to visit second hand and resale stores to find unique items or bring pieces from home that have sentimental value. Students are also encouraged to bring beads, pearls, buttons, sequins or rhinestones from old or broken jewelry. The remainder of the project will be filled in with jewels, beads and buttons provided by the instructor.* There is a \$20 material fee payable to the instructor on the night of class.

Mon 5-9 p.m. Dec 11 1 Session  
Kari Matuszewski CTC-214, IVCC HLR-2774-312 \$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: Nov 22.*

Wed 6:30-9 p.m. Aug 16-Dec 15 17 Sessions  
Brandon D-223, IVCC HLR-5116-308 \$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. Sep 12-Oct 24 7 Sessions  
Jane & Small Gym, HLR-5108-409 \$67  
Rodney Schomas Oglesby Lincoln School

## ● Cha Cha Intensive

The first of the Latin basics in Ballroom Dance, Cha Cha is the stepping stone to add a little Latin flair to your dance repertoire. This will be a basic class, working on footwork and some nice turns.

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

Thu 8:15-9:30 p.m. Sep 12-Oct 24 7 Sessions  
Jane & Small Gym, HLR-5119-409 \$67  
Rodney 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.** *No class: Nov 23*

Thu 7-8:15 p.m. Oct 26-Dec 14 7 Sessions  
Jane & Small Gym, HLR-5124-410 \$67  
Rodney Schomas Oglesby Lincoln School

## ● Beginners 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.** *No class: Nov 23*

Thu 8:15-9:30 p.m. Oct 26-Dec 14 7 Sessions  
Jane & Small Gym, HLR-5123-410 \$67  
Rodney 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.**

Tue 7-8:15 p.m. Nov 7-Dec 12 6 Sessions  
Jane & Small Gym, HLR-5102-411 \$58  
Rodney 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.**

Tue 8:15-9:30 p.m. Nov 7-Dec 12 6 Sessions  
Jane & Small Gym, HLR-5103-411 \$58  
Rodney Schomas Oglesby Lincoln School

# Culinary



## ● Cooking With Beer

Join Chef Tim as we examine beer as a culinary ingredient. While the history of beer stretches back to the Middle Ages, beer as a cooking ingredient is a relatively new idea in culinary history. We will examine different types of beer, their basic flavor profiles and how we can best utilize those flavors with food. A couple of our recipes will include beer bread, beer cheese soup, beer braised sausage and peppers and more. We will also discuss how to pair beer with food. **Please bring a \$25 material fee payable to the instructor at class.**

Wed	6-9 p.m.	Sep 20	1 Session
Tim Freed	CTC-123, IVCC	HLR-3416-309	\$35

## ● Fiesta! Mexican Inspired Meals

**NEW** Mexican inspired dishes are an American favorite! If you enjoy taco nights, hurry to register for this class! No more Old El Paso! Learn to make authentic tacos, tortas, tostadas, homemade salsa and guacamole. Chef Sara will share her favorite Mexican inspired dishes that are full of flavor and are also easy on the waistline! **Please bring a \$20 material fee payable to the instructor at class.**

Tue	6-9 p.m.	Sep 26	1 Session
Sara Fitzpatrick	CTC-123, IVCC	HLR-3933-309	\$35

## ● Mac & Cheese? Yes, Please!

**NEW** Mac and cheese is one of those comfort foods that we all grew up eating and today is being re-imagined as a gourmet dish. Join Chef Tim as we dive into several unique varieties and preparation methods of mac and cheese. We will go through all steps including making a homemade béchamel (cream) sauce, cooking of the pasta and other ingredients to take your mac and cheese dish to the next level. Recipes will include but are not limited to triple cheddar mac and cheese, slow cooker mac and cheese, garlic bacon & beer mac and cheese, mac and cheese pizza and more! **Please bring a \$25 material fee payable to the instructor at class.**

Wed	6-9 p.m.	Oct 4	1 Session
Tim Freed	CTC-123, IVCC	HLR-3944-310	\$35

## ● It's the Great Pumpkin

**NEW** Join Chef Sara in cooking with fall's most popular ingredient... pumpkin! This delicious gourd adds a plethora of nutrients to any dish you create while satisfying the comforting nostalgia of fall. Learn how pumpkin can be used for savory dishes and not just for sweets! Recipes will include pumpkin ravioli in sage brown butter sauce, pumpkin crème brûlée and a new twist on the classic pumpkin pie among others! **Please bring a \$20 material fee payable to the instructor at class.**

Tue	6-9 p.m.	Oct 17	1 Session
Sara Fitzpatrick	CTC-123, IVCC	HLR-3420-310	\$35



## ● Fun with Flambe!

**NEW** Join Chef Tim for a night full of delicious and entertaining cooking, as we prepare flambéed dishes. Flambéed recipes are usually reserved for table side at a fancy restaurant, but Chef Tim will show you just how easy they can be to make at home. Some of our recipes will include, bacon bourbon shrimp, steak Diane with garlic mashed redskin potatoes, whiskey marmalade chicken over jasmine rice, bananas foster and cherries jubilee. With these recipes, you'll be able to entertain friends and family like never before. **Please bring a \$30 material fee payable to the instructor at class.**

Wed	6-9 p.m.	Oct 18	1 Session
Tim Freed	CTC-123, IVCC	HLR-3429-310	\$35

## ● Appetizer Party

**NEW** It's almost that time of the year, holiday celebrations and family gatherings, everyone likes to have food to snack and graze on as the time passes. Why not try some new recipes to help with your parties and family gatherings? We will go over how to build a cheese board with different varieties and pairing options. Some of our recipes will include caramelized onion and goat cheese bites, tequila sunset dip, baked crab rangoon, plus some other great appetizer ideas! **Please bring a \$25 material fee payable to the instructor at class.**

Wed	6-9 p.m.	Nov 1	1 Session
Tim Freed	CTC-123, IVCC	HLR-3101-311	\$35

## ● Classic French Cuisine

**NEW** You could be the next Julia Child! French cuisine is often considered the backbone of the western world. Learn the techniques to create classic French specialties at home. Chef Sara will share with you the skills and tips she learned in culinary school to create rich butter sauces, Chicken Francais, decadent mashed potatoes and more. Learn how the French layer flavors and then savor the results during class! **Please bring a \$20 material fee payable to the instructor at class.**

Tue	6-9 p.m.	Nov 7	1 Session
Sara Fitzpatrick	CTC-123, IVCC	HLR-3945-311	\$35

## ● Alaskan Crab Delight

**NEW** Sweet, flaky, meaty and delicious are just a few words that describe wild caught Alaskan crab! If you're a crab lover than you don't want to miss out on this class! Join Chef Tim as we journey into the world of Alaskan crab. See just how easy it is to cook whole crab legs and learn tips on how to prepare crab legs and crack them as well. We will also have gourmet crab recipes including a crab strudel, crab cakes, king crab and artichoke dip, crab etouffee and more! **Please bring a \$35 material fee payable to the instructor at class.**

Wed	6-9 p.m.	Dec 6	1 Session
Tim Freed	CTC-123, IVCC	HLR-3921-312	\$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.*

Wed	6-9 p.m.	Sep 6	1 Session
Dee Biagi	CTC-123, IVCC	HLR-3901-309	\$35

## ● 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 "tweeked" 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.	Oct 23	1 Session
Dee Biagi	CTC-123, IVCC	HLR-3707-310	\$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.*

Tue	6-9 p.m.	Nov 14	1 Session
Dee Biagi	CTC-123, IVCC	HLR-3943-311	\$35

## ● Italian Sauces

Learn to make authentic sauces to add to your home-made or "store bought" pastas. Sauces include: alfredo sauce, a creamy white sauce with asiago cheese melted to give it a decadent flavor; pesto sauce, a fresh basil and olive oil flavor charmer added to other sauces or can stand alone. Then, learn how to make marinara sauce. You will use marinara sauce in your home for side dishes, pastas and meats. The sauces will be sampled with pastas and other dishes the night of class. Skip dinner at home for an authentic tour of sauces from the northern region of Italy with Dee (Malavolti) Biagi. *There is a \$20 material fee payable to the instructor the night of class.*

Mon	6-9 p.m.	Dec 4	1 Session
Dee Biagi	CTC-123, IVCC	HLR-3914-312	\$35

# Dollars & Sense

## 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 Tracy Tunnell	6:30-7:30 p.m. Rm 105, Ottawa Center	Sep 14 CDV-5008-639	1 Session Free
Tue Tracy Tunnell	6:30-7:30 p.m. CTC-124, IVCC	Oct 3 CDV-5008-310	1 Session Free

## It's Decision Time [Medicare & 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 Dick Volker	6:30-8 p.m. C-326, IVCC	Sep 20-Oct 11 SRS-1113-309	4 Sessions \$45
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## Travel Free [Have Time & Money to Travel]

If you're retired, near retirement, changing careers or a student, learn hundreds of practical ways to free travel, fun work-vacations and new money-making travel careers. Instructor, Gina Henry teaches in 90 cities nationwide and shows you how she affords to travel 12 months a year visiting over 80 countries and 40 states in the past 25 years. Maximize frequent flyer miles and reward points. Volunteer for free travel. Organize your own trips and go free. Learn how to avoid scams, negotiation tips and the top 50 words to know in any language to travel anywhere. *Tuition includes a resource book "Travel Free".*

Wed Gina Henry	6-9:30 p.m. CTC-124, IVCC	Oct 11 HLR-8104-310	1 Session \$59
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## Foundations of Investing

Are you new to investing or considering your options to refresh your current investment strategy? Learn the key features of bonds, stocks, mutual funds and different types of accounts including Roth IRA, Traditional IRA and 401K. Find out where you can invest and what the costs are. Learn about the importance of asset allocation, the impact of inflation on your long terms goals and how to plan for your retirement.

Wed Brian Sellett	6-7:30 p.m. CTC-214, IVCC	Oct 18-Nov 1 CDV-5001-310	3 Sessions \$32
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## 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 Regina Leffelman	8:30 a.m.-12:30 p.m. Rm 101, Bldg. H, IVCC-East Campus	Nov 6-7 SRS-1112-11	2 Sessions AARP Fee payable at class
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## Financial Fitness Q & A with the Instructor

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 up-coming program and share with you her 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 Abby Zukowski	7-7:30 p.m. CTC-124, IVCC	Sep 12 CDV-5000-309	1 Session Free
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## Financial Fitness

**NEW** 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 the "Financial Fitness Workbook" by Chris Brady and Orrin Woodward are recommended books for this class. Paperback copies can be purchased at [lifeleadership.com](http://lifeleadership.com).*

Thu Abby Zukowski	Oct 12-Nov 16 CTC-124, IVCC	7-8:30 p.m. CDV-5006-310	6 Sessions \$59
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Check it out!

[Community Education]

# Photography

## ● Introduction 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.	Sep 5-26	4 Sessions
Doug Dellinger	E-320, IVCC	HLR-2505-309	\$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. No class: Oct 31.**

Tue	6:30-9:30 p.m.	Oct 10-Nov 7	4 Sessions
Doug Dellinger	E-320, IVCC	HLR-2506-310	\$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.	Nov 21-Dec 12	4 Sessions
Doug Dellinger	E-320, IVCC	HLR-2507-311	\$99

## Experimental Techniques in Photography

### ● Cyanotype Printing

**NEW** A Cyanotype 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. This class will be of interest to both photographers looking to broaden their printing options and artists looking to add a photographic element to their work. *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.	Oct 5	1 Session
Amanda Weygand	B-101, IVCC Art Room	HLR-2508-310	\$29

### ● Lumen Prints

**NEW** 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.	Oct 12	1 Session
Amanda Weygand	B-101, IVCC Art Room	HLR-2508-320	\$29

### ● Polaroid Transfers

**NEW** In this class, you will learn the art of making Polaroid transfers and lifts. A Polaroid lift (or emulsion transfer) is when the emulsion layer is removed from a sheet of instant film and then transferred to a different surface. You will take turns with a Polaroid camera to turn these photos into effective lifts of your own artwork. You will also be shown the proper steps to remove your artwork from its film backing and transfer it to a solid surface. We will have watercolor paper to use, but please feel free to bring one object/material along if you have something that you would like to personally adhere the lift to. **There is a \$16 material fee payable to the instructor the night of class.**

Thu	5-8 p.m.	Oct 19	1 Session
Amanda Weygand	Rm 101, Ottawa Center	HLR-2508-610	\$29

# Local History



## ● Indian Creek Massacre

From Indian Creek to the Bad Axe River, discover the story of 16 settlers who were looking to start a new life; however were victims of hostile action taken by Pottawatomie Indians during the time period of the Black Hawk War. We will trace the history of the events that led to the Black Hawk War and the suspicions that developed between the Indians and the demands of the white settlers for their lands that led to this event in 1832.

Thu	6:30-8 p.m.	Sep 14	1 Session
Heinz Suppan	CTC-124, IVCC	HLR-7603-309	\$16

## ● Radium Girls of Ottawa

At the turn of the 20th Century radium became a miracle cure for almost any ailment. When radium was introduced into the United States it achieved a similar popularity. After World War I many companies used radium to paint watch dials, a fad that resulted in the manufacture of luminous dials and sales of wrist watches, pocket watches and alarm clocks. When a luminous dial processing company opened in Ottawa, Illinois, it offered great employment opportunities to many young girls who were paid very well for their work. Little did they know that the radium paint they used proved to be dangerous. You will learn about the fascinating story and local history of the Radium Girls of Ottawa.

Thu	6:30-8 p.m.	Sep 28	1 Session
Heinz Suppan	CTC-124, IVCC	HLR-7604-309	\$16



# Hobbies

(Students between the ages of 10-18 may register and attend classes listed on this page with an adult who is also registered and attending class.)

## ● To Drone or Not to Drone

**NEW** 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. We'll discuss basic drone flying techniques and safety tips. Is your drone safe to fly? Learn how to give it a good "pre-flight inspection". We'll talk about conditions when it may or not be safe to fly. We'll also talk about the difference between a "toy and a professional" drone. Does your new drone need to be registered with the FAA? We'll talk about that, also. Drone technology is a relatively new field and in its infant stages. There is literally no where to go but up! Dress appropriately, if the weather is nice enough, we'll go outside and demonstrate the instructor's drone at the end of class.

Sat	9 a.m.-12 p.m.	Sep 9	1 Session
Bob Myers	CTC-125, IVCC	HLR-5902-09	\$25

## ● So You Have a Drone, Now What?

**NEW** So you bought a drone - what do you do with it? Is your new aircraft safe to fly? Is the weather safe to fly in? What FAA rules apply to the area where we are going to fly? In this class, we'll talk about all of these issues. Do you fly for a hobby? Have you ever thought about flying a drone professionally? The FAA now has rules for that and we'll talk about them in class. Learn about additional privileges that a professional drone pilot has over the hobbyist. If the weather is nice enough, we'll go outside and demonstrate the instructor's drone at the end of class. Some drone flying experience would be useful but is absolutely necessary for this course.

Sat	1-4 p.m.	Sep 9	1 Session
Bob Myers	CTC-125, IVCC	HLR-5902-19	\$25

*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.*

## ● Learn to Play Disc Golf

Experience the growing sport of disc golf at the IVCC Disc Golf Course. IVCC has one of the top disc golf courses in the Illinois Valley. This activity is appropriate for all ages. Learn all the basics of this lifetime sport such as the drive, the approach and the putt. Learn to throw a disc, similar to a frisbee, farther than you thought possible. There are discs made to go left, right and straight depending on the hole. Your goal is to get the disc into a big metal basket in as few shots as possible. Find out about more courses available in the local area. Discs students can use during class will be provided by the instructor. Discs are also available for purchase in the IVCC Bookstore, ranging in price from \$6-\$13.

Tue	4:30-7:30 p.m.	Sep 12	1 Session
Wes Black	Disc Golf Course, IVCC	HLR-5309-309	\$15

# Mind, Body & Wellness



## ● 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.*

<b>Tue/Thu</b>	<b>4:45-5:45 p.m.</b>	<b>Sep 12-Oct 19</b>	<b>12 Sessions</b>
<b>Tracie Klieber</b>	<b>CTC-121, IVCC</b>	<b>HLR-6218-309</b>	<b>\$59</b>

<b>Tue/Thu</b>	<b>4:45-5:45 p.m.</b>	<b>*Oct 24-Dec 12</b>	<b>14 Sessions</b>
<b>Tracie Klieber</b>	<b>CTC-121, IVCC</b>	<b>HLR-6218-310</b>	<b>\$69</b>

\*No class: Nov 23

## ● 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.

<b>Mon/Wed</b>	<b>5-5:30 p.m.</b>	<b>Sep 11-Oct 18</b>	<b>12 Sessions</b>
<b>Tracie Klieber</b>	<b>CTC-121, IVCC</b>	<b>HLR-6212-309</b>	<b>\$59</b>

<b>Mon/Wed</b>	<b>5-5:30 p.m.</b>	<b>*Oct 23-Dec 11</b>	<b>14 Sessions</b>
<b>Tracie Klieber</b>	<b>CTC-121, IVCC</b>	<b>HLR-6212-310</b>	<b>\$69</b>

\*No class: Nov 22

## U 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.*

<b>Wed</b>	<b>6-7 p.m.</b>	<b>Sep 13-27</b>	<b>3 Sessions</b>
<b>Dan Retoff</b>	<b>CTC-125, IVCC</b>	<b>HLR-6108-309</b>	<b>\$29</b>

<b>Fri</b>	<b>9:15-10:15 a.m.</b>	<b>Oct 13-27</b>	<b>3 Sessions</b>
<b>Dan Retoff</b>	<b>Rm 101, Ottawa Center</b>	<b>HLR-6108-610</b>	<b>\$29</b>

## U 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.**

<b>Fri</b>	<b>9:15-10:30 a.m.</b>	<b>Sep 8-Oct 6</b>	<b>5 Sessions</b>
<b>Dan Retoff</b>	<b>Rm 101, Ottawa Center</b>	<b>HLR-6104-609</b>	<b>\$39</b>

<b>Fri</b>	<b>9:15-10:30 a.m.</b>	<b>*Nov 3-Dec 15</b>	<b>5 Sessions</b>
<b>Dan Retoff</b>	<b>Rm 101, Ottawa Center</b>	<b>HLR-6104-611</b>	<b>\$39</b>

\*No class: Nov 10, 24

## ● 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.**

<b>Wed</b>	<b>6-7:15 p.m.</b>	<b>Oct 4-Nov 1</b>	<b>5 Sessions</b>
<b>Dan Retoff</b>	<b>CTC-121, IVCC</b>	<b>HLR-6101-310</b>	<b>\$39</b>

<b>Wed</b>	<b>6-7:15 p.m.</b>	<b>*Nov 8-Dec 13</b>	<b>5 Sessions</b>
<b>Dan Retoff</b>	<b>CTC-121, IVCC</b>	<b>HLR-6101-311</b>	<b>\$39</b>

\*No class: Nov 22

## U Define & Connect with your Sixth Sense

Have you ever had a gut feeling? How about a vivid dream that came true? 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? *Students are welcome to bring blankets and pillows to class.*

Thu Mary Beth LaManna	6:30-8 p.m. Rm 105, Ottawa Center	Sep 28 HLR-6504-639	1 Session \$35
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Thu Mary Beth LaManna	6:30-8 p.m. CTC-124, IVCC	Oct 26 HLR-6504-310	1 Session \$35
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*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.*

## ● 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.*

Tue Beth Wallace	10 a.m.-12 p.m. CTC-124, IVCC	Oct 24 SRS-1202-10	1 Session \$12
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## ● Detoxifying Your Body and Living Environment: Removing Obstacles to Health

In the last hundred years, thousands of unresearched chemicals have been introduced into our food, water, medicine and environment. 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 deteriorating our health and quality of life. We will examine common chemicals that are sabotaging our bodies, homes and environment. Explore ways to minimize our exposure, detoxify our bodies and replace common personal care and cleaning products with natural, non-toxic ingredients. By the end of class you will be able to define exotoxins and endotoxins, describe autointoxication, identify the body's eliminative organs and channels, learn about the concept of synergy when chemicals are combined and learn detoxification strategies.

Wed Candice Chaffee	9 a.m.-3:30 p.m. C-316, IVCC	Sep 20 HLR-6312-09	1 Session \$79
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## ● Introduction to Herbalism

Medicinal herbs and plants are steeped in rich tradition and history. Many are high in nutritional and pharmacological properties. Herbs encourage and activate the body's own healing mechanisms. This course is designed to offer an introduction to medicinal herbs and their history of use in healing. Topics include a brief history of herbal medicine, how herbs work in the human body, herbal properties and characteristics and demonstrations of how to prepare a wide range of internal and external applications. Participants will gain a basic understanding of how and when to use medicinal herbs to address simple health issues.

Thu Candice Chaffee	9 a.m.-3:30 p.m. C-316, IVCC	Oct 12 HLR-6317-10	1 Session \$79
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## ● Energy Anatomy and Vibrational Healing

Vibrational Healing is the new "medicine." This course will explore the anatomy of the energy bodies and currents and provide tools for balancing the electromagnetic field. Emotional, mental and spiritual causation of disease are discussed. Participants will learn East Indian and Chinese methods for energetic balancing and re-patterning. The course is presented through a variety of mediums used in complementary healing. Topics include: chakra system, meridians, electromagnetic fields, healing with sound and color, flower essences, homeopathy and applied kinesiology.

Wed Candice Chaffee	9 a.m.-3:30 p.m. C-316, IVCC	Oct 25 HLR-6316-10	1 Session \$79
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## ● Advanced Herbalism

*Prerequisite: Introduction to Herbalism*

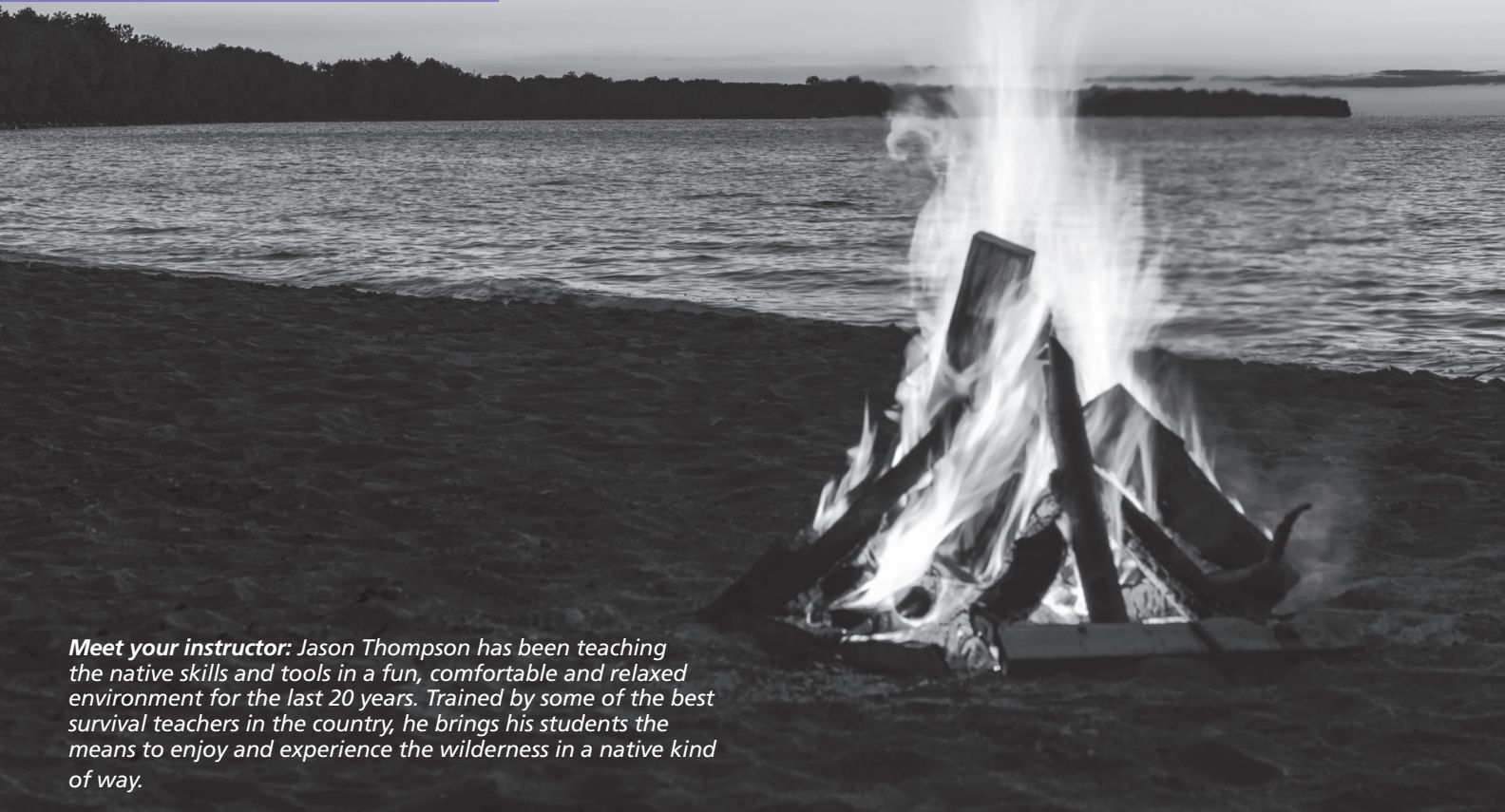
This course will offer an in-depth study of herbal therapies and formulation of herbal blends to effectively address health needs. We will examine the major body systems, their functions, how they interact and the corresponding herbs used to balance their activities. External and internal herb preparations and their appropriate applications will be discussed comprehensively. You will leave this workshop with a profound understanding of the role herbs play in maintaining health and balance. *Please bring your materials from Introduction to Herbalism for review.*

Wed Candice Chaffee	9 a.m.-3:30 p.m. C-316, IVCC	Nov 15 HLR-6315-11	1 Session \$79
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*Meet your instructor: Candice Chaffee is certified as a Master Herbalist and Natural Health Professional. She has studied, practiced and taught holistic health for 25 years and now divides her time between teaching, public speaking and natural health consulting.*



# Survival Skills



**Meet your instructor:** Jason Thompson has been teaching the native skills and tools in a fun, comfortable and relaxed environment for the last 20 years. Trained by some of the best survival teachers in the country, he brings his students the means to enjoy and experience the wilderness in a native kind of way.

## ● Fire Building

**NEW** Fire is the most exciting survival tool there is. From signaling, heating, lighting, cooking, purifying water and repelling insects, it is also one of the most useful! In this course, you will make your very own bow drill fire-making set you can take home with you, the most reliable friction fire method. *Please dress to be prepared to be outdoors throughout class. Bring a knife, note-taking materials, camera, lunch, snacks and drinks. Class will be limited to 10 students, must be age 18 or older.*

Sat	10 a.m.-2 p.m.	Sep 16	1 Session
Jason Thompson	G-103, IVCC Gym Building	HLR-5316-09	\$37

## ● Survival Series: Applied Fire Building

This course will help improve your fire-by-friction skill set. You will get to try your hand at the hand drill – “rubbing two sticks together” – and the flint and steel fire-making methods. You will also learn how to build a reliable tepee fire structure and how to make natural tinder in the world. *Please dress to be prepared to be outdoors throughout class. Bring a knife, note-taking materials, camera, lunch, snacks and drinks. Class will be limited to 10 students, must be age 18 or older.*

Sat	10 a.m.-2 p.m.	Sep 30	1 Session
Jason Thompson	G-103, IVCC Gym Building	HLR-5317-09	\$37

## ● Skills and Tools

Native peoples were highly resourceful in making all sorts of useful tools from everyday things you would find in the wild. This course will have you making cordage and a figure-4 trap. You will also try primitive hunting with a throwing stick as well as see how to make a snare, bowl and cook! *Please dress to be prepared to be outdoors throughout class. Bring a knife, note-taking materials, camera, lunch, snacks and drinks. Class will be limited to 10 students, must be age 18 or older.*

Sat	10 a.m.-2 p.m.	Oct 7	1 Session
Jason Thompson	G-103, IVCC Gym Building	HLR-5308-10	\$37

## ● Tracking

Tracking is awareness, an ancient art and survival skill nearly lost today, that few possess. This course will help you start seeing tracks and following trails in the wild others simply cannot see. You will also begin to read what a person was doing, looking at – even thinking – from their tracks alone. *Please dress to be prepared to be outdoors throughout class. Bring a knife, note-taking materials, camera, lunch, snacks and drinks. Class will be limited to 10 students, must be age 18 or older.*

Sat	10 a.m.-2 p.m.	Oct 21	1 Session
Jason Thompson	G-103, IVCC Gym Building	HLR-5311-10	\$37



## ● Advanced Dog Grooming

**Pre-requisite:** Students must complete the Basic Dog Grooming class prior to taking this class.

Finally keep your pet at home and groom them yourself. Take the skills you mastered in the Basic Dog Grooming class and practice more advanced skills to achieve your dog's groom. After this five hour hands-on class you will be able to complete your groom and be comfortable grooming your pet. **This class is limited to 3 students to maximize hands-on education and safety. Specific professional equipment is required for this class and must be purchased on the day of class from the instructor. Please bring a material fee of \$149 to be paid to your instructor the day of class. Registration deadline: no less than one week before your registered session.**

Sat Denise Kozell	10 a.m.-3 p.m. BJE-117, IVCC-East Campus	Oct 14 HLR-5613-10	1 Session \$175
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Sat Denise Kozell	10 a.m.-3 p.m. BJE-117, IVCC-East Campus	Nov 11 HLR-5613-11	1 Session \$175
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## Pet Care

### ● Dog Grooming Information Session

Find out more about IVCC's dog grooming classes in a one night information session with instructor Denise Kozell. Find out what topics will be covered in the Basic and Advanced Dog Grooming class and if this program is right for you and your pet. Find out more about what you can expect to achieve in class and have an opportunity for Q & A. Students will also have an opportunity to view the material kits that are required for class. **This session is for pet owners, please leave pets at home for this session. This session is free, but you must pre-register for planning purposes by calling IVCC at (815) 224-0447.**

Thu Denise Kozell	6-7 p.m. CTC-124, IVCC	Sep 7 HLR-5600-309	1 Session Free
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### ● Basic Dog Grooming for the Pet Owner

Calling dog owners! This is the class for you. Save money by learning the basics from an experienced dog groomer who is also a certified pet first aid and cpr instructor. You will learn how to trim nails, pluck and clean ears, brush teeth, trim around the feet and more. Learning these skills will help you stretch time needed between full professional grooming. **This class is limited to 8 students. All dogs will need to be screened by the instructor before being admitted to class. All dogs should be current on and have proof of shots including rabies. Specific equipment is required for this class and must be purchased on the first night of class from the instructor. Please bring a material fee of \$50 to be paid to your instructor the first night of class.**

**Registration deadline: no less than one week before your registered session.**

Sat Denise Kozell	10 a.m.-4 p.m. BJE-117, IVCC IVCC-East Campus	Sep 23 HLR-5612-09	1 Session \$89
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Sat Denise Kozell	10 a.m.-4 p.m. BJE-117, IVCC IVCC-East Campus	Oct 28 HLR-5612-10	1 Session \$89
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visit [ed2go.com/ivcc](http://ed2go.com/ivcc)

### ● Start a Pet Sitting Business

If you're an animal lover, find out how you can start your own pet sitting business to translate your passion into a profitable career! Master the essentials of running a cat and dog sitting business. You will begin with pet care, including nutrition, exercise, first aid and identification of common diseases. Learn the basics of first aid and find out how to administer pills, liquid medications and injections to an uncooperative cat or dog. Next, discover how to handle home visits and impress your potential clients. You will also explore situations that can arise, such as lost pets, pets that die unexpectedly and pets that need immediate veterinary care. In addition, we will delve into finances and explore start-up costs, accounting, fee-setting, business plans and low-cost marketing. Find out how to obtain required insurance, hire employees as your business expands and entice financial institutions to loan you money. Is a dog-walking service right for you? Can you train puppies? Do you want to look after other animals, including horses? By the end of this course, you will have all the knowledge you need to become a professional pet sitter. In addition, you will see how your pet sitting business can grow to continually challenge and satisfy you. **See page 35 for additional registration information.**

**Course Fee: \$99**



# Holiday



## ● Fun with Flambe!

**NEW** Join Chef Tim for a night full of delicious and entertaining cooking, as we prepare flambéed dishes. Flambéed recipes are usually reserved for table side at a fancy restaurant, but Chef Tim will show you just how easy they can be to make at home. Some of our recipes will include, bacon bourbon shrimp, steak Diane with a garlic mashed redskin potatoes, whiskey marmalade chicken over jasmine rice, bananas foster and cherries jubilee. With these recipes, you will be able to entertain friends and family during the holidays like never before. Please bring a \$30 material fee payable to the instructor at class.

Wed	6-9 p.m.	Oct 18	1 Session
Tim Freed	CTC-123, IVCC	HLR-3429-310	\$35

## ● Appetizer Party

**NEW** It's almost that time of the year, holiday celebrations and family gatherings, everyone likes to have food to snack and graze on as the time passes. Why not try some new recipes to help with your parties and family gatherings. We will go over how to build a cheese board with different varieties and pairing options. Some of our recipes will include caramelized onion and goat cheese bites, tequila sunset dip, baked crab rangoon, plus some other great appetizer ideas! Please bring a \$25 material fee payable to the instructor at class.

Wed	6-9 p.m.	Nov 1	1 Session
Tim Freed	CTC-123, IVCC	HLR-3101-311	\$35



## ● Holiday Snowman Painted Window

**NEW** It's beginning to look a lot like Christmas! Get in the holiday spirit and join us by painting a snowman themed window. 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 holiday decoration. A \$15 material fee is payable to the instructor the night of class.

Tue	5:30-8 p.m.	Nov 28	1 Session
Addy Sorce	B-101, IVCC Art Room	HLR-1115-311	\$39

## ● Ugly Holiday Sweater Workshop

**NEW** Impress everyone this season with your own uniquely hand-crafted ugly holiday sweater! Join head elf, Kari Matuszewski, as we master the art of the tacky sweater at our ugly holiday sweater workshop! There will be plenty of fun and cheer to be had! *Bring your jolly spirit and a sweater, sweatshirt or t-shirt in your size to class that you will decorate. Holiday embellishments and supplies will be provided to help you add swag that will bedazzle and bedeck your festive-wear.* There is a \$10 material fee payable to the instructor on the night of class.

Mon	6-8 p.m.	Dec 4	1 Session
Kari Matuszewski	B-101, IVCC Art Room	HLR-4107-312	\$25

## ● Vintage Jewelry Tree

Create a holiday focal piece to accent your home. Use vintage or re-purposed jewelry to create a framed jewelry tree for the holidays. This is a great way to showcase grandma's unique jewelry or re-purpose found or broken pieces. **Each student needs to bring 10-12 brooches to class to complete their project.** *It is recommended to visit second hand and resale stores to find unique items or bring pieces from home that have sentimental value. Students are also encouraged to bring beads, pearls, buttons, sequins or rhinestones from old or broken jewelry. The remainder of the project will be filled in with jewels, beads and buttons provided by the instructor.* There is a \$20 material fee payable to the instructor on the night of class.

Mon	5-9 p.m.	Dec 11	1 Session
Kari Matuszewski	CTC-214, IVCC	HLR-2774-312	\$35



# Online Courses

## Convenient, Affordable and Effective

Take IVCC ed2go courses anywhere and when it's most convenient for you.

View IVCC's online lifelong learning catalog at [ed2go.com/ivcc](http://ed2go.com/ivcc)

Choose from over **300** online classes available every month.

**New class sessions will begin:**  
**August 16 ~ September 13**  
**October 18 ~ November 8 ~ December 13**

### ● Introduction to Google Analytics

Learn to use Google Analytics to make the most of your online traffic. You'll see how you can track not just the traffic to all of your online content, but also determine which content is the most appealing, where your visitors came from, what devices they used, how long they stayed, which links they clicked and where they went when they left. From setting up your Google Analytics account and getting the all-important code you'll need to add to your website's pages to begin tracking your visitors, you'll learn everything you need to know to get everything you can from the data that Google Analytics provides. You'll even find out about Google AdWords and other tools to enhance your traffic as well as your Google Analytics reporting.  
Course Fee: \$99

### ● Writing Essentials

Master the essentials of writing! In this course, you will hone the skills you need to communicate clearly on the job, express yourself fluently online and show off your creative literary talents. Improve your writing skills by learning to pick the right words, punctuate to perfection and avoid common spelling errors. Then find out how to put it all together by crafting well-written sentences, building effective paragraphs and organizing your material logically. Finally, discover how to make the most of e-mails and other forms of electronic communication. Hands-on activities will help you put your powerful new skills to use right away.  
Course Fee: \$99

### ● Speed Spanish

Imagine yourself speaking, reading and writing Spanish. Now you can with Speed Spanish! This course is designed for anyone who wants to learn Spanish pronto. You'll learn six easy recipes for gluing Spanish words together to form sentences. In no time at all, you'll be able to go into any Spanish speaking situation and converse in Spanish.  
¡Qué Bueno!  
Course Fee: \$99

## HOW TO GET STARTED:

1. Visit our Online Instruction Center at [ed2go.com/ivcc](http://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.**

### ● Wow, What a Great Event!

Whether it's for family or friends, your employer, or a favorite charity, this course reveals how all the pieces in the event planning process fit together to make any type of event successful. Each lesson covers a completely new topic, every one important to planning a prosperous event. You'll learn about themes, venues, menus, entertainment, décor and much more. Discover proven tips, tools, techniques and procedures that will make event planning easier for you, while also avoiding common pitfalls, embarrassing errors and costly mistakes. Gain access to event industry information compiled by event industry professionals and learn how to go about joining a professional association or industry group. You'll be so excited with your newly gained confidence and expertise that you'll want to start planning your next event even before this course is over.  
Course Fee: \$99

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

Fall 2017 | Visit our website - [ivcc.edu/cec](http://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

☐ 1<sup>st</sup> 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.

# Classes Offered in Ottawa



Ottawa Center Located at  
321 West Main Street, Ottawa

## ● 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.	Sep 14	1 Session
Tracy Tunnell	Rm 105	CDV-5008-639	Free

## ● Baubles & Beads

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. Save money by making your own gifts. 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	5-9 p.m.	Sep 18	1 Session
Kari Matuszewski	Rm 101	HLR-2705-639	\$35

## ● Define & Connect with your Sixth Sense

Have you ever had a gut feeling? How about a vivid dream that came true? 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? Students are welcome to bring blankets and pillows to class.*

Thu	6:30-8 p.m.	Sep 28	1 Session
Mary Beth LaManna	Rm 105	HLR-6504-639	\$35

## ● 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.**

Fri	9:15-10:30 a.m.	Sep 8-Oct 6	5 Sessions
Dan Retoff	Rm 101	HLR-6104-609	\$39

Fri	9:15-10:30 a.m.	*Nov 3-Dec 15	5 Sessions
Dan Retoff	Rm 101	HLR-6104-611	\$39

\*No class: Nov 10, 24

## ● 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.**

Fri	9:15-10:15 a.m.	Oct 13-27	3 Sessions
Dan Retoff	Rm 101	HLR-6108-610	\$29

## ● Experimental Techniques in Photography Polaroid Transfers

**NEW** In this class, you will learn the art of making Polaroid transfers and lifts. A Polaroid lift (or emulsion transfer) is when the emulsion layer is removed from a sheet of instant film and then transferred to a different surface. You will take turns with a Polaroid camera to turn these photos into effective lifts of your own artwork. You will also be shown the proper steps to remove your artwork from its film backing and transfer it to a solid surface. We will have watercolor paper to use, but please feel free to bring one object/material along if you have something that you would like to personally adhere the lift to. **There is a \$16 material fee payable to the instructor the night of class.**

Thu	5-8 p.m.	Oct 19	1 Session
Amanda Weygand	Rm 101	HLR-2508-610	\$29

## ● Trash to Treasures

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 your broken jewelry pieces, jewelry odds/ends, coins, beads, buttons or other items 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	5-9 p.m.	Nov 20	1 Session
Kari Matuszewski	Rm 101	HLR-2749-631	\$35

## ● 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: Oct 23.**

Sat	9 a.m.-3 p.m.	Nov 4	1 Session
Bill Ferguson	Rm 101	HLR-2301-611	\$69



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# GIFT CERTIFICATES

Looking for the perfect gift?  
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**IVCC Continuing Education gift certificates** are available in any amount and can be used towards any classes, trips or tours listed in the Continuing Education catalog.  
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You have received the gift of lifelong learning

amount

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815 N. Orlando Smith Road, Oglesby, IL, 61348, (815.224.0427)

Certificate  
Number

For more information contact the Continuing Education Center  
Illinois Valley Community College  
815 N. Orlando Smith Road | Oglesby, IL | 61348  
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