

# Welcome to Blue Springs School District Community Education!

All graphics have been removed from this online edition of our **Fall 2009** Class Catalog in order for it to fit on our web site. If you would like a printed copy, please contact our office at 816-224-1364.

Thanks you!

**Community Education**  
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(Community, Community Ed)  
The office will be closed  
September 7, November 25 - 28  
and December 21 - January 1

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denotes NEW CLASSES!

Please Note: Each student should receive an automated reminder call the night before class begins. Please mark your calendar in case we miss you, and be sure to check your messages prior to coming to class.

**DUE TO THE COSTS OF HAVING CLASSES, THERE WILL BE  
NO REFUNDS OR EXCHANGES ON  
THE FIRST DAY OF A CLASS OR AFTER A CLASS BEGINS.**

Please refer to our complete Refund Policy on page 8.

## ART & HOBBIES

### GARDEN LEAF SCULPTURE

If you missed this wonderful class last semester, join us this time to create an exquisitely detailed garden ornament using an actual leaf as the mold. Your instructor will preselect leaves for use in the class to ensure you have the right kind of leaf for the project. The second class, you will release the sculpture from the mold, trim and add paint if desired. Wear clothing suitable for working with wet cement. Class will be held outside if weather permits. Students should supply their own rubber gloves. All supplies furnished. Great and unusual gift idea!

Instructor: Biz Reynolds

#### Class # 506

Mon/Tues, Oct 19 & 20

6:30 - 8:30 pm

Hall-McCarter, Room 152

Fee: \$20 (includes all supplies)

### MOSAIC STEPPING STONES

Don't miss it this time! Using a speed set method, you can finish a beautiful stepping stone in only one setting! Finished size is 15" x 15". Students should supply their own rubber gloves. All other supplies will be furnished for an \$18 supply fee payable to the instructor. A process you can repeat at home to make additional stones or wonderfully personal holiday gifts.

#### Class # 503

Instructor: Ami Zumalt

Tues, Oct 20

6:00 - 9:00 pm

Hall-McCarter, Room 158

Fee: \$10 (+ \$18 supply fee to instructor)

Ami is a horticulturist and currently does landscape design for clients in the KC Metro area. She also teaches classes for Powell Gardens.

### SCARECROW WORKSHOP



Let your creative side help you guard your garden or home this fall by building your own adult size scarecrow! The frame and all materials, clothing, stuffing, ornamentation, and other miscellaneous supplies will be waiting for you to design and make your scarecrow. You can also bring any extra embellishments to make your project unique. This is a great family project as up to 3 people can work on the same scarecrow! Please bring work gloves or any special tools you may want. Space and supplies will be limited, so register early!

#### Class # 504

Instructor: Ami Zumalt

Tues, Oct 6

6:00 - 9:00 pm

Hall-McCarter, Room 158

Fee: \$10/scarecrow (+ \$34 supply fee to instructor)

### WHY WON'T MY ONLINE REGISTRATION GO THROUGH?

Your online registration form is delivered to our office via e-mail, and unfortunately, is sometimes blocked by system fire walls or spam protectors. The attachment may be blocked by your internet provider (i.e. AOL, Yahoo, Hotmail, etc.) or by the district's delivery system. **You will always receive a return confirmation from our office.** If you don't, it means your form didn't come through, and you are not enrolled. We know how frustrating it can be when your registration doesn't reach its destination and sincerely apologize for any inconvenience.

**DRAWING FOR ALL LEVELS**



One class fits all! Don't miss this opportunity to learn the basic techniques of drawing or expand your drawing skills using different mediums and applications of pencils, pen & ink, pastels, charcoal, and more. Bring a #2 or HB pencil to the first class. Other supplies needed will be discussed. This class is perfect for beginner through advanced levels.

**Class # 501** Instructor: Deane McMillian  
Mon, Oct 5 - Nov 23 8 sessions  
6:30 - 8:30 pm Hall-McCarter, Room 158  
Fee: \$64

Deane has a BSE in Art Education and is a retired Art Teacher from the Kansas City and Independence School Districts.

**GETTING CREATIVE IN YOUR CREATIVE WRITING**



For those who like to write fiction, from short stories to blockbuster novels, this class will help you bring out your creative side. We will look at how to develop your creativity, where ideas come from, how to test out an idea to see if it's worth pursuing, and fleshing out an idea into the actual writing.

**Class # 505** Instructor: Mark Littleton  
Tues, Oct 6 - Oct 20 3 sessions  
6:30 - 8:30 pm Hall-McCarter, Room 167  
Fee: \$24

Mark is a local full-time working writer. He has published more than 96 books, some of them best sellers! He has written for children, teens and adults, fiction and non-fiction. He lives in Kansas City with his wife and two remaining children that terrorize his home daily.

**WRITING FOR THE SPIRITUAL MARKET**



Writing for the religious markets is very different from writing for the secular markets. This class will teach you the differences, and how to be successful when crafting stories, articles and books with a religious bent. We will look at the markets in detail and show how to penetrate them with your best material.

**Class # 508** Instructor: Mark Littleton  
Tues, Oct 27 - Nov 10 3 sessions  
6:30 - 8:30 pm Hall-McCarter, Room 167 Fee: \$24

**MIXED MEDIA ART DESIGN**



From paint to beads, texture to material. Learn to create a unique work of art! A little bit of this and that: faux finish, shadow painting and texture molding, learn how to take any of these and then add so much more! You will be amazed by what you take from this class! Although the photo above doesn't do it justice, you can tell what an amazing piece you'll be taking home. Please bring your creative ideas, a sketch pad and #2 or HB pencil to the first class. Future supplies needed will be discussed. This class is perfect for beginners or any artistic level.

**Class # 502** Instructor: Francesca Molina  
Thurs, Oct 1 - Nov 19 8 sessions  
6:30 - 8:30 Hall-McCarter, Room 158 Fee: \$64  
Francesca is a free-lance artist and licensed Massage Therapist.

## ART & HOBBIES

### KNITTING FOR THE TRUE BEGINNER

Knitting is the number one craze sweeping the nation! This class will teach you all the basics of knitting, so you can cozy up in front of the fire making a gift for that special someone. You will learn to read a pattern, cast on, bind off, purl, and other basics needed to enjoy this fun and relaxing art form. All supplies will be furnished for a \$12 supply fee payable to the instructor. Great stress reducer and fun hobby for the young or old, male or female. This class fills up quickly, so call early. Limit: 8

Instructor: Joan Sickles

#### Class # 529

Mon, Sept 28 - Nov 2                      6 sessions  
6:30 - 8:30 pm                              Hall-McCarter, Room 146                      Fee: \$44 (+ \$12  
supply fee to instructor)

Joan learned to knit while living in England and has been knitting for 47 years. She has shared her talent by teaching others this art form for 24 years.

### INTERMEDIATE KNITTING

After you've mastered the basics of knitting, join this class to learn more complex stitches, such as how to increase and decrease, yarn over, slip stitch, and much more. Choose your own project and bring your own materials. Limit: 10

Instructor: Joan Sickles

#### Class # 528

Tues, Sept 29 - Nov 3                      6 sessions  
6:30 - 8:30 pm                              Hall-McCarter, Room 146  
Fee: \$44

### HOOKED ON CROCHET

Get ready to cozy up by the fire this winter with a crochet hook and some yarn. This beginners class will start by making two dish cloths to learn all the basic stitches... chain, single, double, half-double, and treble. From there, you will choose your own project and be on your way to making afghans, scarves, hats, dresses, baby clothes, purses, decorations, or whatever you can imagine. Starter supplies will be furnished for a \$12 supply fee payable to the instructor. Limit: 10

Instructor: Carrie Burlingame

Class # 511                                      Mon, Oct 5 - Nov 9                                      6 sessions  
6:30 - 8:30 pm                                      Hall-McCarter, Room 145  
Fee: \$44 (+ \$12 supply fee to instructor)

Carrie has been crocheting for years and loves to share her talent with others. She learned how to crochet from her grandmother when she was a little girl.

### INTERMEDIATE CROCHET



Continue expanding your crochet skills in this new class. Choose your own project and bring your own materials. Lots of fun and guidance along the way.

Instructor: Carrie Burlingame

#### Class # 512

Tues, Oct 6 - Nov 10                      6 sessions  
6:30 - 8:30 pm                              Hall-McCarter, Room 145                      Fee: \$44

## WEATHER 101

If you missed this class last semester, don't miss it now! Blue Springs School District is proud to present Meteorologist Pete Grigsby (formerly with KMBC TV 9)! Pete's class will begin by focusing on weather basics, then lead to developing skills in actually forecasting the weather! You will also learn how to recognize and track severe weather... everything from snow storms to hail and tornadoes. You will see exclusive video of storms that have ripped through Kansas and Missouri. Don't miss out on this exciting, fun and informative opportunity. For adults ages 16 and older.

Instructor: Pete Grigsby

### Class # 301

Thurs, Oct 8 - Oct 29      4 sessions  
6:30 - 8:00 pm      Blue Springs SOUTH, Room TBA  
Fee: \$29

Pete spent 18 years as a TV meteorologist. To accommodate better family hours, Pete walked away from his TV career by accepting a job with Blue Springs School District. He currently teaches Astronomy/Meteorology at Blue Springs South High School.

## BECENTSABLE: SHOP SMART!

This is the BeCentsAble Workshop you've all been hearing about on TV and radio! Don't miss this opportunity to learn how to drastically cut your household budget! You will learn how to save time and money without clipping and filing coupons, how to use virtual databases to find the coupons you need, how to find and print online coupons, how to properly use coupons and store incentives to save BIG money, how to shop on a limited budget or with limited time, and how to cut out half the work of planning your shopping trips by visiting the Grocery Gathering at BeCentsAble.net! An \$18 workshop fee payable to the instructor includes all materials and admission to the online workshop.

Instructor: Zack & Brooklin Zimmerman

6:30 - 8:30 pm      Hall-McCarter, Media Center

Fee: \$7 (+ \$18 payable to instructor)

Class # 315      Tues, Oct 6 *or*

Class # 318      Thurs, Nov 5

Zack & Brooklin are BeCentsAble Educators and parents of four little girls. Before BeCentsAble, this family of 6 spent nearly \$900 per month including food, baby needs, personal care, & household items... and now, they spend less than \$100 per week for everything!

## SOCIAL MEDIA MARKETING



Social marketing through the internet has quickly become the fastest-growing component to small business marketing. This class will train you to utilize the new media marketing tools of bulletin boards, blogs, videos, photos, social networks, and other social media related web sites in your online marketing efforts. Build your online presence by learning how to use online tools to make your company's communications more efficient. You will learn how to use sites such as, but not limited to, Twitter, Facebook, LinkedIn, Blogging, and Google. This class will be a hands-on experience where you will be working on a computer right along with the instructors.

Instructor: Zach Cobb, Chris Culbertson & Traci Via

### Class # 305

Wed, Sept 30 - Nov 18      8 sessions      6:30 - 8:30 pm  
Hall-McCarter, Media Center      Fee: \$89

special interests

## SPECIAL INTERESTS

### **PROTECTING YOUR IDENTITY: Identity Theft Protection**

This “must attend” class will cover how identity theft works and how your personal information is utilized to commit crimes. It will give you the latest identity theft statistics; ways to protect your information to avoid becoming the next victim; the latest online fraud scams to avoid, and what to do if you fall victim to identity theft. Don’t miss this important opportunity to sort through the facts and protect yourself and your identity.

Instructor: Community America Credit Union Staff

#### **Class # 313**

Tues, Nov 3

6:30 - 8:30 pm

Hall-McCarter, Media Center

Fee: \$10

### **MAKE MONEY MYSTERY SHOPPING!**

Love shopping? Learn how to get paid for eating at great restaurants, staying in fine hotels, shopping at upscale department stores, and more! Almost anyone can fit mystery shopping into their time schedule. You will learn the step-by-step process of getting mystery shopping assignments from the best-paying companies and how to get add-on jobs to increase your income. Don’t miss this exciting opportunity to learn about a rewarding career from someone who entered the business just like you.

#### **Class # 327**

Instructor: Sherry Coldsnow

Thurs, Oct 1

6:30 - 9:00 pm

Hall-McCarter,

Media Center

Fee: \$19

Sherry has been a mystery shopper for years and loves sharing her knowledge about this fun way to make extra money.

### **MYSTERY SHOPPING - PART II**

After taking Make Money Mystery Shopping, join this continuation class where you will learn the actual step-by-step process of entering the business and getting mystery shopping assignments. You will learn about the different job certifications, the actual job process, types of mystery shops, sample evaluation forms, pay and Paypal, how to do your own research on the computer to find the best paying companies (via optional hands-on computer time) , and Sherry’s favorite companies to work for. Don’t miss this exciting opportunity to learn about a rewarding career from someone who entered the business just like you.

#### **Class # 309**

Instructor: Sherry Coldsnow

Thurs, Oct 15

6:30 - 9:00 pm

Hall-McCarter, Media Center

Fee: \$19

### **DISTRICT REFUND POLICY & ROOM ASSIGNMENTS**

Refunds are made if: 1) a class is filled to capacity before your registration is received; 2) a class is canceled due to low enrollment; or 3) a refund is requested at least 24 hours prior to the first class (minus a \$5 per person processing fee).

**NO REFUNDS OR EXCHANGES ON THE FIRST DAY OF A CLASS OR AFTER A CLASS BEGINS.** Students are responsible for the risk of changes in personal affairs or health. If you are unable to attend, you may send a friend or family member in your place.

**Rooms assignments in this catalog may be changed due to summer construction.** Signs will be posted guiding you to the correct room on the first night of class. If you miss the first class, please call the office for room directions.

## SPECIAL INTERESTS

### DYING MATTERS...



#### THE POWER TO CONTROL END-OF-LIFE DECISIONS

In this honest, open and frank discussion regarding end-of-life options, Liz Van Note, Estate Planning Attorney, will discuss legal and practical aspects for raising our consciousness and developing opinions for our own end-of-life decisions. A Durable Power of Attorney for Health Care will be available if you are interested. For yourself, your family and your loved ones, it is time to get the facts straight. Questions and shared ideas are encouraged in this lively discussion.

Instructor: Liz Van Note, Estate Planning Attorney

#### Class # 917

Tues, Oct 6 6:30 - 8:30 pm  
Hall-McCarter, Room 147 Fee: \$12

Liz is the President of Van Note Law Offices, PC, specializing in Estate and Small Business Planning. She is a member of both Missouri and Kansas Bar Associations. Liz has spent the last 15 years providing honest, compassionate and sincere legal counsel.

### LIFE AFTER LAYOFF WORKSHOP



For many employees, the last time they looked for a job, they were looking in the “help wanted” ads in the local newspaper. Times have changed! This unique workshop will equip you with the skills required to find a job in 2009 and beyond and will provide you with the opportunity to log-on to a computer and practice the search skills that are being taught. In just 2 hours, you will learn how to: do online job searches, get your resume noticed, find and connect with people using social networking (LinkedIn and Facebook) and traditional networking, avoid scams, write & design a resume, complete an employment application, prepare for the interview, and more! This workshop will be held in a small, non-intimidating environment where no questions is a bad question. Don't miss this opportunity to get the help you need!

Instructor: HR Systems, Inc. Representative

#### Class # 300

Tues, Sept 29 6:30 - 8:30 pm  
Hall-McCarter, Media Center Fee: \$19

HR Systems, Inc. is a total outsourcing company that provides a wide variety of Workforce Management programs.

### LIFE BY DESIGN: Career Exploration

Whether you are looking to propel yourself within your current career or are venturing into a new direction, this course is designed to provide you with some tools to help you get started. During these sessions, you will spend time discovering your natural work preferences, understanding your interests and taking time to learn how to find and evaluate the right job opportunities. Students will have the opportunity to take the Myers Briggs test as part of the course. This personality assessment test shows how you might leverage your work preferences in a work environment. A \$26 testing fee will be payable to the instructor.

Instructors: Karen Welle and Jeanne Hull

Class # 336 Tues, Oct 13 - Oct 27 3 sessions  
6:30 - 8:30 pm Hall-McCarter, Room 163  
Fee: \$24 (+\$26 testing fee to instructor)

Karen is currently an Organization Design Consultant for Hallmark and has spent over 15 years working in the areas of organizational design, recruiting and performance coaching. Jeanne currently runs her own recruiting and career coaching business. She has coached hundreds of individuals through the interview and onboarding processes.

## SPECIAL INTERESTS

### RELAX YOUR STRESS AWAY!



Are you all stressed out? Can't sleep because of all the worries and pressures of daily living? Help is only a class away! This class will teach you relaxation techniques to stretch, breathe and release your tension naturally! You will learn how to start your day with less stress, techniques to use throughout the day to ease tension and steps to help you to sleep peacefully at the end of your day.

Bring a pillow and blanket or mat to relax on.

Instructor: Christina Mitchell

#### Class # 334

Wed, Oct 21 6:30 - 8:30 pm

Hall-McCarter, Room 147 Fee: \$12

Christina is a certified and licensed Massage Therapist and co-founder of Radiant Health, a Blue Springs Day Spa.

### EASE ACHES & PAINS NATURALLY



Aches and pains can be relieved naturally by going GREEN! Learn NATURAL remedies to ease aches and pains, including simple massage techniques, bath treatments, stretching techniques to loosen muscles and repetitive motion tension, breathing techniques, and when and how to use ice and heat therapies.

You will learn great remedies for headaches, carpal tunnel, neck pain, lower back pain, and more. Bring a pillow and blanket or mat to relax on.

Instructor: Christina Mitchell

#### Class # 324

Wed, Oct 7 6:30 - 8:30 pm

Hall-McCarter, Room 147 Fee: \$12

### REFLEXOLOGY: The Art of Hand and Foot Massage

Relieve stress, aches and pains by gently applying pressure to specific stress points on your hands and feet. You will learn how to identify stress points and the massage/pressure techniques that will leave you feeling stress and ache free! Bring your own massage oil or lotion and a towel. Special massage gel can be purchased from the instructor.

Instructor: Christina Mitchell

#### Class # 303

Wed, Nov 4 6:30 - 8:30 pm

Room 147 Fee: \$12 Hall-McCarter,

### AROMATHERAPY: MORE THAN JUST GREAT SCENTS

Do you know the difference between scents and oils? What they are best used for (massage, therapy, memory enhancer, mental clearing, etc)? Take this class to learn how to make your own special therapy scented oil, the medicinal qualities of each, and how to use them. A fun and educational class that will reward your senses.

Instructor: Christina Mitchell

#### Class # 333

Wed, Oct 28 6:30 - 8:30 pm

Hall-McCarter, Room 116 Fee: \$12

### PLEASE, DON'T WAIT TOO LONG!

Register early! Each class has a minimum & maximum enrollment. If you find a course that you would like to take, encourage a friend to join you. Sometimes one or two people make the difference in having a class or not having a class.

## SPECIAL INTERESTS

### IMPROVING YOUR CREDIT SCORE

Having a good credit score is now more important than ever, and most Americans don't have a clue as to how their score was determined and what affects it the most. This presentation will explain what is included in your credit report; how your credit score is used; what your score means to your bottom line; ways to improve your score; and how to obtain a free credit report. Learn how to repair your credit score and change your financial future.

Instructors: Community America Credit Union Staff

#### Class # 915

Tues, Nov 17 6:30 - 8:30 pm  
Hall-McCarter, Media Center Fee: \$10

### ORGANIZING YOUR HOME

**Wish you were more organized?** Would you like more time in your day? Join this class to learn to organize spaces in your home to make life easier. Topics covered will be time management, closets, kitchens, storage areas, garages, interesting organizing products and what to do with all the endless paper that enters your home. Handouts will be provided. Sold out last semester! Don't miss it this time!

Instructor: Darcy Munzer

#### Class # 328

Tues, Oct 6 & Oct 13 2 sessions  
6:30 - 8:30 pm Hall-McCarter, Room 123  
Fee: \$19

### PHOTOGRAPHING FLOWERS:



#### Up Close and Endless!

Enjoy the beauty of your flowers (or other things) all year long! Come learn the tricks and "how to's" of photographing close-ups and more! Catch flowers and nature at it's best and preserve it to enjoy again and again!

Instructor: MU Extension, Marty Williams

#### Class # 322

Tues, Oct 6 6:30 - 8:30 pm  
Hall-McCarter, Room 163 Fee: \$12  
Marty is a Master Gardener and professional free-lance photographer, who loves sharing his knowledge with others.

**Don't miss INTRO TO DIGITAL PHOTOGRAPHY FOR KIDZ on page 34!**

### BASICS OF PHOTOGRAPHY



This popular class will teach you how to improve your photography by starting with the basics. This beginners class will help you assess your skills, choose between digital and film, decide what to shoot, use tripods and other support, and get past AUTO. Learn how to use a simple point and click to a single lens reflex camera. All the basic skills required to capture priceless memories.

Please bring your camera and your instruction manual.

Instructor: Len Nevels

#### Class # 302

Tues, Oct 13 6:30 - 8:30 pm  
Hall-McCarter, Room 147 Fee: \$12  
Since given his first camera at age 10, Len has gained a wealth of photography experience which he enjoys sharing with others. He focuses on the basics to help insure those new to the scene will get off on the right foot and joy in making memories.

Don't miss... **THE GARDENS OF HEVER CASTLE** on page 19!

## SPECIAL INTERESTS

### FOR SALE BY OWNER (FSBO)



This class will teach you how to successfully market your home by yourself.

This interactive, informative class will guide you through the complete chronological home selling process from pricing to closing, including who

is going to help you with the paperwork. Topics will include marketing, title work, disclosures, contracts, contingencies, inspections, warranties, appraisals, as well as, who is likely to buy your home and how to deal with buyers and/or agents.

**Class # 900**

Instructor: Ed Casey

Thurs, Oct 1

6:00 - 9:00 pm

Hall-McCarter,

Room 147

Fee: \$12

Ed has been in the mortgage business for over 30 years and has taught community classes in the Kansas City area for 22 years.

### HOME BUYING 101



This informative class will guide you through the complete chronological home buying process; from pre-qualifying for a loan, dealing with sellers and/or

realtors, all the way to what to expect at the closing table. It also addresses benefits (i.e. taxes, value appreciation, etc.) and how owning a home helps

create wealth. You will learn about: credit standards, various loan programs, purchase offers, contingencies, mechanical inspections, home warranties, title insurance, and appraisals. Presented from a mortgage lenders point of view.

**Class # 904**

Instructor: Ed Casey

Thurs, Oct 15

6:00 - 9:00 pm

Hall-McCarter, Room 147

Fee: \$12

Don't miss our other **HOME OWNERSHIP** classes starting on page 20.

## HALL-McCARTER EDUCATION CENTER GETS A NEW LOOK!

As a result of the 2009 Bond approval, the interior of Hall-McCarter Education Center was renovated over the summer! Home to Valley View High School and the Community Ed Office, this building also hosts most of our evening classes. Construction may require some of the advertised room assignments to change. Please watch for the yellow signs as you enter the building and follow them to the appropriate classroom. **Our office is now located on the west side of the building.** Please enter through the glass doors, and take an immediate right to the end of the hallway. Enjoy our new look!

## SPECIAL INTERESTS

### **CPR/AED TRAINING (ages 15+)**

CPR can double a victim's chance of survival by maintaining vital blood flow to the heart and brain until more advanced care can be given. This course teaches basic techniques for adult and child cardiopulmonary resuscitation and obstructed airway. It includes information, signs and signals of heart attack, stroke, and first aid for choking. This is a participation class... come ready to perform techniques on provided individual manikins. American Heart Association Certification Card given upon successful completion of class.

Certified Instructor: Diana Arrowsmith  
Hall-McCarter, Room 116      6:00 - 9:00 pm      Fee: \$24

**Class # 806**    Thurs, Oct 1 *or*

**Class # 807**    Thurs, Oct 8

### **INFANT CPR**

For those who have just completed the course CPR/AED Training scheduled above, this class will concentrate on CPR for infants, ages 0 - 12 months. American Heart Association Certification Card given upon successful completion of class. **Prerequisite:** Successful completion of Class #806 or #807 in October 2009.



**Class # 803**      Certified Instructor: Diana Arrowsmith  
Thurs, Oct 15      6:30 - 7:30 pm  
Hall-McCarter, Room 116      Fee: \$12

Diana is a Certified CPR Instructor and has been teaching CPR for the past 5 years.

### **HEARTSAVER FIRST AID TRAINING (ages 15+)**

This course is for anyone wanting to be prepared to respond to emergencies and has been developed by the American Heart Association using the same evidence-based process as all AMA courses. It includes information, signs and signals of heart attack, stroke, first aid for choking, bleeding, and environmental emergencies. This is a participation class... come ready to perform techniques on provided individual manikins. American Heart Association Certification Card given upon successful completion of class.

Certified Instructor: Diana Arrowsmith

**Class # 805**  
Thurs, Oct 22      6:00 - 9:00 pm  
Hall-McCarter, Room 116      Fee: \$19



### **WORKING MOMS GUIDE TO TIME MANAGEMENT**

Trying to fit it all in while remaining sane? Ever wonder, "Where did my day go?!!" This class is tailored to meet the special needs of moms who are doing the balancing act of working outside the home and being an actively involved mom. Join us to learn helpful time management and life organization skills designed just for moms. You will learn how to effectively organize your life (fitting it all together); cut out the stress of being a working mom; identify and focus on what's important; and realize your potential. Don't miss this opportunity to reorganize and stop the madness.

**Class # 320**      Instructor: Kenya Pieters  
Thurs, Nov 5      6:30 - 8:30 pm  
Hall-McCarter, Room 147      Fee: \$12

# travel

## TRAVELING ON A BUDGET

You don't need a lot of money to travel well. What you know is more important than what you have in your wallet. In this travel workshop, you will get hands-on experience researching the top travel blogs, travel message boards and on-line travel forums. You will find out the many ways to save money when traveling and get a better hotel room, lower air fares, fancier cruises, newer rental cars, and many other amazing bargains and travel secrets to get you the best travel experiences at the best prices. Learn how to have a 5 Star holiday on a 2 Star budget! Come have some fun and learn all the angles, strategies and details to save money and feel smarter when you are traveling. Basic computer and internet skills required.

Instructor: Sherry Coldsnow

### Class # 312

Thurs, Oct 29 6:30 - 9:00 pm

Hall-McCarter, Media Center Fee: \$19

Sherry has been teaching travel classes for Community Ed for five years and loves sharing her proven methods of having fun and saving money while traveling.

## DON'T BE CRUISE CONFUSED... Set Sail In The Right Direction!

Back by popular demand! This class will tell you everything you need to know about planning and going on the perfect cruise. From selecting the right cruise line and location, when to travel, making your reservations, dining decisions, cabin size, gratuities, dress code, going ashore, and many more tips and tricks to making the right decisions to ensure the perfect vacation. As a seasoned traveler, Sherry will cover the top ten traveler tips and the top ten cruises for new cruisers. She will simply help you put it all together so you will love cruising as much as she does. Class will include an internet demonstration on how to look up the best sites for the best deals.

Instructor: Sherry Coldsnow

### Class # 306

Thurs, Oct 8

6:30 - 9:00 pm

Hall-McCarter, Media Center

Fee: \$19

## HUMANITARIAN TRAVEL OVERSEAS



If you want more out of your travel experience than just seeing museums, architecture or the landscape in a tour bus, you should consider humanitarian travel. Learn how to see other cultures from the inside out! Translate your special skills and passions into benefiting victims of war, poverty or cultural discrimination. Find out how an ordinary citizen can safely travel to countries in need or conflict. This class will present check lists with guidelines for traveling to third world countries, how to process your fears and apprehensions about engaging on this type of trip, travel tips, common immunization requirements, obtaining visas, how to exchange money, provide services in areas of conflict while minimizing the danger, safety and health tips, adapting to cultural requirements, what to pack, and most importantly, how to tell your family and friends you haven't gone crazy! Don't miss this opportunity to find out what it takes to help those in need around the world. In an actual photo above, Cindy teaches an Afghan woman how to cut hair on a hospital patient.

Instructor: Cynthia Townsend

### Class # 321

Tues, Nov 17

6:30 - 9:00 pm

Hall-McCarter, Room 116

Fee: \$12

Cynthia has participated in humanitarian missions educating women in English, proper prenatal and health care, and the importance of understanding their value as women in Afghanistan and Uganda. In 2007, she taught a seminar on conflict resolution in Herat to men and women identified as potential future leaders of Afghanistan. Cynthia is a retired Federal Law Enforcement Officer and an internationally published author.

## INTRO TO COMPUTERS & THE INTERNET



It's back! Baffled or intimidated by computers? This class is designed to introduce the basics of the personal computer **to those with little or no computer experience**. You will learn basic terminology, an overview of applications and basic commands to help make your computer work for you, how to connect to the

Internet, searching techniques, downloading, and more. You will also learn how to make Windows Vista a more friendly working environment. Learn how to find missing files or files you thought were lost; how to delete, copy and move files; work with the recycle bin; how to organize, maintain and troubleshoot your hard drive; how to add and remove items from your start button; work with the Start-Up group; how to create desktop icons; and other shortcuts to your favorite programs. Bring your questions... the instructor will cover whatever you are having trouble with. Students will receive **hands-on** experience and lots of practice. **This class utilizes the new Windows Vista operating system.**

**Class # 101** Instructor: Bill Lawrence

Mon, Oct 5 - Nov 30 (No class 11/9) 8 sessions/16 hours

6:30-8:30 pm Hall-McCarter, Media Center Fee: \$89

Bill has over 23 years training experience and specializes in teaching computer programs and database design. His unique training style maximizes learning in a relaxed and friendly atmosphere.

## BASIC COMPUTER SKILLS FOR THE WORKPLACE

### - INTRO TO OFFICE '07



This class will teach you the **basics** of what you need to know to enter the workplace or navigate your way around MicroSoft Office 2007. You will learn how to create, format and save documents using Word, how to do spreadsheets in Excel and presentations in PowerPoint. All the skills required for most jobs today.

Instructor: Rechele White

**Class # 103**

Mon, Oct 5 - Nov 23 8 sessions/16 hours

6:30 - 8:30 pm Freshman Center, Room 203

Fee: \$89

Shelly has been teaching business classes for BSSD for 13 years. She received her degree from CMSU and her Masters from SBU.

## ACCESS DATABASES MADE SIMPLE



It's back! If you're confused instead of organized, befuddled instead of productive or just completely lost on this whole database thing, this class is for you! This is a class with a purpose... to explain Access without turning you into a computer geek in the process.

You will learn how to design and build a database for your personal or business needs by using this award winning software. You will learn how to build tables, forms, queries, and reports. You will receive step-by-step instruction in a very relaxed and fun learning environment. **Prerequisite: You must be comfortable with basic computer skills and MicroSoft Windows.**

**Class # 111** Instructor: Bill Lawrence

Wed, Sept 30 - Nov 18 (no class 11/11)

7 sessions/14 hours

6:30-8:30 pm Hall-McCarter, Media Center Fee: \$84

totally technical

Don't miss **SOCIAL MEDIA MARKETING** on page 7.

## NOW WE'RE COOKIN'!

### PERFECT PIE CRUST EVERY TIME!

Join this hands-on cooking class to learn the secret recipe for perfect pie crust. The secret is in the ingredients and in the gentle handling of the crust mixture. Biz will share her recipe and give you step-by-step directions for making perfect pie crust every time! You will learn how to mix and roll out the crust, add the filling, and how to add a lattice crust on the top for a pie that not only looks delicious, but tastes delicious! Students will be making a homemade cherry pie to take home and bake. You will also learn how to fancy up a cream pie. Please bring a rolling pin, large mixing bowl, measuring cup, and an 8" *metal or glass pie pan*. The registration fee includes all other supplies. Biz will be sharing her pie and lots of recipes with the class!

**Class # 626** Instructor: Biz Reynolds  
Mon, Oct 26 6:30 - 8:30 pm  
Hall-McCarter, Room 152 Fee: \$20 (includes all supplies)

### BAKED HOLIDAY TREATS



These new cooking classes will teach you how to make delicious and wonderful baked treats that are *perfect for holiday gift giving* or serving at your holiday parties or family gatherings. Instructor: Cathy White  
6:30 - 8:30 pm Fee per Class: \$12 (+\$8 supply fee/class)  
Classes held at Hall-McCarter, Room 152

#### **Class # 628\*** Thurs, Oct 8 **CINNAMON CHIP SCONES**

This English quick bread is similar to an American biscuit and perfect for a holiday breakfast or family event. In this hands-on class, Cathy will show you how to customize her special recipe for a variety of moist and sweet treats.

#### **Class # 629** Thurs, Oct 15 **PETIT FOURS (pictured)**

This demo class will show you how to impress your family and friends by making these beautifully decorated, moist bite-size glazed confections. A tray full of these dainty little cakes can dress up a bridal shower or add elegance to any occasion, and would be perfect for gift giving. No supplies or supply fee... just a lot of taste testing and recipe sharing.

#### **Class # 630\*** Thurs, Oct 22 **CATHY'S SECRET COOKIE RECIPE**

In this hands-on class, Cathy will share her secret recipe for cookie dough, where the cookies actually stay moist and soft! She will also share a million ways to turn this basic recipe into all sorts of different cookie flavors (like chocolate, peanut butter, oatmeal, etc.).

\*Please bring a large mixing bowl, measuring cups & spoons, mixing spoon, and baking sheet to classes #628 & #630. An \$8 supply fee will be payable to the instructor.

Cathy can't remember a time when she didn't love to cook. She has done professional catering for over 30 years and owned her own restaurant. She now works for BSSD.

### HERBS: FOR AROMA, BEAUTY AND CULINARY ZEST



Welcome to the wonderful world of herbs! In this class, you will not only learn how to grow herbs, but you will learn easy ways to liven up dishes with herbs and great ideas for having herbs available after the growing season. Taught by a Master Gardener.

**Class # 601** Instructor: MU Extension, Mary Nemecek  
Tues, Oct 13 6:30 - 8:30 pm  
Hall-McCarter, Media Center Fee: \$10



Carrabba's is back! Chris Booth, owner and manager of Carrabba's will be teaching you how to make the sinfully delicious dessert... CREME

BRULEE! By following Chris's step-by-step instructions, you will learn how to make this enormously popular dessert that can easily be made at home... complete with torching the sugar at the end! This is a fun, hands-on cooking class with plenty of food to sample. **CALL EARLY!** First come, first served. Classes are limited to 15 and always fill up fast!

Hall-McCarter, Room 152 6:30 - 8:00 pm Fee: \$12/person

*The following classes are reserved for those who have never taken a Carrabba's class before...*

**Class # 621** Mon, Sept 14 or

**Class # 622** Mon, Sept 21 or

*The following classes are open to everyone...*

**Class # 623** Mon, Sept 28

**Class # 624** Mon, Oct 5

### COOK FOR A DAY, EAT FOR A MONTH

Do you find yourself in crisis mode at dinner time, throwing something together at the last minute or else spending a fortune on fast food?

Whether you love to cook or hate to cook, you can learn a simple system that will help you get organized to efficiently make tasty, nutritious meals in advance, then store them in your freezer for later use. This flexible method is perfect for singles and couples, as well as families, and no extra freezer is required. See **demos** of freezer-friendly packaging, along with tips for saving money, teaming up with friends, and last-minute defrosting.

**Required 142-page workbook: Freezer Cooking Manual, will be available for \$16 payable to the instructor.**

Instructor: Lori Viets

**Class # 611** Tues, Oct 20

6:30 - 9:00 pm Hall-McCarter, Room 123

Fee: \$12 (+\$16 book fee payable to instructor)

Lori has taught a variety of adult education classes for several years. She started freezer cooking 14 years ago as a newlywed.

### HOMEMADE CINNAMON ROLLS!

Back by popular demand!! For the holidays or any time, wake your family up to the smell of homemade cinnamon rolls fresh from the oven! This **hands-on** cooking class will show you how to make yeast cinnamon rolls from scratch and how to vary the recipe to make orange rolls, bear claws, pecan rolls, sticky buns, and other homemade favorites. You will learn all about yeast and yeast doughs, the rising process, how to fill, roll out, roll up, and cut the dough, and get lots of samples and recipes to take home. Please bring a 9" x 9" baking pan, large mixing bowl (glass or microwavable), measuring cup, and rolling pin. The registration fee includes all other supplies, and you will take home a pan full of yummy cinnamon rolls to bake! Biz will be sharing her rolls with the class. Delicious and perfect as gifts or for your own holiday celebrations. Don't miss this popular class! **Limit: 15**

**Class # 625** Instructor: Biz Reynolds

Mon, Nov 2 6:30 - 8:30 pm

Hall-McCarter, Room 152 Fee: \$20 (includes all supplies)

now you're cookin'

## COOKING

### HOMEMADE WHOLE GRAIN BREAD



Imagine having homemade bread for “everyday” eating... not just special occasions! It’s easy to do, using a master recipe for up to six loaves of bread with over 30 simple variations that require 30 minutes or less of hands-on time! Discover how a few changes in technique can improve any recipe made with any type of mixer or machine, so you will never end up with bread as dry as a brick. You will learn about whole grain nutrition, grinding fresh flour, the four secrets of perfect bread dough, mysterious gluten, and more. Three breads will be demonstrated from start to finish with hot, yummy samples at the end of class. An optional 154 page book: No More Bricks, will be available for \$16 payable to the instructor.

Instructor: Lori Viets

**Class # 618**

Thurs, Oct 1

6:30 - 9:00 pm

Hall-McCarter, Room 152

Fee: \$12 (+\$16 optional book fee payable to instructor)

## GARDEN & HOME

### ARTS & CRAFTS IN THE GARDEN



Want a way to dress up your garden, even in the non-planting, non-blooming season? Don’t miss this chance to learn how to highlight your garden with arts and crafts purchased or created by yourself with the many different projects that will be shown with the method of creating them, either by example or worksheet. Many pictures of crafts and art forms will be discussed as to placement and appropriateness in different gardens. This is a great way to see how the product is made and see it in place before you make it. Copies of instructions will be handed out in class. Taught by a Master Gardener, this demonstration class is sure to bring out your artistic side in the garden. An actual photo is shown on the right.

**Class # 602**

Instructor: MU Extension, Mary Wood

Thurs, Sept 17

6:30 - 8:30 pm

Hall-McCarter, Room 147

Fee: \$10

### BULBS, CORMS & TUBERS FOR YOUR GARDEN



It’s never too early to “think Spring”! This class is all about the beautiful flowering bulbs that will come up to surprise you again and again in spring, summer and even fall! From daffodils to Glory of the Snow, Anemone Blanda, Snow Drops, and many more. Even the Saffron Crocus can be grown here and blooms in the fall! Ideas will be shared on planting, sources and descriptions. Learn about new inexpensive bulbs that will multiply and are deer proof. Beautiful in bouquets and in pots, bulbs are an inexpensive way to add a big splash of color to your yard throughout the seasons. Taught by a Master Gardener.

**Class # 603**

Instructor: MU Extension, Mary Wood

Thurs, Oct 22

6:30 - 8:30 pm

Hall-McCarter, Room 147

Fee: \$10

### PHOTOGRAPHING FLOWERS:

#### Up Close and Endless!



Enjoy the beauty of your flowers (or other things) all year long! Come learn the tricks and “how to’s” of photographing close-ups and more! Catch flowers and nature at it’s best and preserve it to enjoy again and again! Instructor: MU Extension, Marty Williams

**Class # 322**

Tues, Oct 6

6:30 - 8:30 pm

Hall-McCarter, Room 163

Fee: \$12

## THE GARDENS OF HEVER CASTLE



Join Lady Elaine K. Coleman on a pictorial, horticultural and historical lecture on England's Hever Castle. This 15th century castle was once the childhood home of Anne Boleyn, second wife of Henry VIII and mother of Queen Elizabeth I. William Waldorf Astor purchased Hever Castle in 1903 and spent thousands of pounds restoring the castle and the gardens. The Astor story is a "rags to riches" one just like that of the Boleyn's in Tudor times. Rich in history, the village and castle of Hever are situated in the county of Kent, England. Spectacular English topiary gardens, mazes, grottoes, a walled rose garden, and a thirty-five acre lake with cascading water fountain resembling the Trivi Fountain in Rome are just a handful of treats found in the gardens of Hever Castle. Also featured are Tudor and Italian gardens with classical sculptures dating back 2000 years. In 2009, England is celebrating 500 years since Henry VIII came to the throne. Don't miss this opportunity to capture a sneak peak of the Gardens of Hever Castle. A spectacular event!

Instructor: Lady Elaine K. Coleman

### Class # 606

Mon, Oct 12 6:00 - 9:00 pm  
Hall-McCarter, Room 123 Fee: \$12

Lady Elaine spent her childhood in Kingston Upon Thames in Surrey, England. She grew up sharing the love of gardening with her mother, who was a Horticulturist. In the mid-70's, the Queen Mother came to pay tribute to her mother's London Garden. Continuing in her mothers footsteps, Lade Elaine became a Master Gardener Emeritus.

## FALL LANDSCAPE RENOVATIONS



Fall is the perfect time to step back and look at your landscape and make some much needed renovations to improve its winter appeal and get ready for next spring. Topics included are which plants to keep and which to remove; how to add winter interest; improving curb appeal for the 'non-gardening' months of winter; simple pruning techniques to revamp and enliven an old landscape; and more. Bring a photo of a 'blah' or troubled area in your yard to get some ideas from Ami. A \$5 fee for handouts will be payable to the instructor.

Instructor: Ami Zumalt

### Class # 607

Tues, Sept 29 6:00 - 9:00 pm  
Hall-McCarter, Room 147 Fee: \$12 (+\$5 supply fee to instructor)

Ami is a Horticulturist and currently does landscape design for clients in the KC Metro area. She also works for Powell Gardens.

## HERBS: FOR AROMA, BEAUTY AND CULINARY ZEST



Welcome to the wonderful world of herbs! In this class, you will learn how to grow herbs, whether you have a few inches or an entire garden available. You will learn which ones add to the beauty of your landscape or send delicious fragrance your way with the lightest breeze or touch. And, you will learn easy ways to liven up dishes with herbs and great ideas for having herbs available after the growing season. Taught by a Master Gardener.

Instructor: MU Extension, Mary Nemecek

### Class # 601

Tues, Oct 13 6:30 - 8:30 pm  
Hall-McCarter, Media Center Fee: \$10

garden & home

## HOME OWNERSHIP

### FOR SALE BY OWNER (FSBO)



This class will teach you how to successfully market your home by yourself.

This interactive, informative class will guide you through the complete chronological home selling process from pricing to closing, including who is going to help you with the paperwork. Topics will include marketing, title work, disclosures, contracts, contingencies, inspections, warranties, appraisals, as well as who is likely to buy your home and how to deal with buyers and/or agents.

**Class # 900**

Instructor: Ed Casey

Thurs, Oct 1

6:00 - 9:00 pm

Hall-McCarter,

Room 147

Fee: \$12

Ed has been in the mortgage business for over 30 years and has taught community classes in the Kansas City area for 22 years.

### HOME BUYING 101



This informative class will guide you through the complete chronological home buying process; from pre-qualifying for a loan, dealing with sellers and/or realtors, all the way to what to expect at the closing table. It also addresses benefits (i.e. taxes, value appreciation, etc.) and how owning a home helps create wealth. You will learn about: credit standards, various loan programs,

purchase offers, contingencies, mechanical inspections, home warranties, title insurance, and appraisals. Presented from a mortgage lenders point of view.

**Class # 904**

Instructor: Ed Casey

Thurs, Oct 15

6:00 - 9:00 pm

Hall-McCarter, Room 147

Fee: \$12

### ORGANIZING YOUR HOME

**Wish you were more organized?** Would you like more time in your day? Join this class to learn to organize spaces in your home to make life easier. Topics covered will be time management, closets, kitchens, storage areas, garages, interesting organizing products and what to do with all the endless paper that enters your home. Handouts will be provided. Sold out last semester! Don't miss it this time!

**Class # 328**

Instructor: Darcy Munzer

Tues, Oct 6 & Oct 13

2 sessions

6:30 - 8:30 pm

Hall-McCarter, Room 123

Fee: \$19

### FIRST TIME HOME BUYER

Are you looking to buy your first home and don't know what to expect or where to begin? Do you just have a lot of questions about the home buying process in general? This class will help prepare you for what can be the biggest purchase and investment you make. When buying a home for the first time, we all have many questions, and we want to be able to make educated decisions about this important purchase. This class will go over the steps in shopping and buying a home, making an offer, negotiations, financing, contracts, inspections, and so much more.

**Class # 913**

Instructor: Christina Mitchell

Wed, Sept 30

6:30 - 8:30 pm

Hall-McCarter, Room 116

Fee: \$12

**Don't miss... IMPROVING YOUR CREDIT SCORE on page 11!**

## HOME OWNERSHIP

### **HOME STAGING: GET READY TO SELL YOUR HOUSE!**

Especially in today's housing market, good first impressions are crucial when you're selling a house. You have to 'wow' potential buyers from the moment they see your house and walk through your door helping them envision the property as their own. That's where staging comes in. Home staging is the process of preparing any home for sale, regardless of price or location, using proven techniques (inside and out) to help sell your home faster and/or for more money in any market. It doesn't matter if you're selling your home yourself or with the help of a real estate agent, these techniques really work. You'll find out where to start, what to do, why you're doing it, and what it should look like when you're done! The faster the sale, the higher the price!

Instructors: Christina Mitchell

#### **Class # 910**

Wed, Sept 23                                      6:30 - 8:30 pm  
Hall-McCarter, Room 116                      Fee: \$12

### **INVESTING IN REAL ESTATE**

Play Monopoly for REAL! Have you always wanted to know how to make big money buying and selling real estate? This class is an introduction on how YOU can become a real estate investor. What hidden numbers you need to know before you buy? How to decide what is the right property for your investment needs? What type of properties you can invest in, including fix and flip, commercial, multi-family, and more. Investing has never been easier, and this presentation will teach you the tools to be a successful real estate investor.

Instructor: Christina Mitchell

#### **Class # 912**

Wed, Oct 14                                        6:30 - 8:30 pm  
Hall-McCarter, Room 116                      Fee: \$12

Christina is a real estate agent and has developed this unique program in order to share her knowledge with community members.

## ONLINE CLASSES



Think you don't have time to take a course?

Think again! We can help you learn online! Learn at home with our unique instructor-facilitated online courses. All courses run for six weeks and consist of twelve lesson plans. Each lesson is supplemented with interactive quizzes, assignments, tutorials, live instructor support, and online discussion areas. Our online classrooms can be accessed over the Internet at any time of day or night. Most courses require nothing more than e-mail, a browser and Internet access.

For a complete listing of all courses and their requirements, please go to:

[www.ed2go.com/bssdcomed](http://www.ed2go.com/bssdcomed).

**New classes begin the third Wednesday of each month... all year long!**

**More than 250 instructor-facilitated courses starting at \$79!**

### **Class categories include:**

- Accounting
- Art, History, Psychology, & Literature
- Basic Computer Literacy
- Business Administration
- Career Certification Programs
- Career Development
- Child Care & Parenting
- Computer Applications
- Courses for Teaching Professionals
- Database Management & Programming
- Digital Photography & Digital Video
- Entertainment Industry
- Grant Writing & Nonprofit Mgmt.
- Graphic Design
- Health Care, Nutrition & Fitness
- Languages
- Law & Legal Careers
- Math, Philosophy & Science
- PC Troubleshooting & Networking
- Personal Development
- Personal Enrichment
- Personal Finance & Wealth Building
- Sales & Marketing
- Start Your Own Business
- Test Prep
- The Internet
- Web & Computer Programming
- Web Graphics & Multimedia
- Web Page Design
- Writing & Publishing

**Learning the way it was meant to be: enjoyable, uncomplicated, fast, and convenient.**

**LEARN TO BUY & SELL ON EBAY... online!**

**COLLEGE PLANNING...  
WHAT EVERY PARENT NEEDS TO KNOW**



The college search requires families to carefully consider career aspirations, assess educational goals, explore personal preferences, and evaluate financial obligations when pursuing higher education. Learn how to navigate the internet to research colleges, apply for scholarships and obtain financial assistance. Additionally, parents

will be given resources regarding colleges and scholarships, as well as time line recommendations for each year in high school. This information is geared for parents with high school students from any school district.

Instructor: Nancy Stevens

**Class # 919**

Tues, Oct 6                      6:30 - 8:00 pm                      Fee: \$15/family  
Blue Springs High School, Fine Arts Media Center

**ACT TEST PREP**



All four-year colleges in the state of Missouri require the ACT for college admission and automatic scholarships. The ACT score has become equally important as the rigorous classes taken in high school and is now accepted by all colleges in the United States! One additional point on the ACT score could mean the

difference in getting a scholarship or being admitted into the college of choice. This ACT Test Prep class will be taught by experienced high school teachers with a proven track record in assisting students in increasing ACT scores. Students will review test questions, test-taking strategies and skills required for success on the English, Math, Reading, and Science sub-tests. Instruction will be divided as follows: English - 6 hours; Math - 6 hours; and Reading & Science - 6 hours. This course will not be offered for credit, but rather as preparation for the ACT test. This class is targeted for high school students (grades 10 - 12) and is open to students from any school district. This 18 hour class is timed to prepare students for the October 24, 2009 ACT test.

Instructor: Blue Springs School District Staff

**Class # 920**

Mon & Wed, Sept 23 - Oct 21                      6:00 - 8:00 pm  
Blue Springs High School, Fine Arts Media Center                      Fee: \$89

college prep!

**ADULT BASIC ED - G.E.D.**

**Enroll in your future... get your G.E.D.**

The Blue Springs School District is pleased to offer these **FREE** opportunities to adults in our community.

**G.E.D. CLASSES**

Monday through Friday mornings, 9:00 - noon OR  
Monday and Thursday evenings, 6:00 - 9:00 pm

**DO YOU WANT TO LEARN TO READ?**

Join this adult literacy program to help improve your reading skills. It can make a real difference in your life!

**ENGLISH for Speakers of Other Languages**

This program is designed to help people from any culture become fluent in English. This program concentrates on the workplace environment and social communication.

**Call today! 816-224-1363**

All classes held at Hall-McCarter Education Center, 5000 NW Valley View Road

## SPEAK THE LANGUAGE

### BASIC JAPANESE



It's back! For business or pleasure, join this class to learn the language of one of the most important trading partners and home to some of the nicest people in the world. This language is not as difficult as you may think!

Instructor: Bob Boyd

#### Class # 706

Mon, Oct 5 - Dec 7 10 sessions

7:30 - 9:00 pm

Hall-McCarter, Room 147

Fee: \$66

Bob is a true linguist who actually experienced the Japanese culture by living in Japan for 7 years.

### BASIC SIGN LANGUAGE (ages 9 - 109)

Learn all the basics of American Sign Language (ASL), a beautiful and visual language. You will learn finger spelling, numbers, common phrases, animals, colors, foods, time, the calendar, and much more. Join this *fun* and *unique* class to enhance your communications skills and to have fun while learning. Students will be required to buy a textbook (under \$15) that will be discussed the first night of class. Approximately 200 signs will be learned during this course.

Instructor: Kay Tuttle

#### Class # 709

Tues, Oct 6 - Dec 8

10 sessions

6:30 - 8:00 pm

Hall-McCarter, Room 166

Fee: \$66 (+ textbook)

Kay is a Certified Interpreter and has been teaching sign since 1995.

### INTERMEDIATE SIGN LANGUAGE



A continuation of "Basic Sign Language". Students will grow vocabulary, work on phrases and lots of practice using games and in class interaction.

Approximately 200 more signs will be learned during this course. Students will continue using the book Sign Language Made Easy.

Instructor: Kay Tuttle

#### Class # 710

Mon, Oct 5 - Dec 7

10 sessions

6:30 - 8:00 pm

Hall-McCarter, Room 166

Fee: \$66 (+ textbook)

### POLICY OF NON-DISCRIMINATION ON THE BASIS OF DISABILITY

The Blue Springs School District does not discriminate on the basis of disability in the admission or access to, treatment or employment in, its programs or activities. The Assistant Superintendent of Human Resources has been designated to coordinate compliance with the United States Department of Justice's regulations implementing the non-discrimination requirements contained in Section 504 of the Rehabilitation Act of 1973, Part B and Titles I and II of the Americans with Disabilities Act of 1990. The Director of Buildings and Grounds has been designated to coordinate compliance with the United States Department of Justice's regulations implementing the non-discrimination requirements contained in Section 504 of the Rehabilitation Act of 1973, Part C and Title III of the Americans with Disabilities Act of 1990. The Coordinator of the Multi-District Deaf/Hard of Hearing Program has been designated as the district coordinator of Section 504 of the Rehabilitation Act of 1973. Inquiries may be directed to the above named individuals at 1801 NW Vesper, Blue Springs, Missouri 64015 or by calling 816-224-1300. Every effort has been made to make this publication accurate as of the publication date; however, all policies, procedures, tuition fees, and curriculum are subject to change anytime by appropriate action of the administration or the Blue Springs School District Board of Education. This publication is not intended to be a contract, explicit or implied, and the district reserves the right to make changes regarding the information herein. There will be no classes September 7 and November 27 - 28, 2009 or where noted by the instructor. The school district is not responsible for accidents or injuries that occur while classes are in session. The Blue Springs School District offers classes to the public for purposes of fun, information, instruction, enlightenment, and example only. Such classes are not to be construed as an endorsement. The school district is not responsible for accidents or injuries that occur while classes are in session.

## SPANISH: STEP I - BEGINNERS

This class offers a basic introduction to the Spanish language. Structured for the true beginner, you will learn vocabulary, basic grammar structure and practice the language orally with the teacher and fellow classmates. Please bring a 2" 3-ring binder to first class for storing handouts. Limit: 15/class

All classes held at Hall-McCarter 10 sessions Fee: \$66

**Class # 700** Instructor: Adriana DeMonbrun Tues,  
Sept 29 - Dec 1 6:00 - 7:30 pm Room 162 or

**Class # 701** Instructor: Bob Boyd  
Mon, Oct 5 - Dec 7 6:00 - 7:30 pm Room 147

*Adriana* was born and raised in Costa Rica. She has a Bachelors Degree in Communications and worked for Immigrations Attorneys translating from English to Spanish and from Spanish to English. She has taught Spanish for our program for the past 5 years. *Bob* retired from the private school system, where he taught Spanish for 37 years. He is a true linguist who speaks several languages fluently and has taught Spanish and Japanese for our program since 1998.

DON'T MISS... **INTRO TO SPANISH FOR KIDZ** on page 34!

## SPANISH: STEP II - INTERMEDIATE

This class continues your introduction to the Spanish language. Structured for the near beginner, it builds on the foundation learned in Beginning Spanish, offering plenty of opportunity to practice the language orally. Please bring a 2" 3-ring binder to first class for storing handouts. Students will need to bring the book, Easy Spanish Step-By-Step by Barbara Bregstein, ISBN #139780071463386, available at area book stores or on Amazon.com. Limit: 15  
Instructor: Vivian Payne

**Class # 702**  
Mon, Sept 28 - Nov 30 10 sessions  
6:30 - 8:00 pm Hall-McCarter, Room 167 Fee: \$66

*Vivian* was born in Costa Rica and has lived in the U.S. for over 13 years. She has taught Spanish for our program for the past 5 years.

## SPANISH: STEP III - ADVANCED

This class will put to practice the Spanish skills you've already learned in the beginning and intermediate classes. Class will begin to focus on conversation in Spanish, practicing vocabulary, pronunciation, and developing your skills and comfort level. Students will need to bring the same book as Spanish II above.

**Class # 703** Instructor: Adriana DeMonbrun  
Tues, Sept 29 - Dec 1 10 sessions  
7:30 - 9:00 pm Hall-McCarter, Room 162  
Fee: \$66

## SPANISH: STEP IV - ADVANCED CONVERSATION

This class will put to practice the Spanish skills you've already learned in Spanish I, II and III. Class will focus on an advanced level of Spanish conversation, putting all skills together in order to speak fluent Spanish.

Instructor: Adriana DeMonbrun

**Class # 704**  
Mon, Sept 28 - Nov 30 10 sessions  
6:00 - 8:00 pm Hall-McCarter, Room 162 Fee: \$75

# language arts

## RETIREMENT & SECURITY

### IMPROVING YOUR CREDIT SCORE

Having a good credit score is now more important than ever, and most Americans don't have a clue as to how their score was determined and what affects it the most. This presentation will explain what is included in your credit report; how your credit score is used; what your score means to your bottom line; ways to improve your score; and how to obtain a free credit report. Learn how to repair your credit score and change your financial future.

Instructors: Community America Credit Union Staff

#### Class # 915

Tues, Nov 17

6:30 - 8:30 pm

Hall-McCarter, Media Center

Fee: \$10

### INVESTING IN REAL ESTATE

Play Monopoly for REAL! Have you always wanted to know how to make big money buying and selling real estate? This class is an introduction on how YOU can become a real estate investor. What hidden numbers you need to know before you buy? How to decide what is the right property for your investment needs? What type of properties you can invest in, including fix and flip, commercial, multi-family, and more. Investing has never been easier, and this presentation will teach you the tools to be a successful real estate investor.

Instructor: Christina Mitchell

#### Class # 912

Wed, Oct 14

6:30 - 8:30 pm

Hall-McCarter, Room 116

Fee: \$12

Christina is a real estate agent and has developed this unique program in order to share her knowledge with community members.

### BASIC ESTATE PLANNING & WILLS

Don't miss this valuable opportunity to learn the legal aspects of estate planning focusing on the probate process, determining beneficiaries and selecting executors and guardians. This detailed overview explains a will's importance and helps to determine your appropriate estate plan. Also discussed are various ways to hold title to property, powers of attorney and non-probate transfers.

Instructors: Molly Nail, Chinnery Evans & Nail, P.C.

#### Class # 903

Tues, Oct 27

6:30 - 8:30 pm

Hall-McCarter,

Room 147

Fee: \$12

Chinnery Evans & Nail, P.C. is a law firm that concentrates in matters involving Business Law, Real Estate Law, Probate Law, and Wills, Trusts and Estate Planning.

### LIVING TRUSTS

Find out how a living trust and other estate planning devices can help you avoid the delays and expense of probate, manage your assets during any incapacity, provide planning for your beneficiaries, and minimize estate taxes. Learn about the purpose and function of trusts, federal estate and gift taxes, the advantages and disadvantages of creating trusts, and other issues involving the use of trusts in estate planning.

Instructors: Gayle Evans, Chinnery Evans & Nail, P.C.

#### Class # 906

Tues, Nov 3

6:30 - 8:30 pm

Hall-McCarter, Room 147

Fee: \$12

## ALPHABET SOUP OF MEDICARE INSURANCE

Are you or a loved one turning 65 or becoming eligible for Medicare due to disability? This is a fun, relaxed class and a pain-free way to learn all about Medicare. What is the difference between Medicare Part A and Part B? How do Medicare supplement plans fill coverage gaps? What is a Plan C, Plan F, and let's not forget the new Part D prescription drug plan? Learn about Medicare PPO's and HMO's. This class will help you master the ABC's of Medicare insurance.

Instructor: Jeff David

### Class # 914

Tues, Oct 27

6:30 - 8:30 pm

Hall-McCarter, Media Center

Fee: \$12

Jeff has been an insurance professional since 1987, holds the professional designation of Life Underwriter Training council Fellow and has a Bachelor's Degree in business administration.

## DYING MATTERS...



### THE POWER TO CONTROL END-OF-LIFE DECISIONS

In this honest, open and frank discussion regarding end-of-life options, Liz Van Note, Estate Planning Attorney, will discuss legal and practical aspects for raising our consciousness and developing opinions for our own end-of-life decisions. A Durable Power of Attorney for Health Care will be available if you are interested. For yourself, your family and your loved ones, it is time to get the facts straight. Questions and shared ideas are encouraged in this lively discussion.

Instructor: Liz Van Note, Estate Planning Attorney

### Class # 917

Tues, Oct 6

6:30 - 8:30 pm

Hall-McCarter, Room 147

Fee: \$12

Liz is the President of Van Note Law Offices, PC, specializing in Estate and Small Business Planning. She is a member of both Missouri and Kansas Bar Associations. Liz has spent the last 15 years providing honest, compassionate and sincere legal counsel.



## UNDERSTANDING SOCIAL SECURITY

If you are between the ages of 40 and 65, learn how benefits are figured, how work affects those benefits and what documents you need to file. Each participant will receive a personal benefit estimate, as well as, pamphlets and handout materials related to retirement, survivor, and disability benefits. Also, learn about family benefits and eligibility for benefits from an ex-spouse. *Participants will be asked to furnish a social security number upon registration to receive an optional personal benefit estimate at the time of class.*

Instructor: Social Security Claims Representative

### Class # 907

Mon, Oct 19

6:30 - 8:30 pm

Hall-McCarter, Room 123

Fee: \$12

The Independence Social Security office has presented information to many community groups regarding benefits that are available through the program to help answer the many questions surrounding the mysteries of social security.

## SPORTS & FITNESS

### FIT FRIENDS



This health and wellness class is designed to take you through eight baby steps towards being a better you. You'll receive a fitness assessment, life style counseling, assistance with setting goals, and meal planning. This class will improve your quality of life, help you lose weight and help you start a new wellness or fitness program. How can you go wrong?!

#### Class # 1030

Instructor: Cindy Newland

Wed, Sept 23 - Nov 11

5:30 - 6:30 pm

Fee: \$34

8 sessions

Hall-McCarter, Room 123

### ADVANCED YOGA



Wondering if you're ready for Advanced Yoga? If you have a good understanding of basic Yoga postures, it might be time to introduce yourself to more challenging poses! The advanced poses require strength and flexibility, but everyone will be encouraged to go at their own pace. Please bring a strap, blocks, mat, towel, and water. Limit: 20

Instructor: Cindy Newland

#### Class # 1037

Wed, Sept 23 - Nov 11

6:30 - 7:15 pm

Fee: \$39 (This class is eligible for the Fitness Super Discounts outlined on page 31.)

8 sessions

Hall-McCarter, Room 123

### BASIC YOGA WORKSHOP

Have you always wanted to try Yoga, but were afraid you wouldn't be able to measure up in a class? Now is your chance to see how fun and easy yoga can be with this one night workshop. This class is designed with the beginner in mind and will show you the *basic* breathing, *basic* postures and *basic* techniques of yoga. Attend this workshop to see how yoga can help you release anxiety and stress, and improve health and well-being for your mind, body and spirit. All levels welcome. Don't worry Yogis, this workshop will also help you hone your skills by taking you back for a review of the basics of yoga. Please bring a towel and water. Limit: 25

Instructor: Cindy Newland

#### Class # 1036

Tues, Sept 22

Hall-McCarter, Community Room

6:00 - 7:30 pm

Fee: \$12

### SILVER FITNESS

This class offers a total body workout for the older adult. A fun workout including a combination of strength, flexibility and aerobic training suitable for any fitness level. This class is designed to increase muscular strength, cardiovascular endurance, joint stability, flexibility, agility, balance, and coordination. Wear loose fitting clothing and comfortable shoes.

Instructor: Cindy Newland

#### Class # 1005

Tues, Sept 29 - Dec 15

4:30 - 5:15 pm

Fee: \$64\*

12 sessions

Hall-McCarter, Community Room

## **BASKETBALL FOR MEN**

Recreational basketball for adult men who are wanting a way to exercise, but enjoy some friendly competition as well. The instructor will allow participants to free play and/or offer coaching to assist team members in improving their game. Pre-registration required. A popular class, so enroll soon!

Coach: John Theiss

### **Class # 1001**

Mon, Sept 28 - Nov 30

10 sessions

7:00 - 9:00 pm

Hall-McCarter, Gym

Fee: \$49

John is a PE teacher at John Nowlin Elementary and enjoyed playing college basketball.

## **BASKETBALL FOR WOMEN**

This class is just for women and girls age 14 and older. A fun time that features recreational basketball for women who are wanting a great workout with a little friendly competition. A great way for moms and daughters to spend some quality time together! The instructor will allow participants to free play and/or offer coaching to assist team members in improving their game. Sorry, but no small children allowed on the sidelines. Pre-registration required.

Instructor: Angie Righi

### **Class # 1002**

Thurs, Sept 24 - Dec 10 (No class 11/26)

11 sessions

Hall-McCarter, Gym

7:30 - 9:00 pm

Fee: \$54

Mrs. Righi is a basketball enthusiast who loves the sport and sharing her knowledge with others. She teaches league basketball for kids and adults.



## **KIDZ CO-ED BASKETBALL (ages 8 - 13)**

Hey, Kids! Join this on-going class to learn the basics of basketball and practice your skills, while having fun in a relaxed, “noncompetitive” atmosphere. Doesn’t matter if you already know how to play or not... this class is for anyone wanting to play the game and have a lot of fun. An extra 15 minutes has been added for more play time! Please bring your basketball if you have one. For beginner through intermediate levels.

Instructor: Angie Righi

### **Class # 2200**

Thurs, Oct 1 - Nov 19

8 sessions

6:00 - 7:15 pm

Hall-McCarter, Gym

Fee: \$39

**ENROLL EARLY! CLASSES FILL UP QUICKLY!**

Let's get physical

# ZUMBA FOR WOMEN

Dance the weight away! Zumba is fun, effective, simple, and rapidly becoming the next fitness sensation! Zumba is a fast-paced, low-impact cardio workout that sculpts and tones the body. Zumba is dancing - fun and easy dance steps performed to high energy, motivating music, like salsa, merengue, tango, reggae, and calypso... all in one class! Zumba is an effective aerobic workout that's more fun than any fitness program you've done before. Zumba is not only great for the body, but great for the mind when you dance away your worries. It is called the "feel happy" workout. This high energy class is taught by a certified Zumba instructor. Limit: 25

Instructor: Michelle Smith

12 sessions      Hall-McCarter, Community Room      Fee: \$64\*

## **Class # 1018**

Mon, Sept 28 - Dec 14

6:20 - 7:15 pm

## **Class # 1016**

Wed, Sept 23 - Dec 16 (No class 11/25)

6:20 - 7:15 pm



## **PILATES**

Similar to yoga, pilates will reshape and tone your entire body to look longer and leaner. This class will flatten abs, while shrinking and firming buns, hips and thighs. The answer to your body make-over dreams! This class will also improve your posture, flexibility and overall health. Come twice a week for better results and a great discount! Please bring a yoga mat. Enroll early... these classes fill-up quick! Limit: 22

Instructor: Michelle Smith

12 sessions      Hall-McCarter, Community Room      Fee: \$64\*

## **Class #1013      FOR BEGINNERS**

Mon, Sept 28 - Dec 14

5:30 - 6:20 pm

## **Class # 1008      INTERMEDIATE STUDENTS**

Mon, Sept 28 - Dec 14

7:15 - 8:15 pm

**Class # 1009      INTERMEDIATE STUDENTS**      Wed, Sept 23 - Dec 16 (No class 11/25)

7:15 - 8:15 pm



## **PILATES ON THE BALL**

Pilates is the answer to reshaping and toning your entire body to look longer and leaner. This class will add a new dimension to your workout by including the use of an exercise ball. Exercises will flatten abs while shrinking and firming buns, hips and thighs. The answer to your body make-over dreams! Please bring a yoga mat. Students will also be asked to bring an exercise ball to the second class. Instruction will be given at the first class on what size to buy. Limit: 20

Instructor: Michelle Smith

## **Class # 1012**

Wed, Sept 23 - Dec 16 (No class 11/25)

12 sessions      5:30 - 6:20 pm

Hall-McCarter, Community Room

Fee: \$64\*

## TOTAL TONING

A great workout focusing on light weights and high reps using dumbbells. Increase your strength, burn calories, boost your metabolism, and get sexy muscles. All levels welcome. Bring two sets of dumbbells: 1 light (3-5 lbs) and 1 medium weight (8-10 lbs). Wear comfortable clothing and bring a towel and water. Limit: 25

**Class # 1021** Instructor: Cindy Newland  
Tues, Sept 29 - Dec 15 12 sessions  
5:30 - 6:15 pm Hall-McCarter, Community Room Fee: \$64\*

## YOGA

This Hatha Yoga style class integrates the postures, breathing exercises and relaxation to harmonize you on every level - body, mind and spirit. It is a restful, mindful and moving class. Let your stress melt away as your body releases tension and toxins. All levels welcome. Please bring a towel, water, strap, and (if necessary) blocks. Limit: 25

**Class # 1014** Instructor: Cindy Newland  
Tues, Sept 29 - Dec 15 12 sessions  
6:15 - 7:00 pm Hall-McCarter, Community Room Fee: \$64\*

## OLD SCHOOL AEROBICS Plus Toning

For all ages and fitness levels (beginner to advanced), this class focuses on the old basics of aerobics... a high energy, low impact workout, but with no jumping! Easy to follow choreography that includes toning with bands and weights. Bring your own 1 to 5 pound hand weights. Limit: 25

Instructor: Michelle Smith

**Class # 1006**  
Sat, Sept 19 - Dec 19 (No class 11/28) 12 sessions  
8:00 - 9:00 am Hall-McCarter, Community Room Fee: \$64\*

## POWER YOGA & PILATES (PI-YO)

This exciting new class combines exercises and poses from pilates and yoga and is designed specifically for group fitness classes. The class will move from pose to pose and exercise to exercise at a decent tempo. Some exercises are performed while seated and some from a standing position. A great way to strengthen muscles, develop muscle tone and increase flexibility. Michelle is a Certified Instructor in pilates and yoga. Limit: 22

Instructor: Michelle Smith

**Class # 1000**  
Sat, Sept 19 - Dec 19 (No class 11/28) 12 sessions  
9:00 - 10:00 am Hall-McCarter, Community Room Fee: \$64\*

### **\*FITNESS SUPER DISCOUNTS... Mix and match!**

Choose between Pi-Yo, Zumba, Pilates, Ball, Yoga, Total Toning, Aerobics, & Silver Fitness.

**Pick... two classes/week (24 sessions) for \$99;**

**three classes (36 sessions) for \$130; or**

**four classes (48 sessions) for \$150!**

Discounts apply to one student enrolling in more than one fitness class/week, marked by an \*.

Pre-registration with payment is required. ENROLL EARLY as space is limited!

NO ADDITIONAL DISCOUNTS APPLY ON FITNESS CLASSES.

**OUR FITNESS INSTRUCTORS...** *Michelle* is an AFAA Certified Instructor and has been teaching fitness and aerobics classes for over 16 years. Her numerous certifications include pilates, piyo, aerobics, step-aerobics, and zumba. After a severe back injury, *Cindy* began to practice yoga and other forms of exercise. That, along with changing her diet, has led her to lose over 100 pounds! She is an AFAA certified instructor and personal trainer.

## COMMUNITY KIDZ

### **GOOD MANNERS ARE COOL! (ages 7 - 12)**



Petticoats, gloves and bow ties are gone, but let's not let good manners go away with them! In this class, kidz will have fun while learning age appropriate social standards of proper table manners, setting the table and which silverware to use, making introductions, using the telephone, etiquette, being a host or guest, and much more. The social skills learned in this class will give your child the ability to interact with ease and confidence... without being embarrassed. Important skills that will be of value for life! Refreshments will be served in order to practice our new skills.

Instructor: Marilyn Allen

#### **Class # 2101**

Wed, Nov 4 6:30 - 8:30 pm

Hall-McCarter, Room 152 Fee: \$12

Mrs. Allen has enjoyed over 20 years of working with children and their parents. This past year, she has been a parent educator with the Parents As Teachers program in Lexington, MO.

### **BABYSITTERS TRAINING (ages 11 - 13)**

This fun and interactive class is designed to train young people to deal with various situations they may encounter while caring for a child. Topics include how to handle emergencies, first aid, holding, feeding, diapering, interacting with parents, entertaining children, and more. Students will get a certificate of class completion.

Instructor: Marilyn Allen

#### **Class # 2201**

Tues, Oct 6 - Oct 20 3 sessions

6:00 - 8:00 pm Hall-McCarter, Room 116

Fee: \$29

### **GROWING UP GIRLS: Celebrating Feminine Changes (ages 9 - 11)**



It's back! Growing up can be an exciting time if both mother and daughter are prepared. Explore, with your daughter, the physical and emotional changes of puberty and menarche. This popular class is for mothers and daughters.

Refreshments will be served. Mothers attend free. This class always fills up early, so enroll soon! Limit: 15

Instructor: Jacque Carpenter, RNC, MS, PhD

#### **Class # 2206**

Thurs, Oct 1 6:30 - 8:30 pm Hall-McCarter, Room 123

Fee: \$35

### **GROWING UP YOUNG WOMEN (ages 12+)**



It's back! You asked for it and here it is... the Growing Up Girls series designed for older girls or for those wanting a continuation of the original Growing Up Girls class. This session will review the physical and emotional changes of menarche and the implications on sexuality, enhance communication relating to sexual issues, societal aspects of the female body and self-esteem. Be sure to enroll early! Mothers attend free.

Instructor: Jacque Carpenter, RNC, MS, PhD

#### **Class # 2209**

Tues, Nov 17 6:30 - 8:30 pm

Hall-McCarter, Room 123 Fee: \$35

## COMMUNITY KIDZ

### ANIMAL WONDERS ANIMAL CAMP!



Kids, don't miss this chance to explore the safe and wonderful world of live animals! Each week, students will see live examples and learn about animal classifications, basic anatomy, diet, behavior, ecosystems, terminology, perform experiments, crafts, and more. Week one: The Complex World of Simple Animals (Invertebrates)... Tarantellas, scorpions, millipedes, snails, exotic cockroaches, etc. Week Two: Cold Blooded Creatures (reptiles, amphibians & fish)... Snakes, lizards, tortoises, tree frogs, etc. Week three: Our Feathered Friends (all about birds)... Exotic parrots, finches, doves, bantam chicken, quail, ducks, etc. Week four: Mammals Like Us (hedgehogs, rabbits, squirrels, etc. Week five: Diversity of Life, a summary of past subjects, photos and activities. Meet the animals and educators at

[www.animalwonders.net](http://www.animalwonders.net). Parents are free! Limit: 30

Instructor: Dan & Kristin Cowell

5 sessions Hall-McCarter, Small Gym Fee: \$39

#### **Class # 2050 (ages 3-6)**

Thurs, Oct 1 - Oct 29 6:00 - 7:00 pm

#### **Class # 2051 (ages 7-12)**

Thurs, Oct 1 - Oct 29 7:15 - 8:15 pm

Dan & Kristin Cowell, the owners of Animal Wonders, offer conservation, ecology and educational animal programs that will enhance appreciation and understanding of the natural world. They were both zookeepers at the KC Zoo and love sharing their knowledge with children.

### FANCY FINGERS FOR MOM & ME (ages 8 - 12)



How much fun can one class be! With a few tools and a little know-how, you and mom can save money and learn how to achieve a perfect 10 manicure at home! This class will teach you step-by-step how to perform your own manicure, from choosing and using the appropriate tools, polishing and maintaining your polished nails long after they've dried. Then, you and mom will sit back, relax and let the students at The View pamper you with a professional polish! Kids will take home a manicure kit as our gift! Limit: 10/class

Instructor: April Lombardo and Staff

6:00 - 8:00 pm Hall-McCarter, The View

Fee: \$15/child (parent is free!)

**Class # 2208** Tues, Oct 27 *or*

**Class # 2210** Mon, Nov 16

Mrs. Lombardo is Instructor for The View, the District's Nail Technology School and Full-Service Nail Salon. The View's entrance is located on the west side of Hall-McCarter.

**ENROLL EARLY! CLASSES FILL UP FAST!**

## COMMUNITY KIDZ

### INTRO TO SPANISH FOR KIDZ (2nd - 5th grades)



Hola! In this popular new class, kids will enjoy learning basic Spanish words and phrases in a fun-filled environment through activities, games, music, and more. Topics will include: foods, numbers, animals, and family. Parents are encouraged to stay and learn for free!

#### Class # 2211

Instructor: Nadia Sandy

Thurs, Oct 1 - Nov 19

8 sessions

6:30 - 7:30 pm

Hall-McCarter, Room 167

Fee: \$39

Mrs. Sandy was born and raised in Monterrey, Mexico. She originally came to the U.S. as an exchange student at Blue Springs High School! After high school & college, she married and moved back permanently in 2001. She has a degree in International Relations.

### COOKING WITH KIDZ (ages 4 - 10)

Back by popular demand! In this hands-on cooking class, children and parents work together to create nutritious seasonal snacks and treats. *All 'new' snacks will be introduced in case you've taken this class before.* This is a hands-on beginners class, so wear comfortable clothes and come hungry. The class will be eating their completed dishes. A \$7 per child supply fee will be payable to the instructor. Parent is free! **Due to space restraints and supplies, only those children pre-enrolled in the class will be able to participate. Class is limited to enrolled student plus one adult. Limit: 12**

Instructor: Theresa Meyer

6:30 - 8:00 pm

Hall-McCarter, Room 152

Fee: \$12/child (+ \$7 supply fee to instructor) Please let us know of any food allergies.

Thanksgiving Treats

Class # 2046 (ages 4-6)

Tues, Nov 3 *or*

Class # 2047 (ages 7-10)

Mon, Nov 16

Christmas Treats

Class # 2048 (ages 4-6)

Tues, Dec 1 *or*

Class # 2049 (ages 7-10)

Mon, Dec 7

Mrs. Meyer has worked with children for 11 years in the residential, school and mental health environments. She has a B.A. of Arts in Psychology from Rockhurst University and is currently the Director of The Learning Gardens Day Care.

### THANKSGIVING APPLE BUTTER & CHEESY BISCUITS (ages 5-11)



*Children and parents will work together* and have a great time learning how to make homemade apple butter and cheesy sausage biscuits to cook at home... just in time to serve as part of your Thanksgiving celebration! This is a hands-on beginners class, so wear comfortable clothes and come hungry.

Lots of samples will be available for tasting. A \$7 per child supply fee will be payable to the instructor. Parent is free! **Due to space restraints and supplies, only those children pre-enrolled in the class will be able to participate. Class is limited to enrolled student plus one adult. Limit: 12**

#### Class # 2202

Instructor: Janet Shull-Christenson

Thurs, Nov 19

6:30 - 8:30 pm

Hall-McCarter, Room 152

Fee: \$12/child (+ \$7 supply fee)

Ms. Janet is retired from the school district where she taught Culinary Arts.

## COMMUNITY KIDZ

### INTRO TO DIGITAL PHOTOGRAPHY FOR KIDZ (ages 10+)



Hey, Kids! Join this class to lay the groundwork for a lifetime of good picture taking. Coursework will include basic explanations of exposure, lighting, and composition. You will get hands-on instruction in best practices, getting the most from your camera, organizing photos for easy access and retrieval, and friendly in-class critique to add a better comprehension of what it takes to make better pictures. Kids will walk away with a more complete appreciation of how the magic of light is used to record moments great and small. Please bring a digital point and shoot camera with a memory card dedicated to class use for the duration of this class. There will be shooting assignments from week to week.

Instructor: Marty Williams

#### Class # 2212

Mon, Sept 28 - Oct 12

3 sessions

6:30 - 8:30 pm

Hall-McCarter, Room 157

Fee: \$29

Mr. Williams is a professional, free lance photographer, who loves sharing his knowledge with others.



### DECORATE A SCOOPY DOO CAKE! (ages 8+)

Children will learn to decorate with icing by using a bag and tips to create their very own full-size cake! This cool cake has more detail for the older kids. A \$7 per child supply fee will be payable to the instructor. **Due to space restraints and supplies, only those children pre-enrolled in the class will be able to participate. Class is limited to enrolled student plus one free adult.**

Limit: 10/class

Instructor: Rita McGuire

#### Class # 2043

Tues, Oct 13

6:30 - 8:00 pm

Hall-McCarter, Room 152

Fee: \$12/child (+ \$7 supply fee to instructor)

### MESSY SCIENCE (ages 4 - 10)

No boring stuff here! Come have super cool and messy fun mixing, pouring and performing your own science experiments using everyday kitchen ingredients! *Kids and parents work together* to engage in new and exciting hands-on activities, watch spectacular demonstrations, participate in inquiry-based discussions, and take home things they will make themselves. This program is so cool that your kids will forget they're ACTUALLY LEARNING something (but you won't!!). A \$7 per child supply fee will be payable to the instructor. **Due to space restraints and supplies, only those children pre-enrolled in the class will be able to participate. Class is limited to enrolled student plus one free adult.** Limit: 12

*Please let us know of any allergies when enrolling.*

Instructor: Theresa Meyer

6:30 - 8:00 pm

Limit: 12/class

Hall-McCarter, Room 152

Fee: \$12/child (+ \$7 supply fee to instructor)

**Ages 4 - 6**

**Class # 2011**

Wed, Oct 7

**Class # 2012**

Thurs, Nov 5

**Ages 7 - 10**

**Class # 2014**

Wed, Oct 21 *or*

**Class # 2015**

Thurs, Nov 19

## COMMUNITY KIDZ

### DANCE! DANCE! DANCE!

Instructor, Cheri Crowley, is the owner of TaJazz School of Dance and has over 26 years experience as a dancer, teacher, choreographer, performer, and competition judge. Ms. Cheri and her staff will ensure your child has fun while learning new skills in dancing.

**Dance Combo (ages 6+)** \$28 per 6 week session

A fun introduction to acrobats, jazz, ballet, & hip hop.

**Class # 2021** Thursday, Sept 17 - Oct 22 5:00 - 6:00 pm *or*

**Class # 2022** Thursday, Oct 29 - Dec 10 (no class 11/26) 5:00 - 6:00 pm

**Baby Ballerinas (ages 2.5 - 5)** \$28 per 6 week session

A basic introduction to ballet, teaching little ones grace and poise.

**Class # 2019** Thursday, Sept 17 - Oct 22 6:00 - 6:45 pm *or*

**Class # 2020** Thursday, Oct 29 - Dec 10 (no class 11/26) 6:00 - 6:45 pm

**Tots & Kidz Dance Combo (ages 2.5 - 5)** \$28 per 6 week session

A fun introduction to acrobats, jazz, ballet, cheerleading, & creative movement.

**Class # 2025** Thursday, Sept 17 - Oct 22 6:45 - 7:30 pm *or*

**Class # 2026** Thursday, Oct 29 - Dec 10 (no class 11/26) 6:45 - 7:30 pm

**Special Community Ed 6-week introductory offer! \$28 per 6-week session!**

*All class held at Hall-McCarter Education Center in the Community Room.*

### YOU CAN BE AN ACTOR!

Doesn't matter if you have acting experience or not, you will have loads of fun learning all about the wonderful world of acting. Classes will include warm-ups, stage etiquette, stage terminology, memorization skills, blocking, improvisation, movement, vocal skills, concentration and relaxation techniques, and audition tips. The final night of each class will be an Open House for friends and family to see what the students have been working on. Don't miss this great opportunity!

Instructor: Kittie Harden

5 sessions 7:00 - 8:30 pm Hall-McCarter, Room 123 Fee: \$29

**Class # 2009** Grades 2 - 4 Let's Pretend  
Tues, Sept 22 - Oct 20

**Class # 2213** Grades 5 - 8 Star To Be  
Tues, Oct 27 - Nov 24

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AS  
TEACHERS

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and young children,  
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## COMMUNITY KIDZ

### **KIDZ CO-ED BASKETBALL (ages 8 - 13)**

Hey, Kids! Join this on-going class to learn the basics of basketball and practice your skills, while having fun in a relaxed, "noncompetitive" atmosphere. Doesn't matter if you already know how to play or not... this class is for anyone wanting to play the game and have a lot of fun. An extra 15 minutes has been added for more practice time!

Please bring your basketball if you have one. For beginner through intermediate levels.

Instructor: Angie Righi

#### **Class # 2200**

Thurs, Oct 1 - Nov 19                      8 sessions

6:00 - 7:15 pm

Hall-McCarter, Gym                      Fee: \$39

Mrs. Righi is a basketball enthusiast who loves the sport and sharing her knowledge with others. She teaches league basketball for kids and adults.

### **FAMILY SCARECROW WORKSHOP**



Let your creative side help you guard your garden or home this fall by building your own adult size scarecrow! The frame and all materials, clothing, stuffing, ornamentation, and other miscellaneous supplies will be waiting for you to design and make your scarecrow. You can also bring any extra embellishments to make your project unique. This is a great family project as up to 3 people can work on the same scarecrow! Please bring work gloves or any special tools you may want. Space and supplies will be limited, so register early!

#### **Class # 504**

Instructor: Ami Zumalt

Tues, Oct 6

6:00 - 9:00 pm

Hall-McCarter, Room 158

Fee: \$10/scarecrow (+ \$34 supply fee to instructor)

Ms. Ami is a Horticulturist and currently does landscape design for clients in the KC Metro area. She also teaches classes for Powell Gardens.

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### **NO COMMUNITY ED CLASSES SCHEDULED**

November 25 - 28,  
December 21 - January 3  
or where noted by the instructor.

### **BAD WEATHER...**

If the Blue Springs R-IV School District is closed due to inclement weather, all Community and Real Estate Education day or evening classes will also be canceled and rescheduled.

Reports of school closings will be broadcast on local TV and radio stations or on the district's web site.

## COMMUNITY ED SCHOOL LOCATIONS

**HALL-McCARTER EDUCATION CENTER**  
(Valley View High School and Community Ed Office)  
5000 NW Valley View Drive  
Blue Springs, MO 816-224-1364

**I-70 East** to exit 18, **Woods Chapel Road**, turn South. Pass McDonalds to the next stoplight (by QuikTrip), **Valley View Road**, turn right (West). Go straight 1 mile to the first school on the left. **Fitness classes** use glass doors on West side of building; **all other classes**, enter through the main entrance on the North.

**BLUE SPRINGS HIGH SCHOOL**  
2000 NW Ashton Drive  
Blue Springs, MO 816-229-3459

**I-70 East** to **Exit 18, Woods Chapel Road**, turn South. Take an immediate left onto South Outer Road. Go straight and turn right on 22nd Street, which dead ends at the school. **Classes are held in the Fine Arts building, located by the circle drive on Ashton.**

**BLUE SPRINGS SOUTH HIGH SCHOOL**  
1200 SE Adams Dairy Parkway  
Blue Springs, MO 816-224-1315

**I-70 East** or **40 Highway** to **Adams Dairy Parkway**, turn right (South). Go through stop lights at Route AA to the next light (by high school), turn left (East) into parking lot. **Cooking and Weather classes** go straight and enter through the third door on the South side or back of the building. **Computer classes** take an immediate left to the parking lot on the West side of the building (runs parallel with Adams Dairy Parkway) and enter through the second door on the right. **Due to summer construction, please verify entry point upon enrollment.**

**FRESHMAN CENTER**  
2103 NW Vesper  
Blue Springs, MO 816-224-1325

**I-70 East** to **Exit 18, Woods Chapel Road**, turn South. Travel South, cross railroad tracks, pass small Convenience Store across from Lake Tapawingo, and turn left (East) on Vesper (by Skate Park). Go straight to school on left. Enter through main entrance.

**fyi!**

Classes may also offered at other locations.  
**WE WILL BE HAPPY TO GIVE YOU  
STEP-BY-STEP DIRECTIONS.  
JUST CALL THE COMMUNITY ED OFFICE  
AT 816-224-1364.**

## **5 EASY WAYS TO ENROLL!**

### **1. BY PHONE** **(816) 224-1364**

Monday – Friday  
7:30 am – 3:30 pm  
Please have debit or charge  
card ready.

### **3. BY FAX** **(816) 224-1374**

Anytime...  
day or night!  
Fax enrollment form with debit  
or charge information.

### **2. ONLINE via e-mail** **www.bssd.net** (Community Education, Registration Form). Forward completed form with debit or charge information via e-mail.

**You must receive an e-mail confirmation  
from our office. If not, please call.**

### **4. BY MAIL** Community Ed 5000 NW Valley View Road Blue Springs, MO 64015

### **5. DROP IT BY** Hall-McCarter Education Center 5000 NW Valley View Road Blue Springs, MO 64015 Drop box located by the main entrance to building... 24 hours a day!

#### **DISCOUNTS & REFUNDS**

Patrons age 65 and older are entitled to a \$5 discount on most classes costing \$20 or more (some exceptions do apply). Please mention discount when enrolling. Refunds will be made if requested at least 24 hours prior to the class (minus a \$5 per person processing fee).

Do to the expense involved in holding classes, **there will be no refunds or exchanges the day a class begins or after a class begins.** Please refer to our full **Refund Policy** on page 8.

### **Blue Springs School District COMMUNITY EDUCATION ENROLLMENT FORM**

STUDENT NAME: \_\_\_\_\_

PARENTS NAME (if enrolling child): \_\_\_\_\_

ADDRESS: \_\_\_\_\_

CITY: \_\_\_\_\_ STATE: \_\_\_\_\_ ZIP: \_\_\_\_\_

PHONE: (HOME) \_\_\_\_\_ (WORK) \_\_\_\_\_

E-MAIL ADDRESS: \_\_\_\_\_

CLASS #: \_\_\_\_\_ TITLE: \_\_\_\_\_ DATE: \_\_\_\_\_ FEE: \_\_\_\_\_

CLASS #: \_\_\_\_\_ TITLE: \_\_\_\_\_ DATE: \_\_\_\_\_ FEE: \_\_\_\_\_

CLASS #: \_\_\_\_\_ TITLE: \_\_\_\_\_ DATE: \_\_\_\_\_ FEE: \_\_\_\_\_

CLASS #: \_\_\_\_\_ TITLE: \_\_\_\_\_ DATE: \_\_\_\_\_ FEE: \_\_\_\_\_

CLASS #: \_\_\_\_\_ TITLE: \_\_\_\_\_ DATE: \_\_\_\_\_ FEE: \_\_\_\_\_

PAYMENT (circle one): CASH CHECK MASTERCARD VISA DISCOVER

CARD #: \_\_\_\_\_ EXP. DATE: \_\_\_\_\_ TOTAL: \_\_\_\_\_

Please make checks payable to "Community Education"

No news is good news!

You will only be notified if a class is changed or withdrawn.

If you want to confirm that your enrollment has been received, please call our office.