new spring classes!

#1027 A or B
LOOK: SEE
A Nelson-Atkins Museum visit produced a con-
scious insight: “looking” is different from “seeing.” After reading that the typical art viewer spends more time reading about art than looking at it, I resolved to look. After a long look at a painting, I was dumb-struck upon reading the description. It told more about the painting than had my own eyes. When we look, unless highly skilled and self-
aware, the gaze absorbs a few facts before instantly shifting to inferences and conclusions - which we find challenging to differentiate from the facts. Sag-
es and great thinkers of history are called “seers.” They penetrate the surface to perceive meaning, purpose, the essence contained within. All of us can learn to see, but why do we? We’ll walk through the Nelson-Atkins Museum exploring the differences between ‘looking’ and “seeing.” We’ll retreat to Roselle Court for reflection and application discus-
sion. Perhaps you’ll find your answer as to why you should cultivate “seeing.”
CONVENER: Robin Gross
CLASS FEE: $9
Sec. A: 1 session; Saturday, April 8; 1:00 PM - 3:00 PM; LIMIT: 8
Sec. B: 1 session; Friday, April 28; 7:00 PM - 9:00 PM;
MEETS: Nelson Art Gallery, front lobby, 4525 Oak, KC;
LIMIT: 8

#5106 A
The Joy of Sex
Our panel will frankly discuss how to get more out of your sexual experiences while placing sexuality in a historical context.
OUR PANELISTS:
Janice Witt is currently in the process of becoming certified as a sex educator and Dr. Ronald Witt is a chiropractor. They teach as a team. Janice and Ronald will encourage participants to enhance their understanding of intimacy and to broaden their life experiences.
Quita Nimrod is a middle-aged empty-nester formally educated in the ways of business and finance, with a self-taught degree in human nature. Having come of age during the sexual revolution, she’s had access to a lot more information on “personal issues” than previous generations have. Quita will discuss phenomenons, sensual enhancers and natural products that activate nerve endings.
Lynda Payne is an Assistant Professor of History at UMKC. Her areas of expertise are Medical History, the History of Emotions, and British History. Professor Payne will discuss the history of sexual-
ity, particularly its relationship to medicine and gender in the past 200 years. She will include visual images as part of the discussion.
CLASS FEE: $5 (includes box lunch); class discounts do not apply
Sec. A: 1 session; Wednesday, March 29; 11:45 AM - 1:00 PM; University Center, Alumni Rm., 50th & Rockhill Rd., UMKC

#2502 A
Digital Design for Kids
This is an after-school program offered to middle-
school children who are interested in art and technology. Using Corel Draw and other programs, we will study design principles and techniques. This is a great opportunity for children to learn in a safe environment. Please bring $15 to class for computer and space rental.
CONVENER: Brad Carter (816-753-1591) E-mail: brad_carter@usc.salvationarmy.org
CLASS FEE: $16
Sec. A: 8 sessions; Thursdays, beginning March 30; 3:30 PM - 5:00 PM; Salvation Army, 500 W 39th St., KC; LIMIT: 10

#2503 A
Microsoft Excel
This class is an introduction to Microsoft Excel. Topics include: office workspace, creating and editing workbooks, working with functions, formatting documents, adding charts and pictures, as well as viewing and printing. Please bring $32 to class for computer and space rental.
CONVENER: Brad Carter & Stacey Shumate (816-753-1591) E-mail: brad_carter@usc.salvationarmy.org
CLASS FEE: $16
Sec. A: 8 sessions; Mondays, beginning March 27; 7:00 PM - 9:00 PM; Salvation Army, 500 W 39th St., KC; LIMIT: 10

#2504 A
Money Smart
This class is an introduction to home financing us-
ming the program MoneySmart created by the FDIC. Topics include: banking, checking, borrowing, budgeting, saving, consumer rights, credit history, credit cards, loans and owning your own home. Please bring $32 to class for computer and space rental.
CONVENER: Brad Carter (816-753-1591) E-mail: brad_carter@usc.salvationarmy.org
CLASS FEE: $16
Sec. A: 8 sessions; Tuesdays, beginning March 28; 6:30 PM - 8:30 PM; Salvation Army, 500 W 39th St., KC; LIMIT: 10

#2505 A
Microsoft Word
This class will introduce Microsoft Word. Topics include: office workspace, creating and editing text, formatting text, designing page layouts, enhancing documents and printing/publishing documents. Please bring $32 to class for computer and space rental.
CONVENER: Brad Carter & Stacey Shumate (816-753-1591) E-mail: brad_carter@usc.salvationarmy.org
CLASS FEE: $16
Sec. A: 8 sessions; Mondays, beginning March 27; 6:00 PM - 7:30 PM; Salvation Army, 500 W 39th St., KC; LIMIT: 10

#3001 B
Death By Chocolate
Death by Chocolate—ultimate temptations promis-
ing to leave you shivering with delight. JoAnne and Stephen bring 25 years of restaurant and catering experience (through Heavenly Taste Catering) to Communiversity ranging from St. Louis’ finest to the islands of Hawaii.
CONVENER: JoAnne Heckadon & Stephen Williams (816-806-6492) E-mail: jheckadon@fsqlaw.com
CLASS FEE: $9 + $10 material fee = $19
Sec. B: 1 session; Saturday, April 22; 10:00 AM - 12:00 PM; Westport Roanoke Community Center, 3601 Roanoke, KC;
LIMIT: 8

#3110 A
Shrimp Delights from Bengal
Bengal, a state in eastern India, extending from the Himalayas in the north and across the lush green Gangetic Plains to the shores of Bay of Bengal in the south, is known for its exquisite cooking unique in style, presentation, history, and taste. Being located in the delta of the Ganges, fish and shrimp are central to Bengali cuisine. This class will introduce participants to traditional Bengali shrimp preparations prized over generations in my family. Every recipe uses minimal oil and unique combina-
tions of aromatic spices and can be cooked in a few quick and simple steps. You are invited to sample and savor some mouth watering dishes (with fragrant Basmati rice) starting with Moshla-Chingri (a refreshing shrimp party starter) and followed by Chingri-macher Kalia (shrimp cooked in a spicy gravy of onions and potatoes), Bait Chingri (a clas-
ic Bengali presentation of shrimp in a unique paste made from mustard seeds), Malai Chingri (a sweet and savory dish of shrimps cooked in coconut milk and flavored with ghee), and Aloo-Badhakopi Chingri (an aromatic course made with fresh cab-
bage, potatoes, and shrimp). Come and discover the taste of authentic home cooked Bengali food. IT’S SPICY BUT NOT HOT. JUST YUMMY.
CONVENER: Debjani and Saibal Bhaduri
CLASS FEE: $9 + $20 material fee = $29
Sec. A: 1 session; Saturday, April 1; 10:00 AM - 4:00 PM; Wild Oats (Mission), community kitchen, 5101 Johnson Dr., Mission, KS; LIMIT: 16

#4009 A
Yoga for all Ages
Learn easy positions for beginners. With daily practice yoga strengthens your whole body, aids digestion, flexibility and will improve your eye-
sight. You’ll notice the difference after day one and after three weeks you’ll have enough knowledge to continue practice for the rest of your life. Wear loose clothing and bring a beach towel. Yoga is practiced best on an empty stomach (tea or coffee ok). Nareesh is from India and has practiced yoga for thirty years.
CONVENER: Nareesh Jain
CLASS FEE: $16
Sec. A: 12 sessions; Monday - Thursday, beginning April 24; 8:00 AM - 9:00 AM; African American History and Culture House, 5245 Rockhill Rd., UMKC Campus, KC; LIMIT: 20