

SPRING 2018

# CONTINUING EDUCATION

Where life and learning connect



## Hubbard Series: Trees

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## NEW! Hands-On Remodeling/ Repair Workshops

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## NEW! Proto Lab courses

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**METROPOLITAN**  
Community College



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## Metropolitan Community College 2018 Issue 1

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# ANIMALS

## Basic Dog Obedience

Basic Dog Obedience with Kristin's Big Moose Dog Training is designed for dogs more than 16 weeks of age. Your dog will be practicing recalls, leash manners as well as learning "sit" and "down" on command, and staying in a sit and down position with controlled distractions. All dogs under one year of age are automatically eligible for the AKC S.T.A.R. Puppy Certification, regardless if they are purebred or mixed breed. At the first class, your dog must be wearing a buckle collar; however, you may also bring any additional training collar you have been using. Your dog will also need a 4-6 ft. leather or nylon leash. (flexi-leads, chain leashes and harnesses are not permitted.) Bring a lot of your dog's favorite treats. To remain in class, you must bring proof that your dog has had rabies, distemper and parvo vaccinations to the first class. For more information, or questions about puppies under 16 weeks of age, contact Kristin, certified professional dog trainer at [kristin@bigmoosedogtraining.com](mailto:kristin@bigmoosedogtraining.com). (six weeks)

**Fremont Area Center, 835 N. Broad St., Fremont, NE**  
 ANIM019B T 11:00A-12:00P 04/03-05/08 \$98  
 ANIM019A T 04:30P-5:30P 05/15-06/19 \$98

## Canine Life & Social Skills B.A. (C.L.A.S.S.)

*Prerequisite: Basic Dog Obedience and dog must be at least one year old.*

Become a member of the Association of Professional Dog Trainers, a program that recognizes and rewards responsible dog owners as well as foster and rescue groups that incorporate training programs and finding dogs a forever home. The first five weeks will prepare you for the 11 C.L.A.S.S. test items. The BA Level Test will be held on week six. Prior to testing, each student must register for an APDT C.L.A.S.S. team number. Go to [mydoghasclass.com](http://mydoghasclass.com) for more details. Dogs must be at least one year old. Supplies to bring to class: buckle collar, 4-6 ft. leather or nylon leash (flexi-leads, chain leashes and harnesses are not permitted). Bring your dog's favorite treats. (six weeks)

**Fremont Area Center, 835 N. Broad St., Fremont, NE**  
 ANIM400 T 11:00A-12:00p 05/15-06/19 \$120

## NEW! Keeping the Crew and Coop: Backyard Chickens

Home gardens, kitchen herbs, farmer markets, CSAs and community allotments—everyone wants to be closer to their local food source. For the entertainment value alone, raising chickens is so worth it—and anyone can do it. Explore how chickens can benefit you and your garden, including learning about local ordinances, licensing and preparing for your backyard chickens while observing and experiencing the ladies in a natural garden setting. Come with plenty of questions and an appetite for a sampling of freshly prepared eggs. Wear appropriate clothing and shoes. There is no bathroom at this location. The instructor is Calandra Cooper. (one session)

**Hidden Roots Community Allotment Garden, 3308 Redman Ave.**  
 ANIM201 SA 02:30P-04:30P 05/26 \$19



## NEW! Pollinators: Honey Bees and Butterflies

Get to know pollinators while learning how to plant a wild flower pollinator garden that honey bees and other pollinators will love to visit. Explore how to create and take home a wild flower garden and salt lick mix and transplant into a home garden. Observe honey bees in an observation hive and learn about beekeeping in Omaha. Go to [mccneb.edu/cesupplies](http://mccneb.edu/cesupplies) for a list of supplies to bring to class. Wear appropriate clothing and garden gloves. The instructor is Calandra Cooper. (one session)

**North Makerhood District, 1141 N. 11th St.**  
 ANIM200 SA 11:00A-01:00P 04/07 \$19

## Rally 4 Fun

*Prerequisite: Basic Dog Obedience*  
 Dogs must be more than 20 weeks of age. Created by Charles "Bud" Kramer, Rally 4 Fun is an agility/obedience hybrid. This class is just for fun. An explanation of rally signs and courses and an AKC sport utilizing all of the things you learned in Basic Dog Obedience. Each class will be working different Rally O courses to solidify the skills you learned in Basic Dog Obedience or to prepare for entering a Rally O show. Supplies to bring to class: buckle collar, 4-6 ft. leather or nylon leash (flexi-leads, chain leashes and harnesses are not permitted). Bring your dog's favorite treats. (four weeks; skips 4/28)

**Fremont Area Center, 835 N. Broad St., Fremont, NE**  
 ANIM020 SA 10:00A-11:00A 04/07-05/05 \$70

## REGISTER ONLINE NOW!

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### The Horse Course 101

Are you a horse enthusiast? Are you thinking about a career in the equestrian world? If you are new to horse ownership or interested in pathways to careers with these amazing creatures, this is the course to get you started. This introduction course to horses will touch on many of the important topics in order to keep a horse happy and healthy. Students will learn about anatomy, nutrition, health and care of the horse. Guest speakers will present on various careers in the equine industry and discuss their background, training and experience. This course includes one field trip to a local farm for hands-on experience. Students of all knowledge bases are welcome. Instructor is Shana Winkel. (five weeks)

Elkhorn Valley Campus, 829 N. 204th St.

ANIM002 M 07:00P-08:30P 04/09-05/07 \$100

### The Horse Course 102

*Prerequisite: The Horse Course 101, placement into Horse Course 102 or approval. Students unable to attend Horse Course 101 or with previous knowledge of horses will have the chance to test into Horse Course 102.*

The Horse Course 102 will build upon the topics learned in Horse Course 101 and will dive into greater detail regarding special topics in horse health and care. A continuation of the discussion about a variety of careers will occur, as guest speakers will be invited to present and answer questions on topics within their area. A tour of the International Omaha Horse Show will be a part of this class. After the completion of this class, students may apply for a one-year internship. Availability of internships will depend on class size and area of interest. A certificate of completion will be given to those who have completed both courses and an internship. Instructor is Shana Winkel. (five weeks; skips 5/28)

Elkhorn Valley Campus, 829 N. 204th St.

NIM003 M 07:00P-8:30P 05/14-06/18 \$100

### Trick Training

*Prerequisite: Basic Dog Obedience. Dogs must be at least one year in age.*

Join this new four-week class focusing on teaching your dog new tricks. Specific tricks will be taught at each class. More importantly, you will learn the foundation of how to train your dog to do tricks, how to break down complicated tricks into specific parts and how to put back together and complete a trick. Once you understand how to train tricks, the possibilities are endless as to what you can teach your dog. Benefits include: getting out of the house and doing something fun with your dog, being able to exercise your dog in addition to your daily walk and show off to your friends and family. It is also great for improving your bond with your dog as well as building confidence of shy dogs. Once you start trick training, your dog will be able to learn faster. Dogs must be at least one year of age. Supplies to bring to class: buckle collar, 4-6 ft. leather or nylon leash (flexi-leads, chain leashes, choke chains, pinch collars and harnesses are not permitted). Bring your dog's favorite treats. (four weeks; skips 4/28)

Fremont Area Center, 835 N. Broad St., Fremont, NE

ANIM402 SA 09:00A-10:00A 04/07-05/05 \$70

## ARTS AND CRAFTS

### 3-D Stained Glass Whirls

Have you been afraid to tackle three-dimensional stained-glass project? This class is for you. A whirl is a six-sided, free spinning glass sculpture, each pattern with a unique design inside. You will learn special cutting techniques for making these difficult cuts, how to reinforce, decorative soldering and overlays. There are many designs to choose from, a pattern is included with class. Copper foil experience and tools required. Your instructor, Jo Heckel, is a much sought after local glass artist and teacher. You will need to bring or purchase your tools and supplies during the class, costs will vary. Visit [pinterest.com/mccneb](https://pinterest.com/mccneb) for photos of this project. Call Rainbow Artistic Glass at 402-330-7676 if you have questions. (four weeks)

Rainbow Artistic Glass, 3709 S. 138th St.

ARTC076 W 06:00P-8:30P 04/04-04/25 \$85

### NEW! Beaded Beads

Make a statement with a focal bead made from small beads in your own unique design. No experience needed. Using a beading needle and seed beads, learn to embellish a larger bead you can use to make a necklace or bracelet. Everything you need is covered by the \$7 lab fee payable to the instructor. Taught by Patti Giorgi. (one session)

Hobby Lobby, 7646 Dodge St.

ARTC039 T 06:00P-08:00P 04/24 \$19

### NEW! Beaded Kumihimo Braiding

Learn to add beads to your kumihimo braids. The Japanese art of braiding with a special disk can be used to make beautiful beaded braided jewelry. Learn how work the braid with beads and make a colorful bracelet. Experience with kumihimo braided preferred but not required. Go to [mccneb.edu/cesupplies](https://mccneb.edu/cesupplies) for a list of supplies to bring to class. The instructor is Patti Giorgi. (one session)

Hobby Lobby, 7646 Dodge St.

ARTC037 M 06:00P-08:00P 05/21 \$19

### \*Blacksmithing Safety Class

*Prerequisite for Blacksmithing Lab.*

Lunch is included. (two sessions)

Blacksmith Shop, 2921 N. 84th St.

ARTC301 SASU 09:00A-05:00P 04/21-04/22 \$300

### \*Blacksmithing Lab

*Prerequisite: Blacksmithing Safety Class*

Does hitting a piece of white-hot steel with a hammer sound like fun to you? Discover the tools of the trade and their uses. Learn proper hammer control and techniques while gaining a working knowledge of almost all processes and techniques that a blacksmith needs. Choose and create objects, some examples include gates, railings, light fixtures, sculptures, tools, decorative items, jewelry and so much more. All tools and equipment are provided. The instructor is Elmo Diaz. (six weeks)

Blacksmith Shop, 2921 N. 84th St.

ARTC302 T 06:00P-10:00P 04/24-05/29 \$150

### NEW! Bob Ross: Angler's Haven

Join this class to paint a spectacular snow-capped mountain looking down on a deep blue stream, surrounded by gorgeous trees and rocks. Go to [mccneb.edu/cesupplies](http://mccneb.edu/cesupplies) for a list of supplies to bring to class or rent them in class for \$33. Time will be taken for lunch. The instructor is Sharon Rodeman, a certified Bob Ross instructor. (one session)

South Omaha Campus, Industrial Training Center, 27th and Q streets

ARTC515 SA 09:00A-03:30P 04/14 \$65

### Bon Appetit Platter

Come decorate this wonderful tray. It could be functional as a serving tray, or just put it out for decoration. It would make a wonderful gift for anyone who likes wine. You don't need to be artistic, the pattern is in the glass already. Pick your own colors and decorate the fused glass tray. Bring \$30 lab fee to class. Call Rainbow Artistic Glass at 402-330-7676 if you have questions. Visit [pinterest.com/mccneb](http://pinterest.com/mccneb) for photos of this project. (one session)

Rainbow Artistic Glass, 3709 S. 138th St.

ARTC052 W 06:00P-8:30P 04/04 \$30

### Calligraphy: The Italic Hand

Would you like to send your holiday, birthday and other personal greetings in beautifully lettered envelopes? Now's the time to begin. You will learn the Italic alphabet plus some tips and techniques to make your writing projects impressive. The \$12 lab fee for supplies should be paid to the instructor on the first night of class. The instructor is Linda Klopp. (four weeks)

Millard North High School, 1010 S. 144th St.

ARTC153 TH 6:30P-08:00P 05/03-05/24 \$55

### \*Ceramics for Beginners

Discover basic principles and skills of studio ceramics. Fabricate a variety of projects involving vessel making (hand-built and wheel-thrown) and sculptural techniques as well as observe various firing and finishing processes. Exploring this new passion could lead to a new hobby or you could even start your own business selling your craft. Supplies included. The instructor is Beth O'Hanlon. **Check out Open Studio Hours on page 29.** (seven weeks; skips 6/20)

North Makerhood District, 1141 N. 11th St.

ARTC101 W 06:00P-08:00P 05/09-06/27 \$150

### NEW! Chain Maille, Spiral Chain

This class is a great introduction to chain maille. Learn how to make a chain necklace of linked jump rings in this very popular dimensional spiraling weave. Use the chain to wear your favorite pendant. Go to [mccneb.edu/cesupplies](http://mccneb.edu/cesupplies) for a list of supplies to bring to class. The instructor is Patti Giorgi. (one session)

Hobby Lobby, 7646 Dodge St.

ARTC038 T 06:00P-08:00P 04/03 \$19



### Coral Bowl

Every bowl is unique, just like coral. You will be guided to cut your own glass and lay out the pattern to create a stunning 12-inch bowl that will be fused, and slumped in the kiln. Students will purchase their glass at the time of class. Cost will range from \$7 to \$35 depending on the type/color chosen. Call Rainbow Artistic Glass at 402-330-7676 with questions. Go to [pinterest.com/mccnebce](http://pinterest.com/mccnebce) to see a picture of this project. (one session)

Rainbow Artistic Glass, 3709 S. 138th St.

ARTC017 TH 06:00P-8:30P 04/12 \$65

### Drawing Fundamentals

Anyone can learn to draw once you learn a few basic techniques. This class will introduce you to the use of line, proportion, value and perspective to allow you to create more realistic drawings. Bring \$20 lab fee to class. Instructor is Kathleen Keller. (seven weeks)

MCC at Do Space, 7205 Dodge St. (second floor)

ARTC455 W 10:30A-12:00P 04/11-05/23 \$63

### Earth Day Suncatchers

Choose your element—earth, air, fire or water. Join us for Earth Day and create a fused glass project inspired by the element of your choice. Designs will be taken to the kiln and can be picked up in a week. Bring a \$12 supply fee. The instructor is Beth O'Hanlon. (one session)

MCC at Do Space, 7205 Dodge St. (second floor)

ARTC404 SU 01:30P-03:00P 04/22 \$13



### Family Art Fused Hand Prints

Advance your fusing experience or let this be your first experience with glass fusion. Join peers in creating this impressive art piece. Handprints of you family will be carved in glass with the use of fiber paper and kiln firing. This will be a family treasure to display in your home, or can be a great gift for parents or grandparents. Bring hand outlines to class. Lab fees and project size will vary depending on the number and size of hands. Glass sizes start at six-inch squares and go up to a 16-inch squares. Call Rainbow Artistic Glass at 402-330-7676 with questions. (one session)

Rainbow Artistic Glass, 3709 S. 138th St.

ARTC189 T 06:00P-8:30P 04/24 \$25

### Fused Glass Garden Stake

This will make a great gift for your favorite gardener. Or it can be a creative accent for your own garden. Make your unique fused glass piece and we will mount it in a decorative metal framed stake ready for a garden display. Bring a \$20 supply fee to class. Call Rainbow Artistic Glass at 402-330-7676 with questions. (one session)

Rainbow Artistic Glass, 3709 S. 138th St.

ARTC031A T 06:00P-8:30P 04/17 \$15  
ARTC031B T 06:00P-8:30P 05/15 \$15

### Girls Night Out! Fused Glass Jewelry

Take a break from the stresses of everyday life and plan a night out with the ladies. Explore how to cut and layer glass to create a unique piece of jewelry. This would make a one-of-a-kind gift or you can keep it for yourself. Bring an \$8 supply fee. Designs will be taken to the kiln and they can be picked up in about a week. The instructor is Beth O'Hanlon. (one session)

MCC at Do Space, 7205 Dodge St. (second floor)

ARTC530 F 06:00P-07:30P 06/08 \$13

### Glass Party

Let's have a party with Adventure in Art and colorful, fusible glass. Explore how to cut and layer glass to create a one-of-a-kind small dish or plate. Learn tricks and design skills so you can jump right into creating. Bring a \$15 supply fee. Designs will be taken to the kiln and can be picked up in about a week. These make great gifts. The instructor is Beth O'Hanlon. (one session)

MCC at Do Space, 7205 Dodge St. (second floor)

ARTC124 F 06:00P-07:30P 04/06 \$13

### NEW! Graduation Glass

Before they're off to college, create a one-of-a-kind, family-inspired graduation gift for your special grad. This will be a great way to spend some quality time together and create a gift that your grad will cherish forever. Choose from a glass plate or a sun catcher. Only the parent should register, your grad is free. Bring a \$15 supply fee. The instructor is Beth O'Hanlon. (one session)

MCC at Do Space, 7205 Dodge St. (second floor)

ARTC200 F 06:00P-07:30P 05/04 \$13

### NEW! T-Shirt Quilt

Looking for a meaningful gift for that graduate or other special person in your life? Explore how to repurpose those sentimental team and championship t-shirts into a quilt. This two-part workshop will allow you to design your quilt, piece your parts together and learn about the finishes and embellishments that will make the quilt very personal. This class will help you get started and point you in the right direction but will also require time away from class. During the first session, get ideas on how you want your finished product to look by incorporating fabric. During the second session, assemble your top, batting and back of your quilt while deciding which methods works best for you. Sewing experience required. Go to [mccneb.edu/cesupplies](http://mccneb.edu/cesupplies) for a list of supplies to bring to class. The instructor is Debra Carlson. (two weeks; skips 4/14 & 4/21)

MCC at Do Space, 7205 Dodge St. (second floor)

SEWI015 SA 09:30A-12:30P 04/07-04/28 \$48

### NEW! How to Make Homemade Premium Soap

Discover how to make earth and animal friendly soaps to please your senses. Experience a lot of hands-on techniques to make your very own batch of soap from scratch. You will make five bars of soap to take home or to give as gifts. This class taught by long time soap maker, Mary Piper, can be the first step to leaping into the soap-making business, or can be the start of a fun hobby. Bring a \$15 supply fee and a sack lunch to class. (one session)

MCC at Do Space, 7205 Dodge St. (second floor)

ARTC306 SA 09:30A-01:30P 04/21 \$36

### Inking Around

Join us for an introduction to using alcohol inks. You will learn several techniques to use while you create four tiles, and one project on paper. They make a great gift, adorn your desk at work or use them as coasters. Bring \$20 lab fee to class. Call Rainbow Artistic Glass at 402-330-7676 with questions. Go to [pinterest.com/mccnebce](http://pinterest.com/mccnebce) to see a picture of this project. (one session)

Rainbow Artistic Glass, 3709 S. 138th St.

ARTC018 T 06:00P-8:30P 05/22 \$45

### Quilling 101

Transform strips of paper into beautiful works of art. Learn the different shapes to create basic flowers, hearts and snowflakes. Perfect for a great craft activity. (one session)

MCC at Do Space, 7205 Dodge St. (second floor)

ARTC158 SU 02:00P-04:00P 04/22 \$29

### Sand Casting Basics

Learn the basics of designing and casting a piece of jewelry using the sand cast method. You will start with a brief lesson of the process followed by a discussion on proper design strategies and implementations to ensure a good casting as well as a wax tool overview. Then the class will be free to experiment on their own carving in wax. Once the wax carving portion is complete, you will move on to transforming the wax design into a sterling silver piece that can be cleaned up and finished on your own. Bring \$35 supply fee. Jewelry designer, Jamie Feinstein is the instructor. (three weeks)

North Makerhood District, 1141 N. 11th St.

ARTC514 T 06:00P-09:00P 04/17-05/01 \$99

### Seniors Watercolor

Are you 50-plus years of age and think you are too old to learn to paint? Think again. In this introductory watercolor class, you will explore basic techniques of mixing and overlaying colors, brush control, use of washes, value and ways to create texture. Bring \$20 lab fee to class. Instructor is Kathleen Keller. (eight weeks)

**MCC at Do Space, 7205 Dodge St. (second floor)**

ARTC312 W 01:00P-03:00P 04/11-05/30 \$72

### Intermediate Watercolor

If you have had previous instruction in watercolor basics, have been using these skills for a while, and would like to refine those skills, this class is for you. Work on putting more depth in your painting; learn how to add texture and to create your own composition. Come with an idea for your next painting or a piece you have already started. Must have all your own supplies. Instructor is Kathleen Keller. (10 weeks)

**MCC at Do Space, 7205 Dodge St. (second floor)**

ARTC398 F 12:00P-02:00P 04/13-06/15 \$118

### Silversmithing: Beginning/Intermediate

Turn silver into your own original jewelry using the silversmithing techniques of sawing, piercing, doming, texturing, bezeling, polishing and coloring. There are lab fees of approximately \$10 for advanced and \$60 for beginners. With volatile silver prices, lab fees could be higher. These fees will be discussed in class and are payable to Jonnie Andersen, the instructor. This class involves the use of power tools and is for adults only. All students must attend the first session, where safety training is mandatory. (eight weeks)

**Pipal Park Community Center, 7770 Hascall St. (behind school)**

ARTC104 W 6:30P-09:00P 04/11-05/30 \$125

### NEW! \*Thrifting Fun: Chalk Paint

Not only is this workshop a way of feeding your creative soul and satisfying your love for thrifting, it's the perfect solution for ugly furniture. Seek and find a small unloved piece of furniture (something you can easily carry) from a local thrift, then come join us as we help you turn your ugly duckling into something uniquely beautiful. On the first day, you'll learn how to make chalk paint and three painting/waxing techniques before returning for day two to complete your masterpiece. You will be surprised at how great it looks, you may even want to start your own business selling furniture. Many supplies are included in tuition, but go to [mccneb.edu/cesupplies](http://mccneb.edu/cesupplies) for a list of supplies to bring to class. The instructor is Calandra Cooper. (two weeks)

**North Makerhood District, 1141 N. 11th St.**

ARTC514 SA 03:00P-06:00P 04/07-04/14 \$55

### Watercolor Painting for Ages 50-Plus

Open the door to a new challenge. Learn to see color, shape and form, and watch as your ideas become watercolor paintings. Acquire knowledge of watercolor techniques and materials. Go to [mccneb.edu/cesupplies](http://mccneb.edu/cesupplies) for a list of supplies to bring to class. The instructor is Barb Bishop. (eight weeks)

**Pipal Park Community Center, 7770 Hascall St. (behind school)**

ARTC216A M 01:00P-03:00P 04/02-05/21 \$89

ARTC216B W 01:00P-03:00P 04/04-05/23 \$89



### Wheel Thrown Pottery for Beginners

Explore the basic skills and techniques to compose a pot or vase on an actual potter's wheel. After your pottery is created, it will be fired. Bring more creativity to the next session and decorate your pottery. After decoration, the pottery will be fired again and available to pick up the next week. Wear old clothing. Exploring this new passion could lead to a new hobby or you could even start your own business selling your craft. Put your hair back. Supplies included. The instructor is Beth O'Hanlon. **Check out Open Studio Hours on page 29.** (three weeks; skips 4/25)

**North Makerhood District, 1141 N. 11th St.**

ARTC135 W 06:00P-08:00P 04/11-05/02 \$60

### NEW! Wireweaving, Zigzag Adjustable Bracelet

Learn to weave with wire. Make a stylish adjustable bracelet adorned with beads and a simple finish to fit any wrist. You will learn a zigzag weave and get lots of tips and tricks for successful wire weaving. Go to [mccneb.edu/cesupplies](http://mccneb.edu/cesupplies) for a list of supplies to bring to class. The instructor is Patti Giorgi. (one session)

**Hobby Lobby, 7646 Dodge St.**

ARTC036 T 06:00P-08:00P 04/10 \$19

### NEW! Wirework, Custom Findings

*Prerequisite: Basic Wirework, or equivalent skill making plain and wrapped loops*

Have you ever made a great wirework project and then had trouble finding the perfect match for the finish of your wire? In this introductory class, you will learn to make simple jewelry findings with wire, including toggles, necklace clasps, headpins and earrings, to perfectly match your wirework projects. Go to [mccneb.edu/cesupplies](http://mccneb.edu/cesupplies) for a list of supplies to bring to class. Instructor is Patti Giorgi. (one session)

**Hobby Lobby, 7646 Dodge St.**

ARTC047 T 06:00P-08:00P 04/17 \$19



## AUTOMOTIVE

### AARP Smart Driver Course

By taking the AARP Smart Driver Course, participants will refresh their knowledge of the rules of the road and learn research-based safety strategies to help maintain their confidence behind the wheel. They will also learn how to adapt to changes—changes in themselves, their vehicles and the driving environment in order to keep driving safely. The class is open to all ages, but is recommended for all drivers age 50 and over. Fees are payable to instructor upon arrival: \$15 for AARP members, \$20 for nonmembers. There are no tests, exams or assessments. Ask your agent to learn if insurance discounts apply. Sweaters or light jackets recommended for your comfort. A snack bar, vending machines or the bookstore are available for refreshments. (one session)

**MCC at Do Space, 7205 Dodge St. (second floor)**

AUAV004A	TH	10:00A-02:00P	04/19
<b>Sarpy Center, 9110 Giles Road, La Vista, NE</b>			
AUAV004B	F	09:00A-01:00P	04/27
<b>South Omaha Campus, Industrial Training Center, 27th and Q streets</b>			
AUAV004C	F	11:30A-03:30P	05/18
<b>Elkhorn Valley Campus, 829 N. 204th St.</b>			
AUAV004D	F	09:30A-01:30P	06/08

### \*Auto Hobbyist

*Prerequisite: Credit Classes: AUTB 1040 - Auto Collision Repair Welding, AUTB 2230 - Nonstruct Repair IV and AUTB 2300 - Auto Refinishing.*

This is an open lab/shop course designed to provide auto restoration hobbyists with access to equipment necessary for automobile restoration. All vehicles must be brought in before and removed at the end of each class day. The College will not store vehicles. Time will be taken for lunch. For safety, there are three prerequisite credit classes you must take for this class with a C grade or better. Basic supplies will be purchased in class. The instructor is Matt Markey. (eight weeks; skips 5/26 & 6/2)

<b>Applied Technology Center, 10407 State St.</b>			
AUAV400	SA	08:00A-01:00P	04/07-06/09 \$250

## BASIC FINANCE

### \*Senior Legal Issues

This class will discuss the legal issues people over the age of 60 commonly face. An attorney will discuss strategies for dealing with financial trouble and collection companies, do's and don'ts of reverse mortgages, planning ahead through Power of Attorney and Health Care Power of Attorney documents, and other relevant topics. The class will include an online demonstration on how to create your own power of attorney and living will. Anyone over 60 and those who care for people over 60 should attend this session. Course materials will be available to attendees. The instructors are attorneys from Legal Aide. (one session)

<b>South Omaha Campus, Industrial Training Center, 27th and Q streets</b>			
FINA589	W	6:30P-09:00P	04/11 \$5

### Stock Market Technical Analysis

Students will learn stock market timing (four to five year) cycle to avoid bear markets. They will also learn which stocks to invest in during bull markets. (one session)

**MCC at Do Space, 7205 Dodge St. (second floor)**

FINA300	W	6:30P-8:30P	04/25 \$29
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## BUSINESS AND PROFESSIONAL DEVELOPMENT

### \*Business Leaders Lunch & Learn Speaking Engagement

Lindsey Spehn, senior consultant at Gallup, will host a Lunch and Learn event at MCC at Do Space discussing Gallup's latest cutting-edge research from their recent State of the American Workplace report and Women in America: Work and Life Well-Lived report. There will be time for discussion and Q&A. Attendees from this event will receive a \$10 discount registration to the Strengths@Work noncredit course series that begins on May 2. Lunch is included in the cost of the class. (one session)

**MCC at Do Space, 7205 Dodge St. (second floor)**

BSAD009	F	12:15P-01:15P	04/20 \$20
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### Strengths@Work™

Would you like to be more engaged, energized and empowered in your workplace? Gallup research supports that people who focus on their strengths every day are six times as likely to be engaged, are more productive (both individually and in teams) and are more than three times as likely to say they have an excellent quality of life. If you want to leverage your talents to transform your professional experience, Strengths@Work™ is for you. In this interactive workshop series, participants will explore Gallup Strengths as they relate to the application and development of strengths in the workplace. Topics covered include recognizing and appreciating talent in self and others, exploring your role in the development of Strengths-based teams and strategically developing your talents in establishing dynamic partnerships in the workplace. Register for Strengths@Work™ to start your quest and become more engaged, energized and empowered in the workplace. Facilitated by Dr. Tammy Madsen, Gallup Certified Strengths coach. Prepare for class by completing Gallup's Top 5 Clifton Strengths assessment at <https://www.gallupstrengthscenter.com/Purchase/en-US/Product>. Bring your results either printed or online to all scheduled sessions. (four sessions)

**MCC at Do Space, 7205 Dodge St. (second floor)**

COMM200	W	5:30P-8:30P	05/02-05/23 \$99
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## How to Sell You

"I just want to do my job. I don't want to SELL myself!" This is how most of us feel about self-promotion. We don't like pitching or hawking our skills in order to get a better job, or to get people to buy something from us. In fact, job hunters, career changers and self-employed folks sometimes go out of the way to avoid self-promotion. But nothing happens until someone sells something. Most of us need to improve our influence skills—especially job seekers, career changers or business launchers. This workshop guides student on how to feel confident and comfortable with their own self-promotion. We'll discover the why, what and how to improve on this skill. Class size is limited to 14 participants. It is led by Paul David Madsen, veteran recruiter, job coach and author. (one session)

**MCC at Do Space, 7205 Dodge St. (second floor)**

BSAD005 T 04:30P-8:30P 05/01 \$52

## NEW! PMP Exam Prep Course

Are you interested in achieving a new career certification goal? If so, this course could be for you. This class is a comprehensive boot camp designed to help pass the PMP® Exam. This course is for individuals who desire to understand how to effectively manage and control a project through completion, have previously been introduced to the Foundations of Project Management, and aspire to pass the PMP® certification test. Ideally, the PMP® test would be taken within one month after taking the Core Curriculum classes (so the material is still fresh in your mind) and after you have received an approved PMI® PMP® Application. (This requires an additional fee.) In addition to the course manual, the class will also test students with PMP® Exam Prep software which simulates the PMP® Exam and contains approximately 1,000 practice questions. (seven weeks)

**MCC at Do Space, 7205 Dodge St. (second floor)**

BSAD013A MW 06:00P-8:30P 04/09-05/23 \$995

## Niche, Pitch, Rich

People will pay you for what you know, what you can do for them or even what you can make. This workshop guides the discovery and delivery of your true niche which is the intersection of your purpose, your experience, your passion and your skill. You'll learn how to identify and find your ideal customer and how to best serve them. Not Branding 101 and not a get-rich-quick scheme, this hands-on workshop will send you home with a detailed strategic plan that clearly identifies who you will serve and how you will serve them. Attendees of this course have typically started or want to start a solo gig, a small business, write a book/blog/podcast or to simply get a different career in a new niche. It is led by Paul David Madsen, a veteran recruiter, job coach and author. (one session)

**MCC at Do Space, 7205 Dodge St. (second floor)**

BSAD012 T 04:30P-8:30P 04/24 \$52



## Small Business Start-Up

Are you ready to follow your dream, or are you hesitant because there's so much that is unknown? Learn the basics of starting a small business, specifically an LLC. In this class, students will be guided through writing a business plan, budgeting for business, risk assessment, online presence, general professionalism and so much more. Bring your questions, business ideas, an open mind and your laptop, tablet and/or smartphone (class syllabus is delivered via email at the beginning of each class meeting). Be prepared to take notes. (three weeks)

**MCC at Do Space, 7205 Dodge St. (second floor)**

BSAD856 TH 5:30P-8:30P 05/10-05/24 \$79

## Small Business Start-Up, Next Level

You've been running your small business for a while now. Things either are going very well or could be going better. What can you do? We will focus on troubleshooting issues that you've encountered on your start-up adventure through sharing ideas and experiences. Maybe that great idea didn't work out but might be just what another business owner needs to hear and vice versa. Bring your questions, business ideas (best, worst and everything in between), an open mind and your laptop, tablet and/or smartphone (class syllabus is delivered via email at the beginning of each class meeting). Be prepared to take notes. (two weeks)

**MCC at Do Space, 7205 Dodge St. (second floor)**

BSAD858 TH 5:30P-8:30P 05/31-06/07 \$62



# COLLECTIVE FOR YOUTH

## TRAIN TO GAIN YOUTH WORK METHOD SERIES

### YOUTH INDUSTRY CERTIFICATE

The Youth Work Methods approach is based on positive youth development research and the desire to create a safe, supportive and productive environment for youth. The approach is premised on the belief that it is a youth worker's job to set up an environment for youth in which needs are met and learning is encouraged—to create a space in which youth can thrive. All courses open to the public.

#### Introduction to the Active Participatory Approach

Youth programs can be optimized for youth needs, motivation and engagement. The Active Participatory Approach to youth work was designed to address these goals. The youth-centered approach is the foundation for the Youth Work Methods Series. (one session)

MCC North Express, 2112 N. 30th St.

BSAD422 M 10:00A-12:00P 04/09 \$0

#### Active Learning

Do you know the difference between active learning and hands-on learning? Giving youth materials is just the beginning. This interactive workshop introduces strategies for incorporating active learning, and helps participants create more powerful learning opportunities for youth. (one session)

MCC North Express, 2112 N. 30th St.

BSAD423 M 10:00A-12:00P 04/16 \$0

#### Ask-Listen-Encourage

Do you communicate with youth in a way that makes them feel supported and heard? This workshop introduces communication techniques that help you build more supportive, youth-centered relationships. Participants learn how to ask effective questions, to listen actively to youth and offer youth encouragement rather than praise. (one session)

MCC North Express, 2112 N. 30th St.

BSAD424 M 10:00A-12:00P 04/23 \$0

#### Building Community

Do you know what it takes to build an emotionally and physically safe space for youth? Building an emotionally safe community of peers and adults is essential for youth to learn and develop as individuals. This interactive workshop will introduce participants to a variety of activities designed to support the community building process. (one session)

MCC North Express, 2112 N. 30th St.

BSAD425 M 10:00A-12:00P 04/30 \$0

#### Cooperative Learning

Do the youth in your programs have opportunities to work together in groups, teaching and learning from each other? Cooperative learning is an excellent way to nurture youth leadership, build community and keep things fun. This interactive workshop will equip participants with grouping strategies and ways to think about building cooperative learning into any program offering. (one session)

MCC North Express, 2112 N. 30th St.

BSAD426 M 10:00A-12:00P 05/07 \$0

#### Homework Help

This course focuses on making homework help time effective helping youth get organized by providing an atmosphere that helps youth focus on their work, and by building a supportive relationship with youth. These elements help participants reconsider Homework Help as an opportunity to build relationships and nurture positive growth, beyond getting the work done. (one session)

MCC North Express, 2112 N. 30th St.

BSAD427 M 10:00A-12:00P 05/14 \$0

#### Planning & Reflection

Are you engaging youth in the critical life skills of planning and reflection? Are you ready to be more intentional about including planning and reflection strategies into your daily activities but not sure where to start? This workshop introduces participants to powerful and easy-to-use methods that promote youth engagement in planning, implementing and evaluating activities and projects. (one session)

MCC North Express, 2112 N. 30th St.

BSAD428 M 10:00A-12:00P 05/21 \$0

#### Reframing Conflict

What role do you play in conflict situations in your program? Do you know how to turn a conflict situation into an opportunity for growth? This interactive workshop introduces participants to a step-by-step model for reframing conflict as well as general principles of conflict resolution. (one session)

MCC North Express, 2112 N. 30th St.

BSAD429 M 10:00A-12:00P 06/04 \$0

#### Structure and Clear Limits

How do you prevent chaos in a youth environment without stifling the positive energy of youth? Youth need structure and clear limits in order to feel safe. This interactive workshop helps participants analyze the level of structure in their programs and practice identifying and maintaining clear limits. (one session)

MCC North Express, 2112 N. 30th St.

BSAD430 M 10:00A-12:00P 06/11 \$0

# Inicia Nuevo Curso para Contratistas

25 de Abril al 27 de Junio, 2018

**Temas de instrucción incluyen:**

- Introducción a la industria de la construcción
- Introducción a conceptos de negocios en general
- Estructura legal
- Impuestos
- Contabilidad
- Mercadeo
- Cobertura de seguros
- Contratos y estados financieros
- Proceso de cotización y propuesta

Duración: 10 clases todos los Miércoles de 6pm a 8pm  
**MCC South Express**  
3002 S. 24th Street, Omaha

**Costo: \$100**

Para obtener más información y para registrarse, llame a Armando Salgado al 402-216-8309 quien puede guiarlo a través del proceso de registración. Cupo limitado



# ENTREPRENEUR CRASH COURSE



This **Entrepreneur Crash Course** is essential to those wanting to start a small business or for current business owners wanting to prepare their company for sustainability and success. An introduction to business practice, legal structure, taxes, marketing, insurance coverage, accounting, employees and overall management strategies will be covered. **You must attend all sessions to receive a Certificate of Completion.** (five weeks)

**DATE** April 24th to May 22nd, 2018

(Tuesdays only)

**TIME** 6 to 8pm

**LOCATION** MMC at DO Space (Second floor)  
7205 Dodge Street, Omaha, NE 68114

**TUITION** \$60

For more information and to register, call Armando Salgado at 402-216-8309 for guidance through the registration process.



### Youth Voice

Are you providing young people with authentic, meaningful choices throughout your program? Does your program reflect the input of the youth involved? Research shows that quality programs incorporate youth input at both activity and organizational levels. This workshop will emphasize the importance of offering real choices and leadership. This interactive workshop is focused on providing meaningful choices within activities and opportunities for youth input within youth program itself. (one session)

MCC North Express, 2112 N. 30th St.  
 BSAD431 M 10:00A-12:00P 06/18 \$0



## OMAHA CHAMBER REACH CLASSES

The following courses are sponsored by the Greater Omaha Chamber REACH program and are free to the public.

A comprehensive approach to ensuring certified small and emerging businesses are ready to bid and capitalize on new projects—and reach their strategic goals. REACH is a collaborative effort, combining resources from many entities to help SEBs grow and prosper. The services include providing financial literacy, technical assistance, access to capital, services that lead to educational opportunities to build overall business acumen. Metropolitan Community College is proud to be a strategic partner of REACH.

For more information, contact Savannah Cuevas, REACH program coordinator, at [scuevas@omahachamber.org](mailto:scuevas@omahachamber.org) or 402-346-5000.

### \*REACH Construction Industry Certificate

The REACH Construction Industry Certificate is a comprehensive course covering the essential basics every small and emerging construction business needs to know. When you own your own small business, there are a lot of hats you have to wear and REACH makes sure you have the tools necessary to do that well. Topics covered include Employment Law & HR, Accounting & Bookkeeping, Construction Law & Contracts, Insurance, Surety Bonding, Blue Beam: Print Reading and Specs, Blue Beam: Scope Identification and Takeoff, Blue Beam: Building an Estimate and lastly, OSHA and Safety Training. (10 weeks)

MCC North Express, 2112 N. 30th St.  
 BSAD007 TH 06:00P-09:00P 04/05-06/07 \$125

## PROFESSIONAL CONTINUING EDUCATION (CEUS)

### CONTINUING EDUCATION FOR ELECTRICIANS

#### \*License Renewal for Electricians

If currently holding a Journeyman or Masters/Contractors Electrical License, you are required to obtain 12 hours of Continuing Education to renew that license in Nebraska. This 12-hour course will provide the most comprehensive look at the changes that affect electrician the most. This seminar meets the 12-hour requirement for the State of Nebraska. Robert Weber is the instructor and is licensed as a code instructor in the following states: Nebraska, Kansas, South Dakota, Iowa and Minnesota. The instructor is a certified IAEI electrical inspector and the CEUs are good in South Dakota, Iowa, Kansas and Minnesota as well as Nebraska. Bring a calculator, scratch paper and a copy of the 2017 NEC to class. The instructor will give out the certificates of completion at the end of class. Lunch is on your own each day. (two sessions)

MCC at Do Space, 7205 Dodge St. (second floor)  
 CEUN100 THF 09:15A-4:15P 04/19-04/20 \$185

### CONTINUING EDUCATION FOR INSURANCE PROFESSIONALS

Metropolitan Community College offers a series of insurance-related courses. All classes and instructors are fully approved by the Nebraska Department of Insurance. You must sign in at each class to verify your attendance. MCC will then register your CEU hours with the Department of Insurance so they are counted toward your license renewal. The instructor is John Smart, CLU, RHU, FLMI, who has more than 25 years of experience in sales and as a professional trainer. *Note: You must attend the whole class to receive CEU credit. Six-hour classes include a lunch break.*

#### \*Tax Aspects of Insurance Cost and Recovery

Life/Health Classification (UC 12923) — six hours  
 This course explores the current tax laws and how they affect insurance products. Federal and state income tax as well as federal estate and state inheritance taxes are examined. A discussion of the proposed changes in the laws and how they may influence the industry should make the insurance professional move informed and better able to assist their clients. (one session)

South Omaha Campus, Industrial Training Center, 27th and Q streets  
 INSU505 TH 09:00A-04:00P 04/19 \$96

**\*Ethical Case Studies**

Ethics Classification (UC 8836) — three hours  
 The purpose of the course is to stimulate thinking and to address ethical considerations. The material includes a review and discussions of five situations an insurance agent might be faced with in their relationships with their company, their client and the general welfare of the public. The situations discussed have been taken from actual cases or events. (one session)

Elkhorn Valley Campus, 829 N. 204th St.  
 INSU525B F 09:00A-12:00P 04/20 \$48

**\*Unfair Trade Practices**

Ethics Classification (UC 12373) — three hours  
 A review of insurance unfair trade practices as relating to the ethical responsibilities of the insurance professional. Items discussed will include the effect these practices have on the buying public and the confidence or lack of confidence on the part of the consumer as well as the State and Federal government's role in monitoring insurance companies and individual agents. Administrative actions and penalties of those who are engaged in these practices will be addressed. (one session)

Elkhorn Valley Campus, 829 N. 204th St.  
 INSU528B F 01:00P-04:00P 04/20 \$48

**\*Workers' Compensation - The Disability Gap**

Property/Casualty Classification (UC 6673) — six hours  
 This course explores in detail the NCCI workers' compensation and employers liability policy. Information will include a review of the evolution of workers' compensation laws in America and early attempts to provide employer responsibility to workers in a growing industrialized nation. Also discussed will be the principal features of workers' compensation to include types of benefits, compensable injuries and types of disabilities covered as well as principal features of part two employers liability policy. (one session)

South Omaha Campus, Industrial Training Center, 27th and Q streets  
 INSU514 TH 09:00A-04:00P 05/17 \$96

**\*Cost of Insurance Fraud**

Ethics Classification (UC10496) — three hours  
 We will review the problems and cost of insurance fraud and the effect on insurance premiums, consumer confidence in the industry and the financial impact to the financial stability of insurance companies. (one session)

Elkhorn Valley Campus, 829 N. 204th St.  
 INSU530B F 09:00A-12:00P 05/18 \$48

**\*The Changing Face of the Insurance Industry**

General Classification (UC 9866) — three hours  
 The purpose of this course is to review the history of the insurance industry to include the earliest insurance contracts and formation of the present day insurance organizations and distribution systems. A further look will address the trends in the industry today and how these and other concepts will change the face of the industry in the future. (one session)

Elkhorn Valley Campus, 829 N. 204th St.  
 INSU526B F 01:00P-04:00P 05/18 \$48



**COLLEGE FOR KIDS**

**NEW! Fun with Functions in Spreadsheets**

Spreadsheets are a powerful tool that can be used in a variety of ways from organizing and graphing data to simulating experiments. In this course, you will learn how to use various functions in Google Sheets (spreadsheet program). Ages 8 to 11. (one session)

MCC at Do Space, 7205 Dodge St. (second floor)  
 KIDS008 SA 09:30A-12:30P 04/07 \$42

**NEW! Programming Drawings Using JavaScript and Processing JS Library**

Learn how to use the JavaScript language and the Processing JS library to create fun drawings in Khan Academy. Ages 8 to 11. (one session)

MCC at Do Space, 7205 Dodge St. (second floor)  
 KIDS009A SA 09:30A-11:30A 04/14 \$29  
 KIDS009B T 05:00P-07:00P 04/24 \$29

**Robotics: Engineering and Coding**

This course is designed for the beginning learner to foster critical thinking and creativity in a STEM-based environment. Design thinking methodology is incorporated to draw upon logic, imagination, intuition and systemic reasoning to provide a solution-based approach to solving problems. Students will use their newly acquired skills to ideate and create programs designed to overcome robotics competition-style challenges and engineering problems. Many of the activities are team-based to simulate real-world robotics competitions to further engage communication and collaboration. Ages 9 to 13. (four weeks)

MCC at Do Space, 7205 Dodge St. (second floor)  
 KIDS387 SU 01:00P-04:00P 04/08-04/29 \$189



## COLLEGE FOR TEENS

### NEW! Improv Drop-In for Teens

Tame your curiosity about improv. Explore games and techniques in a supportive environment that will help you discover your spontaneous, comedic and imaginative side. Develop your theater and interpersonal skills all while having a blast. (one session)

**MCC at Do Space, 7205 Dodge St. (second floor)**

TEEN004 SA 09:30A-12:30P 04/28 \$29

### NEW! Yoga for Teens

**For a limited time only, bring a friend for free.** Being a teenager is tough. Stress related to school, jobs, activities, and family and friends can take a toll on young people. More than ever, teens need to have real life coping strategies to manage stress, maintain balance and stay healthy. Yoga practice works on the whole person, body and mind, to help create a greater sense of overall wellness. In addition to mindfulness, postures/movement and breathing, you will explore strategies for calming the body and cultivating a positive inner voice so you can successfully navigate the challenges of growing up. No prior yoga experience is necessary. Wear comfy clothes, bring a yoga mat, a thick towel or blanket, a notebook and pen. Only one person must register. The instructor is Lizz Cowley. (eight weeks)

**Westside Community Conference Center, 3534 S. 108th St.**

**(lower level, park in the back)**

TEEN003 TH 07:00P-08:00P 04/12-05/31 \$65

### NEW! Robotics: Engineering and Coding II

This course is for learners who have taken the Engineering and Coding sessions at MCC or have an understanding of basic coding. Using robotics, basic electronic components will be introduced. Students will then use their obtained knowledge of electronics to solve a robotic-based challenge(s). Design thinking methodology and challenges will be used to simulate team-based communication and collaboration. Ages 9 to 13. (four weeks; section B skips 5/27)

**MCC at Do Space, 7205 Dodge St. (second floor)**

KIDS388A	SU	01:00P-04:00P	04/08-04/29	\$189
KIDS388B	SU	01:00P-04:00P	05/20-06/17	\$189

### NEW! Wheel Thrown Pottery for Kids

Join this class and explore the basic skills and techniques to create a pot or vase on an actual potter's wheel with your mom or dad. After your pottery is created, it will be fired. Bring more creativity to the next session and decorate your pottery. After decoration, the pottery will be fired again and available to pick up the next week. This will be a memory you and your mom or dad can cherish forever. Wear old clothing. This is a child/parent class. Only the child should register. Supplies are included. The instructor is Beth O'Hanlon. Ages 7 to 12. (three weeks; skips 5/19)

**North Makerhood District, 1141 N. 11th St.**

KIDS701	SA	10:00A-12:00P	05/05-05/26	\$60
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## REGISTER ONLINE NOW!

Scan this code with your mobile device's QR code reader-connect to the online courses page. It's easy.



# COMMUNICATION AND WRITING

Author-journalist-blogger Leo Adam Biga resides in his hometown of Omaha, Nebraska. His articles appear in various newspapers and magazines and he has been recognized by his peers at the local, regional and national levels. He was the 2015 recipient of the Andy Award for international journalism from his alma mater, the University of Nebraska at Omaha. He is the author of several books, including "Alexander Payne: His Journey in Film" and "Crossing Bridges: A Priest's Uplifting Life Among the Downtrodden." His Alexander Payne book, now in its second edition, is a collection of Biga's extensive articles and essays about the Oscar-winning filmmaker over a 20-year span. The book gives readers a deep look inside the writer-director's creative process. The writer hosts a popular blog, leoadambiga.com, and Facebook page, "My Inside Stories," where you can read his current and past stories and get his takes on movies, sports and other popular culture subjects.



## INSTRUCTOR SPOTLIGHT FEATURING LEO BIGA

### Did you know Oscar winner Alexander Payne was born and raised in Omaha?

#### \$\$ BUNDLE \$\$ Alexander Payne: His Journey in Film

Take this opportunity to explore the creative process of Hollywood filmmaker Alexander Payne through screenings and discussions of his work. The book "Alexander Payne: His Journey in Film" serves as an informal guide for this appreciation of the American cinema master who calls Omaha home. Register for all five classes and get one free. If you register for all five classes, you can purchase the book at a discount for \$20 from the instructor. Must be 18 years old or older. (five weeks)

MCC at Do Space, 7205 Dodge St. (second floor)

COMM305 SA 09:30A-12:30P 04/14-05/12 \$40

#### NEW! Alexander Payne: Paris Je t'aime, 14 Arrondissement, Hung, et cetera.

Between "Sideways" and his next feature, Payne directed two short works: "14 Arrondissement," his installment for the omnibus film "Paris Je t'aime;" and the pilot episode for the HBO series "Hung." He and Jim Taylor also did write-for-hire gigs on blockbuster movies ("Jurassic Park III") and Payne produced films as well. Must be 18 years old or older. (one session)

MCC at Do Space, 7205 Dodge St. (second floor)

COMM300 SA 09:30A-12:30P 04/14 \$10

#### NEW! Alexander Payne: The Descendants

After a hiatus, Payne enjoyed a triumphant return to features with "The Descendants." This tale of a man coping with a family crisis marked Payne's second project with mega-star George Clooney and second feature shot outside Nebraska (Hawaii). This was the filmmaker's first experience writing a feature without Jim Taylor and his script work won him his second Oscar. Must be 18 years old or older. (one session)

MCC at Do Space, 7205 Dodge St. (second floor)

COMM301 SA 09:30A-12:30P 04/21 \$10

#### NEW! Alexander Payne: Nebraska

Many years had passed since Payne made a film in his home state and he returned to make arguably his most artful to date, "Nebraska." Distinguished by its fine ensemble cast, rural settings, black and white photography and Oscar-nominated script by Robert Nelson, the film follows a father-son road trip of healing and discovery. The small pic didn't do much at the box-office, but it was warmly received by those who saw it. Must be 18 years old or older. (one session)

MCC at Do Space, 7205 Dodge St. (second floor)

COMM302 SA 09:30A-12:30P 04/28 \$10

#### NEW! Alexander Payne: Downsizing

Payne ventured into new territory with "Downsizing," his first big visual effects film. For it, he collaborated with Matt Damon, who heads a large international cast, and reteamed with old writing partner Jim Taylor. The late 2017 release filmed in Los Angeles, Omaha, Toronto, Norway and other spots has an original take on a looming world crisis. Must be 18 years old or older. (one session)

MCC at Do Space, 7205 Dodge St. (second floor)

COMM303 SA 09:30A-12:30P 05/05 \$10

#### NEW! Alexander Payne: Recap/Looking Ahead

Few filmmakers have accumulated a body of work of such depth and quality as Payne has in two decades. He's given us much to think about already, but he may only be at the mid-point of his career, which means there's much more to come. It's fun to speculate on what might come next from him. Must be 18 years old or older. (one session)

MCC at Do Space, 7205 Dodge St. (second floor)

COMM304 SA 09:30A-12:30P 05/12 \$10



### How to Publish a Kids Book

Is publishing a book for kids on your bucket list? Many people have stories they would like to share, but have no idea where to start. This class starts with what you need to know: the business of publishing itself. Then we'll cover getting an agent and a publisher versus self-publishing options. We'll dig into hiring an illustrator, book designer and printer, testing your story on your target market, plus how to organize and write for a picture book, an early reader or even a young adult audience. You'll see live examples of formats for printed books, audio, e-books and other products that go with books. Learn what you need to do and when, why you need to do it, and how to get it done to publish a book the kids will love. Presented by 33-year publishing veteran, Lisa Pelto. (one session)

**Fort Omaha Campus, Building 10, 5370 N. 30th St.**  
 COMM537A TH 06:00P-09:00P 04/12 \$29  
**Elkhorn Valley Campus, 829 N. 204th St.**  
 COMM537B W 06:00P-09:00P 06/20 \$29

## WRITING SERIES

### How to Write Your Book

Write the book of your dreams. Learn surprising facts about publishing today and why profound changes in the publishing industry make this the best time ever to write and publish your book. Assess the type of writer you are, learn the techniques that pros use to focus on writing, and find out the mechanics of preparing a manuscript for publication in print and e-book. Book editor Sandra Wendel and book marketer Lisa Pelto offer little-known tips for finding time and getting words on paper and into print. Ideal for memoirs, nonfiction and children's book authors. (one session)

**Sarpy Center, 9110 Giles Road, La Vista, NE**  
 COMM005 SA 09:00A-12:00P 04/07 \$29

### How to Publish Your Book

Publish your book is easier than you think with small-run digital printing, e-books and independent publishing as a small business. Gone are the days of query letters and agents. Make your book dream a reality. Book marketer Lisa Pelto and editor Sandra Wendel will take you step-by-step through the many options and costs. This class is for writers of all types of books, including fiction. If you haven't put words on paper yet, attend the class How to Write Your Book first. (one session)

**Sarpy Center, 9110 Giles Road, La Vista, NE**  
 COMM525 SA 09:00A-12:00P 05/05 \$29

### How to Market Your Book

Learn the most effective strategies for marketing your book from publishing experts Lisa Pelto and Sandra Wendel. Whether you are traditionally published or have independently publishing an e-book or printed book, you must take the lead to create a knock-'em-dead book campaign to be successful, you'll wear the hats of marketing director, publicist, event coordinator, speaker's bureau and advertising coordinator. Learn what goes into a winning press release, how to pitch to the media, market your book to the trade and directly to consumers and how to develop an effective and coordinated online presence that includes the power of social media. In addition, you will craft an effective marketing message and your elevator speech, along with receiving a tutorial on the online options. You will receive the greatest benefit by taking these classes in sequence; How to Write Your Book, How to Publish Your Book and How to Market Your Book. (one session)

**Sarpy Center, 9110 Giles Road, La Vista, NE**  
 COMM530 SA 09:00A-12:00P 06/09 \$29

## COMPUTERS AND TECHNOLOGY

### 101 Tips and Tricks for Your PC

Use your PC more efficiently and increase your productivity by learning dozens of tips, tricks and shortcuts involving the operating system, keyboard, desktop navigation, internet, editing text, fonts, special characters, maintenance, viruses, monitors, disks, sound and more. (two weeks)

**MCC at Do Space, 7205 Dodge St. (second floor)**  
 COMP605A SASU 09:15A-12:15P 04/07-04/08 \$62

### Adobe Photoshop Basics

Learn the basics of Adobe Photoshop, the toolbar and menu functions, how to manipulate a digital image, learn basic photo correction, basic layers and filters. You are welcome to bring scanned/digital photos you would like to experiment with. Bring a flash drive (16GB recommended) if you would like to save any of your files. (one session)

**Elkhorn Valley Campus, 829 N. 204th St.**  
 COMP421 SA 09:00A-12:00P 04/14 \$42

### Adobe Photoshop, Intermediate

*Prerequisite: Adobe Photoshop Basics or a basic understanding of Photoshop.*

Topics will include creative text, selection/masking techniques, photomerge, content aware, bridge and minibrige, painting techniques, puppet warp, 3-D animation, and basic photo restoration and enhancement. You may bring and practice on your own scanned/digital photos. Bring a flash drive (16GB recommended) if you would like to save any of your files. (one session)

**Elkhorn Valley Campus, 829 N. 204th St.**  
 COMP423 SA 09:00A-12:00P 04/28 \$42



## Beginning Facebook

*Prerequisite: Must be comfortable using the internet. Must be able to get into your email account away from your home computer.*

Does it feel like everyone that you know is on Facebook? Do you want to join in, but aren't sure how to start? This is the class for you. In this class, you will learn how to set up a profile page, put privacy and security settings in place, find friends and share comments. If you have a Facebook account, you must know your Facebook login, email and password and be able to login to your Facebook account away from your home computer. If you do not currently have a Facebook page, arrive 30 minutes early so we can get an account created for you before class begins. We will be using a Windows-based platform. This class does not address the Facebook mobile app. (one session)

**Sarpy Center, 9110 Giles Road, La Vista, NE**

COMP403 SA 01:00P-04:00P 06/02 \$42

## Intermediate Facebook

*Prerequisites: Beginning Facebook. Must be comfortable using the internet. Must be able to get into your email and Facebook accounts away from your home computer or mobile device.*

This class will do a review of basic Facebook skills and then you will spend time using Facebook with instructor assistance. This course is for someone who has been using Facebook but still has questions about some of the basics. Most of the time will be spent as hands-on practice using what was learned in the beginner class with other new skills added. We will be using a Windows-based platform. This class does not address the Facebook mobile app. (one session)

**Sarpy Center, 9110 Giles Road, La Vista, NE**

COMP405 SA 01:00P-04:00P 06/09 \$42

## Advanced Facebook

*Prerequisite: Beginning and Intermediate Facebook. Must be comfortable using the internet. Must be able to get into your email and Facebook accounts away from your home computer or mobile device.*

This class will look at the advanced features that Facebook has to offer. We will do a brief review of the beginning and intermediate class material, and then get into creating albums, groups and events. We will be using a Windows-based platform. This class does not address the Facebook mobile app. (one session)

**Sarpy Center, 9110 Giles Road, La Vista, NE**

COMP406 SA 01:00P-04:00P 06/16 \$42

## Blogging for Beginners

Are you considering starting a blog or are you a new blogger? Nicole McDonald, an eight-year veteran, will discuss the basics. Topics will include determining if blogging is right for you, selecting a niche topic, choosing a blog platform and domain name. Walk through the basic steps of creating a new blog and posting valuable content that will attract new readers. Discover which tools are essential for every blogger. (one session)

**MCC at Do Space, 7205 Dodge St. (second floor)**

COMP489 TH 05:45P-08:45P 06/07 \$42

## Blogging for Profit

Are you a blogger? Are you ready to transform your blog into a business and start earning money? Instructor, Nicole McDonald, a fulltime blogger with more than eight years of experience, will share blog monetization strategies. Everything from affiliate income, selling ad space, creating products, joining ad networks and securing sponsored posts. Learn how to create content that keeps readers coming back for more and start making money. (one session)

**MCC at Do Space, 7205 Dodge St. (second floor)**

COMP494 TH 05:45P-08:45P 06/14 \$42



## Build a Free Website with WordPress

In this course, you will learn how to use WordPress to build a beautiful, free website for fun, a special event or a small business. Using WordPress doesn't require coding skills or special software. An internet connection and your imagination is all that is required. (one session)

**MCC at Do Space, 7205 Dodge St. (second floor)**

COMP001A TH 05:45P-08:45P 05/10 \$42

## Build Movies and Movie Trailers on the iPad

This is the perfect application to highlight your family vacation or other special events with friends. In this class, you will learn how to build fun and easy slideshows from the pictures and movies in your Photo Library. You will be surprised how easy Photos, iMovie and iTunes work together to let your creative juices flow while you make impressive movies and movie trailers on the iPad. This class is very popular and fills quickly. Bring your iPad and power cable to class with the pictures and movies loaded in your Photos Library. Don't forget to load up your favorite music in iTunes. (one session)

**MCC at Do Space, 7205 Dodge St. (second floor)**

COMP341 SA 09:15A-12:15P 06/09 \$42

## Build Movies and Slideshows on the Mac

Let's build exciting movies and slideshows together using iMovie software. Learn to organize and edit your movie clips or photos and insert music or voiceover audios. This is a very popular, easy-to-use software included on all new Mac computers and interfaces extremely well with Photos and Garage Band. This is all you need to build travel movies and exciting slideshows. Bring your Mac computer and power cable to class with photos loaded in your Photos Library. No iPads. If you have pictures and movies on an SD card, CD or thumb drive, bring them and we will load those into the Photos Library on your computer. (one session)

**MCC at Do Space, 7205 Dodge St. (second floor)**

COMP342 SA 09:15A-12:15P 06/02 \$42



### Build Your Own Website

You don't have to be a web designer to build a professional looking website. Learn to build an easily navigated website for your hobby, small business and everything in between. We will work with HTML as well as an online website builder and also explore adding Google, PayPal and other elements to your site. Class content is delivered via email at the beginning of each class meeting. Students will need to log in to their email accounts to access content. Bring your own laptop or use an MCC laptop. (two weeks)

**MCC at Do Space, 7205 Dodge St. (second floor)**

COMP474 TH 5:30P-8:30P 04/12-04/19 \$62

### Computer Skills for the Workplace

This course is a great introduction to Windows, integration of MS Office, Gmail and Cloud computing and is designed to provide the fundamental computer competencies you need to survive and prosper in today's fast-changing workplace. You will learn how to implement the powers of modern office software to work faster and more efficiently. We'll focus on practical application for software most common to the workplace. When you finish this course, you will have learned why employers consider technological literacy so critical to the success of any organization. (three weeks)

**MCC at Do Space, 7205 Dodge St. (second floor)**

COMP235 FSASU 09:15A-12:15P 04/13-04/15 \$79

### Creating Videos with PowerPoint

Do you have a big event coming up? Want to create a video for work or pleasure? This course will allow you to create an amazing video to enhance the occasions. Bring in pictures and turn them into magic. You will also learn how to download free music to incorporate in the video. (two weeks)

**MCC at Do Space, 7205 Dodge St. (second floor)**

COMP104A SASU 09:15A-12:15P 04/21-04/22 \$62

### Gmail for the Beginner

*Prerequisite: Must be comfortable using the internet.*

Want an email account that you can access anywhere, on any computer? Gmail is easy, free and does not depend on your internet provider. This beginner level class is designed for those who have an account but need more instruction or for those new to Gmail. You will learn the basics of messaging, archiving messages, adjusting the settings, etc. Bring your Gmail login and password to class or arrive early if you need to create a Gmail account. We will be using a Windows-based platform. This class does not address the mobile Gmail app. (one session)

**Sarpy Center, 9110 Giles Road, La Vista, NE**

COMP500 SA 01:00P-04:00P 05/12 \$42

### Gmail: The Next Steps

*Prerequisite: Gmail for the Beginner and must be comfortable using the internet.*

After a quick review of our Gmail for the Beginner class; you will dive deeper into Gmail, learning more advanced features such as sending attachments, using labels, filtering messages and much more. Bring your Gmail login and password to class. We will be using a Windows-based platform. This class does not address the mobile Gmail app. (one session)

**Sarpy Center, 9110 Giles Road, La Vista, NE**

COMP501 SA 01:00P-04:00P 05/19 \$42

### NEW! History of Computer Culture

We will begin our story in 1955, on the main campus of the Massachusetts Institute of Science and Technology. As our exploration of computer culture continues towards present day, the resounding impacts of influential groups such as the Tech Model Railroad Club and the Homebrew Computer Club can still be seen and felt in computer culture. The rapid revolution of the computer has resulted in a truly remarkable community. (two weeks)

**MCC at Do Space, 7205 Dodge St. (second floor)**

COMP200 SA 10:00A-12:00P 05/05-05/12 \$59

### I Have a New iPad. Now What?

This class is for the absolute beginner who wants to know the bare-bone basics on how to use the iPad. We will explore the various features such as email, internet, contact book, calendar and the other useful apps that come preloaded on the iPad. Bring your Apple ID and password information. Bring your email address and password if you need to set up your email account. The instructor is Chuck Williams. (one session)

**MCC at Do Space, 7205 Dodge St. (second floor)**

COMP922 T 06:00P-08:00P 06/05 \$29

### iCloud

Save time and work using iCloud. Saving files is very important. If your Apple device crashes, is lost or stolen, you may lose contacts, documents or those special photos and videos. iCloud is a great solution for backing up your Apple devices. Once your chosen documents, photos, etc., are in iCloud, you can bring them down on any device—even on Windows. Learn how to manage your iCloud account to get the most out of it. (one session)

**MCC at Do Space, 7205 Dodge St. (second floor)**

COMP425 SA 09:15A-12:15P 04/14 \$42

### Internet Safety

Protect your privacy and use the internet safely. Don't let news about internet risks deter you from taking full advantage of its benefits. The web is such an amazing and useful resource for connecting with friends and family, shopping, banking, catching up on current events and getting help in many ways. In this class, you will learn: how and why risks occur; steps to protect yourself from identity theft, fraud and email scams; tips for creating strong passwords and storing them safely; information you need to keep your online banking and shopping accounts safe. This class will assist you in being confident so that you can enjoy a connected, digital life online. (one session)

MCC at Do Space, 7205 Dodge St. (second floor)

COMP472 SA 09:15A-12:15P 06/23 \$42

### Intro to Illustrator

Students will learn basic Adobe Illustrator skills, which will enable them to create simple illustrations and logos. This class will touch on using the type as well as pen and drawing tools in Illustrator. (two weeks)

MCC at Do Space, 7205 Dodge St. (second floor)

COMP464 MW 5:30P-8:30P 04/23-04/25 \$62

### Intro to InDesign

You will learn basic Adobe InDesign skills, which will enable them to create flyers, reports, brochures, newsletters, business cards and more. This class will explore creating documents with images and text, as well as touch on things like master pages, time saving tips for handling large amounts of text and sending files to print. (two weeks)

MCC at Do Space, 7205 Dodge St. (second floor)

COMP465 MW 5:30P-8:30P 04/30-05/02 \$62

### NEW! Intro to Internet and Email

Explore the internet and discover all it has to offer. Learn to protect yourself with safety techniques you can use to help ward off identity theft, scams and fraudulent activities while still experiencing everything the web has to offer. Discuss the threats presented by viruses, spyware and malware, and how to prevent and protect against them. Discover how easy it is to find the information you're looking for with internet search engines. Learn how to download items to your computer, organize your favorite websites for fast, easy access and practice using email after setting up your own free Gmail account. (four weeks)

MCC at Do Space, 7205 Dodge St. (second floor)

COMP475 TH 01:00P-04:00P 04/05-04/26 \$99

### NEW! iPhoneography—Taking Better Pictures with Your iPhone

This class will discuss a variety of techniques you can use for taking better pictures with your iPhone in areas of composition, silhouette, reflective and street photography. You will learn how to adjust exposure and "select focus" on subjects, plus other camera settings on the iPhone. We will also discuss the benefits of using the HDR (High Dynamic Range) and Live settings in your photography. You will leave class with some fun photo projects to apply what you learned. Bring your iPhone to class. (one session)

MCC at Do Space, 7205 Dodge St. (second floor)

COMP014 SA 09:30A-11:30A 04/21 \$29

### NEW! Learning More About the iPad

This class is for iPad owners who want to expand their knowledge and use of the iPad. In this class, we will discuss and demonstrate the various apps that come preinstalled on the iPad, e.g., contacts, calendars, notes, music, etc. We will also discuss the iCloud and why it is important. Bring your iPad and power cable to class. (one session)

MCC at Do Space, 7205 Dodge St. (second floor)

COMP347 T 06:00P-08:00P 06/12 \$29



### Maintaining Your Website

You've got a shiny, new website. Now what? How will folks find your website? Is your SEO getting traffic to your site? What improvements or changes are needed? In this class, you will explore keeping a website maintained, including the use of Google Analytics and other applications. (two weeks)

MCC at Do Space, 7205 Dodge St. (second floor)

COMP009 TH 5:30P-8:30P 04/26-05/03 \$62

### Microsoft Excel Level 1

Discover the basics of Excel 2013 to include opening, navigating, entering text and numbers, and closing the workbooks or program. The student learns to enter, edit, find and replace information. Working with formulas and basic functions to cut, copy and paste is covered, along with formatting, printing, creating charts and working with pictures and graphics. Books are available for purchase for \$20. The instructor is Bonnie Nelson. (three weeks)

Millard South High School, 14905 Q St. (use main east entrance)

COMP230 M 06:00P-09:00P 04/09-04/23 \$79

### Microsoft Excel Level 2

This course picks up where Microsoft Excel Level 1 left off. Topics covered include working with large worksheets, using multiple worksheets and workbooks. Linking worksheets and workbooks will be covered as well as advanced formatting, including styles and themes. List management (database), range naming outlining and tables will be covered. Web page features covered include publishing, hyperlinks, emailing and publishing as a PDF file. The class will conclude with inspecting and protecting documents and using templates. Books are available for purchase for \$20. The instructor is Bonnie Nelson. (three weeks)

Millard South High School, 14905 Q St. (use main east entrance)

COMP231 M 06:00P-09:00P 05/07-05/21 \$79



### MS Office Skills for the Workplace

Join this overview of four of Microsoft's most popular programs: Word, Excel, PowerPoint and Access. Learn to create professional documents in Word, how to use formulas in Excel, create presentations in PowerPoint and maintain a database of addresses in Access. (three weeks)

**MCC at Do Space, 7205 Dodge St. (second floor)**

COMP456 SA 09:15A-12:15P 05/05-05/19 \$79

### Organize/Edit Photos on the iPad

Explore simple editing techniques such as straightening, cropping, color adjustments and minor touchups of your photos using the iPad. You will also learn how to create simple slideshows and how to share them with friends and family using Facebook and email. Bring your iPad and power cable to class with photos loaded in your Photos Library. If you want to transfer photos from your camera to your iPad, you will need an SD card reader with a lighting connector. (one session)

**MCC at Do Space, 7205 Dodge St. (second floor)**

COMP923 T 06:00P-08:00P 06/19 \$29

### Organize/Edit Your Photo Library on the Mac

Learn easy and effective ways to organize your photo library by using events, albums, smart albums, faces and the keywords search feature in the Photos. We will also explore simple and advanced editing techniques such as straightening, cropping, color adjustments and minor touchups. Bring your Mac computer and power cable to class with photos loaded in your Photos Library. No iPads. If you have pictures on an SD card, CD or thumb-drive, bring them and we will load those into the Photos Library on your computer. (one session)

**MCC at Do Space, 7205 Dodge St. (second floor)**

COMP346 TH 06:00P-08:00P 05/31 \$29

### NEW! Powerful Plugins for Your WordPress Site

Plugins on a WordPress website can empower it to do amazing things. From easily creating stunning image galleries to collecting user information, plugins allow you to enhance the capabilities of your website without the need of specialized coding skills. Whether you're just starting to build a new WordPress site or looking to improve one you already have, this course will teach you how to use 10 must-have plugins. (one session)

**MCC at Do Space, 7205 Dodge St. (second floor)**

COMP103A TH 05:45P-08:45P 04/19 \$42

### PowerPoint Basics

Learn the basics of creating a PowerPoint presentation. This course will cover themes and how to edit them. Learn to add pictures, sound, graphics, text and video. You will also learn how to spice things up with animations and transitions. This class will teach you everything you need to know to make a quality presentation. Class taught by Duane Glover. Bring a flash drive (16GB recommended) if you would like to save any of your files. (one session)

**Elkhorn Valley Campus, 829 N. 204th St.**

COMP336 SA 09:00A-12:00P 05/05 \$42

### Powerpoint, Intermediate

Learn advanced techniques for visual effects and animations. Explore smart art, tables, charts, graphs, hyperlinks and much more. Class taught by Duane Glover. Bring a flash drive (16GB recommended) if you would like to save any of your files. (one session)

**Elkhorn Valley Campus, 829 N. 204th St.**

COMP428 SA 09:00A-12:00P 05/12 \$42

### NEW! QuickBooks Online Basics

This course will teach you how to use the online version of QuickBooks Business Accounting software. Taught by 20-year QuickBooks Certified Proadvisor veteran, this course will instruct you in setting up a company file, creating lists of customers, vendors, employees, items/services and the chart of accounts. Basic processing procedures such as invoicing customers, recording sales, payments and deposits. You will also learn processes for paying bills, writing checks and reconciling the checking account. Optional instructional manual available for purchase the first night of class for \$30. (four weeks)

**MCC at Do Space, 7205 Dodge St. (second floor)**

COMP214 T 05:45P-08:45P 06/05-06/26 \$96

### QuickBooks, Level 1

This course instructs the student in the basic operations of QuickBooks. Learn to create a company accounting system from the ground up and build lists to include all the information necessary to operate a company's operations on a day-to-day basis. Learn both the invoicing/receivables side of business as well as how to write checks and pay bills. Learn to reconcile bank statements and credit card accounts. Optional textbook available for purchase the first night of class for \$30. Basic Windows familiarity as well as the ability to use a mouse is a must. Good typing skills are a plus. Receive a certificate of completion at the end of class. (four weeks)

**MCC at Do Space, 7205 Dodge St. (second floor)**

COMP211 T 05:45P-08:45P 04/03-04/24 \$96

### QuickBooks, Level 2

Learn more about the Chart of Accounts and various payroll options. Setup is covered in detail as well as processing time sheets and single timed activities. The student learns to generate and modify reports. Other topics include setting up classes, job cost accounting, budgets and inventory. Optional textbook available for purchase the first night of class for \$30. Receive a certificate of completion at the end of class. (four weeks)

MCC at Do Space, 7205 Dodge St. (second floor)

COMP212 T 05:45P-08:45P 05/01-05/22 \$96

### NEW! The Ins and Outs of Windows 10

Master navigating and browsing in Windows 10, the latest version of Microsoft's operating system for PCs and tablets. (one session)

MCC at Do Space, 7205 Dodge St. (second floor)

COMP105A SA 09:15A-12:15P 04/28 \$42

### NEW! Tired of Paying for Software?

There are free programs available for almost any purpose you can imagine. If you're looking for free software for a specific task or want to find a free alternative to an expensive commercial program, it's probably somewhere on the internet. Often, the most difficult part is finding the safest, most reliable free programs among the thousands of other free programs. (one session)

MCC at Do Space, 7205 Dodge St. (second floor)

COMP108 SA 09:15A-12:15P 06/16 \$42

### Understanding Social Media

What's a tweet? Why can't I share this photograph? How can I remain "friends" with someone but not continue to see their, sometimes, overwhelming posts? Understanding social media is fairly important, especially if you plan to participate in posting, tweeting and sharing on any of the many platforms that are now available. Learn to avoid social media faux pas that could have negative results. Bring your laptop, tablet or smartphone if you wish to log in to your own social media account and actively learn through doing or just observe and take notes. (one session)

MCC at Do Space, 7205 Dodge St. (second floor)

COMP007 TH 5:30P-8:30P 06/14 \$42



## INSTRUCTOR SPOTLIGHT FEATURING ZAC TRIEMERT

## CULINARY

Zac Triemert is a graduate of the University of Wisconsin with a bachelor's degree in Microbiology. He received his Master's Degree in Brewing and Distilling from Heriot-Watt University in Edinburgh, Scotland. Triemert has been a commercial distiller for the past 10 years and brewer for the past 17 years, all in Omaha. He started Lucky Bucket Brewery and The Solas Distillery in 2008 and sold them in 2012. He founded Brickway Brewery and Distillery in 2013. Brickway, located in Omaha's historic Old Market District, is currently one of the fastest growing breweries in the state.

Triemert currently serves as the Chair of the Governor-appointed Nebraska Craft Brewery Board. He has also served on the Brewers Association Technical Committee as well as the BA Board of Directors. He has won many honors over the years including Food and Wine Magazine Big Food Thinkers Under 40, Midlands Business Journal 40 Under 40 and Young Business Person of the Year, and Worth Magazine, a Wall Street Journal Publication, Top 20 Entrepreneurs to Watch.

The faculty and staff of the Institute for the Culinary Arts at Metropolitan Community College, as well as other industry professionals, offer classes in basic culinary skills, advanced culinary techniques and culinary specialties. These classes are designed for non-professionals but teach the same time-tested techniques that professionals learn.

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### NEW! \*Professional Brewing Workshop

Don't miss out! Learn to create your own craft beer from Zac Triemert, owner and master brewer of Brickway Brewery and Distillery. This three-part workshop includes a Friday night session at MCC and two Saturday lab sessions at Brickway Brewery. You may choose Option 1 or Option 2 depending on whether you prefer to attend the lab sessions in the morning or afternoon. You must attend all three sessions. Registration is limited to 12 students per class.

Join master brewer Zac Triemert for this exclusive, first time offered, Professional Brewing Workshop. Craft beers are the hot new trend across the country right now. Explore the process for creating your own craft beer and learn from a professional with many years of experience.

Your journey begins with a Friday night classroom session at the Institute for the Culinary Arts at MCC's Fort Omaha Campus where Triemert will share his experiences starting a brewery. As you can imagine, Triemert's beer knowledge is extensive, so this in-depth session will include the history of beer, beer's evolution in the United States, the science of production, and the equipment and materials you will need for brewing. An added bonus included in this session is a tasting of various styles of beer.

Session 2 will move from the classroom to the brewery at Brickway Brewery and Distillery. You will explore the step-by-step brewing process from start to finish.

Session 3 is the final session in the brewery where you will learn the finishing process in detail. This lab will focus on filtration and canning.

### \*Option 1: COOK003 \$215

Fort Omaha Campus, Institute for the Culinary Arts, Building 22  
32nd Street and Sorensen Parkway

Lecture	F	06:00P-09:00P	04/13
Brickway Brewery and Distillery, 1116 Jackson St.			
Lab	SA	09:00A-12:30P	04/14
Lab	SA	09:00A-12:30P	04/21

### \*Option 2: COOK004 \$215

Fort Omaha Campus, Institute for the Culinary Arts, Building 22  
32nd Street and Sorensen Parkway

Lecture	F	06:00P-09:00P	04/13
Brickway Brewery and Distillery, 1116 Jackson St.			
Lab	SA	01:00P-04:30P	04/14
Lab	SA	01:00P-04:30P	04/21

### NEW! \*Candies & Confections

This hands-on workshop will focus on flavorful confections, snacks and candies. We will use classic techniques while exploring interesting combinations of flavors and textures to create turtles, flavored marshmallow, passion fruit pate de fruit, caramels and pecan pralines.

Fort Omaha Campus, Institute for the Culinary Arts, Building 22  
32nd Street and Sorensen Parkway

COOK216	M	06:00P-09:00P	04/09	\$50
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### \*Cuisines: Thai

Explore the exciting flavors of Thai cuisine. We will explore traditional ingredients, techniques and flavor concepts, and prepare essential Thai dishes, including pad thai, curries, fresh spring rolls and more. (one session)

Fort Omaha Campus, Institute for the Culinary Arts, Building 22  
32nd Street and Sorensen Parkway

COOK121A	W	06:00P-09:00P	04/04	\$50
COOK121B	T	06:00P-09:00P	05/08	\$50

### NEW! \*Pairing Studio: Born in the USA

Enjoy a five-course meal paired with selected wines, beers and spirits highlighting the global influence of aging in American oak. Chef Peter Walsh and Derek Peterson will discuss, demonstrate and share the history, food affinity and flavor of these beverages. Must be 21 and over to enroll. (one session)

Fort Omaha Campus, Institute for the Culinary Arts, Building 22  
32nd Street and Sorensen Parkway

COOK005	F	06:00P-09:00P	06/22	\$60
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### \*Pasta Basics

This course focuses on methods for fresh scratch pasta: pasta dough, pasta production and pasta cookery. In addition, you will produce fresh and flavorful sauces that compliment your fresh pasta. (one session)

Fort Omaha Campus, Institute for the Culinary Arts, Building 22  
32nd Street and Sorensen Parkway

COOK153	T	06:00P-09:00P	04/17	\$50
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### \*Baking School 3: Cake, Pâte à choux and Garniture

Join us for this in-depth workshop on cake, pâte à choux, meringue and garniture. Also offered in this series: cookies, quick breads, pies and tarts; Creams, custard, fillings and glazes. Lunch is included. (one session)

Fort Omaha Campus, Institute for the Culinary Arts, Building 22  
32nd Street and Sorensen Parkway

COOK191	SU	09:00A-03:00P	04/22	\$75
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### \*Foundations: Knife Skills

If you want to be a home chef, you need to start in the beginning. Knife skills are the fundamental building blocks of the culinary arts. This is our most important course. (one session)

Fort Omaha Campus, Institute for the Culinary Arts, Building 22  
32nd Street and Sorensen Parkway  
COOK100 M 06:00P-09:00P 04/23 \$50

### NEW! \*Culinary Foundations: Advanced Pasta

This course focuses on methods for fresh, scratch pasta – flavored pasta dough, flavorful fillings and a variety of gnocchi. We will also have a wheat alternative pasta dough. (one session)

Fort Omaha Campus, Institute for the Culinary Arts, Building 22  
32nd Street and Sorensen Parkway  
COOK214 T 06:00P-09:00P 05/15 \$50

### NEW! \*Pairing Studio: Italian Wines & Cuisine

Enjoy a five-course meal paired with selected white and red wines on a Regional tour through Italy. Chef Michael Combs and wine expert Jaime Ishii, will discuss, demonstrate and share the history, food affinity and flavor of these great wines. Must be 21 and over to enroll. (one session)

Fort Omaha Campus, Institute for the Culinary Arts, Building 22  
32nd Street and Sorensen Parkway  
COOK215 F 06:00P-09:00P 05/18 \$60

To view full spring schedule and detailed course information, visit [mccneb.edu/ce](http://mccneb.edu/ce). Updates to our noncredit course offerings are frequently posted here as well as on Facebook.

## Keeping Food Traditions Alive

### NEW! Traditional Bacon Making

Before refrigerators and grocery stores, people didn't just used to "bring home the bacon," they would actually make it themselves. Learn various traditional techniques for curing bacon. We will learn dry-curing, brining and an English method that combines dry and wet curing. We will also use various cuts of pork including belly, jowl and shoulder. Instructor is Chad Lebo. (one session)

Washington County Museum, 102 N. 14th St., Fort Calhoun, NE  
FOOD002 SA 09:30A-11:30A 05/05 \$40

### NEW! Traditional Cheese Making

Learn how our ancestors made their milk last before the age of stainless steel refrigerators. We will talk about traditional and modern methods of cheese making while churning cream into butter and turning milk into fromage blanc, ricotta and yogurt. Instructor is Chad Lebo. (one session)

Washington County Museum, 102 N. 14th St., Fort Calhoun, NE  
FOOD004 SA 09:30A-11:30A 05/12 \$40



## STUDENT SPOTLIGHT FEATURING VERA LYNN PETERSEN

One of the things I am most thankful for discovering in 2017 would be the continuing education culinary classes at MCC. I remember being so nervous for my first class. Were the teachers nice? Would I be the only one not knowing what I was doing? Obviously I loved it. I was able to find a part of myself that I had been missing. I love learning what I'm called to do, this was the therapy I needed to deal with anxiety and self-image issues and rediscover my creativity. I enjoyed making potato chips, roasted grapes and honey mascarpone dip. I am truly thankful for the patience, excitement and personal interest in my growth. There are so many learned skills I use on a daily basis now, even last night I corrected a recipe to make it better because of a tip I learned about toasting buns. I can't wait to take more classes.

### NEW! Traditional Art of Food Preservation & Prep

We will discuss how and why certain foods used to be properly prepared and preserved, and the evolution of how drastically our everyday food has changed throughout history.

- The Era of Conveniency and Illness: We will discuss the disconnect between a society based around convenience and the lost wisdom of traditionally prepared foods. We will also take a closer look at how the disassociation to properly prepared and preserved foods has led us to the many diseases, illnesses and unresolved health complications that our nation faces today.
- Brief Intro to Gut Microbiota: We will introduce ourselves to the 'friendly' bacteria that reside in our gut, and explain the symbiotic relationship that exists between us.
- Compare and Contrast: Using microscopes to visually analyze store-bought sauerkraut vs. homemade sauerkraut, we will see for ourselves how "dead" or "alive" the food we consume really is.
- Learn to Make Kraut: This hands-on activity will demonstrate how to make a very simple lacto-fermentation with cabbage and other vegetables.
- Snack and Chat: Students will get the chance to taste some properly prepared and preserved foods (naturally leavened sourdough, cultured butter, sprouted hummus, sauerkraut, kimchi, etc.) and go over any questions and answers. Instructor is Ashe Anne Milkovic, (one session)  
Washington County Museum, 102 N. 14th St., Fort Calhoun, NE  
FOOD003 SA 09:00A-12:00P 05/19 \$40



# DANCE

## Ballroom Dance for Beginners

**For a limited time, bring a partner to class for free.** This class will introduce you to the fun of learning and doing ballroom dancing. You will learn the basics of the three most popular ballroom dances: foxtrot, waltz and swing. With music from the 1940s through today's hits, you'll have a great time doing easy patterns that move you smoothly around the dance floor and give you a great sense of rhythm. Tuition is for two people. Only one person needs to register. Hard-soled shoes required; no sneakers or flip-flops. The instructor is Rick Brayshaw. (six weeks)

**Fremont Area Center, 835 N. Broad St., Fremont, NE**

DANC031B T 07:00P-08:00P 04/10-05/15 \$50

**Millard South High School, 14905 Q St. (use main east entrance)**

DANC031A W 6:30P-07:30P 04/11-05/16 \$50

## Ballroom Dance—Intermediate

In this class, you'll move your foxtrot, waltz and swing to the next level with patterns that give you more variety, highlighting how simple it is to lead/follow a partner. Partners highly recommended; hard-soled shoes are required. The instructor is Rick Brayshaw. (six weeks)

**Fremont Area Center, 835 N. Broad St., Fremont, NE**

DANC019B T 08:00P-09:00P 04/10-05/15 \$50

**Millard South High School, 14905 Q St. (use main east entrance)**

DANC019A W 07:30P-8:30P 04/11-05/16 \$50

## Advanced Ballroom: Waltz

The most classic and elegant of all the dances, waltz teaches sweeping movement, swirling turns, grace, poise and charm all to the lilt of 3/4 timing. Waltz showcases the lady, and the gentleman who can really show off his lady becomes a popular figure on the dance floor. Master the rise-and-fall styling, then watch heads turn in admiration as you dance. Partners and hard-soled shoes required. Class taught by Rick Brayshaw. Tuition is per student. (six weeks)

**Millard South High School, 14905 Q St. (use main east entrance)**

DANC035 M 07:30P-8:30P 04/09-05/14 \$50

## Advanced Ballroom: Rumba

Rumba, with its slow-and-easy tempo, makes learning patterns quick work, coupled with a seductive style that'll heat up the dance floor. Rumba is flirty and slinky: perfect for those mellow ballads on a romantic night. Using Cuban motion styling that sends movement through the knees to the hips and torso, rumba gets your whole body grooving to the beat. Partners and hard-soled shoes required. The instructor is Rick Brayshaw. (six weeks)

**Millard South High School, 14905 Q St. (use main east entrance)**

DANC036 M 6:30P-07:30P 04/09-05/14 \$50

## NEW! Advanced Ballroom III: Swing

No dance has adapted to the changing sounds and tempos of pop music like swing. Big band swing, rock'n'roll, and East Coast triple swing are all based on a basic rhythm that's easy to learn. Get your feet moving in swing rhythm and the patterns come quick. You'll learn fun turns and spins done with speed and precision. Hit the floor; it's swing time. Partners and hard-soled shoes required.

The instructor is Rick Brayshaw. (six weeks)

**Millard South High School, 14905 Q St. (use main east entrance)**

DANC004 W 8:30P-09:30P 04/11-05/16 \$50

## NEW! Advanced Ballroom IV: West Coast Swing

West Coast swing offers a funky variation on traditional swing, using a rhythm-and-blues vibe and a technique that develops the ability to lead and follow. It allows each partner to add special moves that bring personality and vitality to the dance floor. West Coast is hip, the music is contemporary and the fun is contagious. Partners and hard-soled shoes required. The instructor is Rick Brayshaw. (six weeks)

**Millard South High School, 14905 Q St. (use main east entrance)**

DANC005 M 8:30P-09:30P 04/09-05/14 \$50

## Beginner's Country Line Dancing

Join longtime country western dance teacher, Rob Tiedgen and learn at least six basic line dances. The class may also suggest line dances to learn. No partner and no experience needed. (six weeks)

**Common Ground Community Center, 1701 Veterans Drive, Elkhorn, NE**

DANC025A T 06:00P-07:00P 04/10-05/15 \$44

**Skutt Catholic High School, 3131 S. 156th St.**

DANC025B W 07:00P-08:00P 04/11-05/16 \$44

## Country Couples Dancing

Rob Tiedgen will be teaching the two step, cha-cha, triple step and the waltz in this fun class designed for couples. No experience necessary. (six weeks)

**Common Ground Community Center, 1701 Veterans Drive, Elkhorn, NE**

DANC026A T 07:00P-08:00P 04/10-05/15 \$44

**Skutt Catholic High School, 3131 S. 156th St.**

DANC026B W 08:00P-09:00P 04/11-05/16 \$44

## Belly Dancing

*Prerequisite: Must be 18 or older.*

Discover expressive, sensual playful flirtations and embracing your femininity while learning muscle control, poise and grace. Belly dancers aren't just wiggling and jiggling their hips; they're getting an ab workout that sculpts almost every single muscle in their core. The instructor is Elena Turino, trilingual instructor with Spanish and French. (six weeks)

**Millard South High School, 14905 Q St. (use main east entrance)**

DANC399 W 6:30P-07:30P 05/23-06/27 \$50



### Square Dancing 101

For a limited time, bring a partner to class for free. Square dancing is alive and well, it's not only fun, it combines physical, mental and social activity in a unique and enjoyable format. This introductory class will introduce you to the basic level of dancing, including do-si-do, right and left grand, grand square and much more. The instructor is Bob Furr. Only one person needs to register. (six weeks)

Fremont Area Center, 835 N. Broad St., Fremont, NE  
DANC001 TH 06:00P-7:30P 04/05-05/10 \$72

### Women's Latin Dance Performance

Designed specifically for women interested in learning women's Latin styling dance techniques. All levels of dance experience are welcome. Discover how to improve your timing, styling and learn different Latin rhythms like cha-cha, salsa, bachata, kizomba, shines and spins. Latin dance fusion choreographies will be explored as well. The instructor is Elena Turino. (six weeks)

Millard South High School, 14905 Q St. (use main east entrance)  
DANC410 W 08:00P-09:00P 05/23-06/27 \$50

## HISTORICAL INTEREST

### Genealogy Basics

Do you wonder if you have ancestors who were farmers, fishermen, merchants, pirates or horse thieves? There's only one way to find out. Join this fun and informative class to explore the many places to search (including local), what mistakes to avoid and how to safely store the data once you find it. Discover how DNA can help find distant relatives and discuss tips on writing family stories for future generations. (two weeks)

MCC at Do Space, 7205 Dodge St. (second floor)  
HIST015B TH 05:45P-08:45P 05/03-05/10 \$50



## HOBBIES

### NEW! How to Make Homemade Premium Soap

Discover how to make earth and animal friendly soaps to please your senses. Experience lots of hands-on techniques to make your very own batch of soap from scratch. You will make five bars of soap to take home or to give as gifts. This class, taught by longtime soap maker, Mary Piper, can be the first step to leaping into the soap making business, or can be the start of a fun hobby. Bring a \$15 supply fee and a sack lunch to class. (one session)

MCC at Do Space, 7205 Dodge St. (second floor)  
ARTC306 SA 09:30A-01:30P 04/21 \$36

### NEW! Solar Electric

Introduction to solar electric (or photovoltaic of PV) systems and installation; topics include applications for residential and commercial, safety basics, electricity basics, solar energy fundamentals, system components, system sizing, site/design considerations and installation. The class would be appropriate for home or building owners evaluating solar and those interested in working in the solar industry. The class is presented by Michael Shonka, an NABCEP certified PV installer and owner of Solar Heat and Electric. (one session)

MCC at Do Space, 7205 Dodge St. (second floor)  
HOMI007 W 5:30P-8:30P 04/18 \$42

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## HOME AND GARDEN

### NEW! Fairy Garden Landscaping

Spring is upon us and there is no better time to think about a fairy garden of your very own. Explore how to create three different kinds of flowers including sunflowers, daisies and posies plus a few shrubs. After some remarkable tips on landscaping your own fairy garden, take your flowers home to your garden to compliment or start your magical fairy garden. Bring a \$6 supply fee to class. The instructor is Patricia Piatt. (one session)

**MCC at Do Space, 7205 Dodge St. (second floor)**

HOMI021 SA 09:30A-12:30P 04/07 \$29

### NEW! Fairy Garden Trellis

What would a fairy garden be without its own climbing flowers? Create a trellis in class, while it's drying, discover different flowers you can make and add vines and flowers to your dry trellis. This is a magical way to compliment your adorable fairy garden. Bring a \$6 supply fee to class. The instructor is Patricia Piatt. (one session)

**MCC at Do Space, 7205 Dodge St. (second floor)**

HOMI020 SA 09:30A-12:30P 04/14 \$29

### Grow It In Containers

Students will learn about container gardening and container growing. Subjects covered include proper selection of potting mixes and plants, proper use of containers, maintenance and much more. Join horticulture expert, John Nabity, and learn everything you need to know to be a successful container gardener. (one session)

**Fort Omaha Campus, Building 29, 5370 N. 30th St.**

HOMI125 SA 09:00A-12:00P 04/28 \$29

### NEW! Keeping the Crew and Coop: Backyard Chickens

Home gardens, kitchen herbs, farmer markets, CSAs and community allotments—everyone wants to be closer to their local food source. For the entertainment value alone, raising chickens is so worth it—and anyone can do it. Explore how chickens can benefit you and your garden, including learning about local ordinances, licensing and preparing for your backyard chickens while observing and experiencing the ladies in a natural garden setting. Come with plenty of questions and an appetite for a sampling of freshly prepared eggs. Wear appropriate clothing and shoes. There is no bathroom at this location. The instructor is Calandra Cooper. (one session)

**Hidden Roots Community Allotment Garden, 3308 Redman Ave.**

ANIM201 SA 02:30P-04:30P 05/26 \$19

### Landscape Design

Learn a step-by-step method to develop basic landscapes. Discuss all the steps in landscape design: planning, preparation, installation and maintenance. The instructor is John Nabity. (five weeks)

**Westside Community Conference Center, 3534 S. 108th St.**

(lower level, park in the back)

HOMI004 TH 07:00P-09:00P 05/31-06/28 \$62

### Landscape Maintenance—Your Yearly Plan

Join us as we discuss all you will ever need to maintain a beautiful landscape. We will divide the year into the four seasons and talk about the different kinds of maintenance you will need to perform each season. This class will cover shrubs, plant material, trees, lawns, fertilizer and more. This seminar is designed to assist the homeowner or property management staff. The instructor is John Nabity. (one session)

**Westside High School, 8701 Pacific St. (use main entrance)**

HOMI005 SA 09:00A-12:00P 06/09 \$29

### NEW! Mushrooms!

Cultivating edible mushrooms is fun and easy using logs. Learn how to plug wood logs to cultivate your own mushrooms at home. Come prepared to drill, plug, hammer and wax. Visit [mccneb.edu/cesupplies](http://mccneb.edu/cesupplies) for a list of supplies to bring to class and bring a \$7 supply fee. The instructor is Calandra Cooper. (one session)

**Hidden Roots Community Allotment Garden, 3308 Redman Ave.**

HOMI201 SA 11:00A-01:00P 04/14 \$19

### Planting a Successful Vegetable Garden

Part one of this class was offered last quarter and covered the planning and preparing of your garden. Part two will cover planting and protecting your garden. Learn the different planting methods and techniques that can be used to set up your garden plot to fit your needs. After planting, the success of your garden depends on how well it is protected against insects, weeds, disease and even critters. Increase your garden's output so you will have plenty of produce to sell. Put the four P's of successful gardening into practice: planning, preparing, planting and protecting. (one session)

**Fort Omaha Campus, Building 29, 5370 N. 30th St.**

HOMI598 SA 09:00A-12:00P 04/14 \$29



### NEW! Pollinators: Honey Bees and Butterflies

Get to know pollinators while learning how to plant a wild flower pollinator garden that honey bees and other pollinators will love to visit! Explore how to create and leave with a wild flower garden and salt lick mix to take home and transplant into a home garden. Experience seeing honey bees in an observation hive and receive basic knowledge on beekeeping in Omaha. Visit [mccneb.edu/cesupplies](http://mccneb.edu/cesupplies) for a list of supplies to bring to class. Wear appropriate clothing and garden gloves. The instructor is Calandra Cooper. (one session)

North Makerhood District, 1141 N. 11th St.

ANIM200 SA 11:00A-01:00P 04/07 \$19

### NEW! Three Sister's Garden

Visit the garden to learn about what many cultures have practiced in gardens throughout time—the planting of a three-sister's garden. In this ancient Native American practice you'll discover an easy and efficient way of growing food with minimal work and expense planting corn (or maize) for structure of climbing beans, squash to cover the ground, weeds to hold moisture in the soil, while in the end, providing nourishment for a beautiful harvest. You will receive a starter packet of heirloom seeds of corn, beans, squash and weave a natural loom. Wear appropriate clothing and shoes. There is no bathroom at this location. The instructor is Calandra Cooper. (one session)

Hidden Roots Community Allotment Garden, 3308 Redman Ave.

HOMI202 SA 10:00A-12:30P 05/26 \$24

### NEW! Wood Chip Mushroom Garden

Increase the diversity of your home-grown produce by learning how to cultivate an edible wood chip mushroom garden patch. Discover how to create a mushroom patch by participating in actually making a patch on location at Hidden Roots Allotment Garden. You'll leave with knowledge and resources necessary for making their own patch at home. Wear appropriate clothing and garden gloves. There is no bathroom at this location. The instructor is Calandra Cooper. (one session)

Hidden Roots Community Allotment Garden, 3308 Redman Ave.

HOMI200 SA 11:00A-01:30P 04/21 \$24

# HANDS-ON REMODELING/REPAIR WORKSHOPS

Save money now! Learn repair and remodeling skills for your home or rental property that would cost you a bundle if you hired a professional. Join the professionals from MCC's Construction Technology department in the new state-of-the-art Construction Education Center for a new, expanded series of workshops. Get into the lab and practice what you are learning. Gain the confidence to tackle projects on your own. We want to be your skill-building headquarters.

### Wall Framing

You can learn a new skill in just eight hours that will save you lots of money in the future. Join MCC Construction instructor, Willis Kennedy, in the new state-of-the-art Construction Education Center where you will receive hands-on instruction in framing a wall. This class is geared to the homeowner who would like to do some remodeling, those who flip houses for a profit, or landlords who can save money by doing their own repairs. Your class will include instructions, demonstrations and hands-on practical work on wall and joist layout, stud installation, and rough opening framing so please wear your work clothes. Bring the following tools to class: tool belt, hammer, 25-foot tape measurer, speed square, chalk line, utility knife and a carpenter's pencil. Lunch on your own. Class is limited to 10 students. (one session)

Fort Omaha Campus, Construction Education Center, Building 25  
5370 N. 30th St.

HOMI001 SA 08:00A-05:00P 04/14 \$120

### NEW! Air Conditioning Systems 101

A "must know" class for all homeowners and landlords. Have you ever wondered how the refrigeration cycle works in your air conditioner or refrigerator and felt helpless when it breaks down? Join MCC heating and air conditioning instructor, Jesse Henson, in the new state-of-the-art Construction Education Center to discover the inner workings of refrigeration systems. Experience a detailed demonstration on how to perform the yearly cleaning and servicing of your AC. Save money by learning valuable tips and tricks for effective troubleshooting; how to use a gauge to check refrigerant levels, using a multimeter tool to check the voltage, and how to wire and install a programmable thermostat. Tools and safety equipment will be provided. Lunch is on your own. Class is limited to 14 students. (one session)

Coming in the fall quarter-Furnaces and Heating Systems 101.

Fort Omaha Campus, Construction Education Center, Building 25  
5370 N. 30th St.

HOMI002 SA 08:00A-05:00P 04/21 \$120

### Plumbing—Faucets and Valves

Knowledge is powerful and can save you money. Join one of MCC's plumbing instructors in our new Construction Education Center plumbing lab for this hands-on class where you will learn to repair all types of faucets and valves. Understand how the plumbing system works inside your home. Explore different types of faucets (old and new) and learn how to repair and replace them. Kitchen sinks, bathroom sinks and garbage disposals will be covered as well. Safety glasses will be provided. Class size is limited to 12 students. (one session)

Fort Omaha Campus, Construction Education Center, Building 25  
5370 N. 30th St.

HOMI112 SA 08:00A-12:00P 04/28 \$64



### Plumbing—Toilets

Further your knowledge as you learn to replace and repair toilets and faucets in MCC's new state-of-the-art Construction Education Center plumbing lab. Learn to remove a fixture, repair and/or replace it and then reinstall it properly according to code requirements. Safety glasses will be provided. If you have the following tools, bring them to class: Phillips screwdriver, a straight screwdriver, 6-inch, 8-inch and 10-inch crescent wrenches and a pair of slip joint pliers. Taught by an MCC plumbing professional. Class size is limited to 10 students. (one session)

Fort Omaha Campus, Construction Education Center, Building 25  
5370 N. 30th St.

HOMI101 SA 01:00P-05:00P 04/28 \$64

### Wiring I—Electrical Theory, Outlets and Switches

Discover the magic of electricity. Join MCC electrical instructor, Zach Pechacek, in the new Construction Education Center to explore how electricity works and how you can work with it safely. Safety is first priority. You will learn how to properly use the tools of the trade. We will talk about different types of devices and teach you how to properly replace outlets and single pole switches in your home or rental property. You will wire a live circuit in the electrical lab in this hands-on class. Tools will be provided. Class is limited to 12 students. (one session)

Fort Omaha Campus, Construction Education Center, Building 25  
5370 N. 30th St.

HOMI109 SA 08:00A-12:00P 05/05 \$64

### Wiring II—Switches Part II and Trouble Shooting

*Prerequisite: Wiring I — Electrical Theory, Outlets and Switches*  
This class will dig deeper into the inner workings of light switches. You will learn and understand how three-way and four-way switches function and the proper ways to work on these systems. Receive hands-on training as you wire a project in the electrical lab. Discover proven methods of trouble shooting for common electrical problems and how to solve them. Learn to use an electrical meter on dead and live trainers. By the end of this class you should be able to maintain your home safely. Tools will be provided. Class is limited to 12 students. (one session)

Fort Omaha Campus, Construction Education Center, Building 25  
5370 N. 30th St.

HOMI111 SA 01:00P-05:00P 05/05 \$64

### NEW! Masonry: Construction and Repair

If you live in an older home or if your business is located in an older building, the chances are that you have cracks in the basement or outside walls. You can learn the correct way to replace the bricks or concrete blocks and get rid of the cracks. Join MCC masonry instructor, Bill Larsen, in the masonry lab. This is a hands-on class, so wear your work clothes. Start with basic hand movements for the trowel and how to properly mix mortar to get the right consistency for your project. Class discussion will cover instruction on applying your new skill to projects such as tuck pointing (grinding out and replacing the crumbling mortar in a brick wall), building a street mailbox, or replacing the stone on a fireplace. If you have started a project, feel free to bring a picture and get your questions answered by a professional. Tools will be provided. Class is limited to 12 students. (one session)

Fort Omaha Campus, Building 26, 5370 N. 30th St.

HOMI003 SA 08:00A-12:00P 05/12 \$64

### Drywall Installation I

Learn drywall techniques that can save you time, money and frustration. Are you planning to finish the basement, add a room or repair your rental property? Join MCC instructor, Andrew Horst, to receive tips on estimating, measuring and installing. This is a hands-on class, so wear your work clothes if you want to give it a try. If you have the following tools, bring them to class: hammer, tape measure, square, utility knife and tool belt. Safety glasses will be provided. Class is limited to 14 students. (one session)

Fort Omaha Campus, Construction Education Center, Building 25  
5370 N. 30th St.

HOMI106 SA 08:00A-12:00P 05/19 \$64

### Drywall Installation II

*Prerequisite: Drywall Installation I*

Now that you know how to hang drywall, come to this follow-up class to practice taping, sanding and patching. Discuss sanding methods, including tools to help reduce the amount of dust. The instructor will provide sample walls and corners for hands-on practice, so wear your work clothes if you want to give it a try. If you have the following tools, bring them to class: hammer, tape measure, square, utility knife and tool belt. Safety glasses will be provided. Class is limited to 14 students. (one session)

Fort Omaha Campus, Construction Education Center, Building 25  
5370 N. 30th St.

HOMI235 SA 01:00P-05:00P 05/19 \$64

### NEW! Paints, Stains and Varnishes

Save money and make money at the same time. Save money as you update your home or rental property by learning how to paint, stain or varnish correctly to achieve professional results that increases the value of your property. Join MCC's professional painting supervisor, Jim Churchill, in this hands-on workshop. Understand paint chemistry and the differences between finishes, primers and brands of paint—not all brands are equal. Discover proven methods of removing old paint and preparing moldy, chalky and water-stained surfaces to receive the primer and paint. Explore types of stains, varnishes, lacquers, shellac, tung oils and practice how to apply them. Create your own hand-rubbed finish. Wear your work clothes if you want to give it a try. Class is limited to 14 students. (one session)

Fort Omaha Campus, Construction Education Center, Building 25  
5370 N. 30th St.

HOMI107 SA 08:00A-12:00P 06/02 \$64

# WOOD FINISHING

## Box Making

Students will explore basic box making, including joinery, lids and ways to embellish using found objects. Each student will build a finger joint box and a band saw box. This class is limited to four students. Must be 18 or older to enroll. (one session)

Woodcraft of Omaha, 14605 Wright St.

HOMI270 W 06:00P-09:00P 05/16 \$69

## Introduction to Bowl Turning

This class is designed for the beginning wood turner. It will be limited to the first four students to enroll. Learn about lathe safety in this small class with plenty of hands-on time to learn about the parts of the lathe, the types of tools and their uses, and techniques for making beautiful bowls. Tuition includes all materials including bowl blanks to create multiple bowls to take home. Instructor, Dan Klima, is a professional wood carver and instructor with more than 30 years of experience. Must be 18 or older to enroll. (two weeks; skips 5/28 and 6/4)

Woodcraft of Omaha, 14605 Wright St.

HOMI244 M 06:00P-09:00P 05/21-06/11 \$138

## Introduction to Wood Pen Turning

This course is designed for the beginning pen turner who wants to learn to create beautiful ballpoint pens from wood. Learn techniques to create a variety of mandrel based projects in this class. You will create two pens and a keychain fob using wood and acrylic during class. Tuition includes all materials and supplies to make the two pens and the fob. This class is limited to four students. Must be 18 or over to enroll. (one session)

Woodcraft of Omaha, 14605 Wright St.

HOMI246 M 06:00P-09:00P 06/18 \$69

## Router Basics

Learn to use the router as a hand-held tool as well as using it in a router table. Safety, as well as types of bits and routers, will be discussed. If you own a router and bits, bring them to class. Tuition includes about \$10 worth of materials to build a wood shelf unit, which you may keep. This class is limited to four students. Must be 18 or older to enroll. (one session)

Woodcraft of Omaha, 14605 Wright St.

HOMI243 M 06:00P-09:00P 06/04 \$69



## Table Saw Basics

This hands-on, three-hour workshop is perfect for those just getting started in woodworking, as it will help you expand your saw's capabilities. The class covers basic table saw procedures and strongly stresses table saw safety. Class will include saw set-up, various blade usages, cutting techniques, jigs and joinery. Tuition includes about \$10 worth of materials for project, equipment and supplies. This class is limited to four students. Must be 18 and older to enroll. (one session)

Woodcraft of Omaha, 14605 Wright St.

HOMI242A M 06:00P-09:00P 05/07 \$69

HOMI242B W 06:00P-09:00P 06/27 \$69

## How to Sharpen Your Tools

Sharpening is a critical woodworking skill! Learn how to keep your tools razor sharp. You will cover the full range of tool sharpening, wet grinders with the wolverine jig-hand sharpening with stones. Remember to bring your hand tools and chisels to sharpen in class. Tuition includes usage of all sharpening tools. This class is limited to four students. Must be 18 or over to enroll. (one session)

Woodcraft of Omaha, 14605 Wright St.

HOMI245 W 06:00P-09:00P 06/13 \$69

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### NEW! Tourist Guide to Rio de Janeiro

Want to learn how to be a Carioca? This class will help you discover the most amazing out of traditional touristic route sites at Rio de Janeiro City. Explore the hidden gems in monuments, temples, streets, plazas and restaurants through picture and narrative descriptions. This class is taught by a Brazilian native who recently relocated to the U.S., Mrs. Flavia. (one session)

**MCC at Do Space, 7205 Dodge St. (second floor)**

LANG002 T 06:00P-08:00P 04/17 \$29

## MUSIC

### Beginning Guitar and More

You will learn how to read the notes on the guitar and on the staff in first position. While you are learning to read, you will also start chord progressions right away. The chords are not taught separately but as a functional unit in groups of three. Even if you are self-taught and want to improve music reading skills, you are welcome to attend this class. Bring your guitar, electric or acoustic to the first class. The instructor is Dana Andreasen, Master of Music and Bachelor of Vocal Education. Class meets in the sound studio of Andreasen's home. A continuation of the beginning class will be available if there is sufficient student interest. (four weeks)

**Full Head Room Studio, 1601 N. 60th St.**

MUSC024 T 07:00P-09:00P 04/17-05/08 \$42

### Beginning Piano and More

This class is for beginners and those who need to be refreshed. Each session uses a directional and traditional approach to reading music. Directional is defined as looking at the distance between notes, which makes it easier to play when the names of the notes are unfamiliar at first. The instructor is Dana Andreasen. Class meets in the sound studio of Andreasen's home. A continuation of the beginning class will be available if there is sufficient student interest. (four weeks)

**Full Head Room Studio, 1601 N. 60th St.**

MUSC013 W 07:00P-09:00P 04/18-05/09 \$42

### Beginning Voice and More

Learn the basics of voice production in a group setting. The main focus is working on exercises and songs that will produce a fuller sound, clarity and a better tone to your voice. There is no need to be shy; time is allowed at the end of class for you to sing privately. Learn how to interpret a song, making the music more interesting and appropriate with the lyrics. Bring a \$1 lab fee to class, which be collected on the first day of class. The instructor is Dana Andreasen, Master of Music and Bachelor of Vocal Education. Class meets in the sound studio of Andreasen's home. A continuation of the beginning class will be available if there is sufficient student interest. (four weeks)

**Full Head Room Studio, 1601 N. 60th St.**

MUSC007 M 07:00P-09:00P 04/16-05/07 \$42

## LANGUAGES

### NEW! Beyond Samba and Carnaval

This class will introduce you to relevant aspects of the Brazilian culture that are usually not explored. History, arts, literature, cinema and daily social aspects partnered with pictures and narratives, provided by a Brazilian native who recently relocated to the U.S., Mrs. Flavia, are just a few of the topics that will be presented. Come and get a taste of what life is really like in Brazil. (one session)

**MCC at Do Space, 7205 Dodge St. (second floor)**

LANG003 T 06:00P-08:00P 04/10 \$29

### Czech for the Absolute Beginner

This is a survival Czech course. You will learn basic pronunciation, vocabulary and practical phrases useful for trips to the Czech Republic. Remember or review the language spoken by parents or grandparents and learn some Czech history, traditions and culture. Class is taught by native speaker, Gloria Storch. Bring a \$8 lab fee for materials payable in class. (six weeks; skips 5/28)

**Millard South High School, 14905 Q St. (use main east entrance)**

LANG043 M 6:30P-8:30P 05/07-06/18 \$72

### Czech, a Continuation Class

A class for anyone who knows a little Czech—improve your Czech language skills. Class will include vocabulary, grammar, survival phrases for trips to Czech Republic, some history, reading and simple conversation. Bring an \$8 lab fee for teaching materials to class, payable to the instructor. This class is taught by native speaker, Gloria Storch. (six weeks)

**Millard South High School, 14905 Q St. (use main east entrance)**

LANG044 W 6:30P-8:30P 05/09-06/13 \$72

### Italian for Travel

If you plan to go to Italy, this class is a must. Rosalia Triplett, a native speaker, will teach you basic survival phrases that will help you in restaurants, hotels and stores. No book required, instructor will provide handouts. (four weeks)

**MCC at Do Space, 7205 Dodge St. (second floor)**

LANG064 W 6:30P-8:30P 04/04-04/25 \$72

# NEW NORTH MAKERHOOD DISTRICT

1141 N. 11th St., Omaha, NE 68102

The arts and trades district is an active, vibrant, unique Makerhood where arts, crafts and trades are nurtured, celebrated and supported by a walkable network of public spaces connecting a healthy mix of residential, industrial, commercial and public activities. The district was developed under a unique set of design requirements intended to promote and maintain a high quality of urban design and character of place.

Thematically, the North Makerhood District embodies the ideas of exploration, discovery, distribution and the interaction between two things as a metaphor for making. The maker and the made are not only demonstrated by artists, crafts people and retailers, but also by buildings and the creative spaces between them.



## ANIMALS (page 1)

### NEW! Pollinators: Honey Bees and Butterflies

ANIM200 SA 11:00A-01:00P 04/07 \$19

## ARTS AND CRAFTS (page 2)

### Ceramics for Beginners

ARTC101 W 06:00P-08:00P 05/09-06/27 \$150

### NEW! \*Thrifting Fun: Chalk Paint

ARTC514 SA 03:00P-06:00P 04/07-04/14 \$55

### Wheel Thrown Pottery

ARTC135 W 06:00P-08:00P 04/11-05/02 \$60

## COLLEGE FOR KIDS (page 11)

### NEW! Wheel Thrown Pottery for Kids

KIDS701 SA 10:00A-12:00P 05/05-05/26 \$60

## HOBBIES (page 33)

### Mother Nature's Lost Color

HOMI203 SA 03:00P-07:00P 04/21 \$36

## TEXTILES (page 32)

### NEW! Creative Storytelling Quilts

SEWI200 T 06:00P-08:00P 04/03-05/08 \$99

### NEW! Indigo Resist Workshop

SEWI504 SA 03:00P-07:00P 05/12 \$36

### NEW! Black and Yellow Magic Workshop

SEWI505 SA 03:00P-07:00P 06/09 \$36

### NEW! Midwest Superfood: Aronia Berries Workshop

SEWI506 SA 03:00P-07:00P 06/23 \$36

### \$\$ BUNDLE \$\$ Natural Dye Workshops

SEWI503 SA 03:00P-07:00P 05/12-06/23 \$88

### NEW! Macrame Hanging Plant Holder

SEWI020 SA 09:00A-12:00P 04/21 \$29

### NEW! Sewing Machine Tinker Workshop

SEWI507 SA 03:00P-07:00P 04/28 \$36

### \*Upholstery 101

SEWI408 SA 09:00A-12:00P 04/07-05/19 \$200

### \*Upholstery 102

SEWI409 SA 01:00P-04:00P 04/07-05/19 \$200

### NEW! Vintage Dressmaking

SEWI508 SA 10:00A-01:00P 05/12-06/02 \$96

### Weaving 101

SEWI008A SA 01:00P-04:00P 04/07-04/28 \$130

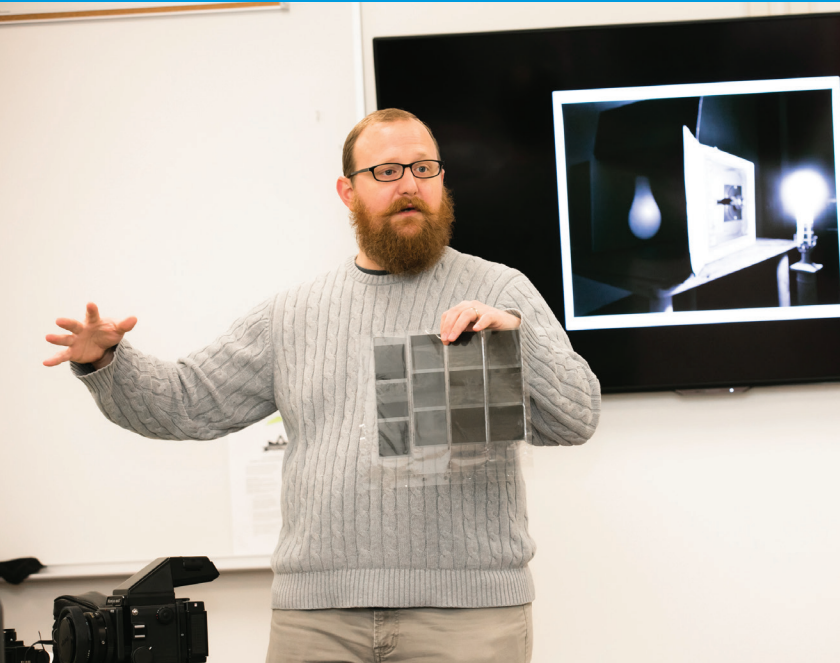
SEWI008B M 06:00P-09:00P 06/04-06/25 \$130

## NEW! \*Open Studio for Clay

This includes access to the clay studio, equipment, and 15 pounds of the clay during the open studio hours.

*Prerequisite : Wheel Thrown Pottery or Ceramics for Beginners*

ARTC001 SA 01:00P-04:00P 04/14-05/19 \$120



# PHOTOGRAPHY

## Basic Digital Photography

Introduction to basic digital photography and how to properly use all of the features of your digital camera. Learn about basic photo composition, proper exposure, aperture, shutter speed and how to use your camera properly to get great photos to share with friends or just to enjoy. We also examine photographers from different genres to get inspiration. Bring your digital camera to class. (five weeks)

**MCC at Do Space, 7205 Dodge St. (second floor)**

PHOT004 TH 06:00P-08:00P 04/19-05/17 \$89

## Back by Popular Demand! Basic Techniques of Digital Photos 101

Even basic digital cameras offer many helpful features that can be quite confusing. Bring your camera and instruction manual and after we have properly set your camera, you will learn the basics of taking good pictures. We will also discuss when to use the built-in flash and when to take advantage of your camera's special "scene" settings to get pleasing pictures in less than perfect situations. Use your new skills to record memories or to boost your social media at work. The instructor is Gregg Pejsar. (one session)

**Sarpy Center, 9110 Giles Road, La Vista, NE**

PHOT112 SA 09:00A-12:00P 04/21 \$42

## Basic Techniques of Digital Photos 102

After taking 101, this afternoon class will help you recognize those situations when you can obtain better results by moving beyond your camera's automatic settings. Bring your camera and instruction manual to class and we'll explore a practical approach to creating more effective images. Use your new skills to record memories or to boost your social media at work. The instructor is Gregg Pejsar. This class requires a fully adjustable camera. (one session)

**Sarpy Center, 9110 Giles Road, La Vista, NE**

PHOT113 SA 01:00P-04:00P 04/21 \$42

## \$\$ BUNDLE \$\$ Basic Techniques of Digital Photos 101 and 102

Take both Basic Techniques of Digital Photos 101 and Basic Techniques of Digital Photos 102 and receive a discount.

Bring your fully adjustable camera and instruction manual to class.

Lunch from noon-1 p.m. on your own. (one session)

**Sarpy Center, 9110 Giles Road, La Vista, NE**

PHOT114 SA 09:00A-04:00P 04/21 \$65

## Digital Photo Editing in Adobe Photoshop

Learn to optimize your digital images in Adobe Photoshop, including workflow, color correction, cropping to improve your composition, basic retouching and skin tone correction. This course takes you through the entire process of importing your digital images into Adobe Photoshop and doing all the necessary editing to make your images look great. Bring your digital camera to class. (five weeks)

**MCC at Do Space, 7205 Dodge St. (second floor)**

PHOT003 T 06:00P-08:00P 04/17-05/15 \$89

## Understanding Basic Photography

Do you have a new digital camera and you're not quite sure how to operate it? Perhaps you've had a digital camera for some time and you feel stuck on automatic. This seminar is for you and for all those who want to grow in their understanding of basic photography skills. In this seminar designed for adjustable cameras, we start with concepts like shutter speed and f-stops and move into discussing lenses, composition and topics on how to better photograph kids, landscapes and more. The simplest pocket point and shoot cameras will not be discussed, although photographers with those cameras are welcomed. The instructor is Pasquale Mingarelli. You will have an hour lunch break on your own. (one session)

**Sarpy Center, 9110 Giles Road, La Vista, NE**

PHOT001 SA 08:30A-04:30P 05/19 \$64

# SPECIAL EVENTS

## PRI's Cultural Humility Workshops

Through our Cultural Humility Workshops, we provide a framework to improve cross-cultural understanding and encourage healthy interactions. Our workshops on race and inclusion provide a combination of engaging presentation, frank, open discussion and concrete skills building and application. We want to open eyes, inspire, get folks talking and thinking, as well as applying new lessons, ideas and insights. Always, the goal is to think in new ways, build bridges and grow stronger in a racially diverse world. Light refreshments will be provided. Visit [mccneb.edu/CHW](http://mccneb.edu/CHW) for more information and to register.

## Advanced Cultural Humility: Dismantling Structural Racism

This four-hour workshop will help participants learn how to identify and implement the steps necessary to incorporate a cultural humility lens within an organizational or institutional context. This workshop will provide opportunities for individual reflection, small-group and large-group exploration.

**MCC North Express, 2112 N. 30th St.**

EVNT003 TH 06:00P-09:00P 03/29 \$10

## Wading into Whiteness

This three-hour workshop will get participants thinking deeply about what it means to be white in a racially diverse world. We will examine the connections between white identity and white supremacy, and learn how overcoming white supremacy is essential to achieving racial equity and justice. This workshop will provide opportunities for individual reflection, small-group and large-group exploration.

**MCC North Express, 2112 N. 30th St.**

EVNT004 T 06:00P-09:00P 05/08 \$10



### Advanced Interpersonal Skills in Cultural Humility

This three-hour workshop will help participants understand the multiple dimensions of racial power and the complex dynamics behind racial prejudice and structural racism; the personal and societal costs and benefits of racism; and how to develop the interpersonal skills needed to engage in constructive race-related dialog. This workshop will provide opportunities for individual reflection, small-group and large-group exploration.

MCC North Express, 2112 N. 30th St.

EVNT005 TH 06:00P-09:00P 05/31 \$10

### Hubbard Sustainability Series

The Claire M. Hubbard Foundation Sustainability Speakers Series is an engaging conversation between experts on sustainability-related topics. The topic and its experts change every quarter, and this quarter is focused on trees. Audiences will benefit from hearing local, regional and national experts, followed by an interactive question-and-answer session. Light refreshments will be provided.

Visit [mccneb.edu/hubbard](http://mccneb.edu/hubbard) for more information and to sign-up for this free event.

MCC at Do Space, 7205 Dodge St. (second floor)

EVNT001 W 03/28 04:00P-06:00P \$0

### Omaha Mini Maker Faire

Omaha Mini Maker Faire is a community-based family friendly learning event that creates learning opportunities revolving around the local maker community. It's a fun, engaging and exciting event that inspires everyone to become a maker. The Faire is independently produced by Do Space, in partnership with Metropolitan Community College, and in collaboration with Maker Media. This is a free event that is open to the public. Visit [dospace.org/programs/omaha-mini-maker-faire](http://dospace.org/programs/omaha-mini-maker-faire) for more information.

Do Space, 7205 Dodge St. (first floor)

SA 04/14 09:00A-04:00P \$0



## SPORTS AND GAMES

### Golf, Beginning

This three-hour workshop will teach you the basic rules, club selection, proper grip, stance, swing and the related mechanics of the game. Bring your golf equipment if you have it, but it is not required. The tuition includes two large buckets of golf balls for practice. Class meets at Elkhorn Ridge Golf Course. The instructor is Gary Zessin. (one session)

Elkhorn Ridge Golf Course, 20033 Elkhorn Ridge Drive, Elkhorn, NE

SPRT016A	SA	09:00A-12:00P	04/28	\$39
SPRT016B	SA	09:00A-12:00P	05/12	\$39
SPRT016C	SA	09:00A-12:00P	05/19	\$39
SPRT016D	SA	09:00A-12:00P	06/02	\$39
SPRT016E	SA	09:00A-12:00P	06/16	\$39

### \*Sailing for Beginners

Learn the basics of sailing in this class for beginners. Randy Greer is a certified sailing instructor and the director of the Lake Manawa Sailing School. The club will provide the boats, a 14-foot single person Sunfish. Learn how to set up the boat, tie a few knots and then get on the water to discover the wonders of the wind on a sail. Bring your own life jacket if you have one or you may borrow one from the sailing club. The tuition includes a U.S. sailing instruction booklet for each student. Wear appropriate clothing for getting wet and closed-toe shoes (sneakers are OK but no flip-flops). Students must pass a swimming test to show they can swim at least 50 yards and float on their back without a flotation device. Sailing is a fun, relaxing sport that you can enjoy for a lifetime. Directions: take I-80 east to the Lake Manawa exit. Go south for one mile and then turn right on Commanche Street. Go a quarter mile to the blue gate that is the entrance to the sailing club. (four sessions)

Lake Manawa Sailing Club, 812 Comanche St., Council Bluffs, IA

SPRT676 MTWTH 06:00P-8:30P 06/11-06/14 \$95

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# TEXTILES

## Basic Alterations

Learn to do basic alterations like a pro, including shortening and lengthening sleeves, hemming pants and jeans, fitting jacket side seats and shoulders. Train your eye to identify fitting issues and how they can be corrected. We will be working on a practice suit and those techniques can be transferred to both women's and men's clothing. By the end of the course, you will have the knowledge to charge your friends for your services. Basic sewing skills are required and you must be able to thread your machine. The instructor is Debra Carlson. Visit [mccneb.edu/cesupplies](http://mccneb.edu/cesupplies) for a list of supplies to bring to class. (six weeks)

Elkhorn Valley Campus, 829 N. 204th St.  
SEWI425 TH 06:00P-09:00P 04/12-05/17 \$132

## NEW! Creative Storytelling Quilts

Creative Storytelling Quilts will allow you to learn how to create a quilt using recycled fabrics, leftover scraps, hand beads, fabric remnants and all the embellishments you can think of. Look around your closet and ask friends and family for old clothes that you can recycle. Get ready to create, relax and have fun. This class is for beginners, no quilting experience required, but you should be familiar with using your sewing machine. Go to [mccneb.edu/cesupplies](http://mccneb.edu/cesupplies) for a list of supplies to bring to class. The instructor is quilterpreneur, Celeste Butler. (six weeks)

North Makerhood District, 1141 N. 11th St.  
SEWI200 T 06:00P-08:00P 04/03-05/08 \$99

## REGISTER ONLINE NOW!

Scan this code with your mobile device's QR code reader-connect to the online courses page. It's easy.



## NEW! Crochet Corner: Buy Two, Get One Free!

Register for Crochet 101 and Crochet 201 and take Reversible Color Crochet for free. If you wish to take advantage of this great opportunity, use this course number to register for all three. Seats are limited. Go to [mccneb.edu/cesupplies](http://mccneb.edu/cesupplies) for a list of supplies to bring to class. (eight weeks)

Hobby Lobby, 7646 Dodge St.  
SEWI013 MW 06:00P-08:00P 04/02-05/21 \$120

## Crochet 101: Introduction

For the beginner, here is everything you need to know to crochet your first project. Learn basic stitches; chain, single, double, half double and triple. Also, learn how to maintain gauge, correct mistakes, join seams, change yarn, weave ends and read simple patterns. Go to [mccneb.edu/cesupplies](http://mccneb.edu/cesupplies) for a list of supplies to bring to class. The instructor is CYC certified crochet instructor, Patti Giorgi. (four sessions)

Hobby Lobby, 7646 Dodge St.  
SEWI021 MW 06:00P-08:00P 04/02-04/11 \$60

## Crochet 201: Next Steps

*Prerequisite: Crochet 101 – Introduction or equivalent*

This class is for current crocheters who want to move up to the next level. Learn more complex stitches such as popcorn, shells, bobbles, ripple and more. Learn about making and joining granny squares and other motifs. You will crochet in the round to make flat and dimensional shapes and will add edgings to items and make a variety of embellishments for your wearables. Visit [mccneb.edu/cesupplies](http://mccneb.edu/cesupplies) for a list of supplies to bring to class. The instructor is CYC certified crochet instructor, Patti Giorgi. (four weeks)

Hobby Lobby, 7646 Dodge St.  
SEWI029 MW 06:00P-08:00P 04/16-04/25 \$60

## NEW! Reversible Color Crochet

*Prerequisite: Crochet 201: Next Steps or equivalent*

Experienced crocheters, this class is for you. Learn a new technique to improve your colorwork so there is no wrong side when working blocks of color. With a few changes you can make your color change line clearer as you work with multiple colors. Visit [mccneb.edu/cesupplies](http://mccneb.edu/cesupplies) for a list of supplies to bring to class. Taught by CYC certified instructor, Patti Giorgi. (one session)

Hobby Lobby, 7646 Dodge St.  
SEWI011 M 06:00P-08:00P 05/14 \$19

## Knitting 101

This course, designed for the novice, will teach you how to cast on, knit, purl and bind off. Also, learn to join seams, correct mistakes, add yarn, weave in ends, work basic increases and decreases and maintain gauge. Project patterns will be provided so you can learn the language of knitting and practice your new skills. Visit [mccneb.edu/ce](http://mccneb.edu/ce) for a supply list. Learn lots of tips and techniques to take your knitting to the next level from an experienced knitter, designer and CYC certified knitting instructor, Patti Giorgi. (four sessions)

Hobby Lobby Millard, 13780 Millard Ave.  
SEWI022 TTH 06:00P-08:00P 05/01-05/10 \$60

## Knitting 201: Next Steps

*Prerequisite: Knitting 101 or equivalent*

This is an essential class for current knitters who want to expand on basic skills and is a prerequisite for more advanced courses. Learn additional ways to cast on, bind off, increase and decrease, and when to use them, as well as how to read more complex patterns. Also, learn how to knit in the round with circular and double pointed needles, and try new stitches, such as ribbing, seed stitch, drop stitch, slip stitches and a basic cable. Patterns to illustrate these techniques will be provided. Visit [mccneb.edu/cesupplies](http://mccneb.edu/cesupplies) for a list of supplies to bring to class. Learn lots of tips and techniques to take your knitting to the next level, from an experienced knitter, designer and CYC certified knitting instructor, Patti Giorgi. (four sessions)

Hobby Lobby Millard, 13780 Millard Ave.

SEWI023 TTH 06:00P-08:00P 05/15-05/24 \$60

## NEW! Knitting with Beads

*Prerequisite: Knitting 201: Next Steps or equivalent*

Want to add some sparkle to your knitted projects? Learn various techniques for adding beads while you knit and how to decide which one to use on your project. Class includes alternatives for beaded knitting with prestrung and non-prestrung methods, using beads with different stitches, working with bead knitting charts and designing tips. Project patterns will be provided for you to practice each technique. Visit [mccneb.edu/cesupplies](http://mccneb.edu/cesupplies) for a list of supplies to bring to class. Class taught by CYC certified knitting instructor, Patti Giorgi. (four weeks)

Hobby Lobby, 7646 Dodge St.

SEWI009 W 06:00P-08:00P 05/02-05/23 \$60

## NEW! Let's Play Barbies™

Do you have a vintage Barbie you would like to fix up or maybe gift to your daughter or granddaughter? This creative workshop is the best reason to grab that doll and bring a new life to her. Discover ways to clean her up, untangle and restyle her hair, repair parts, mend clothing, everything she needs for a new life. Not only that, but take this opportunity to make her a brand new outfit and explore household items you can use to accessorize Barbie. Some sewing experience required. Visit [mccneb.edu/cesupplies](http://mccneb.edu/cesupplies) for a list of supplies to bring to class. The instructor is Debra Carlson. (one session)

MCC at Do Space, 7205 Dodge St. (second floor)

SEWI014 SA 09:30A-12:30P 05/19 \$29

## NEW! Macrame Hanging Plant Holder

They're back! Create the most iconic macramé project from the 1970s: the plant hanger. Discover how to handcraft your own boho hanger out of cotton rope, tied into different size knots. Explore design, texture and patterns as you work. No experience needed. The instructor is Patricia Piatt. Visit [mccneb.edu/cesupplies](http://mccneb.edu/cesupplies) for a list of supplies to bring to class. (one session)

North Makerhood District, 1141 N. 11th St.

SEWI020 SA 09:00A-12:00P 04/21 \$29

## Mother Nature's Lost Color

From the beginning of time, everything that was dyed, was dyed naturally. Natural dyes are the root of all modern color. This knowledge is fading away but not if we can help it. Explore two natural fabric dyeing processes, bundle dyeing and hapa-zome, by creating your own color and pattern on natural textiles with different assortments of colorful fresh flowers and leaves. Wear clothing you don't mind getting messy. Visit [mccneb.edu/cesupplies](http://mccneb.edu/cesupplies) for a list of supplies to bring to class. Bring a sack lunch and water. (one session)

North Makerhood District, 1141 N. 11th St.

HOMI203 SA 03:00P-07:00P 04/21 \$36



## \$\$ BUNDLE \$\$ Natural Dye Workshops

You will learn the steps in preparing and working with a natural dye bath and how to use mordants. Dress in clothes and shoes you don't mind getting dirty and/or permanently soiled. This bundle includes Indigo Resist Workshop, Black and Yellow Magic Workshop and Midwest Superfood: Aronia Berries Workshop. Sign up for this bundle and receive a discount. (three sessions)

North Makerhood District, 1141 N. 11th St.

SEWI503 SA 03:00P-07:00P 05/12-06/23 \$88

## NEW! Indigo Resist Workshop

You will use stencils and learn how to make resist paste from rice flour which is then used to help create your own patterns on 100 percent cotton before dipping in the indigo vats while connecting, sharing and collaborating with other creatives. Bring rubber gloves and two yards of white cotton fabric. The instructor is Calandra Cooper. (one session)

North Makerhood District, 1141 N. 11th St.

SEWI504 SA 03:00P-07:00P 05/12 \$36

## NEW! Black and Yellow Magic Workshop

Join us as we turn roots (iris, dandelion) and other things found in the garden into beautiful black and yellow natural dyes. Bring rubber gloves and two yards of white cotton fabric. The instructor is Calandra Cooper. (one session)

North Makerhood District, 1141 N. 11th St.

SEWI505 SA 03:00P-07:00P 06/09 \$36

## NEW! Midwest Superfood: Aronia Berries Workshop

Also known as the "Chokeberry" or "Black Chokeberry," aronia berries have been used for ink and dyes for hundreds of years, by Native Americans and early pioneers. Native to the Midwest, aronia berries also provide one of the world's darkest natural dyes. Come join us for a fun evening of natural dyeing using this extraordinary superfood. Bring rubber gloves and two yards of white cotton fabric. The instructor is Calandra Cooper. (one session)

North Makerhood District, 1141 N. 11th St.

SEWI506 SA 03:00P-07:00P 06/23 \$36



### NEW! Needle Felting

Try your hand at needle felting. Using wool and a special felting needle create a design on a small item. Learn tips and tricks for success in this fun class. Everything you need is included in the kit for a \$10 lab fee payable to the instructor. The class is taught by CYC certified knit and crochet instructor, Patti Giorgi. (one session)

Hobby Lobby, 7646 Dodge St.

SEWI012 M 06:00P-08:00P 05/07 \$19

### NEW! Sewing for Baby

If you've got babies in your life, you'll know that baby stuff is expensive and sometimes made from cheap, plain or boring fabrics. Do you really want to gift the same items as three other people at that baby shower? What if you could make these things yourself from the fabrics of your choosing? You can, even if you've never touched a sewing machine before. This class will get you up to speed on safe sewing machine use as well as introduce you to a few projects that, once you learn to make them, you can make more in the future. Projects will include: burp cloths, receiving blankets, tote bags with pockets and zipper pouches. Exploring this new passion could lead to a new hobby or you could even start your own business selling your craft. Bring your own sewing machine in good, working order to class. Visit [mccneb.edu/cesupplies](http://mccneb.edu/cesupplies) for a list of supplies to bring to class. (four weeks)

B Star Botique, 800 Fort Crook Road South, Bellevue, NE

SEWI509 W 06:00P-09:00P 04/11-05/02 \$99

### NEW! Sewing Machine Tinker Workshop

Have an old sewing machine tucked away in your basement, attic or garage? Tired of passing them up at yard sales and thrift stores? Maybe you just picked one up and don't know what to do with it. Join us in this hands-on workshop as we try to figure out how to get your find working and cleaned up. Of course, there are no guarantees, but it'll be fun trying and cleaning up your beauty. Visit [mccneb.edu/cesupplies](http://mccneb.edu/cesupplies) for a list of supplies to bring to class. (one session)

North Makerhood District, 1141 N. 11th St.

SEWI507 SA 03:00P-07:00P 04/28 \$36

### NEW! T-Shirt Quilt

Looking for a meaningful gift for that graduate or other special person in your life? Explore how to re-purpose those sentimental team and championship t-shirts into a quilt. This two-part workshop will allow you to design your quilt, piece the parts together and learn about the finishes and embellishments that will make your quilt very personal. This class will help you get started and point you in the right direction but will also require time away from class. During the first session, get ideas on how you want your finished product to look by incorporating fabric. During the second session, assemble the top, batting and back of your quilt while deciding which methods works best for you. Sewing experience required. Visit [mccneb.edu/cesupplies](http://mccneb.edu/cesupplies) for a list of supplies to bring to class. The instructor is Debra Carlson.

(two weeks; skips 4/14 & 4/21)

MCC at Do Space, 7205 Dodge St. (second floor)

SEWI015 SA 09:30A-12:30P 04/07-04/28 \$48

### \*Upholstery 101

Furniture re-upholstery is a dying art in the Omaha area and there is a great need for a new generation of people to learn this craft. This class is designed for those who have a cherished piece of furniture they would like to preserve as well as those who want to start a new career or hobby. Learn the basic techniques and tricks of the trade. Bring in a small, simple piece of furniture to the first class and we will discuss fabric choices and yardage needed to begin your project. Bring scissors, a wire cutter and \$15 to purchase a specialty staple puller at the first class. The instructor is Kathy Foust. (seven weeks)

North Makerhood District, 1141 N. 11th St.

SEWI408 SA 09:00A-12:00P 04/07-05/19 \$200

### \*Upholstery 102

*Prerequisite: Upholstery 101*

Continue to pursue your interest in upholstery and strengthen your skills. Use what you learn for your own personal use or to start a business. Students will be invited to bring along their own item of furniture to restore and refurbish, as well as fabric of their own choice to recover their furniture with their own style. Bring scissors, a wire cutter and a staple puller to the first class. The instructor is Kathy Foust. (seven weeks)

North Makerhood District, 1141 N. 11th St.

SEWI409 SA 01:00P-04:00P 04/07-05/19 \$200

### NEW! Vintage Dressmaking

Mock up a vintage dress in muslin cotton using basic couture techniques. You learn how to work with a true vintage sewing pattern, hand apply a zipper, use common couture hand stitches and more. Basic sewing skills are required, but no worries or intimidation, this is an awesome class for anyone new to sewing who's also interested in basic couture sewing techniques. You will receive an original vintage pattern to use in class that's yours to keep. You'll also receive a viewing of some of the special patterns from the instructors' vast vintage sewing pattern collection and some pieces from her vintage jewelry collection. Exploring this new passion could lead to a new hobby or you could even start your own business selling trendy vintage dresses. Basic sewing skills required. Visit [mccneb.edu/cesupplies](http://mccneb.edu/cesupplies) for a list of supplies to bring to class. The instructor is Calandra Cooper. (three weeks; skips 5/26)

North Makerhood District, 1141 N. 11th St.

SEWI508 SA 10:00A-01:00P 05/12-06/02 \$96

## Weaving 101

The class is designed for the beginning loom weaver. Explore historical weaving origins and styles. Learn all the parts and functions of the loom. Discover weaving terminology, reading, following and designing pattern drafts. Experience dressing a loom, weaving styles and finishing techniques. Projects will include a sampler wall hanging/table runner and an additional project(s) if time permits all designed by you, the student. Most supplies are provided, go to [mccneb.edu/cesupplies](http://mccneb.edu/cesupplies) for a list of supplies to bring to class. The instructor is Connie Wheeler. (four weeks)

North Makerhood District, 1141 N. 11th St.

SEWI008A	SA	01:00P-04:00P	04/07-04/28	\$130
SEWI008B	M	06:00P-09:00P	06/04-06/25	\$130

# TRAVELING CLASSROOMS

## \*Historical Pella: a Touch of Holland in Iowa

*Requirement: moderate walking*

Imagine strolling next to a canal surrounded by an authentic Dutch windmill, a drawbridge and stately old buildings. This charming town of Pella is filled with sights, tastes and sounds reminiscent of Holland. Enjoy a Dutch performance, a Pella Opera House tour, a delicious Dutch meal on china and linens, and visit the town's famous 135-foot Vermeer windmill, plus tour the Pella Historical Village. Walk amid Pella's famous tulip beds. Visit stores like Van Veen Chocolates, where chocolate is imported from the Netherlands, two special Dutch bakeries named Jaarsma and Vander Ploeg for some of the best baked goods in the region, and Ulrich's for their famous Pella bologna, house-cured meats and gourmet cheese. These are just some of the many unique attractions and shops which will make you feel Dutch for the day. There will be a special trip to Van Wijk Winery, known for many local awards, located in Sully, Iowa. Situated in Jasper County amongst a lovely landscape of timber and farmland the building has a stoned façade inspired by 16th century European castles. There will be a dinner snack stop on the way home. Visit [mccneb.edu/cetravel](http://mccneb.edu/cetravel) for complete descriptions and important details.

Sarpy Center, 9110 Giles Road, La Vista, NE

TRVL423	SA	07:30A-10:30P	04/14	\$124
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## NEW! \*Springtime in Branson

*Requirement: moderate walking*

Experience an exciting trip to Branson, Missouri which includes the following attractions: music fest shows, shopping, two scenic surprise stops and much more. Enjoy four Branson shows, two nights at the Savannah House Hotel, three meals, two snacks and sightseeing which is included in the tour price. The Savannah House commands a breathtaking view of the Ozark Mountains yet it's just minutes away from the Branson excitement. You will need to handle your own luggage once you arrive at the hotel. A mandatory \$50 administrative charge will occur if you cancel your reservation once it has been made. There will be no refunds allowed after April 6. Consider signing up for trip insurance. The trip leader is Kevin Kowskie. Visit [mccneb.edu/cetravel](http://mccneb.edu/cetravel) for complete descriptions and important details.

Sarpy Center, 9110 Giles Road, La Vista, NE

TRVL006	FSASU	07:00A-11:30P	04/20-04/22	
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Single Occupancy \$479

Double Occupancy \$399



## INSTRUCTOR SPOTLIGHT FEATURING

# KEVIN KOWSKIE

Kevin Kowskie is a graduate of the University of Nebraska at Omaha. He is passionate about travel and art. His artwork has been displayed at the College of St. Mary's, the Bemis Center for Contemporary Arts, the Durham Museum and has been included in a group show at the Joslyn Art Museum. Kowskie's love for foreign travel and cultural enrichment goes back as far as he can remember. While traveling with his family to Rocky Mountain National Park as a child, he developed a keen desire to expand his journeys to distant lands, and the rest was history. After traveling through much of the United States as he got older, this ambition drew him to expand his travels on an international scale—discovering destinations in Canada, Mexico and a dozen European nations. In his early thirties, Kevin and a friend devoted two weeks every year to backpacking through Europe and visiting different nations and destinations via train. He loves encountering new cultures and meeting people from diverse backgrounds. After someone suggested to him that Omaha would appreciate seminars on European travel, Kowskie followed his passion to become a noncredit instructor on the subject for MCC. Planning, organizing and leading group tours are part of his favorite pastimes. Kowskie is currently a trip leader and coordinator for MCC's Traveling Classrooms, sharing his experience and knowledge as part of the motivated Continuing Education staff.

## \*Mansions & Neighborhoods of Independence, MO

*Requirement: moderate walking to extensive walking*

Take a break from all of life's stresses and treat yourself to spending a day at several truly magnificent mansions and a special luncheon. Plan to join us for a lovely day in Independence, Missouri. Rich in history, Independence offers many attractions including the Bingham-Waggoner Estate and the Vaile Mansion. Experience the wonder of a true Victorian-style mansion at the Bingham-Waggoner Estate. Wander through room after room with a personalized guided tour of 26 rooms of opulent décor. Enjoy a delicious catered luncheon with dessert in the Carriage House of the estate. You will be served at tables beautifully set with china, glass stemware and silverware on linen tablecloths. The impressive Vaile Mansion will be our next destination in the afternoon. This remarkable residence has been recognized on A&E's America's Castles national TV show and in National Geographic's 1999 book, "Guide to America's Great Houses." Later, visit historic Independence Square which offers shopping opportunities and receive a guided tour of the lovely neighborhoods of Independence. There will also be a surprise adventure in the afternoon. The final stop of our tour will be at the popular Zona Rosa Mall for fast food and your shopping pleasure. Visit [mccneb.edu/cetravel](http://mccneb.edu/cetravel) for complete descriptions and important details.

Sarpy Center, 9110 Giles Road, La Vista, NE

TRVL573	SA	07:00A-11:00P	04/28	\$124
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**NEW! \*Amelia Earhart and Cedar Ridge Tour**

*Requirement: moderate walking*

Travel to Atchison, Kansas, home to the famous aviatrix Amelia Earhart. Her grandfather built this house in the early 1860s and later would become the birthplace of Amelia. It features displays about her life and a research center. Visit the Chapels at Mount Saint Scholastica, and the Muchnic Mansion & Art Gallery, plus savor a delicious home-style cooked dinner at a very popular restaurant named Cedar Ridge, located in a restored farmer's barn. Tour the town's historic brick-paved neighborhoods with our step-on-guide. Receive a tour of the Muchnic Mansion. This three-story mansion, built in 1885, is one of the finest styles of Queen Anne architecture. Also, the Benedictine Sisters from the Chapels at Mount Saint Scholastica will be giving a guided tour. The Chapel is rich with lovely imported marble, a large rose window and stained-glass windows honoring seven martyred women saints. A vaulted ceiling graces the interior of the choir chapel, which has stained glass windows retelling the life of St. Benedict. The architecture is equal to most European cathedrals. Lunch will be on your own. Visit [mccneb.edu/cetravel](http://mccneb.edu/cetravel) for complete descriptions and important details.

**Sarpy Center, 9110 Giles Road, La Vista, NE**  
 TRVL435 F 09:00A-09:00P 05/04 \$118

**\*Mystery Tour**

*Requirement: moderate walking*

Enjoy an exciting journey into the unknown with plenty of fun with friendly travelers, just like you. Come explore with us on a trip that will give you a new travel experience. Learn all of the details, but first, you must enroll—then board our comfortable deluxe motor coach the morning of the departure. A couple of hints for you—the destination is interesting and you will be getting a meal and enjoy an evening performance—all included in the price of the tour. Delight your senses by embracing intrigue. Tell your friends to join us for a day of mystery and fun. This tour will be offered only once during the spring session. Please register early to secure your place. Visit [mccneb.edu/cetravel](http://mccneb.edu/cetravel) for complete descriptions and important details.

**Sarpy Center, 9110 Giles Road, La Vista, NE**  
 TRVL413 F 08:00A-11:30P 05/11 \$116

**\*Tulips and a Taste of Holland**

*Requirement: moderate walking*

Feel like you're in 19th century Holland by visiting the tulip festivities in a charming Dutch village in northern Iowa. It's an entertaining celebration of the best of small town America—a tulip showcase for the multitude of visitors in this community's rich Dutch heritage. Festivities include fun ethnic food treats, music and dancing by hundreds of children and adults in intricate authentic costumes, a special parade with reserved seating, arts and crafts, a visit to the lovely Century House, plus the Vogel windmill and thousands of gorgeous tulips in lanes lining avenues, parks, and small gardens throughout Orange City. The Tulip Town Bulb Company Gardens offers a colorful array of more than 40 varieties of imported Dutch tulips. There will be an opportunity for you to place your tulip bulbs order for fall delivery. Afterwards, you'll be entertained by a Dutch song and dance performance in a cozy theater. Be sure to visit the Street market for fun activities. See the Dutch Street Organ, one of only two in the U.S., and more windmills for your enjoyment. There will be a stop for fast food on our return trip. Visit [mccneb.edu/cetravel](http://mccneb.edu/cetravel) for complete descriptions and important details.

**Sarpy Center, 9110 Giles Road, La Vista, NE**  
 TRVL097 SA 07:30A-09:00P 05/19 \$96

**\*Spirit of Brownville Luncheon Cruise and Arbor Day Farm**

*Requirement: moderate walking to extensive walking*

Join us for a day of adventure exploring the town of Brownville, "Nebraska's Oldest Little River Town," and Arbor Day Farm in Nebraska City. Once served by the steamboats that maneuvered the currents from St. Louis to Montana, the town is full of historic buildings, bookstores, fine art, shops and antiques. A highlight of the tour will be a luncheon cruise on the "Spirit of Brownville" paddle wheeler. Then stop at the River Inn Resort to see the state's only floating boutique bed and breakfast. Enjoy shopping at the annual spring flea market and art galleries upon arrival in Brownville. Treasures include antiques, art, gifts and clothing. A special trip will be made to Arbor Day Farm with an area covering 260 acres of natural beauty and outdoor exploration. This National Historical Landmark—and birthplace of Arbor Day, the tree planter's holiday—is packed with fun. Experience the farm's orchards, vineyards and streams on a cedar benched trailer with a leaf canopy drawn by a John Deere tractor during a Discovery Nature Ride. Take home some orchard grown specialties like jams, jellies and salsas from the Apple House. Afterward, a special surprise stop will be included before departing back to campus. Visit [mccneb.edu/cetravel](http://mccneb.edu/cetravel) for complete descriptions and important details.

**Sarpy Center, 9110 Giles Road, La Vista, NE**  
 TRVL036 SA 07:00A-07:00P 05/26 \$112

### NEW! \*West Bottoms and Strawberry Hill

*Requirement: extensive walking*

Join us for a day of adventure in Kansas City exploring West Bottoms Antique/Flea Market, Strawberry Hill Museum and the Historic City Market. Also, relax and enjoy an Afternoon Tea Service. It's the first weekend in the West Bottoms, which means that many of the most prominent and popular antique dealers open their shops to reveal their thrifty picks to the masses. You can anticipate there will be 22 vintage boutiques and more than 600 vendors that fill multi-story warehouses. In addition, visit the region's largest Farmers' Market at the City Market. A special stop will be made at Strawberry Hill Museum and Cultural Center. Built in 1887, the core building is an outstanding example of Victorian Queen Anne Style architecture. The museum celebrates the many nationalities of Kansas City residents and has a gift shop. Then enjoy a dessert with a cup of tea in the Tea Room. The final stop will be Oak Park Mall in Overland Park, Kansas. The mall, which features Macy's and Nordstrom, has been known as a shopper's paradise. The requirement for this specific tour is extensive walking and your ability to climb stairs while at West Bottoms. Visit [mccneb.edu/cetravel](http://mccneb.edu/cetravel) for complete descriptions and important details.

**Sarpy Center, 9110 Giles Road, La Vista, NE**

TRVL008 SA 07:00A-10:00P 06/02 \$109

### NEW! \*The Falls of the Big Sioux River and Renaissance Festival

*Requirement: moderate walking to extensive walking*

Imagine visiting breathtaking waterfalls, exploring shops and restaurants of a Historical Downtown District and experiencing a renaissance festival. This adventure awaits you when we travel to Sioux Falls, South Dakota. Begin the morning with a visit to the Falls of the Big Sioux River located in Falls Park. Bring your camera for the fantastic views. Enjoy the views of the beautiful triple waterfalls from three different lookout platforms. Then catch the fun at the Historic Downtown District. Experience the charm of locally owned unique shops, museums, SculptureWalk (more than 55 original sculptures displayed throughout Historic Downtown Sioux Falls). Also, enjoy a delicious group luncheon. In the afternoon, travel to the Renaissance Festival where you'll be welcomed to Shrewsbury, England 1575—the 17th year of Her Royal Majesty, Queen Elizabeth's reign. The Earl and Countess of Shrewsbury have planned a festival to celebrate the season. Come thrill to the spectacle of armored jousting. Marvel at the jugglers, dancers, fire-breathers and other entertainers on several stages. A fast food dinner stop is planned during the journey home. Visit [mccneb.edu/cetravel](http://mccneb.edu/cetravel) for complete descriptions and important details.

**Sarpy Center, 9110 Giles Road, La Vista, NE**

TRVL007 SA 07:00A-10:30P 06/09 \$116



### \*Boone's Scenic Valley Railroad Adventure

*Requirement: moderate walking*

Our unique tour begins at the enchanting Danish Windmill in Elk Horn, Iowa. The windmill was built originally in Norre Snede, Denmark in 1848. It was disassembled and shipped to Elk Horn in 1975 where it was restored to its original working condition. Our guide will show us around this impressive 60-foot mill. See the gears and grinding stones used to grind wheat and rye by wind power. The gift shop offers many Danish items including Danish plates, jewelry, food products, figurines, dinnerware and dolls. After lunch, on-your-own at a fast food restaurant, hop aboard a Boone & Scenic Valley Railroad car in Boone, Iowa for an adventure. Experience the drama of our steam locomotive train running through the beautiful Des Moines River valley. Ride the rail over two great bridges; one is 160 ft. in height. The Iowa Railway Gift Shop displays the largest selection of railroad gift items in the state. Next, enjoy a guided tour of Picket Fence Creamery in Woodward, Iowa. This 80-acre dairy farm has 80 Jersey cows, a bottling plant and country store. The creamery will treat you with fruit crisp a la mode and coffee at the conclusion of the tour. We'll make a stop at Jordan Creek Mall for a quick snack and some last minute shopping before returning home. Visit [mccneb.edu/cetravel](http://mccneb.edu/cetravel) for complete descriptions and important details.

**Sarpy Center, 9110 Giles Road, La Vista, NE**

TRVL432 SA 07:30A-09:30P 06/16 \$99

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## WELLNESS

### Aqua Burn

This high and low impact exercise class will tone muscles and take off unwanted inches by using water resistance. You will get a calorie burning aerobic workout, plus stretching and overall body toning. You do not need to know how to swim. Come and enjoy a great workout while having fun. (10 weeks; skips 5/28)

Millard South High School, 14905 Q St. (use main east entrance)

WELL014A	MW	07:30P-8:30P	04/09-06/18	\$119
WELL014B	MW	08:30P-09:30P	04/09-06/18	\$119

### NEW! Brain Gym

Brain Gym/Edu Kinesthetics was originally developed to help children improve their mental skills and abilities. Children that had learning problems also found incredible improvement. Now these methods are also being used to help adults. Explore these therapies and techniques to change unwanted feelings and thought; education and schools to improve thinking abilities; stress; brain impairment; sports; yoga; helps to prevent onset of dementia and Alzheimers and much more. They are simple methods that take minutes. The instructor is Aubrey Nye. (one session)

Westside High School, 8701 Pacific St. (use main entrance)

WELL520	SA	09:30A-12:30P	05/12	\$42
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### Crime Prevention

Learn how to deter a criminal from picking your house; how to delay a criminal from getting into your home; how to defend or get out and have a safe room during a home invasion. Find out why keys and pepper spray are not good choices. Learn what tools and tactics work best for you. Learn the dos and don'ts in case the unthinkable happens. (one session)

MCC at Do Space, 7205 Dodge St. (second floor)

WELL001	M	06:00P-8:30P	04/09	\$35
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### Essential Oils: General Uses

Join this wellness class to explore distillation methods, essential oil safety and general uses of essential oils that can make remarkable changes in your life. The instructor is Julia Ponce, Licensed Massage Therapist. (one session)

Sarpy Center, 9110 Giles Road, La Vista, NE

WELL507	TH	06:00P-08:00P	04/12	\$19
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### Essential Oils: Utilization

Explore uses of specific essential oils and ways to utilize them including: vapor treatments, massage or bath and diffusing. Amazingly, you can also use essential oils in your household as well. Discover cleaning products, air fresheners and perfumes. The instructor is Julia Ponce, licensed massage therapist. (one session)

Sarpy Center, 9110 Giles Road, La Vista, NE

WELL508	TH	06:00P-08:00P	04/19	\$19
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### NEW! Food for Life: How Plant-Based Foods Fight Cancer

The National Cancer Institute research shows that as much as 50 percent of cancer risk may be related to diet. And, certain diet patterns involving mostly plant-based foods seem to have a major effect in helping people diagnosed with cancer to live longer, healthier lives. In this class, we will discuss preparing meals loaded with antioxidants, phytochemicals and fiber. You will learn about the right food choices that can help reduce the risk of developing cancer as well as promote healing and extend longevity once diagnosed. Enjoy food samples and take-home recipes. Bring a \$10 supply/food fee to class. (one session)

MCC at Do Space, 7205 Dodge St. (second floor)

WELL102	T	05:45P-08:45P	04/03	\$42
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### NEW! Food for Life: The Power of Food for Diabetes Prevention and Treatment

Research studies have demonstrated that a plant-based nutrition approach reduces the risk of diabetes and can greatly benefit those who have been diagnosed with the disease. The goal of this class is to empower people who have diabetes and those concerned about developing diabetes, along with their friends and family members with new information and skills. Enjoy a cooking demonstration and samples of delicious, health-promoting dishes along with take-home recipes and tips. Bring a \$10 supply/food fee to class. (one session)

MCC at Do Space, 7205 Dodge St. (second floor)

WELL103	M	05:45P-08:45P	04/02	\$42
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### Gentle Yoga for Stress Relief

Looking for a gentle yoga class to relax and unwind? Bring a yoga mat and set aside time to move, breathe and relax with others just like you. A perfect introduction to yoga or as a restorative practice to the experienced yoga student. Class is led by Angie Walker, certified Yoga instructor. (four weeks)

Westside High School, 8701 Pacific St. (use main entrance)

WELL471	SA	11:00A-12:00P	04/14-05/05	\$60
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### Learn How to Hypnotize Yourself and Others

Hypnosis has helped thousands of people with weight loss, smoking and unwanted behaviors and habits. You will learn the basics of hypnosis and how to hypnotize yourself and others. Hypnosis CD available for purchase in class. Instructor has been a hypnotherapist for 25 years with great results. (one session)

Westside High School, 8701 Pacific St. (use main entrance)

WELL402	SA	09:30A-12:30P	06/23	\$42
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### \*Reiki Level 1

Reiki is a Japanese technique for stress reduction and relaxation that also promotes healing. It is based on the idea that an unseen "life force energy" flows through us and is what causes us to be alive. It works on the body, mind and spirit releasing blocked energy, helps in cleansing the body of toxins, promotes relaxation and reduces stress, including stress related-illness, such as pain, hypertension, heart disease, ulcers, immune deficiency and cancer, to name a few. It is safe and easy to use anytime, in any place and any situation. This class will give you the ability to practice Reiki on yourself and your immediate family members, including your pets. One great benefit of Reiki is that it creates a balance between your physical, mental, emotional and spiritual levels. Class is taught by Rev. Gabriele Kohlieber, Reiki master/teacher and practitioner for more than 10 years. Bring a sack lunch. (one session)

Energy Healing Center, 12100 West Center Road

WELL045A SA 10:00A-04:00P 05/19 \$74

Fremont Area Center, 835 N. Broad St., Fremont, NE

WELL045B SA 10:00A-04:00P 05/26 \$74

### NEW! Slow Flow Yoga

Ease onto your mat and into your mind with gentle movement and guided breathwork. We'll lay a lovely foundation on which you can become more self-aware and deepen your wisdom. Slow Flow Yoga is suitable for all levels and poses can be modified to fit your needs. Wear comfy clothes and bring a yoga mat and towel. The instructor is Lizz Cowley. (eight weeks)

Westside Community Conference Center, 3534 S. 108th St.

(lower level, park in the back)

WELL101 TH 06:00P-07:00P 04/12-05/31 \$65

### Stress Reduction with Mindfulness

Come relax, have fun, even eat chocolate as you learn ways to change anxious thoughts, habits and pain, in order to be healthier in mind, body and spirit. Learning mindfulness practices, yoga, laughter, sensory awareness and meditation methods that reduce the stress response and helps you reduce your blood pressure, inflammations in the body, emotional distress, find peace in your day-to-day activities and much more. There is less worry and more fun with these practices in your life. The latest studies on mindfulness-based stress reduction support the healthy benefits of this exercise in stress management. You will be able to incorporate mindfulness practices into your daily activities. The instructor is Sharon Anderson. (eight weeks)

Elkhorn Valley Campus, 829 N. 204th St.

WELL407 TH 06:00P-07:30P 05/10-06/28 \$72

### Tai Chi Basics

Enjoy movement, breath, balance and meditation based on the ancient practice of Tai Chi. Develop internal power, energy, increased strength and flexibility, peace of mind and the opportunity to gain greater self-awareness. Tai Chi has many proven health benefits. Enroll today in this class led by Angie Walker, certified Tai Chi instructor. (four weeks)

Westside High School, 8701 Pacific St. (use main entrance)

WELL460 SA 10:00A-11:00A 04/14-05/05 \$60

### Water Aerobics

This low-impact exercise will tone muscles and take off unwanted inches by using water resistance. Students will do an aerobic workout plus stretching and toning exercise. This is a great cardio workout that is low impact, yet medium to high intensity. Swimmers and non-swimmers are welcome. The instructor is Laurie Hostetter. (eight weeks)

Morton Middle School, 4606 Terrace Drive

WELL002 MW 07:00P-08:00P 04/02-05/23 \$109



### Weight Loss Hypnosis

Find excellent results with hypnosis. You don't have to diet, feel deprived or even change what you eat. These are the main reasons why weight loss doesn't work for many. Using hypnosis along with other techniques, you will automatically eat less after the session and feel full faster. You can enjoy your food, splurge, go out to dinner, take a vacation and eat things you like. Bring a blanket and pillow. The instructor is Aubrey Nye. (one session)

Westside High School, 8701 Pacific St. (use main entrance)

WELL118 SA 09:30A-12:30P 04/21 \$42

### Yin Yoga

Discover how to focus on connective tissue such as ligament and fascia. This blissful form of yoga works to bring the body and mind into balance. Increase your natural range of motion. Most of the poses are done while lying down and are held for three to five minutes. Enter off Cuming Street. Park on street. Elevator available. (six weeks)

My Studio, 3909 Cuming St.

WELL472 T 06:00P-07:15P 04/10-05/15 \$45

### NEW! Yoga for Rookies

**For a limited time only, bring a friend for free.** Hey yoga rookie, you've heard about the great health benefits that yoga has to offer and you've been encouraged to try a class. Problem is, you're not sure where to start. Your head reels when you think of which class would be best, what you should wear or bring with, and what to expect. That's okay. This series is only for yoga rookies. This three-hour session will prepare you to get started. You'll learn: what it means to "do yoga," why you should be going to yoga, what to expect at a class, breathing (yes, we learn how to breathe), and different poses and how to make them work for you, safely and comfortably. Wear comfy clothes and bring your own mat, and a thick towel or blanket. Only one person must register. The instructor is Lizz Cowley. (one session)

Westside Community Conference Center, 3534 S. 108th St.

(lower level, park in the back)

WELL100 TH 06:00P-09:00P 04/05 \$32



# BLAIR AND WASHINGTON COUNTY

## 101 Tips and Tricks for Your PC

Use your PC more efficiently and increase your productivity by learning dozens of tips, tricks and shortcuts involving the operating system, keyboard, desktop navigation, internet, editing text, fonts, special characters, maintenance, viruses, monitors, disks, sound and more. (two weeks)

Blair Public Library, 2233 Civic Drive, Blair, NE  
 COMP605B M 09:30A-12:30P 04/02-04/09 \$15

## Build a Free Website with WordPress

In this course, you will learn how to use WordPress to build a beautiful, free website for fun, a special event or a small business. Using WordPress doesn't require coding skills or special software. An internet connection and your imagination is all that is required. (one session)

Blair Public Library, 2233 Civic Drive, Blair, NE  
 COMP001B TH 06:00P-09:00P 06/28 \$15

## Creating Videos with PowerPoint

Do you have a big event coming up? Want to create a video for work or pleasure? This course will allow you to create an amazing video to enhance the occasions. Bring in pictures and turn them into magic. You will also learn how to download free music to incorporate in the video. (two weeks)

Blair Public Library, 2233 Civic Drive, Blair, NE  
 COMP104B M 09:30A-12:30P 04/16-04/23 \$15

## HTML

You will learn to design sites with HTML5 and CSS using Adobe Dreamweaver, the industry standard for website design. Additionally, focus will be put on how to critically evaluate website quality, create and maintain quality web pages, and assess web design standards. (one session)

Blair Public Library, 2233 Civic Drive, Blair, NE  
 COMP917 M 09:30A-12:30P 05/07 \$15

## iPad 1

Bring an iPad to class and learn the basics of this Apple product. Discover the unique functions and features. Explore a variety of apps and learn how to download apps. Also learn how to browse the web using Safari, and use iBooks to download and read books. Explore methods for using the iPad in everyday life. (one session)

Blair Public Library, 2233 Civic Drive, Blair, NE  
 COMP412 M 09:30A-12:30P 06/11 \$15

## iPhone

Bring your iPhone to class to learn the unique functions and features that will assist you in getting the most out of your iPhone. You will learn how to customize settings, download apps, use Siri, search the internet using Safari, take, edit, and share pictures and much more. iPhone not provided. (one session)

Blair Public Library, 2233 Civic Drive, Blair, NE  
 COMP426 M 09:30A-12:30P 06/04 \$15

## NEW! Powerful Plugins for Your WordPress Site

Plugins on a WordPress website can empower it to do amazing things. From easily creating stunning image galleries to collecting user information, plugins allow you to enhance the capabilities of your website without the need of specialized coding skills. Whether you're just starting to build a new WordPress site or looking to improve one you already have, this course will teach you how to use 10 must-have plugins. (one session)

Blair Public Library, 2233 Civic Drive, Blair, NE  
 COMP103B TH 06:00P-09:00P 06/07 \$15

## NEW! The Ins and Outs of Windows 10

Master navigating and browsing in Windows 10. Windows 10 is the latest version of Microsoft's operating system for PCs and tablets. (one session)

Blair Public Library, 2233 Civic Drive, Blair, NE  
 COMP105B M 09:30A-12:30P 04/30 \$15

## REGISTER ONLINE NOW!

Scan this code with your mobile device's QR code reader-connect to the online courses page. It's easy.



# NEW CLASSES IN FORT CALHOUN

## NEW! Traditional Bacon Making

Before refrigerators and grocery stores, people didn't used to just "bring home the bacon," they would actually make it themselves. Learn various traditional techniques for curing bacon. We will learn dry-curing, brining and an English method that combines dry and wet curing. We will also use various cuts of pork including belly, jowl and shoulder. Instructor is Chad Lebo. (one session)

Washington County Museum, 102 N. 14th St., Fort Calhoun, NE  
FOOD002 SA 09:30A-11:30A 05/05 \$40

## NEW! Traditional Cheese Making

Learn how our ancestors made their milk last before the age of stainless steel refrigerators. We will talk about traditional and modern methods of cheese making while churning cream into butter and turning milk into fromage blanc, ricotta and yogurt. Instructor is Chad Lebo. (one session)

Washington County Museum, 102 N. 14th St., Fort Calhoun, NE  
FOOD004 SA 09:30A-11:30A 05/12 \$40

## NEW! Traditional Art of Food Preservation & Prep

An Overview of the History of Food Preservation & Preparation: We will discuss how and why certain foods used to be properly prepared and preserved, and the evolution of how drastically our everyday food has changed throughout history.

- The Era of Conveniency and Illness: We will discuss the disconnect between a society based around conveniency and the lost wisdom of traditionally prepared foods. We will also take a closer look at how the disassociation to properly prepared and preserved foods has led us to the many diseases, illnesses and unresolved health complications that our nation faces today.
  - Brief Intro to Gut Microbiota: We will introduce ourselves to the 'friendly' bacteria that reside in our gut, and explain the symbiotic relationship that exists between us.
  - Compare & Contrast: Using microscopes to visually analyze store-bought sauerkraut vs. homemade sauerkraut, we will see for ourselves how "dead" or "alive" the food we consume really is.
  - Activity: Learn to Make Kraut: This hands-on activity will demonstrate how to make a very simple lacto-fermentation with cabbage and other vegetables.
  - Snack and Chat: Students will get the chance to taste some properly prepared and preserved foods (naturally leavened sourdough, cultured butter, sprouted hummus, sauerkraut, kimchi, etc.) and go over any questions and answers. Instructor is Ashe Anne Milkovic. (one session)
- Washington County Museum, 102 N. 14th St., Fort Calhoun, NE  
FOOD003 SA 03:00P-06:00P 05/19 \$40



## NEW! Prairie Herbs 101

Learn about the herbs and weeds of the prairie. Many plants were used traditionally by indigenous populations, others were brought here by European settlers. The class will cover the basics of botanical identification, traditional medicinal uses, and preparation of teas, syrups and salves. Instructor is Lisa Grabenbauer. (one session)

Washington County Museum, 102 N. 14th St., Fort Calhoun, NE  
FOOD005 SA 01:00P-03:00P 04/28 \$19

## NEW! From Flintlocks to Nukes: Deterrence in America's Heartland

From its accidental founding in 1821 to the present day, Fort Atkinson/Calhoun and Omaha have been connected to military deterrence. The only actually punitive connections to the area are the very first act of the Indian Wars, in 1824, and the production of the first (and only) two bombers to drop nuclear weapons on an enemy (Enola Gay and Bockscar), which were built at Fort Crook. Unrecognized, this area has always been significant in military deterrence in America, first "locally" and now globally. Jack Schmidt, longtime military reenactor and amateur historian traces the connections and discusses the military history of the area. (one session)

Washington County Museum, 102 N. 14th St., Fort Calhoun, NE  
HIST004 T 06:00P-09:00P 06/12 \$29

## Genealogy Basics

Do you wonder if you have ancestors who were farmers, fishermen, merchants, pirates or horse thieves? There's only one way to find out. Join this fun and informative class to explore the many places to search (including local), what mistakes to avoid and how to safely store the data once you find it. Discover how DNA can help find distant relatives and discuss tips on writing family stories for future generations. (two weeks)

Washington County Museum, 102 N. 14th St., Fort Calhoun, NE  
HIST015A TH 06:00P-09:00P 04/19-04/26 \$50



# FREMONT AREA CENTER

835 N. BROAD ST., FREMONT, NE

## ANIMALS (page 1)

### Basic Dog Obedience

ANIM019B	T	11:00A-12:00P	04/03-05/08	\$98
ANIM019A	T	04:30P-05:30P	05/15-06/19	\$98

### Canine Life & Social Skills B.A. (C.L.A.S.S.)

ANIM400	T	11:00A-12:00P	05/15-06/19	\$120
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### Rally 4 Fun

ANIM020	SA	10:00A-11:00A	04/07-05/05	\$70
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### Trick Training

ANIM402	SA	09:00A-10:00A	04/07-05/05	\$70
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## DANCE (page 22)

### Ballroom Dance for Beginners

DANC031B	T	07:00P-08:00P	04/10-05/15	\$50
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### Ballroom Dance - Intermediate

DANC019B	T	08:00P-09:00P	04/10-05/15	\$50
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### Square Dancing 101

DANC001	TH	06:00P-07:30P	04/05-05/10	\$72
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## WELLNESS (page 39)

### \*Reiki Level 1

WELL045B	SA	10:00A-04:00P	05/26	\$74
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# WORKFORCE INNOVATION DIVISION

## NEW! Beyond the Basics: Laser Cutting

*Prerequisite: Must be 18 or older.*

Come gain basic knowledge on preparing and cutting materials from computer design files in our Prototype Design Lab. This class is an introductory course focusing on basic skills and safety requirements for working with the laser cutters. Laser cutters can be used in cutting parts and engraving on a variety of different materials for various projects. There is an additional \$15 supply fee per student. (one session)

Fort Omaha Campus, Center for Advanced and Emerging Technology Building 24, 5370 N. 30th St.

WIDX605A	SA	09:00A-01:00P	04/07	\$52
WIDX605B	SA	09:00A-01:00P	05/19	\$52

## NEW! Beyond the Basics: CorelDRAW for Production

*Prerequisite: Must be 18 or older.*

Come learn the CorelDRAW Suite used in production environments. The course covers layers, managing objects, and using printing and nonprinting elements to manage output. Material included consists of methods to create blends, manipulate paths, text and editing images in CorelPAINT for halftones and image optimization. Students use the Prototype Design Lab and the CorelDRAW software to practice the concepts during this four-week period. There is an additional \$28 supply fee per student. (four weeks)

Fort Omaha Campus, Center for Advanced and Emerging Technology Building 24, 5370 N. 30th St.

WIDX603	SU	12:00P-04:00P	04/08-04/29	\$125
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## NEW! Beyond the Basics: CNC Plasma Cutting

*Prerequisite: Must be 18 or older.*

Want to learn how to create custom cut steel, copper or metal designs? Start by learning the basics of plasma cutting in our Prototype Design Lab. This class is an introductory course focusing on basic skills and safety requirements for working with the CNC Plasma Cutter. Plasma cutters automate a process using a 2-D computer file to cut steel, copper, or other metal and are used in the trades, manufacturing and home shops. Students cut a small object to take with them. There is an additional \$36 supply fee per student. (one session)

Fort Omaha Campus, Center for Advanced and Emerging Technology Building 24, 5370 N. 30th St.

WIDX607B	SA	12:00P-04:00P	04/14	\$52
WIDX607A	M	12:00P-04:00P	05/21	\$52

## NEW! Drilling CNC Mill

*Prerequisite: Must be 18 or older.*

Interested in learning the basics of making customized metal pieces? Come learn the basics of milling in our Prototype Design Lab. This class is an introductory course focusing on basic skills and safety requirements for working with CNC Mill. The mill can be used to create parts such as brackets, fittings and other metal objects used in manufacturing and home shops. There is an additional \$20 supply fee per student. (one session)

Fort Omaha Campus, Center for Advanced and Emerging Technology Building 24, 5370 N. 30th St.

WIDX606A	W	06:00P-10:00P	04/18	\$52
WIDX606B	SA	09:00A-01:00P	06/16	\$52

### NEW! Beyond the Basics: Introduction to SLA (Resin) Printing

*Prerequisite: Must be 18 or older.*

Fascinated by the idea of making smoother resin prints? Come learn the basics of Resin 3-D printing in our Prototype Design Lab. This class is an introductory course focusing on basic skills and safety requirements for working with the resin 3-D printer. The resin printer is an excellent option for small or very detailed objects that may be harder to print in the ABS or PLA extruded printer. Students take home a sample. There is an additional \$12 supply fee per student. (one session)

Fort Omaha Campus, Center for Advanced and Emerging Technology Building 24, 5370 N. 30th St.

WIDX609B	SA	09:00A-01:00P	04/21	\$52
WIDX609A	TH	09:00A-01:00P	06/21	\$52

### NEW! Beyond the Basics: Powder Coating

*Prerequisite: Must be 18 or older.*

Have a metal piece in mind that you would like to learn how to custom paint? Come learn the basics of preparing and baking in our Prototype Design Lab. This class is an introductory course focusing on basic skills and safety requirements for working with the powder coat oven. The powder coat paint process is used for many metals that are found outside including patio furniture, automotive accessories and horticultural equipment. Students powder coat a small metal design to take with them. There is an additional \$5 supply fee per student. (one session)

Fort Omaha Campus, Center for Advanced and Emerging Technology Building 24, 5370 N. 30th St.

WIDX608A	T	09:00A-01:00P	04/24	\$52
WIDX608B	SA	09:00A-01:00P	05/05	\$52

### NEW! Beyond the Basics: Extruded 3-D Printing

*Prerequisite: Must be 18 or older.*

Fascinated in 3-D printing and want to experiment with a different printer that provides smoother, cleaner prints? Learn the basics of extruded 3-D printing in our Prototype Design Lab. This class is an introductory course focusing on basic skills and safety requirements for working with the extruded 3-D printer. Many 3-D extruded prints are used in architecture, landscaping, prototyping and any discipline where proofing or creating models for products are required. ABS and PLA plastics are the most common 3-D printing material used in this method of printing. Students take home a sample product. There is an additional \$5 supply fee per student. (one session)

Fort Omaha Campus, Center for Advanced and Emerging Technology Building 24, 5370 N. 30th St.

WIDX604A	TH	09:00A-01:00P	04/26	\$52
WIDX604B	TH	09:00A-01:00P	06/14	\$52

### NEW! Beyond the Basics: Bernina Embroidery

*Prerequisite: Must be 18 or older.*

Interested in learning how to take your embroidery to the next level? This class is an introductory course focusing on basic skills and safety requirements for working with the Bernina Sewing machine. Students learn the process of taking a vector computer file and converting it to a Bernina ART file. Students should bring a USB drive for their file. There is an additional \$20 supply fee per student. (one session)

Fort Omaha Campus, Center for Advanced and Emerging Technology Building 24, 5370 N. 30th St.

WIDX601B	F	06:00P-10:00P	04/27	\$52
WIDX601A	W	09:00A-01:00P	05/16	\$52



### NEW! Beyond the Basics: UV Flatbed Printer

*Prerequisite: Must be 18 or older.*

Interested in making custom high-quality printed design item adhered to a t-shirt or bag? This introductory class covers the basics of UV flatbed printing in our Prototype Design Lab with focus on basic skills and all the safety requirements for working with the UV flatbed printer. UV flatbed printing is used in the direct-to-garment process and any object up to 3 inches high. Using special techniques, prints can even be placed on rounded edges. Students complete a sample photograph in class. There is an additional \$20 supply fee per student. (one session)

Fort Omaha Campus, Center for Advanced and Emerging Technology Building 24, 5370 N. 30th St.

WIDX610	SA	09:00A-01:00P	04/28	\$52
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### NEW! Introduction to CNC Router

*Prerequisite: Must be 18 or older.*

Interested in learning more about how to use a CNC Router for your next custom project? This class is an introductory course focusing on the basic skills and safety requirements for working with the CNC Router. CNC Routers are used in all disciplines of manufacturing and prototyping along with most hobbies. Routers are used to create 2-D, 2.5-D and 3-D objects. Students will take home a sample product. There is an additional \$5 supply fee per student. (one session)

Fort Omaha Campus, Center for Advanced and Emerging Technology Building 24, 5370 N. 30th St.

WIDX602	W	06:00P-10:00P	05/02	\$52
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## REGISTER ONLINE NOW!

Scan this code with your mobile device's QR code reader-connect to the online courses page. It's easy.





### NEW! Beyond the Basics: 3-D Scanner

*Prerequisite: Must be 18 or older.*

This class discusses the basics of scanning and editing files in our Prototype Design Lab. It serves as an introductory course focusing on basic skills and safety requirements for working with the 3-D scanning software. Many 3-D scanners are used by auto restorers, artists, prototype designers, engineers. This class is an excellent fit for anyone that requires a method to convert a physical object to a 3-D computer file for printing or incorporation into other objects. Students capture at least one design and can take home the file created if they bring a thumb drive. (one session)

**Fort Omaha Campus, Center for Advanced and Emerging Technology Building 24, 5370 N. 30th St.**

WIDX600A	SA	09:00A-01:00P	05/12	\$52
WIDX600B	T	12:00P-04:00P	06/05	\$52

# EXPLORE MCC'S PROTOTYPE DESIGN LAB

## Omaha's premier industrial maker space

Whether you're an entrepreneur, engineer, designer or inventor, MCC offers a new open-access, cutting-edge facility to allow you to visualize, develop and create just about anything you can imagine. Located in the Center for Advanced and Emerging Technology, the Prototype Design Lab features state-of-the-art metal and wood working labs, plus open-access to 3-D printers, laser cutters, plasma cutters, CNC routers, vinyl cutters, embroidery machines, 3-D scanners, painting and powder coating equipment, CNC milling and lathe machines, MIG and TIG welding equipment and much more. Come check us out with a free tour.

**For a free tour of the Prototype Design Lab, contact Loretta McCollum.**

**Email: [llmccollum@mccneb.edu](mailto:llmccollum@mccneb.edu)**

**Phone: 531-MCC-2679**

### Introduction to Prototyping

Participants are exposed to real world applications of equipment in the Prototype Design Lab. Activities assist in developing a foundation for a variety of skills that are becoming prominent in today's workforce. Participants use a laser cutter and a UV printer to develop a product. Participants also have the opportunity to experience the Virtual Reality Lab to help in developing a new way of thinking.

**Fort Omaha Campus, Center for Advanced and Emerging Technology Building 24, 5370 N. 30th St.**

WIDX190A	W	09:00A-11:30A	04/18	\$0
WIDX190B	W	06:00P-8:30P	04/18	\$0

The Workforce Innovation Division is focused on fueling business growth through talent development. WID provides high-quality, in-demand professional certification training and customized employer-based training to develop and strengthen the area workforce.

Metropolitan Community College is a qualified institution, eligible to provide scholarship and grant funding for workforce training. If you are an employer seeking to train employees, funding may be available for incumbent worker training and MCC can offer customized training on a variety of topics. If you are an individual, scholarship and grant funding for certification training is available to those who qualify.

**For more information on training or to pre-qualify for funding, contact Robert Caldwell.**

**Email: [rcaldwell11@mccneb.edu](mailto:rcaldwell11@mccneb.edu)**

**Phone: 531-MCC-4771**

### Orientation to MultiTaction Canvas

- WIDX259B Monday, April 23, 9:00A-11:00A
- WIDX259A Monday, May 7, 10:00A-12:00P
- WIDX259C Friday, June 8, 2:00P-4:00P

**Fort Omaha Campus, Center for Advanced and Emerging Technology Building 24, room 202, 5370 N. 30th St.**

Price: \$295

MultiTaction is a cutting-edge visualization and facilitation iWall platform that enables business users and organizations to collaboratively resolve issues and bring ideas to life. With MultiTaction Canvas, it gives employees the opportunity to brainstorm, create and share ideas on the unlimited collaborative work space. Planning, researching and decision-making processes are accelerated as employees can work more closely with clients to develop new ideas on business projects. This interactive two hour training orientates new users to the MultiTaction Canvas system and cover topics such as setting up an account, using basic controls, navigation, settings, features and file storage. Upon completion, users are issued a personal Codice Card and have the ability to use the MultiTaction system for business projects, meetings, presentations and facilitations in the future.

For more information or a free demo, contact Robert Caldwell at [rcaldwell11@mccneb.edu](mailto:rcaldwell11@mccneb.edu).

# LEAN TRAINING

## NEW! Lean 101

WIDX270A Mondays, April 30- May 14, 6:00P-9:00P

Fort Omaha Campus, Center for Advanced and Emerging Technology Building 24, room 206, 5370 N. 30th St.

Price: \$190

In this workshop, participants explore the foundations of lean tools and concepts. Through hands-on activities, short projects and collaborative exercises, participants discover the basics of lean including: principles of problem-solving, significance of eliminating waste, value of standardized work and visual management, as well as methods for professional and personal development. Upon demonstration of all course competencies, students earn an MCC digital badge in the fundamentals of Lean.

## NEW! ISCEA Certified Lean Master (CLM)

WIDX271A Monday-Friday, April 11-13, May 9-11 and June 6-8, 8:00A-5:00P

Fort Omaha Campus, Center for Advanced and Emerging Technology Building 24, room 206, 5370 N. 30th St.

Price: \$3750

This training is designed to provide participants with an in-depth knowledge of Lean techniques and how to implement a Lean initiative. There are three sessions of three days providing nine days of classroom instruction, discussion, exercises and presentations: (1) crafting a lean project, developing a project charter, and mapping the current state; (2) creating flow, leveraging pull and mapping the future state; (3) closing the gaps, seeking perfection and taking the CLM exam. We offer a complete program of education and coaching on the creation of Lean value chains with certification for participants to earn recognition as a Certified Lean Master. This nine-day training is aimed at quality directors, process management directors, supply chain managers, operations managers, IT professionals and executives who need to create lean value chains for manufacturing, distribution, retail, service and virtual organizations. This program is certified by International Supply Chain Education Alliance and in partnership with Transformance Advisors of the Midlands.

# DATA CENTER TRAINING

## NEW! EPI—Certified Data Center Professional (CDCP)

WIDX222A Monday-Tuesday, April 9-10, 8:00A-4:00P

Fort Omaha Campus, Center for Advanced and Emerging Technology, Building 24, room 204, 5370 N. 30th St.

Price: \$1,795

It is vital that the mission-critical data center is designed, maintained, and operated with high-availability and efficiency in mind. However, the fact is most data centers do not meet the full availability, capacity, safety or efficiency requirements that are often demanded. This two-day course is designed to expose participants to the key components of the data center. CDCP training addresses how to setup and improve key aspects such as power, cooling, security, cabling, safety etc., to ensure a high-available data center. CDCP training also addresses key operations and maintenance aspects. CDCP is the first training in the EPI Design and Build training track under the EPI Data Center Training Framework. The primary audience for this course is any IT, facilities, or data center professional who works in and around a data center.



## NEW! EPI—Certified Data Center Specialist (CDCS)

WIDX223A Wednesday-Friday, April 11-13, 8:00A-4:00P

Fort Omaha Campus, Center for Advanced and Emerging Technology Building 24, room 204, 5370 N. 30th St.

Price: \$2,495

CDCS is the advance level for Data Center Professionals and this three-day course further increases attendees to a level being a compatible sparring partner with suppliers and the ability to verify offers provided by vendors for correctness, effectiveness and efficiency. CDCS is the second training in the EPI Design and Build training track under the EPI Data Center Training Framework. The primary audience for this course is any IT, facilities or data center professional who works in and around a data center. Prerequisite is EPI Certified Data Center Professional certificate.

## NEW! EPI—Certified Data Center Facilities Operations Manager (CDFOM)

WIDX224A Wednesday-Friday, May 9-11, 8:00A-4:00P

Fort Omaha Campus, Center for Advanced and Emerging Technology Building 24, room 204, 5370 N. 30th St.

Price: \$2,495

This three-day course is designed to expose participants to in-depth knowledge in managing data center operation which includes the following key subject matters such as; capacity planning, latest green initiatives, how to properly commission and decommission equipment, compliance to safety standards, statutory compliance and international standards, and managing people. Additionally, vendor management, handling incident/crisis management as well how to keep operations really simple, manageable, effective and efficient receive full attention in this course. CDFOM is the final training in the EPI Design and Build training track under the EPI Data Center Training Framework. The primary audience for this course is any IT, facilities or data center professional who works in and around a data center. Prerequisite is EPI Certified Data Center Specialist (CDCS) certificate.



## DRONES

### NEW! Intro to Drone Pilot Training

WIDX212A Saturday, April 14, 9:00A-12:00P

Fort Omaha Campus, Center for Advanced and Emerging Technology Building 24, room 206, 5370 N. 30th St.

Price: \$90

This course provides participants with the basic introduction to rules and regulations needed to safely fly drones in compliance with FAA guidelines. Students finish the day by navigating drones through an indoor obstacle training course for hands on, one-on-one flight instruction. We provide a DJI Phantom Series sUAS drone for the class.

### NEW! FAA Commercial Drone Pilot Training & Certification

WIDX225A Saturday, April 21, 9:00A-3:00P and Saturday, April 28, 9:00A-12:00P

Fort Omaha Campus, Center for Advanced and Emerging Technology Building 24, room 206, 5370 N. 30th St.

Price: \$575, includes certification exam

This course provides a continuation for participants who attended the Part I session with more in-depth training on FAA's 127 knowledge concept rules and regulations needed to safely fly drones. Participants are given at least three practice exams that mirror the various parts on FAA Part Aeronautical Knowledge Exam. Students finish the program by navigating drones through an indoor obstacle training course for hands-on, one-on-one flight instruction. We provide a DJI Phantom Series sUAS drone for the class. Basic Drone Pilot Training is a prerequisite. Cost includes exam fee of \$150. FAA certification requirements for exam are age 16 or older and US citizen.

## CYBERSECURITY

All classes are instructor-led virtual full day sessions, 10:00A-07:00P

### CompTIA

#### CompTIA Security+ Certification

WIDX 162A	04/16–04/20	M-F	Online \$2,695
WIDX 162B	05/28–06/01	M-F	Online \$2,695

#### CompTIA Cybersecurity Analyst (CSA+) Certification

WIDX 163A	04/30–05/04	M-F	Online \$2,995
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#### CompTIA Advanced Security Practitioner (CASP) Certification

WIDX 164A	06/04–06/08	M-F	Online \$3,195
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### ISC2

#### Certified Cloud Security Professional (CCSP) Certification

WIDX 282A	05/21–05/25	M-F	Online \$3,495
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#### Certified Information Systems Security Professional (CISSP) Certification

WIDX 283A	04/9–04/13	M-F	Online \$3,495
WIDX 283B	05/14–05/18	M-F	Online \$3,495

#### HealthCare Information Security and Privacy Practitioner (HCISPP) Certification

WIDX 284A	04/02–04/06	M-F	Online \$2,995
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#### Certified Secure Software Lifecycle Professional (CSSLP) Certification

WIDX 285A	06/04–06/08	M-F	Online \$3,495
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### EC-Council

#### Certified Ethical Hacker (CEH) Certification

WIDX 290A	05/07–05/11	M-F	Online \$3,495
WIDX 290B	06/18–06/22	M-F	Online \$3,495

#### Certified Network Defender (CND) Certification

WIDX 291A	04/23–04/27	M-F	Online \$3,495
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#### Computer Hacking Forensic Investigator (CHFI) Certification

WIDX 292A	04/16–04/20	M-F	Online \$3,495
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#### Certified Information Security Officer (C-CISO) Certification

WIDX 293A	04/16–04/20	M-F	Online \$3,495
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### EC-Council Security Analyst (ECSA) Certification

WIDX 294A                      05/28–06/01    M-F    Online  
\$3,495

### Licensed Penetration Tester (LPT) Certification

WIDX 295A                      05/21–05/25    M-F    Online  
\$3,495

## ISACA

### Certified Information Systems Auditor (CISA) Certification

WIDX 265A                      05/21–05/25    M-F    Online  
\$3,495

### Certified Information Security Manager (CISM) Certification

WIDX 266A                      06/11–06/15    M-F    Online  
\$2,995

# INFORMATION TECHNOLOGY

All classes are instructor-led virtual full day sessions, 10:00A-07:00P

## CompTIA

### CompTIA A+ Certification Boot Camp

WIDX 160A                      04/02–04/06    M-F    Online  
\$2,995

WIDX 160B                      05/14–05/18    M-F    Online  
\$2,995

WIDX 160C                      06/25–06/29    M-F    Online  
\$2,995

### CompTIA Network+ Certification

WIDX 161A                      04/09–04/13    M-F    Online  
\$2,995

WIDX 161B                      05/21–05/25    M-F    Online  
\$2,995

## Cisco

### CNA: Cisco Certified Network Associate

### Cisco Certified Network Associate Interconnecting Cisco Network Devices Part 1 (ICND1)

WIDX 316A                      05/14–05/18    M-F    Online  
\$2,975

### Cisco Certified Network Associate Interconnecting Cisco Network Devices Part 2 (ICND2)

WIDX 317A                      05/28–06/01    M-F    Online  
\$2,975

### CCNA Data Center Certification

WIDX 310A                      04/30–05/04    M-F    Online  
\$3,495

### CCNA Cloud Certification

WIDX 311A                      04/16–04/20    M-F    Online  
\$3,495



### Cisco Certified Network Associate Security (CCNA Security) Certification

WIDX 312A                      04/23–04/27    M-F    Online  
\$3,495

### Cisco Certified Network Professional (CCNP) Implementing IP Routing v1.0 (ROUTE)

WIDX 313A                      05/21–05/25    M-F    Online  
\$3,795

### Cisco Certified Network Professional (CCNP) Implementing IP Switched Networks v1.0 (SWITCH)

WIDX 314A                      06/04–06/08    M-F    Online  
\$3,795

### Cisco Certified Network Professional (CCNP) Troubleshooting and Maintaining IP Networks (TSHOOT)

WIDX 315A                      06/18–06/22    M-F    Online  
\$3,795

## Microsoft

### Windows Server Administrator 2016 Boot Camp (MSCA) Certification

WIDX 236A                      06/04–06/08    M-F    Online  
\$3,695

### Microsoft SharePoint Administrator Certification

WIDX 237A                      04/09–04/13    M-F    Online  
\$2,495

## ITIL

### ITIL Foundations Certification

WIDX 238A                      04/09–04/13    M-F    Online  
\$2,495

**Workforce Innovation Division trainers wanted! Qualified instructors needed for corporate and professional training.**

**Apply at [mccnebjobs.com/applicants/jsp/shared/position/JobDetails\\_css.jsp?postingId=144618](http://mccnebjobs.com/applicants/jsp/shared/position/JobDetails_css.jsp?postingId=144618)**

Seeking trainers for industry certifications, Information Technology, Programming, Lean Training, Manufacturing/Production, Graphic Design, Critical Thinking/Troubleshooting, Customer Service, Cyber Security, Problem Solving, Prototype Design, Robots/Drones, Spanish, Supervisory and Leadership, Team Building and Virtual Reality.



# ED2GO CONTINUING EDUCATION ONLINE COURSES

MCC's Continuing Education department presents online classes in cooperation with Education2Go. Take these online courses in the comfort of your home, at the office or anywhere the internet is accessible at the times that are convenient to you. Courses begin monthly. You may ask questions of your instructor and receive advice at any time—all online. Online classes listed in this mailer are just a sampling of the 300-plus Ed2Go classes available. Visit [ed2go.com/metropolitan](http://ed2go.com/metropolitan) for the complete listing. All courses require access to the internet and a valid email address.

**Spring Ed2go classes begin April 11, May 16 and June 13.**

## To enroll

Visit [ed2go.com/metropolitan](http://ed2go.com/metropolitan). Search for the title of your course. To view information about the course, click on the course title. To enroll, click Enroll Now, create a username and password and follow the prompts. Keep these; you will need them later.

On your first day of class, return to [ed2go.com/metropolitan](http://ed2go.com/metropolitan), click on the "My Classroom" link and then enter the username and password you created when enrolling for the course. Ed2Go is accessible 24 hours a day, seven days a week.

## A to Z Grant Writing\*

Learn how to research and develop relationships with potential funding sources, organize grant writing campaigns and prepare proposals. Go to [ed2go.com/metropolitan](http://ed2go.com/metropolitan) to enroll.  
(six weeks) \$115

## A to Z Grant Writing II—Beyond the Basics\*

Sharpen your grant research skills, write the most important sections of grant applications and learn the types of grants available. Go to [ed2go.com/metropolitan](http://ed2go.com/metropolitan) to enroll.  
(six weeks) \$115

## Computer Skills for the Workplace\*

Gain a working knowledge of the computer skills you'll need to succeed in today's job market. Go to [ed2go.com/metropolitan](http://ed2go.com/metropolitan) to enroll.  
(six weeks) \$115

## Discover Digital Photography\*

An informative introduction to the fascinating world of digital photography equipment. Go to [ed2go.com/metropolitan](http://ed2go.com/metropolitan) to enroll.  
(six weeks) \$99

## Instant Italian\*

Learn Italian from the comfort of your home in this fun and enjoyable online course. Go to [ed2go.com/metropolitan](http://ed2go.com/metropolitan) to enroll.  
(six weeks) \$99

## Introduction to Microsoft Excel 2016\*

Become proficient in using Microsoft Excel 2016 (now available through Office 365) and discover how to create worksheets, workbooks, charts and graphs quickly and efficiently. Go to [ed2go.com/metropolitan](http://ed2go.com/metropolitan) to enroll.  
(six weeks) \$129

## Introduction to QuickBooks 2017\*

Learn how to quickly and efficiently gain control over the financial aspects of your business. Go to [ed2go.com/metropolitan](http://ed2go.com/metropolitan) to enroll.  
(six weeks) \$119

## Intermediate QuickBooks 2017\*

Go beyond the basic introductory concepts and learn how to gain more control and improve productivity while using QuickBooks. Go to [ed2go.com/metropolitan](http://ed2go.com/metropolitan) to enroll.  
(six weeks) \$119

## Introduction to QuickBooks Online\*

Use this cloud-based accounting program to record income and expenses; enter checks and credit card payments; track your payables, inventory, receivables and much more. Go to [ed2go.com/metropolitan](http://ed2go.com/metropolitan) to enroll.  
(six weeks) \$115

## Introduction to Stock Options\*

Learn how stock options can protect your portfolio and help you profit in any type of market. Go to [ed2go.com/metropolitan](http://ed2go.com/metropolitan) to enroll.  
(six weeks) \$115

## Marketing Your Business on the Internet\*

Develop an Internet marketing plan for your business that incorporates SEO, advertising, email, social media and more. Go to [ed2go.com/metropolitan](http://ed2go.com/metropolitan) to enroll.  
(six weeks) \$115

## Mastering Your Digital SLR Camera\*

Take your photography to the next level with your digital SLR camera by learning how to master lenses, apertures, shutter speed, exposure settings and more. Go to [ed2go.com/metropolitan](http://ed2go.com/metropolitan) to enroll.  
(six weeks) \$99

## Microsoft Excel—Pivot Tables\*

Master all the features of Excel pivot tables, including little-known options and settings, layouts, calculated fields, multi-level subtotals, Pivot Charts, Timelines and Slicers. Go to [ed2go.com/metropolitan](http://ed2go.com/metropolitan) to enroll.  
(six weeks) \$115

### Photographing Nature with Your Digital Camera\*

Learn how to use your digital camera to take stunning nature photos, including landscapes, flowers, animals and even macro shots. Go to [ed2go.com/metropolitan](http://ed2go.com/metropolitan) to enroll.  
(six weeks) \$99

### Photographing People With Your Digital Camera\*

Learn to take beautiful pictures of adults, children and babies. Go to [ed2go.com/metropolitan](http://ed2go.com/metropolitan) to enroll.  
(six weeks) \$99

### Secrets of Better Photography\*

Learn how to take better pictures by understanding your camera and how to use it in a variety of situations. Go to [ed2go.com/metropolitan](http://ed2go.com/metropolitan) to enroll.  
(six weeks) \$99

### Spanish for Law Enforcement\*

Master the fundamentals of the Spanish language by practicing basic conversational skills and learning essential Spanish terminology for law enforcement situations. Go to [ed2go.com/metropolitan](http://ed2go.com/metropolitan) to enroll.  
(six weeks) \$115

### Speed Spanish\*

Learn six easy recipes to glue Spanish words together into sentences, and you'll be engaging in conversational Spanish in no time. Go to [ed2go.com/metropolitan](http://ed2go.com/metropolitan) to enroll.  
(six weeks) \$115

### Start Your Own Gift Basket Business\*

Learn how to make gift baskets that stand out from everyone else's. By the end of this course, you'll be ready to start your own business as a gift basket designer and you'll have the confidence you need to excel in this fun and profitable career. Go to [ed2go.com/metropolitan](http://ed2go.com/metropolitan) to enroll.  
(six weeks) \$115

### Write Your Life Story\*

Learn how to create and distribute an inspirational and professional autobiography for family, friends and others. Go to [ed2go.com/metropolitan](http://ed2go.com/metropolitan) to enroll.  
(six weeks) \$99

### Writing Essentials\*

Master the essentials of writing so you can excel at business communications, express yourself clearly online and take your creative literary talents to a new level. Go to [ed2go.com/metropolitan](http://ed2go.com/metropolitan) to enroll.  
(six weeks) \$115

### Writing for Children\*

Published children's author shows you how to touch the hearts of children by creating books for them. Go to [ed2go.com/metropolitan](http://ed2go.com/metropolitan) to enroll.  
(six weeks) \$99

### Writing Young Adult Fiction\*

Develop your own young adult novel and learn how to break into one of today's hottest publishing markets. Go to [ed2go.com/metropolitan](http://ed2go.com/metropolitan) to enroll.  
(six weeks) \$99



## ED2GO ONLINE – BUNDLE AND SAVE

MCC's Continuing Education department presents online classes in cooperation with Education2Go. Take these online courses in the comfort of your home, at the office or anywhere the Internet is accessible at the times that are convenient to you. Courses begin monthly! You may ask questions of your instructor and receive advice at any time—all online. Online classes listed in this mailer are just a sampling of the 300+ Ed2Go classes available. Visit [ed2go.com/metropolitan](http://ed2go.com/metropolitan) for the complete listing. All courses require access to the Internet and a valid email address.

### Spring Ed2go classes begin April 11, May 16 and June 13.

Note: We recommend choosing a different session date for the start of each class in the series. Your series will begin in the first class session date you select and will end six weeks from the last class session date you select.

### To enroll

Go to [ed2go.com/metropolitan](http://ed2go.com/metropolitan). Search for the title of your course. To view information about the course, click on the course title. To enroll, click Enroll Now, create a username and password, and follow the prompts. Keep these; you will need them later.

On your first day of class, return to [ed2go.com/metropolitan](http://ed2go.com/metropolitan), click on the "My Classroom" link and then enter the username and password you created when enrolling for the course. Ed2Go is accessible 24 hours a day, seven days a week.

### A to Z Grant Writing Series\*

Learn all there is to know about writing grants, fundraising, and organizing a grant writing campaign. This group of online classes is ideal for those wanting to learn more about managing fundraising. Sorry, no partial drops, transfers or refunds are offered on series bundles. Courses included in this bundle are A to Z Grant Writing and A to Z Grant Writing II—Beyond the Basics. Go to [ed2go.com/metropolitan](http://ed2go.com/metropolitan) to enroll.

\$199



### Creating WordPress Websites Series\*

This series of courses will take you from having zero experience and knowledge of web design to more advanced techniques. Sorry, no partial drops, transfers or refunds are offered on series bundles. Courses included in this bundle are Creating WordPress Websites and Intermediate WordPress Websites. Go to [ed2go.com/metropolitan](http://ed2go.com/metropolitan) to enroll.

\$199

### Creative Writing Value Suite\*

Spark your creativity and get writing with this group of courses. You'll cover everything from creative writing techniques to editing your work. Sorry, no partial drops, transfers or refunds are offered on series bundles. Courses included in this bundle are Beginning Writer's Workshop, Writing Essentials and The Keys to Effective Editing. Go to [ed2go.com/metropolitan](http://ed2go.com/metropolitan) to enroll.

\$299

### Digital Marketing Suite\*

Learn how to develop an internet marketing plan, use popular social media platforms and achieve higher positions with major search engines. Sorry, no partial drops, transfers or refunds are offered on series bundles. Courses included in this bundle are Marketing Your Business on the Internet, Using Social Media in Business and Achieving Top Search Engine Positions. Go to [ed2go.com/metropolitan](http://ed2go.com/metropolitan) to enroll.

\$299

### Event Planning Suite\*

Learn how to create and coordinate successful special events. Sorry, no partial drops, transfers or refunds are offered on series bundles. Courses included in this bundle are Wow, What a Great Event! and Secrets of the Caterer. Go to [ed2go.com/metropolitan](http://ed2go.com/metropolitan) to enroll.

\$199

### Grammar Refresher Series\*

These online courses will help you gain confidence in your ability to produce clean, grammatically correct work. Sorry, no partial drops, transfers or refunds are offered on series bundles. Courses included in this bundle are Grammar Refresher and Grammar Refresher II. Go to [ed2go.com/metropolitan](http://ed2go.com/metropolitan) to enroll.

\$199

### Grant Writing Suite\*

Learn everything you need to know to start writing grant proposals and consult or volunteer for nonprofit, public foundations. Sorry, no partial drops, transfers or refunds are offered on series bundles. Courses included in this bundle are A to Z Grant Writing, Advanced Grant Proposal Writing and Becoming a Grant Writing Consultant. Go to [ed2go.com/metropolitan](http://ed2go.com/metropolitan) to enroll.

\$299

### Healthy Living Suite\*

In this program you'll learn how to establish a healthy approach to successful weight loss and weight maintenance for a lifetime. Sorry, no partial drops, transfers or refunds are offered on series bundles. Courses included in this bundle are Lose Weight and Keep It Off, Luscious Low-Fat Lighting-Quick Meals and Start Your Own Edible Garden. Go to [ed2go.com/metropolitan](http://ed2go.com/metropolitan) to enroll.

\$299

### Accounting with Excel Suite\*

By the time you're done with this course, you'll be using Excel like a professional. Sorry, no partial drops, transfers or refunds are offered on series bundles. Courses included in this bundle are Introduction to Microsoft Excel 2016, Intermediate Microsoft Excel 2016, Accounting Fundamentals and Accounting Fundamentals II. Go to [ed2go.com/metropolitan](http://ed2go.com/metropolitan) to enroll.

\$395

### Adobe Value Suite\*

Are you interested in dabbling in digital design and photo editing? This discounted group of courses teaches you the basics of Adobe's powerful image and graphic design software. Sorry, no partial drops, transfers or refunds are offered on series bundles. Courses included in this bundle are Introduction to Adobe InDesign CS6, Introduction to Adobe Illustrator CS6 and Introduction to Adobe Photoshop CS6. Go to [ed2go.com/metropolitan](http://ed2go.com/metropolitan) to enroll.

\$299

### Animal Lover Suite\*

If you're an animal lover, find out how to translate your passion into a profitable career! Sorry, no partial drops, transfers or refunds are offered on series bundles. Courses included in this bundle are Photographing Nature with Your Digital Camera, Start a Pet Sitting Business and Become a Veterinary Assistant. Go to [ed2go.com/metropolitan](http://ed2go.com/metropolitan) to enroll.

\$299

### Computer Networking Suite\*

Learn the fundamentals of networking and prepare for a career in an exciting and fast-growing field. Sorry, no partial drops, transfers or refunds are offered on series bundles. Courses included in this bundle are Introduction to Networking, Intermediate Networking and Wireless Networking. Go to [ed2go.com/metropolitan](http://ed2go.com/metropolitan) to enroll.

\$299

### Medical Spanish Series\*

Communicate more effectively with Spanish-speaking patients after taking this discounted series of courses that teach Spanish for medical professionals. Sorry, no partial drops, transfers or refunds are offered on Series bundles. Courses included in this bundle are Spanish for Medical Professionals I and Spanish for Medical Professionals II. Go to [ed2go.com/metropolitan](http://ed2go.com/metropolitan) to enroll.

\$199

### Microsoft Excel 2016 Series\*

Each course within the Excel Series will build upon the last, giving you expert knowledge in navigating and using the software. Sorry, no partial drops, transfers or refunds are offered on series bundles. Courses included in this bundle are Introduction to Microsoft Excel 2016, Intermediate Microsoft Excel 2016 and Advanced Microsoft Excel 2016. Go to [ed2go.com/metropolitan](http://ed2go.com/metropolitan) to enroll.

\$324

### Microsoft Office 2016 Value Suite\*

Each course within the Value Suite will introduce you to the features and functionality of Microsoft's latest software. Sorry, no partial drops, transfers or refunds are offered on series bundles. Courses included in this bundle are Introduction to Microsoft Word 2016, Introduction to Microsoft Excel 2016 and Introduction to Microsoft PowerPoint 2016. Go to [ed2go.com/metropolitan](http://ed2go.com/metropolitan) to enroll.

\$324

### Nonprofit Management and Grant Writing Suite\*

Learn everything you need to know to enter the world of nonprofits and writing grant proposals. Sorry, no partial drops, transfers or refunds are offered on series bundles. Courses included in this bundle are Introduction to Nonprofit Management, Marketing Your Nonprofit, Writing Effective Grant Proposals and Advanced Grant Proposal Writing. Go to [ed2go.com/metropolitan](http://ed2go.com/metropolitan) to enroll.

\$395

### Photography Suite\*

Learn everything from photography fundamentals to advanced portrait techniques to advance your photography hobby or turn it into a business. Sorry, no partial drops, transfers or refunds are offered on series bundles. Courses included in this bundle are Discover Digital Photography, Mastering Your Digital SLR Camera and Photographing People with Your Digital Camera. Go to [ed2go.com/metropolitan](http://ed2go.com/metropolitan) to enroll.

\$299

### QuickBooks 2017 Series\*

Learn to manage the financial aspects of your small business quickly and efficiently using QuickBooks 2017. Sorry, no partial drops, transfers or refunds are offered on series bundles. Courses included in this bundle are Introduction to QuickBooks 2017 and Intermediate QuickBooks 2017. Go to [ed2go.com/metropolitan](http://ed2go.com/metropolitan) to enroll.

\$199



### Small Business Suite\*

From start to finish, you'll gain an understanding of what it takes to create, build, and maintain a profitable business! Sorry, no partial drops, transfers or refunds are offered on series bundles. Courses included in this bundle are Start and Operate Your Own Home-Based Business, Start Your Own Online Business and Small Business Marketing on a Shoestring. Go to [ed2go.com/metropolitan](http://ed2go.com/metropolitan) to enroll.

\$299

### Speed Spanish Series\*

Learn shortcuts to help you engage in conversational Spanish, as you build your language skills and develop fluency. Sorry, no partial drops, transfers or refunds are offered on series bundles. Courses included in this bundle are Speed Spanish, Speed Spanish II and Speed Spanish III. Go to [ed2go.com/metropolitan](http://ed2go.com/metropolitan) to enroll.

\$299

### Supervision and Management Series\*

Whether you're new to managing employees or are a seasoned pro, these courses will help you brush up on your leadership and interpersonal communication skills, to help you lead your team to success. Sorry, no partial drops, transfers or refunds are offered on series bundles. Courses included in this bundle are Fundamentals of Supervision and Management I and Fundamentals of Supervision and Management II. Go to [ed2go.com/metropolitan](http://ed2go.com/metropolitan) to enroll.

\$199

### Web Design Value Suite\*

Create your own webpages and websites after learning everything from web design layout to CSS3/HTML5 and JavaScript. Sorry, no partial drops, transfers or refunds are offered on series bundles. Courses included in this bundle are Creating Web Pages, Intro to CSS3 and HTML5 and Intro to JavaScript. Go to [ed2go.com/metropolitan](http://ed2go.com/metropolitan) to enroll.

\$299

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with MCC



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[twitter.com/mccnebce](https://twitter.com/mccnebce)



## DO YOU HAVE A SKILL TO SHARE?

We're always looking for enthusiastic instructors to teach. Share your hobby or skill with others. Find applications at [mccneb.edu/ce](http://mccneb.edu/ce).

### CURRENTLY SEEKING INSTRUCTORS FOR:

Lost Arts  
 Adobe Creative Suites  
 Android App Development  
 AutoCad  
 Back End Web Development  
 Cake Decorating

Card Making  
 Chalk/Milk Painting Furniture  
 Coding  
 Data Sciences  
 Digital Room Rendering  
 Front End Web Development

Glass Blowing  
 Interior Design  
 IOs App Development  
 Shoe Cobbler  
 String Art  
 QuickBooks

MCC is pleased to announce ACEware, new online noncredit registration software as of August 2017. You can now browse and review course offerings, register for several classes and pay all in one transaction.

Enroll online today at [mccneb.edu/ce](http://mccneb.edu/ce). It's easy!

Click on registration options, register now and create an account or log in (if you have used ACEware before).

1. Create an account with your preferred email address.
2. Search for courses by topic or location.
3. Select desired course and pay using debit/credit card.
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- ▶ Teach for Us

# INFORMATION

## What is Continuing Education?

- Metropolitan Community College's commitment to making adult learning opportunities available when and where you want.
- MCC is listening to you, the adult learner, and bringing you the workshops and classes you have requested.
- MCC provides online classes that allow you to learn at your convenience in your home or office.
- MCC improves your quality of life by providing recreational classes in topics such as dance, photography, sewing, art, exercise and wellness.
- MCC recognizes that learning should be a pleasant, lifelong experience. As requested by those ages 50-plus, we offer many classes especially for those over the age of 50.
- MCC responds to the needs of our community. If, after paging through our Continuing Education mailer, you have an idea for a class or workshop, we want to hear from you. Email us at [continuingeducation@mccneb.edu](mailto:continuingeducation@mccneb.edu).

## Reduced tuition

People 62 years of age or older are eligible for half-price tuition on most Continuing Education courses. Ineligible courses are marked with an asterisk (\*). Courses marked with an asterisk are not eligible for MCC's employee/dependent tuition waiver, incentives or other promotional offers.

## Three ways to register

### Online

[mccneb.edu/ce](http://mccneb.edu/ce)

Click on registration option

### Phone

531-MCC-5231 or 800-228-9553

Tell our operators

1. The class numbers from this catalog
2. Your credit/debit card information

### Mail

Metropolitan Community College

Attn: Continuing Education

P.O. Box 3777

Omaha, NE 68103-0777

1. Fill out the enclosed enrollment form and include check payment.

2. Pay the amount under "tuition" only. (Some classes may have additional charges for materials and supplies. These will be collected in class.)

3. Write name of student and class number on check.

4. Make checks payable to Metropolitan Community College.

## Photography release

In consideration of acceptance of enrollment in 2017-18 Continuing Education courses, I authorize Metropolitan Community College to use my image, likeness, name and comments in, but not limited to, photographs, videos and audio recordings created or used for the purposes of publicity/marketing and advertising for the College.

## Learners under age 16

MCC Continuing Education is pleased to welcome learners of all ages. However, learners between the ages of 12-15 wishing to enroll in non-youth courses should seek permission from the program director. Call 531-MCC-2620.

## Payment

Payment is due at the time of registration.

## Refunds

An automatic refund is made if MCC cancels a class. To withdraw your registration before a class starts, please call 531-MCC-5231. Refunds will be issued to students who drop a class at least one business day (seven days for tours) prior to the class start date. No refunds will be issued for classes dropped on or after the class start date.

MCC assumes no liability for accidents that occur while participating in Continuing Education classes and provides no funds to cover medical costs. Participants are reminded that participation is entirely voluntary and are strongly urged to have their own health insurance. It is understood that participation is voluntary and MCC is not responsible for injuries or accidents and all liability against them is waived.

## Notice

As of Sept. 17, 2017, all MCC locations are smoke and tobacco-free. This policy promotes the well-being of all MCC community members and the maintenance of a sustainable and healthy campus environment.

For information and resources, visit [mccneb.edu/smoke-free](http://mccneb.edu/smoke-free).

Thank you for respecting MCC's Smoke and Tobacco-Free policy.

(Enrollment form)

Name: Last \_\_\_\_\_ First \_\_\_\_\_ MI \_\_\_\_\_

Address \_\_\_\_\_ City \_\_\_\_\_ State \_\_\_\_\_ ZIP \_\_\_\_\_

Email \_\_\_\_\_ Phone \_\_\_\_\_

Gender \_\_\_\_\_ Date of Birth \_\_\_\_\_

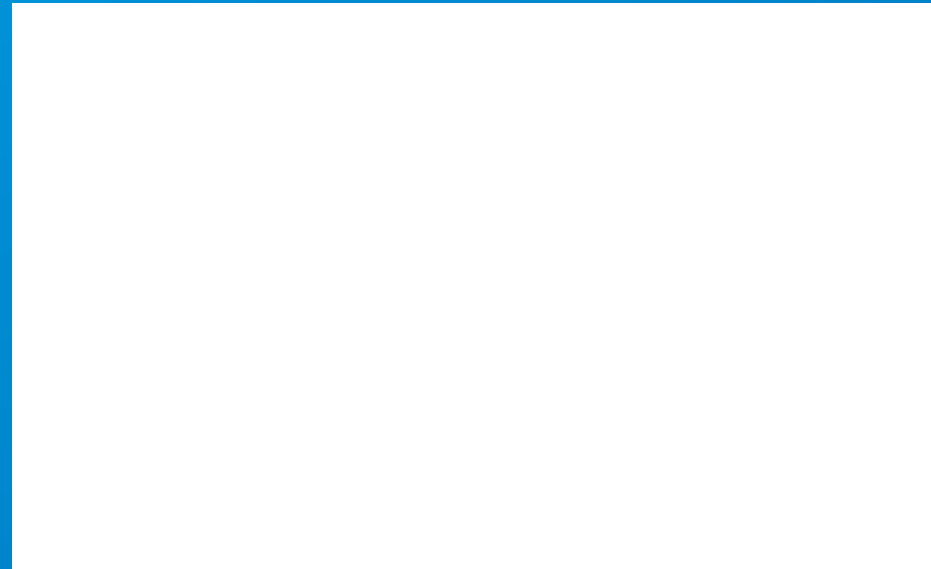
### COURSE(S)

Title \_\_\_\_\_ Class Number \_\_\_\_\_ Tuition \_\_\_\_\_

Title \_\_\_\_\_ Class Number \_\_\_\_\_ Tuition \_\_\_\_\_

Title \_\_\_\_\_ Class Number \_\_\_\_\_ Tuition \_\_\_\_\_

Title \_\_\_\_\_ Class Number \_\_\_\_\_ Tuition \_\_\_\_\_



## Continuing Education mailer Spring 2018 issue



**METROPOLITAN**  
Community College

[mccneb.edu](http://mccneb.edu) | 531-MCC-2400

Metropolitan Community College does not discriminate on the basis of race, color, national origin, genetic information, religion, sex, sexual orientation, gender identity, transgender status, marital status, age, pregnancy, disability, current or prior military service, protected veteran status or membership in any other class that is protected under local, state or federal law or regulation in admission or access to its programs and activities or in its treatment or hiring of employees. The College complies with Title VI of the Civil Rights Act of 1964, the Civil Rights Act of 1990, Title IX of the Education Amendments of 1972, Section 504 of the Rehabilitation Act of 1973, Title II of the Americans with Disabilities Act of 1990, the Age Discrimination Act of 1975 and related Executive Orders 11246 and 11375, and all amendments to the above. Contacts: Concerning Title VI (race), Title IX (gender equity), Section 504 (disability), Americans with Disabilities Act/Program and Services Accessibility and age, contact: Julie Langholdt – dean of Student Advocacy and Accountability: 531-622-2202, [jangholdt@mccneb.edu](mailto:jangholdt@mccneb.edu) (students); Maureen Moeglin – associate vice president of Human Resources: 531-622-2236, [mmoeglin@mccneb.edu](mailto:mmoeglin@mccneb.edu) (employees); Bernie Sedlacek – Director of Facilities Management, Planning and Construction: 531-622-2529, [bsedlacek@mccneb.edu](mailto:bsedlacek@mccneb.edu) (accessibility); or United States Department of Education assistant secretary for Civil Rights – Office for Civil Rights (OCR): 1-800-421-3481, [ocr@ed.gov](http://ocr@ed.gov). Concerning hiring and employment-related complaints of discrimination or harassment based on race, color, national origin, genetic information, religion, sex, sexual orientation, gender identity, transgender status, marital status, age, pregnancy, disability, current or prior military service, protected veteran status or membership in any other class that is protected under local, state or federal law or regulation, or affirmative action or diversity issues, contact: associate vice president for Equity and Diversity: 531-622-2649, [cgooch@mccneb.edu](mailto:cgooch@mccneb.edu). The address for all of the above individuals is as follows: Metropolitan Community College, 30th and Fort streets, P.O. Box 3777, Omaha, NE 68103-0777