



METROPOLITAN
Community College



Summer 2017

CONTINUING EDUCATION

Where life and learning connect



TABLE OF CONTENTS

1	ANIMALS	
1	Basic Dog Obedience	
1	Trick Training	
3	ARTS AND CRAFTS	
4	Introduction to Hand Produced Books	
5	What is Manga?	
6	AUTOMOTIVE	
6	Getting the Best Deal on Your Next Vehicle	
7	BASIC FINANCE	
7	Budgeting 101	
8	BLAIR AND WASHINGTON COUNTY	
8	Microsoft Excel, Levels 1-3	
8	BUSINESS AND PROFESSIONAL DEVELOPMENT	
8	Career Dilemma Solutions Workshop	
8	Discovering Your Strengths	
9	Serenity Now! A Bootcamp for Teachers	
9	Small Business Startup	
		
12	PROFESSIONAL CONTINUING EDUCATION	
12	Annuities - The Investment Alternative	
12	Personal Financial Planning	
13	ONLINE CONTINUING EDUCATION FOR REAL ESTATE PROFESSIONALS	
13	Basics of Real Estate Finance	
13	Sources of Real Estate Financing	
15	WORKFORCE TRAINING ACADEMY	
15	Certified Fiber Optics Technician (CFOT)	
16	Medical Office Assistant Certificate	
17	COLLEGE FOR TEENS	
17	Culinary X Camp - The Art of Food Science	
18	Star Wars™ Film Class	
19	Classroom Couture - Spark Your Fashion Passion	
21	COMMUNICATION AND WRITING	
21	Creating Great Fiction	
21	How to Publish a Kid's Book	
22	COMPUTERS AND TECHNOLOGY	
22	Be Cyber-Secure	
23	Digital Lettering Workshop: Modern Script	
27	CULINARY	
27	Canning and Preserving	
28	Pairing Studio: Irish Beers & Spirits	
28	DANCE	
28	Ballroom Dance for Beginners	
29	FREMONT	
29	Age 62, 65 or 70 - What is Your Optimal Claiming Age?	
31	HOBBIES	
31	Integrated Pest Management	
32	Basket Flowing Over	
33	Urban Agriculture & Gardening	
34	LEARNING IN RETIREMENT	
34	Have a New iPad ... Now What?	
36	MCC AT MAKERHOOD DISTRICT	
36	From Fabric to Paper: Draping the Pencil Skirt	
37	Upholstery 101	
39	THIRD ANNUAL A WORK ON A WHEEL FINE ARTS CAMP	
39	Songwriting	
40	Photography	
40	Drama	
41	SEWING AND NEEDLEWORK	
41	From Fabric to Paper: Draping Basics	
44	TRAVELING CLASSROOMS	
44	A Total Solar Eclipse	
46	WELLNESS	
46	Fit In The City	
47	Essential Oils Series	
49	YOUTH AT MCC DO SPACE	
49	Code Breakers	
51	ED2GO	
51	A to Z Grant Writing	

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ANIMALS

Basic Dog Obedience

Basic Dog Obedience with Kristin's Big Moose Dog Training is designed for dogs more than 16 weeks of age. Your dog will be practicing recalls, leash manners as well as learning "sit" and "down" on command, and staying in a sit and down position with controlled distractions. All dogs under one year of age are automatically eligible for the AKC S.T.A.R. Puppy Certification, regardless if they are purebred or mixed breed. At the first class meeting, your dog must be wearing a buckle collar; however, you may also bring any additional training collar you have been using. Your dog will also need a 4-6 ft. leather or nylon leash. (Flexi-leads, chain leashes and harnesses are not permitted.) Bring lots of your dog's favorite treats! To remain in class, you must bring to the first class proof that your dog has had rabies, distemper and parvo vaccinations. For more information, or questions about puppies under 16 weeks of age, contact Kristin, certified professional dog trainer (CPDT-KA) at Kristin@BigMooseDogTraining.com. (six weeks; skips 7/4)

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

ANIM-019N-80	T	04:30P-05:30P	06/06-07/18	\$98
ANIM-019N-81	SA	09:00A-10:00A	06/10-07/15	\$98
ANIM-019N-82	T	11:00A-12:00P	07/11-08/15	\$98

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

Become a member of the Association of Professional Dog Trainers, a program that recognizes and rewards responsible dog owners as well as foster and rescue groups that incorporate training programs and finding dogs a forever home. The first five weeks will prepare you for the 11 C.L.A.S.S. test items. The BA Level Test will be held on week six. Prior to testing, each student must register for an APDT C.L.A.S.S. team number. Go to mydoghasclass.com for more details. (six weeks, section 81 skips 7/22).

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

ANIM-400N-80	SA	10:00A-11:00A	06/10-07/15	\$120
ANIM-400N-81	SA	12:00P-01:00P	07/01-08/12	\$120

Rally 4 Fun

Prerequisite: Basic Dog Obedience. Dogs must be more than 20 weeks of age
Created by Charles "Bud" Kramer, Rally 4 Fun is an agility/obedience hybrid. This class is just for fun! An explanation of rally signs and courses and an AKC sport utilizing all of the things you learned in Basic Dog Obedience. Each class will be working different Rally O courses to solidify the skills you learned in Basic Dog Obedience or to prepare for entering a Rally O show. (four weeks)

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

ANIM-020N-80	SA	11:00A-12:00P	06/24-07/15	\$70
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Trick Training

Prerequisite Basic Dog Obedience

Join this new four-week class focusing on teaching your dog new tricks! Specific tricks will be taught at each class. More importantly, you will learn the foundation of how to train your dog tricks, how to break down complicated tricks into specific parts and how to put back together to complete a trick. Once you understand how to train tricks, the possibilities are endless as to what you can teach your dog! Benefits include: get out of the house and do something fun with your dog, being able to exercise your dog in addition to your daily walk, show off to your friends and family, and great for improving your bond with your dog as well as building confidence of shy dogs! Once you start trick training, your dog will be able to learn faster. Dogs must be at least one year in age. School supplies: comfortable clothes, leash, buckle collar, your dog's favorite treats. Clicker and props optional. (four weeks)

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

ANIM-402N-80	T	11:00A-12:00P	06/06-06/27	\$70
ANIM-402N-81	T	03:30P-04:30P	07/18-08/08	\$70

REGISTER ONLINE NOW!

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





Beekeeping: An Introduction

This three-hour class is taught by Tony Sandoval, certified OBC Master Beekeeper and professional apiarist. An overview will be provided of what goes on in the first two years of beekeeping and how to prepare to become a successful beekeeper. Learn basic concepts, terminology and examples of what types of hives and beekeeping methods that work best for their beekeeping efforts. (one session)

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

ANIM-257N-50 M 05:30P-08:30P 06/12-06/12 \$25

Beekeeping: Applied Skills

This three-hour class is taught by Tony Sandoval, certified OBC Master Beekeeper and professional apiarist. The class offers a hands-on activity in an apiary with live bee hives. Participants will learn useful methods and techniques of using various tools and equipment and will participate in a hive inspection. *IMPORTANT* If participants experience anaphylaxis as an allergic response or do not know if they might be so affected, it is the participant's responsibility to check with their physician before participating in this class. A liability waiver will need to be signed by each student before class. (one session)

Fort Omaha Campus, Bldg. 29, 30th and Fort streets

ANIM-262N-80 SA 01:00P-04:00P 07/29-07/29 \$30
ANIM-262N-81 SA 01:00P-04:00P 08/12-08/12 \$30

Beekeeping: Biology

This three-hour class is taught by Tony Sandoval, certified OBC Master Beekeeper and professional apiarist. This class covers the anatomy and physiology of honey bees. Participants will know what the internal and external parts of the honey bee are and how they work. (one session)

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

ANIM-258N-50 M 05:30P-08:30P 06/19-06/19 \$25

Beekeeping: Colony Organization and Behavior

This three-hour class is taught by Tony Sandoval, certified OBC Master Beekeeper and professional apiarist. This class teaches participants about the honey bee colony as a super organism and the behavior of bees individually and as a colony. (one session)

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

ANIM-259N-50 M 05:30P-08:30P 06/26-06/26 \$25

Beekeeping: Hive Management

This three-hour class is taught by Tony Sandoval, certified OBC Master Beekeeper and professional apiarist. This class teaches participants about the parts of the most conventional hive system used, the Langstroth hive, and how they come together as one hive system. Participants also learn how to manage the hive over the beekeeper's year. (one session)

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

ANIM-260N-50 M 05:30P-08:30P 07/10-07/10 \$25

Beekeeping: IPM and Pests

This three-hour class is taught by Tony Sandoval, certified OBC Master Beekeeper and professional apiarist. This class teaches participants about the major parasites, predators, pathogens and poisons/pesticides that affect honey bee colonies. We will also cover integrated pest management approaches to knowing what to do when these pests are present. (one session)

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

ANIM-261N-50 M 05:30P-08:30P 07/17-07/17 \$25

Honey Production, Selling, and Use

This three-hour class is taught by Tony Sandoval, professional apiarist. The class teaches participants ways to increase honey production from their hives, how to filter and prepare honey to be bottled and information about proper labelling of honey jars. Also discussed are various ways honey can be used as food and medicinally. (one session)

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

ANIM-055N-50 M 05:30P-08:30P 07/31-07/31 \$29

Organic Beekeeping

This three-hour class is taught by Tony Sandoval, certified OBC Master Beekeeper and professional apiarist. The class teaches participants about beekeeping from a scientifically organic approach and covers terminology, hives, methods and equipment that best facilitate successful organic beekeeping. (one session)

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

ANIM-256N-50 M 05:30P-08:30P 07/24-07/24 \$25

Bee Course Bundle

Use this course code to sign up for eight of the listed bee classes and save! This bundle does not include any class offered after 7/31.

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

ANIM-049N-50 M 05:30P-08:30P 06/12-07/31 \$185

ARTS AND CRAFTS

NEW! 3-D Fashion Design/Laser Cutting Jewelry

Learn to laser cut patterns for dresses or other articles of clothing by using leather and learn the basics of using Adobe Illustrator along with 3-D fabrication. The laser cutting jewelry design portion covers how to use Adobe Illustrator to make your own jewelry pieces. The class will also briefly discuss how to set up an Etsy store if you are interested in selling your creations! (four sessions)

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

ARTC-524N-50 TWTHF 06:00P-08:00P 06/20-06/30 \$100
This class will meet on Tuesday, June 20; Thursday, June 22; Wednesday, June 28 and Friday, June 30.

ARTC-524N-51 TWTHF 06:00P-08:00P 07/25-08/04 \$100
This class will meet on Tuesday, July 25; Thursday, July 27; Wednesday Aug. 2 and Friday, Aug. 4.

NEW! Clay Sculpture

Discover a special clay that you don't have to fire. You will make an armature and use clay to create a figure or object. Once dry, it can be painted and embellished with wire or objects. Abstract is always good, but you may find you can create a very realistic figure. We will work with techniques in clay and paint. If time permits we can create a second small piece. Bring a \$20 supply fee. (four weeks)

A.V. Sorensen Community Center, 4808 Cass St.

ARTC-456N-80 TH 06:00P-07:30P 07/20-08/10 \$44

NEW! Copper Necklace

Create a hand-produced necklace made of copper using solder, flux and beading. Students learn to form silver wire, solder and use silicone pattern sheets for additional design work. Students can make a pair of earrings instead of the necklace. Participants will leave with a necklace or earrings. (one session)

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

ARTC-523N-50 S 12:00P-04:00P 07/30-7/30 \$60

NEW! Downtown Draw

Let's meet at the mall and discover your creative side with perspective drawing. Explore and choose your own view and create an independent drawing. Learn to sketch thumbnail ideas and work with shading and texture. Bring a lawn chair and an \$8 supply fee. (three weeks)

Gene Leahy Mall, 1302 Farnam St.

ARTC-459N-80 T 10:00A-11:30A 07/11-07/25 \$36

Fused Garden Stake

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

Rainbow Artistic Glass, 3709 S. 138th St. (138th and B streets)

ARTC-031N-70 T 06:00P-07:30P 06/06-06/06 \$19

ARTC-031N-71 T 06:00P-07:30P 07/11-07/11 \$19

Fused Glass – Ornaments*

Come play with glass! You will learn to make kiln fused holiday ornaments to give as gifts or to hang on your tree. Tuition includes kiln firing, glass and supplies for four (4) ornaments. Tap into your creative side! No experience necessary.

Rainbow Artistic Glass, 3709 S. 138th St. (138th and B streets)

ARTC-269N-70 T 06:00P-08:30P 07/18-07/18 \$50



Fused Glass Wine/Bottle Stop

Don't throw away that wine bottle! Transform it into an appetizer or cheese tray. It gets even better when you design your own stainless steel/fused glass wine stop. This set makes a great hostess gift or a functional conversation piece for your own party. Bring your own wine bottle with paper and glue removed and a \$20 lab fee to class. Please call 402-330-7676 if you have any questions. (one session)

Rainbow Artistic Glass, 3709 S. 138th St. (138th and B streets)

ARTC-187N-70 T 06:00P-07:30P 08/01-08/01 \$15

NEW! Glass Mosaic Cross

Learn the basics while creating this beautiful glass mosaic cross. During class you will cut, lay out and glue your cross. A demo will be given on how to grout the project, which students will complete on their own at home, after the glue is completely cured. The cross measures 12 inches by 16 inches, style may vary class to class based upon availability. Please bring a \$45 lab fee to class. Feel free to bring in some old broken dishes or painted china to incorporate into your design! (one session)

Rainbow Artistic Glass, 3709 S. 138th St. (138th and B streets)

ARTC-512N-70 SA 11:00A-01:00P 06/24-06/24 \$25

Seniors Watercolor

Are you 50+ years of age and thought you were too old to learn to paint? In this introductory watercolor class, you will explore basic techniques of mixing and overlaying colors, brush control, use of washes, value and ways to create texture. Bring \$15 lab fee to class. Instructor is Kathleen Keller. (eight weeks)

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

ARTC-312N-70 W 01:00P-03:00P 06/07-07/26 \$72

NEW! Intermediate Watercolor

If you have been painting with watercolor for a while and want to refine your skills, this class is for you. Work on putting more depth in your painting and learn how to add texture to create your own composition. Come with an idea for your next painting or come with a piece you have already started. Must have all your own supplies. Instructor is Kathleen Keller. (eight weeks)

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

ARTC-460N-70 F 12:00P-02:00P 06/16-08/04 \$72

NEW! How to Build a Cigar Box Ukulele*

Students will learn basic woodworking and luthier skills in building and assembling a ukulele made from a cigar box using basic hand tools. Skills include but are not limited to drilling, sawing, sanding, gluing and measuring. Each student will complete their own playable ukulele to keep. (three weeks)

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

ARTC-511N-50 SA 12:00P-04:00P 06/10-06/24 \$145

NEW! Introduction to Hand Produced Books

Students will be introduced to four types of book structures: Japanese Stab Binding, folded (no glue), pop-up book and glued binding. The class includes creating sample books in each structure and a discussion on what type of content is appropriate for each. (one session)

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

ARTC-520N-50 SU 12:00P-04:00P 07/16-07/16 \$50

NEW! Producing Hand Produced Books

Prerequisite: Introduction to Hand Produced Books

Students bring in their printed pages or files and produce a book using a structure of their own choosing. Basic papers will be available for testing/practicing but final project papers should be purchased prior to class. (one session)

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

ARTC-521N-50 SU 12:00P-04:00P 07/23-07/23 \$50

NEW! Hand Produced Book Bundle

Use this code to sign up for Introduction to Hand Produced Books (ARTC-520N) and Producing Hand Produced Books (ARTC-521N) and save! (two sessions)

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

ARTC-522N-50 SU 12:00P-04:00P 07/16-07/23 \$90

Making Bismuth Crystals

Come use the magic of science to make art. Participants learn how to manage the heating and cooling of bismuth to create geometric crystals that can be used in jewelry, art or stand on their own.

(one session)

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

ARTC-508N-50 SU 12:00P-04:00P 06/25-06/25 \$73

Making Resin Jewels

Learn the art of embedding found objects in resin and how to place them in jewelry settings. The instructor will provide found objects or participants can bring their own. All objects must be small (under one inch), clean and dry. (one session)

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

ARTC-504N-50 SU 01:00P-04:00P 06/11-06/11 \$50

Making Bismuth Jewelry Stones

Make beautiful faux gemstones by embedding bismuth crystals (made in class) in resin. The piece is then textured and veined using Dremel tools. Jewels can be used for jewelry, costumes, hats and other accessories. (one session)

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

ARTC-505N-50 SU 12:00P-04:00P 06/18-06/18 \$75

Jewels and Jewelry Class Bundle

Use this registration code to sign up for both classes: Making Resin Jewels as well as Making Bismuth Jewelry Stones and save! (two sessions)

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

ARTC-510N-50 SU 06/11-06/18 \$100

NEW! Negative Watercolor

Watercolor has been considered a fine art since 500 A.D. We'd like to carry on this tradition. Try this relaxing process that will give you the chance to experiment and learn techniques of negative painting while making a great finished painting. Use color and shape to create a pleasing abstract. Choose a subject you would like to paint and use these new-found skills to finish a second painting. Bring a \$20 supply fee. (three weeks)

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

ARTC-458N-80 W 02:00P-04:00P 07/12-07/26 \$44

Silversmithing: Beginning / Intermediate

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

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

ARTC-104N-80 W 06:30P-09:00P 06/07-07/26 \$125

Stained Glass Panel Lamp

Prerequisite Copper Foil Experience and tools.

Artistically light up that dark room. In this class stained glass artists will construct a lamp from flat panels. There is a break between session one and session two to allow time for homework. Lab fees vary depending on individual glass selection. Call Rainbow Artistic Glass at 402-330-7676 if you have questions. (three sessions; skips 7/19)

Rainbow Artistic Glass, 3709 S. 138th St. (138th and B streets)

ARTC-095N-70 W 06:00P-08:30P 07/12-08/02 \$75

Stained Glass Window-Copper Foil Technique

Have you always admired stained glass? Now is your chance to learn this wonderful art. Your instructor, Jo Heckel, will guide you in choosing your project and selecting glass. You will learn pattern preparation, glass cutting, foiling, soldering, zinc framing and placement of hooks for hanging. This technique will give you the knowledge and skills to make stained glass windows as well as also candle and jewelry boxes, 3-D sun catchers, lamps, etc. Supply costs vary depending on glass and tool sections. Expect to pay \$100-\$500 for basic stained glass tools. For more information, call Rainbow Artistic Glass at 402-330-7676. (five sessions)

Rainbow Artistic Glass, 3709 S. 138th St. (138th and B streets)

ARTC-123N-70 MTH 06:00P-08:30P 06/12-06/26 \$125

Watercolor Painting for Ages 50+

Open the door to a new challenge. Learn to see color, shape and form and watch as your ideas become watercolor paintings. Acquire knowledge of watercolor techniques and materials. Visit mccneb.edu/ce to see the list of supplies you will need to bring to class. The instructor is Barb Bishop. (eight weeks)

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

ARTC-216N-70 M 01:00P-03:00P 06/12-07/31 \$89

ARTC-216N-71 W 01:00P-03:00P 06/07-07/26 \$89

NEW! Weaving & Embellishing

Weaving is known as one of the oldest surviving crafts in the world. Join us to explore this relaxing skill by creating a strap bracelet or bookmark. Learn the technique of weaving on a loom and bring your creativity to add beads and embellishments. Bring an \$8 supply fee. (two weeks)

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

ARTC-457N-80 TH 06:00P-07:30P 07/06-07/13 \$30



NEW! Steampunk Jewels: Costumes and Jewelry

Combine the magic of bismuth with found charms and machine parts with art clay and wire. The resulting piece can be a pendant, bracelet or added to any Steampunk accessory or costume. (one session)

MCC at Do Space, 7205 Dodge St.

ARTC-503N-50 SU 01:00P-04:00P 08/06 \$65

NEW! What is Manga?

Come to class and find out! Discover the various styles and genres of manga, a style of Japanese comic books and graphic novels. Take an in-depth look at storytelling. Using design composition and cinematic techniques, this class give you a better understanding on how to create your own manga. Supplies included. (one session)

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

ARTC-461N-80 F 06:00P-08:30P 08/04-08/04 \$30

NEW! Friday Night Film Discussion: Hayao Miyazaki

Hayao Miyazaki, one of Japan's most famous film directors, producers, screenwriters, animators, authors and manga artists, has brought numerous, beautiful films to us, such as "Howl's Moving Castle," "My Neighbor Totoro" and "Princess Mononoke." Miyazaki is best known for his ability to bring breathtaking cinematics, fluid animation and compelling plots to life onscreen. Join us for viewing segments and discussion of several of his films. Though this will, inevitably, lead to discussion of other anime, we will make our best attempts to focus on Miyazaki and his colorful career. (one session)

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

COMM-413N-80 F 05:30P-08:30P 08/11-08/11 \$20

WELDED METAL SCULPTURE ART

Join one of MCC's best kept secrets. In our fully equipped welding lab, learn from experienced instructors to create and weld beautiful, unique metal art pieces. Choose from home decor to larger yard art pieces. Advance your artistic and technical skills in this open lab. For safety, there are two credit classes you must take as prerequisites for this class.

Metal Sculpture for Lifelong Learners*

Prerequisite: Welded Sculpture I (WELD 1150) and Welded Sculpture II (WELD 1160)

Create and weld beautiful, unique metal art pieces from home decor to larger yard art pieces. Advance your artistic and technical skills in this open lab with instructional help. (eleven weeks; skips 7/4)

Fort Omaha Campus, Bldg. 26, 30th and Fort streets

ARTC-400N-80	T	10:00A-02:00P	06/06-08/22	\$150
ARTC-400N-81	T	06:00P-10:00P	06/06-08/22	\$150
ARTC-400N-82	W	10:00A-02:00P	06/07-08/16	\$150
ARTC-400N-83	TH	10:00A-02:00P	06/08-08/17	\$150
ARTC-400N-84	TH	06:00P-10:00P	06/08-08/17	\$150
ARTC-400N-85	F	10:00A-02:00P	06/09-08/18	\$150

Prerequisite Credit Courses: Call registration at 531-MCC-5231 to find a class that works for you.

Welded Sculpture I

Students learn the fundamental skills required to create sculptures in steel and copper using oxy-acetylene welding and cutting processes and related metal-working equipment. Students apply the basic elements and principles of design and practice achieving unity and harmony to a greater degree as they work on succeeding pieces. (11 weeks)

Fort Omaha Campus, Bldg. 26, 30th and Fort streets

WELD 1150

Welded Sculpture II (17/SS)

Prerequisite: Welded Sculpture I (WELD 1150)

Students learn the fundamental skills required to create sculptures in steel and copper using gas metal arc welding, plasma cutting processes and other welding-related equipment. Students combine these skills with those learned in Welded Sculpture I, applying the basic elements and principles of design and practice achieving unity and harmony to a greater degree as they work on succeeding pieces. (11 weeks)

Fort Omaha Campus, Bldg. 26, 30th and Fort streets

WELD 1160



AUTOMOTIVE

AARP Smart Driver Course*

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

Sarpy Center, 9110 Giles Road, La Vista, NE

AUAV-004N-70	F	09:00A-01:00P	07/21-07/21	\$0
South Omaha Campus, Industrial Training Center, 27th and Q streets				
AUAV-004N-71	F	11:30A-03:30P	06/16-06/16	\$0
Elkhorn Valley Campus, 829 N. 204th St.				
AUAV-004N-72	F	09:30A-01:30P	08/11-08/11	\$0
MCC at Do Space, 7205 Dodge St.				
AUAV-004N-73	T	10:00A-02:00P	07/11-07/11	\$0

NEW! Getting the Best Deal on Your Next Vehicle

Before buying your next new, used or leased vehicle there are important steps that will help you secure the best deal. This seminar will take you through step-by-step detail on how to get the best price whether buying from an individual or dealership. Plus, learn how to extend your manufacturer's warranty without paying extra cash to do so. The topics to be reviewed include choosing the right vehicle, getting the most for your trade-in, information about websites that give buyers and sellers important data, what to expect when negotiating with vehicle owners and dealers, being aware of what dealers receive at any given time from manufacturer's incentives, how to avoid paying too much for vehicle financing, and utilizing the best negotiating techniques for the vehicle you desire. The seminar is presented by Kevin Kowskie. (one session)
Millard South High School, 14905 Q St. (use main east entrance)
AUAV-401N-80 W 06:00P-09:00P 07/26-07/26 \$32

Auto Hobbyist*

This is an open lab/shop course designed to provide auto restoration hobbyists with access to equipment necessary for automobile restoration. All vehicles must be brought in before and removed at the end of each class day. The College will not store vehicles. Time will be taken for a half-hour lunch. For safety, there are three prerequisite credit classes you must take for this class with a C or better: AUTB 1040 - Auto Collision Repair Welding, AUTB 2230 – Nonstruct Repair IV and AUTB 2300 - Auto Refinishing. Supplies will be purchased in class. (10 weeks)

Applied Technology Center, 10407 State St.

AUAV-400N-80 SA 09:00A-03:30P 06/10-08/12 \$300

Prerequisite Credit Courses: Call registration at 531-MCC-5231 to find a class that works for you.

Auto Collision Repair Welding (17/SS)

Students learn techniques of oxy-acetylene cutting and welding for automotive applications. Students study and practice the theory and use of metal inert gas MIG welding, the plasma-cutting torch and resistance welding in the repair of high-strength steel structural and nonstructural body components. In addition, this course provides practice in advanced automotive welding skills, including various types of position welds.

Applied Technology Center, 10407 State St.

AUTB 1040

Nonstruct Repair IV (17/SS)

This class requires students to repair and refinish collision damage equal to 30 flat-rate hours. It stresses MIG welding and suspension damage.

Applied Technology Center, 10407 State St.

AUTB 2230

Auto Refinishing (17/SS)

Students are introduced to EPA, personal health and safety equipment regulations. It covers introductions to finish systems, metal prep, sealers and primers, and masking techniques. Note for this course, there is an additional \$30 lab fee.

Applied Technology Center, 10407 State St.

AUTB 2300

BASIC FINANCE

Ages 62, 65 or 70—WHAT is Your Optimal Claiming Age?

As you near retirement, one of the biggest financial decisions you'll need to make is when to begin receiving your Social Security retirement benefits. With pensions disappearing, Social Security remains the major source of guaranteed lifetime retirement income for most Americans, so it's important to take the time to explore your options and make an informed, well-reasoned decision. In this class on Social Security retirement benefits, you'll learn what your full retirement age is and how your benefit is determined; how retiring earlier than, or later than, your full retirement age will affect your Social Security benefit; why it's important to plan together with your spouse, and strategies you can use to boost retirement and survivor's benefits; how working after you begin receiving Social Security could affect how much you receive. Go to ssa.gov to print your personal Social Security estimate report to bring to class. The instructor is Linda Arena, Certified Financial Planner and Certified Senior Advisor. (one session)

Elkhorn Valley Campus, 829 N. 204th St.

FINA-414N-80 T 06:00P-09:00P 06/20-06/20 \$39

Budgeting 101

Do you want to learn how to create a budget that actually works? This is a two-hour basic budgeting workshop that will help you set up a plan for your money and get you on track with spending. There are ideas to increase income and decrease spending, and there are simple online resources made available to plan a budget. The instructor, Nicole McDonald of momssavemoney.net, was trained by the US Navy as a financial counselor for service members and shares her knowledge of basic budgeting with you. (one session)

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

FINA-026N-80 M 06:30P-08:30P 08/14-08/14 \$21

Coupons! Coupons! Coupons!

Join Nicole McDonald for a class all about coupons and finding the best deals to save you money. Some topics will include how coupons can save you money; coupon myths; getting organized; maximizing savings at the grocery store; drug store game, and scoring lots of freebies; where to find the best coupons (not just online). This class will help both beginners and experienced coupon users. Feel free to bring your extra coupons to share with others at the end of class. McDonald's couponing book will be available in class for \$10, optional. (one session)

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

ARTC-066N-80 W 06:30P-08:30P 06/14-06/14 \$21

Freebies for Everyone!

Need help saving money each month? Learn how to score free food, gift cards, new products, clothes, electronics and much more! No gimmicks, no scams, 100 percent legitimate freebies! Also, pick up some tips on which free offers to avoid. Join Nicole McDonald, founder of Mom Saves Money for this fun workshop. Get more info about Nicole at her website, momssavemoney.net. (one session)

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

ARTC-073N-80 W 06:30P-08:30P 08/02-08/02 \$21

Managing Health Care Expenses in Retirement

According to a recent survey by Bankers Trust, 57 percent of baby boomers said they had a poor understanding or knew almost nothing about Medicare. Three-quarters of boomers didn't know that most Americans on Medicare pay premiums, copays and deductibles. One in seven thought Medicare was free. Only 14 percent knew Medicare does not cover long term care. A healthcare crisis is looming in this country and it is essential for baby boomers to understand what they need to prepare. This education workshop will cover the following: how Medicare enrollment periods work, how much you can expect to pay in health care costs, how Medicare works with private insurance, why most people pay too much for private insurance and why you must plan for higher healthcare costs in retirement. No specific insurance or investment products will be discussed. The instructor is Linda Arena, Certified Financial Planner and Certified Senior Advisor. (one session)

Sarpy Center, 9110 Giles Road, La Vista, NE

FINA-408N-80 W 06:00P-09:00P 06/28-06/28 \$39

Successful Meal Planning to Save

Groceries are a huge part of your family's finances. Learn to save money by planning meals ahead of time. Discuss four different options: freeze ahead, 30-minute meals, crockpot and gourmet meals. Learn to construct a meal plan that's best for your family, that minimizes food waste, saves money and tastes great. Nicole will also share some of her favorite recipes. Learn how to use recipes you already cook—and add some new ones—and make a plan for at least one month of meals. Also learn to better use store sales and seasonal specials to save time and money. (one session)

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

FOOD-122N-80 M 06:30P-08:30P 08/07-08/07 \$21

What Women Need to Know About Social Security & Retirement

There are many rules and strategies as a woman you need to know before you retire, join this workshop complete with lively discussion. Find out how much Social Security you stand to receive over your lifetime, find out how the decisions you make in your 60's can determine the amount of income you'll have in your 80s. We will also discuss how to take advantage of spousal benefits, survivor benefits, divorced-spouse benefits and even divorced-spouse survivor benefits. Find out why you should consider your husband's life expectancy when deciding when to claim your own retirement benefits. There are many rules and strategies you need to know as a woman. Go to ssa.gov to print your personal Social Security estimate report to bring to class. The instructor is Linda Arena, Certified Financial Planner and Certified Senior Advisor. (one session)

Elkhorn Valley Campus, 829 N. 204th St.

FINA-405N-80 W 06:00P-09:00P 07/12-07/12 \$39

REGISTER ONLINE NOW!

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



BLAIR & WASHINGTON COUNTY

Fire Teen Safety Camp

Calling all up-and-coming babysitters! Calling all teens interested in emergency services! Learn the proper procedures of CPR, first aid, tying knots and the use of an AED. Gain the basic skills necessary to effectively identify and treat emergencies in the critical first minutes of injury or illness. Learn proper fire extinguisher usage and learn sound decision making processes on when to use an extinguisher. Explore different career opportunities and be challenged mentally and physically as you are introduced to your new role as an emergency care provider. End camp with a completion ceremony, including a certification card and certificate of completion. (ages 12-15)

Blair Public Library, 2233 Civic Drive, Blair, NE

TEEN-163N-80 MTWTH 09:00A-12:00P 07/10-07/13 \$90

Microsoft Excel, Level 1

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

Blair Public Library, 2233 Civic Drive, Blair, NE

COMP-230N-80 M 06:00P-09:00P 06/12-06/26 \$72

Microsoft Excel, Level 2

This course picks up where Microsoft Excel, Level 1 left off. Topics covered include working with large worksheets, using multiple worksheets and workbooks. Linking worksheets and workbooks will be covered as well as advanced formatting, including styles and themes. List management (database), range naming outlining and tables will be covered. Web page features covered include publishing, hyperlinks, emailing and publishing as a PDF file. The class will conclude with inspecting and protecting documents and using templates. Books will be available for use or can be purchased for around \$20. The instructor is Bonnie Nelson. Obtain your username and password at mccneb.edu/ password before you come to class. (three weeks)

Blair Public Library, 2233 Civic Drive, Blair, NE

COMP-231N-81 M 06:00P-09:00P 07/10-07/24 \$72

Microsoft Excel, Level 3

This course picks up where Microsoft Excel, Level 1 and 2 left off. New topics covered include advanced logical, conditional, text/date and financial functions. The student covers more advanced aspects of database sorting, filters, queries, lookups and advanced charting. Creating and working with Pivot Tables and Pivot Charts. Importing and exporting data from other applications will be covered in detail. You will learn to use analytical tools and macros. Course book available for purchase the first day of class for \$20. Completion of Microsoft Excel, Level 1 and 2 required. Obtain your username and password before class at mccneb.edu/passwoRoad (three weeks)

Blair Public Library, 2233 Civic Drive, Blair, NE

COMP-417N-80 M 06:00P-09:00P 08/07-08/21 \$72

BUSINESS AND PROFESSIONAL DEVELOPMENT

NEW! Career Dilemma Solutions Workshop

This course helps attendees discover, define and deliver their most marketable assets. If your situation involves career transition, chronic underemployment, job loss, a layoff, uncertainty or even boredom of the status quo, this event is for you. The class addresses the self-doubt and isolation which can come from being stuck in a career dilemma and it is hands-on and practical. It "helps you sell you." The objective is for each participant to leave with a unique, realistic, action-oriented plan which can lead to their next job or gig. It is led by Paul David Madsen, a 30-year veteran of the staffing/recruiting/human resources industry. He's written two books on job-hunting tactics, had a call-in radio show on career enhancement and is the host of FreeJobCoaching.com, which is free career coaching via social media.

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

BSAD-924N-50	SA	09:15A-01:15P	06/17-06/17	\$40
BSAD-924N-51	W	04:00P-08:00P	07/12-07/12	\$40

NEW! Career Dilemma Solutions for Seniors

Corporate workforces are trending younger. IBM's median employee age is 38 and the median age of a Facebook employee is just 28 years old! Are Millennials taking over the workforce? Workers in their 40s, 50s and 60s who face a career dilemma can feel that way. How do senior workers compete for assignments, jobs or projects in today's market? This workshop may help senior workers answer that. Students are walked through the steps of how to discover, define and deliver their most marketable assets. The workshop's tag line is "helping you sell you," and the focus is on the unique challenges faced by senior job hunters. Madsen, a 30-year veteran of the staffing/recruiting/HR field has hired and inspired thousands over the years via his hiring, placement, coaching and books. He leads FreeJobCoaching.com sessions over social media. Seniors should consider attending this hands-on course because it sends them home with a unique, realistic and action-oriented plan to obtain their next job or gig. (one session)

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

BSAD-922N-51	SA	09:15A-01:15P	07/15-07/15	\$40
BSAD-922N-50	W	04:00P-08:00P	06/14-06/14	\$40

Discovering Your Strengths

Introduction to the Gallup Strengths Finder Assessment. Did you know that when asked, the majority of Americans can't name their talents? This is even more troubling because research shows that the most productive, engaged and happy employees not only know their strengths, but are in job where they are able to regularly use them. In this three-hour course we will use Gallup Strengths Finder Assessment to identify your inherent talents and discover ways to leverage them to meet your personal and professional goals. Participants will need to take an online assessment prior to class and bring their Gallup Signature Top 5 Strength Report with them. Go to gallupstrengthscenter.com to take the assessment. You should purchase the "Top 5 Strengths Access" for \$15. This cost is in addition to the cost of the class. If you have any questions, email the instructor at paricsmart@yahoo.com. (one session)

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

BSAD-916N-70	M	06:00P-09:00P	06/19-06/19	\$30
BSAD-916N-71	W	06:00P-09:00P	07/19-07/19	\$30

NEW! Serenity Now! A Bootcamp for Teachers*

Teaching is the most important profession in the world and yet teachers are being asked to do more and more with fewer resources and little respect. In fact, low level behavior issues in the classroom cause teachers to lose 5-9 hours of teaching time a week! Not only does this mean that students are losing, but schools are losing too. Teacher attrition is at an all-time high with 13 percent of teachers leaving the profession every year and 50 percent of teachers leaving the profession within the first five years. It's enough to leave us all asking for serenity now! Learn strategies to end student-teacher power struggles, improve academic performance and reduce the need for discipline in the classroom. These classroom management behavior techniques will show you how to increase the productivity in your classroom, bring back the serenity you deserve and take back your time to teach. (one session)

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

(lower level, park in back)

BSAD-920N-70 TH 06:00P-07:30P 06/15-06/15 \$25

NEW! Side Income for Teachers Workshop

This course is subtitled, "How to Use Your Teaching Skills for Fun and Profit." For years you have been instructing, informing, coaching, facilitating and inspiring your students. You know how to create and communicate helpful content. And perhaps you are at the point where you see retirement ahead or you simply want to supplement your teaching income. As a result of this course, teachers will discover, define and deliver their most marketable assets via the creation of a product or service that is unique to them. Teachers' unique, personalized creations might include a book, an e-book, a blog, a seminar, a webinar or online course, social media videos/tools or the formation of a special interest group on Facebook or elsewhere. Teachers who seek a new career field will also benefit. The course is led by Paul David Madsen, a former teacher and a 30-year veteran of the staffing/recruiting/HR industry. He's placed, hired or inspired thousands of people via his recruiting work, books, coaching and seminars, including SideIncomeForTeachers.com, which is a free course offered via social media. If you are considering retirement, boosting your income or changing fields, this course might be "required reading." (one session)

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

BSAD-923N-50 W 04:00P-08:00P 06/21-06/21 \$40
BSAD-923N-51 SA 09:15A-01:15P 08/05-08/05 \$40

Small Business Startup

Are you ready to follow your dream? Or are you hesitant because there's so much that is unknown? Learn the basics of starting a small business including how to avoid paying other people large amounts of money for things you can do yourself and several other items of note that no one ever tells you but you'll need to know. We will also cover online presence, advertising, crowd funding and professionalism in general. Please bring your business ideas, an open mind, and your laptop, tablet and/or Smartphone. (four sessions)

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

BSAD-856N-50 W 05:30P-08:30P 06/07-06/28 \$120

NEW! Who has Time?

Tools, tips and strategies for better time management. There are so many good things you want to do with your life but who has the time? Many people feel overwhelmed by the daily demands of life. Join Amy Tokos, Certified Professional Organizer and owner of Freshly Organized, as she outlines obstacles to getting things done plus gives you practical strategies and tools to help you deal with demands, distractions and interruptions so you can have more focus and be more productive. All this will mean more time for the things you want to say yes to in your life. (one session)

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

BSAD-921N-50 T 06:00P-08:00P 07/18-07/18 \$25

COLLECTIVE FOR YOUTH

Collective for Youth Train to Gain Youth Work Method Series

Youth Industry Certificate

The Youth Work Methods approach is based on positive youth development research and the desire to create a safe, supportive and productive environment for youth. The approach is premised on the belief that it is a youth worker's job to set up an environment for youth in which needs are met and learning is encouraged—to create a space in which youth can thrive. Please note all courses open to the public. in addition to the cost of the class. Register by June 1 by calling or emailing Jenny Hank at 531-MCC-4791 or jhank@mccneb.edu. Classes start June 5.

Introduction to the Active Participatory Approach

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

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

BSAD-422N-50 M 10:00A-12:00P 06/05-06/05 \$0

Active Learning

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

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

BSAD-423N-50 M 10:00A-12:00P 06/12-06/12 \$0

Ask-Listen-Encourage

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

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

BSAD-424N-50 M 10:00A-12:00P 06/19-06/19 \$0

Building Community

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

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

BSAD-425N-50 M 10:00A-12:00P 06/26-06/26 \$0

Cooperative Learning

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

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

BSAD-426N-50 M 10:00A-12:00P 07/10-07/10 \$0



Homework Help

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

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

BSAD-427N-50 M 10:00A-12:00P 07/17-07/17 \$0

Planning & Reflection

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

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

BSAD-428N-50 M 10:00A-12:00P 07/24-07/24 \$0

Reframing Conflict

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

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

BSAD-429N-50 M 10:00A-12:00P 07/31-07/31 \$0

Structure and Clear Limits

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

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

274667 BSAD-430N-50 M 10:00A-12:00P 08/07-08/07 \$0

Youth Voice

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

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

BSAD-431N-50 M 10:00A-12:00P 08/14-08/14 \$0

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BUSINESS & CONTRACTOR ACADEMY

ATTENTION CONTRACTORS & SMALL BUSINESS OWNERS

Start, learn, grow and sustain your Business.

REGISTER TODAY!

CONTRACTOR AND BUSINESS ACADEMY

Business Academy-English*

This course is essential to business owners wanting to prepare their company for sustainability in the years to come. Topics include an introduction to business practice, legal transactions, insurance coverage and overall management. (five weeks; skips 7/4)

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

BSAD-855N-70 T 06:00P-08:00P 06/13-07/18 \$60

Business Academy-Spanish*

This five-week course is essential to those business owners wanting to prepare their company for sustainability in the years to come. Topics include an introduction to business practice, legal transactions, insurance coverage and overall management. Taught in Spanish. (five weeks)

MCC Express, 3002 S. 24th St.

BSAD-852N-70 W 06:00P-08:00P 06/14-07/12 \$60

Contractor & Business Academy-Spanish*

This Pre-Business Education Series includes 10 specific topic sessions. This series of courses is essential to those business owners wanting to prepare their company for sustainability and the bidding process.

Topics for the series include an introduction to business practice, legal transactions, insurance coverage, overall management, an introduction to the construction industry, construction estimation and bidding process, contracts and financials, presentation of bids and construction safety. (10 weeks)

MCC Express, 3002 S. 24th St.

BSAD-850N-70 W 06:00P-08:00P 06/14-08/16 \$100

FOR MORE INFORMATION AND TO REGISTER, VISIT OMAHACBA.COM OR CALL ARMANDO SALGADO AT 402-216-8309.



PROFESSIONAL CONTINUING EDUCATION (CEUS)

CONTINUING EDUCATION FOR INSURANCE PROFESSIONALS

All classes are fully approved by the state of Nebraska Department of Insurance. Sign in with your license or producer number. MCC reports this information to the Department of Insurance to count your CEUs. Six-hour classes include a lunch break. The instructor is John Smart, CLU, RHU, FLM, who has more than 25 years of experience in sales and as a professional trainer.

Annuities - The Investment Alternative*

Life Classification (UC 7587) – three hours

The course objective is to examine the annuity contract and discuss how it can be used to assist clients in meeting their investment objectives. Tax aspects of the annuity contract will be addressed to include income, capital gains and estate tax considerations. (one session)

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

INSU-512N-70 TH 09:00A-12:00P 06/22-06/22 \$48

Senior Care*

Health Classification (UC 6245) – three hours

The objective of this course is to explore the Medicare supplement and long-term care markets and the products available to fulfill the needs of senior and elderly clients. A review of Social Security and benefits provided by Social Security will be included in the course. A discussion of the proposed changes in the laws and how they may influence the industry should make the insurance professional more informed and better able to

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

INSU-506N-70 TH 01:00P-04:00P 06/22-06/22 \$48

Ethics and the Agent*

Ethics/General Classification (SA 6949)

The purpose of this course is to provide an overview of the importance of ethical conduct between the agent, the company and the insurance consumer. The thoughts presented in this discussion will be directed to life and health agents as well as property and casualty agents. Items discussed will include a history of regulation of the insurance industry in this country, examples of Federal and State laws designed to protect the buying public and the fiduciary responsibility of insurers and agents. (one session)

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

INSU-504N-70 F 09:00A-04:00P 06/23-06/23 \$96

Legal Aspects of the Insurance Contract*

General Classification (UC 3693) – six hours

Presents an overview on the insurance contract, emphasizing policy provisions and beneficiary/ownership arrangements. (one session)

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

INSU-500N-70 TH 09:00A-04:00P 07/20-07/20 \$96

Insurance Ethics*

Ethics Classification (UC 8334) – six hours

This course provides the insurance professional with an overview of the importance of ethical business conduct. The thoughts presented in this discussion will be directed to life/health agents as well as property/casualty agents. Discussion will include the role of the State Insurance Department and how it attempts to promote and insure ethical conduct to protect the buying public. (one session)

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

INSU-504N-70 F 09:00A-04:00P 07/21-07/21 \$96

Personal Financial Planning*

Life Classification (UC 3695) – six hours

Demonstrates the need to assist clients with financial counseling. It identifies the basic tools in personal financial planning and shows how to assess life/DI programs in terms of a client's overall financial objectives. (one session)

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

INSU-501N-70 TH 09:00A-04:00P 08/24-08/24 \$96

Cost of Insurance Fraud*

Ethics Classification (UC 10496) – three hours

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

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

INSU-530N-70 F 09:00A-12:00P 08/25-08/25 \$48

The Changing Face of the Insurance Industry*

General Classification (UC 9866)

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

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

INSU-526N-70 F 01:00P-04:00P 08/25-08/25 \$48



ONLINE CONTINUING EDUCATION FOR REAL ESTATE PROFESSIONALS

Online Real Estate Continuing Education courses are now available through MCC! All MCC Real Estate Continuing Education courses are registered with the Nebraska Real Estate Commission.

Basics of Real Estate Finance*

This course details the tools and techniques utilized to assess the nature of real estate finance, including the monetary system, government influence and the secondary mortgage market. The course has been approved by Nebraska Real Estate Commission and ARELLO®. Note Students have five weeks from the date you enroll to complete the course, but you may enroll anytime during the quarter. The textbook is "Essentials of Real Estate Finance 14th Edition eBook" that can be purchased online for \$40.31. Go to mccneb.edu/realestatece for the link to purchase the book. (three hours)

REES-212N-90 Summer qrt. 06/06-08/15 \$40

Ethics for Real Estate Professionals*

This course is designed to provide a current overview of ethics relative to real estate professionals. Topics covered include a comprehensive review of the National Association of Realtors® Code of Ethics and related enforcement standards specific to the Code. The course has been approved by the Nebraska Real Estate Commission and ARELLO®. Textbook can be purchased online after course is accessed in Blackboard (estimated cost is \$11.50). Note Students have five weeks from the date you enroll to complete the course, but you may enroll anytime during the quarter. (six hours)

REES-100N-90 Summer qrt. 06/06-08/15 \$60

Loans, Defaults & Foreclosures*

This course details the tools and techniques utilized to finance real estate, including loans, defaults and foreclosures. The course has been approved by the Nebraska Real Estate Commission and ARELLO®. Note Students have five weeks from the date you enroll to complete the course, but you may enroll anytime during the quarter. The textbook is "Essentials of Real Estate Finance 14th Edition eBook" that can be purchased online for \$40.31. Go to mccneb.edu/realestatece for the link to purchase the book. (three hours)

REES-212N-90 Summer qrt. 06/06-08/15 \$40

Sources of Real Estate Financing*

This course details the tools and techniques utilized to finance real estate including analysis of the sources of funds and programs. The course has been approved by Nebraska Real Estate Commission and ARELLO. Note Students have five weeks from the date you enroll to complete the course, but you may enroll anytime during the quarter. The textbook is "Essentials of Real Estate Finance 14th Edition eBook" that can be purchased online for \$40.31. Go to mccneb.edu/realestatece for the link to purchase the book. (three hours)

REES-211N-90 Summer qrt. 06/06-08/15 \$40

Textbook: The textbook is the same for the above three classes: Basics of Real Estate Finance, Sources of Real Estate Financing, and Loans, Defaults and Foreclosures. If you enroll in more than one of these classes you only need to purchase one book.

You can earn college credit and finish a degree while completing Continuing Education requirements!

To learn more go to: mccneb.edu/realestatece.



WORKFORCE TRAINING ACADEMY



WHAT IS THE WORKFORCE TRAINING ACADEMY'S GAP TUITION ASSISTANCE PROGRAM?

Offered through Metropolitan Community College's Workforce Innovation Division, local employers, employees and those looking to enter the workforce can receive high-quality, focused education and training with this program.

MCC's Workforce Training Academy utilizes GAP tuition assistance to provide tuition support for those eligible to partake in courses that will enhance job skills. The program provides need-based tuition support for approved, short-term noncredit training programs for in-demand occupations.

ARE YOU ELIGIBLE?

Depending on your financial eligibility, you may receive full or partial assistance for education and training costs, including tuition, certification exam fees, books, required fees and equipment.

To apply, or for more information, contact Scott Broady at 531-MCC-4526 or sbroady@mccneb.edu.

For more information, visit mccneb.edu/workforcetrainingacademy.

APPROVED PROGRAM OFFERINGS

- Certified Warehouse and Logistics Technician
 - Business Office Specialist Certificate
 - Facilities Maintenance Technician Certificate
 - Certified PC Repair/Desktop Support Specialist
 - Commercial Roofing Technician Certificate
 - Automotive Express Lane Technician Certificate
 - Basic Welding Technician Certificate
 - Certified Production Technician Certificate
 - Garage Door Technician
 - Certified Fiber Optics Technician Certificate
 - Certified Electronic Health Records Specialist Certificate
- participants do NOT earn college credit*

SELECTION PROCESS

1. Submit your application and research your career choice.
2. Meet with GAP program coordinator to discuss your training request.
3. Through an evaluation of your training request, your eligibility to receive funding will be determined.

WORKFORCE TRAINING ACADEMY

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Business Office Specialist Certificate

This program prepares students for today's high-tech business environment. After an introduction to computers and Windows, you will master the tools of the desktop business environment, including word-processing, spreadsheets, databases and presentation software. In addition, you will learn how to manage technology safely and productively, explore software for the Internet and choose from among several advanced topics to aid you in your specific career goals. Upon successful completion, students will earn industry recognized certifications. Course fee includes study materials, exam fees and text books.

Facilities Maintenance Technician Certificate

Completing this noncredit training program will allow you to obtain a certificate that gives you the skills to perform a variety of skilled duties in one or more of the building trades, such minor electrical, plumbing, or other recognized crafts for the purpose of maintaining, repairing or remodeling buildings and facilities, to include minor HVAC and other mechanical systems. Upon successful completion students will be prepared for entry level positions such as, Building Maintenance Technician, Apartment Facilities Technician, Property Maintenance Technician, and Maintenance Technicians.

Certified Warehouse and Logistics Specialist Certificate

The Warehousing and Logistics Certificate addresses the core technical competencies of higher skilled, front-line material handling workers in all supply chain facilities: from factories to warehouses, distribution centers and transporters. This certification also provides students with the mid-level technical knowledge needed to understand the world of supply chain logistics and related core competencies, including product receiving, product storage, order processing, packaging and shipment, inventory control, safe handling of hazardous materials, evaluation of transportation modes, customs, and dispatch and tracking operations. Students will have the opportunity to earn the foundational-level Certified Logistics Associate (CLA) certification and the mid-level Certified Logistics Technician (CLT) certification. CLA is a prerequisite for CLT. Course fee includes study materials, exam fees, and text books.

CERTIFIED FIBER OPTICS TECHNICIAN (CFOT)

This introductory 3-day fiber optics tech course is designed for anyone interested in learning basic fiber optic networking and becoming a Certified Fiber Optic Technician. This program combines theory and 85% hands-on activities to prepare the student to take the CFOT (Certified Fiber Optics Technician) test that is sanctioned by the FOA (Fiber Optics Association) and given and graded the final class day.

This course also introduces the student to industry standards governing FTTD (Fiber To The Desk), FTTH (Fiber To The Home, LAN/WAN fiber networks, and further introduces the student to basic fusion and mechanical splicing. Students will learn how to identify fiber types, recognize various connectors used in fiber installation; and install, terminate, splice, and properly test installed fiber cable to existing standards. This program explores the history and future of fiber optics and fiber optics capabilities, and basic testing and troubleshooting.

Anyone interested in becoming a Certified Fiber Optics Technician should attend this class. Course fee includes study materials, exam fees, Text Book, and CD and one-year membership to the FOA. Note The student must pass both the written and hands on exams to successfully pass this course.

This course is recognized by The US Department of Labor and is sanctioned by the Fiber Optic Association (FOA). Prerequisite The (CFOT) course is a prerequisite course required before taking any of the Advanced Specialist Fiber Optic Training Courses.

Certified Fiber Optics Splicing Specialist (CFOS/S)

Prerequisite: The (CFOT) course is required before taking any of the Advanced Fiber Optic training courses.

This Advanced Specialist Fiber Optics two-day (16-hour) Splicing Specialist Training includes a complete PowerPoint presentation explaining the importance of high performance splicing and further details the points necessary to achieve these splices.

The depth of this presentation is much greater than most textbooks and provides background information about splicing that is very important to the student. An overview of the OTDR functions and trace understanding is also provided during this presentation. 85 percent hands-on classroom activities will provide training in both fusion and mechanical splicing of either single or multi-mode fiber optic cables. Inside or outside plant fiber optic cable types will be utilized at instructor's discretion during these hands-on sessions along with fiber optics enclosures and splice trays. The student will be responsible for successfully making and testing both mechanical and fusion splices. In addition to the basic splicing activities outlined above, the student will further be required to correctly and efficiently install spliced fibers into splice trays and enclosures. The student will further be required to achieve a splice loss of less than 0.15 dB for all splices and demonstrate proficiency in interpretation of splice loss using OTDR splice traces. Funding is available for those that qualify. This course is recognized by The US Department of Labor and is sanctioned by the Fiber Optic Association (FOA). Funding is available for those that qualify.

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Prerequisite: The (CFOT) course is a prerequisite course required before taking any of the Advanced Fiber Optic Training Courses. This course is recognized by The U.S. Department of Labor and is sanctioned by the Fiber Optic Association.

Certified PC Repair/Desktop Support Professional Certificate

This curriculum is aligned with the Manufacturing Skills Standards Council Certified Production Technician program. After successfully completing the Certificate, students will have increased opportunities for employment and advancement in the manufacturing/production industry. The Certificate and Certifications provide industry-endorsed training and education in: Maintenance, Production, Safety and Quality. Upon successful completion of all four certificates, participants will earn full MSSC Certified Production Technician Certification. Course fee includes study materials, exam fees and text books

Certified PC Repair/Desktop Support Professional Certificate

Students will study personal computer hardware including personal computer assembly and upgrading, setup and configuration, and troubleshooting. The A+ Certification Training Program prepares individuals for a career as a computer technician in the information technology industry. This course covers the various responsibilities and tasks required for a computer technician to successfully perform in a customer environment. Coursework prepares students for CompTIA A+ Certification Examinations 220-901 and 220-902. Course fee includes study materials, exam fees and textbooks. Funding is available for those that qualify.

Commercial Roofing Technician Certificate

Commercial roofing is a steady trade with opportunities for career growth right here in the metro area and around the country. Students who participate in this certificate program will learn the basics of commercial roofing and common commercial roofing systems. The class format will be very interactive, with both lecture and hands-on classes (skill work) in details and techniques related to EPDM and TPO roofing systems. Students will earn a 10-hour OSHA Safety Card, a CPR/First Aid card, and invaluable industry knowledge. Upon completion of the program, students will be ready to join a crew and contribute to the renovation and growth of their community through the installation of roofs for buildings such as hospitals, schools, arenas, stadiums, retail stores, and more. The basic function of a roofer is to carry out the plans, goals, objectives and directives of the job foreman. The roofer will provide a high level of customer service to all customers

Garage Door Technician Certificate

The Residential Installer Training and Certification program is designed to give professional door systems dealers an upper hand in the labor market, to enhance the professionalism of our industry and to create career paths for individuals seeking a rewarding and long-term career. As a garage door technician, you work with clients to fix anything that needs to be fixed on their garage doors, from broken springs to worn door panels. As a garage door technician, you need to have a wide range of experience and some excellent customer service skills

Medical Office Assistant Certificate

Medical office assistants are, in some ways, similar to the administrative assistants you find in traditional business offices. Medical office assistants man the front desk. They take phone calls. They prepare and respond to various communications, including emails. And they manage files and office supplies. But because they're working in the health care field, medical administrative assistants also need specialized knowledge about the type of practice in which they work. They also need to understand the intricacies of America's health insurance system as they are often responsible for processing patient insurance and Medicare claims. The Medical Office Assistant program is designed to prepare you for entry-level positions as a medical office assistant in a variety of health care settings. In this program, you'll learn various administrative procedures, including: patient processing and accessing, processing medical insurance claims, bill collections and general office procedures used in various medical offices

To enroll, please contact:

Email: workforcetrainingacademy@mccneb.edu

Phone: 531-MCC-4526

Web: mccneb.edu/workforcetrainingacademy

REGISTER ONLINE NOW!

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





COLLEGE FOR TEENS

Custom Automotive Art

This class is an informative introduction to automotive customization, restoration, modifications and history of car culture from an auto body and paint stand point. Designed to provide the student with a basic introduction of the industry, this class will start with safety, materials, applications and ends with career opportunities. Learn to plan, budget and build projects from the ground up. Students will also introduce some of the basic skills to prepare projects for paint application and design. (ages 15-18; SKIPS 6/21 & 6/22)

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

TEEN-256N-80 WTH 06:00P-08:00P 06/07-06/29 \$90

Fire Teen Safety Camp

Calling all up-and-coming babysitters! Calling all teens interested in emergency services! Learn the proper procedures of CPR, first aid, tying knots and the use of an AED. Gain the basic skills necessary to effectively identify and treat emergencies in the critical first minutes of injury or illness. Learn proper fire extinguisher usage while participating in a small fire and learn sound decision making processes on when to use an extinguisher. Explore different career opportunities and be challenged mentally and physically as you are introduced to your new role as an emergency care provider. Watch real firefighters demonstrate an emergency situation. End camp with a completion ceremony. Supplies included. (ages 12-15)

Applied Technology Center, 10407 State St.

TEEN-230N-80 MTWTHF 09:00A-12:00P 06/12-06/16 \$115

Blair Public Library, 2233 Civic Drive, Blair, NE

TEEN-163N-80 MTWTHF 09:00A-12:00P 07/10-07/13 \$90

NEW! Life Launch Leadership Camp

We're all leaders of some kind. Uncover your leadership qualities through a full week of self-discovery and team-building activities. Learn how to communicate and work collaboratively with other teens as we touch upon leadership cornerstones such as ethics, communication, organizational skills and more. We'll decode personalities and examine which character traits you may share with some of the world's greatest leaders. Explore improve acting and learn to think on your feet to prepare for a short presentation on the last day before our instructional fine dining luncheon. Develop a working resume to reflect your skills and experiences and learn to interview confidently. Finally, explore what higher education could be like as we do a short discovery tour around the MCC campus and meet various program coordinators. Bring a sack lunch Monday-Thursday. Lunch will be provided on Friday. Supplies included. (Ages 14-17)

Elkhorn Valley Campus, 829 N. 204th St.

TEEN-228N-80 MTWTHF 10:00A-02:00P 06/05-06/09 \$175

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

TEEN-228N-81 MTWTHF 10:00A-02:00P 07/17-07/21 \$175

NEW! Culinary X Camp - The Art of Food Science

Are you a high school student with a passion for food? Are you ready to take your culinary interest to the next level? Meet once a week for four weeks and receive next level learning about food! Explore the exciting world of food science, see how chefs use high-tech equipment in their culinary conquests and learn about food in a way that goes way beyond chopping and cooking. Discover fermentation (breaking down chemicals) with canning and experiments, spherification (shaping liquid into spheres) with caviar and emulsification by exploring the mixture of liquids. Hurry, limited seating!

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

TEEN-226N-80 M 04:00P-08:00P 07/10-07/31 \$100



Summer Paycation Using Photoshop

Are you thinking about starting your own business for some extra cash this summer? Engage in discussion about your business interests and share ideas about promoting your current or new business, whether it be lawn mowing or babysitting. We'll start with the basics of Photoshop and create a cartoon animation complete with special effects. We'll move on to creating your own logo, business cards, brochures, posters and, lastly, create and design your very own website to promote your business. Learn how to use animated gifs on your website. Flash drive included. (Ages 12-15)

Elkhorn Valley Campus, 829 N. 204th St.

TEEN-229N-80 MTWTHF 02:00P-04:00P 06/05-06/09 \$80

Superheroes Film Class

Are you a teen who can easily recite all of the members of the Avengers or the Justice League? Do you know the alter egos of The Flash, Spider-Man and Batman? This class is devoted to all things superheroes, but we won't simply be watching these colorful characters on screen. We'll be discussing their origins from original creation to big screen incarnation. We'll also be talking about all the behind-the-scenes work that goes into bringing these characters to life. All movies are PG or PG-13. Comic books and supplies included. (Ages 12-15)

Elkhorn Valley Campus, 829 N. 204th St.

TEEN-242N-80 MTWTHF 04:00P-06:00P 06/05-06/09 \$95

Star Wars™ Film Class

Experience all the joy of "Star Wars," with teens just like you, while taking a journey through film and television. Discover how the original trilogy was created and better appreciate the brilliant storytelling in these films, which have inspired so much of our culture today. Jump ahead in time and discuss the prequel trilogy. What worked and what didn't work. Discuss and present your best arguments for both sides of this cinematic debate. Finally, we'll look at more recent "Star Wars" entertainment, including "The Clone Wars," "Rebels," "Star Wars: The Force Awakens" and "Rogue One A Star Wars Story." All movies are PG or PG-13. Comic books and supplies included. (Ages 12-15)

Elkhorn Valley Campus, 829 N. 204th St.

TEEN-243N-80 MTWTHF 06:30P-08:30P 06/05-06/09 \$95

Take all three camps at Elkhorn Valley Campus and receive a discount. Use this course number to register for all three camps. From 6-6:30 p.m., a short dinner break will be taken in the Commons area. Bring a sack dinner.

Elkhorn Valley Campus, 829 N. 204th St.

TEEN-500N-80 MTWTHF 02:00P-08:30P 06/05-06/09 \$230

NEW! Teen Improv

Explore the exciting art of improvisation with other teens your age. Develop expertise in creative thinking, self-confidence, brainstorming, team building, rapport and communication. Practice acting, storytelling and comedy. Make it up, think on your feet, create wild stories and silly characters while having tons of fun. Expect lots of laughter. (Ages 12-15)

Elkhorn Valley Campus, 829 N. 204th St.

TEEN-232N-80 MTWTHF 10:00A-12:00P 07/17-07/21 \$80

Acting Out: First Page to Center Stage

Do you need some guidance with current or future performance endeavors? Experience the process of script selection, rehearsal and performance. Develop skills in improvisational acting, movement-based theatre, vocal expression, dramatic and comedic performance. Practice traditional acting techniques, script analysis, playwriting, breathing, speaking and musical theatre. Focus on skills and techniques to better prepare for giving monologues, perfecting scene work with partners, preparing for auditions and shining on center stage. Invite family and friends to watch you perform on Friday at 6 p.m. (Ages 12-15)

Elkhorn Valley Campus, 829 N. 204th St.

TEEN-233N-80 MTWTHF 12:30P-02:30P 07/17-07/21 \$80

Take both camps at Elkhorn Valley Campus and receive a discount. Use this course number to register for both camps. From noon-12:30 p.m., a short lunch break will be taken in the Commons area. Bring a sack lunch.

TEEN-503N-80 MTWTHF 10:00A-02:30P 07/17-07/21 \$135

Sell Your Biz with Kompozer

Are you looking for some extra cash this summer? Engage in discussion about your business interests and share ideas about promoting your current or new business, whether it be lawn mowing, babysitting or other limitless ideas. Using Kompozer, a free download, design your own website and get your business out there! A 16 GB flash drive is included. (Ages 12-15)

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

TEEN-194N-80 MTWTH 10:30A-12:00P 06/05-06/08 \$50

NEW! Culinary X Camp - The Art of Food Science

Are you a high school student with a passion for food? Are you ready to take your culinary interest to the next level? Meet once a week for four weeks and receive next level learning about food! Explore the exciting world of food science, see how chefs use high-tech equipment in their culinary conquests and learn about food in a way that goes way beyond chopping and cooking. Discover fermentation (breaking down chemicals) with canning and experiments, spherification (shaping liquid into spheres) with "caviar" and emulsification by exploring the mixture of liquids.

Hurry, limited seating!

Fort Omaha Campus, Institute for the Culinary Arts

32nd Street and Sorensen Parkway

TEEN-226N-80 M 04:00P-08:00P 07/10-07/31 \$100

NEW! Make Sparks Fly-Welding Camp

Learn shop safety and the basics to cut and weld steel using oxy-acetylene, just like the professionals! In our fully equipped lab, discover how to design and create a unique metal art piece to take home and share with friends and family. Students must wear leather shoes, long sleeves and long pants. Supplies included. (Ages 14-17)

Fort Omaha Campus, Bldg. 26, 30th and Fort streets

TEEN 234N-80 MTWTHF 02:00P-05:00P 06/19-06/23 \$115

CLASSROOM COUTURE – SPARK YOUR FASHION PASSION!

Artistic touches and craftsmanship can't be acquired in any other way than by practice and patience. As time goes on, your work becomes easier to perform and your developing craftsmanship becomes more uniquely identifiable to you. Feed your creative soul at Classroom Couture, learn basic design and sewing skills. Experience challenging and creative projects. Limited seating.

Creating Fabulously Fun Fabric

Textile arts are hot; so get your creativity on! In this hands-on workshop, participants have an opportunity to hand dye cotton using both natural and synthetic dyes to create their own personalized fabric. Go to mccneb.edu/ce for a supply list. Bring a sack lunch. (one session)

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

TEEN-236N-80	W	10:00A-01:30P	06/14-06/14 \$45
			Ages 12-14
TEEN-236N-81	W	10:00A-01:30P	06/28-06/28 \$45
			Ages 15-17

Drawing Fashion Sketches

Create a fashion mood board and receive an overview on basic fashion illustration/sketching; while water coloring, inking and more! No artistic skills required other than a desire to have fun! Supplies included. Bring two or three of your favorite fashion throw-away magazines and a sack lunch. (one session)

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

TEEN-237N-80	TH	10:00A-01:30P	06/15-06/15 \$65
			Ages 12-14
TEEN-237N-81	TH	10:00A-01:30P	06/29-06/29 \$65
			Ages 15-17

Hand Sewing

It's said, "the best of everything is the cheapest in the end," so before your thread gets on the spool, begin with the basics of hand sewing. In this hands-on workshop, participants learn how to wax thread, use a thimble, stitch an array of useful, beautiful hand, hemming and seaming stitches commonly used in couture sewing. Go to mccneb.edu/ce for a supply list. Hand sewing only. No sewing machines allowed. Bring a sack lunch. (one session)

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

TEEN-235N-80	W	10:00A-01:30P	06/07-06/07 \$45
			Ages 12-14
TEEN-235N-81	W	10:00A-01:30P	06/21-06/21 \$45
			Ages 15-17

Vintage Designing

Discover an array of common couture techniques and practices while making a muslin of a basic shirt using a true vintage commercial pattern; then construct the muslin in its final fabric. Experience using professional dress forms as fit models. Go to mccneb.edu/ce for a supply list. Bring a sack lunch. Basic sewing skills required. (two weeks)

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

TEEN-238N-80	WTH	10:00A-01:30P	07/12-07/13 \$90
			Ages 12-14
TEEN-238N-81	WTH	10:00A-01:30P	07/19-07/20 \$90
			Ages 15-17



NEW! Stop Motion Animation

Unleash your creativity by making your own stop-motion animation video. Bring in your favorite action figures, vehicles and spaceships to create a short film. Recreate a scene from the movies or design a new world of your own. This is a great opportunity to bring your ideas to the screen! A flash drive will be provided so you can take your creation home to share with friends and family. (Ages 12-15)

Sarpy Center, 9110 Giles Road, La Vista, NE

TEEN-244N-80 MTWTHF 10:00A-12:00P 07/10-07/14 \$80

NEW! Spec Script vs. Fan Fiction

Imagine Batman and Captain America squaring off, Doctor Who and Sherlock Holmes solving a mystery together, or brand new characters working together or against one another. All these potential ideas could move from your imagination to the page if you joined the brand new fan-fiction and spec-script writing camp. In this camp, you will not only improve your skills as a writer with the help of an experienced writing teacher, you'll also learn how to put fan favorite and original characters into new stories. By the end of the camp, you will have both a short spec script and fanfiction piece completed. This is an awesome opportunity to bring your weird and wonderful ideas to life! (Ages 12-15)

Sarpy Center, 9110 Giles Road, La Vista, NE

TEEN-245N-80 MTWTHF 12:30P-02:30P 07/10-07/14 \$80

Dissection Bootcamp

Grab your gloves and participate in this unforgettable hands-on class to uniquely explore the inside structure found in several different animals. Learn to use the equipment properly and discover animal needs, disease, parasites, genetic disorders and identify organs. With step-by-step directions, dissect a clam, earthworm, grass frog, starfish, sponge, honeybee, hydra, grasshopper, crayfish, perch, pig, rat plus a surprise specimen. Take advantage of this great opportunity! All supplies included. (Ages 12-15)

Sarpy Center, 9110 Giles Road, La Vista, NE

TEEN-231N-80 MTWTHF 02:30P-04:30P 07/10-07/14 \$125

Take all three camps at Sarpy Center (TEEN-244N-80, TEEN-245N-80 and TEEN-231N-80) and receive a discount. Use this course number to register for all three camps. From noon-12:30 p.m., a short lunch break will be taken in the Commons area. Bring a sack lunch.

Sarpy Center, 9110 Giles Road, La Vista, NE

TEEN 502N-80 MTWTHF 10:00A-04:30P 07/10-07/14 \$240

NEW! Color Outside the Lines Art Camp

This camp is set up to bring the budding artist out of you! Bring your creativity and explore a different type of art each day. Go big with charcoal drawing, design your very own mosaic masterpiece, create an oil pastel with your fingers, discover the beauty of watercolor and lastly, use old fashioned quill pens and learn to draw with India ink. End camp with an art gallery show to display your works of art for your family and friends at 6 p.m. on Friday. Supplies included. (Ages 12-15)

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

TEEN-239N-80 MTWTHF 10:30A-12:30P 06/26-06/30 \$125

NEW! Drum Roll Please

Learn basic drum beats in a fun and supportive environment. Discover how you can play a drum set with most kinds of music. Make some beats while experimenting with different types of percussion. Finally, experience playing a drum set with a real-live blues band. End camp with a jam session to show off your new skills for your family and friends at 6:30 p.m. on Friday. (Ages 12-15)

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

TEEN-241N-80 MTWTHF 01:00P-03:00P 06/26-06/30 \$75

Take both camps at South Omaha Campus (TEEN-239N-80 and

TEEN-241N-80) and receive a discount. Use this course number to register for both camps. From 12:30-1 p.m., a short lunch break will be taken in the Commons area. Bring a sack lunch.

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

TEEN-501N-80 MTWTHF 10:30A-03:00P 06/26-06/30 \$170

NEW! Car Care Camp

Explore many different topics starting with shop safety and ending with career opportunities. Learn to install windshield wipers, tires and rims. Experience making easy repairs and learn to replace different parts such as lightbulbs and even do fluid checks. Students must wear closed-toe shoes and long pants. No class on Friday. (Ages 15-17)

South Omaha Campus, Mahoney Bldg., 27th and Q streets

TEEN-240N-80 MTWTH 06:00P-09:00P 06/19-06/22 \$90

Connect
with MCC



MCC Continuing Education-Nebraska



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@mccnebce



COMMUNICATION AND WRITING

NEW! Comic Book Collaboration

The collaborative process of creating a comic book is the building of a relationship. Whether you're the illustrator working with a writer or the writer working with an editor, the creation of a comic book is a team effort. Learn about panel structure, character design, story arc progression and marketing. Bring your laptop and/or a notebook and pen/pencil. (four weeks)

South Omaha Campus, Industrial Training Center, 27th and Q streets
COMM-416N-80 TH 06:00P-09:00P 07/20-08/10 \$96

NEW! Creating Great Fiction

Explore how to create characters, compose dialogue, craft plots and discover different points of view. Get that book out of your head and onto the page. Bring your laptop and/or a notebook and pen/pencil. (three weeks)

Westside Community Conference Center, 3534 S. 108th St.
(lower level, park in back)
COMM-414N-80 TH 06:00P-09:00P 06/08-06/22 \$72

NEW! Friday Night Film Discussion: Hayao Miyazaki

Hayao Miyazaki, one of Japan's most famous film directors, producers, screenwriters, animators, authors and manga artists, has brought numerous, beautiful films to us, such as "Howl's Moving Castle," "My Neighbor Totoro" and "Princess Mononoke." Miyazaki is best known for his ability to bring breathtaking cinematics, fluid animation and compelling plots to life onscreen. Join us for viewing segments and discussion of several of his films. Though this will, inevitably, lead to discussion of other anime, we will make our best attempts to focus on Miyazaki and his colorful career. (one session)

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

COMM-413N-80 F 05:30P-08:30P 08/11-08/11 \$20

How to Publish a Kids Book*

Is publishing a book for kids on your bucket list? Many people have stories they would like to share, but have no idea where to start. This class starts with what you need to know: the business of publishing itself. Then we'll cover getting an agent and a publisher versus self-publishing options. We'll dig into hiring an illustrator, book designer and printer, testing your story on your target market, plus how to organize and write for a picture book, an early reader or even a young adult audience. You'll see live examples of formats for printed books, audio, eBooks and other products that go with books. Learn what you need to do and when, why you need to do it, and how to get it done to publish a book the kids will love. Presented by 33-year publishing veteran Lisa Pelto. (one session) Westside Community Conference Center, 3534 S. 108th St. (lower level, park in back)

COMM-537N-70 TH 06:00P-09:00P 06/08-06/08 \$29
Westside High School, 89th and Pacific Streets (use main entrance)
COMM-537N-71 SA 09:00A-12:00P 08/05-08/05 \$29

Journalism

Basics for beginners, freelancers and bloggers: if you've ever thought you could write an article for a publication or a blog, you're probably right. This course will teach you to write an article by doing it. We'll talk about finding subjects and topics, asking questions and getting answers that make a good story, submitting story ideas and other relevant topics. This is a chance to work with an experienced writer and editor to figure out the basics and get started telling your story. (four sessions)

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

COMM-901N-50 T 06:00P-08:00P 07/11-08/01 \$90

NEW! Marketing Great Fiction

Now that you have your characters in place and the story you want to tell written out, what next? Do you wish to go the traditional publishing route or do you want to self-publish? In this class, we'll go over marketing practices to help get your story noticed and into the right hands. Bring your laptop and/or a notebook and pen/pencil. (three weeks)

Westside Community Conference Center, 3534 S. 108th St.
(lower level, park in back)

COMM-415N-80 TH 06:00P-09:00P 06/29-07/13 \$72

What's Your Story?

Who better to write your story and share your memories than you? Discover how noteworthy your life has really been, build confidence in your writing through sharing excerpts and engaging in several topics such as confidentiality, expectations, metaphors, self-awareness, relationships and your goals. Discover techniques that will help you remember those memories you may have forgotten. This class is for all generations. The instructor is Chris Stewart. (eight weeks; skips 7/6)

Sarpy Center, 9110 Giles Road, La Vista, NE

COMM-407N-80 TH 06:00P-08:00P 06/08-08/03 \$120

COMPUTERS AND TECHNOLOGY

101 Tips and Tricks for Your PC

Use your PC more efficiently and increase your productivity by learning dozens of tips, tricks and shortcuts involving the operating system, keyboard, desktop navigation, internet, editing text, fonts, special characters, maintenance, viruses, monitors, disks, sound and more. Obtain your username and password by logging onto mccneb.edu/password before you come to class. (two weeks)

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

COMP-605N-50 SU 09:30A-12:30P 07/16-07/23 \$47

3-D Fabrication

Interested in learning more about 3-D printing using design software? Join us for this four-hour class that gives you the basic knowledge on how to design and 3-D print. (two sessions)

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

COMP-919N-50 TTH 06:00P-08:00P 06/06-06/08 \$50
COMP-919N-51 TTH 06:00P-08:00P 07/11-07/13 \$50

Apps That Pay

Save big and earn free gift cards and cash using cellphone and tablet apps! Instructor, Nicole McDonald, will share her top 20+ apps that pay. (one session)

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

COMP-933N-50 TH 04:00P-05:00P 06/22-06/22 \$10

Drop the Scissors and Coupon with Tech

Tired of clipping coupons? Learn how to save at the grocery store using technology! Topics include digital coupons, money saving apps and more! (one session)

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

COMP-934N-50 TH 04:00P-05:00P 06/15-06/15 \$10

NEW! Be Cyber-Secure

Protect your computer and phone from harm! This class is a two-part introduction into staying safe online. Participants will be given personalized information on the best tips, tricks and software to keep. (two sessions)

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

COMP-950N-50 TW 06:30P-08:00P 08/08-08/09 \$35

Become an Expert Using Pages on the Mac

Pages is a wonderful word processing program loaded with exciting features that take word processing to an entirely different level of computing. Imagine making digital scrapbooks in a word processing program! Learn to make outstanding family photo albums, organizational charts and more! Bring your Mac computer and power cable to class. (No iPads, please.) Pages comes installed on new Macs, but may not be installed on your computer. It can be purchased from the App Store. (one session)

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

COMP-344N-50 TH 06:00P-08:00P 08/03-08/03 \$25



Blogging for Beginners

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

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

COMP-489N-80 TH 05:45P-08:45P 06/15-06/15 \$42

NEW! Blogging for Profit

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

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

COMP-494N-80 TH 05:45P-08:45P 06/22-06/22 \$42

Build Movies and Slideshows on the Mac

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

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

COMP-352N-50 TH 06:00P-08:00P 07/27-07/27 \$25

Build Your Own Website

You don't have to be a web designer to build a website! Learn to build professional looking and easily navigated websites for your hobby, small business and everything in between. Obtain your username and password by logging on to mccneb.edu/password. (two sessions)

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

COMP-474N-50 T 05:30P-08:30P 07/18-07/25 \$47

Building Movies and Movie Trailers

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

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

COMP-947N-50 SA 10:00A-01:00P 08/12-08/12 \$36

NEW! Custom Fabric Design

Adobe Illustrator and Photoshop meet Spoonflower. Spoonflower.com is an online site that prints original fabrics, wallpaper and re-positional decals. Bring your JPGs and scans or photos of artwork to class. After an introduction to Adobe Illustrator and Adobe Photoshop, students will upload their designs to spoonflower.com and create their own custom fabrics. Great class for all quilters, home decorators, fashion designers and makers of all sorts. Specifics provided about printing fabric designs for private use and also for setting up an online shop at spoonflower.com to sell designs and receive commissions. (two sessions)

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

ARTC-513N-50 W 06:00P-08:00P 07/12-07/19 \$40

NEW! Digital Lettering Workshop: Modern Script

Students will learn about modern script lettering styles as well as how to create digital hand lettering using Adobe Photoshop and a drawing display tablet. The lettering will then be converted to vector art using Adobe Illustrator. (one session)

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

COMP-948N-50 SA 01:30P-04:00P 06/24-06/24 \$34

COMP-948N-51 SA 01:30P-04:00P 07/15-07/15 \$34

NEW! Email Migration to Gmail

Are you still using your old Yahoo, Hotmail or AOL email address? Are you applying for jobs and not getting interviews? Maybe you are hesitant to cancel your internet service because you are using the provider's email option? Your email address may be holding you back! It's time to switch to Gmail! Learn how to properly and securely set up a Gmail account, migrate your old inbox and contacts, archive your old inbox, and start receiving mail at your new address. Get detailed instructions for informing contacts of your new email as well as dos and donts. You will need the login and password for any email addresses you wish to migrate (if you will be migrating your AOL email, you will need your AOL login and password). If you already have a Gmail account, please bring your login and password for said account. Setting up a new Gmail address requires a cell phone for verification so please bring your cell phone if setting up a Gmail account in class. If you do not have a laptop of your own and need to use an MCC laptop, please acquire your username and password by logging onto mccneb.edu/password before you come to class (no class time will be dedicated to retrieving this information). (one session)

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

COMP-952N-50 T 05:30P-08:30P 07/11-07/11 \$40

Explore your iPad, Level 1

Bring an iPad to class and learn the basics of this Apple product. Discover the unique functions and features. Explore a variety of apps and learn how to download apps. Also learn how to browse the web using Safari, and use iBook to download and read books. Explore methods for using the iPad in everyday life. (iPads are NOT provided.) Obtain your username and password by logging on to mccneb.edu/password. (one session)

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

COMP-412N-50 SU 09:30A-12:30P 07/02-07/02 \$42

Sarpy Center, 9110 Giles Road, La Vista, NE

COMP-412N-80 SA 09:00A-12:00P 06/10-06/10 \$42

Explore Your iPad, Level 2

Prerequisite is Explore Your iPad, Level 1

Let's probe a little deeper into what the iPad can do for you. The calendar in iPad is a powerful organizing tool. If you have an iPhone as well, the information will sync between the devices. The Reminders App will also place reminders into your calendar. Besides taking pictures, did you know you can use your camera for many different life management tasks? Manage photos by building and editing albums. Come with your iPad, questions and learning goals based on what you learned in Explore your iPad, Level 1. (iPads are NOT provided.) Visit mccneb.edu/password to obtain your username and password before class. (one session)

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

COMP-422N-50 SU 09:15A-12:15P 07/09-07/09 \$42

Explore your iPhone

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

Sarpy Center, 9110 Giles Road, La Vista, NE

COMP-426N-80 SA 09:00A-12:00P 06/24-06/24 \$42

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

COMP-426N-50 SU 09:15A-12:15P 08/06-08/06 \$42

Fab Lab Exploration*

MCC students are welcome to visit and use MCC's open Fab Lab. Come on in and see what it's all about. The Fab Lab is a place where you can visualize, develop and create just about anything you want. Whether you're an artist, an engineer, an inventor, a business owner or simply curious, the Fab Lab can help you with your next project. Techs will be available to answer any questions that might come up. The equipment in the Fab Lab is available for your use and includes 3-D printers, laser cutters, CNC routers, a vinyl cutter, 3-D scanners, an embroidery machine and a full woodworking lab. Pay one fee per quarter and enjoy the innovative benefits of the Fab Lab. (open lab; hours may vary)

Fort Omaha Campus, Bldg. 8, 30th and Fort streets

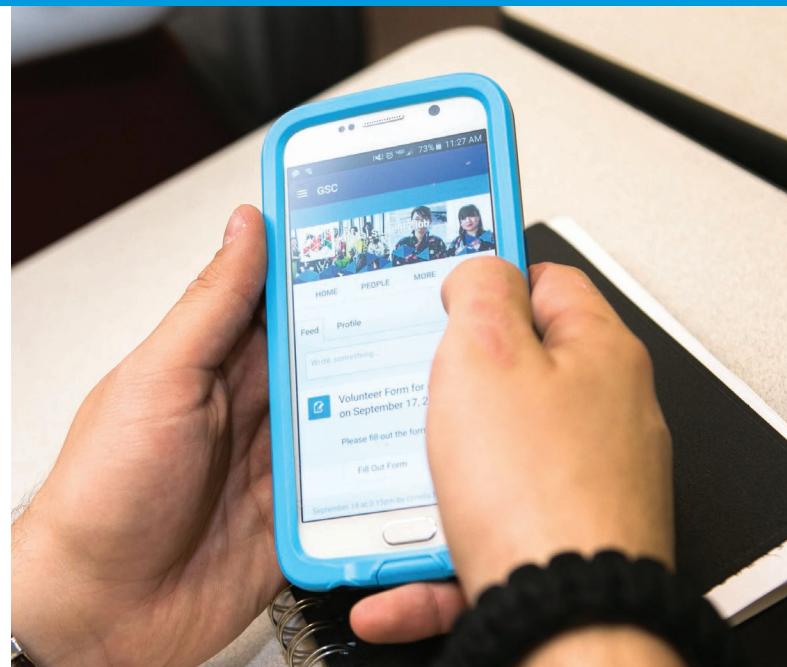
WIDX-407N-80 MTWTHFS 09:00A-04:00P 06/06-08/15 \$35

Facebook for Seniors, Level 1

Does it feel like everyone that you know is on Facebook? Do you want to join in, but aren't sure how to start? This is the class for you. If you currently have a Facebook account, or are a fairly new user, this class would be just right for you, too. In this class, you will learn how to set up a profile page, put privacy and security settings in place, find friends and share comments. If you have a Facebook account, you must know your Facebook login, email and password and be able to login to your Facebook account away from your home computer. If you do not currently have a Facebook page, please arrive early at 12:30 p.m. so we can get an account created for you before class begins. Prerequisite: participants must be comfortable using the internet. Obtain your MCC username and password before class at mccneb.edu/password. (one session)

Elkhorn Valley Campus, 829 N. 204th St.

COMP-403N-80 SA 01:00P-04:00P 06/24-06/24 \$42



Facebook for Seniors, Level 2

Prerequisites: Facebook for Seniors, Level 1

This class will do a review of basic Facebook skills from Level 1 and then spend time using Facebook with instructor assistance. This class provides an opportunity for someone who has been using Facebook, but still has questions about some of the basics. Most of the time will be spent as hands-on practice using what was learned in Level 1. Participants must have a Facebook account that they are able to access with a valid login (email) and password from another computer other than their home computer or mobile device. Obtain your MCC username and password before class at mccneb.edu/password (one session)

Elkhorn Valley Campus, 829 N. 204th St.

COMP-405N-80 SA 01:00P-04:00P 07/01-07/01 \$42

Facebook for Seniors, Level 3

Prerequisite: Facebook for Seniors, Level 1 and 2

This class will look at the advanced features that Facebook has to offer. We will do a brief review of Levels 1 and 2, and then get into creating albums, groups and events. Note: Windows platform. This class does not address the mobile Facebook app. Participants must have a Facebook account that they are able to access with a valid login (email) and Password from another computer other than their home computer or mobile device. Obtain your MCC username and password before class at mccneb.edu/password. (one session)

Elkhorn Valley Campus, 829 N. 204th St.

COMP-448N-80 SA 01:00P-04:00P 07/08-07/08 \$42

Gmail, Using Your Account, Level 1

Want a free email account that you can access anywhere on any computer? Gmail does not depend on your internet provider. This is a beginner-level class for those who have never used a Gmail account. Participants will create a Gmail account in class and learn the basics of messaging, archiving messages, adjusting the settings, etc. Gmail is easy and free!! Note: Windows platform. Obtain your MCC username and password before class at mccneb.edu/password. (one session)

Sarpy Center, 9110 Giles Road, La Vista, NE

COMP-419N-80 SA 01:00P-04:00P 07/15-07/15 \$42

Gmail, Using Your Account, Level 2

Prerequisite: Gmail, Using your Account, Level 1

This class will review Gmail Level 1 information, then learn more advanced features of Gmail: Such as sending attachments, using labels, filtering messages and more! Obtain your MCC username and password before class at mccneb.edu/password (one session)

Sarpy Center, 9110 Giles Road, La Vista, NE

COMP-449N-80 SA 01:00P-04:00P 07/22-07/22 \$42

Googling Around

Google Docs is a free, web-based office suite and data storage service offered by Google. It allows users to create and edit documents online while collaborating in real-time with other users. It is a collection of applications that make it easier to produce these kinds of files that are commonly used: documents, spreadsheets and presentations. In this Google Docs training course, you will be given a basic introduction on how to use Google Docs. Topics covered in the course include Google collaboration and the sharing of information online, Google Documents, Google Spreadsheets, Google Forms, Google Presentations and Google sharing as well as other tips on how to use Google Docs. Obtain your username and password by logging on to mccneb.edu/password. (one session)

Sarpy Center, 9110 Giles Road, La Vista, NE

COMP-916N-80 SA 09:00A-12:00P 06/17-06/17 \$42

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

COMP-916N-50 SU 09:30A-12:30P 07/30-07/30 \$42

Introduction to Computers for Seniors & Lifelong Learners

This basic introductory level course will cover computer terminology, overview of Microsoft Windows and an introduction to the Internet.

Learn to explore different websites on the Internet and perform various searches using Google and other search engines. Set up and use Gmail to practice the basics of email-sending, receiving, forwarding, deleting, printing, sending attachments and setting up and using contacts.

Instructor is Judy Brown. Obtain your username and password before class at mccneb.edu/password. (four weeks)

Sarpy Center, 9110 Giles Road, La Vista, NE

COMP-442N-80 TH 01:00P-03:30P 06/15-07/06 \$82



Introduction to Cricut Systems

Get a new Cricut system for Christmas or have one that you just couldn't find the time to figure out? Bring your own Cricut in or just use our Cricut Expression 2 Air to learn the basics and get a few fun, fast projects you can do to get started. (one session)

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

ARTC-502N-50 SA 09:15A-01:15P 06/10-06/10 \$60

Cricut: Make Your Own Designs and Text

Are you having fun with your Cricut Cutter but still trying to make your own designs or use fonts from other software for your projects? Bring your Cricut with you or you can print on our Cricut Expression 2 Air. Designs will be proofed on paper, but participants can bring their own material if they want something specific. Check owner's manual for your machine. (one session)

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

ARTC-507N-50 SA 09:30A-11:30A 07/15-07/15 \$30

Cricut Bundle

Use this registration code to sign up for the two Cricut classes and save! (two sessions)

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

ARTC-509N-50 SA 06/10-07/15 \$75

NEW! Introduction to Instagram

Introduction to Instagram for small businesses. This class is geared towards entrepreneurs and small business owners who are interested in utilizing Instagram to market their products and services. Come prepared with all your Instagram marketing questions! (three sessions)

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

COMP-954N-50 T 06:00P-08:00P 07/11-07/25 \$75

It's All About the Mac, Laptop

Take an introductory tour to discover how to navigate, become structured and keep your software updated. Identify the basic components while learning file management skills. Explore all the various applications the Mac has to offer. Bring your Apple laptop to class. Obtain your username and password before class at mccneb.edu/password. (one session)

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

COMP-452N-50 SU 09:30A-12:30P 08/13-08/13 \$42

Laser Cutting

Learn a beginning knowledge of laser cutting. This class utilizes Adobe Illustrator and laser cutter software. Each student will leave the class with a laser cut object. (two sessions)

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

COMP-920N-50 WF 06:00P-08:00P 06/14-06/16 \$50

COMP-920N-51 WF 06:00P-08:00P 07/19-07/21 \$50

Microsoft Excel, Level 1

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

Blair Public Library, 2233 Civic Drive, Blair, NE

COMP-230N-80 M 06:00P-09:00P 06/12-06/26 \$72

Microsoft Excel, Level 2

This course picks up where Microsoft Excel, Level 1 left off. Topics covered include working with large worksheets, using multiple worksheets and workbooks. Linking worksheets and workbooks will be covered as well as advanced formatting, including styles and themes. List management (database), range naming outlining and tables will be covered. Web page features covered include publishing, hyperlinks, emailing and publishing as a PDF file. The class will conclude with inspecting and protecting documents and using templates. Books will be available for use or can be purchased for around \$20. The instructor is Bonnie Nelson. Obtain your username and password at mccneb.edu/password before you come to class. (three weeks)

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

COMP-231N-80 T 01:00P-04:00P 06/13-06/27 \$72

Blair Public Library, 2233 Civic Drive, Blair, NE

COMP-231N-81 M 06:00P-09:00P 07/10-07/24 \$72

Microsoft Excel, Level 3

This course picks up where Microsoft Excel, Level 1 and 2 left off. New topics covered include advanced logical, conditional, text/date and financial functions. The student covers more advanced aspects of database sorting, filters, queries, lookups and advanced charting. Creating and working with Pivot Tables and Pivot Charts. Importing and exporting data from other applications will be covered in detail. You will learn to use analytical tools and macros. Course book available for purchase the first day of class for \$20. Completion of Microsoft Excel, Level 1 and 2 required. Obtain your username and password before class at mccneb.edu/password. (three weeks)

Blair Public Library, 2233 Civic Drive, Blair, NE

COMP-417N-80 M 06:00P-09:00P 08/07-08/21 \$72

Microsoft Office for Work & Home

Join this overview of four of Microsoft's most popular programs: Word, Excel, PowerPoint and Access. Learn to create professional documents in Word, how to use formulas in Excel, create presentations in PowerPoint and maintain a database of addresses in Access. Obtain your username and password before class at mccneb.edu/password. (three sessions)

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

COMP-456N-50	SU	09:30A-12:30P	06/11-06/25	\$67
Elkhorn Valley Campus, 829 N. 204th St.				
COMP-456N-80	SA	09:00A-12:00P	07/15-07/29	\$67

Organize/Edit Photo Library Using Mac

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

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

COMP-346N-50	T	06:00P-08:00P	06/20-06/20	\$25
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NEW! Photoshop Elements Basics

Students will learn the basics of importing existing photos into Photoshop and how to clean up, improve and manipulate images for use in print and web projects. Topics include views/interface, toolbar explanations, basic photo editing, restoration, filters and layers. (one session)

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

COMP-949N-50	SA	12:00P-03:00P	07/22-07/22	\$35
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QuickBooks, Level 1

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

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

COMP-211N-80	W	06:00P-09:00P	06/07-06/28	\$96
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QuickBooks, Level 2

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

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

COMP-212N-80	W	06:00P-09:00P	07/12-08/02	\$96
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Technology Update for Seniors

Prerequisite: participants must be comfortable using the internet

This class is designed for seniors, but anyone who wants to know more about current technology is welcome to come. We will explore YouTube, Hulu, Spotify, Pandora, Facebook, Twitter and many other resources that are available online. In addition, participants will learn about the many things Google can do; Google isn't just a search tool anymore. (This class provides an overview of Facebook and Twitter, but does not take time for participants to create their own Facebook accounts.) Obtain your MCC username and password before class at mccneb.edu/password. (one session)

Elkhorn Valley Campus, 829 N. 204th St.

COMP-402N-80	SA	01:00P-04:00P	06/17-06/17	\$42
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NEW! The Art of Photography

Computers with Adobe Lightroom are available or you can bring your own computer to use! Camera required-any type of camera is okay. The class will be an introductory photography course that will focus on the basics of photo taking and the magic that takes place when they are properly edited. A class for all photo takers alike; you will be leaving with a greater understanding of the true art behind photography. (four sessions)

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

COMP-958N-50	TTH	06:00P-08:00P	08/01-08/10	\$90
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Traveling with the iPad

We will discuss several benefits of traveling with the iPad with focus on some of the features and useful applications. (one session)

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

COMP-946N-50	T	06:00P-07:00P	07/18-07/18	\$18
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NEW! Understanding Facebook for Business

This class is geared toward entrepreneurs and small business owners who are interested in utilizing Facebook to market their products and services. Come prepared with all your Facebook questions! (three sessions)

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

COMP-953N-50	T	06:00P-08:00P	06/13-06/27	\$75
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CULINARY

Baguette & Sourdough Starters*

Join us in the bakeshop to explore the iconic baguette. Students will craft yeast-leavened baguettes and learn about natural leavening methods. Lunch is included. (one session)

Fort Omaha Campus, Institute for the Culinary Arts

32nd Street and Sorensen Parkway

COOK-197N-70 SA 09:00A-03:00P 07/22-07/22 \$75

Foundations: BBQ*

This class will explore the tantalizing variety of barbequing methods. Whether it's by a dry or wet rub, hot or cold smoking, Kansas City or St. Louis style sauce, you will find something to sink your teeth into in this class held on the Bistro outdoor patio. (one session)

Fort Omaha Campus, Institute for the Culinary Arts

32nd Street and Sorensen Parkway

COOK-107N-70 TH 06:00P-09:00P 05/25-05/25 \$50

Foundations: Grilling*

One of our most popular classes, taught on the Bistro patio using both charcoal and gas grilles. This class teaches techniques for grilling chicken, vegetables, burgers and steak. (one session)

Fort Omaha Campus, Institute for the Culinary Arts

32nd Street and Sorensen Parkway

COOK-136N-70 T 06:00P-09:00P 06/20-06/20 \$50

Foundations: Knife Skills*

If you want to be a home chef, you need to start at the beginning. Knife skills are the fundamental building blocks of the culinary arts. (one session)

Fort Omaha Campus, Institute for the Culinary Arts

32nd Street and Sorensen Parkway

COOK-100N-70	SA	09:00A-12:00P	06/10-06/10	\$50
COOK-100N-71	T	06:00P-09:00P	08/08-08/08	\$50

NEW! Foundations: Po-Tay-Toe, Po-Tah-Toe*

Join us for a focused hands-on workshop exploring the myriad of applications for the humble potato. We will dig into potato varieties and uses, the science of the French fry and prepare an assortment of classic French potato dishes. Not for the faint of starch! Lunch is included. (one session)

Fort Omaha Campus, Institute for the Culinary Arts

32nd Street and Sorensen Parkway

COOK-209N-70	SA	09:00A-03:00P	07/08-07/08	\$75
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Baking School: Beat It!*

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

Fort Omaha Campus, Institute for the Culinary Arts

32nd Street and Sorensen Parkway

COOK-191N-70	SA	09:00A-03:00P	08/26-08/26	\$75
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Canning and Preserving*

This course explores the age-old art of canning to preserve summer's bounty. Learn safe canning methods and essential equipment as you make and preserve tomatoes and salsas, basic jams and preserves, and pickled vegetables. (one session)

Fort Omaha Campus, Institute for the Culinary Arts

32nd Street and Sorensen Parkway

COOK-156N-70	T	06:00P-09:00P	06/27-06/27	\$50
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Canning & Preserving II*

Take your canning game to the next level with this hands-on class. Learn to can safely using pressure canners and the low temperature pasteurization method to make aigre doux, relishes, canned vegetables and crunchy pickles. (one session)

Fort Omaha Campus, Institute for the Culinary Arts

32nd Street and Sorensen Parkway

COOK-161N-70	T	06:00P-09:00P	08/15-08/15	\$50
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Cooking with Spices and Herbs*

Transform familiar sauces, rubs and baking recipes with spices and herbs. Learn how to pair spices and herbs to create Latin, Mediterranean and Asian flavors in your kitchen. You can create the flavors of Argentinian, chimichurri, Mexican adobo, Italian gremolata and Chinese five spice in minutes! You will make your own inspired signature seasoning to take home and enjoy. (one session)

Fort Omaha Campus, Institute for the Culinary Arts

32nd Street and Sorensen Parkway

COOK-143N-70	T	06:00P-09:00P	08/22-08/22	\$50
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NEW! Culinary X Camp-The Art of Food Science

Are you a high school student with a passion for food? Are you ready to take your culinary interest to the next level? Meet once a week for four weeks and receive next level learning about food! Explore the exciting world of food science, see how chefs use high-tech equipment in their culinary conquests and learn about food in a way that goes way beyond chopping and cooking. Discover fermentation (breaking down chemicals) with canning and experiments, spherification (shaping liquid into spheres) with caviar and emulsification by exploring the mixture of liquids. Hurry, limited seating!

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

TEEN-226N-80	M	04:00P-08:00P	07/10-07/31	\$100
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Cuisines: Thai*

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

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

COOK-121N-70 T 06:00P-09:00P 06/06-06/06 \$50

NEW! Cuisines: Vietnamese*

Join us for this hands-on workshop exploring Vietnamese ingredients and flavors. Learn to prepare beef pho, cold vermicelli dishes, fried spring rolls and eastern desserts. (one session)

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

COOK-213N-70 W 06:00P-09:00P 08/30-08/30 \$50

NEW! Pairing Studio: India Pale Ale*

Enjoy a five-course meal paired with various styles of India Pale Ale. Chef Brian Young and Derek Peterson will discuss, demonstrate and share the history, food affinity and flavor of these popular beers. Must be 21 and over to enroll. (one session)

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

COOK-210N-70 F 06:00P-09:00P 07/21-07/21 \$60

NEW! Pairing Studio: Irish Beers & Spirits*

Enjoy a five-course meal paired with selected Irish beers and spirits highlighting this legendary country. Chef Brian O'Malley and Derek Peterson will discuss, demonstrate and share the history, food affinity of the beverages of Ireland. Must be 21 and over to enroll. (one session)

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

COOK-212N-70 F 06:00P-09:00P 08/11-08/11 \$60

NEW! Pairing Studio: South American Wines*

Enjoy a five-course meal paired with selected wines highlighting multiple wine regions of the southern continent. Chef Peter Walsh and wine expert, Lauren Balak will discuss, demonstrate and share the history, food affinity and flavor of these great wines. Must be 21 and over to enroll. (one session)

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

COOK-211N-70 F 06:00P-09:00P 07/28-07/28 \$60

Preservation and Fermentation*

Fermented foods have been cultured by beneficial organisms. This develops complex flavors and pleasing textures; the food becomes more nutritious; and the acids preserve the food from spoiling. Learn to harness the amazing process in this hands-on workshop. (one session)

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

COOK-162N-70 TH 06:00P-09:00P 07/27-07/27 \$50

Sausage Making*

Learn the techniques of making fresh sausages as well as the art and safe practices specifically associated with making sausage. This is a very hands-on class. You will cut, grind, season, stuff, link and tie your own sausages. (one session)

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

COOK-126N-70 W 06:00P-09:00P 06/07-06/07 \$50

The Incredible Egg*

By learning the seven functions of eggs, you will be able to prepare great eggs and learn cooking methods that apply to many foods. Prepare classics like eggs benedict, omelets, frittatas and hollandaise. (one session)

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

COOK-124N-70 TH 06:00P-09:00P 06/29-06/29 \$50

DANCE

Ballroom Dance for Beginners

This class will introduce you to the fun of learning and doing ballroom dancing. You will learn the basics of the three most popular ballroom dances: foxtrot, waltz and swing. With music from the 40s through today's hits, you'll have a great time doing easy patterns that move you smoothly around the dance floor and give you a great sense of rhythm! Partners highly recommended, hard-soled shoes required; no sneakers or flip-flops! (six weeks, section 81 skips 7/4)

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

DANC-031N-81 T 07:00P-08:00P 06/06-07/18 \$50

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

DANC-031N-82 W 06:30P-07:30P 06/07-07/12 \$50

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

DANC-031N-80 M 06:30P-07:30P 06/12-07/17 \$50

Ballroom Dance: Intermediate

In this class we'll move your foxtrot, waltz and swing to the next level with patterns that give you more variety, highlighting how simple it is to lead/follow a partner. Partners highly recommended, hard-soled shoes required. (six weeks, section 81 skips 7/4)

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

DANC-019N-81 T 08:00P-09:00P 06/06-07/18 \$50

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

DANC-019N-82 W 07:30P-08:30P 06/07-07/12 \$50

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

DANC-019N-80 M 07:30P-08:30P 06/12-07/17 \$50

Advanced Ballroom: Samba!

Samba is a dance with a bouncy beat, fast footwork and lots of pizzazz! Like its European cousin, the Polka, the samba uses a syncopated triple step as its basic pattern, but variations come fast and furious. Samba demands the best from any dancer: quick moves, fast spins, full body styling and impeccable timing. Are you up to the challenge? Partners and hard-soled shoes required. (six weeks)

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

DANC-038N-80 M 08:30P-09:30P 06/12-07/17 \$50

Advanced Ballroom: West Coast Swing

West Coast Swing offers a funky variation on traditional Swing, introducing a rhythm and technique that really focuses on the ability to lead and follow; it allows each partner to add special moves that bring personality and vitality to the dance floor. West Coast is hip, the music is contemporary, and the fun is contagious! Partners and hard-soled shoes required. (six weeks)

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

DANC-034N-80 W 08:30P-09:30P 06/07-07/12 \$50

Beginner's Country Line Dancing

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

(six weeks; Tuesday class skips 7/4)

Common Ground Community Center, 1701 Veterans Drive (Elkhorn)

DANC-025N-70 T 06:00P-07:00P 06/13-07/25 \$44

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

DANC-025N-71 W 07:00P-08:00P 06/14-07/19 \$44

Country Couples Dancing

Rob Tiedgen will be teaching the two-step, cha-cha, triple-step and the waltz in this fun class designed for couples. No experience necessary. (six weeks; Tuesday class skips 7/4)

Common Ground Community Center, 1701 Veterans Drive (Elkhorn)

DANC-026N-70 T 07:00P-08:00P 06/13-07/25 \$44

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

DANC-026N-71 W 08:00P-09:00P 06/14-07/19 \$44

Belly Dancing

Discover expressive, sensual playful flirtations while embracing your femininity while learning muscle control, poise and grace. Belly dancers aren't just wiggling and jiggling their hips; they're getting an ab workout that sculpts almost every single muscle in their core. The instructor is Elena Turino, trilingual instructor with Spanish and French. (eight weeks; class skips 7/4)

A.V. Sorensen Community Center, 4808 Cass St.

DANC-400N-80 T 07:00P-08:00P 06/13-08/08 \$64

Latin Dance

Discover salsa, bachata and merengue while learning the rhythm and timing of the music. Learn the techniques of following and leading, step patterns and partnering skills. Enjoy the entertaining quick paced rhythms and playful movements. Partner required. Must register separately. The instructor is Elena Turino, trilingual instructor with Spanish and French. (eight weeks; skips 7/4)

A.V. Sorensen Community Center, 4808 Cass St.

DANC-401N-80 T 05:30P-06:30P 06/13-08/08 \$64

Swing Dance for Beginners

Created with the novice in mind, this is a new way to learn your swing dancing (jitterbug and shim sham) quickly and masterfully! This four-week class will cover an assortment of dance basics and give you an opportunity to work on partnering, connection, jazz movement and rhythms. A perfect introduction to dancing. No partner or previous experience is needed. The instructors are Lindsay and Billy Sobczyk. (four weeks)

Eagles Lodge, 201 S. 24th St. (24th and Douglas streets)

DANC-046N-80 W 06:30P-07:30P 06/07-06/28 \$32

FREMONT

Ages 62, 65 or 70 - What is Your Optimal Claiming Age?

As you near retirement, one of the biggest financial decisions you'll need to make is when to begin receiving your Social Security retirement benefits. With pensions disappearing, Social Security remains the major source of guaranteed lifetime retirement income for most Americans, so it's important to take the time to explore your options and make an informed, well-reasoned decision. In this class on Social Security retirement benefits, you'll learn what your full retirement age is and how your benefit is determined; how retiring earlier than, or later than, your full retirement age will affect your Social Security benefit; why it's important to plan together with your spouse, and strategies you can use to boost retirement and survivor's benefits; how working after you begin receiving Social Security could affect how much you receive. Go to ssa.gov to print your personal Social Security estimate report to bring to class. The instructor is Linda Arena, Certified Financial Planner and Certified Senior Advisor. (one session)

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

FINA-414N-81 M 06:00P-09:00P 07/24-07/24 \$39

Ballroom Dance for Beginners

This class will introduce you to the fun of learning and doing ballroom dancing. You will learn the basics of the three most popular ballroom dances: foxtrot, waltz and swing. With music from the 40s through today's hits, you'll have a great time doing easy patterns that move you smoothly around the dance floor and give you a great sense of rhythm! Partners highly recommended, hard-soled shoes required; no sneakers or flip-flops! (six weeks; class skips 7/4)

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

DANC-031N-81 T 07:00P-08:00P 06/06-07/18 \$50

Ballroom Dance: Intermediate

In this class we'll move your foxtrot, waltz and swing to the next level with patterns that give you more variety, highlighting how simple it is to lead/follow a partner. Partners highly recommended, hard-soled shoes required. (six weeks; class skips 7/4)

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

DANC-019N-81 T 08:00P-09:00P 06/06-07/18 \$50

Basic Dog Obedience

Basic Dog Obedience with Kristin's Big Moose Dog Training is designed for dogs more than 16 weeks of age. Your dog will be practicing recalls, leash manners as well as learning "sit" and "down" on command, and staying in a sit and down position with controlled distractions. All dogs under one year of age are automatically eligible for the AKC S.T.A.R. Puppy Certification, regardless if they are purebred or mixed breed. At the first class meeting, your dog must be wearing a buckle collar; however, you may also bring any additional training collar you have been using. Your dog will also need a 4-6 ft. leather or nylon leash. (Flexi-leads, chain leashes and harnesses are not permitted.) Bring lots of your dog's favorite treats! To remain in class, you must bring to the first class proof that your dog has had rabies, distemper and parvo vaccinations. For more information, or questions about puppies under 16 weeks of age, contact Kristin, certified professional dog trainer (CPDT-KA) at Kristin@BigMooseDogTraining.com. (six weeks; skips 7/4)

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

ANIM-019N-80 T 04:30P-05:30P 06/06-07/18 \$98

ANIM-019N-81 SA 09:00A-10:00A 06/10-07/15 \$98

ANIM-019N-82 T 11:00A-12:00P 07/11-08/15 \$98

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

Become a member of the Association of Professional Dog Trainers, a program that recognizes and rewards responsible dog owners as well as foster and rescue groups that incorporate training programs and finding dogs a forever home. The first five weeks will prepare you for the eleven C.L.A.S.S. test items. The BA Level Test will be held on week six. Prior to testing, each student must register for an APDT C.L.A.S.S. team number. Go to mydoghasclass.com for more details. (six weeks)

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

ANIM-400N-80 SA 10:00A-11:00A 06/10-07/15 \$120

ANIM-400N-81 SA 12:00P-01:00P 07/01-08/12 \$120



Life Launch Leadership Camp for Teens

We're all leaders of some kind. Uncover your unique leadership qualities through a full week of self-discovery and team building activities. Learn how to communicate and work collaboratively with other teens as we touch upon leadership cornerstones such as ethics, communication, organizational skills and more. We'll decode personalities and examine what character traits you may share with some of the world's greatest leaders. Explore improv acting and learn to think on your feet to prepare for a short presentation on the last day before our instructional fine dining luncheon. Develop a working resume to reflect your skills and experiences and learn to interview confidently. Finally, explore what higher education could be like as we do a short discovery tour around the MCC campus and meet various program coordinators. Bring a sack lunch Monday-Thursday. Lunch will be provided on Friday. Supplies included. (Ages 14-17)

Fremont Area Center, 835 N. Broad St., Fremont, NE
TEEN-228N-81 MTWTHF 10:00A-02:00P 07/17-07/21 \$175

Managing Health Care Expenses in Retirement

According to a recent survey by Bankers Trust, fifty-seven percent of baby boomers said they had a poor understanding or knew almost nothing about Medicare. Three-quarters of boomers didn't know that most Americans on Medicare pay premiums, copays and deductibles. One in seven thought Medicare was free. Only fourteen percent knew Medicare does not cover long term care. A healthcare crisis is looming in this country and it is essential for baby boomers to understand what they need to prepare. This education workshop will cover the following: how Medicare enrollment periods work, how much you can expect to pay in health care costs, how Medicare works with private insurance, why most people pay too much for private insurance and why you must plan for higher healthcare costs in retirement. No specific insurance or investment products will be discussed. The instructor is Linda Arena, Certified Financial Planner and Certified Senior Advisor. (one session)

Fremont Area Center, 835 N. Broad St., Fremont, NE
FINA-408N-81 TH 06:00P-09:00P 07/13-07/13 \$39

Rally 4 Fun

Prerequisite: Basic Dog Obedience. Dogs must be more than 20 weeks of age.

Created by Charles "Bud" Kramer, Rally 4 Fun is an agility/obedience highbred. This class is just for fun! An explanation of rally signs and courses and an AKC sport utilizing all of the things you learned in Basic Dog Obedience. Each class will be working different Rally O courses to solidify the skills you learned in Basic Dog Obedience or to prepare for entering a Rally O show. (four weeks)

Fremont Area Center, 835 N. Broad St., Fremont, NE
ANIM-020N-80 SA 11:00A-12:00P 06/24-07/15 \$70

Sell Your Biz with Kompozer for Teens

Are you looking for some extra cash this summer? Engage in discussion about your business interests and share ideas about promoting your current or new business, whether it be lawn mowing, babysitting or other limitless ideas. Using Kompozer, a free download, design your own website and get your business out there! A 16 GB flash drive is included. (Ages 12-15)

Fremont Area Center, 835 N. Broad St., Fremont, NE
TEEN-194N-80 MTWTH 10:30A-12:00P 06/05-06/08 \$50

Trick Training

Prerequisite: Basic Dog Obedience

Join this new four-week class focusing on teaching your dog new tricks! Specific tricks will be taught at each class. More importantly, you will learn the foundation of how to train your dog tricks, how to break down complicated tricks into specific parts and how to put back together to complete a trick. Once you understand how to train tricks, the possibilities are endless as to what you can teach your dog! Benefits include; get out of the house and do something fun with your dog, being able to exercise your dog in addition to your daily walk, show off to your friends and family, and great for improving your bond with your dog as well as building confidence of shy dogs! Once you start trick training, your dog will be able to learn faster. Dogs must be at least one year in age. School supplies: comfortable clothes, leash, buckle collar, your dog's favorite treats, Clicker and props optional. (four weeks)

Fremont Area Center, 835 N. Broad St., Fremont, NE
ANIM-402N-80 T 11:00A-12:00P 06/06-06/27 \$70
ANIM-402N-81 T 03:30P-04:30P 07/18-08/08 \$70

What Women Need to Know About Social Security & Retirement

There are many rules and strategies as a woman you need to know before you retire, join this workshop complete with lively discussion. Find out how much Social Security you stand to receive over your lifetime, find out how the decisions you make in your 60's can determine the amount of income you'll have in your 80s. We will also discuss how to take advantage of spousal benefits, survivor benefits, divorced-spouse benefits and even divorced-spouse survivor benefits. Find out why you should consider your husband's life expectancy when deciding when to claim your own retirement benefits. There are many rules and strategies you need to know as a woman. Go to ssa.gov to print your personal Social Security estimate report to bring to class. The instructor is Linda Arena, Certified Financial Planner and Certified Senior Advisor. (one session)

Fremont Area Center, 835 N. Broad St., Fremont, NE
FINA-405N-81 TH 06:00P-09:00P 07/20-07/20 \$39



HOBBIES HISTORICAL INTEREST

Forgotten Omaha Lecture

From the smells of South Omaha to the reign of Boss Tom, Omaha history is filled with people, places and events that shaped the city's identity and growth, for better and worse. This class showcases some of that history that's been forgotten, including the Greektown riot and the lynching of Will D. Brown. (one session)

South Omaha Campus, Industrial Training Center, 27th and Q streets
HIST-404N-80 T 06:00P-08:00P 07/11-07/11 \$20

What Happened to East Omaha? Lecture

You've heard of South Omaha, but where's East Omaha? Find out how a new railroad, bridge and industrial suburb led all the way to the U.S. Supreme Court, while the masses thronged Courtland Beach to ride the "gravity railroad." (one session)

South Omaha Campus, Industrial Training Center, 27th and Q streets
HIST-403N-80 T 06:00P-08:00P 07/25-07/25 \$20

Wicked Omaha Lecture

Was there Vice in 19th century Omaha? Yes, the staid Midwestern city of Omaha was once the hotbed of gamblers, notorious swindlers like Canada Bill Jones and a downtown red-light district that ran wide open into the first years of the 20th century. (one session)

South Omaha Campus, Industrial Training Center, 27th and Q streets
HIST-402N-80 T 06:00P-08:00P 07/18-07/18 \$20

BICYCLE MAINTENANCE

Learning to repair your bicycle—from patching a flat to building a new bike from its component parts—can be very gratifying and liberating. It can save you money and may even land you a job in a local bike store. Throughout the year, Community Bike Project Omaha offers a set of 10 two-hour classes that include both instruction time and hands-on practice in every lesson. Bring a bike or the Community Bike Shop will have parts to work on.



Crank and Bottom Brackets

Cranky cranks and busted bottom brackets make pedaling difficult, if not impossible. They also cause unnecessary wear and tear on your bicycle. Learn the tell-tale signs that your cranks and bottom brackets need some attention and how to fix them, whether your bottom brackets are sealed or cups and bearings, and whether your cranks are splined or cottered. (one session)

MCC at Do Space, 7205 Dodge St. (second floor)
SPRT-011N-50 T 06:00P-08:00P 06/06-06/06 \$19

Headsets

Don't be soft in the headset. Loose, worn or improperly adjusted headsets can affect steering, cause unnecessary wear and tear on your bike, and be downright dangerous. We'll teach you about the different kinds of headsets, how they work, how to know when they need some loving care and how to fix them. (one session)

MCC at Do Space, 7205 Dodge St. (second floor)
SPRT-012N-50 T 06:00P-08:00P 06/13-06/13 \$19

Wheelbuilding

Wheels wobble, even if they don't often fall down. Learn how to straighten your wheels, the importance of dishing and proper spoke tension, and even how to build a new bicycle wheel and why you'd want to. Learn how to build a 3-cross, 2-cross or radial spoke wheel and the advantages and disadvantages of each. (one session)

MCC at Do Space, 7205 Dodge St. (second floor)
SPRT-014N-50 T 06:00P-08:00P 06/20-06/20 \$19

Chains and Chainrings

How do you take care of your bike's chain? Should it be wet or dry? Greasy? How do you know when your chain is worn out and needs replacing? With few exceptions, all of our bikes have chains and chainrings that make them go, and without them, we're pretty much stuck to going downhill. Learn how to take care of these vital components, how to tell when they need replacing and what to do when the time has come. (one session)

MCC at Do Space, 7205 Dodge St. (second floor)
SPRT-030N-50 T 06:00P-08:00P 06/27-06/27 \$19

Hubs and Quick Releases

Hubs are more than just the center part of your bicycle wheels: they're how your bike rolls and, without them, you're not going anywhere. Learn how to maintain and fix your hubs, the proper adjustment of quick releases and why it's all so important. (one session)

MCC at Do Space, 7205 Dodge St. (second floor)
SPRT-031N-50 T 06:00P-08:00P 07/11-07/11 \$19

Bike Maintenance & Repair Series

This course includes all five courses listed above. Save money and sign up for all five workshops at once. (five weeks)

MCC at Do Space, 7205 Dodge St. (second floor)
SPRT-032N-50 T 06:00P-08:00P 06/06-07/11 \$80

Tires and Tubes

Learn how to fix a flat and how to avoid getting one! Identify and understand the difference between tires and tubes that go on bicycles, and learn how to choose the best combination for your situation. (one session)

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

SPRT-025N-50 T 06:00P-08:00P 07/18-07/18 \$19

Pedals, Saddles, Seatposts, Handlebars

The human body normally only contacts the bicycle at three places: the handlebars, pedals and seat. Knowing the right components at these critical points, how to adjust them and how to make the bicycle fit, is the difference between comfort, pain or injury. (one session)

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

SPRT-026N-50 T 06:00P-08:00P 07/25-07/25 \$19

Brakes

Squealing, rubbing and ineffective brakes are a common problem and can be dangerous. Learn how to set up and adjust your brakes properly, whether they're rim or drum, side-pull, center-pull, cantilever or v-brake. (one session)

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

SPRT-027N-50 T 06:00P-08:00P 08/01-08/01 \$19

Freewheels and Cassettes

Whether you have a freewheel or cassette, the cogs on your rear wheel allow you to shift gears and coast. They need attention, some care and eventually replacement. Learn how to tell the difference and how to fix them appropriately. (one session)

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

SPRT-028N-50 T 06:00P-08:00P 08/08-08/08 \$19

Derailleurs

Shifting is one of the more mysterious aspects of a bicycle. Why doesn't my bike shift right? What's all that noise? Why does my chain keep falling off? All your questions will be answered in this two-hour class. (one session)

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

SPRT-029N-50 T 06:00P-08:00P 08/15-08/15 \$19

Bike Maintenance & Repair Series

This course includes all five courses listed above. Save money and sign up for all five workshops at once. (five weeks)

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

SPRT-032N-51 T 06:00P-08:00P 07/18-08/15 \$80



HOME AND GARDEN

NEW! Basket Flowing Over

Help make a beautiful permanent herb garden in the Hidden Roots Community Allotment Garden while learning about the benefits and usage of herbs and edible flowers. Make your own edible hanging basket (or pot) to take home that will provide bounty throughout the season. Plants are provided for the hanging basket, but bring a hanging basket (and liner) or flower pot. Taste some light food from what's available in the garden or farm, including lavender tea. Please wear appropriate clothing and shoes, including socks and hats. There is no restroom on location. Bring a lunch and water. (one session)

Hidden Roots Community Allotment Garden, 3308 Redman Ave.

HOMI-405N-80 SA 10:00A-01:00P 06/17-06/17 \$30

Insect Identification and Control

Learn proper identification of many of the insects in our area, both beneficial and harmful. Learn control methods that follow the Integrated Pest Management (IPM) philosophy which includes biological controls, (home remedies that can be used before purchasing chemicals), and various chemical controls if needed. The instructor is John Nabity. (one session)

Fort Omaha Campus, Bldg. 29, 30th and Fort streets

HOMI-239N-70 SA 09:00A-12:00P 06/17-06/17 \$29

NEW! Integrated Pest Management (IPM)

Learn many ways to protect and maintain your landscape without harming the environment, yourself or your pets. Topics to be discussed are biological management, environmental management, beneficial insects and more. Instructor is John Nabity. (one session)

Westside High School, 89th and Pacific streets (use main entrance)

HOMI-599N-70 SA 09:00A-12:00P 07/08-07/08 \$29

Landscape Maintenance - Your Yearly Plan

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

Westside High School, 89th and Pacific Streets (use main entrance)

HOMI-005N-70 SA 09:00A-12:00P 07/22-07/22 \$29

NEW! Mother Nature's Lost Color

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

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

HOMI-404N-80 SA 10:00A-02:00P 07/08-07/08 \$36

NEW! Mother Nature's Harvest

Learn about harvesting and drying herbs while making an edible salt, aromatherapy bath salts, sugars and more! Fresh herbs and flowers will be brought from Hidden Roots Urban Farm to make items in the classroom. All supplies included. (one session)

Fort Omaha Campus, Bldg. 32, 30th and Fort streets

HOMI-409N-80 SA 03:00P-07:00P 08/05-08/05 \$56

URBAN AGRICULTURE & GARDENING

Help create a greener world in our local environment. Discover the importance of sharing and attracting pollinators to green spaces in our local environment and how to keep them coming back. These workshops are held outdoors (weather permitting) at Hidden Roots Urban Farm between the beautiful historical Fort Omaha Campus and the Mormon Bridge. Please dress appropriately, including wearing appropriate shoes, socks and hats. There is no bathroom at this location. Bring a bottle of water with you.

NEW! Pollinators: Honey Bees

Learn how to make beeswax candles (or sandwich wraps), a keepsake, seed bombs and witness honey bees working hard in an observation hive. Try on bee keeping gear. See, feel, touch and eat honey and honey comb, if your diet and health permit. Bring a \$10 supply fee.
(one session)

Hidden Roots Urban Farm, 3220 Scott Circle

HOMI-407N-80 F 12:00P-02:00P 06/16-06/16 \$30

NEW! It's So Easy Being Green

Soil and plants need nourishment to nourish you! Learn how to keep your plants and soils healthy and well-fed, naturally. Come to Hidden Roots Farm and learn about cover crops, making natural fertilizer teas and composting. Participants also build a worm farm to take home. This is definitely a hands-on project of activities. Come ready to work and get dirty. Please wear appropriate clothing and shoes, including socks and hats. Go to mccneb.edu/ce for a supply list.
(one session)

Hidden Roots Urban Farm, 3220 Scott Circle

HOMI-406N-80 F 12:00P-02:00P 06/23-06/23 \$20

NEW! Pollinators: Butterflies

Make and paint a gourd (naturally grown in the Hidden Roots Allotment garden), a butterfly feeder (and branch) and seed balloons to take home. And learn how to build a butterfly salt lick by making one in the garden. Bring a \$9 supply fee along with a hammer. (one session)

Hidden Roots Urban Farm, 3220 Scott Circle

HOMI-408N-80 F 12:00P-02:00P 07/14-07/14 \$30

NEW! Pollinators: Birds

Make a gourd bird house, seeders, seed paper and fat cakes for use in your own yard to attract different varieties of birds. Go to mccneb.edu for the supply list and bring a \$6 supply fee.
(one session)

Hidden Roots Urban Farm, 3220 Scott Circle

HOMI-403N-80 F 12:00P-02:00P 08/11-08/11 \$20

WOOD FINISHING

Introduction to Carving Figurines

Receive plenty of personal attention in this class limited to the first five students who enroll. Tuition includes the carving blanks, equipment and supplies to allow you to take home your own carved figurines. Must be 18 or over to enroll. (one session)

Woodcraft of Omaha, 14605 Wright St.

HOMI-248N-70 M 06:00P-09:00P 08/07-08/07 \$69

Introduction to Scroll Sawing

Join us at Woodcraft of Omaha to create a variety of scroll saw projects. This class, limited to five students, will have you setting up and fine tuning your saw so you may use blades effectively. Tuition includes wood, blades and supplies to allow you to take home several small scroll saw projects. Must be 18 or over to enroll. (one session)

Woodcraft of Omaha, 14605 Wright St.

HOMI-247N-70 W 06:00P-09:00P 08/09-08/09 \$69

Introduction to Wood Pen Turning

Learn to turn wooden pens including pen blank preparation, barrel trimming, working with a mandrel, sanding and finishing and assembly. Participants will leave with a finished pen. No prior experience required. Tuition includes all materials and supplies. This class is limited to 4 students. Must be 18 or over to enroll. (one session)

Woodcraft of Omaha, 14605 Wright St.

HOMI-246N-70 M 06:00P-09:00P 07/24-07/24 \$69

Large Tool Basics

This is an excellent course for those just getting started in woodworking. The course utilizes the jointer, planer and bandsaw. It covers the basic machine features, safety and proper set-up. Students will build a project using all of the machines to get hands-on experience. This course is a great opportunity to get familiar with these core woodworking machines. No prior experience required. The class is taught by Grant Brassette.
(one session)

Woodcraft of Omaha, 14605 Wright St.

HOMI-260N-70 M 06:00P-09:00P 08/14-08/14 \$69

Router Basics

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

Woodcraft of Omaha, 14605 Wright St.

HOMI-243N-70 W 06:00P-09:00P 07/26-07/26 \$69

Table Saw Basics

This hands-on, three-hour workshop is perfect for those just getting started in woodworking, as it will help you expand your saw's capabilities. The class covers basic table saw procedures and strongly stresses table saw safety. Class will include saw set-up, various blade usages, cutting techniques, jigs and joinery. Tuition includes about \$10 worth of materials for project, equipment and supplies. This class is limited to five students. Must be 18 or over to enroll. (one session)
Woodcraft of Omaha, 14605 Wright St.

HOMI-242N-70 M 06:00P-09:00P 07/10-07/10 \$69

Wood Finishing

This introduction to staining and finishing is designed to introduce you to the basic processes of wood finishing including sanding, staining, dyeing and various types of wood finishes. Emphasis will be placed on sanding and wood prepping techniques, along with the introduction and application of gel stain, oil and water based stains, and wood dyes. In addition, fundamental principles of applying various wood finishes will be covered, including polyurethane, shellac and more. This class is limited to five students. Must be 18 or over to enroll. (one session)
Woodcraft of Omaha, 14605 Wright St.

HOMI-269N-70 W 06:00P-09:00P 07/19-07/19 \$69

LANGUAGES

Czech for the Absolute Beginner

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

Millard South High School, 14905 Q St. (use main east entrance)
LANG-043N-70 M 06:30P-08:30P 06/12-07/17 \$72

Czech, a Continuation Class

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

Millard South High School, 14905 Q St. (use main east entrance)
LANG-044N-70 W 06:30P-08:30P 06/14-07/19 \$72

Spanish Chatbook

Let's start at the very beginning. We will focus on real-life simple, useful phrases from our Spanish Chatbook. Taught by author Julie Pospishil and Spanish Chat Company. Price includes access to online games and materials to practice Spanish and a Hispanic snack. Cultural tidbits about Latin America help promote understanding. Optional Spanish Chatbooks and music CDs will be available for purchase. (three sessions)

MCC at Do Space, 7205 Dodge St. (second floor)
LANG-711N-50 TWTH 10:00A-12:00P 06/06-06/08 \$110

Speak Russian by Storytelling

Learn to speak Russian the same way you mastered your native language as a child—learn words, phrases and correct pronunciation first. You will be speaking basic Russian phrases after the first class. Students will be introduced to many fascinating and strange Russian traditions through a virtual trip to St. Petersburg and Moscow, where you will visit the last Tzar's palace. (five weeks)

Millard South High School, 14905 Q St. (use main east entrance)
LANG-590N-70 M 06:00P-08:00P 06/19-07/17 \$72

LEARNING IN RETIREMENT

Senior Spanish Chatbook 1

Let's start at the very beginning chatting with pronouncing Spanish and common greetings. We will focus on real-life simple, useful phrases from our Spanish Chatbook-Lesson 1. Taught by author Julie Pospishil & Spanish Chat Company. Price includes access to online games and materials to practice Spanish and a Hispanic snack. Cultural tidbits about Latin America help promote understanding. Optional Spanish Chatbooks and music CD's will be available for purchase.

[Each Senior Spanish Chatbook class can be taken with or without the previous lessons] (one session)

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

LANG-712N-50 W 12:00P-01:30P 06/07-06/07 \$35

Have a New iPad ... Now What?

This class is for the absolute beginner who wants to know the bare bone basics on how to use the iPad. We will explore the various features such as email, Internet, contact book, calendar and the other useful apps that come preloaded on the iPad. Please bring your email passwords if you need to set up your email account. (one session)

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

COMP-922N-50 T 06:00P-08:00P 06/13-06/13 \$30

NEW! Beyond Samba and Carnaval

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

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

TRVL-596N-50 T 06:00P-08:00P 06/13-06/13 \$25

NEW! Helpful Landscaping Tips

Subjects that will be covered include landscape design, landscape structures, hardy plant selection and more! (one session)

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

HOMI-601N-50 W 02:00P-04:00P 06/14-06/14 \$20

NEW! Career Dilemma Solutions for Seniors

Corporate workforces are trending younger. IBM's median employee age is 38 and the median age of a Facebook employee is just 28 years old! Are Millennials taking over the workforce? Workers in their 40s, 50s and 60s who face a career dilemma can feel that way. How do senior workers compete for assignments, jobs or projects in today's market? This workshop may help senior workers answer that. Students are walked through the steps of how to discover, define and deliver their most marketable assets. The workshop's tag line is "helping you sell you" and the focus is on the unique challenges faced by senior job hunters. Madsen, a 30-year veteran of the staffing/recruiting/HR field has hired and inspired thousands over the years via his hiring, placement, coaching and books. He leads FreeJobCoaching.com sessions over social media. Seniors should consider attending this hands-on course because it sends them home with a unique, realistic and action-oriented plan to obtain their next job or gig. (one session)

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

BSAD-922N-50 W 04:00P-08:00P 06/14-06/14 \$40

BSAD-922N-51 SA 09:15A-01:15P 07/15-07/15 \$40

REGISTER ONLINE NOW!

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



Outsmart Your Android

Frustrated with your Android? Don't be! Learn how to use your phone or tablet to its fullest capabilities. This class will include basic functionality as well as information about apps that came with your device and downloadable apps that can make your daily activities (grocery shopping, driving, buying gas, etc.) a little simpler and a bit more fun. Bring your Android Smartphone and/or tablet. (two sessions)

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

COMP-348N-50 TH 01:00P-04:00P 06/15-06/22 \$60

NEW! Making Slide Presentations Using Keynote

Keynote is Apple's equivalent application to Microsoft Powerpoint. We will learn how to use this easy-to-use application to build amazing slide presentations. Keynote comes loaded with a wide variety of easy-to-use templates. This application interfaces with other applications like Photos, Pages, Numbers, iTunes, Garage Band and iMovie allowing you to make slide presentations like a professional. This a fun and easy application that is useful in a variety of ways. Requirements: bring your iMac computer or MacBook Pro, MacBook Air and power cable to class. (No iPads please) Keynote Version 7.0 comes installed on new Macs but may not be installed on older Macs and MacBooks. It can be purchased from the App Store. All other applications should also be updated prior to our class meeting. Instructor: Chuck Williams. (one session)

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

COMP-955N-50 TH 06:00P-08:00P 06/15-06/15 \$30

NEW! Tourist Guide to Rio de Janeiro

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

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

TRVL-597N-50 T 06:00P-08:00P 06/20-06/20 \$25

NEW! Making Spreadsheets: Using Numbers

Numbers (Apple software) is a powerful spreadsheet application, an equivalent to Microsoft Excel. Numbers is surprisingly easy to use and offers a variety of functions. Creating simple tables and charts (pie, line and bar) are easy to create and expand the use of the application, which can be integrated into Pages (word processing) and Keynote (slide presentation software). Numbers can also be used for inventory management or a variety of other uses. Like Pages and Keynote, Numbers includes a wide variety of pre-designed templates, which expand the use of this software. Requirements: bring your iMac computer or MacBook Pro, MacBook Air and power cable to class. (No iPads please.) Numbers Version 4.0 comes installed on new Macs but may not be installed on older Macs and MacBooks. It can be purchased from the App Store. All other applications should also be updated prior to our class meeting. Instructor: Chuck Williams. (one session)

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

COMP-957N-50 TH 06:00P-08:00P 06/29-06/29 \$30

Computer Basics

This course is designed for the novice computer user and will be an overview of Windows, computer terminology and hands-on exercises in word processing using Microsoft Word. We will also be taking a quick peek at the internet. Handouts will be provided. The instructor is Bonnie Nelson. Obtain your username and password by logging onto mccneb.edu/password before you come to class. (four weeks)

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

COMP-100N-50 T 01:00P-03:30P 07/11-08/01 \$81

Explore Pages and Notes on the iPad

Pages (word processing) and Notes (for keeping notes) are two very useful apps that can be used on a daily basis on your iPad. We will explore various ways to use these very cool apps. (one session)

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

COMP-925N-50 T 06:00P-08:00P 07/11-07/11 \$30

Senior Spanish Chatbook 2

Let's start at the very beginning, chatting with common questions and numbers for prices. We will focus on real-life simple, useful phrases from our Spanish Chatbook-Lesson 2. Taught by author Julie Pospishil and Spanish Chat Company. Price includes access to online games and materials to practice Spanish and a Hispanic snack. Cultural tidbits about Latin America help promote understanding. Optional Spanish Chatbooks and music CDs will be available for purchase. Each Senior Spanish Chatbook class can be taken with or without the previous lessons. (one session)

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

LANG-713N-50 W 12:00P-01:30P 07/12-07/12 \$35

NEW! Integrated Pest Management (IPM)

Learn many ways to protect and maintain your landscape without harming the environment, yourself or your pets. Topics to be discussed: biological management, environmental management, beneficial insects and more. Instructor is John Nabity. (one session)

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

HOMI-599N-50 W 01:00P-04:00P 07/12-07/12 \$29

Organize and Edit Photos on the iPad

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

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

COMP-923N-50 TH 06:00P-08:00P 07/13-07/13 \$30

NEW! File Management - Where's My Stuff? (Mac)

Are you having trouble finding your file or folders on your Mac computer? Do you need to get organized? This class is for you! We will explore various methods of organizing your files and folders using the Finder application. We will also explore ways to backing your data on an external hard drive or other devices and will discuss the benefits of backing up data on cloud storage applications, such as iCloud, Dropbox, and Google drive. Requirements: No iPads please. Bring your iMac computer, MacBook Pro, MacBook Air, power cable and external hard drives or flash drives if you have them. Instructor: Chuck Williams. (one session)

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

COMP-956N-50 TH 06:00P-08:00P 07/20-07/20 \$30

Senior Spanish Chatbook 3

Let's start at the very beginning chatting with family and friends. We will focus on real-life simple, useful phrases from our Spanish Chatbook-Lesson 3. Taught by author Julie Pospishil and Spanish Chat Company. Price includes access to online games and materials to practice Spanish and a Hispanic snack. Cultural tidbits about Latin America help promote understanding. Optional Spanish Chatbooks and music CDs will be available for purchase. Each Senior Spanish Chatbook class can be taken with or without the previous lessons. (one session)

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

LANG-714N-50 W 12:00P-01:30P 08/09-08/09 \$35

NEW! Be Cyber-Secure

Protect your computer and phone from harm! This class is a two-part introduction into staying safe online. Participants will be given personalized information on the best tips, tricks and software to keep. (two sessions)

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

COMP-950N-50 TW 06:30P-08:00P 08/08-08/09 \$35

MCC AT OMAHA MAKERHOOD DISTRICT



The Arts and Trades District will be an active, vibrant, unique "makerhood" where arts, crafts and trades are nurtured, celebrated and supported by a walkable network of public spaces connecting a healthy mix of residential, industrial, commercial and public activities. The District will develop under a unique set of design requirements intended to promote and maintain a high quality of urban design and character of place.

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

From Fabric to Paper: Draping Basics

The first step to designing clothes for yourself and others is making patterns. This class is all about draping. Learn how to drape (on a dress form) a complete basic, including truing and creating the paper pattern from start to finish. Go to mccneb.edu/ce for a supply list and bring a \$5 supply fee. The instructor is Calandra Cooper. This design is only finished in muslin, not fabric. No sewing skills required. Feel free to bring a sack lunch. (two weeks)

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

SEWI-406N-80 SA 10:00A-02:00P 06/24-07/01 \$58

NEW! From Fabric to Paper: Draping the Pencil Skirt

Prerequisite: From Fabric to paper: Draping Basics

Wiggle while you walk! Couture designer, Christian Dior, set the world abuzz in 1954 when he introduced the pencil skirt from his H-Line collection. Since then, the pencil skirt has become a closet staple with its hemline raising or lowering depending on the trends of the day and season. Mockup a pencil skirt and make a paper pattern from your draping. No sewing skills required. Go to mccneb.edu/ce for a supply list and bring a \$5 supply fee. Feel free to bring a sack lunch. (one session)

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

SEWI-421N-80 SA 10:00A-02:00P 07/29-07/29 \$49

NEW! From Fabric to Paper: Draping the Princess Dress

Prerequisite: From Fabric to Paper: Draping Basics

Discover how to drape a classic princess dress on a professional dress form. No sewing skills required. Feel free to bring a sack lunch. Go to mccneb.edu/ce for a supply list and bring a \$5 supply fee. (one session)

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

SEWI-422N-80 SA 10:00A-02:00P 07/15-07/15 \$49



NEW! From Fabric to Paper: Draping the Sheath

Prerequisite: From Fabric to Paper: Draping Basics

Discover how to drape a classic sheath dress on a professional dress form. No sewing skills required. Feel free to bring a sack lunch. Go to mccneb.edu/ce for a supply list and bring a \$5 supply fee. (one session)

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

SEWI-423N-80 SA 10:00A-02:00P 06/10-06/10 \$49

NEW! From Fabric to Paper: Sleeves & Collars

Prerequisite: From Fabric to Paper: Draping Basics

Continue your draping and patternmaking journey by expanding on what you've learned in basic draping by adding sleeves and a collar. Go to mccneb.edu/ce for a supply list and bring a \$5 supply fee. Feel free to bring a sack lunch. (two weeks)

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

SEWI-420N-80 SA 10:00A-02:00P 08/05-08/12 \$64

NEW! Mother Nature's Lost Color

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

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

HOMI-404N-80 SA 10:00A-02:00P 07/08-07/08 \$36

NEW! Negative Watercolor

Watercolor has been considered a fine art since 500 A.D. We'd like to carry on this tradition. Try this relaxing process that will give you the chance to experiment and learn techniques of negative painting while making a great finished painting. Use color and shape to create a pleasing abstract. Choose a subject you would like to paint and use this newfound skills to finish a second painting. Bring a \$20 supply fee. (three weeks)

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

ARTC-458N-80 W 02:00P-04:00P 07/12-07/26 \$44

Upholstery 101*

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

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

SEWI-408N-80 SA 09:00A-12:00P 07/15-08/26 \$200

Upholstery, Advanced*

Prerequisite: Upholstery 101

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

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

SEWI-409N-80 SA 01:00P-04:00P 07/15-08/26 \$200

NEW! Weaving & Embellishing

Weaving is known as one of the oldest surviving crafts in the world. Join us to explore this relaxing skill by creating a strap bracelet or bookmark. Learn the technique of weaving on a loom and bring your creativity to add beads and embellishments. Bring an \$8 supply fee. (two weeks)

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

ARTC-457N-80 TH 06:00P-07:30P 07/06-07/13 \$30



COLLEGE FOR TEENS AT OMAHA MAKERHOOD DISTRICT

Creating Fabulously Fun Fabric

Textile arts are hot; so get your creativity on! In this hands-on workshop, participants have an opportunity to hand dye cotton using both natural and synthetic dyes to create their own personalized fabric. Go to mccneb.edu/ce for a supply list. Bring a sack lunch. (one session)

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

TEEN-236N-80	W	10:00A-01:30P	06/14-06/14 \$45
			Ages 12-14
TEEN-236N-81	W	10:00A-01:30P	06/28-06/28 \$45
			Ages 15-17

Drawing Fashion Sketches

Create a fashion mood board and receive an overview on basic fashion illustration/sketching; while water coloring, inking and more! No artistic skills required other than a desire to have fun! Supplies included. Bring two or three of your favorite fashion throw-away magazines and a sack lunch. (one session)

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

TEEN-237N-80	TH	10:00A-01:30P	06/15-06/15 \$65
			Ages 12-14
TEEN-237N-81	TH	10:00A-01:30P	06/29-06/29 \$65
			Ages 15-17

Hand Sewing

It's said, "the best of everything is the cheapest in the end," so before your thread gets on the spool, begin with the basics of hand sewing. In this hands-on workshop, participants learn how to wax thread, use a thimble, stitch an array of useful, beautiful hand, hemming and seaming stitches commonly used in couture sewing. Go to mccneb.edu/ce for a supply list. Hand sewing only. No sewing machines allowed. Bring a sack lunch. (one session)

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

TEEN-235N-80	W	10:00A-01:30P	06/07-06/07 \$45
			Ages 12-14
TEEN-235N-81	W	10:00A-01:30P	06/21-06/21 \$45
			Ages 15-17

Vintage Designing

Discover an array of common couture techniques and practices while making a muslin of a basic shirt using a true vintage commercial pattern; then construct the muslin in its final fabric. Experience using professional dress forms as fit models. Go to mccneb.edu/ce for a supply list. Bring a sack lunch. Basic sewing skills required. (two sessions)

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

TEEN-238N-80	WTH	10:00A-01:30P	07/12-07/13 \$90
			Ages 12-14
TEEN-238N-81	WTH	10:00A-01:30P	07/19-07/20 \$90
			Ages 15-17



MUSIC

NEW! An Exploration of Rhythms

Most Western music is a 4/4 and almost all of the songs we hear on the radio are an established formula. Aren't you ready for more? With so many rhythms from so many different places, music should be so much more interesting. Be introduced to other rhythms and nonconventional percussive instruments. We'll also discuss why we like the music we find appealing and explore other genres we may never have considered. The instructor of this class has studied classical piano, wind instruments and percussion for nearly 30 years and was even a member of a local band. Please join us for some sweet beats. (two weeks)

Bedouin Star Ethnic Dance Studio, 800 Fort Crook Road South, Suite A
MUSC-404N-80 SA 01:00P-04:00P 07/15-07/22 \$58

Beginning Guitar and More

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

Full Head Room Studios, 1601 N. 60th St.
MUSC-024N-70 T 07:00P-09:00P 07/11-08/01 \$42

Beginning Piano and More

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

Full Head Room Studios, 1601 N. 60th St.
MUSC-013N-70 TH 07:00P-09:00P 07/13-08/03 \$42

Beginning Voice and More

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

Full Head Room Studios, 1601 N. 60th St.
MUSC-007N-70 M 07:00P-09:00P 07/10-07/31 \$42



THIRD ANNUAL A WORK ON A WHEEL FINE ARTS CAMP 2017

Few programs address the need for hands-on training and artist development for today's artists and musicians. The A Work on a Wheel: Music and Fine Arts Camp is a camp that aims to fill the need for education and hands on training for present day artists. By providing invaluable preparation and engaged mentorship for individuals 7th grade and above, the camp meets local and national needs by providing a growing pool of equipped artists who are not only skilled, but also have an intimate understanding of the creative, business acumen, and skills requirements within the arts. Using a variety of genres and techniques, participants will become well-versed and equipped with skills that they are able to use immediately.

Offered through a partnership between several organizations within the Nebraska area, the camp curriculum includes:

MUSIC INDUSTRY

The New Independent Artist*

This course gives participants an overview of developing and executing business plans that may include establishing small firms (i.e., record companies and start-ups). This discussion will include an overview of the music industry, including: diversity of the music industry, career paths in areas such as arts management, music products and merchandizing, public relations, music production and recording, publishing, and online music distribution. The course also includes valuable information regarding strategic positioning and competitor analysis, as well as marketing, teaming, and project and operations management. This course will explore marketing strategies that involve creating a differentiated name and image -- often using a logo and/or tag line -- in order to establish a presence in the target consumer's mind and attract and keep fans, consumers and followers.

Fort Omaha Campus, Bldg. 21, 30th and Fort streets

WOAW-030N-20 M-F 06:00P-07:30P 07/17-07/21 \$10

Songwriting*

This interactive course explores the craft of songwriting in various styles; as well as channeling, inspiration, creativity, discipline and techniques in songwriting.

Fort Omaha Campus, Bldg. 21, 30th and Fort streets

WOAW-019N-20 M-F 07:45P-09:00P 07/17-07/21 \$10

INSTRUMENTAL CLASSES

Guitar

Instruction in the basic and advanced developmental techniques in solo and ensemble performances, stage etiquette, interpretation, improvisation and accompaniment are included in this course. This course also enforces proper tuning, instrument mastery, and correct posture and hand position. Salem Baptist Church, 3131 Lake St.

Beginning Guitar*

WOAW-020N-20	M-F	06:15P-07:30P	07/17-07/21	\$10
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Intermediate Guitar*

WOAW-031N-20	M-F	06:15P-07:30P	07/17-07/21	\$10
WOAW-031N-21	M-F	07:45P-09:00P	07/17-07/21	\$10

Advanced Guitar*

WOAW-032N-20	M-F	06:15P-07:30P	07/17-07/21	\$10
WOAW-032N-21	M-F	07:45P-09:00P	07/17-07/21	\$10

Bass

Instruction in the basic and advanced developmental performance techniques. Enhancement of tone, sound quality and style development are demonstrated.

Creighton University Lied Center, 2500 California Plaza

Beginning/Intermediate Bass*

WOAW-021N-20	M-F	06:15P-07:30P	07/17-07/21	\$10
WOAW-021N-21	M-F	07:45P-09:00P	07/17-07/21	\$10

Advanced Bass*

WOAW-033N-20	M-F	06:15P-07:30P	07/17-07/21	\$10
WOAW-033N-21	M-F	07:45P-09:00P	07/17-07/21	\$10

Drums and Percussion

Instruction in the basic and advanced developmental performance techniques. This includes drum language, exercising proper drumming speed and comfort, proper holding and striking the drum, coordination drills and rhythms and instruction when playing with a group or as an accompaniment.

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

Beginning/Intermediate Drums*

WOAW-022N-20	M-F	06:15P-07:30P	07/17-07/21	\$10
WOAW-022N-21	M-F	07:45P-09:00P	07/17-07/21	\$10

Advanced Drums*

WOAW-034N-20	M-F	06:15P-07:30P	07/17-07/21	\$10
WOAW-034N-21	M-F	07:45P-09:00P	07/17-07/21	\$10

Keyboard Competency

Instruction in the basic and advanced development of functional keyboard skills including scales, arpeggios, improvisation, harmonization and accompaniment.

Creighton University Lied Center, 2500 California Plaza

Beginning/Intermediate Keyboards*

WOAW-023N-20	M-F	06:15P-07:30P	07/17-07/21	\$10
WOAW-023N-21	M-F	07:45P-09:00P	07/17-07/21	\$10

Advanced Keyboards*

WOAW-035N-20	M-F	06:15P-07:30P	07/17-07/21	\$10
WOAW-035N-21	M-F	07:45P-09:00P	07/17-07/21	\$10

Strings Instrument Laboratory*

Introduction to the performance and pedagogical techniques for the violin and cello.

Fort Omaha Campus, Bldg. 21, 30th and Fort streets

WOAW-036N-20	M-F	06:15P-07:30P	07/17-07/21	\$10
WOAW-036N-21	M-F	07:45P-09:00P	07/17-07/21	\$10

Theory of Music*

This course includes basic vocabulary and grammar of music: fundamentals (intervals, scales, modes, keys, triads), and counterpoint studies. Music theory studies, appropriate for beginners and advanced. Fundamentals of music and diatonic vocabulary. Aural skills incorporated into the course curriculum.

Salem Baptist Church, 3131 Lake St.

WOAW-037N-20	M-F	06:15P-07:30P	07/17-07/21	\$10
WOAW-037N-21	M-F	07:45P-09:00P	07/17-07/21	\$10

AUDIO CLASSES

Sound Engineering*

This course instructs participants in the basics of effectively reinforcing live sound.

Salem Baptist Church, 3131 Lake St.

WOAW-024N-20	M-F	06:15P-07:30P	07/17-07/21	\$10
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Music Production*

An overview of computers and music focusing on broad themes of people, procedures, data structures, software, hardware, and computer music environments.

Salem Baptist Church, 3131 Lake St.

WOAW-039N-20	M-F	06:15P-07:30P	07/17-07/21	\$10
WOAW-039N-21	M-F	07:45P-09:00P	07/17-07/21	\$10

Studio Engineering*

This course instructs participants in learning the basic concepts of acoustics and electronics and how they can be applied to understand musical sound and make music with electronic instruments. Topics will include sound waves, musical sound, basic electronics, and applications of these basic principles in amplifiers and speaker design.

Salem Baptist Church, 3131 Lake St.

WOAW-040N-20	M-F	07:45P-09:00P	07/17-07/21	\$10
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TECHNOLOGY

Visual Arts*

This course introduces participants to the languages, concepts, and practices of art through visual and art historical perspectives. Participants are also introduced to all of the visual art practices, including drawing and painting, sculpture, printmaking, photography, conceptual and installation art, video art, earthworks, and performance art, as well as craft and graphic design.

Fort Omaha Campus, Institute for the Culinary Arts

32nd Street and Sorensen Parkway

WOAW-038N-20	M-F	06:15P-07:30P	07/17-07/21	\$10
WOAW-038N-21	M-F	07:45P-09:00P	07/17-07/21	\$10

Photography*

Participants learn basic camera techniques and how to process their images in digital format. This course provides the student with basic aesthetic principles as well as an extensive range of practical photographic techniques needed for entry into the photographic workplace and/or for artistic expression.

Fort Omaha Campus, Bldg. 21, 30th and Fort streets

WOAW-041N-20	M-F	06:15P-07:30P	07/17-07/21	\$10
WOAW-041N-21	M-F	07:45P-09:00P	\$07/17-07/21	\$10

FINE ARTS

Drama*

This class builds and expands vocal, acting and movements skills. The course is designed to increase student's understanding of theatre as an art form and cultural influence.

Creighton University Lied Center, 2500 California Plaza

WOAW-025N-20	M-F	06:00P-09:00P	07/17-07/21	\$10
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Dance*

This class allows participants to become acquainted with basic techniques of dance and movement. The class provides vast gains in movement skills and finding confidence and enjoyment through dance.

Creighton University Lied Center, 2500 California Plaza

WOAW-026N-20	M-F	06:00P-09:00P	07/17-07/21	\$10
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Art*

An introduction to the technical and conceptual aspects of two and three-dimensional design, focusing on drawing and sculpture. Participants develop an understanding of 2 and 3-D designs learn handmade and shop oriented technologies, and explore analytical and conceptual drawing.

Creighton University Lied Center, 2500 California Plaza

WOAW-027N-20	M-F	06:00P-09:00P	07/17-07/21	\$10
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Choral*

This class emphasizes the basics of vocal technique and history. Participants will learn to better identify their voice part and its relevance within an ensemble. Music will be explored through various genres, cultures and periods. The course will also introduce the performance and pedagogical techniques for voice.

Creighton University Lied Center, 2500 California Plaza

WOAW-028N-20	M-F	06:00P-09:00P	07/17-07/21	\$10
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SEWING AND NEEDLEWORK

NEW! Basic Alterations

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

Elkhorn Valley Campus, 829 N. 204th St.
SEWI-425N-80 M 06:00P-09:00P 07/10-08/14 \$132

NEW! Building a Barbie Wardrobe

Take a little time to build an heirloom wardrobe for Barbie. Each week you will make an ensemble that will delight any little girl. Learn techniques that will add quality to your handmade items and give it your designer touch. You provide the fabric combinations and original patterns are provided each week. Spend a little time to build a Barbie wardrobe for your little girl, just like you remember your grandmother did for you. Basic sewing skills are required and you must be able to thread your machine. Go to mccneb.edu/ce for a supply list. (six weeks)

Elkhorn Valley Campus, 829 N. 204th St.
SEWI-426N-80 W 06:00P-09:00P 07/12-08/16 \$132

From Fabric to Paper: Draping Basics

The first step to designing clothes for yourself and others is making patterns. This class is all about draping! Learn how to drape (on a dress form) a complete basic, including truing and creating the paper pattern from start to finish. Go to mccneb.edu/ce for a supply list and bring a \$5 supply fee. The instructor is Calandra Cooper. This design is only finished in muslin, not fabric. No sewing skills required. Feel free to bring a sack lunch. (two weeks)

North Omaha Makerhood District, 1141 N. 11th St.
SEWI-406N-80 SA 10:00A-02:00P 06/24-07/01 \$58

NEW! From Fabric to Paper: Draping the Pencil Skirt

Prerequisite: From Fabric to Paper: Draping Basics

Wiggle while you walk! Couture designer, Christian Dior, set the world abuzz in 1954 when he introduced the pencil skirt from his H-Line collection. Since then, the pencil skirt has become a closet staple with its hemline raising or lowering depending on the trends of the day and season. Mockup a pencil skirt and make a paper pattern from your draping. No sewing skills required. Go to mccneb.edu/ce for a supply list and bring a \$5 supply fee. Feel free to bring a sack lunch. (one session)

North Omaha Makerhood District, 1141 N. 11th St.
SEWI-421N-80 SA 10:00A-02:00P 07/29-07/29 \$49

NEW! From Fabric to Paper: Draping the Princess Dress

Prerequisite: From Fabric to Paper: Draping Basics

Discover how to drape a classic princess dress on a professional dress form. No sewing skills required. Feel free to bring a sack lunch. Go to mccneb.edu/ce for a supply list and bring a \$5 supply fee. (one session)

North Omaha Makerhood District, 1141 N. 11th St.
SEWI-422N-80 SA 10:00A-02:00P 07/15-07/15 \$49

NEW! From Fabric to Paper: Draping the Sheath

Prerequisite: From Fabric to Paper: Draping Basics

Discover how to drape a classic sheath dress on a professional dress form. No sewing skills required. Feel free to bring a sack lunch. Go to mccneb.edu/ce for a supply list and bring a \$5 supply fee. (one session)

North Omaha Makerhood District, 1141 N. 11th St.
SEWI-423N-80 SA 10:00A-02:00P 06/10-06/10 \$49

NEW! From Fabric to Paper: Sleeves & Collars

Prerequisite: From Fabric to Paper: Draping Basics

Continue your draping and patternmaking journey by expanding on what you've learned in basic draping by adding sleeves and a collar. Go to mccneb.edu/ce for a supply list and bring a \$5 supply fee. Feel free to bring a sack lunch. (two weeks)

North Omaha Makerhood District, 1141 N. 11th St.
SEWI-420N-80 SA 10:00A-02:00P 08/05-08/12 \$64

NEW! High Tech Knitting

Get a hands-on in depth look at knitting. Learn how to purl, slip a stitch and knit in the round. This class will show how to create covers and cases for all your precious technology while using camera view technology. Remember, knitting is not just for the ladies. The instructor is Christopher McLucas who has been knitting for many years. Bring a \$10 supply fee. (four weeks)

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

SEWI-427N-80 W 06:00P-08:00P 07/19-08/09 \$64

NEW! Sewing for Fun, All About Bags

Let's make some bags! We will make drawstring backpacks, zipper pouches and tote bags. All projects will be professionally finished. This class is specifically for individuals who have prior sewing machine experience. No time will be allotted to explain sewing machine basics. After signing up for the class, please email the instructor at iprenticegertig@mccneb.edu for a supply list. It's going to be "sew" much fun! Bring your own sewing machine. (two weeks)

Bedouin Star Ethnic Dance Studio, 800 Fort Crook Road South, Suite A
SEWI-419N-80 SA 09:00A-12:00P 07/29-08/05 \$47

NEW! Sewing for Fun: Kimonos & Accessories

Discover how to make a kimono from a modified pattern, complete with Obi, and fabric flowers as accessories. All projects will be professionally finished. This class is specifically for individuals who have prior sewing machine experience. No time will be allotted to explain sewing machine basics. Once you have signed up for the class, please email the instructor at iprenticegertig@mccneb.edu for the supply list. We're going to have "sew" much fun. Bring your sewing machine. (two weeks)

Bedouin Star Ethnic Dance Studio, 800 Fort Crook Road South, Suite A
SEWI-424N-80 SA 09:00A-12:00P 08/12-08/19 \$47

Upholstery 101*

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

North Omaha Makerhood District, 1141 N. 11th St.
SEWI-408N-80 SA 09:00A-12:00P 07/15-08/26 \$200

Upholstery, Advanced*

Prerequisite: Upholstery 101

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

North Omaha Makerhood District, 1141 N. 11th St.
SEWI-409N-80 SA 01:00P-04:00P 07/15-08/26 \$200

SEWING SERIES

Machine Sewing Series

This series is designed to introduce students to sewing machines and sergers (overlock machines) as well as offer hands on learning. Each class will focus on a specific set of objectives and projects appropriate for the class' skill level. Take all three courses and receive a discount. Use this course number to register for all three workshops. A sewing kit, containing supplies is included in tuition. (12 weeks; skips 7/6)

Bedouin Star Ethnic Dance Studio, 800 Fort Crook Road South, Suite A
SEWI-418N-80 TH 06:00P-09:00P 06/08-08/31 \$300

Machine Sewing Level 1, the Basics

Never used a sewing machine before? Interested in fashion design but don't know where to start? Learn the basics of machine sewing (bobbins, stitches, tension, threading and more). Learn best practices for fabric, thread and tools selection. Also included: money-saving tips for purchasing fabric. Students will not need fabric for the first-class meeting but will be required to purchase fabric for all other class projects, which include pillow cases, fabric coasters with matching hot pad, reversible apron with pockets and a roll-up organizer. Bring your sewing machine! Sewing machines will not be provided. A sewing kit, containing supplies is included in tuition.

(four weeks; must follow prerequisites)

Bedouin Star Ethnic Dance Studio, 800 Fort Crook Road South, Suite A
SEWI-415N-80 TH 06:00P-09:00P 06/08-06/29 \$125

Machine Sewing Level 2, Sewing for Functionality

Prerequisite: Machine Sewing Level 1

Let's advance your skills! This class includes an introduction to Sergers (overlock sewing machines). Learn about functional fabrics (home decor, denim, duck canvas, etc.) and threads. Projects for this class will focus on functionality and utilize more advanced sewing techniques. Be introduced to several different presser feet (blind hem, ruffler, zipper, etc.) and even learn how to make your own bias tape. Students will be required to purchase fabric for class projects: envelope pillow cover, tote bag with handles, drawstring bag and zipper pouch. Bring your sewing machine! Sewing machines will not be provided. Bring sewing kit you received in first session. (four weeks; must follow prerequisites)

Bedouin Star Ethnic Dance Studio, 800 Fort Crook Road South, Suite A
SEWI-416N-80 TH 06:00P-09:00P 07/13-08/03 \$100

Machine Sewing Level 3, Let's Make Apparel

Prerequisite: Machine Sewing Level 1 and 2

Explore patterns (how to select, read, trace, cut and use them). Learn the secrets to attaching sleeves, creating darts, adding gussets and zippers to garments. The main objective for this class will be completing two professionally finished garments. We will even sew in a label! Projects for this class include pajama pants and a bathrobe. Bring your sewing machine! Sewing machines will not be provided. Bring sewing kit you received in first session.

(four weeks; must follow prerequisites)

Bedouin Star Ethnic Dance Studio, 800 Fort Crook Road South, Suite A
SEWI-417N-80 TH 06:00P-09:00P 08/10-08/31 \$100



SPORTS AND GAMES

Golf, Beginning

This three-hour workshop will teach you the basic rules, club selection, proper grip, stance, swing and the related mechanics of the game.

Bring your golf equipment if you have it, but it is not required. The tuition includes two large buckets of golf balls for practice. Class meets at

Elkhorn Ridge Golf Course. The instructor is Gary Zessin. (one session)
Elkhorn Ridge Golf Course, 20033 Elkhorn Ridge Dr.

SPRT-016N-70	SA	09:00A-12:00P	06/10-06/10	\$39
SPRT-016N-71	SA	09:00A-12:00P	06/24-06/24	\$39

Sailing for Beginners*

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

Lake Manawa Sailing Club, 812 Commanche St., Council Bluffs, IA
SPRT-676N-70 MTWTH 06:00P-08:30P 06/19-06/22 \$95

TRAVELING CLASSROOMS

Our deluxe motor coach departs promptly at the time listed from MCC's Sarpy Center, 9110 Giles Road, unless otherwise noted. Refunds are strictly not allowed within seven days of the trip. Bring extra money for snacks, drinks, etc. Expect moderate to extensive walking on all tours. Go to mccneb.edu/ce for complete descriptions and important details. Your traveling classroom guide is Kevin Kowskie. *Sorry, no discounts.

Tourist's Survival Guide to Italy

Learn how to create a wonderful sightseeing itinerary for your Italian vacation, become informed about Italian culture and get the best deals. This travel seminar will be your most important preparation tool! Italy is always one of the favorite tourist's destinations in the world on a yearly basis. It's where the art of the Renaissance and much of our Western civilization originated. Included in our discussion of the major Italian cities will be Venice, Florence and Rome, plus the beautiful regions and sites that you as a tourist won't want to miss. You'll also be informed about how to choose airfares, train passes, auto rentals, hotels, B&Bs, restaurants, exchange currency and other valuable travel tips. The instructor is Kevin Kowskie. (one session)

Sarpy Center, 9110 Giles Road, La Vista, NE
Millard South High School, 14905 Q St. (use main east entrance)
TRVL-111N-80 W 06:00P-09:00P 07/12-07/12 \$30

NEW! Niobrara, Buffalo Ranch & Hwy 14 Adventure*

Imagine a relaxing covered wagon ride along the rolling banks of the Niobrara River, offering stunning scenery and herds of elk and buffalo. This, and more, awaits as you explore northeast Nebraska and the Lewis and Clark Lake, near Yankton, South Dakota. Begin the day with a stop at the Clarkson Bakery in Clarkson, Nebraska, before traveling north on Hwy. 14 to enjoy a buffet luncheon at Country Cafe in Niobrara. Later, a grand adventure begins at the Kryecik Riverview Elk & Buffalo Ranch. Your covered wagon tour will be in the actual pastures of the elk and bison herds. Bring your cooler if you wish to bring back summer sausage, ground bison/elk or jerky from the gift shop. After the ranch tour, travel to the Lewis & Clark Lake visitor center in Crofton, Nebraska, for a short visit. The site offers a great view of Gavin's Point Dam. A fast food dinner stop in Yankton, South Dakota is planned during the journey home. Go to mccneb.edu/ce for complete descriptions and important details.

Sarpy Center, 9110 Giles Road, La Vista, NE
TRVL-431N-80 SA 07:00A-10:30P 06/10-06/10 \$114

Beyond Samba and Carnaval

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

MCC at Do Space, 7205 Dodge St. (second floor)
TRVL-596N-50 T 06:00P-08:00P 06/13-06/13 \$25

Tourist Guide to Rio de Janeiro

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

MCC at Do Space, 7205 Dodge St. (second floor)
TRVL-597N-50 T 06:00P-08:00P 06/20-06/20 \$25



Boone's Scenic Valley Railroad Summer Adventure*

Our unique tour begins at the enchanting Hotel Pattee in Perry, Iowa. This grand hotel built in 1913 individually decorated every room to celebrate the history, tradition and people who make up the region. Our tour guide will show us around this impressive landmark and tour a few individually themed rooms as availability allows. Also, visit the Carnegie Library Museum built in 1904. After lunch on your own at a fast food restaurant, hop aboard a Boone & Scenic Valley Railroad car in Boone, Iowa for a one hour and 45 minute adventure. Experience the drama of our steam locomotive train running through the Des Moines River Valley. Then, have fun touring Swede Point Creamery. This dairy produces goat cheese. Visitors enjoy watching the playful antics of their milking ladies and kids as they frolic and play at the farm. Today, owner Paula Olson runs Swede Point Creamery featuring goats, goat cheeses and several varieties of chvre. Compared to cheeses made from cow milk, goat cheese has fewer calories, more vitamins and minerals, it's lower in sodium, and easier to digest. Paula will serve coffee and a special snack during the tour. We'll make a stop at Jordan Creek Mall for a quick snack and some last minute shopping before returning home. Go to mccneb.edu/ce for complete descriptions and important details.

Sarpy Center, 9110 Giles Road, La Vista, NE
TRVL-432N-80 SA 06:30A-09:00P 06/24-06/24 \$89

Mystery Tour*

Enjoy an exciting journey into the unknown with plenty of fun with friendly travelers, just like you. Explore with us on a trip that will give you a new travel experience! Learn all about the details, but first, you must enroll - then board our comfortable deluxe motor coach the morning of the departure. A couple of hints for you—the destination is interesting and you will be treated to a meal during your journey—all included in the price of the tour. Delight your senses by embracing intrigue. Tell your friends to join us for a day of mystery and fun. This tour will be offered twice during the summer session so register for one date only. Register early to secure your place. Go to mccneb.edu/ce for complete descriptions and important details.

Sarpy Center, 9110 Giles Road, La Vista, NE
TRVL-408N-80 F 08:30A-07:00P 06/30-06/30 \$99
TRVL-408N-81 F 08:30A-07:00P 07/21-07/21 \$99

NEW! Milk, Art Fest, Money & Music*

A fun day awaits you at the Shatto Dairy Farm located in Osborn, Missouri. Learn how milk gets from the farm to your table. See where the cows eat, sleep and how they're milked. Meet, and possibly bottle feed, some adorable calves. After a quick stop for lunch, visit The Money Museum, part of the Federal Reserve Bank of Kansas City, Mo. Watch millions of dollars in currency be processed and lift a gold bar worth nearly \$400,000. Next, there will be time on your own for shopping at Kansas City's famous Country Club Plaza. Later, explore the Crossroads District in Kansas City, which offers shopping, dining and entertainment. Enjoy the K.C. Arts Festival with live music outdoors. The shops, boutiques and art galleries in the district will have extended hours for the festival and music. Tour size limited, so register early to secure your place. Bring a valid driver's license or government ID for admittance to the Federal Reserve. Go to mccneb.edu/ce for complete descriptions and important details.

Sarpy Center, 9110 Giles Road, La Vista, NE

TRVL-430N-80 F 07:00A-11:00P 07/07-07/07 \$96

Lake Okoboji & Queen II Cruise*

Enjoy a wonderful adventure visiting Lake Okoboji and cruising on the Queen II! People of all ages love this glacier-carved recreational lake area known for water sports, shops, museums and Arnold's Amusement Park. Spend the day exploring some of the famous local sites. Lunch will be on your own with several choices available, including the charming Maxwell's Beach Cafe. Board the Queen II in the afternoon for a one hour and fifteen-minute journey around this scenic lake. Experiencing the lake on the deck of a vessel allows for spectacular views! Later, activity options include the Maritime Boat Museum, the Iowa Rock and Roll Tribute Museum, the Amy Gardner Cabin and the Central Emporium—a great summer shopping excursion. Arnold's Amusement Park is another pleasant option. Next, enjoy a delightful drive around the Lake District with a new surprise destination stop! Go to mccneb.edu/ce for complete descriptions and important details.

Sarpy Center, 9110 Giles Road, La Vista, NE

TRVL-411N-80 SA 07:00A-10:30P 07/15-07/15 \$99

Jamesport, MO, Step Back in Time*

Welcome to Jamesport, Missouri's Amish Settlement, the largest Old Order Amish Settlement west of the Mississippi. This charming town is full of antique stores, gift stores, Amish bakeries, craft stores and so much more! Meet your step-on guide, Rich Neeley. Learn about his knowledge and experiences of living among the Amish. Hear heartwarming stories as you explore a real Amish home, stables, workshop, country stores and bakery (including H & M Country Store, Rolling Hills Country Store and Sherwood Quilts & Craft Shop). There will be opportunities for you to purchase Amish crafted furniture, baskets, quilts, spices and bakery items. A delicious lunch at Gingerich Dutch Pantry is included in the tour. Also, there's a special side trip to the Squirrel Cage Jail, built in 1889, in Gallatin, Missouri.

Go to mccneb.edu/ce for complete descriptions and important details.

Sarpy Center, 9110 Giles Road, La Vista, NE

TRVL-237N-80 SA 06:00A-08:00P 07/29-07/29 \$112

NEW! Czech Festival*

Vitame Vas! The town of Wilber, Nebraska graciously welcomes you to our nation's Czech Capital for a day of celebration for their famous summer festival. Enjoy an authentic Czech lunch with our group, watch an entertaining parade with participants dressed in traditional costume from the old country what once was Czechoslovak, listen to traditional polka music throughout the festival and see a car show. There will be time on your own to shop in Frank's Meat Market for kolache and Bohemian meat specialties made from original recipes, plus visit the many vendors selling Czech bakery specialties. Also, learn about Czech costumes at the Czech Craft Shop Tent and explore the three levels of the Czech Museum. Afterward, there will be a special stop at Capital View Winery and Vineyards for wine sampling in Roca, Nebraska. Go to mccneb.edu/ce for complete descriptions and important details.

Sarpy Center, 9110 Giles Road, La Vista, NE

TRVL-433N-80 SA 09:30A-07:00P 08/05-08/05 \$76

Fort to Fort, Journey to the Past*

Join the celebration of Nebraska's 150th year of statehood. Journey to the past by visiting the award-winning, authentically restored home of General George Crook at Fort Omaha, enjoying a historic lunch in the Indian Agent Council House in Fort Calhoun (catered by Cure Cooking), participating in a tour of Fort Atkinson with your authentic historically dressed guide, and listening to a program by native speaker Matthew "Sitting Bear" Jones. Mr. Jones is a member of the Otoe-Missouria Nation. This program celebrates the Otoe-Missouria Tribes and their first meeting with Lewis and Clark. The event took place on the site of Fort Atkinson on Aug. 3, 1804. He will talk about the Nation's impact on the state of Nebraska, the Territory (Louisiana Purchase) to Statehood. After the program, hop over two blocks to the downtown of Fort Calhoun and visit the Too Far North Wine Bar and Brewpub. This renovated Metz Brewery saloon dating to 1904 now features Nebraska wines and microbrews in an artistic and cozy tasting room. The meal will include smoked heritage breed pork shoulder, naturally leavened bread from Stick and Stone Brick Oven Bakery, and locally made goat cheese and sides. Go to mccneb.edu/ce for complete descriptions and important details.

Fort Omaha Campus, Bldg. 10, 30th and Fort streets

TRVL 435N 80 TH 09:45A-06:00P 08/03-08/03 \$79

NEW! LeClaire & the Mighty Mississippi River*

Experience a riverboat cruise on the mighty Mississippi River in Moline, Illinois, browse through quaint shops in the town of Le Claire, Iowa—home of the American Pickers (seen on TV's History Channel), enjoy a night at the grand Radisson Plaza Hotel in Davenport, Iowa and more! A mandatory \$50 administrative charge will occur if you cancel your reservation once it has been made. There will be no refunds allowed after Aug. 3. Please consider signing up for trip insurance. The trip leader is Kevin Kowskie. Go to mccneb.edu/ce for complete descriptions and important details. No discount fee for sharing a hotel room. Price is per person.

Day 1, Friday, Aug. 11

07:00 A - Depart from MCC Sarpy Center
11:30 A - Fast Food lunch.
01:15 P - American Picker's store and shopping in Le Claire
04:00 P - Buffalo Bill's Museum
05:30 P - Check in at Radisson Plaza Hotel in Davenport
06:30 P - Dinner
08:30 P - Night free - walk down to Riverfront - Isle Casino

Day 2, Saturday, Aug. 12

08:00 A - Breakfast at hotel (included)
09:00 A - Check out of hotel
09:30 A - Village of East Davenport
10:30 A - John Deere Pavilion
11:30 A - Mississippi River Cruise boarding in Moline, IL
12:15 P - Riverboat luncheon (included)
02:00 P - Chocolate Manor
03:00 P - Great River Brewery tour
04:00 P - Leave the Quad-Cities
10:30 P - Approximate return to MCC Sarpy Center

Sarpy Center, 9110 Giles Road, La Vista, NE

TRVL-434N-80 FSA 07:00A-10:30P 08/11-08/12 \$299

NEW! Date Night Mystery Tour*

Enjoy an exciting date night mystery tour. Experience the unknown with your date for a night of intrigue and fun. Learn all about the details, but first, you must enroll. A couple of hints for you - your date and you will be treated to a meal during the evening and be out late enough to see all the stars in the sky! Register early to secure your place. If you prefer not to bring a date you may bring a friend. The tour is priced per person. Go to mccneb.edu/ce for complete descriptions and important details.

Sarpy Center, 9110 Giles Road, La Vista, NE

TRVL-426N-80 F 06:00P-12:30A 08/18-08/18 \$98

NEW! A Total Solar Eclipse*

In collaboration with Central Community College. Experience a once-in-a-lifetime event when you visit Grand Island, Nebraska, on Aug. 21 to view a total solar eclipse. The moon will align perfectly covering the view of the sun for two minutes and 34 seconds causing Grand Island to be cast into total darkness beginning at 12:58 p.m. Our group will have a reserved spot, with a 360 degree view, for the eclipse from the grounds of Central Community College. The most spectacular eclipse phenomena, a corona, happens only during a total eclipse. Backup plans are in place to change the viewing spot if it's cloudy. The last total solar eclipse witnessed in the continental U.S. was in 1979. Later, visit the Stuhr Museum, rated as one of the top ten Old West museums in the country. Tour the Stuhr building, the Fonner Rotunda, and Railroad Town plus view a Pawnee earth lodge. Then meet the step one guide for an informative drive through the neighborhoods of Grand Island. A special stop is planned for dinner before the return home. Bring a blanket or folding chair, sunscreen and water. Register early to secure your place. Go to mccneb.edu/ce for complete descriptions and important details.

Sarpy Center, 9110 Giles Road, La Vista, NE

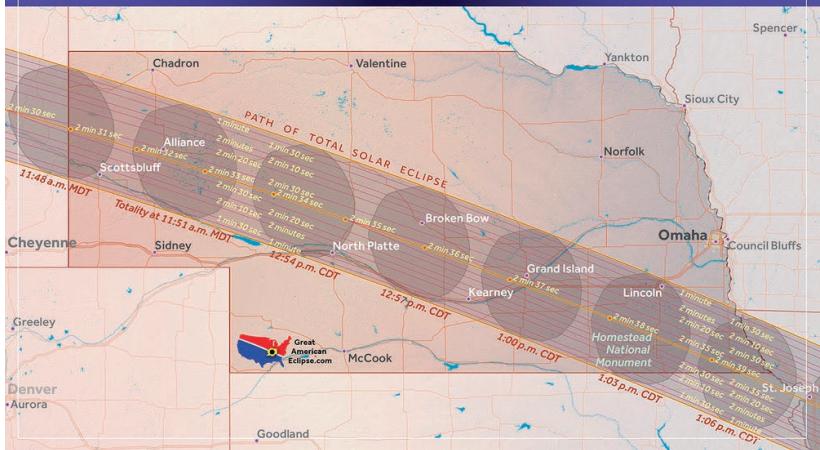
TRVL-427N-80 M 08:00A-08:30P 08/21-08/21 \$104

TOTAL SOLAR ECLIPSE OVER NEBRASKA ON AUGUST 21, 2017

The sight of a lifetime



Don't miss it!



WELLNESS

FIT IN THE CITY THE UNDERGROUND

IF YOU DON'T RISK ANYTHING, YOU EVEN RISK MORE

MCC welcomes a new partnership with Fit In The City for our noncredit programs. As a leader in both worksite wellness and community wellness programs since 2000, Fit In The City has committed to an educational approach to wellness and fitness programs. All instructors are experienced, carry current national certifications, CPR/AED and instruct and educate to all fitness levels. Programs are offered in partnership at their Bellevue and Ralston locations.

FIT IN THE CITY

NEW! Barre Body

Barre workouts are designed for total body conditioning using a combination of ballet, yoga, Pilates and fitness movements designed to create chiseled abs, toned legs, cut arms and a high lifted seat. The ballet leg movements may be supported by a ballet barre, wall or chair to accommodate various fitness levels. Dress in comfortable workout attire. Athletic shoes are optional. You may bring your own mat or use those provided. (four weeks)

Fit In The City The Underground, 7557 Main St., Ralston, NE

WELL-505N-80 W 10:00A-11:00A 06/07-06/28 \$50
WELL-505N-81 W 10:00A-11:00A 07/05-07/26 \$50

NEW! Good Fats Vs. Bad Fats

Join this eye-opening lecture and learn why good fats are needed in our diet, what defines a bad fat, how to avoid them and develop a better understanding for how fats affect our body. Includes handouts, recipes and food samples with healthy fats. (one session)

Fit In The City The Underground, 7557 Main St., Ralston, NE

WELL-501N-80 SA 09:00A-11:00A 08/05-08/05 \$40

NEW! Snack Attack

It can attack you at any time! Hunger pains, sugar cravings, eating because of stress. We can help you fix that! Learn how to snack for the right reasons, receive more than 100 quick easy to fix recipes and make three snacks during the workshop to take home. (one session)

Fit In The City The Underground, 7557 Main St., Ralston, NE

WELL-504N-80 SA 09:00A-11:00A 06/10-06/10 \$40

NEW! Yoga for Every Body

Join this summer yoga class that invites all fitness levels and bodies for a total body flexibility program from head to toe. Includes standing and seated postures along with a final relaxation. Suitable for ages 16 and up. Bring your own mat or use those provided onsite.

(four weeks)

Fit In The City The Underground, 7557 Main St., Ralston, NE

WELL-502N-80 W 09:00A-10:00A 06/07-06/28 \$50
WELL-502N-81 W 09:00A-10:00A 07/05-07/26 \$50



BELLEVUE LIED ACTIVITY CENTER

NEW! Aqua Fitness*

Have fun in water fitness classes this summer in the comfort of a heated indoor pool. Enjoy exercises that are designed to increase your cardiovascular, strength and your flexibility. A variety of pool equipment is also available and pool is zero depth entry. (four weeks)

Bellevue Lied Activity Center, 2700 Arboretum Drive, Bellevue, NE

WELL-512N-80 TTH 09:30A-10:30A 06/06-06/29 \$80
WELL-512N-81 TTH 09:30A-10:30A 07/06-08/01 \$80

NEW! H2O-The Workout*

This aqua workout challenges the participant to step outside their comfort zone. Includes water running, interval training, core work and resistance training, all in the comfort of the water. Bring a towel, swimsuit and water shoes. (four weeks)

Bellevue Lied Activity Center, 2700 Arboretum Drive, Bellevue, NE

WELL-513N-80 MW 05:30P-06:30P 06/07-07/03 \$80
WELL-513N-81 MW 05:30P-06:30P 07/10-08/02 \$80

NEW! Real Strength*

Regular strength training is the key to improving bone strength, joint flexibility and reducing the risk of age related diseases. This class is tailored to your ability with a variety of resistance exercises for upper, lower and core muscles. Equipment options are hand weights, barbells, stability balls, kettle bells, medicine balls, resistance tubing and bodyweight. Dress in comfortable workout attire with athletic shoes. You may bring your own mat or use those provided. (four weeks)

Bellevue Lied Activity Center, 2700 Arboretum Drive, Bellevue, NE

WELL-511N-80 TTH 06:00P-07:00P 06/06-06/29 \$80
WELL-511N-81 TTH 06:00P-07:00P 07/06-08/01 \$80

ESSENTIAL OILS SERIES

NEW! Essential Oils Series

Essential oils and aromatherapy are gaining more popularity as a natural way for first-aid, self-care, green cleaning and immune support as well as muscle and pain relief. Learn about essential oil safety, mixing and many common ways of using them for yourself and your family and friends. You'll learn how to create a healthier lifestyle, one that is more natural with essential oils. There are so many ways to use them to enhance your life and these are just a few. Take all three classes and receive a discount. Use this course number to register for all three classes. Bring a \$15 supply fee for your very own essential oil sampler pack. (three weeks)

Westside Community Conference Center, 3534 S. 108th St.
(lower level, park in back)

WELL-506N-80 TH 06:00P-08:00P 07/13-07/27 \$60

NEW! Essential Oils, General Uses

Explore distillation methods, essential oil safety and general uses of essential oils. The \$15 supply fee for the essential oil sampler pack only needs to be paid once, no matter how many classes you are taking in the series. (one session)

Westside Community Conference Center, 3534 S. 108th St.
(lower level, park in back)

WELL-507N-80 TH 06:00P-08:00P 07/13-07/13 \$25

NEW! Essential Oils: Utilization

Explore uses of specific essential oils and ways to utilize them including: vapor treatments, massage or bath and diffusing. The \$15 supply fee for the essential oil sampler pack only needs to be paid once, no matter how many classes you are taking in the series. (one session)

Westside Community Conference Center, 3534 S. 108th St.
(lower level, park in back)

WELL-508N-80 TH 06:00P-08:00P 07/20-07/20 \$25

NEW! Essential Oils: Household

Explore and discuss the many household uses including making cleaning products, air fresheners and perfumes. The \$15 supply fee for the essential oil sampler pack only needs to be paid once, no matter how many classes you are taking in the series. (one session)

Westside Community Conference Center, 3534 S. 108th St.
(lower level, park in back)

WELL-509N-80 TH 06:00P-08:00P 07/27-07/27 \$25

NEW! Change Unwanted Feelings with NLP and EFT

Neuro linguistic programming and emotional freedom techniques are profound and simple methods to change your patterns of thinking, phobias, unwanted behaviors, reactions, responses, anxiety, public speaking and more! Learn how to do EFT in one session which works with acupressure points. Experience a method to eliminate or reduce cravings for one product like chocolate, sugar, pop, etc. You do not have to live with unwanted habits, feelings and behaviors. These methods have had amazing results and often within a short period of time. Most people notice a difference in the first class. Aubrey Nye is a certified Hypnotherapist, and in NLP and EFT. (one session)

Westside High School, 89th and Pacific streets (use main entrance)

WELL-4991-80 SA 09:30A-12:30P 07/15-07/15 \$42

Gentle Yoga for Stress Relief

Looking for a gentle yoga class to relax and unwind? Bring a yoga mat and set aside time to move, breathe and relax with others just like you. A perfect introduction to yoga or as a restorative practice to the experienced yoga student. Reserve your space today!

(four weeks)

Westside High School, 89th and Pacific streets (use main entrance)

WELL-471N-80 SA 11:00A-12:00P 06/10-07/01 \$60

Increase Your Brain Function

Learn techniques to increase the capability and functioning of your mind. These are necessary for people of any age. You will learn about studies that have been done and things you can do to take care of your brain. You can actually increase your memory and create new circuits in the brain as you get older by doing these things and help to prevent Alzheimer's and dementia. Breathing is the key to your life and improper breathing can create health issues and cognitive functioning. These breathing techniques can help with energy, stress, sleep, anxiety, calming the mind and much more. (one session)

Westside High School, 89th and Pacific streets (use main entrance)
WELL-491N-80 SA 09:30A-12:30P 07/08-07/08 \$42

Learn How to Meditate

Stress is a major cause for heart attack and stroke, memory, cognitive functioning, linked with Alzheimer's, respiratory, lowers the immune system, addiction and much more. Everyone needs to have methods to decrease stress on a regular basis, but who has the time? If you have a heart attack or stroke, you will have the time. The instructor will be showing you some of the top methods that doctors, therapists, etc. are suggesting to use. These are simple methods that only take a minute or more, depending on your time. Bring a blanket and pillow. (one session)

Westside High School, 89th and Pacific streets (use main entrance)
WELL-350N-80 SA 09:30A-12:30P 06/17-06/17 \$42

NEW! Oh My Aching Feet

Do your feet hurt from standing continually on your job? Do your 'dogs' bark at you at the end of the day to sit down and take a load off? When your feet are miserable, you feel miserable all over! Discover natural ways of improving circulation in your feet and legs as well as effective ways of easing foot pain. Come and experience first-hand things that can make a positive difference in your overall foot comfort and are all natural too! Your feet will thank you for it! Bring a dish pan and small towel. (one session)

**Westside Community Conference Center, 3534 S. 108th St.
(lower level, park in back)**
WELL-510N-80 TH 06:00P-08:00P 08/03-08/03 \$30

Past Life Regression

Find out who you were in a past life with a known technique that helps you to experience images and feelings. Information will be provided on evidence and documentation of reincarnation. You may be curious if you were with a particular person in a past life, about a recurring dream of a different time and place, a deja vu with a country or place you have visited, a different race and culture that seems familiar or a phobia. Many people have had interesting experiences and images in my classes. Bring a blanket or a lawn chair to be comfortable.

(one session)

Westside High School, 89th and Pacific streets (use main entrance)
WELL-401N-80 SA 09:30A-12:30P 08/12-08/12 \$42

Personal Color Analysis

Your skin, hair and eye colors combine in beautiful harmony. They in turn compliment and harmonize with a palette of wardrobe and makeup colors. Learn which colors are most flattering to you. This class also features skin care and cosmetic suggestions. (one session)

Millard South High School, 14905 Q St. (use main east entrance)
HOMI-581N-70 M 06:00P-08:00P 06/12-06/12 \$19

Reiki Level One*

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

Energy Healing Center, 12100 West Center Road, Suite 522A
WELL-045N-80 SA 10:00A-04:00P 07/15-07/15 \$74

Tai Chi Basics

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

Westside High School, 89th and Pacific streets (use main entrance)
WELL-460N-80 SA 10:00A-11:00A 06/10-07/01 \$60

IMPROVE YOUR LIFE WITH HYPNOSIS

Weight Loss Hypnosis

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

Westside High School, 89th and Pacific streets (use main entrance)
WELL-118N-80 SA 09:30A-12:30P 07/22-07/22 \$42

Stop Smoking with Hypnosis

Is it time to quit? Hypnosis has been successful for thousands of people. With hypnosis, you do not experience any continual cravings or side effects. You just stop! One student who smoked three packs a day came to the class, not expecting it to work, and was amazed that he completely stopped after the hypnosis. See if it can work for you too. For hypnosis, you can stay in your chair or bring a blanket/pillow for the floor. (one session)

Westside High School, 89th and Pacific streets (use main entrance)
WELL-413N-80 SA 09:30A-12:30P 08/05-08/05 \$42



YOUTH AT MCC DO SPACE

App Attack!

Take the first steps into the world of mobile app design and customize your own game app! Using a specialized app and game development tool, students will explore the world of web-based (HTML5) mobile apps. In addition to learning the basics of mobile app design and game development, you will also see firsthand how the world of app publishing functions. Student-created apps will be accessible on a private site and can be played on any mobile device or computer. Publishing to app stores not included. No prior experience is necessary and students do not need to own a smartphone or tablet to take the class. Students will work in pairs or teams for most of the program.

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

KIDS-376N-60 MTWTH	09:00A-12:00P	06/12-06/15	\$175
(Ages 8-10)			
TEEN-247N-50 MTWTH	01:00P-04:00P	06/12-06/15	\$175
(Ages 11-14)			

Code Breakers

Calling all future coders, programmers and designers! Learn the basics of coding languages like HTML, JavaScript and CSS through a series of web projects and design challenges each day and be on your way to becoming the next tech star! Whether you want to be the next Mark Zuckerberg or the high school student who just made \$1 million dollars for programming in his bedroom, this course has the essentials you need to begin your journey. Projects will be available on a Black Rocket website to share with friends and family. Students will work in pairs or teams for most of the program.

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

KIDS-378N-60 MTWTH	09:00A-12:00P	06/26-06/29	\$175
(Ages 8-10)			
TEEN-249N-50 MTWTH	01:00P-04:00P	06/26-06/29	\$175
(Ages 11-14)			

Make Your First 3-D Video Game!

Try this new version of a Black Rocket classic! This class allows you to develop a game concept that goes well beyond the limitations of the traditional 2-D game design classes and create an immersive 3-D world. Students will learn the physics behind 3-D games, explore beginner event scripting, level design, controlling flow of gameplay and story telling. Student-created games will be available on a password-protected Black Rocket website to share with friends and family. Students will work in pairs or teams for most of the program.

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

KIDS-377N-60 MTWTH	09:00A-12:00P	06/19-06/22	\$175
(Ages 8-10)			
TEEN-248N-50 MTWTH	01:00P-04:00P	06/19-06/22	\$175
(Ages 11-14)			

Make Your First Video Game!

If you love playing video games, this is the camp for you! Make your first video game in this one-of-a-kind class that shows you the keys to designing your first 2-D platformer game. Conceptualization, play experience, level design, graphics, sounds and simple coding are just some of the concepts that we'll explore. No prior experience necessary, just a desire to have fun. Student-created games will be available on a password-protected Black Rocket website to share with friends and family. Games are only compatible on PC computers, Mac versions can be created after the program for \$15 conversion fee. Students will work in pairs or teams for most of the program.

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

KIDS-375N-60 MTWTH	09:00A-12:00P	06/05-06/08	\$175
(Ages 8-10)			
TEEN-246N-50 MTWTH	01:00P-04:00P	06/05-06/08	\$175
(Ages 11-14)			

MCC Robotics and Programming Camp

For students entering fourth to eighth grade, ages 9-13:

Experimental. Student-centric. Collaboration. These are some of the skills students will learn in this workshop. Students will also pair their creativity and critical thinking skills with state-of-the-art STEMBoT technologies and the master design thinking process (define, ideate, prototype and test) to create student driven robotic systems. This class focuses on the programming side of the assembled system and students will assemble each of the components and use programming language to create new robots designed to complete specific challenges. Each day will cover a separate lesson plan culminating in an exposition-styled competition event on the final day of camp. (Students will need to bring their own sack lunches).

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

KIDS-383N-60 MTWTHF	09:00A-03:00P	06/19-06/23	\$199
KIDS-383N-61 MTWTHF	09:00A-03:00P	07/10-07/14	\$199

Minecraft® Animators

Bring your favorite Minecraft characters to life in an animated short film! Learn how studios like Pixar and Disney make movies like "Inside Out" and "Frozen" by using techniques like keyframing, tweening, texturing and animating rigged 3-D models! Student projects will be available on a password-protected Black Rocket website to share with friends and family. You do not need to own a Minecraft account to use the software in this class. Students will work in pairs or teams for most of the program. Returning students can create more advanced projects that build on previous years. Mac users can play their project at home, but will not be able to edit the project without a PC.

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

KIDS-379N-60 MTWTH	09:00A-12:00P	07/10-07/13	\$175
(Ages 8-10)			
TEEN-250N-50 MTWTH	01:00P-04:00P	07/10-07/13	\$175
(Ages 11-14)			

Minecraft® Designers

If you love Minecraft and always wanted to design your own world, this class is for you! Learn how to create a custom map, the basics of creating 3-D models using a new software to design your very own objects, how to build with Redstone and Command blocks and create custom textures for you to import at home or share with friends. To access their project at home, students must own a PC/MAC version of Minecraft. Tablet, phone and game console versions of Minecraft are not compatible. Parent email address is required to use 3-D modeling software. Students will work in pairs or teams for most of the program.

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

KIDS-380N-60 MTWTH	09:00A-12:00P	07/17-07/20	\$175
(Ages 8-10)			
TEEN-251N-50 MTWTH	01:00P-04:00P	07/17-07/20	\$175
(Ages 11-14)			

Minecraft® Modders

Use your favorite game to learn the basics of modding and foundations of programming. Learn scripting and logic statements as you create your first mods! Introductory coding will also be taught through a simulated environment inspired by Minecraft. Student projects will be available on a password protected Black Rocket website to share with friends and family. To access their project at home students must own a PC/MAC version of Minecraft. Tablet, phone and game console versions of Minecraft are not compatible. Students will work in pairs or teams for most of the program.

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

KIDS-381N-60 MTWTH	09:00A-12:00P	07/24-07/27	\$175
(Ages 8-10)			
TEEN-252N-50 MTWTH	01:00P-04:00P	07/24-07/27	\$175
(Ages 11-14)			

Nebraska Robotics – Session 1

STEMBoT challenges at MCC at Do Space. Picking up where the expo left off, this class will challenge students to use their skills to collaboratively work on problem-based learning projects, robotics, electronics and engineering design. Students will use the latest technologies to design and build programs to control their robots in real-world challenges. Students will receive customized instruction specific to their level of training and they will use critical thinking and creativity to program and use their newly assembled robots. Each session will cover separate lesson plans and culminate in an expo-styled competition event on the final day of camp.

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

KIDS-384N-60 SA	09:00A-12:00P	06/03-06/24	\$99
(Ages 7-12)			
TEEN-254N-50 SA	01:00P-04:00P	06/03-06/24	\$99
(Ages 13-17)			

Nebraska Robotics – Session 2

STEMBoT challenges at MCC at Do Space. Picking up where the expo left off, this class will challenge students to use their skills to collaboratively work on problem-based learning projects, robotics, electronics and engineering design. Students will use the latest technologies to design and build programs to control their robots in real-world challenges. Students will receive customized instruction specific to their level of training and they will use critical thinking and creativity to program and use their newly assembled robots. Each session will cover separate lesson plans and culminate in an expo-styled competition event on the final day of camp.

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

KIDS-385N-61 SA	09:00A-12:00P	07/08-07/29	\$99
(Ages 7-12)			
TEEN-255N-50 SA	01:00P-04:00P	07/08-07/29	\$99
(Ages 13-17)			

Video Game Animation

Take your game design skills to the next level by creating and animating your own character sprites, objects and backgrounds. Start with a name, develop the character's personality, signature moves, special powers and a story line. Finish with a fully animated character to be used in your very own game. Students do not need any prior experience in game design, animation or sketching. Student-created games will be available on a password-protected Black Rocket website to share with friends and family. Games are only compatible on PC computers; Mac versions can be created after the program for \$15 conversion fee. Students will work in pairs or teams for most of the program.

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

KIDS-382N-60 MTWTH	09:00A-12:00P	07/31-08/03	\$175
(Ages 8-10)			
TEEN-253N-50 MTWTH	01:00P-04:00P	07/31-08/03	\$175
(Ages 11-14)			

ED2GO CONTINUING EDUCATION ONLINE COURSES

MCC's Continuing Education department presents online classes in cooperation with Education2Go. Take these online courses in the comfort of your home, at the office or anywhere the Internet is accessible at the times that are convenient to you. Courses begin monthly! You may ask questions of your instructor and receive advice at any time—all online. Online classes listed in this mailer are just a sampling of the 300+ Ed2Go classes available. Visit ed2go.com/metropolitan for the complete listing.

All courses require access to the Internet and a valid email address. The work for these classes is completed at ed2go.com/metropolitan.

To enroll

The two-step registration process is as follows:

1. Go to ed2go.com/metropolitan. Search for the title of your course. To view information about the course, click on the course title. To enroll, click Enroll Now, create a username and password, and follow the prompts. Keep these; you will need them later.
2. After completing step one, call MCC's Contact Center at 531-MCC-5231 to complete enrollment and pay tuition. Failure to complete registration will result in denied access to your course.

A to Z Grant Writing*

Learn how to research and develop relationships with potential funding sources, organize grant writing campaigns and prepare proposals. All coursework for this class is completed at [\(six weeks\)](http://ed2go.com/metropolitan)

BSAD-565N-60	WF	06/14-07/21	\$99
BSAD-565N-61	WF	07/12-08/18	\$99
BSAD-565N-62	WF	08/16-09/22	\$99

NEW! A to Z Grant Writing II - Beyond the Basics*

Sharpen your grant research skills, write the most important sections of grant applications and learn the types of grants available. All coursework for this class is completed at [\(six weeks\)](http://ed2go.com/metropolitan)

BSAD-908N-60	WF	06/14-07/21	\$99
BSAD-908N-61	WF	07/12-08/18	\$99
BSAD-908N-62	WF	08/16-09/22	\$99

CompTIA Security + Certification Prep*

Master the terms and concepts you need to pass the CompTIA Security+ exam and earn your Security+ certificate. All coursework for this class is completed at [\(six weeks\)](http://ed2go.com/metropolitan)

COMP-088N-60	WF	06/14-07/21	\$99
COMP-088N-61	WF	07/12-08/18	\$99
COMP-088N-62	WF	08/16-09/22	\$99

Computer Skills for the Workplace*

Gain a working knowledge of the computer skills you'll need to succeed in today's job market. All coursework for this class is completed at [\(six weeks\)](http://ed2go.com/metropolitan)

COMP-233N-60	WF	06/14-07/21	\$99
COMP-233N-61	WF	07/12-08/18	\$99
COMP-233N-62	WF	08/16-09/22	\$99

Discover Digital Photography*

An informative introduction to the fascinating world of digital photography equipment. All coursework for this class is completed at [\(six weeks\)](http://ed2go.com/metropolitan)

PHOT-011N-60	WF	06/14-07/21	\$99
PHOT-011N-61	WF	07/12-08/18	\$99
PHOT-011N-62	WF	08/16-09/22	\$99

Drawing for the Absolute Beginner*

Gain a solid foundation in drawing and become the artist you've always dreamed you could be! All coursework for this class is completed at [\(six weeks\)](http://ed2go.com/metropolitan)

ARTC-166N-60	WF	06/14-07/21	\$99
ARTC-166N-61	WF	07/12-08/18	\$99
ARTC-166N-62	WF	08/16-09/22	\$99

NEW! Grammar Refresher II*

Take your grammar and language mechanics skills to the next level and master the building blocks of effective writing. All coursework for this class is completed at [\(six weeks\)](http://ed2go.com/metropolitan)

COMM-904N-60	WF	06/14-07/21	\$99
COMM-904N-61	WF	07/12-08/18	\$99
COMM-904N-62	WF	08/16-09/22	\$99

Growing Plants for Fun and Profit*

An industry professional teaches you everything you need to prosper in the backyard nursery business. All coursework for this class is completed at [\(six weeks\)](http://ed2go.com/metropolitan)

HOMI-568N-60	WF	06/14-07/21	\$99
HOMI-568N-61	WF	07/12-08/18	\$99
HOMI-568N-62	WF	08/16-09/22	\$99

Instant Italian*

Learn Italian from the comfort of your home in this fun and enjoyable online course. All coursework for this class is completed at [\(six weeks\)](http://ed2go.com/metropolitan)

LANG-032N-60	WF	06/14-07/21	\$99
LANG-032N-61	WF	07/12-08/18	\$99
LANG-032N-62	WF	08/16-09/22	\$99

Introduction to Microsoft Excel 2016*

Become proficient in using Microsoft Excel 2016 (now available through Office 365) and discover how to create worksheets, workbooks, charts and graphs quickly and efficiently. All coursework for this class is completed at [\(six weeks\)](http://ed2go.com/metropolitan)

COMP-283N-60	WF	06/14-07/21	\$115
COMP-283N-61	WF	07/12-08/18	\$115
COMP-283N-62	WF	08/16-09/22	\$115

Introduction to Microsoft Word 2016*

Learn to use the basic features of Word 2016 (now available through Office 365) to type, edit, format, spell check and print professional-looking documents, letters and reports. All coursework for this class is completed at ed2go.com/metropolitan. (six weeks)

COMP-281N-60	WF	06/14-07/21	\$115
COMP-281N-61	WF	07/12-08/18	\$115
COMP-281N-62	WF	08/16-09/22	\$115

NEW! Introduction to QuickBooks 2017*

Learn how to quickly and efficiently gain control over the financial aspects of your business. All coursework for this class is completed at ed2go.com/metropolitan.

(six weeks)			
COMP-943N-60	WF	06/14-07/21	\$115
COMP-943N-61	WF	07/12-08/18	\$115
COMP-943N-62	WF	08/16-09/22	\$115

NEW! Intermediate QuickBooks 2017*

Go beyond the basic introductory concepts and learn how to gain more control and improve productivity while using QuickBooks. All coursework for this class is completed at ed2go.com/metropolitan.

(six weeks)			
COMP-942N-60	WF	06/14-07/21	\$115
COMP-942N-61	WF	07/12-08/18	\$115
COMP-942N-62	WF	08/16-09/22	\$115

Introduction to QuickBooks Online*

Use this cloud-based accounting program to record income and expenses; enter checks and credit card payments; track your payables, inventory, receivables and much more. All coursework for this class is completed at ed2go.com/metropolitan. (six weeks)

COMP-267N-60	WF	06/14-07/21	\$99
COMP-267N-61	WF	07/12-08/18	\$99
COMP-267N-62	WF	08/16-09/22	\$99

Introduction to Stock Options*

Learn how stock options can protect your portfolio and help you profit in any type of market. All coursework for this class is completed at ed2go.com/metropolitan. (six weeks)

FINA-102N-60	WF	06/14-07/21	\$99
FINA-102N-61	WF	07/12-08/18	\$99
FINA-102N-62	WF	08/16-09/22	\$99

Marketing Your Business on the Internet*

Develop an Internet marketing plan for your business that incorporates SEO, advertising, email, social media and more. All coursework for this class is completed at ed2go.com/metropolitan. (six weeks)

BSAD-613N-60	WF	06/14-07/21	\$99
BSAD-613N-61	WF	07/12-08/18	\$99
BSAD-613N-62	WF	08/16-09/22	\$99

Master Your Digital SLR Camera*

Take your photography to the next level with your digital SLR camera by learning how to master lenses, apertures, shutter speed, exposure settings and more. All coursework for this class is completed at ed2go.com/metropolitan. (six weeks)

PHOT-042N-60	WF	06/14-07/21	\$99
PHOT-042N-61	WF	07/12-08/18	\$99
PHOT-042N-62	WF	08/16-09/22	\$99

NEW! Medical Terminology II: A Focus on Human Disease*

Learn medical terminology related to all 11 of the body's organ systems, with an emphasis on human disease, diagnostic procedures and treatment techniques. All coursework for this class is completed at ed2go.com/metropolitan. (six weeks)

BSAD-918N-60	WF	06/14-07/21	\$99
BSAD-918N-61	WF	07/12-08/18	\$99
BSAD-918N-62	WF	08/16-09/22	\$99

NEW! Project Management Fundamentals II*

Learn 10 essential skills every project manager needs to successfully plan and manage projects. All coursework for this class is completed at ed2go.com/metropolitan. (six weeks)

BSAD-185N-60	WF	06/14-07/21	\$99
BSAD-185N-61	WF	07/12-08/18	\$99
BSAD-185N-62	WF	08/16-09/22	\$99

Secrets of Better Photography*

Learn how to take better pictures by understanding your camera and how to use it in a variety of situations. All coursework for this class is completed at ed2go.com/metropolitan. (six weeks)

PHOT-132N-60	WF	06/14-07/21	\$99
PHOT-132N-61	WF	07/12-08/18	\$99
PHOT-132N-62	WF	08/16-09/22	\$99

Spanish for Law Enforcement*

Master the fundamentals of the Spanish language by practicing basic conversational skills and learning essential Spanish terminology for law enforcement situations. All coursework for this class is completed at ed2go.com/metropolitan. (six weeks)

LANG-035N-60	WF	06/14-07/21	\$99
LANG-035N-61	WF	07/12-08/18	\$99
LANG-035N-62	WF	08/16-09/22	\$99

Speed Spanish*

Learn six easy recipes to glue Spanish words together into sentences, and you'll be engaging in conversational Spanish in no time. All coursework for this class is completed at ed2go.com/metropolitan. (six weeks)

LANG-578N-60	WF	06/14-07/21	\$99
LANG-578N-61	WF	07/12-08/18	\$99
LANG-578N-62	WF	08/16-09/22	\$99

Start Your Own Edible Garden*

Learn how to grow delicious, nutritious fruit and vegetables in your own backyard. All coursework for this class is completed at ed2go.com/metropolitan. (six weeks)

HOMI-031N-60	WF	06/14-07/21	\$99
HOMI-031N-61	WF	07/12-08/18	\$99
HOMI-031N-62	WF	08/16-09/22	\$99

Start Your Own Gift Basket Business*

Learn how to make gift baskets that stand out from everyone else! By the end of this course, you'll be ready to start your own business as a gift basket designer and you'll have the confidence you need to excel in this fun and profitable career. All coursework for this class is completed at ed2go.com/metropolitan. (six weeks)

ARTC-099N-60	WF	06/14-07/21	\$99
ARTC-099N-61	WF	07/12-08/18	\$99
ARTC-099N-62	WF	08/16-09/22	\$99

Start Your Own Online Business*

Learn how to leverage the Internet to start your own online business and build a website to sell your traditional and digital products and services. All coursework for this class is completed at ed2go.com/metropolitan. (six weeks)

COMP-911N-60	WF	06/14-07/21	\$99
COMP-911N-61	WF	07/12-08/18	\$99
COMP-911N-62	WF	08/16-09/22	\$99

Write Your Life Story*

Learn how to create and distribute an inspirational and professional autobiography for family, friends and others. All coursework for this class is completed at ed2go.com/metropolitan. (six weeks)

COMM-032N-60	WF	06/14-07/21	\$99
COMM-032N-61	WF	07/12-08/18	\$99
COMM-032N-62	WF	08/16-09/22	\$99

Writing Essentials*

Master the essentials of writing so you can excel at business communications, express yourself clearly online and take your creative literary talents to a new level. All coursework for this class is completed at ed2go.com/metropolitan. (six weeks)

BSAD-133N-60	WF	06/14-07/21	\$99
BSAD-133N-61	WF	07/12-08/18	\$99
BSAD-133N-62	WF	08/16-09/22	\$99

Writing for Children*

Published children's author shows you how to touch the hearts of children by creating books for them. All coursework for this class is completed at ed2go.com/metropolitan. (six weeks)

COMM-016N-60	WF	06/14-07/21	\$99
COMM-016N-61	WF	07/12-08/18	\$99
COMM-016N-62	WF	08/16-09/22	\$99

Writing Young Adult Fiction*

Develop your own young adult novel and learn how to break into one of today's hottest publishing markets. All coursework for this class is completed at ed2go.com/metropolitan. (six weeks)

COMM-075N-60	WF	06/14-07/21	\$99
COMM-075N-61	WF	07/12-08/18	\$99
COMM-075N-62	WF	08/16-09/22	\$99

REGISTER ONLINE NOW!

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



ONLINE - BUNDLE AND SAVE

MCC's Continuing Education department presents discounted bundled classes in cooperation with Education2Go. Same great online classes at a lower cost! No partial drops, transfers or refunds are offered on series bundles. Visit ed2go.com/metropolitan for more information.

All courses require access to the internet and a valid email address. The work for these classes is completed at ed2go.com/metropolitan.

To enroll

The two-step registration process is as follows:

1. Go to ed2go.com/metropolitan. Search for the title of your course. To view information about the course, click on the course title. To enroll, click Enroll Now, create a username and password, and follow the prompts. Keep these; you will need them later.

2. After completing step one, call MCC's Contact Center at 531-MCC-5231 to complete enrollment and pay tuition. Failure to complete registration will result in denied access to your course.

A to Z Grant Writing Series*

Learn all there is to know about writing grants, fundraising, and organizing a grant writing campaign. This group of online classes is ideal for those wanting to learn more about managing fundraising. Sorry, no partial drops, transfers or refunds are offered on series bundles. Courses included in this bundle are A to Z Grant Writing and A to Z Grant Writing II - Beyond the Basics. All coursework for this class is completed at ed2go.com/metropolitan. (10 weeks)

BSAD-906N-60	WF	06/14-08/18	\$170
BSAD-906N-61	WF	07/12-09/22	\$170

Adobe Value Suite*

Are you interested in dabbling in digital design and photo editing? This discounted group of courses teaches you the basics of Adobe's powerful image and graphic design software. Sorry, no partial drops, transfers or refunds are offered on series bundles. Courses included in this bundle are Introduction to Adobe InDesign CS6, Introduction to Adobe Illustrator CS6 and Introduction to Adobe Photoshop CS6. All coursework for this class is completed at ed2go.com/metropolitan. (15 weeks)

COMP-908N-60	WF	06/14-09/22	\$260
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NEW! C# Programming Series*

Learn the fundamentals of computer programming with C#, the in-demand and incredibly useful programming language that incorporates the best features of Visual Basic, C++, and Java. Sorry, no partial drops, transfers or refunds are offered on series bundles. Courses included in this bundle are Introduction to C# Programming and Intermediate C# Programming. All coursework for this class is completed at ed2go.com/metropolitan. (10 weeks)

COMP-909N-60	WF	06/14-08/18	\$170
COMP-909N-61	WF	07/12-09/22	\$170

Creating WordPress Websites Series*

This series of courses will take you from having zero experience and knowledge of web design to more advanced techniques. Sorry, no partial drops, transfers or refunds are offered on series bundles. Courses included in this bundle are Creating WordPress Websites and Intermediate WordPress Websites. All coursework for this class is completed at ed2go.com/metropolitan. (10 weeks)

COMP-904N-60	WF	06/14-08/18	\$170
COMP-904N-61	WF	07/12-09/22	\$170

Creative Writing Value Suite*

Spark your creativity and get writing with this group of courses. You'll cover everything from creative writing techniques to editing your work. Sorry, no partial drops, transfers or refunds are offered on series bundles. Courses included in this bundle are Beginning Writer's Workshop, Writing Essentials and The Keys to Effective Editing. All coursework for this class is completed at ed2go.com/metropolitan. (15 weeks)

COMM-903N-60	WF	06/14-09/22	\$260
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NEW! Digital Marketing Suite*

Learn how to develop an internet marketing plan, use popular social media platforms and achieve higher positions with major search engines. Sorry, no partial drops, transfers or refunds are offered on series bundles. Courses included in this bundle are Marketing Your Business on the Internet, Using Social Media in Business and Achieving Top Search Engine Positions. All coursework for this class is completed at ed2go.com/metropolitan. (15 weeks)

COMP-914N-60	WF	06/14-09/22	\$260
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NEW! Grammar Refresher Series*

These online courses will help you gain confidence in your ability to produce clean, grammatically correct work. Sorry, no partial drops, transfers or refunds are offered on series bundles. Courses included in this bundle are Grammar Refresher and Grammar Refresher II. All coursework for this class is completed at ed2go.com/metropolitan. (10 weeks)

COMM-905N-60	WF	06/14-08/18	\$170
COMM-905N-61	WF	07/12-09/22	\$170

Grant Writing Suite*

Learn everything you need to know to start writing grant proposals and consult or volunteer for nonprofit, public foundations. Sorry, no partial drops, transfers or refunds are offered on series bundles. Courses included in this bundle are A to Z Grant Writing, Advanced Grant Proposal Writing and Becoming a Grant Writing Consultant. All coursework for this class is completed at ed2go.com/metropolitan. (15 weeks)

BSAD-901N-60	WF	06/14-09/22	\$260
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NEW! Healthy Living Suite*

Whether you want to eat healthy, save money, get some exercise or just be more self-sufficient, these courses will give you the skills and knowledge you need to be on your way to living a healthier life. Sorry, no partial drops, transfers or refunds are offered on series bundles. Courses included in this bundle are Lose Weight and Keep It Off, Luscious Low-Fat Lighting-Quick Meals and Start Your Own Edible Garden. All coursework for this class is completed at ed2go.com/metropolitan. (15 weeks)

WELL-905N-60	WF	06/14-09/22	\$260
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NEW! Medical Office Basics Suite*

Whether you're new to the field of medicine or want to enhance your skills, these courses are for you. Sorry, no partial drops, transfers or refunds are offered on series bundles. Courses included in this bundle are Medical Terminology: A Word Association Approach, Spanish for Medical Professionals, HIPAA Compliance and Medical Math. All coursework for this class is completed at ed2go.com/metropolitan. (20 weeks)

BSAD-909N-60	WF	06/14-10/20	\$345
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Medical Spanish Series*

Communicate more effectively with Spanish-speaking patients after taking this discounted series of courses that teach Spanish for medical professionals. Sorry, no partial drops, transfers or refunds are offered on Series bundles. Courses included in this bundle are Spanish for Medical Professionals I and Spanish for Medical Professionals II. All coursework for this class is completed at ed2go.com/metropolitan. (10 weeks)

LANG-901N-60	WF	06/14-08/18	\$170
LANG-901N-61	WF	07/12-09/22	\$170

Medical Terminology Series*

Prepare for a career in the health services industry by learning medical terminology. Sorry, no partial drops, transfers or refunds are offered on series bundles. Courses included in this bundle are Medical Terminology: A Word Association Approach and Medical Terminology II: A Focus on Human Disease. All coursework for this class is completed at ed2go.com/metropolitan. (10 weeks)

BSAD-907N-60	WF	06/14-08/18	\$170
BSAD-907N-61	WF	07/12-09/22	\$170

Microsoft Excel 2016 Series*

Each course within the Excel Series will build upon the last, giving you expert knowledge in navigating and using the software. Sorry, no partial drops, transfers or refunds are offered on series bundles. Courses included in this bundle are Introduction to Microsoft Excel 2016, Intermediate Microsoft Excel 2016 and Advanced Microsoft Excel 2016. All coursework for this class is completed at ed2go.com/metropolitan. (15 weeks)

COMP-900N-60	WF	06/14-09/22	\$320
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Microsoft Office 2016 Value Suite*

Each course within the Value Suite will introduce you to the features and functionality of Microsoft's latest software. Sorry, no partial drops, transfers or refunds are offered on series bundles. Courses included in this bundle are Introduction to Microsoft Word 2016, Introduction to Microsoft Excel 2016 and Introduction to Microsoft PowerPoint 2016. All coursework for this class is completed at ed2go.com/metropolitan. (15 weeks)

COMP-901N-60	WF	06/14-09/22	\$320
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NEW! Microsoft Word 2016 Series*

Learn the ins and outs of Microsoft's newest release of Microsoft Word 2016. This discounted bundle teaches you everything you need to know about the 2016 release. Sorry, no partial drops, transfers or refunds are offered on series bundles. Courses included in this bundle are Introduction to Microsoft Word 2016 and Intermediate Microsoft Word 2016. All coursework for this class is completed at ed2go.com/metropolitan. (10 weeks)

COMP-944N-60	WF	06/14-08/18	\$220
COMP-944N-61	WF	07/12-09/22	\$220

NEW! Nonprofit Suite*

Want to enter the world of working for nonprofits? Or, are you wanting to start your own nonprofit? Let this discounted suite of courses teach you everything you need to know. Sorry, no partial drops, transfers or refunds are offered on series bundles. Courses included in this bundle are Introduction to Nonprofit Management, Marketing Your Nonprofit and Nonprofit Fundraising Essentials. All coursework for this class is completed at ed2go.com/metropolitan. (15 weeks)

BSAD-919N-60 WF 06/14-09/22 \$260

NEW! Photography Suite*

Learn everything from photography fundamentals to advanced portrait techniques to advance your photography hobby or turn it into a business. Sorry, no partial drops, transfers or refunds are offered on series bundles. Courses included in this bundle are Discover Digital Photography, Mastering Your Digital SLR Camera and Photographing People with Your Digital Camera. All coursework for this class is completed at ed2go.com/metropolitan. (15 weeks)

PHOT-901N-60 WF 06/14-09/22 \$260

QuickBooks 2017 Series*

Learn to manage the financial aspects of your small business quickly and efficiently using QuickBooks 2017. Sorry, no partial drops, transfers or refunds are offered on series bundles. Courses included in this bundle are Introduction to QuickBooks 2017 and Intermediate QuickBooks 2017. All coursework for this class is completed at ed2go.com/metropolitan. (10 weeks)

COMP-907N-60 WF 06/14-08/18 \$190
COMP-907N-61 WF 07/12-09/22 \$190

Speed Spanish Series*

Learn shortcuts to help you engage in conversational Spanish, as you build your language skills and develop fluency. Sorry, no partial drops, transfers or refunds are offered on series bundles. Courses included in this bundle are Speed Spanish, Speed Spanish II and Speed Spanish III. All coursework for this class is completed at ed2go.com/metropolitan. (15 weeks)

LANG-900N-60 WF 06/14-09/22 \$260

NEW! Stock Trading Suite*

Learn how to make wise investment decisions and discover valuable techniques that show you step-by-step how to research and value stocks. Sorry, no partial drops, transfers or refunds are offered on series bundles. Courses included in this bundle are Stocks, Bonds and Investing: Oh my! The Analysis and Valuation of Stocks and Introduction to Stock Options. All coursework for this class is completed at ed2go.com/metropolitan. (15 weeks)

FINA-900N-60 WF 06/14-09/22 \$260

Supervision and Management Series*

Whether you're new to managing employees or are a seasoned pro, these courses will help you brush up on your leadership and interpersonal communication skills, to help you lead your team to success. Sorry, no partial drops, transfers or refunds are offered on series bundles. Courses included in this bundle are Fundamentals of Supervision and Management I and Fundamentals of Supervision and Management II. All coursework for this class is completed at ed2go.com/metropolitan. (10 weeks)

BSAD-905N-60 WF 06/14-08/18 \$170
BSAD-905N-61 WF 07/12-09/22 \$170

Visual Basic Series*

Learn how to write Windows applications and programs using the Visual Basic programming language. Sorry, no partial drops, transfers or refunds are offered on series bundles. Courses included in this bundle are Introduction to Visual Basic and Intermediate Visual Basic. All coursework for this class is completed at ed2go.com/metropolitan. (10 weeks)

COMP-906N-60 WF 06/14-08/18 \$170
COMP-906N-61 WF 07/12-09/22 \$170

NEW! Web Design Value Suite*

Create your own webpages and websites after learning everything from web design layout to CSS3/HTML5 and JavaScript. Sorry, no partial drops, transfers or refunds are offered on series bundles. Courses included in this bundle are Creating Web Pages, Intro to CSS3 and HTML5 and Intro to JavaScript. All coursework for this class is completed at ed2go.com/metropolitan. (15 weeks)

COMP-945N-60 WF 06/14-09/22 \$260



DO YOU HAVE A SKILL TO SHARE?

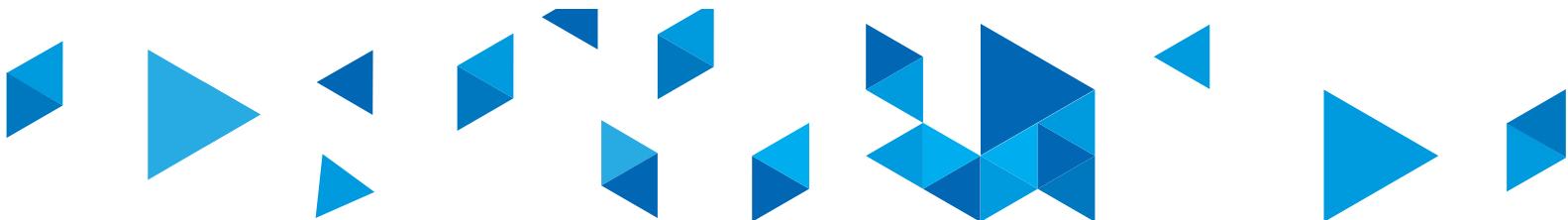
We're always looking for enthusiastic instructors to teach. Share your hobby or skill with others. Find applications at mccneb.edu/ce.

CURRENTLY SEEKING INSTRUCTORS FOR:

Lost Arts
Chalk Paint
Typing
Antiquing
Tapestry Weaving
Improv
String Art
Cookie Decorating
Cake Decorating
Tae Kwon Do

Software
Programming
Learning in Retirement
Retirement Benefit Experts
Robotics
Drones
Minecraft
Coffee Connoisseur
Solar Energy
Astronomy

Genealogy
Phone Applications
Film and Movie Discussion
Culture Presentations
Emergency Preparedness
Glass Blowing
Upcycling
Tatting
Karate
Interior Design



INFORMATION

What is Continuing Education?

- Metropolitan Community College's commitment to making adult learning opportunities available when and where you want.
- MCC listening to you, the adult learner, and bringing you the workshops and classes you have requested.
- MCC provides online classes that allow you to learn at your convenience in your home or office.
- MCC improves your quality of life by providing recreational classes in topics such as dance, photography, sewing, art, exercise and wellness.
- MCC recognizes that learning should be a pleasant, lifelong experience. As requested by those ages 50+, we offer many classes especially for those over the age of 50.
- MCC responds to the needs of our community. If, after paging through our Continuing Education mailer, you have an idea for a class or workshop, we want to hear from you. Email us at continuingeducation@mccneb.edu.

Reduced tuition

People 62 years of age or older are eligible for half-price tuition on most continuing education courses. Ineligible courses are marked with an asterisk (*). Courses marked with an asterisk are not eligible for MCC's employee/dependent tuition waiver, incentives or other promotional offers.

Three Ways to Register

Online

mccneb.edu/ce

Click on registration option

Phone

531-622-5231 or 800-228-9553

Tell our operators

1. The class numbers from this catalogue

2. Your credit/debit card information

Mail

Metropolitan Community College

Attn: Continuing Education

P.O. Box 3777

Omaha, NE 68103-0777

1. Fill out the enclosed enrollment form and include check payment.

2. Pay the amount under "tuition" only. (Some classes may have additional charges for materials and supplies. These will be collected in class.)

3. Write name of student and class number on check.

4. Make checks payable to
Metropolitan Community
College.

(Enrollment form)

Name: Last _____ First _____ MI _____

Address _____ City _____ Sate _____ ZIP _____

Email _____ Phone _____

Gender _____ Date of Birth _____

COURSE(S)

Title _____ Class Number _____ Tuition _____

Photography release

In consideration of acceptance of enrollment in 2017-18 Continuing Education courses, I authorize Metropolitan Community College to use my image, likeness, name and comments in, but not limited to, photographs, videos and audio recordings created or used for the purposes of publicity/marketing and advertising for the College.

Learners under age 16

MCC Continuing Education is pleased to welcome learners of all ages. However, learners between the ages of 12-15 wishing to enroll in non-youth courses should seek permission from the program director. Please phone 531-622-2620.

Refunds

An automatic refund is made if MCC cancels a class. To withdraw your registration before a class starts, please call 531-622-5231. Refunds will be issued to students who drop a class at least one business day (seven days for tours) prior to the class start date. No refunds will be issued for classes dropped on or after the class start date.

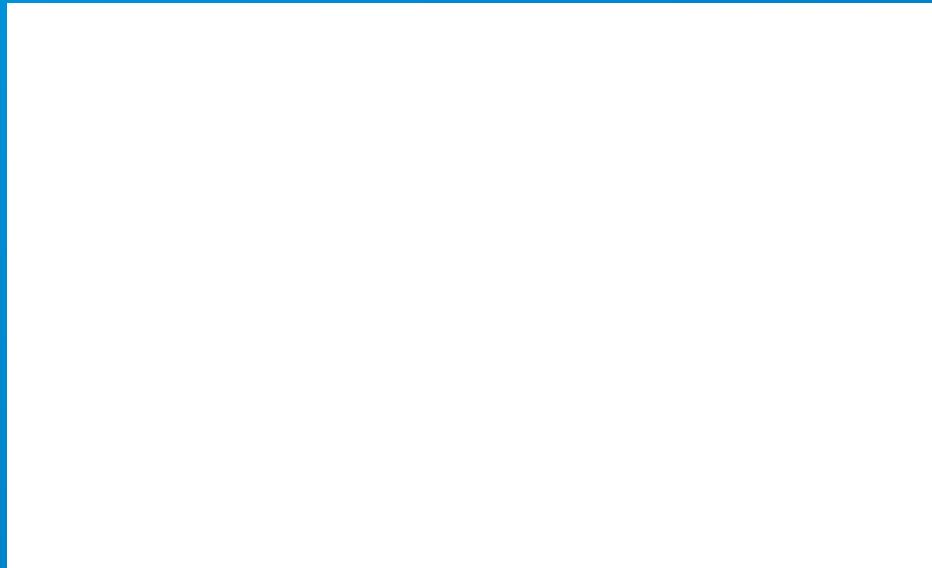
MCC assumes no liability for accidents that occur while participating in Continuing Education classes and provides no funds to cover medical costs. Participants are reminded that participation is entirely voluntary and are strongly urged to have their own health insurance. It is understood that participation is voluntary and MCC is not responsible for injuries or accidents and all liability against them is waived.

Notice

As of September 17, 2017, all MCC locations are smoke and tobacco-free. This policy promotes the well-being of all MCC community members and the maintenance of a sustainable and healthy campus environment.

For information and resources, visit <https://www.mccneb.edu/smoke-free>.

Thank you for respecting MCC's Smoke and Tobacco-Free policy.



Continuing Education mailer Summer 2017 issue



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Metropolitan Community College does not discriminate on the basis of race, color, national origin, religion, sex, sexual orientation, gender identity, transgender status, marital status, age, disability, current or prior military service, protected veteran status or membership in any other class that is protected under local, state or federal law or regulation in admission or access to its programs and activities or in its treatment or hiring of employees. The College complies with Title VI of the Civil Rights Act of 1964, the Civil Rights Act of 1990, Title IX of the Education Amendments of 1972, Section 504 of the Rehabilitation Act of 1973, Title II of the Americans with Disabilities Act of 1990, the Age Discrimination Act of 1975 and related Executive Orders 11246 and 11375, and all amendments to the above. Contacts: Concerning Title VI (race), Title IX (gender equity), Section 504 (disability), Americans with Disabilities Act/Program and Services Accessibility and Age, contact: Vice President for Student Affairs: 531-622-2681, aarich@mccneb.edu or Dean of Student Advocacy and Accountability: 531-622-2202, jiangholdt@mccneb.edu (students); Associate Vice President of Human Resources: 531-622-2236, mmoeglin@mccneb.edu (employees); Director of Facilities: 531-622-2529, bsdlacek@mccneb.edu (accessibility); or the United States Department of Education Assistant Secretary for Civil Rights – Office for Civil Rights (OCR): 1-800-421-3481, ocr@ed.gov. Concerning hiring and employment-related complaints of discrimination or harassment based on race, color, national origin, religion, sex, sexual orientation, gender identity, transgender status, marital status, age, disability, current or prior military service, protected veteran status or membership in any other class that is protected under local, state or federal law or regulation, or affirmative action or diversity issues, contact: Associate Vice President for Equity and Diversity: 531-622-2649, cgooch@mccneb.edu. The address for all of the above individuals is as follows: Metropolitan Community College, 30th and Fort Streets, P.O. Box 3777, Omaha, NE 68103-0777