

#BeMoreAtMCC

Longview

Metropolitan Community College

# COMMUNITY EDUCATION SPRING 2018

Adult Noncredit Classes and  
College for Kids Spring Break

Metropolitan  
Community College

816.604.2030  
[mccckc.edu/lvcommmed](http://mccckc.edu/lvcommmed)



LONGVIEW

MCC

# COMMUNITY EDUCATION SPRING 2018

Adult Noncredit Classes and  
College for Kids Spring Break

## SPRING FEATURES

### **Flights of Fancy Mega Kite Festival**

Look up in the skies above the picturesque Longview campus of Metropolitan Community College in Lee's Summit, Missouri, and you will see a virtual masterpiece of nylon art. Kites as large as three-story buildings float effortlessly against the backdrop of the springtime sky. Other kites twirl, swoop and dive, much to the astonishment of the gathering crowd. Flights of Fancy is held annually on the third Saturday in April. We invite you to join the fun on April 21, 2018. See page 2 for more information.

### **Barbecue Classes**

We've added to our barbecue-themed class offerings this semester with some hands-on cooking classes. Get all the juicy details on page 22.

### **Spring Break Kids Camps**

Get a head start on College for Kids with three exciting classes for kids. Choose from chess, photography or science for a fun way to learn something new! See page 5 for details.

### **Fitness Factor**

Whether you want to focus on physical fitness or stress relief – or both, you're sure to find an option in our expanded selection of classes that focus on mind and body. See page 10 for more information.

### **Cancellations Due To Weather**

When MCC-Longview or Metropolitan Community College 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.



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## Accommodations

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.

FLIGHTS OF FANCY  
MEGA KITE FESTIVAL



**SATURDAY  
APRIL 21**

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.



[kitefest.mcckc.edu](http://kitefest.mcckc.edu)



Metropolitan  
Community College



LONGVIEW

# CAREERS & BUSINESS

Kick-start your career or discover a new passion

## Ace That Interview

Class #61492

In the market for a new job or returning to work after a break? Interviewing is the major step that determines your success for a job offer. This class will help you capture your strengths during the interview process and portray yourself in a positive light. Learn to anticipate common interview questions, understand the importance of body language, and be familiar with the different styles of interviews. Elevate your confidence level for your next interview!

**Instructor: Linda Anderson**

**Thurs., Feb. 15, 6:30-8:30 p.m.**

**Fee: \$24**

## Explore Your Future

Class #61467

This workshop is designed for people ages 50+ who are asking themselves “what’s next?” It’s vital for people to continue to feel they have purpose and meaning in life. Giving of one’s time, talent and experience as a volunteer or in paid work can be key factors in how you navigate these years. Make your “bonus years” some of the best years of your life!

**Instructor: Sandra Mellinger**

**2 Fri., Begins Feb. 23, 1-5 p.m.**

**Fee: \$199**

## Accounting Fundamentals

online class

Gain a marketable new skill by learning the basics of double-entry bookkeeping, financial reporting and more.

**New sessions start monthly**

**Fee: \$115**



## Small Business Marketing on a Shoestring

online class

Discover small business marketing strategies that can help you attract attention, woo your target audience, grow your customer base and expand your profits—all for little or no money.

**New sessions start monthly**

**Fee: \$115**

## Medical Terminology

online class

Prepare for a career in the health services industry by learning medical terminology in a memorable and enjoyable fashion.

**New sessions start monthly**

**Fee - \$115**

## Using Social Media in Business

online class

Learn how to use the five most popular social media platforms—Facebook, Twitter, LinkedIn, Pinterest and Google+—to grow and promote your business

**New sessions start monthly**

**Fee: \$115**

## Write Effective Web Content

online class

Learn how to write Web content and produce multimedia elements to make your website or blog a must-visit site on the Internet.

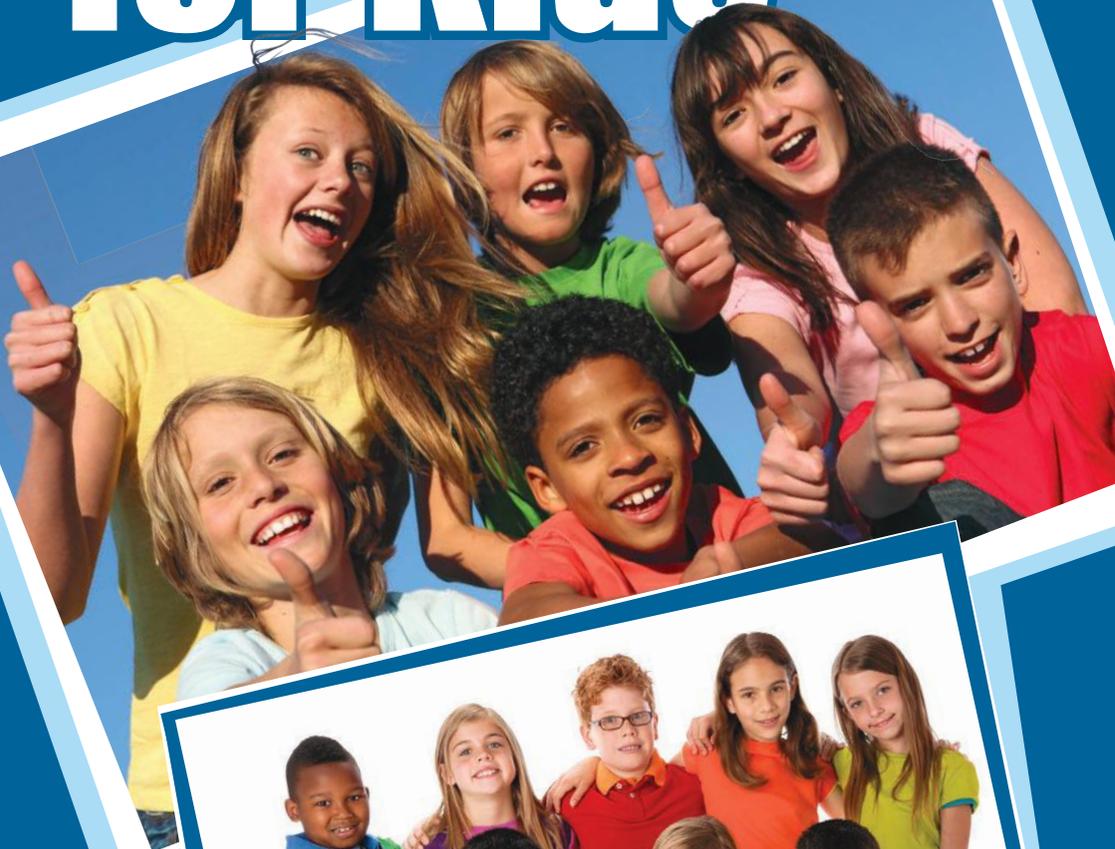
**New sessions start monthly**

**Fee: \$115**

 Register for online classes at

[ed2go.com/lvcommmed](http://ed2go.com/lvcommmed)

# College for Kids



Summer vacation doesn't have to be boring – join in the fun of MCC-Longview's College for Kids program. We offer weekly classes for ages 5-15 during June and July each summer. Classes will run Monday-Thursday and begin the week of June 4. Unleash creativity, think critically and have a blast! This year, look for new classes such as learning the basics of coding, building apps and designing for Minecraft™

# COLLEGE FOR KIDS

Spring Break camps at MCC-Longview



## Chess from Pawn to King Ages 5-16

Class #61536

Students of all levels, from absolute beginner to advanced player, will enjoy learning chess in this challenging and dynamic program. Certified chess instructors will guide you through important rules, chess etiquette, strategy, tactics and more. Research says chess improves students' scores on math, reading, memory and overall intelligence, so take your seat at the table and check your skills!

**Instructor: Kansas City Chess Club**  
**Mon.-Thurs., March 19-22, 1-4 p.m.**  
**Fee - \$140**

## Kids Photography Ages 7-14

Class #61537

Learn to take pictures with whatever camera you have – point and shoot, phone, film or digital. We talk about holding the camera; checking the background; experimentation; zooming in and out; taking pictures of people, things and places; rule of thirds; focal points and more. Our hands-on approach helps kids retain the information and students take home a handout reviewing the lessons.

**Instructor: Debra Lawrence**  
**Mon.-Thurs., March 19-22, 1-4 p.m.**  
**Fee - \$140**

## OOeey Goeey Gross Science Ages 7-12

Class #61540

Life is full of slippery, slimy, gooey and gassy stuff! Campers will get into science up to their elbows as we investigate DNA, digestion, chemical reactions, electrochemical reactions and mucus that are all part of what makes life possible!

**Instructor: Mad Science**  
**Mon.-Thurs., March 19-22, 1-4 p.m.**  
**Fee - \$140**



Please call the MCC-Longview Community Education office at **816.604.2030** to enroll in the College for Kids classes. Online enrollment is not available at this time.

# HOME & GARDEN

Happy home, healthy body



## Sew a T-shirt Quilt

Class #61491

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 begin to sew the blocks together to form the quilt top. The completed quilt top will be ready to be either hand tied or machine quilted (outside of class). 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. Please bring your own machine - there are limited machines available on a first-come-first-served basis.

**Instructor: Judy Foglio**

**2 Mon., Starts Feb. 12, 6:30-8:30 p.m.**

**Fee - \$48**

## Beginning Sewing

Class #61477

Do you have a sewing machine but don't know how to use it? Basic sewing is for you. We will start with the basics and throughout the four sessions you will learn how to use your machine, perform basic clothing/sewing repairs and sew simple patterns. A supply list will be provided. **\*\*You must bring your own machine.**

**Instructor: Courtney Hill**

**5 Thurs., Starts Feb. 8, 6-9 p.m.**

**Fee - \$84**

## Get Crafty with Pinterest

Class #61471

Decorate your home for year-round flair with Pinterest-inspired crafts. Not familiar with how Pinterest works? We'll start with an overview of the popular virtual idea board, then we'll get crafty! You'll create four seasonal projects to make your home welcoming and cheerful throughout the year. All supplies will be provided.

**Instructor: Nikki Worstell**

**2 Thurs., Starts Feb. 6, 6:30-8:30 p.m.**

**Fee - \$47, includes supplies**



**FIND A CLASS  
YOU LOVE?**

**Enroll with a friend!**

# HOME & GARDEN

Let us help you make your home comfortable and cozy.

## **Fermentation 101: Kombucha Tea**

*Class #61429*

This class will open your mind to the world of fermentation, which is an ancient method for not only preserving our foods and drinks, but also increasing their nutritional value. Learn the hows and whys to kombucha tea brewing as we go through the process of home brewing from first to second fermentation. Samples are included.

**Instructor: Stephanie Novacek**

**Tues., Jan 30, 6-8 p.m.**

**Fee - \$34**

## **Fermentation 101: Kefir**

*Class #61430*

Cultured kefir (dairy or water) is a healing drink that will help restore your gut flora for improved health and immunity. Join this class to learn the ancient method of preserving beverages and discover how to culture your own milk or water kefir in a simple and cost-effective way. Samples included.

**Instructor: Stephanie Novacek**

**Tues., Feb. 20, 6-8 p.m.**

**Fee - \$34**

## **Fermentation 101: Cultured Veggies**

*Class #61431*

Join us for this interactive workshop that will provide you with the hows and whys of fermented foods. We will slice, salt and spice up some carrot sticks to create an amazingly delicious and nutritious jar of fermented garlic dilly carrot sticks, chock-full of probiotics.

**Instructor: Stephanie Novacek**

**Tues., March 20, 6-8 p.m.**

**Fee - \$39**

## **Gut Healing 101: Bone Broth**

*Class #61432*

Are you looking for a way to improve your gut health naturally through food? Did you know that bone broth is one of the most healing foods that can repair the lining of your intestines? Join us for this educational class that will provide you with the hows and whys of bone broth. You will leave this class with an understanding of the benefits of broth/gelatin/collagen, how to simply make your own broth and how to incorporate broth into your fall and winter recipes. Samples of chicken and beef bone broth will also be enjoyed!

**Instructor: Stephanie Novacek**

**Tues., April 10, 6-8 p.m.**

**Fee - \$34**

## **Introduction to Bees and Beekeeping**

*Class #61541*

Learn the principles of beekeeping – history, honeybee biology, plant and pollinator relationship, and essential equipment and requirements – in this introduction to the certification program of the Midwest Master Beekeeper Program. An experienced beekeeper from the program will teach you how to get started in becoming a beekeeper, how to manage hives safely, methods of pest management and tools and equipment used in the apiary. By the end of this first course, you will be able to help experienced beekeepers in the management of hives.

**Instructor: Midwest Master  
Beekeeper Program**

**2 Tues., Starts March 20, 6-8:30 p.m.**

**Fee - \$79, includes book**

**ONLINE ENROLLMENT  
NOW AVAILABLE!**

*See page 29 for details.*

# LANGUAGE & COMMUNICATION

Communicate with people near and far.

Books for all language classes can be purchased from the MCC-Longview campus bookstore. Call 816.604.2189 for information.



## Beginning Italian for Travelers I Class #61478

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.

**Instructor: Lisa Power**

**8 Sat., Starts Feb. 10, 9-11 a.m.**

**Fee - \$104**

## Beginning Italian for Travelers II Class #61479

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**

**6 Sat., Starts April 7, 9-11 a.m.**

**Fee - \$89**

## Beginning French for Travelers Class #61480

They say that French is the Language of Love. Are you considering visiting a French speaking country, dust off your high school French 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. This class is designed for those with no prior knowledge of the language.

**Instructor: Nicole Russell**

**8 Mon., Starts February 12, 6-8 p.m.**

**Fee - \$104**

## Beginning Spanish – Level 1 Class #61441

The innovative program *Spanish in 10 Minutes a Day* is easy to use and will have you speaking Spanish immediately. Using labels, flash cards, oral practice and more, you will learn more than 300 vocabulary words, including numbers, colors and some verbs. This class is designed for those with no prior knowledge of Spanish. Bring a 3-ring notebook and index cards.

**Instructor: Karen Lange**

**6 Tues., Starts Jan. 30, 6:30-8 p.m.**

**Fee - \$79**

Looking for a language class not offered on campus? Visit [ed2go.com/lvcommed](http://ed2go.com/lvcommed) for additional language classes.

**[ed2go.com/lvcommed](http://ed2go.com/lvcommed)**

# LANGUAGE & COMMUNICATION

Communicate with people near and far.

Books for all language classes can be purchased from the MCC-Longview campus bookstore. Call 816.604.2189 for information.

## Beginning Spanish – Level 2

Class #61442

Continuing with the program *Spanish in 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

6 Tues., Starts March 20, 6:30-8 p.m.

Fee - \$79

## Speed Spanish

online class

Learn six easy recipes to glue Spanish words together into sentences and you'll be engaging in conversational Spanish in no time.

**New sessions start monthly**

Fee - \$115



## Beginning Sign Language

Class #61443

This introductory course is for those with little or no sign language experience. Learn the basics of the manual alphabet and conversation. Practice both receptive and expressive skills, and learn about deaf culture.

**Instructor:** Debra Swinger

6 Tues., Starts Jan. 30, 7-9 p.m.

Fee - \$89

## Continuing Sign Language

Class #61444

This course continues building upon the foundation of Sign Language, learned in the Beginning Sign Language course.

**Prerequisite:** Sign Language I or equivalent.

**Instructor:** Debra Swinger

6 Tues., Starts March 20, 7-9 p.m.

Fee - \$89

## DON'T FORGET

to purchase your book prior to your first class session!

# MIND-BODY FOCUS

Bring mind and body together for helpful wellness information

## Hatha Yoga with Meditation & Relaxation

Increase your flexibility and decrease the stress in your life through yoga and relaxation. This class, for both beginning and intermediate skill levels, 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: Kristin Gideon**

### Section A

**Class #61424**

**8 Mon.**

**Starts Jan. 29**

**6-7:15 p.m.**

**Fee - \$69**

### Section B

**Class #61428**

**8 Mon.**

**Starts April 2**

**6-7:15 p.m.**

**Fee - \$69**

## Yoga for Stress Relief

**Class #61427**

Looking for a way to decrease stress levels and restore some peace in your life? Treat yourself to six weeks of yoga with calming breathing exercises, gentle movement, and a combination of deep stretch yin yoga and fully supported restorative postures. We'll bring the body and mind into balance, entering into a state of deep relaxation. This relaxation response will reset the nervous system, allowing you to feel better in your body, calmer in your mind and happier in your life. Students will need to purchase their own yoga bolster, blocks and a strap in order to participate in this class. Suggested resources will be provided upon enrollment.

**Instructor: Kristin Gideon**

**6 Tues., Starts March 20, 6-7:15 p.m.**

**Fee - \$59**



## Simple Meditation, Simple Breath

**Class #61545**

Find a focus on your own heart in meditation practice that is designed to calm the mind, relax the body, improve focus and increase energy. This class, for those new and experienced with meditation, will include the science, benefits and breathing techniques used in meditation. Each week, Jan Sumner, a yoga and meditation instructor certified through Kripalu Yoga Center, will guide you through techniques that will allow you to create a meditation plan for your personal practice. Suggested items to bring to class: meditation cushion or mat (chairs will also be provided if preferred), journal for writing and a bottle of water.

**Instructor: Jan Sumner**

**6 Thurs., Starts March 22, 6-7 p.m.**

**Fee - \$54**

## Intuitive Eating

**Class #61550**

Our intuition is the second most powerful aspect of our body. The first is our health! You were born with the gift of a body, mind and spirit capable of amazing things. But when we're not eating what our body is asking for, we begin to feel sluggish, unmotivated, anxious or depressed. Our bodies know us better than we know ourselves. Learn how to achieve your wellness goals simply by listening to your intuition about what foods your body is craving.

**Instructor: Amy Jo**

**Wed., April 4, 6:30-8:30 p.m.**

**Fee - \$24**

**FIND A CLASS  
YOU LOVE?**

**Enroll with a friend!**

# MIND-BODY FOCUS

Bring mind and body together for helpful wellness information

## Zumba® Gold

Class #61457

Dance to the beat – just maybe a little slower. If you're interested in a modified Zumba® class that recreates the original moves you love at a lower intensity, lace up your sneakers and feel the rhythm!

We will focus on balance, range of motion and coordination. Come ready to sweat and prepare to leave empowered and feeling strong. The class focuses on all elements of fitness: cardiovascular, muscular conditioning, flexibility and balance.

**Instructor: Susan Reynolds Berg**

**12 Mon., Starts Feb. 5, 12:30-1:30 p.m.**

**Fee - \$84**

## Barre Method

Class #61458

Barre Fitness class is a fun and empowering class set to today's hottest music. Classes begin with a warm up focusing on postural strength and alignment, followed by a series of upper-body exercises using light weights or stretchy bands. The ballet barre method is used to sculpt the lower body and abs, and for flexibility training. Students should bring their own mat to class for personal use.

**Instructor: Susan Reynolds Berg**

**12 Mon., Starts Feb. 5, 1:30-2:30 p.m.**

**Fee - \$84**



## CPR and First Aid

Class #61547

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 Heart Association CPR certification is valid for two years following the class.

**Instructor: Joe Gilman**

**Sat., March 24, 9 a.m.-3 p.m.**

**Fee - \$84, includes book**



## Introduction to Essential Oils

Class #61562

Essential oils have been used for thousands of years—learn why they're still useful today. We'll cover household and personal uses of essential oils. Learn how to use oils aromatically, topically and internally, and when to use them each way responsibly. Take home some "recipes" for household cleaners and basic holistic uses of essential oils.

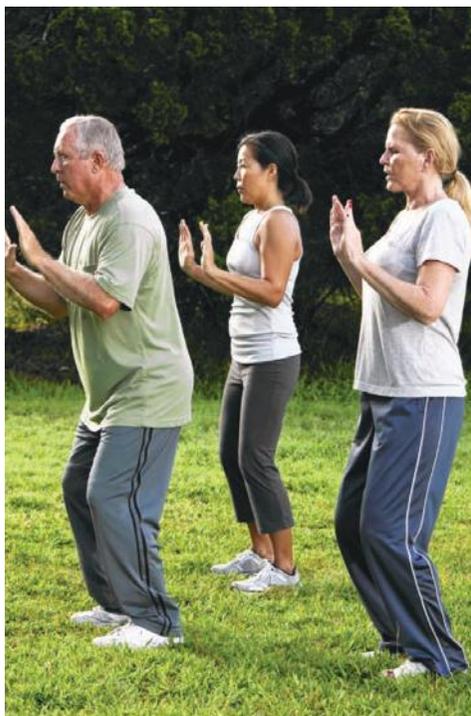
**Instructor: Amy Jo**

**Mon., Feb. 21, 6-9 p.m.**

**Fee - \$39**

# MIND-BODY FOCUS

Mind and body work together to achieve overall wellness.



## Tai Chi for Arthritis

This evidence-based program supported by the Centers for Disease Control and Prevention (CDC) and the Arthritis Foundation can improve balance, flexibility, coordination, and muscle strength; ease pain and stiffness; and reduce the risk of falls. It is an easy, safe and effective exercise program. Almost anyone with or without arthritis, and with almost any physical condition, can learn this program to improve health and quality of life.

**Instructor: Nina Chen**

**Section A:**  
**Class #61451**  
**6 Mon.**  
**Starts Feb. 5**  
**3-4 p.m.**  
**Fee - \$54**

**Section B:**  
**Class #61453**  
**6 Mon.**  
**Starts March 19**  
**3-4 p.m.**  
**Fee - \$54**

## Tai Chi for Energy

Would you like to learn Tai Chi that helps relax, refresh and revitalize you? Tai Chi for Energy combines faster movements from Chen Style with slow movements from Sun Style. It helps improve health, wellness, internal energy and ability to manage stress. Tai Chi for Energy is appropriate for beginners but also provides challenge for continuing Tai Chi practitioners.

**Instructor: Nina Chen**

**Section A:**  
**Class #61450**  
**6 Fri.**  
**Starts Feb. 2**  
**3-4 p.m.**  
**Fee - \$54**

**Section B:**  
**Class #61452**  
**6 Fri.**  
**Starts March 16**  
**3-4 p.m.**  
**Fee - \$54**

## Yoga Flow

**Class #61425**

Feel invigorated and relaxed at the same time while moving through this combination of static yoga postures and flowing postures such as Sun Salutations. Perfect for all levels, as options for ease or advancement are given in many of the postures.

**Instructor: Stacy Walsh**

**10 Tues. & 10 Thurs., Starts Jan. 30,**  
**1-2 p.m.**  
**Fee - \$84**

## Yoga for the Absolute Beginner

**Class #61426**

Begin a daily practice of loving your body and mind with a yoga practice that will love you back. Join others who are curious about the practice of yoga as we discover breathing techniques, alignment skills and basic postures that will awaken strength, increase flexibility and energize anyone of any age!

**Instructor: Stacy Walsh**

**10 Tues. & 10 Thurs., Starts Jan. 30,**  
**11:30 a.m.-12:30 p.m.**  
**Fee - \$84**

**ONLINE ENROLLMENT  
NOW AVAILABLE!**

See page 29 for details.

# MIND-BODY FOCUS

Mind and body work together to achieve overall wellness.

## DIY Bath Products

Class #61470

Do you or someone you know love bath bombs? Join us for a fun, introductory class on making your own! Walk away with a basic recipe and several homemade bath bombs. Keep – and indulge yourself – or give them away as gifts. All-natural ingredients will be used and the cost of materials is included with the class. Bring a friend to this hands-on class!

**Instructor: Kat Dewald**

**Tues., Feb. 6, 6-8 p.m.**

**Fee - \$39**

## Sex After 60

Class #61468

Professionals from the fields of medicine and psychology offer facts and dispel myths about human sexuality in midlife and beyond. Participants will be provided with accurate, relevant information and have an opportunity to get their questions answered by the experts. If you've always wanted to ask about this important aspect of successful aging, this is the class for you! CEUs available upon request.

**Instructor: Sandra Mellinger**

**Tues., March 6, 6-8 p.m.**

**Fee - \$39**

# PHOTOGRAPHY

Classes for shutterbugs of all experience levels



## Creatively Capturing the Moment

Class #61445

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**

**4 Thurs., Starts Feb. 1, 6:30-8:30 p.m.**

**Fee - \$69**

## Creatively Fine Tuning the Moment

Class #61446

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**

**4 Thurs., Starts March 8**

**6:30-8:30 p.m.**

**Fee - \$69**



# PHOTOGRAPHY

Classes for shutterbugs of all experience levels



## Manipulating the Moment for Photoshop

Class #61551

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.

**Instructor: Debra Lawrence**

**3 Thurs., Starts April 5, 6-9 p.m.**

**Fee - \$69**

## Travel Photography

Class #61447

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 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**

**Thurs., April 26, 6:30-8:30 p.m.**

**Fee - \$39**

## Starting a Photography Business

Class #61448

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? 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 business. From naming your business and properly registering it to taxes and hiring employees, time management, pricing and props, we will cover it all.

**Instructor: Debra Lawrence,  
Abundant Moments Photography  
Thurs., May 3, 6-9 p.m.**

**Fee - \$39**

## Lightroom Basics

Class #61449

Many photographers, professional and hobbyist alike, use Adobe Lightroom exclusively for their post processing and editing. Topics include adjusting picture color, tone and hue, cropping, spot removal, sharpening and more! There are no prerequisites for this class, and though Photoshop will be referenced, experience in Photoshop is not necessary. You must bring your own laptop with a copy of Lightroom 6 or CC installed. A free trial of Lightroom is available at [www.adobe.com](http://www.adobe.com).

**Instructor: Debra Lawrence**

**3 Thurs., Starts May 10, 6:30-8:30 p.m.**

**Fee - \$54**



# RECREATION & CREATIVE EXPRESSION

Stretch your creative muscles

## Ballroom Basics

Class #61543

Learn some moonlight dance moves that you can use on the dance floor. You will leave each evening with new steps or turns that will improve what dancing you do know or might not know. We will learn dance moves for the Waltz, Rumba, Fox Trot and some turns from East Coast Swing. Be prepared for a great time.

**Instructor: Karen House**

**6 Wed., Starts March 21**

**6:30-7:30 p.m.**

**Fee - \$74**



## Beginning Guitar Instruction

Class #61544

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**

**8 Wed., Starts March 21**

**6:30-8:30 p.m.**

**Fee - \$109**



## Friday Art Studio

Class #61474

You have the desire – now you have the time and space to create! Join other like-minded people and set aside time to explore your artistic side. During these dedicated afternoons, you'll be able to focus on creative projects of your own choosing, with a professional artist in the studio to answer questions, give feedback or just help you through a creative block.

**Instructor: Jim Smith**

**4 Fri., Starts March 23**

**Noon-2 p.m.**

**Fee - \$59**

# RECREATION & CREATIVE EXPRESSION

Stretch your creative muscles

## Basic Drawing

Class #61519

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: Amy Jo**

**4 Wed., Starts March 7**

**6-8:30 p.m.**

**Fee - \$79**

## Soul Paint

Class #61459

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**

**4 Mon., Starts Feb. 5**

**6-8:30 p.m.**

**Fee - \$79**

**ONLINE ENROLLMENT  
NOW AVAILABLE!**

*See page 29 for details.*



## Beginning Watercolor

Class #61473

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: Amy Jo**

**4 Mon., Starts March 5, 6-8:30 p.m.**

**Fee - \$79**

## Oil and Acrylic Painting

Class #61472

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 Skinner**

**4 Tues., Starts Feb. 6, 6-9 p.m.**

**Fee - \$84**

# RECREATION & CREATIVE EXPRESSION

Stretch your creative muscles

## Golf

Class #61563

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 and putting 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 May 1, 6-7:45 p.m.  
Fee - \$79**

## Retire and Travel Free!

Class #61561

If you're one of the 75 million baby boomers nearing retirement or already retired, a student, or anyone who likes the idea of making additional income to support their travel dream and keep their retirement money in the bank, this class is for you. Learn more than 200 ways to travel free – or even get paid to travel – and have fun, working vacations. Gina Henry will share how she has successfully traveled for a living for the past 25 years using these tips. Required book ("Retire & Travel Free," written by the instructor) is separate \$15 fee, payable to the instructor in class.

**Instructor: Gina Henry**  
**Thurs., April 19, 6:00-9:30 p.m.**  
**Fee - \$39**

## Time and Money

Class #61466

Do you ever wish you had more time and more money? What do you really want? In this hands-on workshop, you will discover new ways to think about how you spend your time and use your money, and how the two are connected. Learn how you could increase your financial bottom line and have more time to enjoy doing what you want to do. In the process, you may also find new meaning and purpose to your work, plans, life and future. (This is not a class on budgeting or financial planning.)

**Instructor: Julie Skinner**  
**2 Mon., Starts Feb. 5, 6-8:30 p.m.**  
**Fee - \$49**

## Creative Journaling

Class #61496

Put your thoughts on paper in style! In this class, you'll create your own journaling space to fill with color, painting, drawings, collage and much more! It's not so much the end result, but the whole process! The art journal can be a notebook, diary, sketchbook, scrapbook or anything that has blank pages in which to create. In this class, we will use a composition notebook as the starting point to our creation. Various types of art journaling techniques will be learned in order to craft a beautiful journal that is uniquely yours!

**Instructor: Nikki Worstell**  
**3 Thurs., Starts Feb. 15**  
**6:30-8:30 p.m.**  
**Fee - \$79**

**FIND A CLASS  
YOU LOVE?**

Enroll with a friend!

# RECREATION & CREATIVE EXPRESSION

Stretch your creative muscles

## Creative Writing: Focus on Short Fiction

Class #61535

The best writers of fiction bring a story to life, allowing the reader to imagine the world of the story as if he could step through the pages of the book and be a part of that world. Do you have an imaginary world that you would like to bring to life in print? In this class you will discover how to use words to create imagery and hold a reader's attention to the very end. MCC-Longview's Writing Studio will provide take-home resources.

**Instructor: Sarah Mundy**

**6 Wed., Starts March 7**

**6-8:30 p.m.**

**Fee - \$84**

## Introduction to Poetic Form

Class #61553

Poems have been a part of the human story before those stories were written. The earliest poems were oral histories and traditions passed from generation to generation. Poetry as we know it today has many forms. In this class, you will learn more about different poetic forms and try your hand at writing poetry.

**Instructor: Sarah Mundy**

**4 Thurs., Starts April 5**

**6:30-8:30 p.m.**

**Fee - \$59**



## Financial Strategies for Successful Retirement

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More than 1,000 satisfied attendees since 1995!  
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### 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.**

**3 Tues., Starts Jan. 23, 6:30-9:30 p.m.**

**Fee - \$59/single (Class #61422), includes workbook; \$79/couple (Class #61423), one workbook (Fee includes optional private consultation.)**

# SPECIAL INTERESTS & LAW

Healthy, wealthy, and wise

## First-Time Home Buying Seminar

*Class #61516*

Don't go into your first home-buying experience without all of the facts! Home buying can be a confusing process, but if you are prepared, you can buy with confidence. Know if you can buy, what you can buy – or if you should buy at all. By the end of this class you will have information about mortgage options, real estate groups and title agencies, and how to repair your credit if needed.

**Instructor: Randy Winton**  
**Thurs., March 1, 6-8:30 p.m.**  
**Fee - \$24**



## Basic Estate Planning and Wills

*Class #61499*

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**  
**Tues., Feb. 20, 7-9 p.m.**  
**Fee - \$24**

## Living Trusts

*Class #61511*

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**  
**Tues., Feb. 27, 7-9 p.m.**  
**Fee - \$24**

## Now You're an Executor!

*Class #61517*

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**  
**Tues., March 6, 7-9 p.m.**  
**Fee - \$24**

## Aging with Dignity: Exploring Long-Term Care

*Class #61542*

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**  
**Wed., March 21, 6-8 p.m.**  
**Fee - \$24**



# SPECIAL INTERESTS & LAW

Healthy, wealthy, and wise

## ABCs of Medicare Insurance

Class #61518

Master the alphabet soup of Medicare insurance. There are many options from which to choose, but the process can be confusing. If all the letters and acronyms you see have your head spinning, this class is for you. You will learn about the different parts of Medicare, supplement plans and the difference between PPOs and HMOs. No specific plans will be shared; this class is for educational purposes only.

**Instructor: Jeff David**

**Tues., March 6, 6:30-8:30 p.m.**

**Fee - \$24**



## Retro Video Games: Unlock Their Full Potential

Class #61493

Love retro video games? The golden age of video games gave us many classics but over time these systems have lost their luster. In the past few years there have been many changes in the retro gaming community. We can now play games in crystal clear HD quality, use modern controllers, play our entire library of games from one cartridge and be able to save games you want to play again. No longer have a working game console? Discover solutions like the NES Classic that take up less room and still let you enjoy your classic video games.

**Instructor: Adam Burns**

**Thurs., Feb. 15, 6-8 p.m.**

**Fee - \$39**

## Getting Your Foot in the Theater Door

Class #61546

Was theater your “first love,” but it drifted out of your life over time? Or did you always want to act, but did not have the opportunity? Step on the stage and embrace your love of this dramatic art as an adult. Learn theatrical terms and idioms, the general flow of events in a production, and get information on local community theaters. You’ll explore the different jobs in a theater, both on stage and backstage. Learn how to read and understand audition postings and scripts. The instructor will bring in local directors from community theaters to observe mock auditions. No memorizing or preparation needed. Break a leg!

**Instructor: Michael “Mac” Kettner**

**4 Thurs., Starts March 22, 7-9 p.m.**

**Fee - \$59**

## Beginning Script Writing

Class #61560

If you have ever sat through a movie or play and thought to yourself, “I could have written that,” then this class is for you! Bring your story to life by creating a story arc, developing your characters and focus on creating compelling dialogue for the story you want to tell. In these three class sessions, your story will be planned and evaluated from a rough idea to a finished plot, with focus on one scene for practice. You’ll learn how to format your script and how to submit it to literary agents to get your story on the stage or big screen.

**Instructor: Michael “Mac” Kettner**

**3 Thurs., Starts April 19, 7-9 p.m.**

**Fee - \$54**

**ONLINE ENROLLMENT NOW AVAILABLE!**

*See page 29 for details.*

# SPECIAL INTERESTS & LAW

Healthy, wealthy, and wise

## From Flanders Fields to Christina's World

*Class #61512*

When looking at a painting or reading a poem, you may imagine yourself in the mind of the artist. What is the artist's viewpoint? What message is the artist trying to convey? We'll examine specific examples of art, literature, poetry and photography in this thought-provoking class. Discover how art can inspire us to develop character traits such as courage, hope, perseverance and leadership.

**Instructor: Tom Merrell**

**5 Tues., Starts Feb. 27, 6-8 p.m.**

**Fee - \$59**

## The Archaeology of General Order No. 11: Loss and Recovery in Bates County

*Class #61513*

War has devastating effects for all involved, military and civilian alike. For Missouri and Kansas, the Civil War came early with the Missouri-Kansas Border War and General Order No. 11, which decreed the depopulation and suspension of civil rights of all residents in four Missouri counties along the Kansas border. Private property was destroyed without hearing or compensation. Although effects of this event reverberated through the entire state, recovery from it is a testimony to the resilience of the American democracy. Join MCC anthropology professor Dr. Ann M. Raab to learn about archaeological research being conducted in the Bates County area that offers great potential for understanding not only the destructiveness of the Civil War era, but also how the survivors of the Border War were able to recover.

**Instructor: Ann Raab**

**Wed., April 18, 6-8 p.m.**

**Fee - \$24**

## Downsizing

*Class #61469*

Feeling overwhelmed by your STUFF? If you have been contemplating (or avoiding) how to tackle the closets, attic, garage or basement this is the class for you. Whether for yourself or someone else, this class has answers and is led by an expert in the field of organizing, recycling, repurposing or consigning. You'll be shown important strategies and tips for "lightening your load" and "lifting your spirits."

**Instructor: Sandra Mellinger**

**Thurs., March 22, 6-8 p.m.**

**Fee - \$39**

## Pet First Aid

*Class #61554*

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**

**Sat., April 7, 9 a.m.-noon**

**Fee - \$79 includes book**



# BARBEQUE

It's all about the 'que



## Certified Barbeque Judge

*Class #61507 (KCBS member)*

*Class #61508 (non-member)*

Calling all barbeque lovers! If you've ever attended a barbeque competition and wished you could sample all of it, now is your chance to fulfill that wish by becoming a certified barbeque judge.

"Being a Certified Barbeque Judge is about representing and spreading the message of Kansas City Barbeque Society, which is to promote America's cuisine—barbeque" ([www.kcbs.us](http://www.kcbs.us)).

Learn what it takes for barbecue to be crowned a champion! Barbecue is truly America's cuisine and is no longer relegated to the backyard. In this class you will learn to use touch, taste and smell to judge competition barbecue.

**Instructor: Mark Simmons**

**Sat., March 17, 10 a.m.-2 p.m.**

**Fee - \$75 (KCBS members)**

**\$110 (non-members)**

**(Non-member fee includes one-year membership to Kansas City Barbeque Society.)**

## Brisket Boot Camp

*Class #61506*

Tough/dry brisket will be a thing of the past after spending time with renowned barbecue pitmasters Jason and Megan Day of Burnt Finger BBQ. We'll cover the proper techniques for preparing traditional sliced brisket, as well as Kansas City's Crown Jewel of barbecue: burnt ends! We'll also share several of our brisket-inspired side dish and "next day" recipes, including our American Royal winning Smokey Kansas City Pit Beans. You'll leave this class armed with the knowledge to select the ideal beef brisket, trim/season it and cook it to smoky, mouth-watering decadence.

**Instructors: Jason and Megan Day, Burnt Finger BBQ**

**Sat., Feb. 24, 10 a.m.-1:30 p.m.**

**Fee - \$105**

## Hands-on Ribs

*Class #61509*

Learn to master one of the all-time great barbecue meals! Renowned barbecue pitmasters Jason and Megan Day of Burnt Finger BBQ will provide a hands-on cooking experience that will make you an instant pitmaster. You'll work alongside Jason and Megan to learn the proper way to prep, smoke and carve championship-caliber pork spare ribs. All students will leave the class with their own slab of ribs ready to be finished off at home.

We'll discuss meat selection, pork vs. beef ribs, proper trimming and skinning techniques, how to build flavor, fire management and smoke application. Enjoy samples of several variations of smoked barbecue ribs, including both beef and pork ribs.

**Instructors: Jason and Megan Day, Burnt Finger BBQ**

**Sat., April 28, 10 a.m.-1:30 p.m.**

**Fee - \$105**

Jason and Megan Day are the pitmasters behind the professional barbecue team Burnt Finger BBQ. Since its founding in 2008, Burnt Finger BBQ has racked up countless awards on the competition barbecue circuit. Jason's signature recipe is Bacon Explosion and his debut cookbook, *BBQ Makes Everything Better*, was named "The Best Barbecue Book in the World" by the Gourmand World Cookbook Awards. Megan was the darling of Food Network's *Chopped Grill Masters* Season 4 by winning her preliminary round and besting all other pitmasters in the series finale. When not touring the pro barbecue circuit, Jason and Megan spend their time teaching, consulting, promoting their line of Smokey Kansas City and Bacon Explosion products and creating content for their barbecue website [www.bbqaddicts.com](http://www.bbqaddicts.com).



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### **Accounting Fundamentals**

Gain a marketable new skill by learning the basics of double-entry bookkeeping, financial reporting, and more.

### **Introduction to Microsoft Excel 2016**

Become proficient in using Microsoft Excel 2016 (now available through Office 365) and discover how to create worksheets, workbooks, charts, and graphs quickly and efficiently.

### **Medical Terminology: A Word Association Approach**

Prepare for a career in the health services industry by learning medical terminology in a memorable and enjoyable fashion.

### **Grammar Refresher**

Whatever your goals, a grasp of English grammar is important if you want to improve your speaking and writing skills.

### **Microsoft Excel 2016 Series**

Learn to use basic, intermediate, and advanced features of Microsoft Excel 2016.

### **Accounting Fundamentals Series**

If you're interested in increasing your financial awareness while also gaining a marketable skill, this series of courses is perfect for you.

### **Introduction to SQL**

Gain a solid working knowledge of the most powerful and widely used database programming language.

### **Introduction to Microsoft Excel 2013**

Become proficient in using Microsoft Excel 2013 and discover countless shortcuts, tricks, and features for creating and formatting worksheets quickly and efficiently.

### **Effective Business Writing**

Improve your career prospects by learning how to develop powerful written documents that draw readers in and keep them motivated to continue to the end.

### **Speed Spanish**

Learn six easy recipes to glue Spanish words together into sentences, and you'll be engaging in conversational Spanish in no time.

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[course.online/mcclv](https://course.online/mcclv)

# TECHNOLOGY

Develop new skills or enhance existing ones for workplace enhancement.

## Introduction to MS-Word 2016 Class #61502

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. Book may be purchased from the MCC-Longview campus bookstore. **Prerequisite:**

**Basic keyboard /mouse skills.**

**Instructor: Teresa Wedel**

**2 Wed. & 1 Mon., Starts Feb. 21**

**6-8:30 p.m.**

**Fee - \$79**

## Introduction to MS-Excel 2016 Class #61555

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. Book may be purchased from the MCC-Longview campus bookstore. **Prerequisite:**

**Basic keyboard /mouse skills.**

**Instructor: Teresa Wedel**

**2 Mon. & 1 Wed., Starts April 9**

**6-8:30 p.m.**

**Fee - \$79**

## Introduction to MS-Office 2016 Class #61475

MS-Word, Excel and PowerPoint are the most commonly used computer applications today. Learn to create, format, enhance, save and print your documents, spreadsheets and presentations using Microsoft Office 2016. Book may be purchased from the MCC-Longview campus bookstore. **Prerequisite: Basic keyboard and mouse skills.**

**Instructor: Teresa Wedel**

**2 Wed. & 1 Mon.**

**Starts Feb. 7, 6-8:30 p.m.**

**Fee - \$79**

## Intermediate MS-Excel 2016 Class #61564

Gain stronger proficiency with additional features and functions in Excel. You will focus on tables, how to adjust row heights, add borders and shading to a worksheet, and how to improve output. Book may be purchased from the MCC-Longview campus bookstore. **Prerequisite: Introduction to MS-Excel or Introduction to MS-Office 2016.**

**Instructor: Teresa Wedel**

**2 Wed. & 1 Mon.**

**Starts May 2, 6-8:30 p.m.**

**Fee - \$79**

## Cloud Computing Class #61548

It's a bird ... it's a plane ... it's computer data? Just what is this strange thing called "the cloud?" In this overview of cloud computing, you will learn about online storage options such as Dropbox. You'll have the chance to compare desktop applications to their cloud-based alternatives, such as Google Docs and Microsoft Office 365. Finally, we'll look at the evolution of cloud security and how our perception of that security has changed.

**Instructor: Teresa Wedel**

**Wed., April 4, 6-8 p.m.**

**Fee - \$39**



# TECHNOLOGY

Develop new skills or enhance existing ones for workplace enhancement.



## Windows 10

Class #61558

If you've recently purchased a new computer, there is a good chance it came loaded with Microsoft's updated operating system, Windows 10. There are many differences between this version of Windows and its predecessors, not the least of which is what it looks like to the average computer user. Come explore this system designed to integrate seamlessly with mobile devices and which brings a new level of innovation and security to all users.

**Instructor: Teresa Wedel**

**Wed., April 18, 6-8 p.m.**

**Fee - \$39**

## Beginning MS-Access 2016 for Advanced MS-Excel Users

Class #61566

Are you using MS-Excel like a database? Find out when your needs would be better suited to MS-Access, Microsoft Office's database software. Excel is a suitable tool for calculations, but Access is superb at cataloging and organizing your data. If you regularly use the Min/Max, HLOOKUP/VLOOKUP, or PivotTables functions of Excel, you are actually using database functions. If you are asking complex questions of your data, it's time to consider MS-Access.

**Instructor: Michael "Mac" Kettner**

**2 Mon. & 1 Wed., Starts May 14,  
7-9 p.m.**

**Fee - \$64**



## Get the Most from Your iPad

Class #61498

Explore 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.

**Instructor: Adam Burns**

**Tues., April 10, 6-9 p.m.**

**Fee - \$39**

## Cutting the Cord: TV without Cable or Satellite

Class #61497

Tired of paying an arm and a leg for cable or satellite? This is the year to save on your TV bills by cutting the cord. We'll look at how to "cut the fluff" and only pay for the programming you actually watch. We'll address how to save on your phone bill, what to look for in Internet plans, what subscriptions to sign up for and what equipment you will need to cut the cord.

**Instructor: Adam Burns**

**Tues., Feb 20, 6-8 p.m.**

**Fee - \$39**

# TECHNOLOGY

Develop new skills or enhance existing ones for workplace enhancement.

## Retro Video Games: Unlock Their Full Potential

Class #61493

Love retro video games? The golden age of video games gave us many classics but over time these systems have lost their luster. In the past few years there have been many changes in the retro gaming community. We can now play games in crystal clear HD quality, use modern controllers, play our entire library of games from one cartridge and be able to save games you want to play again. No longer have a working game console? Discover solutions like the NES Classic that take up less room and still let you enjoy your classic video games.

**Instructor: Adam Burns**  
**Thurs., Feb. 15, 6-8 p.m.**  
**Fee - \$39**

## Protect Your PC

Class #61495

Every computer is extremely vulnerable to viruses, spyware, and all other kinds of malicious software. Learn how to identify threats and what you can do to protect yourself and your information.

**Instructor: Adam Burns**  
**Tues., March 27, 6-8 p.m.**  
**Fee - \$39**

## Keyboarding

online class



If you want to learn touch-typing or improve your existing typing skills, this is the perfect course for you! Using the Keyboarding Pro 5 program, a typing tutorial designed for personal computers, you'll learn how to type text you read from a printed page or a computer screen without looking at your keyboard.

**New sessions start monthly**  
**Fee - \$99**

## Introduction to 3-D Printing

Class #61557

3D printing is being used in an increasing number of areas, from medical device development to food design – or just for fun. Have you ever wanted to explore this technology? This introductory class on 3D computer modeling and printing will cover the basics of the software for 3D design. You'll begin by creating a computer 3D model, then modify and prepare it for printing. Learn the 3D printing process from beginning to end, starting with an overview of the parts of the printer and the different types of plastic filament used. Turn your idea into reality with this simple and intuitive software! All supplies will be provided.

**Instructor: Joe Gilman**  
**Sat., April 14, 9 a.m.-noon**  
**Fee - \$85**

## Introduction to QuickBooks Online

online class



Use this cloud-based accounting program to record income and expenses; enter checks and credit card payments; track your payables, inventory, and receivables; and much more.

**New sessions start monthly**  
**Fee - \$115**

## Introduction to Microsoft Project 2016

online class



Use this popular project management software to plan, implement, and control projects, track costs and resources, and generate reports using Gantt Chart and Calendar views.

**New sessions start monthly**  
**Fee - \$129**



Register for online classes at

[ed2go.com/lvcommed](http://ed2go.com/lvcommed)

# ONE-ON-ONE COMPUTER TRAINING

Get the attention you need on a computer project you choose. While the Community Education program offers group computer classes on many subjects, one-on-one lessons can be a better way to learn for some people. Select your topic and call to schedule your training. Some topics our instructors can assist with are:

- Basic computer skills
- Email basics
- Software applications such as MS-Word, Excel, PowerPoint, Access or Outlook
- Navigating the internet
- Completing a mail merge
- Apple products (iPad, Mac computers)
- Setting up a blog
- Social Media

There are many possibilities. All instruction will be in a computer lab on the MCC-Longview campus. Both day and evening sessions are available. Note: upon your initial inquiry, we will discuss your specific needs so that our instructor is prepared to work with you. Two people may attend together if they are interested in the same training.

**One 2-hour session, one person: \$100**

**One 2-hour session, two persons: \$80 per person**



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# COMMUNITY EDUCATION ENROLLMENT

- Pre-enrollment is required for all classes.
- Walk-ins are not accepted.
- Enrollment is not complete without payment.
- For classes requiring a book purchase, please contact the MCC-Longview campus bookstore at 816.604.2189.

## Four Easy Ways to Enroll:

- 1. Over the Telephone**  
(credit or debit)  
Please have complete enrollment information ready – see our form on page 29 – 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 29 and submit with check or credit/debit card information.
- 4. Online**  
Visit [www.mcckc.edu](http://www.mcckc.edu) and click on myMCKC at the top of the page. Instructions for enrollment are on page 29.

## 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. We will send an email confirmation if you provide an email address at enrollment. 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 five business days prior to the class start date. You may choose to designate someone else to take your place, or request a full refund. **No refunds will be made for withdrawals fewer than five business days prior to the start of the class.**

## Classroom Assignments/Parking

Classroom assignments will be provided in your emailed course confirmation. 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.

# ONLINE ENROLLMENT NOW AVAILABLE FOR ADULT CLASSES!



**Enroll online at [www.mcckc.edu](http://www.mcckc.edu).** Click on myMCCCKC at the top of the page and enter your Student ID and Password in the boxes. If you don't remember your Student ID or Password, click "Need User ID" or "Need Password" in the yellow area and follow the prompts.

**To choose a class,** click on "Add/Enroll Class" under "Student Center Home." Select the Non-credit term 7/1/2017-6/30/2018. Follow the prompts on the "Search Criteria" page to see available classes.

**If you've never set up a myMCCCKC account and don't have a Student ID and password,** you will need to complete the noncredit application at [www.mcckc.edu/lvcommmed](http://www.mcckc.edu/lvcommmed). Click on the blue button labeled "Apply for Noncredit" to be directed to the online form.

**COMMUNITY  
EDUCATION  
SPRING 2018**



## Community Education Registration Form

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:**





**LONGVIEW**

**It's time to experience something NEW!  
Find your Community Education class inside.**

**Metropolitan  
Community College**

**MCC**

## Spring 2018 Features

- ★ Flights of Fancy Mega Kite Festival
- ★ Barbecue Classes
- ★ Spring Break Kids Camps
- ★ Fitness Factor

Non-Profit  
Organization  
U.S. Postage  
**PAID**  
Kansas City MO  
Permit No. 2303

500 SW Longview Road  
Lee's Summit, MO 64081-2105  
[mcckc.edu/lvcomm](http://mcckc.edu/lvcomm)  
Call 816.604.2030 to enroll!

**COMMUNITY  
EDUCATION**  
SPRING 2018