

History & Culture

#2702 A

Norse Mythology

Find out about the Gods that gave their names to the days of the week (among other things). What is Yule? What is Ragnarok? What were the Norse gods like? Class is in lecture format with a 3-page handout, with some time for Q & A. Jane, better known as Lady Fiona, has been teaching this class since 1992. Mythology is her life.

CONVENER: Jane Nichols E-mail: janejonanichols@hotmail.com
CLASS FEE: \$9

Sec. A: 1 session; Friday, April 25; 7:00 PM - 9:00 PM; University Center, Rm. 146, 50th & Rockhill Rd., UMKC Campus, KCMO; LIMIT: 15

#2704 A

A Brief Overview of World War I

This course will use the artifacts and displays presented in the National World War I Museum to help explain the causes and events of the war. A Museum tour will be preceded by lectures on the important events and battles of the war which will specifically mention displays in the museum. Please bring \$3 for museum admission fee.

CONVENER: Stan Parsons
CLASS FEE: \$9

Sec. A: 1 session; Saturday, April 19; 1:00 PM - 5:00 PM; Flarshheim Hall, Rm. 261, 5110 Rockhill Rd., UMKC Campus, KCMO, South of 51st. On Rockhill; LIMIT: 30

#2705 A

Thomas Hart Benton, The Life and Legend

Come to an informal talk by Linister, an artist who knew Mr. Benton and helped him drink his bourbon. Linister will share personal anecdotes and show slides of this native Missouri artist, born in Neosho in 1889. Wine and cheese will be served. Linister is one of the last artists helped by Mrs. Benton, along with Jackson Pollock and Grant Wood.

CONVENER: Linister (816-753-2183)
CLASS FEE: \$9 + \$6 material fee = \$15

Sec. A: 1 session; Friday, April 18; 6:00 PM - 8:30 PM; Linister's Studio, 1129 W. 41st St., (5 1/2 blocks E. of State Line) KCMO; LIMIT: 15

#2801 A

So You Want to Be a Librarian?



Becoming a professional librarian can open an exciting and rewarding career. Tech savvy, bright, service oriented librarians have opportunities in school, public, academic and special libraries. Librarians learn new information, develop web sites, teach information skills, organize databases, purchase and catalog materials. Find out how to become a librarian and explore new worlds! Passionate about libraries, Chris is Clinical Instructor at the University of Missouri, School of Information Science and Learning Technologies, a business librarian for UMKC and active in the American Library Association.

CONVENER: Chris Le Beau (816-235-6371)
E-mail: lebeau@umkc.edu

CLASS FEE: \$9
Sec. A: 1 session; Thursday, March 20; 6:30 PM - 8:30 PM; Miller Nichols Library, 114, 51st Street between Rockhill & Holmes, Rm. 114, UMKC Campus, KCMO; LIMIT: 25

food

Yummy

#3101 A

An Italian Dinner with Pepe

Join me for a delightful romp through Italy right here in Kansas City. We'll feature Brogolone (beef, prosciutto, eggs, bread crumbs and herbs), linguini with aleo and oleo, and an Italian salad. I'll cook right in front of you and hand out recipes. We'll have a great time eating together. Please bring tip money to class for the servers.

CONVENER: Don Pepe
CLASS FEE: \$9 + \$15 material fee = \$24

Sec. A: 1 session; Friday, April 18; 6:00 PM - 7:00 PM; Johnny Cascone's Italian Restaurant, 6863 West 91st Street, OPKS; LIMIT: 25

#3103 A

Hungarian Ethnic Cooking

It's the way Hungarian food is prepared that makes it so distinctive. The convener will demonstrate how to prepare Hungarian Goulash, dumplings, fantastic cucumber salad and Hungarian dessert (palachinta). Come prepared to feast!

CONVENER: George Detsios (913-268-6091)
CLASS FEE: \$9 + \$10 material fee = \$19

Sec. A: 1 session; Wednesday, March 26; 5:00 PM - 7:00 PM; Westport Roanoke Community Center, 3601 Roanoke, KCMO, West on 39th Street, Roanoke is 1 light past SW Trafficway, take a right on Roanoke, go 3 blocks, after 2 blocks road turns to brick, Community Center is on the right; LIMIT: 12

Save Time!

Fill Out Your
Registration Form
On-Line
www.umkc.edu/commu

#3104 A

Thai Voyager

The exploration of Thailand's amazing flavors continues as we prepare a delicious fruit salad where exotic meets West, including: how to make a vegan fish sauce, Tom Kha Tofu, Coconut Milk soup with lemon grass and cilantro and Phat Thong Phat Het, vegetarian stir fried squash and mushrooms served with fresh jasmine rice. Of course we'll eat the creations. Recipes provided. Zoe is an artist at large whose favorite mediums include cooking, gardening/landscaping and stone masonry.

CONVENER: Zoe Lagrece (913-722-2628) E-mail: zoelagrece@yahoo.com

CLASS FEE: \$9 + \$15 material fee = \$24
Sec. A: 1 session; Wednesday, March 26; 6:00 PM - 8:00 PM; Westport Roanoke Community Center, 3601 Roanoke, KCMO, West on 39th Street, Roanoke is 1 light past SW Trafficway, take a right on Roanoke, go 3 blocks, after 2 blocks road turns to brick, Community Center is on the right; LIMIT: 12



#3102 B

Pieces of Sushi

Learn to make Sushi at home from cooking and seasoning the rice to slicing the finished rolls. We'll include Sashimi (sliced raw fish) for the not so squeamish and vegan options. Discover all the special accoutrements that make Sushi memorable. Of course we'll eat the results. Recipes provided. Zoe is an artist at large whose favorite mediums include cooking, gardening/landscaping and stone masonry.

CONVENER: Zoe Lagrece (913-722-2628)
E-mail: zoelagrece@yahoo.com

CLASS FEE: \$9 + \$15 material fee = \$24
Sec. B: 1 session; Wednesday, April 30; 6:00 PM - 8:00 PM; Westport Roanoke Community Center, 3601 Roanoke, KCMO, West on 39th Street, Roanoke is 1 light past SW Trafficway, take a right on Roanoke, go 3 blocks, after 2 blocks road turns to brick, Community Center is on the right; LIMIT: 12

Vegetarian

#3201 B

Vegetarian Cooking Made Easy



If you want to eat less or no meat, but need tips in how to cook vegetarian dishes, this practical class is for you. You'll learn what things to stock in your kitchen, how to use various meat substitutes, ways to use spices for great flavor, which recipe books are best, how to gradually introduce your family to non-meat meals, and get copies of favorite vegetarian recipes. Come get answers to all your questions about vegetarian cooking, and get on a healthier path for you and your family! Carol Meyer, an educator and massage therapist, has been a vegetarian and natural health advocate for years. Bring \$5 to class for handouts and food samples

CONVENER: Carol Meyer (913-677-8672)
E-mail: wisdomways@planetkc.com

Web site: www.wisdom-ways.org
CLASS FEE: \$9
Sec. B: 1 session; Tuesday, April 8; 7:00 PM - 8:30 PM; 5019 W. 56th St., Roeland Park, KS, 3 blocks west of Roe; LIMIT: 10

Drink

#3305 B

Authentic Masala Chai

Do you enjoy drinking "chai"? Did you know that REAL Masala Chai doesn't come out of a box of concentrate? Learn how to prepare and enjoy masala chai made from scratch using loose tea, whole spices (e.g. cardamom pods, stick cinnamon, fresh ginger, peppercorns), milk, water and sweetener. We will experiment by making chai and sample the results in class. If you haven't tasted real masala chai before, you will be amazed at how much better it tastes than the premixed concentrate that is served at Starbucks or many other coffeehouses. Keith, the "Chai Wallah," manages Temple Slug, a local retail store and plans to open The Teahouse next door in the Spring which will serve fine teas, signature hot drinks and foods.

CONVENER: Keith Buchanan (816-531-5147)

E-mail: keithb@templeslug.com

CLASS FEE: \$9 + \$15 material fee = \$24

Sec. B: 1 session; Wednesday, May 7; 6:00 PM - 8:00 PM; Westport Roanoke Community Center, 3601 Roanoke, KCMO, West on 39th Street, Roanoke is 1 light past SW Trafficway, take a right on Roanoke, go 3 blocks, after 2 blocks road turns to brick, Community Center is on the right; LIMIT: 10

#3306 B

Real Drinking Chocolate

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CONVENER: Keith Buchanan (816-531-5147)

E-mail: keithb@templeslug.com

CLASS FEE: \$9 + \$15 material fee = \$24

Sec. B: 1 session; Wednesday, April 9; 6:00 PM - 8:00 PM; Westport Roanoke Community Center, 3601 Roanoke, KCMO, West on 39th Street, Roanoke is 1 light past SW Trafficway, take a right on Roanoke, go 3 blocks, after 2 blocks road turns to brick, Community Center is on the right; LIMIT: 10

"I got to thinking about relationships and partial lobotomies. Two seemingly different ideas that might just be perfect together—like chocolate and peanut butter."

~Sara Jessica Parker

health

Healing

#4202 A

To Do or Not Do Dairy?

That is the question! Milk: skim, low fat, whole, powdered, cultured, soured; it does make a difference! In this class we'll discuss pros and cons of pasteurization, homogenization, factors of lactose intolerance, absorption of calcium and the one nutrient you can only get from milk. Dr. Grace Brewer has degrees in microbiology, clinical laboratory science, and chiropractic, plus extensive postdoctoral study in nutrition. Her wholistic health practice provides nutritional counseling, clinical laboratory testing, whole food supplements, and herbal remedies.

CONVENER: Grace Brewer (913-648-5700)

E-mail: gbrewer@everestkc.net

CLASS FEE: \$9

Sec. A: 1 session; Sunday, March 30; 2:00 PM - 3:30 PM; Flarshheim Hall, Rm. 260, 5110 Rockhill Rd., UMKC Campus, KCMO, Rockhill Rd. south of 51st.; LIMIT: 20

#4203 A

Soy Story

Soy Truths and Myths. What you don't know about soy can hurt you. Discussion of traditional vs. modern use, fermented vs. processed, soy isolates, soybean oil. Effect on hormones, thyroid, immune system, thyroid, digestion, and more. Dr. Grace Brewer has a wholistic health practice with nutritional counseling, clinical laboratory testing, whole food supplements, and herbal therapy.

CONVENER: Grace Brewer (913-648-5700)

E-mail: gbrewer@everestkc.net

CLASS FEE: \$9

Sec. A: 1 session; Sunday, April 20; 2:00 PM - 3:30 PM; University Center, Rm. 147, 50th & Rockhill Rd., UMKC Campus, KCMO; LIMIT: 25

#4204 A

Cholesterol Facts and Fallacies

Fear Factor: good vs. bad cholesterol. What does diet have to do with it? Are low fat diets healthy? The significance of dietary trans fats. Is high cholesterol a disease? Making sense of contradictory reports. Sounds simple, but is it? Dr. Grace Brewer has a wholistic health practice that utilizes nutritional counseling, laboratory testing, whole food supplements, and herbal therapy.

CONVENER: Grace Brewer (913-648-5700)

E-mail: gbrewer@everestkc.net

CLASS FEE: \$9

Sec. A: 1 session; Tuesday, May 6; 6:00 PM - 7:30 PM; Haag Hall, Rm. 306, 52nd & Rockhill Rd., UMKC Campus, KCMO; LIMIT: 25

#4205 A

Detoxify or Die

Dr. Sherry Rogers used this attention-getting book title to heighten awareness of our toxic chemical burden we receive from just living on Planet Earth. Dr. Roger's book and other sources will start discussion of everyday risks and practical steps to lower our exposure and to help our bodies detoxify. Convener studied brain chemistry for her MA and is a certified clinical nutritionist.

CONVENER: Pamela Gifford (913-341-8949)

E-mail: pgifford@kc.rr.com

CLASS FEE: \$9

Sec. A: 1 session; Tuesday, April 8; 7:00 PM - 8:30 PM; Midtown Psychological Service, 3914 Washington, KCMO; LIMIT: 20

Nutrition

#4301 A

Eliminating Allergies Naturally

Learn about a comprehensive drug-free approach to eliminating allergies. We will be discussing the impact of Candida overgrowth (yeast syndrome) infectious agents, heavy metals and environmental toxins on allergies. You will learn a simple self-test to determine if you have an allergy. You will also have an opportunity to be tested for Candida. As a chiropractic physician, Alain Salas uses gentle, non-force techniques focusing on the underlying physical, emotional, and chemical inflammatory stressors that can manifest as acute pain and chronic disease.

CONVENER: Alain Salas DC (816-842-7246)

CLASS FEE: \$9

Sec. A: 1 session; Wednesday, May 7; 7:00 PM - 8:30 PM; Location to be announced; LIMIT: 30

#4303 A

Treating ADD/ADHD and Autism Naturally

This class will focus on the links between ADD/ADHD/Autism and Candida, allergies, cranial stress, toxicity, brain chemistry "neurotransmitters" and diet. We will also discuss how to eliminate infections, toxicity, allergies and Candida naturally. As a chiropractic physician, Alain Salas uses gentle nonforce techniques focusing on the underlying physical, emotional and chemical inflammatory stressors which can manifest as acute pain and chronic disease.

CONVENER: Alain Salas DC (816-842-7246)

CLASS FEE: \$9

Sec. A: 1 session; Wednesday, April 16; 7:00 PM - 8:30 PM; University Center, Rm. 146, 50th & Rockhill Rd., UMKC Campus, KCMO; LIMIT: 20