#2902 A
Opening a Child Care Home or Center Finally Made Easy

Thinking of opening or improving your own child care home or center? Attend this class to learn the secrets to success from a 15 year experienced veteran child care center owner, with a Master’s Degree in Early Childhood Education and teacher certification. We’ll start from the beginning and end at success! You will need $10 for the workbook used in the workshop. You can also purchase an optional exclusive CD for just $30.

CONVENER: Barbara Wright (816-728-0170)
Email: certifieddreambuilder@yahoo.com
Website: www.certifieddreambuilder.com
CLASS FEE: $9.00
Sec. A: 1 session; Saturday, June 22; 10:30 AM - 12:30 PM; Student Union (New), Rm. 419, 5100 Cherry, Kansas City, MO 64110, metered parking on 5th floor of new parking structure at 50th and Oak; LIMIT: 20

#2903 A
Opening Your Own Store Finally Made Easy

Thinking of opening your own store? Attend this class to learn the secrets of success from a former award winning store owner. We’ll start from the kitchen sink to becoming an award winning inc. You will need $10 for the workbook used in the workshop. You can also purchase an optional exclusive CD that includes links to 100’s of online and offline manufacturers and wholesalers, a sample business plan and tips, tools, and techniques for success, for just $30.

CONVENER: Barbara Wright (816-728-0170)
Email: certifieddreambuilder@yahoo.com
Website: www.certifieddreambuilder.com
CLASS FEE: $9.00
Sec. A: 1 session; Saturday, July 27; 10:30 AM - 12:30 PM; Royal Hall, Rm. 212, 52nd St. Between Rockhill and Holmes, UMKC Campus, KCMO; LIMIT: 20

#2904 A
Why College: The Intimate Journey of a College Student

This course will take a realistic look at college from the view of a college student. In addition, this course will give important pieces of advice about college and how to find empowerment through higher-education. This will be an interactive and engaging course that will send every person home with provoked thoughts about education and its purpose(s).

CONVENER: Lauren Anderson (816-359-8938 or 816-359-8938)
Email: Lra238@mail.umkc.edu
CLASS FEE: $9.00
Sec. A: 1 session; Saturday, June 15; 12:00 PM - 1:30 PM; Royal Hall, Rm. 203, 52nd St. Between Rockhill and Holmes, UMKC Campus, KCMO; LIMIT: 12

#3001 A or B
Gourmet Food for Less than the Price of a Combo Meal @ McDonalds

Food adults savor and kids devour! I’ll teach you how to shop for, prepare/ eat very healthy and very tasty meals without spending all your earnings. The savings start with our first trip to the grocery store and will continue for a lifetime without my help. The aroma from using fresh herbs for flavor in your kitchen will have you eating in all the time. Choose today to spend some time with me and I guarantee it will be so worth it!

CONVENER: Tcheula Lienou (913-396-3166)
Email: tcheula@cuisinedemamere.com
Website: www.cuisinedemamere.com
CLASS FEE: $9.00 + $10.00 material fee = $19.00
Sec. A: 1 session; Tuesday, June 04;
Sec. B: 1 session; Tuesday, August 06;
MEETS: 6:00 PM - 7:30 PM; Westport Roanoke Community Center, 3601 Roanoke, KC, 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: 20

#3002 A
Legends of Barbeque

Learn how to prepare chicken, ribs, pork butt and brisket like the pros. We’ll review sauces, marinades and rubs. You’ll learn the secrets of great BBQ from the “Legends of Barbecue.” With over 625 Barbecue awards between them, Guy Simpson (KC Rib Doctor) and Paul Kirk (K.C. Baron of BBQ) and over 50 years of competition and teaching between them. Please bring $20 to class for food/materials. Bring a chair and your favorite refreshments to drink.

CONVENER: Guy Simpson & Paul Kirk (913-631-3233 or 913-526-3200)
CLASS FEE: $9.00
Sec. A: 1 session; Thursday, June 13; 6:00 PM - 8:00 PM; 1404 W 69th, Shawnee Mission, KS, taking I-35, exit at 67th st; go west 3 miles until reaching Cottonwood (between Pflumm & Midland Dr.); left on Cottonwood; turn right on 69th St; corner house; LIMIT: 40

#3004 A or B
Paleo Cooking and Lifestyle

Come learn about the health benefits of Paleo lifestyles. We’ll cover the basics from general dietary guidelines, how to sustain the lifestyle and go over makeover sample recipes that meet Paleo dietary guidelines, how to sustain the lifestyle and go over makeover sample recipes that meet Paleo guidelines. Course provides one hour of theory and one hour or practical skills. Bring $5 to class for food and recipes.

CONVENER: Darryl Olive (816-256-4443 or 816-522-9398)
Email: info@kcfitnesslink.com
Website: www.kcfitnesslink.com
CLASS FEE: $9.00
Sec. A: 1 session; Saturday, June 15;
Sec. B: 1 session; Saturday, July 13;
MEETS: 2:00 PM - 4:00 PM; KC FitnessLink, 510 N 8th St Kansas City, KS 66101; LIMIT: 10

#3101 A
Vegetarian Ethiopian Cooking

Learn centuries-old vegan and vegetarian Ethiopian traditional cooking. Learn to use Ethiopian spices in this hands-on class. Learn to prepare injera (soft, spongy and flat national bread), misir watt (red lentils in berbere sauce), and atitkelt watt (cabbage, carrots and potatoes). You’ll receive complete instructions on how to prepare this unique cuisine.

CONVENER: Daniel Fikru (816-283-0990)
Email: dflrnk@gmail.com
Website: kcbuenecafe.com
CLASS FEE: $9.00 + $20.00 material fee = $29.00
Sec. A: 1 session; Sunday, June 16; 5:00 PM - 7:00 PM; Blue Nile Cafe, 20 E 6th St. KCMO, River Market; LIMIT: 12

#3102 A
A Mediterranean Evening with Chef Kamal

Spend a relaxed evening with Chef Kamal and create some Mediterranean favorites. You’ll learn to grill mouth watering and marinated chicken kabobs. Chef Kamal has made a name for himself (Yummy’s Choice) in Kansas City with his Mediterranean delicatessen goodies which are found at grocery stores throughout the metro area.

CONVENER: Yahia Kamal (816-804-2820)
Email: chefkamal@yummys.us
CLASS FEE: $9.00 + $10.00 material fee = $19.00
Sec. A: 1 session; Tuesday, June 04; 6:00 PM - 8:00 PM; Westport Roanoke Community Center, 3601 Roanoke, KC, MO, 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: 15

#3103 A
Under Mayan Skies

Learn to prepare tikin-xik, chicken yucateca and coc de pec. Tikin in Mayan means “dry” and xik means “wing.” This refers to the way the fish is slowly cooked in the Mayan condiments and grilled over coconut husks. Chicken is marinated in a delicious Mayan sauce and cooked over an open grill to complete chicken yucateca. Poc chuc is pork marinated in Mayan spices. These recipes are perfect for your home BBQ grill. You’ll enjoy a culinary and theatrical experience with master chef Tito.

CONVENER: Vasilio Dios (816-420-9333)
Email: latinbistro@gmail.com
CLASS FEE: $9.00 + $15.00 material fee = $24.00
Sec. A: 1 session; Tuesday, June 11; 6:00 PM - 8:00 PM; Latin Bistro, 6254 N. Oak Trafficway, Gladstone, Mo; LIMIT: 15
### Mexican Sweets
Learn to make three Mexican favorites from the dessert tray. Torrejas are a Mexican dessert dish usually served around the time of Lent. It’s similar to French toast but made with baguettes or sourdough bread. Bunuelos are made from a special Spanish fried dough into puffs and topped with a honey glaze. We’ll also experiment with several different types of sweet tamales. You’ll enjoy a culinary and theatrical experience with master chef Tito.

**CONVENER:** Vasillo Dios (816-420-9333)
**Email:** latinbistro@gmail.com
**CLASS FEE:** $9.00 + $15.00 material fee = $24.00
**Sec. A:** 1 session; Tuesday, July 23; 6:00 PM - 8:00 PM; Latin Bistro, 6924 N. Oak Trafficway, Gladstone, Mo; **LIMIT:** 15

### Caribbean Cuisine
In one enjoyable and gastronomic evening you’ll learn to make an array of dishes from the Islands. We’ll prepare Sofrito, a special red sauce from mother Spain that functions as a base for many traditional dishes. We’ll also prepare: Tostones (fried plantain), Malanga and other traditional roots, and Chicken Fricassee (chicken cooked with tomatoes, capers, green olives and a raisan sauce). Enjoy a culinary and theatrical experience with master chef Tito.

**CONVENER:** Vasillo Dios (816-420-9333)
**Email:** latinbistro@gmail.com
**CLASS FEE:** $9.00 + $15.00 material fee = $24.00
**Sec. A:** 1 session; Sunday, August 18; 6:00 PM - 8:00 PM; Latin Bistro, 6924 N. Oak Trafficway, Gladstone, Mo; **LIMIT:** 15

### Phat Thai
Come learn the quintessential ingredients that make this amazingly delish dish what it is. Zoe will show you what ingredients to combine for this classic noodle stir fry and share where to shop for them. Made with rice noodles, this dish is gluten free, contains shrimp, fish sauce and egg. Serving you this Eastern delight will bring the demonstration to its delicious conclusion. Zoe is an artist at large whose favorite mediums include cooking, gardening/landscaping and stone masonry.

**CONVENER:** Zoe LaGrece (913-722-2628)
**Email:** zoelagrece@yahoo.com
**CLASS FEE:** $9.00 + $15.00 material fee = $24.00
**Sec. A:** 1 session; Saturday, July 13; 11:00 AM - 12:30 PM; Rag and Bone, 1412 W. 12th, KCMO, (in the West Bottoms at the bottom of 12th St.); **LIMIT:** 10

Learn how to create new and tasty dishes with raw food. See class #3202A, Raw Vegan Foods for Health and Vitality.

### Vegetarian & Vegan

#### #3201 A
**Vegan 101 International**
A vegan is a person who chooses a plant based diet free of all animal products. Vegan food doesn’t have to be boring or tasteless? In this class you will enjoy all types of foods, West African jerked tofu, Caribbean dishes, watermelon coolers, comfort foods and soul food but with a healthy twist; without all the fat and calories. Relax, eat, drink, and be Irie! Please bring the $18 material fee to class (cash only).

**CONVENER:** Ninene Ramirez-Leon
**CLASS FEE:** $9.00
**Sec. A:** 1 session; Wednesday, July 10; 6:00 PM - 7:00 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:** 10

#### #3202 A
**Raw Vegan Foods for Health and Vitality**
What is raw food? Why eat it? Learn why raw foods are so good for you and how easy they are to make in this short informative class that has some hands on demonstrations. Afterwards enjoy sampling some of the creations and take home a snack box of raw food goodies.

**CONVENER:** Lisa Erwin
**CLASS FEE:** $9.00 + $10.00 material fee = $19.00
**Sec. A:** 1 session; Saturday, June 22; 10:00 AM - 12:00 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:** 10