

#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 Comperolle

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

Healing

#4307 A

Diabetes Awareness

We will assess diabetic signs, symptoms, blood sugar checks, skin care, dental, foot care. We will also discuss the importance of keeping appointments, open communication with your doctor, labs as scheduled by your doctor, exercise, nutrition, and weight. You'll learn how following your doctor or healthcare provider's advice will promote a better lifestyle.

CONVENER: *Thelma Herring*
CLASS FEE: \$9

Sec. A: 1 session; Sunday, November 11: 2:00 PM - 3:30 PM;
University Center, Rm. 146, 50th & Rockhill Rd., UMKC Campus,
KCMO; LIMIT: 15

#4310 A

Transform Your Life Through Reiki

Reiki, (Ray'-key), a Japanese word for "universal life energy," is a simple, yet immensely powerful system of energy healing. Reiki is not a religion and is offered to all people from all walks of life. While the primary focus is physical healing, Reiki can also be used to heal relationships and bring about "highest good" in life situations and circumstances, including the flow of abundance. Come and learn more about traditional (Usui) Reiki and experience a sample of the Reiki energy in beautiful sacred space in the River Market. Convener will call registrants with exact location and directions.

CONVENER: *Antonia Marie (913-209-3939)*
CLASS FEE: \$9

Sec. A: 1 session; Sunday, December 9; 1:00 PM - 4:00 PM;
Convener will call those who register with the location and directions.; LIMIT: 15

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Fitness

#4403 A

Chakras: Your Amazing Energy Centers

Chakras are subtle energy centers in our bodies. Their health affects our wellbeing emotionally, mentally, and physically. You can learn to make these energy centers work for you with the simple exercises you will learn in this workshop. Shani Enns is a spiritual coach, healer, and speaker. She is passionate about her work and loves to share what she's learned along the way.

CONVENER: *Shani Enns (816-739-9949 or) E-mail: shani@spiritual-liberation.com*
Web site: *spiritual-liberation.com*
CLASS FEE: \$9

Sec. A: 1 session; Thursday, November 8; 7:00 PM - 9:00 PM;
Plaza Wellspring, 4901 Main St., Suite 400, KCMO; LIMIT: 50

#4405 B

Cardio Kickboxing

Add a little punch to your fitness plan with a fun and energizing cardio kickboxing workout. Cardio kickboxing provides the heart-healthy benefits of cardio exercise, while helping gain agility, strength, balance and coordination that can be achieved through martial arts training. David, a 4th degree black belt, has been teaching martial arts for 22 years.

CONVENER: *David DiBella (913-226-4269) E-mail: info@tmafitness.com*
Web site: *www.tmafitness.com*
CLASS FEE: \$14

Sec. B: 2 sessions; Monday & Wednesday, November 5 & 7;
7:00 PM - 8:00 PM; Traditional Martial Arts, 7903 W 83rd St.,
OPKS; LIMIT: 5

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Beauty

#4501 A

Herbal Soap Making

Natural soaps made easy! In this class each participant will learn to select quality base soaps and hand mill them into custom herbal soaps (both bars and liquid) for gifts and for their own personal needs. Students will make and sample more than three of their own herbal soap blends. We will discuss the benefits of herbs in soaps and how to combine herbs with other natural ingredients to produce natural healing soaps. This is a hands-on class!

CONVENER: Kimsé Fard (913-281-6613)

E-mail: kimse@livingrightinc.org

CLASS FEE: \$9 + \$20 material fee = \$29

Sec. A: 1 session; Saturday, November 10; 11:00 AM - 1:00 PM; The Natural Path, 641 Freeman Court, KCK, I-70 to 7th St. Trfy North 7th St. Trfy North to Freeman Ct. Turn Right onto Freeman Ct. (this is 4 blocks past Washington St.) We are at 641 Freeman Ct. (the 2nd Townhome on the right side with the trees and plants); LIMIT: 15

#4502 B

Face Lifting Exercise

Tired of looking old and tired? Would you like a face-lift without the expense or invasion of cosmetic surgery? Learn simple exercises to increase circulation and rejuvenate your facial muscles.

CONVENER: Gwyneth Jones

CLASS FEE: \$9

Sec. B: 1 session; Friday, November 23; 1:00 PM - 3:00 PM; Plaza Wellspring, 4901 Main St., Suite 400, KCMO; LIMIT: 15

#4503 A

Natural Spa Products

Learn to make natural beauty and bath products on which you would otherwise spend top dollar! Each student will make and take home scented lotion, lip balm, bath salts, bath fizzes, receive instructions and view demonstrations on how to make many other products. Kimse and her husband own a Natural Living Company where they make 100% natural beauty and therapeutic products, including customized skin care and natural mineral cosmetics.

CONVENER: Kimsé Fard (913-281-6613)

E-mail: kimse@livingrightinc.org

CLASS FEE: \$9 + \$20 material fee = \$29

Sec. A: 1 session; Saturday, November 17; 11:00 AM - 1:00 PM; The Natural Path, 641 Freeman Court, KCK, (see class #4501A for directions); LIMIT: 15

#4507 A

Mother/Daughter Makeup

Need a change? This is an instructional session for girls just starting to wear makeup and a how-to for moms who have been wearing the same makeup for years. Mothers and daughters are encouraged to attend together, but not required. Come and be girly! Let Katie Snustead, the owner of Mink Artistry, help you look your best. Katie is a professional makeup artist whose work can be seen on the faces of Kansas City's most beautiful brides and models. Please bring \$5 for materials and any makeup you have.

CONVENER: Katie Snustead (816-682-0737) E-mail: katie@minkartistry.com Web site: www.minkartistry.com

CLASS FEE: \$9

Sec. A: 1 session; Sunday, November 11; 2:00 PM - 4:00 PM; University Center, Rm. 147, 50th & Rockhill Rd., UMKC Campus, KCMO; LIMIT: 15

me & you

Relationships

#5105 A

Appreciative Loving

Chuck will discuss the theory of Appreciative Inquiry that helps people focus on the good in others. This class is an exploration about focusing on what is truly working in relationships. You have the power to teach others how you want to be treated, and to create loving relationships. Come learn how to harness that power. Chuck has a Masters in Counseling Psychology from UMKC and is also a Certified Professional Coach.

CONVENER: Chuck Franks (816-885-2526) E-mail: chuck@innerstrengthquest.com Web site: www.innerstrengthquest.com

CLASS FEE: \$9

Sec. A: 1 session; Wednesday, November 7; 10:00 AM - 12:00 PM; Plaza Library, Small Room, 48th & Main, KCMO; LIMIT: 15

Parenting

#5202 A

Making Parenting Fun

Mr. Klamm has been a master high school teacher for 20 years, an award-winning author and has mentored children of all ages for over fifty years. Drawing on his experienced with children and youth of all ages, he has written several books that include information about how to watch your children grow into responsible, productive adults, while having great family fun! You will love this teacher's little stories, parental wisdom and humorous ways. Join this workshop to learn valuable tips and engage in discussions about how to have fun while parenting! Please bring \$13 per person (or per couple) to class for material fee. Adults only please.

CONVENER: Robert Klamm (816-461-4595) E-mail: klamm@klamm-magic.com

CLASS FEE: \$9

Sec. A: 1 session; Friday, November 9; 7:00 PM - 8:30 PM; Magic Shop, 1412 Appleton, Independence, MO; LIMIT: 14

#5203 A

Children of the New Earth Seminar

Do you know children who seem like "old souls," will not bow to authority, are extremely energetic and intelligent and/or have been diagnosed as having ADD/ADHD? Join Amy, a forerunner Indigo, as she shares valuable information on "The Children of the New Earth:" who they are, what impact they will have on the world and how you can best assist them in achieving balance and fulfillment on their journeys through life as a parent, friend and/or loved one. Amy Jin is a full-time Kest Power Yoga teacher, a model and a writer/speaker. Please bring \$10 for handouts to class.

CONVENER: Amy Schmelzer (913-652-9221) E-mail: Eternall-ove47@aol.com

CLASS FEE: \$14

Sec. A: 1 session; Saturday, November 17; 1:00 PM - 5:00 PM; Haag Hall, Rm. 305, 52nd & Rockhill Road, UMKC Campus, KCMO; LIMIT: 50

Self Development

#5301 B

Simplify

A beginning session of life coaching to learn how to start making your life simpler. We discuss ideas and techniques that will help you develop your own plan. De-cluttering is more than sorting belongings. Lisa Doyle is a Master's level, certified counselor who owns an organizing business and is a life coach.

CONVENER: Lisa Doyle (816-205-0082) E-mail: pioneerstjoe@yahoo.com

CLASS FEE: \$9

Sec. B: 1 session; Saturday, December 1; 1:00 PM - 2:30 PM; University Center, Rm. 146, 50th & Rockhill Rd., UMKC Campus, KCMO; LIMIT: 20

#5306 A

Advanced Happiness (NLP)

Would you like to live in a permanent state of worth, inner peace, joy? At work? In your personal life? Come to this class and walk out living in one or more of your core states. Tape recorders welcome. \$25 material fee includes book.

CONVENER: Jerry White (816-331-4715)

E-mail: danceoffline@kc.rr.com

CLASS FEE: \$14

Sec. A: 2 sessions; Tuesdays, beginning December 4; 7:00 PM - 9:00 PM; Flarsheim Hall, Rm. 262, 5110 Rockhill Rd., UMKC Campus, KCMO, South of 51st. On Rockhill Rd.; LIMIT: 15

My childhood should have taught me lessons for my own parenthood, but it didn't because parenting can be learned only by people who have no children.

~Bill Cosby

#5307 A

Starting Over

What is a Life Coach and how can one help you create the life you want by helping you reach your goals? Each class participant will receive an individual coaching session and a follow-up session. These sessions will be scheduled with the instructor the day of the class. Chuck Franks is a KC native who received his masters in counseling psychology at UMKC.

CONVENER: Chuck Franks (816-885-2526) E-mail: chuck@innerstrengthquest.com Web site: www.innerstrengthquest.com

CLASS FEE: \$9

Sec. A: 1 session; Tuesday, November 6; 10:00 AM - 12:00 PM; Plaza Library, Large Room, 48th & Main, KCMO; LIMIT: 25