

NEWS RELEASE

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Northwest Iowa Community College Life and Leisure Classes Starting Week of March 13

Want to learn a new hobby, improve your day-to-day life or experience a relaxing outing with friends? At Northwest Iowa Community College, we are striving to develop programming that is relevant, up-to-date, informative and FUN.

Freezer Meals: Instructor: Jessica Williams. Do you love to cook but lack the time? Do you hate to cook but still love to eat? Preparing meals in advance make weeknight cooking a breeze! In this class, each attendee will come and make 5 freezer meals to feed their families. Each meal will serve 4 to 6. This monthly menu will include: Chicken Noodle Soup, Creamy Chicken Penne, Lasagna, Chili Mac, and Sesame-Ginger Pork Chops with Baby Red Potatoes. All supplies for the meals will be furnished. Please bring your own large bags or basket to class to take your prepared items home. Wear an apron if desired! This course will be on Monday, March 13 from 5:30-7:00 pm in the Sioux Center Hy-Vee Dining room. Tuition: \$75

Basic Vegetable Gardening: Instructor: Eva Henderson. In this class, participants will learn how to plan, plant and care for a home vegetable garden. This would include how to start seeds and transplants, what to plant when, how much produce you might get and when to harvest. No materials required, but bringing a notebook to start a garden journal is recommended! This class will be on Tuesday, March 14 at the Marcus-Meriden-Cleghorn-Remsen Union High School in Marcus from 6:30-8:30 pm meeting in the Commons area. Tuition: \$25

Basketry: Instructor: Marilyn Stille. Antique American baskets have usually been woven of hardwoods like ash, oak & hickory. However, today most American basket weavers learn to weave using tropical materials "reed" & "cane". Join Marilyn as you will learn the history of basket weaving, the type of materials used, terms used in weaving and care of baskets. Patterns and resources will be available. You make a basket in class to take home. This class is for adults. The class fee includes all the supplies needed to make a basket. The tools list will be sent to the participant after registration. Please bring a sack lunch. **Registration deadline: Monday, March 6, 2017 to allow for materials for class to be ordered.** This course will be on Saturday, March 18 from 9:00 am-2:00 pm at Northwest Iowa Community College in Building D, room 409. Tuition: \$55

Newport Bag: Instructor: Cheryl Hilbrands. You will love this shoulder bag! You will get many comments such as "Love your purse" or "Where did you get that purse?" This 11x15x4 bag has one strap, a magnetic closure, two pockets on the outside and several pockets in the inside. If you aren't familiar with piecing, you can make it from a single print. Each student needs to bring to class: Cotton coordinating fabric: 24-5" charm squares or squares from your stash or 3/4 yard of one print, 3/4 yard for sides, strap, pockets and flap, 3/4 yard lining, 1 yd. fusible fleece, 1/8 yard of pelted single sided fusible interfacing, sewing machine and all attachments, machine needles, scissors, extension cord and thread to match fabric. Students should have their sewing tools set up and ready to go by the start of the class. This course will be on Saturday, March 18 from 12:30-5:30 pm at Northwest Iowa Community College in Building H, room 519. Tuition: \$55

To register, call Northwest Iowa Community College at 712-324-5061 or 800-352-4907 and ask for Continuing Education.