

Continuing Education Center

Spring 2015 Schedule | www.ivcc.edu/cec

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No Place So Close Can Take You So Far

Time to start something

New



Scan for additional information.

We have been debating the secret to life. Want to know our answer?

Okay. We can skip the drumroll and get on with it.

Which, by the way, is the secret to life: GET ON WITH IT.

Live it now, with all your might.

There is no second act. Life has no back-button. No rewind.

We simply journey through moments, and then those moments are gone.

Poof.

Ask yourself, "Am I making the most of my moments?"

Don't wait for tomorrow, next month, or next year.

It's time to create moments you will treasure for the rest of your life.

Make no mistake: moments are everything.

And that is the secret to life.

Time to start something NEW.



See what students have said about our classes...

iPhone Tips & Tricks: Nicole Wiltse "Instructor was very helpful with individual needs!"

10-HR General Industry: Jeff Clark

"Jeff has extensive knowledge and uses extremely valuable materials to cover regulations."

Detoxifying: Candice Chaffee

"Awesome instructor! Very informative, and sense of humor"

Yoga Unique to You: Tracie Klieber

"Great class, very informative!"

Classes for Massage Therapists

: Pam Booras

'Pam is GREAT! I always enjoy attending her classes"

Oil Painting: Melody Best

"Love the class, looking forward to the next set of classes in the spring

REGISTRATION CONFIRMATION

You will receive a confirmation of your registration in the mail. Confirmation will include a schedule, receipt, and information

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 If a class must be canceled by the Continuing Education Center, you will receive a full refund.

Continuing & Professional Education









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

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

IVCC Main Campus Computer Classes

■ QuickBooks Pro 2014

Whether you are a first time user or upgrading your software, discover all the features QuickBooks has to offer! 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! *A 4GB flashdrive is included with the cost of the class. Textbook required. No class: Feb 16 & Mar 9. **CEU: 2.4**

Mon 6-9 p.m. Feb 2-Apr 6 8 Sessions Kathryn Baker A-323, IVCC CEU-4710-302 \$199

■ Computer Basics [Welcome to Windows 7]

Learn basic skills for using Windows 7 in this hands-on workshop. If you're new to computers, we'll start 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 use hands-on demonstrations, practice and individual help. *Textbook and 2GB flash drive required.

Tue 6-9 p.m. Feb 10-Mar 3 4 Sessions Doreen Balzarini A-323, IVCC CEX-4408-302 599

■ Beginning Word 2010

This class covers beginning level skills and is ideal for the newer computer user who wants to become well versed in Word. You will be introduced to the Ribbon interface, working with text, printing, using proofreading tools, creating bulleted and numbered lists, tables, forms and more. *Textbook and 2GB flash drive required. CEU: 1.2 Thu 6-9 p.m. Feb 12-Mar 5 4 Sessions Doreen Balzarini A-323. IVCC CEU-4021-302 599

■ Intermediate Word 2010

Explore a variety of features: newsletter columns, WordArt and clip art, document themes, styles, picture editing, using mail merge, footnotes and endnotes, headers and footers, templates, table of contents and indexes, inserting SmartArt graphics, formatting page backgrounds and more. Each student will create a research paper and a promotional brochure. *Textbook and 2GB flash drive required.

CEU: 1.2

Thu 6-9 p.m. Mar 19-Apr 9 4 Sessions Doreen Balzarini A-323, IVCC CEU-4022-303 599

See pg. 29 for more details and a listing of additional software and technology classes including: Learn to Use Your iPad, iPhone Tips & Tricks, Podcasting 101, Technology Basics, Photoshop CS6, Websites with Weebly and Introduction to Shutterfly

Advanced Word 2010

Take your knowledge of Microsoft Word a step farther. This class will teach you to create a table of contents, track changes in documents and protect documents. Learn how to integrate other programs with Word including using mail merge features in conjunction with excel and creating word documents for use in PowerPoint. Create forms, set passwords, prepare documents for sharing and control document access. *Textbook and 2GB flash drive required. **CEU: 1.2**

Thu 6-9 p.m. Apr 16-May 7 4 Sessions Doreen Balzarini A-323, IVCC CEU-4023-304 599

Introduction to Internet and Email

Learn the skills to navigate the internet and email. Learn basic and advanced web searches, job search, online shopping and online banking. This class will also include internet security, scam avoidance and identity theft warnings. Students will also be introduced to webmail, instant messaging and photo sharing websites. *Textbook and 2GB flash drive required.

Tue 6-9 p.m. Mar 17-Apr 7 4 Sessions Doreen Balzarini A-323, IVCC CEX-4607-303 599

■ Beginning Access 2010

This class covers beginning level skills and is ideal for the newer computer user who wants to become well versed in Access. Topics introduced include the Ribbon interface, creating tables in datasheet view, previewing and printing data, designing databases, creating database objects, formatting tables, lookup fields, field properties, queries and more. *Textbook and 2GB flash drive required.

CEU: 1.2

Tue 6-9 p.m. Apr 14-May 5 4 Sessions Doreen Balzarini A-323, IVCC CEU-4211-304 599

■ Microsoft Project 2013

See full description on pg. 4. No class: Mar 14. CEU: 1.2
Sat 9 a.m.-12 p.m. Mar 7-Apr 4 4 Sessions
Kathryn Baker CTC-208, IVCC CEU-4806-03 599

Advanced Microsoft Project 2013

See full description on pg. 4. CEU: 1.2
Sat 9 a.m.-12 p.m. Apr 11-May 2 4 Sessions
Kathryn Baker CTC-208, IVCC CEU-4807-04 \$99

■ Beginning Excel 2013

Experience the brand new look of Excel! Designed for beginners, you will gain basic skills; creating and editing worksheets, enter formulas, format cells and entries, manipulate data, use various automated tools and create charts. This class will benefit new users as well as professionals upgrading from 2010. Designed to help you get professional looking results quickly. *Textbook and 2GB flash drive required. CEU: 1.2

Thu 6-9 p.m. Apr 23-May 14 4 Sessions Kathryn Baker CTC-208, IVCC CEU-4118-304 599



UBeginning Excel 2013

Experience the brand new look of Excel! Designed for beginners, you will gain basic skills such as creating and editing worksheets, enter formulas, format cells and entries, manipulate data, use various automated tools and create charts. This class will benefit new users as well as professionals upgrading from 2010. It's designed to help you get professional looking results quickly. *Textbook and 2GB flash drive required. CEU: 1.2

Feb 6-27 4 Sessions Fri 1-4 p.m. Kathryn Baker Rm 112. CEU-4118-602 Ottawa Center

Untermediate Excel 2013

Topics include working with multi-sheet workbooks; tables; outlines; inserting clip art, pictures and SmartArt; digital signatures and more. After completing this course, students can successfully face the challenges presented in the advanced level. *Textbook and 2GB flash drive required. No class: Mar 13 & Mar 27. CEU: 1.2

4 Sessions 1-4 p.m. Mar 6-Apr 10 Kathryn Baker CEU-4119-603 Rm 112, Ottawa Center

JAdvanced Excel 2013

This is an advanced course that will challenge students. Learn to work with PivotTables and macros, financial functions, data analysis, auditing and additional functions, advanced formatting and analysis tools, collaboration and more. *Textbook and 2GB flash drive required. CEU: 1.2

1-4 p.m. Apr 17-May 8 4 Sessions Kathryn Baker CEU-4120-604 Rm 112, Ottawa Center

PLEASE NOTE:

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

Introduction to Windows 8

of its exciting new features! Learn about using the new interface, displaying the Charms Bar and working with Tile Apps. Find out how to customize the interface and boot This is the perfect class for new users to become familiar with Windows and for previous users to become comfortable with the systems' new look. Students are required to bring their own laptops to class. *Textbook and 2GB flash drive required.

Take it at the IVCC Ottawa Center

12:30-3:30 p.m. Feb 5-26 4 Sessions CEX-4410-602 Rm 101, **Ottawa Center**

Take it at IVCC's Main Campus

3-6 p.m. *Apr 1-29 4 Sessions CTC-214. IVCC



don't forget your textbooks!

Business

AMA Online Self Study

IVCC's Continuing Education Center offers quality self-study online courses written and designed by the American Management Association (AMA). Fine-tune your present professional skills, learn new ones and enrich your career with a flexible learning plan that fits your schedule. Measure your knowledge with a variety of testing components, such as pre-test, post-test, chapter exercises, chapter review questions and case studies. You may take individual courses or receive an AMA Self-Study Certificate in an area of concentration by completing your choice of courses totaling 10 CEUs. Upon successful completion, you will receive a certificate for the total amount of CEUs earned from AMA.

AMA Individual Self Study Courses

Here are some of the topic areas covered by AMA Individual Self Study Courses:

Accounting/ Communications/ Finance for Managers/ Human Resources/ Leadership/ Management/ Manufacturing/ Quality/ Personal Development/ Time Management

You have 3 months in which to complete.

Course Code: WWW-3101 \$149

AMA Self Study Certificate Programs

Earn a certificate by completing a total of 10 CEUs in the following areas:

Administrative Professional/ Finance & Accounting/ General Management/ Human Resources/ Sales and Marketing/ Strategic Leadership and many more! The cost of the certificate programs vary depending on which classes you choose. You will have one year to complete the certificate.

Course Code: WWW-3102

For more information on classes and additional certificates offered visit: www.flexclassroom.com/ivcc

Or contact Jennifer Sowers at 815-224-0280.

HOW TO GET STARTED:

- Go to www.flexclassroom.com/ivcc website.
- Choose your course/certificate program.
- Complete online registration and make payment with a credit card. You will receive a confirmation email from AMA and IVCC.
 IVCC will assign a course number for your individual course/certificate.
- Call IVCC at 815-224-0447 to register for the course number given.
- Begin your course!



Worker's Compensation & Workplace Safety for Business

Join us for an informal session aimed at helping small to medium size businesses understand what is needed in a formal safety program. We will take a look at why insurance companies require safety inspections, the purpose of recommendations and the ramifications of not complying. Review how the experience modifier or experience modification factor is determined and how you can help reduce it to your advantage. We will also review specific policies and procedures that might be required within your organization

Mon 6-8:30 p.m. Feb 9 1 Session
Pat Schuerman CTC-124, IVCC CEX-7104-302 539

■ Microsoft Project 2013

Discover how to effectively manage and streamline your workload with MS Project. This software allows you to easily share project details with others, to explore "what-if" scenarios and to assess the impacts of project changes. Through hands-on practice, you will learn to schedule tasks, control finances, produce reports and track project status. *Textbook and 2GB flash drive required. No class: Mar 14. CEU: 1.2

Sat 9 a.m.-12 p.m. Mar 7-Apr 4 4 Sessions Kathryn Baker CTC-208, IVCC CEU-4806-03 \$99

Advanced Microsoft Project 2013

This class is perfect for those pursuing to augment their Project understanding. Learn cutting edge possibilities for tailoring your work space, combining and splitting projects, accomplishing cost rate changes and financials. The user will work with advanced task scheduling, fine tuning or task details, resources, assignment details and project plans. You will also master organizing and tracking progress on all aspects of your project, reporting, viewing and getting your project back on track. *Textbook (same as MS Project 2013) and 2GB flash drive required. CEU: 1.2

Sat 9 a.m.-12 p.m. Apr 11-May 2 4 Sessions Kathryn Baker CTC-208, IVCC CEU-4807-04 599

■ Introduction to Prezi

Tired of PowerPoint? Add to your presentation options by investigating Prezi, a popular cloud-based non-linear application that is great for creating dynamic presentations that zoom from point to point. Learn the pros and cons of Prezi; then create and share a sample presentation of your own while in class. Since the class is "hands-on", please set up a free account at www.prezi.com before coming to class. Please note: All presentations created with a free Prezi account are public. To view Prezi Terms of Use go to www.prezi.com/terms-of-use. CEU: .2

Tue 6-8:30 p.m. Mar 24 1 Session Pamela Klarup A-211, IVCC CEU-4624-303 539

■ Websites with Weebly

See full description on pg. 29.
Tue 6-8:30 p.m. Apr 21 1 Session
Pamela Klarup A-211, IVCC CEX-4625-304 539



New to the Area! Digital Co-Work Space



5 Reasons to Consider the Digital Co-Work Space of Ottawa:

■ Brainstorm Your Business Idea

You're dreaming of owning and operating your own business but you don't know where to start. This session will take you from an idea to planning stages of feasibility. Understand how to analyze your business idea and then take it to the next level. This class will brainstorm through the most critical steps in the business planning process.

Tue 6-8 p.m. 1 Session C-325, IVCC CEX-9540-302 **Bev Maloolev** \$40

■ Small Business Planning 101

This workshop is an introduction and overview of the many areas in business that are included when writing a business plan or marketing plan. Attendees are encouraged to bring a hardcopy of a business plan or marketing plan they are currently working on for their business.

Wed 8:30-10:30 a.m. Feb 25 1 Session Gina C-325, IVCC CEX-9542-02 \$40 Czubachowski

■ So You Want to Start a Business

Starting a new business is both exciting and frightening. This workshop will provide you an overview of how to write a business plan, register a business name, obtain a tax ID number, appropriate insurance, recordkeeping, legal ownership and other start-up issues. You will gain general knowledge of what basic action need to be implemented along with your plan.

Mar 3 1 Session Tue 6-8 p.m. C-325. IVCC **Bev Malooley** CEX-9508-303 \$40

Illinois Small Business Development Center

at no charge. Questions? Please Call: 815.224.0212

or go online – www.ivcc.edu/sbdc











■ Small Business & Social Media

Social media is one tool small businesses should be using because it is widely utilized by consumers and does not appear to be disappearing anytime soon. More importantly the young millennials, who are working in your business, are using social media. Entrepreneurs and small business owners will learn how to use social media as a learning and communication tool.

Wed 8:30-10:30 a.m. 1 Session Mar 25 CEX-9530-03 C-325, IVCC \$40 Gina

Czubachowski

■ Business Make-Over

Learn simple techniques to improve the overall customer experience. Everything from curb appeal to attitude can impact revenue. This workshop will provide action steps that you can apply immediately to your business. This is an interactive learning workshop for owners, managers and employees. Bring your team and let's get to work.

6-8 p.m. 1 Session Tue Mar 31 **Bev Malooley** C-325, IVCC CEX-9541-303 \$40

■ Small Business Marketing

Small business owners should have more insight into each marketing resource. In 2015, there are many marketing opportunities to choose from and understanding the tools and how to utilize each one will be discussed. Attend this workshop to learn marketing tips and take advantage of networking opportunities. Please bring business cards with you.

8:30-10:30 a.m. Tue Apr 7 1 Session Gina C-325, IVCC CEX-9521-04

Czubachowski

■ Personal Finance

"Lessons from the Richest Man in Babylon"

Managing money comes naturally to some people and to others it's overwhelming and frustrating. No matter how hard you try to budget, you always feel broke. Saving for the future seems impossible and you are living paycheck to paycheck.

This two part workshop will start you on a new path to financial security. You will learn how to manage money, pay off debt, invest, budget and save for retirement. Who should take this course? Anyone seeking financial security!

Prerequisite: Attendees must read "Lessons from the Richest Man in Babylon" by George S. Clason prior to attending this class. For a free electronic copy, email Larry Bianchi at Ibianchi@jankorealty.com.

Tue 6-8 p.m. Feb 10-17 2 Sessions Larry Bianchi C-316, IVCC CEX-9517-302



■ Bridge/Gantry Crane Safety

Many types of cranes, hoists and rigging devices are used for lifting and moving materials. It is the employer's responsibility to maintain a safe workplace for its employees; therefore, it cannot be overemphasized that only qualified individuals shall operate these devices. This class is designed to give guidance to all operations that involve the use of cranes and hoists. Topics include responsibilities, safe operating requirements, general safety rules, hand signals and rigging. **CEU**: .2

Mon 12:30-2:30 p.m. Feb 9 1 Session Jeff Clark C-316, IVCC CEU-7255-02 5129

■ 10 Hour General Industry

Participants will learn the major provisions of the Occupational Safety and Health Act. New and updated information on the regulations will be discussed. Primary topics include: the inspection and citation process, working and walking surfaces, emergency plans and exit routes, the new Global Harmonization System (GHS), electrical safety, machine guarding and record keeping. This course can be customized to meet the participants' needs. OSHA's 10 Hour General Industry card will be earned upon completion of this class. CEU: 1.0 Thu/Fri

Thu: 8 a.m.-3 p.m. Feb 19
Fri: 8 a.m.-12:30 p.m. Feb 20

Fri: 8 a.m.-12:30 p.m. Feb 20 2 Sessions Jeff Clark CTC-124, IVCC CEU-7203-02 \$299

■ Forklift Train-The-Trainer

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

Mon 12:30-3:30 p.m. Mar 16 1 Session

Jeff Clark C-325. IVCC CEU-7214-03 5129

■ 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 mandatory personal protective equipment, developing energy control procedures (Lock Out 29 CFR 1910.147) and the required annual inspections. **CEU**: .3

Mon 12:30-3:30 p.m. Apr 13 1 Session Jeff Clark C-325, IVCC CEU-7237-04 5129

■ Dept. of Transportation Hazmat

The Department of Transportation requires training for employees receiving or shipping hazardous materials. This training includes new changes to the 49 CFR hazardous materials table, packaging of materials, shipping papers and other documentation and recognizing potential hazardous conditions when receiving packages. Participants are encouraged to bring a list of products they ship or receive and samples of shipping papers. Review of the Emergency Response Guidebook and Homeland Security training is included in the course.

CEU: .4

Thu 8 a.m.-12 p.m. Apr 16 1 Session
Jeff Clark C-325, IVCC CEU-7304-04 5149

■ Resource Conservation & Recovery Act "RCRA"

The Environmental Protection Agency developed the Resource Conservation and Recovery Act (RCRA), to manage hazardous waste. This training program will cover the law, regulations and guidance in complying with the act. Topics include waste generator status, used verse waste and recycling. EPA's RCRA Orientation Manual will be the textbook for this class and is included in the course fee. CEU: .3

Thu 1-4 p.m. Apr 16 1 Session Jeff Clark C-325, IVCC CEU-7242-04 5149

■ Introduction to OSHA

This introductory course is for participants interested in occupational safety and health or who have been assigned duties involving safety and health. In this slow paced course, you will cover the OSHA regulation manual and how the various regulations apply to your company as well as identify the relationship between OSHA and other government agencies. The ultimate goal is to gain a better understanding of OSHA and be able to develop a long lasting safety and health program. CEU: .3

Mon 12:30-3:30 p.m. May 11 1 Session Jeff Clark C-325, IVCC CEU-7220-05 5129

For customized training for your business contact the Business Training Center at 815-224-0547.



Certified Production Technician Advance, Achieve and Validate your skills with CPT Fast Track!

According to College for America, 87% of employers in the Advanced Manufacturing field are finding that employees are missing promotable skills in their workforce.

With a high percentage of the local workforce retiring, companies are in need of skilled workers to fill management positions. Whether you are seeking advancement or looking to re-enter the workforce, obtaining the CPT Credential will help you get one step closer to advancing your position and sustaining a lifelong successful career in manufacturing!

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. A number of area employers are endorsing this credential.

Please note: this credential is recommended for individuals with at least 5 years manufacturing experience or dislocated workers who have limited time available for study. It is also recommended that individuals be at a 9th-grade math and 10th-grade reading level.

This program is strictly online. Independent study requires a computer with high-speed internet access. Please enroll in the modules in the order they are shown. Success in this program is based off of not only the course work itself, but prior knowledge and manufacturing experience.

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

Manufacturing and Safety

Cost includes the one-time registration fee, required by MSSC Course Number: CEU-5317-02

Quality and Measurement

Course Number: CEU-5318-02 \$19

Manufacturing Processes

Course Number: CEU-5319-02 \$19

Maintenance Awareness

Course Number: CEU-5320-02 5199

Students are required to pass a final examination and will earn a certificate of completion after each module. Once all four component examinations are completed, the nationally recognized Certified Production Technician credential is awarded.

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

Classes Begin February 9th and are open for enrollment throughout the semester.

HOW TO GET STARTED:

- Register and pay at IVCC via phone, online, fax, or mail. We accept online registration and payment for courses at www.ivcc.edu/onlinecec. You can phone your registration to 815-224-0447. Mail or fax registrations using the form on page 36. Be sure you registered at IVCC and have paid no later than the day before your class starts
- 2. Register with MSSC at http://candidates.msscusa.org. You will receive an email from IVCC with a **Registration Code** that is mandatory when setting up your account.
- Once both registrations have been completed, you will receive an email with an Activation Code for the module and additional information on how to begin your classes. Please allow one week from date of registration to begin your classes.

For more information about Manufacturing Skills Standards Council (MSSC) and the Certified Production Technician (CPT) Credential go to www.msscusa.org.

Endorsed by these local employers as a preferred credential for employment:

American Nickeloid Company Allegion/LCN Black Bros. Co. Carus Corporation Eakas Corporation Hart Electric HCC, Inc.

James Hardie

Maze Nails
MBL (USA) Corporation
Plymouth Tube Co USA
SABIC Innovative Plastics
Transco Products

Vactor Manufacturing, Inc.

Zip-Pak

Additional Information Contact Jennifer Sowers [phone] 815.224.0280 [email] Jennifer Sowers@ivcc.edu



Exploring Careers in Healthcare Information Session

[Pharmacy Technician, Medical Billing and Coding, Electronic Health Record Management]
These programs are offered in partnership with Condensed Curriculum International, Inc. (CCI). Available to both working adults interested in a new career and current professionals, these short term training programs will help you prepare for entry level jobs in healthcare. This free information session will give prospective students information on job outlook, certification requirements and the course content for the Pharmacy Technician, Medical Billing and Coding and Electronic Health Record Management programs as well as payment plan options. It is recommended that you check out the local job market and attend this session before registering for the programs. This session is free, but you must pre-register by calling IVCC at 815-224-0447. Wed 6-7:30 p.m. Feb 11 1 Session CCI C-316, IVCC CEX-9952-302 Free



Payment Plan Available!

Find out more about payment plan options by calling 815-224-0490. Payment options are available for students registered by February 18, 2015.

■ Medical Billing and Coding

This combined 80 hour billing and coding course offers the skills needed to solve insurance billing problems, how to manually file claims (using the CPT and ICD-9 manual), complete common insurance forms, trace delinquent claims, appeal denied claims and use generic forms to streamline billing procedures. The course covers the following areas: CPT (Introduction, Guidelines, Evaluation and Management), specialty fields (such as surgery, radiology and laboratory), ICD-9 (Introduction and Guidelines) and basic claims processes for medical insurance and third party reimbursements. Students will learn how to find the service and codes using manuals, (CPT, ICD-9 and HCPCS). After obtaining the practical work experience (6 months to 2 years), students who complete this course could be qualified to sit for the American Academy of Professional Coders (AAPC) Certified Professional Coder Exam (CPC or CPC-H Apprentice); the American Health Information Association (AHIMA) Certified Coding Associate (CCA) exam; and/or other National Certification Exams. Cost of exams are not included in the course fee. There is no job assistance for this program.

Tue & Thu 6-9:30 p.m. Mar 10-May 7 21 Sessions CCI B-211, IVCC CCE-1750-300 51,899

Class also meets on Saturday Apr 11, Apr 18, May 2 9 a.m.-3 p.m.

■ Pharmacy Technician

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. Prerequisite: A high school diploma or GED plus a solid background in math. Textbook and materials are included in the course fee. Cost of PTCB exam is NOT included in the course fee. There is no job assistance for this program.

Mon & Wed 6-9:30 p.m. Mar 18-May 6 15 Sessions CCI B-211, IVCC CCE-1720-300 \$1,199

Healthcare Career Programs

This 95 hour Electronic Health Record (EHR) Management program prepares students to understand and use electronic records in a medical practice. Access to health information is changing the ways doctors care for their patients. Doctors now have access to a patient's medical history, surgeries, allergies to medicines and recent doctor's visits all at the press of a button. This recent technology that intertwines health information from a variety of sources is known as an electronic health record. An electronic health record (EHR) includes computerized lifelong healthcare data from a variety of sources where every encounter an individual has with the healthcare system is documented and compiled for quick access. Electronic Health Record professionals are educated in the implementation and management of electronic health information using common electronic data interchange systems such as HL7, CDISC and DICOM. Students will learn through classroom and computer lab training the necessary components consistent with maintaining the medical, legal, accreditation and regulatory requirements of the electronic health record and database. After the successful completion of this program, students will be prepared to sit for the National Healthcareer Association (NHA) Certified Electronic Health Record Specialist (CEHRS) exam. Cost of the national exam is not included in the course fee. There is no job assistance for this program.

Mon & Wed 6-9:30 p.m. 25 Sessions Mar 2-May 11 E-214, IVCC CEU-9905-303 \$1,999 CCI

Class also meets

Saturday Mar 21, Apr 11, Apr 25, May 9 9 a.m.-3 p.m.

■ Medical Administrative Assistant

New Format - Offered Online Only

This course covers information on the medical assisting profession, interpersonal skills, medical ethics and law, medical terminology, basics of insurance billing and coding, telephone techniques, scheduling appointments, medical records management and management of practice finances. A great course for those interested in a career as a medical office professional! Optional externship is available upon completion. National certification exam is not included in the course fee. There is no job assistance for this program.

Open enrollment, register any time. Students are given 6 months to complete the program.

Course Fee: \$1,299 www.healthedtoday.com/ivcc

Call 815-224-0427 for additional questions or assistance with registration.



itinuing Professional Education]

Massage Therapy

■ Perinatal Massage

Pre and post natal massage will help your clients transition comfortably through their pregnancy and changes after delivery with side lying and inclined techniques. Learn important pressure points and stretches, as well as checking in with your client during the session. Contra-indications will be discussed in great detail. This is an introductory course and does not result in a certification in perinatal massage. Please bring your lunch, snacks, a clean set of sheets for the table and dress comfortably. This course is for licensed massage therapists only and has been approved by the State of IL for 7 CE hours. Submitted to NCBTMB for approval.

Fri 9 a.m.-4:30 p.m. Feb 6 1 Session
Tonia McGuinn G-106B, IVCC CPD-3150-02 5139
Gym Building

Reclaim Your Health Through Nutrition and Healthy Living

There is so much you can do to improve your health and quality of life. Stop dieting and learn how to make healthier choices. This course will de-mystify vitamins, minerals, popular supplements and herbs, 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 proper food combining to help minimize digestive disturbances. Every little bit helps in empowering you to nourish your body, minimize stress and increase vitality. State of IL 6 CE hours.

Wed 9 a.m.-4 p.m. Feb 11 1 Session Candice Chaffee C-316, IVCC CPD-3233-02 579

■ Massage Cupping Bodywork Therapy

Massage Cupping is a beneficial therapy for bringing blood flow to stagnated muscles and skin, loosening adhesions, and releasing rigid soft tissue. In this class, the history and theory of massage cupping will be covered in addition to step by step instruction on getting started. All equipment will be demonstrated and each participant will have ample time to experience working with the equipment on others and having the equipment used on them. Equipment used and demonstrated will be glass fire cups, manual vacuum cups, micro cup sets and several other specific aspects of cupping. We will also explore advanced cupping techniques, with focus on specific treatment methods. This is an experiential workshop please bring your lunch, snacks, a clean set of sheets for the table, and dress comfortably. If you have a set of cups plesae bring them, however there will be cups available to use if needed. This class is for licensed massage therapists only and has been approved by NCBTMB and the State of IL for 8 CE hours.

Fri 8:30 a.m.-5 p.m. Feb 20 1 Session Pam Booras G-106B, IVCC CPD-3132-02 5139 Gym Building

■ Infant Massage for Healthcare Professionals

Learn the benefits of Infant Massage for healthy term, preterm newborns and infants up to the age of one year. This class will cover the many advantages for the infant and caregiver, how to perform the massage, the duration of the massage and how to make the infant comfortable. You will also learn to recognize the visual cues and body language of the infants, along with contra-indications for infant massage. This is a hands-on course, please wear comfortable clothing. State of IL 4 CE hours.

Fri 12-4 p.m. Mar 6 1 Session Tonia McGuinn G-106B, IVCC CPD-3246-03 559 Gym Building

A New Approach to Stress and Life Management

Stress is the bane of western civilization and culture. Very few of us have been taught constructive ways to manage our lives, time and demands of daily activities. This course can change your life. We will examine and transcend self-limiting beliefs and patterns of thinking. Our reactions to stress reveal much about our inner lives. Infusing eastern philosophy of introspection will provide new approaches to restore authenticity and peace of mind. Learn how to identify the true sources of stress and how we can re-program behavioral responses. We will explore Toltec ancient wisdom in "The Four Agreements" and numerous methods for re-connecting with our natural environment. Join us for refreshing and innovative strategies to reduce, prevent and manage your stress! State of IL 6 CE hours. Wed 9 a.m.-4 p.m. Mar 18 1 Session Candice Chaffee C-316, IVCC CPD-3244-03

■ Cellulite Massage Techniques

Cellulite massage is quickly becoming a popular alternative to surgery, laser treatments and creams when it comes to ridding that unwanted cellulite. In this hands-on course you will learn the steps and strokes of this intensive work to promote dimensional inch loss, smooth out dimpled skin and flush toxins stored in fat cells. This class will be both classroom and experiential. Please bring your lunch, snacks, a clean set of sheets for the table and dress comfortably.

This course is for licensed massage therapists only and has been approved by the State of IL for 8 CE hours. Submitted to NCBTMB for approval.

Fri 8:30 a.m.-5 p.m. Mar 27 1 Session
Pam Booras G-106B, IVCC CPD-3149-03 5139
Gym Building



■ Therapeutic Exercises for the Healthcare Professional

This class is designed especially for the health care provider. We will review anatomy, physiology, kinesiology, stages of motivation, indications and contra-indications as it pertains to exercise. We will focus on your personal health, motivation and physical assessments, while learning how to be creative in developing exercises based on your unique work environment and physical demands. This class is geared towards personal growth and physical health however, the information can be useful professionally to help you guide your patients and clients. Students will need to bring a foam roller to class, dress comfortably and bring a lunch and snacks.

State of IL 7 CE hours.

Fri 9 a.m.-4:30 p.m. April 17 1 Session Susan Krischel G-106B, IVCC CPD-3247-04 5139 Gym Building

Introduction to Herbalism for Healthcare Professionals

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

Wed 9 a.m.-4 p.m. Apr 22 1 Session Candice Chaffee C-316, IVCC CPD-3245-04 579

Oncology massage is at the forefront of complementary modalities used to comfort and heal those who are experiencing cancer treatment or are in survivorship. With an ever increasing prevalence of cancer in all age groups it is certain that people living with cancer will find their way to your tables. The purpose of this class is to present essential information and provide the necessary hands-on experience to safely and effectively administer massage to any client regardless of their condition. The culminating activity of the class will be to give a relaxation massage to someone with a history of cancer. Registration deadline: Apr 1. Please bring your lunch, snacks, a clean set of sheets for the table and dress comfortably. This class is for licensed massage therapists only and has been approved by the NCBTMB and the State of IL for 24 CE hours.

Fri/Sat/Sun 8 a.m.-5 p.m. Apr 10-12 3 Sessions Mary Peifer G-106B, IVCC CPD-3141-04

Mary Peifer, RN, LMT has been offering therapeutic massage and bodywork in Peoria, Illinois since 2005. As a Registered Nurse since 1995, Mary's background in community health, along with oncology nursing experience, allows her to embrace the best of both worlds by offering education, nurturance, support and healing to those she serves. Her practice offers restorative, comfort-oriented massage along with Eastern bodywork, Manual Lymphatic Drainage and scar tissue work. Mary is a frequent guest speaker and presenter on a variety of health related topics especially massage education. She graduated from the Peregrine Institute of Oncology Massage Training in November 2010.



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Nursing

Reclaim Your Health Through Nutrition and Healthy Living

There is so much you can do to improve your health and quality of life. Stop dieting and learn how to make healthier choices. This course will de-mystify vitamins, minerals, popular supplements and herbs, 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 proper food combining to help minimize digestive disturbances. Every little bit helps in empowering you to nourish your body, minimize stress and increase vitality. [6 CE Hours]

 Wed
 9 a.m.-4 p.m.
 Feb 11
 1 Session

 Candice Chaffee
 C-316, IVCC
 CPD-3233-02
 579

■ Infant Massage for Healthcare Professionals

Learn the benefits of Infant Massage for healthy term, preterm newborns and infants up to the age of one year. This class will cover the many advantages for the infant and caregiver, how to perform the massage, the duration of the massage and how to make the infant comfortable. You will also learn to recognize the visual cues and body language of the infants, along with contraindications for infant massage. This is a hands-on course, please wear comfortable clothing. [4 CE Hours]

Fri 12-4 p.m.

Tonia McGuinn G-106B, IVCC Gym Building

Candice Chaffee C-316, IVCC

Mar 6 CPD-3246-03

CPD-3244-03

1 Session \$59

A New Approach to Stress and Life Management

Stress is the bane of western civilization and culture. Very few of us have been taught constructive ways to manage our lives, time and demands of daily activities. This course can change your life. We will examine and transcend self-limiting beliefs and patterns of thinking. Our reactions to stress reveal much about our inner lives. Infusing eastern philosophy of introspection will provide new approaches to restore authenticity and peace of mind. Learn how to identify the true sources of stress and how we can re-program behavioral responses. We will explore Toltec ancient wisdom in "The Four Agreements" and numerous methods for reconnecting with our natural environment. Join us for refreshing and innovative strategies to reduce, prevent and manage your stress! [6 CE Hours] 1 Session Wed 9 a.m.-4 p.m. Mar 18

Estrogen: Friend or Foe?

Estrogen, the "female" hormone, has more than 300 functions in practically all body tissues including the brain, hypothalamus, bones, breasts, uterus, skin, immune system, clotting system and even adipose tissue. Barb Bancroft will discuss a myriad of functions for estrogen and correlate them with clinical examples. Bancroft will discuss the role of estrogen in pregnancy, puberty, perimenopause and as a replacement hormone in postmenopausal women. The role estrogen plays in autoimmune disease will also be discussed. This estrogen update is a must for all women interested in the role of estrogen in health and disease. Breakfast and lunch are included in the tuition fee. [6 CE Hours]

Thu 8:30 a.m.-3:30 p.m. Apr 9 1 Session
Barb Bancroft C-316, IVCC CPD-3243-04 \$112



Therapeutic Exercises for the Healthcare Professional

This class is designed especially for the health care provider. We will review anatomy, physiology, kinesiology, stages of motivation, indications and contra-indications as it pertains to exercise. We will focus on your personal health, motivation and physical assessments, while learning how to be creative in developing exercises based on your unique work environment and physical demands. This class is geared towards personal growth and physical health however, the information can be useful professionally to help you guide your patients and clients. Students will need to bring a foam roller to class, dress comfortably and bring a lunch and snacks. [7 CE Hours] 9 a.m.-4:30 p.m. G-106B, IVCC 1 Session Apr 17 CPD-3247-04 Susan Krischel \$139 Gym Building

Introduction to Herbalism for Healthcare Professionals

Medicinal herbs and plants are steeped in rich tradition and history. Many are high in nutritional and pharmacological properties. Herbs encourage and activate the body's own healing mechanisms. This course is designed to offer an introduction to medicinal herbs and their history of use in healing. Topics include a brief history of herbal medicine, how herbs work in the human body, herbal properties and characteristics and demonstrations of how to prepare a wide range of internal and external applications. Participants will gain a basic understanding of how and when to use medicinal herbs to address simple health issues. [6 CE Hours] 1 Session 9 a.m.-4 p.m.ˈ Wed Apr 22 Candice Chaffee C-316, IVCC CPD-3245-04 \$79

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Courses Beain Monthly.

See page 35 for registration directions.

New! Certificate in Brain Health [10 Contact hours] Course Number: CPD-3522	^s 66
Certificate in Complementary and Alternative Medicine [22 Contact hours] Course Number: CPD-3504	^{\$} 189
Certificate in Pain Assessment and Management [12 Contact hours] Course Number: CPD-3505	^{\$} 159
Certificate in Gerontology [44 Contact hours] Course Number: CPD-3506	^{\$} 199
Certificate in Legal and Ethical Issues in Nursing [23 Cor Course Number: CPD-3508	ntact hours] §159
Certificate in Perinatal Issues [20 Contact hours] Course Number: CPD-3509	^{\$} 109
Certificate in Spirituality, Health and Healing [25 Contac Course Number: CPD-3510	t hours] \$159
Certificate in Holistic Integrative Health [50 Contact hou Course Number: CPD-3519	ırs] ^{\$} 475
Certificate in Integrative Mental Health [19 Contact hou Course Number: CPD-3512	rs] \$135
Certificate in End of Life Care [18 Contact hours] Course Number: CPD-3516	^{\$} 190
Certificate in Food, Nutrition and Health [16 Contact how Course Number: CPD-3520	urs] [§] 96
Certificate in Healing Environments [16 Contact hours] Course Number: CPD-3521	^{\$} 96





■ Tools for Teachers: Enhancing and **Implementing Professional Practices**

Del and Susan Goodale return to IVCC with a new graduate class that will enhance the professional practices of all educators in all content areas and grade levels. With the implementation of Common Core, educators are finding a new set of tools to be key practices in helping all students meet the standards. Some of the tools covered in this course will include: Neurodiversity and New Tools for High Quality Differentiated Instruction, Teaching the vocabulary of the Essential 55, The Core 6, Using Essential Questions as Learning Tools, Literacy Across the Curriculum and Using Feedback to Enhance Performance and Student Learning. Other tools will also be evaluated. The class will allow for large group, small group and individual discussion and assignments. All participants will develop a plan to use these tools in their own classroom. Three Hours of Graduate

Credit will be received from Quincy University. Mon-Fri

8 a.m.-4 p.m. C-316, IVCC **Del and Susan** Goodale

Jun 8-12 CPD-1626-06 **5 Sessions** \$450

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

Blogging and Podcasting for Beginners

Course Number: CPD-2113 \$99

Solving Classroom Discipline Problems

Course Number: CPD-2208 \$99

Guided Reading and Writing:

Strategies for Maximum Student Achievement

Course Number: CPD-2407 \$99

Response to Intervention: Reading Strategies that Work

Course Number: CPD-2201 \$99

Creating the Inclusive Classroom: Strategies for Success

Course Number: CPD-2215 \$99

Empowering Students with Disabilities

Course Number: CPD-2211 \$99

Survival Kit for New Teachers

Course Number: CPD-2205 \$99

Handling Medical Emergencies

\$99 Course Number: CPD-2313

Teaching Students with ADHD

Course Number: CPD-2214 \$99

Teaching Students with Autism: Strategies for Success

Course Number: CPD-2209 \$99

Many more to choose from! Additional class offerings and topics of concentration

Online Career Programs

Ed2Go is the country's largest and most successful provider of online career training programs. These open enrollment, instructor-led programs are designed to provide the skills necessary to acquire entry-level positions for many occupations. Instructors are involved in the student's online learning experience. Each program has a set of lessons and tests; grades are a combination of computer-graded tests and the instructor's evaluation of the student's work.

■ Certified Wedding Planner [340 hours]

Prepare for a career in wedding and special event planning by mastering the fundamentals of planning, orchestrating and delivering stunning weddings and parties. This program allows you to earn your certification as a professional wedding and event planner. In these lessons, you'll get step-by-step training and learn concise formulas for ensuring the success of any social event, from weddings and anniversaries, to birthdays and baby showers.

Course Number: CPD-5110 Course Fee: \$1,595

■ Wind Energy Professional [240 hours]

Wind energy companies are growing exponentially to meet America's demand for clean, renewable, domestic energy. This entry-level Wind Energy Professional Online Training Program prepares you for a career in the wind energy industry. In this program, you'll learn the basics of wind energy principles, including wind technology, wind energy anatomy, wind farm design, wind business and characteristics of energy sources. This program covers the fundamentals of hydraulics and the basic theory and practice of electrical circuits, including calculations as applied to alternating and direct currents. Course Number: CPD-5501 Course Fee: \$2,395

■ CompTIATM A+ Certification Training [230 hours]

CompTIA A+ certification is the industry standard for validating the skills of entry-level computer technicians. It opens the door to an exciting career in computer technology and Gatlins's online program makes training convenient and interactive. Course fee does NOT include National Exam.

Course Number: CPD-5304 Course Fee: \$1,695

iPhone/iPad (iOS) Application Developer [200 Hours]

Companies and organizations, both small and large, are looking for new ways to attract current and prospective users of their products, services and information. These businesses are using iPhone and iPad applications to increase their customer interaction. Additionally, iOS applications bring media and entertainment into the hands of iPhone users who enjoy listening to music, watching videos and participating in invigorating gaming experiences. Create compelling iPhone and iPad apps with this course and gain the credentials that will expand your opportunities for employment and set you apart from others competing in the industry. You will build your own application that you can showcase in your portfolio and demonstrate to potential employers. Learn the essentials you need to create iOS apps and build marketable experience.

Course Number: CPD-5306 Course Fee: \$1,995

Additional information and demos are available at www.careertraining/ed2go.com/ivcc
Cost of books and materials are included in the tuition fee.
To register, contact the Continuing Education Center at (815) 224-0490.

REFUND POLICY for Ed2Go Online Classes:

There will be NO refunds granted once Ed2Go provides the student with an access code. There will be NO exceptions.

■ Video Game Design and Development [500 Hours]

Video game design and development is challenging, but the rewards are worth it. With this unparalleled comprehensive training program, you'll master skills that open doors to the growing video game industry. Using a comprehensive and analytical approach to game engine architectures, this program offers you the opportunity to learn how to effectively implement game ideas. The curriculum is divided into eight modules covering five major areas of study: programming languages, mathematics skills, 3D graphics pipeline programming, real-time game engine architectures and artificial intelligence algorithms. Developing and managing the complex environments for games and related visualization applications is a challenging task, but with the right training and professional guidance, the challenge becomes much less daunting.

Course Number: CPD-5301 Course Fee: \$1,995

■ Administrative Professional [120 Hours]

The Administrative Professional program teaches you the fundamental skills needed to obtain employment as an Administrative Professional, You will learn essential skills including how to work in a modern professional office, how to maintain a professional image, personal and professional ethics, communication essentials, technology basics, records and financial management, event planning and travel and how to advance your career. This program will help you develop verbal and written communication skills to effectively communicate with your coworkers and superiors. You will also explore technology basics like working with computers and other office tools and devices. Learn record keeping and financial management essentials to comfortably take on responsibilities like budgeting or handling invoices. Gain knowledge of event planning basics, so you can organize office meetings and special events. Learn travel basics such as how to create itineraries for other employees and how to book travel. Also, gain career advancement training and iob searching skills.

Course Number: CPD-5111 Course Fee: 5695

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If you need to schedule a re-test for a ServSafe exam, please call the Continuing Education Center at 815-224-0427 for more information and a schedule of available exam dates

■ Food Service Sanitation [8 Hr Class]

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

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

A textbook is required for this class: ServSafe Manager, 6th Edition, revised. The textbook is available at the IVCC Bookstore.

Take it in Ottawa [2 locations ~ IVCC Ottawa Center & Ottawa High School]

Tue/Thu Sara Smith	5-7:30 p.m. Rm 105, Ottawa Center	Jan 20-29 CEU-1503-631	4 Sessions \$119
Tue/Thu Sara Smith	5-7:30 p.m. Rm 105, Ottawa Center	Feb 24-Mar 5 CEU-1503-632	4 Sessions \$119
Mon/Thu Sara Smith	5-7:30 p.m. Rm 420, Ottawa High Schoo	Mar 30-Apr 9 CEU-1503-433 I	4 Sessions \$119
Mon/Thu Sara Smith	5-7:30 p.m. Rm 420, Ottawa High Schoo	Apr 27-May 7 CEU-1503-434 I	4 Sessions \$119

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

Mon/Tue/Thu	Feb 9-12 8 a.m12 p.m. 8-10 a.m.	Feb 9-10 Feb 12	3 Sessions
Ida Boyle-Bruch	CTC-123, IVCC	CEU-1503-02	^{\$} 119
Mon/Tue/Thu	Mar 2-5 8 a.m12 p.m. 8-10 a.m.	Mar 2-3 Mar 5	3 Sessions
Ida Boyle-Bruch	CTC-123, IVCC	CEU-1503-03	^{\$} 119
Mon/Tue/Thu	Apr 6-9 8 a.m12 p.m. 8-10 a.m.	Apr 6-7 Apr 9	3 Sessions
Mon/Tue/Thu Ida Boyle-Bruch		Apr 6-7 Apr 9 CEU-1503-04	3 Sessions \$119
	8 a.m12 p.m. 8-10 a.m.	Apr 9	



SUMMER CLASS REGISTRATION OPENS APRIL 9

for the following classes

Mon/Tue	Jun 1-2 8 a.m3 p.m.	Jun 1 Jun 2	2 Sessions
Ida Boyle-Bruch	8 a.m12 p.m. TBA, IVCC	CEU-1503-06	^{\$} 119
Mon/Thu Sara Smith	5-7:30 p.m. TBA, Ottawa Center	Jun 8-18 CEU-1503-636	4 Sessions §119
Mon/Thu Sara Smith	5-7:30 p.m. TBA, Ottawa Center	Jul 20-30 CEU-1503-637	4 Sessions §119

DON'T FORGET YOUR TEXTBOOKS!

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



■ DIY: Kitchen Improvement & Design

Is your kitchen outdated? Is it time to make a change? Gain a basic comprehension of kitchen improvement from conception to cabinet and kitchen design, budget and installation. Understand what is required for a functional kitchen concept, how to prepare the site, install counter tops and more. Identify and learn about the proper use of the necessary tools that are required. A book "Building Kitchen Cabinets Made Simple: A Book and Companion Step-by-Step Video DVD" will be available for purchase at the IVCC Bookstore. John Pitsenbarger has spent thirty years in the construction business as a journeyman carpenter/handyman and proprietor. His mission is to assist homeowners who are not satisfied with their home or office and lack the time, tools, or talents to undertake repairs and improvements

Sat 9 a.m.-1p.m. Feb 28 1 Session CTC-214, IVCC John HLR-5540-02 Pitsenbarger

■ So You're Buying Your First Home

Five easy steps to owning a home! All the important steps to home ownership will be covered: the loan process, knowing the housing market, home selection, appraisals, home inspection and the closing. This session is free, but you must pre-register by calling IVCC at 815-224-0447.

6:30-7:30 p.m. Mar 10 Tue 1 Session **Tracy Tunnell** CTC-124, IVCC CDV-5008-303 **FREE**

6:30-7:30 p.m. Apr 2 1 Session CDV-5008-634 **Tracy Tunnell** Rm 101, **FREE Ottawa Center**



■ Tackling Household Paper Clutter

Is your mailbox overflowing? Haven't seen the top of your home desk in a while? Where's that important bill, receipt, or document? Sound familiar? Then this workshop is for you. What to do with all the paper that comes into your house is what this workshop is all about. You will learn what you should keep and what you should throw out. All of your organizing questions on paper will be answered by attending this class. A portion of class will focus on organizing all the paperwork that comes with having kids. Beth Randall has been a professional organizer for ten years. She is a member of the National Organization of Professional Organizers. She teaches at colleges, libraries and for community organizations on the art of organizing both personal and professional spaces. She has been featured on CBS 2 News Chicago and WCIU Chicago

6:30-8:30 p.m. 1 Session **Beth Randall** HLR-5511-303 \$39 CTC-124, IVCC

Clearing the Air about Radon

Radon is the leading cause of lung cancer among non-smokers and the second leading cause of lung cancer in the United States. Radon is a colorless, odorless gas and is found in homes throughout Illinois. Locally, the percentage of homes above the action level as tested by professional radon measurers are LaSalle County 48%, Bureau County 58%, and Putnam County 75%. The only way to know if your home has radon levels above the action level is to test. The tuition for this class has been co-sponsored by University of Illinois Extension. There is a \$5 fee payable to the instructor per household on the night of class for materials including a free radon kit. Jay Solomon is a University of Illinois Extension Environment and Energy Stewardship Educator. He is located in the JoDaviess, Stephenson, Winnebago Extension Unit. Solomon provides leadership in environmental and energy programs in northwest Illinois for landowners, homeowners, and residents. His areas of focus include: energy conservation, development of alternative energy sources, and enhancement and protection of natural resources.

Mar 19 6-8 p.m. 1 Session Thu Jay Solomon CTC-124, IVCC HLR-5541-303 \$19





Culture, art, beauty and creative expression hold an essential place in our lives. Experience a unique day in the city of Chicago as we appreciate the beauty all around us through an exploration of diverse forms. Our first stop is the Chicago Styled Fashion Exhibit located at the Chicago History Museum. The recently opened exhibit features over 20 ensembles from the museum's collection that tell the story of the growth of the Magnificent Mile, originally known as Pine Street. The garments hail from a wide range of retailers: independent boutiques; high-end designer shops; and luxury department stores. Learn how the landmark shopping district became the nucleus of Chicago. Next we will visit the Merchandise Mart. View a wonderland of kitchen showrooms and home furnishings. The cutting edge ideas display the direction of the future in the American home. Stop in a contemporary kitchen emporium with the latest in all cookware and gadgets. A delight for the senses awaits you at the Chicago Cultural Center. Savor a presentation by professional musicians in the magnificent 1897 original city library building. The mosaics and glass domes of Louis Comfort Tiffany provide the appropriate setting for this interlude. Enjoy an Italian style lunch at Pazzo before our next stop at the South Shore Cultural Center. Founded in 1905, the glamour of the 'country club' was the key to the leisure life of the privileged few. Debutante parties, weddings, sporting events and social gatherings revolved around this exclusive place of their own. Now managed under the Chicago Park District, all can enjoy this special place with restored exquisite period ball rooms and grounds. Delight in the hidden beauty that surrounds us as we explore exquisite places often unseen.

Wednesday, March 18 Date: Time: 7:30 a.m.-6:30 p.m. Where: IVCC Parking Lot #4 Course: HLR-8315-403

§118



Immerse yourself in the life and times of our 16th president, Abraham Lincoln. Begin the day with a visit to the travelling exhibit located at IVCC's Main Campus this spring "Lincoln: The Constitution & the Civil War". You will have time to visit the exhibit, experience the new Peter Miller Community Technology Center and enjoy continental breakfast at the college before we depart for Springfield. Upon arrival we will visit the Abraham Lincoln Presidential Museum. Celebrating its 10th Anniversary in 2015, this world class museum brings Lincoln to life through a vast collection of original artifacts and state-of-the art exhibits. Featured films during your visit to the museum include "Lincoln's Eyes", telling Lincoln's stories through the eyes of an artist painting the president's portrait. The Holavision® Theater's "Ghosts of the Library" presentation answers the questions: "Why does history matter? Why do we save all this old stuff?" Enjoy lunch at Maldaner's a well-known Springfield restaurant establishment that has been in business since 1884. This afternoon, visit the Lincoln Home National Historic Site. Learn more about Lincoln as spouse, parent, and neighbor who experienced the same hopes, dreams and challenges of life that are shared by many people yet today. Tour Lincoln's home and stroll through the four-block historic area to see the houses in the Lincoln neighborhood and the many wayside exhibits. The life of President Abraham Lincoln was tragically cut short by an assassin's bullet on April 15, 1865. At the wishes of his wife Mary, his remains were returned to his home town of Springfield, Illinois. During our final stop, we will visit the Lincoln Monument in Oak Ridge Cemetery which was erected to preserve the memory of President Lincoln's selfless dedication to preserving the United States of America. *Please note there will be a moderate amount of walking on this trip.

Saturday, April 18 Time: 7:45 a.m.-7 p.m. Where: IVCC Parking Lot #7 Course: HLR-8206-404

\$109

Fee:



Includes: motor coach transportation, admission to the Museum of Broadcast Communication, visit to The Shrine of Our Lady of Pompeii, dinner at Tuscany in Little Italy, lower balcony seats to Broadway's "Jersey Boys", professional tour guide, 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 Jersey Boys at the Cadillac Palace 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. Those who grew up in the Chicago area are in for a special treat with local programming highlights such as The Bozo Show. Next we will explore Italian culture in the City of Chicago with a visit to The Shrine of Our Lady of Pompeii. The Shrine is a holy place of pilgrimage consecrated to Mary, Queen of the Holy Rosary. Recognized as one of the most beautiful parishes in Chicago, the Shrine is a center of community, hospitality and spiritual growth, founded in the Italian tradition and culture. We will set the tone for our show as we break bread and enjoy a four course family style dinner at Tuscany on Taylor, nestled in the heart of Little Italy. Go behind the music and inside the story of Frankie Valli and the Four Seasons in the Tony Award winning musical phenomenon Jersey Boys! They had a sound nobody had ever heard...and the radio couldn't get enough of it! From the streets of New Jersey to the Rock and Roll Hall of Fame, this is the musical that's just too good to be true!

Date: Thursday, May 14
Time: 11:30 a.m-11 p.m.
Where: IVCC Parking Lot #4
Course: HLR-8316-405

Fee: \$179





Includes: motor coach transportation, visit to Olbrich Botanical Gardens and Bolz Conservatory, driving tour of Madison, walking tour of Wisconsin State Capitol Building, lunch at Quivey's Grove, tour of Wisconsin Governor's Mansion, professional tour guide, all tips, gratuities and snacks.

Get away for the day as we experience Madison, Wisconsin! Stroll through 16 acres of outdoor display gardens and an indoor, tropical conservatory at Olbrich Botanical Gardens. In the outdoor gardens, visit the Thai Pavilion and Garden. Olbrich's Thai Pavilion is the only one in the continental United States and the only one outside of Thailand surrounded by a garden. Stop and smell the roses in the Rose Garden and stroll through other specialty gardens such as the Perennial Garden, Sunken Garden, and Herb Garden. The Bolz Conservatory, a sunny 50-foot-high glass pyramid, houses a diverse collection of tropical plants, a rushing waterfall, free-flying birds, and blooming orchids. Learn about Madison's rich history and cultural significance during a driving tour of places of interest, including the beautiful University of Wisconsin Campus. Next visit Capitol Square and enjoy a highlights tour led by our guide of the Wisconsin State Capitol Building. Reaching to a height of over 265 feet, the dome is topped by Daniels Chester French's elegant gilded bronze statue "Wisconsin". Inside, visitors are treated to the unique textures of 43 varieties of stone from around the world, hand carved furniture and exquisite glass mosaics. It is often considered one of the most beautiful capitol buildings in the country. Enjoy lunch at Quivey's Grove, a four acre country estate built in 1855 featuring a fieldstone mansion and stable. Everything about Quivey's Grove, the homemade food, friendly service and beautiful surroundings will leave you with the feeling you stepped back in time. View their diverse array of period antiques and quilts. This afternoon we will continue our tour of Madison and visit the Governor's Mansion. Architect Frank Riley of Madison, Wisconsin, designed the mansion in the southern Classical Revival style. More than 16,000 square feet of living space includes 34 rooms, 13 bathrooms, 7 bedrooms and fireplaces. Several items of Wisconsin historical interest may be found throughout the Executive Residence. The wrought-iron fence on the street side of the property originally surrounded the old State Capitol Building. A day in Wisconsin wouldn't be complete without a stop for farm fresh cheese and other regional delights on the way home! *Please note there will be a moderate amount of walking on this trip.

Date: Thursday, June 25
Time: 6:30 a.m.-7 p.m.
Where: IVCC Parking Lot #4
Course: HLR-8317-406

Fee: \$10

20



ULLE LE CONTRACTION L'AUTRE L

Crocheting is popular in creating unique, one-of-a-kind projects from crocheted wire jewelry to afghans, sweaters and more. In this class you will learn how to chain stitch, slip stitch, single crochet, double crochet, half double crochet and how to read a pattern. At the end of this class you will have a firm foundation upon which to build. This class is also for students looking to refresh their skills. There is a \$10 material fee payable to the instructor at class. Jane Vogt has been doing craft work all her life and loves learning. She is skilled in knitting, crochet, needlepoint, cross-stitch, many types of bead work and weaving.

Thu 6-9 p.m. Feb 12-26 3 Sessions Jane Vogt Rm 101, HLR-2769-632 559 Ottawa Center

Crochet [Level 2]

Take your crochet skills to the next level. Learn broomstick lace, tapestry, Tunisian and filet crochet techniques. Students should have taken "Learn to Crochet" or have experience with crochet prior to taking this class. A list of supplies will be sent to the student prior to the start of class.

Thu 6-9 p.m. Mar 12-26 3 Sessions Jane Vogt Rm 101, HLR-2770-633 \$59 Ottawa Center

UHand Beading Techniques

Learn the art of beading for a variety of applications. In this three session class you will learn loom beading, applique beading, peyote bead weaving and square stitch bead weaving. This class is suitable for those new to beading or wanting to practice their skills. There is a \$10 material fee payable to the instructor at class.

Thu 6-9 p.m. Apr 9-23 3 Sessions Jane Vogt Rm 101, HLR-2405-634 \$59 Ottawa Center

■ Learn to Knit

Knitting is now popular among all ages for creating unique, one-of-a-kind projects. From basic scarves and pot holders to colorful socks and intricate lace shawls, knitting is being seen everywhere and done by almost everyone. Learn how to cast on, knit, purl, bind off, increase, decrease, garter stitch, stockinette stitch, ribbing, seed stitch and most important of all, how to read a pattern. At the end of this class, you will have a firm foundation upon which to build. This class is also for students looking to refresh their skills. There is a \$10 material fee payable to the instructor at class.

Mon 6-9 p.m. Mar 2-16 3 Sessions
Jane Vogt C-326, IVCC HLR-2712-303 559

■ Knitting [Level 2]

Continue your handmade journey. Learn intarsia, 3-needle, cables and i-chord techniques. Students should have taken "Learn to Knit" or have experience with knitting prior to taking this class. A list of supplies will be sent to the student prior to the start of class.

Mon 6-9 p.m. Mar 23-Apr 6 3 Sessions Jane Vogt C-326, IVCC HLR-2713-303 559

Hand Stitching Techniques

This class is suitable for those new to hand-stitching or wanting to practice their skills. Students will learn embroidery, needlepoint and counted cross stitch techniques to use on your next project. There is a \$10 material fee payable to the instructor at class.

Mon 6-9 p.m. Apr 13-27 3 Sessions Jane Vogt C-326, IVCC HLR-2404-304 559

■ Watercolor Painting [Beginner & Intermediate]

Become a budding artist and discover the joys and challenges of watercolor. This class offers step by step guidance in creating realistic landscapes, still-life and beautiful floral paintings. Each week a new project and demonstration will be done in class with technique discussions. Get your picture frames ready to hang some of your finished paintings. A supply list will be sent prior to class. No class: Mar 10. Registration deadline: Feb 24. Melody Best has taught in a variety of art mediums since 1990 and has won numerous national awards for her paintings. She is a certified Botanical Illustrator from the New York Botanical Gardens and holds a B.S. in Art Education from Eastern Illinois University.

Tue 6:30-8:30 p.m. Mar 3-Apr 14 6 Sessions Melody Best B-101, IVCC HLR-1110-303 \$135 Art Room

Oil Painting [Beginner & Intermediate]

In this enjoyable class you will learn how to paint landscapes, still-life and floral bouquet paintings. Each week a new project and demonstration will be done in class. A supply list will be sent prior to class. No class: Mar 11 & Apr 8. Registration deadline: Feb 24. Wed 6:30-8:30 p.m. Mar 4-Apr 22 6 Sessions Melody Best Rm 104, HLR-1111-403 \$135





■ Garden Stepping Stone: Mosaic I

Discover the art of mosaics as you complete a beautiful stepping stone for your garden. For beginners, you'll learn the basic techniques to make a stone that will weather and decorate your garden. This is a first step to mosaics and once you complete this piece you will see endless possibilities to be transformed by mosaics. Please bring a \$16 material fee to the first class. Registration deadline: Mar 17. |oEllen Fiorentini has created numerous garden mosaics from bowling balls to birdbaths. With a degree in Art from Illinois State University, she has been decorating Bergners for over 30 years. As a member of the Utica Garden Club, she has been inspired to bring art to her garden. **Tue/Thu**

Mar 24-Apr 2 4 Sessions 6-8 p.m. JoEllen Fiorentini B-101, IVCC HLR-2742-303 \$59 Art Room

■ Garden Mosaic II: You Pick the Project

Advance your mosaic skills. This class is for students who have taken the Garden Mosaics I: Garden Stepping Stone class. The techniques learned in the first class will be applied to a mosaic project of your choice. The student must supply their own project piece (ie. birdhouse, fairy house, bowling ball or pin, flower pot, etc.) with prior arrangements discussed with your instructor one week prior to the start of class. Students will also be able to design and supply pieces of tessarae for their mosaic project. Please bring a \$15 material fee to the first class. Registration deadline: Mar 17.

Tue/Thu 6-9 p.m. JoEllen Fiorentini B-101, IVCC Mar 24-Apr 9 6 Sessions HLR-2767-303 \$92 **Art Room**



■ Learn to Use Your Sewing Machine

[Basic Machine Sewing]

Have you always wanted to learn how to sew? Has it been too many years since you troubleshooting. Students will bring their personal sewing machine to use in class. Please bring the manual if you have it. A material list will be sent to students prior to the start of is available for purchase at the IVCC Bookstore. Registration deadline: Mar 10.

3 Sessions Ida Boyle-Bruch CTC-123, IVCC HLR-2402-303

Pieces to Quilt

Have you wanted to learn to piece a guilt? Do you want to piece by hand or machine? We all have to start somewhere and this is the class to begin your quilting journey. This class is an introduction to the guilting process. You will learn the three techniques, machine, paper piecing and English piecing. For the second class you will bring back completed blocks and add a border. We will laver and guilt the blocks. You will learn how to hand guilt and how to use your sewing machine to quilt. Students will bring their personal sewing machine to use in class. Please bring the manual if you have it. A material list

Ida Bovle-Bruch CTC-123. IVCC

■ **Gourd Art Workshop** New One Day Format!

You don't have to be an artist; just have a little imagination and get ready to have fun. Learn about several different kinds of gourds as you create a work of art you can be proud of using varied types of gourds. Students will learn how to prepare gourds inside and out for carving, painting, staining, cutting and sculpturing using the proper tools. Tools used in class will be provided by your instructor. Please wear old clothes and bring a sack lunch that does not require refrigeration. There is a \$25 material fee payable to the instructor on the first night of class. Registration deadline: Apr 10. Bill Ferguson is a member of the Illinois Gourd Society and American Gourd Society. He has been working with gourds for many years. Bill has a background in Art Education and Art History from Southern Illinois University.

Sat 9 a.m.-3 p.m. Bill Ferguson Rm 117, Blda J **IVCC-East Campus**

Apr 18 1 Session HLR-2301-04



■ Carve a Personalized Print

Create a relief print of your child (or grandchild), a friend, a pet, or an animal. Learn basic printmaking techniques, such as hand carving your print block, inking and printing to create your own unique prints. Students should bring a 4 X 6" *CLOSE-UP photograph of their child (or grandchild), a friend, a pet, or an animal to class. Learn how to use printmaking techniques to create frameable art, greeting cards, print on fabric; including t-shirts, or create a pop-art effect. You will go home with a re-usable print block that you will complete during class and knowledge of the printmaking process to continue printmaking at home. *Close-up photograph: A photograph taken from a short distance that gives a very detailed picture, such as a picture that frames the face and shoulders. Please bring a sack lunch

to class. All materials are included in the course fee.

1 Session Sat 9 a.m.-1 p.m. Jun 6 Vanessa Goslin B-101, IVCC HLR-2760-06 \$45 Art Room



■ Hot Glass Experience I

Glassblowing is a technique that was invented by the Phoenicians around 3500 years ago; now you will have the opportunity to learn the art of working with studio glass! Students will learn about the history of hot glass, introduction to equipment and safety precautions. This is an introductory level class. Each student will complete two paperweights during this class; a standard paperweight and a jellyfish paperweight. Students will learn a shaping technique rather than a blowing technique. Paperweights must cool in an annealing oven at the studio overnight before they can be taken home. Class will be held at the Starved Rock Hot Glass Studio in Ottawa. There is a \$10 material fee payable to the instructor at class. Feb 28 Sat 1-4 p.m. 1 Session

Laura Johnson Starved Rock HLR-2748-402 Hot Glass, Ottawa

1 Session Sat 1-4 p.m. Mar 21 HLR-2748-403 Laura Johnson **Starved Rock**

Hot Glass, Ottawa

■ Hot Glass Experience II

In this second level class, students will learn the actual blowing process in working with hot glass. Each student will complete two blown glass vessels, picking their own colors and choosing from a cup, jar, or candleholder. Completed projects must cool in an annealing oven at the studio overnight before they can be taken home. Pre-Requisite: All students registered for Hot Glass Experience Il must have completed Hot Glass Experience I prior to taking this

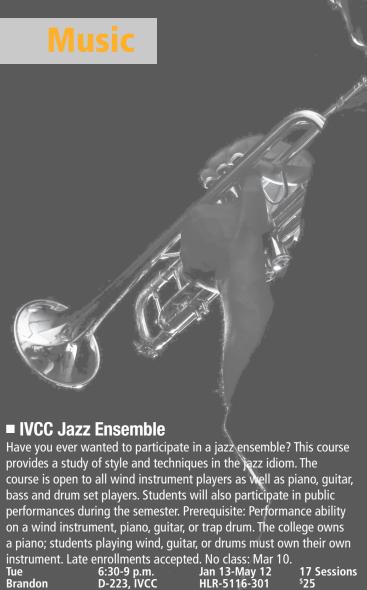
course. Class will be held at the Starved Rock Hot Glass Studio in Ottawa. There is a \$10 material fee payable to the instructor at class. 1-4 p.m. Apr 4 1 Session

Laura Johnson HLR-2751-404 Starved Rock

Hot Glass, Ottawa

Sat 1-4 p.m. Apr 18 1 Session Laura Johnson **Starved Rock** HLR-2751-414 Hot Glass, Ottawa

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



Czubachowski



■ Wedding Reception Survival

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

Tue 7-8:15 p.m. Feb 3-Mar 10 6 Sessions Small Ġym, Jane & HLR-5108-402 \$56 Rodney Schomas Oglesby Lincoln School

■ Cha Cha Intensive

The first of the Latin basics in Ballroom Dance. Cha Cha is the stepping stone to add a little Latin flair to your dance repertoire. This will be a basic class; working on footwork and some nice turns. *Please sign up with a dance partner and both persons must register. Tue 8:15-9:30 p.m. Feb 3-Mar 10 6 Sessions Jane & Small Gym, HLR-5119-402 Rodney Schomas Oglesby Lincoln School

■ Intermediate Swing Dance

You've taken beginning swing and want more, but don't feel ready for the advanced class. This is the class for you! Learn intro to Charleston, more turns and intro to closed dance position among others. Must have at least one beginning swing class completed. *Please sign up with a dance partner and both persons must register. 7-8:15 p.m. Thu Feb 5-Mar 12 6 Sessions Small Gym, Jane & HLR-5118-402 Rodney Schomas Oglesby Lincoln School

■ 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. Thu 8:15-9:30 p.m. Feb 5-Mar 12 6 Sessions Jane & Small Gym, HLR-5120-402 Rodney Schomas Oglesby Lincoln School

■ Beginning Swing Dance

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

No class: Apr 2.

7 Sessions Thu Mar 19-May 7 Jane & Small Gym, HLR-5102-403 Rodney Schomas Oglesby Lincoln School

Advanced Swing Dance

Now that you have the 6-count mastered, let's take on some fancier footwork! Learn some of the more intricate parts of swing dance including turns, advanced footwork, the Lindy Hop and Charleston moves. *Please sign up with a partner and both persons must register. No class: Apr 2.

8:15-9:30 p.m. 7 Sessions Mar 19-May 7 Thu Small Gym, HLR-5103-403 Jane & Rodney Schomas Oglesby Lincoln School

> Oglesby Lincoln School is located at 755 Bennett Ave., Oglesby

Please register at least one week prior to the start of class.



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. Learn how to breathe for life! Bring a blanket and dress comfortably for an exploration of the mechanics and benefits of natural breathing. Dan Retoff has taught at Illinois Valley Community College since 1999. In addition to teaching yoga, breathing and t'ai chi classes through the Continuing Education Center, he also teaches Anatomy & Physiology I, Human Growth and Development and Human Body Structure & Function.

6-[']7 p.m. CTC-125, IVCC Wed Feb 11-25 3 Sessions **Dan Retoff** HLR-6108-302 \$29

Beginning Yoga

Yoga uses gentle stretching, relaxation and breathing techniques to help you build strength, flexibility and endurance. Come away more relaxed, limber and feeling better! Yoga philosophy and its application to everyday life will be covered. Wear comfortable, loose fitting clothes and athletic shoes and bring a towel or yoga mat. No class: Mar 11.

Wed 5 Sessions 6-7:15 p.m. Mar 4-Apr 8 Dan Retoff CTC-121, IVCC HLR-6101-303

■ Intermediate Yoga

This class is intended for students who are familiar with fundamentals and basic principles of yoga and are looking for a structured class to support their yoga practice. It is recommended that students take Beginning Yoga or have experience with yoga prior to taking this class. Wear comfortable, loose fitting clothes and athletic shoes and bring a towel or yoga mat and a sweater. Wed 5 Sessions 6-7:15 p.m. Apr 15-May 13

Dan Retoff CTC-121, IVCC HLR-6102-304 \$39

Beginning T'ai Chi

T'ai chi is a set of 19 slowly and gently completed movements and one pose which increases the accumulation, circulation and balancing of the life source. The movements are easy to learn and appropriate for people of all ages and physical abilities. People who regularly practice t'ai chi experience greater energy, awareness and creativity and an improved quality of life. This class will teach approximately one half of the movements, enough to enable the student to experience the benefits of practice. Wear comfortable, loose fitting clothes and athletic shoes.

Session I

10-11:15 a.m. *Feb 13-Mar 20 5 Sessions **Dan Retoff** HLR-6104-602 Rm 101. Ottawa Center

*No class: Mar 13

Session II

Fri 10-11:15 a.m. *Mar 27-Mav 1 5 Sessions \$39 **Dan Retoff** HLR-6104-603 Rm 101, Ottawa Center

*No class: Apr 3

■ 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. IVCC Fitness Center students will receive 1 visit per class they attend towards their Fitness Center visits. Tracie Klieber is a Certified Personal Trainer and works at the IVCC Fitness Center. She has practiced and instructed gentle yoga, intermediate yoga and Ashtanga Yoga for 15 years

Mon/Wed 6:30-7:30 a.m. Feb 23-Apr 1 12 Sessions Tracie Klieber \$59 CTC-121, IVCC HLR-6218-02

Mon/Wed 12-1 p.m. Apr 6-May 13 12 Sessions \$59 Tracie Klieber CTC-121, IVCC HLR-6218-04



■ Strength, Cardio, 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. Come ready to sweat, have fun and improve your health. The instructor will start at a beginner's level and gradually increase to a more advanced level as improvement is shown. Please bring water, a sweat towel and an exercise or yoga mat. IVCC Fitness Center students will receive 1 visit per class they attend towards their Fitness Center visits.

Mon/Wed 12 Sessions 12-1 p.m. Feb 23-Apr 1 CTC-121, IVCC Tracie Klieber HLR-6217-02 \$59

Mon/Wed 6:30-7:30 a.m. Apr 6-May 13 12 Sessions Tracie Klieber CTC-121, IVCC HLR-6217-04 \$59

■ Reclaim Your Health **Through Nutrition and Healthy Living**

There is so much you can do to improve your health and quality of life. Stop dieting and learn how to make healthier choices. This course will de-mystify vitamins, minerals, popular supplements and herbs, 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 proper food combining to help minimize digestive disturbances. Every little bit helps in empowering you to nourish your body, minimize stress and increase vitality.

Wed 9 a.m.-4 p.m. Feb 11 1 Session Candice Chaffee C-316. IVCC HLR-6308-02

■ The Gluten Free Lifestyle

Find out what it means to live a gluten free lifestyle. Learn what foods are off limits, how to handle dining out and meals on-the-go; as well as stocking your kitchen for gluten free cooking and baking. Discuss online and local resources for support and research. Students will also have the opportunity to sample a few gluten food items in class. If you have Celiac Disease or know someone with a gluten allergy or sensitivity, or just think that you may benefit from a GF diet, you will leave with a better understanding of what gluten free really means and how to adjust to this lifestyle.

Wed 6-8 p.m. Mar 4 1 Session §25 Leah Inman CTC-123, IVCC HLR-6309-303

A New Approach to Stress and Life Management

Stress is the bane of western civilization and culture. Very few of us have been taught constructive ways to manage our lives, time and demands of daily activities. This course can change your life. We will examine and transcend self-limiting beliefs and our inner lives. Infusing eastern philosophy of introspection of mind. Learn how to identify the true sources of stress and how we can re-program behavioral responses. We will explore manage your stress!

Candice Chaffee C-316. IVCC

■ Hearing Loss, Tinnitus & Hearing Aids 101

Are you considering hearing aids, or have family members with hearing loss? Learn about the causes and misconceptions of hearing loss and solutions and sales pitches to be cautious of. Nearly 1 in 6 Americans have hearing loss; but fewer than 1 in 4 Americans with hearing loss own hearing aids. Why? Hearing aids are an expensive investment, have become very sophisticated and there are several brands and companies to choose from. Obtain more information about hearing aids before purchasing and learn about new features such as Bluetooth compatibility with smart phones and TVs. Luke Meyers is a Clinical Audiologist, with a Doctorate of Audiology from Illinois State University. Beth Wallace is an Audiologist at an ENT and Facial Plastic Surgery Consultant facility, with an M.S. in Audiology from Illinois State University

Thu 4-6 p.m. Apr 30 1 Session CTC-124, IVCC Luke Meyers SRS-1202-04 \$10

Beth Wallace

Gardening for beginners and experts alike is an ongoing process. Learn basic garden tips, tricks and lingo from a professional landscaper that will lead you to garden with confidence.

6-8 p.m. Mar 10 1 Session Stephanie Stacy Rm 101. HLR-5236-633

Ottawa Center

■ All Purpose Annuals

Learn about the great, easy to grow annuals that will perform from spring through fall. Learn about the new selections for 2015 along with a few performers that you may be overlooking in the greenhouse. This class will take place in the greenhouses at Garden's Gate.

1 Session Tue 6-8 p.m. Apr 14 Stephanie Stacy Garden's Gate, HLR-5235-434 Ottawa

Secrets to Long Lasting Annual Containers

This class will discuss the question that instructor Stephanie Stacy is asked hundreds of times in a season, how do you keep the annuals flowering so long? From plant selection, container arrangement, fertilization and deadheading everything you need to know to keep your annuals looking amazing from Mother's Day thru Halloween will be discussed. This class will take place in the greenhouses at Garden's Gate.

Ťue 1 Session 6-8 p.m. Apr 21 Stephanie Stacy Garden's Gate, HLR-5237-434 \$29 **Ottawa** Apr 28 1 Session 6-8 p.m. **Stephanie Stacy** Garden's Gate. HLR-5237-444 \$29 **Ottawa**

■ Thriller, Filler, Spiller: Plant Your Garden Containers Like a Pro

You may have seen some amazing containers and baskets around town or at a friend's house. Now you can learn the theory for creating beautiful planters with a hands-on container class. Class will be held at Gardener's Gate for an experience that will transform your annual pots from typical to outstanding. Participants may bring empty, clean planters or purchase them. Plant material, soil and basket liners will also be available for purchase. Remember we will be planting your containers, so don't forget your gloves and gardening attire. Material costs payable to the instructor vary depending on student material selections

Sat Stephanie Stacy	3-4:30 p.m. Garden's Gate, Ottawa	May 2 HLR-5225-405	1 Session ^{\$} 19
Sun Stephanie Stacy	9-10:30 a.m Garden's Gate, Ottawa	May 10 HLR-5225-415	1 Session §19

PLEASE NOTE:

Garden's Gate is located at 611 E. Dayton Road • Ottawa



■ Thriller, Filler, Spiller: Plant Your Garden Containers Like a Pro

3-4:30 p.m. 1 Session Stephanie Stacy HLŔ-5225-425 Garden's Gate, \$19

Ottawa

9-10:30 a.m. May 24 1 Session HLŔ-5225-435 **Stephanie Stacy** Garden's Gate, \$19 **Ottawa**

Hops: Introduction and Management

Have you ever wanted to learn how to grow hops? This is an introduction course for growing hops in the Illinois Valley. Learn how to set up and manage hops yards, disease and pest concerns, and harvesting and storing the hops cones. Additional information will include variety selection, nutrient management, and irrigation. The tuition for this class has been co-sponsored by University of Illinois Extension.

Tue 6-8 p.m. 1 Session Feb 17 **Grant McCarty** CTC-124, IVCC HLR-5238-302

Soil Nutrient Management

This class is geared towards growers and backyard gardeners who want more information outside of a basic soil science course. Learn how to manage/restore soil nutrients, build organic matter, identify nutrient deficiency in plants, and increase/decrease soil pH. Potential fertility problems and solutions will also be a topic of discussion; as well as how cover crops can be utilized on a small scale to increase overall soil health. This tuition for this class has been co-sponsored by University of Illinois Extension.

6-8 p.m. Mar 23 1 Session **Grant McCarty** CTC-124, IVCC HLR-5239-303

Gardening and Nature - In It Together!

University of Illinois Extension – Spring Seminar host an all-day Spring Seminar in the new IVCC Peter Miller Community Technology Center. The seminar will focus on the topics of gardening and concludes at 3:30 p.m. A registration fee of \$35 includes educational sessions, a continental breakfast and lunch. Multiple vendors will have this is a seminar you shouldn't miss!

Illinois Extension - Bureau, LaSalle, Marshall, Putnam Unit at http://web.extension.illinois.edu/blmp or call the LaSalle County **Extension Office at (815) 433-0707**

The deadline to register is March 12, 2015. EXTENSION

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Illlinois Valley Community College's Continuing Education Center and University of Illinois Extension will present a one day Homesteading Conference on Saturday, March 28, 2015. Learn the ins and outs of growing, raising and preserving your own food, as well as how to turn your passion into a business. Participants will have a choice of four sessions throughout the day, in addition to the closing session at the end of the conference. A light breakfast and lunch will be provided.

Sat

8 a.m.-4:30 p.n CTC-124, IVCC Mar 28 HLR-5527-0 1 Sessio

8-8:30 a.m. Conference Check-In 8:30-9 a.m.: Welcome & Opening General Session

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

- Fiber Animals for Fun and Profit (Deborah Niemann-Boehle) Whether you have a hundred acres or just a couple, you'll discover what type of fiber animals will work for you. Learn about fiber from rabbits, goats, sheep, and camelids (Ilamas and alpacas), as well as the basics of caring for fiber animals, how to harvest fiber and process it for selling.
- **Canning 101** (Cathy Lafrenz)

Learn the basics of canning with a discussion of equipment and terms. We will be demonstrating jam, pickles and the use of a water bath and pressure canner. This class continues in Session 2.

■ Finding Farm Property (Donna Lehrer)

Gain practical knowledge on what makes a good homestead property! Learn about finding property, zoning issues, groundwater quality, and adjacent property issues such as spray drift from conventional farming.

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

- Time Management for Homesteaders (Deborah Niemann-Boehle)
 There is always more to do on a homestead than could possibly
 be done! So, how do you do it all? You don't! We'll talk about
 prioritizing tasks and how to move out of crisis mode (where you are
 constantly putting out fires) and move into a place of empowerment.
- Canning 101 (Cathy Lafrenz)
 Continued into second session
- Grazing, Fencing, & Ruminants (Jay Solomon)

Grazing livestock can be a rewarding experience for any size operation, one animal to hundreds. Success depends on planning, proper evaluation of resources, and management. Receive answers to your questions: what type and number of animals, grazing management, how to keep them on your property, and where to access other resources.

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

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

Value-Added Products on the Homestead

(Deborah Niemann-Boehle)

If you want to make money on your homestead, there are a lot of things you can do! We'll talk about various options for selling meat, milk. and fiber.

■ Your Daily Bread (Cathy Lafrenz)

We all want fresh delicious bread daily.... but who has time for that?? Well, you do. We will make a quick, easy refrigerated bread dough that lasts for 2 weeks. Then you will taste a variety of goodies made from that very same dough.

■ Sustainable Sheep Farming (Donna Lehrer)

Everything you wanted to know to be a shepherd ... choosing a breed, designing your pastures, creating a barn configuration, and sheering the sheep for the fiber.

2:30 p.m.-3:45 p.m.: Break-Out Sessions (choose one)

- **Gardening for Cowards** (Deborah Niemann-Boehle)
 If you are absolutely sure you cannot grow anything, this is the session for you! Deborah is living proof that everyone has a green thumb.
- Retailing on the Farm, Craft Fairs, Farmer's Markets and More (Cathy Lafrenz)

Learn how to market your products at home, at bazaars and at farmers' markets. Make your products shine in the public by using retail principles and displays. Also learn how to reach your target audience. Make your heirloom tomatoes special!

■ Making Goat Milk Soap (Michael Boehle)

Watch every step of cold-process soap making from start to finish using goat milk. Learn to make your own soap recipes using the oils you prefer.

4-4:30 p.m. Closing General Session

■ Creating a Lifestyle

How does life change for better or for worse when you move towards a more self-reliant lifestyle? We'll talk about meals, cooking vacations, vehicles, home businesses, homeschooling and more!



■ Small Wind Generators

Energy independence through wind power

Have you ever wondered if you could save money on electricity by installing a small wind generator at your home? Learn what wind energy is, how it works and what it can do for you. In addition, Dr. Vogl will discuss components of wind generators, tower height, how to choose a site for the tower, as well as current legislation and zoning of wind towers. Bring one of your electric bills, a notepad and a calculator to determine the savings on a typical month's performance of a wind tower versus your current source of electricity. Drs. Robert and Sonia Vogl, both retired professors from Northern Illinois University, have presented programs on alternative energy and solar electricity in over a dozen countries. They have installed a 3.2 kilowatt grid-connected photovoltaic system and a one kilowatt wind generator which provides 70% of their home electrical power. They are active in preserving natural areas and have dedicated 60 acres of their 180 acre home farm to prairie and woodland restoration projects. Robert and Sonia are founders and officers of the Illinois Renewable Energy Association.

9:30-11:30 a.m. 1 Session **Robert Vogl** HLR-5521-02 CTC-216, IVCC

■ Basics of Solar Electricity

Energy independence through solar power

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

Šat 9:30-11:30 a.m. 1 Session Mar 21 CTC-216, IVCC HLR-5522-03 \$35 Robert Vogl



So You're Buying Your First Home

Five easy steps to owning a home! All the important steps to home ownership will be covered: the loan process, knowing the housing market, home selection, appraisals, home inspection and the closing. This session is free, but you must pre-register by calling IVCC at 815-224-0447.

1 Session Tue 6:30-7:30 p.m. Mar 10 CDV-5008-303 **Tracy Tunnell** CTC-124, IVCC **FREE** 1 Session Thu 6:30-7:30 p.m. Apr 2 CDV-5008-634 **Tracy Tunnell** Rm 101, FREE Ottawa Center

■ It's Decision Time [Understanding Medicare and Medicaid] This informative and interactive program will provide you with a better understanding of Medicare and Medicaid. Topics include Medicare eligibility, enrollment, benefits of Medicare Parts A and B, the costs that Medicare leaves you to pay and an overview of the standardized Medicare Supplemental Plans in addition to Medicaid spend-down requirements. This program is appropriate for people becoming eligible for Medicare, caregivers of people who are on Medicare and current Medicare beneficiaries who would like a refresher course on their benefits. Wed 6:30-8 p.m. Apr 1-15 3 Sessions Dick Volker SRS-1113-304 CTC-124, IVCC

■ Foundations of Investing

Are you new to investing or need a refresher? Learn the key features of bonds, stocks and mutual funds, the importance of asset allocation, the impact of inflation on your long terms goals and how to plan for retirement.

Wed 6-7:30 p.m. Apr 15-29 3 Sessions Clint O'Brien C-325, İVCC CDV-5001-304

■ Reduce Your Insurance Costs

[AARP Smart Driver Program]

The AARP Driver Safety Program is a classroom driver refresher course designed 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. 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 at class. Please arrive fifteen minutes early for the first day of class. This class is located at the Truck Driver Training Center, Building H on East Campus. Park in Lot #7.

2 Sessions Mon/Tue 1-5 p.m. Apr 20-21 Rm 101, Bldg H, Jeff Michael SRS-1112-04 AARP fee **IVCC-East Campus** due on day

of class



■ iPhone Tips and Tricks

Calling all new and current iPhone users! This class will teach you all the basic features of an iPhone, while also tackling your specific questions. Learn how to set up and retrieve email, download and print pictures stored, commonly used apps and much more! Please bring a USB cord to class and a flash drive if saving pictures.

 Wed
 6-8 p.m.
 Feb 18
 1 Session

 Nicole Wiltse
 A-323, IVCC
 CEX-1210-302
 \$29

Wed 6-8 p.m. Mar 25 1 Session Nicole Wiltse A-323, IVCC CEX-1210-303 529

■ Technology Basics

Join us for a very basic overview of email, surfing the net, filling out online forms and more. Learn simple applications such as downloading pictures, shopping online and looking up driving directions using MapQuest. You will cover security issues, online scams and learn basic trouble shooting skills. This class will focus on many of the basic computer applications for the non-technical user. Handouts will be provided.

Wed 6-8 p.m. Mar 4 1 Session Nicole Wiltse A-323, IVCC CEX-1211-303 529

■ Learn to use your iPad

Join us for a relaxed look at the iPad and all the fun things you can do with it! Navigate your way through the built in features including photos, calendar and video. Learn what an app is and how to get them. You will also learn how to organize and customize your device to suit your lifestyle. This class is strictly for iPad users. No other tablets will be discussed.

Mon 6-9 p.m. Mar 16 1 Session Pamela Klarup G-103, IVCC Gym Building CEX-1207-303 539

Wed 2-5 p.m. Apr 15 1 Session Pamela Klarup G-103, IVCC CEX-1207-04 539

■ Photoshop CS 6 Introduction

Get creative with all those digital pictures you have been taking and storing! Start retouching and enhancing your digital images with Adobe Photoshop. Through hands-on experience, learn to use some of the powerful tools to edit your photos and images. Class will start with basic skills then add more special techniques like changing the contrast and balance, blurring or re-coloring portions of the photo and correcting defects. Class will be taught on a Macintosh Computer. Please bring a flash drive to class loaded with 25-30 of your favorite photographs. Students will also be responsible for printing fees, which will be determined on an as used basis. Sat Mar 21 1 Session 9:30 a.m.-1 p.m. \$59 Vanessa Goslin D-109A, IVCC CEX-4956-03

Introduction to Shutterfly

Want to do more with your digital photos? Then check out Shutterfly! Learn how to upload, organize and share your digital photos with friends, family and social media. Create digital scrapbooks and photo gifts that can be delivered to your doorstep or picked up at a local store. If you already have a Shutterfly account, please bring your login and password with you to class, otherwise you can create a new account in class. Students should have knowledge of moving photos from their camera to a computer. Sample images will be provided the first night of class.

Wed 6-8 p.m. Apr 1-8 2 Sessions Leah Inman A-323, IVCC CEX-4617-304 539

■ Podcasting 101

Podcasting is a new form of online media that is sweeping the nation. Instead of tuning into a radio frequency, podcasts are sent directly to you. It is quickly becoming a popular method to directly transmit a message to your audience. From hobbyist, to small business owners, to large corporations, podcasts are being utilized more and more to convey ideas. The class will start with the podcasting basics and give you the knowledge to produce your own. We will dive right in with a simple and straightforward plan to get you up and running with your own podcast. The class will also detail the current podcast market, where it started, where it is today and the various applications that exist. More advanced topics will be covered including audio file editing, fine tuning and more. John Spelich and Clayton Jaquins have been producing their own podcast show, called the "IV Alternative Podcast", since October 2010. These childhood friends have taken their knowledge of the Illinois Valley and passion for podcasting, and combined it into a successful internet show. You can check out one of their shows by going to www.ivpod.com.

Thu 6-9 p.m. Apr 2-16 3 Sessions John Spelich CTC-208, IVCC CEX-4620-304 \$89 Clayton Jaquins

■ Websites with Weebly

It's easier than ever to create attractive websites for business or pleasure with the top-rated web site builder Weebly. Learn how easy it is to "drag and drop" elements into the template, add graphics and customize your site to be blog, site, or e-commerce ready. Since the class is "hands-on", please set up your free account at www.weebly.com before coming to class.

Tue 6-8:30 p.m. Apr 21 1 Session Pamela Klarup A-211, IVCC CEX-4625-304 539



30



■ Oysters, Clams and Mussels...Oh My!

Join Chef Tim as we take a look at oysters, clams and mussels! These shellfish hold a sweet succulent treasure inside their shells. Look at how to get to the meat they hold on to tightly; and we'll cook up some tasty items. Learn how to prepare and serve these shellfish properly so that they can become a regular at your dinner table.

Please bring a \$25 material fee payable to the instructor at class.

Wed 6-9 p.m. Feb 11 1 Session
Tim Freed CTC-123, IVCC HLR-3408-302 \$34

■ 30 Minute Meals!

With time being such a precious commodity now days with the hectic pace of life, sometimes our food choices suffer the consequences. Well, now they don't have to! Learn great time saving tips for tasty meals that take no time at all and the whole family can enjoy. Learn a shortcut method to great lasagna and some other favorites that will take half the time. Please bring a 520 material fee payable to the instructor at class.

Tue 6-9 p.m. Feb 24 1 Session Sara Fitzpatrick CTC-123, IVCC HLR-3509-302 534

■ Cooking with Beer

Examine beer as a culinary ingredient. While the history of beer stretches back to the Middle Ages, beer as a cooking ingredient is a relatively new idea in culinary history. We will examine different types of beer, their basic flavor profiles and how we can best utilize those flavors with food. Recipes will include beer bread, beer pancakes, beer cheese soup, beer braised sausage and peppers and more. We will also discuss how to pair beer with food. Please bring a \$20 material fee payable to the instructor at class.

Wed 6-9 p.m. Mar 18 1 Session Tim Freed CTC-123, IVCC HLR-3416-303 534

■ A Few Good Hens

Chicken is sometimes seen by home cooks as bland, dry and downright intimidating to cook. Learn how to cook this tasty bird the correct way with some awesome recipes. Learn about the different varieties of chicken available in the United States, how to break down a whole chicken, the difference between a roaster and a fryer and how to properly handle, store and cook chicken. Some of our recipes will include: whole roasted chicken, chicken piccata, chicken cacciatore, parmesan crusted chicken breasts, garlic chicken legs and more! Please bring a \$20 material fee payable to the instructor at class.

Wed 6-9 p.m. Apr 8 1 Session Tim Freed CTC-123, IVCC HLR-3423-304 534



■ Five Ingredients or Less

Let's keep it simple! Five ingredients or less to a tasty meal! You can achieve home cooking success without a list of ingredients. Why not keep things simple and fun when cooking and not to mention tasty! Learn meal ideas that not only taste good but don't keep you searching for ingredients in the supermarket for hours. Recipes include root beer BBQ sandwiches and a new fun way to eat Quinoa. Please bring a \$20 material fee payable to the instructor at class.

Thu 6-9 p.m. Apr 16 1 Session Sara Fitzpatrick CTC-123, IVCC HLR-3510-304 534

California Coastal Delights

California is the home of breathtaking sights; as well as great food. California's cuisine is known for simple fresh dishes utilizing excellent regional items with a little bit of fusion thrown in. Explore some of California's great ingredients including seafood, lean meats, fresh fruits and vegetables. Some of our recipes will include a unique vegetable ribbon salad, a marinated grilled prawn dish, beef tostadas with avocado dressing plus multiple recipes utilizing garlic. Please bring a \$20 material fee payable to the instructor at class.

Wed 6-9 p.m. May 6 1 Session Tim Freed CTC-123, IVCC HLR-3936-305 \$34

Outdoor Education

Heirloom Woodworking

■ Native Skills

How did native scouts blend and flow invisbly and silently through the wild while being aware of their surroundings and able to track and trail their quarry? Our survival depends on our awareness; and this class will show you why. Practice stalking and hiding skills to become a part of nature without camouflage. Learn observation and awareness techniques to sense what is around you. Interpret tracks and know what the tracked was doing and thinking without having seen them! Track and sign track to follow trails others simply cannot see! This class is held outdoors. Please dress appropriately for outdoor conditions. You may also want to bring note-taking materials, camera, lunch, snacks and water. Class is limited to 10 students; must be 18 years of age or older.

Sat 10 a.m.-3 p.m. Apr 11 1 Session Jason Thompson Rm 114, Bldg JE HLR-5306-04 539 IVCC-East Campus

■ Native Tools

How did native people make survival tools from what they gathered in the wild? Human beings are toolmakers by nature. We once survived using only what we harvested and hand-crafted from the wilderness to survive. This class will show you how. Make cordage from native plants. Create a figure four deadfall trap from sticks. Craft a bow drill set and try fire making by friction! Learn seasonal native plants for food, drink and medicine. See demonstrations of small game hunting using a throwing stick and how to use a coal-burned bowl for cooking and water purification. This class is held outdoors and requires a knife with a 3" fixed, non-serrated blade. You may also want to bring note-taking materials, camera, lunch, snacks and water. Please dress appropriately for outdoor conditions. Class is limited to 10 students; must be 18 years of age or older.

Sat 10 a.m.-3 p.m. Apr 25 1 Session Jason Thompson Rm 114, Bldg JE HLR-5308-04 539 IVCC-East Campus

■ Disc Golf

Experience the growing sport of disc golf at the IVCC Disc Golf Course. IVCC has one of the top disc golf courses in the Illinois Valley. Learn all the basics of this lifetime sport such as the drive, the approach and the putt. Learn to throw a disc, similar to a frisbee, farther than you thought possible. There are discs made to go left, right and straight depending on the hole. Your goal is to get the disc into a big metal basket in as few shots as possible. This sport is appropriate for all ages. If you enjoy the competitive aspect of golf, you will love disc golf. Find out about more courses available in the local area. Various discs will be provided by the instructor for use during the class. Discs are also available for purchase in the IVCC Bookstore, ranging in price from \$6-\$13. Park in parking lot #4. Wed 5-7 p.m. Apr 29 1 Session HLR-5309-304 Wes Black Disc Golf Course. \$21

IVCC

■ Shaving Horse

The shaving horse is a basic "workbench" for shaping wood with a draw knife or spoke shave. There are various styles and variations that are seen in illustrations of the 15th and 16th century. Students in this class will make the German/Swiss dumbhead style (German schnitzelbank). This design is adjustable to fit the individual woodworker. Shaving horses were used by various tradesmen including coopers, bodgers (chair makers) and bowyers (hunting bow makers). It is still a useful tool for the modern woodworker to work on pieces that otherwise are awkward to position in a vice. Woodworkers who have taken or will take a coopering or Windsor chair class will want to make their own shaving horse. Please bring a sack lunch that does not require refrigeration for classes meeting on Saturdays. There is a \$20 material fee payable to the instructor at class. Studio address will be sent to students in advance of class. Registration deadline: Mar 12.

Thu & Sat Thu: 6-9 p.m. Mar 19 & 26 4 Sessions Arnold Bandstra Sat: 8 a.m.-1p.m. Mar 21 & 28 Ottawa, IL HLR-2307-403 \$179

Coopering

A Cooper is best known as a barrel maker, but the local 19th century cooper made household items like buckets, tubs, butter churns and other containers made of staves and hoops. This class will teach you the same hand woodworking skills as the coopers of the old world and revolutionary America. The students will learn and do all the steps of making a cedar bucket and go home with a completed bucket. No prior woodworking is necessary but it will be helpful. Please bring a sack lunch that does not require refrigeration for classes meeting on Saturdays. Wear clothing appropriate for woodworking. There is a \$10 material fee payable to the instructor at class. Studio address will be sent to students in advance of class.

Registration deadline: Apr 16.
Thu & Sat Thu: 6-9 p.m. Apr 23 & 30 4 Sessions
Arnold Bandstra Sat: 8 a.m.-1p.m. Apr 25 & May 2
Ottawa, IL HLR-2306-404 5179

■ Windsor Stool

Construct a Windsor type stool using hand and power tools. Learn to turn legs on the lathe and fabricate the seat from a solid piece of wood. Finishing techniques will be discussed; including old-fashioned milk paint and new polyurethane finishes. Expect to work hard and leave with a beautiful heirloom. This is a beginning level project, but some woodworking experience is helpful. Please bring a sack lunch that does not require refrigeration. Wear clothing appropriate for

woodworking. There is a \$60 material fee payable to the instructor at class. Studio address will be sent to students in advance of class. Sat/Sun 8 a.m.-5 p.m. Mar 14-15 2 Sessions Jim Coonan Ransom, IL HLR-2305-403 \$189 Registration deadline: Mar 6

Sat/Sun 8 a.m.-5 p.m. Apr 18-19 2 Sessions Jim Coonan Ransom, IL HLR-2305-404 \$189 Registration deadline: Apr 10

Community Education



■ Basic Dog Grooming

Save money by learning from an experienced dog groomer how to groom your dog. You will learn how to trim nails, clean ears, brush teeth and clip hair as well as about the equipment needed. The class will be limited to eight dogs, 25 lbs. or less to maximize handson education and animal safety. All dogs will need to be screened before being admitted to class. A required custom grooming kit specific for this class can be purchased on the first night of class from the instructor. Please bring a material fee of \$50 to be paid to your instructor the first night of class.

Thu Denise Kozell	6-9 p.m. Rm 117, Bldg JE IVCC-East Campus	Feb 5-12 HLR-5612-302	2 Sessions §89
Wed Denise Kozell	6-9 p.m. Rm 117, Bldg JE IVCC-East Campus	Mar 18-25 HLR-5612-303	2 Sessions §89
Thu Denise Kozell	6-9 p.m. Rm 117, Bldg JE IVCC-East Campus	Apr 2-9 HLR-5612-304	2 Sessions §89

Please Note: Additional classes may be added based on demand. Please call the Continuing Education Center at 815-224-0427 for more information.

■ Advanced Dog Grooming

Take the basic skills you mastered in the Basic Dog Grooming class and practice more advanced techniques to achieve your dog's look. Study dog faces, ear shapes and how to trim your dog. Learn how to trim around the feet and paw pads, plus how to shape the tail for a unique look. This class is designed for small dogs (25 lbs. or less) and the Basic Dog grooming class is required before taking this class. The class is limited to three dogs to maximize hands-on education and animal safety. You will learn to complete a full groom on your dog. A required professional grooming kit will be available for purchase from your instructor on the night of class. Please bring a material fee of \$149 to be paid to your instructor the first night of class.

Sat Denise Kozell	10 a.m3 p.m. Rm 117, Bldg JE IVCC-East Campus	Feb 21 HLR-5613-302	1 Session §175
Sat Denise Kozell	10 a.m3 p.m. Rm 117, Bldg JE IVCC-East Campus	Mar 21 HLR-5613-303	1 Session §175
Sat Denise Kozell	10 a.m3 p.m. Rm 117, Bldg JE IVCC-East Campus	Apr 11 HLR-5613-304	1 Session §175

10 Step Program for Living Happily with Your Canine Companion

In this fun interactive class we will cover 10 specific steps that will lead you to a better relationship with your dog. This is positive relationship building information that is meant to build mutual understanding between owners and their dogs. Come join in the fun, you won't regret it and your dog will thank you!

*Do not bring pets to class.

Sat 10 a.m.-12 p.m. Feb 28 1 Session Pam Booras Rm 101, HLR-5611-602 525 Ottawa Center

■ Pet CPR/First Aid & Care

Pet owners consider their pets to be best friends, members of their family and lifelong companions. This hands-on training will prepare you with the knowledge, skills and techniques to help your pets in the event of a medical emergency. Hands-on skills and first aid topics will be covered to help keep dogs and cats happy and healthy. *Do not bring pets to class. Please bring a \$20 material fee payable to the instructor for the required PetSaver handbook. Upon successful completion, each participant will receive a certificate and walletcard. Thu 6-10 p.m. Mar 12 1 Session Denise Kozell CTC-221, IVCC HLR-5606-303 \$85



Advanced Dog Grooming

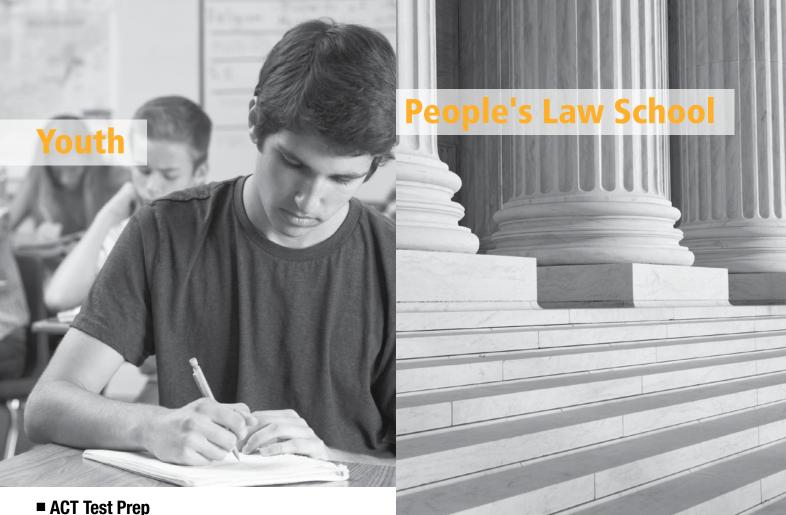
Sat 10 a.m.-3 p.m. May 23 1 Session Denise Kozell Rm 117, Bldg JE HLR-5613-305 5175 IVCC-East Campus

■ Pet CPR/First Aid & Care

Sat 9 a.m.-1 p.m. May 30 1 Session Denise Kozell CTC-221, IVCC HLR-5606-305 \$85

Meet Your Instructor:

Denise Kozell has more than 25 years of experience in dog grooming. She is a certified Vet Assistant, certified instructor through Pet Tech, teaching Pet CPR, First Aid, Safety and Care. She is also a member of the Professional Dog Groomers Association. Denise previously worked in law enforcement and is an investigator in animal abuse cases in seven counties.



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

Take it at the IVCC Ottawa Center 👢

*Registration de	adline: Feb 11		
Sat	9 a.m1 p.m.	Feb 21	Rm 112
Sat	9 a.m12 p.m.	Feb 28	Rm 104
Cathi Nelson &	2 Sessions	YOU-3501-602	^{\$} 85
Rornio Mooro			

Take it at IVCC's Main Campus

* Kegistrati	on deadline: Mar 11		
Sat	9 a.m1 p.m	n. Mar 21	A-211
Sat	9 a.m12 p.:	m. Mar 28	CTC-214
Cathi Nelso	on & 2 Sessions	YOU-3501-03	^{\$} 85
Bernie Mod	ore		

■ People's Law School

April 9

Join area lawyers who will explain in a language you can understand, how America's legal system works and how it can help you in your daily life. You are welcome to attend any and all sessions. This class is free, but you must pre-register by calling IVCC at 815-224-0447. Classes will meet in CTC-221. If you are unsure of classroom location please stop at the information desk when you arrive for class.

Death & Taxes: What's new in the tax code this year?

What is the "Estate Tax" and how may it affect you?

Thu Cynthia Rac	7-9 p.m. cuglia CTC-221, IVCC	Apr 9-May 7 CDV-5101-304	6 Sessions FREE
May 7	Starting Your Own Busi do as an entrepreneur	ness: What you shou	ld know and
April 30	Give Me My Money: The Claims Court	e 'ins' and 'outs' of S	imall
April 23	Reefer Madness in Illin Marijuana Law	ois?: Understanding	the Medical
April 16	To Will or to Trust: Lear wills and trusts, the pro their benefits		
	What is the Estate lax	and now may rear	icci you.



Convenient, Affordable and Effective

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

View our online course catalog at www.ed2go.com/ivcc

Choose from over 300 online classes available every month.

New class sessions will begin: January 21 ~ February 18 ~ March 18 April 15 ~ May 20 summer classes also available

HOW TO GET STARTED:

- **1.** Visit our Online Instruction Center at www.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.

Understanding the Cloud

What is the cloud? If you have trouble answering this question, you're not alone. In this course, we'll explore how the cloud works, what drives its incredible growth and how you can use cloud services. And don't worry if you're not tech-savvy! We'll relate the cloud to things you encounter every day, using practical, non-technical language. See how the how the cloud can work for you! Whatever your technical background, by the end of this course, you'll be thoroughly cloud-savvy.

■ Start Your Own Edible Garden

Grow delicious, nutritious fruits and vegetables in your own backyard! In this course, you'll learn how to give your garden a healthy start and keep it growing strong all season. Begin by figuring out which type of garden is right for you. After that, you'll discover how to properly prepare a garden bed so your crops have the best opportunity to thrive. Since healthy soil is the key to a great garden, you'll see how to identify problems in pH and drainage and fix them. Learn to understand fertilizers and make compost! Whether you want to provide your family with nutritious food, save money, get some exercise or just be more self-sufficient, this course will give you the skills and knowledge you need to be on your way to a successful harvest.

For Business

- Fundamentals of Supervison and Management
- Project Management Fundamentals
- · A to Z Grantwriting
- Achieving Success with Difficult People
- Accounting Fundamentals
- Effective Business Writing

For Teachers [Earn PDs]

Important! Before registering for these classes, please seek approval for your selected course from your school district for PD (Professional Development) hours.

- Spanish in the Classroom
- Solving Classroom Discipline Problems
- Response to Intervention: Reading Strategies that Work

For Nurses [Earn CE Hours]

- Certificate in Healthy Aging
- Certificate in Brain Health
- Certificate in Stress Management

For Personal Enrichment

- Beginning Writers Workshop
- Photography
- Foreign Languages
- Understanding Adolescents
- Lose Weight and Keep it Off!
- Lucious, Low-Fat, Lightning Quick Meals
- Get Funny!

Payment is due at the time of registration.

REGISTER NOW:

Online

www.ivcc.edu/onlinecec

Mail

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

Phone

Please call (815) 224-0447

Fax

(815) 224-6091

In Person

IVCC – Admissions & Records Room CTC-101 815 N. Orlando Smith Road Oglesby, IL 61348

REGISTRATION **CONFIRMATION**

receipt, and information specific to your classes.

REFUND/ CANCELLATION POLICY

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 can be made by calling the Continuing Education Center (815) 224-0427.

due to low enrollment. If a class must be canceled by the Continuing Education Center, you will receive a

Continuing Education Registration FormSpring 2015 | Visit our website - www.ivcc.edu/cec



Gender: 🗆 Male 🕒 Femal	e Admission Status: First	st time IVCC Student 🚨 Ret	urning IVCC Student	
Social Security Number (m	ust be included)			
Last Name	Former Last Name	First Name	MI	
Home Mailing Address				
City	State	ZipCounty	<u> </u>	
Phone: Home ()	Business ()Cell ()	
Date of Birth	E-Mail Addres	SS		
Emergency Contact NamePhone ()				
The following item Ethnic/Ethnicity:	ns are requested for	state reporting.		
1. Are you Hispanic or L	atino? ☐ Yes ☐ No			
2. Are you from one of t	the following racial group	os? (select all that apply)		
☐ American Indian/Alas	skan Native 🗖 Asian 🗖 Wh	ite 🖵 Choose not to respond	d	
Black or African Ame	rican 🛭 Native Hawaiian o	r other Pacific Islander		
3. Please identify your p	orimary racial/ethnic grou	ıp. (select one)		
☐ American Indian/Alas	skan Native 🗖 Asian 🗖 His	panic 🖵 Choose not to resp	ond	
Black or African Ame	rican 🚨 Native Hawaiian o	r other Pacific Islander 🚨 Wh	nite	
4. Are you in the US on	a Visa – Nonresident Alie	n? ☐ Yes ☐ No		
List type of visa	Countr	y of Origin		
Highest degree previously				
☐ GED	☐ Certificate	☐ Master's Degree☐ 1st Professional Degree	☐ Other	
☐ H.S. Diploma ☐ Some College		☐ Doctoral Degree		
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Student Signature:		Date	2:	
PAYMENT INFORMATION				
	able to Illinois Valley Comm	unity College		
Check enclosed, payable to Illinois Valley Community CollegePlease charge my credit card for the fees indicated above.				
☐ Master Card ☐ V			ity Code	
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		·	ate	
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.



■ Photographing Wildflowers in the Woodlands

Attention nature and photography lovers! Join freelance photographer David Anderson for a morning presentation of his photographs of the beautiful wildflowers found at Starved Rock State Park. Learn how to photograph and identify the various species and find out where and when they can be found. In the afternoon, you'll meet at Starved Rock where David will lead you on a nature hike to view, identify and photograph wildflowers. Students will provide their own transportation to Starved Rock. Course fee includes a pocket wildflower guide book, please bring your camera, hiking boots, water and a sack lunch.

Sat 10 a.m.-4 p.m. Apr 25 1 Session David Anderson CTC-214, IVCC HLR-5203-04 \$43

■ Coca-Cola History

Are you thirsty...for the history of the world's most famous soft drink...Coca-Cola? Would you like know how a formula concocted by a pharmacist for baby colic, baseball and World War II were instrumental in the creation and expansion of the most readily recognized and successful corporation in the world? Enjoy an evening of delicious and refreshing nostalgia while learning the history of America's favorite beverage.

6:30-8 p.m. E-213, IVCC May 6 HLR-7601-305 Wed 1 Session Dick Volker ^{\$}19

Lincoln: The Constitution and the Civil War March 24-May 1

Lincoln: The Constitution and the Civil War offers a fresh and meet the political and constitutional challenges of the Civil War. Organized thematically, the exhibition explores how Lincoln used of Abraham Lincoln as president and the Civil War as the nation's

Find out about up coming Lincoln events, theatre performances & presentations at IVCC this spring! Visit www.ivcc.edu/lincoln or contact: Amanda CookFesperman@ivcc.edu

Save the Date!

NATIONAL CONSTITUTION CENTER

March 24: Opening Night **April 18: Looking for Lincoln Bus Trip** April 22: Civil War Keepsake Recipes Class

Lincoln: the Constitution and the Civil War, a traveling exhibition for National Endowment for the Humanities. Lincoln: the Constitution and the Civil War is based on an exhibition of the same name

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