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additional information.

Looking Ahead...

This fall discover engaging classes and envision your future...

IVCC's Continuing Education & Business Services division is your pathway to lifelong learning. Whether you are an individual looking for enriching experiences, preparing to grow your business or an employee looking to advance your career, Illinois Valley Community College offers many opportunities to improve, innovate and discover.

- Complete required CE & PD Hours
- Achieve your wellness goals
- Explore new career possibilities
- Take your business to the next level
- Secure your financial future
- Learn new recipes for the holidays
- Experience art, jewelry & sewing
- Look for ed'venture & travel to new destinations

Get Started Today!

Continuing Education & Business Services

(815) 224-0427 | ivcc.edu/cec

business training, professional development, lifelong learning, trips & tours

Bookstore

(815) 224-0311 | ivccbookstore.com

textbooks, supplies, IVCC swag, refurbished laptops

Career Services

(815) 224-0502 | ivcc.edu/cs

resume, cover letter and job search assistance, job fairs & events

Counseling

(815) 224-0360 | ivcc.edu/counseling

academic counseling, transfer guidance

Registration

(815) 224-0447 | ivcc.edu/onlinecec

register for classes, request transcripts

Adult Education

(815) 224-0358 | ivcc.edu/adulted

ABE, HSE, ESL & Citizenship classes



Continuing & Professional Education

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



ILLINOIS VALLEY
COMMUNITY COLLEGE

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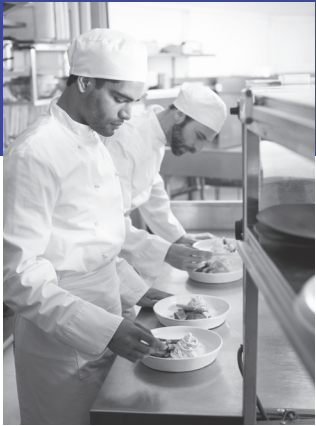
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Food Service

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



“A very good class! Abby was very patient and helpful!”

Build Your Business Page - Abby Zukowski

“I really enjoyed having Mike Hovi for trigger points and sports massage. He’s great at what he does and knows his material very well.”

CE for Massage Therapists - Mike Hovi

“Love Tracie’s teaching! Warm, caring and professional.”

Yoga - Tracie Klieber

“Wonderful, patient instructor.”

Jewelry Classes - Kari Matuszewski

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.

18-20	Trips & Tours	31	Drone Technology
21	Dollars & Sense	32-33	Mindy, Body & Wellness
22-23	Creative Arts	34	Bee Keeping & Sustainability
24-26	Culinary	35	Online Learning
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28	Music	37	For the Holidays
29	Dance		
30	Photography		



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

Computer Classes Main Campus

Beginning Excel 2016

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

Tue 6-9 p.m.
4 Sessions
A-323, IVCC

Sep 11-Oct 2
Doreen Balzarini
CEU-4121-309 \$129

Intermediate Excel 2016

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.
4 Sessions
A-323, IVCC

Oct 9-30
Doreen Balzarini
CEU-4122-310 \$129

Advanced Excel 2016

One Day Fast Course

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. **Take advantage of these 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.** **CEU: .7**

Fri 8:30 a.m.-4 p.m.
1 Session
A-323, IVCC

Nov 16
Doreen Balzarini
CEU-4123-11 \$159

Computer Basics Windows 10

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

Thu 6-9 p.m.
4 Sessions
A-212, IVCC

Sep 13-Oct 4
Doreen Balzarini
CEX-4411-309 \$129

Introduction to the Internet & Email

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

Thu 6-9 p.m.
4 Sessions
A-212, IVCC

Oct 11-Nov 1
Doreen Balzarini
CEX-4607-310 \$129

One-on-One Sessions

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

Course Fee: \$139



DON'T FORGET YOUR TEXTBOOKS!

Textbooks are available at the IVCC Bookstore located at the main campus in Oglesby or can be purchased in advance online at ivccbookstore.com. If you are taking courses at the Ottawa Center, you can have your books delivered to the center at no charge.

Ottawa Center

Beginning Word 2016

Begin with creating documents, formatting and editing text. You will be introduced to tables and then shown how to format, modify and sort data. Visual objects such as shapes, WordArt, SmartArt, pictures and text boxes will be utilized. You will also be asked to create a business report and then arrange text in columns, tab stops, headers and footers and much more. **CEU: 1.2**

Mon 6-9 p.m.
4 Sessions
Rm 112,
Ottawa Center

Sep 10-Oct 1
Kathy Baker
CEU-4028-639 \$129

QuickBooks Pro 2018

NEW This class is packed with content to ensure mastery of the new QuickBooks Pro 2018 program. With brand new content and proven instructional design, making the switch to new materials is worth the effort! 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. This class 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 and handouts will be provided. Textbook required and includes 140-day trial software.* **CEU: 2.4**

Mon 6-9 p.m.
8 Sessions
Rm 112,
Ottawa Center

*Oct 8-Dec 3
Kathy Baker
CEU-4713-630 \$229

*No Class: Nov 12

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



One Day Fast Courses

Take advantage of these 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.*

Intermediate Word 2016

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 10 a.m.-5 p.m.
1 Session
Rm 112,
Ottawa Center

Oct 26
Kathy Baker
CEU-4029-610 \$159

Advanced Word 2016

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

Fri 10 a.m.-5 p.m.
1 Session
Rm 112,
Ottawa Center

Nov 9
Kathy Baker
CEU-4030-611 \$159

Powerpoint 2016

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 10 a.m.-5 p.m.
1 Session
Rm 112,
Ottawa Center

Dec 7
Kathy Baker
CEU-4312-612 \$159

Leadership Series



EMOTIONALLY INTELLIGENT LEADERS = HIGHLY ENGAGED EMPLOYEES

The way we feel influences the way we think and the decisions we make. Everyone we interact with is affected by our emotional responses. Where do these emotions show up? In our facial expressions, body language and tone of voice. Our emotions are fundamental to how we interact, build rapport, connect and collaborate with others.

Emotional Intelligence (EI) is about managing our emotions. EI is a set of skills that help us better perceive, understand and manage emotions in ourselves and in others. These behavioral skills help us make intelligent responses to and use of, emotions. These EI skills are as important as your intellect (IQ) in determining success in work and life. Everyone has interactions with other people. Your ability to understand your emotions, to be aware of them and how they impact the way you behave and relate to others, will improve your "people" skills and help you ultimately be more satisfied and successful.



Meet your instructor: Donna Honold is a Performance Consultant, helping companies and individuals to achieve more in the workplace. Donna has over 25 years of training and education experience, with a Master of Arts Degree in Adult Education from the University of South Dakota. Donna is certified in DDI, Achieve Global, Myers Briggs, Change Management and most recently Certified Practitioner of Genos Emotional Intelligence. Donna and her husband Charlie have formed RIFFLE, Inc., a communications company that offers custom-designed training, coaching and facilitation uniquely coupled with a full range of creative, broadcast and design services. Together, they have developed and trademarked a model for Accountability and Problem Solving called Flying above the Clouds.



NEW Session One

Wednesday, October 3

- Introduce Emotional Intelligence (EI) and the Science behind EI
- Discuss the effect of EI on those around us, whether at work or home
- Conduct an activity to show how EI relates to engagement
- Show the Genos EI Model:
 - Self-Awareness
 - Awareness of Others
 - Authenticity
 - Emotional Reasoning
 - Self-Management
 - Inspiring Performance
- Explain the Self-Assessment from Genos Surveys that will provide feedback on their perception of what is important in the workplace and how well they demonstrate EI behaviors

NEW Session Two

Wednesday, October 24

- Interpret results of their self-assessment
- Introduce and discuss tips and techniques for improving their demonstration of EI behaviors
- Develop action plans for how to optimize their role as leader, by demonstrating EI at every level

NEW Session Three

Wednesday, November 14

- Review interpretation of their Genos EI assessments results and action plans
- Practice EI skills and behaviors for demonstration in the workplace; optimize your ability to feel like a leader every day

Join us for this NEW three part series, beginning with a self-assessment focusing on your workplace behaviors. You will then receive a breakdown of your results and finally, a given action plan. These leadership sessions will focus on you as a leader and your ability to positively influence those around you to create a more engaged workplace. Cost of this series includes all materials as well as a Leadership Self-Assessment and an interpretation of those results.

Wed 8:30-11:30 a.m. Oct 3-Nov 14
3 Sessions Donna Honold
CTC-125, IVCC CEU-8113-10 \$499

Continuing Education | Register by: [phone] (815) 224.0447 [fax] (815) 224.6091 [mail] registration form on pg. 36

Business & Marketing

Facebook Live

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

Thu 8:30-10:30 a.m. Oct 25
1 Session Abby Zukowski
C-316, IVCC CEX-4629-10 \$39

Build Your Business Page

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

Thu 8:30-10:30 a.m. Nov 15
1 Session Abby Zukowski
CTC-119, IVCC CEX-4627-11 \$39



Advanced Business Boosting

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

Thu 8:30-10:30 a.m. Nov 29
1 Session Abby Zukowski
CTC-119, IVCC CEX-4628-11 \$39

[take it online] Business & Marketing Writing

Are you a marketing professional responsible for obtaining great marketing copy? Or maybe you're just interested in a writing or marketing career. Whatever your background, this fun, introductory course will teach you to write or identify copy that achieves business and marketing goals. Using clear explanations, real-life examples and an animated style, the course solidifies the relationship between business and marketing principles and written communications. You'll learn how business and marketing objectives affect writing choices. You'll get practical writing instruction in grammar, clarity, structure and more. You'll understand issues unique to this discipline, such as buzzwords, working with a team and marketing ethics. Whether you seek to improve your own writing or learn to identify effective copy, this course will help you understand the power of writing and use it to present a solid, cohesive message to your target audience.

Classes start monthly and are 6 weeks in length. Select the month you wish to begin the course. Tuition is \$115. Register online at: ed2go.com/ivcc.



A stylized illustration of a man in a dark suit and tie, standing with hands on hips on a white rectangular pedestal. The background is a light gray with faint silhouettes of city buildings and clouds. The man is facing right, looking towards the text on the right side of the page.

Leadership Elevation Framework

Leadership Elevation Framework (LEF)™ Certificate [online]

As global competition increases, companies need a dependable way to produce, groom and grow strong leaders. The Leadership Elevation Framework (LEF)™ Certificate is designed to enhance productivity from understanding how to bring out the best in teams, increase employee engagement through managers who know how to effectively lead people and create a more positive corporate culture where learning is embraced by all. The result is better decision making skills based on strategy and planning versus reacting to problems.

This online training can be accessed from anywhere and the content has been designed by experts to engage learners and support retention. Participants will benefit from the real-time interaction with highly-skilled trainers and other learners. This program has over 20 certification courses embedded within, which helps prepare students in obtaining industry recognized credentials in the following:

- Change Management Foundation™
- Change Management Practitioner™
- Professional Scrum Master
- DevOps Foundation
- Project Management Professional (PMP)™
- Cloud Technology Associate and much more...

The (LEF)™ Certificate provides a clear training pathway that supports leadership and learning through a synergistic selection of online courses. This dynamic training program helps professionals learn at the pace of technology and our expert training consultants work with individual learners to guide them through their learning journey, helping them develop the skills companies value the most. **These courses are for credit and once a total of 16.5 credit hours has been completed, students will receive the (LEF)™ Certificate, through IVCC.**

For more information on this certificate program, contact Jennifer Sowers at (815) 224-0280 or jennifer_sowers@ivcc.edu.

Small Business Development

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

The Illinois Small Business Development Center at the Starved Rock Country Alliance offers no cost, confidential, one-on-one business advising. Our training programs are focused on helping entrepreneurs and small business owners build successful, long-term businesses in the Illinois Valley Region. *A light meal will be served at each session with opportunities to network.*

Your Business Ideas

Have an idea for a new business? Want to explore your idea and see if it is going to work? Join us as we use this process to build your business model and assess your idea's potential, while also learning about the Business Model Canvas.

Fri 12-3 p.m. 1 Session CTC-125, IVCC	Sep 14 Amy Lambert CEX-9540-09	\$45
Mon 6-9 p.m. 1 Session Rm 101, Ottawa Center	Sep 24 Amy Lambert CEX-9540-639	\$45

How to Start Your Business in Illinois

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

Fri 12-3 p.m. 1 Session CTC-125, IVCC	Sep 28 Amy Lambert CEX-9508-09	\$45
Mon 6-9 p.m. 1 Session Rm 101, Ottawa Center	Oct 8 Amy Lambert CEX-9508-630	\$45

Organizing Your Business

Need to get your business organized? This class is for you. Join us to learn organizational philosophies, along with tips, tricks and tools that you as a small business owner, manager and professional can use to streamline your processes and get ahead of your information.

Fri 12-3 p.m. 1 Session CTC-125, IVCC	Oct 12 Amy Lambert CEX-9547-10	\$45
Mon 6-9 p.m. 1 Session Rm 101, Ottawa Center	Oct 15 Amy Lambert CEX-9547-630	\$45

Creating an Effective Business Plan

This informative workshop covers all aspects of creating a business plan and emphasizes the importance of documenting the measurable strategies and tactics your business will use as it grows. Topics include: defining your business, outlining business plan components, researching your competition, developing operating and marketing plans and the important benchmarks within your financial statements.

Fri 12-3 p.m. 1 Session CTC-125, IVCC	Oct 26 Amy Lambert CEX-9501-10	\$45
Mon 6-9 p.m. 1 Session Rm 101, Ottawa Center	Nov 5 Amy Lambert CEX-9501-631	\$45

Marketing Your Business

Marketing, public relations and sales are vital components to any successful business. This workshop will teach you the components of each discipline and how to combine them to build significant business growth.

Fri 12-3 p.m. 1 Session CTC-125, IVCC	Nov 9 Amy Lambert CEX-9521-11	\$45
Mon 6-9 p.m. 1 Session Rm 101, Ottawa Center	Nov 19 Amy Lambert CEX-9521-631	\$45

Fund Your Business

Will your business require capital outside of what you have available? This workshop discusses four funding roadmaps that your business could use to gather the capital needed to launch your business idea. Adding their perspectives will be area lenders, investors and capital fund managers.

Fri 12-3 p.m. 1 Session CTC-125, IVCC	Dec 7 Amy Lambert CEX-9532-12	\$45
Mon 6-9 p.m. 1 Session Rm 101, Ottawa Center	Dec 10 Amy Lambert CEX-9532-632	\$45

For more information on these workshops and other business-focused learning opportunities, visit alliancesbdc.org or contact Amy Lambert at (844) 369-8898.



OSHA & Safety

SAFETY FIRST

Electrical Safety-Related Work Practices

This course is directed to qualified and unqualified persons, working on or near electrical energized equipment and who risk the possibility of electrical shock. This training will include the topics of; understanding the OSHA Subpart S electrical standard and **NFPA's 70E Arc Flash** requirements including required personal protective equipment, developing energy control procedures (Lock Out 29 CFR 1910.147) and the required annual inspections. The course is recommended for any persons working with or responsible for persons working with electrical over 50 volts such as facility maintenance and plant managers. **CEU: .3**

Wed 9 a.m.-12 p.m. 1 Session CTC-125, IVCC	Sep 12 Jeff Clark CEU-7237-09	\$159
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Warehouse & Dock Worker Safety

This program will cover the ideas for enhancing the safety of dock workers while working around forklift operations, packaging, labeling and understanding shipping document requirements for employees receiving or shipping hazardous materials DOT 49 CFR. Safe lifting and other ergonomic practices will also be discussed. This class will end with demonstrations of the cleanup of minor chemical spills of battery acid, oils and fuels that may occur in warehouse and loading dock areas. **CEU: .3**

Wed 1-4 p.m. 1 Session CTC-125, IVCC	Sep 12 Jeff Clark CEU-7213-09	\$159
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OSHA 10-Hour General Industry

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

Wed 8 a.m.-3:30 p.m. Thu 8 a.m.-12 p.m. 2 Sessions C-316, IVCC	Oct 10 Oct 11 Jeff Clark CEU-7203-10	\$329
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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**

Thu 9 a.m.-12 p.m. 1 Session CTC-125, IVCC	Oct 18 Jeff Clark CEU-7214-10	\$159
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Dept. of Transportation Required Hazardous Material Training

The Department of Transportation requires training for employees receiving or shipping hazardous materials. This training includes new changes in the 49 CFR hazardous materials table, packaging of materials, shipping papers and other documentation, as well as recognizing potential hazardous conditions when receiving packages. Participants are encouraged to bring list of products they ship or receive and samples of shipping papers. Review of the Emergency Response Guidebook will also be included. **CEU: .3** This training is recommended for persons that:

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

Thu 1-4 p.m. 1 Session CTC-125, IVCC	Oct 18 Jeff Clark CEU-7304-10	\$159
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Safety & Health for the Municipal Public Works Department

This course was developed exclusively to focus on the municipal street and water department worker regardless of the size of the city or township. This class will cover general safety and health along with specific hazards facing the street and water departments, park districts and facilities maintenance. *OSHA's 10-Hour General Industry Card will be issued upon completion of this course.* Topics include: **CEU: .6**

- Inspection and citation process
- Working & walking surfaces
- Emergency plans
- Chemical safety & material safety data sheets
- Electrical safety
- Roadway work zones
- Personal protective equipment & high visibility apparel
- Working with or around mechanized equipment
- Excavation & trenching
- Confined spaces
- Fall protection
- Hazards that mother nature may pose

Thu 9 a.m.-3 p.m. 1 Session CTC-125, IVCC	Nov 15 Jeff Clark CEU-7244-11	\$229
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CPT Fast Track

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

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

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

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

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

Warehousing

Basic Forklift

This course is designed to ensure that all forklift operators, regardless of their degree of experience, have uniform understanding of the safe and efficient operation of forklifts and compliance with the safety rules and OSHA regulations at their worksite. Students will learn safe driving skills while gaining concise knowledge of how a forklift works. Safety will be stressed as means of reducing accidents and injuries in the workplace. This 6 week course is a combination of lecture and lab. *Completion of this class earns you 1 Credit Hour.*

Sat 9 a.m.-3:30 p.m. Aug 18-Sept 22
5 Sessions KH Stevenson
Bldg. J, 116 WHS-1200-01 \$148
IVCC

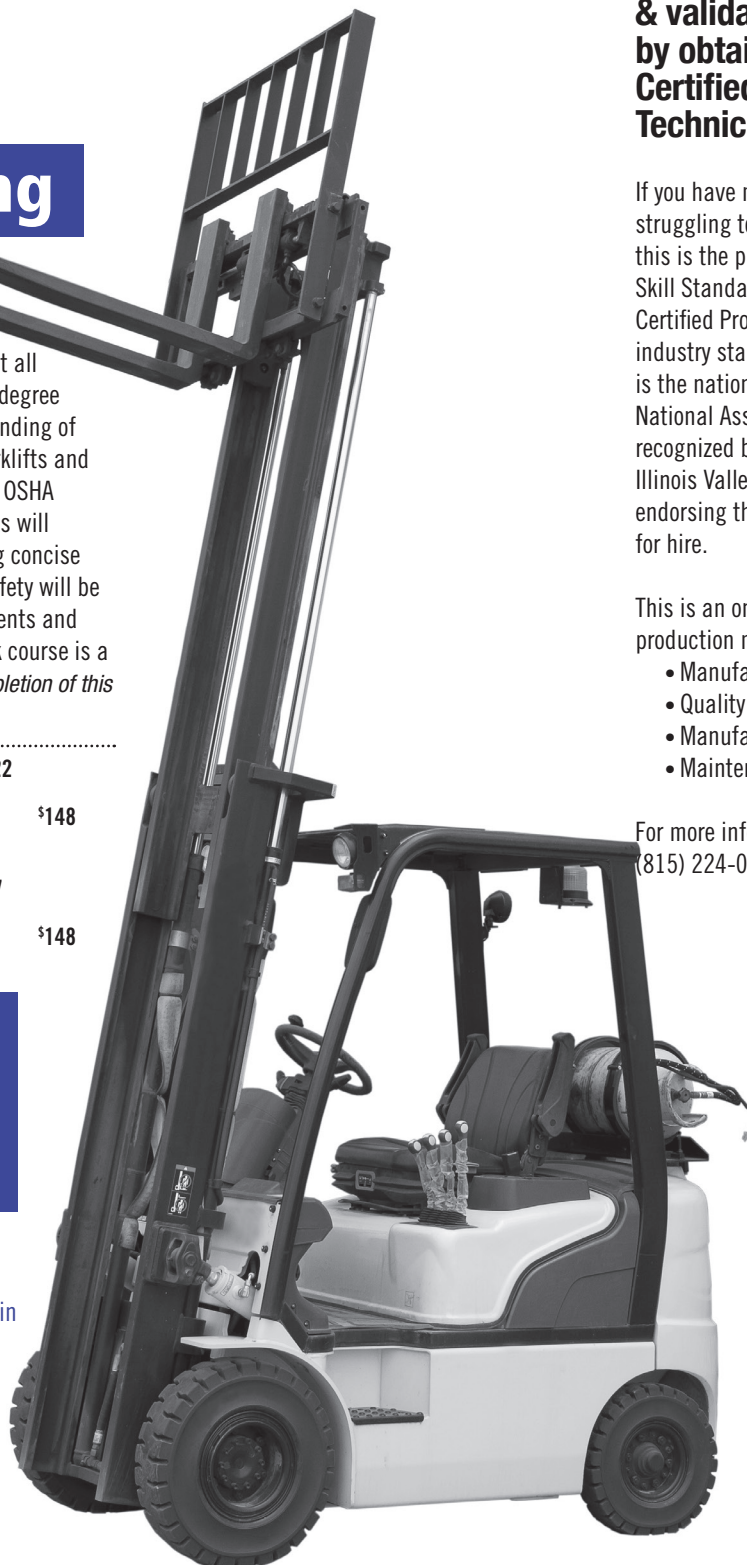
Sat 9 a.m.-3:30 p.m. Oct 13-Nov 17
5 Sessions KH Stevenson
Bldg. J, 116 WHS-1200-02 \$148
IVCC



Looking for Employee Training?

Are you an employer who needs to train a group of employees? Many of our courses in this catalog, as well as many not listed, can be offered at your site and customized to fit your company's needs.

Call Jennifer Sowers in the IVCC Business Training Center for details at (815) 224-0280 or visit ivcc.edu/btc.



Real Estate

Real Estate Broker Pre-License

The Real Estate Broker 30 hour course prepares students for entry into the field. Upon successful completion of this certificate, students have met the pre-license requirements to be eligible for the Illinois Real Estate Broker Examination. All real estate brokers and managing brokers must be licensed by the State of Illinois to conduct transactions in Illinois. *Please Note: If you have any disabilities that require special accommodations, please identify those needs. Textbooks are required and available at the IVCC Bookstore. Credit Hours: 6*

Tue 6-10 p.m.
Sat 8 a.m.-5:30 p.m.
19 Sessions
E-213, IVCC

Aug 21-Dec 4
Sep 29, Oct 27 & Dec 12
Carol Wlodarchak
REA-1200-300



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 and can be administered at the IVCC Assessment Center.

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 sit for the State of Illinois Home Inspector Exam. Upon successful completion of the exam, you will mail in your application and fees; and become a Licensed Home Inspector in the State of Illinois. **Cost of the exam is NOT included. Email access and an internet connection are required for this course. Open enrollment, register any time.**

Course Number: CPD-4102
Course Fee: \$600

For additional information or to register call Cathy Buck at (815) 224-0490 or email cathy_buck@ivcc.edu.

Advanced Online Career Training

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.

Mastering Project Management with PMP® Prep [60 Hours]

This PMP course will provide you with a deeper understanding of project management concepts and applications in the workplace. At the end of this course, you will be prepared to take the Project Management Professional (PMP)® certification exam. The goal of this PMI Talent Triangle training course is to provide you with a detailed exploration of key project management topics and concepts, all on your own time. Once complete, you'll have an intermediate to advanced-level comprehension and be ready to sit for the exam. You'll learn about project selection, strategy development, complex schedule modeling, forecasting, risk identification and assessment, status reporting and more. You'll also cover project proposals, planning components, project evaluation and discover first-hand the importance of a project manager to an organization. The material covered in this course is guaranteed to meet or exceed the educational prerequisites for PMP certification.

Course Fee: \$1,295

Lean Six Sigma Green Belt

[50 Hours]

This course teaches you Lean Six Sigma process improvement projects from start to finish. Green Belts can deliver measurable, sustainable improvement by finding the root causes of problems and streamlining processes. Your Green Belt Training course was developed to meet today's changing business environments and is facilitated by highly experienced and successful Lean Six Sigma Experts. This course draws on what our experts practice every day in the field to provide you with the most effective way to learn and implement Lean Six Sigma. Upon completion of this course and required project, you will be prepared for the Lean Six Sigma Green Belt Certification exam. The registration fee for this exam is included with the program.

Course Fee: \$1,495

Web Design Professional

[330 Hours]

Fascinated by the inner workings of the online world and looking for a career that stimulates both your logical and creative side? Our Web Design Professional course is the perfect fit for you. You will build a strong foundation of skills that will equip you to create amazing websites. This extensive course is one of the best online web design courses available. We'll teach you how to help organizations present their best images using a mix of modern technology and the proper design principles - an invaluable skill in today's web-focused world.

Course Fee: \$2,995

Paralegal [300 Hours]

Paralegals are involved in sophisticated legal work in traditional law office settings and in corporate, government and public arenas. Obtaining a quality education is the best way to prepare for the paralegal profession. This program will prepare you for an entry-level paralegal position or legal secretary and prepare you to take the certification exam. Learn about the U.S. legal system, how to conduct legal research, legal interviews, legal analyses and more. Your training prepares you to take the Certified Paralegal certification exam through the National Association of Legal Assistants (NALA). Through a special arrangement between ed2go and NALA Campus, your tuition includes membership, access to NALA's Certified Paralegal Exam Review, self-study courses and a voucher for the Certified Paralegal exam. The Certified Paralegal Exam review self-study courses are a value-added addition to your paralegal education. All materials are included in the cost of this program. This course offers enrollment with or without a voucher. The voucher is pre-paid access to sit for the Certified Paralegal exam upon eligibility. Cost of exam is included.

Course Fee: \$2,195

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 the skills needed to advance within your human resources career. 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. You will even receive instruction and insight on how to obtain an internship or externship upon the completion of the program. This program will prepare you to take the Professional in Human Resources (PHR) certification exam, with HRCI (Human Resource Certification Institute) as the certifying body. This course covers much of the information you will find on the (SHRM Certified Professional certification) SHRM-CP exam as well as the new certification (Associate Professional Human Resources) a PHR exam offered by HRCI.

Course Fee: \$1,795

Many more to choose from online from the following areas:

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

Refund policy for ed2go career training online classes: There will be NO refunds granted once ed2go provides the student with an access code. There will be NO exceptions.

Healthcare Careers

Pharmacy Technician with Clinical Rotation

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

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

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

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

A payment plan is available for students registered no later than September 19, 2018. For more information about this program, the payment plan, or to schedule an appointment, call (815) 224-0490 or email cathy_buck@ivcc.com.

Tue/Thu 6-9:30 p.m. *Oct 16-Dec 6
15 Sessions E-231, IVCC
CCI CCE-1720-300 \$1,199
*No class: Nov 22



Medical Billing and Coding [Online Career Training] Certified Professional Coder CPC [340 Hours]

Please visit careertraining.ed2go.com/ivcc for complete details about this course.

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

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

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

Exam voucher and all textbooks are included in the tuition.

Refund policy for ed2go career training online classes: There will be NO refunds granted once ed2go provides the student with an access code. There will be NO exceptions.

Tuition: \$2,695

To learn more about this program and financing availability visit ed2go.com/careertraining/ivcc or call Cathy Buck at (815) 224-0490 or email cathy_buck@ivcc.edu.



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 required. 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 24

Online Train the Trainer Course:
October 1-November 2

On-Campus Workshop: November 2 (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
6 Weeks
CPD-3527-110

Oct 1-Nov 2
Tammy Taylor
\$599

Preceptor Training

NEW Do you aspire to train and mentor new nursing professionals? Have you been identified and selected to be a Nurse Preceptor? This course will provide you the valuable information and knowledge that you need to be an effective Nurse Preceptor. Dr. Maureen Rebholz, EdD, MSN will teach you:

- How to understand the responsibilities and expectations of a nurse preceptor.
- Identify three critical tasks of time management and their applications for preceptees.
- Describe the theory behind "reality shock" triggers and effective ways to overcome them.
- Identify four phases the preceptees experience and ways to acclimate them to workplaces.
- Describe adult learning principles and how to implement them to ensure identification of and accountability for diverse learning styles and multiple intelligences.
- Describe the relationship among technical, interpersonal and decision-making competence in competency verification.
- Identify five reasons and guidelines for providing on-going feedback and how to use the Behavior, Effect, Expectation, Result (B.E.E.R) Method for critiquing and correcting behavior and performance problems.
- Explain the nature of evaluations in terms of environment, topics, purpose and establishment of definitive objectives for preceptorships. [8 CE]

A continental breakfast and lunch will be provided.

Fri 8 a.m.-5 p.m.
1 Session
C-316, IVCC

Nov 2
Dr. Maureen Rebholz
CPD-3257-11 \$109



Meet your instructor: Dr. Renee Rebholz has been a registered nurse since 1981. She has been the Director of Education for 24 years. Renee specializes in preceptor training for the new preceptor and continuing education for the experienced preceptor. Renee's doctoral degree is in education and she holds Masters Degrees in Nursing and Health Services Administration. Renee is a CPR instructor and a life style coach for the CDC Pre Diabetes Program. She is adjunct online faculty for Aurora University; teaching nursing research. She is a reviewer for Lippincott online courses and books; and has contributed material to Lippincott for publication. Renee has been published in TQR (The Quarterly Report) and The Journal for Nurses in Professional Development.

Nursing

Hearing Loss & Hearing Aids

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 20+ years of combined experience in the field of audiology.* [2 CE]

Tue 1-3 p.m.
1 Session

CTC-124, IVCC

Oct 16
Beth Wallace
& Elizabeth Koch
CPD-3251-10 \$12

From the Teeth to the Gut: Your Gut Reaction

Updated for 2018

Join Barb for a day-long journey through 33 feet of gastrointestinal tract. This seminar covers the anatomy, physiology and pathophysiology of the GI tract from top to bottom. Beginning with the mouth and oropharynx, this lecture discusses the teeth, the tongue, the mouth, the gums, the esophagus, the stomach and the small and large bowel. Specific clinical entities include the relationship between periodontal disease and cardiovascular disease, tonsillitis and adenoiditis and growth disturbances, esophageal varices, eosinophilic esophagitis, the many causes of cirrhosis of the liver, GERD and Barrett's esophagus, NSAID gastropathy, peptic ulcer disease and H. pylori, Celiac disease, long-term consequences of gastric surgery and gastric sleeves for weight loss, diabetes and the GI tract, the many causes of diarrhea, including C. difficile, food borne pathogens and gastroenteritis, the microbiome and weight gain and loss, Chron's disease, ulcerative colitis, appendicitis, colon cancer and rectal foreign objects. Barb discusses disease presentations as well as the newest treatment modalities for the above clinical conditions. The journey is entertaining, enlightening and educational. [6 CE]

A continental breakfast and lunch will be provided.

Thu 8:30 a.m.-3:30 p.m.
1 Session
C-316, IVCC

Oct 4
Barb Bancroft
CPD-3214-10 \$129

New Approaches to Stress Management

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

Wed 9 a.m.-3:30 p.m. Sep 19
1 Session
C-316, IVCC

Candice Chaffee
CPD-3244-09 \$99

Reclaim Your Health Through Nutrition and Healthier Choices

STOP DIETING and learn how to make healthier choices and habits! Your body will thank you. There are so many simple steps you can take to improve health, energy and quality of life. This course will de-mystify vitamins, minerals, popular supplements and herbs, super foods that heal, what to eat and what not to eat. You will learn how to make your own kitchen crop, healthful sprouts, chock-full of nutrition and a vibrant life force. We will discuss ways to improve digestion, assimilation and elimination, all keystones to health. Every little bit helps in empowering you to nourish your body, minimize stress and increase vitality. [6 CE]

Wed 9 a.m.-3:30 p.m. Nov 7
1 Session
C-316, IVCC

Candice Chaffee
CPD-3233-11 \$99

Nursing & Massage

Legal or Ethical? What You Should Know About Massage Situations

Not sure how Illinois Law relates to the AMAT's and the NCBTMB's Code of Ethics and Standards of Practice? Clear up your confusion as you discuss with Mike Hovi client/therapist issues in a variety of common massage environments. A primary focus will be on material related to the NCBTMB's Standard V (Roles and Boundaries). Participants will be presented with a decision-making model to help resolve issues in their daily practices and lives. *Please dress comfortably and bring one set of linens.* **This course is for licensed massage therapists only and has been approved by the State of Illinois for CE Hours. This class has been approved by the NCBTMB for CE Hours. [2 CE]**

Fri 1-3 p.m.
1 Session
G-105, IVCC
Gym Building

Oct 19
Mike Hovi
CPD-3156-10 \$59

Your Massage Toolbox: Individual Techniques for the Cervical Spine

Have you ever felt like you needed more individual techniques in order to become a better and more effective therapist? Are you tired of going to workshops that teach long drawn out protocols that work great in class, but you cannot remember the protocol the next day? Are you interested in learning individual techniques that can be safely applied and understand WHY they work? Then it is time to increase the number of "Tools In Your Massage Toolbox." Learn the How, When and Why's of a multitude of individual techniques and then practice these individual techniques in a hands-on setting. *Please dress comfortably and bring one set of linens.* **This course is for licensed massage therapists only and has been approved by the State of Illinois for CE Hours. This class has been approved by the NCBTMB for CE Hours. [2 CE]**

Fri 3-5 p.m.
1 Session
G-105, IVCC
Gym Building

Oct 19
Mike Hovi
CPD-3137-10 \$59

Posture Reading & What to do With the Information

Many therapists are able to look at the client's body and see where the posture is out of alignment. However, most therapists struggle with what to do with the information they gather. During this course, a review of posture reading will be conducted to assure all attendees are able to observe a client's posture and note where postural distortions can be seen. Next, discussion will be held explaining the more common compensations the body makes as a result of faulty posture, including muscular adaptations, fascial changes and how these changes can lead to soft tissue pathologies. Documentation will be discussed so attendees will be able to accurately record their findings. Finally, critical thinking will be explained and techniques demonstrated to guide therapists in helping the client return to a more normal posture and pain reduction. *Lunch is on your own. Students may bring a sack lunch if preferred. Please dress comfortably and bring one set of linens, 3 bath towels and a hand towel.* **This course is for licensed massage therapists only and has been approved by the State of Illinois for CE Hours. This class has been approved by the NCBTMB for CE Hours. [8 CE]**

Fri 8 a.m.-5 p.m.
1 Session
G105/G106, IVCC
Gym Building

Nov 9
Mike Hovi
CPD-3157-11 \$119



Meet your instructor: Mike Hovi graduated from the Chicago School of Massage Therapy in 1992. He is the Program Director and Instructor at The Soma Institute-National School of Clinical Massage and also the Director of Massage Therapy at Advanced Chirocare Plus. Mike was instrumental in the drafting of the Massage Licensing Act of Illinois. Mike has taught continuing education classes since 2000 in Sports Massage, Orthopedic Assessments and treatments of various conditions, Stretching for the Massage Therapist, and currently teaches a series of courses call "Your Massage Tool Box." He has been a presenter at several AMTA-IL State Conferences and at the National AMTA Convention. He was a member of sports massage teams that worked at both the Salt Lake City Winter Olympics and the Athens' Summer Olympics; he has been the coordinator of the Medical Massage team for the Chicago Marathon for 25 years and counting; served as the lead therapist for the Chicago Production of RiverDance, and has been an educator of Massage Therapy since 1998.



Teachers



Teaching PD Hours Take it Online!

ed2go.com/ivcc

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

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

New classes begin monthly.

Duration: 6 weeks • Contact Hours : 24

Cost of courses begin at \$99

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

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

Check out our Featured Bundle!

Whether you're a new teacher or seasoned veteran, these fundamental courses will help you gain control of your classroom and effectively teach all learner types.

● 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 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." And they'd love to do these things; but 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: \$299

Tools for Teachers

Survival Kit for New Teachers

Teaching Pre-school: A Year of Inspiring Lessons

Creating Classroom Centers

Differentiated Instruction in the Classroom

Teaching Students with Autism: Strategies for Success

Empowering Students with Disabilities

Understanding Adolescents

Reading and Writing

Teaching Writing: Grades K-3

Common Core Standards for English Language Arts K-5

Content Literacy: Grades 6-12

Guided Reading and Writing: Strategies for Maximum Student Achievement

Classroom Computing

Integrating Technology in the Classroom

Teaching Smarter with SMART Boards

Using the Internet in the Classroom

Creating a Classroom Website

Languages

Spanish in the Classroom

Enhancing Language Development in Childhood

Introduction to Teaching ESL/EFL

Science and Mathematics

Teaching Science: Grades 4-6

Introduction to Algebra

Teaching Math Grade 4-6

There are any more courses to choose from!

Additional class offerings are listed on the website.

ANSI 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. Students will take the ServSafe Protection Food Manager Certification exam in class at the end of the course.

This class is required in Illinois for Certified Food Protection Manager Certification (CFPM) and is an ANSI certified course accepted by the Illinois Department of Public Health (IDPH). Upon successful completion of the exam with a passing grade, students will attain the ServSafe CFPM. Licenses are valid for five years.

Don't Forget Your Textbooks!

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

Take it at the IVCC Main Campus, Oglesby

[815 N. Orlando Smith Road, Oglesby]

Mon 8 a.m.-5 p.m. 1 Session CTC-123, IVCC	Aug 13 Ida Boyle Bruch CEU-1503-08	\$119
Mon 8 a.m.-5 p.m. 1 Session CTC-123, IVCC	Sep 10 Ida Boyle Bruch CEU-1503-09	\$119
Tue 8 a.m.-5 p.m. 1 Session CTC-123, IVCC	Oct 9 Ida Boyle Bruch CEU-1503-10	\$119
Thu 8 a.m.-5 p.m. 1 Session CTC-123, IVCC	Nov 1 Ida Boyle Bruch CEU-1503-11	\$119
Tue 8 a.m.-5 p.m. 1 Session CTC-123, IVCC	Dec 4 Ida Boyle Bruch CEU-1503-12	\$119

Take it at the IVCC Ottawa Center

[321 N. Main Street, Ottawa]

Mon/Thu 5-7:30 p.m. 4 Sessions Rm 101, Ottawa Center	Sep 10-20 Sara Smith CEU-1503-639	\$119
Mon/Thu 5-7:30 p.m. 4 Sessions Rm 101, Ottawa Center	Oct 22-Nov 1 Sara Smith CEU-1503-630	\$119
Mon/Thu 5-7:30 p.m. 4 Sessions Rm 101, Ottawa Center	Nov 26-Dec 6 Sara Smith CEU-1503-631	\$119

Chicago Eats!

Exploring Chicago's Cultural Cuisine



Includes: motor coach transportation, guided tour of Chicago, visits and dining at Azul 18, Tuscany and Red Apple Polish Buffet, tour of St. Mary of the Angels, all tips, gratuities and snacks.

With a city as diverse as Chicago, it should come as no surprise that the city has some of the best food around. From small, family owned eateries, to well established restaurants, there is no shortage on great tastes. Experience a progressive dinner while learning about the heritage of the neighborhoods we will be visiting. We start our day with brunch in Chicago's vibrant cultural neighborhood, Pilsen. We will visit *Azul 18* known for their New American cuisine prepared with Latin flair! Take in the beautiful multi-colored murals on 18th street as we make our first stop of the day for a traditional breakfast sampling. Next, we continue with a visit to *Tuscany on Taylor Street*, located in the quaint neighborhood of Little Italy. Immerse yourself in exquisite aromas and multi-layered flavors as you enjoy a savory sampling of hand-made Italian appetizers. Next stop is *St. Mary of the Angels*. The founding of St. Mary of the Angels is linked to immigration to this area of Chicago currently known as Bucktown, which in the 1830s was mostly open fields used to pasture goats (the local people called male goats "bucks"). Many people fled war-torn Poland in the 1830s to come to the United States. Bucktown became the focus of the Polish Community. Our final stop is *Red Apple Polish Buffet*, one of the BEST buffets in all of Chicago. This award winning restaurant features (but is not limited to) Polish favorites, there is something for everyone here! Pierogis, potato pancakes, schnitzel, Polish sausage, blintzes, pork stew, roast beef, stuffed cabbage, pork shanks, roast turkey or duck, potato dumplings and a huge array of desserts await you. Enjoy a day of exploring Chicago's rich cultural heritage as we sample cuisine throughout the city! Bring your appetite! We promise you won't go home hungry!

Date: Thursday, September 27
Time: 7:30 a.m.-7 p.m.
Where: IVCC Parking Lot, #4
Course: HLR-8237-409
Fee: \$124

Escape to the Country



Includes: motor coach transportation, admission to three learning adventures at Fair Oaks Farm, lunch at the Farm House Restaurant, afternoon ice cream, all tips, gratuities and snacks.

Experience fall colors and the Indiana countryside today as we visit Fair Oaks Farm. Situated on 19,000 acres, Fair Oaks is the #1 agri-tourism destination in the Midwest. We will begin our day with a visit to the barns on the Dairy Adventure. View the dairy milking carousel, learn about the sustainability aspects of the farm, cow nutrition and the safety and nutrition of milk. You will be fascinated how the use of modern technology has made an impact from the farm to your table. Don't forget to stop by the birthing barn to see a calf being born! We will take a break for lunch at the renowned Farm House Restaurant. Enjoy a family style smokehouse lunch including smoked beef brisket, BBQ ribs, garlic mashed potatoes, seasonal vegetable, pecan pie and cherry cobbler before continuing on our tours. This afternoon, we will visit the WinField Crop Adventure. Here you will experience modern crop farming along with seeing and touching the high-tech tools farmers use. Find out how weather affects crop growth and catch virtual raindrops by witnessing a state-of-the-art thunderstorm from beneath the ground. The final Adventure awaits at the Pig Adventure and begins at the Pork Education Building. Here you will learn about past and present farming practices. Hop on the bus to the pig farm to visit the Growing Barn to see how piglets grow up. You'll also want to check out the Breeding and Gestation Barn to try the virtual sonogram. Before leaving, don't forget to witness the miracle of life in the Farrowing Barn. The day will end at the Cowfé, an afternoon treat of ice cream awaits and you will have an opportunity to visit the cheese counter and taste several of Fair Oaks' award-winning cheeses. There will be time to browse the gift shop for souvenirs, chocolates, and cheese that are available for purchase! Enjoy an escape to the country as we explore family farms and reconnect with nature and our agricultural heritage!

Date: Friday, October 12
Time: 7:30 a.m.-7 p.m.
Where: IVCC Parking Lot, #4
Course: HLR-8335-410
Fee: \$119

Oh What a Night

Includes: motor coach transportation, admission to the Museum of Broadcast Communication, dinner at the Italian Village, lower balcony seats to Frankie Valli & the Four Seasons, all tips, gratuities and snacks.

Spend the afternoon on a unique tour showcasing the birth of radio and broadcast communication that made the Four Seasons famous; and explore Italian culture as we prepare for an evening performance of Frankie Valli and the Four Seasons at the Auditorium Theatre. The Museum of Broadcast Communication opened in its current State Street location in 2012 and has been creating a buzz ever since. The museum collections capture important moments in broadcast history and life in America from the 1920's to the present. Discover both the expected and the unexpected from I Love Lucy memorabilia to Tim Russert's chair from "Meet the Press". Experience a Smithsonian-like presentation of historic moments in broadcast history including: the Associated Press wire machine from November 22, 1963 announcing the assassination and death of President John F. Kennedy; the original camera used in the famous 1960 Kennedy-Nixon debates held in Studio One at WBBM-TV Chicago; plus a screening of CBS anchor, Walter Cronkite, as he reports on the 1968 assassination of Dr. Martin Luther King, Jr. and much more. We will set the tone for our evening show as we break bread and enjoy an authentic dinner at The Italian Village, nestled in the heart of the theatre district. This evening we will take our seats for the performance of Frankie Valli & the Four Seasons. The legends who immediately shot to the top of the charts when they debuted in the 1960s and influenced an entire generation of musicians - including the Bee Gees, the Beach Boys and Billy Joel - return to the Auditorium Theatre stage for the first time in over 40 years! Known for world-famous songs that inspired the smash Broadway hit *Jersey Boys*, Frankie Valli is a true American icon. His incredible career with The Four Seasons, as well as his solo success, has spawned countless hit singles including unforgettable tunes like "Sherry," "Walk Like A Man," "Big Girls Don't Cry," "Rag Doll," "December 1963 (Oh, What A Night)" "Can't Take My Eyes Off of You," and, of course, "Grease." They had a sound nobody had ever heard...and the radio couldn't get enough of it! Tap your toes, sing along with the songs and enjoy an evening that is *"just too good to be true."* This show is expected to sell out!

Date: Saturday, November 3
Time: 12:30 p.m.-11:30 p.m.
Where: IVCC Parking Lot #4
Course: HLR-8316-411
Fee: \$189

Hello Dolly!

Includes: motor coach transportation, horse drawn carriage ride in Chicago, lunch at Russian Tea Time, lower balcony seats to Hello Dolly!, all tips, gratuities and snacks.

Step back in time as we head to Chicago for a day that will be long remembered. You will have an opportunity to experience life at the turn of the century as we embark on a horse drawn carriage ride! Board your carriage at the Historic Water Tower Monument and enjoy a nostalgic ride through the Gold Coast, Streeterville and Michigan Avenue. You will also have time to explore the store fronts on the Magnificent Mile this morning. Lunch will be served at the Chicago landmark restaurant Russian Tea Time. Delicious food and friendly service are enhanced by mahogany birch wood, brass samovars and heart-warming balalaika music in the dining rooms that have been of part of the Russian Tea Time experience for the last twenty-five years. Enjoy classic and contemporary dishes from the diverse regions and republics of the former Soviet Union before we take our seats in the lower balcony as *Hello Dolly!* makes a return to Chicago, featuring Broadway legend... Betty Buckley! Known for her role in the ABC series *Eight is Enough*, Buckley also won a Tony for Best Featured Actress in a Musical for her role as Grizabella, the Glamour Cat, in the original Broadway production of *Cats*. *Hello Dolly!* returns to the stage as a four-time Tony Winner of Best Musical Revival, breaking box office records. Based on Thornton Wilder's *The Matchmaker*, the musical follows the story of Dolly Gallagher Levi (a strong-willed matchmaker), as she travels to Yonkers, New York, to find a match for the miserly "well-known unmarried half-a-millionaire" Horace Vandergelder. Laughter and upbeat musical numbers will sweep you off your feet. The show features the songs "Put on Your Sunday Clothes," "Before the Parade Passes By" and "So Long Dearie." *Rolling Stone* calls it "a must-see event. A musical comedy dream. If you're lucky enough to score a ticket, you'll be seeing something historic. Wow, wow, wow, indeed!"

Date: Wednesday, November 14
Time: 7 a.m.-7 p.m.
Where: IVCC Parking Lot, #4
Course: HLR-8268-411
Fee: \$179

Hamilton: the Musical

limited seats available

Wednesday, October 24

12 noon-11:30 p.m.

Register: (815) 224-0427

ivcc.edu/tripsandtours for details

\$209/person

**if this date does not work with your availability, call our office to be added to a wait list for future Hamilton trips that may be scheduled.*

Jingle Around Wisconsin



Includes: motor coach transportation, visits and many samples and “take homes” at ethnic bakeries and specialty shops, lunch at Reefpoint Brewhouse, professional tour guide, all tips, gratuities and snacks.

Back by popular demand... we've brought back the Holiday Bakery Bus Tour with a new destination! This year we will visit Racine, Wisconsin home of the official state pastry... the kringle! Celebrate the holidays with friends while sampling at a variety of bakeries, learning about Racine's Danish history and exploring the city. Our first stop is Larsen's Bakery. Using a three day process and a century old Copenhagen recipe, they make thirty varieties of this famous pastry! Enjoy samples and a demonstration! Find out “how it's made!” This morning we will also learn about Racine's cultural heritage, holiday traditions and customs, history and architecture as we make our way to lunch at Reefpoint Brewhouse. After lunch we will experience the Italian influence in Racine when we visit DeRango's Chocolatier known for their hand-pulled candy canes and nostalgic ribbon candy... in addition to their chocolates! We will also stop at Lopez Bakery for porquito cookies and King Cake. This afternoon continues with a visit to Lehman's Bakery, known as the longest continuously operating bakery in Racine with over 80 years in business. Their award winning kringles are made of 48 layers of pastry! #thatsaseriouskringle! We will also visit O & H Danish Bakery which has been in business since 1949! Take home some of their famous butter cookies, coffee cakes, bread pudding, crown cake or rugbrod. You will be treated to signature cookies, candies or pastries at each stop throughout the day. Each location will feature a specialty they are known for. Bring a tote or canvas shopping bag to keep track of all of your goodies. There will also be an opportunity to shop at the locations we will be visiting. We will be sure to have lots of fun! Don't forget 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 the bus frequently. Itinerary may be subject to substitution.** P.S. Kringles and other baked goods freeze well for the holidays!

Date: Tuesday, December 4
Time: 7 a.m.-7 p.m.
Where: IVCC Parking Lot #4
Course: HLR-8336-412
Fee: \$132

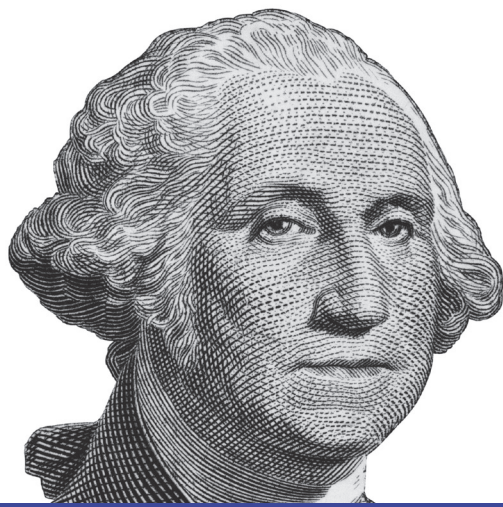
Sights & Sounds of the Season



Includes: motor coach transportation, tour of Bahá'í House of Worship, dinner at Edelweiss German-American restaurant, tickets to Mannheim Steamroller Christmas Concert, all tips, gratuities and snacks.

This afternoon we will tour the Bahá'í House of Worship in Wilmette, named one of the 7 Wonders of Illinois by the Illinois Department of Tourism. The building was designed by French Canadian architect Louis Bourgeois. Construction began in 1921 and was completed in 1953, with a delay of several years during the Great Depression and World War II. The Wilmette House of Worship is the largest and the oldest surviving Bahá'í House of Worship. The cladding is made of white Portland cement concrete with both clear and white quartz, many intricate details have been meticulously carved into the building representing symbols of international religion. It has received numerous design awards, and is a prominent landmark. The temple in the Chicago suburbs is a unique member of the National Register of Historic Places. It is the oldest remaining Baha'i House of Worship in the world, and the only one in the US. The building is open to individuals of all faith and belief, intended to be a place for the oneness of humanity, and to explore the common threads among all major religions, and the connection between the human spirit and the betterment of the world. Next we will head to Norridge, Illinois to Edelweiss German-American Restaurant a family-owned dining destination for over 30 years, and a Chicagoland favorite, featuring authentic German food that you are sure to enjoy! This evening we will take our seats at the Rosemont Theatre for the ultimate holiday tradition, Mannheim Steamroller Christmas by Chip Davis, brightens the season featuring familiar Mannheim holiday classics. The spirit of the holiday comes alive with the 34th Anniversary of the Christmas Tour. The show features classic Christmas hits as well as a selection of *Fresh Aire* compositions from Mannheim Steamroller along with the dazzling multimedia effects and the signature sound of these unique musicians. Enjoy the holiday festivities and spirit of the season!

Date: Saturday, December 15
Time: 12:30 p.m.-11:30 p.m.
Where: IVCC Parking Lot #4
Course: HLR-8313-412
Fee: \$165



Dollars & Sense

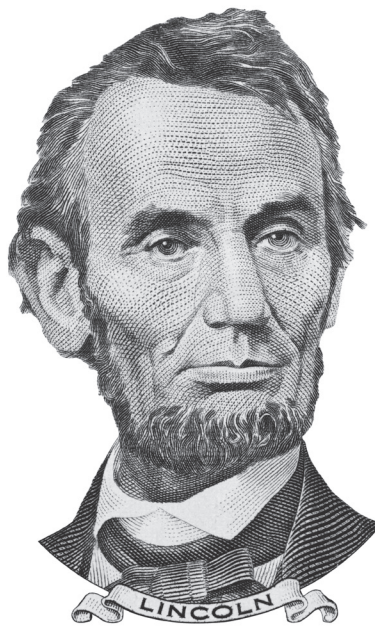
Don't Wait til it's Too Late! Estate Planning & Asset Protection 101

NEW Have you ever heard someone tell you "you don't know, what you don't know?" Planning for the future is important whether you are just graduating college, starting a family or preparing for your golden years. Failure to plan can have an adverse affect on your assets and leave your loved ones in financial limbo. This course will provide an introduction to estate planning fundamentals including: writing a will, special needs trusts, guardianship, power of attorney, long term care, probate and more. Learn what questions you should be asking yourself. You will be better prepared to begin considering your options to get started and have the tools needed to discuss estate planning with your attorney. This course is intended to be the first in a series of future topics.

Thu 6-7:30 p.m.
1 Session
CTC-124, IVCC

Sep 6
Walt Zukowski
CDV-5004-309 \$25

Meet your instructor: Walt Zukowski is a past Chairman of the Illinois State Bar Association Section Council on Trusts and Estates. He was responsible for coordinating continuing education programs for Illinois attorneys in this area. He is a frequent lecturer and has had several articles published in estate planning.



Foundations of Investing

This class will be geared towards individuals who are either new to investing or need a refresher. 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 the importance of asset allocation, diversification, investing for long term goals and how to plan for your retirement.

Wed 6:30-8 p.m.
3 Sessions
CTC-214, IVCC

Oct 10-24
Jeff Puetz
CDV-5001-310 \$25

Meet your instructor: Jeff Puetz holds a degree in agribusiness from Illinois State University. He is vice president of the Peru Citizen's Service Organization and is also active with the Red Cross. In 2016, he began his career in finance. He holds the following securities registrations: General Securities Representative (Series 7) and Uniform Combined State Law Examination (Series 66), as well as an Illinois insurance license.

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.
1 Session
CTC-124, IVCC

Oct 4
Tracy Tunnell
CDV-5008-630 Free

AARP Smart Driver Safety Program

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

Mon/Tue 8:30 a.m.-12:30 p.m. Nov 5-6
2 Sessions Regina Leffelman
Rm 101, Bldg. H SRS-1112-11
IVCC-East Campus AARP Fee payable at class

How to Use your Skill & Talent to Travel Free

This class is offered one time this year! If you are working a 9-5 job and want more time and money to travel or are one of the 75 million baby boomers retiring and pursuing their travel dream, this class will show you how to use your talent, skill & life experience to travel free. Instructor, Gina Henry will show you how she has afforded to travel for free the past 25 years to 93 countries and all 50 states. She teaches in 90 cities nationwide & travels 12 months a year. If you are near retirement, retired, re-tooling or changing careers, a student or anyone who likes the idea of making additional income to support their travel dream and keep their retirement money in the bank, this class is for you. Learn over 200 ways to free travel, volunteering, fun work-vacations & paid travel opportunities to have the time & money to travel as much as you want. Earn FREE airline tickets, hotel nights, cruises, tours, car rentals, vacation meals and more in both the US and worldwide! *Tuition includes a resource book "Travel Free".*

Wed 6-9:30 p.m.
1 Session
CTC-124, IVCC

Oct 17
Gina Henry
HLR-8104-310 \$59

Creative Arts

Made in the Illinois Valley

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

One Night Painting Workshops

Harvest Scarecrow

Every great artist started as a beginner! Use acrylic paint to complete a step by step painting of a harvest time scarecrow. Just in time for fall, this class will provide an introduction to painting and an opportunity to learn new and varied techniques. *This project will be completed on a rustic glass window. A \$15 material fee is payable to the instructor the night of class.*

Tue 5:30-8 p.m.
1 Session
B-101, IVCC
Art Room

Sep 11
Addy Sorce
HLR-1115-309 \$39

Painted Pumpkin

NEW Join instructor, Addy Sorce, for a brand new one night painting class! You will paint a Halloween scene on an artificial decorative pumpkin. Create a personalized look to add to your fall décor. New students are welcome. Follow the instructor step-by-step to create your finished piece. *This project will be completed on a decorative pumpkin. A \$15 material fee is payable to the instructor the night of class.*

Fri 5:30-8 p.m.
1 Session
B-101, IVCC
Art Room

Sep 28
Addy Sorce
HLR-1115-319 \$39

"Believe" in the Holidays!

NEW Looking for a unique way to celebrate the holiday season? Join us for a one night painting class to create a whimsical holiday "Believe" ornament on canvas. Unleash your inner artist, as we blend traditional and modern looks to complete this piece. *This project will be completed on canvas. A \$15 material fee is payable to the instructor the night of class.*

Tue 5:30-8 p.m.
1 Session
B-101, IVCC
Art Room

Nov 27
Addy Sorce
HLR-1115-321 \$39

Rustic Winter Wreath

NEW Bring your own picture frame with glass panel for this unique one night painting class! Paint a winter wreath featuring your initial in the center. This "on trend" look will brighten your home for the holidays and in the winter months ahead. The instructor will provide decorative backing to be placed behind the glass of your frame. By bringing your own picture frame you will be able to choose the size and frame style that best matches your home. *A \$10 material fee is payable to the instructor the night of class.*

Fri 5:30-8 p.m.
1 Session
B-101, IVCC
Art Room

Nov 16
Addy Sorce
HLR-1115-311 \$39

Rustic Holiday Santa

NEW 'Twas' the Night Before Christmas...use acrylic paint to complete a step by step painting of a cheerful holiday Santa. Just in time for the holidays, this painting will become a cherished focal piece in your home. The class will give an introduction to painting and an opportunity to learn new and varied techniques. *This project will be completed on a glass window. A \$15 material fee is payable to the instructor the night of class.*

Tue 5:30-8 p.m.
1 Session
B-101, IVCC
Art Room

Dec 4
Addy Sorce
HLR-1115-312 \$39





Beginning Sewing Class

NEW In this 3 hour class we will explore the basics of sewing. We will begin defining terms and basic equipment, spend some time getting to know your sewing machine and its basic features and create a quick pillow project. *Supplies you should bring to class include: ½ yard woven fabric, thread to match fabric, seam ripper, straight pins, 12 ounces polyester fiber fill, hand needle, scissors, sewing machine with bobbin. If you do not have a sewing machine please contact the college, the instructor may have machines available for student use.*

Wed 5:30-8:30 p.m.	Nov 7
1 Session	Julie Anderson
CTC-123, IVCC	HLR-2402-311 \$29

Fabric Flowers

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

Tue 6-8 p.m.	Oct 23
1 Session	Julie Anderson
CTC-123, IVCC	HLR-2407-310 \$29

Green Sewing: Practical Projects for Every Day Use

NEW This class is for anyone who has basic sewing skills! This is a hands-on class in which you will learn to make practical items that you can use every day. Projects completed in class will include: a reusable sandwich bag, washable bowl cover, produce bag and a cotton sleeve for storing plastic bags. You will also receive a pattern for a clothespin bag. Washable and reusable, you will reduce the amount of plastic you use and reduce your footprint on the planet! (also great for holiday gifting) *Please bring your sewing machine, basic sewing supplies such as scissors, sewing pins, needles, measuring tape and hem gauge, 4 fat quarters (18" x 22") or 1 yard of 100% cotton. Please bring a sack lunch. There is a \$7.50 material fee payable to the instructor at class for additional supplies that will be provided by the instructor the day of class.*

Sat 9 a.m.-4 p.m.	Nov 3
1 Session	Cathy Linker-Lafrenz
CTC-123, IVCC	HLR-2408-11 \$65

Leather Wrap Bracelet

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

Mon 5:30-8:30 p.m.	Oct 15
1 Session	Kari Matuszewski
CTC-214, IVCC	HLR-2763-310 \$29

Re-Purposed Jewelry Workshop

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

Mon 5:30-8:30 p.m.	Nov 5
1 Session	Kari Matuszewski
CTC-214, IVCC	HLR-2749-311 \$29

Ugly Sweater Ornaments

NEW It will be a holly jolly holiday tonight! This is a spin on the ugly holiday sweater trend. Make your own Ugly Sweater Ornaments using basic hand-sewing techniques. These adorable accoutrements can adorn your holiday tree or you can make them into festive pins that you can wear, or even custom tie-ons to adorn your gift wrapping. The options are endless! **A \$10 material fee is payable to the instructor on the night of class.**

Mon 5:30-7:30 p.m.	Dec 3
1 Session	Kari Matuszewski
CTC-214, IVCC	HLR-2779-312 \$19

Culinary

Cooking with Cast Iron: the Next Step

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

Wed 6-9 p.m. 1 Session CTC-123, IVCC	Sep 12 Tim Freed HLR-3706-309 \$35
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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. 1 Session CTC-123, IVCC	Sep 18 Sara Fitzpatrick HLR-3945-309 \$35
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Let Them Eat Soup!

NEW We are continuing our popular homemade soup series featuring NEW recipes. The weather is cooling down and soups are a great meal idea for those fall and winter days coming ahead. Some of our recipes will include: Tuscan Chicken and Gnocchi Soup, Beer Cheese, Lemon Chicken Orzo, Egg Drop, Creamy Crab Bisque plus one or two others. **There is a \$25 material fee payable to the instructor the night of class.**

Wed 6-9 p.m. 1 Session CTC-123, IVCC	Sep 26 Tim Freed HLR-3704-309 \$35
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Wizarding World of Harry Potter

NEW Calling all Harry Potter fans! Muggles and Wizards are cordially invited to attend an evening of culinary magic! Whether you are looking for some unique Halloween party ideas, or just want to have some fun learning recipes to become a 'wizard' in the kitchen, don't miss out on this class. Chef Tim will be cooking some great recipes from the wizarding world of Harry Potter. Some of our recipes will include: Pumpkin Pasties, Butter Beer, Steak and Kidney Meat Pie, Poly Juice Potion, Treacle Tart, plus a few others. **There is a \$25 material fee payable to the instructor the night of class.**

Wed 6-9 p.m. 1 Session CTC-123, IVCC	Oct 10 Tim Freed HLR-3430-310 \$35
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Art of Saute'

NEW Sauté is the form of dry-heat cooking that uses a very hot pan and a small amount of fat to cook food very quickly. In this class we will have fun creating single pan meals that you can make right at home using the art of sauté. From veggies to proteins it is an easy way to feed the whole family and cut down on time spent making meals. Recipes will include: Sesame Shrimp with Soy Garlic Bok Choy, Seared Pork Medallions with Mushroom Pan Sauce, Sautéed Bacon Cranberry Green Beans and Pan Seared Chicken with Sun Dried Tomato Cream Sauce among others. **There is a \$20 material fee payable to the instructor the night of class.**

Tue 6-9 p.m. 1 Session CTC-123, IVCC	Oct 16 Sara Fitzpatrick HLR-3404-310 \$35
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Bourbon: A Kentucky Tradition

NEW Bourbon is synonymous with Kentucky and the culture of the south. It is great in beverages and is easily incorporated into recipes. With flavor profiles of spice, vanilla, caramel, tannin, toffee and corn sweetness it lends unique flavors to foods. You will have an overview of how bourbon is made, the barrel aging and blending process. We will also make some unique recipes including: Braised Brisket with Bourbon Peach Glaze, Sweet Potatoes with Bourbon & Maple, Bacon & Bourbon Moonshine Pasta, Bourbon Beer Cheese Puffs and Pecan Bourbon & Butterscotch Bread Pudding. **Students must be age 21 and should be prepared to provide a valid form of personal identification. There is a \$35 material fee payable to the instructor the night of class.*

Wed 6-9 p.m. 1 Session CTC-123, IVCC	Oct 24 Tim Freed HLR-3926-310	\$35
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The Art of Brewing Coffee

Learn how to make the perfect cup of coffee at home. Find out how coffee is sourced and roasted. We will look at common equipment used in the home kitchen and various methods of brewing coffee from French press, aero press to pour overs and more. A variety of methods will be demonstrated at class. You will learn how to pick the right beans and the proper grind to match your preferences. Learn about proper storage, shelf life and water quality. Matt & Jill McLaughlin of Starved Rock Coffee Company will take you through the home brewing process step by step. You will sample coffee in class and take coffee beans home with you at the end of this session.

Sat 10 a.m.-12 p.m. 1 Session CTC-123, IVCC	Oct 27 Matt McLaughlin HLR-3801-310	\$45
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Holiday Appetizer & Wine Pairing

NEW Who does not love appetizers around the holidays? In this class we will make delicious holiday time inspired appetizers paired with the wines that compliment them the best. You will have a mini-course in wine pairing and learn new recipes just in time for the holidays! Recipes will include: Caramelized Butternut Squash and Gorgonzola Crostini, Pear Brie Prosciutto Arugula and Balsamic Pizza, Spinach Dip Bites and easy Italian Skewers among others. **Students must be age 21 and should be prepared to provide a valid form of personal identification. There is a \$35 material fee payable to the instructor the night of class.*

Tue 6-9 p.m. 1 Session CTC-123, IVCC	Nov 6 Sara Fitzpatrick HLR-3101-311	\$35
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Christmas around the World

NEW Christmas is one of the most celebrated holidays in existence. But, it is notably different throughout the world. Join Chef Tim as we examine different food rituals, Christmas traditions and recipes from around the globe. Some of our recipes will include: Saffron Buns (Sweden), Fried Chicken (Japan), Latkes (Israel), Tamales (Costa Rica), Sauerkraut and Sausage Soup (Slovakia) and 3 Kings Cake (Mexico). *There is a \$30 material fee payable to the instructor the night of class.*

Wed 6-9 p.m. 1 Session CTC-123, IVCC	Dec 5 Tim Freed HLR-3947-312	\$35
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Breads with Dee

NEW A famous lady says, "I love bread" and isn't this true? We all love bread! Dee will teach you how to make home-made bread; bake it and serve it warm! Bread is a great staple to know how to make and can have different variations within the recipe to please different palates. You will also learn how to make home-made cinnamon rolls, which will be our dessert. Just thinking about the combination of warm bread, cinnamon and frosting...yum! This evening will be a full meal with Dee's "salad" and an entrée of Dee's choice. *Please bring an apron. There is a \$20 material fee payable to the instructor the night of class.*

Tue 6-9 p.m.
1 Session
CTC-123, IVCC

Sep 25
Dee Biagi
HLR-3204-309 \$35

Pasta Night

NEW Pasta can be the main part of the meal or a side dish. Either is quite common in an Italian home. This evening we will learn how to make an old-world pasta dish, called Spaghetti Carbonara. Carbonara means "in the manner of coal miners." Our area has a rich history of coal miners. It may have earned its name because the flecks of black pepper that appear like coal dust against the creamy eggs, cheese and pasta. We will also make Dee's Garlic Noodles. This is a staple dish in many homes and has frequently been served in the Illinois Valley with pork chop dinner fundraisers. At the end of class we will enjoy our fresh pasta with salad, bread and dessert. *Please bring an apron to class. There is a \$20 material fee payable to the instructor the night of class.*

Thu 6-9 p.m.
1 Session
CTC-123, IVCC

Oct 4
Dee Biagi
HLR-3707-310 \$35

Old World Lasagna

NEW Lasagna is a traditional family favorite! It is made for special occasions, Sunday dinner, family dinners and in some homes we make it for birthday dinners too! The "red" lasagna is what most of us are familiar with. Everyone has "their" version of their favorite lasagna. White lasagna is delicious and can also be used as a meatless entrée that is sure to please. Learn how to make the homemade noodles along with putting the layered dishes together for baking and eating. Dee always has the complete dinner at her classes which includes her "salad," bread and a dessert. *Please bring an apron to class. There is a \$20 material fee payable to the instructor the night of class.*

Thu 6-9 p.m.
1 Session
CTC-123, IVCC

Nov 8
Dee Biagi
HLR-3904-311 \$35

Kitchen Gadgets

NEW We all love gadgets. Gadgets make all tasks much easier; and more fun to complete! Any job is easier if you have the right tool for the job. Dee has electric tools along with manual ones. Some are as inexpensive to own as \$5, whereas others are over \$150. Come see all of Dee's "foodie" gadgets. Students are encouraged to "show and tell". Bring a few of your vintage or odd gadgets that are timesavers in your kitchen to share with the class. The evening will also include food made with these gadgets; that will also include salad, bread and dessert. Come for a few hours of fun and enjoy learning a little as well. *Please bring an apron to class. There is a \$20 material fee payable to the instructor the night of class.*

Thu 6-9 p.m.
1 Session
CTC-123, IVCC

Nov 15
Dee Biagi
HLR-3112-311 \$35

Tortellini & Tortellacci

Learn to make these two delicious Italian treasures. Tortellini is a meat and cheese filled pasta that is twisted to resemble a belly button. They are served in broth or sauce and can be a side dish or a main dish. Tortellacci are meatless and filled mainly with cheese. They are rich in flavor. Both pastas will be made and eaten at class. Previous students can take this class as a practice or refresher. This will be a full meal with Dee's "salad," bread and dessert. *Please bring an apron, pizza cutter and a cutting surface such as a cutting board or mat. There is a \$25 material fee payable to the instructor the night of class.*

Tue 6-9 p.m.
1 Session
CTC-123, IVCC

Nov 27
Dee Biagi
HLR-3901-311 \$35

Italian Desserts

NEW Yum! Dessert! Dee is having her first dessert class, where she will teach a few of her favorites! Class will feature, but is not limited to, Tiramisu, an Italian coffee flavored, layered dessert and also the famous Italian Wedding Cake. Both desserts are rich with flavor and are amazing! These desserts are saved for special occasions or larger gatherings, and we are going to learn how to make them from scratch! Class will include a full meal night, with an entrée, salad and bread. The night will finish with eating our desserts we made that night! *Please bring an apron. There is a \$20 material fee payable to the instructor the night of class.*

Mon 6-9 p.m.
1 Session
CTC-123, IVCC

Dec 10
Dee Biagi
HLR-3605-312 \$35

History & Hobbies

Anti-German Hysteria in America post WWI

NEW Public sentiment turned hard against German immigrants at the end of World War I. Learn about the murder of Robert Paul Prager, a coal miner and native of Germany. A mob hanged Prager, from a hackberry tree west of Collinsville on the false tale that he was a spy for the Kaiser during World War I. Prager had applied for U.S. citizenship and tried to enlist in the U.S. Navy. He became the target of several laws passed by the federal government to take aim at German immigrants who made up about a quarter of the American population in 1917. Find out what happened at trial; and learn the details of this case as you dive deeper into the state of the nation during these years.

Thu 6:30-8 p.m.
1 Session
CTC-125, IVCC

Sep 6
Heinz Suppan
HLR-7608-309 \$19

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 Potawatomie 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.

Tue 6:30-8 p.m.
1 Session
CTC-124, IVCC

Oct 2
Heinz Suppan
HLR-7603-310 \$19



Starved Rock Fall Colors Hike

NEW Enjoy some fresh air, good exercise and companionship as we take a short hike (up to four miles) through Starved Rock State Park. The hike features a walking talk on the botany, geology and history of Starved Rock and its place in Illinois history. If you've never really been there or if you've been there many times, this is a chance to get to know one of the most unusual geographic features of the state. *Please meet in front of the Starved Rock Visitors Center in the lower park. Hike from 9 a.m. to noon. Bring sturdy shoes suitable for hiking, a camera and water. The size of the group will be kept small to ensure a quality event. Please register early due to limited size of this program.*

Sun 9 a.m.-12 p.m.
1 Session
Visitor Center,
Starved Rock State Park

Oct 14
Todd Volker
HLR-5302-410 \$25

[take it online] How to Get Started in Game Development

Games can be found on computers, the Web, gaming consoles and virtually every mobile tablet and phone. Industry forecasts indicate that gaming will be worth close to \$100 billion dollars in the next two years. Talented, creative and enthusiastic people are in great demand in this industry. Whether you want to start your own independent game project in your basement or work with a small creative team or for a large game development studio, this course will prepare you to start developing your own games. Start by learning the fundamentals of game development and get an overview of game genres, platforms and audiences. Next, you will learn tools and techniques to help you make better design decisions and achieve greater efficiencies as you develop your own games. You will learn why many games fail and how to ensure your games are positioned for success. By the end of the course, you will have the experience and confidence to start developing your own games.

Classes start monthly and are 6 weeks in length. Select the month you wish to begin the course. \$115. Register online at: ed2go.com/ivcc.

[take it online] Instant Italian

This dynamic course will teach you how to express yourself comfortably in Italian. You'll learn practical, everyday words. You'll read, hear and practice dialogues based on typical situations that you're likely to encounter if you plan to vacation in Italy. The dialogues and follow-up exercises of each lesson will teach you to communicate in Italian in a wide variety of settings. You'll be surprised by how quickly and easily you can learn many useful expressions in Italian! This course will make it simple to master your pronunciation of Italian. Essential words and phrases are written phonetically by using sounds that are familiar to you from English words. The audio feature lets you hear the words and phrases spoken aloud with just a click of your mouse. Short exercises are included with each lesson to help you reinforce what you've learned and gauge your progress, making it easy to pinpoint areas that you still need to review. The exercises also give you immediate feedback. You'll know whether you answered correctly as soon as you finish. By the end of the second lesson, you will have already learned about the Italian language's impact on the world, the Italian alphabet, phonetics and pronunciation, proper forms of address, expressions of courtesy and how to make introductions. When you reach your final lesson, you will know how to ask for help, ask directions, navigate Italian shops, book a hotel room, order a meal and much more! Cultural notes are included throughout the course to help you better understand Italians and their way of life. You will learn what various gestures mean to Italians, which ones to use and those you should avoid. This course will convince you that learning a language is both fun and rewarding.

Classes start monthly and are 6 weeks in length. Select the month you wish to begin the course. \$99. Register online at: ed2go.com/ivcc.

Music

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.

Tue 6:30-9 p.m.
17 Sessions
D-223, IVCC

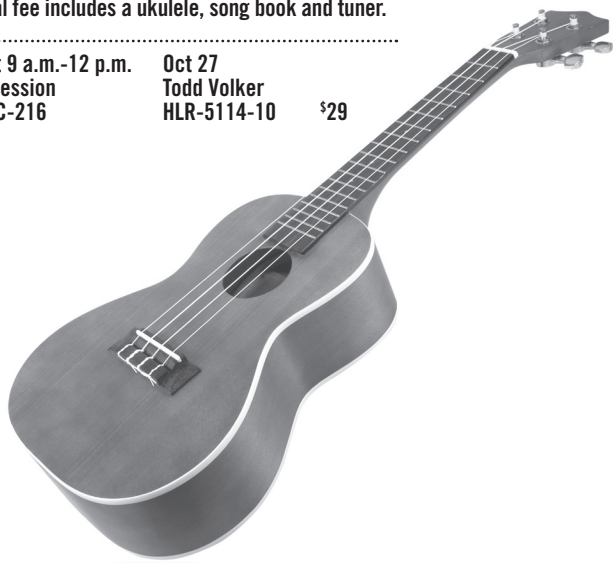
Aug 21-Dec 11
Brandon Czubachowski
HLR-5116-308 \$25

"You Can Uke"

This hands-on, action-packed class offers immediate, get to know it, get to do it instruction on "the instrument of the 21st century" the noble ukulele! Love those old classic songs? Love the new ones? Want a friendly partner on the porch? The ukulele is a gateway that opens up all kinds of music and all kinds of fun. Bring your friends and family (the course makes a great gift, too). No musical experience required. (If you have long fingernails, you might wish to trim them in order to play more effectively). There is a \$50 material fee payable to the instructor the day of class. The material fee includes a ukulele, song book and tuner.

Sat 9 a.m.-12 p.m.
1 Session
CTC-216

Oct 27
Todd Volker
HLR-5114-10 \$29

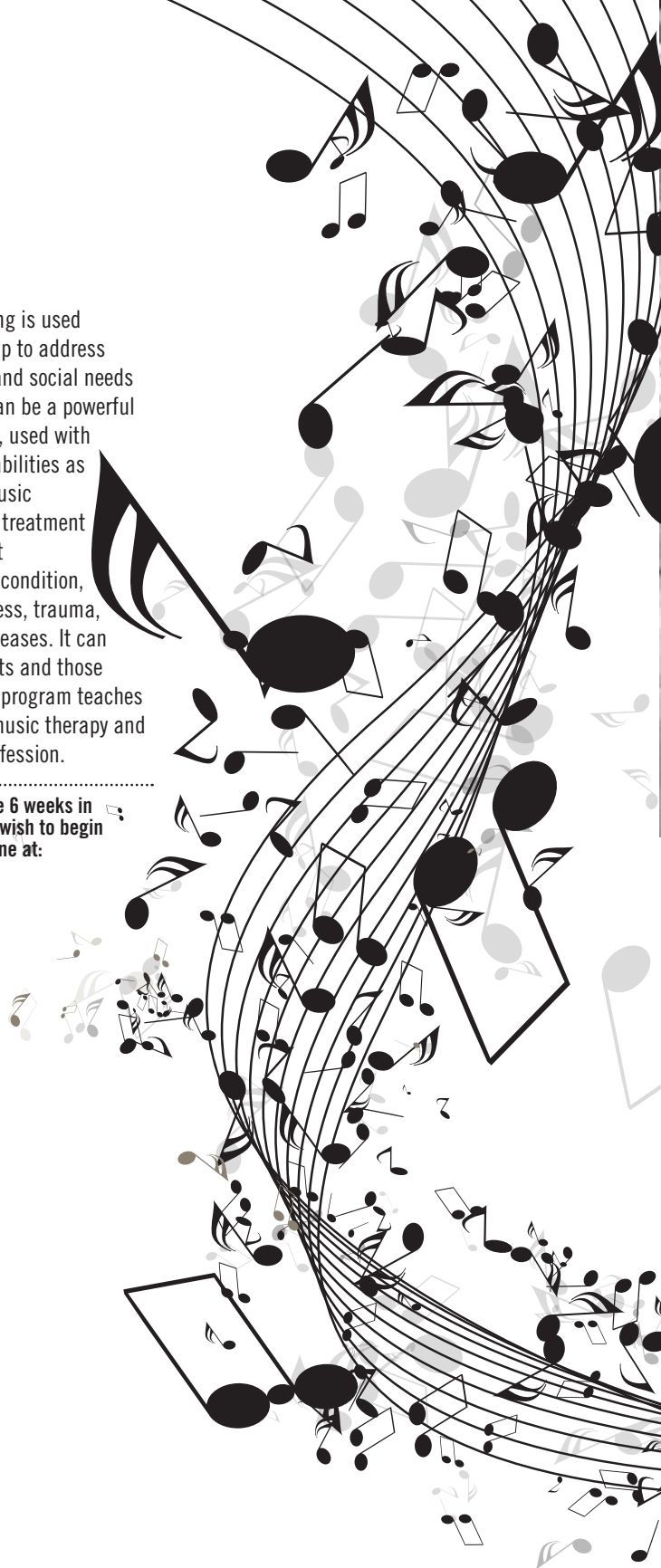


[take it online]

Music Therapy & Sound Healing

Music therapy and sound healing is used within a therapeutic relationship to address physical, emotional, cognitive and social needs of individuals. Music therapy can be a powerful and nonthreatening alternative, used with individuals of all ages and disabilities as a holistic method of healing. Music therapy often complements the treatment provided for pediatric and adult individuals with a neurological condition, brain injury, stroke, mental illness, trauma, Parkinson's and Alzheimer's diseases. It can also be used for hospice patients and those undergoing rehabilitation. This program teaches you the benefits of music and music therapy and sound healing in the health profession.

Classes start monthly and are 6 weeks in length. Select the month you wish to begin the course. \$99. Register online at: ed2go.com/ivcc.





Dance

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. 6 Sessions Small Gym, Oglesby Lincoln School	Sep 11-Oct 16 Jane & Rodney Schomas HLR-5108-409 \$58
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Two Step

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

Tue 8:15-9:30 p.m. 6 Sessions Small Gym, Oglesby Lincoln School	Sep 11-Oct 16 Jane & Rodney Schomas HLR-5124-409 \$58
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West Coast Swing Dance

Learn basic West Coast Swing and footwork to take you up a level. The dance allows for both partners to improvise steps while dancing together, putting West Coast Swing in a short list of dances that put a premium on improvisation. **Prior dance experience is a must! *Please sign up with a dance partner and both persons must register. No class: Oct 18.*

Thu 7-8:15 p.m. 6 Sessions Small Gym, Oglesby Lincoln School	Sep 13-Oct 25 Jane & Rodney Schomas HLR-5120-409 \$58
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Beginner's 2 Swing

Pre-requisite: Students must have completed a Beginning Swing Dance class in the past year. This class will take you up a notch from the introductory Beginning Swing level. Beginners 2 Swing is designed for those that are not quite ready for the advanced class. **Please sign up with a dance partner and both persons must register. No class: Oct 18.*

Thu 8:15-9:30 p.m. 6 Sessions Small Gym, Oglesby Lincoln School	Sep 13-Oct 25 Jane & Rodney Schomas HLR-5123-409 \$58
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Beginning Swing Dance

Big band, rock, oldies or country? No matter what kind of music you like you can dance swing to it. Learn the moves to take you a step ahead. You will learn basic patterns, turns and some fancy footwork too. Look like Fred & Ginger on the dance floor, not Fred & Ethel! **Please sign up with a dance partner and both persons must register. No class: Nov 6.*

Tue 7-8:15 p.m. 7 Sessions Small Gym, Oglesby Lincoln School	Oct 23-Dec 11 Jane & Rodney Schomas HLR-5102-410 \$67
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Advanced Swing Dance

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

Tue 8:15-9:30 p.m. 7 Sessions Small Gym, Oglesby Lincoln School	Oct 23-Dec 11 Jane & Rodney Schomas HLR-5103-410 \$67
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Class will be held at | Oglesby Lincoln School | 755 Bennett Avenue, Oglesby

Photography

Intro to Photography & DSLR

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

Tue 6:30-9:30 p.m.	Sep 11-Oct 2	
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.**

Tue 6:30-9:30 p.m.	Oct 9-30	
4 Sessions	Doug Dellinger	
E-320, IVCC	HLR-2506-310	\$99

Portrait Photography

NEW *Pre-requisite: Intro to Photography & Beginning Photography or consent of instructor.*

Portrait photography is a useful skill; whether you want to take better pictures of your family or are considering expanding your business portfolio. This class will include quality and direction of light, light patterns, measuring light and types of light. We will explore camera and lens selection for portraits. Learn the principles of subject placement, posing and camera angles; in addition to how to interact with your subject and put them at ease. You will also have an introduction to Adobe Photoshop for portrait retouching and an overview of the business of portraiture.

Tue 6:30-9 p.m.	Nov 6-Dec 11	
6 Sessions	Doug Dellinger	
E-320, IVCC	HLR-2509-311	\$159

Drone Technology

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

All Day Drone Workshop

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

Sat 9 a.m.-4 p.m. 1 Session CTC-124, IVCC	Sep 22 Bob Myers HLR-5902-09	\$59
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Beginning Drones 101

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

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

Sat 9 a.m.-12 p.m. 1 Session CTC-124, IVCC	Sep 22 Bob Myers HLR-5902-19	\$35
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Advanced Drones 102

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

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

Sat 1-4 p.m. 1 Session CTC-124, IVCC	Sep 22 Bob Myers HLR-5902-29	\$35
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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.

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.*

Mon/Wed 4:45-5:45 p.m. *Sep 5-Oct 17
12 Sessions Tracie Klieber
CTC-121, IVCC HLR-6218-309 \$59

*No class: Oct 1

Mon/Wed 4:45-5:45 p.m. *Oct 29-Dec 17
12 Sessions Tracie Klieber
CTC-121, IVCC HLR-6218-310 \$59

*No class: Nov 12, 21, Dec 3



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.

Dates for Strength, Cardio, Core classes could not be confirmed prior to the printing of this catalog. Please check our website at ivcc.edu/wellness for a complete listing of class dates and times.

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 taught Anatomy & Physiology, Human Growth and Development and Philosophy.

Wed 6-7 p.m. Sep 12-26
3 Sessions Dan Retoff
CTC-125, IVCC HLR-6108-309 \$29

Fri 9:15-10:15 a.m. Nov 2-16
3 Sessions Dan Retoff
Rm 101, HLR-6108-611 \$29
Ottawa Center

T'ai Chi

T'ai chi comprises gentle and slow movement exercises which increase the accumulation, circulation and balancing of energy. 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, better balance and enables an improved quality of life. This class will introduce you to T'ai chi while experiencing the benefits of practice. *Wear comfortable, loose fitting clothes and athletic shoes.* No class: Oct 5.

Fri 9:15-10:30 a.m. Sep 14-Oct 26
7 Sessions Dan Retoff
Rm 101, HLR-6104-609 \$49
Ottawa Center

Beginning Yoga

Yoga uses gentle stretching, relaxation and breathing techniques to help you build strength, flexibility and resilience. Come away more relaxed, limber and feeling better! Yoga philosophy and its application to everyday life will be introduced. *Wear comfortable, loose fitting clothes and bring a towel or yoga mat.* No class: Oct 31.

Wed 6-7:15 p.m. Oct 3-Nov 14
6 Sessions Dan Retoff
CTC-121, IVCC HLR-6101-310 \$49

New Approach to Stress Management

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

Wed 9 a.m.-3:30 p.m. Sep 19
1 Session Candice Chaffee
C-316, IVCC HLR-6314-09 \$99

Reclaim Your Health Through Nutrition

STOP DIETING and learn how to make healthier choices and habits! Your body will thank you. There are so many simple steps you can take to improve health, energy and quality of life. This course will de-mystify vitamins, minerals, popular supplements and herbs, super foods that heal, what to eat and what not to eat. You will learn how to make your own kitchen crop, healthful sprouts, chock-full of nutrition and vibrant life force. We will discuss ways to improve digestion, assimilation and elimination, all keystones to health. Every little bit helps in empowering you to nourish your body, minimize stress and increase vitality.

Wed 9 a.m.-3:30 p.m. Nov 7
1 Session Candice Chaffee
C-316, IVCC HLR-6308-11 \$99



Hearing Loss & Hearing Aids

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 20+ years of combined experience in the field of audiology.

Tue 1-3 p.m. Oct 16
1 Session Beth Wallace
CTC-124, IVCC & Elizabeth Koch
SRS-1202-10 \$12

[take it online]

Certificate in Pain Assessment & Management

This certificate provides an overview of the mechanisms of pain, the multidisciplinary methods of assessment, management and treatment of pain, which include adults, children and the elderly with cancer related and non-cancer related pain. This program is ideal for professionals in nursing and other healthcare fields, as well as individuals interested in integrative health. [12 contact hours]

Classes start monthly and are 6 weeks in length. Select the month you wish to begin the course. \$159. Register online at: ed2go.com/ivcc.

[take it online]

Certificate in Integrative Mental Health

This groundbreaking certificate program addresses the dramatic shift taking place in the healthcare field as alternative, holistic and integrative therapies are increasingly being used to treat mental health conditions. Integrative mental health emphasizes treating the mind, body and spirit. In this program, you'll learn how this new model of medical care combines scientifically proven alternative and complementary methods with medications and psychotherapy to address the physical, psychological and spiritual needs of individuals with anxiety disorders, sleep disorders, attention deficit hyperactivity disorder (ADHD), post-traumatic stress disorder (PTSD) and mental conditions associated with aging, depression, chronic pain and Alzheimer's disease. In addition, this program explores the treatment of bipolar disorders in children and adolescents. This program is ideal for professionals in nursing and other healthcare fields, as well as individuals interested in integrative mental health. [20 contact hours]

Classes start monthly and are 6 weeks in length. Select the month you wish to begin the course. \$135. Register online at: ed2go.com/ivcc.

Bee Keeping & Sustainability

Introduction to Beekeeping

In this class, you will focus on the principles of beekeeping. These principles include the history of beekeeping, honeybee biology, plant and pollinator relationship and essential equipment and requirements. By the end of the course, you will be able to help experienced beekeepers in the management of hives and start beekeeping as a hobby. Starting in 2006 with the media coverage of Colony Collapse Disorder and the rapid decline of honeybees around the world, the number of beginning beekeepers has increased exponentially. There have been reports that the number of backyard beekeepers has increased three-fold since 2008. In response to this interest, the Midwest Master Beekeeper Program (MMBP) was developed. **This training and certification program will help beekeepers develop their skills through six levels of competency. This is the first course in the Midwest Master Beekeeper Program.**

Meet your instructor: Michael Long has been a beekeeper for 12 years, maintaining as many as 60-80 colonies. He relocated to Illinois from New Jersey and has participated in many educational programs including: Rutgers agricultural extension courses: Basic Beekeeping, Beyond the Basics, and Business Management and Marketing for Beekeepers. He was president of the South Jersey Beekeepers Association in 2011 and involved on the executive board for 6 years. He was also an initial founder and leader for 3 years in the Gloucester County N.J. 4H Beekeeping program.

Mon/Wed 6-8:30 p.m. Sep 10 & 12
2 Sessions Michael Long
C-316, IVCC HLR-5530-309 \$99

Tue/Thu 6-8:30 p.m. Oct 23 & 25
2 Sessions Michael Long
C-316, IVCC HLR-5530-310 \$99



Basics of Solar Electricity

Updated for Fall 2018

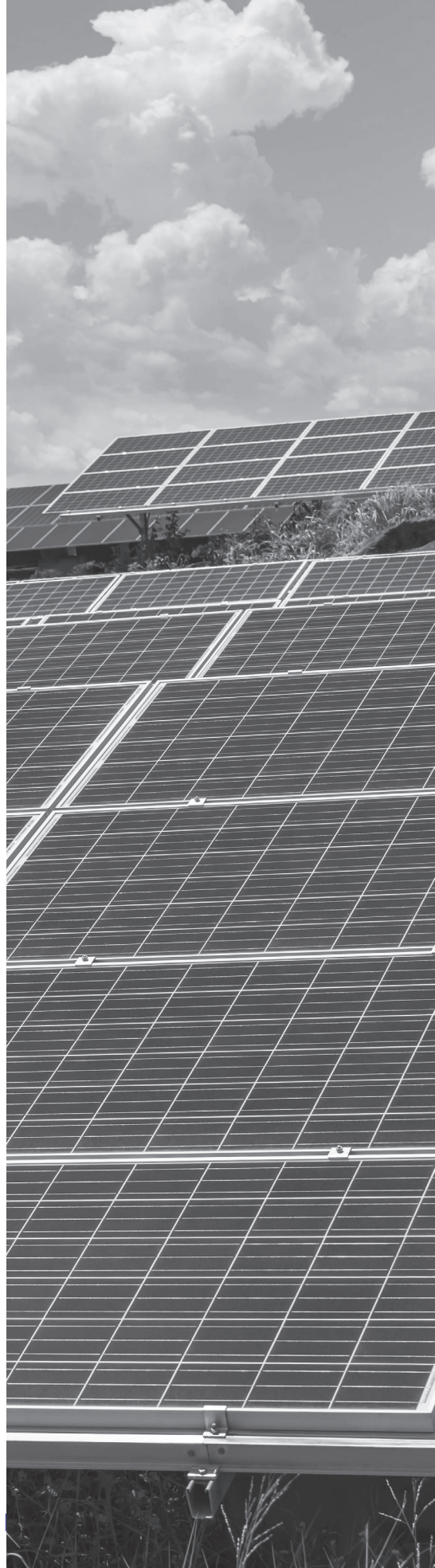
If you have been thinking about installing a solar system, this is the time to do so at a very reasonable price. With large state incentives in place and federal tax credits available, one established installer estimated that a nearly 10 kw system worth around \$27,000 could cost a customer less than \$6,000 this year, if they receive state incentives and federal tax credits. Learn the basics of solar systems, their benefits, the solar economy and the various programs available to individuals, group purchases and community solar available under the Future Energy Jobs Plan for Illinois. *Dr. Robert Vogl is retired from Northern Illinois University and is President of the Illinois Renewable Energy Association.*

Sat 9:30-11:30 a.m. Sept 29
1 Session Robert Vogl
CTC-216, IVCC HLR-5522-09 \$35

Green Sewing: Practical Projects for Every Day Use

NEW This class is for anyone who has basic sewing skills! This is a hands-on class in which you will learn to make practical items that you can use every day. Projects completed in class will include: a reusable sandwich bag, washable bowl cover, produce bag and a cotton sleeve for storing plastic bags. You will also receive a pattern for a clothespin bag. Washable and reusable, you will reduce the amount of plastic you use and reduce your footprint on the planet! (also great for holiday gifting) *Please bring your sewing machine, basic sewing supplies such as scissors, sewing pins, needles, measuring tape and hem gauge, 4 fat quarters (18" x 22") or 1 yard of 100% cotton. Please bring a sack lunch.* There is a \$7.50 material fee payable to the instructor at class for additional supplies that will be provided by the instructor the day of class.

Sat 9 a.m.-4 p.m. Nov 3
1 Session Cathy Linker-Lafrenz
CTC-123, IVCC HLR-2408-311 \$65





Online Learning

Convenient, Affordable and Effective

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

View our lifelong learning catalog at ed2go.com/ivcc

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

New class sessions will begin:
August 15 ~ September 12
October 17 ~ November 14 ~ December 12

Blogging & Podcasting for Beginners

If you're thinking of starting a blog or just beginning one, this course is for you. Perhaps you'd like to try out podcasting too. You can and it's easy. Learn how to create, manage and promote your own blog, audio and video podcast using tools that you already have on your computer - no paid software or equipment is needed. Begin by developing a plan for the content, setup and long-term maintenance of a blog, and then use free blogging software like Blogger and WordPress to put that plan into action. After that, learn how to record a professional-sounding audio podcast with a very simple recording tool you already have. Edit the file with another free software program, add music to it and then post it online for others to enjoy. Your instructor will guide you through all these steps. Finally, discover how to record a video podcast. Use pre-recorded video to learn the editing process, and then apply what you've learned to your own video file. Edit it, add special effects, drop in a podcasting-safe music file and then publish it online. Through hands-on exercises, discover the benefits of using free web tools like Blogger, WordPress, Audacity, and YouTube. Guided by an expert instructor, you'll find that creating a blog and podcast is much easier than you ever imagined. By the end of this course, be amazed how much you've accomplished!

Course Fee: \$99

Discover Sign Language

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

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: \$115

HOW TO GET STARTED:

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

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

Wow, What a Great Event!

Planning a special event and could use some helpful advice? Considering event planning as a future career? Need new ideas and resources? **Wow, What a Great Event!** is an event planning course that is for you. This course reveals how all the pieces in the event planning process fit together to make any size or type of event successful, whether it's for your family or friends, your employer, or your favorite charity. It helps you avoid common pitfalls, embarrassing errors, and costly mistakes. It provides you with a solid educational foundation in event planning that will impress your current boss or future employers. If you're a very experienced planner just looking for a few ideas, it presents you with exceptional resources you probably didn't know existed and can use in your own business. Each lesson covers a completely new topic, every one important to planning a successful event. Learn about themes, venues, menus, entertainment, décor and much, much more. You will develop skills, find resources, and gain confidence to plan any event. Discover proven tips, tools, techniques, and procedures that will make event planning easier for you. Gain access to event industry information compiled by and for event industry professionals. We even point you in the right direction to meet other event and meeting planners and to join 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/onlinececc

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 2018 | Visit our website - ivcc.edu/cec



Gender: ☐ Male ☐ Female Admission Status: ☐ First time IVCC Student ☐ Returning IVCC Student

Social Security Number (must be included) _____

Last Name _____ Former Last Name _____ First Name _____ MI _____

Home Mailing Address _____

City _____ State _____ Zip _____ County _____

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

Date of Birth _____ E-Mail Address _____

Emergency Contact Name _____ Phone () _____

The following items are requested for state reporting.

Ethnic/Ethnicity:

1. Are you Hispanic or Latino? ☐ Yes ☐ No

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

☐ American Indian/Alaskan Native ☐ Asian ☐ White ☐ Choose not to respond

☐ Black or African American ☐ Native Hawaiian or other Pacific Islander

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

☐ American Indian/Alaskan Native ☐ Asian ☐ Hispanic ☐ Choose not to respond

☐ Black or African American ☐ Native Hawaiian or other Pacific Islander ☐ White

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

List type of visa _____ Country of Origin _____

Highest degree previously earned:

☐ GED

☐ Certificate

☐ Master's Degree

☐ Other

☐ H.S. Diploma

☐ Associate Degree

☐ 1st Professional Degree

☐ Some College

☐ Bachelor's Degree

☐ Doctoral Degree

COURSE NUMBER	COURSE NAME	FEES
TOTAL		

Student Signature: _____ Date: _____

PAYMENT INFORMATION

☐ Check enclosed, payable to Illinois Valley Community College

☐ Please charge my credit card for the fees indicated above.

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

Card Number _____ Expiration Date _____

Cardholder's signature _____ ☐ Per Phone

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



For the Holidays

Holiday Appetizer & Wine Pairing

NEW Who does not love appetizers around the holidays? In this class we will make delicious holiday time inspired appetizers paired with the wines that compliment them the best. You will have a mini-course in wine pairing and learn new recipes just in time for the holidays! Recipes will include: Caramelized Butternut Squash and Gorgonzola Crostini, Pear Brie Prosciutto Arugula and Balsamic Pizza, Spinach Dip Bites and easy Italian Skewers among others. **Students must be age 21 and should be prepared to provide a valid form of personal identification. There is a \$35 material fee payable to the instructor the night of class.*

Tue 6-9 p.m.
1 Session
CTC-123, IVCC

Nov 6
Sara Fitzpatrick
HLR-3101-311 \$35

Rustic Winter Wreath

NEW Bring your own picture frame with glass panel for this unique one night painting class! Paint a winter wreath featuring your initial in the center. This “on trend” look will brighten your home for the holidays and in the winter months ahead. The instructor will provide decorative backing to be placed behind the glass of your frame. By bringing your own picture frame you will be able to choose the size and frame style that best matches your home. **A \$10 material fee is payable to the instructor the night of class.**

Fri 5:30-8 p.m.
1 Session
B-101, IVCC
Art Room

Nov 16
Addy Sorce
HLR-1115-311 \$39

“Believe” in the Holidays!

NEW Looking for a unique way to celebrate the holiday season? Join us for a one night painting class to create a whimsical holiday “Believe” ornament on canvas. Unleash your inner artist, as we blend traditional and modern looks to complete this piece. *This project will be completed on canvas. A \$15 material fee is payable to the instructor the night of class.*

Tue 5:30-8 p.m.
1 Session
B-101, IVCC
Art Room

Nov 27
Addy Sorce
HLR-1115-321 \$39

Rustic Holiday Santa

NEW Twas’ the Night Before Christmas...use acrylic paint to complete a step by step painting of a cheerful holiday Santa. Just in time for the holidays, this painting will become a cherished focal piece in your home. The class will give an introduction to painting and an opportunity to learn new and varied techniques. *This project will be completed on a glass window. A \$15 material fee is payable to the instructor the night of class.*

Tue 5:30-8 p.m.
1 Session
B-101, IVCC
Art Room

Dec 4
Addy Sorce
HLR-1115-312 \$39

Ugly Sweater Ornaments

NEW It will be a holly jolly holiday tonight! This is a spin on the ugly holiday sweater trend. Make your own Ugly Sweater Ornaments using basic hand-sewing techniques. These adorable accoutrements can adorn your holiday tree or you can make them into festive pins that you can wear, or even custom tie-ons to adorn your gift wrapping. The options are endless! **A \$10 material fee is payable to the instructor on the night of class.**

Mon 5:30-7:30 p.m.
1 Session
CTC-214, IVCC

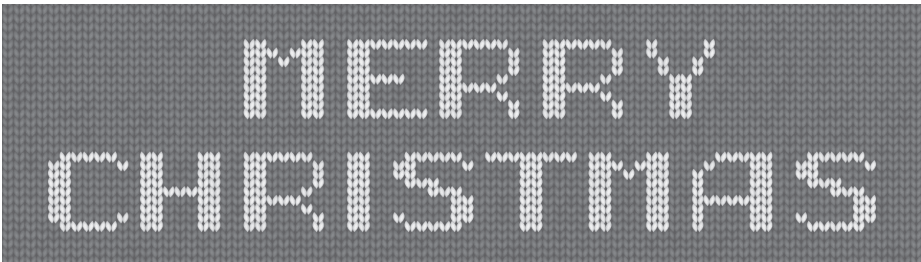
Dec 3
Kari Matuszewski
HLR-2779-312 \$19

Christmas around the World

NEW Christmas is one of the most celebrated holidays in existence. But, it is notably different throughout the world. Join Chef Tim as we examine different food rituals, Christmas traditions and recipes from around the globe. Some of our recipes will include: Saffron Buns (Sweden), Fried Chicken (Japan), Latkes (Israel), Tamales (Costa Rica), Sauerkraut and Sausage Soup (Slovakia) and 3 Kings Cake (Mexico). **There is a \$30 material fee payable to the instructor the night of class.**

Wed 6-9 p.m.
1 Session
CTC-123, IVCC

Dec 5
Tim Freed
HLR-3947-312 \$35





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