

PLEASE TAKE ONE

UPCOMING CLASSES

MCCOOK

COMMUNITY COLLEGE

BUSINESS & COMMUNITY EDUCATION

2022 FEBRUARY
& MARCH

HEALTHY FOODS FAST

SEE PAGE 5



WE ARE **MPCC**. Register Today | 308-345-8122 | bceregister.mpcc.edu

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.

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.**



GAP ASSISTANCE

GAP MAKES EDUCATION FREE

What is the Gap Assistance Program?

Funding for short-term training for in-demand jobs.

Do you need a new skill to compete for your dream job? MPCC's GAP Program may be just what you are looking for.

If you qualify, you may receive full or partial financial assistance and job training. Funding is only available for one training program per person. Call now to see if you qualify or find out what WE can do for You!

Here are just a few of the programs we have assisted other students with:

- CNA/Med Aid
- Plumbing Basics
- Administrative Assistant Skills
- Ready to Work: MIG Welding Skills

ELIGIBILITY

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

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.

What's Your Dream Job?

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



INTRODUCTION TO CROSS STITCH

Tuesdays | Feb. 22, March 1 and 8 | 6-7:30pm
McMillen Hall 206 | Christine Johnson | \$19

No matter the project or the skill level of the needleworker, cross-stitch is an accessible, easy-to-learn, fun thread craft. In the first class one will learn all about this decorative art form, the various types, fabrics, threads and hints, as well as what to select for a first project. After the first class. Students will need to purchase a cross stitch kit, available locally, and begin their masterpiece during the next two classes.



PAINTING ON GLASS

Feb. 22 | 6-8pm | McMillen Hall 201 | Milva McGhee | \$25
Smooth and reflective, glass makes a great canvas for painting! Bowls, plates, and mugs are just a few choices. Students will bring two glass items to paint. All other supplies will be provided by the instructor including brushes and specialized glass paints. The brushes are the students to keep. They will also leave with their newly created, uniquely painted glassware.



ACRYLIC POUR ABSTRACT ART

March 7 | 6-8:30pm | Curtis Community Center
Marilyn Lingbloom | \$30

Learn different acrylic pouring techniques to create beautiful one of a kind abstract art. Students will leave with a selection of uniquely created canvases (to be picked up another day after 24 hours of drying time). This class is messy; wear proper clothing.

INTRODUCTION TO THE CRICUT MACHINE

March 15 | 7-8:30pm | McMillen Hall 201
Sonyha Einspahr | \$25

Owning a Cricut can be a little intimidating and overwhelming. If this is how you feel, this is the class for you. Come learn the basics of creating projects using your Cricut. Laptops will be provided for students to master the fundamentals of Cricut Design Space. The class will also cover tricks, tips and hacks you will love.



HIPPITY HOP DOOR HANGER

March 28 | 6:30-8:30pm | McMillen Hall 201
Marilyn Lingbloom | \$30

Easter will soon be here! Help welcome in the holiday with this cheerful door hanger! In this class you will paint a hippity hoppity bunny ready to spread Easter joy to all who enter. No need to be an artist to be able to create this Easter rabbit. All supplies included.



A NIGHT WITH QUICKBOOKS

Feb 2 | 5-6:30pm | McMillen Hall 201 | Mike Steele | FREE

Do you want to learn QuickBooks or just need an update or a question answered? Come visit with Mike Steele about your needs. This is an informational session only. It will be run as an open house session--you may come and go as you need. Follow-up class(es) will be scheduled based on your particular need. You may bring your own computer if you would like or use one here at the college.



FINANCIAL SURVIVAL IN RETIREMENT

Thursdays | Feb 24 & March 3 | 6-9pm | McMillen Hall 213

Marc Werkmeister of Priority Adult Learning | \$49

Expand your understanding of financial planning, the mysteries of social security and make the most of market gains. In this course, you will gain the knowledge to navigate those topics with ease as well as learn to avoid the common pitfalls of retirement. With examples from the perils of 9/11 and the 2008 meltdown, you will discover how to use taxes to YOUR benefit, how to protect your life savings from the threat of a Healthcare Catastrophe, and how to make sure your heirs are protected.

INTRODUCTION TO PODCAST CREATION

March 21 | 6-8pm | Keystone 4th floor | Kyle Kinne | \$25

Begin your journey to create the podcast of your dreams at the McCook Co-work Space! Learn beginning audio editing and recording techniques, as well as how to export and publish your project for the world to hear. Also, learn how to use the video equipment to record your podcast to YouTube."



ONE-ON-ONE COMPUTER TRAINING

This learning opportunity is designed for the person who wants one-on-one attention, giving personalized attention on the computer topic that meets your specific need. Class takes place in one of our training rooms. You may use your own laptop, or one provided by the college, depending upon needs. Call 345-8122 to visit with someone about one-on-one computer training. Cost is determined by number of hours and type of training.

MCCOOK

Business & Community Connections

ARE YOU LOOKING FOR EMPLOYMENT OR JUST WANT TO KNOW WHAT'S HAPPENING IN YOUR TOWN?

JOIN US for a McCook Business & Community Connections bus tour to businesses who will showcase what they have to offer, both in the employment field and to the community.

FEBRUARY 3

Vocational Trades Tour Day

MARCH 3

Small Business/Entrepreneur Tour Day

Call 308-345-8122 to register for your ticket to ride.

**LUNCH WILL BE SERVED
NO REGISTRATION CHARGE.
SEATS ARE LIMITED, SO CALL TODAY!**

LIFESTYLE & WELLNESS



YOGA

February Session | Thursdays | Feb 3-24 | 6:30-7:30pm
March Session | Thursdays | Mar. 3-24 | 6:30-7:30pm
McMillen 213 | Katie Farrell | \$29

A vinyasa style yoga class suitable for both new and experienced yogis! Breath is connected with movement in a feel-good class that flows from one pose to the next. Classes are structured with short meditation, breathing exercises, sun salutations, balance work, and deep stretching. Bring a yoga mat and wear comfortable clothing.

WOMEN'S WEIGHTLIFTING

Wednesdays | Feb 16-Mar. 23 | 5:30-6:30pm
Graff Events Center Weight Room | Hannah Emerson | \$30

This six-week class is designed only for women. Workouts will be tailored for each individual student. Students will learn to feel comfortable and confident as they master the proper mechanics while working out in a weight room only open to this class.



HEALTHY FOODS FAST

Feb 21 | 6:30-8pm | McMillen Hall 221 | Nancy Frecks | \$20

Do you have a multi-cooker (such as an instant pot)? Or do you want one but aren't sure what to do with it? If so, this class is for you! Come for an evening of fun, learn basic skills and recipes to use with your new appliance. If you use one already come and share what you have learned and take home some new recipes. Bring your appetite as there will be samples!

SELLING FOOD SAFELY

Feb 28 | 6:30-8pm | McMillen Hall 221 | Nancy Frecks | \$30
Cottage Food Producer training will help producers understand the regulations to sell homemade foods in Nebraska. This class is an accredited food safety training by the Nebraska Department of Agriculture for all Nebraska Cottage Food Producers and fulfills the need for accredited food safety training required by LB304, part of Nebraska Pure Food Act. This course is specific to Nebraska's laws and may not reflect laws in other states.



HUNTER'S SAFETY

Tuesdays | March 1, 8, 15, 22 | 6:30-8:30pm
McMillen Hall 213 | Mike Schoup

Nebraska State Law requires anyone 11 years of age or older, born on or after January 1, 1977, to have successfully completed a Firearm Hunter Education course prior to hunting. There is no maximum age limit for students and this course is provided at no cost. Students successfully completing this course will have a better understanding of their outdoor obligations to the landowner, to the resources, to other hunters, and to themselves.

Students must pre-register at outdoornebraska.ne.gov/hunting/programs/education/hunted.asp.

NEBR. HUNT SAFE SESSION

March 12 | 10am-Noon | McMillen Hall 213 | Mike Schoup
Class provides testing for Firearm and Archery Safety after self-study is completed online. Must register online with Nebraska Game and Parks.

CYBER SCHOOL INTERACTIVE

PROPAGANDA IN THE THIRD REICH

Mondays | March 21–April 11 | 7-9pm | Zoom | \$69

What can it teach us about media literacy today? Participants in this four-week course will explore propaganda techniques used by the Nazi Party, with the goal of becoming more educated consumers of media in the present day. If you would like to Zoom the class, a link will be provided once you register.

GREAT DETECTIVES OF FILM & LITERATURE

Tuesdays | March 22–April 12 | 7-9pm | Zoom | \$69

This four-week course will explore the genre of detective fiction from the early 19th century to the present. We will test our 'sleuthing' skills as we dive into some of the greatest detectives of film and literature. If you would like to Zoom the class, a link will be provided once you register.

EMERGENCY SERVICES



HEARTSAVER CPR, 1ST AID & AED

**Wednesday and Thursday | March 16 and 17 | 6-9pm
Tipton Hall 114 | Bob Molcyk | \$65**

Learn the hands-on approach to emergency, focusing on the skills needed for a first responder. Class includes CPR/AED, first aid for choking (including pediatric emergency first response), and how to manage illness and injuries before help arrives. American Heart Association Certificate is provided upon successful completion of this course. Class will include pediatric instruction for childcare providers.

BASIC LIFE SUPPORT PROVIDER (CPR)

April 14 | 6-10pm | Tipton Hall 114 | Bob Molcyk | \$65

Basic Life Support Provider course is designed to teach CPR skills to aid victims of all ages. The use of AED, ventilation with barrier devices and relief of foreign body airway obstructions are taught. This course is relevant for those who provide care to patients in both the hospital and pre-hospital environments. Completion leads to a certification card that is valid for two years.

CHILDREN & YOUNG ADULT

GENERAL MUSIC/CHOIR

**Mondays | Feb 7–April 18 | 4-5pm | Dr. Mirna Cabrera
Tipton Hall Music Room | \$65**

This Children's Music/Choir class is available to students in grades K-8th. It will be taught by the MCC College Music Instructor and will cover choral techniques and musicianship skills to the young student. All music provided is yours to keep. There will be a final concert at the end of the semester which will combine the Children's Choir and all other music ensembles at the college, TBD. For families with more than one student, please call for family discount.

YOUTH CHOIR (GRADES 9–12)

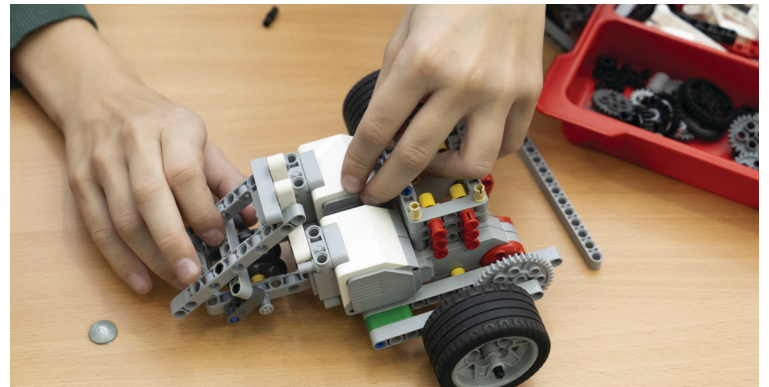
**Thursdays | Feb 10–April 21 | 6-7pm | Dr. Mirna Cabrera
Tipton Hall Music Room | \$65**

This is a new group beginning Spring 2022 semester. MCC Youth Choir is available to students in grades 9-12. It will be taught by the MCC College Music Instructor and will cover choral techniques and musicianship skills for the high school student. All music provided will be on loan. There will be a final concert at the end of the semester which will combine the Children's Choir, the Youth Choir, and all other music ensembles at the college, TBD. For families with more than one student, please call for family discount.

DISSECTING LAB (STINGRAYS)

March 11 | 9-10am | Rob Bogardus | Barnett Hall 110 | \$30

Enhance your knowledge and skills in science and come prepared to dissect a Stingray. Students will be using dissecting tools, so this class is best for grades 4th and above. Participation fee is \$30 which includes the use of one dissection kit, additional student dissection fee is \$10. Parent and family participation is encouraged. Class size is limited to 12 students. **Please call to register for this class.**



STEM CLASS: SPIKE ROBOTICS (GRADES 5-8)

**March 21 and 22 | 4-6pm | McMillen Hall 201
Benjamin Pearce | \$29**

The new LEGO SPIKE Prime sets help students learn the essential STEM and 21st century skills needed to become the innovative minds of tomorrow... while having fun! The SPIKE™ Prime lessons will challenge students to exercise creativity while putting design engineering skills to the test. With more than 50 lessons plans, new creations and concepts will be introduced with each SPIKE class that we offer.



In today's environment, businesses need a strong digital presence. Marketing expert Tiffany Roe can help develop your skills and strengthen your business presence; curbside and digital. As a small business owner, Tiffany is passionate about digital marketing and its advantages to help small businesses make cost effective changes to improve their digital presence and profits. She attended McCook Community College, and graduated with a bachelor's degree in marketing from Grand Canyon University, and a masters of business administration from Ottawa University.

WHAT'S IN YOUR BUSINESS' TOOLBOX? 2.0

COURSES INCLUDE:

MARKET YOUR BUSINESS ON THE INTERNET

Do you know what SEO (search engine optimization) is and why it matters? Learn how to update your current website to reach your customers. Market your business by maximizing your digital content across multiple platforms; Google My Business, social media, and email marketing.

START AN ONLINE BUSINESS

You may already have a successful brick-and-mortar business but can you enhance sales and revenue with a complimentary online business? Or maybe you are looking to start an online business? Our expert will lead you through the process of preparing to launch a website, domain name selection, website platform, best website practices and utilizing Google analytics.

EMAIL MARKETING: MAILCHIMP

Learn to create an email campaign utilizing MailChimp, a simple yet effective platform for creating emails to market your business. An expert will guide you through the step-by-step process. Explore best practices and why email marketing is still relevant.

NEW CLASSES TO GROW YOUR BUSINESS!

CLASSES ARE ONE HOUR EACH, SELF-PACED AND DELIVERED TO YOUR INBOX IN A VIDEO FORMAT.

**CLASSES AVAILABLE
DECEMBER 2021- JUNE 2022**

**ALL THREE COURSES FOR
\$119**

(Classes sold in bundle packs only).

Each bundle includes a 45-minute consultation with Tiffany Roe

TO REGISTER

Call | 308.284.9830 Online | bceregister.mpcc.edu

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



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](https://www.facebook.com/MidPlainsBCE)

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

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