



## SPRING 2019 BUSINESS COMMUNITY EDUCATION COURSES

### Mid-Plains Community College – Ogallala Campus

#### **PADI Open Water Dive Class**

**Friday, Jan. 18; Sundays, Jan. 20 and 27, 2019.**

**Deland Humpherys. \$399.**

If you've always wanted to take scuba diving lessons, experience unparalleled adventure and see the world beneath the waves, this is where it starts. Get your scuba diving certification with the Professional Association of Diving Instructors Open Water Diver course – the world's most popular and widely recognized scuba course. Ages: 10 and older. No prior experience needed. 4-8 pm Friday, Jan. 18, 2019, classroom; Pool dives, 8 am – noon, Sunday, Jan. 20, and Jan. 27, 2019 (Goodall Recreation Center). Two days of open water dives also will be scheduled based on weather conditions.

#### **Essential Oils series by Robin Randall: \$25 per class.**

##### **Mellow Me**

**6-7:30 pm, Thursday, Feb. 7, 2019.**

Learn about essential oils, pick three, and make your own portable inhaler to help lessen stress. **Chest Congestion**

**6-7:30 pm, Thursday, March 14, 2019.**

Explore five more essential oils, pick three, and blend your personal roller blend for chest congestion.

##### **Spring Clean Naturally**

**6-8 pm, Thursday, April 4, 2019.**

Experience additional essential oils, and pick four to make an all-natural household cleaning spray.

#### **Community Awareness Series: No cost**

##### **Human labor and sex trafficking**

**6-8 pm Thursday, Feb. 21, 2019**

Glen Parks, Nebraska Attorney General's Office. Free

Human trafficking in Nebraska: What is labor trafficking and sex trafficking? Does it really happen here? What are we doing about it and how can I help

Keith County Attorney Randy Fair will discuss the issue on a local level and offer additional safety tips.

##### **Digital Citizenship: Rules of the Road for Safely Navigating the Information Superhighway.**

**6-8 pm Thursday, Feb. 28, 2019**

**Ryan Sothan, Nebraska Attorney General's Office.**

A short course in "driver's education" for today's users of digital technologies including smartphones, tablets, social media, and popular apps. Emphasis is given to protecting one's personal information and reputation and minimizing the consequences attached to cyberbullying, sexting, and sextortion.

## **The Opioid Crisis**

**6-8 pm, Thursday, March 14, 2019**

**Suzanne Gage, Nebraska Attorney General Office. Free**

Nebraska is not immune to the opioid crisis occurring in many parts of the country. Gain knowledge on the prevalence of prescription drug abuse and learn about the public awareness campaign, Dose of Reality.

## **QPR for suicide prevention**

**6-8 pm, Thursday, March 21, 2019**

**Brian Obert. Free.**

Learn QPR, question, persuade, refer, for suicide prevention, as well as the warning signs, clues and communications of people in trouble.

## **Social Media for Business series**

### **Social Media for Business 1**

**6-9 pm, Mondays, Feb. 25, March 4 and March 11, 2019.**

**Lesli Torres-Abreu. \$129.**

A hands-on class to help set up Facebook, Twitter, Pinterest, Instagram, Snapchat and YouTube for your business. A step-by-step class for the beginner venturing into social media or those already utilizing social media who want to ensure they are set up and branded to engage customers.

### **Social Media Strategies 1**

**6-8 pm Monday, March 18, 2019.**

**Lesli Torres-Abreu. \$49.**

Learn strategies to create your business' social media plan. This intense class teaches how to create a social media plan aligned to your marketing goals and dives deep into what goals/accomplishments you aim to achieve.

### **Social Media Strategies 2**

**6-8 pm Monday, March 25, 2019.**

**Lesli Torres-Abreu. \$49.**

Take the plans created and test for implementation. The goal of the class is to help businesses create a successful model that is implemented effectively.

## **THIS CLASS CAN BE FREE!**

## **Professional Plumbing Basics**

**5-7 pm MWF, March 18-May 10, 2019.**

Bill McMillan, master plumber. \$499. GAP, a potential funding source for income-qualifying individuals, is available.

Prepare for a career in plumbing with this 8-week course, which focuses on hands-on skills and basic plumbing knowledge. Upon successful completion of coursework, participants will be prepared to work under the guidance of a master plumber and take the UPC and/or IPC Journeyman plumbing tests.

## **Restart Your Health**

**4-6 p.m. Thursdays, January 24 – February 19.**

**Cindy Arnold. \$154 per individual/\$289 a couple.**

Want to detox from sugar and learn how to use real food to boost energy and cut sugar and carb cravings? Restart, a five-week nutritional class, sugar detox program and support group can help and empower participants to take charge of their health.

## **Retirement Planning Today**

**6-9 p.m. Tuesdays, Feb. 12 and 19, 2019.**

**Marc Werkmeister and Doug Peterson, North Platte; and Glenn Pelster, Ogallala. \$49 per individual or married couple.**

The rules for a retiring generation of baby boomers have changed. This class compares and contrasts old methods from yesteryear with the new realities of today. Discover how to insulate yourself from the risk of rising taxes, maximize your Social Security, and avoid common pitfalls as you distribute your assets in retirement. Must pre-register.

## **Robotics for Youth**

**Mike Eskelson. \$29 per session.**

Youth can learn about building design and programming with Lego EV3 technology. Apply science, technology, engineering and math concepts to complete challenges and have fun. Ages 10 and older.

Tuesdays and Wednesdays, 4-5:30 p.m.

Session 1: Feb. 26 and 27, March 5 and 6, and 12 and 13.

Session 2: March 19 and 20, 26 and 27, and April 2 and 3.

Sessions 3: April 9 and 10, 16 and 17, 23 and 24.

## **Historic Buildings of Ogallala Part II**

**6:30-8:30 pm Thursday, March 7, 2019**

**Tomas England, \$7.**

This evening class is a continuation to the first part in the series and explores historic buildings in Ogallala. Spend an evening learning about the buildings of Ogallala and the men and women who built their businesses in them.

## **Woodcarving with Archie**

**5-7 p.m. Thursdays, March 14, 21, 28 and April 4, 2019.**

**Archie Silvrants. \$29.**

From chip carving to more advanced carving, start a new hobby or hone your woodcarving skills with expert guidance. Learn techniques to help you become a great woodcarver.

## **CPR for the layperson (for home use/daycare providers)**

**6-9:30 p.m. Tuesday, April 16 and 17, 2019.**

**Karen Bowlin. \$65.**

Learn cardiac pulmonary resuscitation, CPR, which is used for resuscitation of a person in cardiac arrest. The class will include instruction on one-person CPR for infant, child and adult. AED (public-access public defibrillator) training and general first aid also is part of the course. Two-year certification with American Heart Association upon completion of the class.

## **Card Sharks**

**6-8 pm the first and third Wednesdays of each month, Jan. 16-May 1, 2019. No cost**

Whether you like a good game of pitch, rummy or cribbage, share your love of the game with others.

## **Poet's Corner**

**6:30-8 pm the second Monday of each month, January-April. No cost!**

Poetry comes alive when it is spoken and when it is heard. Share original poetry, brief essays or stories with other local writers.