Metropolitan Community College
Longview

Community Education

Adult Noncredit Classes

Spring 2015

816.604.2030
mcckc.edu/lvcommed

Left to right: Ernestine Kirkwood, Janet Schaaf, Tami Morrow, Nancy Carter.

Welcome to...

• Fun • Recreation • Enrichment •

The Community Education department at MCC-Longview is committed to providing fun and informative educational opportunities for adults and children.

We offer non-credit, horizon-expanding classes for adults such as learning a new hobby, embracing technology, acquiring conversational foreign language skills, focusing on health and well-being or understanding legal issues. Our portfolio of educational programs aims to make the process of learning as stress-free as possible.

Celebrate lifelong learning with us — engage, explore, advance and enjoy new experiences this spring.

Tami Morrow,
Community Education Coordinator

Longview CC
Leading to a better you.

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Cancellations Due To Weather

When MCC-Longview or Metropolitan Community College District cancels classes, your Community Education class will not be held. Please be sure to listen for TV or radio announcements for cancellations. If you are unsure, you may call the Community Education office at 816.604.2030.

Accommodation

We will accommodate disabilities. MCC-Longview Disability Support Services (DSS) office will provide special assistance for any students with documented disabilities. To receive these services, you must inform the College of your disability one month in advance of your class and provide appropriate documentation. Please call the DSS office at 816.604.2254 for an appointment.

Arts & Crafts

Basic Drawing

Are you tired of living on the left side of your brain? Even with no artistic experience, you can develop new skills and a new way of seeing the world. Learn the fundamental concepts in drawing, such as perspective, line and contour drawing and value (light and shadow). This is your opportunity to explore a skill in a non-threatening environment taught by a professional art instructor. A materials list will be provided.

Instructor: Nancy Morrison
Location: MCC-Longview
4 Thurs., Starts Feb. 26, 6:30-9 p.m.
Fee - $64

Oil and Acrylic Painting

Paint like the artist you've always dreamed of being. Whether a beginner or an advanced painter, you will learn techniques to enrich your painting experience. You'll learn tips about using light source, shadows and glazing that will help you form your own personal style. Enjoy the process and join the fun. Let the artist in you arise! A materials list will be provided.

Instructor: Julie Hudspeth Skinner
Location: MCC-Longview
5 Tues., Starts Feb. 3, 6-9 p.m.
Fee - $79

Beginning Watercolor

You will be introduced to basic materials and learn different techniques that make watercolor such a versatile medium. Experiment with techniques such as washes, various wet and dry brush methods, color layering and blending. Color theory and composition will be included. No previous painting or drawing experience is required. This class is perfect for beginners. A materials list will be provided.

Instructor: Nancy Morrison
Location: MCC-Longview
4 Thurs., Starts April 2, 6:30-9 p.m.
Fee - $64

Soul Paint

Everyone possesses the seeds of creativity. Step away from the outside world of stress and into a world of peace, joy and acceptance through painting! This class is not one that teaches you how to paint an object in front of you, but rather teaches you to connect to your inner self and unlock your heart for self-expression. Learn to free yourself of doubt, stress and judgment and harness the beauty of your own unique, creative style. We'll explore mixed-media and acrylic painting, while learning new techniques along the way! A materials list will be provided.

Instructor: Amy Jo
Location: MCC-Longview
4 Tues., Starts March 17, 6-9 p.m.
Fee - $69

Arts & Crafts

Crochet Corner

Cozy up with a crochet hook and some yarn as you learn the skills you need to complete crochet creations. All levels welcome! In addition to mastering basic crochet stitches, we will be tackling the crochet instructions you want to learn for your own projects. We will learn pattern reading and abbreviations, crochet lingo, tools of the trade and other resources to advance your skills. From there you will be able to express your creative energy making afghans, scarves, toys, hats, purses—whatever you can dream up! **Please bring to class: a small amount of two or three colors of medium-weight yarn and a size G crochet hook, or supplies recommended by the pattern of your choice**.

Instructor: Karen Neal
Location: MCC-Longview
4 Mon. & 4 Wed., Starts Feb. 23
6:30-8:30 p.m.
(Note: no class the week of spring break, March 9-14)
Fee - $84

Learn the Knack of Knitting

Enjoy the creative energy of learning the art of knitting. Master the four basic skills of knitting: casting on, knit stitch, purl stitch and binding off. Tackle these skills and you will be able to make scarves, shawls, blankets and other warm and cozy items for gifting or for yourself! This class will introduce you to other aspects of knitting like pattern reading, gauge, knitting lingo, tools of the trade and resources to help launch your relaxing and productive new hobby!

Supplies will be provided for the FIRST CLASS ONLY. At the first class, you will learn about the yarn and needle supplies you will need to bring to the remaining sessions. If you are already familiar with the tools of the trade, bring a wound skein of worsted weight yarn and appropriate size US 8 or 9, 13" single point needles.

Instructor: Karen Neal
Location: MCC-Longview
3 Mon. & 3 Wed., Starts Feb. 2,
6:30-8 p.m.
Fee - $64

Sew a T-Shirt Quilt

Want a special gift for a graduate, friend or family member? If you have 6 to 24 t-shirts, you can design and make a keepsake quilt for someone to cherish. You will cut the t-shirts to make the blocks in the first session. In the second session, you will sew the blocks together to form the quilt top. The completed quilt top can either be hand tied or machine quilted. You must supply your own t-shirts. This project requires you to spend extra time working on your quilt outside the class time. Anticipate spending 6 to 10 hours preparing your quilt blocks before coming to the second class session.

Instructor: Judy Foglio
Location: MCC-Longview
3 Mon., Starts Feb. 16, 6:30-8:30 p.m.
Fee - $54

Careers & Business

Be a Communication Rockstar!

We communicate with others every day. During this rockstar workshop we will discuss appropriate and inappropriate work conversations along with email, phone and follow-up etiquette. Communication is key when it comes to growing your professional career. This workshop gives you tools to make the most out of the many ways we can communicate.

Instructor: Marianne Worthington
Location: MCC-Longview
Tues., Feb. 17, 6:30-8:30 p.m.
Fee - $24

Why Teams Matter: Build Your Team, Build Your Business

A company will thrive or die at the hands of its teams. By understanding why teams matter, what makes a great team and how to be a great team member, you can begin to ensure everyone at every level is engaged, on the same page and moving in the same direction. When everyone is working together, business goals can be exceeded and careers will flourish.

Instructor: Marianne Worthington
Location: MCC-Longview
Tues., Feb. 24, 6:30-8:30 p.m.
Fee - $24

Marianne Worthington's company, Work Warrior, focuses on building strong, skilled teams that allow an organization to develop to its full potential — and then some. Marianne's background is in client services, training and development and process improvement.

Manners Matter

Manners allow you to build relationships and help you grow in your professional career. By understanding how to handle sticky situations, you have the power to handle yourself with professionalism. Manners aren't about a long list of rules. Instead manners are about presenting the very best you. This workshop teaches you how to start building relationships at work and handle tough situations with grace and style.

Instructor: Marianne Worthington
Location: MCC-Longview
Tues., Feb. 10, 6:30-8:30 p.m.
Fee - $24

The Great Interview

Most people hate interviewing. However, if you understand the process, interviews don't have to be scary! Work Warrior's interview workshop teaches participants what the interviewer is thinking, what types of questions to expect, and how to handle even the trickiest of interview situations.

Instructor: Marianne Worthington
Location: MCC-Longview
Tues., Feb. 3, 6:30-8:30 p.m.
Fee - $24

Understanding Personalities in the Workplace

Can't we all just get along? When you understand the personalities of you, your coworkers and your clients, you are better able to communicate and get daily tasks done more efficiently. This workshop walks through different personalities found in the workplace and provides tools on how you can better communicate in the workplace!

Instructor: Marianne Worthington
Location: MCC-Longview
Tues., March 3, 6:30-8:30 p.m.
Fee - $24

Careers & Business

Social Media Marketing

Are you behind the social media curve? Learn how to use blogs, Facebook, Twitter, YouTube and other tools to network with potential customers, colleagues and friends. Learn do's and don'ts, proper social media etiquette, and ways to grow your business fan base and expand your outreach. Students MUST have a Facebook account (go to facebook.com and sign up) before attending this course.

Instructor: Mike Ekey
Location: MCC-Longview
Thurs., April 23, 2-4 p.m.
Fee - $34

Directing a Purposeful Career Transition

What are you going to do after you retire? What is your next "hole in one" going to be?

This two-session "Directing a Purposeful Career Transition" workshop is designed for "Boomers" anticipating a career transition or seeking post-retirement employment opportunities. Through discussion and activities, we will focus on your values, priorities, life situation and the strengths you want to use. We will identify your important job search criteria and help you visualize the type of job that complements this self-assessment. You will explore the barriers that prevent you from moving forward and identify your next steps.

We will explore and discuss the answers to these questions:

Session 1: Tues., April 21, 6:30-8:30 p.m.

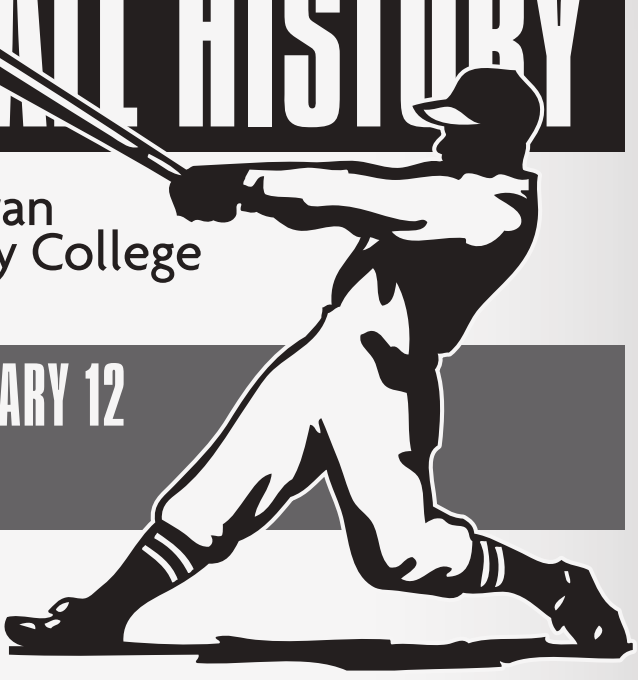
- Why think about job and career planning after retirement?
- What is the picture of your current and future situation?
- What do you already know about yourself?
- What are your Values, Strengths, and Priorities?

Session 2: Tues., April 28, 6:30-8:30 p.m.

- What have been your experiences in the job search?
- What are the tools and the marketing strategy for your job search?
- What Job Criteria will you include in this search?
- What are the Barriers and Next Steps for you?

Instructor: Burke Maxted & Linda Anderson
Location: MCC-Longview
2 Tues., April 21 & 28, 6:30-8:30 p.m.
Fee - $39

★ NEGRO LEAGUES ★ BASEBALL HISTORY



Metropolitan Community College
Longview

THURSDAY, FEBRUARY 12
6:30-8 p.m.

MCC-LONGVIEW CAMPUS
MEL AYTES EDUCATION CENTER
(CONNECTED TO THE BUSINESS BUILDING)

★ ★ ★ ★ ★ **Presenter: Bob Kendrick** ★ ★ ★ ★ ★

Baseball is commonly thought of as an all-American sport — our national pastime — something that unites us in summer relaxation. In the early days of baseball, however, the sport was divided. African-American players were not allowed to play on white leagues, so they formed their own teams and traveled the country challenging anyone to a game.

Eventually, teams began to be structured into leagues, and the Negro National League was formed in 1920, right here in Kansas City, Mo. Other leagues formed around the country. The leagues were filled with highly skilled players who soon caught the attention of all-white Major League. African-American baseball players began to be recruited by white teams. While this was a defining moment in civil rights history, it led to the downfall of the Negro Leagues. Black fans followed their favorite players.

The Negro Leagues Baseball Museum was founded in 1990. It serves to preserve the history of African-American baseball through activities and exhibitions. It has become a center of the study of race and sports in American history.

Join us as we look at the rich history behind the Negro Leagues and the adversity the players faced as they travelled through the country that did not see them as equals. Bob Kendrick, president of the Negro Leagues Baseball Museum, will present this fascinating story in the history of the boys of summer.

FREE FOR ALL!

History

Gangland Wire: The Rise and Fall of the River Quay

Gangland Wire is Gary Jenkins' third documentary film. During the 1970s, he was assigned to the KCPD Organized Crime Unit. During that time, a grass roots development in the City Market area became known as the River Quay. An organized crime dispute over parking rights and strip clubs would destroy the area. Using clips from his documentary, filmmaker and former KCPD detective Jenkins tells this story as only an insider could, using excerpts from wiretaps and interviews with participants.

Instructor: Gary Jenkins
Location: MCC-Longview
Wed., March 25, 6:30-8:30 p.m.
Fee - $24

Freedom Seekers: Stories from the Western Underground Railroad

Local filmmaker Gary Jenkins unveils his new documentary about the western branch of the Underground Railroad that before and during the Civil War transported escaped slaves from the Kansas City area to freedom in the north.

Instructor: Gary Jenkins
Location: MCC-Longview
Thurs., Feb. 26, 6:30-8:30 p.m.
Fee - $24

Home & Garden

Urban Chickens!

Discover the joys and benefits of backyard chicken keeping in this educational new workshop. We'll cover fundamentals like different breeds, what to look for in a coop, care for your backyard flock, how to raise baby chicks, health issues, city regulations and the thrill of bringing fresh eggs to your table.

Instructor: Barb McKinney
Location: MCC-Longview
Thurs., March 26, 6-9 p.m.
Fee - $29

How to Attract Backyard Birds

Roll out the welcome mat and convince birds to call your place home rather than your neighbor's! To make your backyard a haven for birds, provide the essentials: food, water and shelter. We will look at what different birds prefer to dine on so you can attract the species you want and deter those you'd rather not have hang around. Birds need water, so we'll look at various ways to keep it fresh during cold winter days. Proper shelter will keep your feathered friends in your yard longer, brightening up a drab landscape. We'll put this trio to work to make your house the most hospitable on the block!

Instructor: Kitty Tiemeier, Owner of Wild Bird Center
Location: MCC-Longview
Wed., Feb. 11, 6:30-8:30 p.m.
Fee - $24

Home & Garden

From Seed to Sod: Create a Thriving Midwestern Lawn

When establishing a new lawn, a common question asked is, "Should I seed or sod?" Both have advantages and disadvantages. There are three important decisions when considering establishment methods: turfgrass selection, site preparation and care of the new lawn. These considerations will be discussed for each establishment method. Determine which is best for your lawn and the time you have to maintain it.

Instructor: David Kriegh
Location: MCC-Longview
Tues., Feb. 24, 6:30-8:30 p.m.
Fee - $24

Annual Flowers for Summer-long Color

True annuals are plants that go through their entire life cycle — from seed to bloom to seed production to death — in one year. Some of the plants typically thought of as annuals are actually biennials, perennials or shrubs in warmer climates. They are started indoors to encourage early bloom and remain in bloom all summer. We'll look at different varieties and which are best suited for your tastes and lifestyle.

Instructor: David Kriegh
Location: MCC-Longview
Thurs., March 5, 6:30-8:30 p.m.
Fee - $24

Demystifying Houseplants

Do you think you have a brown thumb? Does house plant care seem like guesswork? There's really no mystery to keeping house plants healthy and there's no such thing as a brown thumb, only a lack of know-how. Learn preferred indoor spaces for different varieties of plants – shady, sunny or a combination.

Instructor: Master Gardner Lu Tarr
Location: MCC-Longview
Tues., March 3, 6-7:30 p.m.
Fee - $19

Preparing Your Garden for Spring

Winter is normally a quiet time in the garden but it won't be long before spring arrives and you'll be caught up in the frenzy of seed-sowing, growing and nurturing your garden as it comes to life! Getting your garden in order early will help make the spring a little less hectic. We'll look at the steps necessary to lay a good foundation for the upcoming season.

Instructor: Master Gardner Mary Wood
Location: MCC-Longview
Thurs., March 19, 6-7:30 p.m.
Fee - $19

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ACED

Adult Continuing Education for Persons with Developmental Disabilities

The **ACED** program is designed to teach independent living skills and provides life-enhancing experiences. **ACED** is offered by the UMKC Institute for Human Development, a University Center for Excellence in Developmental Disabilities, and MCC. Funding made available by the Developmental Disability Services of Jackson County–EITAS.

MCC-Longview, in cooperation with the UMKC Institute for Human Development, offers adults the opportunity to attend non-credit classes in an educational and social environment.

Classes begin
January 24
MCC-Longview

Classes begin
March 21
MCC-Blue River & UMKC

Please call Nancy at 816.604.2187 for more information or for a brochure.

Home & Garden

Rain Gardens: Lovely and Practical

When you have rain, it runs off your roof, down your driveway and sidewalks, into the streets, storm drains, creeks and ultimately to the ocean. Some of it is actually absorbed by your gardens and lawn, but most of it is run-off, carrying all kinds of material with it. What if you could capture much of that run-off and use it for a garden, with the excess percolating downward to recharge the aquifer below, purifying itself as it goes through the soil? You can, by adding a rain garden to your property. Besides being a lovely landscaping feature, a rain garden mimics nature: it intercepts run-off, decreases erosion, reduces pollutant transport, irrigates the plants in it and acts as a mini-filtration system.

Instructor: Master Gardner Darlene Arnett
Location: MCC-Longview
Tues., March 24, 6-7:30 p.m.
Fee - $19

Build a Backyard Pond

Beautify your landscape with a pond. You can do it yourself after taking this class. We'll cover basic pond construction, filtration, lighting, location, landscaping ideas and maintenance. What lives in your pond is important, too, so we'll learn about water plants and fish. Create a tranquil, relaxing spot in your backyard that both you and the aquatic creatures can enjoy!

Instructor: Greg Loftin
Location: MCC-Longview
Thurs., April 23, 6-8 p.m.
Fee - $24

Homebuyer's Workshop

Tired of Renting? Thinking about buying a new home, but not sure where to start? Learn how you can take advantage of current market opportunities to buy a home. We will explore choosing a realtor, finding and buying a home, deciding how much mortgage you can afford, finding creative financing, negotiating a price, qualifying for a loan and special programs for first-time buyers. This informative class helps answer the many questions you may have regarding the home-buying process.

Instructor: Gayla Hoit
Location: MCC-Longview
Mon., March 23, 6:30-8:30 p.m.
Fee - $24

Home & Garden

Home Plumbing 101

You can learn to tackle those pesky plumbing issues in your home! Dripping faucets or leaking toilets making you crazy? Learn how to fix that. Need to install a new toilet or garbage disposal? Master the method. Build on your existing skills or develop new ones in these four classes designed to help you improve your home sweet home and save money doing it.

An Easy Update for Your Kitchen or Bath

Sinks and faucets do a lot of the dirty work in our kitchens and baths, and can start to look a little wear-worn after time. Replacing them with updated models can change the look of your space and make your work easier.

Instructor: Bruce Harden, Platinum Professional Group Plumbing
Location: MCC-Longview
Thurs., April 9, 6:30-8:30 p.m.
Fee - $24

Garbage Disposal Installation

Tired of food waste making your trash smelly? A garbage disposal could be just what you've been looking for. With a few hours and the right tools, learn to install this handy kitchen tool with less cash than if you paid someone to do it for you.

Instructor: Bruce Harden, Platinum Professional Group Plumbing
Location: MCC-Longview
Thurs., April 16, 6:30-8:30 p.m.
Fee - $24

Bathtub and Shower Repair

Your shower head should be spraying enough water to get the job done, while your drain keeps up its end of the bargain so your tub doesn't fill with water. Learn the ins and outs of bathtub and shower repair from top to bottom—shower heads, faucets and drains.

Instructor: Bruce Harden, Platinum Professional Group Plumbing
Location: MCC-Longview
Thurs., April 23, 6:30-8:30 p.m.
Fee - $24

Toilet and Sink Installation and Maintenance

Are your bathroom fixtures in need of major updating? Say goodbye to that water-wasting toilet and learn to install a newer, more efficient one. A more fashionable sink can also change the look of a bathroom. Learn to install and maintain these two important fixtures to make your bathroom not only beautiful, but more efficient as well.

Instructor: Bruce Harden, Platinum Professional Group Plumbing
Location: MCC-Longview
Thurs., April 2, 6:30-8:30 p.m.
Fee - $24

Language & Communication

Beginning Spanish – Level 1

The innovative program *10 Minutes a Day* is easy to use and will have you speaking Spanish immediately. Using labels, flash cards, games and more, you will learn more than 300 vocabulary words including numbers, colors and verbs. This class is designed for those with no prior knowledge of Spanish.

Bring a 3-ring notebook and index cards.

Instructor: Karen Lange
Location: MCC-Longview
6 Tues., Starts Jan. 27, 6:30-8 p.m.
Fee - $94, includes book

Beginning Spanish – Level 2

Continuing with the program *10 Minutes a Day*, you will practice more advanced communication skills encountered in typical day-to-day situations. We will also practice the most important words used by travelers such as introducing yourself, getting around the area and ordering food in a restaurant.

Prerequisite: Spanish – Level 1 or equivalent.
Instructor: Karen Lange
Location: MCC-Longview
6 Tues., Starts March 17, 6:30-8 p.m.
Fee - $74, no book provided
Fee - $94, includes book

French for Travelers

Paris – City of Light. Are you considering visiting this beautiful city or do you just want to learn something new? Join us in a simple approach to learn basic communication phrases and vocabulary for that trip of a lifetime! You'll be able to order from a menu, ask questions, get directions, use numbers and a calendar, go shopping and much more. In addition, we'll share cultural insights to help you really enjoy your trip. This class is designed for those with no prior knowledge of the language.

Instructor: Angela Shepard-Coats
Location: MCC-Longview
6 Wed., Starts March 25, 6:30-8 p.m.
Fee - $94, includes book

Sign Language I

Learn sign language to communicate with the hearing impaired. You will learn the manual alphabet, basic signs and some deaf culture. Emphasis is on individual application.

Instructor: Debra Swinger
Location: MCC-Longview
6 Thurs., Starts Jan. 29, 7-9 p.m.
Fee - $69

Sign Language II

A continuation of our Sign Language I class to take your skills to the next level.

Prerequisite: Sign Language I or equivalent.
Instructor: Debra Swinger
Location: MCC-Longview
6 Thurs., Starts March 19, 7-9 p.m.
Fee - $69

Language & Communication

Beginning Japanese I

This course makes it easy and enjoyable for beginners to master the essentials of the Japanese language. Learn vocabulary words to introduce yourself. Practice useful conversational phrases for having a brief conversation and traveling in Japan. Learn how to write Japanese (Hiragana). We'll practice drills and dialogue, do interactive exercises and gain cultural knowledge.

Instructor: Eriko Otsuka Wehmeyer
Location: MCC-Longview
6 Tues., Starts Jan. 27, 6:30-8:30 p.m.
Fee - $104, Includes the book *Japanese for Busy People I*

Beginning Japanese II

This course is a continuation of Beginning Japanese I. We will expand our vocabulary to have more in-depth conversations.

Prerequisite: Beginning Japanese I or equivalent.
Instructor: Eriko Otsuka Wehmeyer
Location: MCC-Longview
6 Tues., Starts March 17
6:30-8:30 p.m.
Fee - $84

Italian for Travelers

Acquire the basic skills needed to speak, read, write and understand the Italian language with the *10 Minutes a Day* series. This innovative program is easy to use and will have you speaking Italian immediately. Practice how to engage in everyday conversations from ordering at a restaurant to asking for directions. You will also be introduced to the Italian culture and customs. *Please bring an English-Italian dictionary to class.*

Instructor: Lisa Power
Location: MCC-Longview
8 Sat., Starts Jan. 31, 9-11 a.m.
(Note: no class the week of spring break, March 9-14)
Fee - $114, includes book

Italian for Travelers II

Extend the lessons in the previous class by improving your accent and expanding your vocabulary through conversation.

Prerequisite: Italian for Travelers or equivalent.
Instructor: Lisa Power
Location: MCC-Longview
6 Sat., Starts April 4, 9-11 a.m.
Fee - $94, no book provided
Fee - $114, includes book

Language & Communication

Conflict Resolution is the Solution

Have you ever had difficulty communicating with someone? Are you always bumping heads with coworkers, family members, a neighbor or even a close friend? Then some useful pointers in conflict resolution are exactly what you need. Learning how to communicate effectively and expressing your feelings while simultaneously hearing the concerns of others is crucial in all close relationships. Everyone wants to be validated! This class will teach you how to listen, how to talk to others without sounding like you're attacking them, how to be assertive and how to take the feelings of others into consideration. These skills are valuable and can be used with any relationship you have for the rest of your life!

Instructor: Audrey Saunders
Location: MCC-Longview
Tues. & Thurs., Feb. 24 & 26, 7-9 p.m.
Fee - $39

Breaking Through the Glass Ceiling

In recent years, more women have made it to the top of the executive suite. And, still, the percentages are not where they should be. More women need to develop the unique style to compete on a par with men for the top positions in industry. Master proven communication techniques to see your career soar. The proven techniques of vocal communication are available using the FULL VOICE™ Vocal Communication Method.

Instructor: Garrett Gardner
Location: MCC-Longview
Sat., May 2, 9 a.m.-1 p.m.
Fee: $99

How to Have Credibility at a Moment's Notice

Are you one of the few people who possess that unique style, charisma, chutzpa and flare for the dramatic? No? Learn how to get people to listen to you, take you seriously and take appropriate action. You can say what you have to say well, whenever you have to: on the phone, one-to-one and in group situations. Don't miss this workshop!

Instructor: Garrett Gardner, founder and president of FULL VOICE™
Location: MCC-Longview
Sat., April 4, 9 a.m.-1 p.m.
Fee: $99

Metropolitan Community College
Longview

FLIGHTS OF FANCY

MEGA KITE FESTIVAL

Saturday, April 18

10 a.m. - 5 p.m.

MCC-Longview Campus
500 SW Longview Rd
Lee's Summit, MO

Bring your own kites and fly with us!
Food and beverages available for purchase.
Alcohol prohibited. No glass containers.
No pets allowed.

MCCFlightsofFancy.org
Facebook.com/MCCFlightsofFancy

Law & Finance

Basic Estate Planning and Wills

Determine the appropriate estate plan for you. Topics will include: the probate process, beneficiaries, executors and guardians, property titles, powers of attorney and non-probate transfers.

Instructor: Chinnery Law Office
Location: MCC-Longview
Tues., Feb. 24, 7-9 p.m.
Fee - $24

Now You're an Executor!

So, you've been asked to be the executor of someone's will, but do you know what that entails? We'll explain the duties, obligations and liabilities of an executor. This comprehensive overview of issues includes everything from commencing the probate process through the closing of the estate. This course is designed to address the concerns often experienced when people are faced with this seemingly overwhelming task.

Instructor: Chinnery Law Office
Location: MCC-Longview
Tues., March 17, 7-9 p.m.
Fee - $24

Living Trusts

How much do you know about trusts? Is a living trust right for you? We will discuss avoiding probate, managing your assets during incapacity, providing for beneficiaries, minimizing taxes and more.

Instructor: Chinnery Law Office
Location: MCC-Longview
Tues., March 3, 7-9 p.m.
Fee - $24

Aging with Dignity: Exploring Long-Term Care

As medical science progresses and Baby Boomers age, there are an increasing number of people who will need long-term care services before they die. This class will cover the intricacies of what Medicare will pay, when Medicaid will pay, when private insurance is appropriate and all the other options people should consider when planning for their own care or the care of an aging family member. Long-term care does NOT have to be a nursing home. Know your choices, learn the costs and be prepared to age with dignity.

Instructor: Stana Martin
Location: MCC-Longview
Thurs., April 23, 6-8 p.m.
Fee - $24

Law & Finance

Homebuyer's Workshop

Tired of renting? Thinking about buying a new home, but not sure where to start? Learn how you can take advantage of current market opportunities to buy a home. We will explore choosing a realtor, finding and buying a home, deciding how much mortgage you can afford, finding creative financing, negotiating a price, qualifying for a loan and special programs for first-time buyers. This informative class helps answer the many questions you may have regarding the home-buying process.

Instructor: Gayla Hoit
Location: MCC-Longview
Mon., March 23, 6:30-8:30 p.m.
Fee - $24

Planning for a Child with Special Needs

Parents of children with physical, mental or emotional disabilities devote countless hours to caring for their special needs. We want to help you understand the planning your child may need during all stages of life. We'll cover Social Security, determining eligibility and why it's important. Find out about a special needs trust and protecting assets for your children. Guardianship will be discussed, as well as the importance of creating a blueprint for providing care after parents are gone. We will review how planning for your child with special needs is different both legally and financially.

Instructor: Scott Adams, CFP
Location: MCC-Longview
Tues., April 21, 6:30-8:30 p.m.
Fee - $24

Financial Strategies for Successful Retirement

Call 816.604.2030 to enroll

More than 1,000 satisfied attendees since 1995!

Highly recommended for adults of all ages.

Topics include:

- Minimizing taxes
- Maximizing retirement plan distribution options
- Structuring investments for growth
- Creating a secure retirement income plan

And much more!

Instructor: Rob Overton,
Financial Planner, Financial Professionals, Inc.
Location: MCC-Longview
3 Thurs., Starts Jan. 22, 6:30-9:30 p.m.
Fee - $59/single, includes workbook; $79/couple, one workbook
(Fee includes optional private consultation.)

Long-Term Lifestyle

Dementia: What You Wanted to Know, But Were Afraid to Ask - Part I

An estimated 83,000 people in the U.S. died with Alzheimer's in 2010, making it the nation's sixth leading cause of death, but the true total may be as much as six times higher. Today in America, 5.5 million currently have the disease and by 2050, 16 million will be diagnosed. This will cost $1.2 trillion to care for them. This year, Medicare and Medicaid will pay out $150 billion to care for persons with dementia. This does not include the 15.5 million unpaid caregivers who provide an estimated 17.7 billion hours of care. So what is this disease? Who will get it? Is it inevitable we will all get it? Can we stop it or prevent it? What is the difference between dementia and Alzheimer's? Part I of this two-part series will begin to help you understand the various types of dementia, their age of onset, symptoms and treatments.

Instructor: Penny Shaffer, program director for Health and Human Services at Johnson County Community College
Location: MCC-Longview
Mon., March 2, 6:30-8 p.m.
Fee - $19

Dementia: What You Wanted to Know, But Were Afraid to Ask - Part II

In part II of this series on dementia, you will learn more about what today's medical and scientific researchers have discovered as causes of the various types of dementia and what can be done to prevent them, or slow the progression, particularly Alzheimer's disease. Most importantly, we will discuss preserving dignity and quality of life, finding meaning and keeping connected to those we love who may be affected by one of these illnesses.

Instructor: Penny Shaffer, program director for Health and Human Services at Johnson County Community College
Location: MCC-Longview
Mon., March 23, 6:30-8 p.m.
Fee - $19

Long-Term Lifestyle

There's No Place Like Home but What If You Have to Move?

As we age, there are many reasons we may need and want to move from the place we've known as home for many years. Health reasons, family connections, loss of friends and financial reasons, among many others, may make the decision to leave our only option. But then what? What do we look for in the way of services? Who pays for what? And above all, how do we prepare psychologically for the adjustment? We'll explore some of the questions needed to make the best decisions and provide basic answers as well.

Instructor: Penny Shaffer, program director for Health and Human Services at Johnson County Community College
Location: MCC-Longview
Mon., April 13, 6:30-8 p.m.
Fee - $19

Ten Things Investors Should Know Today

It's true for all of us: Our biases influence our perceptions. As a result, our perceptions don't always match reality. Today many investors seem to be acting based on their perceptions of what's happening in the economy and the markets, but those notions don't necessarily match up with what our top strategists are observing. Our goal is to give you the facts on 10 issues we believe are critical for investors to understand. With intelligent planning and investing, investors should be able to realize their financial goals.

Instructor: Jon Garlow,
Financial Advisor,
Cooper Wealth Management Group
Location: MCC-Longview
Wed., March 18, 6-8 p.m.
Fee - $24

Six Steps to Help Secure Your Retirement

We all have goals in life: providing for our families, saving for our children's or grandchildren's education, retiring comfortably or leaving a legacy for future generations. For many of us, however, the most important goal is to enjoy a financially secure retirement. But there are always nagging questions:

- Will I have enough money to do the things I want?
- How can I tell whether I'm making progress toward my goals? And if I'm not, what can I do?
- Am I compromising too much of my current lifestyle to save for the future?
- Am I taking on too much risk?

This seminar addresses questions like these and more, and suggests ideas to help you create a truly successful and secure retirement.

Instructor: Jon Garlow,
Financial Advisor,
Cooper Wealth Management Group
Location: MCC-Longview
Tues., April 28, 6-8 p.m.
Fee - $24

Planning for *Aging Well*

Saturday, March 28
9 a.m.-noon

Invest just three hours to learn financial, health and legal strategies that will ground you in making wise choices for moving forward — whether you are planning for yourself or facing the need to help your parents age well.

Estate Planning 101

Complete your legal checklist while learning about basic documents to protect you and the ones you love. Learn the difference between a will and a trust, hear why everyone needs a Durable Power of Attorney for health care, plan to have your legal affairs in order before a crisis occurs and enjoy peace of mind today by planning for tomorrow.

Presenter: Aaron Love,
attorney and estate planning expert

Aging with Dignity: Long-term Care Planning

Baby Boomers are aging, and the cost of medical care is not going to decrease. Learn how to plan for long-term care needs (both for you and your loved ones) from a nationally recognized speaker. Topics include Medicare, Medicaid, VA benefits and insurance products.

Presenter: Stana Martin,
long-term care specialist

Financial Planning: Maximizing Your Retirement Income

Your financial picture changes significantly when you reach retirement. Strategies that have served you well during your working years may not be appropriate for retirement. Whether you are planning for yourself or for you aging loved ones, you need the right tools to help you maximize retirement income. Learn how to manage your finances to ensure a secure future.

Presenter: Stephen Stricklin,
Founder and President, Wise Wealth, LLC

Personal Organization

Making sure all of your important papers are accessible and in order doesn't need to be difficult. Learn how to identify all your important documents and assets including fast-growing digital items. Identify a plan and tools to get your items all in one spot, labeled and organized where others can easily access them when necessary.

Join us on the MCC-Longview campus for this informative event.

Refreshments will be served
To enroll, call 816.604.2030
Fee $39

MCC Metropolitan Community College
Longview

Long-Term Lifestyle

How to Select a Financial Advisor

Is your financial planning being neglected because you don't know what to do or the advice you are currently receiving is impersonal and infrequent? In this session we'll discuss key aspects in choosing a financial advisor. Discussion will include online resources to begin your search, how to prepare an advisor service checklist, questions to ask upon first contact, core competencies your financial advisor must be able to display, red flags to look for, understanding the fee structure, setting expectations with the advisor and how to deal with problems that might arise. Empower yourself and your future with this jam-packed course.

Instructor: Jon Garlow, Financial Advisor, Cooper Wealth Management Group
Location: MCC-Longview
Tues., March 3, 6-8 p.m.
Fee - $24

Aging with Dignity: Exploring Long-Term Care

As medical science progresses and Baby Boomers age, there are an increasing number of people who will need long-term care services before they die. This class will cover the intricacies of what Medicare will pay, when Medicaid will pay, when private insurance is appropriate and all the other options people should consider when planning for their own care or the care of an aging family member. Long-term care does NOT have to be a nursing home. Know your choices, learn the costs and be prepared to age with dignity.

Instructor: Stana Martin
Location: MCC-Longview
Thurs., April 23, 6-8 p.m.
Fee - $24

Mind-Body Focus

Hatha Yoga with Meditation & Relaxation: Beginning and Intermediate

Increase your flexibility and decrease the stress in your life through yoga and relaxation. This class includes Hatha Yoga postures, breathing techniques, meditation and relaxation. Wear loose, comfortable clothing. Bring a yoga or exercise mat and block, as well as water.

Instructor: Jan Sumner
Location: MCC-Longview
10 Mon., Starts Feb. 9, 6-7:15 p.m.
(Note: no class the week of spring break, March 9-14)
Fee - $79

CPR and First Aid

This comprehensive course covers adult CPR and first aid featuring hands-on practice and real-life scenarios. You will also receive training to use an Automated External Defibrillator (AED) on a victim of sudden cardiac arrest. You will learn how to respond to breathing and cardiac emergencies in adults as well as how to apply basic precautions to reduce the risk of disease transmission during and after providing care. Take-home materials will help you retain skills and serve as reference tools in an emergency. American Red Cross CPR certification is valid for two years following the class.

Instructor: Joe Gilman
Location: MCC-Longview
Sat., March 21, 9 a.m.-3 p.m.
Fee - $84

Mind-Body Focus

Tai Chi for Health

The gentle movements of Tai Chi have been shown to reduce anxiety and depression and to improve coordination and balance. The program helps improve flexibility and muscle strength, increase heart and lung activity, align posture and integrate the mind and body. Tai Chi creates a sense of well-being while facilitating mind-body awareness and reducing stress.

Instructor: Nina Chen
Location: MCC-Longview
6 Mon., Starts March 30, 3-4 p.m.
Fee - $54

Introduction to the Paleo Way of Eating

Why does the conventional American diet make us sick? Eat the way our Paleolithic hunter-gatherer ancestors ate before the inventions of agriculture and avoid the common diseases of civilization such as obesity, metabolic syndrome and more. Join Caleb Summers from Evolve Personal Paleo Chef, for this informative session that will give you an overview of the Paleo way of eating.

Instructor: Caleb Summers
Location: MCC-Longview
Tues., March 3, 6-8 p.m.
Fee - $24

Tai Chi for Arthritis

This is an easy, effective and safe exercise program based on a form of Tai Chi and supported by the Arthritis Foundation. The program helps improve flexibility and muscle strength, increase heart and lung activity, align posture, improve balance and integrate the mind and body.

Instructor: Nina Chen
Location: MCC-Longview
6 Mon., Starts Feb. 9, 3-4 p.m.
(Note: no class the week of spring break, March 9-14)
Fee - $54

Holistic Energy Healing

Empower your healing abilities using Energy Healing. These safe, effective and fun-to-practice techniques are based on the fact that the mind and body are made up of and function from energy. In this class you will learn about several different methods of energy healing, and specific techniques will be taught within each one. Opportunities to demonstrate and practice these techniques will be provided in class.

Instructor: Joleen Halloran
Location: MCC-Longview
Thurs., Feb. 26, 6-9 p.m.
Fee - $29

Mind-Body Focus

Couples Classes

Acupressure for Couples

Acupressure is a beneficial mode of healing that relieves pain and stress by applying light to moderate pressure to acupuncture points using the fingers, palms, forearms or elbows. In this class for couples, you will learn the vital acupressure points of the human body to treat conditions such as sinusitis, allergies, back pain and repetitive motion injuries. Please wear comfortable clothes. This class is for couples only.

Instructor: James Womelduff
Location: MCC-Longview
Mon., March 16, 6-8 p.m.
Fee - $48 per couple

Massage: The Healing Power of Touch

Dr. Womelduff will discuss the different types of massage available. Techniques for common conditions such as fibromyalgia, lymphedema and chronic fatigue will also be included in this hands-on approach to healing. Please wear comfortable clothes. This class is for couples only.

Instructor: James Womelduff
Location: MCC-Longview
Mon., March 30, 6-8 p.m.
Fee - $48 per couple

Reflexology for Dummies

Reflexology focuses on reflex maps of points and areas of the body in the feet, hands, and ears using unique micromovement techniques to create a response throughout the body. Join us as we journey into this art, how it works and formulas for dynamic results. Please wear comfortable clothes. This class is for couples only.

Instructor: James Womelduff
Location: MCC-Longview
Mon., March 23, 6-8 p.m.
Fee - $48 per couple

READING HORIZONS

A highly effective individualized reading program for children and adults.

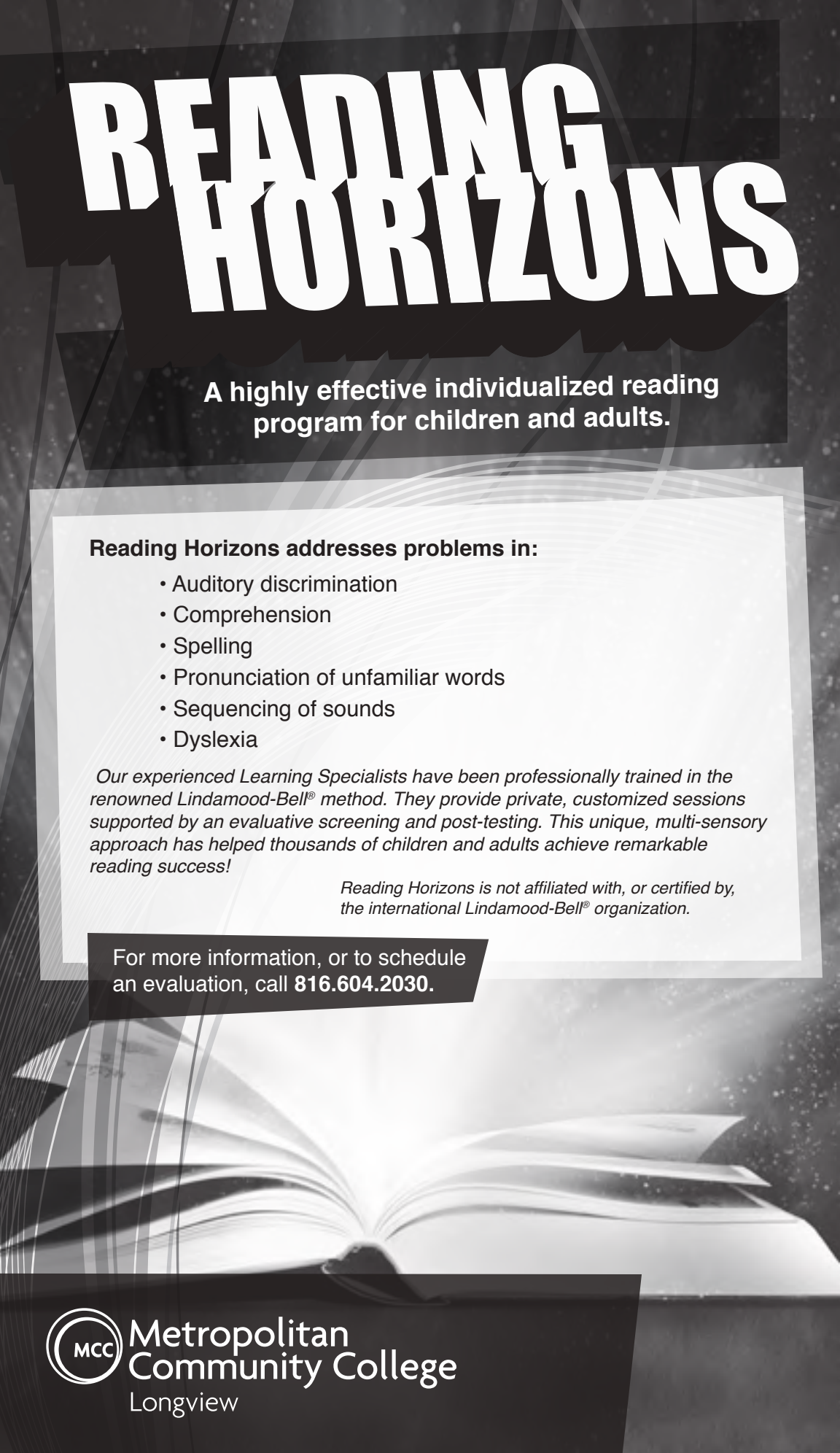
Reading Horizons addresses problems in:

- Auditory discrimination
- Comprehension
- Spelling
- Pronunciation of unfamiliar words
- Sequencing of sounds
- Dyslexia

Our experienced Learning Specialists have been professionally trained in the renowned Lindamood-Bell® method. They provide private, customized sessions supported by an evaluative screening and post-testing. This unique, multi-sensory approach has helped thousands of children and adults achieve remarkable reading success!

Reading Horizons is not affiliated with, or certified by, the international Lindamood-Bell® organization.

For more information, or to schedule an evaluation, call **816.604.2030.**



MCC Metropolitan Community College
Longview

Photography

Introduction to Digital Photography

We will explore the common functions of a digital camera and how to use it; discuss the camera-computer relationship; and consider scanning, printing, image editing and e-mailing. Bring your camera, instruction book and associated equipment to class.

Instructor: Mark Lozano
Location: MCC-Longview Campus
Tues. & Thurs., Feb. 17 & 19
6:30-9 p.m.
Fee - $54

Creatively Capturing the Moment

Starting with some basic concepts such as the relationship between aperture, shutter speed and ISO settings, we will explore depth of field, various lens types, composition techniques, an overview of Photoshop as an image editing tool and more. A major part of the class will be frequent shooting assignments. The final session will cover matting and framing, and allow you to mount your favorite image. SLR camera required.

Instructor: Debra Lawrence
Location: MCC-Longview
4 Thurs., Starts Feb. 5, 6:30-8:30 p.m.
Fee - $69

Creatively Fine Tuning the Moment

This is a continuation of the Creatively Capturing the Moment class. We'll have a more in-depth discussion about composition and technique, the use of flash and also experiment with studio lighting set-ups. Time will be given to discuss business opportunities using your photography skills. Prerequisite: Creatively Capturing the Moment class or instructor's discretion.

Instructor: Debra Lawrence
Location: MCC-Longview
3 Thurs., Starts March 5, 6-9 p.m.
(Note: no class the week of spring break, March 9-14)
Fee - $69

Photography

Manipulating the Moment for Photoshop

Learn to use the powerful tools and capabilities of Photoshop. Topics discussed will include: tool usage, cropping, removing dust and scratches, adjusting colors, converting images to black and white, use of more than 100 filters and combinations, introduction to the powerful layers tool, adding text and more! We will also be learning Elements in Creative Cloud (any version). If you already use Photoshop, this class will fine-tune your skills and teach you new techniques. Bring a 2GB (or larger) USB flash drive to class. We also recommend that you bring your own laptop to class. You must own a version of Photoshop to get the most out of this class.

Instructor: Debra Lawrence
Location: MCC-Longview
4 Thurs., Starts April 2, 6:30-8:30 p.m.
Fee - $69

Photographing People: Yes, it's different!

Photographing people can be fun, exciting—and complicated! This class makes taking beautiful pictures of adults, children and babies simple. Don't be nervous if you're new to digital photography, because we'll start with the basic principles you need to know in order to become a people photographer. You'll discover the best way to shoot faces, fix common close-up problems and use digital photo editing techniques to retouch your photos. We'll also learn how to organize groups, which angles to use and which to avoid.

Instructor: Mark Lozano
Location: MCC-Longview
Mon. & Wed., March 2 & 4, 6:30-8:30 p.m.
Fee - $44

Starting a Photography Business

You have a digital camera, and you know your pictures are better than your neighbor's pictures on her wall. You have taken your own pictures for years – all your friends ask you to take theirs – why not start a business? Do it right or go home. Debra Lawrence, owner of Abundant Moments Photography, will instruct you step by step how to build your business the right way – from the bottom up. A good foundation has supported Debra's successful, 16-year business. She will share her tips about naming and registering your business, taxes, hiring employees, time management, pricing and props.

Instructor: Debra Lawrence, Abundant Moments Photography
Location: MCC-Longview
Thurs., April 30, 6-9 p.m.
Fee - $39

Metropolitan Community College
Longview

DISCOVER THE ARTS AT LONGVIEW

MCC-Longview
CULTURAL ARTS CENTER

THEATER
For tickets call 816.604.2200 or visit mcckc.edu/culturalarts. For rental information contact Ryan Morehead at ryan.morehead@mcckc.edu.

GALLERY
All gallery events are free and open to the public. For more information please contact: daniel.reneau@mcckc.edu.

FRIENDS OF THE CULTURAL ARTS CENTER
Please call 816.604.2200 to become a Friend of the Cultural Arts Center.

mcckc.edu/CulturalArts

Photography

Organizing Photos on Your Computer

You have hundreds (maybe thousands!) of photos in your camera. What do you do with them? Let's talk about the basic work flow from shooting your photos to downloading and organizing them. You'll learn how to organize photo files on your computer, how to edit and delete (separating the good from the bad), how to name them for easy access and how to create folders for storage. Your life just got easier!

Instructor: Mark Lozano
Location: MCC-Longview
Tues. & Thurs., April 14 & 16
6:30-8:30 p.m.
Fee - $54

Travel Photography

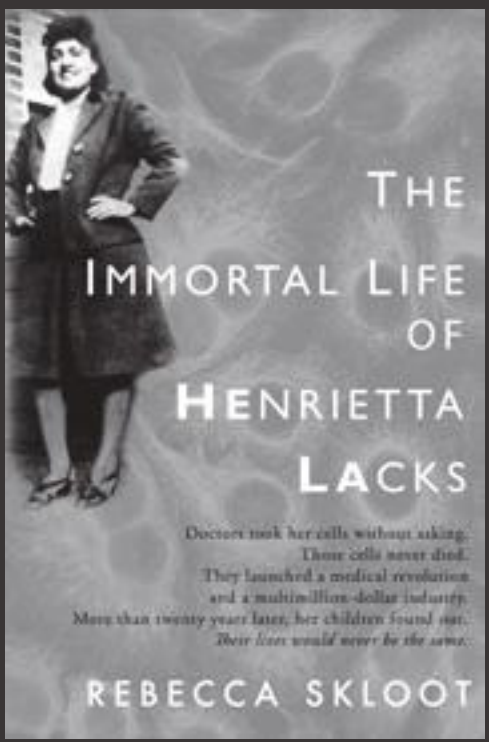
Going on a trip of a lifetime? Taking a weekend break at the lake? Whether you are in your own backyard or backpacking across Europe, a travel photography class can open up a whole new world to you. Which lenses do I take? What types of shots do I look for? People or things? We go over approach, equipment and technical tips in our journey through the quest to create the "postcard image." Please bring your camera to class, whether it is a phone camera, point-and-shoot or SLR.

Instructor: Debra Lawrence, Abundant Moments Photography
Location: MCC-Longview
Thurs., May 7, 6-9 p.m.
Fee - $39

Metropolitan Community College
Longview

Join Us For Homecoming

Join MCC-Longview as we celebrate the 100th birthday of the Metropolitan Community College system and the 150th birthday of Lee's Summit during our first-ever spring homecoming week, April 16 – 22.



April 16 – Spring Convocation
Keynote speakers, descendants of Henrietta Lacks, will discuss the book *The Immortal Life of Henrietta Lacks*, by Rebecca Skloot. As a common read, which all MCC-Longview faculty, staff and students are encouraged to read, the book tells the story of an African-American tobacco farmer whose cancer cells led to the polio vaccine, cloning, gene mapping and other important medical innovations – all without Lacks' knowledge, permission or compensation. Oprah Winfrey is producing a movie of the story.

5 p.m., Reception
6 p.m., Convocation
John Knox Village Pavilion
400 NW Murray Rd, Lees Summit, MO 64081

Other Homecoming Activities

April 17 – Automotive Car Show
MCC-Longview

April 18 – Flights of Fancy Kite Show
MCC-Longview

April 18 – Longview Lakers Baseball Game MCC-Longview

April 18 – District Centennial Gala –
Grand Ballroom Kansas City Convention Center

April 19 – Student Family Day
MCC-Longview

April 20 –Alumni/Retiree Event
MCC-Longview

April 21 – Laker Day of Community Service

April 22 – Student Theatre Performance
MCC-Longview

For more information call 816.604.2090 or email rachel.casey@mcckc.edu.

100 MCC Metropolitan Community College Longview

Recreation

Beginning Belly Dancing

Belly dance is for everyone! It knows no age, size or background. The class will include upper and lower body moves, isolation, traveling steps, veil and more. A solid foundation of basic moves plus information on diverse styles and props will spark your interest in this exciting and fun way to exercise.

Instructor: Ziva Maihima
Location: MCC-Longview
7 Thurs., Starts March 19, 7-9 p.m.
Fee - $69

East Coast Swing

Swing is a great dance to learn, no matter what type of music you like: big band, classic rock, country, blues and more. Swing is very versatile, so you'll be ready for that cruise, wedding or nightclub. Lots of turns and tricks to show off on the dance floor! Participants must wear shoes with clean, dry, smooth leather soles.

Instructor: Kate Moshier
Location: MCC-Longview
6 Tues., Starts March 17, 6-6:45 p.m.
Fee - $64

Cha-Cha

Want to learn one of the most popular of the Latin-America dances? Learn to dance the light and bubbly Cha-Cha! You'll enjoy this lively and flirtatious dance with small steps and lots of hip motion! Participants must wear shoes with clean, dry, smooth leather soles.

Instructor: Kate Moshier
Location: MCC-Longview
6 Tues., Starts March 17, 7-7:45 p.m.
Fee - $64

Ballroom Basics

If a wedding is in your future or a cruise is on your horizon, you'll want to join this class! We'll introduce the Waltz, Rumba and Tango—so you'll be prepared for whatever opportunities come your way. If you're a bride or groom, a member of the wedding party or a parent of one of the lucky honorees, you'll be front and center on the dance floor. As a guest, you can impress the crowd with your ability! And, if you're cruising, knowing how to ballroom dance is a must! Or … if you just want to learn the basics of these three popular dances, you're welcome, too.

Instructor: Karen House
Location: MCC-Longview
8 Weds., Starts March 18
6:30-7:15 p.m.
Fee - $74

How to Build Your Own Kayak

Missouri is known for its abundance of streams, which are popular outdoor recreation destinations. If you have ever considered floating down a river in a boat you made yourself, this is the class for you. We'll look at the history of kayaks, from the times they were purely functional to their more recreational usage today. Our discussion will focus on the stitch-and-glue method of building a kayak, but we will talk about other types as well. Please bring poster board, cutting tool, ruler, pencil and scotch tape to build a model.

Instructor: David Kreigh
Location: MCC-Longview
Thurs., Feb. 26, 6-9 p.m.
Fee - $29

Recreation

Golf

Let's start with the basics! Most of the course will concentrate on swing instruction—from set-up (grip, alignment and posture) to follow-through. Basic chipping techniques, personal swing analysis, drills and correcting problems will be included. We'll offer tips on how to increase your enjoyment of the game. You are responsible for golf balls for the driving range. Clubs are available at no charge.

Instructor: Don Gibbs
Location: Family Golf Park, 1501 NE 40 Hwy., Blue Springs
7 Tues., Starts April 21, 6-8 p.m.
Fee - $74

Learn to Fly Fish (fly casting)

In the classic movie *A River Runs Through It*, Norman says, "In our family, there was no clear line between religion and fly fishing." Indeed, the movie paints a vivid picture of the joy and serenity of this sport that attracts both males and females of all ages. The focus of this class will be casting instruction and practice. Bring your own fly rod and reel (waders optional) to practice your casting technique. In addition, the instructor will cover theory, equipment, basic knots, finding fish and reading the water. Fishing season is upon us. Be ready to enjoy!

Instructor: Jerry Enyeart
Location: Meet at MCC-Longview for class, then later practice on a nearby lake!
Sat., April 25, 9 a.m.-noon
Fee- $29

Introduction to Fly Tying

Sooner or later, fly fishers usually try their hand at tying their own flies. Perhaps they want to explore the intricacies of the sport or just want a thriftier way of replacing all of the flies they have lost in the bushes and trees! Whatever the reason, this class is a must-attend for those involved in fly fishing. We'll look at the equipment and materials needed to get started, tying techniques and types of flies, and try our hand at tying three types of flies: dry fly, streamer fly and nymph fly. Discussion on how to use the flies will also be included.

Instructor: Jerry Enyeart
Location: MCC-Longview
Sat., April 25, 1:30-4:30 p.m.
Fee- $29

Special Interest

Beginning Guitar Instruction

If you have ever wanted to learn to play guitar, this is your opportunity! We will begin with getting acquainted with the parts of the guitar and learning the names of strings and frets. You will learn basic music skills, but you will not be expected to read music. We will work on drills and scales, chords and rhythms. At the end of the course, you will apply chords to songs, and you may provide a song of your own. This beginning course will provide a foundation for further study of the guitar. Bring your acoustic guitar and prepare to enjoy the experience. Ages 12 & up!

Instructor: Vance Brison
Location: MCC-Longview
8 Wed., Starts March 18
6:30-8:30 p.m.
Fee - $109

Travel Free & Make Money Doing It

Do the words "free travel" pique your interest? How about "career opportunities"? This unique class will offer you a wealth of information in just one evening: how to take free vacations, find fascinating jobs in the travel industry (teaching English, guiding tours, writing articles, shooting photos, driving, etc.), start your own travel-related business, mystery shop, find the best travel web sites, maximize frequent flyer miles, negotiate effectively, pack lightly and much more. This class is offered only once a year – don't miss it! Your instructor, Gina Henry-Cook, has more than 25 years of travel experience to more than 80 countries and 40 states. *Free Vacations*, written by Gina Henry-Cook, will be available for $15; pay instructor.

Instructor: Gina Henry-Cook
Location: MCC-Longview
Wed., April 29, 6-9:30 p.m.
Fee - $39

Pet First Aid

Your pet is a cherished member of the family and relies on you to provide care and protection. What will you do if an emergency occurs? Pet First Aid, an American Red Cross course, presents symptoms and care for ailments and emergencies, instructions for creating a pet first-aid kit and tips for maintaining your pet's health and well-being. You will receive a book with DVD and a student first-aid kit for use in class. You will practice on dog or cat mannequins (specify dog or cat when enrolling) and receive practical pet health tips and lifetime American Red Cross certification.

Instructor: Joe Gilman
Location: MCC-Longview
Sat., April 11, 9 a.m.-1 p.m.
Fee - $84 includes book

Special Interest

Kite Making Workshop with Robert Brasington

Get ready for Flights of Fancy, MCC-Longview's phenomenal kite festival, by making your own kite! Learn from international kite maker Robert Brasington **(robertbrasingtonkites.com).** Class will consist of two different kites, and participants may attend both days and make two different kites for one participation fee. **Kite kit fees are separate and will be payable directly to instructor in class. You must provide your own sewing machine.**

Two kite kit options:

- **"Waif"** ($25 per kit) - This kite can be flown in 4-20 mph winds. Although commonly seen as a train of kites in graduating colors, we will be making just one kite at this workshop.
- **"Gothic Delta"** ($100 per kit) - This kite can be flown in light winds of as little as 2.5 mph or in the upper ranges as well. The color scheme is three colors (your choice) on a black background.

Examples of the kites can be viewed at **robertbrasingtonkites.com** (click on Workshops).

Instructor: Robert Brasington
Location: MCC-Longview
Sat. & Sun., Jan. 31 & Feb. 1
8:30 a.m.-6 p.m.
Fee - $45 (kite kit fees are separate and are payable to instructor)

Event Planning 101

Whether you are planning a birthday party, reunion, corporate event or a dream wedding, special events signify some of life's most important moments and require creativity and coordination to be successful. In this class, you will learn tips, tools, techniques, and procedures to help you avoid embarrassing and costly planning errors or production mistakes. Discover how to select the right suppliers for food, decorations and entertainment, and how to effectively employ them within your own budgetary constraints. You will be so excited with your newly gained confidence and expertise that you will want to start planning your next event even before this course is over.

Instructor: Alycia Nichols
Location: Instructor's private residence in Lee's Summit (directions will be provided upon enrollment)
Sat., March 28, 9 a.m.-noon
Fee - $39

Technology

Introduction to MS-Word 2013

Learn the basics of this user-friendly word processing package for computers. You will focus on the menu system and tool bar, as well as create and edit documents.

Prerequisite:
Keyboard and mouse skills.

Section A:	Section B:
2 Tues. & 1 Thurs.	2 Tues. & 1 Thurs.
Starts Feb. 3	Starts April 7
6-8:30 p.m.	6-8:30 p.m.
Fee - $90, includes book	Fee - $90, includes book

Introduction to MS-Excel 2013

Discover the basic functions and features of this powerful spreadsheet program. Learn the Excel menu system and toolbars, how to enter and edit data, enter a formula into a worksheet and adjust column widths.

Prerequisite:
Basic keyboard /mouse skills.
Instructor: Teresa Wedel
Location: MCC-Longview

Section A:	Section B:
2 Tues. & 1 Thurs.	2 Tues. & 1 Thurs.
Starts Feb. 17	Starts April 21
6-8:30 p.m.	6-8:30 p.m.
Fee - $90, includes book	Fee - $90, includes book

Introduction to Microsoft PowerPoint

Deliver professional or personal presentations using MS PowerPoint. Create stunning slides, overheads, handouts and online projects by integrating text and graphics.

Prerequisite:
Basic keyboard /mouse skills.
Instructor: Teresa Wedel
Location: MCC-Longview
2 Tues. & 1 Thurs.
Starts March 10, 6-8:30 p.m.
Fee - $90, includes book

Social Media Marketing

Are you behind the social media curve? Learn how to use blogs, Facebook, Twitter, YouTube and other tools to network with potential customers, colleagues and friends. Learn do's and don'ts, proper social media etiquette, and ways to grow your business fan base and expand your outreach. Students MUST have a Facebook account (go to facebook.com and sign up) before attending this course.

Instructor: Mike Ekey
Location: MCC-Longview
Thurs., April 23, 2-4 p.m.
Fee - $34

Technology

Computer Essentials – Just the Basics

If you have never worked with computers or are a very new user, join us for this easy-paced introductory class. We will cover the basics of using the mouse, opening and using programs, saving and printing your documents and survival skills for the new computer user.

Instructor: Rick Parr
Location: MCC-Longview

Section A:	**Section B:**
2 Mon. & 2 Wed.	**2 Mon. & 2 Wed.**
Starts March 16	**Starts April 20**
6-8 p.m.	**6-8 p.m.**
Fee - $74	**Fee - $74**

Get the Most from Your iPad

Join your instructor, Adam Burns, for an exploration of your iPad's many features. We'll cover browsing the web; viewing your photos (via albums, events, faces, or places); e-mail; watching movies, Netflix, or TV; playing music; reading and buying books; using Google maps; editing your calendar; syncing with your computer and much more! Also, learn how to install additional free and iPad-specific applications via Apple's App Store. Bring your iPad, USB cable and laptop (optional) to class.

Location: MCC-Longview
Wed., April 22, 6-9 p.m.
Fee - $39

Buying and Selling on eBay & Craigslist

Online auctions match buyers and sellers in a global marketplace for almost anything. If you've ever dreamed of working from home or just earning extra income by buying and selling goods online, our instructor will guide you every step of the way. Learn to create titles that get noticed, craft advertising copy that sells items quickly and for top dollar, and upload photos of your items. You'll also learn how to conduct financial transactions, accept credit card payments, and pack and ship any item hassle-free. If you're a buyer, you'll learn how to value almost any item up for auction, get the best possible price, protect yourself against fraud and compete effectively against other bidders.

Instructor: Shawn Hallis
Location: MCC-Longview
Mon., April 6, 6-9 p.m.
Fee - $39

Community Education Enrollment

- Pre-enrollment is required for all classes.
- Walk-ins are not accepted.
- Enrollment is not complete without payment.

Three Easy Ways to Enroll:

1. Over the Telephone using credit or debit

Please have complete enrollment information ready – see our form on page 21 – then call us at 816.604.2030.

2. In Person (cash, check, credit or debit)

Come to the MCC-Longview Community Education Office in the Business Building, Room 101.

Office hours:
Mon.-Thurs.: 8 a.m.-4:30 p.m.
Fri.: 8 a.m.-Noon

3. By Mail

Use the mail-in form on page 21 and submit with check or credit/debit card information.

A Word About Waiting to Enroll:

Every class has a minimum required enrollment. If this minimum is not met prior to the starting date, the class will be canceled. If you find a class you like, encourage a friend to join, too. Sometimes two or three people make the difference between "go" and "cancel."

Enrollment Verification

When you enroll for a class, please mark the date, time and location on your calendar. You will not receive any verification from Community Education. If you enroll by mail and would like to confirm that we received your enrollment, please call 816.604.2030. We will notify you if a class which you are enrolled in has been canceled or is rescheduled.

Refund Policy

Our instructors are paid from fees collected, so we must guarantee a minimum enrollment to schedule a class. If it becomes necessary for you to withdraw from a class, please contact the Community Education office, at 816.604.2030, at least two business days prior to the class start date. You may choose to designate someone else to take your place, or request a full refund – minus a $5 processing fee. **No refunds will be made on the first day of class or after a class starts.**

Classroom Assignments/Parking

Please call the Community Education office at 816.604.2030 for room assignments. You may park in any area on the MCC-Longview campus designated as student parking.

Schedule Changes

The information in this brochure is based on conditions at the time of printing and is subject to change. Classes may be canceled, combined, or added, and instructor assignments, dates, times and/or locations may be changed at the discretion of the Community Education administration.

Cancellations Due To Weather

When MCC-Longview or Metropolitan Community College District cancels classes, your Community Education class will not be held. Please be sure to listen for TV or radio announcements for cancellations. If you are unsure, you may call the Community Education office at 816.604.2030.

Interested in taking college classes toward a degree program?

Visit **mcckc.edu/classes** to view the credit class schedule and plan your future today.

If you ...

enjoy the challenge of teaching, have creative class ideas, or want to be involved in a community program,

please contact us!

We are always looking for instructors for our non-credit programs, adult classes, College for Kids and our classes for adults with developmental disabilities.

If you have an idea for a Community Education class or would enjoy joining our team, contact Tami at 816.604.2640 or email LV.communityeducation@mcckc.edu

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MCC Metropolitan Community College Longview

Longview CC Leading to a Better You!

Community Education Registration Form

Last four digits of Social Security No. _____

Name _____

Address _____

_____

Home Phone _____ Work/Cell Phone _____

Date of Birth _____ Email Address _____

Class Title	Starting Date	Fee

Credit/Debit Card No. _____ Security Code _____

Name on Card _____ Expiration Date _____

Return form with check, money order or debit or credit card information to:

MCC-Longview
Community Education Office
500 SW Longview Road
Lee's Summit, MO 64081-2105

We accept:

DISCOVER NOVUS · VISA · MasterCard

Metropolitan Community College
Longview

500 SW Longview Road
Lee's Summit, MO 64081-2105

mcckc.edu/lvcommed

Call 816.604.2030 to enroll!

Spring 2015 Features

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