

#2704 A

Fighting the War

This course will be organized around the major military problem armies faced during World War I: how to breakthrough a barbed wire trench system while deafened by machine guns. This slow and costly learning curve will use the battles of the Marne, Verdun, Somme, Kaiserchlacht and Amiens to illustrate the evolution of tactics from an almost Napoleonic approach in 1914 to an approximation of blitzkrieg tactics in 1918. Optional tour of the Memorial to follow lecture. The student admission fee to the memorial is \$3.

CONVENER: Stan Parsons

CLASS FEE: \$9

Sec. A: 1 session; Saturday, November 17; 1:00 PM - 3:00 PM; Haag Hall, Rm. 307, 52nd & Rockhill Road, UMKC Campus, KCMO; LIMIT: 25

#2705 A

America and World War I

Special attention will be given to the complex reasons for US entry and the long, slow and thoughtful process by which President Wilson arrived at the decision for war. The US contribution to the Allied victory will be discussed. Optional tour of the Memorial to follow lecture. The student admission fee to the memorial is \$3.

CONVENER: Stan Parsons

CLASS FEE: \$9

Sec. A: 1 session; Saturday, December 1; 1:00 PM - 3:00 PM; Haag Hall, Rm. 307, 52nd & Rockhill Road, UMKC Campus, KCMO; LIMIT: 25

#2706 A

The Peace that Failed—The Treaty of Versailles

Universally acclaimed as the worst peace treaty in history, the Treaty of Versailles helped produce the bloodiest century in history. Many are to blame and this course will try to sort out the events and personalities that contributed to the tragedy. Optional tour of the Memorial to follow lecture. The student admission fee to the memorial is \$3.

CONVENER: Stan Parsons

CLASS FEE: \$9

Sec. A: 1 session; Saturday, December 8; 1:00 PM - 3:00 PM; Haag Hall, Rm. 307, 52nd & Rockhill Road, UMKC Campus, KCMO; LIMIT: 25

#2716 A

Avenue of the Arts

This hike reviews the theatre district and sites along and adjacent to the Avenue of the Arts (historic Central Street). Interior tours of some of the sites will be offered. \$10 material fee includes brochure which features a map with architectural and historical dialogue. Refreshments will be served at the conclusion of the hike. We will convene in front of Municipal Auditorium's Little Theatre.

CONVENER: Lucinda Rice-Petrie (816-931-8448)

CLASS FEE: \$9

Sec. A: 1 session; Tuesday, November 6; 9:00 AM - 12:00 PM; Municipal Auditorium's Little Theatre, 211 W 13th St., KCMO; LIMIT: 50

food

Yummy

#3003 A

Weave a Pie Crust! And Make a Half-n-Half Pie!

Pie-crust weaving seems to be a dying art. Fake weaves or no weaves abound. Come and learn to weave your crust and impress your friends! Half-n-Half? Two flavors in one! Cherry and apple? Peach and strawberry? Bring: two different cans of filling, rolling pin, mixing bowl, 1 tbsp. spoon, table knife, fork or pastry cutter. Take home a ready-to-bake pie or save for Thanksgiving by freezing! Please bring \$2 to class for materials. Gabrielle learned to weave a pie crust as a child from her father. Whenever she makes a pie, she simply must weave it!

CONVENER: Gabrielle Lawson-Person E-mail: gabrielle.

person@gmail.com Web site: www.gabrielle.sytes.net

CLASS FEE: \$9

Sec. A: 1 session; Tuesday, November 20; 7:00 PM - 8:30 PM; Call Convener for Location; LIMIT: 6

#3006 A

Holiday Baking

Get ready to wow your friends and family with elegant naturally sweetened Cranberry Mini-Muffins, Red and White Pinwheels (colored with beet powder), Apricot Nut Spirals and Jelly Bellies. Add these to your celebrations and save your dietary indiscretions for another time! We'll use maple syrup, brown rice syrup, Sucanat (natural sugar cane) and honey if you please with options for vegetable oil or butter. Recipes provided and treats to eat or take home.

CONVENER: Zoe Lagrece (913-722-2628)

E-mail: zoelagrece@yahoo.com

CLASS FEE: \$9 + \$15 material fee = \$24

Sec. A: 1 session; Wednesday, November 7; 6:00 PM - 8:00 PM; Westport Roanoke Community Center, 3601 Roanoke, KCMO, West on 39th Street, Roanoke is 1 light past SW Trafficway, take a right on Roanoke, go 3 blocks, after 2 blocks road turns to brick. Community Center is on the right; LIMIT: 12

Drink

#3303 A

Introduction to Champagne

Gain a little knowledge and have a lot of fun at this benefit for the Kansas City Art Club. Sampling ranges from the most delicious champagne in the world (in Linister's humble opinion) to a lesser, but enjoyable Spanish or Australian bubbly. You will learn how to buy and store wines, and how to order wine in a restaurant. Cheese, fruit and cold white wine and champagne/sparkling wine compliment the evening. Linister is an artist who enjoys champagne because life is meant to be enjoyed.

CONVENER: Linister (816-753-2183)

CLASS FEE: \$9 + \$21 material fee = \$30

Sec. A: 1 session; Saturday, November 17; 6:00 PM - 8:30 PM; Linister's Studio, 1129 W. 41st St., (5 1/2 blocks E. of State Line) KCMO; LIMIT: 20

health

Yoga

#4005 B

YogaDance

YogaDance combines the deep stretching of Asanas (physical postures with emphasis on proper alignment) and breath-based sequences of Vinyasa flow. Benefits include injury prevention, increased range of motion, balance between strength and flexibility, reduced fatigue and mindful awareness. Come experience Yoga as a moving meditation. Enroll now and align and express your spirit through breath, movement and music.

CONVENER: Regina Compernelle

CLASS FEE: \$9

Sec. B: 1 session; Sunday, November 11; 12:00 PM - 1:00 PM; City in Motion School of Dance, 3925 Main (across Main St. from CVS Pharmacy), KCMO; LIMIT: 10

Massage

#4101 B

Therapeutic Massage

Therapeutic massage helps relieve muscle tension, improves circulation, increases lymphatic drainage and relieves stress. Come learn some basics of massage and enjoy a relaxing afternoon. Please bring a clean sheet and a small pillow. Wear loose fitting clothing.

CONVENER: Bob Adamo (913-498-1450)

CLASS FEE: \$14

Sec. B: 1 session; Sunday, November 11; 1:00 PM - 5:00 PM; University Center, Rm. 106, 50th & Rockhill Rd., UMKC Campus, KCMO; LIMIT: 30

Nutrition

#4204 A

The Naked Truth About Eating Meat

Eating meat appears to be natural, all-American and desirable for health, but is it really? It's time we had the courage and integrity to face the facts. Our collective habit of eating meat is based on horrific cruelty to animals, is selfish and socially irresponsible, as well as deadly to our bodies and souls. Our spiritual values and basic humanity impel us to be informed, change our eating habits and stop this travesty. This class will facilitate an informative, stimulating lecture and discussion, where debate and questions are welcome. Carol Meyer is an educator, theologian, vegan and social transformer.

CONVENER: Carol Meyer (913-677-8672) E-mail: wisdom-

ways@planetkc.com Web site: www.wisdom-ways.org

CLASS FEE: \$9

Sec. A: 1 session; Wednesday, November 7; 7:00 PM - 8:30 PM; Plaza Library, Small Room, 48th & Main, KCMO; LIMIT: 30