

Updated July 1, 2011

# Welcome to the IVCCD Community Speakers Bureau!

Iowa Valley Community College District (IVCCD) is pleased to sponsor this online Community Speakers Bureau. IVCCD operates Ellsworth Community College in Iowa Falls, Marshalltown Community College, Iowa Valley Continuing Education, and Iowa Valley Grinnell.

Additional programs, courses and services that might be of interest to your group are available through Iowa Valley Continuing Education at locations throughout Hardin, Marshall, Tama, and Poweshiek counties in Central Iowa. For more information about IVCE, call 641-752-4645 or 1-800-284-4823.

## Using the Community Speakers Bureau

This publication lists speakers from throughout Iowa Valley Community College District (Hardin, Marshall, Tama and Poweshiek counties) who are available to give presentations to clubs, organizations, churches, schools, and other groups.

There is no charge for the speakers other than a meal cost when a dinner meeting is involved. If your organization, as a gesture of appreciation, wishes to make a financial contribution to the Ellsworth College Foundation, the Marshalltown Community College Foundation, or the Iowa Valley Continuing Education Tuition Grant Program, you may do so. Such contributions can be sent directly to the IVCCD Chief Financial Officer, 3702 S. Center St., Marshalltown, IA 50158. (Please specify the entity you wish to designate your contribution for and that it relates to the Speakers Bureau.)

All speakers listed in this booklet are volunteers; IVCCD does not necessarily endorse the topics or opinions they might express.

## How to book a speaker:

1. Find the program you want. Names, addresses, phone numbers, and some e-mail addresses for speakers are listed in the Index at the end of this document.
2. You are responsible for contacting the speaker and confirming the date, time, and place of the speaking engagement. Speakers request a minimum of two weeks notice.
3. After you have confirmed a speaker, give your speaker a courtesy reminder call a day or two before the event.
4. Be sure and provide the speaker with your name and phone number in case of an emergency.
5. Due to travel time and cost, some speakers may choose not to present programs in counties or communities outside their own.

Ideas for the Community Speakers Bureau may be directed to the Robin Anctil in the IVCCD Marketing Office by phoning 641-844-5571 or by e-mailing [Robin.Anctil@iavalley.edu](mailto:Robin.Anctil@iavalley.edu).

# Community Services topics

**Big Brothers, Big Sisters by Amy Richie** – Big Brothers, Big Sisters is the number one mentoring program in the nation! BBBS makes a “BIG” difference one child at a time. Learn more about this important program, including how you can become involved.

**Building for the Future: How the Community Foundation Can Help Build Stronger Communities by Betsy Macke & Carrie Barr** – The Community Foundation of Marshall County was designed to help communities grow through annual grants and endowment building. This program will help non-profit organizations in planning for the future.

**Child Abuse & Neglect by Jana Enfield** – Child abuse and neglect is a societal problem that affects the entire community. When citizens understand child abuse, its causes and how it can be prevented, they are better equipped to help protect children within their community.

**Community Partnerships for Protecting Children by Jana Enfield and the CPPC Leadership Team** – Protecting children from abuse is everyone's business. The Community Partnerships for Protecting Children (CPPC) project in Marshall and Hardin Counties is a new approach to child protection that involves the community. Learn what is being done and how you can become involved.

**Emergency Food Box by Jackie Patterson & Jean Haslett** – Emergency Food Box is an all-volunteer Marshalltown organization that provides temporary help to people in need of basic food supplies. Established more than 20 years ago, Emergency Food Box accepts food and financial donations from individuals, organizations, and local churches in Marshall County. Persons are served by referral from pastors, the Department of Human Services, Mid-Iowa Community Action, or other human service agencies.

**Everything You Ever Wanted To Know About the Iowa Veterans Home by Irina Bassis** – The Iowa Veterans Home offers various topics of interest ranging from long-term care admission information to various medical topics by health care professionals. A team of Iowa Veterans Home speakers is available – just call Irina and she'll arrange it.

**The Impact of Goodwill Industries of Northeast Iowa, Inc. by Wendy Knapp** – The impact of Goodwill Industries on local communities can be measured in many ways: the volume of low priced, high quality merchandise purchased in their stores; the amount of donated goods processed on a daily basis; the pounds of waste diverted from landfills; and the number of computers collected and de-manufactured in environmentally friendly ways. Most important are the hundreds of individuals with disabilities and disadvantages who are on the path to independence through Goodwill's many vocational and residential programs and services. Let Wendy share her story with you!

**Have Projector, Will Travel (Anywhere in the World...) by Mary Dooley** – Mary teams up a digital projector, a laptop computer, and her own broad-based observations and experiences as an American Red Cross volunteer and employee to entertain and inform “anyone who'll listen!” Her topics include American Red Cross disaster response, Women in the Red Cross, and “everything in between” (which means she'll tailor her presentation to your group's request).

**Home Care Plus by Tina Coleman** – Marshalltown Medical & Surgical Center Home Care Plus is available to Marshall, Tama, Grundy and Hardin County residents. Tina will discuss these important services, available on a part-time intermittent basis.

**Home Health Services by Delaine Aves** – Community Nursing Service is a non-profit Home Health Agency that serves all of Marshall County. Cindy will discuss services provided by the agency and its long history in the community.

**Homemaker Program Helps Keep Elderly in Private Homes Longer by Delaine Aves** – This critical

service of the Community Nursing Program is designed to help people remain in their own homes and prevent/delay institutionalization. Workers assist people with environmental/housekeeping needs. Delaine will discuss how this program makes a difference for community residents.

**Iowa River Hospice by Angie Lynch-Wilson** – Learn what hospice does, how care is provided, who is eligible for services, and how to make a referral. Other Iowa River Hospice staff and volunteers are available to present related topics, including bereavement, spirituality, and nursing.

**Marshall County Drug Endangered Children (DEC) Task Force by Steph Whitmore** — There is a task force of professionals who have united to rescue, defend, shelter and support children who are living in environments of drug abuse, sales and manufacturing. Drug endangered children are often victims of various types of abuse, and they struggle to survive in these toxic home environments. Steph Whitmore will offer tailored presentations that highlight the problems and focus on solutions. Topics may include Methamphetamine 101, Meth Psychosis, Meth and the Family, Understanding Addiction, the Drug Endangered Child Concept, the Marshall County DEC Task Force, and more. Presentations can be adapted to audience interests, including presentations for youth groups.

**Marshall County RSVP by Nancy Earney** – Seniors (over 55) CAN make Marshalltown a better place to live, through volunteering. RSVP (Retired & Senior Volunteer Program) offers more than 50 volunteer opportunities in 20 non-profit/city government sites in Marshalltown.

**Mid-Iowa Workshops, Inc. by Emily Babinat & Darla Burns** – Emily and Darla will provide a history and description of the vocational services offered by Mid-Iowa Workshops, Inc. to individuals with disabilities.

**PALS: Helping Homeless Animals in Poweshiek County by Cheryl Blom** – A volunteer from the Poweshiek Animal League Shelter (PALS) is looking forward to speaking with you about the group's efforts toward attaining the first-ever animal shelter in Poweshiek County. The presentation can be geared in any direction, with information about the needs in Poweshiek County, statistics, activity updates, and upcoming special events. Information about fundraising, volunteerism and/or fostering can also be shared.

**Policing & Criminal Justice by Bernal F. Koehrsen** – Retired Waterloo Chief of Police and Lt. Colonel in the U.S. Air Force, now an associate professor of criminal justice, Bernie is prepared to speak on policing and criminal justice. Current issues and events including child abduction, terrorism, and homeland security are just a few of the topics Bernie will be glad to discuss.

**Public Library Issues by Glenda Davis-Driggs, Sandy Gowdy & Joa LaVille** – These Marshalltown public librarians are willing to tackle a wide range of topics, including selecting good books for children, freedom of speech issues in the library, and planning for the Marshalltown library's future. In addition, they'll do "Book Talks" with specific groups according to their special interests.

**SAFE Place by David Hicks** – The SAFE Place project develops partnerships with area businesses and trains the staff at participating sites to know how to respond to any youth in crisis. Participants will learn about the SAFE Place campaign, why it's needed, and how businesses and community members can be involved.

**The Child Welfare System by Ken Baker** – An overview of how children and families become involved with the Department of Human Services and the Juvenile Court system and what interventions and outcomes this involvement may lead to. Participants will gain a better understanding of how children can be served through the child welfare system and how to connect children and families to those services. They'll also be able to identify when child welfare services are not an option and how to access other services for children and families.

**YOUR Community Y by Carol Hibbs** – The Marshalltown Y is continually expanding! New facilities are providing space for more amenities and more programs than ever before. Get a first-hand look at all the "new" services and activities, from Carol, the director.

# Contemporary Issues topics

**Arab Experiences Help Westerner Re-think Middle East Misconceptions by Don Lambert** – Working in the Middle East for more than a decade (Saudi Arabia and the United Arab Emirates) gave Don a first-hand look at the Arab World and Islam. He'll give an overview of the culture, the political and business environment and his own personal experiences, and update you on current issues and events.

**Are We Prepared After 9/11? by Dennis Bachman** – Now, years later, the question is still unanswered. Dennis will discuss what we, as a community, can do to protect ourselves and discuss the role of residents in emergency preparedness.

**Are We Prepared For a Disaster? by Dennis Bachman** – Dennis will discuss home and family preparedness in the event of a natural disaster or pandemic event.

**Bioterrorism and WMD in America by Dennis Bachman** – Dennis has been working with the Center for Disease Control and Homeland Security to acquire the latest information on bioterrorism and weapons of mass destruction. Take advantage of his research and resources to learn about this critical issue.

**Cell Phones: Do They Provide Real Safety? by Dennis Bachman** – Cell phones and emergency 911 calls may not provide the safety most people think. Learn important facts about your cell phone.

**Child Abuse: The Problem & The Prevention by Jana Enfield** – Child abuse is a reality in our society. How widespread is the problem? Why does it happen? What can we do about it? Jana will talk about the Child Abuse Prevention Services agency and what's being done locally, and help you understand how you can become a part of the solution.

**Community Opportunities in Grinnell by Bill Menner** – In Poweshiek County, Bill wears many hats – community and economic development (especially downtown/commercial/ industrial development opportunities), historic preservation, and consultant on public policy issues. A former political reporter and broadcaster, he's willing to speak on any of these topics.

**Drug Endangered Children (DEC) Alliance by Steph Whitmore** – The Marshall County DEC Alliance was formed in 2007 to develop a community response to children being exposed to methamphetamine and other illicit drugs. Participants will learn about meth manufacturing and the effects that meth has on the user and the children in their care, as well as dangers to the community. The speaker will also discuss Marshall County's DEC response protocol, the Alliance's goals, and projected outcomes.

**Emergency Services: Where Do We Go From Here? by Dennis Bachman** – Emergency medical services have evolved over time into important medical vocations. Join Dennis as he explores emergency medical service professions ... past, present, and future.

**Gambling Treatment Program by Jewel Cooper** – What happens when gambling is no longer fun or social and it interferes in someone's life? Jewel, whose client base includes Marshall and Tama counties, will share information on signs and symptoms of compulsive gambling and treatment options available locally.

**Islam & Muslims by Dr. Salah Syed** – As a practicing American Muslim, Dr. Syed will share a personal perspective on beliefs and practices of Islam and who Muslims are. He will address common misperceptions, and will be happy to take questions from his audiences. The presentation will be educational in nature, and not "a preaching session."

**Safe Haven by Jana Enfield & Sheryl Kennedy** – The Safe Haven Act is an Iowa law that allows parents to leave an infant up to 14 days old at a hospital or health care facility without fear of being charged with abandonment. Participants will learn why Safe Haven was enacted, what responsibilities health care

facilities have, what happens after an infant is dropped off, and what happens if the parent changes his/her mind.

**Samaritan's Purse – Operation Christmas Child by Ruth Knudson** – Six million shoe boxes filled with age-appropriate hygiene, activity, and “survival” items for third-world children were distributed last year through Samaritan's Purse - Operation Christmas Child. Ruth says this program is a new “personal mission” and she's anxious to share information about how others can help meet the new goal.

# Education topics

**Ellsworth Music: From Bach to the Boundary Waters by Anne Sherve-Ose** – An overview of the music program at Ellsworth Community College, including classes, lessons, musical theater, concerts, field trips, and the humanities class that travels to the Boundary Waters of Minnesota each spring.

**Green Belt High School, WOW! by Angela Scallon** – Here's a real WOW story! Green Belt High School is a student-centered learning environment for high school students from Iowa Falls, Alden, Hampton-Dumont, and AGWSR school districts. Students have the opportunity to earn their high school diplomas in a non-traditional mode.

**Iowa Public Education: A 40+-Year Overview by Clem Bodensteiner** – From his perspective as a retired teacher and administrator, Clem will discuss the significant changes in laws, regulations, and pedagogy that have impacted students and learning in Iowa's public schools since the 1960s.

**Just Who Was Eugene Ellsworth & What is the Role of the Ellsworth College Trustees? by John Whitesell** – John presents a brief history of Eugene Ellsworth and the history of Ellsworth Community College from its inception to today.

**Music Advocacy: The Amazing Benefits of Music Education and the Efforts of Marshalltown Youth Foundation's Musical Instrument Lending Library by Betsy Macke & Carrie Barr** – The Marshalltown Youth Foundation has developed a Musical Instrument Lending Library for families whose budget would not otherwise allow students to participate in Marshalltown's fine band program. Research shows amazingly positive results of music education! This PowerPoint show highlights some of the encouraging research that spurred the Marshalltown Youth Foundation to help.

# Environment topics

**Recycling Magic by Pam Blake** – Find out what happens to your recyclables. Did you know you could be wearing them? Let Pam share several sample items made from recyclables. She can also demonstrate special items you can make from recyclables at home.

**Solving the Case of HHW by Pam Blake** – Do you know what is kept under your sink, in your basement, or in your garage? Household Hazardous Waste materials need to be respected and used wisely. From “buying smart” (reading labels, knowing what you’re getting) to proper disposal procedures, Pam will show how to deal with household materials requiring special disposal. Everything from garage/workshop items (car wax, paint thinner, oil-base paints), and home/garden items (furniture polish, insecticides, weed killer), to kitchen/bathroom items (cleaners, polish remover) comes with special precautions. She’ll also list places where these items can be taken for safe and proper disposal.

**Sustaining Ourselves from Here by Linda J. Barnes, Ph.D.** – Most of our food travels well over a thousand miles before it gets to our plates. Linda will talk about how we can support local economies, sustainable food systems, and a cleaner environment by learning how to “eat locally.”

# Families & Relationships topics

**Child Abuse & Domestic Violence by Lynn Koch & Janel Irvin** – Family violence and child abuse are linked. Violence in families affects children today and tomorrow. Participants will learn about linkages between child abuse, domestic violence and sexual assault and be able to identify at-risk situations. Ms. Koch is a DVA/SAC Victim Advocate and Ms. Irvin is a Seeds of Hope Victim Advocate.

**Child Abuse Prevention Services by Jana Enfield & CAPS Staff** – Many strategies are used to prevent child abuse and neglect. Learn about the unique and effective programs that are provided in Marshall County and how to refer families to these services. Speakers will discuss the Building Healthy Families home visitation program, Stork's Nest incentive program, Crisis Child Care program, and Sexual Abuse Prevention program (available in Marshall, Hardin and Tama Counties).

**Divorce Hurts by Don Lamb** – What are some things we can do to prevent divorce? Or at least reduce the hurt? I think there are many possibilities! We'll explore some common sense ways to prevent some divorces.

**Mom & Me – Starting the Conversation About Puberty by Kathy Dooley** – A fun session designed to get moms, or the significant female in the household, and girls from 4th through 7th grades talking about the changes they face as they enter puberty. A “basket” filled with hygiene and personal-care products serves as a trigger to start the conversation about menstruation and emotions. Presentation lasts about one hour.

**Partnering to Support Families: Where Do Families Go For Help? by Linda Havelka & Ruth Krueger** – This interactive discussion will address the community resources available for referring families at risk. Participants will learn about community resources and how to refer families to community-based resources.

**Protecting Relationships by Dr. Robert L. Moore** – Dr. Moore has designed relationship talks for singles, couples or groups. He will assist your group in thinking about marriage and other relationships. He'll talk about counseling, take a look at some of the major reasons relationships struggle, and draw on his experience as a marriage counselor to make some observations on how couples can protect and enhance their relationship. He is also prepared to present on the importance of pre-marital relationship guidance and counseling.

**Strengthening Families Through Home Visitation by Jana Enfield** – Examine how the Building Healthy Families home visitation program reduces the risk of child abuse and helps parents be their child's first and best teacher.

# Finance topics

**Can Investors Really Stack the Odds in Their Favor? by Chad P. Kunc** – When considering how to manage your retirement assets, is it better to buy and hold or follow the relative strength of the market and asset classes? The speaker will cover this and other timely topics.

**Consumer Credit Counseling Service of Northeastern Iowa by Gretchen Tempel** – Money is a serious problem for thousands of people. No matter how much you earn, you could still find yourself in a financial squeeze because of inflation, overusing credit, medical bills, and poor money management. Gretchen gives an informational presentation to educate consumers about the wise use of credit and also provide homebuyer education.

**Credit Information for 60-Plus'ers by Gretchen Tempel** – Credit needs change as we age, and this counselor is willing to present information to 60-plus'ers regarding reverse mortgages and representative payeeships.

**Credit When Credit Is Due by Gretchen Tempel** – Using the “textbook” that she often uses in client classes, Gretchen is prepared to define credit issues (buying a car, buying a home, using credit cards, handling money), identify characteristics of persons who need credit counseling, and discuss the benefits of being in a structured program.

**Endowment Building & Estate Planning for Financial Advisors: How the Community Foundation of Marshall County Can Partner With Advisors to Benefit Their Clients and the Community At Large by Betsy Macke & Carrie Barr** – This presentation will include suggestions of possible ways to use financial planning tools together with the Endow Iowa legislation and tax benefits in dealing with community foundations for the benefit of clients and the community.

**Estate Planning Under Current Tax Rules by James L. Goodman** – It's always the right time to learn about estate planning and Jim's expertise will get you moving. Review federal gift and estate tax rates and credits, rules on unlimited marital deductions, and Iowa Inheritance Tax rules.

**Financial Planning by Kileen D. Rezac** – Kileen will speak to small or large groups with various time limitations. Topics may include retirement, estate and college education planning, budgeting, and general investing techniques depending on your group's needs and interests.

**Get Checking by Gretchen Tempel** – Learn more about workshops that can help residents qualify to access checking account services.

**Make Your Move by Gretchen Tempel** – This is a big step for many. Learn more about becoming a first-time homebuyer and about workshops for those people.

**Revocable Living Trusts by James L. Goodman** – This general discussion of revocable living trusts includes a comparison of revocable living trusts to wills, advantages and disadvantages, tax aspects of revocable living trusts, and why more people consider using revocable living trusts.

**Successful Investing by Jeffrey A. Schwarck** – To be secure in the knowledge of successful investing, an individual must achieve four investment goals. Jeffrey will identify and describe these goals and how they can be attained.

**Transfer of Wealth & The Possible Benefit to Marshall County Charities by Betsy Macke & Carrie Barr** – The anticipated transfer of wealth from one generation to the next in the coming 50 years was studied by The Community Vitality Center at Iowa State University. Specific information about Marshall County is included in this presentation, as well as possible ways the information could be used to benefit charitable organizations in Marshall County.

**When the Stock Market Crashes by Jeffrey A. Schwarck** – Jeffrey will compare Black Monday, October 19, 1987, with Black Tuesday, October 29, 1929. He'll also discuss current stock market trends and issues.

## “Grab Bag” topics

**Funeral Planning/Cremation Basics by Mark Bethel & Phil Huntley** – These funeral home professionals will discuss funeral pre-arrangements, cremation, and the value of funeral services in today's society. They are willing to tailor their presentation to your group's needs and/or interests.

**Lost Mail? You Can Solve the Mystery! by Don Lamb** – Can you help the U.S. Post Office get mail to its destination? Of course! Learn the best way to address mail from an expert who has handled thousands of pieces of mail a day.

**Make Your Bath Into a Spa By Lew Miller** – Lew's indomitable style will help you make “the best seat in the house” even more appealing with news about the latest materials, colors and amenities for the bath. Bathroom design and remodeling isn't a dull topic with Lew!

**Name That Speech! by Roger Nowadzky** – Roger (an attorney, lobbyist, professor, consultant) has been a guest speaker for seminars, conferences, and universities in North America, Europe and Asia. His topics range from governmental processes (including the legislative process, local government, and international relations) to humorous attorney anecdotal stories. Among topics he'd be glad to present to your group or service club: state/local government operations, lobbying, international relations and cultural understanding, the Iowa Sister State and Marshalltown Sister City relations and projects, disaster response to the Flood of 1993, and more.

**Panther Basketball by Troy Muilenburg** – Troy will discuss the Ellsworth Community College Panther basketball schedule (past and present), team personnel, current recruiting status, and much more. He also provides an overview of the ICCAC men's basketball conference.

**Slovakia and Hungary in my Blood by Honoria Balogh** – Being fully immersed in the “culture” of a small Iowa community college is a radical change from her former life in Eastern Europe. Interested in politics, geography, traditions or cultural nuances of (Czecho-)Slovakia or Hungary? Honoria, a self-described “foreigner in Small Town USA,” shares her experiences and observations with a sense of genuine respect for her homeland and her adopted home.

**The Amish: Plain But Not So Simple by Charlie Cochran** – Learn some of the facts and fallacies surrounding the Amish people and how modern technology is influencing the Amish way of life.

**World War II in the South Pacific On Board the USS Honolulu CL48 by Don Paustian** – Follow the life of a decorated light cruiser from her launching through the attack on Pearl Harbor and the battles to regain control of several South Pacific islands, to her being sold for scrap after the war ended. Don's father served onboard the Honolulu, and Don has assembled 2000 pages of historical data, 500 photos, and shells and projectiles of every size and type ever fired from the ship. He'll tailor his program to your timeframe.

# Health & Wellness topics

**Birth Control Methods by Kathy Dooley** – This program takes a look at birth control ... it's history, current methods and how they work, and a pregnancy prevention program that includes abstinence. Statistics on teen pregnancy are shared and the cost and availability of prevention methods are discussed.

**Breast Cancer Awareness by Tina Coleman** – Tina will share a video and talk about breast cancer and how to do self-breast examinations.

**Chakras – Energy for Today by Laura Browne** – Learn about the body's energy centers (Chakras): where they're located, how to use them to maintain physical, mental, emotional and spiritual balance.

**Design for Life by Karen Antle** – In many ways, Americans are careful about preparing for the second half of their lives, particularly in terms of financial planning. Unfortunately, for many there's no awareness when it comes to evaluating your home's ability to support your needs and lifestyle as you age. Most people don't think about or discuss home accessibility until a crisis occurs and it becomes obvious that they're living in a place that no longer meets their needs or abilities. Discussion includes how home accessibility impacts the community, how everyone can prepare for changing needs, easy and low-cost solutions to improve your home, and resources available. This program is co-sponsored by AARP and Rebuilding Together.

**Exercise To Live! by Dr. Michael F. Miriovsky** – Learn about the benefits of exercise and exercise-related topics. Other health-related topics can be addressed depending on the interests of your group.

**Health & Wellness Topics by Marylou Beckman, RN** – Marylou will be happy to discuss various health and wellness topics (including cholesterol, diabetes, stroke prevention, and others) depending on the interests of your group.

**Hepatitis by Tina Coleman** – Are you at risk? Tina will present a videotape and discuss the various types of hepatitis and specific at-risk groups.

**Nurturing Healthy Sexual Development by Dawna Heil** – This presentation educates participants on the sexual development of children and how to respond to children's sexual behavior and questions in ways that promote healthy development. The presentation is available in Marshall and Tama Counties.

**Operation Lifesaver by Bill Backoff** – Currently employed as a switchman by the Union Pacific Railroad, Bill has been a railroad employee for more than 33 years and is a volunteer presenter for Operation Lifesaver. Operation Lifesaver is a national, non-profit education and awareness program dedicated to ending collisions, injuries and fatalities at highway-rail grade crossings and on railroad rights of way. His presentation can be tailored to any age group and any number of participants.

**Psychological Disorders by Dr. Robert L. Moore** – Dr. Moore will help your group take a sensitive look at the people around us; you'll come away with a new appreciation of topics such as anxiety disorders, mood disorders, childhood disorders, personality disorders, psychotic disorders, and other psychological issues. You may wish to examine specific disorders such as Post-Traumatic Stress Disorder or Seasonal Affective Disorder (SAD), and he can discuss those as well as other special topics in abnormal psychology. He'll work with you to choose topics suitable to your group.

**Reiki by Laura Browne** – Reiki is an ancient Japanese healing technique for stress reduction/relaxation. It promotes healing via light hand placement to channel healing energies; it creates a sensation that is deeply relaxing, but satisfying.

**Sexually Transmitted Diseases/HIV/AIDS by Kathy Dooley** – This program takes a comprehensive look at STDs/HIV, what they are, the risks, and treatments. Prevention and protection are key elements of Kathy's presentation.

**Special Health Topics by Tina Coleman** – Representing MMSC’s Public Health Department, Tina is happy to discuss a variety of important topics, including lead paint poisoning, communicable diseases, building healthy families, tuberculosis, child and adult immunizations, hantavirus, rabies, lice, wound care, intravenous therapy, chronic disease management, community health resources, Marshall County’s comprehensive needs assessment, other health problems, or how to maintain a healthy lifestyle. Also, physical therapy, nursing, home health aide, occupational therapy, speech therapy, medical social work, and nutritional counseling. She will tailor a presentation to your specific needs and/or interests.

**Well You: Wellness the Ellsworth Way by Troy Muilenburg** – Learn all about the Ellsworth Community College Wellness Center and everything it has to offer. Troy will discuss the benefits of good regular exercise habits and weight-lifting and explain how community residents can utilize ECC’s new Wellness Center.

**Wheel of Life – Your Journey by Dr. Laura Browne** – Let Laura help you look at your life holistically – the physical, mental, spiritual and emotional “spokes” in your wheel. In a short presentation, she’ll only do a “snapshot” of a particular point in time, but you’ll begin to ask, “What shape is my wheel? Where are my stresses? Where is the balancing point?” Learning to ask these questions is half the challenge!

**Y Fitness = Your Fitness by Angie Paxson** – Angie, head of the Fitness Department at the Community Y, is prepared to talk about the importance of lifetime fitness for adults and teens, and demonstrate fitness activities available at the Community Y.

# Personal Enrichment & Growth topics

**Easter Art & Traditions by Alice Kallestad** – During Lent, when your mind and eyes hunger for a new way to look at the passion of the Easter season, Alice provides an “Easter show and tell” that fulfills this need. She includes multiple examples of art, music, readings, and artifacts and she weaves stories within stories to get the message across. She includes Sand Dollars and the Crucifix Fish, crosses that illustrate the history of the cross, ribboned nails which signify the passion of the season, Russian icon art, and others.

**Mentoring by Amy Richie** – Learn about the history of mentoring, hear anecdotes, and discover how a mentor can influence a life, a family, and a community to strive for success. The speakers will share listening techniques, conversation starters, relationship building, friendship, anger control, skill streaming, character building, and empathy.

**Outdoor Cooking 101 by Lew Miller** – Let Lew take you beyond ‘dogs and ‘burgers on your grill or smoker. A winner of the Iowa State BBQ contest and founder of the Iowa BBQ Society, Lew will share his successes and his famous stories of BBQ and more. He is also willing to provide demonstrations on BBQing, grilling, and Cajun turkey frying.

**Public Speaking: How to Make A Great Impression by Rebecca Peterson** – Learn several tips and tricks to help make public speaking a breeze. Rebecca will discuss different types of speeches and how to prepare for a variety of special occasions (introductions during a ceremony, announcements at a large group meeting, speaking at a school board or city council meeting, and more).

**The Importance of Arts in Modern Society by David W. Engel** – David will discuss the opportunities for anyone to become involved in the arts. He will emphasize the importance of the arts to our economy, the need for artists to take risks, and how censorship of the arts can lead to unexpected results.

**Affordable World-Class Entertainment is Just a Phone Call Away! by Gloria Hanson** – Marshalltown Community Concert Association begins the 69th consecutive year of presenting professional artists on Tuesday, Oct. 9, 2007, at 7:30 p.m. at Marshalltown High School/Community Auditorium. The five programs presented October through April are family-friendly and encompass a wide range of musical interests. A short 15-minute DVD presentation is available, along with an overview of the artists for the upcoming season. Presenters for MCCA are Gloria Hanson, membership chairperson; Bill Fitzgerald, marketing; or Dr. Bruce Vircks, president. Please make an appointment for an enthusiastic program presentation regarding these live performance opportunities in our community.

# Index of Speakers

**Karen Antle**, AmeriCorps Volunteer  
307 Owen, Apt. A., Melbourne 50162  
Ph: 641-482-9385  
Email: [kantle@adiis.net](mailto:kantle@adiis.net)

**Emily Babinat**, Program Coordinator at Mid-Iowa Workshops, Inc.  
909 S. 14th Ave., Marshalltown  
Ph: (w) 641-752-3697  
Email: [ebabinat@miwi.org](mailto:ebabinat@miwi.org)

**Dennis Bachman**, Paramedic Specialist & State 911 Board Member, MMSC Emergency Preparedness Committee  
506 N. 17th Place, Marshalltown  
Ph: (w) 641-754-6101, (c) 641-750-7971  
Email: [dbachman@marshmed.com](mailto:dbachman@marshmed.com)

**Bill Backoff**, Volunteer, Operation Lifesaver  
Ph: 641-752-7333  
Email: [wandcbackoff@mchsi.com](mailto:wandcbackoff@mchsi.com)

**Ken Baker**, Child Protection Supervisor for the Iowa Department of Human Services  
206 W. State St., Marshalltown  
Ph: 641-352-5601  
Email: [kbaker@dhs.state.ia.us](mailto:kbaker@dhs.state.ia.us)

**Honoria Balogh**, iCreate Instructional Designer for Iowa Valley Community College District  
1100 College Ave., Iowa Falls  
Ph: 641-844-5561  
Email: [Honoria.Balogh@iavalley.edu](mailto:Honoria.Balogh@iavalley.edu)

**Linda J. Barnes**, Ph.D., Coordinator of the Sustainable & Entrepreneurial Agriculture program & Associate Professor of Biology at Marshalltown Community College  
3700 S. Center St., Marshalltown  
Ph: (w) 641-752-7106 or 1-866-622-4748, Ext. 5788 (h) 641-482-3185  
Email: [Linda.Barnes@iavalley.edu](mailto:Linda.Barnes@iavalley.edu)

**Carrie Barr**, Community Foundation of Marshall County  
Ph: 641-752-9778  
Email: [grimesbarr@aol.com](mailto:grimesbarr@aol.com)

**Irina Bassis**, Marketing Director at the Iowa Veterans Home  
1301 Summit St., Marshalltown  
Ph: (w) 641-753-4397  
Email: [Irina.Bassis@ivh.state.ia.us](mailto:Irina.Bassis@ivh.state.ia.us)

**Marylou Beckman**, Registered Nurse at Community Nursing Service  
709 S. Center St., Marshalltown  
Ph: (w) 641-752-4611

**Mark Bethel**, Funeral Director at Pursel-Davis Funeral Home & Crematory  
405 W. Main St., Marshalltown  
Ph: (w) 641-753-5511

**Pam Blake**, Director of Special Programs, Recycling & Solid Waste Education at Iowa Valley Continuing Education  
3702 S. Center St., Marshalltown  
Ph: (w) 641-844-5617 or 1-800-284-4823, ext. 5617  
Email: [Pam.Blake@iavalley.edu](mailto:Pam.Blake@iavalley.edu)

**Cheryl Blom**, Secretary & Board Member for Poweshiek Animal League Shelter (PALS)  
P.O. Box 123, Grinnell  
Ph: 641-236-6022  
Email: [thebloms@iowatelecom.net](mailto:thebloms@iowatelecom.net)

**Clem Bodensteiner**, Retired Superintendent of Grinnell-Newburg Community School District  
601 16th Ave., Grinnell  
Ph: (h) 641-236-7844

**Dr. Laura Browne**, Marshalltown Community College Adjunct Faculty  
3700 S. Center St., Marshalltown  
Ph: (w) 641-844-5724 or 1-866-622-4748, ext. 5724  
Email: [Laura.Browne@iavalley.edu](mailto:Laura.Browne@iavalley.edu)

**Darla Burns**, Services Manager at Mid-Iowa Workshops, Inc.  
909 S. 14th Ave., Marshalltown  
Ph: (w) 641-752-3697  
Email: [dburns@miwi.org](mailto:dburns@miwi.org)

**Charlie Cochran**, Adjunct Instructor at Marshalltown Community College  
2627 255th St., Marshalltown  
Ph: (h) 641-752-4985  
Email: [Charlie.Cochran@iavalley.edu](mailto:Charlie.Cochran@iavalley.edu)

**Tina Coleman**, Director of Home Care at Marshalltown Medical & Surgical Center  
3 S. 4th Ave., Marshalltown  
Ph: (w) 641-754-6353

**Jewel Cooper**, CADC/NCGC/LMHC, Gambling Treatment Coordinator at Allen Hospital  
1825 Logan Ave., Waterloo  
Ph: (w) 1-800-303-9996  
Email: [cooperje@ihs.org](mailto:cooperje@ihs.org)

**Glenda Davis-Driggs**, Library Director at Marshalltown Public Library  
105 W. Boone St., Marshalltown  
Ph: (w) 641-754-5738

**Kathy Dooley**, Education Coordinator at Central Iowa Family Planning  
704 May St., Marshalltown  
Ph: (w) 641-752-7159, (h) 641-752-5453  
Email: [kdooley@cifp.org](mailto:kdooley@cifp.org)

**Mary Dooley**, Executive Director of the Iowa Rivers Chapter, American Red Cross  
709 S. Center St., Marshalltown  
Ph: (w) 641-753-3317 or toll-free 877-792-3808, Ext. 3  
Email: [dooleym@pcpartner.net](mailto:dooleym@pcpartner.net)

**Nancy Earney**, Program Coordinator of the Marshall County Retired & Senior Volunteer Program (RSVP)  
2501 S. Center St., Suite N, Marshalltown

Ph: (w) 641-752-0279, (h) 641-752-1889  
Email: [mcrsvp@marshallnet.com](mailto:mcrsvp@marshallnet.com)

**Jana Enfield**, Executive Director at Child Abuse Prevention Services  
811 E. Main St., Marshalltown  
Ph: (w) 641-752-1730  
Email: [jana@capsonline.us](mailto:jana@capsonline.us)

**David W. Engel**, Associate Professor of Speech & Theatre at Marshalltown Community College  
3700 S. Center St., Marshalltown  
Ph: (w) 641-844-5774 or 1-866-622-4748, ext. 5774  
Email: [David.Engel@iavalley.edu](mailto:David.Engel@iavalley.edu)

**Bill Fitzgerald**, Publicity co-chair for the Marshalltown Community Concert Association  
Ph: (h) 641-753-4933  
Email: [bill.fitzgerald@emersonprocess.com](mailto:bill.fitzgerald@emersonprocess.com)

**Jim Goodman**, Attorney-At-Law & Partner, Moore Law Firm  
P.O. Box 618, Marshalltown  
Ph: (w) 641-752-4271  
Email: [attorneys@marshalltownlaw.com](mailto:attorneys@marshalltownlaw.com)

**Sandy Gowdy**, Librarian at Marshalltown Public Library  
105 W. Boone St., Marshalltown  
Ph: (w) 641-754-5738

**Gloria Hanson**, Subscription Chairperson for the Marshalltown Community Concert Association  
Ph: (h) 641-366-3093  
Email: [gmcca@heartofiowa.net](mailto:gmcca@heartofiowa.net)

**Jean Haslett**, Operations Committee Chair at Emergency Food Box  
109 S. 3rd St., Marshalltown  
Ph: (w) 641-753-0486 (M-F 1:30-4:30 p.m.), (h) 641-752-8205

**Linda Havelka**, Associate Director of Child Abuse Prevention Services  
811 E. Main St., Marshalltown  
Ph: (w) 641-752-1730  
Email: [linda@capsonline.us](mailto:linda@capsonline.us)

**Dawna Heil**, Sexual Abuse Education Director at Child Abuse Prevention Services  
811 E. Main St., Marshalltown  
Ph: 641-752-1730  
Email: [dawna@capsonline.us](mailto:dawna@capsonline.us)

**Carol Hibbs**, Executive Director at the Community Y  
108 Washington St., Marshalltown  
Ph: (w) 641-752-8658  
Email: [carol.hibbs@ymca-ywca.org](mailto:carol.hibbs@ymca-ywca.org)

**David Hicks**, Director of Youth & Shelter Services  
11 E. State St., Marshalltown  
Ph: 641-752-2300  
Email: [dhicks@yss.ames.ia.us](mailto:dhicks@yss.ames.ia.us)

**Phil Huntley**, Funeral Director at Pursel-Davis Funeral Home & Crematory  
405 W. Main St., Marshalltown  
Ph: (w) 641-753-5511

**Janel Irvin**, Victim Advocate for Seeds of Hope  
1201 14th Ave., Eldora 50627  
Ph: 641-939-8186  
Email: [janel\\_richter@hotmail.com](mailto:janel_richter@hotmail.com)

**Alice Kallestad**, Board Member at Emergency Food Box & community volunteer  
402 Nicholas Dr., Marshalltown  
Ph: (h) 641-752-3158

**Sheryl Kennedy**, Administrator of Greenbelt Home Care, Hardin County Public Health  
1506 Edgington Ave., Eldora 50627  
Ph: 641-939-8444  
Email: [sk\\_hardinco@netins.net](mailto:sk_hardinco@netins.net)

**Wendy Knapp**, Marketing Project Manager, Goodwill Industries of Northeast Iowa  
2640 Falls Ave., Waterloo 50701-5790  
Ph: (w) 319-234-4626, Ext. 253  
Email: [wknapp2@gwneia.org](mailto:wknapp2@gwneia.org)

**Ruth Knudson**, Volunteer at Samaritans Purse – Operation Christmas Child  
3239 Abbott Ave., Marshalltown  
Ph: (h) 641-479-2272  
Email: [morak2@pcpartner.net](mailto:morak2@pcpartner.net)

**Lynn Koch**, Victim Advocate for Domestic Violence Alternatives/Sexual Assault Center (DVA/SAC)  
132 W. Main St., Marshalltown  
Ph: 641-753-3513  
Email: [mrsllkoch@yahoo.com](mailto:mrsllkoch@yahoo.com)

**Bernal F. Koehrsen**, Associate Professor of Criminal Justice at Ellsworth Community College  
1100 College Ave., Iowa Falls  
Ph: (w) 641-648-8631 or 1-800-322-9235, ext. 8631, (h) 641-648-2558  
Email: [Bernal.Koehrsen@iavalley.edu](mailto:Bernal.Koehrsen@iavalley.edu)

**Ruth Krueger**, Hardin County Director of Mid-Iowa Community Action  
637 South Oak, Iowa Falls 50126  
Ph: 641-648-5036  
Email: [rkrueger@micaonline.org](mailto:rkrueger@micaonline.org)

**Chad P. Kunc**, Merryman Kunc Financial Group  
14 E. Southridge Road, Marshalltown 50158  
Ph: (w) 641-752-5401 or 1-800-542-2223  
Email: [chad.kunc@wfadvisors.com](mailto:chad.kunc@wfadvisors.com)

**Don Lamb**, Retired Postal Worker at the Marshalltown Post Office  
P.O. Box 862, Marshalltown  
Ph: (h) 641-753-8561  
Email: [bbcoachlamb@walmart.com](mailto:bbcoachlamb@walmart.com)

**Don Lambert**, Retired Fisher Controls/Emerson executive, formerly stationed in Saudi Arabia and the UAE  
2818 Somerset Dr., Ames 50010

Ph: (h) 515-292-8992  
Email: [menaconsult@mchsi.com](mailto:menaconsult@mchsi.com)

**Joa LaVille**, Youth Services Librarian at Marshalltown Public Library  
105 W. Boone St., Marshalltown  
Ph: (w) 641-754-5738

**Marilee Lawler**, Executive Director at Iowa River Hospice  
502 Plaza Heights Road, Marshalltown  
Ph: (w) 641-753-7704 or 1-800-827-4521  
Email: [mhospice@marshallnet.com](mailto:mhospice@marshallnet.com)

**Betsy Macke**, Community Foundation of Marshall County  
Ph: (w) 641-844-5619  
Email: [Betsy.Macke@iavalley.edu](mailto:Betsy.Macke@iavalley.edu)

**Bill Menner**, Executive Director of Poweshiek Iowa Development & freelance journalist  
1403 Summer St. Grinnell  
Ph: 641-236-3289  
Email: [bmenner@iowatelecom.net](mailto:bmenner@iowatelecom.net)

**Lew Miller**, President/Owner at Iowa Wholesale/Bath & Kitchen Shop  
14 S. 2nd Ave., Marshalltown  
Ph: (w) 641-752-4556, (h) 641-753-6640

**Michael Miriovsky**, MD, Family Physician at Center for Family Medicine, McFarland Clinic  
312 E. Main St., Marshalltown  
Ph: (w) 641-752-5469

**Robert L. Moore**, Ph.D., Retired Professor of Psychology & Human Services, Activity Coordinator of iCreate for Iowa Valley Community College District  
3700 S. Center St., Marshalltown  
Ph: (w) 641-844-5563 or 1-866-622-4748, ext. 5563, (h) 641-753-0568  
Email: [Robert.Moore@iavalley.edu](mailto:Robert.Moore@iavalley.edu)

**Troy Muilenburg**, Wellness Center Coordinator & Head Men's Basketball Coach at Ellsworth Community College  
1100 College Ave., Iowa Falls  
Ph: (w) 641-648-8693 or 1-800-322-9235, ext. 8693, (h) 641-648-7741  
Email: [Troy.Muilenburg@iavalley.edu](mailto:Troy.Muilenburg@iavalley.edu)

**Roger A. Nowadzky**, City Attorney for the City of Marshalltown  
24 N. Center St., Marshalltown  
Ph: (w) 641-754-5711, ext. 111, (h) 515-278-8874

**Jackie Patterson**, Co-Chair of the Emergency Food Box Board  
109 S. 3rd St., Marshalltown  
Ph: (w) 641-753-0486 (M-F 1:30-4:30 p.m.), (h) 641-482-3460

**Don Paustian**, Toledo area farmer and son of U.S. seaman who served aboard the USS Honolulu CL48  
2355 – 320th St., Toledo  
Ph: (h) 641-484-5393

**Angie Paxson**, Fitness Director at the Community Y  
108 Washington St., Marshalltown

Ph: (w) 641-752-8658  
Email: [angie.paxson@ymca-ywca.org](mailto:angie.paxson@ymca-ywca.org)

**Rebecca Peterson**, Director of the Academic Center for Excellence at Ellsworth Community College  
1100 College Ave., Iowa Falls  
Ph: (w) 641-648-8588 or 1-800-322-9235, ext. 8588  
Email: [Rebecca.Peterson@iavalley.edu](mailto:Rebecca.Peterson@iavalley.edu)

**Kileen D. Rezac**, CFP, Branch Office Manager at SagePoint Financial, Inc.  
25 S. Center St., Marshalltown  
Ph: (w) 641-752-2041  
Email: [krezac@sagepointadvisor.com](mailto:krezac@sagepointadvisor.com)

**Amy Richie**, Executive Director of Big Brothers/Big Sisters of Marshall County  
208 E. Church St., Suite 121, Marshalltown  
Ph: (w) 641-753-6370  
Email: [bigbrosismshcoia@adiis.net](mailto:bigbrosismshcoia@adiis.net)

**Angela Scallon**, Instructor/Coordinator at Green Belt High School  
1100 College Ave., Iowa Falls  
Ph: (w) 641-648-8643  
Email: [Angie.Scallon@iavalley.edu](mailto:Angie.Scallon@iavalley.edu)

**Jeffrey A. Schwarck**, Financial Investment Professional at H.D. Vest Investment ServicesSM, a non-bank subsidiary of Wells Fargo & Co., member SIPC  
16th Ave. & Hwy 146 North, Grinnell  
Ph: (w) 641-236-4764, (h) 641-236-3253  
Email: [schwarckj@hvest.net](mailto:schwarckj@hvest.net)

**Anne Sherve-Ose**, Director of Music at Ellsworth Community College  
1100 College Ave., Iowa Falls  
Ph: (w) 641-648-8570 or 1-800-322-9235, ext. 8570  
Email: [Anne.SherveOse@iavalley.edu](mailto:Anne.SherveOse@iavalley.edu)

**Jim Stormont**, Publicity Co-Chair for Marshalltown Community Concert Association  
Ph: (h) 641-844-1433  
Email: [stormont@mchsi.com](mailto:stormont@mchsi.com)

**Salah Syed, MD**, Pathologist for Marshalltown Medical & Surgical Center  
Email: [ksalsyed@yahoo.com](mailto:ksalsyed@yahoo.com)

**Gretchen Tempel**, Branch Manager at Consumer Credit Counseling Service of Northeastern Iowa, Inc.  
30 W. Main St., Marshalltown  
Ph: (w) 641-752-6161  
Email: [marshalltown@cccsia.org](mailto:marshalltown@cccsia.org)

**Dr. Bruce Vircks**, President of the Marshalltown Community Concert Association  
Ph: (w) 641-754-6263  
Email: [bvircks@wolfeclinic.com](mailto:bvircks@wolfeclinic.com)

**John Whitesell**, Trustee for the Ellsworth College Board of Trustees  
P.O. Box 308, Iowa Falls  
Ph: 641-648-316

**Stephanie Whitmore**, Program Director for Child Abuse Prevention Services  
811 E. Main St., Marshalltown

Ph: 641-752-1730

Email: [steph@capsonline.us](mailto:steph@capsonline.us)