BUILDING BODIES, BUILDING BRAINS!

Discover 10 Benefits of Lifelong Learning!

www.cccneb.edu/commed
Connecting People, Communities and Opportunities
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### 3C Initiative

Central Community College cares about our water, energy, land use, natural and built environment, and community health. For our communities and ultimately the world at large, we believe environmental sustainability is important, and is connected to social and economic sustainability. At CCC we define environmental sustainability as meeting “the needs of the present without compromising the ability of future generations to meet their own needs” (1987 Brundtland report). Our “3C Initiative” is our collective efforts across CCC to build the culture, knowledge and practices for a sustainable future. Join us in this important journey.

Come learn with us as part of our Sustainability Leadership Presentation Series! It is free and open to the public. Go to www.cccneb.edu/sustain/SLPS for more information.

**Green leaves identify “3C Initiative” classes that include an element or focus on environmental sustainability.** The more detailed the leaf, the more a class incorporates environmental sustainability education or behaviors. 3C Initiative classes offered this semester are:

- Bird Feeding and Backyard Habitat. page 2
- Container Gardening. page 13
- Embroidery: Counted Cross Stitch. page 5
- Kale the Super Power of Greens. page 10
- Marching to the Beat of an Acrylic (Paint) Drum. page 4
- Natural Broom Making. page 6
- Rag Rug Crochet. page 5
- Rug Braiding. page 6
- Landscaping for Butterflies. page 13
- The Buzz about Beekeeping. page 12
- Table Top Gaming. page 15
- Vermicomposting. page 13
Essential Oils for Pets

Did you know therapeutic grade essential oils can benefit our pets in the same way they do for humans? If you have a pet with emotional or physical issues, join Alison Martin, pet care expert, as she takes you through the steps of the Head to Tail Wellness Assessment, and the safe, effective use of essential oils for your pet. You will also learn a massage technique for applying specific essential oils to your pet.

Thursday, February 19, 6:30-8:30 p.m., $19. Instr: Alison Martin. CODE: 9400 CG105

Helping The Bored Dog

Has your dog decided to remodel your house or landscape your backyard by adding pits and chopping down trees with his bare teeth? There are many options available to help your dog burn energy and let him sharpen the skills that come naturally. This class will offer information on keeping your favorite canine happy and relaxed by keeping an exercise program that is meant to improve relationships between humans and canines. Topics include energy levels of certain types/breeds of dogs, living spaces, food choices, sports for dogs, exercising and games.

Thursday, February 26, 6-8 p.m., $32 per family. Instr: Lucy Kerby. CODE: 9400 CG104

Dog Obedience

Teach your dog the essential obedience commands to keep them safe and to be a good K9 citizen. The first three weeks will be basic training, week four will include aerobic walking in public. Proof of rabies and distemper-parvo and kennel cough required; dogs must be five months or older.

Thursdays, April 23, 30, May 7, 6-7 p.m., $48 per dog/family. Instr: Lucy Kerby. CODE: 9400 CG102

Get Your Dog Moving

Learn how to give your dog a workout. Lucy Kerby will help you discover how to get the most out of walks with your dog. This class will start at the CCC campus, plan to dress in appropriate outdoor wear as this class will occur rain or shine.

Thursday, May 14, 6-7 p.m., $10 per dog/family. Instr: Lucy Kerby. CODE: 9400 CG103

Bird Feeding & Backyard Habitat

Birds beautify any backyard and provide hours of kitchen window entertainment. Even if you already feed birds, this class will help you attract a greater number and diversity. Learn about the most common backyard birds, resources to help identify and other accessories and landscaping techniques to attract birds to your backyard habitat.

Wednesdays, April 15 & 22, 6-8 p.m., $34. Instr: Dr. Phyllis Salyards. CODE: 9450 CG100

Meet the Instructor: Dr. Phyllis Salyards is a master gardener and lifelong bird watcher with a degree in biology from Grinnell College where she researched aggressive behavior in woodpeckers in animal ecology.

Ten Benefits of Lifelong Learning

Scientific research reveals that a challenged, stimulated brain may well be the key to a vibrant later life. Keeping your brain engaged may help stave off mental and physical ailments and the best way to do so is lifelong or later-life learning. Listed through out this catalog are ten benefits of lifelong learning.

Benefit 1 - Lifelong learning leads to an enriching life of self-fulfillment.

Warm Up with Acrylic Painting

Are you tired of being cooped up in the house? Have you ever wanted to learn how to paint? This class may be just what the doctor ordered! Come and experiment with Jean Cook; learn how to use acrylic paints to create some fun pieces of art. Bring an old painting you just don’t know what to do with, and let’s see if we can give it new life. You can create a landscape, floral or something abstract. The choice is yours! You can even create an abstract landscape! So get out of that Lazy-Boy and let Jean show you how to paint standing up and get your whole self into motion! This class is for beginners and more advanced students. Students will be required to purchase their own art supplies prior to class; a supply list will be provided after registration.

Mondays, January 26, February 2 & 9, 6-8 p.m., $49. Instr: Jean Cook. CODE: 1010 CG108
Putting Pizzazz in Your Watercolors

Spring is just around the corner, so come and join Jean Cook's watercolor class. Let's put some pizzazz in those wonderful spring flower paintings! We will be working from photos, however if you feel the need to have a live bouquet of flowers in front of you, bring them and create your own still life! This class is for beginners and the more advanced student. Students will be required to purchase their own art supplies prior to class; a supply list will be provided after registration.

Mondays, February 23, March 2 & 9, 6-8 p.m., $49. Instr: Jean Cook. CODE: 1010 CG109

Marching to the Beat of an Acrylic (Paint) Drum

Let's mix things up a bit. How about ADDING SOME COLLAGE with your acrylic paints! Examples are handmade papers, magazine images and various other FOUND OBJECTS to take your art to a new level. We will be working small, so begin by gathering the items you would like to incorporate into your painting. Students will need acrylic matte medium and at least two pieces of precut matte board or illustration board, 8x10 or 9x12, or even an old painting that needs new life. This class is for beginners and more advanced students. Students will be required to purchase their own art supplies prior to class; a supply list will be provided after registration.

Mondays, March 23, 30 & April 6, 6-8 p.m., $49. Instr: Jean Cook. CODE: 1010 CG110

Let Those Watercolors Run!

Summer is almost upon us! How about trying your hand at painting with watercolors? In this class we will let the watercolor run wild. We will experiment with pouring watercolor paint thru a variety of different filters or just letting it run around the paper. Some examples of filters are coffee filters, old lace (an old curtain, garage sale finds), Kleenex and many other items. This class will be full of energy and new ways to create a watercolor painting. This class is for beginners and more advanced students. Students will be required to purchase their own art supplies prior to class; a supply list will be provided after registration.

Mondays, April 20, 27 & May 4, 6-8 p.m., $49. Instr: Jean Cook. CODE: 1010 CG115

Painting Lab With Jean Cook

This is a LAB where you can come and paint on your own without all the interruptions of home. Paint in any medium that you wish. Jean will be painting on her own projects, but available to answer questions if you are stumped. All labs held on Monday evenings from 6-8 p.m., $10 per lab.

March 16 - CODE: 1010 CG116
April 13 - CODE: 1010 CG117
May 11 - CODE 1010 CG118

Basic Embroidery

With a needle and thread and a few simple embroidery stitches, your ideas can be expressed in luxurious handmade articles, such as guest towels, pillow cases, tablecloths, dish towels and a wealth of other gift or bazaar items. Explore the beauty and versatility of hand needlework. Learn a variety of stitches and create your own usable or frameable pieces. Students will have plenty of time to be creative. Visit your Goodwill or thrift stores for kits or single pieces because people discard unfinished projects when they are cleaning or downsizing. Join Sharon Rinke and learn one of the worlds oldest crafts; a supply list will be provided upon registration.

Wednesdays, February 11, 18 & 25, 6:30-8:30 p.m., $34. Instr: Sharon Rinke. CODE: 6100 CG102

Basic Crochet

This beginning crochet class will cover the chain stitch, single, half double, double and triple stitches. Students will establish a swatch book; three different stitches will be taught in each class as reference material. Emphasis will be placed on finger placement, yarn tension and how to change direction; how to read patterns and yarn labels will also be covered. Join instructor Sharon Rinke for a fun and informative time; a supply list will be provided upon registration. If Thursday evening doesn't work for you, give us a call and we will see if we can offer a Friday afternoon class, 308-398-7445.

Thursdays, February 12, 19 & 26, 6:30-8:30 p.m., $34. Instr: Sharon Rinke. CODE: 6010 CG108

Ten Benefits of Lifelong Learning

Benefit 2 - Lifelong learning helps us make new friends and establish valuable relationships.
Embroidery: Counted Cross Stitch

Cross Stitching is the art of making a picture or design out of X's. Counted cross stitch is small X's on Aida cloth and counting out the stitches from a pattern onto the cloth. When using the right techniques this simple stitch makes beautiful finished items. Cross stitch can also be worked on clothing using waste cloth. Sharon Rinke will be the instructor. Students can search out the Goodwill and thrift stores for kits or supplies; a supply list will be furnished upon registration.

Wednesdays, March 11, 18 & 25, 6:30-8:30 p.m., $34. Instr: Sharon Rinke. CODE: 6100 CG103

Tunisian Crochet / Broomstick Lace Crochet

Think of Tunisian crochet as crochet that looks like knitting. If you already know how to make a single crochet, then doing Tunisian crochet is simply a matter of learning to work each row in two passes. If you took the class last year, we will be adding some new stitches in addition to learning the beginning stitches for new students. Broomstick lace has been around for quite a while, some accounts date it back to the 1800s. In the 1970s it was often called Jiffy Lace because of how quick and easy it is. A broom handle was the original pin used to construct the lace. Join Sharon Rinke on a new adventure in the crochet world; a supply list will be provided upon registration. If Thursday evening doesn't work for you, give us a call and we will see if we can offer a Friday afternoon class, 308-398-7445.

Thursdays, March 12, 19 & 26, 6:30-8:30 p.m., $34. Instr: Sharon Rinke. CODE: 6010 CG109

Applique Embroidery

Think of applique embroidery as embroidering with two pieces of material. On a small piece of material that is cut out, like in the shape of a flower, you will enhance it with embroidery, such as the stamen, petals, etc. This piece will be placed on a larger square of material and embroidered some more. Additional embroidery will help complete the picture, such as leaves, stems and other choices. Join Sharon Rinke and learn how to make lovely blocks for a quilt, interesting dish towels or just let your imagination fly.

Wednesdays, April 8, 15 & 22, 6:30-8:30 p.m., $34. Instr: Sharon Rinke. CODE: 6100 CG104

Rag Rug Crochet

With one easy crochet stitch and a few simple techniques, you can make a rag rug to rival anything that grandmother used to make. While the techniques are traditional, the look is ‘today’ when this rug is worked in a variety of fabrics in related colors. Old colorful sheets and larger scraps of light weight material are excellent material choices; this is a good way to recycle fabric. Students will make a small rug; a supply list will be provided upon registration. If Thursday evening doesn't work for you, give us a call and we will see if we can offer a Friday afternoon class, 308-398-7445.

Thursdays, April 9, 16 & 23, 6:30-8:30 p.m., $34. Instr: Sharon Rinke. CODE: 6010 CG110

Beginning Needle Tatting

Treat a friend to a tatted card or embellish your quilt with tatted lace. Needle tatting is fun and easy to learn. Students will learn to make the basic double stitch; most tatting patterns use only this stitch, so a world of tatting will open to you after you take this class. Learn how to make a picot, make a join, and how to start and finish your work. A supply list will be provided upon registration.

Tuesdays, February 17 & 24, 6-8 p.m., $29. Instr: Laura Evans. CODE: 6100 CG105

The Fundamentals of Quilting

The joys of quilting are only a stitch away. In this eight-session introductory class you'll learn to use a rotary cutter, press seams, assemble and finish your own lap quilt. You will explore quilting basics, choosing fabric, color values and the supplies needed. Basic sewing skills are required. This class will also include a visit to various stores to review fabrics necessary for your quilt. Students are required to bring their own sewing machine to class. A supply list is available after registration.

Tuesdays, February 3, 17, March 3 & 17, April 7 & 21, May 5 & 19, 6:30-8:30 p.m., $133. Instr: Sandi Griepenstroh. CODE: 6150 CG106
Quilting for Beginners

Do you love the idea of making your own quilt but don’t have a clue where to start? Understanding quilt blocks, measuring and even equipment are a part of this beginning quilt class. You will start by taking a tour of the various stores in Grand Island and discover what equipment is necessary to start your project and what can be purchased at a later date. Learn how to start your quilt by creating a block. Each class will slowly take you to a comfort level of quilting and assure a finished project you will be happy to show your friends. Class size is limited.

**Monday, Tuesday, Wednesday & Thursday, March 9-12, 6-8 p.m., $64. Instr: Vanessa Green. CODE: 6150 CG104**

Quilting for Beginners II

Do you have an idea of how to make a quilt block or made a block in the past but would like to brush up on your skills? This is a continuation of Quilting for Beginners but will include additional information on techniques in creating blocks, understanding measuring, and ending with sashing and binding. Discover the skills started by your grandmother out of necessity but now a prized work of art to be cherished by your family or friends. Class size is limited.

**Monday, Tuesday, Wednesday & Thursday, March 23-26, 6-8 p.m., $64. Instr: Vanessa Green. CODE: 6150 CG105**

Rug Braiding

Make a unique homemade rug with recycled clothing or fabric from your ‘stash’ or found at the local thrift stores. You will learn what fabrics work together for braided rugs. At the end of class you will create a small coaster, but will go home with instructions to complete your rug. Bring three different colors of cotton fabric one yard long, scissors, ruler, needle and thread. If you would like to prepare your fabric ahead of time please cut into one inch strips.

**Wednesday, March 25, 6-9 p.m., $29. Instr: Deb Butler. CODE: 6350 CG102**

Introduction to Jewelry Making

Create your own bling and look great for Spring! Join Cindy Brader as she shows you how to design your own personal jewelry. This is an introductory class which will familiarize you to the key parts of jewelry making. Cindy will help you understand the equipment and pieces necessary to make jewelry your friends will envy. A supply list will be provided upon registration for the class.

**Mondays, March 16, 23 & 30, 6:30-8:30 p.m., $39. Instr: Cindy Brader. CODE: 1150 CG103**

Jewelry Making I

Have you seen jewelry made by friends or for sale at craft shows and wondered how they made such beautiful pieces? Join Cindy Brader as she takes you a step further in the jewelry making process and learn how to pull the beads and wires together. This is a three night class. Students will learn how to make earrings, a bracelet and necklace. Each night you will discover a different method for making each design and jewelry piece. A supply list will be provided upon registration.

**Mondays, April 6, 13 & 20, 6:30-8:30 p.m., $39. Instr: Cindy Brader. CODE: 1150 CG104**
Digital Photography for DSLR Cameras

Single lens removable cameras are becoming more and more prevalent on the photography scene. The settings and capabilities of cameras can be a source of frustration to the owners when a special picture falls short of the goal. Join Troy Brodsky of Pathogen Ink Photography in this hands-on class, students will explore their camera and all of its modes. Discover composition principles to create better photographs. Students will need to bring their camera, owner’s manual and fully charged batteries.

Thursdays, February 19, 26 & March 5, 6-8:30 p.m., $72. Instr: Troy Brodsky. CODE: 1200 CG112

Basic Digital Photography

For DSLR and Point and Shoot cameras. Learn what the buttons and menus on your camera do, which features need to be turned on and which need to be turned off, as well as the basics of digital photography. Also you will learn how to achieve correct exposure more consistently, learn about color space, ISO and white balance, when and how to use Scenic and Program modes, plus exposure compensation. Bring your camera manual, all of your lenses, spare batteries and empty memory cards.

Thursday, February 19, 6-8:30 p.m., $39. Instr: Catrina Gray. CODE: 1200 CG113

Creative Lighting for Photographers

Discover how the quality of light can play with your photograph. Whether the light is soft and wrapping, or dynamic and directional, knowing how to see and use light is the key to telling your image’s story. This workshop will focus on using both available light, light shaping devices, and artificial light sources to get the best light in your photograph. This class is for a student with a DSLR camera and is comfortable with using the settings on their camera. Please bring your digital equipment. This class will be held at the historic Glade House.

Thursday, March 19, 6-8:30 p.m., $49. Instr: Catrina Gray. CODE: 1200 DG101

Beyond the Screen

Movie & Discussion

This monthly event is free and open to the community. Participants will enjoy a themed movie followed by discussion with facilitator Jim Kosnicki, English instructor at CCC. All movies start at 6:30 p.m. and will be viewed on the Grand Island Campus. Reservations are necessary, call 308-398-7445.

- February – Housekeeping
- March – Vertigo
- April – Night of the Hunter
- May – The Astronaut Farmer

Cameras & Photography

Unfinished Projects Weekend

Calling all crafters! Join us for a weekend of completing your unfinished projects. If you are a quilter, scrapbook enthusiast, painter or textile artist, this weekend is for you. For a small fee of $10 per person you can bring your craft projects and supplies, spread out at 5 p.m. Friday, leave it out until Saturday at 5 p.m. and work to your heart’s content. This weekend does not include meals, but feel free to bring your own snacks and meals. A refrigerator and microwave will be available along with space to plug in a crock pot.

March 13 & 14
Friday 5-9 p.m. & Saturday 8 a.m.-5 p.m., $10 per person.
CODE: 9000 CG125

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- February – Housekeeping
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Close Up Photo Fundamentals

This class is for DSLRs and Point and Shoots with aperture or manual controls. Learn hand-held techniques plus how to use tripods, clamps and simple household lighting to take great close-up and macro photos of flowers, insects or anything you like. Also learn how to modify your existing lenses with a few simple inexpensive items. Bring your camera, manual, lens(es), memory cards and fresh batteries. Tripod is optional.

Thursday, April 23, 6-8:30 p.m., $39. Instr: Catrina Gray. CODE: 1200 CG114

Computers & Technology

All computer classes will be taught using Microsoft Office 2013®.

Beginning Fearless Computing

Conquer your fears and discover how easy it is to work with a computer. This is an entry level class for adults wanting to know about computers. Topics include files folders and basic techniques.

Thursday, February 5, 6-8 p.m., $19. Instr: Shannon Seim. CODE: 8010 CG106

Fearless Computing with Word®

No need to fear! Formatting a letter can be easy. Learn the tools of Microsoft Word®; formatting, letter writing and folders come together in this class.

Thursday, February 12, 6-8 p.m., $19. Instr: Shannon Seim. CODE: 8150 CG109

Fearless Computing on the Internet

Surfing the internet can be fun if you know how to search safely. Terms, techniques and fun sites to visit will be included in this class.

Thursday, February 19, 6-8 p.m., $19. Instr: Shannon Seim. CODE: 8050 CG106

Fearless Computing with Email

Send news and information to your family and friends without fear! The skills learned from the Fearless Computing, Word® and Internet classes all come together and will be used in this class. Students will learn how to set up an email address and create contacts.

Thursday, February 26, 6-8 p.m., $19. Instr: Shannon Seim. CODE: 8050 CG107

Computers for the Beginner

Not sure what to do with your computer? Are you a beginner and afraid one wrong button will crash your computer? Have no fear! With simple and easy steps you can begin to enjoy your computer without the fear of breaking it! Join Heidi Farrall as she helps you through the basic steps of computer technology to gaining more use out of your computer.

Tuesday, February, 10, 6:30-8:30 p.m. $39. Instr: Heidi Farrall. CODE: 8010 CG105

iPad® 101

Learn the basics of using an iPad®, including app purchases, basic walkthrough of preinstalled applications, tips and tricks on navigating your iPad®, as well as an overview on care and maintenance.

Thursday, February 19, 7-9:30 p.m., $29. Instr: Jim Williams. CODE: 8200 CG103

Using Excel® for Your Home 1

Wish you were more organized at home? Excel® is a wonderful tool to keep track of various activities. Learn the basics of Excel® from Jim Ward including how to format a spreadsheet and what the specific functions will be in your spreadsheet. This is an entry level class for the beginner who wants to know more about Excel®.

Tuesday, March 10, 6:30-8:30 p.m., $24. Instr: Jim Ward. CODE: 8150 CG104

Using Excel® for Your Home 2

Discover how to put your database to work for you, from obtaining a dollar amount for maintenance on your garden or vehicle to working within a budget on clothing or a remodel. This is a hands-on class; discover that formulas and functions are not scary, but a wonderful tool to help you organize your projects with ease! Students will need to have completed Using Excel® for Your Home 1 prior to this class.

Tuesday, March 17, 6:30-8:30 p.m., $24. Instr: Jim Ward. CODE: 8150 CG105

Ten Benefits of Lifelong Learning

Benefit 4 - Lifelong learning helps us find meaning in our lives.
Using Excel® for Your Home 3

Tips and tricks of a spreadsheet are another wonderful function of Excel®. Using the capabilities of creating forms to mail merges, Excel® is a great workhorse for your home. Students need to have an understanding of Excel® prior to taking this class.

Tuesday, March 24, 6:30-8:30 p.m., $24. Instr: Jim Ward. CODE: 8150 CG106

Using Excel® for Your Home 4

Formulas and functions are the name of the game in Excel®. Discover how you can beef up your Excel® spreadsheet and get more output with the simple forms and functions learned in this class. Students need to be comfortable with Excel® or take the prior Using Excel® for Your Home classes before taking this class.

Tuesday, March 31, 6:30-8:30 p.m., $24. Instr: Jim Ward. CODE: 8150 CG107

Who Do You Think You Are?

Do you want to learn more about who your ancestors were and where they came from, but you're just not sure where to begin? Then this class is for you. You will pick up tips and tricks to find and record your family history. There are lots of resources to help you on your search. We will talk about how and where to find them and even how the internet and social media can aid in your search. Learn where to look and start tracing your family tree!

Thursday, March 19, 6-9 p.m., $29. Instr: Michelle Setlik. CODE: 4350 CG100

Beginning Computers: Understanding Microsoft Word®

Files, folders and Microsoft Word® are all a part of using your computer. Understanding the various parts of word processing will help you take your computer skills to a new level. Learn to format letters, recipes, and notes within Word®. This is a beginning class for those who have a limited knowledge of Word®. You will learn about files and how to create a folder for your document.

Tuesday, March 24, 6:30-8:30 p.m., $19. Instr: Heidi Farrall. CODE: 8150 CG108

Time Saving Apps

There are literally thousands of apps out there that can help us to manage our time, organize our thoughts, and make our days a little more stress free. In this session we will learn about a variety of apps that can be used to manage our homes and family life, encourage healthy living, keep in touch with family and friends, and help with personal or professional development.

Thursday, March 26, 6-8 p.m., $20. Instr: Michelle Setlik. CODE: 8150 CG103

Create Your Own Shutterfly® Photo Book

Have you wanted to create your own customized photo book to remember a great vacation, share all those new baby photos, or create a family “Year in Review” photo book but didn’t know how to start? Bring a flash drive with at least 20-30 pictures you want to put in your book to this class and we will help you get started with your own “one of a kind” book. With Mother’s Day and graduations approaching soon, photo books make great gifts! Best of all, the beauty of photo books are that once you create a book for yourself, you can easily print another one to share with family members.

Thursday, April 2, 6-9 p.m., $29. Instr: Michelle Setlik. CODE: 1200 CG111

Date Night Cooking Classes

A couple that cooks together stays together! Join us for our first Couples Night Cooking class. Couples will learn menu planning and coordinating meal preparation tasks in the kitchen. You will learn great desserts for two and which wine works with your meal. Not a couple? Don’t worry. Bring a friend and enjoy the class. Class held in the Hy-Vee Club Room, 115 Wilmar Ave.

Tuesday, January 27, 6-8 p.m., $42 per couple. Instr: Tara Neighbors. CODE: 3000 DG107

Cooking & Entertainment

Ten Benefits of Lifelong Learning

Benefit 5 - Lifelong learning helps us adapt to change.
Home Brewing 101

Roll up your sleeves and join master brewer Dave Stewart for this hands-on class in the craft of home brewing. Learn the styles of beers including Ales, Lagers and Mixed brews. Dave will start with all grains and extract brewing, recipe formation, yeast propagation and storage equipment and processes. This class will cover brewing safety, sanitation and acceptable bottling, and kegging techniques. This is a four-week class. You must be 21 years-old or older to register for this class. Students will learn the timing, tricks and lingo of brewing along with the science, chemistry and history of the brew.

Mondays & Tuesdays, February 9,10,16 & 17, 7-9 p.m., $69. Instr: Dave Stewart. CODE: 3000 CG104

Make Your Own Pasta

Be introduced or re-introduced to the lost art of hand-crafting basic pasta in your kitchen. Making your own pasta can be an appreciated extra touch to any meal or get-together. It is also very inexpensive and easy to learn. Join Chef John Anderson and enjoy creating pasta that can be ready for your meal or frozen and saved for future events. This class will be held on the Grand Island Campus, 3134 W. Hwy 34.

Tuesday, February 3, 6:30-9:30 p.m., $38. Instr: John Anderson. CODE: 3000 CG101

Easy Pasta Recipes

In Make Your Own Pasta we made our delicious pasta. Now is the time to take it to the next level. Join Chef John and learn how to construct delicious raviolis, tortellini, and other popular pasta dishes. The class will also include the recipe and steps to making classic Alfredo sauce to pair with your newly hand-crafted fettuccini noodles. This class will be held on the Grand Island Campus, 3134 W. Hwy 34.

Tuesday, February 10, 6:30-9:30 p.m., $38. Instr: John Anderson. CODE: 3000 CG102

Breakfast On The Go!

It’s time to get healthy but skipping breakfast should never be in your health plan! Join Tara Neighbors, HyVee dietician, as she takes you through the various recipes that will help boost your energy level and send you off on a power filled day. Class held in the Hy-Vee Club Room, 115 Wilmar Ave.

Tuesday, February 26, 6-8 p.m., $23. Instr: Tara Neighbors. CODE: 3000 DG108

A Taste of Ireland

Irish Cooking is more than corned beef and cabbage! It’s an ethnic feast of hearty, yet simple-to-cook meals. Join Tara Neighbors, Hy-Vee dietician, as we prepare and sample a Taste of Ireland meal, including Irish Stew, Champ (Irish mashed potatoes), Irish Soda bread and Irish apple cake in this hands-on class. Class held in the Hy-Vee Club Room, 115 Wilmar Ave.

Tuesday, March 24, 6-8 p.m., $29. Instr: Tara Neighbors. CODE: 3000 DG109

Kale - The Super Power of Greens

It really is easy being green. Kale ranks 100 on the nutrient food scale and is considered one of the top super foods! It’s a flexible green in the garden or window box and works in many recipes, but do you know how to cook with it? In this class you will learn how to incorporate kale into delicious salads, casseroles and even smoothies! Class held in the Hy-Vee Club Room, 115 Wilmar Ave.

Tuesday, April 14, 6-8 p.m., $23. Instr: Tara Neighbors. CODE: 3000 DG110

Gravies, Sauces & Glazes

Have you ever heard of a recipe calling for a “glaze” to be put on mashed potatoes? How about a recipe prompting you to put gravy on doughnuts? These combinations are unheard of, but oddly enough, these sweet and savory toppings have similarities. Join Chef John Anderson (classically-trained professional chef) and discover the definitions and basic components of gravies, sauces, glazes, compotes, relishes, and salsas. Chef John will explore the defining characteristics and basic construction of each. The topics will cover a wide range from spiced rum glaze to savory country gravy. This class will be held on the Grand Island Campus, 3134 W. Hwy 34.

Tuesday, March 31, 6:30-9 p.m., $29. Instr: John Anderson. CODE: 3000 CG103

Ten Benefits of Lifelong Learning

Benefit 6 - Lifelong learning makes the world a better place.
Professional Culinary Knife Cutting Techniques

Come into the kitchen with Chef John (classically-trained professional chef) and learn what to do and not to do with your knives. Learn the safest and easiest ways to cut with your knives. We will discuss knife anatomy, sharpening techniques, knife care, and terminology. Then to the fun stuff...proper knife cuts like pont neuf, batonnets, brunoise, julienne, and macedoine will be demonstrated and practiced on a number of vegetables. This class will be held on the Grand Island Campus, 3134 W. Hwy 34.

Tuesday, April 21, 6:30-8:30 p.m., $23. Instr: John Anderson. CODE: 3000 CG100

Heartsaver First Aid/CPR/AED

This course teaches rescuers to effectively recognize and treat adult emergencies in the critical first minutes until emergency medical services personnel arrive. This course provides a complete health and safety solution for adult CPR, AED and first aid.

Saturday, March 14, 8:30 a.m.-4:30 p.m., $56.

Fitness

Michelle Obama’s Arms Workout

Do you love the sleek, toned arms of Michelle Obama? Join us and learn how to get the sleek workout routine from Mary Ann Douglas, Certified Fitness Trainer. In this one-night workout, Mary Ann will show you a fast and easy routine you can complete at home or at the gym.


POUND!

POUND is a full-body, cardio jam session, combining light resistance with constant simulated drumming. The workout fuses cardio, Pilates, isometric movements, plyometrics and isometric poses into a 45 minute series. Through continual upper body motion using lightly weighted drumsticks called Ripstix™, you’ll turn into a calorie-torching drummer, POUNDing off pounds as each song flies by. Burn 400-900+ calories per hour, strengthen and sculpt infrequently used muscles, and drum your way to a leaner, slimmer physique – all while rocking out to your favorite music!

Tuesday, February 10 or March 10 or April 14, 7-8 p.m., $6 per session. Instr: Mary Ann Douglas. CODES: February 10 - 2020 CG111, March 10 - 2020 CG112, April 14 – 2020 CG113

Sculpting Your Leg Muscles

Don’t hide your leg muscles this spring! We’ll soon be wearing capris and summer dresses. Mary Ann Douglas, Certified Fitness Trainer, will show you an easy workout to get you ready for spring and summer.


CPR & First Aid

American Heart Association Disclaimer: The American Heart Association strongly promotes knowledge and proficiency in BLS, ACLS, and PALS and has developed instructional materials for this purpose. Use of these materials in an educational course does not represent course sponsorship by the American Heart Association, and any fees charged for such a course do not represent income to the Association.

CPR: Healthcare Provider

For professional rescuers who must have a credential (card) documenting successful completion of a CPR course. Class includes information on adult/pediatric CPR & two-rescuer CPR/foreign-body airway obstruction (conscious & unconscious.)

Tuesday, January 27 or February 24 or April 7 or May 19, 5-10 p.m. or Saturday, March 28, 8:30 a.m.-12:30 p.m., $49.

CPR: Healthcare Provider Renewal

For professional rescuers who hold a current Healthcare Provider card and need to renew. Class includes information on adult/pediatric CPR/two-rescuer CPR/foreign-body airway obstruction.

Tuesday, January 20 or February 10 or March 10 or April 21 or May 5, 6:30-10 p.m., $44.
Working Your Core Muscles

Working on your core muscles not only tightens your abs but is essential for improved balance and stability. This is a great time of year to discover a basic workout session. Mary Ann Douglas, Certified Fitness Trainer, will take you through easy workout steps to help you get fit for summer!
Tuesday, April 7, 7-8 p.m., $14. Instr: Mary Ann Douglas. CODE: 2020 CG110

Health Services and Safety

It’s important to wear loose, comfortable clothing for these classes. You will be practicing skills that require working on your hands and knees, bending, standing and lifting. If you have any physical conditions that might prevent these activities, please tell one of the instructors. Equipment can be adjusted if you have back, knee or hip problems. If you have recently had any type of infectious disease, including upper respiratory infection or open sores on your hands, mouth or face, it is imperative to defer class until you are well.

Nursing Assistant (NA)

Basic nursing knowledge and skills course for the nursing assistant in a health care setting; course approved by the Nebraska Department of Health. This course is a prerequisite for the Nursing program.

January 12-30 or February 23-March 13 or March 30-April 17, Monday-Friday, 8:30 a.m.-4:30 p.m. or January 13-May 7, Tuesdays and Thursdays, 6-9 p.m., $367, includes books and in-state tuition only. Class size is limited.

Medication Aide-Nursing Home (MA)

Introduction to pharmacology, including basic knowledge and skills to safely administer medications. This course prepares the student to acquire the medication administration competencies required to work in a long-term care or other health care facility.

February 2-13, Monday/Wednesday/Friday, or March 16-21, Monday-Saturday, 8 a.m.-5 p.m. or March 30-May 6, Monday/Wednesday, 6 p.m.-10 p.m., $340 includes book and in-state tuition only. Class size is limited.

The Buzz About Beekeeping

Curious about beekeeping and want to know how to start a colony? Join Janet Alberts and discover how to start your own honey bee colony. Beekeeping is crucially important for agricultural well-being in your garden or on the farm. This lecture class will help you understand what type of hive works best for you, the startup costs of beekeeping, and the health benefits of local honey for you and your family.
Thursday, January 29, 6:30-9 p.m., $25 per family. Instr: Janet Alberts. CODE: 9000 CG127

Ten Benefits of Lifelong Learning

Benefit 7 - Lifelong learning increases our wisdom.
Landscaping for Butterflies

Butterflies are known as one of the more graceful insects of the pollinator group and are important to our agriculture. Bob Thomas, master gardener, will help you plan your landscape this spring and discover which flowers and vegetables will help attract these beautiful insects. This is a three-part class with night one reviewing placement of the garden, the second night reviewing flowers and the third night a culmination of water features to help attract butterflies.

Tuesdays, April 7, 14, 21, 6:30-8 p.m., $36. Instr: Bob Thomas. CODE: 9000 CG126

Pressed Flower Creations

Did you know you can press and dry your flowers, leaves and herbs and make beautiful cards, pictures and bookmarks from them? Create a gift that will not be forgotten but treasured for years to come! Lillian Cronin has been creating pressed flower creations for over 30 years and will show you how to make a one-of-a-kind creation. You will learn simple techniques and begin with a basic design. Please bring glue and scissors, other supplies will be provided.

Wednesday, May 6 & 13, 6-8 p.m., $24. Instr: Lillian Cronin. CODE: 1700 CG101

Container Gardening

Are you short of space but would enjoy growing your own vegetables? Container gardening is a growing trend which will help you grow vegetables and flowers but create an artistic statement with the wide variety of colorful containers being offered at the local greenhouses. This class will discuss the types of vegetables and how they can be mixed with flowers, watering techniques and soil mixes for your container.

Tuesday, May 5, 6-9 p.m., $29. Instr: Bob Thomas. CODE: 9000 CG128

Personal Enrichment

Essential Oils for Daily Living

Did you have a tough day or are you simply feeling out of sorts? Join Kerilyn Mersch, licensed massage therapist, as she introduces the powerful effects essential oils can play in your day-to-day living. If you have had a massage class with Kerilyn, you have experienced the powerful affect essential oils. This class takes Simple Chair Massage to another level and enlists the support of essential oils to give you the maximum benefit for the areas that need it most!

Tuesday, February 3, 6:30-8:30 p.m., $19 per person. Instr: Kerilyn Mersch. CODE: 5010 CG104
**Take Charge of Your Health with Essential Oils**

Join Alison Martin and learn how to implement this centuries old natural method of physical and emotional healing safely and effectively. You will learn how essential oils work, have hands-on experience with many oils and come away empowered to begin a healthy journey for you and your entire family. The path to wellness is paved with common scents!

*Thursday, February 5, 6:30-8:30 p.m., $19. Instr: Alison Martin. CODE: 5010 CG106*

**Home Made Body Scrubs**

Worried about the chemicals you use on your body? Then join us for this fascinating class on body scrubs. Janet Alberts will share various recipes using the honey from beehives and other natural products straight from your kitchen cupboard. Discover how smooth you can make your skin and learn why the honey used in this class is the perfect beauty product! You will leave with one body scrub and recipes to try out at home. Make this a girls’ night out and bring a friend!

*Thursday, February 19, 6-8:30 p.m., $24. Instr: Janet Alberts. CODE: 5010 CG107*

**Couples Massage**

A Valentine’s Day Experience

Are you looking for that unique Valentine’s Day gift? Bring your someone special to our Couples Massage class. In this popular class you and your partner will learn massage techniques for the head, neck, shoulders and feet that will encourage complete and total relaxation, as well as energize your immune system for increased health and well-being. Bring a pillow and blanket to class and wear loose fitting clothing. Register early, class size is limited.

*Tuesday, February 10, 6:30-8:30 p.m., $49 per couple. Instr: Kerilyn Mersch. CODE: 5010 CG103*

**How to Publish Your Book**

Fridays, February 6-27
1:30-3:30 p.m.  $49

We are pleased to announce the return of Jean Tennant to our class line up! Join us for this low introductory priced class. This workshop is for anyone writing a book of fiction or nonfiction, family or personal histories, children’s books, poetry, religious or educational manuscripts. Jean will share the various options for publishing your book. This class will cover an introduction to publishing from manuscript to book, setting up your print account and a final discussion on e-books. The instructor will be sharing information via the web from Iowa, saving fuel emissions and you extra money!  

*CODE: 9000 CGVY0*

**Dance Class: Two Step**

Discover the Two Step dance this spring. The Two Step can be found in many folk dances and is closely related to the Polka. Two Step is a must know dance that is used in most mixer dances. Two Step can take you through various genres of music and help you look like a pro on the dance floor.

*Tuesdays, March 10-24, 7-8:15 p.m., $34 per student. Instr: Jay Groelz. CODE: 2400 CG106*

**Dance Class: Wedding Dance**

Wedding season is around the corner, are you ready to dance? Don’t be the wallflower but look like a star. Join Jay Groelz as he takes you through the fun steps and learn the dances most used at weddings. Whether you are a family waiting for that special day or invited to several events this class is for you!

*Tuesdays, May 12-26, 7-8:15 p.m., $34 per student. Instr: Jay Groelz. CODE: 2400 CG107*
Empty Nesters-Change in Destination

The kids are gone, you’re ‘Empty Nesters’ and it’s time for you to play! Now is the time to think about what you can do as you start planning for retirement. Are you ready for it? Do you plan to travel, do you have a hobby or volunteer during your downtimes? Discover ideas to make your free time what it should be, free from worry and loaded with fun! Class will include activities that will help fund your bucket list; this event will also cover retirement and Medicare planning. Learn innovative ideas to help keep your family informed of your activities while away and or in the event of an emergency. You will hear from three field experts, Phil Hranac, Mary Santin and Kate Wegner; they will help you discover the fun and joy you can find during retirement.

Tuesdays, February 3, 10 & 17, 6:30-9 p.m., $49 per couple. Instrs: Phil Hranac, Mary Santin and Kate Wegner. CODE: 5100 CG107

Simple Chair Massage

Are there times when stress settles in, takes over your muscles and you can’t get away to a massage therapist? Learn how to work on the key stress areas of your body. In this hands-on workshop you will learn a simple and fun massage that gives relief to friends and loved ones and techniques that will help reduce the tightness of minor aches and pains in the high tension areas of the head, neck and shoulders.

Tuesday, April 21, 6:30-9 p.m., $34 per person. Instr: Kerilyn Mersch. CODE: 5010 CG105

American Sign Language

If you are a parent, friend or family member of a person with hearing loss, you know how important communication is to them. American Sign Language will introduce you to ASL (American Sign Language) with an emphasis on sign vocabulary and grammar. Introduction into the deaf culture and an understanding of key points of the hearing impaired will also be discussed. Instructional methods include partner/group work, and guest speakers. This class encourages full participation with other students with practice sessions and other activities. A book is not included, but if a student wishes to purchase one the instructor will suggest a book the first night of class. This is a six-week course that can be taken as a whole or can be broken into individual classes.

Full course: Mondays, February 9, 23, March 9, 23, Apr 6 & 20, 6-9 p.m., $132. Instr: Janet Alberts. CODE: 9000 CG118

Individual Sessions:
- Week One – Basic Discovery of ASL name signs, introductory signs such as letters, days of the week, calendar names and numbers. February 9, $28. CODE: 9000 CG119
- Week Two – ASL Introduction to basic key words. February 16, $28. CODE: 9000 CG120
- Week Three – ASL Sentences and Deaf Culture. March 9, $28. CODE: 9000 CG121
- Week Four – ASL Sentences and Communication. March 16, $28. CODE: 9000 CG122
- Week Five – ASL Following directions. April 6, $28. CODE: 9000 CG123
- Week Six – ASL Following directions. April 20, $28. CODE: 9000 CG124

Ten Benefits of Lifelong Learning

Benefit 8 - Lifelong learning creates a curious, hungry mind.

Green Tabletop Gaming

Tuesday, February 10       6:30-7:30 p.m.       $5

Learn how you can be ecologically conscious when planning your next game night. Whether you play role playing games, board games, card games, or miniature war games there are ways you can make sure you’re promoting positive green habits while entertaining others. Whether you play games weekly with a club or just with family on special occasions, this class will help you bring some “green” awareness to your next get together. We will review how to play games in an ecologically conscious way and also spend some time discussing how you can bring green concepts into your game space to increase awareness without scaring away your friends and family.

Instr: Fred Graves. CODE: 5050 CG100
Conversational Spanish

Want to learn Spanish but you’re worried about trying to learn a new language? Discover Spanish with the “No Tests, No Stress” method by learning the basic parts of the language and applying them to daily conversations.

This level one class is designed for a beginner or someone searching to refresh their language skills.

Thursdays, February 9, 23, March 9, 23, April 6 & 20, 7-9 p.m., $70. Instr: Antonio DaFieno. CODE: 4100 CG101

ACT Prep Class

Improve your chances of receiving a higher ACT score. Central Community College is offering an ACT Prep course that will cover all sections of the ACT test including English, reading, math and science as well as incorporating test-taking strategies. There will be six classes on Tuesday evenings from 6:30-8 p.m. starting March 3. The last session will be April 14, the Tuesday prior to the Saturday, April 18 test date. No class on Tuesday, March 24 due to college spring break. This class will be taught by two experienced instructors who have taught the ACT Prep courses. To register for the ACT Prep class or for more information, contact Nancy Bishop at 308 398-7447 or e-mail nbishop@cccneb.edu.

Tuesdays, March 3-April 14, 6:30-8 p.m., $40.

Miniature Painting Workshops

Whether you’re interested in learning a new hobby or just seeking a chance to exchange painting techniques with others, these workshops are designed to encourage collaboration while still teaching the basics. Under the guidance of Fred Graves, each session students will be provided with a miniature that they can experiment on and take home. Paints and basic supplies will be provided each session but more experienced painters are encouraged to bring their own tools and projects so they can show off their own work and techniques.

Miniature Painting: Basics
This session will begin with a quick review of basic techniques and common terms followed by open time for people to work on their individual projects. Tuesday, February 24, 6:30-9 p.m., $10. CODE: 1010 CG111

Miniature Painting: Color & Texture
This session will begin with a quick discussion of using specific colors to help generate some basic effects followed by open time for people to work on their individual projects. Tuesday, March 24, 6:30-9 p.m., $10. CODE: 1010 CG112

Miniature Painting: Finishing Touches
This session will begin with a quick demonstration of very basic techniques to establish a sense of place around a miniature and discussion of techniques to preserve and display your work. The remainder of the time will be open for people to work on their individual projects. Tuesday, April 28, 6:30-9 p.m., $10. CODE: 1010 CG113

Game Master Workshops

These discussion based classes are designed for tabletop RPG Game Masters of all skill levels. Each session will begin with a brief review of good game mastering skills and habits; followed by a more specific topic for the evening. These sessions will not be game mechanic specific so any game master (or future game master) is welcome to attend.

World Building
World Building will cover how to add additional vibrancy and life to your settings. Students will be encouraged and assisted in developing a story element with multiple story possibilities for use in actual play.
Tuesday, April 14, 6:30-8:30 p.m., $5. CODE: 5050 CG101

Storytelling
Storytelling will review different techniques for incorporating a story into an adventure and how to utilize different techniques to help assure the story is engaging for your players. Students will be encouraged and assisted in developing a useable adventure outline for use in actual play.
Tuesday, May 12, 6:30-8:30 p.m., $5. CODE: 5050 CG102
Real Estate Principles and Practices

This course is designed to help students gain the knowledge necessary to pass the State test for Real Estate salesperson license. This class will cover a broad range of topics, weekly take home assignments and tests given during class sessions. Course meets the 30-hour requirement for the Nebraska Real Estate Commission. Required textbook: Modern Real Estate Practice, 17th edition, is available in the Grand Island campus bookstore or on-line at www.efollette.com.

Mondays, January 19-April 13, 6-9 p.m., $184.
Instr: Richard Ahlswede.

Real Estate Finance

This course will provide the student with a background in the methods of financing various types of real estate, the legal instruments used, the variety of mortgages available and the people and institutions involved in making loans. Nebraska laws with reference to real estate financing will be given special consideration. The course will meet the 30-hour requirement for the Nebraska Real Estate Commission. Require textbook: Essentials of Real Estate Finance by Sirota, 13th edition, is available in the Grand Island campus bookstore or on-line at www.efollette.com.

Thursdays, January 22-April 16, 6-9 p.m., $184.
Instr: Richard Ahlswede

Hospice Foundation of America presents The Longest Lost: Alzheimer's and Dementia

When the diagnosis is Alzheimer’s disease or another dementia, grief doesn’t wait for death. Grieving can begin before a formal diagnosis or in the doctor’s office when patients and families receive confirmation of illness. Over a span of what may be a decade or more, multiple losses associated with dementia become a pervasive part of everyday life for millions of patients, families and friends. After the death, survivors’ grief may be complicated by the nature of a lengthy disease process that has changed their relationship with the deceased. Through a combination of candid, compelling interviews and unscripted in-studio discussions, experts will identify how medical and social service professionals can best improve care for patients, families and themselves while coping with loss and grief associated with these progressive illnesses.

Wednesday, May 6, 9 a.m.-12 p.m., $40.

Ten Benefits of Lifelong Learning

Benefit 9 - Lifelong learning opens the mind.

Register for your community education classes online!

- Go to our web site: www.cccneb.edu/commed, find the link at the top titled “Details about Instant Enrollment.” Click on the link and you will get step-by-step directions to help walk you through the online registration process.
- Enter your CCC ID number (from the ID card you received in the mail) or your Social Security number and the first letter of your first name.
- A ‘search for classes screen’ will appear. You can search by key word or by the category drop-down menu. When you select a category, a list of classes will appear. Select your class and continue to follow the prompts.
- An email address and credit card are required to register online. A confirmation of your registration will be emailed to you.

To support a healthy environment for students, employees and others, Central Community College has implemented a college-wide smoke-free and tobacco-free policy. Thank you for doing your part by not using tobacco, alternative tobacco products or e-cigarettes, either indoors or outdoors on any college property. Your cooperation is appreciated.
Central Community College will once again offer week-long Tweens Camps! All camps will be held on the Grand Island Campus and focus on career explorations. Contact Judy Weston for more information, 308-398-7445 or jweston@cccneb.edu.

Ten Benefits of Lifelong Learning

Benefit 10 - Lifelong learning helps fully develop natural abilities.

Register for a class today and improve your life!

How To Register

Complete the registration form on page 23 and mail it, along with payment, to CCC-Student Accounts, P.O. Box 4903, Grand Island, NE 68802. Or you can drop off your registration and payment at our campus, 3134 West Highway 34, Grand Island. Please use one form per person, you may make copies if you need more forms. Returning students can register online at www.cccneb.edu/commed. Follow the directions on page 17.

Questions? Contact Community Education Coordinator Judy Weston at 308-398-7445 or email elsgi@cccneb.edu.

To secure your place in a class, payment should be received at least one week prior to the class start date unless other arrangements have been made. If you are unable to attend a class you’ve registered for, please let us know prior to the first class meeting so your place can be filled.

No refunds will be given after the first class for classes that meet 1 or 2 times; none after the second class for classes that meet three or more times. Your registration fee must accompany your registration form for all classes. Checks should be payable to Central Community College.

Affirmative Action/Equal Opportunity Statement

Central Community College (CCC) does not discriminate on the basis of race, color, ethnicity, religion, sex, age, marital status, national origin, veteran status, sexual orientation, disability, or other factors prohibited by law, in matters of employment, admissions, financial aid, or other activities and opportunities as set forth in compliance with federal and state statutes and regulations.

Any person having inquiries concerning Central Community College compliance with Title II, Title IV, Title VI, Title IX, the Age Discrimination Act, and/or Section 504 should contact: Human Resources Executive Director, 3134 W Highway 34, PO Box 4903, Grand Island NE 68802-4903, 308-398-4222, cwaddle@cccneb.edu.

Persons seeking further information concerning career and technical education offerings at Central Community College and any specific pre-requisite criteria for the various programs of study should contact: Public Relations Officer, 3134 W Highway 34, PO Box 4903, Grand Island NE 68802-4903, 308-398-7355, jstrayer@cccneb.edu.

To obtain this information in a language other than English or in an alternative format email jstrayer@cccneb.edu or call 308-398-7355.
The Adult Education program includes:

- Adult Basic Education classes for adults with skills below the eighth grade.
- English as a Second Language (ESL) classes for adults whose first language is not English.
- General Educational Development (GED®) classes for adults who haven’t completed a high school diploma or for home-schooled youth. You can earn a Nebraska high school diploma by successfully completing a series of computer-based GED® tests.

The Grand Island Adult Education office and classes recently moved to College Park rooms 100,101,102 at 3180 W. Highway 34. Please use door number 4.

Students must be 16 or older and not enrolled in school. A $20 registration fee is due a minimum of two weeks prior to orientation. ESL orientations are July, October, January and April. GED® orientations average two per month.

GED® testing is computer-based and official tests are taken at certified Pearson Vue testing centers. The GED® tests cost $30 per each of the four tests for a total of $120.

A Nebraska high school graduate, on average, earns $5,423 more per year than a high school dropout. Apply that to the 163,000 Nebraskans (9.9% of the population) without a diploma, and that adds up to $886 million in lost wages. That’s $886 million each year that isn’t being spent by consumers, isn’t being made by businesses, and isn’t being taxed.

Volunteer tutors 18 years or older are welcome. For general information about the Adult Education program, go to www.cccneb.edu/ae.

To schedule an appointment or to inquire about orientation, call 308-398-7432 between 8 a.m.-1 p.m. or 5 p.m.-9 p.m., Monday through Thursday.
Early College

High School Articulation is an alignment of high school curriculum to Central Community College (CCC) curriculum. Articulated courses allow students to earn CCC college credit at no cost to the student if they earn an A or a B in the high school course. Over 70 schools across our area offer a variety of courses covering several career pathways; please contact your high school counselor to see which courses are available at your school.

The Central Nebraska Career Academy Project is a program that offers students a sequence of course work, job shadowing events, and other career exploration activities. Students can use a combination of Articulated and Early College courses to participate in the Academy program. Currently Central Community College offers several career academy options including: the Health Science Academy, the Business Academy and the Agribusiness Academy. Several area high schools offer these academy programs. Check with your school counselor to see what is available at your school.

Early College classes are offered for credit through Central Community College. These courses are offered in your building or as an online course. Students are required to meet college admissions requirements by taking the ACT, ASSET, or COMPASS test. Transferability of Early College courses is determined by the receiving institution. Central Community College transcripts can be sent to any college upon the student’s request. Check with your high school guidance counselor to see what is offered at your school.

For additional information contact Nancy Bishop at nbishop@cccneb.edu or call 308-398-7447.
Training and Development

Training is critical to preparing Nebraskans to excel in the workplace today and in the future. Central Community College’s Training and Development team responds to the training needs of central Nebraska businesses. No matter what your organization’s needs are, Central Community College takes great pride in delivering high-quality, short-term customized training for business, industry and government organizations, as well as the general public. Our experienced and professional staff works with organizations to deliver quality training tailored to meet your needs, schedules, and location. Whether your company is focused on Manufacturing, Construction, Agriculture, Retail or Service, CCC can help develop and enhance the skills of your employees. If CCC doesn’t have the expertise to deliver the training, we will locate an instructor or trainer to meet your needs.

CCC has partnered with all of the Nebraska community colleges to deliver training across the state. CCC can assist in writing Nebraska Department of Labor and Nebraska Department of Economic Development Job Training grants. The Worker Training program is a business incentive program to support the retraining and upgrading of Nebraska’s current workforce. These grants are awarded on a quarterly basis and can be used to offset the cost of the training. If you have an interest in learning more about our training programs and/or upgrading the skill level of your employees, we would appreciate the opportunity to speak with you. We would be glad to schedule a visit where we can learn more about your organization and better serve your needs.

To learn more about our training programs, please contact Susan Hooker, Director of Training and Development, 308-398-7534 or email shooker@cccneb.edu.

Real Colors®

At one time or another, everyone has reached a point where they can only shake their head and wonder, “Why do people do the things they do?” The answer may surprise you!

The fact is, everyone has a distinct temperament spectrum comprised of four colors: Blue, Gold, Orange and Green. Learn to identify a person’s Real Colors® and you’ll gain insight into the things that are most important to them, discover the secret of what motivates them, and much more.

Real Colors® training participants will:

• Discover their personal strengths.
• Learn to recognize the strengths of others.
• Learn how to build instant rapport with people.
• Learn the most effective methods of speaking to different people.
• Learn to hear what people are really saying.
• Discover the different ways individuals process information.
• Learn to appreciate and value the viewpoints of others.

Class held on the Grand Island Campus at College Park. Call Sue Carlson at 308-398-7527 or email tndtraining@cccneb.edu for class dates and cost.

Peer Today, Boss Tomorrow

Making the leap from peer to boss is never easy. Relationships with coworkers change dramatically, and new supervisors frequently struggle to balance old relationships with new responsibilities. In this one-day workshop you’ll learn to:

• Identify and accept your leadership role and all that comes with it.
• Set clear boundaries for all to follow.
• Communicate more effectively with everyone you lead.
• Develop an action plan to get the results wanted and needed from your supervisory role.

Class held on the Grand Island Campus at College Park. Call Sue Carlson at 308-398-7527 or email tndtraining@cccneb.edu for class dates and cost.

Visit our website: www.cccneb.edu/customized-training
Follow us on Facebook and Twitter!
In July 2015, Spectrum will travel to Syros, Greece to sing *To Be Certain of the Dawn* as part of the Festival of the Aegean. It is a heart wrenching and devastatingly beautiful work written as a memorial to the children of the Holocaust. After Spectrum’s successful performance last year in Carnegie Hall with Nebraska Wesleyan, UNO, Western Nebraska Community College and others, they were invited to specially perform the piece at the festival. They will sing three concerts during their two weeks there. Additionally, CCC will be developing curriculum and offering the trip for academic credit to launch our new International Studies/Study Abroad program. We are very excited!

To donate, go to cccneb.edu/foundation (put “Spectrum Greece trip” in the comment line), or contact Jeff Kitson at (402) 562-1270, or jkitson@cccneb.edu.

**Introducing International Studies at CCC**

In our technology-based society, we’ve got to think globally. Successful students, graduates, and employees understand that events and business on the world stage impact our local economies. CCC’s International Studies program is here to help.

Through our new International Studies program, we’re preparing our students to face Nebraska’s changing workforce needs. The vast majority of our graduates remain in Nebraska and are employed by local businesses that have increasing international contacts and partnerships. We’re showing our students the wider world, and bringing them back with marketable skills for employment and promotion.

CCC is providing individuals and groups with global access through curriculum and short-term study abroad opportunities, business and industry training, and developing a statewide partnership with other colleges and universities for unprecedented access and sharing of resources. The world is calling and we’re here to answer.

For information, contact:
Diana Watson, International Studies Coordinator, at 308-995-6102 or dwatson@cccneb.edu
If you would like to take one or more of the classes listed in this catalog, complete the registration form below and return it by mail or in person to the Student Accounts Office, 3134 W Highway 34, PO Box 4903, Grand Island, NE 68802. Please use one form per person.

**Extended Learning Services Registration Form**

1. **Class Title** ________________________________________________________
   Date: __________ Time: __________ Cost: __________ Code: ____________

2. **Class Title** ________________________________________________________
   Date: __________ Time: __________ Cost: __________ Code: ____________

3. **Class Title** ________________________________________________________
   Date: __________ Time: __________ Cost: __________ Code: ____________

   **First Name** ______________________ **Last Name** ______________________

   **Birthdate** __________________________ **Maiden/Former Name Used** ______

   **CCC ID#** __________________________ **or Soc. Security #** ____________

   **Mailing Address** ____________________________________________________

   **City** __________________________ **State** __________________________ **Zip** __________

   **Phone: Work** __________________ **Home/Cell** ________________________

   **Email Address** ______________________________________________________

   **Payment:** ______ Check # _____ _____ Cash/Money Order _____ Visa/Master Card/Discover
   **Card #** __________________________________________ **Exp Date** __________ **Code** __________
What our students are saying about their class experience!

* The teacher was friendly, kind, very helpful. The instructions were clear and moved slow enough for my brain.

* I enjoyed learning Tunisian crochet and really enjoyed the others in class sharing their projects.

* I enjoyed all of the dance sessions very much. I look forward to continuing. Diane

* I loved that I could actually make it and loved the helpful discussion. Pat

* Fun, meet new people and make a gift! Jean

* You were so pleasant and had fun with us. I liked your enthusiasm and knowledge. Nancy

* She (Deb) makes sure we all understand.

* Love the teacher, she was so much help. Kristina

* She is fantastic, perfect for my “fearful” nature with computers! Cara

* It made me think without freezing up when I was not sure. I had lots of fun and learned I could do this without instructions in front of me. Sue

* The class was helpful and worksheets were great! The class was catered to my learning style. Sherry

* I liked the freedom to work on our own projects. David