

Fall 2018

McLennan Community College Continuing Education

Life is Good in Waco!

Wilderness Survival Page 33

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Lifelong Learning @McLennan

For more than 50 years, Continuing Education at McLennan Community College has changed the lives of students and the community by connecting them with MCC resources and engaging diverse populations with innovative, quality lifelong learning opportunities.

Life is good in Waco, and MCC Continuing Education is deeply committed to the advancement and enrichment of Waco and McLennan County through our collaborations to offer the best learning experiences possible. Our continuing education programs are designed to help individuals grow — whether it's exploring an interest, developing skills, or shifting careers.

Our program showcases just how great life in Waco truly is and that we never stop learning. It is our mission to provide educational opportunities and lifelong learning experiences to enhance, promote, and develop a higher quality of life for our community. Continuing Education boasts an impressive group of instructors, who are professionals in their fields, and a wide array of course offerings that include community programs, corporate training, and health and human services.

Our mission is to engage, educate, and enrich our community. Come see what we have to offer and discover the wide opportunities available to expand your knowledge. Life really is good in Waco!

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McLennan Community College Continuing Education

www.MCCandYOU.com

254-299-8888

About the Cover

Pictured: Brent Heath (Instructor, Texas Parks and Wildlife)

Location: Tonkawa Falls

To find out more about this community collaboration and other exciting learning opportunities follow us on social media. #LifeisgoodinWaco

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McLennan 2018 Fall Continuing Education Schedule

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Fall 2018

Continuing Education

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Community Programs

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Arts & Hobbies

Painting with Acrylics

Painting with acrylics is great fun! Acrylics are water soluble and easy to use. This class is designed for students of any skill level. Learn composition and design, basic color theory and mixing, and various acrylic painting application techniques. Students will receive individual attention from our wonderful instructor, Dan Capps, to help them achieve their goals. Come ready to paint! A supply list will be given upon registration.

Cost: \$79

Oct. 2-Nov. 6 T, 1-3 p.m. AVC 6119.01

Drawing Basics

Learn to draw with more confidence! Designed for those with little or no experience, this drawing class begins with simple exercises to help you quickly learn to draw what you see. Enjoy learning the

fundamentals of freehand drawing while experimenting with different media. You will study line, shadow, color, and how to determine the appropriate proportion of people and objects. By setting up and drawing a still-life composition, you will increase your knowledge of proportion and perspective. Learning and expanding on the fundamentals can make your painting experiences excel. Some model figure drawing may be included in the course. Class will be taught by Dan Capps. A supply list will be given upon registration.

Cost: \$69

Sept. 4-Oct. 9 T, 6-8 p.m. AVC 1990.03

Oct. 16-Nov. 27 T, 6-8 p.m. AVC 1990.04

Basics of Embroidery

Join Anne Lemin of Quilted Lovelies to learn basic embroidery stitches and transfer methods. In this fun class, you will also make embroidery hoop art and quilt labels. This class is perfect for beginners and for those wanting to re-acquaint themselves with embroidery. A supply list will be given upon registration.

Cost: \$59

Oct. 9-Nov. 1 TTH, 7-8:30 p.m. AVC 1927.02

English Paper Piecing NEW!

Join Anne Lemin of Quilted Lovelies in this new creative class. You will learn how to make fabric hexagons by hand using the English Paper Piecing method, a technique used to hand-sew intricate patchwork pieces together with the aid of paper templates. Students will then sew them into flowers and make a mini Grandmother's Flower Garden quilt top. For anyone who loves hand work and would like to learn English Paper Piecing, this class is a must! A supply list will be given upon registration.

Cost: \$49

Sept. 18-Oct. 4 TTH, 6:30-7:30 p.m. AVC 4057.09

The Fresh Floral Design: Make and Take NEW!

Join expert event planners Belinda Shelburne and Heather Lanford to learn some tips and tricks with this hands-on how-to class for fresh floral arrangements. Use techniques learned to decorate your home or next event with florals. Fresh florals and vases will be provided for you to create and take home your own fantastic fall centerpiece.

Cost: \$39

Oct. 18 TH, 6-8 p.m. AVC 6105.02

Hand Lettering I

Have you been admiring all those hand-lettering projects on Pinterest? Although it may look difficult, hand lettering can be picked up easily through practice. In this class, Madeline Wieters, owner of Ellie Jean Paperie, will teach you the basics of hand lettering, faux calligraphy, and brush strokes. Projects will be fairly open, allowing you to explore your own interests within hand lettering. A supply list will be given upon registration.

Cost: \$49

Oct. 16-30 T, 6-7 p.m. AVC 5282.03

Heather Lanford & Belinda Shelburne

Belinda Shelburne and Heather Lanford are event specialists at McLennan Community College and have a combined experience of over 18 years in their field. Through various events, on and off campus, they have developed various skills in planning, decorating, and floral work. Both Belinda and Heather enjoy thinking outside of the box and bringing an idea to life and sharing it with others.

Basic Knitting

Join Dawn Burns as she teaches you how to knit! Students will learn the basics of the knit stitch and the purl stitch, different types of yarns, what the label means, as well as the tools used in knitting. Other subjects touched on will be: how to recognize and fix mistakes, increasing and decreasing, as well as gauge and care of the finished project. Students will get handouts and actual projects to work on. No

experience is needed. Students must be at least 18 years of age and willing to learn. A supply list will be given upon registration.

Cost: \$49

Sept. 24-Oct. 15 M, 6:30-8:30 p.m. AVC 5286.06

Block by Block Shawl Knitting NEW!

Come learn this fun technique designed to help intermediate knitters gain a new knitting skill. Dawn Burns will lead the way! Learn how to build a shawl using blocks of lace patterns which can be created using fine yarns or worsted weight. Yarns and needles will be discussed before class begins. Students must be at least 18 years of age and willing to learn.

Cost: \$19

Nov. 5 M, 6:30-8:30 p.m. AVC 5286.07

Stephen Cook

For more than 10 years, Stephen has been viewing life through the camera lens. He has a bachelor's degree in fine arts from the University of Texas and is the owner of Cook Photo Works. While he enjoys taking all kinds of pictures, sports photography is Stephen's passion. He can often be found on the sidelines of Baylor games and other local athletic events capturing the perfect shot. Along with teaching photography at MCC, Stephen is the coordinator of the MCC Fire Academy.

Photography I

Learn to get the most out of your camera! Improve your photographs with the technical and artistic basics of photography. With instructor Stephen Cook, you will learn basic skills, look at some photography pioneers, and take and critique photos in a friendly and collaborative environment. Topics include camera settings, basic composition, and different types of photography (e.g. sports, landscape, portrait, etc.). Try a little of everything, and concentrate on your area of interest. You will get the most out of the course with a digital SLR camera with interchangeable lenses and a flash. This class is for beginning and intermediate photographers.

Cost: \$169

Aug. 30-Oct. 18 TH, 6-9 p.m. PHTC 1004.02

Photography II

Learn the science and art behind great photos! Learn to take portraits, pictures of food and architecture, and how to manipulate shadows and lighting to create great photos. Expert professional photographer Stephen Cook will lead you through it all. Additionally, you will be introduced to photo editing using Lightroom and Photoshop. Learn how to make your family photos look better using digital editing software. Students will be applying skills learned in previous classes and conclude the class with a hands-on photoshoot. Students are not required, but highly recommended, to have an SLR camera by the second day of class to receive hands-on learning and practice. This class is for intermediate to advanced photographers.

Cost: \$99

Oct. 25-Nov. 15 TH, 6-9 p.m. AVC 4021.01

Amateur Photoshop

Have you ever taken a photo and thought, "I wish I could just change one thing?" Sign up for this class, and you can learn how to do just that! Phone apps are fun to play with and offer a lot of tricks and tools; however, they just can't compete with the sheer workhorse that is Photoshop. This Photoshop tutorial for beginners, led by Brittany Kuehne, will teach you the fundamentals of Adobe Photoshop, starting with the basics. You will learn how to set up your work environment, open files, and perform various editing functions that Photoshop has to offer. You will also cover color correction, layers, levels, filters, text editing, the magic wand, cloning, healing, and more.

Cost: \$99

Oct. 4-18 TH, 6-8:30 p.m. GRPH 1002.16

Beginning Quilting NEW!

This is an introductory class for beginners to learn how to quilt. In this class, those new to quilting will cover fabric selection, thread selection, machine basics, and straight-line sewing. Students will complete a lap quilt during the first two weeks and will continue learning about quilting and the different techniques used by completing a pieced quilt kit for a large throw by the end of the class. You will need basic sewing supplies and a machine, or you can rent one from PHD Quilts for \$15 for the class. The class fee does not include the cost of the two kits used to make your quilts. Depending on your selection of kits, the cost for materials will run between \$100-\$120. Come join the quilting fun! Class will meet at PHD Quilts.

Cost: \$99

Sept. 4-Oct. 9 T, 5-7 p.m. AVC 4057.08

Intermediate Quilting NEW!

Continue to build on your quilting skills in this intermediate class. This class is for sewers with some sewing skills. Each time this session runs, a new quilt pattern and technique will be highlighted to hone sewers' piecing skills. You will need basic sewing supplies and a machine, or you can rent one from PHD Quilts for \$15 for the class. The class fee does not include the cost of materials used to make your quilt. Depending on your selection of fabrics, the cost for materials will run between \$75-\$100. Come join the quilting fun! Class will meet at PHD Quilts.

Cost: \$99

Oct. 16-Nov. 27 T, 5-7 p.m. AVC 4057.10

T-Shirt Quilting

Turn old T's into a keepsake! You and your teen/tween will bring 20 T-shirts of your choosing to create a memory quilt. We will go over stabilizing, cutting, and selecting fabric for the sashing and backing of your quilt. In the second meeting, we will cover borders and quilting options for your quilt. After sewing on the borders, we will table the quilts for those wishing to quilt them at home. For those wishing to have them professionally quilted, we will discuss quilting options and provide names and contacts for quilters in the area. Tuition includes eight yards of stabilizer and up to two yards of fabric for sashing and borders. You will need basic sewing supplies and a machine, or you can rent one from PHD Quilts for \$15 for the class. Participants under 16 years of age must co-register with a parent or guardian to attend class. A supply list will be given upon registration. Class will meet on two Thursdays at PHD Quilts.

Cost: \$129

Oct. 18 & Nov. 15 TH, 5:30-7:30 p.m. AVC 4057.11

Relief Carving I

Relief Carving has been a form of artistic expression since before the time of ancient Egypt. Come explore with instructor Susan Sistrunk as she takes you through this mysterious art form through carving Plaster of Paris blocks. In this course, you will learn how to mix and pour plaster for carving, proper plaster carving techniques, and tool use. Basic drawing skills are a plus but not required. A supply list will be given upon registration.

Cost: \$89

Sept. 4-20 TTH, 5:30-8 p.m. AVC 2095.03

Susan Sistrunk

Through the use of varying media and texture, Susan strives to convey the following in her work as an artist: "Regardless of our separate cultures and civilizations, we are capable of creating great wonders which have inspired countless generations to continue searching for beauty in this tumultuous world." Ancient architecture, cultural beliefs, and symbolism lend themselves to Susan's mission to find threads to tie the human race together within her art. In 2007, Susan received her B.F.A. in Studio Art from UMHB. From 2005-2015, she worked with at-risk youth teaching art at the Methodist Children's Home,

and in 2015 began working at J.H. Hines Elementary. Originally from California, Texas has been her home for the past 25 years.

Relief Carving II NEW!

Continue learning the art of relief carving! Relief Carving II is for people who have already had the first portion and want to learn more challenging techniques. Come explore with instructor Susan Sistrunk as she takes you through this mysterious art form through carving Plaster of Paris blocks. In this second course, you will continue to learn how to mix and pour plaster for carving, proper plaster carving techniques, and will also incorporate the decorating/painting of the sculptures. Basic drawing skills are a plus but not required. A supply list will be given upon registration.

Cost: \$89

Oct. 9-25 TTH, 5:30-8 p.m. AVC 2095.04

Soap Making 101 NEW!

Come, join us as we learn the basics of cold-process soap-making. The delightful Gwendolyn Ryan will teach you how oils are chemically processed to produce natural and chemical-free soaps that are healthy for your skin. Each participant will make a three-oil soap and take it home for use. After this class, you may never buy soap again!

Cost: \$39

Sept. 15 S, 10 a.m.-1 p.m. AVC 6142.01

Soap Making 102 NEW!

Let's make soap for holiday gift baskets with our fun instructor Gwendolyn Ryan! This class will explore the use of color and fragrance oils in cold-process soap. The class is designed for individuals who have a basic understanding of making cold-process soap. You will learn basic soap-design techniques such as the chopstick swirl and the hanger swirl. Come join us as we prepare for the holidays with soap!

Cost: \$39

Nov. 3 S, 10 a.m.-1 p.m. AVC 6142.02

Gwendolyn Ryan

Gwendolyn Ryan is a native of Waco. She graduated from Baylor University with a BS in social work and went on to earn a Masters of Social Work at Our Lady of the Lake University in San Antonio. Gwen's professional career spanned 40+ years and included six years with Camp Fire in Waco, ten years with the Texas Youth Commission, and six years at Navarro College in Corsicana, Texas. The last 24 years were spent working with educators at the Education Service Center Region 12 in Waco. She has a great passion for working with classroom teachers. After retirement in 2017, Gwen spends time as a volunteer at a local food pantry, gardening, canning, and doing her favorite hobby – soap making!

Stained Glass Majesty I

Welcome to the world of stained glass work! Learn how to choose designs and color schemes, cut, solder, and finish, and to display works of art using copper-foiling techniques. Our experienced, professional, and talented instructor, Susan Yow, teaches beginners how to create stained glass panels using the Tiffany foil method of construction. You will make two beautiful and dramatic stained glass pieces, a window hanging, and a free-form sun-catcher. On the first day of class, you will receive a supply list or have the option of purchasing a starter kit from the instructor for around \$180. This course is a prerequisite for Stained Glass Majesty II.

Cost: \$89

Sept. 17-Oct. 22 M, 6-9 p.m. AVC 1297.03

Stained Glass Majesty II

This class is a continuation of Stained Glass Majesty I. You will explore and create art building on your techniques while growing in knowledge of using lead came. You may work on your own project or on a project that the instructor has to offer. Instructor Susan Yow will teach you how to use lead came in a panel design that includes cutting and assembly of came, using bevels, soldering lead and zinc came,

reinforcing panels, weather-proofing, and applying patina to your finished project. On the first day of class, you will receive a supply list or have the option of purchasing added tools from the instructor for around \$75. Prerequisite: Stained Glass Majesty I.

Cost: \$89

Oct. 29-Dec. 3 M, 6-9 p.m. AVC 1297.04

Watercolor Painting

Watercolor is a beguiling and exciting painting medium with a character all its own. Even if you have never handled a brush before, you will enjoy exploring watercolor's idiosyncrasies while learning how to deal confidently with washes, glazes, and color mixing from expert Dan Capps. Discover your hidden potential as you learn the fundamentals of this rewarding art form. This is a great beginning class to learn how to achieve a variety of results and a great refresher course for any experienced artist to work on individual projects with mentoring. An introduction to acrylics may be included toward the end of the course. A supply list will be given upon registration.

Cost: \$79

Sept. 5-Oct. 10 W, 6-8 p.m. AVC 2056.05

Oct. 17-Nov. 28 W, 6-8 p.m. AVC 2056.06

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Culinary

Birthday Cake Decorating NEW!

Whether you want to learn cake decorating just for fun or your dream is to have a cake-decorating business, you will be delighted with this class. Instructor Mireya Zapata decorates cakes professionally and loves working with novices as well as those who desire to add to their expertise. You will learn about decorating equipment, icing techniques, borders and decorations, and how to assemble a beautiful birthday cake. The class is held in McLennan's residential-style kitchen classroom. Students will receive a supply list at the first class session.

Cost: \$99

Sept. 4-25 T, 6:30-8:30 p.m. AVC 1667.01

Decorando Pasteles de Cumpleaños en Español NUEVO!

Si quieren aprender a decorar pasteles para divertirse o si su sueño es tener un negocio, esta clase es para usted. La instructora Mireya Zapata decora pasteles profesionalmente y le gusta trabajar con los inexpertos igual que a los que quieren agregar a sus habilidades. Van a aprender técnicas de decorar, aplicar betún, y como armar un pastel. La clase va a estar en la cocina del colegio de McLennan. El primer día de clase, los estudiantes van a recibir una lista de provisiones.

Cost: \$99

Sept. 6-27 TH, 6:30-8:30 p.m. AVC 1667.02

Mireya Zapata

Mireya Zapata grew up in Waco and has been married for 22 years with three children. Mireya and her sister began selling cupcakes in South Waco for fun and to make extra money during the summer. Realizing she had a real knack for it! About 17 years ago, Mireya took a formal cake decorating class with instructor and mentor Douglas Woodward. From then on she was intrigued and wanted to know everything he knew. Douglas taught her the basics and always said "knowledge comes with experience," and that is still true to this day especially when it comes to decorating cakes!

Bake Me Breakfast Quick: Holiday Style NEW!

Fruits, nuts, and cinnamon, oh my! Join instructor Dawn Schulz for an informative and fun experience baking breakfast breads – muffins and cinnamon rolls – holiday style, perfect for your busy schedule. This class provides hands-on experience and tips for making baked goods to fit your busy schedule.

Delicious samples and treats to take home are also included. This class is not to be missed! Class will meet in McLennan's own residential-style kitchen. Sorry, no refunds.

Cost: \$59

Oct. 6 S, 9 a.m.-1 p.m. AVC 6143.03

Cajun Cowgirls and Cowboys too – Texas NEW!

Experience "Sweet Voodoo Heat" chili with a blend of spices and sausages to make the Texas hearty winter tradition even better. Add some jalapeño cornbread with authentic pralines to end this meal. This one-night culinary adventure is for those with a love of spice, sweet, and lots of fire heat in every bite. See just how well Louisiana can set a table for one really fine meal! Instructor Wendy Moulds has the perfect personality for this spirited class. This dinner-party-style class will be held in McLennan's own residential-style kitchen. Sorry, no refunds.

Cost: \$39

Jan. 22 T, 6-8 p.m. AVC 1930.23

Culinary Knife Skills

Join author and Chef Sheri Raleigh-Yearby in this exciting class designed to help you learn the essential knife skills needed to spice up your culinary game. Participants will be provided with an overview of care and use of knives, knife safety and sanitation, types of knives, and basic knife cuts. This class will help you save time in the kitchen! Sorry, no refunds.

Cost: \$29

Sept. 22 S, 9-11:30 a.m. AVC 1930.18

Sheri Raleigh-Yearby

Sheri has a diverse background as a culinary instructor and personal chef with a special emphasis in Creole cuisines. She is the owner/operator of Cast Iron Skillet. During the past nine years, Sheri has provided "culinary edutainment" experiences through culinary classes in Creole cuisine. "Creole food should tell a beautiful soulful story," Chef Sheri says. After earning a Bachelor of Science in Dietetics and Management from Northwestern State University in Natchitoches, Louisiana, Sheri began a career in public education where she coached culinary and restaurant management teams to two regional titles in the Texas Pro-Start Invitational Competition.

Dough, the Shapes You'll Know NEW!

Join instructor Dawn Schulz as she teaches how to use purchased dough to create impressively shaped rolls and loaves. Amazing your family and friends this holiday season is easier than you think. However, these shaping techniques can be used anytime and with homemade doughs. This class is not to be missed. Please note this class is about shaping dough only; we will not be baking. Class will meet in McLennan's own residential-style kitchen. Sorry, no refunds.

Cost: \$39

Nov. 8 TH, 5:30-8:30 p.m. AVC 6143.05

Dec. 1 S, 9 a.m.-noon AVC 6143.06

Home Canning NEW!

Home canning includes canning high-acid fruits and tomatoes. This workshop will cover it all! Colleen Foleen, Extension Agent at McLennan County Texas A&M AgriLife Extension Service, will guide you through the various aspects of canning, selecting, and processing fruits and other high-acid foods. Come enjoy, and learn to utilize your garden's bounty. Class will meet in McLennan's own residential-style kitchen. Sorry, no refunds.

Cost: \$29

Aug. 30 TH, 5:30-7:30 p.m. AVC 5057.05

Priti Patel

Priti Patel is a first-generation Indian American teaching authentic Indian cooking for the past eight years in the Waco area. Priti learned to cook traditional Indian food from her mother, an incredible home

cook. Priti's love for cooking continued while earning her law degree from Texas Tech Law School in 1998. She is currently enjoying her second career as a certified specialist at Revitalize Skin Care & Aesthetics, a local Medical Aesthetic Clinic. Priti enjoys teaching authentic homemade Indian cooking with her easy-to-prepare wonderful recipes. Her vibrant personality and love for delicious Indian food and culture will not only enhance your palate, but will broaden your knowledge of Indian culture.

Follow/Like Priti's Delicious Recipes on Facebook and Instagram

@PritiGoodCooking.

MORE Indian Cuisine at the Baylor Club NEW!

Enjoy even MORE Indian Cuisine at the Baylor Club taught by experienced home cook Priti Patel. Learn authentic Indian cooking from appetizers and main meals to desserts. Priti's family heritage, along with her easy-to-follow recipes and upbeat personality, will change the way you look at Indian cooking. Come join us at the Baylor Club. Your taste buds will thank you! Returning students and beginners are welcome to enroll. Sorry, no refunds. Spots are limited! Class will meet at The Baylor Club.

Cost: \$59

Oct. 1 M, 5:30-7:30 p.m. AVC 5023.03

Instant Pot Cooking NEW!

Make delish warm meals this winter fast and easy! Join Colleen Foleen, Extension Agent at McLennan County Texas A&M AgriLife Extension Service, in this class where you can put your new InstaPot to good use! Many households are investing in electric pressure cookers to save time in preparing meals. This workshop will help you make the most of your investment. You will receive recipes and learn techniques to maximize the convenience this appliance offers. Come join the fun! Class will meet in McLennan's own residential-style kitchen. Sorry, no refunds.

Cost: \$29

Nov. 1 TH, 5:30-7:30 p.m. AVC 1930.20

To Knead or Not to Knead

Do you want to make bread at home, but have lots of questions? Join instructor Dawn Schulz as she helps you unravel the mysteries of yeast doughs. You will get samples plus hands-on experience making and baking a basic white-bread loaf, and mixing an artisan no-knead dough to bake at home on your schedule. This class is not to be missed! Class will meet in McLennan's own residential-style kitchen.

Sorry, no refunds.

Cost: \$59

Sept. 8 S, 9 a.m.-1 p.m. AVC 6143.01

Straight from our students

"You can really see that Dawn loves the art of bread baking, and she gives that same enthusiasm to her students in class."

Healthy Eating Patterns: The Mediterranean Diet

This healthy eating pattern is not a diet; it is a lifestyle. Join Colleen Foleen, Extension Agent at McLennan County Texas A&M AgriLife Extension Service, in this workshop! You will learn how to plan menus and adapt recipes to follow a healthy eating pattern that increases vegetables, lean proteins, whole grains, and healthy fats, and reduces unhealthy, empty, processed carbohydrates. Sorry, no refunds.

Cost: \$29

Oct. 11 TH, 5:30-7:30 p.m. AVC 5023.04

Oktoberfest at the Hippodrome NEW!

Ever wonder why the Czechs and Germans get so excited about October? It's Oktoberfest! Held at the historic downtown Hippodrome, this educational event is designed to pair a delicious dinner with the beer beverages that have made this time of year so important to these cultures for centuries. Learn from experts about the history of the celebration and the complexity of ingredients. Sample familiar and

new tastes. It will be an evening of education, culture, good food, and a whole lot of fun! Participants must be 21 or older. Sorry, no refunds.

Cost: \$59

Oct. 9 T, 6-8 p.m. AVC 3085.01

Professional and Dining Etiquette

Feel confident at your next social event or professional occasion, whether it be a cocktail reception or multi-course meal, after learning dining and professional etiquette. Instructor Sarah Aynesworth teaches this interactive hands-on class over a three-course meal. You will learn napkin etiquette, toasting savvy, cocktail-party skills, place settings, styles of eating, tipping, and much more! Mrs. Aynesworth holds a degree in education as well as certifications from The Protocol School of Washington, The Emily Post Institute, and The Etiquette & Leadership Institute. This class will be held at McLennan's Northwood House. Individual dietary restrictions cannot be accommodated. Sorry, no refunds.

Cost: \$49

Oct. 9 T, 6-8 p.m. AVC 2054.02

The Five Mother Sauces NEW!

The secret is in the sauce! Thanks to French Chef Auguste Escoffier, we have been blessed with the Five Mother Sauces that produce more than 25 derivatives. This class will feature the classic Bechamel, Veloute, Hollandaise, Espagnole, and tomato. Join author and Chef Sheri Raleigh-Yearby in this new exciting class. Sorry, no refunds.

Cost: \$29

Oct. 27 S, 10 a.m.-12:30 p.m. AVC 1930.19

ServSafe Food Managers Certification NEW!

This two-day course taught by Colleen Foleen, Extension Agent for the McLennan County Texas A&M AgriLife Extension Service, will equip students with the latest in food-safety principles and practices in preparation for the National Certified Food Manager Exam. Cost includes classroom instruction, materials, and exam. Sorry, no refunds.

Cost: \$125

Aug. 20-27 M, 8 a.m.-5 p.m. RSTO 1041.32

Oct. 15-22 M, 8 a.m.-5 p.m. RSTO 1041.34

Shrimp Tales: A Trio of Taste NEW!

New Orleans loves its shrimp, as does anyone else who gets a taste of the seafood delight. There is no better start to a dinner party than a sweet savory shrimp dip on crusty toast with a tomato to top it off. Moving ahead, the main course will be Shrimp Creole – a legendary blend of spices and shrimp served over warm rice. After dinner is done and the night has passed, start the next day with Shrimp and Grits, a breakfast staple from Sunday Jazz Brunch in the French Quarter or from a home near the bayou! Enjoy both dinner and breakfast delicacies in just one night! Instructor Wendy Moulds has the perfect personality for this spirited class. This dinner-party-style class will be held in McLennan's own residential-style kitchen. Sorry, no refunds.

Cost: \$39

Sept. 19 W, 6-8 p.m. AVC 1930.17

So Many Cheeses, So Little Time NEW!

This class will surely meet the need for cheese with smiles and full tummies to greet guests as we move toward the holiday season. Multi-cheese boards with fruits, morsels, and cracker choices galore will start the meal on the right note! You will taste a rich, chewy, cheesy casserole with sausage, added as a side note to the three cheeses that lead the blend. No cheese meal is complete without the sweetest cheese of all! Cream-cheese dessert leaves no taste bud unsatisfied to close the three-course meal – all in one night! Instructor Wendy Moulds has the perfect personality for this spirited class. This dinner-party-style class will be held in McLennan's own residential-style kitchen. Sorry, no refunds.

Cost: \$39

Nov. 20 T, 6-8 p.m. AVC 1930.22

Sourdough...It's Alive! NEW!

Wanting to bake with a real sourdough starter, but not sure how? Thinking it sounds complicated or time consuming? Then this class is for you! Don't miss instructor Dawn Schulz teaching how to feed and care for sourdough starters, what to do with the necessary discarded starter, and the health benefits of sourdoughs. This class includes making sourdough treats to eat, plus your own starter to take home. Class will meet in McLennan's own residential-style kitchen. Sorry, no refunds.

Cost: \$39

Oct. 13 S, 9 a.m.-noon. AVC 6143.04

Nov. 6 T, 5:30-8:30 p.m. AVC 6143.02

Vineyard Harvest Adventure NEW!

Come to Country Spring Vineyard and Wine Garden for the celebration of the harvest. This is a festive day when family, friends, and new friends come together to celebrate the harvest. We begin each harvest day with a toast to the vines (7 a.m.). Class is hosted at the picturesque vineyard of beautiful grape clusters and gorgeous grape-vine canopies. The morning will be a bucket-list experience of the vineyard life. Vineyard owners Mary and Curtis Timmons will be harvesting one of their red varieties and moving them to the winery for processing. See how the grapes begin their journey towards a superb wine! Class will meet at Country Spring Vineyard.

Cost: \$19

Aug. 11 S, 7-11 a.m. AVC 3026.01

Curtis Timmons

Curtis grew up farming near Muleshoe and Littlefield. He thought that he needed a desk job to escape the toils of the soil. However, you can't take the country out of the boy. Country Spring Vineyard and Wine Garden is his new obsession. Although he still has his desk job (as a psychologist), the vineyard is his therapy. The vineyard offers solitude and peace of mind from the daily routine of the office. It is a passion that requires constant attention. In addition to the vineyard, Country Spring Winery will open during the fall of 2018.

Grape Vineyard 101 NEW!

Come to Country Spring Vineyard and Wine Garden for a taste of vineyard life. Do you have a green thumb? Do you want one? Have you been lured into the romance of growing your own grapes? This course is designed for the beginner grape grower. Whether you want a single plant, a backyard vineyard, or your first acre of grapes, this course will help you be successful. Expert Curtis Timmons will discuss soil analysis, building a trellis, plant selection, and plant management. You will spend time in the vineyard with demonstrations and hands-on experience working the vines. Come to the country! Class will meet at Country Spring Vineyard.

Cost: \$29

Oct. 20 S, 9 a.m.-noon AVC 3026.02

A Taste of West Africa

Join author and Chef Sheri Raleigh-Yearby in this deliciously fun and educational class! This two-part series is designed to introduce food enthusiasts and home cooks to the West African traditions and cooking techniques that influence Southern recipes. This class will provide hands-on practice of spice-blending, sauce-making, and preparation of an African-inspired dish. This is one class not to be missed! Class will meet in McLennan's own residential-style kitchen. Sorry, no refunds.

Cost: \$69

Nov. 10-17 S, 10 a.m.-1 p.m. AVC 1930.21

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Fitness & Wellness

Water Aerobics

In partnership with The Center of Columbus Avenue Baptist Church, water aerobics is a class for everyone, especially those seeking a low-impact way of exercise! Get fit with this challenging, but easy-on-the-joints, class. Instructors will guide you through the water with exercises using your own body weight, water dumbbells, and other water-resistance tools. You'll leave class feeling refreshed. Each student must sign a facility waiver. Class is held at The Center of Columbus Avenue Baptist Church.

Cost: \$79

Oct. 15-Nov. 15 MTTH, 5:30-6:30 p.m.

AVC 1689.02

Introduction to Baseball Umpiring

Interested in becoming a baseball umpire? This course targets new baseball umpires wanting to get a head start on high school baseball mechanics before scrimmages start in February. Part classroom and part on-field application, this course focuses on baseball umpiring fundamentals and mechanics along with rule application, game film review, and case situations. This class is taught by Waco Baseball Chapter umpires.

Cost: \$25

Oct. 3-24 W, 6-8 p.m. FITT 1095.04

Beginners' Swimming for Adults

Calling all adults who never learned to swim – there is no time like the present! This course is designed specifically for adults to learn the basics of swimming and to encourage those adults who want to improve their skills and confidence in the water. Instructor Missy Kittner will put you at ease and teach you the techniques to enjoy the pool. After this course, you will have no excuse not to "jump in." Wear your swimsuit and bring a towel. Goggles are optional. Class will meet at The Center of Columbus Avenue Baptist Church. Each student must sign a facility waiver. Students must be 18 years of age or older to register.

Cost: \$69

Sept. 10-27 MTH, 6:30-7:15 p.m. AVC 1088.03

Oct. 15-Nov. 1 MTH, 6:30-7:15 p.m. AVC 1088.04

BODYPUMP NEW!

BODYPUMP is a weights class for absolutely everyone. This form of weight training will make you toned, lean, and fit. Using light-to-moderate weights with lots of repetition, BODYPUMP, in partnership with The Center at Columbus Avenue Baptist Church, gives you a total-body workout that burns a lot of calories. It will also tone and shape your body without adding bulky muscle. Instructors will show you all the moves and techniques to make your first class safe and fun. You will leave feeling challenged and motivated, ready to come back for more. Each student must sign a facility waiver. Class will meet at The Center of Columbus Avenue Baptist Church.

Cost: \$79

Sept. 11-Oct. 11 TTH, 5:30-6:30 p.m. AVC 3034.02

Lunchtime BODYPUMP NEW!

BODYPUMP is a weights class for absolutely everyone. This form of weight training will make you toned, lean, and fit. Using light-to-moderate weights with lots of repetition, BODYPUMP, in partnership with The Center at Columbus Avenue Baptist Church, gives you a total-body workout that burns a lot of calories. It will also tone and shape your body without adding bulky muscle. Instructors will show you all the moves and techniques to make your first class safe and fun. You will leave feeling challenged and motivated, ready to come back for more. Each student must sign a facility waiver. Class will meet at The Center of Columbus Avenue Baptist Church.

Cost: \$69

Sept. 12-Oct. 31 W, 12-1 p.m. AVC 3034.03

Easy Fitness Blend

Using easy-to-follow dance steps and routines, stretching and simple yoga postures, hand weights, music, and relaxation techniques, this blended program is an enjoyable way to exercise and improve health. Instructor Hanna Vaughan will guide you through this class that is good for beginners and those with more experience! Bring a mat, refillable water bottle, and two hand weights of 1-3 pounds (optional). Class will meet at Crestview Church of Christ Community Center.

Cost: \$59

Sept. 12-Oct. 22 MWF, 11 a.m.-noon AVC 6121.03

Nov. 5-Dec. 14 MWF, 11 a.m.-noon AVC 6121.04

Kayak Lessons NEW!

Join Pura Vida Paddle in one of the most popular and fun fitness crazes in town, kayaking! Kayaking lessons are for everyone who loves the outdoors, wants to learn something new, and get out on the water in the beautiful Brazos River! Join Erin and Blake Ward, owners of Pura Vida Paddle Board Company and leading experts in both paddle board and kayak instruction, for this fun class suitable for all levels. Class will meet at the bottom deck of Buzzard Billy's. Please arrive 10 minutes before class begins. All equipment costs are included with the registration fee.

Cost: \$129

Sept. 18-25 T, 10-11 a.m. AVC 6121.03

Mind & Body Aerobics

Burn fat, shape muscles, and get a cardiovascular workout in this low-impact aerobics class. Sue Johnson is a favorite instructor, and she will get you moving to the music and toward your conditioning goals. Bring a floor mat, refillable water bottle, and two hand weights of 1-5 pounds, whatever is appropriate for your strength.

Cost: \$69

Sept. 4-Oct. 11 TTH, 5:30-6:30 p.m. AVC 1577.03

Oct. 23-Dec. 6 TTH, 5:30-6:30 p.m. AVC 1577.04

Learn to Play Golf

This class is the perfect way to get your game off to a great start! You will be introduced to the game of golf by instructor Ed Rolan, and you will learn proper grip, stance, and alignment, as well as driving, chipping, and putting. Ed will also talk about golf etiquette and give helpful pointers on choosing equipment for your golf game. You may bring your own clubs or use clubs provided at the lesson. This class meets at Twin Rivers Golf Club driving range, and enrollment is limited. Students are responsible for purchasing their own buckets of golf balls (\$5 per bucket) for each class. Participants under the age of 16 must co-register with a parent or guardian.

Cost: \$49

Aug. 27-Sept. 12 MW, 6:30-8 p.m. AVC 1026.06

Improve Your Short Game

Interested in refining your short game and lowering your scores? Come to Twin Rivers Golf Club and meet your instructor, Ed Rolan, for golf class! Techniques for chipping, pitching, sand shots, and putting will be emphasized. You will learn effective techniques for practicing golf strokes the correct way to help you get the results you desire. Treat yourself, or the golfer in your life, to this course. Students are responsible for purchasing their own buckets of golf balls (\$5 per bucket) for each class. Participants under the age of 16 must co-register with a parent or guardian.

Cost: \$49

Sept. 17-Oct. 3 MW, 6:30-8 p.m. AVC 1026.07

The Art of Foot Massage

Learn how to relax the body with reflexology by massaging sore spots in the feet until tension is relieved. Instructor David Sproles, B. GS, LMT, MTI, will teach you the importance of foot massage for your health and self-care. These reflexology basics introduce the reflexes that may help alleviate migraines or other headaches. Join this class if you want to learn massage basics that will help you from head to toe –literally! Please bring a blanket and pillow to class. Each student must register with a partner.

Cost: \$29

Sept. 7 F, 7-8 p.m. AVC 6106.02

David Sproles

David began receiving massage during childhood when medicine would not relieve his headaches. He found that massage therapy, which is considered to be alternative medicine, worked! David is a graduate of McLennan Community College's Massage Therapy program and is also a part-time massage therapy instructor. He opened his own massage therapy business, Body Relax: Massage Waco, in 2012 and graduated from Texas Tech University in 2016. His goal at Body Relax: Massage Waco is to educate others that massage is not an alternative to traditional medicine but a valuable compliment to health care.

Massage Secrets of the Upper Body

Do you want to rub people the right way? Improve your quality of life with massage by eliminating those constant tight and painful muscle aches. In this course, you will learn chair massage basics that will allow you to relax the upper body (lower back, neck, arms, hands, and scalp). Instructor David Sproles, B. GS, LMT, MTI, will teach simple and effective techniques to perform massage longer without getting tired. The advantages of massage while lying down will also be reviewed. Please bring a blanket and pillow to class. Each student must register with a partner.

Cost: \$29

Oct. 5 F, 7-8 p.m. AVC 6106.03

Muscles of the Back and Back Pain

Learn how to relax the back by massaging sore spots in the lower back until tension is relieved. Instructor David Sproles, LMT, will teach you the importance of lower-back massage for your health and self-care. These technique basics introduce the reflexes that may help alleviate back pain. Join this class if you want to learn massage basics that will make your back feel better. Please bring a blanket and pillow to class. Each student must register with a partner.

Cost: \$39

Nov. 2 F, 7-8 p.m. AVC 6106.02

Yoga 4 Fitness

This is a yoga workout for people of all ages and fitness levels. Classes will focus on toning the body, strengthening the abdomen, and enhancing flexibility. Through a variety of yoga exercises, Yoga 4 Fitness cultivates a holistic mind-body experience that fosters mental awareness, promotes vitality, and develops balance. Yoga 4 Fitness is taught by Dharma Yoga and YogaFit® certified instructor Kelly Parker. Wear comfortable clothes and bring your own yoga mat.

Cost: \$39

Sept. 10-Oct. 15 M, 5:30-6:30 p.m. AVC 1962.07

Oct. 22-Nov. 26 M, 5:30-6:30 p.m. AVC 1962.09

Yoga Meditation Fusion NEW!

This is a yoga meditation combination class for people of all ages and fitness levels. Through a variety of mediation practices and yoga exercises, yoga and meditation cultivates a holistic mind-body experience that fosters mental awareness, promotes vitality, and develops balance. Yoga Mediation Fusion is taught by Dharma Yoga and YogaFit® certified instructor Kelly Parker. Wear comfortable clothes and bring your own yoga mat.

Cost: \$39

Sept. 12-Oct. 17 W, 5:30-6:30 p.m. AVC 1962.08

Oct. 24-Dec. 5 W, 5:30-6:30 p.m. AVC 1962.10

Kelly Parker

Kelly Parker is a full-time theatre professor at MCC, teaching acting and directing stage productions. He began teaching yoga five years ago and has tried multiple styles of yoga and meditation. Kelly currently holds a 200-hour teacher certification in Viniyoga and an additional 200-hour teacher certification from Dharma Yoga.

SUP Yoga

Two things that are already relaxing: being on the water and yoga. So, let's do them both! Join the SUP yoga community in the most popular and fun fitness craze in town! Paddle Board Yoga is for everyone who wants to learn something new, increase balance and stability, and get out on the water in the beautiful Brazos River! Join Erin and Blake Ward, owners of Pura Vida Paddle Board Company and leading experts in both paddle board instruction and yoga, for this fun class, suitable for all levels. It incorporates a lot of meditation and stretching – focusing on centering yourself and leaving your stresses on land. Class will meet at the bottom deck of Buzzard Billy's. Please arrive 10 minutes before class begins. All equipment costs are included with the registration fee.

Cost: \$149

Sept. 10-17 M, 10-11 a.m. AVC 1202.04

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Lifelong Learning

Basic Automotive NEW!

Ladies and Gentlemen...Start your engines! Join Brenda King, our fun and encouraging instructor, as she guides you through the basics of automotive maintenance. Have you ever wondered how to open the car hood or check the oil? Would you like to know more about car types and tires or rims? If you answered YES to any of these, join Brenda, and learn more about your car or the car of your dreams!

Cost: \$49

Oct. 13-20 S, 9-11:30 a.m. AVC 3083.01

Circle of Security® NEW!

Have you ever felt lost or without a clue about what your child might need from you? Imagine what it might feel like if you were able to make sense of what your child was really asking from you. The Circle of Security® Parenting™ program, in partnership with the Methodist Children's Home, is based on decades of research about how secure parent-child relationships can be supported and strengthened. Participants will be better able to: understand their child's emotional world by learning to read emotional needs, support their child's ability to successfully manage emotions, enhance the development of their child's self-esteem, and honor the innate wisdom and desire for their child to be secure.

Cost: Free

Aug. 6-Sept. 10 M, 5:30-7 p.m. CDEC 1010.02

Jungian Dream Interpretation NEW!

Dream much? Are you wishing to explore different ways of understanding to get to know yourself better? Then, this new dream interpretation class is perfect for you! Led by Licensed Professional Counselor with training at the Carl Jung Institute in Zurich, Switzerland, Angela Collier will help you explore your dreams. In this course, you will be using your recent dreams you share to learn and use the (simple) dream-work techniques taught. This dream-work class is not intended to be therapeutic. Focus will be upon practicing the techniques of dream work together. Join in, and find out what your unconscious might be saying through dreams!

Cost: \$49

Sept. 10-17 M, 6-8 p.m. AVC 6145.01

Oct. 1-8 M, 6-8 p.m. AVC 6145.02

More Jungian Dream Interpretation NEW!

Come learn even more about your dreams in this continuation of our Dream Interpretation class! Led by Licensed Professional Counselor with training at the Carl Jung Institute in Zurich, Switzerland, Angela Collier will help you explore your dreams with even more depth and understanding. In this course, you will be using your recent dreams you share to learn and use more complex dream-work techniques. This dream-work class is not intended to be therapeutic. Focus will be upon practicing the techniques of dream work together. Jungian Dream Interpretation is a prerequisite for this course.

Cost: \$49

Oct. 22-29 M, 6-8 p.m. AVC 6145.03

Angela Collier

Angela Collier worked in management in Corporate America for several years where she realized her love of partnering with others to help them achieve their goals and dreams. She returned to school and earned her Master of Science degree in Counseling Psychology. Angela has worked with people at local hospitals, local agencies, and in her own private practice. She trained at the Carl Jung Institute in Zurich, Switzerland, where she was trained in Dream Interpretation and Intuitive Movement. Angela is a Licensed Professional Counselor and a Nationally Certified Counselor. She is a member of the Texas Counseling Association and the National Counseling Association.

Estate Organizing

Certified Professional Organizer® Jennifer Snyder walks you through the process of sorting and dealing with the estate of a loved one. Topics include: outlining the process, resources for donation and disposal, to sell or not to sell, and getting it done when your heart is broken.

Cost: \$59

Nov. 12 M, 5:30-8:30 p.m. AVC 2065.07

Minimalistic Living

Ever feel overwhelmed by “stuff”? Join certified Professional Organizer® Jennifer Snyder for this class about minimalistic living. Jennifer provides information and guidelines for learning how to live with less. Topics include determining what you really need, what to do with your excess, and how to change the way you think about your stuff.

Cost: \$49

Sept. 17 M, 6-8 p.m. AVC 2065.05

Investigating the Paranormal

This exciting class is for anyone interested in learning more about paranormal investigation. As a participant, you will gain a greater understanding of theories behind hauntings, poltergeists, and apparitions and learn how to investigate potentially haunted locations. With instructor Cindy Little, students will also learn about field investigation techniques including the use of technology, interviewing, hypothesis testing, and data collection. Additionally, the class will cover ethical issues in paranormal investigation, including ways to help people deal with paranormal activity in their homes and businesses.

Cost: \$69

Oct. 1-Nov. 5 M, 6:30-8:30 p.m. AVC 2046.02

Researching Your Family History NEW!

Genealogy Librarian Hannah Roquemore will help you begin compiling your own family history in this hands-on class. For novice and experienced researchers alike, brush up on your genealogy skills, and learn the newest trends and techniques. This four-week course will focus on research methods and

sources as well as organization tips. Genealogy is a wonderful way to connect with your ancestors and to leave a bit of history for future generations!

Cost: \$49

Sept. 4-25 T, 6:30-8:30 p.m. AVC 6139.03

Cindy Little

Cindy is a paranormal/historical researcher who is always looking for places to explore and folks to talk to about their own paranormal experiences. Cindy has a PhD in educational psychology and has taught graduate-level research courses at Baylor University. She has been a paranormal investigator for nine years and completed courses in parapsychology and field investigations through the Rhine Education Center. She is also a Parapsychological Field Investigator for the Office of Paranormal Investigations. If you'd like to know more about Cindy and what she does, check out her website at:

www.wacoghosts.com.

Mom and Daughter Self-Defense NEW!

Bonding with your daughter while learning essential life skills – nothing could be better! Join expert Rob Page as he teaches practical techniques to protect yourself and the ones around you. This class will empower you and your daughter to feel confident – you will be glad you joined! Enrollment is limited to ages 10 and up. Girls under the age of 16 must be joined by a registered adult.

Cost: \$10

Aug. 27 M, 6-7 p.m. AVC 1236.01

Self Defense for Women NEW!

Would you be able to defend yourself and your loved ones if someone were to physically attack you? It's a question most of us don't want to consider, but violence is, unfortunately, a fact of life. Thankfully, regardless of strength, size, or previous training, anyone can learn several effective self-defense techniques. Join expert Rob Page as he teaches practical techniques to protect yourself and your loved ones. This class will empower you to feel confident – you will be glad you joined! Enrollment is limited to ladies ages 16 and up.

Cost: \$10

Sept. 10 M, 6-7 p.m. AVC 1236.02

Nov. 5 M, 6-7 p.m. AVC 1236.03

Beginners' Sign Language

This beginners' class is for those who are interested in learning sign-language basics to use in their personal life or workplace. Instructor Cindy McCorkle will teach Pidgin Sign Language, which combines the signs of American Sign Language and the grammatical structure of English. Cindy's love of people and language makes for a fun class. She includes a deaf presenter in one of the classes, which is always a high point. This course is a good beginning for those considering more training or a career in sign language and interpreting. The textbook is included in the course cost; a refund will include a deduction for the textbook cost.

Cost: \$99

Oct. 2-25 TTH, 6:30-8:30 p.m. SLNG 1003.02

Cindy McCorkle

Cindy McCorkle is a graduate of MCC's Interpreter Training Program and a Texas Certified Sign Language Interpreter. For over 20 years, she has worked in various educational settings and community services with an array of interpreting assignments including: motivational speaking, medical, job orientation and training, weddings and funerals – just to name a few. Cindy loves to assist students wanting to learn the language and culture for fun or in order to pursue a career as a future interpreter.

The Uncluttered Closet

Learn the tricks and techniques of Certified Professional Organizer® Jennifer Snyder to turn your closet into a place of peace and tranquility. Topics include: what to hang or fold, managing floor and shelf spaces, what to keep, and how to care for the clothes in your closet. Your wardrobe will thank you!

Cost: \$49

Oct. 15 M, 6-8 p.m. AVC 2065.06

Jennifer Snyder

Jennifer Snyder, CPO is the owner of Neat as a Pin Organizing Experts. She is one of less than 500 Certified Professional Organizers worldwide and the only accredited organizer in the Central Texas area. She is a speaker and writer, regularly contributing to publications nationwide. Jennifer is a member of the National Association for Productivity and Organization and the Institute for Challenging Disorganization, and is a certified trainer in the NAPO Quantum Leap program which provides organizing skills to people in need during life-changing situations. She has been in business as Neat as a Pin Organizing Experts for almost a decade and has grown to a staff of four. She has personally accumulated more than 10,000 hours of organizing time working directly with clients.

Straight from our students

“Since our lives are so busy running here and there, this class enabled me to slow down and enjoy the beautiful sights of Waco.”

Preparing for and Understanding the Comanche Nation Fair NEW!

This short course is designed to increase awareness of Comanche culture and enhance understanding of traditional Comanche cultural activities that are showcased at the annual Comanche Nation Fair. This three-day event is held at the Comanche Tribal Headquarters' grounds in the Wichita Mountains near Lawton, Oklahoma. Activities include a pow wow, parade, Comanche storytelling and games, childrens' activities, rodeo, art exhibit, concert, and much more. Vendors and artists from many Indian Nations sell their art and traditional crafts at this fair, making it a great place to purchase gifts or add to Indian art collections. This event is widely attended by other Indian Nations, international guests, and many more. Class will meet only on the second Saturday in the month of September and October with an optional event to be discussed in class between these dates.

Cost: \$59

Sept. 8 & Oct. 13 S, 9 a.m.-1 p.m. AVC 1954.02

Web Design I NEW!

Join this class on web design in which RLABS will take you step by step through the process of making your own website and show you some shortcuts along the way! This class will teach you topics such as: how to use a free tool that powers over 75 million websites online; a secret way to learn what kind of code your favorite websites are using; where to get your own .COM website name (and what to do if it's taken); and the different types of code that every single website uses on the Internet. Not only will you be learning how to do fancy stuff with websites, but you'll use your new skills to update a REAL website for a REAL business. No experience is needed!

Cost: \$10

Sept. 10-Oct. 15 M, 6-8:30 p.m. IMED 1002.02

Web Design II NEW!

Join our advanced class for those that have taken Website Design I! You will use the website you already built and improve upon it for the client, or create a website for a business you want to start. RLABS instructors will guide you through more advanced web-design skills. Building a website is a great tool to help define your business, who your customers are, what you will offer them, and to see what information is lacking, or gaps that you need to fill in with research. This class is an excellent continuation of Web Design I.

Cost: \$10

Oct. 22-Nov. 26 M, 6-8:30 p.m. IMED 1040.01

Basic Workplace Computer Skills

Learn the computer skills you need for the job you want! Offered by McLennan Continuing Education in partnership with HOT Goodwill Industries, this course will provide you with fundamental office computer skills. Topics include: printing, creating and managing files and folders, understanding and navigating the internet, and sending effective emails. You will also get an overview of the most common programs in the workforce – Word, PowerPoint, and Excel – as well as learn program integration, simple database management, and transferring data. The instructor will help you put these skills to work by creating a resume. Whether you are a job seeker or seeking advancement in your current job, this computer course is for you! All class materials and a flash drive containing course exercises will be provided. Class will meet at Goodwill Job Connection.

Cost: \$10

Oct. 1-26 MWF, 3-5 p.m. ITSC 1006.11

Computers for Beginners

MCC Continuing Education, in partnership with Heart of Texas Goodwill Industries, offers a new beginners' computer class! Brand-new to computers? Join us for this four-part series course that will walk you through the basics of computer functions, keyboarding, internet navigation, internet safety, and email settings. The goal of this course is to help you feel comfortable using a computer in the workplace and at home. Class will meet at Goodwill Job Connection.

Cost: Free

Sept. 10-19 MW, 1-3 p.m. ITSC 1006.10

Nov. 12-21 MW, 1-3 p.m. ITSC 1006.12

Dec. 10-19 MW, 1-3 p.m. ITSC 1006.01

Word 2010 Overview

MCC Continuing Education, in partnership with Heart of Texas Goodwill Industries, offers Microsoft Office courses to help you improve your computer skills. Learn the fundamentals of Word 2010, including formatting and editing text and pictures, clipart, tables, SmartArt graphics, using the mouse, selecting/highlighting text, and opening and closing files and folders using MS Windows 7. The course fee includes all class materials and a flash drive that contains all course exercises. Class will meet at Goodwill Job Connection.

Cost: \$10

Oct. 8-31 MW, 5:30-7:30 p.m. ITSW 1021.20

Excel 2010 Overview

MCC Continuing Education, in partnership with Heart of Texas Goodwill Industries, offers Microsoft Office courses to help you improve your computer skills. If you want to excel in Excel 2010 and increase your chances of finding a better job, then come take this four-week course. Topics include formatting and editing text, basic functions, pivot tables, and much, much more! Prerequisites include basic computer skills such as using the mouse, selecting/highlighting text, and opening and closing files and folders using MS Windows 7. The course fee includes all class materials and a flash drive that contains all course exercises. Class will meet at Goodwill Job Connection.

Cost: \$10

Nov. 6-29 TTH, 5:30-7:30 p.m. ITSW 1022.03

Customer Service Essentials

MCC Continuing Education, in partnership with Heart of Texas Goodwill Industries, offers a new class over the essentials of good customer service. Do you want to improve your customer service and communication skills on the job? This two-day class will provide you with easy-to-remember guidelines for providing friendly and efficient selling techniques. Additionally, this class is a tool to help prepare participants for the Customer Service and Sales Certification Exam through the National Retail Federation. The certification exam is \$55 and is optional. The class is a great fit for Job Opportunity Boot

Camp students seeking to build their on-the-job communication skills. Class will meet at Goodwill Job Connection.

Cost: Free

Sept. 4-5 TW, 1-5 p.m. BMGT 1022.12

Nov. 6-7 TW, 1-5 p.m. BMGT 1022.15

Job Opportunity Boot Camp

MCC Continuing Education, in partnership with Heart of Texas Goodwill Industries, offers a new program to assist in the preparation for a new career! This class provides training on the skills you need to land the job you want. This week-long intensive workshop will cover the following: job search/applications, resume preparation, interview and self-presentation, job dependability, and retention. Class will meet at Goodwill Job Connection. Attendance is required at each class session to receive credit.

Cost: Free

Sept. 17-21 MTWTHF, 9 a.m.-noon BMGT 1022.13

Oct. 15-19 MTWTHF, 9 a.m.-noon BMGT 1022.14

Nov. 26-30 MTWTHF, 9 a.m.-noon BMGT 1022.16

Dec. 17-21 MTWTHF, 9 a.m.-noon BMGT 1022.01

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Music & Dance

Ballet Dance

Join us at Joy's School of Dance Bosque location for an incredible time in our Ballet class. This class is for anyone who loves to dance or wants to try – ballet is a wonderful way to exercise. All levels are welcome to join and be taught by the pros!

Cost: \$69

Sept. 10-Oct. 15 M, 8:15-9:15 p.m. AVC 6136.04

Oct. 22-Dec. 3 M, 8:15-9:15 p.m. AVC 6136.05

Concert Band NEW!

The McLennan Concert Band provides the opportunity for the study and performance of music in a large-ensemble setting. This performing ensemble engages in the creative process by performing concert band literature. The Concert Band rehearses weekly for 12 weeks, culminating in a Sunday performance at 3 p.m.

Cost: \$69

Aug. 31-Nov. 16 F, 10 a.m.-noon AVC 1860.02

Contemporary Dance NEW!

Join us at Joy's School of Dance Bosque location for a creative time of energy and movement in our new Contemporary Dancing class. This class is for anyone who loves to dance or wants to try – and can be an amazing way to exercise to some fun music. All levels are welcome to join and be taught by the pros!

Class will meet at Joy's School of Dance.

Cost: \$69

Sept. 13-Oct. 18 TH, 8-9 p.m. AVC 6144.01

Oct. 25-Dec. 6 TH, 8-9 p.m. AVC 6144.02

East Coast Swing Dance NEW!

Come swing the night away, and join our fun encouraging instructors, Landon Lewis and Amanda Frey, as they introduce you and your partner to East Coast Swing. Landon and Amanda put students of all ages at ease! Learn basic steps and techniques, directional movements, and proper positions for this fun dance style. Don't miss this class designed to keep you on your toes! This course is for partners only.

Each student must register.

Cost: \$39

Sept. 12-26 W, 7-8 p.m. AVC 1646.06

Landon Lewis

Landon was introduced to ballroom dancing through Baylor University's social dance class. Since then, he has continued to learn and dance while also teaching friends and strangers privately and in group settings. He is looking forward to introducing you to ballroom dance and increasing your confidence on the dance floor, which has brought him so much joy over the years.

Fox Trot and Waltz Dance NEW!

Join our fun and encouraging instructors, Landon Lewis and Amanda Frey, as they introduce you and your partner to the Fox Trot and Waltz. Landon and Amanda put students of all ages at ease! Learn basic steps and techniques, directional movements, and proper positions for these energetic dance styles. This course is for partners only. Each student must register.

Cost: \$69

Oct. 3-31 W, 7-8 p.m. AVC 1646.07

Hip-Hop Dance

Come sweat, move, and feel the groove! Join us at Joy's School of Dance Bosque location for a fun time in our Hip-Hop Dancing class. This class is for anyone who loves to dance or wants to try – and can be an amazing way to exercise to some beat-stomping music. All levels are welcome to join and be taught by the pros!

Cost: \$69

Sept. 12-Oct. 17 W, 8-9 p.m. AVC 6138.04

Oct. 24-Dec. 5 W, 8-9 p.m. AVC 6138.05

Rumba and Cha Cha Dance NEW!

Cha Cha delight! Join our fun and encouraging instructors, Landon Lewis and Amanda Frey, as they introduce you and your partner to the Latin styles of the Cha Cha and Rumba. Landon and Amanda put students of all ages at ease! Learn basic steps and techniques, directional movements, and proper positions for these festive dance styles. This course is for partners only. Each student must register.

Cost: \$69

Nov. 7-Dec. 12 W, 7-8 p.m. AVC 1646.08

Straight from our students

Tap Dance

Join us at Joy's School of Dance Bosque location for a tapping good time in our Tap Dancing class. This class is for anyone who loves to dance or wants to try – and tap can be a wonderful way to exercise. All levels are welcome to join and be taught by the pros!

Cost: \$69

Sept. 11-Oct. 16 T, 8-9 p.m. AVC 6137.04

Oct. 23-Dec. 4 T, 8-9 p.m. AVC 6137.05

Tribal Baladi Belly

Dance I

Learn a new style of belly dance, one that is truly an American style. Many steps are the same as the traditional style, but with a few differences. Come join in the fun with instructor Dawn Burns, and get in better shape at the same time! Wear comfortable clothing in which you can move easily. Bring a floor mat and a refillable water bottle. Both beginner and returning students are welcome.

Cost: \$69

Sept. 11-Oct. 30 T, 7-8:30 p.m. AVC 5262.04

Dawn Burns

Dawn Burns has been dancing for over 30 years. She first learned how to belly dance here at MCC at the age of 22. Having had classes with a number of big-league belly dancers, she wanted to pass along her love of the dance to others. It is a great way to move and get in shape, or just have fun!

Tribal Baladi Belly
Dance II

This class is for intermediate-skill students. Students should have taken at least two prior Tribal Belly Dance I classes before signing up for this class. Learn to move as a group while dancing to authentic Middle Eastern Music. Dawn Burns will lead the class which will include an extensive warm-up, isolation drills, and many new dance moves. Wear comfortable clothing; bring a floor mat and water.

Cost: \$69

Sept. 13-Nov. 1 TH, 7-8:30 p.m. AVC 5262.05

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Outdoors & Animals

Heart of Texas Beekeepers Club NEW!

Have you ever wanted to learn more about bees? Interested in joining other beekeepers? Join the Heart of Texas Beekeepers Association in this monthly class meeting. This class is open to everyone from beginners to pros! There is something for everyone. Class is held on the fourth Tuesday of each month at the ESEC building. Everyone is welcome to join!

Cost: Free

Nov. 13 T, 6:45 p.m.-8 p.m. AVC 5057.06

Straight from our students

“Great to see local beekeepers and those who want to learn more about it getting together in the community.”

Introduction to Drones NEW!

Drones are a hot commodity as the technology expands allowing their use for both leisure and commercial purposes. Join William Hadley, owner of Air Imaging Solutions and drone expert, as he guides you through the basics. In this class, you will learn topics such as basic operation, FAA rules and regulations, and flying skills. This course is designed for beginners and will help teach you how to safely operate these cutting-edge devices. Don't own a drone? Join the class and see if ownership is for you! Class will meet at Whitehall Park.

Cost: \$59

Sept. 29 S, 9 a.m.-noon AVC 6146.01

Oct. 20 S, 9 a.m.-noon AVC 6146.02

Straight from our students

“I thought I would never be able to learn how to fly a drone, but with William and his class, he made it possible.”

Drone Enthusiasts NEW!

Calling all drone enthusiasts! Join William Hadley, owner of Air Imaging Solutions and drone expert, as he assists you in sharpening your unmanned aircraft system skills. This course is designed for beginners and those with a bit more experience to continue learning and practicing with your drone. Come advance your skills and knowledge of hovering and more advanced skills. Class will meet at Whitehall Park.

Cost: \$59

Nov. 10 S, 9 a.m.-noon AVC 6146.03

Historical Waco Walks Club NEW!

Walk your way to learning and fun! Join our community partnership class Waco Walks Club! This club consists of a fun informal group of folks, led by Ashley Bean Thornton of Baylor and Act Locally Waco, who go on walks around the Waco area to get some exercise, learn more about our community, and have fun. Most of the walks will be on sidewalks and city streets, but you may need to negotiate a few curbs and a few grassy patches. Bring your own water. Dogs are invited on the walk, but they MUST be

on a leash, and you MUST come prepared to scoop the poop! This group meets at various historic Waco locations and participants will be notified of date and time each month.

Cost: Free

Sept. 1-May 30 AVC 3056.01

Hunting 101 Tree Stand Safety NEW!

Tree stand safety is an often overlooked source of dangerous accidents for many hunters. This course is certified by the Tree Stand Manufacturer's Association in conjunction with Texas Parks and Wildlife. Each student will learn about the need for tree stand safety, how to inspect and mount a tree stand safely to a tree, and how to safely climb up, enter, and leave a tree stand. Falling out of a tree stand and how to re-enter is also shown. The class is instructed by Brent Heath, who is a certified Tree Stand Safety Trainer for Hunter Education & Bow Hunter Education instructor. If you are an instructor, you can be certified at this class to be a Tree Stand Safety Instructor by the TMA. Class is open to anyone who would like to become a safer hunter! Students under the age of 16 must co-register with a parent or guardian to attend class.

Cost: \$29

Sept. 8 S, 8 a.m.-noon AVC 1983.04

Texas Hunter Education Field Day

This course includes all the information about Texas Hunter Education that the law requires hunters age 17 and older to know after the completion of the online class. The certified instructor, Brent Heath, will cover hunting rules and regulations, ethics and responsibilities, and safe firearm handling and storage techniques. When you successfully complete the course (attend the full session in its entirety), you will receive a lifetime certification card. Students must complete the accompanying online course before the start-day of class to be eligible for this field course. Search "Texas Parks and Wildlife Hunter Education + field course" online for more information. The online course is free from Texas Parks & Wildlife. Class will meet at McLennan's Highlander Ranch. Students under the age of 16 must co-register with a parent or guardian to attend class.

Cost: \$20

Sept. 22 S, 8 a.m.-noon AVC 1983.05

K9 Mutt Dog Training

Hoping to teach Fido a few manners? Build the foundation of good behavior by creating a good relationship with your dog. This beginning course, offered by local canine expert Sandy Wittliff, will teach the basics of obedience training and help you better understand your dog. No two family dynamics are the same, so you'll learn the best training methods for you and your dog. This course is for family dogs, shelter and rescue dogs, and special-needs families. You must provide instructor Sandy Wittliff with current shot records at the first class. Classes are held at McLennan's Highlander Ranch.

Cost: \$99

Sept. 4-Oct. 16 T, 6:30-7:30 p.m. AVC 1849.13

Sept. 8-Oct. 20 S, 9-10 a.m. AVC 1849.14

Sept. 9-Oct. 21 SU, 9-10 a.m. AVC 1849.15

Sept. 10-Oct. 22 M, 6:30-7:30 p.m. AVC 1849.16

Sandy Wittliff

Sandy has been working with dogs for most of her life and has kept dogs of all sizes over the years. She is a licensed Pet Partner Therapy Dog evaluator and trainer, along with being a member of the International Association of Dog Partners (IAADP). Sandy has always felt that it is better to work with the dog rather than force it, and she loves watching the bond develop between the owner and dog as they learn to communicate and trust each other.

Brent Heath

Brent Heath is a Master Instructor with Texas Parks & Wildlife who teaches Hunter Education and Bow Hunter Education. He has taught Hunter Education for over 20 years and Bow Hunter Education for over 8 years. He also serves as the Hunter Education and Bow Hunter Education Area Chief for McLennan County and the surrounding counties. Brent was awarded the North Texas Hunter Education Instructor of the Year award for 2017. He is certified by the Tree Stand Manufacturer's Association as a Tree Stand Safety Instructor Trainer and is also certified by the National Archery in the Schools Program as an Archery Instructor.

Wilderness Survival Education Field Day NEW!

This workshop is an overview of the basic principles and methods that can help you when the unexpected happens. No one expects to be caught in a survival situation, but prior training and planning is key. Crises come in many different forms from small to large. Your perception of each situation will determine how you respond and what the outcome will be. The certified instructor, Brent Heath, will cover what you need to know to survive in the wilderness. Class is held at McLennan's Highlander Ranch. Students under the age of 16 must co-register with a parent or guardian to attend class.

Cost: \$29

Oct. 13 S, 8 a.m.-noon AVC 5082.01

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Personal Finance

Energy Efficient Home NEW!

Wacoans! Make your home more energy efficient! This class is centered on identifying where your house is "bleeding" energy. You could be throwing away money every month on expensive utility bills. Ethan Elvis will teach you to save energy using some very simple steps, and he will help you figure out where your house is costing you energy and money – and how to stop it!

Cost: \$29

Oct. 30 T, 6-8 p.m. AVC 5279.01

Researching Franchises NEW!

If you're thinking about starting a business or a franchise but don't have the slightest idea what kind of business or franchise to start, join Ethan Elvis in this informative session. This class will give you the pros and cons of both franchising and business start-ups as well as provide you guidance. You will learn how and where to get more information about franchises, the resources available to you, and how to take the first steps in determining what business model is right for you.

Cost: \$29

Nov. 6 T, 6-8 p.m. AVC 5248.01

Ethan Elvis

Ethan Elvis is a long-time entrepreneur who has recently become the owner of a rapidly growing franchise right here in Waco. Ethan has been an owner and operator of several small businesses. He is active in residential/commercial real-estate investing and developing. He spent 20 years in the public safety field as a firefighter and paramedic. Ethan believes in helping neighbors and giving back to his community. He spends his free time working on his old truck and training his two hunting dogs.

House Flipping 101

Are you a new investor or a part-time investor looking to make money or build your wealth through real estate? This comprehensive class includes all materials and teaches fundamentals, advanced strategies, and trade secrets for how to find, negotiate, buy, and sell properties, here in Waco! Learn how a full- or part-time career in real estate can generate profit, income, and wealth. You will be introduced to all of the top strategies (wholesaling, short selling, sub-to's, wraps, options), and more. This course is designed to introduce you to everything you need to hit the ground running and start investing immediately! Class will be taught by Tim Holtkamp of the Small Business Development Center.

Cost: \$99

Oct. 2-16 T, 6-9 p.m. RELE 1008.02

How to Start a Small Business

It is back to basics! If you want to start a business but do not know where to begin, then this class is for you. This class will address many of the questions you should ask yourself before beginning the process of starting a new business. Instructor Tim Holtkamp will cover the process of starting the business, such as how to analyze the feasibility of your idea, business plan, sources of capital, and how to create a competitive analysis.

Cost: \$39

Oct. 23 T, 6-9 p.m. AVC 2080.20

How to Write a Business Plan

This class will teach you, in detail, the seven essential sections of a business plan: what you should and should not include, how to work the numbers, and additional resources to which you can turn for help. Anyone is welcome to come and learn from Tim Holtkamp. This class pairs perfectly with the other "How-To" series about small business.

Cost: \$29

Oct. 30 T, 6-9 p.m. AVC 2080.21

How to Finance a Small Business

This class is a comprehensive overview of the different funding options available for your small business and the qualifications for each. This class will cover: sources of funding, lender requirements, and other funding considerations. Anyone is welcome to come and learn from Tim Holtkamp. This class pairs perfectly with the other "How-To" series about small business.

Cost: \$29

Nov. 6 T, 6-9 p.m. AVC 2080.22

Tim Holtkamp

Tim Holtkamp has a BBA in Finance from Tarleton State University. He started Holtkamp Land & Mortgage as well as several other businesses. Tim was the youngest person to become a licensed Real Estate Inspector in Texas. He has been a licensed Real Estate Agent and is currently a licensed Mortgage Loan Originator. Tim is an active real-estate investor in the Waco area and has personally used and developed the information he will cover with you in class. He currently serves the Small Business Development Center as a Business Advisor, and in his spare time he raises bees and Santa Gertrudis cattle on his family farm in Robinson, Texas.

How to Market a Small Business

This class will give small-business owners an overview of marketing, not advertising. We will help you determine who your customer is and how your product or service is positioned and perceived in the marketplace. We will show you how to determine what your strengths and weaknesses are as well as those of your competition. Anyone is welcome to come and learn from Tim Holtkamp. This class pairs perfectly with the other "How-To" series about small business.

Cost: \$29

Nov. 13 T, 6-9 p.m. AVC 2080.23

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Senior

AARP Driver Safety Course

The AARP sponsors this one-day safety course, and most major insurance companies offer discounts for completing it. Open to drivers age 50 and older, the course helps you drive more efficiently and safely with research-based information about changes over time in ourselves, our vehicles, and our roads. The

content can help you boost safety awareness, refresh and improve driving skills, minimize crash risk, increase confidence, prolong mobility, and maintain independence. Participants receive a completion certificate (certificate fee is \$15 for AARP members and \$20 for nonmembers and will be collected at the class). Note: This is not a ticket dismissal class. AARP certificate must be renewed every three years. Although there is no registration cost, students must complete registration before attending.

Cost: Free

Sept. 14 F, 9 a.m.-1 p.m. AVC 5296.10

Book Talk

Did you ever read a book that just begged to be shared, that needed to be discussed? You are not alone! Join likeminded folks for a lively discussion with moderator Gail Woodward. This group is designed for adults, age 55 and older, and is a fun way to meet people and make new friends across the community. Books are chosen by the group each month. Participation is free! Class will meet at West Waco Library.

Cost: Free

Sept. 18-Dec. 18 T, 11 a.m- noon. AVC 2023.01

Brain Longevity Training I

Brain Longevity Therapy Training is the first science-based medical program designed to maintain optimal mental function with age. Formulated by the combined research studies of UCLA and the Alzheimer's Research and Prevention Foundation (ARPF), this is the most reliable information you need before you forget. Janice Vick is the owner of Oncology Massage of Waco, which specializes in pain and chronic medical conditions, and a recognized wellness educator by the Texas State Senate. She is among the first certified by UCLA as a Brain Longevity Therapist and has presented educational courses for ARPF on Alzheimer's prevention for over five years in our community. This class you are sure to remember!

Cost: \$59

Sept. 12-26 W, 5:30-7:30 p.m. AVC 1933.03

Janice Vick

Janice Vick is a Licensed Massage Therapy Instructor and owner of Oncology Massage of Waco, an advanced, trained, and approved provider by the Society for Oncology Massage. Janice is a certified Food over Medicine educator and a personal chef trained by Forks over Knives Chef Del Sroufe. Texas A&M University and the Texas State Senate have recognized her for her Master Wellness Programs as a volunteer for Texas Agri-Life.

Brain Longevity

Training II NEW!

Do your brain some good and join Janice Vick for more brain training! Brain Longevity Training 1 presented the 25 years of science for the prevention and cessation of cognitive decline for early-stage Alzheimer's Disease. This second course builds on this knowledge with further motivation and inspiration for making The 4 Pillars of Alzheimer's Prevention a daily lifestyle. Time management, tools, and resources can take the transition of simple changes needed to create new habits that bring about results in eight weeks from difficult to easy.

Cost: \$59

Oct. 3-17 W, 5:30-7:30 p.m. AVC 1933.04

Estate and Asset Protection Planning

Join Harvey Cox, attorney and author of the new book entitled Common Estate Planning Mistakes People Make and How You Can Avoid Them, for this important class targeted for people ages 55 and above. Harvey will cover the 15 mistakes that can cost families as well as other critical topics. Additionally, an in-depth discussion of advanced Medicaid planning techniques that emphasize avoiding Texas' Medicaid Estate Recovery Program (MERP). This class is a must!

Cost: \$69

Oct. 2-16 T, 5:30-7:30 p.m. AVC 2080.19

First Nighters – Theatre Club

Be a part of opening nights for McLennan Theatre's great performances during the 2018-19 season! Sign up for the First Nighters program, reserved for those 55 and older. As a First Nighter, you'll receive the McLennan Theatre and Opera brochure with the performance schedule by mail. You may reserve tickets for any or all of the opening night performances (usually on Thursdays), as well as tickets for guests of First Nighters in order to be seated together. (Guest tickets are available at regular ticket prices.) You may sign up for First Nighters anytime during the fall and spring semesters; however, the cost is not prorated throughout the year.

Cost: \$30

Sept. 1-May 1 TH, 7-10 p.m. AVC 1725.01

iPhone Basics

Unleash the power of your iPhone in this class taught by Beverly Roberts. Learn more about your basic applications and settings, and discover how to make the iPhone work better for the way you live your life. You will find out how to download some cool free apps, too. Bring your 4G or later iPhone and your iTunes account login information to class.

Cost: \$29

Sept. 25-27 TTH, 2-4 p.m. AVC 1828.03

iPad Basics

Just bought an iPad but want to get more out of it? This class, taught by Beverly Roberts, will show you the ins and outs of Apple's popular tablet. Enhance your iPad experience by understanding the basic applications and configuring proper settings. See how to use email, calendar, maps, and other basic programs. Learn how to listen to music and podcasts, watch videos, and display your photos. We will also look at Apple's App Store where you can download a wide variety of apps, both free and paid, and sync them with your computer. Bring your iPad and iTunes account login information to class.

Cost: \$29

Oct. 16-18 TTH, 2-4 p.m. AVC 1828.04

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Travel & Special Events

Canton Trade Days: Day Trip NEW!

MCC Community Programs and M&M Tours will host this wonderful day to Canton for the Canton Trade Days. This will be a fun shopping getaway. Price includes round-trip motor coach transportation and entry. Sorry, no refunds.

Cost: \$69

Sept. 27 TH, 7:30 a.m.-7:30 p.m. AVC 6130.09

A Christmas Carol Theater: Day Trip NEW!

MCC Community Programs and M&M Tours will host this fun outing to the theater finishing with dinner. The fantastic cast will perform the holiday classic A Christmas Carol. Price includes round-trip motor coach transportation, dinner, and VIP seats. Sorry, no refunds.

Cost: \$110

Dec. 1 S, 11 a.m.-7 p.m. AVC 6130.10

Preview Event: Iceland Explorer NEW!

Come to this FREE preview event of MCC's upcoming educational travel experience: Iceland Explorer! Refreshments will be provided. This is sure to be a learning experience of a lifetime!

Cost: Free

Sept. 24 M, 5:30-7:30 p.m. AVC 6130.08

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Corporate Training & Workforce Education

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Auctioneering

Auctioneering

The MCC Auctioneer Academy is designed to teach participants the skills necessary to act as an auctioneer, conduct auctions, and operate an auction company. Participants will learn how to conduct auctioneering in a professional and ethical manner, as well as perform the auction chant and address the public confidently and effectively. The academy will emphasize the importance of action in accordance with federal, state, and local auction laws. The course identifies the communication elements between buyers and sellers. Students will also examine the legal and ethical issues of organizations which affect sales people.

Cost: \$850

Oct. 20-27 S-S, 8 a.m.-6:30 p.m. MRKG 1032.06 MRKG 2033.06

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Computers

QuickBooks 2017

Quickly and efficiently gain control over your business finances with QuickBooks Pro 2017. This comprehensive (A-Z) course will teach you the best basic and advanced methods to set up company financial information. You will also learn payroll, inventory, and other advanced areas as time allows. Class materials are included; a flash drive is required. Prerequisite: basic understanding of computers. Accounting knowledge is helpful but not required.

Cost: \$229

Oct. 2-16 TTH, 6-9 p.m. ACNT 1010.11

Charts/Graphs &
Pivot/Macros

This half-day course targets two areas within Excel 2016 in which users often need more help. The class will focus on how to create charts and graphs to communicate complex data effectively and then focus on the more advanced features of using and applying pivot tables and macros to enable faster and more effective data analysis. Course materials are provided. A flash drive is required.

Cost: \$59

Oct. 30-Nov. 1 TTH, 6-8 p.m. AVC 1865.01

InDesign CC – Level 1

Learn how to use Adobe InDesign CC software to design and produce professional-quality letterhead, brochures, business cards, and more! It will not take long for you to figure out you do not have to be a designer or graphic artist to learn desktop publishing. A flash drive is required.

Cost: \$115

Sept. 21-28 F, 8 a.m.-noon GRPH 1002.15

Photoshop CC – Level 1

Learn to use the various tools in Photoshop CC to select parts of images and use layers to produce stunning photos and designs. You will learn how to organize multiple layers of your design and how to apply special effects to enhance the appearance of your work.

Cost: \$115

Oct. 19-26 F, 8 a.m.-noon GRPH 1002.17

MS OFFICE 2016 (Night)

This course provides a quick overview of the most commonly used applications of MS Office 2016 (Excel, Word, Outlook and PowerPoint) into one fast-paced course. You will get better exposure to the basic features and functions of each application to better understand each one's purpose. Class materials are included. Prerequisites: basic computer skills and understanding of MS Windows 10 operating system. A flash drive is required.

Cost: \$119

Sept. 25-27 TWTH, 6-8:30 p.m. ITSW 1021.19

MS EXCEL 2016 (Night)

Learn how to create, edit, format, and apply formulas in Excel 2016. The course will also teach you how to use more advanced tools like queries, reports, macros, and pivot tables. (Subtle changes from Excel 2013 to Excel 2016.) Class materials are included. Prerequisites: basic computer skills and understanding of MS Windows 10 operating system. A flash drive is required.

Cost: \$119

Nov. 27-Dec. 4 TTH, 6-8:30 p.m. ITSW 1046.13

MS EXCEL 2016 – Fast Track

This course combines basic and advanced Excel 2016 into one fast-paced course. You will learn how to build, edit, format, and print information in Excel 2016, as well as how to use more advanced tools like queries, formats, reports, macros, and pivot tables (subtle changes from Excel 2013 to Excel 2016.) Class materials are included. Prerequisites: basic computer skills and understanding of MS Windows 10 operating system. A flash drive is required.

Cost: \$119

Sept. 14 F, 8:30 a.m.-5 p.m. ITSW 1046.12

MS WORD 2016 (Night)

In this evening course, learn how to edit, format, set tabs, and add themes. Additional topics may also be addressed. Prerequisites: ability to use the mouse, open and close files, and start program using MS Windows 10. A flash drive is required.

Cost: \$119

Nov. 13-15 TTH, 5:30-9 p.m. POFI 1024.09

MS WORD 2016 – Fast Track

Learn the fundamentals of Word 2016, including working with and editing text and tables, as well as formatting characters, paragraphs, and pages. Additional topics may also be addressed. Prerequisites: ability to use the mouse, open and close files, and start programs using MS Windows 10. A flash drive is required.

Cost: \$119

Nov. 2 F, 8:30 a.m.-5 p.m. POFI 1024.08

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Computers Credit/Noncredit

Digital Imaging I

This class introduces raster image editing and/or image creation software, scanning, resolution, file formats, output devices, color systems, and image-acquisitions. Adobe Photoshop CC is used in the creation and manipulation of graphics. Students must be proficient with Windows functions including using the mouse and keyboarding skills.

Cost: \$360

Aug. 27-Dec. 12 MW, 12:45-2:20 p.m. ARTC 1002.01

CCNA I: Intro to Networks

MCC is a Cisco Networking Academy. Gain a hands-on introduction to networking and the Internet using tools and hardware commonly found in home and small-business environments. This course is also the first course of a four-course series leading to the Certified Cisco Network Associate-CCNA certification.

Hybrid courses combine classroom instruction with work on the Internet. For more information, email Cathy Prause at cprause@mclennan.edu.

Cost: \$360

Aug. 28-Dec. 13 TTH, 2:10-4 p.m. ITCC 1014.H1

Introduction to Database

Introduces database theory and the practical applications of a database. Students will identify database terminology and concepts, plan, define and design a database, design and generate tables, forms and reports, and devise and process queries. Access 2016 will be taught. This is an online course. For more information, contact Jan Robertson at jrobertson@mclennan.edu.

Cost: \$360

Aug. 27-Dec. 14 Online ITSW 1007.87

Computer Fundamentals

This course is intended for those students who have minimal or no computer skills. It teaches application-specific software. Emphasizes the concurrent development of office skills and computer knowledge. For more information, contact Cathy Prause at cprause@mclennan.edu. This course is designed to be repeated multiple times to improve student proficiency.

Cost: \$245

Sept. 17-Dec. 12 MW, 8-9:20 a.m. POFI 1004.F1

Introduction to Keyboarding

Develops skill in keyboarding techniques with emphasis on alphabet, number, and symbol keys by touch and the development of acceptable speed and accuracy. Skills can be applied to computers and other equipment with keyboards. Emphasizes proper keyboarding technique.

Cost: \$360

Aug. 28-Dec. 13 TTH, 6:30-7:55 p.m. POFT 1093.50

Speed and Accuracy Building

Builds skills in reviewing, correcting, and improving keyboarding techniques to increase speed and improve accuracy. This course is designed to be repeated multiple times to improve student proficiency.

Cost: \$360

Aug. 27-Oct. 17 MW, 6:30-8:50 p.m. POFT 2003.50

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Safety

OSHA – 10 Hour

This course is targeted to employees with safety and health-awareness responsibilities. Students will be introduced to OSHA policies, procedures, and standards, as well as general industry safety and health principles covered in OSHA Act Part 1910. Special emphasis will be placed on areas most hazardous using OSHA standards as a guide. Class materials will be provided.

Cost: \$199

Sept. 15-22 S, 7 a.m.-noon OSHT 1003.09

OSHA – 30 Hour

This comprehensive course enables workers to identify, reduce, eliminate, and report hazards at the workplace. The course will cover the state and purpose of the OSH Act and list the functions of OSHA, describe the rights and responsibilities of employers and employees under the OSH Act, list OSHA inspection priorities, and describe the inspection process, apply guidelines for identification and protection of floor openings, cover the safe means of Egress to provide fire protection in emergencies from new or old buildings or structures, and many other topics related to construction-industry practices. Class materials are provided.

Cost: \$399

Oct. 20-Nov. 10 S, 7 a.m.-3:30 p.m. OSHT 1003.10

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Society for Human Resource Management

SHRM: Essentials of Human Resources

The SHRM Essentials of Human Resources is an introductory course offering a comprehensive overview of the key aspects of HR. It gives participants foundational knowledge and an introduction to behavioral competencies that are essential for business success. This course is ideal for those who are just starting out in the human resources profession, or those who are looking for an effective way to boost their employee-management skills. All materials will be provided for this course.

Cost: \$499

Jan. 16-Feb. 13 W, 6-9 p.m. HRPO 1000.02

SHRM: Certified Professional (SHRM-CP)

This course is for HR professionals who are engaged primarily in operational roles implementing policies, serving as the HR point of contact for staff and stakeholders, and/or performing day-to-day HR functions. All materials will be provided for this course.

Cost: \$1,199

Sept. 19-Dec. 12 W, 6-9 p.m. HRPO 2030.03

SHRM: Senior Certified Professional (SHRM-SCP)

This course is for HR professionals at a senior level who operate primarily in strategic roles developing policies and strategies, overseeing the execution of HR operations, analyzing performance metrics, and/or contributing to the alignment of HR strategies to organizational goals. All materials will be provided for this course.

Cost: \$1,199

Sept. 19-Dec. 12 W, 6-9 p.m. HRPO 2030.04

Lynn Tushup

Lynn Tushup has over 20 years of Human Resources experience working in various industries including technology, healthcare, and financial services. She has taught the SHRM Learning System Courses as well as Executive and Leadership training. Her background as an HR director, as well as HR specialist roles, adds real-life experience to the classroom setting.

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Supervisory Management

Beginning Supervisor

This course covers concepts and skills of leadership in the work setting and introduces leadership and motivational theories as well as leadership styles. It includes evaluation of leadership performance.

Cost: \$199

Sept. 10-Oct. 1 M, 6-9 p.m. BMGT 1020.10

Essential Interviewing Skills

The best hiring decisions result in productive employees who enjoy their responsibilities and contribute to an organization's success. Hiring the wrong person for the job can be very costly in terms of time, money, resources, customer relations, productivity, and employee morale. Interviewers make the best hiring decisions when they gather meaningful job-related information from applicants. This course teaches participants how to conduct an interview to discover the behaviors, knowledge, and motivations that an employee needs to be successful in a job.

Cost: \$149

Nov. 5-6 MT, 6-9 p.m. AVC 1865.02

Effective Communication with DISC

Become a stronger more confident communicator. The Extended DISC Profile offers an understanding of your communication style and the communication style of others based on behavior type, style, and tendencies. This course will help you discover the motivation for individual employees, improve and develop communication, reduce conflict, and improve employee efficiency and productivity.

Cost: \$59

Nov. 8 TH, 6-9 p.m. AVC 1865.03

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Skills for Small Business Training Grants

Thanks to the Texas Workforce Commission, small

businesses can apply for funding to train employees at McLennan Community College!

This exceptional opportunity supports businesses with fewer than 100 employees, and emphasizes training for new workers.

For more information, contact 254-299-8888.

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Customized Workforce Training

McLennan Corporate Training provides many customized training programs that can improve your organization's performance. These programs are created to meet your training objectives and needs.

Focus areas include:

Leadership/Supervisor

Customer Service

Computer Applications (Microsoft, Adobe)

Business Writing/Time Mgt.

Managing Teams/Teamwork

Workplace Spanish/Workplace Safety

Industrial Electrical/Mechanical Training

Training Grants

Classes can be scheduled at your site or on McLennan's campus. For more information, contact Steve Wenzel or John Hutchens at 254-299-8888.

Creating Stellar Customer Service

Outstanding customer service is the key to business success that separates us from the competition.

Various customer service workshops are available that teach very specific skills and behavior for winning customer service. These programs are designed to build awareness and teach skills that can be used immediately in the workplace. These modules are fun, affirming, and very effective.

Lean Manufacturing

Lean manufacturing is based on the Toyota Production System (TPS), a philosophy and methodology that focuses on waste management, optimal throughput, and efficiency throughout the manufacturing process. These methods are used in service, sales, and transactional, educational, municipal, and healthcare organizations. Courses include:

Lean-Basic Training

Train your employees to become efficient, waste less, and work smarter.

Lean-Advanced Training

Employees apply knowledge gained from the Lean-Basic course to actually implement a lean initiative within the company.

Lean Awareness

Brief overview of lean concepts, terminology targeted to employees who are not directly linked to a lean initiative or lean project.

Industrial/Manufacturing

These courses deliver highly interactive, competency-based educational modules, ensuring your employees will have the skills required to be successful in an advanced manufacturing environment.

Popular courses include:

Basic Electrical Systems

Electrical Troubleshooting

Motor Controls

Measurement Tools/Print Reading

Hydraulics/Pneumatics

HVAC

PLC

EPA 608 Refrigerant Certification

Arc Flash

Lockout/Tagout

Process/Operation LMS

Effective Communication — Extended DISC Profile

Become a better, more confident communicator. The Extended DISC model offers an understanding of your communication style and the communication styles of others based on the factors that make us tick! Use this insight to adjust your communication style to better suit a situation, avoid unnecessary problems, and improve communication with others. This course will help you speed up change, discover the motivation for individual employees, improve and develop communication, reduce conflict, and improve employee efficiency, productivity, and profitability. Extended DISC's 20+ page personal assessment of your personality style is easy to use, cost effective, a great tool to use in coaching, and consulting.

Workplace Spanish

Workplace Spanish is a series of easy-to-use, job/industry-specific command Spanish training programs for a variety of fields. These programs can help improve communication, teamwork, efficiency, and productivity in your organization by teaching employees key terms and expressions to help them communicate with Spanish workers. Workshops are available for banking, construction, customer service, health care, human resources, landscapers, manufacturing, supervisors, and more.

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Ed2go.com

Ed2go.com

Take all Ed2go courses from the comfort of your home or office at the times that are most convenient for you! A new section of each course starts monthly. All courses run for six to eight weeks and are composed of 12 lessons representing 24 or more hours of instruction. You can ask questions and give or receive advice at any time during the course. For more information, visit ed2go.com/mccwaco or call Steve Wenzel at 254-299-8152.

How to Get Started:

Visit our Online Instruction Center at www.ed2go.com/mccwaco.

Choose the category and course title you are interested in, and select the Enroll Now button. Follow the instructions to enroll and pay for your course. You will choose a username and password that will grant you access to the Classroom.

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

Start Dates:

A new section of every course in the Ed2go catalog will begin on Aug. 15, Sep. 12, Oct. 17, Nov. 14, and Dec. 12.

More than 200 courses are on our website! Listed here are some examples of the categories of courses available. Check Ed2go.com for costs.

Business

College Readiness

Computer Applications

Digital Photography & Video

Grant Writing/Nonprofits

Personal Development

Technology

Writing & Publishing

And many more...

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Online Defensive Driving

Online Defensive Driving

McLennan offers a state-approved driver safety course that can be taken totally online.

This program offers the most convenient and flexible way to meet the requirements for ticket dismissal or auto insurance premium discounts.

Imagine taking your driver safety course entirely self-paced from your home, office, or laptop. You will be allowed to log in and out of the course until you complete the required six hours.

Cost is only \$25. Log on now and begin!

www.MCCDefensiveDriving.com

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Law Enforcement

Law Enforcement Academy

The McLennan Community College Law Enforcement Academy has long been the premier provider of first-responder training in Central Texas and is licensed by the Texas Commission on Law Enforcement (TCOLE).

The McLennan Community College Law Enforcement Academy's purpose is to prepare its students to meet the basic licensing requirements to become a Peace Officer in the State of Texas.

MANDATORY Independent Application Orientation

Sept. 10 at 1 p.m., Emergency Services Education Center (ESEC), Room 235

Application deadline is Oct. 12.

For information on the enrollment process, go online to www.mclennan.edu/law.

Cost: \$1695, plus approximately \$800 additional expense.

For more information, contact:

Cheryl Brooks at 254-299-6529 or email cbrooks@mclennan.edu
Dennis Stapleton at 254-299-6528 or email dstapleton@mclennan.edu

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Telecommunications

Law Enforcement Academy
Basic Telecommunicator Academy

“A-2019” April 1, 2019

The McLennan Community College Law Enforcement Academy has long been the premier provider of first-responder training in Central Texas and is licensed by the Texas Commission on Law Enforcement (TCOLE).

The McLennan Community College Law Enforcement Academy’s purpose is to prepare its students to meet the basic licensing requirements to become an Emergency Telecommunicator (dispatcher) in the State of Texas.

Application available Feb. 4-22, 2019.

Application deadline is March 4, 2019

For information on the enrollment process, go online to www.mclennan.edu/law.

Cost: \$300.00

For more information, contact:

Cheryl Brooks at 254-299-6529 or email cbrooks@mclennan.edu

Dennis Stapleton at 254-299-6528 or email dstapleton@mclennan.edu

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Teacher Certification

Paraprofessional/ Teacher Aide Academy

This course, Instructional Practice & Effective Learning Environments, is for the individual seeking a job as a paraprofessional, who must meet the state training requirements to do so. Participants will receive a certificate.

Cost: \$250

Sept. 8, 15, 22 S, 9 a.m.-4 p.m. EDTC 1094.28

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Teacher Certification Program

Become a Teacher!

With a bachelor’s degree, there are 26 content areas from which you can choose. We also have certifications available in Trades & Industry.

Face-to-Face Instruction & Effective First-Year Teacher Support

Tutor & Lab Support

High Placement Rate

Located Conveniently on the MCC Campus

Fall, Spring, & Summer Classes Available

Job Application & Interview Tips

For more information, including the enrollment process and cost of the program, please visit us at www.mclennan.edu/alternative-teacher-certification

or contact us at 254-299-8067.

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Truck Driver

Truck Driver Training Course

America's trucking industry needs trained drivers. Begin your career now! Truck driving offers great opportunities with potential first-year earnings of \$50,000 or more. In only one month, you can begin driving down the highway to success!

Earn your Class A license by completing a 20-day Professional Truck Driving Training Course through ATDS. New classes are held each month. Local and national job placement is provided for those completing this course. There's a 100-percent financing program for those who qualify, and payment plans are available. Approved for Workforce Innovation and Opportunity Act (WIOA), Texas Department of Assistive and Rehabilitative Services (DARS), and VA-sponsored programs.

ATDS is a member of the Commercial Vehicle Training Association.

Weekend classes now available!

For more information, contact Susan Denton at ATDS (124 Truckers Lane, Elm Mott, Texas 76640), 800-460-ATDS, or susandenton@wildblue.net or, visit www.truckingschool.com

Cost: \$6,995 CVOP 1013 & CVOP 1040

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Health & Human Services

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Activity Director

Activity Director

This course prepares individuals to work as an activity director in long-term health care facilities. The activity director is the key person for providing quality of life experiences for long-term care residents and clients. This course includes assessment, care planning, documentation process, and evaluation of client needs. It also addresses program design and finding resources and/or funding. The course includes 100 hours of classroom information and 115 hours of internship. Students must register in all three sections listed below.

Aug. 2-Sept. 27 TH, 9 a.m.-4 p.m. GERS 1004 02

Sept. 6-Nov. 1 TH, 9 a.m.-4 p.m. GERS 1007.02

Aug. 2-Dec. 13 TH, 9 a.m.-4 p.m. GERS 1066 02

Cost: \$399

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CPR

CPR Healthcare

This course is designed for anyone in the health care field: doctors, nurses, professional rescuers, EMTs, firefighters, etc. It covers the use of automated external defibrillators (AEDs) and lifesaving skills in the areas of respiratory (choking and near-drowning) and cardiac emergencies involving adults, children, and infants. This course will satisfy the prerequisite for CPR for health education programs and careers.

Cost: \$50

Sept. 4-6 TTH, 6-8:30 p.m. AVC 5204.01

Sept. 11-13 TTH, 6-8:30 p.m. AVC 5204.02

Sept. 25-27 TTH, 6-8:30 p.m. AVC 5204.03

Sept. 29 S, 9 a.m.-3 p.m. AVC 5204.04

Oct. 2-4 TTH, 6-8:30 p.m. AVC 5204.05

Oct. 16-18 TTH, 6-8:30 p.m. AVC 5204.06

Oct. 27 S, 9 a.m.-3 p.m. AVC 5204.07

Nov. 6-8 TTH, 6-8:30 p.m. AVC 5204.08

Nov. 27-29 TTH, 6-8:30 p.m. AVC 5204.09

Heartsaver CPR/First Aid

This American Heart Association course is designed for police, airline crews, security personnel, family members of patients at high risk for sudden cardiac death, and individuals not in the health care field. This course provides training in basic first aid, including the skills recommended by OSHA, and is designed for anyone who might be the first to respond in the workplace or community. Learn to use CPR, barrier devices, and automated external defibrillators (AEDs) for all ages. Learn to relieve foreign-body airway obstructions and manage injured and ill persons. The course can be tailored for a specific workplace or group and can be delivered in a single day. On-site training is available. Call 254-299-8888 for more information.

Cost: \$50

Sept. 18-20 TTH, 6-8:30 p.m. AVC 5205.01

Oct. 9-11 TTH, 6-8:30 p.m. AVC 5205.02

Oct. 23-25 TTH, 6-8:30 p.m. AVC 5205.03

Nov. 17 S, 9 a.m.-3 p.m. AVC 5205.05

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Healthcare

EKG Technician

This course presents the principles of basic electrocardiography. Subjects include anatomy and physiology of the circulatory systems, role and function of the EKG technician, safety and infection control, legal and ethical aspects in practice, and interpretation of basic rhythms and life-threatening arrhythmias. Successful completion of the class prepares students to sit for national certification.

Required textbooks are available at the MCC Bookstore.

Cost: \$375

Sept. 4-Oct. 25 TTH, 5:30-8:30 p.m. ECRD 1011.01

* ENTRANCE REQUIREMENTS: See page 56.

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Medication Aide/Nurse Aide

Medication Aide Training

Learn to accurately and safely administer medications to nursing-home residents. Following successful course completion and required state testing, graduates are listed on a central roster with the Texas Department of Aging & Disability Services (D.A.D.S) as a Certified Medication Aide (CMA). Strict admission criteria apply. In addition to the entrance requirements, you must present proof of the following at registration: (1) ability to read, write, and speak English, (2) age 18 or older, (3) free of communicable diseases and in suitable health to safely administer medications, (4) notarized high school diploma or GED and (5) current CNA credentials. Note: Students must be employed in a long-term care facility on the first day of class. The required textbook is available at the MCC bookstore.

Cost: \$450

Aug. 7-Dec. 6 TTH, 5-9 p.m. NURA 1013.31

* ENTRANCE REQUIREMENTS: See page 56.

Nurse Aide Training Course

This is your first step to a rewarding health career. MCC is an approved provider of the federally required course to become a Certified Nurse Aide (CNA) in a long-term care facility. Course topics include residents' rights, communication, safety, observation, reporting, and basic comfort and safety. Emphasis is placed upon effective interaction with the health care team. The clinical portion requires a dark green scrub suit, a watch with a second hand, and white shoes. State certification testing is scheduled as soon as possible after completion of the course. You are responsible for the \$104.50

testing fee. The required textbook is available at the MCC Bookstore for approximately \$35. You will receive AHA certification in CPR/Basic First Aid as part of the course.

Cost: \$425

Aug. 6-28 MTWTHF, 8 a.m.-5 p.m. NURA 1001.08

Sept. 10-28 MTWTHF, 8 a.m.-5 p.m. NURA 1001.01

Oct. 8-26 MTWTHF, 8 a.m.-5 p.m. NURA 1001.02

Nov. 12-Dec. 7 MTWTHF, 8 a.m.-5 p.m. NURA 1001.03

* ENTRANCE REQUIREMENTS: See page 56.

Nurse Aide Evening Course

This evening class offers the same content as the popular daytime class but meets two evenings a week so you can keep your day job. All requirements and information in the CNA daytime class apply. Students will receive an AHA certification in CPR/BLS as part of the course.

Cost: \$425

Aug. 20- Nov. 20 MT, 6-10 p.m. NURA 1001.31

* ENTRANCE REQUIREMENTS: See page 56.

CMA Recertification

This course fulfills the state certification board requirements for recertification of Certified Medication Aides. It is required once yearly for all medication aides before their CMA license expires. The course meets the last Thursday of each month. Due to state regulations, there is absolutely no admission to class after 8 a.m. Bring a pen/pencil, paper, current CMA license, and state-issued picture ID to class.

Cost: \$35

Sept. 27 TH, 8 a.m.-4 p.m. NURA 1041.01

Oct. 25 TH, 8 a.m.-4 p.m. NURA 1041.02

Nov. 29 TH, 8 a.m.-4 p.m. NURA 1041.03

Dec. 6 TH, 8 a.m.-4 p.m. NURA 1041.04

Pharmacy Tech Review

This course is designed to prepare students for the national exam. The class includes anatomy/physiology, healthcare communication, infection control, record maintenance, safety supply management, customer service, and other appropriate topics. The required textbooks are available at the MCC bookstore.

Cost: \$400

Aug. 7-Sept. 27 TTH, 6-9 p.m. PHRA 1043.02

Return to Nursing

This 144-hour computer-based course is designed to satisfy Texas Board of Nursing requirements to re-enter the nursing field or to help nurses feel comfortable re-entering the field after time away. There is a required clinical component which will be completed at one of the local hospitals. Students may enter the class at any time and work at their own pace to finish the course. The course is designed to be completed within 24 weeks but may be completed earlier.

Cost: \$500

RNSG 1006

* ENTRANCE REQUIREMENTS: See page 56.

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Medical Coding Specialist

McLennan offers eight online medical coding courses so you can conveniently acquire the skills needed to work in medical insurance coding. You can take as many of the courses as you like. Upon satisfactory completion of all eight courses, you will be awarded a Medical Coding Specialist Marketable Skills

Achievement Award by McLennan and will be prepared to take the Certified Professional Coders exam offered by the American Academy of Professional Coders (AAPC).

Each course costs \$89 and requires the purchase of additional course materials (approximately \$65) to be downloaded from the Internet. For more information, contact the Continuing Education office at 254-299-8888.

Technical Requirements

Please note: This course is not available on a Mac computer. To register and access your class from your computer, you will need the following:

Internet access

Email account

Microsoft Explorer

Note: No special software is needed.

About the Instructor

Bill Hess has more than 30 years of education and business experience. He developed these courses and has offered them successfully at numerous colleges.

Courses

You may take any of the courses, but Medical Terminology is a prerequisite for the other courses. If you plan to take all eight courses, do so in the sequence in which they are listed. Once you have finished all courses, call the Health and Human Services office at 254-299-8587 to request the Marketable Skills Achievement Award. All courses are 39 hours (11 weeks long) and offer flexible entry throughout the year; however, classes must be finished within 11 weeks of the start date.

Course Materials

Each course requires a download of materials that costs approximately \$65. The cost of books and course materials is not covered in the price of registration. You will receive an email after registration with information on how to take the course and obtain the necessary materials.

Medical Terminology

This course is the foundation for all other medical training courses and is taught from an anatomical approach. Root terms are taught categorically according to each body system. The origin, a combined form, and an example of non-medical everyday usage is provided for each root term. Word associations are provided as a learning tool, and unusual and interesting information is provided for each term.

Additionally, root terms are combined with prefixes and suffixes.

Anatomy & Physiology I

Presents the structure of organisms by body systems and analyzes the normal function of body organs.

Full-color graphics and audio descriptions complement descriptive text material.

Anatomy & Physiology II

Continues the study of body systems. Full-color graphics and audio descriptions complement descriptive text material.

Medical Billing

A massive shift away from paper-based systems to electronic records, in addition to the changing requirements of health insurance companies, has created a shortage of medical billing professionals with specialized training. This online course prepares you for entry-level jobs in a doctor's office or other medical facility. This course includes Front Office Management, Filing Part B CMS 1500, Filing Part A CMS 1450, Electronic Medical Records, Medicare, Medicare Billing Problems, Patient Record Keeping using Medisoft, Medicare as Secondary Payer, Medicare and Home Health, and Medicare and Women's Health.

Medical Coding

Prepares students for entry-level jobs in a doctor's office or other medical facility. Includes ICD-9-CM Coding, CPT Coding Practice Problems, Medicare Fraud & Abuse, Evaluation & Management, Certificate of Medical Necessity, and Medicare Preventive Services. You will keep abreast of changing technology by using a one-year online database license from SpeedECoder that contains ICD-9, ICD-10 and CPT current codes.

Advanced Medical Coding ICD-9/10

This course compiles and summarizes the official coding guidelines concerning the most common, yet complex, diagnosis coding issues. The course is organized by Issues Coding Clarification, Physician Documentation Issues and Coding Scenarios. Real-life coding problems are presented with ICD-9-CM solutions. A non-graded bonus module, "Introduction to ICD-10," is included. ICD-9 codes will eventually be replaced with ICD-10. Students will keep abreast of changing technology by using a one-year online database license from SpeedECoder that contains ICD-9, ICD-10 and CPT current codes.

Advanced Medical Coding CPT

This course summarizes the official coding guidelines concerning the most common, yet complex diagnosis coding issues. Primary emphasis is on Evaluation and Management and Surgery codes. The course provides a five-step outline used to help you successfully code the exercises/scenarios within the problems. Detailed medical history reports, including post-operative reports, are provided, from which CPT codes are determined. Students will keep abreast of changing technology by using a one-year online database license from SpeedECoder that contains ICD-9, ICD-10 and CPT current codes.

AAPC, AHIMA and AMBA

Certification Exam

Review (HITT 2045.01)

This course is designed for health care professionals preparing to take the Certified Professional Coder Examination (Hospital) administered by the American Academy of Professional Coders, the Certified Coding Associate Exam administered by the American Health Information Management Association, and the Certified Medical Reimbursement Specialist Exam administered by the American Medical Billing Association. Topics for review include Medical Terminology, Human Anatomy, CPT Coding Guidelines, ICD-9-CM (Vol. 1 & 2), Diagnostic Coding, HCOCS Level 2, E/M Coding, Anesthesia Coding, Surgical Coding, and Use of Modifiers.

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Massage Therapy

Massage Therapy

Massage Therapy Fall 2018/Spring 2019 programs are forming now. For those who qualify, some financial help is available in the form of a TPEG Grant. The massage therapy program covers anatomy, physiology, health and hygiene, hydrotherapy, kinesiology, pathology, massage therapy techniques, business practices, and professional ethics. At the end of 470 hours of didactic instruction, you will have a 50-hour internship during which you will give hour-long massages to community members. The times for the last 50 hours of class will be adjusted to fit internship requirements.

MCC offers Massage Therapy continuing education opportunities periodically throughout the year. To inquire about the classes, or to be put on a mailing list for information about the classes, please call (254) 299-8590.

* ENTRANCE REQUIREMENTS: Prior to entering the EKG Technician, Massage Therapy, Return to Nursing, Medication Aide, or Nurse Aide programs, students are required to show proof of immunization against Hepatitis B, varicella, measles, mumps, rubella, diphtheria/tetanus, and a recent

TB test. Within 30 days prior to the start date of class, students must obtain a drug screen and Texas statewide criminal background check. The results of these tests, and the proof of immunization, will be presented at the time of registration. Please call (254) 299-8590 for more information.

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MCC Health & Human Services Continuing Education department will tailor programs to meet the continuing education needs of health and human services professionals. For more information, or to be added to the mailing list, please call (254) 299-8590.

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Highlander Ranch

Saddle Club

Saddle Club is for ages 7-13 and will be held one Saturday a month, September through December. Students will learn all aspects of horsemanship including grooming, tacking, care and maintenance, riding, and health care. Saddle Club is a great way to spend a Saturday at Highlander Ranch! Attire: Jeans or long pants; smooth-soled closed-toed boots with a heel; no jewelry! Helmets, horses, and tack are provided.

Cost: \$50

Sept. 22 S, 9 a.m.-noon AVC 5104.S9

Oct. 6 S, 9 a.m.-noon AVC 5104.SO

Nov. 3 S, 9 a.m.-noon AVC 5104.SN

Dec. 15 S, 9 a.m.-noon AVC 5104.SD

Pony Club

The United States Pony Clubs, Inc. started in 1954 to teach riding and the proper care of horses. It is based on The British Pony Club, which was created in 1929 as a junior branch of the Institute of the Horse. Since then, Pony Club has expanded to many countries around the world, with the main goal being to promote sportsmanship, stewardship, and leadership through horsemanship. Pony Club is open to children ages 7 and up. Participants must be members of the USPC. Call Aimee Edwards at 254-299-8553 to register.

Cost: \$15

Sept. 22 S, 1-3 p.m. AVC 5104.P9

Oct. 6 S, 1-3 p.m. AVC 5104.PO

Nov. 3 S, 1-3 p.m. AVC 5104.PN

Dec. 15 S, 1-3 p.m. AVC 5104.PD

Frosty Hooves Winter Camp

Kick off the holiday season by improving your horsemanship skills! Our Frosty Hooves camp offers a hands-on learning experience in all aspects of horsemanship. Along with daily riding instruction, campers will learn the importance of safety, feeding, grooming, saddling, and stable management. Basic riding and horsemanship skills will be taught. Each camper will be paired with a horse for the week. Hurry! Campers MUST wear long pants or jeans and riding boots with heels. Campers will use MCC horses and tack. Helmets are required and will be provided. For more information, contact Aimee Edwards at 254-299-8553.

Cost: \$200

Dec. 10-14 MTWTHF, 4:30-6:30 p.m. AVC 5104.F1

Equine First Aid

Equine accidents and emergencies are stressful. Prevent excessive stress by being prepared! Sue Allen, Registered Veterinary Technician, will teach you step-by-step common-sense approaches to recognizing illness and treating injuries in your horse. This course is designed to teach you how to stabilize your horse until the vet arrives. Sue will also cover typical post-care duties including medicating, wrapping

legs, injection, and many others treatment options. This is a class for new horse owners or for those who would like a review of the basics. The cost of course materials is included in the class fee.

Cost: \$49

Oct. 18 & 20, TH, 6-9 p.m., S, 9 a.m.-1 p.m.

AGEQ 1091.08

Horses 101

Thinking of buying a horse, getting back into horses, or just need to learn more about your horse? In this course, we will cover the basics of nutrition, worming & vaccination, stable care, choosing a horse, and proper handling. This course will help answer all the questions you have about buying a horse and horse ownership. This is a hands-on course where each participant will be working with a horse.

Cost: \$89

Oct. 2-23 T, 6-8 p.m. AGEQ 1091.07

CHA Equine Facility Manager Certification

The Equine Facility Management (EFM) program is a twenty-hour certification clinic to evaluate participants on their skills and knowledge of equine facility management. Participants will demonstrate skills and take a written test at each of four levels of certification. Each participant starts at Level 1 and may proceed to the next level upon successful completion of each level and may receive up to Level 4 certification during the twenty-hour clinic.

(www.cha-ahse.org)

Cost: \$600

Oct. 12-14 FS, 9 a.m.-6 p.m., SU, 9 a.m.-noon AGEQ 1022.06

Cheri Weeks Gaited Horse Clinic

Walking Forward with Cheri Weeks. Come and learn from trainer, judge, and clinician Cheri Weeks for a two-day clinic focusing on the gaited horse. Learn to improve your horse's gaits and to correctly identify what classes are appropriate for your horse. This clinic is open to all levels of riders and all breeds of gaited horses. Each registration is for a one-hour lesson either Saturday or Sunday. Please call 254-299-8553 for more information!

Cost: \$85

Aug. 31-Sept. 1 FS, 9 a.m.-5 p.m. AVC 5104 CW9

Oct. 5-6 FS, 9 a.m.-5 p.m. AVC 5104 CWO

Nov. 2-3 FS, 9 a.m.-5 p.m. AVC 5104 CWN

Dec. 7-8 FS, 9 a.m.-5 p.m. AVC 5104 CWD

Whit Watkins Dressage Clinic

Dressage is the training of a horse to carry out a series of precise controlled movements in response to minimal signals from its rider. It is the foundation for all styles of riding, and you will benefit whether you ride competitively or just want to improve your riding techniques. This one-day clinic will be taught by Whit Watkins, USDF Gold Medalist. Call Aimee Edwards at 254-299-8553 to register.

Cost: \$125

Sept. 25 T, 11 a.m.-5 p.m. AVC 5104.W9

Oct. 30 T, 11 a.m.-5 p.m. AVC 5104.WO

Nov. 27 T, 11 a.m.-5 p.m. AVC 5104.WN

Cheri Weeks

Cheri Weeks lives in Plantersville, Texas. She and her husband own a training and boarding facility. Training gaited horses is her specialty with a strong emphasis on owner and horse communication. As an avid trail rider, she understands the relationship needed to safely handle the most challenging terrains. She currently serves on the board for the National Walking Horse Association (NWHHA), and it is her passion to be an advocate for the sound, natural, gaited horse. Her experience with the Tennessee Walking horse, Spotted Saddle horse, and the Racking horse led her to become a judge for NWHHA as

well. "My mission is to help people form a partnership with their horse, and when this is realized, it brings me a great feeling of joy and accomplishment and the drive to continue educating all that are searching for the knowledge."

Gaited Dressage Clinic

This class will use the benefits of Dressage training while focusing on gaited horses. Dressage is the training of a horse to carry out a series of precise, controlled movements in response to minimal signals from its rider. It is the foundation for all styles of riding, and you will benefit whether you ride competitively or just want to improve your riding techniques. Call Aimee Edwards at 254-299-8553 to register.

Cost: \$30

Sept. 17 M, 8 a.m.-5 p.m. AVC 5104.A9

Oct. 8 M, 8 a.m.-5 p.m. AVC 5104.AO

Nov. 5 M, 8 a.m.-5 p.m. AVC 5104.AN

Dec. 3 M, 8 a.m.-5 p.m. AVC 5104.AD

Allie Cyprus Dressage Clinic

The goal of Dressage training is to develop a horse's flexibility, responsiveness to aids, and balance. This makes the horse stronger and more pleasurable to ride. Come and join Allie Cyprus, USDF Silver Medalist and NAJYRC Young Rider for a monthly two-day clinic. Each participant will have one mounted lesson per day and all-day auditing.

Cost: \$160

Sept. 22-23 SSU, 8 a.m.-5 p.m. AVC 5104.D9

Oct. 20-21 SSU, 8 a.m.-5 p.m. AVC 5104.DO

Dec. 8-9 SSU, 8 a.m.-5 p.m. AVC 5104.DD

Scot MacGregor Clinic

Come join Scot MacGregor for a two-day Gaited Dressage clinic! He is from Mufreesboro, Tennessee, and has been in professional gaited horse training at MacGregor Stables for 26 years, leading to 2,000 wins over the last decade including 153 National Championship titles. He is proud to have represented the Tennessee Walking Horse at the 1984 Olympics and the 2010 World Equestrian Games breed demonstrations, and performed saddleless and bridleless in the 1997 Equitana Main Event in Essen, Germany, and the 2001 Toronto Royal Canadian Winter Festival. Scot has been a multi-gaited breed judge since 2000 and has judged the United Mountain Horse World Championships twice.

Cost: \$300

Sept. 9-10 SUM, 9 a.m.-5 p.m. AGEQ 1091.06

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Highlander Ranch Refund Policy: No Refund for clinics without vet release.

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Horseback Riding Lessons

Highlander Ranch offers private and group lessons for beginner, intermediate, and advanced riders ages 7 and older. Lessons are taught by CHA-certified instructors in the following areas: Hunter/Jumper, Western, and Dressage. Horses are provided.

Cost: \$50 for private lessons

\$30 per rider for groups of two or more

Registration is on a month-to-month basis.

For more information, call Aimee Edwards at 254-299-8553.

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Horse Shows at the Ranch

Sign up your horse and rider today!

Highlander Ranch hosts many schooling shows throughout the year that are open to the public.

Dressage Schooling Shows –

Open to gaited and non-gaited horses – Sept. 7 and Nov. 18

Gaited Shows – Open to all gaited horses, rail, and trail classes – Sept. 8 and Nov. 17

Open Shows – Based on AQHA, these shows offer Halter, Showmanship, English Pleasure and Equitation, Jumping, Western Pleasure and Equitation, Reining, and Trail. High points awarded in eight separate divisions! Sept. 29 and Oct. 27

Working Equitation Shows – Offering three phases – Dressage, Ease of Handling, and Speed – Nov. 3-4

For more information concerning the type of show, dates, and times, call Aimee Edwards at 254-299-8553.

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Directions to Highlander Ranch

From McLennan Community

College, 1400 College Drive, turn right on N. 19th St.

Stay on N. 19th St. It will become China Spring Rd.

Turn right at the light on Steinbeck Bend.

Turn left at the light on Rock Creek Rd. and go approximately 3 miles to Cobbs Ln.

Turn right on Cobbs Ln. and go 1/4 mile to entrance to Highlander Ranch on left.

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Register Today

To register for classes in person, please visit McLennan’s Continuing

Education office, located in the Community Services Center at 4601 N. 19th St.

Parking is available in the lot facing 19th Street. Enter the building through the

double doors facing 19th, and the office will be directly in front of you in room A8.

For a map of the full McLennan campus, please visit www.mclennan.edu/campus

McLennan Continuing Education

Community Services Center

4601 North 19th St. | Waco, TX 76708

(254) 299-8888

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Continuing Education Units (CEUs)

CEUs are nationally recognized to record satisfactory completion of certain approved occupationally related programs. One CEU is awarded for each 10 contact hours of instruction included in a specified continuing education program or activity. Successful completion is attendance-based unless otherwise noted. Ninety percent attendance is required for successful completion of most classes. Some classes require 100 percent attendance.

Privacy Statement

The Family Education Rights and Privacy Act of 1974 allows MCC to release directory/general information (name, address, date of birth, dates of attendance, degrees received, etc.) to the general public without the written consent of the student. Students may request that all general information be withheld from the public by completing a “Withhold Information” form at Highlander Central in the Enrollment Services Center during the first 12 class days of a fall or spring semester or the first four class days of a summer term. This request will apply only to the current enrollment period. A detailed policy in compliance with this law is in the MCC Highlander Guide, the student handbook.

Considering Taking A

Course for the Third Time?

Due to legislation, MCC charges an additional \$30 per CEU taken a third or subsequent time. Because the state of Texas will no longer provide state reimbursement for courses taken by the same student more than twice, MCC has implemented this policy to cover the cost of teaching those courses.

Exceptions to this policy will be granted for certain repeatable courses such as physical education, developmental studies, and music. Visit www.MCCandYOU.com for a list of courses that are exempt from the "three-peat" tuition policy. Questions? Call MCC's Continuing Education office at 254-299-8888.

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About this Publication

The Continuing Education

schedule is FSC Certified, which ensures the paper came from a sustainable forest, and includes 10 percent post-consumer waste.

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Register Today

Online: Go to our home page at www.MCCandYOU.com

and click on Search, Register & Pay for CE Classes.

In person: Register at the Continuing

Education Office (see map on opposite page). Office hours are 8 a.m.-6 p.m. Monday-Thursday and 8 a.m.-5 p.m. Friday.

Phone: Call 254-299-8888 from 8 a.m.-6 p.m. Monday-Thursday and 8 a.m.-5 p.m. Friday.

Payment must be made by American Express, Discover, MasterCard, Visa, or check.

Registration is not complete until fees are paid.

Please Note:

It is recommended that you register for classes at least 48 hours prior to the first class meeting. Continuing Education reserves the right to cancel classes with insufficient enrollment. With the exception of youth activities or where noted, all students must be at least 16 years old or have permission from the Director of Continuing Education to enroll in any continuing education class. Call before you come to class.

Call 254-299-8888 the day of your first class to be sure the class has filled and will be held.

Refund Policy

When students withdraw from Continuing Education courses, a refund of tuition and fees shall be made in accordance with the refund schedules shown below. Students should contact the Continuing Education Office to request a refund.

Workforce Programs

Prior to the first class day 100%

During the first two class days 70%

After the second class day 0%

Community Programs

Prior to the first class day 100%*

During the first seven calendar days 100%

After the seventh calendar day 0%

*A \$10 fee will also be assessed for courses costing \$50 or more. A \$5 fee will also be assessed for courses costing \$49 or less.

For details about classes,
call 254-299-8888.

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NOTICE OF NONDISCRIMINATION

McLennan Community College is dedicated to providing equal opportunities to all individuals and does not discriminate against any individual regardless of race, color, religion, national or ethnic origin, gender, disability, age, veteran status, genetic information, sexual orientation, gender identity, pregnancy, or other legally protected category in its educational programs, activities, or employment as required by Title VII of the Civil Rights Act of 1964, Section 504 of the Rehabilitation Act of 1973, Title IX of the Educational Amendments Act of 1972, and the Age Discrimination Act of 1978.

The Americans with Disabilities Act (ADA), and McLennan Community College policy prohibit discrimination in employment and educational programs against qualified individuals with disabilities. College websites must be accessible so that students, prospective students, employees, guests and visitors with disabilities have equivalent access to the information and functionality provided to individuals without disabilities.

It is the policy of McLennan Community College to provide reasonable accommodations or academic adjustments when necessary. These accommodations and adjustments must be made in a timely manner and on an individualized and flexible basis.

It is the responsibility of individual students, staff, and faculty members to identify themselves as an individual with a disability when seeking an accommodation or adjustment. It is also the responsibility of individual students, staff, and faculty members to document their disability (from an appropriately licensed professional) and to demonstrate how the disability limits their ability to complete the essential functions of their job or limits student's participation in programs or services of the college. Medical documentation will be kept confidential.

Students, staff, and faculty members must maintain institutional performance standards.

The College does not discriminate in admissions processes, educational programs, or employment based on any factor outlined above or prohibited under applicable law.

For inquiries concerning the College's compliance with this non-discrimination policy, please contact the following administrator who is trained to assist in these matters:

Concerns dealing with TITLE IX and other non-specified Civil Rights Issues contact:

Drew Canham, Title IX Coordinator

Vice President, Student Success

McLennan Community College

Administration Building, Room 408

1400 College Drive

254-299-8645

FAX: 254-299-8654

dcanham@mclennan.edu

titleix@mclennan.edu

Concerns dealing with the American with Disabilities Act (ADA) contact either:

Drew Canham, Title IX Coordinator

Vice President, Student Success

McLennan Community College

Administration Building, Room 408

1400 College Drive

254-299-8645

FAX: 254-299-8654

dcanham@mclennan.edu

titleix@mclennan.edu

Stephen Benson, Title I & II

Vice President, Finance & Administration McLennan Community College

Administration Building, Room 404

1400 College Drive

254-299-8649

FAX: 254-299-8654

sbenson@mclennan.edu

Concerns dealing with Equal Employment & Educational Opportunity (EEO) contact:

Al Pollard, EEO Officer

McLennan Community College

Administration Building, Room 417

1400 College Drive

254-299-8669

FAX: 254-299-8654

apollard@mclennan.edu

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Thank You to Our Community Partners!

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New Classes

7 Soap Making 101

9 Birthday Cake Decorating

15 Vineyard Harvest Adventure

18 Kayak Lessons

24 Self Defense for Women

29 Fox Trot and Waltz Dance

31 Introduction to Drones

37 Brain Longevity Training II