

NEWS RELEASE

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Northwest Iowa Community College Life and Leisure Classes Starting Soon

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.

Easy to Sew Fashionable Vest: Instructor: Cheryl Hilbrands. This course will be on Tuesday, January 17 from 6:30-9:30 pm on NCC's campus in Building H, room 519. This easy-to-sew vest project will be a great project for you if you want to learn how to sew or get back into sewing. Vests are very fashionable these days and come in a variety of fabric choices. In addition to sewing the vest, you will learn how to adjust the length, how to add facings and other pattern adjustments. Several examples will be illustrated. Every student will need to take to class: a vest pattern that is straight with no darts, the amount of fabric needed for the size that will fit you, 1 1/2 yards of cotton fabric for facings to match the outer fabric, 1 yd. of lightweight fusible interfacing, embellishments for the vest if desired, sewing machine and all attachments, machine needles, scissors, extension cord, and thread to match fabric.
Tuition: \$35

Healthy Living, Healthy Life: Instructors: Tyler R. Lewis and Sara D. Vogel. This course will be on Tuesday, January 24 from 6:30-8:30 pm on NCC's campus in Building H, room 519. The word HEALTHY is so important for living and life. Tyler and Sara will share what they have learned to help students look at:

- How we live and what creates what we don't want in our lives
- How to reach our goals in health and exploring various methods to get there
- Meditation-how to be present and reduce stress
- How to forgive people and ourselves and avoid simple annoyances in life
- Honesty and vulnerability in communication-knowing how we feel and ways to communicate non-violently
- Methods of creativity-ways to express yourself to release negative energy
- Verbal and non-verbal communication in relations to God, our body and spirit, out family, our partners, our friends, our co-workers and strangers
- Nutrition-looking at what is in our food, the intention of producing and eating.

Tuition: \$25

Play with Vintage Paint: Instructors: Deidre Welch and Mary Mohni. This course will be on Thursday, January 26 from 7:00-9:00 pm on NCC's campus in Building D, room 426. Students will be able to finish your own small furniture or metal piece with vintage paint. You will receive one-on-one help to apply a one or two color treatment to your piece. Techniques covered will be: basic application/finish of paint, clear wax, dark wax and distressing techniques. What students need to bring to this painting workshop: One small piece to paint such as an end table, coffee table, chair, nightstand, crate, wooden box, stool, plant stand, or a picture frame. You must be able to carry it in by yourself, meaning no small dressers or medium/large pieces of furniture. You will jump right into painting so make sure your piece is clean and ready to go when you arrive (remove any pieces of loose poly or flaking paint, patch holes, sand rough edges...prior to class. (Everyone else will jump right into painting and won't appreciate someone else kicking up a lot of dust while they are painting in the same space.) It is also very important to clean your piece with a good de-greaser prior to class. The fee for this class includes \$25 for all the paint and supplies needed. Tuition: \$69

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