

EDVENTURE



take your next step



NEW!

Online registration
and payment
now available!



April - August 2014

Iowa Valley Continuing Education

www.IowaValley.com

How does your garden grow?

Everyone's ready for warmer weather! If you're like many of us, you're looking forward to getting outside this spring and summer and taking a flower or vegetable garden to a whole new level of beauty and/or productivity.

Iowa Valley in Marshalltown stands ready to help with a variety of fun and creative classes: Colored Canning Jar Candles, Mosaic Stepping Stones (shown on front), Magical Metal Art, and Welding for Garden Art (shown on front).

Iowa Valley in Grinnell is offering a whole series of classes to make your springtime more colorful and enjoyable. Some of the classes include Design Your Own Butterfly and Pollinator Garden (shown on front), Composting 101, How to Harvest Rainwater, Wild Edible Plant Walk, and Smart Tools for the Farm & Garden.

Iowa Valley in Hardin County is also offering classes to help you make the most out of your garden food, with courses to teach you about canning, herbs, edible wild foods, home poultry processing, and jam- and jelly-making. You can also learn to eat healthy with all of the things you grow in your own garden (shown on front).

If gardening doesn't tempt you, we bet you might be interested in some of these other fun and unique spring/summer IVCE programs:

Fairy Art for Kids

7 Secrets to Financial Freedom

Flower Arranging

Learn to Tile

Canoe the Mississippi

... and much more!

Enjoy thumbing through your new issue of EdVenture, and remember to register early for the classes that interest you ... it's easier than ever now that registration and payment can be completed all online at www.IowaValley.com!



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April - Aug. 2014 Classes	3 - 29	• Grinnell: 641-236-0513 or 1-800-756-0513
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Registration Form	32	• Tama: 641-484-3334
		2) <u>Email your registration</u> to ivceinfo@iavalley.edu
		3) <u>Register online</u> at www.IowaValley.com

Take your next step

with a course from one of these categories:

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Mission Statement: Iowa Valley Community College District is committed to providing quality learning experiences, ensuring student success, responding to diverse community needs, and building community partnerships

When the weather outside is frightful...

Check the following sources for delays or cancellations of Iowa Valley Continuing Education classes: (Note: IVCE classes held in Marshalltown will be announced separately from MCC.)

Radio: - Your local stations - WHO Radio 1040AM

Television (Internet): - KCCI TV-8 (kcci.com) - WHO TV-13 (whotv.com)

Internet: www.IowaValley.com

Telephone: Marshalltown & other locations, (641) 752-4645 or (800) 284-4823. Iowa Falls (641) 648-4611 or (800) 322-9235. Tama (641) 484-3334.

Remember to register early for your course(s). Every effort is made to notify registered students of delays and/or cancellations. If your class is being held and you are not able to attend due to weather (or any other reason), please call.

Finding IVCE course locations

All courses in EdVenture are listed by subject category instead of community. **Please note the location listed for each course.** The location line includes the town, building and room number. Not **all** classes are held in these key locations, but this should help:

CEC = Iowa Valley Continuing Education Center, 3702 S. Center St., Marshalltown

Iowa Valley Community College Grinnell = 123 6th Ave. West, Grinnell

Iowa Valley Education & Training Center = 206 E. Church St., Marshalltown

ECC = Ellsworth Community College, 1100 College Ave., Iowa Falls

MCC = Marshalltown Community College, 3700 S. Center St., Marshalltown

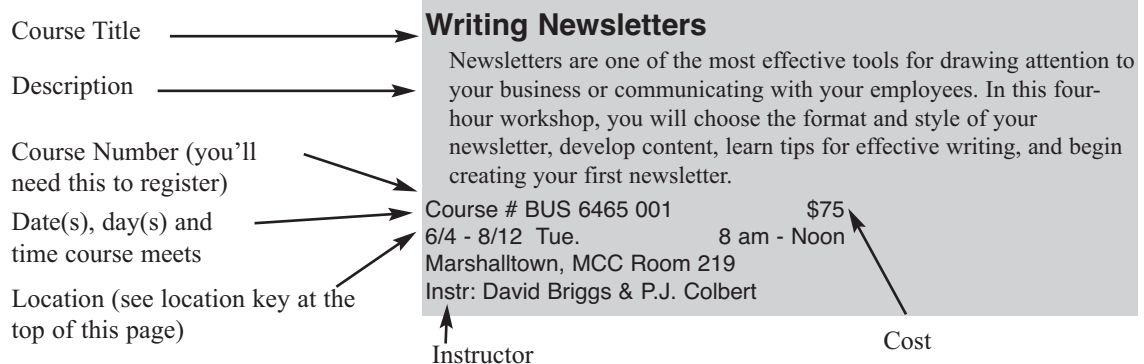
Business and Technology Center = 102 College Dr., Marshalltown (Northeast corner of MCC)

R.M. Wolfe Education Center = Workforce Development Center, 3405 S. Center St., Marshalltown

Norris Technology Center = 3700 S. Center St., Marshalltown (North end of MCC)

How to Read EdVenture, IVCE's Course Schedule

Reading a course schedule is easy once you know the system! We try to keep it as simple as possible, yet give you as much information as you need. Here's the deal:



Please call us at 1-800-284-4823 or 641-752-4645 if you have questions or difficulty following "the system." Cancellation of Classes Policy: To maintain our reputation for quality instruction, limits have been placed on the size of some classes, and registration is first-come, first-served. IVCE reserves the right to cancel any course or program for any reason. Your registration is complete when payment is received. Please register and pay at least one week before your class starts. Some courses have a "no show fee."

Adult Education & Literacy

ETC English as a Second Language

Assists language learners with vocabulary, pronunciation, grammar, keyboarding, and computer assisted instruction. Up to four levels available for students. Classes run Monday through Thursday 9 am to 12 pm or Monday, Wednesday, and Thursday 5:30 to 8 pm. If you have any questions, please call us at 641-754-1348. This will register you for morning or evening classes. A reading test is required to be taken before classes begin.

Course # AEL 0020.(1) \$25
 4/7 - 6/19 Mo/Tu/We/Th 8 am - 8 pm
 Marshalltown, Iowa Valley Education & Training Center, 206 E Church
 Instr: TBA

ETC HSED Preparation

Earn a high school equivalency diploma by passing five tests in Language Arts, Reading and Writing, Social Studies, Science, and Math.

Classes run Monday through Thursday 9 am to 12 pm or Monday, Wednesday, and Thursday 5 to 8 pm. If you have any questions, please call us at 641-754-1348. Register by 4/4/14.



Attendance is required. This will register you for morning or evening classes. A reading and math test are required to be taken before classes begin.

Course # AEL 0010.(2) \$15
 4/7 - 5/15 Mo/Tu/We/Th 8 am - 8 pm

Course # AEL 0010.(3) \$15
 5/19 - 6/26 Mo/Tu/We/Th 8 am - 8 pm
 Marshalltown, Iowa Valley Education & Training Center, 206 E Church
 Instr: TBA

HSED Preparation - Grinnell or Tama

Earn a high school equivalency diploma by passing five tests in language arts, reading and writing, social studies, science, and math.

Course # AEL 2040.(5) \$25
 4/7 - 6/26 Mon/Wed/Thur 5 - 8 pm
 Grinnell, Iowa Valley Grinnell Room 124
 Instr: Sheree Andrews

Course # AEL 2040.(6) \$25
 4/7 - 6/26 Mon/Wed/Thur 1 - 4 pm
 Tama, Partnership Center, 215 W 9th St.
 Instr: Mary McCann Fuchsen

Multi Skills - Grinnell or Tama

Multi skills assists language learners with vocabulary, pronunciation, grammar, keyboarding, and computer assisted instruction.

Course # AEL 1110.(4) \$25
 4/7 - 6/26 Mon. & Thur. 5 - 8 pm
 Grinnell, Iowa Valley Grinnell
 Instr: Rebecca Gibson

Course # AEL 1110.(5) \$25
 4/7 - 6/26 Mon/Tue/Wed/Thur 1 - 4 pm
 Tama, Partnership Center, 215 W 9th St.
 Instr: Mary McCann Fuchsen

Arts & Crafts

Barn Quilt

Barn quilts have shown up all over the United States, now you can have one at your home! Spend three sessions learning how to paint your own barn quilt for yourself or as a gift. Kits include garden theme pattern, sanded and primed 2' x 2' board, all paints and supplies with a choice of colors, urethane spray and saw tooth hanger. Each quilt may be customized by you for your location. \$10 registration fee paid at time of registration and \$40 class fee paid to instructor the first night of class.

Course # ART 2000.(1) \$10
 4/15 - 4/29 Tue. 6:30 - 9 pm
 Coulter, AMENities, Room: 603 Grant St
 Instr: Pamela Warwick

Colored Canning Jar Candles

Do you have old canning jars cluttering your cupboards and a few candles that have lost their scent or melted out of grace? Don't pitch them; revive them and reuse them for your outdoor activities this summer. Learn how to color the jars and then add your own personal flair for graduation parties and summer get-togethers. Take home 2 completed candles and get ideas and inspiration to get green and get creative! Register and pay one week in advance. Bring \$15 payable to the instructor at the time of the class to cover materials.

Course # ART 1040.(1) \$10
 5/11 Sun. 4 - 6 pm
 Toledo, Shoestring Garden, Room: 205 Hwy 30 W
 Instr: Sandra McAntire

Fairy Art for Kids

Elementary students will enjoy this class with Berleen Wobeter as they enter the magical world of fairies. Each child will make a fairy mobile and a fairy wall hanging under her direction. Berleen will inspire their imagination and their creativity, so they will have fun in the world of fairy art. Class size is limited to 8, so sign up now. Please bring \$30 at the time of the class payable to Berleen.

Course # ART 1042.(1) \$12
 6/3 - 6/12 Tue. & Thur. 10 - 11 am
 Toledo, The Fey Tree, 123 E High St
 Instr: Berleen Wobeter

Friendship Bracelet

Make a classy friendship bracelet! Using embroidery thread and knots, Berleen Wobeter will show you how to create a bracelet that is like macrame in appearance. She will send you home with material to make more. Give your friends bracelets that not only show your creativity but also show that you treasure their friendship. The class is limited to 8, so sign up now. Bring \$20 at the time of the class payable to Berleen. This class is open to adults and children.

Course # ART 1046.(1) \$12
 6/17 - 6/19 Tue. & Thur. 10 - 11 pm
 Toledo, The Fey Tree, 123 E High St
 Instr: Berleen Wobeter

Learn to Tile!

Do it Yourself! Learn to install tile floors, backsplashes and showers! In this 3-day course you will learn how to design, layout, prepare, tile and grout your project. With a few inexpensive tools, you can design and watch your dream come to life as you progress. From the smallest backsplash to the largest floor - you can do it yourself! Bring the following tools: corded or cordless drill, work gloves and safety glasses. Please bring \$25 for materials payable to instructor at first class. Class on the second night will require 3 hours (6:00 - 9:00 pm).



Course # ART 3000.(2) \$35
 4/7 - 4/10 Mon/Tue/Thur 6 - 8 pm
 Marshalltown, Construction Technology Lab
 Instr: Lucas Busard

**Everything in EdVenture is on the
 Iowa Valley Continuing Education web site.
 Check us out at www.IowaValley.com**

Magical Metal Art

Choose from a multitude of creative designs and then learn how to make them your own. Experiment with paint techniques, finishes, embellishments, and textures. Make a statement and show your flair with your uniquely decorated metal art for your home or garden. Bring \$12 payable to the instructor at the time of the class for materials. Register and pay one week in advance.

Course # ART 1039.(2) \$10
 7/20 Sun. 4 - 6 pm
 Toledo, Shoestring Garden, 205 Hwy 30 W
 Instr: Sandra McAntire

Mosaic Stepping Stones

Want a garden path that is one of a kind AND improves the environment? Divert old dishes and keepsakes from the landfill and incorporate them into a functional work of art. Create a mold that suits your style and garden path objectives, then design and fill. Take your stone home with de-molding, curing, placement, and care tips to make your masterpiece last for years of enjoyment and use. Register and pay one week in advance. Bring several dishes and keepsakes to incorporate and \$25 payable to the instructor at the time of the class to cover additional materials.

Course # ART 1041.(1) \$10
 6/15 Sun. 4 - 6 pm
 Toledo, Shoestring Garden, 205 Hwy 30 W
 Instr: Sandra McAntire

Welding for Garden Art

Learn basic welding techniques for stick and wire welding along with oxyacetylene cutting and bending, and brazing as you create a delightful garden creature. Must wear leather shoes, long sleeves and long pants. No prior welding experience necessary. Get ideas for projects and where to purchase materials. Test out 4 different brands of welders-Clarke, Hobart, Lincoln, and Miller. May bring your own steel objects to weld into your project with instructor's approval.

Course # IND 2448.(1) \$155
 6/12 - 6/26 Thur. 10 am - 1 pm
 Marshalltown, Business & Technology Center Room W4 Welding Lab
 Instr: Lars Brownlie

**All Iowa Valley facilities
are accessible**



If you need special accommodations for a class or event, please let us know when you register.

Woodcarving

The Woodcarving program is an opportunity to ask questions about woodcarving, learn what tools work best, see different carving techniques, and work on carving projects. There are many different levels of woodcarvers in this program. A \$10 membership fee is needed to attend these monthly sessions.

Course # ART 1053.(4)
 4/10 Thur. 6:30 - 8:30 pm

Course # ART 1053.(5)
 5/8 Thur. 6:30 - 8:30 pm
 Marshalltown, MCC Room 402
 Instr: Varied Instructors

Course # ART 1053.(6)
 6/12 Thur. 6:30 - 8:30 pm

Course # ART 1053.(7)
 7/10 Thur. 6:30 - 8:30 pm

Course # ART 1053.(8)
 8/14 Thur. 6:30 - 8:30 pm
 Marshalltown, IVCE Room 808
 Instr: Varied Instructors

Business

Spring Business Workshop

Leeanne Krusemark is an author, business owner and adjunct professor at more than 200 colleges including Purdue. Her inspiration has even been compared to Oprah! Here's your opportunity to get information from an expert!

At Home Study Orientation: Medical Insurance Billing, Medical Terminology, or Notary Public

If you wanted to learn one of these topics, but don't have the time to attend a semester long class, or don't like learning online, here's your chance to learn, at your own pace, in your home. These printed manuals will guide you through the course you choose. The orientation is helpful, but if you are unable to attend, the course will be mailed to you after the instructor has received your materials fee. A facilitator is available via email for any questions and when completed, a certificate of completion will be mailed to you. Choose one course or more for a discounted price. Material fee separate \$99/any 1 course, \$159/any 2 courses, \$199/all 3 courses.

Course # BUS 1106.(1) \$29
 4/14 Mon. 11 am - Noon
 Marshalltown, IVCE Room 610
 Instr: LeeAnn Krusemark

Seven Simple Secrets to Financial Freedom

Does your money work for you or do you work for your money? This class is not taught by a financial guru using technical language you can't possibly understand. You will learn from a single mom, turned home business entrepreneur, turned home owner, turned real estate investor. This is not a get rich quick scheme. This is a plan of action to help others learn the path to financial freedom. In this fast paced workshop, you will learn how to: get out of credit card debt and reduce bad credit; raise your credit limit and lower your interest rate; use more credit to raise your credit score; buy a home even if you have bad credit or are self employed; pay off your mortgage in half the time with less money; keep your home protected against lawsuits; become an active investor for financial freedom! Each of these secrets is worth more than ten times the cost of this class. This workshop is not for those already advanced in financial matters nor does it provide any legal advice. A mandatory \$20 materials fee is payable to instructor at the door for printed information to assist you in your journey to financial freedom.

Course # PFD 1100.(1) \$49
 4/14 Mon. Noon - 2 pm
 Marshalltown, IVCE Room 610
 Instr: LeeAnn Krusemark

Self Publishing vs Traditional Publishing: Which Option is Best for You

Self publishing is all the rage, but is it the best option for you? Once you self publish, then what? You will learn about the pros and cons of traditional publishing and all of the self publishing options, including vanity publishing, print on demand publishing, e-book publishing, and the Amazon options of Kindle Publishing and Create Space. You will also learn, from a published author, editor, and adjunct online Professor of Publishing for Harvard, how to find the best traditional publisher or the best self publishing company for your manuscript. A mandatory \$10 materials fee is payable to instructor at the door.



Course # BUS 1100.(1) \$29
 4/14 Mon. 2 - 3 pm
 Marshalltown, IVCE Room 610
 Instr: LeeAnn Krusemark

Beginner's Guide to Getting Published

Did you know Stephen King was rejected 75 times before he sold his first novel? If your goal is to become a published freelance writer by selling a magazine article, short story, poem, or even a novel to a traditional publisher, this comprehensive workshop will guide you to, then past, the editor's desk. You will discover how to: become a "published" writer overnight; submit manuscripts the correct way; find the right publisher for your work; write irresistible query letters; 100 ways to make money as a freelance writer; obtain free future Q and A opportunities. If you really want to succeed, this step-by-step workshop, taught by a successful, published author, editor, and adjunct online Professor of Publishing for Harvard, is a must! A mandatory \$20 materials fee is payable to the instructor at the door for information designed to help you long after the workshop is over.

Course # BUS 1101.(1) \$49
4/14 Mon. 3 - 5 pm
Marshalltown, IVCE Room 610
Instr: LeeAnn Krusemark

Meet the Publisher - Get Your Manuscript Critiqued

Have you ever wanted to talk to a real publisher? Are you tired of having your manuscripts critiqued by non-professionals or paying an editor too much money to change your writing to the way they would write it? Bring your in-progress manuscript for an in-class critique of one page of your poetry, article, short story, novel, non-fiction book, or children's book by an adjunct online Professor Published for Harvard and owner of a small publishing house. You can then leave a COPY of your manuscript with LeeAnn, now the owner of an author-friendly publishing house, for a professional critique of your entire manuscript (for an optional materials fee of \$50 for up to 25 double-spaced pages + \$1/page thereafter) and a list of publishers and/or agents who are interested in your type of work. A mandatory \$10 materials fee is payable to the instructor for the in-class critique.

Course # BUS 1102.(1) \$29
4/14 Mon. 5 - 6 pm
Marshalltown, IVCE Room 610
Instr: LeeAnn Krusemark

How to Earn Extra \$Money\$ with a Mystery Shopping Business

Have you ever wanted to become a Secret Mystery Shopper? Have you seen ads telling you how to become a shopper, but only if you send them a lot of money? You do not have to pay to begin your new career in this exciting field. You will learn how to start your business endeavor (participants must attend "Cash in with a Successful Home Based Business") and you will also learn how to: create a mystery shopping profile; sign up with many mystery shopping companies without fees; avoid the pitfalls and scams; become a Merchandiser too for extra income. With a few simple steps, you can start Mystery Shopping today! A mandatory \$10 materials fee is payable to the instructor at the door that includes a list of companies you can apply to. Participants must attend "Cash in with a Successful Home Based Business"

Course # BUS 1103.(1) \$29
4/14 Mon. 6 - 7 pm
Marshalltown, IVCE Room 610
Instr: LeeAnn Krusemark

\$Cash\$ in with a Successful Home-Based Business

Are you tired of working for someone else? Do you need to make more money? Turn your talents and hobbies into profits at home by learning how to start a home based business from a Chamber of Commerce past president and successful southern California entrepreneur. During this informative workshop, you will discover: *mandatory legal documentation* many ways to market your product/service* how to take tax deductions (this workshop included!)*more than 100 home business ideas* FREE future Q and A opportunities. This is probably the most comprehensive business start up workshop you will ever find, so if you really want to succeed in a home business, this step-by-step session is a must! A mandatory \$20 materials fee is payable to the instructor at the door for information designed to help you long after the workshop is over.

Course # BUS 1104.(1) \$49
4/14 Mon. 7 - 9 pm
Marshalltown, IVCE Room 610
Instr: LeeAnn Krusemark

Make \$Money\$ with a Typing/Word processing Business

If you can type, then you can make money at home using your word processor or computer. Having already learned all about home-based business success (participants must have attended " \$Cash\$ in with a Successful Home-Based Business"), you will then discover the secrets to profits in the typing/word processing business, including: how and where to find clients; 50 ways to advertise/market your services; effective home office equipment choices; 100 ways to make money with a computer; free national networking information. There really is a need for your services, so why not have the freedom to be your own boss, set your own hours, and have the opportunity to make more money than you ever did before by attending this workshop. A mandatory \$10 materials fee is payable to the instructor at the door for information designed to help you long after the workshop is over. Participants must have attended " \$Cash\$ in with A Successful Home-Based Business."

Course # BUS 1105.(1) \$29
4/14 Mon. 9 - 10 pm
Marshalltown, IVCE Room 610
Instr: LeeAnn Krusemark

Children in the Middle

Helping children cope with divorce.



"Children in the Middle" is a four-hour class providing education and affirmation for parents, with the primary focus on children's needs, at all ages.

Topics include:

- Parenting skills for divorcing parents
- Child's needs/survival techniques
- Healthy vs. problematic reactions
- Age specific needs of your children
- Identifying how your child feels

To better serve our customers Iowa Falls classes will be held Thursday evenings and Marshalltown classes will be held on Saturdays.

For more information contact Deb Sabin at 641-648-8621 or email Deb.Sabin@iavalley.edu

Register online at www.iowaValley.com

Register for any EdVenture course at
www.IowaValley.com

Writing Effective Grant Proposals-Ed2Go

Preparing successful grant proposals to receive funding from corporations or foundations requires careful research, meticulous preparation, and graceful writing. Grant administrators tell us that many grant requestors have no real understanding of the proposal writing process and as a result, their worthy causes lose out. If you learn how to avoid the errors that lead to the rejection of your proposal, you will be better prepared to help the causes you most admire. This course will walk you through all of the essential steps—including an important discussion of what you must do when the grant arrives! In this course, you'll learn how to become fully familiar with the institution or project for which you are requesting support. You'll get valuable guidance in preparing a background statement and a brief financial statement to support your request. You'll also research some charitable foundation and corporate giving sources. Then, you'll learn how to put everything together so you can assemble, write, and submit complete grant proposals to foundations, corporations, and wealthy individuals for any number of your pet projects.

Course # BUS 2502.(1) \$90
4/16 - 6/11 Wed.
Online, via the Internet
Instr: Varied Instructors

HSED High School Equivalency Diploma

Don't have your high school diploma? Come let us help! Our dedicated staff and instructors will prepare you to

take your next step...



Registration dates vary per site. Attendance required. Day and evening classes offered.

Contact:
Tama - Mary: 641-484-8002
Grinnell: 641-236-0513
Marshalltown - Patty 641-754-1348
Iowa Falls - Sherilyn 641-648-8644

You're On The Air Voice-Overs

Voice-overs are hot today! There are more opportunities to use your voice on commercials, films, and videos than ever before. If you have thought about doing this in the past, or even if you haven't but you have a good speaking voice, this could be a game changer! Full-time, part-time, or just sometimes, you can be having the time of your life, potentially making more money than you ever imagined possible, and record voice-overs for paying clients right on your computer! But, there is only one way to get around the competition, and you'll learn how to do that from a professional, working, voice-over artist. Lots of people "think" about getting into voice-overs. Now, finally, this could be your opportunity to make it happen! We encourage you to join us for one of our online, interactive classes which includes a live Q and A session. Must have computer that has internet access with speakers and access to a phone to call in afterward to read a script.

Course # BUS 4500.(3) \$35
4/16 Wed. 7 - 9 pm
Online, via the Internet
Instr: TBA

Communication & Language

Beginning Spanish

Start learning the Spanish language from the very basics, beginning with the alphabet and moving into common vocabulary, phrases, and greetings. No book to purchase, all class materials and worksheets will be provided. This twice weekly class is intended for beginning Spanish speakers but may also be used as a refresher course for students who have learned basic Spanish in the past. Learn the language from a native speaker with experience in teaching both Spanish and English as a Second Language to native Spanish speakers. Class will meet 12 times over 6 weeks.

Course # COM 1510.(2) \$69
4/21 - 5/29 Mon. & Thur. 6 - 7 pm
Grinnell, Iowa Valley Grinnell Room 109
Instr: Sixta Hernandez

Register for any
EdVenture course at
www.IowaValley.com

Community Development

Sustaining Family Wealth & Unity Across Generations: 2nd Annual Women & Philanthropy Forum

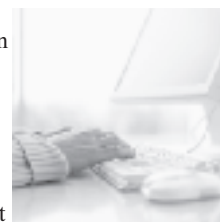
Passing on the family's heritage creates a culture of communication and trust in the family, and prepares each succeeding generation for both the emotional and financial inheritances they will receive. This presentation provides a foundation upon which good financial and estate planning can be developed and implemented across generations. Attend with a family member from another generation and you will be entered into a drawing for a special gift basket to share! Wayne Johnson is a Certified Financial Planner™ practitioner and Accredited Estate Planner (AEP®), and Fee-Only Planner at Syverson Strege. Wayne has been helping families and individuals develop effective and clear financial plans that serve the things that are important in their lives for the past ten years. Sponsors: MMSC Foundation, MMSC, YMCA-YWCA Heritage Club, SagePoint Financial, Martha-Ellen Tye Foundation, Community Foundation of Marshall County, Bergman CPA Tax and Accounting, State Farm Insurance - Phyllis Mazour, Iowa Valley Continuing Education. Includes lunch.

Course # CPD 4701.(1) \$10
4/25 Fri. 11:30 am - 1 pm
Marshalltown, IVCE Room 808
Instr: Wayne Johnson

Computers

Digital Storage

An introduction to the advantages and disadvantages of all types of digital storage including the cloud and beyond. Covers the missing manual on backing up files and keeping all your digital information organized. Investigate current storage and transfer trends for your medical records and discuss security issues and preventative measures to keep your private information secure. Register and pay by 4/16.



Course # CMP 1254.(1) \$49
4/23 Wed. 6:30 - 9:30 pm
Grinnell, Iowa Valley Grinnell Room 204
Instr: Sandra McAntire

Easy Excel Formulas & Functions

Excel comes with over 300 functions out of the box. Invest a few short hours and save tons of time by learning the ones that can be most useful to you! Includes an overview of simple formulas and an introduction on using the formula pallet to make complex formulas a snap. Link formulas to data in other sheets and have them auto-calculate. Includes take home editable examples and handout. Bring in your own spreadsheet problem or project and get help! Register and pay by March 25th. Mouse proficiency and previous excel instruction is required.

Course # CMP 1216.(1) \$69
4/1 Tue. 6:30 - 9:30 pm
Marshalltown, Business & Technology
Center Room 201
Instr: Sandra McAntire

EXCEL I

Are you already proficient at the basics of navigation and formatting in Excel? Would you like to increase your knowledge and decrease your workload? This class is for you! Learn some of the bazillion shortcuts and tricks that will save you a ton of time in your daily number crunching and data collection. Includes takeaway handout for future quick reference. Mouse proficiency and previous Excel instruction is required. Register and pay by March 19th.

Course # CMP 1270.(1) \$69
3/26 Wed. 6:30 - 9:30 pm
Grinnell, Iowa Valley Grinnell Room 204
Instr: Sandra McAntire

EXCEL II

Are you already an Excel rockstar? Do you need to expand your skillset in data manipulation and presentation? This class is for you! Give new life to your data by customizing charts and graphs or make your numbers divulge hidden secrets by plugging into pivot tables. Includes takeaway handout for future quick reference. Mouse proficiency and previous Excel instruction is required. Register and pay by April 2nd.

Course # CMP 1271.(1) \$69
4/9 Wed. 6:30 - 9:30 pm
Grinnell, Iowa Valley Grinnell Room 204
Instr: Sandra McAntire

DUI

Authorized by the state of Iowa for drinking drivers. Each participant will develop an individual risk-reduction plan. Offered in both Marshalltown & Iowa Falls and in English and Spanish
See more details on page 9.

Great Google Apps

Google continues to be on the innovative forefront of cloud computing by continually providing tools for individuals and business. Find out what is new and what is tried and true. Join Sandy McAntire of Business Intelligence and Tech Services in exploring the most popular and the most underutilized applications and tools to help you organize your life and stay ahead of the digital curveball. Computer users of all skill levels should register and pay by April 1st for an in-a-nutshell night of the best of the best. Register and pay by April 1st.

Course # CMP 2011.(1) \$39
4/8 Tue. 6:30 - 9:30 pm
Marshalltown, Business & Technology
Center, Room 201
Instr: Sandra McAntire

Senior Summer Computer Series

Looking to sharpen your computer skills or just sharpen your brain? Never used a computer before and want to get started? Haven't joined the social media or smart phone bandwagon yet but thinking about it? The Senior Summer Computer Series has classes for all types of "seasoned" learners, from computer newbies to pros. Lessons are conducted at a slower pace and with individual attention to ensure everyone gets the most out of the classes. All classes are from 1 - 3 pm, Mon. and Wed. (with the exception of 1 day classes) in the J&B Bistro, located in Buckley Hall at the Mayflower Community, 616 Broad Street., Grinnell, IA. To access the Bistro, use the Park St. entrance on the west side of the street, between 1st and 2nd Ave. Parking is available along Park St. and on 2nd Ave between Park St. and Broad St. Laptops and learning materials will be provided. Non-Mayflower residents are welcome to attend. All participants must pre-register with Iowa Valley Continuing Education at least one week before the class start date. Pay close attention to the suggested pre-requisites for each class; these will help you determine if a particular class is right for you. Each class has a 10 minute break with coffee, cold drink, and cookies. Call Jordan Scheibel (641) 269 2208 with questions or e-mail him at Jordan.Scheibel@iavalley.edu.

Senior Computer: Computers 101

A great foundation of information that everyone should be introduced to before they ever turn on a computer. Includes what to look for when purchasing and train your brain exercises that will help you reduce the learning curve for any other future computing adventures. Covers powering up and the missing manual in a nutshell at a comfortable pace geared toward the "seasoned" learner. Basics for the beginner plus info for the self-taught. Designed for those who have never used a computer before or have only minimal experience. Register and pay by 5/12/14.

Course # CMP 1261.(1) \$59
5/19 - 5/21 Mon. & Wed. 1 - 3 pm
Grinnell, Mayflower Community, 616
Broad Street
Instr: Sandra McAntire

New Senior Computer: Computers on the Brain

Are you in need of a mental shape up? Sandy McAntire of Business Intelligence and Technology Services combines information technology expertise with

teaching experience to help you use technology as a tool to exercise your mind. This class is for anyone with a computer



that wishes to maintain or increase their brain function. Hands on activities and examples are divided evenly between analytical and creative tasks. Includes tools to determine your right or left brain dominance as well as sources of software and sites for additional mental workouts. One week in advance.

Course # CMP 1260.(1) \$36
5/12 Mon. 1 - 3 pm

Course # CMP 1260.(2) \$36
6/30 Mon. 1 - 3 pm

Course # CMP 1260.(3) \$36
8/11 Mon. 1 - 3 pm
Grinnell, Mayflower Community, 616
Broad Street
Instr: Sandra McAntire

All Iowa Valley facilities are accessible



If you need special accommodations for a class or event, please let us know when you register.

Senior Computer: Digital Pictures & Projects

Experiment with the versatility of digital pictures and discover the variety of ways to incorporate them in projects on and off the computer. Sandy McAntire of Shoestring Creative will discuss digital photography tips and design elements and show you how to change the focus of composition through cropping techniques. Bring your digital camera or camera phone with USB cord to utilize your images in a digital project and explore the array of projects that can be done through Picasa and Gimp. Digital Projects are great to give as gifts or create for special events. Must be a comfortable computer user with mouse proficiency. Computers 101 and Digital Storage are recommended but not required. Conducted at a comfortable pace geared toward the "seasoned" learner. Register and pay by 7/14.

Course # CMP 1264.(1) \$59
7/21 - 7/23 Mon. & Wed. 1 - 3 pm
Grinnell, Mayflower Community, 616
Broad Street
Instr: Sandra McAntire

Senior Computer: Digital Storage

An introduction to the advantages and disadvantages of all types of digital storage including the cloud and beyond. Covers the missing manual on backing up files and keeping all your digital information organized. Investigate current storage and transfer trends for your medical records and discuss security issues and preventative measures to keep your private information secure. Conducted at a comfortable pace geared toward the "seasoned" learner. Register and pay by 6/2.

Course # CMP 1263.(1) \$59
6/9 - 6/11 Mon. & Wed. 1 - 3 pm
Grinnell, Mayflower Community, 616
Broad Street
Instr: Sandra McAntire

Senior Computer: Email 101

Email has replaced faxes and letters as the preferred method of written communication. Explore the advantages of this efficient method of sending messages, pictures and other files or documents at a comfortable pace designed for the very beginner and "seasoned" learner. Practice sending to groups, attaching a picture, and saving a file that has been received. Computers 101 is recommended for beginners. Register and pay by 5/26.

Course # CMP 1262.(1) \$59
6/2 - 6/4 Mon. & Wed. 1 - 3 pm
Grinnell, Mayflower Community, 616
Broad Street
Instr: Sandra McAntire

Senior Computer: Excel Basics I

Are you already proficient at the basics of navigation and formatting in Excel? Would you like to increase your knowledge and decrease your workload?

This class is for you! Learn some of the bazillion shortcuts and tricks that will save you a ton of time in your daily number

crunching and data collection. Includes takeaway handout for future quick reference. Mouse proficiency and previous Excel instruction is required. Computers 101 and Digital Storage recommended but not required. Conducted at a comfortable pace geared toward the "seasoned" learner. Register and pay by 6/9.

Course # CMP 1275.(1) \$69
6/16 - 6/18 Mon. & Wed. 1 - 3 pm
Grinnell, Mayflower Community, 616
Broad Street
Instr: Sandra McAntire



Senior Computer: Excel Basics II

Are you already an Excel rockstar? Do you need to expand your skillset in data manipulation and presentation? This class is for you! Give new life to your data by customizing charts and graphs or make your numbers divulge hidden secrets by plugging into pivot tables. Includes takeaway handout for future quick reference. Mouse proficiency and previous Excel instruction is required. Excel Basics I recommended. Conducted at a comfortable pace geared toward the "seasoned" learner. Register and pay by 6/6.

Course # CMP 1276.(1) \$69
6/23 - 6/25 Mon. & Wed. 1 - 3 pm
Grinnell, Mayflower Community, 616
Broad Street
Instr: Sandra McAntire

Senior Computer: Get Mobile

Discover the differences and capabilities of the variety of mobile devices. Covers a broad overview of e-readers, cell/smart phones, tablets, personal navigation devices, and personal safety devices. Includes connectivity, communication, and subscription options as well as texting, touch screen, and keyboard type topics. Perfect for all skill levels. Conducted at a comfortable pace geared toward the "seasoned" learner. Register and pay by 7/28.

Course # CMP 1266.(1) \$36
8/4 Mon. 1 - 3 pm
Grinnell, Mayflower Community, 616
Broad Street
Instr: Sandra McAntire

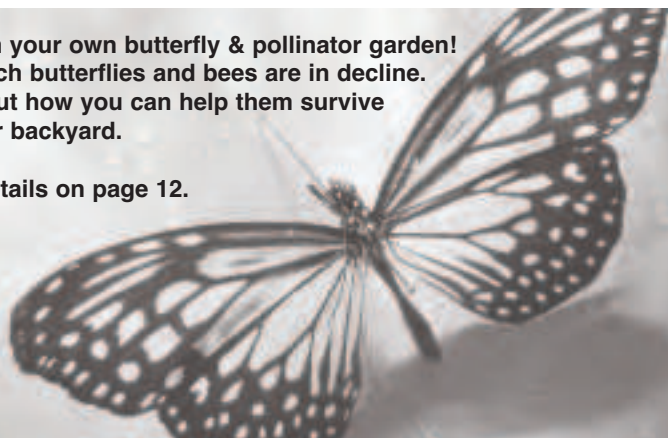
Senior Computer: Get Social

Does the social media movement and terminology leave you wondering if you are still speaking the same language? Discover the difference between a post, a tweet and a vine. Get an overview of the types of social sites and explore the top site in each category. Find out what you've been missing and get connected with like-minded people across the globe! Mouse proficiency and comfort surfing the web is highly recommended. Computer 101 recommended for new computer users. Conducted at a comfortable pace designed for the "seasoned" learner. Register and pay by 7/21.

Course # CMP 1265.(1) \$36
7/28 Mon. 1 - 3 pm
Grinnell, Mayflower Community, 616
Broad Street
Instr: Sandra McAntire

**Design your own butterfly & pollinator garden!
Monarch butterflies and bees are in decline.
Find out how you can help them survive
in your backyard.**

See details on page 12.



www.IowaValley.com

Creative Retirement

Blank Park Zoo Trip “Sneak Peek”

Creative Retirement members will get an exclusive “Sneak Peek” of the Blank Park Zoo on Wednesday, May 21, 2014. The group will travel by bus and arrive at the zoo for a private lunch. Tour guides will then take the group on a “behind the scenes” look at how the zoo operates, including a look at the dietary department for the animals, educational tours of service areas not open to the public, a private feeding of the sea lions, the new rhino exhibit and more! Come join the afternoon fun and see the zoo in a whole new way! Cost of the trip includes gate admission and lunch.

Course # CRT 1007.(1) \$30
 5/21 Wed. 10:30 am - 5 pm
 Des Moines, Blank Park Zoo
 Instr: Anne Shimerdla

Washington DC Trip

Travel with friends and family and meet new friends when Creative Retirement travels to Washington, DC April 1 – 10, 2014. A beautiful time in the nation’s capital (just prior to Cherry Blossom Festival), the itinerary will include: trips to Mount Vernon, Arlington National Cemetery, Ford’s Theater Museum, National Cathedral, Gettysburg National Battlefield, Independence Hall and more! Price includes travel by bus, hotel stays and breakfast. Cost of the trip will be determined by the number of travelers and hotel occupancy selected (with an estimated price range of \$713/person, 50 travelers, quad occupancy - \$810/person, 50 travelers, double occupancy). The trip is priced from 25 – 50 travelers, single, double, triple or quad room occupancy. Group meetings will be held prior to the trip for more information. A deposit of \$250 per traveler is required to hold your “spot” on this terrific trip! Final payment will be required two weeks before departure.

Course # CRT 1006.(1) \$250
 4/1 - 4/10 M/T/W/Th/F/S/Su 8 am - 5 pm
 Washington DC
 Instr: Elbert Permar

Like Iowa Valley Continuing Education on Facebook®



Driving & Transportation

AARP Driver Safety

Learn how roads and vehicles have changed, and about the effects of aging and medications on our skills. This four-hour, research based classroom only course reviews how we can adapt our driving skills to remain smart and safe drivers as we get older. Sponsored by AARP. There is no driving. Pay materials’ fee on arrival. \$15 for members. \$20 for non-members.

Course # DRV 3000.(1) Free
 4/1 Tue. 8:30 am - 12:30 pm
 Iowa Falls, ECC Gentle Student Center
 Formal Dining Room
 Instr: Sandy Winkel

Course # DRV 3000.(2) Free
 4/8 Tue. 8:30 am - 12:30 pm
 Marshalltown, IVCE Room 803
 Instr: Sandy Winkel

Course # DRV 3000.(3) Free
 4/15 Tue. 8:30 am - 12:30 pm
 Grinnell, Iowa Valley Grinnell Room 128
 Instr: Sandy Winkel

Driver Improvement Program

Mandated by the State of Iowa for anyone receiving 3 moving violations in one year.

Course # DRV 8000.(2) \$125
 4/19 Sat. 8 am - 5 pm

Course # DRV 8000.(3) \$125
 6/21 Sat. 8 am - 5 pm
 Marshalltown, IVCE Room 610
 Instr: Kenneth Owens

Driving Unimpaired (DUI) Iowa Falls

This is the course authorized by the state of Iowa for drinking drivers. Each participant will develop an individual risk-reduction plan. This 12-hour class satisfies Iowa drinking violation court orders. Registration deadline one week prior to start date.

Course # DRV 8100.(4) \$115
 4/19 - 4/20 Sat. & Sun. 8 am - 3 pm

Course # DRV 8100.(5) \$115
 5/17 - 5/18 Sat. & Sun. 8 am - 3 pm

Course # DRV 8100.(6) \$115
 6/21 - 6/22 Sat. & Sun. 8 am - 3 pm

Course # DRV 8100.(7) \$115
 7/19 - 7/20 Sat. & Sun. 8 am - 3 pm

Course # DRV 8100.(8) \$115
 8/16 - 8/17 Sat. & Sun. 8 am - 3 pm
 Iowa Falls, ECC Reg Johnson Room 101
 Instr: Ameer Miller

Driving Unimpaired (DUI) Marshalltown

This is the course authorized by the state of Iowa for drinking drivers. Each participant will develop an individual risk-reduction plan. This 12-hour class satisfies Iowa drinking violation court orders.

Course # DRV 8200.(4) \$115
 4/11 - 4/12 Fri. & Sat. 6 - 5 pm

Course # DRV 8200.(5) \$115
 5/9 - 5/10 Fri. & Sat. 6 - 5 pm

Course # DRV 8200.(6) \$115
 6/13 - 6/14 Fri. & Sat. 6 - 5 pm

Course # DRV 8200.(7) \$115
 7/11 - 7/12 Fri. & Sat. 6 - 5 pm

Course # DRV 8200.(8) \$115
 8/8 - 8/9 Fri. & Sat. 6 - 5 pm
 Marshalltown, IVCE Room 803
 Instr: Agapito Aguilar

Driving Unimpaired (DUI) Marshalltown - Spanish

This is the course authorized by the state of Iowa for drinking drivers. Each participant will develop an individual risk-reduction plan. This 12-hour class satisfies Iowa drinking violation court orders.

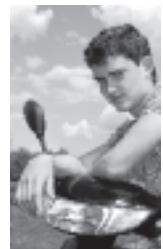
Course # DRV 8300.(2) \$115
 3/28 - 3/29 Fri. & Sat. 6 - 5 pm

Course # DRV 8300.(3) \$115
 5/16 - 5/17 Fri. & Sat. 6 - 5 pm

Course # DRV 8300.(4) \$115
 7/18 - 7/19 Fri. & Sat. 6 - 5 pm
 Marshalltown, IVCE Room 803
 Instr: Agapito Aguilar

Moped Safety

This class will teach moped drivers the “rules of the road” by being a safe moped operator. It is taught by a certified instructor and required of anyone under 16 wanting a moped license. Student needs to be a minimum of 14 years old or within 6 months prior to their 14th birth date.



Course # DRV 1000.(1) \$54
 4/26 Sat. 9 am - 3:30 pm
 Iowa Falls, ECC Reg Johnson Room 101
 Instr: Janet Minde

Course # DRV 1000.(2) \$54
 4/12 Sat. 9 am - 3:30 pm
 Grinnell, Iowa Valley Grinnell Room 109
 Instr: Janet Minde

Course # DRV 1000.(3) \$54
 5/3 Sat. 9 am - 3:30 pm
 Marshalltown, IVCE Room 610
 Instr: Janet Minde

Motorcycle Rider Education

Driving defensively, handling emergencies, and riding safely and skillfully are taught in this hands-on motorcycle education course for ages 14 to adult. Anyone under 18 must take this course to get a motorcycle license. Class time: Fri. night, 5 to 9 pm. range time will be Sat., 8 am to 5 pm, and Sun., 8 am to 12 pm or until all are finished. 100% attendance is required at the whole class to receive your certificate and card. The class includes classroom time, riding exercises on the range, and evaluation components. You must score 80% or higher on the written test and be proficient in skills to pass the course. You must wear a long sleeve shirt and a jacket or coat, long pants, shoes or boots that cover your ankles and gloves with fingers. We will provide the motorcycle, helmet, eye wear and some gloves are available. You can bring your own helmet if you wish. You must bring: your driver's license, social security number, and if you are under age 18 you must bring the Motorcycle Safety Course Waiver and Indemnification form signed by a parent or legal guardian to class on Fri. evening. Payment is required at the time of registration, one week prior to the first class session. No refunds are granted after the registration deadline. Students that do not have the required clothing, driver's license, and if under age 18 the Motorcycle Safety Course Waiver signed by parent or guardian will be dropped from class and no refund granted.

Course # DRV 2000.(2)	\$149
5/9 - 5/11 Fri/Sat/Sun	
Marshalltown, IVCE, Room: 805	
Instr: Lori LePorte	
Course # DRV 2000.(1)	\$149
4/18 - 4/20 Fri/Sat/Sun	
Course # DRV 2000.(3)	\$149
5/30 - 6/1 Fri/Sat/Sun	
Course # DRV 2000.(4)	\$149
6/6 - 6/8 Fri/Sat/Sun	
Course # DRV 2000.(5)	\$149
6/13 - 6/15 Fri/Sat/Sun	
Course # DRV 2000.(6)	\$149
6/27 - 6/29 Fri/Sat/Sun	
Course # DRV 2000.(7)	\$149
7/25 - 7/27 Fri/Sat/Sun	
Course # DRV 2000.(8)	\$149
8/1 - 8/3 Fri/Sat/Sun	
Course # DRV 2000.(9)	\$149
8/8 - 8/10 Fri/Sat/Sun	
Course # DRV 2000.(10)	\$149
8/15 - 8/17 Fri/Sat/Sun	
Marshalltown, IVCE Room 805	
Instr: Robert Pelletier	

Educators

Advanced Teaching Online

In the 21st century, half of all learning will be online. Discover how to plan, develop and teach an online course using a ten step model. Learn how to create online audio lectures with slide shows, use animation, drop-and-drop exercises, and create dynamite welcome pages.

Meeting Pattern:

This section is online and/or self-paced. Additional login information will be provided after registration. Students can participate in this course 24/7 as their schedule permits. Course is online at www.yougotclass.org/catalog.cfm/lavalley.

Course # EDU 3004.(1) \$195
 4/14 - 4/18 Mon/Tue/Wed/Thur/Fri.
 See Description for Additional Info
 Online, via the Internet
 Instr: Mary Dereshiwisky



Social Media & Online Tools for K-12 Teachers

Facebook, Twitter, YouTube, it seems everyone, including your students, talk about ways the Internet let's them stay in touch and see what others are doing. Since many of your students are already there, have you been curious if any of these tools might keep them engaged in your class? Do you ever wonder if there might be some time effective ways to communicate with their parents? GoogleDocs, Adobe ConnectNow, iGoogle, Flickr, animoto, earth album, Teacher Tube, blogs, virtual labs and yes, even Facebook and Twitter can help you add dimension and interest to your class. Discover tips to use a variety of social media and online tools to help your students. You will also spend some time discussing ways to overcome resistance you might encounter in using these programs. For any teacher interested in social media, from beginners to advanced social networkers. Optional: 1.0 graduate credit from the University of South Dakota, \$40 additional, paid later. Course is online at www.yougotclass.org/catalog.cfm/lavalley. Next offerings begin: 7/7 and 11/3! Meeting Pattern: Participate anytime day or evening, from any computer.

Course # EDU 3020.(1) \$145
 4/7 - 4/11 Mon/Tue/Wed/Thur/Fri
 See Description for Additional Info
 Online, via the Internet
 Instr: Heather Dimitt

www.IowaValley.com



April 2nd, 2014
10:00 am to 1:00 pm
Student Activity Center
MCC Campus

50+
 Employers
 and
 Booths

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 Look for a new job
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2. Click the Courses link, choose the department and course title you are interested in and select the Enroll Now button. Follow the instructions to enroll and pay for your course. Here you will enter your e-mail and choose a password that will grant you access to the Classroom.

3. When your course starts, return to our Online Instruction Center and click the Classroom link. To begin your studies, simply log in with your e-mail and the password you selected during enrollment.



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- Introduction or Intermediate QuickBooks 2013
- Introduction to Flash CS6
- Introduction to Adobe Edge Animate
- Creating jQuery Mobile Websites with Dreamweaver
- Photoshop CS6 for the Digital Photographer
- Creating Mobile Apps with HTML5
- Managing Life as a Single Parent
- Mac, iPhone, and iPad Programming
- Creating WordPress Websites
- Introduction to Adobe Acrobat X
- Singapore Math: Number Sense & Computational Strategies
- Singapore Math Strategies: Model Drawing for Grades 1-6
- Singapore Math Strategies: Advanced Model Drawing for Grades 6-9

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Environment

Grinnell Gardener

Every gardener knows that no matter how long you have been at it, there is always more to learn. The Grinnell Gardener Series offers classes on a variety of gardening topics for beginning and experienced gardeners. With the help of local experts, leave these classes more informed, excited, and prepared to tackle your own garden and.

Composting 101

Compost helps build organic matter, enhancing the biological activity in soil essential for nutrients to be available to roots. It's an essential part of any organically managed lawn, landscape, and garden. Is your compost pile really composting? What makes good compost? In this workshop, find out what you might be doing wrong, what constitutes good compost, and ways to get better. Different systems for home composting and uses for compost will be covered. See a hot compost pile in action and composting on a vegetable farm.

Course # ENV 1202.(1) \$12
 5/17 Sat. 4 - 5:30 pm
 Grinnell, Middle Way Farm, 3633 Hwy 146
 Instr: Jordan Scheibel

New Design Your Own Butterfly & Pollinator Garden

Butterfly and pollinator populations are dwindling as habitat and food sources become scarce. These insects are vital to our ecosystems and agriculture. Restoring native plants to your land, no matter where you live, will allow you to attract and observe these insects and help butterflies and pollinators continue to survive. It may also benefit your vegetable garden. In this hands-on workshop, learn how to select native plants to use, a planting map for your butterfly and pollinator garden, estimate cost, and lists management strategies that consider public perception issues. Suggestions for trees and shrubs that host butterfly larvae will be part of the process. Leave with a map and plan in hand ready to implement. Jim Kessler has over 30 years of experience restoring native habitat on his land and at Newton High School. He is passionate and knowledgeable about restoring native plants and habitats. Participants should bring a map of their property to class.

Course # ENV 1003.(1) \$8
 4/29 Tue. 6:30 - 8:30 pm
 Grinnell, Iowa Valley Grinnell Room 204
 Instr: James Kessler

Growing Sweet Potatoes

Although they are a tropical perennial plant, you can grow excellent sweet potatoes in Iowa. They need warm soil for planting, hot summers, and sufficient moisture at the beginning of their growth, but are relatively drought tolerant, which is good news in our current climate. Varieties with shorter maturity periods are better suited for our northern growing season, with less than 4 months of good growing season for sweet potatoes. In this workshop, you will learn the basics of growing sweet potatoes organically in your garden, including selecting varieties and amounts to plant, sources for sweet potato 'slips' for planting, preparing the soil, planting and growing methods, irrigation, weed, pest, and disease control, harvest, and storage. We will also talk about enjoying your harvest with sweet potato recipes and tips for preservation. Demonstration of a sweet potato planting will be shown on a working vegetable farm. Handouts will be provided on course material as well as further resources to explore. Participants can choose to purchase up to 10 sweet potato slips to plant in their garden from the instructor. Rain location will be at the Iowa Valley Grinnell campus, room 109.

Course # ENV 1203.(1) \$12
 6/10 Tue. 5:30 - 7 pm
 Grinnell, Middle Way Farm, 3633 Hwy 146
 Instr: Jordan Scheibel

New How to Harvest Rainwater

Learn the hows and whys of harvesting rain water on your property from Joel and Holly Gettys of Rain Barrel Iowa in Des Moines. The course will cover calculating the potential rain harvest in various scenarios, the variety of containment systems from home-made to large-scale, and the pros and cons of each. Practices described in Brad Lancaster's book Rainwater Harvesting, including welcoming the rain, eliminating erosion, and endeavoring to make a homestead "zero runoff," or even a net harvester, will be shown. Considerations toward returning the water to the cycle clean for downstream users will also be covered. The workshop will be tailored to the needs and interests of participants and will include time for questions and answers. Learn more about water conservation, rainwater harvesting, and how to use a rain barrel.

Course # ENV 1030.(1) \$15
 4/22 Tue. 7 - 8:30 pm
 Grinnell, Iowa Valley Grinnell Room 150
 Instr: Joel & Holly Gettys

New Smart Tools for The Farm & Garden

Growing fruits and vegetables is labor-intensive, but it can be made even harder by not having the right tools at your disposal. Learn about ten effective, labor-saving, non-gimmick tools designed for home gardens and small-scale commercial fruit and vegetable production. Honest evaluations of each tool will be provided as well as examples of tools that didn't work as intended. Class will include demonstrations of smart tools on a working vegetable farm and a chance for participants to try out the tools themselves. Tools covered will include hand tools as well as some small power equipment. Information about suppliers and prices will also be provided. Why work harder when you can work smarter?

Course # ENV 1300.(1) \$12
 4/24 Thur. 6 - 7:30 pm
 Grinnell, Middle Way Farm, 3633 Hwy 146
 Instr: Jordan Scheibel

New Start Your Own Worm Bin

A worm bin is easy to start and simple to maintain. In this hands-on workshop, create your own vermicomposting bin for home use. All materials and tools will be provided as part of the course fee, including a plastic tub, bedding material, and a discounted pound of vermicomposting worms. Instructions for care and harvest of the bin will be provided. You will be ready to start composting right away! For a more comprehensive overview of vermicomposting, consider registering for ENV 1200 "Intro to Vermicomposting". Registration deadline is Wednesday, April 9.

Course # ENV 1201.(1) \$49
 4/16 Wed. 6:30 - 9 pm
 Grinnell, Iowa Valley Grinnell Room 150
 Instr: Jordan Scheibel

Kayaking Fundamentals I



See page 26 for details.

Wild Edible Plant Walk

Ever wondered how to identify and use edible plants? Learn about some of the more common edible and useful plants in central Iowa during these guided tours of Arbor Lake Park and Jacob Krumm Nature Preserve in Grinnell. In addition to learning about their edible qualities, many plants have fascinating natural and human histories. Copies of Wild Edible Plants in the Grinnell Area, published by Grinnell College's Center for Prairie Studies and written by instructor Jordan Scheibel, will be available to each participant. For the April 5th class, meet at the parking lot on the north end of Arbor Lake, at the west end of Washington Ave. The tour will follow the walking path that circles the lake while Jordan points out and samples plants along the way. For classes on May 10 and June 7, meet at the Jacob Ave West Entrance to Jacob Krumm Nature Preserve, in the parking lot next to the lake. Questions and other's experiences with wild edible plants are welcome. Participants should dress for the weather and be prepared to walk approximately a mile along a mostly level paved or dirt trails. Participants may choose to bring along a small bag for taking samples with them. In case of heavy rain or thunderstorms, class will be held at the Iowa Valley Grinnell campus, 123 6th Ave West, in Room 209.

Course # ENV 2220.(1) \$12
4/5 Sat. 10:30 am - Noon
Grinnell, Arbor Lake Park
Instr: Jordan Scheibel

Course # ENV 2220.(2) \$12
5/10 Sat. 10:30 am - Noon

Course # ENV 2220.(3) \$12
6/7 Sat. 4 - 5:30 pm
Grinnell, Jacob Krumm Nature Preserve
Instr: Jordan Scheibel

Moped Safety



Learn the "rules of the road" by being a safe moped operator. Offered in both Iowa Falls and Grinnell.

See page 9 for more details.

Families & Relationships

Children in the Middle - Iowa Falls

Changes in family structure through dissolution of marriage, custody modification, remarriage, etc., are difficult experiences for a child. This four-hour, court-ordered seminar provides education and affirmation for parents, with the primary focus on a child's needs. Topics include: parenting skills for divorcing parents, child's needs and survival techniques, health versus problematic reactions of most kids, age specific needs of your children, and identifying how your child feels.

Course # FAM 1000.(2) \$45
4/10 Thur. 6 - 10 pm

Course # FAM 1000.(3) \$45
6/12 Thur. 6 - 10 pm

Course # FAM 1000.(4) \$45
8/14 Thur. 6 - 10 pm
Iowa Falls, ECC Reg Johnson Hall,
Room: 102, Mini-auditorium
Instr: Ameer Miller

Children in the Middle - Marshalltown

Changes in family structure through dissolution of marriage, custody modification, remarriage, etc., are difficult experiences for a child. This four-hour, court-ordered seminar provides education and affirmation for parents, with the primary focus on a child's needs. Topics include: parenting skills for divorcing parents, child's needs and survival techniques, health versus problematic reactions of most kids, age specific needs of your children, and identifying how your child feels.



Course # FAM 2000.(4) \$45
4/12 Sat. 8:30 am - 12:30 pm

Course # FAM 2000.(5) \$45
5/10 Sat. 8:30 am - 12:30 pm

Course # FAM 2000.(6) \$45
6/14 Sat. 8:30 am - 12:30 pm

Course # FAM 2000.(7) \$45
7/12 Sat. 8:30 am - 12:30 pm

Course # FAM 2000.(8) \$45
8/9 Sat. 8:30 am - 12:30 pm
Marshalltown, IVCE Room 610
Instr: Lauren Severidt

How to Talk So Kids Will Listen

Have you ever muttered "There has to be a better way?!" Come add more tools to your child-raising toolbox. Read, practice and discuss: dealing with all feelings. limiting certain actions; discipline ideas; engage a child's cooperation; encourage autonomy/independence; praise and self-esteem; free children from playing roles (bully, cry-baby, the nice kid, the athletic kid . . .) This class is based on books, by Adele Faber and Elaine Mazlish. Acquire following books online or at any bookstore before class - "How To Talk So Kids Listen and Listen So Kids Will Talk," AND "Liberated Parents/Liberated Children." Instructor will have \$12 required workbook available for purchase at the first class.

Course # FAM 3000.(2) \$37
3/31 - 5/5 Mon. 7 - 9 pm
Marshalltown, IVCE Room 803
Instr: Sheri Larsen

Foods

New All About Kale

Kale has become one of the "trendier" vegetables in recent years, seeming to pop up in more and more places every week. While interest is high in this nutritious, easy to grow, and versatile green, many people are at a loss with what to do with it. During this cooking demonstration and class, you will discover some simple and delicious techniques for preparing kale, including sautéing, kale chips, pesto, and smoothies, while also learning more about kale and how it is grown. Students should



expect to participate in the process and enjoy their creations afterward during a group supper. Join instructor and local grower Jordan Scheibel in discovering all that kale has to offer. For those interested in taking their knowledge home to their own kitchens immediately, locally grown kale will be available for purchase after class.

Course # FDS 1050.(1) \$18
6/24 Tue. 6:30 - 8:30 pm
Grinnell, Iowa Valley Grinnell Room 150
Instr: Jordan Scheibel

www.IowaValley.com

**Hy-Vee & IVCE
community partners
working together to
bring you educational &
fun classes.**



At Hy-Vee, good customer service doesn't stop with "a helpful smile in every aisle"; it extends into the neighborhoods and communities we serve as well. We care about the things our customers care about – health care, education, the arts, leisure and recreation, the environment, economic opportunity, civic improvement – and we give generously to projects and organizations that support these goals. A great example of this would be our partnership with Deb Sabin with IVCE at Ellsworth Community College and the educational classes we are offering.

Adult Cooking Class

Iowa Falls Hy-Vee in-store Chef Kody will help you expand your cooking skills and teach how

you to create delicious meals including wine and beer paring suggestions. Tracey, Iowa Falls Hy-Vee registered dietitian, will be available to answer



nutrition questions and provide tips on how to plan more nutritious meals. Bring \$10 payable to Iowa Falls Hy-Vee at the time of the class to cover samples and materials. \$5 fee at time of registration with IVCE.

- | | |
|-----------------------|-------------|
| Course # FDS 9100.(1) | \$5 |
| 4/10 Thur. | 6 - 7:30 pm |
| Course # FDS 9100.(2) | \$5 |
| 5/8 Thur. | 6 - 7:30 pm |
| Course # FDS 9100.(3) | \$5 |
| 6/12 Thur. | 6 - 7:30 pm |
| Course # FDS 9100.(4) | \$5 |
| 7/10 Thur. | 6 - 7:30 pm |
- Iowa Falls, Agriculture & Renewable Energy Building Room 110
Instr: Kody Dugan

Make & Take Meals

Come spend an hour preparing three meals to take home for your family with Iowa Falls Hy-Vee Chef Kody and Tracey, their registered dietitian. Each meal you make will be both nutritious and delicious. Bring \$45 payable to Iowa Falls Hy-Vee at the time of class to cover supply cost. \$5 fee at time of registration with IVCE.

- | | |
|-----------------------|----------|
| Course # FDS 9200.(1) | \$5 |
| 4/21 Mon. | 6 - 7 pm |
| Course # FDS 9200.(2) | \$5 |
| 5/19 Mon. | 6 - 7 pm |
| Course # FDS 9200.(3) | \$5 |
| 6/16 Mon. | 6 - 7 pm |
| Course # FDS 9200.(4) | \$5 |
| 7/14 Mon. | 6 - 7 pm |
- Iowa Falls, Agriculture & Renewable Energy Building Room 110
Instr: Kody Dugan

Fundamentals of Enjoying Seafood

Come learn how easy grilling, sautéing, and searing seafood can be. Chef Kody from Iowa Falls Hy-Vee will demonstrate and guide you through the different techniques and style of cooking seafood. Tracey, the Iowa Falls Hy-Vee registered dietitian will discuss the numerous health benefits of eating seafood and how to select safe seafood. Please bring \$10 payable to Iowa Falls Hy-Vee to cover supplies and samples. \$5 fee at time of registration with IVCE.

- | | |
|-----------------------|-------------|
| Course # FDS 9201.(1) | \$5 |
| 4/4 Fri. | 6 - 7:30 pm |
- Iowa Falls, Agriculture & Renewable Energy Building Room 110
Instr: Kody Dugan

Grilling Essentials

In this class Iowa Falls Hy-Vee Chef Kody will teach you the fundamentals of marinating with wet or dry seasonings. This class will specifically focus on grilling different cuts of pork, chicken and beef. You will also learn how to safely cook to the perfect temperature while reaching your ideal doneness. The pros and cons of gas and charcoal grilling will also be discussed. Please bring \$15 payable to Iowa Falls Hy-Vee to cover cost of supplies and samples. \$5 fee at time of registration with IVCE.

- | | |
|-----------------------|--------------|
| Course # FDS 9202.(1) | \$5 |
| 5/10 Sat. | 11 am - 1 pm |
- Iowa Falls, Julia O'Neil Park, Shelter House
Instr: Kody Dugan

Wine & Cheese Pairing

Come learn the origins of flavor profiles and proper wine pairings with samples of cheese, fruit

and prepared dishes. Wine tasting etiquette will be reviewed. The class will be taught by Iowa Falls Hy-Vee



Chef Kody. Please bring \$5 payable to Iowa Falls Hy-Vee at time of event to cover costs of supplies and samples. \$5 fee at time of registration with IVCE.

- | | |
|-----------------------|----------|
| Course # FDS 9203.(1) | \$5 |
| 5/22 Thur. | 6 - 7 pm |
| Course # FDS 9203.(2) | \$5 |
| 6/26 Thur. | 6 - 7 pm |
- Iowa Falls, Agriculture & Renewable Energy Building Room 110
Instr: Kody Dugan

Take Your Next Step!

If your desired career path requires a college degree, check out Ellsworth Community College, Marshalltown Community College and Iowa Valley Grinnell. Financial aid/scholarships are offered, outstanding training is guaranteed! Call now to enroll.



Kid's Cooking Class

Kids' will have fun learning how to cook and learn about eating healthy. Iowa Falls Hy-Vee in-store chef and dietitian will teach these great classes for children. Bring \$5 payable to Iowa Falls Hy-Vee at the time of class to cover samples and materials. \$2 fee at time of registration with IVCE.

Course # KID 1000.(1)	\$2
4/8 Tue.	4:30 - 5:30 pm
Course # KID 1000.(2)	\$2
5/13 Tue.	4:30 - 5:30 pm
Course # KID 1000.(3)	\$2
6/10 Tue.	4:30 - 5:30 pm
Course # KID 1000.(4)	\$2
7/8 Tue.	4:30 - 5:30 pm
Iowa Falls, Hy-Vee Deli Department	
Instr: Kody Dugan	

Rural Lifestyles - Canning to Poultry Processing

Have you ever thought what it would be like to become more self-sufficient? This summer you can try your hand at canning, growing and using herbs, butchering your own chicken, or harvesting free food from the land. Come check it out. Every little bit helps, when it comes to managing your money and learning to walk lightly on the Earth. These classes brought to you by Koenigs' Acres, a local little farm growing food the way nature intended.

Canning High Acid Foods

Learn how to can your own high acid foods using hot water bath canning. Peaches, pickles, salsa and tomatoes will be demonstrated. Participants will take home one product. \$10 supply fee will need to be paid to the instructor at the class.

Course # FDS 3003.(1)	\$5
7/24 Thur.	6 - 9 pm
TBA	
Instr: Karen Koenig	

Canning Low Acid Foods

Learn how to can your own low acid foods using a pressure cooker. Green beans and meat will be demonstrated. Participants will take home one product. Location to be determined. \$10 supply fee will need to be paid to the instructor at the class.

Course # FDS 3005.(1)	\$5
8/7 Thur.	6 - 9 pm
Iowa Falls, TBA	
Instr: Karen Koenig	

Edible Wild Foods

We will go for a walk at Maynes Grove Park, north of Iowa Falls, to gather wild foods, then join up at Koenigs' Acres to see how to prepare those wild goodies to better your health and supplement your food budget. \$5 supply fee will need to be paid to the instructor at the class.

Course # FDS 3000.(1)	\$5
6/12 Thur.	6 - 8 pm
Hampton, Koenig Acres Farm, 1510 110th St	
Instr: Karen Koenig	

Herbs - Growing & Using

Join us at Koenigs' Acres Farm to see how herbs are grown, then learn how to use them in everyday ways. Bring your own planter to bring home an herb plant or two.



Instructor and science teacher, Karen Koenig, will teach you her special secrets as a teacher and local food producer for the best herbs. \$10 supply fee will need to be paid to the instructor at the class.

Course # FDS 3002.(1)	\$5
7/10 Thur.	6 - 8 pm
Hampton, Koenig Acres Farm, 1510 110th St	
Instr: Karen Koenig	

Home Poultry Processing

Bring on your brave! Learn how to process your own chicken from start to finish. Join us at Koenigs' Acres Farm where each person will process their own bird and take that bird home. We will provide the bird and tools, you bring the desire to learn! \$20 supply fee will need to be paid to the instructor at the class.

Course # FDS 3004.(1)	\$5
8/2 Sat.	1 - 5 pm
Hampton, Koenig Acres Farm, 1510 110th St	
Instr: Karen Koenig	

Jam & Jelly Making

Learn how to make your own jams and jellies. This is a basic demonstration/participation workshop. Each participant will take home a half pint of jam or jelly and basic recipes. \$10 supply fee will need to be paid to the instructor at the class.

Course # FDS 3001.(1)	\$5
6/26 Thur.	6 - 9 pm
Iowa Falls, TBA	
Instr: Karen Koenig	

Understanding the Food Label & Food Label Claims

Low fat, light and natural - what do these claims all mean? Tracey, the Iowa Falls Hy-Vee registered dietitian will teach you how to decipher your food label. Understanding the food label and simple nutrient claims will provide you the knowledge to make the healthiest selections when doing your grocery shopping.

Course # FDS 9000.(1)	Free
4/7 Mon.	3 - 4 pm
Course # FDS 9000.(2)	Free
5/5 Mon.	10 - 11 am
Course # FDS 9000.(3)	Free
6/2 Mon.	5 - 6 pm
Course # FDS 9000.(4)	Free
7/7 Mon.	3 - 4 pm
Iowa Falls, Hy-Vee Pharmacy Department	
Instr: Tracey Sauke	

For Kids Only

Kid's Cooking Class

Kids' will have fun learning how to cook and learn about eating healthy. Iowa Falls Hy-Vee in-store chef and dietitian will teach these great classes for children. Bring \$5 payable to Iowa Falls Hy-Vee at the time of class to cover samples and materials. \$2 fee at time of registration with IVCE.

Course # KID 1000.(1)	\$2
4/8 Tue.	4:30 - 5:30 pm
Course # KID 1000.(2)	\$2
5/13 Tue.	4:30 - 5:30 pm
Course # KID 1000.(3)	\$2
6/10 Tue.	4:30 - 5:30 pm
Course # KID 1000.(4)	\$2
7/8 Tue.	4:30 - 5:30 pm
Iowa Falls, Hy-Vee Deli Department	
Instr: Kody Dugan	

All About Kale

It's trendy, but how do you cook it? Learn the many delicious uses for kale.

See details on page 15.



Health & Human Service Professionals

2014 Faith & Healthcare: Meeting the Healthcare Challenges of the Next 100 years.

This seminar will help increase the interdisciplinary awareness of religion and spirituality as resources that may impact healthcare challenges for patients, providers and the general community. Guest speaker, Dr. Harold Koenig is a Professor of Psychiatry and Behavioral Sciences and Associate Professor of Medicine at Duke University. Dr. Koenig's ideas on religion, spirituality, medicine and personal health have been featured in Newsweek, along with The Today Show, ABC's World News Tonight and Good Morning America. He is also the founder and former director of Duke's Center for Spirituality, Theology and Health. This program has been approved for .66 continuing education units or 6.6 contact hours by Iowa Board of Nursing Provider #2 Marshalltown Medical and Surgical Center. 100% attendance is required for continuing education credit. Marshalltown Medical and Surgical Center is accredited by the Iowa Medical society (IMS) to provide continuing medical education for physicians. Marshalltown Medical and Surgical Center designates this educational activity for a maximum of 5.5 AMA PRA Category 1 Credits TM. Physicians should only claim credit commensurate with the extent of their participation in the activity. This conference is sponsored by MMSC and attendance is free, but we do ask that you register for the conference so we can plan for food. You may register with either IVCE or MMSC.

Course # HEP 6000.(1) Free
 4/3 Thur. 9 am - 3:30 pm
 Marshalltown, IVCE Room 808
 Instr: Dr. Harold Koenig

Iowa Valley Continuing Education

salutes our teachers
& students!

THANK YOU
 for choosing Iowa Valley
 as you pursue your interest
 in lifelong learning.

3rd Annual Dave Walker Memorial Conference- Fighting to Identify & Support Drug Endangered Children

National speaker and law enforcement officer, Jermaine Galloway (www.tallcopsaysstop.com) will provide a presentation regarding drug and alcohol trends, recognizing these trends within our community, and education about alcoholic drinks and paraphernalia, including over 120 visual aids. Attendees will receive information regarding identifying signs of gang membership and the importance of having a basic understanding of gangs, presented by Special Agent Stephanie Post, FBI. Participants will also explore how trauma can impact brain development, interventions that can be helpful in working with individuals that have experienced trauma, and understanding how Adverse Childhood Experiences (ACEs) can affect physical and mental health, presented by Gladys Noll Alvarez, LISW, Child Guidance Center. Online Registration and payment deadline is 4-25-14.

Course # HEP 3610.(1) \$50
 5/2 Fri. 9 am - 3:30 pm
 Marshalltown, IVCE Room 608
 Instr: Varied

Advanced 12 Lead EKG (2 Days)

This 2 day course teaches you to identify electrode placement and normal configuration for each of the 12 leads, determine the electrical axis on a 12 lead EKG, interpret the changes of ischemia, injury and necrosis on the 12 lead EKG, differentiate right and left bundle branch blocks, discuss the criteria for diagnosis of arterial tachycardias, describe the clues used to determine aberration from ventricular tachycardia, discuss the etiology, clinical picture, and treatment for a patient with Torsades de Points, identify the characteristics of EKG changes for MI, hemiblocks and hemiblocks with bundle branch blocks, A-V dissociation and SA blocks, discuss the criteria for the diagnosis of WPW, parastole and hypertrophy, and describe the effects of drugs and electrolyte disturbances on the EKG. Extensive handouts will be used. Approved for nurses, and EMS, you must attend both days to get 1.4 CEUs for this course. Register/pay by 3/31/14. Approved Credit: 1.40 CEUs Iowa Board of Nursing by approved Provider #18 Applicable for EMS and Respiratory Care professionals.

Course # HEP 3115.(1) \$150
 4/8 - 4/15 Tue. 8 am - 4 pm
 Marshalltown, IVCE Room 806
 Instr: Mary Potratz

Join Iowa Valley Continuing Education on Facebook!



Join Iowa Valley Continuing Education Facebook page!



- Keep up to date with lists of new courses and training programs offered.
- Join discussions on topics you're interested in or start your own.
- Browse our page for news articles, photos, and events.
- See what others are saying and also share your experiences!

BLS for Healthcare Providers - Initial

This course from the American Heart Association (AHA) is based on the 2010 AHA guidelines for CPR and ECC for Healthcare providers or students going into a healthcare field. Students will learn the skills of CPR for victims of all ages and will practice CPR in a team setting. You will learn how to use an AED and how to relieve choking. This course is intended for participants who provide healthcare to patients in a variety of settings and is taught by AHA certified instructors. Certification cards will be issued after completion.

Course # HEP 0001.(4) \$69
 4/8 Tue. 8 am - 12:30 pm
 Marshalltown, IVCE Room 702
 Instr: Diane Roun

BLS for Healthcare Providers - Renewal

This course is for healthcare professionals who need to renew CPR certification, as well as other lifesaving skills, in a wide variety of in-hospital and out-of-hospital settings. To receive your CPR certification 100% attendance is required and successful completion of classroom test and skills.


Course # HEP 0002.(3) \$69
 4/8 Tue. 1 - 5 pm

Course # HEP 0002.(4) \$69
 5/6 Tue. 1 - 5 pm

Course # HEP 0002.(5) \$69
 6/10 Tue. 1 - 5 pm

Course # HEP 0002.(6) \$69
 7/8 Tue. 1 - 5 pm

Course # HEP 0002.(7) \$69
 8/5 Tue. 1 - 5 pm
 Marshalltown, IVCE Room 702
 Instr: Diane Roun



IOWA VALLEY

CONTINUING EDUCATION

We're looking for YOU to teach that special class!

"What do you mean? I can teach? I don't have a Masters or a Ph.D."

Do you know crafts, yoga, a foreign language, home repair, gardening, and any other hidden talent or hobby? How about expertise in your field of employment? Then "Yes, you can teach." IVCE classes are not college credit classes and therefore can be a way for you to show off your talents and skills.

Contact us at 641-752-4645 or email ivceinfo@iavalley.edu

BLS for Healthcare Providers - Skills Test

This course from the American Heart Association has been updated to reflect new science based on the 2010 AHA Guidelines for CPR initial or renewal. Students will learn single-rescuer and team basic life support for adults, children and infants through exercises, scenarios and a written test. The first part of the course is online at www.onlineaha.org. Under the course Catalog tab select "BLS for Healthcare Providers Online part 1." Complete the online course prior to class and print your certificate. Bring your online class certificate with you to the skills session.

Course # HEP 0003.(3) \$39
 4/8 Tue. 6 - 8 pm

Course # HEP 0003.(7) \$39
 5/6 Tue. 6 - 8 pm

Course # HEP 0003.(8) \$39
 6/10 Tue. 6 - 8 pm

Course # HEP 0003.(9) \$39
 7/8 Tue. 6 - 8 pm

Course # HEP 0003.(10) \$39
 8/5 Tue. 6 - 8 pm
 Marshalltown, IVCE Room 702
 Instr: Diane Roun

Child Abuse for Mandatory Reporters

This course is approved by the state review panel for mandatory reporters of child abuse. You will be better prepared to identify and report suspected child abuse. This is a required course for mandatory reporters once every 5 years and within 6 months of employment. Students need to be checked in prior to start of class and ready to learn promptly at start time in order to meet the state requirements. Register and pay one week in advance.

Course # HEP 8000.(2) \$25
 4/3 Thur. 6:30 - 9 pm
 Marshalltown, IVCE Room 610
 Instr: Varied Instructors

Course # HEP 8000.(4) \$25
 8/21 Thur. 1 - 3:30 pm
 Marshalltown, IVCE Room 608
 Instr: Varied Instructors

Course # HEP 8000.(3) \$25
 8/13 Wed. 1 - 3:30 pm
 Iowa Falls, ECC McClure Hall Nursing Lab
 Instr: Varied Instructors

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www.iavalley.edu



IOWA VALLEY
 COMMUNITY COLLEGE DISTRICT
 MARSHALLTOWN • ELLSWORTH • GRINNELL
 CONTINUING EDUCATION

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Looking for a change of **PACE?**

Want to fill the **GAPs** in your income?

Thought about further training, but don't think you can afford it?

Assistance is Available!

GAP & PACE
 funding for Credit and Non-Credit Programs, including **SHORT-term training!**

Program Contacts

Iowa Falls: Molly Larsen • 641-648-8511
 Marshalltown: Jennifer Rice • 641-844-5629

Eligible programs include: Career Pipe Welding, Certified Nurse Aide, HVAC Basic, Medication Aide, MIG Welding, Pharmacy Technician, Phlebotomy, Professional Truck Driver Prep & Welding Basics.

Dental Radiographer Update

This workshop will provide a thorough review of film radiography and digital radiography in reference to exposure equipment, processing the films/ managing capturing, and patient and operator care for the dental radiographer. Approved by the Iowa Board of Dental Examiners for 2.0 hours. Registration deadline is 8-13-14.

Course # HEP 5004.(1) \$30
8/20 Wed. 1 - 3 pm

Course # HEP 5004.(2) \$30
8/20 Wed. 6 - 8 pm
Marshalltown, MCC Room 546
Instr: Elaine Peterson

Dependent Adult Abuse for Mandatory Reporters

This course has been approved by the Abuse Education Review Panel. As a mandatory reporter you will become better prepared to identify and report suspected dependent adult abuse. This is a required course for mandatory reporters once every 5 years and within 6 months of employment. Register and pay one week in advance.

Course # HEP 8010.(3) \$25
4/10 Thur. 6 - 9 pm
Marshalltown, IVCE Room 610
Instr: Helen McKay

Course # HEP 8010.(5) \$25
8/21 Thur. 9 am - Noon
Marshalltown, IVCE Room 608
Instr: Helen McKay

Course # HEP 8010.(4) \$25
8/13 Wed. 9 am - Noon
Iowa Falls, ECC McClure Hall Nursing Lab
Instr: Helen McKay

EMS Continuing Education Optional hours Storm Spotters

Classes offered for Optional EMS continuing Education. OE14-0600-031 Storm Spotter training

Course # HEP 1411.(6) Free
4/1 Tue. 6 - 8:30 pm
Marshalltown, IVCE Room 808
Instr: Varied Instructors

Heartsaver CPR / AED

This course from the American Heart Association is designed for anyone, with no medical training, to perform CPR and use an AED. This course includes procedures for adults, children and infants according to AHA guidelines. A completion card will be issued. To receive your CPR certification 100% attendance is required and successful completion of skills test. Use this section type for courses that must be marketed and registration is required prior to the course.



Course # HEP 0006.(4) \$69
4/22 Tue. 1 - 5 pm

Course # HEP 0006.(5) \$69
5/27 Tue. 1 - 5 pm

Course # HEP 0006.(6) \$69
6/24 Tue. 1 - 5 pm

Course # HEP 0006.(7) \$69
7/22 Tue. 1 - 5 pm

Course # HEP 0006.(8) \$69
8/26 Tue. 1 - 5 pm

Marshalltown, IVCE Room 702
Instr: Diane Roum

Heartsaver CPR/AED/First Aid - Skills test

This course from the American Heart Association is designed for anyone, with no medical training, to recognize emergencies and give first aid, perform CPR, use an AED, and relief of choking prior to the arrival of emergency providers. This course includes procedures for adults, children and infants according to AHA guidelines. The first part of the course is online at www.onlineaha.org. Under the course Catalog tab select "Heartsaver First Aid/CPR/AED Online part 1". Complete the online course prior to class and print your certificate. You need to bring your online class certificate with you to the skills session. Use this section type for courses that must be marketed and registration is required prior to the course.

Course # HEP 0005.(4) \$40
4/22 Tue. 6 - 9 pm

Course # HEP 0005.(5) \$40
5/27 Tue. 6 - 9 pm

Course # HEP 0005.(6) \$40
6/24 Tue. 6 - 9 pm

Course # HEP 0005.(7) \$40
7/22 Tue. 6 - 9 pm

Course # HEP 0005.(8) \$40
8/26 Tue. 6 - 9 pm

Marshalltown, IVCE Room 702
Instr: Diane Roum

Heartsaver CPR/AED/Firstaid

This course from the American Heart Association is designed for anyone, with no medical training, to recognize emergencies and give first aid, perform CPR, use an AED, and relief of choking prior to the arrival of emergency providers. This course includes procedures for adults, children and infants according to AHA guidelines. A completion card will be issued. This class is approved for daycare providers.

Course # HEP 0004.(4) \$80
4/19 Sat. 9 am - 4 pm

Course # HEP 0004.(5) \$80
5/10 Sat. 9 am - 4 pm

Course # HEP 0004.(6) \$80
6/7 Sat. 9 am - 4 pm

Course # HEP 0004.(7) \$80
7/12 Sat. 9 am - 4 pm

Course # HEP 0004.(8) \$80
8/9 Sat. 9 am - 4 pm

Marshalltown, IVCE Room 702
Instr: Diane Roum

ESL Want to learn English? We can help!



Class locations:

Tama: Tama County Partnership Building, 215 W. 9th St. • 641-484-8002
Iowa Valley Grinnell: 123 6th Avenue West, Grinnell, Iowa • 641-236-0513
Marshalltown: Education and Training Center, 206 East Church Street • 641-754-1348
Iowa Falls: Ellsworth Campus Technology and Industry Trades Building • 641-648-8644

www.IowaValley.com

Immune Disorders

Learn about the physiology of the immune system, discuss the care of the immunosuppressed patient, describe the care of the patient with an autoimmune disorder such as rheumatoid arthritis and systemic lupus, differentiate between the four hypersensitivity reactions, and discuss the care of the patient with a congenital immunodeficiency. Nurses 0.70 CEUs. Register/pay by 3-13-14. Approved Credit:0.70 CEUs Iowa Board of Nursing by approved Provider #18 Applicable for EMS and Respiratory Care professionals.

Course # HEP 3114.(1) \$75
4/1 Tue. 8 am - 4 pm
Marshalltown, IVCE Room 806
Instr: Mary Potratz

Infection Control & OSHA Regulations for the Dental Practice

The objectives of this course are to explain the CDC's IA, IB and IC guidelines and recommendations and discuss how dental practices in Iowa can maintain compliance with the law to provide a safe environment for patients and employees. You will also understand the OSHA regulations and how they apply to the dental practice. With 100% attendance this course is approved by the Iowa Board of Dental Examiners for 3 hours continuing education credit.



Course # HEP 5001.(1) \$45
4/2 Wed. 9 am - Noon
Marshalltown, IVCE Room 808
Instr: Carrie McKnight

Management of Dental Office Emergencies & Minor Maxillofacial Trauma

You will learn about the latest assessment and evidence based practices in treating maxillofacial injuries and oral traumas commonly seen in children through the elderly. You will also learn about the ADA's recommendations for the treatment of medical emergencies in the dental office. Submitted to the Iowa Dental Board for 3.0 Continuing Education hours of credit. Register and pay by 3/26/14.

Course # HEP 5002.(1) \$19
4/2 Wed. 1 - 4 pm
Marshalltown, IVCE Room 808
Instr: Varied Instructors

Pediatric Assessment/Airway Management

Learn the differences in anatomy and physiology of the infant, child and adult patient, differentiate the response of the ill or injured infant or child from that of the adult, identify assessment techniques unique to the pediatric population, describe airway management of the pediatric patient, identify varying ways to determine if a child is in respiratory distress, and define the differences between respiratory distress and respiratory failure. Nurses 0.35 CEUs. Register/pay by 4-14-14. Approved Credit: 0.35 CEUs Iowa Board of Nursing by approved Provider #18 Applicable for EMS and Respiratory Care professionals.



Course # HEP 3116.(1) \$40
4/22 Tue. 8 - 11:30 am
Marshalltown, IVCE Room 806
Instr: Reylon Meeks

Pediatric Emergencies

Explain the unique anatomical features of children that predispose them to specific illnesses and injuries, integrate assessment and management techniques for the pediatric patient involving numerous medical, respiratory, and trauma emergencies, discuss the unique injuries seen in the pediatric trauma patient, list the signs and symptoms of shock in the infant and young child, discuss implications for the healthcare provider when dealing with a child with an altered glasgow coma scale, state the usual causes of cardiac arrest in infants, and children versus adults, list common causes of seizures in the infant and child patient. Nurses 0.35 CEUs. Register/pay by 4-14-14. Approved Credit:0.35 CEUs Iowa Board of Nursing by approved Provider #18Applicable for EMS and Respiratory Care professionals.

Course # HEP 3117.(1) \$40
4/22 Tue. 12:30 - 4 pm
Marshalltown, IVCE Room 806
Instr: Reylon Meeks

Phlebotomy Technician Certification Exam Review

You will review the role of the phlebotomy technician in preparation for the National Healthcareer Association Certified Phlebotomy Technician exam. Topics covered will be: Phlebotomy as a Profession, anatomy and physiology (an overview), hemostasis, site selection, venipuncture, complication associated with phlebotomy, factors to consider prior to performing the procedure, quality assurance and specimen handling, analytical errors, routine venipuncture, failure to obtain blood, special venipuncture, special specimen handling, dermal punctures (microcapillary collection), test tubes, additives, and tests, clinical laboratory sections, safety, latex sensitivity, and legal considerations. Register by 5/20.

Course # HEP 2501.(1) \$39
5/27 Tue. 6 - 9:30 pm
Marshalltown, IVCE Room 608
Instr: Kim Riley-Adams

Iowa Falls Hy-Vee is partnering with Iowa Valley Continuing Education to offer some great new classes.

Classes include a variety of topics including classes for cooking for both adults and kids, reading food labels, grilling, seafood and so much more.

Classes will be taught by qualified Hy-Vee employees. See details on pages 14 & 21.

Health & Wellness

Basic Self-Defense 1

This basic self-defense course will teach the necessary skills to deter a dangerous and violent situation regardless of your age, size or previous experience. The course is a practical approach to real-life attacks and not an introduction to cultural fighting arts or combative sports. You will be instructed on the most effective and easy-to-learn methods to deter an attacker. The course is designed for women, men, responsible teenagers and experienced martial artists alike. Decide not to be a victim now and learn basic self-defense. It is recommended that you wear comfortable clothing and tennis shoes with good lateral and linear support for class. Register and pay by 4/15/14.

Course # HEW 3301.(2) \$39
 4/22 - 4/24 Tue. & Thur. 6 - 8 pm
 Marshalltown, IVCE Room 808
 Instr: - Adaptive Combat Training

Basic Self-Defense 2

In this Basic Self-Defense 2 class, you will quickly review previous skills from the Basic Self-Defense 1 class and you will learn new customized, modified, and adapted content to meet your needs. Prerequisite: Completion of Basic Self-Defense 1 is required. It is recommended that you wear comfortable clothing and tennis shoes with good lateral and linear support. Registration/payment deadline 4/29/14.

Course # HEW 3302.(2) \$35
 5/6 - 5/8 Tue. & Thur. 6 - 8 pm
 Marshalltown, IVCE Room 808
 Instr: - Adaptive Combat Training

Senior Summer Computer Series



Emphasizing the ability to learn and to keep the brain in shape! Check out all of the classes offered as part of the senior summer computer series on pages 7 & 8.

Beginning Meditation

Have you tried meditation before but didn't feel like you got it? Interested in meditation but not sure how to get started? Have you meditated in the past but want to get started again? This beginning meditation workshop will teach you the fundamentals of sitting meditation, including



preparation for sitting, posture, body awareness, breathing, concentration, and dealing with physical and mental difficulties encountered during meditation. Learn two complimentary meditation techniques that will help you work on bringing more mindfulness and compassion to your thoughts, behaviors, and relationships. The class will also introduce ways to incorporate a mindfulness and meditation practice into everyday life. Class will include several short, silent sitting periods. No prior experience with meditation is necessary and there are no physical limitations to who can meditate. Those with prior meditation experience are welcome, but should come with an open mind, ready to learn. Wear comfortable, loose fitting clothes and be prepared to take your shoes off.

Course # HEW 8000.(1) \$44
 4/26 Sat. 1 - 4 pm
 Iowa Falls, Agriculture & Renewable Energy Building Library/Student Lounge
 Instr: Jordan Scheibel

Breastfeeding Your Baby

Couples considering whether to breast-feed their infant are encouraged to attend this class that meets the week after the last Lamaze class of each series. It is free for couples who attend Lamaze. You will learn about the pros and cons of breast-feeding, milk production, and nursing techniques from instructor Beckie Fricke who is a Certified Lactation Consultant. Co-sponsor: MMSC. Call 641-754-5166 to register.

Course # HEW 1023.(2) 7 - 9 pm
 3/31 Mon.
 Course # HEW 1023.(3) 7 - 9 pm
 5/20 Tue.
 Course # HEW 1023.(4) 7 - 9 pm
 7/21 Mon.
 Marshalltown, MMSC OB Classroom
 Instr: Rebecca Fricke

Ethics in Sport: Current Issues in Coaching

This online course is part of the Coaching Authorization courses. During this online Moodle course Ethics in Sport: Current Issues in Coaching you will explore the meaning of sport from a historical perspective and the purpose of sport participation today, examine contemporary issues in sport, including legal considerations and State of Iowa requirements, with an emphasis on interscholastic sport, and provide a foundation for self-examination of one's philosophy of sport and how that impacts decision making for a coach. This workshop will be delivered through Moodle, an eLearning platform that is best displayed in either Firefox or Internet Explorer 8. The Safari, Google Chrome, and Opera browsers have limited capabilities in Moodle, and the use of an iPad or mobile device is not recommended. Because the course includes flash presentations, you will need Flash Player, a free plug-in that comes standard in most browsers and can be downloaded at <http://get.adobe.com/flashplayer/>. Highspeed internet recommended and email address required with registration. Registration/payment deadline is 3-27-14.

Course # HEW 4005.(2) \$59
 4/3 Thur. 12:01 am - 11:59 pm
 Online, via the Internet
 Instr: Kara Kehe

Intro to Meditation

Looking for strategies to cope constructively with stress, anxiety, and everyday challenges? Meditation can be an important method for slowing down and cultivating mindfulness in our thoughts, behaviors, and relationships. Even a few minutes a day can make a big difference in our attitude and emotional health. Learn a basic mindfulness meditation technique, including methods for sitting, posture, breathing, and concentration, and how to deal with difficulties encountered during meditation. This class is meant to introduce a secular, mindfulness based approach to meditation and thus it is suitable for people of all backgrounds and religious affiliations. Class will include a silent sitting period. No prior experience with meditation is necessary. Those with prior experience with meditation should come with an open mind, ready to learn.

Course # HEW 1050.(2) \$15
 4/2 Wed. 6:30 - 8:30 pm
 Grinnell, Iowa Valley Grinnell Room 150
 Instr: Jordan Scheibel

Lifelong Learning for Seniors

Lifelong learning is the process of keeping your mind and body engaged at any age by actively pursuing knowledge and experience. Iowa Valley Continuing Education & our local Hy-Vee are partnering to offer our area seniors these exciting learning opportunities.



Flower Arranging

Come join the fun and learn how to make floral arrangements! Kathy, the Iowa Falls Hy-Vee florist will teach you how to make a simple floral arrangement. She will teach you how to choose the correct flowers, containers and placement of your flowers for a beautifully designed arrangement.

Course # FUN 7000.(1) \$5
4/10 Thur. 10 - 11 am
Iowa Falls, Hy-Vee Floral Department
Instr: Kathy Wilson

Eating Healthy

Tracey, the Iowa Falls Hy-Vee registered dietitian will teach you how to eat healthy as you age. As we age our diet needs change based on our activity level, medications and a variety of other concerns. Bring your question and Tracey will help you make good nutrition choices for you.

Course # HEW 1201.(1) \$5
5/12 Mon. 10 - 11 am
Iowa Falls, ECC Gentle Student Center
Formal Dining Room
Instr: Tracey Sauke

Cooking for 1 or 2

Kody, the Iowa Falls Hy-Vee chef will teach you how to cook simple meals for 1 or 2. Cooking for one or two can be a challenge but Kody has some great ideas on how to bring the fun back into cooking. Bring \$5 payable to Iowa Falls Hy-Vee at the time of class to cover food samples. Please bring \$5 payable to Iowa Falls Hy-Vee to cover cost of supplies and samples. \$5 fee at time of registration with IVCE.

Course # HEW 1202.(1) \$5
6/9 Mon. 10 - 11 am
Iowa Falls, ECC Gentle Student Center
Formal Dining Room
Instr: Kody Dugan

Medication Management for Seniors

Gary, the Iowa Falls Hy-Vee pharmacist will review with you the safe use of medications, teach you how to empower and educate yourself on prescriptions and be there for questions you may have about your medications.

Course # HEW 1203.(1) \$5
7/14 Mon. 10 - 11 am
Iowa Falls, ECC Gentle Student Center
Formal Dining Room
Instr: Gary Christensen

Lamaze Prepared Childbirth

Lamaze classes prepare a couple for labor, delivery, and the hospital stay. Topics include: relaxation and breathing techniques, normal labor course, medical interventions, cesarean birth, post-delivery care for mom and baby, breast and bottle feeding and parenthood. Classes meet once a week for five weeks in the MMSC OB classroom in Marshalltown. The cost is payable to co-sponsor MMSC. Call 641-754-5166 to register.



Course # HEW 1020.(3) \$40
4/15 - 5/13 Tue. 7 - 9 pm

Course # HEW 1020.(4) \$40
6/16 - 7/7 Mon. 7 - 9 pm

Course # HEW 1020.(5) \$40
8/5 - 9/2 Tue. 7 - 9 pm
Marshalltown, MMSC OB Classroom
Instr: Rebecca Fricke

Meditation/Relaxation With Hypnosis

We can face serious health problems due to stress, and stress has become a way of life in this fast-paced world. Katheryn Hamilton, Certified Hypnotherapist, can show you how to remove yourself from the hectic world around you and find serenity. Give yourself a gift and remove your stress. A reinforcement CD is given to each participant.

Course # HEW 1019.(2) \$45
4/14 Mon. 8 - 8:45 pm
Toledo, Public Library, 206 E High
Instr: Katheryn Hamilton

Mom & Baby Breastfeeding Session

This informal session provides support and interaction between breast-feeding mothers. A group discussion is led and facilitated by Beckie Frickie, Certified Lactation Consultant. All sessions are held in the MMSC OB classroom.

Register with co-sponsor MMSC at 641-754-5166.

Course # HEW 1021.(6) Free
3/26 Wed. 7 - 9 pm

Course # HEW 1021.(7) Free
4/9 Wed. 7 - 9 pm

Course # HEW 1021.(8) Free
4/23 Wed. 7 - 9 pm

Course # HEW 1021.(9) Free
5/14 Wed. 7 - 9 pm

Course # HEW 1021.(10) Free
5/28 Wed. 7 - 9 pm

Course # HEW 1021.(11) Free
6/4 Wed. 7 - 9 pm

Course # HEW 1021.(12) Free
6/18 Wed. 7 - 9 pm

Course # HEW 1021.(13) Free
7/9 Wed. 7 - 9 pm

Course # HEW 1021.(14) Free
7/23 Wed. 7 - 9 pm

Course # HEW 1021.(15) Free
8/13 Wed. 7 - 9 pm

Course # HEW 1021.(16) Free
8/27 Wed. 7 - 9 pm
Marshalltown, MMSC, Room: OB
Classroom
Instr: Rebecca Fricke

Noon Pilates

Join co-workers and friends to exercise your way to health. Pilates is a focus on the body's core training: abdominal, lower back, buttocks, hips, and thighs. Firm the tummy! This class also includes some yoga exercise. This "no-sweat" class is ideal for a noon time work out. Bring a mat or large towel to class and wear comfortable clothing.

Course # HEW 1745.(3) \$39
4/1 - 5/1 Tue. & Thur. Noon - 1 pm

Course # HEW 1745.(4) \$33
5/6 - 5/29 Tue. & Thur. Noon - 1 pm

Course # HEW 1745.(5) \$33
6/3 - 6/26 Tue. & Thur. Noon - 1 pm
Marshalltown, MCC Student Activities
Center Tiger Room
Instr: Su Sunday



Everything in EdVenture is on the Iowa Valley Continuing Education web site. Check us out at www.IowaValley.com

Noon Pilates Half-time

Not able to attend all of the regular Noon Pilates class (HEW 1745)? Here's your chance to attend up to half of the sessions at a reduced rate!

Course # HEW 1746.(3) \$20
4/1 - 5/1 Tue. & Thur. Noon - 1 pm

Course # HEW 1746.(4) \$17
5/6 - 5/29 Tue. & Thur. Noon - 1 pm

Course # HEW 1746.(5) \$17
6/3 - 6/26 Tue. & Thur. Noon - 1 pm
Marshalltown, MCC Student Activities Center Tiger Room
Instr: Su Sunday

Situational Awareness: A Self Protection Strategy

Situational awareness is a component of your personal self-protection strategy that you can use in every aspect of your life. You will learn to use your common sense in uncommon threatening situations that you may encounter. You will learn to develop a contingency plan and recognize a threatening situation in the early stages so you can take measures to avoid it and protect yourself and others. Any of us could encounter a threatening situation in the grocery store, bank, quick shop, department store, restaurant, lake, park anywhere. Now you will be better equipped to recognize and react to the situation and protect yourself and others.

Registration/payment deadline 4-1-14.

Course # HEW 3300.(2) \$10
4/8 Tue. 6 - 7:30 pm
Marshalltown, IVCE Room 614
Instr: - Adaptive Combat Training

Smoking Cessation With Hypnosis

Your resolution to stop smoking is one of the most important ones you can make for you and your family. Let a Certified Hypnotherapist help you become smoke free and rid of the addiction to nicotine. A reinforcement CD is included in the cost of the class.

Course # HEW 1014.(1) \$45
4/14 Mon. 6 - 6:45 pm
Toledo, Public Library, 206 E High
Instr: Katheryn Hamilton

Iowa Valley Continuing Education

salutes our teachers
& students!

THANK YOU
for choosing Iowa Valley
as you pursue your interest
in lifelong learning.

Weight Loss With Hypnosis

Losing weight is difficult, but Katheryn Hamilton, Certified Hypnotherapist, can help you. Using her training as a therapist, she can make weight loss an unconscious choice. If you have tried other methods to lose weight, perhaps it's time to put your struggle into the hands of a professional. A reinforcement CD is included for each participant.



Course # HEW 1013.(1) \$45
4/14 Mon. 7 - 7:45 pm
Toledo, Public Library, 206 E High
Instr: Katheryn Hamilton

Health Careers

Medication Aide

This course prepares certified nurse aides to safely administer non-parenteral medications in long term care setting. Must be recommended after 6 months of current employment. Textbook and state test are included in cost includes state test out.



Course # HEA 1457.(2) \$295
4/14 - 6/7 Mon. & Thur. 10 am - 1:30 pm
Marshalltown, IVCE Room 613
Instr: Leanne Kruse

NA skills

Successful completion of this portion meets one of the state requirements for persons seeking employment as a nurse aide in a long term care facility in Iowa. A score of 70% or more is considered passing social security number needed for testing. Call for appointment times.

Course # HEA 1005.(15) \$85
3/26 Wed. 10 am - 2 pm

Course # HEA 1005.(16) \$85
3/26 Wed. 4:30 - 9 pm
Marshalltown, IVCE Room CNA Skills Testing
Instr: Varied Instructors

Nurse Aide

PACE/GAP This 75 hour nurse aide course has an emphasis on achieving knowledge and demonstration of basic nursing skills to provide safe, effective resident care. Students are prepared for state competency testing and employment in a long term care nursing facility. This class consists of classroom, lab, clinical experience and includes our background check, plus one written and skills state competency testing. Social security number is required for background check and competency testing. Nurse aide book not included in cost and is available at MCC bookstore. Check with instructor for uniform requirements. Clinical time/days will be outside of scheduled class times. Competency testing will be scheduled first day of class.

Course # HEA 1075.(4) \$575
4/29 - 6/18 Tue. & Wed. 10 am - 3:30 pm
Marshalltown, IVCE Room 613
Instr: Leanne Kruse

Make the most out of your garden!



- Canning High Acid Foods
- Edible Wild Foods
- Herbs - Growing & Using
- Jam & Jelly Making

Check out all of these great classes being offered in Hardin County to help you get ready for the Spring and Summer season.

- Canning Low Acid Foods
- Grilling Essentials
- Home Poultry Processing

See more details on page 15.

Nurse Aide State Written Competency exam

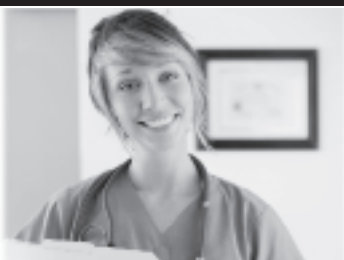
This 100 multiple choice computer based exam tests basic skills and knowledge of a nurse aide seeking employment in a long term care facility. This test has a 2 hour limit and has a test proctor. Prior to testing, your social security number is required to set up your testing packet. You must show a photo ID at testing site. Social security number needed for test set up. Please arrive 15 minutes prior to test time.

Photo ID needed for entry into test area

Course # HEA 1002.(10)	\$50
3/26 Wed.	1 - 3 pm
Course # HEA 1002.(11)	\$50
3/26 Wed.	2:30 - 4:30 pm
Course # HEA 1002.(12)	\$50
4/2 Wed.	1 - 3 pm
Course # HEA 1002.(13)	\$50
4/2 Wed.	2:30 - 4:30 pm
Course # HEA 1002.(14)	\$50
4/16 Wed.	1 - 3 pm
Course # HEA 1002.(15)	\$50
4/16 Wed.	2:30 - 4:30 pm
Course # HEA 1002.(16)	\$50
5/7 Wed.	1 - 3 pm
Course # HEA 1002.(17)	\$50
5/7 Wed.	2:30 - 4:30 pm
Course # HEA 1002.(18)	\$50
5/21 Wed.	1 - 3 pm
Course # HEA 1002.(19)	\$50
5/21 Wed.	2:30 - 4:30 pm
Course # HEA 1002.(20)	\$50
6/4 Wed.	1 - 3 pm
Course # HEA 1002.(21)	\$50
6/4 Wed.	2:30 - 4:30 pm
Course # HEA 1002.(22)	\$50
6/18 Wed.	1 - 3 pm
Course # HEA 1002.(23)	\$50
6/18 Wed.	2:30 - 4:30 pm

Marshalltown, Iowa Valley Education & Training Center Room 118
Instr: TBA

**Nurse Aide Instructor Update 2014
Thursday, August 7, 2014**



**Go to IVCENursing.com
for more information.**

Pharmacy Technician

PACE/GAP This comprehensive 50 hour course will prepare students to enter the pharmacy field and to take the Pharmacy Technician Certification Board's PTCB exam. Technicians work in hospitals, home infusion pharmacies, and other health care settings - working under the supervision of a registered pharmacist. Course content includes medical terminology specific to the pharmacy, reading and interpreting prescriptions and defining drugs by generic and brand names. Students learn dosage calculations, I.V. flow rates, drug compounding, dose conversions, dispensing of prescriptions, inventory control and billing and reimbursement. The Pharmacy Technician Certification Program includes a graded final exam to help prepare students for the PTCB exam. Students should have taken math and science in high school. A high school diploma or GED is required for the PTCB exam. If you are interested in and need financial assistance contact Jennifer Rice at 641-844-5629 to apply for the IVCE Gap Tuition Assistance Program 30 days prior to course start date. Students must complete the NCRC assessment as part of the registration process. Register and pay by 5-27-14.

Course # HEA 2600.(2) \$999
6/9 - 7/31 Mon. & Thur. 6 - 9:30 pm
Marshalltown, IVCE Room 608
Instr: Varied Instructors

Phlebotomy Technician

PACE/GAP The 90 hour Phlebotomy Technician Program prepares professionals to collect blood specimens from clients for the purpose of laboratory analysis. Students will become familiar with all aspects related to blood collection and develop comprehensive skills to perform venipunctures completely and safely. Classroom work includes terminology, anatomy and physiology; blood collection procedures; specimen hands-on practice; and clinical training in skills and techniques to perform puncture methods. The program also includes lab exercises, live blood draws, work with a training arm and other exercises intended to prepare students to function as an entry level Phlebotomy Technician. If you are interested in this training but need financial assistance you can apply for the IVCE Gap Tuition Assistance Program by calling Jennifer Rice at 641-844-5629. Students may incur additional costs associated with the optional clinical experience for uniform, immunizations, background checks, CPR, and mandatory reporter training. Registration/payment deadline 5/28/14.

Course # HEA 2500.(2) \$1599
6/10 - 8/14 Tue/Thur/Sat 6 - 9:30 pm
Marshalltown, MCC Room 536
Instr: Kim Riley-Adams

Get paid while you train for a career in industrial maintenance.

The pre-employment training starts March 31st at Iowa Valley Continuing Education. Upon successful completion, you can start working immediately. Additional trainings will be offered throughout the year.



**Contact Arturo at Iowa Workforce Development
at Arturo.Sanchez@iwd.iowa.gov or call 754-1400 Ext. 6981
for more information.**

Industry & Trades

AWS Welder Certification (Qualification)

Getting your employees certified helps reduce welding costs, helps increase productivity and profitability, and helps make your company more competitive. Looking to advance your career? Become an AWS qualified (certified) welder. Welder certification is based on specially designed tests to determine a welder's skill and ability to deposit sound weld metal. The welder's tests consist of many variables, including the specific welding process, type of metal, thickness, joint design, position, and others according to the American Welding Society (AWS) code. The final qualification (certification) is a "transferrable" credential that you may take with you wherever you go. Testing costs are in addition to classroom fees. Call 641-844-5647 for an appointment to assure availability in the class and get estimated cost for certification(s) requested. Classes are available from 8:30 am - 12:30 pm and 1 - 5:00 pm on Sat. or Wed. evenings from 3:30 - 7:30 pm. Instructor is an AWS Certified Welding Inspector. Cost of the course is \$245 plus \$75 for supplies.

Course # IND 9000.(2) See Above
 See dates and times above
 Marshalltown, Business & Technology Center
 Instr: John Sly

Certified Quality Exam Preparation

This course covers the math and statistical material in the Certified Quality Engineer (CQE) body of knowledge published by the American Society for Quality. The textbook is The Certified Quality Engineer Handbook 3rd Ed. by C. M. Borror available from Quality Press: <http://asq.org/quality-press/display-item/?item=H1340>. Registration deadline is Monday, March 10th, 2014 at noon. Additional ICN locations will be determined after the registration deadline.

Course # IND 8000.(1) \$300
 4/1 - 5/27 Tue. 6 - 9 pm
 Marshalltown, IVCE Room 806
 Instr: Donald Benbow

New Intermediate Motor Controls

This 8-hour course introduces the student to more complex motor control circuits. Learn interlocking, time delay, reversing, latching, reduced voltage starting, and braking circuits. Practice wiring circuits in a laboratory setting using actual control devices. Participants should bring: notebook, pencils, safety glasses, multi-meter, wire strippers, screwdrivers, and long nosed pliers. Note, maximum class size is 10.

Course # IND 1700.(1) \$135
 7/12 Sat. 8 am - 5 pm
 Marshalltown, MCC Room 401
 Instr: Richard Chambers

National Electrical Code Update

This 6-hour course covers the significant changes in the latest edition of the National Electrical Code. These changes include four new articles dealing with Low-Voltage Suspended Ceiling Power Distribution Systems (393), Modular Data Centers (646), Fire-Resistive Cable Systems (728), and Energy Management Systems (750). Also covered will be the major changes in the introduction and all nine chapters of the codebook. Participants will need to bring a copy of the 2014 National Electrical Code, highlighters, notebook and pencils.

Course # IND 1600.(1) \$95
 5/24 Sat. 9 am - 3:30 pm
 Marshalltown, IVCE Room 608
 Instr: Rick Chambers

Welding Basics

PACE/GAP During this 3-week course, you will learn basic welding techniques for stick and wire welding along with oxyacetylene cutting and bending and brazing. Must wear leather shoes, long sleeves and long pants. No prior welding experience necessary. Price includes material and lab fees. This course is required to participate in open lab.

Course # IND 5500.(3) \$195
 4/3 - 4/17 Thur. 10 am - 1 pm

Course # IND 5500.(4) \$195
 7/17 - 7/31 Thur. 10 am - 1 pm
 Marshalltown, Business & Technology Center Room W4 Welding Lab
 Instr: Lars Brownlie

Plumbing Code Classes offered through Iowa Valley Continuing Education.

Register and prepay by going to: www.classregistration.info.

Use the calendar to select class date, click on desired course, then choose: Register Now.



March 27

- Mechanical Code by Understanding the Energy Conservation Code • 8 am
- Jobsite Safety • 10 am
- Servicing an Air Conditioner (2Hr) • 1 pm
- Practical Pump Down, Recovery, Vacuum Service Training • 3 pm

April 23

- Green Supplement to the Uniform Plumbing Code • 8 am
- Revised Hazard Communication Standard • 10 am
- Nonpotable Water Reuse Systems • 10 am
- Avoiding Cross-Connection Contamination • 3 pm

Call Cory Paeper at Johnstone Supply for more information (1-515-333-1293 or email at cory.paeper@johnstonesupply.com). Cancellation is requested 3 business days prior to the class

Welding for Garden Art

Learn basic welding techniques for stick and wire welding along with oxyacetylene cutting and bending, and brazing

as you create a delightful garden creature. Must wear leather shoes, long



sleeves and long pants. No prior welding experience necessary. Get ideas for projects and where to purchase materials. Test out 4 different brands of welders-Clarke, Hobart, Lincoln, and Miller. May bring your own steel objects to weld into your project with instructor's approval.

Course # IND 2448.(1) \$155
6/12 - 6/26 Thur. 10 am - 1 pm
Marshalltown, Business & Technology
Center Room W4 Welding Lab
Instr: Lars Brownlie

Leisure, Recreation & Fun

Antique Appraisal

Ranee Roed, professional appraiser from Des Moines, is returning for another of her popular appraisal sessions. She has expertise in all areas of antique valuables. She will comment on the background and the current market for the item. Bring as many objects as you like, and she will evaluate in rounds, doing 3 of each person's objects. Ranee is usually able to appraise all the objects that were brought. It's fun to find out what your treasures are worth, and it's fascinating to see what others have brought. If you merely want to observe, please enroll in the observer group for \$6.

Course # FUN 1115.(1) \$30
4/12 Sat. 9 am - 1 pm
Tama, Civic Center, 305 Siegel
Instr: Ranee Roed

Antique Appraisal Observer

If you wish to be entertained by watching Ranee's appraisals, enroll as an observer. You will enjoy the experience.

Course # FUN 1116.(1) \$6
4/12 Sat. 9 am - 1 pm
Tama, Civic Center, 305 Siegel
Instr: Ranee Roed

Beginning Bridge

Bridge is a fascinating card game that can give you years of playing pleasure. In this class, you will learn how to evaluate a bridge hand by counting its points, the basics of bidding, and have some practice playing bridge.

Course # FUN 1233.(2) \$9
5/20 - 5/22 Tue. & Thur. 6:30 - 8 pm
Tama, Public Library Room TBA
Instr: Anne Michael

Course # FUN 1233.(3) \$9
4/29 - 4/30 Tue. & Wed. 6 - 8 pm
Grinnell, Iowa Valley Grinnell Room 128
Instr: Anne Michael

Bling Is the Thing!

It's not exactly "bling" because Vic Hellberg deals in the best of the real thing. He will explain the ins and outs of buying truly precious jewelry. You will learn about the quality of gold and the points to consider when buying precious gems, and adding to the fun, you will learn all this in the lovely surroundings of the Magnolia. It will be an interesting and relaxing evening. Bring \$9 at the time of the class payable to Deb Wacha for a beverage and hors d'oeuvres. Relax with good food and beautiful real bling as Vic Hellberg presents "Diamonds - The King of Gems." Registration is limited to 16 people, so register now.

Course # FUN 1235.(1) \$10
6/9 Mon. 6:30 - 8:30 pm
Toledo, The Magnolia, 103 E High
Instr: Vic Hellberg

Dog Obedience

Is your dog driving you crazy? Would you love it if he came when you called him, walked with you nicely, didn't jump, or run when he was suppose to stay? Well, join this class for six weeks and you'll see remarkable results as you learn and practice these basic obedience skills. Any age dog is welcome. Bring a copy of your dog's up to date vaccinations.



Course # FUN 1209.(2) \$75
4/2 - 5/7 Wed. 5:30 - 6:30 pm

Course # FUN 1209.(4) \$75
5/21 - 6/25 Wed. 5:30 - 6:30 pm
Marshalltown, Man's Best Friend, 1410
Iowa Ave W
Instr: Thomas Poole

Course # FUN 1209.(3) \$75
5/6 - 6/10 Tue. 6 - 7 pm
Toledo, The Magnolia, 103 E High
Instr: Thomas Poole

New Dog Obedience: It's All in the Communication

Dog obedience isn't just about teaching your dog commands; it's about learning how to communicate with your dog so that they can understand you, and you can understand them. Good manners for dogs don't just happen; they come through practice and communication. This 6 week course will start with a basic assessment of your dog's temperament and behavior and then move into a series of exercises to help your dog recognize its name, understand basic cues, focus on its owner, come when called, and socialize nicely with other dogs. You will learn how to practice basic obedience and behavior modification, how to understand signs of stress in your dog, and how to address common safety and behavioral issues. You should expect to have 10-20 minutes of "homework" with your dog outside of class time to successfully reinforce the training provided in class. The instructor will test your dog's progress over the five classes, providing you with a chart of their improvement as well as a certificate of completion, prize ribbons for individual dogs and owners, and a gift bag at the final class. You should bring your dog to class hungry and dogs must be leashed at all times. You must also provide a copy of up-to-date documentation of your pet's vaccinations at the first class in order to participate. Instructor Kate Wolver is a graduate of Animal Behavior College (ABC) where she earned her certification as a dog trainer.

Course # FUN 1205.(1) \$65
4/15 - 5/20 Tue. 5:30 - 6:30 pm

Course # FUN 1205.(2) \$65
4/19 - 5/24 Sat. 11 am - Noon
Grinnell, Iowa Valley Grinnell Outdoor patio
Instr: Katherine Wolver



IOWA VALLEY
CONTINUING EDUCATION

We're looking for YOU to teach that special class!

"What do you mean? I can teach? I don't have a Masters or a Ph.D."

Do you know crafts, yoga, foreign language, home repair, gardening, and any other hidden talent or hobby? How about expertise in your field of employment? Then "Yes, you can teach." IVCE classes are not college credit classes and therefore can be a way for you to show off your talents and skills.

Contact us at 641-752-4645 or email ivceinfo@iavalley.edu

Dousing - An Ancient Art

Steve Meyer is President of his local Pioneer Cemetery Association and of his Genealogy Society. He says, "You can douse for anything that's buried." He has his own explanation for why dousing works. But one thing is certain, Steve's gift has made him extremely valuable in cemeteries where there is a need to discover unmarked graves. His gift allows him to tell if the grave is that of an adult or a child, a woman or a man. If you would like to know more about this ancient practice and you want to try it yourself, enroll now and plan to meet at the Kind Tower Cafe parking lot and then travel to a Pioneer Cemetery. The rain date for this class is Thursday, August 28.

Course # FUN 4200.(1) \$18
 8/26 Tue. 6:30 - 8:30 pm
 Tama, King Tower Cafe, 1701 E 5th St
 Instr: Steve Meyer

Flower Arranging

Come join the fun and learn how to make floral arrangements! Kathy, the Iowa Falls Hy-Vee florist will teach you how to make a simple floral arrangement. She will teach you how to choose the correct flowers, containers and placement of your flowers for a beautifully designed arrangement.

Course # FUN 7000.(1) \$5
 4/10 Thur. 10 - 11 am
 Iowa Falls, Hy-Vee Floral Department
 Instr: Kathy Wilson

Great Garden Sculptures

A great garden includes one-of-a-kind sculptures that make it your own space. Spend an afternoon touring our garden and get the inside scoop on the master garden plan as well as the source of inspiration of our unique sculptures. Get the tips and tricks to make them yourself (only better). At the end of the tour, get your hands dirty and make your own hanging basket sculpture complete with live plants to start off your season! Bring \$15.00 at the time of the class payable to the instructor for materials.

Course # FUN 1044.(1) \$15
 4/12 Sat. 4 - 6 pm
 Toledo, Shoestring Garden, 205 Hwy 30 W
 Instr: Sandra McAntire

Hand Quilting

Come and join in this hand quilting workshop time. You can bring your own project or purchase a project kit from the instructor as you practice and refine your hand quilting techniques. Instructor Val Bonk will be available to assist with questions and help you advance your hand quilting skills.

Registration/payment deadline is 4-1-14.

Course # FUN 2023.(1) \$15
 4/8 Tue. 1 - 4 pm
 Marshalltown, IVCE Room 612
 Instr: Valorie Bonk

Kayaking Fundamentals I

Best course for paddlers seeking their first instruction, or first-time kayakers looking to learn the basic skills. Discuss the basics of boat control, risk reduction, hazard identification, and other safe paddling practices. Learn how to perform a proper wet exit, as well as how to land and launch your kayak. Class also covers the fundamental strokes and proper technique to develop sound paddling habits. Lunch/beverages not provided; all other equipment provided by instructor. Instructor will call students in week before class to get approx.

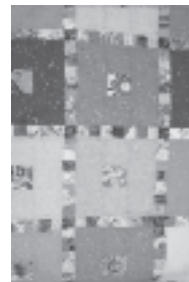
height and weight to ensure correct kayak is available. Children age 9 and up may take the class if with a registered adult. Registration deadline 1 week prior to class date. Limited space, so register early. Class will be held at Robert's Creek at Lake Red Rock, meet at the east boat ramp off of Hwy G28. Bring a change of clothes and dress to get wet. Register and pay by Friday, June 6th.



Course # FUN 4500.(1) \$59
 6/13 Fri. 1 - 6:30 pm
 Otley, Roberts Creek Park Campground, 1617 Fillmore Drive
 Instr: Shireen Cave

Let's Talk About Your Quilt

Bring your quilt to share what you know about it and learn something you don't know about it. Any quilt in any condition, vintage or contemporary, large or small, utilitarian or heirloom, has a unique story to tell. Professional Quilt Appraisers Val Bonk and/or Charleen Richtsmeier will enjoy looking at and talking about your quilt with you. They may be able to offer clues about its age, fabrics that were used in its construction, the names of the blocks or the setting of the design, the techniques that were used to assemble and quilt it, and general historical information about the era in which it



was made. Other participants in the session may also have pertinent information to offer. 'Let's Talk About Your Quilt' is a round table, group type event. Val and/or Charleen will also be able to offer valuable information about the handling and care of quilts, and how, when and why written quilt appraisals are important. Participants may come and go as their schedules permit, or plan to spend the whole time absorbing as much information and looking at as many quilts as possible. Each participant is asked to bring at least one quilt and pre-register so the special room set up will accommodate all who are attending. If you wish to have a written appraisal of your quilt you may contact Charleen to set up an appointment in advance (641 847 2879). Written appraisals are legal documents and the fee is \$35 each. Pre-registration is required by 03-31-2014.

Course # FUN 2003.(2) Free
 4/8 Tue. 4:30 - 7 pm
 Marshalltown, IVCE Room 608
 Instr: Charleen Richtsmeier

Pencil Me In

Join other writers at the Toledo Library for sharing and inspiration. Bring your poetry, play, essay, or "great American novel." This group is for those who love to write and/or have a writing project that they wish to complete. The meeting time is the second Wednesday of every month; however, check with the library in case the meeting date had to be changed.

Course # FUN 1050.(2) Free
 7/9 Wed. 7 - 8 pm
 Toledo, Public Library, 206 E High
 Instr: Jan Arends

Avoid Disappointment

Sadly we have to cancel some course offerings because of low enrollment, only to find out the day of the first class that several of you intended to enroll. Please help us in offering more courses by registering early (one week prior to course start date unless noted otherwise) so we won't have to disappoint you.



Soap on Sundays

Two Sundays, two kinds of soap, and lots of fun. In the first class, we will make soap from scratch. Learn soap making and safety techniques and how to use real goat's milk to make a very luxurious, gentle soap. In the second class, experiment with molds, colors, and shapes using melt and pour soap. Both projects will be ready to take home at the end of the second class. Bring \$15.00 payable to the instructor at the time of the class to cover materials.

Course # FUN 1036.(1) \$28
 3/30 - 4/6 Sun. 4 - 6 pm
 Toledo, Shoestring Garden, 205 Hwy 30 W
 Instr: Sandra McAntire

Stepping Stone Garden Mosaic

In this two-evening class you shall spend the first session assembling a beautiful garden design using stained glass pieces, river rock and other objects, you then shall add the Crete, to end the first night. The second evening you shall remove stepping stone from mold and put finishing sealant on. This stepping stone will make a beautiful addition to your garden area or a special one of a kind gift. A \$25 supply fee will need to be paid to the instructor at the start of the class.



Course # FUN 8000.(1) \$5
 5/6 - 5/13 Tue. 6 - 8 pm
 Iowa Falls, ECC Bullock Jones Hall, Room 100
 Instr: Pamela Warwick

Dog Obedience Training

"Turns out you can teach an old dog new tricks."

Find out how to start communicating with your dog.

See details on page 25.



Swing Dancing Series

Swing dancing as a genre encompasses dozens of different styles and nearly a century of music. In this series, explore the very basics to get you on your feet with the simple-to-learn East Coast Swing. Prefer dancing solo? Need a new Zumba-style workout? Take the Charleston Cardio class and learn a swing dance that lets you move on your own without that pesky partner. Instructor Molly Rideout has taught many types of swing dancing, including Lindy Hop, East Coast, and solo, partner, and twenties Charleston.

Beginner Swing: The Charleston Workout

In the 1930s, clubs hosted Charleston dance marathons where people danced nonstop until the competitors dropped. In this class we'll take a leaf out of their book with a cardio workout class designed around this famous jazz age dance. It's Zumba, jazz style! Tone your body, learn to dance, and have fun. Charleston is a solo dance. No partner or previous experience necessary.

Course # FUN 1054.(1) \$49
 5/1 - 6/5 Thur. 7:30 - 8:30 pm
 Grinnell, Postels Community Health Park, 807 Broad St
 Instr: Molly Ridouet

Beginner Swing: Intro to East Coast

East Coast swing is a simple, easy to learn 6-count partner dance usable for practically any social dance situation including weddings, parties and more. This class will teach you the basic step, simple turns, and a few easy, but flashy moves to get you around the dance floor in no time. No partner or previous experience necessary.

Course # FUN 1053.(1) \$15
 5/10 Sat. 10:30 am - Noon
 Grinnell, Postels Community Health Park, 807 Broad St
 Instr: Molly Ridouet

The Paranormal

Some people believe in the paranormal; some don't believe; and some are simply curious. The people who founded the Paranormal Society definitely believe. If you are interested in the paranormal, this evening will provide you with some information and experiences.

Course # FUN 1200.(1) \$18
 5/5 Mon. 6:30 - 8 pm
 Toledo, Public Library, 206 E High
 Instr: Jerry Hill

Thread & Fabric Selections for your Quilting Projects

With the vast and growing array of fibers available to quilters these days, the most difficult part of any project seems to be just choosing which to use when, and what to use where. As with many other questions about battings, stencils, markers, and even needle sizes, there is no absolute right and wrong when it comes to thread and fabric selection. But, we can make intelligent and informed decisions. In this class we will learn about the factors that should be considered as we go through the selection process. We will look at lots of samples and combinations. We will actually be making some take home reference samples using the various threads. The class will be a combination 'round table discussion / lecture' type format. We will be doing some hands on hypothetical 'design work'. Bring your sewing machine and there will be handouts for you to take home. Register and pay by 3-27-14.

Course # FUN 2002.(1) \$39
 4/8 Tue. 8:30 am - 4 pm
 Marshalltown, IVCE Room 608
 Instr: Charleen Richtsmeier

You still have time to learn to dance before summer break!

4 wks./6 hrs. Spring Session: March 30 - April 27 (skip Easter April 20). \$49 per person to register use "FUN and number"

Special, Versatile, Charming Rumba

Rumba uses slow, quick, quick (sqq) timing. This is a major timing family; it's used for much more than Rumba. This is also one of the timings of Foxtrot. It uses the waltz box. So many of the variations you know from Waltz can be adapted to Rumba. This timing and pattern goes with so many musical styles! Great opportunity! Wonderful beginning level dance!

Course # FUN 4110.(1) \$49/person
 3/30 - 4/27 Sun. 1 - 2:25 pm
 Marshalltown, IVCE Room 808
 Instr: Faythe Kubik

All Iowa Valley facilities are accessible



If you need special accommodations for a class or event, please let us know when you register.

The Fun & Popular Foxtrot / Two Step

Always popular and always fun! We'll start with the basics and build from there. Note: Foxtrot and Two Step are the same dance. This dance is always in style and goes with all kinds of music. You can "dance the light fantastic" or "kick up your boots". Now's your chance to learn this popular dance! No class on April 20th.

Course # FUN 4001.(1) \$49/person
3/30 - 4/27 Sun. 2:30 - 3:55 pm
Marshalltown, IVCE Room 808
Instr: Faythe Kubik

Del Rio Cha-Cha! A Terrific Partner Specialty Dance

Specialty Dances are done with a partner, have a memorized sequence, and are always flashy and fun. If you like dances like the "Cowboy Cha-Cha" and "Blue Rose", then you'll really like the Del Rio Cha-Cha. This is a great cha-cha! There's lots going on! You face each other; do under-arm-turns; and have beautiful traveling turns. Catch it! No class on April 20th.

Course # FUN 4052.(1) \$49/person
3/30 - 4/27 Sun. 4 - 5:25 pm
Marshalltown, IVCE Room 808
Instr: Faythe Kubik

If it's Swing, it's Fun! Part 2

We're going to be adding onto the Swing. If you want more terrific variations in Swing, catch this class. No class on April 20.

Course # FUN 4011.(1) \$49/person
3/30 - 4/27 Sun. 7 - 8:30 pm
Marshalltown, IVCE Room 808
Instr: Faythe Kubik

"Smooth & Buttery" or "Fast & Furious" it's Jitterbug Swing, Part 3

This exciting swing has a real jazzy look to it! When you dance it to slow / medium tempos, it has a wonderful smooth and buttery jazz look. When you go fast, it speaks for itself. This is part 3. Great material! No class on April 20th.

Course # FUN 4062.(1) \$49/person
3/30 - 4/27 Sun. 5:30 - 6:55 pm
Marshalltown, IVCE Room 808
Instr: Faythe Kubik

Let's Dance! Public Dance in Marshalltown with D.J. Faythe Kubik

Friday, March 28, 2014. If you like to dance, grab your dancing shoes and get ready to move! D.J. Faythe Kubik will be playing all styles of great dance music! Fabulous 50's & 60's. swinging big band, romantic soft rock, popular country, energizing pop, and sultry-sizzling latin! You do not have to be taking lessons to attend. These public dances are for everyone! If you like to dance - come! Location: Iowa Valley Continuing Education Conference Center, Room 808. Admission: \$10 person. Complimentary dance lesson: 7:45 to 8:10 pm. Dance: 8:15 to 11:15 pm. Facility is a non-smoking, non-alcoholic building. Bring your own beverage or purchase pop there. This is a great time!

Personal & Financial Development

Bookin' With Sally

Calling all readers! Come to the Tama Library to join a book club that reads books and talks about them. Guaranteed to be fun. Everyone is welcome!

Course # PFD 1218.(2) Free
7/17 Thur. 7 - 8 pm
Tama, Public Library Room TBA
Instr: Sally Willett

Station Street Readers

This group of readers meets monthly to discuss books as well as to enjoy their hour together. Their book selections offer lots of variety, and they are not hesitant to have a lot of fun together. Join them for a pleasant hour away from the daily grind. Call Dianna Dunning, Library Director, if you have any questions.

Course # PFD 1239.(2) Free
7/17 Thur. 7 - 8 pm
Chelsea, Public Library, 600 Station St.
Instr: Dianna Dunning

The SHRM Essentials of HR Management

If you're a small business owner, if you're new to HR, or if HR is one of your many responsibilities, the newly updated SHRM Essentials® of HR Management course focuses on the key topics you need to know. Offered in partnership with SHRM, this course covers a breadth of HR issues in a condensed, easy-to-understand format. In less than 20 hours of training time, you'll gain practical skills to handle HR challenges that are relevant to you and can help your company avoid potentially costly lawsuits. Designed as a thorough introduction to HR basics, the course provides a solid foundation in HR management across many different job functions. Who can benefit from this course? New and junior HR practitioners who need to increase their knowledge base, small business owners or office managers who perform the HR function for their company, business managers who want to learn basic HR best practices to avoid costly litigation, new or experienced managers interested in learning more about employee management skills, and job seekers who are investigating HR as a career option or want to enhance their resume with HR skills. Core content includes the following: Module 1: Human Resource Management, Module 2: Employment Law, Module 3: Recruitment and Selection, Module 4: Compensation and Benefits, Module 5: Employee Development, Module 6: Performance Management cost is \$419 for individual or \$399 for 3 or more from the same company.

Course # PFD 1300.(1) \$419
4/2 - 5/21 Wed. 7:30 - 9:30 pm
Online, via the Internet
Instr: Varied

Trips, Travel & Tourism

Canoeing the Mississippi

Ellsworth College faculty member, Anne Sherve-Ose, is known for her sense of adventure! At this program, Anne will share her story about her canoeing trips on the mighty Mississippi river. The topics will include information on camping, storms, drinking water and foods supplies, logistics and more about the thrill of these trips.

Course # TRT 0001.(1) \$5
4/1 Tue. 7 - 9 pm
Iowa Falls, ECC Reg Johnson Room 101
Instr: Anne Sherve-Ose

Iowa Valley Continuing Education
salutes our teachers & students!

THANK YOU for choosing Iowa Valley
as you pursue your interest in lifelong learning.

IVCE offers new opportunities to help you grow!

Whether you're looking for advancement, edventure, or a new career, our online courses and certificates will help you take your next step!

New Certificate Programs

New! Entrepreneurship Certificate

- Entrepreneur Boot Camp
- The Business Plan
- New! Entrepreneurial Marketing

New! Certificate in Workplace Communication

- New! Conflict Management
- Negotiation: Get What You Want
- Personality Profiles in the Workplace

New! Certificate in Leadership Development (For Gen Y)

- New! Leadership Principles
- New! Developing Your Leadership Skills
- New! Developing Your Professional Career

New! Certificate in Non-Profit Administration Courses:

- Revenue Generation for Non-Profits
- Program Evaluation for Non-Profits

New! Certificate in Designing Webinars Courses:

- Designing Successful Webinars
- Managing & Marketing Webinars

New! Certificate in Data Analysis Courses

- New! Introduction to Data Analysis
- New! Intermediate Data Analysis
- New! Advanced Data Analysis

New Individual Courses

In addition to the new courses offered as part of a certificate (and available as single courses), here are more new courses premiering in early 2014.

1. New! Google+
2. New! Marketing with Images
3. New! Powerful Presentations & Effective Speaking Techniques
4. New! Workplace Ethics and Etiquette
5. New! Financial Analysis for Non-Financial Managers
6. New! Spanish for Medical Professionals II
7. New! Evernote
8. New! Interview Skills
9. New! Neuro-Linguistic Programming (NLP) Fundamentals
10. New! Advanced Neuro-Linguistic Programming (NLP)
11. New! Stress Management
12. New! Dementia for Family Care Givers
13. New! Key Elements of Elder Care



You can also choose from our top 10 Certificates and Individual classes:

Top 10 certificates:

1. Social Media for Business Certificate
2. Green Buildings and Preparing for the LEED Green Associate Exam
3. Supervisory and Leadership Certificate
4. eMarketing Essentials Certificate
5. Certificate in Online Teaching
6. LEED Green Associate Exam Preparation
7. Mobile Marketing Certificate
8. Business Coaching Certificate
9. Certificate in Customer Service
10. Business Research Certificate

Top 10 individual classes:

1. Introduction to Social Media
2. Marketing Using Social Media
3. Integrating Social Media in Your Organization
4. Boosting Your Web Site Traffic
5. Improving Email Promotions
6. Online Advertising
7. Supervisory

Our online certificates and courses are provided by quality colleges and associations with expert instructors. Participate anytime day or evening, from any computer.

Go here to see the complete descriptions: <http://www.yougotclass.org/catalog.cfm/lavalley>

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Registration Form/Fórmula de Registro

Iowa Valley Continuing Education
 3702 S. Center St. • Marshalltown, IA 50158
 Fax: 641-752-1692



Name/Nombre: _____

Address/Dirección: _____

City/Ciudad: _____ Zip/Código de área: _____

Phone/Teléfono: Day/Día _____ Night/Noche _____

Date of Birth/Fecha de nacimiento _____ Email _____

SS # _____ Sex/Sexo: Male/Masculino _____ Female/Femenino _____

Do you consider yourself to be Hispanic/Latino?/¿Se considera usted hispano/latino?

Yes/Si No

In addition, select one or more of the following racial categories to describe yourself/

Además, seleccione una o más de las siguientes razas que lo describan:

American Indian/Alaskan Native/Indio Americano/Nativo de Alaska Asian/Asiático

Black or African American/Negro o Afroamericano

Native Hawaiian/Pacific Islander/Nativo de Hawái o una isla del pacífico White/Blanco

Courses/Clases

Title/Título _____

Course No./# de la clase _____ Course/Curso \$ _____

Title/Título _____

Course No./# de la clase _____ Course/Curso \$ _____

Method of Payment/ Método de pago

1. Check attached for \$ _____ Cheque adjunto por \$ _____

- Payable to/pagable a: IVCCD
- Write your course number on your check. If you are paying for tuition for someone else, write his/her name on the check. (Escriba el número del curso en el cheque. Si usted está pagando por alguien más, escriba el nombre de esa persona en el cheque)
- Mail this form and your check to the above address.
(Mande esta fórmula y el cheque a la dirección descrita anteriormente.)

2. Credit Card/Tarjeta de crédito (encierre la opción correspondiente) (circle)

Mastercard Visa Discover

Credit Card No. _____ Exp. Date _____

de Tarjeta de crédito: _____ Fecha de expiración: _____

Your signature/Firma _____

Your registration is complete when payment is received./Su matrícula se completará cuando el pago sea recibido.

www.IowaValley.com

Refunds will be issued to students who drop the class at least one day prior to the class start date. No refunds will be issued for classes dropped on or after the class start date. Se hacen devoluciones de dinero a estudiantes que cancelan una clase por lo menos un día antes del inicio de esta. No se hacen devoluciones de cancelaciones hechas el día que comienza o después de que comienza la clase.

Iowa Valley Community College District is a member of the North Central Association of Colleges and Schools. IVCCD is accredited by The Higher Learning Commission (www.ncahlc.org; ph. 312-263-0456) and the Iowa Department of Education. IVCCD and its colleges have articulation agreements with Iowa's Regent universities and many private colleges in Iowa. It is the policy of Iowa Valley Community College District to provide equal educational and employment opportunities without discriminating on the basis of race, color, creed, sex, marital status, national origin, religion, age, physical or mental disability, sexual orientation and gender identity. Harassment related to any legally protected characteristic is a violation of this policy. Students who feel they have been subjected to discrimination in violation of this policy may file a formal complaint through the District Complaint Procedure. Iowa Valley Continuing Education students who feel they have been discriminated against are advised to contact Jacque Goodman, Equity Officer, at 641-844-5640 or Jacque.Goodman@iavalley.edu. Complaints may also be filed with the Iowa Civil Rights Commission in Des Moines at (515) 281-4121, or with the Office for Civil Rights, U.S. Department of Education, in Chicago, IL, at (312) 730-1560.

6 Easy Ways to Register

Register early! Payment at the time of registration is required for all Continuing Education classes. Registration in class is not guaranteed until full payment is received. Classes often fill rapidly, and we cannot guarantee last minute registrations. Early registration can also prevent a lightly attended class from being cancelled.



1. Register and pay online at www.IowaValley.com

2. Call us

Grinnell: 641-236-0513 or 1-800-756-0513
Iowa Falls: 641-648-8621 or 1-800-322-9235, ext. 8621
Marshalltown: 641-752-4645 or 1-800-284-4823



3. Bring it to us

Grinnell: 123 6th Ave. W.
Iowa Falls: Ellsworth Community College, Bullock Jones Room 100
Marshalltown: Iowa Valley Continuing Education Center at 3702 S. Center St.



4. Email us at ivceinfo@iavalley.edu

Use the registration form as a guide and include payment information.



5. Fax us at 641-752-1692

Complete the registration form and include payment information.



6. Mail it to IVCE, 3702 S. Center St., Marshalltown, 50158

Send registration form with payment made out to IVCCD TWO WEEKS before your class(es) starts.

Information We Need

No matter how you register, please provide your full name, home address, phone number, birth date, (plus Social Security # and/or professional license number, if applicable), and the course number(s) you've selected, with payment.



Payment Methods



At the time of online, phone, fax and email registration, we accept credit/debit card and purchase order (third party) payment. For in-person and mailed registrations we also accept cash, checks, and money orders for the exact amount of purchase, made out to IVCCD.

IVCE Refund Policy

To withdraw your registration before a class starts, please call 641-752-4645 or 1-800-284-4823. Refunds will be issued to students who drop the class at least one day prior to the class start date. Please note that some classes may have earlier advertised cancellation deadlines. No refunds will be issued for classes dropped on or after the class start date.

If a course does not have sufficient enrollment to justify holding classes, we reserve the right to cancel, combine or change the class schedule. If the class you registered for is cancelled you will be contacted and a 100% refund will be processed.

Education changes everything!

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