

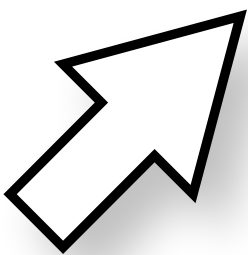
SEPTEMBER | OCTOBER

MID-PLAINS **COMMUNITY COLLEGE**

BUSINESS & COMMUNITY EDUCATION

VIRTUAL | CLICK THE CLASS YOU WANT!

FALL 2022



NORTH PLATTE

MCCOOK

OGALLALA

IMPERIAL

VALENTINE

BROKEN BOW

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 308-535-3678**

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/EMT
- Plumbing Basics
- Administrative Assistant Skills
- Ready to Work: MIG Welding Skills
- CDL

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

NORTH PLATTE

TO REGISTER FOR CLASSES
Online BCeregister.mpcc.edu
Or Call 308-535-3678

1101 Halligan Dr, North Platte NE, 69101



ARTS & CRAFTS

FRESH FALL FLOWER ARRANGEMENTS

Sept. 22 | 5:30-7:30pm | Lisa Fudge | \$45

Prairie Friends and Flowers

Learn the basic design principles, such as balance, proportion and harmony while familiarizing with the material and tools of floral design. Floral design or flower arranging is the art of using plant materials and flowers to create an eye-catching and balanced composition or display. This class is designed to give students a deeper understanding of the artistic floral design techniques and the floral design industry. Students will also learn all about the most common flower varieties. Yes, you will learn a lot!

FALL SCARECROW DOOR HANGER

Oct 5 | 6-8pm | Fran Hagler & Jeff Smeltzer | \$19

WW Wood 105

Learn to paint and decorate a cute scarecrow door hanger for fall. The door hanger is approximately 14" tall.



BUSINESS & TECHNOLOGY

REAL ESTATE CONTINUING EDUCATION:

10 ESSENTIAL POINTS IN SELLER REPRESENTATION (0442R)

Oct 18 | 8:30-11:30am | Mark Wehner | WW Wood 202 | \$40

You will learn the key points to better represent your sellers through proven tips and techniques for pricing, defining markets, home inspections, negotiating, disclosures, and more...all to increase your value to the seller by selling their home faster, easier and in a more professional manner.

REAL ESTATE CONTINUING EDUCATION:

MAKING AGENCY WORK FOR YOU (0656R)

Oct 18 | 12:30-3:30pm | Mark Wehner | WW Wood 202 | \$40

Finally...a course that outlines every facet of buyer and seller agency representation...and will help you turn agency disclosure in to a personal marketing opportunity. You will learn tips and techniques that can earn you both the respect and commission dollars simply by turning the agency pamphlet and your agency duties into a marketing tool.

REAL ESTATE CONTINUING EDUCATION:

CONTRACT LANGUAGE FOR THE REAL WORLD (0697R)

Oct 18 | 4:30-7:30pm | Mark Wehner | WW Wood 202 | \$40

ALCOHOL SERVER TRAINER

Sept. 6 | 4-5pm | Officer Little | WW Wood 202 | FREE

Oct. 4 | 4-5pm | Officer Little | WW Wood 202 | FREE

This class provides detailed information on the legal and responsible sale and service of alcoholic beverages. This course covers underage drinking, ID checking and much more.

FINANCIAL SURVIVAL IN RETIREMENT

Oct. 18 | 6-9pm | Marc Werkmeister | WW Wood 206 | \$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.



EMERGENCY SERVICES

IV ADMINISTRATION

Sept 7 & 14 | 7-10pm | Skills Day Sept. 17 | 8am-5pm

Alex McConnell & TJ Williams | \$180

This is a class for EMT and EMT students. Students must attend both nights and the skill day.

PEDIATRIC ADVANCED LIFE SUPPORT PROVIDER

Sept 8-9 | 8am-5pm | Heather Jensen | WW Wood 204 | \$210

ADVANCED TRAUMA LIFE SUPPORT PROVIDER

Sept 22-23 | 7-5pm | Kellie Mahanes & Heather Jensen

WW Wood 202 | \$695

PROVIDER COURSE

- Attendance both days is required.
- Registration fee of \$695 includes breaks, lunches and materials.
- Enrollment is limited to the first 16 paid participants.
- Full Directions, materials and information will be sent prior to the class.

RECERTIFICATION

- Registration fee of \$275 includes lunch, break and materials.
- Your ATLS Card must not be expired longer than 6 months.
- Enrollment is limited to the first 6 paid Participants.
- Full Directions, materials and information will be sent prior to the class.

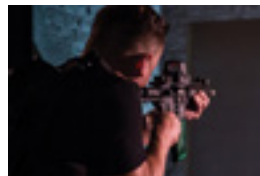


EMERGENCY NURSING PEDIATRIC COURSE

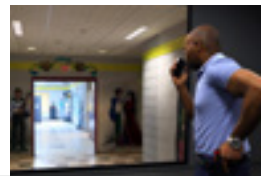
Oct. 18-19 | 8am-6pm | Heather Jensen

WW Wood 202 | \$265

The Emergency Nursing Pediatric Course is a 2-day course designed for RNs to provide core-level pediatric knowledge and psychomotor skills needed to care for pediatric patients in an emergency setting. LPNs & Respiratory Care may attend for CEUs, but will not receive a course completion card or take part in testing. Completion leads to a certification card that is valid for four years. It is required that you review your student manual and listen to the CD prior to coming to class. You MUST bring your student manual to class.



MILO RANGE



TRAINING YOUR TRAINERS TO TRAIN YOUR POLICY

Over and over again trainers and instructors report that the real value in immersive police judgment skills simulation training is the opportunities it creates to craft teachable moments with lasting emotional impact. The MILO Range can be instrumental in training your policy.

MILO systems are emotionally immersive simulators. Trainees and officers work through role playing scenarios with branching decision trees that give them opportunities to exercise every facet of their training. Fine-tuning their presence, tone of voice, and de-escalation strategies and use of force options are covered including tasers, OC spray and sidearms.

Throughout every scenario the instructor can make adjustments to hone and challenge every aspect of their student's judgment, situational awareness, tactical, and community policing skills.

RESERVATIONS ARE ON A FIRST COME FIRST SERVE BASIS.

To schedule the MILO Range in your community contact:

308-535-3687 or email smeltzerj@mpcc.edu



MPCC purchased a MILO Range with the intent of providing a service to the law enforcement agencies of the 18 county service area.



Flat Rock EMS Conference 2022

Two day event **\$40** for 1 or both days

Two days of continuing education and training for all levels of EMS (ALS and BLS), firefighters and emergency care providers including nurses, mid-levels & physicians. Continuing education awarded in multiple NCCP topic areas: Airway, Trauma, Cardiac, Medical & Operations.

**SEPT
10**

Virtual cadaver lab followed by a deconstructed MCI multiple components of a mass casualty event offered individually for smaller class size and increased hands on opportunities.

**SEPT
11**

Hands on Training
difficult airway, pediatrics, burns, a medical escape room & more!

***Continuing education hours provided for EMR, EMT, AEMT & Paramedics**

DAY 1

Registration 8:30am | 8:30-5pm

After hours social gathering | 6-9pm | Peg Leg Brewing *feat.* Bad Axe Throwing

**DAY 2
9-1pm**

REGISTER



Alex McConnell
mconnella@mpcc.edu
308.221.6419





COMMERCIAL DRIVER TRAINING

5 WEEKS OF TRAINING

DOT physical required prior to enrollment

Entry Level Driver Training

- Class A, Combination, & Air Brakes
- ELDT Compliant
- Classroom & Behind the Wheel Training
- Financial Aid Available for those who qualify



2022 Dates

Aug 22-Sept 26

Oct 3-Nov 7

Nov 14-Dec 20

2023 Dates

Jan 9 - Feb 10

Feb 27 - March 31

April 17 - May 22

June 5 - July 11

CALL FOR MORE INFORMATION OR TO REGISTER | 308.535.3678



LIFESTYLE & WELLNESS

CO-ED WEIGHT LIFTING

Mondays Aug 29-Oct. 31 | 6:30-7:30pm | Camden Grasmick McDonald-Belton Fitness Center | \$79

This class is designed only for men and women. Each student will receive a customized workout routine fit to their individual weight loss and exercise needs. Created by a certified trainer and strength and conditioning coach. Feel comfortable working out in a weight room only open to this class

GEORGE PAUL VINEGAR TASTING

Sept 27 | 5-7pm | George Paul Johnson | WW Wood 202 | \$10

The Johnson family has been making small batch vinegars since 2008 in their straw bale vinegery in the Sandhills of Nebraska. Come and listen to the story of George Paul Vinegar and the correlation they have with the neighboring vineyard/wine making company and then enjoy a tasting of some of their world famous vinegars (with bread, of course!)



MOTORSCHOOL

BASIC RIDER COURSE-MOTORCYCLE TRAINING

Oct. 1 & 2 | 7:30am-6:30 pm | WW Wood 202 | \$229

The Basic Rider Course is based on the Motorcycle Safety Foundation (MSF) curriculum. Riders can get a license and learn essential motorcycle control skills in one course. The MSF designed the BRC for beginning riders with no previous riding experience, and it's also recommended for returning riders. Students are required to complete the MSF eCourse online prior to the class start date. Students can take the eCourse for free and will receive instructions upon full registration.

Classroom topics

- Protective riding gear
- Preparation
- Risk management
- Street strategies
- Special riding situations
- Impairment

Early riding exercises teach basic skills

- Clutch and throttle control
- Straight-line riding
- Turning
- Shifting
- Stopping

Later exercises teach advanced skills

- U-turns and counterweighting
- Maximum braking
- Counter steering
- Cornering
- Swerving

MPCC provides training motorcycles in the BRC.

Eligibility Requirements

Participants must be able to ride a bicycle. Riders must furnish their own protective riding gear:

- DOT-approved helmet
- Eye protection
- Long sleeves
- Long pants
- Full-fingered gloves
- Close toed shoes that cover the ankle
- Rain gear (Students are strongly encouraged to bring rain gear, because courses run rain or shine)

Courses run April through September. Riders must register in advance and are required to bring a completed eCourse certificate to participate in this course. Riders under age 18 must have a parent sign the waiver form to participate.



APPLIED SKILLS & TRADES

FORKLIFT-SCISSOR LIFT-TELEHANDLER TRAINING

Available upon request | BJ Schellenberg

Each year, thousands of injuries related to forklift and warehouse equipment accidents occur in the US. Unfortunately, most employee injuries and property damage can be attributed to lack of safe operating procedures, lack of safety-rule enforcement, and insufficient or inadequate training. As it is a violation of Federal law for anyone UNDER 18 years of age to operate a forklift or for anyone OVER 18 years of age who is not properly trained to do so, this class will OSHA train and qualify students to legally operate a forklift, scissor lift, telehandler, and skid steer. A certificate of completion will be offered upon conclusion of the class.

MCCOOK

TO REGISTER FOR CLASSES

Online BCRegister.mpcc.edu

Or Call 308-345-8122

1205 East 3rd, McCook NE, 69001



BUSINESS & TECHNOLOGY

BEGINNING COMPUTER SKILLS

Oct. 4 & 5 | 6-7:30pm | McMillen Hall 221 | Tamela Laurie | \$30

This class will help beginners get up and running, quickly and simply. This hands-on course will cover very basic computer skills and terminology, including an explanation of the basic components of the computer, using a mouse, creating and saving a document, navigating the internet safely, and email set-up. Laptop computers will be provided for class use.

OSHA - 10

Oct. 12 | 8:30am-4:30pm AND Oct. 13 | 8:30-11:30am

McMillen Hall 201 | BJ Schellenberg

Common Sense Safety | \$159

This 10-hour safety course will cover hazardous materials, materials handling, machine guarding, introduction to industrial hygiene, bloodborne pathogens, ergonomics, safety and health programs, and fall protection. Additional time during the class will be geared toward the specific business or industries in attendance. Those completing the class will receive lifetime OSHA 10 certification. Class is taught by BJ Schellenberg, Owner of Common Sense Safety, a safety consultant service business.

RESUME AND INTERVIEW SKILL BUILDING

Oct. 6 | 6:30-8pm | McMillen Hall 221 | Jacob Brandl | \$10

Resumes and interviews are integral parts of the job-hunting process, but they do not have to be stressful. Learn a few tips to lessen the anxiety associated with resumes and interviews.

INTRODUCTION TO PODCAST CREATION

Oct. 20 | 5-8pm | Keystone Building | 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.**



EMERGENCY SERVICES

HEARTSAVER CPR, 1ST AID & AED

Sept. 13 & 14 | 6-9pm | Tipton Hall 115 | 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)

Oct. 11 | 6-10pm | Tipton Hall 115 | 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 an American Heart Association certification card that is valid for two years.



LIFESTYLE & WELLNESS

YOGA

Thursdays, Sept. 8, 15, 22, 29

Thursdays, Oct. 6, 13, 21, 28

6:30-7:30pm | MCC Student Union | Katie Farrell

\$29 per 4-week session

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.

GROUP HEALTH COACHING – SEPT. COOKING, COMPOSTING, AND REDUCING KITCHEN WASTE

Sept. 12 | 5:30-6:30pm | McMillen Hall 206 | Katie Farrell | \$12

Get tips on cooking healthy meals, learn what a healthy breakfast, lunch, and dinner look like, and discover composting and reducing waste in the kitchen. If you already are a gardener, you will LOVE composting!

HUNTER'S SAFETY

Tuesdays, Sept. 13, 20, 27 & Oct. 4 | 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.**

BOSU HIIT

Wednesdays, Sept. 14, 21, 28, Oct. 5 | 5:30-6:15pm

McMillen Hall 213 | \$35

Looking for an exciting new way to get fit? Then check out our Bosu HIIT class! This unique workout combines balance training on a Bosu board - a cross between a core board and a stability ball with calisthenics and basic equipment for a fun, challenging, and total body workout. Our certified personal trainer will help you get the most out of every class, whether you're a fitness beginner or a seasoned pro. So come give it a try - you won't be disappointed! This class is working in partnership with the McCook YMCA. Need not be a member of the YMCA to participate.

HEALTHY FOOD FAST WITH YOUR AIR FRYER

Sept. 29 | 6-7:30pm | McMillen Hall 201 | Nancy Frecks | \$15

Learn how air fryers work, the pros and cons of using one, and get some great air fryer recipes. Participants will receive a recipe booklet and sample foods during the class.

GROUP HEALTH COACHING – OCT.

SLEEP HYGIENE

Oct. 3 | 5:30-6:30pm | McMillen Hall 206 | Katie Farrell | \$12

This month we are discussing sleep hygiene and how sleep affects your health. Get tips on getting a good night's sleep and learn how many hours you really need. Sufficient and good quality sleep is key for a healthy life!

HELPING CHILDREN DEAL WITH LOSS

Mondays, Oct. 3-31 | 6:30-9:30pm | Zoom only | Deb Hrcka

\$85 includes book

This five-session class is for adults to help children deal with death, divorce, pet loss, moving and other losses. Participants will learn from a grief recovery specialist how to avoid saying things to children that confuse them and how to recognize the signs of grief and listen without judgment.

QPR SUICIDE PREVENTION TRAINING

Oct. 4 | 5:30-7pm | McMillen Hall 201 | Dr. Brian Obert | Free

Question, Persuade, Refer (QPR) training is designed to help participants understand how to talk about suicide, identify the signs of suicidal thoughts, and feel more comfortable engaging with someone who may be thinking about suicide. Preregistration is appreciated, but not required.

AFFORDABLE MEALS IN MINUTES

Oct. 4 | 6-7:30pm | McMillen Hall 201 | Nancy Frecks | \$15

Learn how to plan quick and easy meals to save money and time. This class will focus on planning, purchasing, and preparing meals. Recipes will be available, and one recipe will be prepared during the class.

FINANCIAL SURVIVAL IN RETIREMENT

Thursdays, Oct. 6 & 13 | 6-9pm | McMillen Hall 213

Marc Werkmeister | \$49/person/couple

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.

NEBR. HUNT SAFE SESSION

Oct. 8 | 10am-12pm | 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, outdoornebraska.ne.gov/hunting/programs/education/hunted.asp**

FOOD SAFETY IN YOUR HOME

Oct. 13 | 6-7:30pm | McMillen Hall 201 | Nancy Frecks | \$10

Do you ever wonder about how long food is safe to eat? Safe food storage, preparation, and handling are among the topics that will be discussed during this class to help you and your family prevent food borne illnesses at home.



CREATING ART TOGETHER: A COLLABORATIVE WORKSHOP

Sept. 17 | 10am-Noon | McMillen Hall 201
Deonne Hinz | \$39 /couple

Adults with children grades 2 and up. Make a dot and see where it takes you in this all-time favorite adult-and-me art workshop. Using artist and author Peter Reynolds's book titled "The Dot," and inspiration from famous artist Kandisky, you will create a collaborative work of art that is inspired by having fun with dots as you create a large work of art you will be proud to hang on your wall. This project is for one younger student and an adult working together to create a painted collage.



PUMPKIN TABLE RUNNER

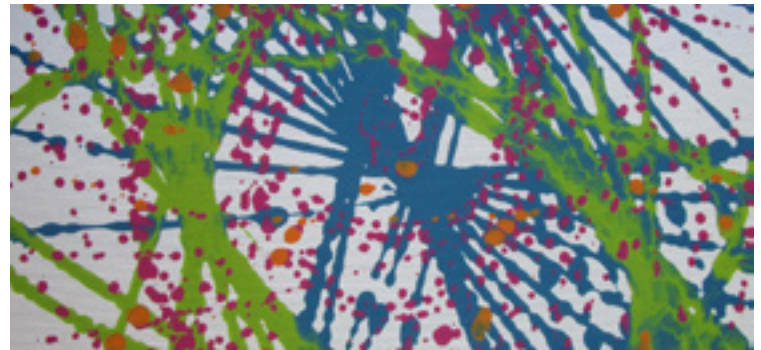
Mondays, Sept. 19, 26, & Oct. 3, 10 | 6-8pm
McMillen Hall 221 | Layne Sarvelas | \$25

In this four-part class, participants will complete a festive autumn table runner to enjoy during the upcoming season. A variety of basic quilting techniques will be used as pumpkins become the focal point of the project. This class is suitable for beginning quilters as well as those more advanced. Students need to know how to use a sewing machine. A supply list will be provided upon registration.

CREATING WITH A CRICUT

Oct. 11 | 6:30-8:30pm | McMillen Hall 201
Sonyha Einspahr | \$29

Get hands-on experience with a cricut machine during this class as you create two projects using two popular cricut materials: adhesive vinyl and heat transfer vinyl. Adhesive vinyl will be used to create a decorative sign which will be completed during the class, and ready to take home to hang on your wall. Students will also import and create a t-shirt design in Cricut Design Space for use with heat transfer vinyl. This design will be ready to cut and print at home to complete the t-shirt. All supplies will be provided, including the use of laptops. Basic knowledge of the cricut machine is helpful, but not required.



FANTASTIC FLUID ART FUN

Oct. 15 | 10am-Noon | McMillen Hall 201 | Deonne Hinz | \$30

This fluid art class will use the process of pour painting and pendulum painting. So, whether you're a seasoned pro or first time pour artist, you will delight in learning these new pour painting techniques as you create a wall hanging featuring your very own masterpiece. The project will need to dry overnight and can be picked up the next day. This class is messy; wear proper clothing.

PAINTING ON GLASS

Oct. 25 | 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 as well as inspiration ideas if they would like. 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.



CHILDREN & YOUNG ADULT



BASIC DRAWING SKILLS (GRADES 3-6)

Sept. 8 | 4:30-6pm | McMillen Hall 213 | Deonne Hinz | \$25

This class will improve one's creativity and basic drawing skills. It will teach the use of line and color in a new way, as one learns to train the hand to draw what the eye sees. By incorporating these skills and practicing the various contour drawing techniques, students will create a fun abstract painting that uses art tissue paper. All material provided.

GENERAL MUSIC/CHOIR

**Mondays, Oct. 3–Dec. 5 | 4-5pm | Tipton Hall Music Room
Dr. Mirna Cabrera | \$60**

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.**

CREATING ART TOGETHER: A COLLABORATIVE WORKSHOP

Sept. 17 | 10am-Noon | McMillen Hall 201

Deonne Hinz | \$39/couple

For children grades 2 and up with an adult. Make a dot and see where it takes you in this all-time favorite adult-and-me art workshop. Using artist and author Peter Reynolds's book titled "The Dot" and inspiration from famous artist Kandinsky, you will create a collaborative work of art that is inspired by having fun with dots as you create a large work of art you will be proud to hang on your wall. This project is for one younger student and an adult working together to create a painted collage.

STEM CLASS: SPIKE ROBOTICS (GRADES 5 & UP)

**Monday, Tuesday & Wednesday, Sept. 19, 20, & 21, 4-6 p.m.,
McMillen Hall 201, Benjamin Pearce, \$35**

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, for beginner and advanced students. With more than 50 lessons plans, new creations and concepts will be introduced with each SPIKE class that we offer.



ART CAN BE MORE THAN

A SCRIBBLE (GRADES 2-4)

Sept. 27 | 4-5:30pm | McMillen Hall 201 | Deonne Hinz | \$25

This class will explore the science of creating art using lines and color. Art can be way to relax and improve one's ability to focus using a technique of drawing a simple line. Students will also explore how colors are connected on the color wheel, aiding them in finishing their art piece. All material provided.

DISSECTING LAB (SQUID)

Oct. 6 | 11am–Noon | Barnett Hall 110 | Rob Bogardus | \$25

Enhance your knowledge and skills in science and come prepared to dissect a squid. 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. No online registration available for this class.

TROLL TIME (AGES 5-10)

Oct. 29 | 1-4 pm | MC201 | Kandie McCauley | \$15

Put on your most colorful clothes and come celebrate Trolls with other girls your age. We will be making jewelry, troll headbands, watching a video, eating magical rainbow popcorn and much more! Come join the fun!

STEM CLASS: ADVANCED SPIKE ROBOTICS

Oct. 17, 18 & 19 | 4-6pm | McMillen Hall 201

Benjamin Pearce | \$35

This class will build upon the introductory "SPIKE Robotics" class, focusing more heavily on the programming side, as students face new robotic challenges. They will build on the foundation blocks learned in previous classes. New concepts and challenges will be offered with every class. Pre-requisite: SPIKE Robotics class.

TRY YOUR LUCK: A CREATIVE ART EXPERIENCE

(GRADES 3-6)

Oct. 27 | 4:30–6pm | McMillen Hall 213 | Deonne Hinz | \$25

It'll be all fun and games as your creativity is spurred on with the luck of the roll of a dice. Your roll will determine the creation that will emerge. Create a watercolor resist or acrylic painting still life inspired by master artists of the past. Fun for all ages!

OGALLALA

TO REGISTER FOR CLASSES

Online [BCeregister.mccc.edu](https://bceregister.mccc.edu)

Or Call 308-284-9830

Mary Pierce, Ogallala Campus Administrator
512 East B St., Ogallala, NE 69153



FLY TYING FOR BEGINNERS

Aug. 22 | 6-8pm | Big Mac Fly Fishing Club | Adult Class | \$10

What a thrill it will be to catch a fish on a fly you tied! Big Mac Fly Fishing Club members will teach how to tie flies, including popular patterns, in a step-by-step manner.

EVERYTHING GRAPHITE: DRAWING WITH PENCIL

Sept. 10 | 9am-1pm | Dik Haneline | \$79

This course will demonstrate a variety of ways to work in graphite. Principles of basic drawing techniques will be addressed along with a few less conventional ways to manipulate the medium.

CHARCOAL: DRAWING TRICKS & TECHNIQUES

Sept. 24 | 9am-1pm | Dik Haneline | \$79

Charcoal is among the most expressive mediums in art. This class will investigate several ways to manipulate charcoal to solve numerous visual problems associated with drawing. Charcoal can be a bit messy so don't wear your best threads!



RETIREMENT PLANNING TODAY

Tuesdays | Sept. 27 and Oct. 4 | 6-9pm | Marc Werkmeister | \$49

Compare yesterday's methods with today's realities. Discover how to insulate yourself from the risk of rising taxes, maximize your Social Security, and avoid common pitfalls as you distribute your assets in retirement.

HELPING CHILDREN DEAL WITH LOSS

Every Monday in October | 5:30-8:30pm

Zoom Only | \$85 includes book

Adults will learn to help children deal with death, divorce, pet loss, moving, and other losses. Learn how to avoid saying things to children that confuse them, to recognize the signs of grief and to listen without judgment.

PHOTOGRAPHY: FALL MACRO AT THE LAKE

Oct. 1 | 9am-1pm | Lake Ogallala | \$79

Dik Haneline

This offering will address macro photography in the field. Instruction will cover issues in macro photography as well as equipment usage and creative image making. Come join the fun as we explore the world seldom seen!

WOODCARVING WITH ARCHIE

Oct. 20, 27 Nov. 3, 10 | 5-7pm | \$39

Whether you're a beginner or seasoned carver, learn woodcarving techniques from the expert, Archie Silvrants.



RESUMES & INTERVIEW SKILLS

Oct. 6 | 6:30-8pm | Amy Sabatka | \$10

Resumes and interviews are integral parts of the job-hunting process, but they do not have to be stressful. Learn a few tips to lessen the anxiety associated with resumes and interviews.

OGALLALA'S HISTORIC HOMES

Oct. 21 | 6-8pm | \$10 per session

Local historian Tomas England explores Ogallala's historic homes. Learn about the families that built these homes and their contributions to local history. With more than 25 historic homes to cover, this session will be followed by one on March 9, 2023, so mark your calendar.

IMPERIAL

TO REGISTER FOR CLASSES

Online BCeregister.mpcc.edu
Or Call 308-882-5972

Brenda Ledall, Imperial Campus Administrator
1324 Broadway, Imperial, NE 69033



MICROSOFT OFFICE EXCEL 2019 BASICS

Sept. 12, 14, 19 & 21, 3-5pm

Sheri Hink-Wagner | \$69 *includes a resource guide*

Learn how to work with Excel, use basic workbook skills, ranges, creating ranges, simple formulas, copying and moving data, and printing. **This class is an introductory course.**

HEALTHY FOODS FAST WITH YOUR AIR FRYER

Sept. 28 | 6-7:30pm | Nancy Frecks | \$15

Learn how Air Fryers work, the pros and cons of using one, and get some great Air Fryer recipes. Participants will receive a recipe booklet and sample foods during class.

AFFORDABLE MEALS IN MINUTES

Oct. 5 | 6-7pm | Nancy Frecks | \$10

Learn how to plan quick and easy meals to save money and time. This class will focus on planning, purchasing, and preparing meals. Recipes will be available, and one recipe will be prepared during the class.

NATURAL WAYS TO BOOST YOUR IMMUNE SYSTEM

Oct. 11 | 6-7:30pm | Deaun Carpenter | \$79

Herbs can be utilized safely for immune support. This class will explain how herbs can work to provide a protocol when infections do arise, especially for individuals who are prone to sickness.

FOOD SAFETY IN YOUR HOME

Oct. 12 | 6-7pm | Nancy Frecks | \$10

Do you ever wonder about how long food is safe to eat? Safe food storage, preparation, and handling are among the topics that will be discussed during this class to help you and your family prevent food borne illnesses at home.

TRAUMATIC BRAIN INJURY

Sept. 15 | 6-8pm | FREE

The Brain Injury Alliance of Nebraska

Brain injuries are often labeled the "invisible injury" with some of the most extreme physical symptoms, such as, seizures, weakness and paralysis. Join us in learning to identify other subtle symptoms and how to support individuals with this type of injury.



PICKLEBALL

Sept. 19 | 5:30-7pm | Tennis Court (by the Baseball field)

Colette Jessen | \$10

Come and learn about this fast-growing sport! Get introduced to the fundamentals of the game by putting a paddle in your hand and stepping on the court!

Please bring a lawn chair.

HELPING CHILDREN DEAL WITH LOSS

Mondays in Oct. | 5:30-8:30pm | Via Zoom

Deb Hrcka (Grief Recover Specialist) | \$85 *includes book*

This class is for adults to help children deal with death, divorce, pet loss, moving, and other losses. Participants will learn how to avoid saying things to children that confuse them and how to recognize the signs of grief and listen without judgment.

ACRYLICS, COLLAGE & ALTERED BOOKS

Tuesdays in October | 1-4pm | Marcia Bauerle | \$99

This class will explore acrylic collage as a fine art medium, and its application in the creation of altered books. Students will have freedom to create collage works on a traditional 2-D format, or within a bound book format. Emphasis will be on composition, color, quality of application, and spontaneous expression. Printed text and/or journaling within the art will be encouraged.

ROBOTICS FOR YOUTH (AGES 8-11)

Thursdays, Oct. 13, 20 & 27, Nov. 3 | 4:30-6pm

Chance Thayer | \$39

Youth can learn about robotic building and programming with Lego EV3 technology. Apply science, technology, engineering, and math concepts to complete challenges while having fun!

COFFEE BREWING BASICS

Oct. 22 | 10am-Noon | Krista Fueher, Certified Barista | \$20

This class is for those who want to learn about brewing coffee at home, beyond traditional coffee pots. Learn about how to brew coffee using different gadgets that help you create a coffee shop quality experience in your own kitchen.

HOLIDAY TRIMMINGS

Nov. 9 | 6-7:30pm | Trish Dorn | \$39

This class will provide step by step Christmas tree decorating ideas with fun tips and tricks to create a new look to your holiday décor this Christmas season. Bow making will be included.

VALENTINE

TO REGISTER FOR CLASSES

Online [BCeregister.mpcc.edu](https://bceregister.mpcc.edu)

Or Call 402-376-8033

Carolyn Moore, Valentine Campus Administrator
715 East Hwy 20, Valentine, NE 69201



READY FOR WORK: MIG WELDING SKILLS

MWF | Sept 7-Oct 7 | 5-7pm | 5 week class

6 student limit | Jay Herman | \$389 per student

Evening welding classes will take a "hands-on" approach to learning. Safety, welding skills and equipment care are covered in a shop environment where students will produce the precision cuts and welds needed in quality metal fabrication.

CONSTITUTION ALIVE!

Sept. 9 | 6-9pm & Sept. 10 | 9am-4pm | Kolene Woodward

\$52 without book or \$75 with book

Know your Rights! Come learn the Biblical, Historical, and Constitutional foundation of freedom! Gain constitutional knowledge and learn tangible action steps for preserving Liberty!

CONCEAL CARRY WEAPON

Sept 17

Oct 29

8am-4pm | MPCC Campus & gun range | \$100

Nebraska State Patrol required one day course, classroom, and range qualifications, resulting in the training certificate to apply for the State of Nebraska Conceal Carry Permit. Course endorsed by the Cherry County Sheriff's Office and Valentine City Police. Pre-registration is required 2 weeks before class.



IT HAPPENS & WHAT TO DO ABOUT IT

Sept 21 | 5:30-7:30pm | Free | 20 person limit

Topics covered will include wills and estates, POAs, medical POAs, what to do as you become an adult and what to do when your children become adults

ADVANCED PHOTOGRAPHY

Oct 22 | 1-3pm | \$55

Participants need to have a dslr camera and a tripod. Be able to access Fort Falls by the stairs. Trails can be slippery so choose appropriate footwear. Start at MPCC Valentine Campus to go over slow shutter procedures first and participants equipment before heading out to the falls.

HELPING CHILDREN

DEAL WITH LOSS

Every Monday in October | 6:30-9:30pm

via Zoom | \$85 which includes the book

This class is for adults to help children deal with death, divorce, pet loss, moving, and other losses. How to avoid saying things to children that confuse them and how to recognize the signs of grief and listen without judgment.

FALL SILK ARRANGEMENT

Oct 5 | 6pm | \$45 | 12 students max

Bring your friends and family for a fun filled night of making your own personalized fall silk arrangement. All supplies included just bring your imagination!

BASIC FIREARM

TRAINING FOR WOMEN

Oct 15 | 8am-3pm | FREE

This is a non-shooting classroom-based course for women on the basics of firearms. Course focuses on types of handguns, how they function and a basic understanding of ammunition. This course is offered to give the attendee greater insight into all things relating to firearms and how they can be employed for personal defense.

BASIC POUR PAINTING

Two separate classes

Oct. 29 | 1-4pm

Nov. 16 | 5:30-7:30pm

Cost: 11x14 - \$25, 9x12 - \$20, 8x10 - \$15

Pour painting is an art form where you mix acrylic paints and then pour them onto a canvas to create different random looks. In this class you will have the option to choose from two different canvas sizes: 11x14 or 8x10, and 2 to 3 different colors to create your own unique painting. Wear old clothes or bring an apron- this class is as relaxing and messy as it is fun! All supplies are provided. Open to individuals or parent/child combos.

INTRODUCTION OF ROBERTS RULES OF ORDER

Date TBA | Tim Nollette | \$15

Come learn the basic rules of order to be able to run meetings effectively and efficiently.

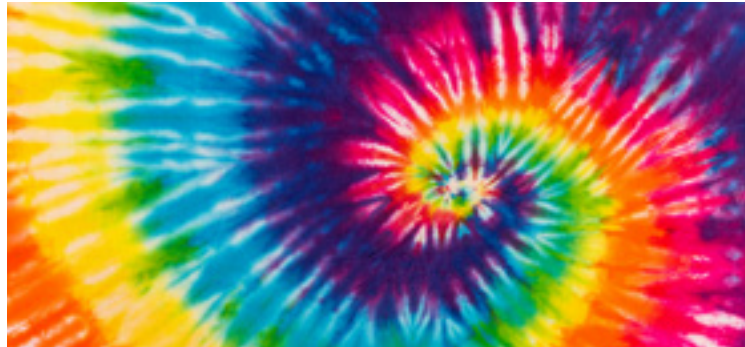
BROKEN BOW

TO REGISTER FOR CLASSES

Online BCeregister.mpcc.edu

Or Call 308-872-5259

Kaci Johnson, Broken Bow Campus Administrator
2520 South E Street (West Highway 2), Broken Bow, NE 68822



THE 1960'S

Thursdays | Sept. 8, 15 & 22, 6:30-9:30pm

\$58 (senior citizens \$25.50)

This course will examine the turbulent 1960's by looking historically at cultural and political movements. Major topics will include the civil rights movement and the Vietnam War.



FINANCIAL SURVIVAL FOR RETIREMENT

Thursdays | Oct. 20 & 27 | 6-9pm | \$49/person/couple)

Discover how to insulate yourself from the risk of rising taxes, maximize your Social Security, and avoid common pitfalls as you distribute your assets in retirement.

COUNTRY DANCE

Sundays | Oct. 2 & 30 | 7-9pm | \$30 per couple

Move to the music! New and former students are encouraged to join the Wrights for fun country dancing!

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.

Check us out at

mpcc.edu/community-and-business/online-classes.php



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,
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.



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

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

bceregister.mpcc.edu