



BUSINESS & COMMUNITY EDUCATION

JANUARY & FEBRUARY 2018

UPCOMING
CLASSES



PLEASE TAKE ONE

MCCOOK COMMUNITY COLLEGE

I CAN *AT MPCC*

REGISTER TODAY!

308-345-8122

mpcc.edu/bce

WELCOME TO

BUSINESS & COMMUNITY EDUCATION

Whether you want to take a class for fun, to improve your skills, unleash your creativity, or prepare for a new career, Business & Community Education at Mid-Plains Community College can help. We offer traditional classroom and online classes as well as certificate programs to meet your individual learning needs.

LOCATION ABBREVIATIONS

FOX = FOX THEATRE	TH = TIPTON HALL
MC = MCMILLEN HALL	WB = WALSH BRADY
BH = BARNETT HALL	

More information, class content, and demonstrations for all online classes and certificate programs are available at each site. If you have any questions about online classes, **Call us at 308-345-8122.**

MPCC ONLINE TRAINING

ed2go.com/bce

MPCC offers online courses and career training programs through ed2go! Prepare for a new career, learn new skills, or help advance within your current occupation with industry-recognized certifications.

- **Web Design**
- **Accounting Fundamentals**
- **Health Information Management**
- **Personal Enrichment**
- **LSAT Preparation**
- **Resume Writing**
- **Great Writing**
- **Publishing**
- **Computer Networking**
- **Photography**
- **College Readiness**
- **Foreign Languages**
- **SAT Preparation**
- **Photoshop**
- **Introduction to Microsoft Office**
- **Mindfulness**
- **Mediation**

And so much more!



UPCOMING CLASSES

BUSINESS & COMMUNITY EDUCATION

ARTS

BUSINESS

KID'S ACADEMY

LIFE & WELLNESS



Yoga Basics

Thursday, January 4, 11, 18, 25

6:30 - 7:30 PM

Constance Stone, \$29, MC213

This four-week Yoga course is for all levels. The course takes you through basic postures and sequences to help increase flexibility, ease stress, and relax your mind and body. Please bring a yoga mat and blanket or props (blocks, straps) if desired.



CLASSES OFFERED ON-DEMAND IN THE CLASSROOM

(CALL 345-8122 FOR MORE INFORMATION):

- Computer Classes
- Forklift Training
- Scaffold Training
- Customized Training Solutions
- Leadership Workshops
- Management/HR Training
- CPR/First Aid
- Adult Driver Training (Age 18+)

HAVE SOMETHING ELSE IN MIND? JUST ASK AND LET US SERVE YOUR BUSINESS/EDUCATIONAL NEEDS!



Kid's Academy: MCC's Caring Kids

Wednesdays, January 10 and February 14

2:30-3:45 pm

Sharon Kircher & Kimberlee Sweeney, FREE, MC213

Learn the importance of giving back to your community and how to become caring individuals, creating community spirit and good citizenship. During January and February, class will be making Valentines and delivering them to very special community members.



NEW Outlook Rules and Practice

Monday, January 8

11 - 12 noon

Andy Long, FREE, MC213

Learn the rules and practices to follow when using Outlook, the popular Microsoft email program. Time will be allowed questions.

Circle of Security Early Childhood Education

Monday, January 8, 15, 22, 29, February 5, 12, 19, 26

1 - 2:30 PM

Karen Salyer, FREE, MC201

Circle of Security is an 8-week program based on years of research about how to build a strong relationship with your children. It is designed to help you learn how to respond to your child's needs in a way that enhances your connection with them, which often leads to changes in the child's behavior. Circle of Security helps parents give their children a feeling of security and confidence so they can explore, learn, grow and build positive relationships; all essential skills for life-long success. Who should attend? Parents, Grandparents, FAMILY Members, Teachers, Day Care Providers (Basically anyone who has a relationship with another person and wants to make it better.) Registration fee paid by grant written by Region II Health and Human Services.



BIZ LAUNCH WEEKEND

TURN YOUR BUSINESS IDEA INTO YOUR BUSINESS VENTURE

January 19 & 20, 2018

/ Two Day Event /

MCCOOK COMMUNITY COLLEGE

FRIDAY, JANUARY 19, 2018 | 5:00 - 8:00 PM CT

SATURDAY, JANUARY 20, 2018 | 9:00 AM - 8:00 PM CT

IF YOU REGISTER, YOU ARE EXPECTED TO ATTEND THE ENTIRE EVENT.

BIZ LAUNCH WEEKEND is the event for you to turn your idea into a business. Spend a day and a half learning bite-sized lessons and receive individual coaching from mentors throughout the event. By the end of the event, you will have a lean business model to share with potential investors and could earn a \$1,000 business grant to help make your idea happen.

WHO?

Anyone in the seven counties of Southwest Nebraska (Chase, Dundy, Frontier, Hitchcock, Hayes, Red Willow, and Furnas) is able to attend. This is intended for people who have a business idea that want help developing it.

Potential attendees could be:

- Someone looking to start a business in retirement.
- A current entrepreneur looking at a new venture.
- An individual who has created a new device and wondering "what's the next step?"
- High school and college students with an idea for the future.

HOW MUCH?

This event is **FREE**, but **registration is required**. You will be provided with dinner Friday evening and three meals on Saturday, along with instruction and guidance during the day and half event.



FOR QUESTIONS OR TO REGISTER,
PLEASE CALL 308-345-8122

REGISTRATION DUE:
JANUARY 12 AT 5:00 PM

WHAT WILL THIS ENTAIL?

The event will provide instruction on how to work through a one-page Lean Canvas. This will help you:

- 01 | Identify the problem(s) that you want to solve.
- 02 | Articulate your solution to the problem(s) and what the existing alternatives are.
- 03 | Understand your target market and unique value proposition.
- 04 | Brainstorm potential challenges in starting up.
- 05 | Determine an effective marketing strategy including pricing, promotion and distribution.
- 06 | Obtain a realistic picture of your idea's profit potential.

To go through these different areas, there will be short periods of instruction, followed by time to work through activities and get feedback from a variety of business mentors who are entrepreneurs or who are involved in small business development education. At the end of the event, you will have a chance to explain your plan to instructors, mentors, and potential investors. **One plan will win a \$1,000 business grant to turn their plan into reality.**



UPCOMING CLASSES

BUSINESS & COMMUNITY EDUCATION

NEW Agriculture Seminar: Identifying Profit Organizations

Monday, January 15

7 - 10 PM CST

UNL West Central Cattlemen Meetings. FREE. BH223
Agriculture Seminar Series brought to you in partnership with the UNL Extension Services. Instructor at Imperial CAMpus and class is offered through Distance Learning to each MPCC cAMpus location. This class is part of the UNL West Central Cattlemen Meetings. Time is 6-9 PM MST.

Driver Training School (18 yrs. and older)

Wednesdays, January 17, 24, 31

7 - 9 PM

Mark Frecks and Warren Everts. \$250. MC213
Driver Training School is an essential step to learning safe, life-long driving skills. You will learn basic traffic laws, driver awareness, rules of the road, and basic motor vehicle operation. This course consists of 6 hours of classroom time and 6 hours of driving time as required by the Nebraska DMV. This class is only for students who meet the following criteria: (1) Student must be 18 years of age or older, (2) a) failed three successive drive tests from the department so that he or she may not retest for 90 days, or b) has not held a valid driver's license from this or any other U.S. state or jurisdiction within the last five years. Must have learner's permit before class begins.

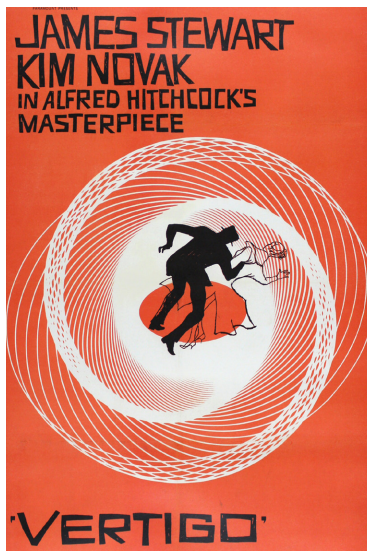
NEW Back to the Big Screen Film Series: 1950s film "Vertigo" (Thriller)

Sunday, January 21

2 - 4 PM

\$5. Fox

Bring the fAMILY to re-watch, or enjoy for the first time, a film from the 1950s, "Vertigo", an Alfred Hitchcock classic. We've dusted off the reels and are ready to provide you with an enjoyable afternoon. Not only will you see a great flick, you will learn a bit about the movie, its actors, the period it was released, and fun trivia to go along with the popcorn. Tickets will be sold at the door only- no pre-registration required.



Kid's Academy: General Music/Choir

Mondays, January 22 - April 23
(No Class on March 19 or April 2)

4 - 5:15 PM

Dr. Mirna Cabrera. \$55. TH102

This 12 week course for K-8th grade will teach general music to the young student. Each student is required to bring a blue 3-ring binder to hold their music. All music provided and yours to keep. Two concerts will be given



within the 12 week course.

NEW Kid's Academy: Valentine Chemistry Fun!

Wednesday, January 24

2:30 - 3:30 PM

Kimberlee Sweeney. \$9. MC201

An exciting class teaching kids about acids and bases, chemical reactions, and pH levels while making Valentine's gifts! Kids will get to learn to write with invisible lemon ink to write a Valentine message to their favorite fAMILY member or friend AND will also create a yummy, edible "love potion" to give to someone or drink themselves!

NEW Introduction to Essential Oils

Tuesday, January 30

7 - 8PM

Sarah Powers. FREE. MC201

Learn how to incorporate essential oils into your daily routine to promote wellness.

NEW Kid's Academy: Piano Group

Wednesdays, January 31, February 7, 14, 21, 28

2:30 - 3:30 PM

Dr. Mirna Cabrera. \$50. TH102

This is a beginning level piano group class that will introduce students to the basics of keyboard playing. They will learn basic music-reading skills and play beginning piano repertoire. No pre-requisites required.

LEADERSHIP OPPORTUNITY

NEW FUTURE LEADERS TOOLBOX

Thursday, January 25,
February 15, 22, March 1, 8, 15
12 - 1 PM

Andy Long, \$100 series or \$25 per session, MC213

Many times we are ready to step up to a leadership position, but may not feel we have all the skills. Learn practical tools, tips, and strategies to be ready to lead any group. The six topics covered will be:

1. Productivity hacks
2. Effective Business Communication
3. Running and Participating in Effective Meetings
4. Building Organizational Engagement
5. Using Feedback to Increase Performance
6. Building Your Team (Hiring/Onboarding/Staff Development)

Yoga Basics

Thursday, February 1, 8, 15, 22

6:30 - 7:30 PM

Constance Stone, \$29, MC213

This six-week Yoga course is for all levels. The course takes you through basic postures and sequences to help increase flexibility, ease stress, and relax your mind and body. Please bring a yoga mat and blanket or props (blocks, straps) if desired.

Driver's Education

Thursdays, February 1 - March 22
& Wednesday, February 21

7 - 9:30 PM

Warren Everts (Driving Instructor) & Mark Frecks (Classroom Instructor), \$250, MC201

Driver's Education is an essential first step to learning safe, life-long driving skills. Driving is one of the first major responsibilities in a teen's life. Driver Education teaches

teens basic traffic laws, driver awareness, rules of the road, and basic motor vehicle operation. This course consists of 20 hours of classroom time and 5 hours of driving time as required by the Nebraska DMV. The class prepares drivers for licensure by awarding a Drive Test Waiver upon satisfactory completion. Minimum student age is 14. Students must attend all sessions, have a learner's permit before class begins, and meet all drive requirements in order to obtain the Drive Test Waiver. The Nebraska DMV deserves the right to test anyone at any time. Driving sessions will be separate from class times. A "Triple A" book is required for this class and may be obtained at the college book store.

Kid's Academy: Think Like a Mechanical Engineer: Da Vinci's 15th Century Catapult (Gr 6-12)

Saturdays, Feb 3, 10, 17, 24

9 AM - Noon

Michele Weimer, \$149, MC201

Learn introductory mechanical design concepts using Inventor, Autodesk's 3D CAD design software. Inventor is a tool mechanical engineer's use to design ideas, visualize concepts, and simulate how designs will perform in the real world. Students will apply critical-thinking in both self-directed and teAM environments and unlock their creative potential with 3D mechanical design tools. Students will:

- Measure existing parts using scales and calipers
- Create a 3D computer-generated model of the catapult using Autodesk Inventor
- Assemble and stimulate movement of catapult parts
- Build the catapult kit

Students have access to free 3-year license of Inventor. Computers are available with software in class or students can download software on their own computers.

NEW Beautiful Bottles

Monday, February 5

6 - 9 PM

Marilyn Hoyt, \$15, MC 201

Embellish a bottle using mixed media to create a unique piece of art. This class can be paired with Gorgeous Glass (class on Feb. 12) for a charming one of a kind set. All supplies included.



LEADERSHIP • INSPIRATION • ENTREPRENEURIAL SPIRIT

CELEBRATING AGRICULTURE

FEBRUARY 28, 2018

8:30 AM – 3:30 PM

1710 WESLEY DR., IMPERIAL



MARJI GUYLER-ALANIZ
FOUNDER AND PRESIDENT OF FARMHER



THE PETERSON FARM BROTHERS

Guyler-Alaniz founded FarmHer in 2013 to change the image of agriculture and to include women in that image through photographs and stories. Today, FarmHer has grown from a gallery of images that have changed the way people perceive a farmer to now include an online community, connecting women together, and a weekly TV show on RFD-TV. The show continues to shine light on women in agriculture through their stories featured in the FarmHer TV show.

Siblings Greg, Nathan, Kendal and honorary "brother" Laura Peterson produce entertaining and educational videos on their own YouTube channel while farming with their parents in Kansas. Since starting their social media presence, they see a continued need to inform people about farming and agriculture. The Peterson Farm Brothers also travel the country to speak on advocating for agriculture.



Coffee and rolls, snacks and lunch provided.

TICKETS: \$59 | AFTER FEBRUARY 16, 2018: \$75

Tickets can be purchased at any
Mid-Plains Community College location

Mid-Plains Community College does not discriminate based upon any protected status. Please see www.mccc.edu/about-mccc/general-information/non-discrimination-policy

CPR for the Layperson

Wednesday, February 7

6 - 10 PM

Marc HarphAM, \$65, TH 114

The CPR portion of this class is a hands-on approach to an emergency, focusing on the skills needed to respond to a patient that is not breathing. Included in this training is a first aid for choking. The first aid part of the class also contains information on how to manage illness and injuries in the first few minutes of an emergency until professional help arrives. This class can be offered at other times and can be delivered to individual organizations and businesses.



NEW Gorgeous Glasses

Monday, February 12

6 - 9PM

Marilyn Hoyt, \$19 MC201

Celebrate Valentine's Day sipping out of your own uniquely designed and created glasses. The glasses can be paired with the Beautiful Bottle (class on Feb 5) for a charming one of a kind set. All supplies included.

NEW Kid's Academy: Dissecting Class (Shark)

Friday, February 16

9 - 10:15 AM

Rob Bogardus, BH112, \$25

Enhance your knowledge and skills in Science and come prepared to dissect a shark. Students will be using dissecting tools so this class is best for grades 4th and above. Participation fee is \$25 which includes dissection kit. Parent participation is encouraged. Call 345-8122 to register.

NEW Agriculture Seminar: Strategies for Dealing with Weed Resistance

Monday, February 19

6 - 7 PM CST

Dr. Greg Kruger, FREE, BH223

Agriculture Seminar Series brought to you in partnership with the UNL Extension Services. Instructor at North Platte CAMpus and class is offered through Distance Learning to each MPCC cAMpus location. This class taught by Dr. Greg Kruger, Weed Specialist.

NEW Eating Your Way Through Italy: A Twist on Traditional Italian Recipes for the American Palate on a Minimal Budget

Tuesday, February 20 - Pasta Carbonara

Tuesday, March 20 - Zuppa Toscana Soup

Tuesday, April 17 - Parmesan Gnocchi

5:30 - 7 PM

Kimberlee Sweeney, \$25 per class, WB114

This is a three-part cooking class which will start with Zuppa Toscana soup, a hearty Italian sausage, potato, and kale soup that pleases even the pickiest of eaters. The second class will be Pasta Carbonara, a Farfalle pasta dish with bacon, peas, and a homemade Alfredo sauce. And the third class will be classic Parmesan Gnocchi pasta with red sauce. Each meal will serve between 5-7 people and sure to please 100% of them. Bring a medium to large sized plastic container to take home your creation. Pick and choose which classes to take --- or take all three.



NEW Auto Care 101

Wednesday, February 21

1 - 2 PM

Mark Frecks, \$5, MC201

Learn the basics of auto care --- the things you should know but don't (how to check tire pressure, check oil, etc.)

Rustic Wooden Barn Quilt Workshop

Saturday, February 24

9 AM - 3 PM

Marilyn Hoyt, \$55, MC213

Create a rustic wooden barn quilt from start to finish. Learn about the history of barn quilts as you create your very own work of art. You will need to bring a yardstick, a blow dryer, and a sack lunch. Several designs will be available to you, but feel free to bring your own. If you have a certain color of exterior paint you want, feel free to bring it.



UPCOMING CLASSES

BUSINESS & COMMUNITY EDUCATION

SAVE THE DATE



Future Leaders Conference

Wednesday, March 7

9 AM - 3 PM

\$30, TH - Weeth Theatre

Southwest Nebraska is known for strong leadership. This doesn't happen by accident. Leadership can be learned and passed down from one generation to the next. If you are an up and coming leader in your organization or want to develop your next generation of leaders, this is an event for you. Learn from people we see in leadership positions and what has made them successful. Participants will also interact with each other to strengthen the relationships we need to keep our area strong for the next generation.

Participants must be at least 14 years of age to operate a motorboat (including personal watercraft) in Nebraska. You must be at least 14 years of age to operate a motorboat (including personal watercraft) in Nebraska. Adults are encouraged to attend with their youth and boat owners often qualify for insurance discounts upon completing the course. This is a two-day course.

McCook Caring for Children Conference

Saturday, March 3

8 AM - 3:30 PM

Jennifer Daniels, \$30, TH Weeth

This all-day event will feature Jennifer Daniels, as well as break-out sessions, to round off a day of learning and continuing education. Jennifer offers lively, humorous, interactive workshops for educators seeking to build stories, songs, and movement into their curriculum. With a master's degree in counseling and certification in Autism Movement Therapy, Jennifer teaches participants how to facilitate intentional play that draws kids into learning.

In an interactive concert setting, we will playfully practice techniques that draw children, in stories and songs, to interact with the material. Become familiar with the many benefits of regular music and movement, and explore how these can be used to teach across the curriculum, to promote literacy, and to help in classroom management.

Discover how stories, songs, and structured movement can help to calm the central nervous system, build real brain connections, develop physical strength and balance, and teach social skills. Participants will leave with access to real stories, songs, and strategies they can use right away. Call 308-345-8123 to register - Registration will be open Feb. 1.



MID-PLAINS COMMUNITY COLLEGE
 — in partnership with —
UNL EXTENSION SERVICES



AGRICULTURE SEMINAR SERIES



January 15 | **Imperial Campus**

UNL West Central Cattlemen Meetings
“Identifying Profit Opportunities”
 6 -9 pm MST, MPCC Imperial Campus

February 19 | **North Platte Campus**

Dr. Greg Kruger, Weed Specialists
“Strategies For Dealing With Weed Resistance”
 6 -7 pm CST

March 19 | **McCook Campus**

Robert Tigner, Extension Educator
“Financial Considerations For The Upcoming Crop Year”
 - AND -
Dr. Travis Mulliniks, Beef Cattle Nutritionist
“Nutritional Considerations During Calving”
 6 pm -7 pm CST

April 16 | **McCook Campus**

Erin Laborie, Extension Educator
“Implant Considerations For Suckling Calves”
 6 pm – 8 pm CST

Broken Bow Campus

Troy Walz, Extension Educator
“Addressing Lameness In Cattle”
 6 pm – 8 pm CST

May 14 | **North Platte Campus**

Dr. Jerry Volesky, Range and Forage Management Specialists
“Grazing Considerations For The Upcoming Year”
 6 -8 pm CST

**ALL SESSIONS OF THE SEMINAR SERIES ARE
 ★ FREE ★**

Each class in this series will be live-streamed to all MPCC campus locations: McCook, North Platte, Broken Bow, Ogallala, Imperial and Valentine. Times shown are based on the hosting site's time zone. Please make necessary time adjustment when attending your preferred campus location.

REGISTER TODAY

mpcc.edu/bce or call McCook:308-345-8122 or North Platte: 308-535-3678

LOOKING FOR AN ONLINE CLASS?

WE HAVE WHAT YOU'RE LOOKING FOR! CHECK OUT OUR ON-LINE PARTNERS

□ CENTER FOR LEGAL STUDIES

Paralegal Certificate Course

Call 800-522-7737 or email info@legalstudies.com for more information.

□ CAREER STEP

Prepare to Earn National Certification and Succeed as a Pharmacy Technician

Call 877-225-7151 or request free information today for more details.

□ U GOT CLASS

K-12 Teacher Continuing Education Programs

Call us at 855-UGotClass or 715-503-4592 for more information.

□ ED2GO

MPCC offers online courses and career training programs through ed2go!

Visit ed2go.com/bce for more information.

with many, many, more online classes to choose from,
check us out at mpcc.edu/bce/online-classes

FINANCIAL ASSISTANCE GAP PROGRAM

INCOME BASED SCHOLARSHIPS TO BUILD YOUR CAREER

WHAT IS THE GAP ASSISTANCE PROGRAM?

Funding for short-term training for in-demand jobs. **Gap makes education FREE.**

ELIGIBILITY

Gap Tuition Assistance is based on several criteria: financial need, Nebraska resident, high school diploma or GED. To qualify you must meet the income criteria and be eligible to work in the United States.

COVERAGE

You may receive full or partial assistance with direct training costs, including tuition, books and required fees and equipment. Funding is only available for one training program.

TRAINING PROGRAMS

Gap Tuition Assistance covers short-term training in the following in-demand job fields:

- Health Services
- Financial Services
- Business Management and Administrative Services
- Hospitality and Tourism
- Transportation, Warehousing, and Distribution Logistics
- Software and Computer Services
- Building Construction
- Agriculture and CDL
- Renewable Energy

SUPPORT

Meet with us to explore what career options are best for you. We will connect you with local resources and get the eligibility process started.



For more information, contact us at **308-345-8123** or kirchers@mpcc.edu
or visit www.mpcc.edu/gap-assistance-program



Want to share your interests and talents with others?

WE WANT YOU!

We're looking for Community Education instructors to share their interests in photography, arts, and crafts, painting, plants and gardening, fishing, traveling... **YOU NAME IT!** For more information or to simply discuss your ideas for a class, call 308-345-8122 or email bcestaff@mpcc.edu to visit about these opportunities.



LET'S GET TOGETHER.

We have a class that's just right for YOU!
And it's never been easier to contact us.

**Mid-Plains Community College
Business & Community Education**

1205 East Third Street, McCook, NE 69001



fb.com/MidPlainsBCE



Email us at bcestaff@mpcc.edu
and ask to be added to our mailing list.

308-345-8122 | mpcc.edu/bce