

Community Education Courses
CASS CAREER CENTER
 Spring 2016

Harrisonville Schools
 503 S. Lexington
 Harrisonville, MO 64701
 816-380-2727

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HARRISONVILLE
Highlights

A Harrisonville Schools Publication
Winter 2015

Student Council hosts annual banquet for seniors



The annual Senior Citizens' Thanksgiving Banquet sponsored by the Harrisonville High School Student Council was held on Monday, November 23. The event included a traditional Thanksgiving dinner and entertainment provided by the Music Makers show choir and jazz band. Local businesses that made the event possible include Country Club Bank, Dickey Funeral Home, Harrisonville Family Medicine, JPs Collision Co., RL Hannah & Sons Trucking, Community Bank of Raymore, Daryl Bohannon-State Farm Insurance, Steve Croy-State Farm Insurance, George Morse-Edward Jones, New Castle Homes, Reece & Nichols Smith Realty, Sutton Trucking, Western Material & Design, All-Sport, Bennett Signs, Cass County Democrat-Missourian, DLS Tire Center, Golden Classics Jewelers, Marquette Cottage-Cricket Kroenke. Pictured (left): Junior Andy Deppe serves guests at the banquet. Photos by senior Cole Tyson.

Editor's Note: We are proud to once again offer a very special edition of Harrisonville Highlights. This edition features a partnership between the Harrisonville Chamber of Commerce, Cass Regional Medical Center, the City, the library, Parks and Rec, and the Historical Society. In addition to news from Cass Regional on pages 15, page 16 includes a Community Calendar of Events for the fall. Also, this edition includes the course listing for the Cass Career Center's Fall Community Education program on pages 5-12. We hope you enjoy this expanded edition and we appreciate the relationship with our partners.

Administrative Offices
 503 S. Lexington
 380-2727

Harrisonville High School
 1504 E. Elm • 380-3273
 Grades 9-12
 Jason Eggers, Principal - ext. 6222

Cass Career Center
 1600 E. Elm • 380-3253
 Grades 9-Post-Secondary
 Jeanette Miller, Director - ext. 7222

Harrisonville Middle School
 601 S. Highland • 380-7654
 Grades 6-8
 Chris Grantham, Principal - ext. 5222

McEowen Elementary School
 1901 S. Halsey • 380-4545
 Grades 4-5
 Principal Julie Dahlstrom -
 ext. 4222

Harrisonville Elementary School
 101 Meghan Drive • 380-4131
 Grades 1-3
 Jauna Weber, Principal - ext. 3222

Early Childhood Center
 500 Polar Lane • 380-4421
 Grades Preschool - Kindergarten
 Becky Campbell, Principal -
 ext. 2222



From the Superintendent

Giving back and saying thank you



Dear Wildcats -

One of the best parts about being superintendent of Harrisonville Schools is being a part of the community of Harrisonville. This community supports our schools and students whether it be donating to ensure a safe post-graduation celebration; attending sport events, concerts, and student recognition ceremonies; or meeting student needs through Bright Futures.

So, I want to start by saying "thank you." Thank you to everyone who gives of their time, talent, or treasure so that our students have every opportunity for success.

In addition to saying "thank you," one of the things I feel very strongly about is giving back to the community that supports us. On page 3, you can read about many of the activities our students and staff have already done this year to share their time and talents.

The Senior Citizens' Thanksgiving Banquet featured on page one is probably the longest running service project in our schools. For more than 30 years, the high school Student Council has served a traditional Thanksgiving meal to senior citizens in the area. This event is truly a group effort as the Student Council seeks business and individual donations to help pay for the food, elementary school students make placemats, Student Council members cook and serve the food, and high school musicians share their talents to entertain the guests.

From the longest running service effort to something new - staff in the district will be participating in a Day of Service in February. On February 12, 2016, staff members will take part in Professional Development activities during the morning and then from 1-4 p.m., they will go out into the community to give back.

The district is currently looking for service projects - painting, filing/organizing, cleaning, etc. Those with community service jobs are encouraged to complete the online job form on our district website - www.harrisonvilleschools.org

If you have questions or would like to submit your job over the phone, please call our Director of Communications Jill Filer at 380-2727, ext. 1224.

I hope that this Staff Day of Service becomes an annual event and is long-lasting just like the Senior Citizens' Thanksgiving Banquet.

Giving back and saying thank you to our community are just a couple of ways we can express our appreciation for your ongoing and solid support. With a partnership like we have, there's no limit to what we can accomplish for our students.

Thanks again,

Frank Dahman
Superintendent



Frank Dahman
Superintendent

HHS to present The Wizard of Oz December 17-19

The Harrisonville High School Drama & Music Departments will present The Wizard of Oz in December. The show will be performed December 17-19 at 7 p.m. and December 19 at 2 p.m. at the HHS Performing Arts Center. Tickets are \$5 with advanced reservations and \$7 at the door for adults and children, ages 3 and over. Children under 3 are free. Ticket reservations can be made online at www.harrisonvilleschools.org under District News on the home page or call 380-3273, ext. 6837.

Cast members include Reagan Holden as Dorothy Gale; Mikaila Livingston as Aunt Em/Glinda; Connor Tracy as Uncle Henry/Guard; Dakota Mathew as Zeke/Cowardly Lion; Tucker Quinn as

Hickory/Tinman; Wyatt Maxwell as Hunk/Scarecrow; Lia Lloyd as Gulch/Wicked Witch; Matthias

Carder as Prof. Marvel/Wizard; Peyton Holden, John Coday, Chase Robinson, Joey Fernandez, Cody Jones, Matt Welhoff, and Brandon Lane as Crows and Ozians; Tanis Ham, Brooke Rogers, Tshaya Wilson, Sarah Bartlett, Jady Gilbert, and Caitlin Hargis as Trees, Out of the Woods Singers, and Jitterbug



Singers; Maizy Szudaraski, Kaley Tieman, Calah Hargis, Hannah Barlett, Haley Holden, Allison

Maddox, Peyton Zaring, Andrea Farren, Ayuana Jackson, Tiffany Hartzler, Kirkland Mangan, Cora Graham, and Bri Ewert as Poppies and Ozians; Tesa Emrick, Samantha Poyner, Susanna Tracy, and Lexie Schrock as Poppie Dancers/Snowflakes; Baylee Woolsey, Jady Gilbert, Sierra Skinner, Calah Hargis,

and Hannah Bennett as Ozians; Baylee Woolsey, Allison Maddox, Sierra Skinner, Ayuana Jackson, and Tiffany Hartzler as Ozians/Beauticians; Peyton Holden, John Coday, and Cody Jones as Ozians/Polishers; Maizy Szudaraski, Haley Holden, Peyton Zaring, and Troy Litle, Garrett Lukenbill, Amber Barta, Bri Ewert, and Josie Clark as Winkies; Audrey Welhoff as Nikko; Maggie Schrock, Tori Bratcher, Lily Maxwell, Emma England, Haley LaGrone, and Kenady Taylor as Monkeys; Tessa Emrick as Jitterbug Lead; Susanna Tracy, Lexie Shrock, and Samantha Poyner as Jittebugs; Isaiah Bliss as Munchkin Mayor; and Slade Holden as Munchkin Coroner.



Students, staff give back to the community

Throughout the first part of the school year, students and staff in the Harrisonville School District have worked on many projects to give back to the Harrisonville community. Students in grades K-12 have used their time and talents to help both in big and small ways. Here's a look at some of the community service projects completed this school year.

Harrisonville Elementary School third graders wrote letters for veterans participating in the Honor Flight to Washington, D.C.

Harrisonville Elementary School second graders created placemats and delivered them to residents at Golden Years.

Students and staff at all schools participated in National Law Enforcement Appreciation Day by making cards and banners, inviting local police to lunch and awards assemblies, and delivering snacks to the police department.

Members of the Harrisonville High School National Honor Society chapter traveled to Harvesters to volunteer for a day.

Several school groups have helped with the Bright Futures Food 4 Thought backpack program including Ms. Baxter's fifth grade class, Cass Career Center staff, Administrative Office staff, the Middle School After School program, the Harrisonville Elementary School staff, and Mrs. Johnson's ___ grade class.

All district schools participated in the Bright Futures sock, shoe, and underwear drive in October to help the Cats Basement.

Harrisonville Elementary School first graders made cards and letters

that were displayed in Applebee's for Veteran's Day.

Several school groups participated in the annual Trunk-or-Treat on the Square event including Parents As Teachers, SkillsUSA, Ms. Baxter's fifth grade class, the staffs from Harrisonville Elementary School and Harrisonville Early Childhood Center, the Cass Career Center Practical Nursing program, the HHS cheerleaders, and HHS Drama Wildcat Play-

ers. Ms. Neal's fifth grade class collected paper products and diapers for Hope Haven during the week of Parent-Teacher Conferences.

The Harrisonville High School Student Council hosted the annual Senior Citizens' Thanksgiving Banquet on November 23. The event included a traditional Thanksgiving dinner and entertainment by the Music Makers and jazz band.

The HHS Student Council hosted a blood drive in late October for the Community Blood Center and collected 86 units. The next blood drive is set for Feb. 4, 2016.

For the eighth year, Harrisonville Middle School hosted a Veterans Day assembly to honor local veter-



Students, staff, and community members throughout the Harrisonville School District collected more than 7,000 pounds of food for the local food pantry during the annual Trick-or-Treat So Kids Can Eat food drive. Students collected food in their schools; business and organizations partnered with the schools to collect donations as well. HHS drama students placed plastic bags on doors throughout the community and returned to collect donations. The Drama Club also collected donations at the Trunk-or-Treat on the Square event. All donations were given to the Shepherd's Staff Food Pantry sponsored by the Harrisonville Ministerial Alliance.

ans.

Harrisonville High School students traveled to Crown Care Center to visit with residents and help them shop at their monthly bingo store.

HMS and HES students wrote cards thanking veterans for their service. They were delivered by Serenity Care Hospice to care facilities on Veterans Day.

HMS students help with Harvester's deliveries for the Food 4 Thought backpack program twice each month.

Harrisonville Middle School has "adopted" Highland Drive and once a month, students and staff pick up trash along the street.

CCC Ag and FFA students have cut 1000 corn stalks for Lee's Sum-

mit CCC supporter, held a petting zoo at Burnt District Festival, painted & fixed a building at North Park, and helped direct traffic at a Family Center event for the community.

CCC Marketing and DECA students have worked with the Rotary Club to design posters for the Burnt District Festival, worked at Harvester's and have also designed anti-bullying posters for McEowen Elementary.

CCC teachers volunteered as "adopted grandparents" at ECC and Harrisonville Elementary School Grandparents Day events.

CCC SkillsUSA students raised over \$200 for the Susan G. Komen Foundation. They also clean up a stretch of road along Mechanic.



Students recognized for accomplishments

Harrisonville students have earned many honors and celebrated multiple successes during the first part of the school year. Here's a look at some of those recognitions.

Harrisonville High School senior Reagan Holden was named a National Merit Semifinalist. She is one of 16,000 high school seniors from across the United States to be named a Semifinalist in the 61st annual National Merit Scholarship Program.

Seven Harrisonville High School students were selected to All-District bands. All-District Jazz Band honorees include Oscar Tompkins, trumpet; Jacob Filer, piano; and Dalton Hayden, drum set. The HHS musicians selected for the All-District Honor Band include Oscar Tompkins, trumpet; Jimmy Carotenuti, trumpet; Makayla Strong, trombone; and Zach Austin, trombone. Reznor Barnes, trombone, was an All-District Honorable Mention honoree.

Twelve Harrisonville Middle School students were selected to and participated in the All-District Junior High Honor Choir including Kaley Caldwell, Mackenzie Ransic, Maria Styron, Presley Reynolds, Skylar Lite, Rebecca Wright, Kalee Harp, Rebekah Bartlett, Caitlyn Costner, Amy Tracy, Deseree Campen-Thomas, and Jayden Osborn.

More than 90 Harrisonville High School students were treated to ice cream sundaes as part of the First Class Cats program sponsored by the HHS Academic Booster Club. Teachers can nominate students based on one or more of the following criteria: improvement of their grade or classroom behavior; coming to class prepared and demonstrating good attitude and behavior in the classroom; and/or showing extra effort by getting help outside of class time or doing extra credit to improve their grade.

The FFA Trap Shoot team earned 4th in the Area FFA Trap Shooting League this fall. Individually, Spencer Proch placed 2nd by hitting 214 out of 250. Chase Bronson was 3rd high individual with 213. There were ninety-eight individuals who shot in the league.

Harrisonville High School inducted 19 new members into its National Honor Society chapter during an induction ceremony in early November. The 2015 inductees included Joshua Barnett, Bailey Bylina, Austin Campbell, Yaceli Chavez, Ty Cook, Eleanor Dick, Leeann Farren, Cassidy Fox, Henry Frees, Landon Getz, Tanis Ham, Devin Hawkins, Jake Holden, Emily Kroesen, Katelyn McKinnis, Michael Messer, Payje Ripperger, Micaela Roberts, and Baylee Streit.

The Cass Career Center Ag Mechanics team earned fourth place in the nation at the National FFA Convention. Team members include Jarrett Craig, Jacob Erwin, Austin Moreland, and Blake Moreland. Craig earned 8th high individual and B. Moreland earned 12th high individual. The team earned the honor of placing higher than any other team from Cass County in the 88 years of the National FFA.

The Cass Career Center FFA Chapter had five members achieve the American FFA Degree, FFA's highest honor, at the National FFA Convention. Those members are Kaitlin Fifer, Jack McCleave, Carter Neill, Dustin Wallen, and Frank Yoakum.

The Harrisonville High School Debate Team won the HHS Parliamentary Debate Tournament held in late October. Elijah Hart and Robby Pence took first place in the varsity division. Maxx Cook and Makayla Livingston received eighth place, but had an undefeated record. In the

novice division, Cailli Salmen and Kaylee Tieman took 8th place and Matthias Carder and Egan Evans took 9th.

HHS seniors Reagan Holden and Dakota Mathew were selected as members of the 2015 Missouri All-State Choir.

HHS students earned awards at the High School Visual Arts Day at Missouri Western State University. Those honored included Payje Ripperger, Michaela Hill, and Lia Lloyd.

Harrisonville High School Homecoming King and Queen Cole Tyson and Katelyn McKinnis were crowned during ceremonies in September. First runners-up were Maxx Cook and Caitlyn Ervin.

Harrisonville High School won the Notre Dame De Sion Parliamentary Debate Tournament. Elijah Hart and Robby Pence took first place in the varsity division. Maxx Cook and Savannah Spencer earned fourth place, but had an undefeated record.

Ten Harrisonville High School students were named to All-District choirs. Those HHS students named to the 2015 All-District Choir are Caitlin Hargis, Reagan Holden, Jessi Reece, Dakota Mathew, Connor Tracy, Tucker Quinn, Wyatt Maxwell, and Chase Spence. Sarah Bartlett and Aubrey Valentich were selected to the 2015 11-12 Women's Honor Choir.

The Harrisonville High School Royal Regiment Drumline brought home a first place trophy and a cymbal in the Gold Division at the 5th Annual "Drummit at the Summit" Marching Percussion Competition.

The Royal Regiment Marching Band earned numerous awards this fall. The group earned 8th place in Class 5 field show at the Golden Regiment Invitational. They brought home 1st place in the Silver Class

field show competition at Lee's Summit North, earning the caption awards for outstanding Auxiliary, Percussion and visual performance and the third highest total score overall for the day. At the UCM Festival of Champions, they took fourth place in the Red Division field show competition. Finally, at the Kansas City Championships, the band earned fourth place in Class 2 field show competition, sixth place overall in prelims and advanced to finals. The band earned sixth place in open class finals.

Four HHS students were recognized at the Raymore-Peculiar Art Invitational. Michaela Hill received two first place awards; one in ceramics and one in still life. Lisa Vaccaro won a third place in still life and first place in fibers. Lia Lloyd received a first place in printmaking. Jady Gilbert earned a first place in Graphic Arts.

Over 200 Harrisonville High School students were honored for their academic achievement at an assembly on August 26. The Excellence in Academics Assembly recognized students who earned an academic letter and those who earned the Excellence in Academics medalion during the 2014-15 school year.

District schools hold regular assemblies to honor student achievement. Awards winners from each of these assemblies can be found on the school's website. The websites are as follows:

ECC - www.harrisonvilleschools.org/hecc
HES - www.harrisonvilleschools.org/hes
McEowen - www.harrisonvilleschools.org/mes
HMS - www.harrisonvilleschools.org/hms
HHS - www.harrisonvilleschools.org/hhs
CCC - www.harrisonvilleschools.org/ccs



Community Education 2016 Spring Classes



1600 E. Elm St.

Harrisonville MO 64701

Office hours - 7:00am - 3:00pm

Monday - Friday

816-380-3253 x7223

www.harrisonvilleschools.org/communityeducation

Use your smart phone to register for classes! Scan below!



CASS CAREER CENTER *Community Education*



REGISTRATION INFORMATION 3 WAYS TO REGISTER!!!

MAIL: Complete registration form. Mail with course fee
Please write a separate check for each class.

IN PERSON: Adult/Community Education Office
1600 E. Elm St.
Harrisonville MO 64701
Office Hours: Monday-Friday 7:00 AM - 3:00 PM

ONLINE: harrisonvilleschools.org/communityeducation

NOTE:

Registration is complete ONLY upon receipt of registration fees

REFUND POLICY — PLEASE READ CAREFULLY

- 1) Full refund if Community Education cancels the class.
- 2) Full refund, less \$5 processing fee if we receive notification at least 24 hours prior to start of class.
- 3) NO refund issued if notification received after start of class.

DISCOUNTS

A 10% Discount Applies if you're...

- At least 65 years of age
- A veteran (with appropriate veteran identification)
- Harrisonville School District employees

Discounts apply to Enrichment & Fitness classes only. Discounts cannot be combined or used on 1-session classes.

NON-DISCRIMINATION POLICY

The Harrisonville Cass R-IX School district does not discriminate on the basis of race, color, religion, national origin, ancestry, sex, disability, age or any other characteristic protected by law. For complete policy, please go to harrisonvilleschools.org and choose About Us, click on School Board.

FEES- Classes must be self-supporting. Registration fee does not include cost of books, supplies, or materials unless otherwise stated. **FEES MUST BE PAID before you are considered enrolled.** We accept cash, checks, money orders, VISA and Master Card - you may now pay online with credit or debit card.

WHO MAY ENROLL? Adult/Community Education courses are designed for adults (18 years of age or older). Under 18 may be permitted to register with prior consent of instructor and Community Education Coordinator - the student may be required to have an adult register with them.

INCLEMENT WEATHER CANCELLATION—If Harrisonville School District schools are closed, adult classes will be cancelled. Cancellation will be on local network TV and radio stations. If in doubt, contact CCC at (816)380-3253 x7223. A recorded message will provide cancellation information. Cancelled classes will be rescheduled.

Registration Form

NAME: _____ Day Phone _____
Address _____ Cell Phone _____
City _____ State _____ ZIP _____
Email Address _____
Birthdate _____

Class Name _____ Fee: _____
Class Name _____ Fee: _____
Class Name _____ Fee: _____

TOTAL: _____

Check: Make check payable to Cass Career Center— mail or drop by office—

Credit/debit card—go online to harrisonvilleschools.org/communityeducation or call 816-380-3253 x7223



COMPUTERS

BASIC COMPUTERS, EMAIL & INTERNET

This course is designed as an overview of computer basics, email, and internet use and will consist of learning how to turn on/off computer, recognize icons and various computer components, open/close software, set-up personal email account, send/receive email with and without attachments, search the internet, move between websites, bookmark websites and more. **6 sessions - 2 sections; choose one**

Instructor- Nikki Hertzog

Cost- \$65

Tuesdays - Feb. 2 - March 8 - 1:00-3:00 pm - **Held at Cass County**

Library Harrisonville Branch or

Tuesdays - March 15 - April 19 - 6:00-8:00pm - **Held at CCC**

INTRODUCTION TO MICROSOFT WORD

In this course, you will learn how to use Word 2013 to create and edit simple documents; format documents; add tables and lists; add design elements and layout options; and proof documents. **5 sessions - Held at CCC**

Instructor - Nikki Hertzog

Cost - \$60

Tuesdays - April 26 - May 24 -6:00-8:00pm



FACEBOOK MARKETING

Learning how to take full advantage of Facebook's remarkable marketing power can feel overwhelming, but it doesn't have to be. This class will show you how to use this powerful social media hub to attract customers, turn them into fans, and drive sales. You'll learn about:

- building your email list via Facebook
- using Facebook to pitch, sell and close
- getting likes, shares, and comments
- managing your Facebook page efficiently and effortlessly
- Advertising on Facebook and much more!

Whether you're looking for your first 100 likes or your first 10,000, this course will make Facebook your most powerful marketing tool.

****Laptops may be brought to class or you may use a school computer. **Bring your smartphone or tablet to learn how to update your page from a mobile device. **Having an active business Facebook is highly recommended. - 5 sessions Held at CCC**

Instructor - Bethany Sharpton

Cost - \$60

Mondays-March 7 - April 11 - 6:30-8:30pm (excluding 3/28)



INTRODUCTION TO EXCEL-Online

Do you work with numbers? Then you need to master Microsoft Excel 2013--and this is the place to do it. Even "non-techie" beginners will find it easy to learn Excel in this fun, step-by-step online course. **Go to ed2go.com/cc to see more Excel and other Microsoft courses.**

Register at www.ed2go.com/cc

Cost - \$95

This is a 6 week course



GET PINSPIRED!: Making Pinterest Work for You

Come learn the ins and outs of Pinterest, an online visual discovery tool you can use to find ideas for your projects and interests. Chelsea, a self-described Pinterest fanatic and long time user, will teach you the basics - how to create an account, the various methods you can use to "pin" ideas, how to organize pins and boards, how to find what you're looking for and how to make Pinterest work the best for you. Just bring yourself and an email address so you can create an account! **1 session - Held at CCC**

Instructor - Chelsea Hawley

Cost - \$20

Monday- March 21 -6:00 - 8:00pm



**More than 300 online courses to choose from
--learn from the comfort of home!**

ed2go

ed2go.com/casscc



PREPARING A GRANT-WRITING PROPOSAL PLAN

Calling all those interested in grant writing! Grant programs can offer supplementary funding for schools, small businesses, community organizations and nonprofits. During this course, you'll learn the best practices for pursuing grant programs, and you'll be introduced to several steps necessary to establish and execute your grant programs, writing proposal content, creating a project budget and complying with post-award guidelines. Through instruction and hands-on exercises, this workshop will prepare you to develop a grant-writing plan that leads to successfully funded projects. **1 session - Held at CCC**

Instructor - Alice Roach

Cost - \$35

Saturday - March 12 -9:00am - 12 NOON



**EARLY REGISTRATION
AVOIDS CLASS CANCELLATION!**



SAFETY

HUNTER SAFETY

If you were born after January 1, 1967 you must have an approved hunter education certification card to purchase a hunting license. The following sessions are both skills sessions--you must go online to complete the knowledge portion or you can complete a self-study guide. Must bring paperwork with you to class. Contact Missouri Department of Conservation with any questions. Certification is limited to those 11 years of age or older. Students under 16 bring proof of age.



YOU MUST CONTACT Missouri Department of Conservation @ 816-655-6250 or go online to mdc.mo.gov to register for a class. 1 session - you choose the date - Held at CCC - This class is free of charge and taught by the Missouri Department of Conservation

Saturday - February 6- 8:00am - 12 NOON **or**

Tuesday - March 29 - 6:00-10:00pm

DRIVERS EDUCATION

Need help learning to drive? This 2-week class will help prepare teens and new drivers for the Missouri behind-the-wheel driving test. The class will consist of 15 hours of classroom instruction as well as 6 hours of in-car observation and 3 hours of behind-the-wheel drive time. Students must be 15 years of age with a permit. Students may have the option to select from morning or afternoon session. Driving schedules will be given to students the 1st day of class. Observation & behind-the-wheel driving begins the 2nd week of class. Many insurance companies offer a discount for completing the course. Please contact your agent for more information. To enroll in this class, please call us at 816-380-3253 x7223. - **Held at CCC**
Instructors- Ryan Cook/Alvin Poisal, Certified Driving Instructors

Cost - \$225

Tuesday, May 31 - Monday, June 13 (weekdays) - 1st week (all students in classroom) 9:00 am - 12 pm

2nd week - observation and behind-the-wheel time - 9:00 am - 12 pm **OR** 1:00 pm - 4:00 pm

AARP DRIVER SAFETY

MUST call or email to register for this class

This is a defensive driving class for seniors. The classroom refresher course is designed for drivers age 50 and over. Course participants may be eligible to receive an insurance discount. Consult your insurance agent for further details. **1 session, you choose which date to attend - Held at CCC**
Instructor - Alvin Poisal

Cost - \$15 (for AARP members) \$20 (for non-members)

Tuesday-April 19 - 8:00am-12 NOON **or** Thursday - May 12- 1:00 - 5:00pm



HEALTH & FITNESS

LIVING A HEALTHY LIFE WITH CHRONIC CONDITIONS

Caregivers and those with chronic conditions are encouraged to attend this program. This course will help you learn how to make changes toward a happier, healthier lifestyle by managing your chronic condition. Topics covered include decreasing pain and stiffness, increasing flexibility and range of motion, building muscle strength and stamina, sleeping better, increasing energy and improving your overall outlook. Participants will receive the book: Living a Healthy Life with Chronic Conditions. It has had over 1 million copies sold and is a great resource for arthritis, diabetes, depression, asthma, bronchitis, emphysema, heart disease and other physical and mental health conditions. Join us to start making a change for the better today by managing your chronic condition.. **6 sessions- Held at CCC--No discounts apply**
Instructors- Holly Jay and Tammy Roberts, University of Missouri Extension Nutrition and Health Education Specialists

Cost - \$25

Tuesdays- February 4 - March 10 - 6:00 -8:30pm

(March 17 snow day, if needed)



GENTLE YOGA

If you think that Yoga is only for certain body types, give us an hour to show you that it can be modified to meet the needs of all people. It blends balance, strength and flexibility, all in a fitness format. Come have fun and relax with us. Give your mind a break and your body a boost! Please bring a mat. Blocks will be furnished. **8 sessions**

- **Held at CCC**

Instructor - Magen Hayes

Cost - \$50

Thursdays - February 11 - April 7 - 6:15 - 7:15pm

(Excluding March 24)

As with any exercise program, please check with your doctor before starting this class.



HiSET (GED) PREP CLASSES



HiSet (GED) classes are held in Belton on Tues., Wed., & Thurs.

7:00-9:00 pm at the Stacks Youth building 305 N. Scott

and in Harrisonville at Cass County Library, 400 E. Mechanic, from 5:30-7:30 pm on Mon., Tues. and Wed.

Contact Jo Junkin, Instructor at 816-331-4909





CASS CAREER CENTER *Community Education*

HEALTH OCCUPATIONS

Health Classes have limited seating -- Register Early!!

MEDICAL TERMINOLOGY

This class will focus on prefixes, suffixes, root words and diagnostic procedures. We will learn anatomy and standard terminology used in healthcare settings such as physician's offices, outpatient hospitals and other care centers, as well as learning to understand medical record documentation. This class is recommended for those planning to take the Medical Coding class, but not exclusively. **This class is limited to 8 students** -- No discounts apply. **8 sessions - Held at CCC**

Instructor - Holly Hilbert

Cost - \$90

Tuesdays - February 2 - March 22 - 6:30-8:30pm



MEDICAL CODING

This class will prepare you to work in a number of healthcare settings, such as physician's offices, and other care centers, as a medical coder. In healthcare, there is a numerical code assigned to every medical procedure and diagnosis. Students will learn the fundamentals of medical coding (CPT, HCPCS, and ICD-10-CM) and dissect medical notes and charts to extract the most relevant information. We use the American Academy of Professional Coders (AAPC®) curriculum that is designed specifically by health care professions and instructors.

NO PREREQUISITES - but knowledge of Medical Terminology and Anatomy & Physiology is STRONGLY recommended. This course will prepare students to sit for the Certified Professional Coder (CPC®) exam. You must have an appointment to register for this class - Held at CCC

Instructor - Tiffany Morgan, CPC, CPCO, CPC-I, CPMA, CEMC

Cost - \$1400.00 (\$500 down at time of registration)

Mondays and Thursdays -January 21 - June 9- 6:00 - 9:00pm

SPANISH FOR MEDICAL PROFESSIONALS-Online

With increasing numbers of Spanish-speaking patients entering the healthcare system every year, it's more crucial than ever for health professionals to learn medical Spanish. What's more, adding Spanish skills to your resume can broaden your career horizons. But you're a busy person, and you don't have time to waste--so this course skips the "touristy" topics and focuses on the survival Spanish medical personnel really need to know in a medical setting.

Register at www.ed2go.com/casccc

Cost- \$95

2 lessons are released each week for 6 weeks.



PHLEBOTOMY

The demand for Phlebotomy Technicians has increased substantially. Students will learn in a traditional classroom and laboratory setting. Classroom work includes terminology, anatomy and physiology, blood collection procedures and laboratory practice. Students who earn 80% or better on the classroom portion of this class may then continue on to clinicals. Applicants must pass a drug and alcohol test, a criminal background check and must have completed the Hepatitis B vaccination series before beginning their clinical experience. You will be required to wear scrubs during clinicals. Books and materials are included in the fee.

Students will sit for certification exam when all course work is completed. You must have an appointment to register for this class - Held at CCC -

Instructor - Kristy Jackson CMA, DOT, CPR/BLS/AED

Cost - \$995.00 (\$500 down at time of registration)

Mondays and Thursdays - February 2 - April 11 -5:00 - 8:00pm

Clinical rotations start April 12 and run thru June 3



Licensed Practical Nursing Program

www.casscareercenter.com

Enrollment for the 2016-2017 Practical Nursing class has begun! Go to www.casscareercenter.com and click on "Practical Nursing" to request an

information packet. The 10 1/2 month program consists of theory classes at Cass Career Center and clinical experiences at area hospitals, nursing centers and other community agencies. Upon satisfactory completion of the program, graduates are eligible to apply to the Missouri State Board of Nursing for permission to take the licensing examination. A passing score on the exam qualifies the graduate for Licensed Practical Nursing (LPN) status in Missouri. Financial Aid is available to qualified students. Individuals wishing to apply to the program must have a high school diploma or GED and obtain a satisfactory score on a general knowledge entrance exam. (TEAS V exam) A \$60 **non-refundable** testing fee must be submitted to reserve a testing spot for the TEAS V exam. Due to limited testing space and class size, potential students are advised to test early. Please go to www.casscareercenter.com - choose Practical Nursing Program to download application, reference forms and sign up for the TEAS V exam.

Applicants must take a TEAS V exam to be eligible for consideration to the PN program. **-PRE-REGISTRATION FOR TESTING IS A MUST!!!-** Exams are given at Cass Career Center. You can test 2 times, you **MUST** allow 21 days between tests. **You will not be officially registered until we receive the testing fee. The last scheduled TEAS V testing date is March 22, 2016. Do you need help with the Math portion of the exam? We have a Math Refresher class starting February 8 and ending March 16, 2016. Monday and Wednesday nights 6:00 - 8:00pm Cost \$ 90.00 - Must preregister for this class.**

All applications, reference forms and testing must be completed by March 31, 2016.





PERSONAL ENRICHMENT

BRACELETS! BRACELETS! BRACELETS!

Learn 3 different techniques and leave class with 3 new bracelets! **\$18 supply fee payable to instructor the night of class. 1 session - Held at CCC**

Instructor - Gina Smith

Cost - \$20

Wednesday - March 30 - 6:00-8:30pm



LEATHER WRAP BEADED BRACELET

You will learn to string beads in parallel rows between leather cords to create a beaded wrap design. You will be able to design your bracelet with various colors and sizes of leather cords and beads to make a one-of-a-kind bracelet. This technique requires some coordination, patience and good eyesight! **\$10 supply fee payable to instructor the night of class. 1 session - Held at CCC**

Instructor - Gina Smith

Cost - \$20

Wednesday - April 6 - 6:00-8:30pm



CROCHETING 101

Don't know one end of the crochet hook from the other? Join this class! We will cover hook sizes and types of yarn as well as basic stitches and increases and decreases. Learn how to read a pattern and the abbreviations you need to know when reading patterns. Handouts will be provided. Please bring an H hook & one ball of Peaches & Cream cotton yarn in any color (both can be bought at Wal-Mart in the craft section) to the first class. You will get a list of the needed yarns for the remainder of the projects at the 1st class. If you have taken this class before, come join us again--we will have new projects.

5 sessions - Held at CCC

Instructor - Karen Hagstrom

Cost - \$50

Mondays & Wednesdays - April 4 - April 25 - 6:30 - 8:30pm

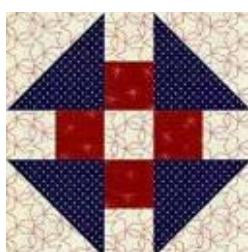
CHURN DASH--An Old Quilting Favorite with a Modern Flair!

Churn Dash, a versatile and favorite block. Come explore the many options available when using this block in a quilt. Great class to use up your larger scraps. Basic sewing supplies needed. **6 sessions - Held at CCC**

Instructor - Denniele Bohannon

Cost - \$50

Tuesdays - January 19 - February 23 - 6:30-8:30pm



QUILTED TABLETOP

Add flair to your table with a Quilted Tabletop! Complete this tabletop in class. We will discuss piecing, quilting and made fabric. Make it your own by selecting holiday fabric or fabrics that coordinate with your home. Save your scraps. Basic sewing supplies needed. **3 sessions - Held at CCC**

Instructor - Denniele Bohannon; Cost - \$30

Tuesdays - April 19 - May 3 - 6:30-8:30pm

T-SHIRT QUILT

Do you have a drawer full of memories in the form of T-shirts? Why not get them out of your drawer and onto your bed in the form of a quilt? It's easier than you think! We will be using the Eleanor Burns: Quilt in a Day t-shirt quilt pattern, available the first night of class for \$9. **6 sessions - Held at CCC**

Instructor - Ginger Friesz

Cost - \$50

Wednesdays - April 6 - May 11 - 6:30-8:30pm



CUPCAKES & COOKIES COUTURE

Cupcakes and decorated sugar cookies are quickly becoming a party staple, from birthdays and showers to holidays and weddings. They are the perfect party WOW factor! Come learn the basics of how to make your own treats for special occasions. These classes are designed to be simple, fun and you can take home cupcakes and cookies to share with your family! \$15 supply fee will be collected by the instructor the night of class. **1 session - Held at CCC**

Instructor- Nicole Branham

Cost- \$20

Thursday - March 17 - 6:00-9:00pm



CAKE DECORATING BASICS

Learn the basics of cake decorating. We will be making various borders, roses, and other flowers, along with tips on icing. A supply list will be made available at registration. **4**

sessions - Held at CCC

Instructor - Judy Schrock, Cost- \$40

Tuesdays - March 8 - March 29 -

6:30-8:30pm



CHEESE & BUTTER MAKING

Learn how to make delicious cheese & butter in your own kitchen! Get acquainted with using butter molds & adding herbs, or other flavors to your final product. With simple instruction and good quality raw milk, it is an easy and exciting activity providing nutritious, quality food for you and your friends & family. Supply fee of \$10 payable to instructor 1st night of class. **2 sessions - LOCATION TO BE DETERMINED**

Instructor - Cricket Kroenke/Norma Keltner

Cost- \$30

Monday - March 9 - March 16 - 6:00-8:00pm



GRILLING WITH CHRIS

Improve your grilling expertise! Learn the secrets to grilling different kinds of meats from an expert! 1st night--rubs & BBQ sauce, 2nd night--chicken, 3rd night--steak & 4th night--brats **There will be a supply fee of approximately \$10 per night - payable to the instructor. 4 sessions - Held at Kurzweil's Country Meats (Garden City).**

Instructor - Chris Kurzweil, Cost- \$40

Thursdays - April 21 - May 12 - 6:30-8:30pm

www.harrisonvilleschools.org/community_education



CASS CAREER CENTER *Community Education*

FREEZER MEALS 101



Would you like to come home to a ready-made meal? Time to join in the fun of making your meals ahead of time and putting them in the freezer. Pull these dishes out of the freezer later for use when you are crunched for time. Participants will learn basic food preparation skills, food safety, and best of all go home with several dishes, recipes and time-saving meal ideas. A supply list of foods will be provided for registered participants. **1 session- Held at University of Missouri, Cass County Extension Center. Register through Cass Career Center.**

Instructor - Holly Jay - University of Missouri Extension Nutrition and Health Education Specialist

Cost- \$25

Thursday - April 7 - 6:00 - 8:00pm



SEED SAVING

Seed saving makes cents in many ways-come learn how. Anyone can learn how to save their open pollinated seeds! This class provides basic seed saving methods, pollination, fruit production, isolation methods, seed harvest (dry and wet), and proper storage technique. Numerous printed materials are available to take home. Each student will receive several varieties of seeds to grow at home. Please bring pen and paper for note-taking. **A suggested donation of \$2 - \$5 to cover the cost of supplies payable to instructor the night of class. 1 session - Held at CCC**

Instructors - Dayna McDaniel and Bernadette Zeller

Cost - \$20

Wednesday - February 17 or March 16 - 6:30 - 8:30pm

HAND-BUILT POTTERY

In this 2 session class (2nd session held March 14), you will create a one of a kind, hand-built pottery piece from a slab of clay. Instructor will bisque fire. After firing, you will stain the piece/s. Instructor will glaze and fire the pieces and arrange time for pick up. **2 sessions- Held at CCC**

Instructor - Natalie Thomas

Cost- \$70

Monday - February 29 and March 14 - 6:00 - 8:00pm

Maximum of 8 students -

MUST ENROLL BEFORE FEBRUARY 22



BASIC WOODWORKING WORKSHOP

This five-week workshop allows you to choose a wood-working project that's just right for your level of experience with guidance by experienced instructor, Mark Hollingshead. The first night of class (required) will focus on safety, introduction to the equipment, and the planning of your project. The instructor will help you prepare a supply list that you will need to purchase before the second night of the class. Come with an idea of what you would like to build. If you're unsure, some suggested projects include a bird house, dog house or hot box/box greenhouse. Bring your ideas!! **5 sessions - Held at CCC**

Instructor- Mark Hollingshead; Cost- \$60

Thursday - February 25 - March 31 - 6:00-8:00pm - **NO CLASS March 24**

www.harrisonvilleschools.org/communityeducation

PHOTOGRAPHY

DIGITAL PHOTOGRAPHY

POINT & SHOOT CLASS



Explore the world of digital photography. We will start by discussing the various camera controls and features available and which ones are important for you to know. Learn the basics of downloading, editing, emailing, and printing your pictures. This is an entry-level class. Bring your camera and user's manual to class. **6 sessions - Held at CCC**

Instructor - Jim Braswell; Cost - \$60

Mondays & Wednesdays - April 4 - April 27 - 6:30-8:30pm

MACRO PHOTOGRAPHY

Macro Photography--photographing small objects to obtain life-size images. We will learn basic techniques, equipment & how some of the pros get their macro images. We will be discussing intermediate to advanced techniques. The student should be well-versed in how his/her camera operates and the basic principles behind achieving correct exposures (aperture, shutter, ISO)

1 session- Held at CCC

Instructor - Jim Braswell; Cost - \$20

Tuesday - April 5 - 6:30-8:30pm



SHOOTING THE NIGHT SKY

Do you love staring at the heavens above and wish you could photograph the treasures that our eyes behold? In this class, you will learn what equipment you need, the techniques to capture the night sky and the best times to see and photograph the treasures above us. **1 session - Held at CCC**

Instructor - Jim Braswell; Cost - \$20

Tuesday - April 26 - 6:30-8:30pm



MONOPOLY TOURNAMENT

March 5 - 8:30am - 2:00pm
at Cass Career Center



Registration cost - \$25
(Lunch included)



Proceeds to benefit
Jerry Tabb Memorial Scholarship Trust
www.harrisonvilleschools.org/communityeducation to register

Sponsored by:
Coffelt Land Title
Kiwanas Club
Cass Career Center





TRADE AND TECHNICAL

BASIC AUTO MAINTENANCE FOR BEGINNERS

Receive hands-on experience checking and changing your oil as well as performing a basic tune-up consisting of changing the air filter, spark plugs, plug wires, distributor cap and rotor. Rubber parts, such as drive belts and radiator hoses, will be checked and replaced, if needed. Learn how to check your tire pressure and how to clean brake dust off your wheels. Learn how to check your antifreeze/coolant level, transmission, brake and power steering fluid levels. All you DIYers, come discover the basics of auto maintenance.

2 sessions- Held at CCC

Instructor - Don Dickerson

Cost - \$40

Tuesdays - March 29-April 5- 6:00-9:00pm



BASIC SMALL ENGINE REPAIR

Fix small engines on your own! Save money and get the convenience of doing your own repairs on equipment, including lawn mowers, weed eaters, chain saws and leaf blowers. The best part? You can even bring your own small engine for small repair projects -

4 sessions - Held at CCC

Instructor - Lynn Dines

Cost - \$60

Wednesdays - April 27 - May 8 -

6:00-8:00pm



BASIC WELDING

This class is for beginning welders only. NO PROJECTS will be built. Students will learn oxy-fuel cutting and welding, running beads with shielded metal arc and gas metal arc. Time will be spent in the shop with these 4 processes only.

Beads will be ran in all 4 positions on flat plate. Each student must bring safety glasses, helmet, cutting goggles, long sleeve shirt, jeans (with no holes), welding gloves, flint striker, wire brush, chipping hammer and boots. NO TENNIS SHOES ALLOWED IN SHOP. All gear must be brought the 1st night of class. BE READY TO WELD!! No discounts apply.-6 sessions - Held at CCC

Instructor - Stewart Hendrickson, Cost - \$225

Thursdays - January 14 - February 18- 5:30 - 8:30pm



CASS COUNTY PUBLIC LIBRARY—HARRISONVILLE

Your public library offers more than you could imagine! You'll find exciting story times, wireless internet, many fun and educational programs, homework help tools, computer classes in cooperation with Cass Career Center, and more! See all the library's programs on the Community Calendar of Events on the back page of this publication or go to the events calendar at www.casscolibrary.org.

400 E Mechanic St. Harrisonville, MO 64701

Phone: 816-884-3483

Branch Manager: Karen Allen, allenk@casscolibrary.org

Children's Specialist: Sara Steinmetz, steinmetzs@casscolibrary.org

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- ICD-10 TRAINING FOR WORKING PROFESSIONALS



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1-816-380-3253 ext 7818





McEowen Elementary launches anti-bullying campaign



McEowen Elementary students started the year by pledging to stand up to bullying.

During the school's first assembly, Principal Julie Dahlstrom introduced a new anti-bullying campaign entitled Paws for a Cause.

"If I'm honest, I was bullied in junior high and afraid to come to school and I didn't want any student to ever feel that way at McEowen," said Dahlstrom.

The campaign is centered on the following pledge, "I make a commitment to take a stand against bullying. I will treat others with respect and kindness. I will have the compassion to not be a bully and the courage to not be a bystander. It is

my responsibility to help others being bullied and to report bullying."

Students recite the pledge each assembly.

To kick-off the campaign, students also signed wildcat paws to signify their stand against bullying. The signed paws are displayed on a bulletin board in the main hallway of the school.

As part of the school's Red Ribbon Week celebration, the annual poster contest centered on anti-bullying. Contest winners included Alexia Gould, Chloe Fitzgerald, and Kinsley Brannon.

In addition, fourth grader Tabitha Jones had an idea to improve the Paws for a Cause program.

Jones thought the school should have a Bully Box for students to write anonymous notes about bullying issues.

At the school's second schoolwide assembly, Jones introduced her idea and the Bully Box

to students.

Counselor Laura Partridge includes anti-bullying messages in her counseling lessons as well and is using tips from the Bully Box to shape those lessons.

"From our Bully Box, we found out that most of the students do not know what bullying is," said Partridge. "So in classroom lessons, we went over what bullying is and what bullying is not. I used the acronym RIP to help the students remember Repeated, Intentional, and Power Imbalance. We discussed what those words meant, and then focused on determining the differ-



ences between bullying, people in conflict, teasing, and just your random mean incident."

Dahlstrom said, "I want the students at McEowen to know they are safe to come to school and give them the tools to deal with any bullying behaviors they may experience down the road. It's important that they know to speak up, not only for themselves but for other students being bullied."

Board of Education candidate filing opens December 15

Filing for Harrisonville School Board of Education candidates begins Tuesday, December 15 at 8 a.m. at the Administrative Offices, 503 S. Lexington. Some of the requirements for candidates for the Board of Education are as follows: must be a citizen of the US, a resident taxpayer in the Harrisonville Cass R-IX School District, and at least 24 years of age. Candidates must have lived in Missouri for at least one year preceding the election. For a full list of candidate requirements, go to <http://harrisonvilleschools.schoolwires.net/Page/98>

Filing closes on January 19 at 5 p.m. Offices to be filled are two (2) three-year positions and one (1) one-year position. Board members whose terms expire are Marv Cochran, Marie Vallee and Joe Price.

The Board election is April 5.

Middle school, career center team up for grant

Harrisonville Middle School and Cass Career Center are working together to ensure student success. Cass Career Center secured a Making Middle Grades Work grant from the Southern Regional Education Board (SREB) which provides funding for staff from both schools to participate in professional development.

This fall, as part of that grant, a team of education professionals from around the state visited Harrisonville Middle School. The team included representatives from the Missouri Department of Elementary and Secondary Education, representatives from SREB, and curriculum experts from area school districts. The team visited class-

rooms; interviewed students, parents, teachers, and administrators; looked at data; and developed a report outlining areas of strength and areas for improvement.

The middle school and career center will use the report to develop a plan for professional development for staff.



District shares winter weather, emergency procedure reminders

As the temperature turns cold, the district prepares for the potential of winter weather.

When winter weather strikes, the district monitors temperatures, wind chills, and road conditions, and will inform parents as early as possible if a decision is made to cancel school. Cancellation information will be shared through the district's automated calling system (SchoolMessenger), Wildcat Alerts text messaging, Facebook, Twitter, the district app, and the website and on local TV stations.

Safety is priority number one when making the determination to cancel school on any given day due to inclement weather. If snow, ice, or extreme cold make conditions unsafe, the district will cancel school.

There may also be days when the decision is made to delay the start time of school as conditions are expected to improve.

On these days and other days

when it's very cold, there are a few reminders for parents...

- Please make sure that your children come to school dressed for the weather, with winter coats, hats, and gloves.

- If a child walks to school, we ask that parents try to make arrangements for the child to be given a ride to school. In some neighborhoods, parents form emergency carpools and this works well.

- If the child is a bus rider, we again encourage parents to make sure their child is dressed appropriately. We also encourage parents to let the child wait in the car with them until the bus comes (or, again, make arrangements so that several children can wait together in one car).

Being in school is important for many reasons, including that instructional time is valuable to all students. Additionally, schools are safe places to be for students. Students have adult supervision throughout the day

and, should they stay home on a cold day, in some cases there may be no supervision available.

In addition to preparing for winter weather, the district also continuously reviews safety procedures for other emergency situations. Students and staff participate in drills throughout the year including drills for tornado, fire, and lockdown.

In an emergency, student and staff safety is the primary focus. The district will communicate with parents as quickly as possible with the information available at the time. The district will use the district's automated calling system (SchoolMessenger) and Wildcat Alerts text messaging to communicate during an emergency.

Parents are encouraged to refrain from calling or coming to the school as it is important to keep the streets, parking area, and phone lines open for emergency responders and communication.

During a lockdown (including weather-related lockdowns), no one will be permitted to enter or leave the building with the exception of district personnel, law enforcement, and first responders. Once it has been determined that the threat has passed (all-clear), the school will resume normal procedures.

In some cases, students and staff may need to evacuate the school. Evacuation sites have been established, but the district does not publicize those locations prior to an emergency to maintain student safety. If it is determined that students cannot return to school, the district will begin reunification procedures. At that time, parents will be notified of the reunification site and steps to follow. Only parents or those listed as emergency contacts will be allowed to pick up a student and they will be required to provide photo identification.

Foundation presents grants totaling nearly \$4,000

Teachers and students in the Harrisonville School District recently received nearly \$4,000 in grants from the Harrisonville Public School Foundation this fall.

Throughout the 12 years of the teacher grant program, nearly \$70,000 has been presented. The goal of the program is to enhance the education of Harrisonville students by encouraging and recognizing new educational approaches and concepts that are not currently funded by the district.

The grants were awarded in a surprise squad format with Foundation trustees surprising the teachers in their classrooms.

Teacher grants were awarded to the following:

- Rebecca Reeser, speech/language teacher at McEowen Elementary.

This grant funded an Expanding Expression Toolkit to be used by district Speech/Language Pathologists to improve verbal and written expression. This grant was funded through the Velma Stephens Teacher Grant endowment.

- Pam Long, Harrisonville Middle School Publications teacher (pictured). This grant funded a digital camera for the middle school yearbook staff. This grant was funded through the Cade Filer Teacher Grant endowment.

- Jacob Crawford, Harrisonville Middle School band. The grant funded an iPad for band students to use to record performance assessments and send to their instructor for concise, timely feedback that is private to the student.

- Sarah Enkey, English Language

Learners teacher. This grant funded chromebooks for ELL students so they can access online resources to provide a fun way to learn, and a way to supplement knowledge with an understanding of culture factors, idioms, and slang.

- Dan Deatherage, Harrisonville Middle School science. This grant

supported a new First Tech Challenge robotics team for 7th and 8th graders. This is an extracurricular activity that engages students in science, technology, engineering, and math to build a robot that is used to compete with other student teams from across the nation.





Community Blood Center Blood Drive to hold drive at Cass Regional Medical Center



Cass Regional Medical Center, at 2800 E. Rock Haven Road in Harrisonville, will host a Community Blood Center Blood Drive from 2 to 5 p.m. Friday, December 18 in Conference Rooms 1, 2 and 3. For more information, contact phlebotomist Stacy Sample at (816) 887-0751 or email ssample@cassregional.org. Appointments can be made online at www.savealifenow.org, however, appointments are not required.

CRMC provides free health screenings

Cass Regional Medical Center is providing free health screenings from 9 to 11:30 a.m. Fridays, December 18, January 15 and February 19 at Commerce Bank in Harrisonville and January 22 at Community Bank in Harrisonville. Take advantage of free blood pressure, blood oxygen, and blood sugar screenings, and obtain a free total lipid profile, which measures total

cholesterol, HDL, LDL and triglycerides. For most accurate results, screening participants are asked to fast for at least 12 hours prior to the screening and take medications as usual (with water only). No appointments are necessary. For more information, contact Kacee Baldwin, MA, at (816) 619-3000 or email kbaldwin@cassregional.org.



Cass Regional Medical Center Facebook page
<https://www.facebook.com/CassRegional/>
Cass Regional Medical Center on Twitter - @CassRegional
Cass Regional Medical Center Foundation Facebook page
<https://www.facebook.com/cassregionalfoundation/>



Diabetes Support Group to host holiday party

Cass Regional Medical Center will host a Diabetes Support Group meeting, along with a holiday party, at 6:30 p.m. Thursday, December 17, in Conference Rooms 1, 2 and 3, located directly inside the main entrance of Cass Regional at 2800 E. Rock Haven Road in Harrisonville.

Cass Regional's Diabetes Education team will present various topics on current trends in dia-



betes treatments, lifestyle modification options and topics of interest for those living with dia-

betes or who have loved ones diagnosed with diabetes.

The Diabetes Support Group meetings are free to the public. For more information, contact Nurse Educator Liz Whelan, RN, MSN, CDE, at 816-380-5888, extension 6010 or email lwhelan@cassregional.org.



HARRISONVILLE *Highlights*

Community Calendar of Events

December 10	HHS Band Concert, 7 p.m., HHS PAC	February 2	Parents As Teachers Playgroup, 9:15 a.m., ECC
December 10	CCPL Legit Readers Teen Book Club, 3:30 p.m.	February 2	CCPL Paws to Read, 4 p.m.
December 11	HMS Christmas Dance, 6-8 p.m.	February 3 -	CCPL AARP Free Tax Prep Assistance, 9:30-3:30,
December 12	ACT, HHS	April 13	Apptment Required
December 12	HCC Holiday Open House - Free Day for all from Open to Close	February 4	CCPL Inspirational Book Club, 6:30 p.m.
December 14	HHS Choir Concert, 7 p.m., HHS PAC	February 4	HES Awards Assembly, 3:15 p.m.
December 14	CCPL Brown Bag Book Club, Noon	February 5	CCPL Tweens in the Kitchen, 3 p.m.
December 14	CCPL General Book Club, 6:30 p.m.	February 6	HHS Music Makers, Lincoln, NE
December 15	Filing opens for City and School Board, 8 a.m.	February 6	HCC Princess Ball
December 15	Parents As Teachers Playgroup, 9:15 a.m., ECC	February 8	Parents As Teachers Wild & Wacky, 6 p.m., ECC
December 15	CCPL Santa & Mrs. Claus Program, 6 p.m.	February 8	CCPL Brown Bag Book Club, Noon
December 15	Board of Education Meeting, 7 p.m., Admin Office	February 8	CCPL General Book Club, 6:30 p.m.
December 15	HMS Choir Concert, 7:30 p.m., HHS PAC	February 9	Parents As Teachers Playgroup, 9:15 a.m., ECC
December 16	ECC Breakfast with Books, 8:15 a.m.	February 9	CCPL Mystery Book Club, 6:30 p.m.
December 16	HCC Zumba Christmas Dance Party	February 11	CCPL Legit Reader Teen Book Club, 3:30 p.m.
December 17-19	The Wizard of Oz, 7 p.m., HHS PAC	February 11	ECC, HES, McEowen Valetine's Parties
December 17	CCPL DIY Your Own Space Teen program, 3:30 p.m.	February 11	Band Dinner Concert, 6 p.m., HMS
December 17	Cass Regional Diabetes Support Group, 6:30 p.m.	February 12	No School - Professional Development Day
December 17	HMS Open Doors, 12:30-2:30 p.m.	February 12	Staff Day of Service, 1-4 p.m.
December 18	Cass Regional Blood Drive for Community Blood Center, 2-5 p.m.	February 12	Free Health Screening, 9-11:30 a.m., Library
December 18	Cass Regional Free Health Screening, 9-11:30 a.m., Commerce Bank	February 13	Wildcat Show Choir Festival, HHS
December 19	The Wizard of Oz, 2 p.m., HHS PAC	February 13	CCPL Family Yoga, 10 a.m.
December 21	McEowen Concert, 7 p.m.	February 15	No School - President's Day
December 22	HMS Awards Assemblies	February 16	Parents As Teachers Playgroup, 9:15 a.m., ECC
December 22	End of 2nd Quarter, ½ day for students	February 16	Board of Education Meeting, 7 p.m. Admin. Office
Dec. 23-Jan. 4	No School - Winter Break	February 16	CCPL Paws to Read, 4 p.m.
December 24-25	City Offices Closed	February 17	ECC Breakfast with Books, 8:15 a.m.
Jan. 1	City Offices Closed	February 17	CCPL Lego Free Build, Ages 10-12, 4 p.m.
Jan. 4 - Feb. 27	CCPL Adult Winter Reading Program	February 18	Cass Regional Diabetes Support Group, 6:30 p.m.
January 4	CCPL Lego Club, Ages 6-9, 6:30 p.m.	February 18	CCPL Cozy up with a Good Book Teen Program, 3:30 p.m.
January 5	Parents As Teachers Playgroup, 9:15 a.m., ECC	February 19	CCPL Tweens in the Kitchen, 3 p.m.
January 5	CCPL Paws to Read, 4 p.m.	February 19	Cass Regional Free Health Screening, 9-11:30 a.m., Commerce Bank
January 6	CCPL Couch to 5K Adult Program, 6:30 p.m.	February 20-27	National FFA Week
January 7	HES Awards Assembly, 3:15 p.m.	February 20	HHS Jazz Band, UCM
January 7	CCPL Inspirational Book Club, 6:30 p.m.	February 20	HHS Show Choirs, Nevada Show Fest
January 9	All-District Band, UCM	February 23	HES Spring Pictures
January 9	CCPL Family Yoga, 10 a.m.	February 23	Parents As Teachers Playgroup, 9:15 a.m., ECC
January 11	PTO Meeting, 6:30 p.m., HES	February 24	McEowen Positive Action Assembly, 2:45 p.m.
January 11	CCPL Brown Bag Book Club, Noon	February 24	MRVC Conference Band Auditions, Oak Grove
January 11	CCPL General Book Club, 6:30 p.m.	February 24	CCPL Read a Latte Program, 6:30 p.m.
January 12	Parents As Teachers Playgroup, 9:15 a.m., ECC	February 25	HES 2nd Grade Music Program, 7 p.m., HHS PAC
January 12	HES Family Night, 5:30-7 p.m.	February 26	ECC Terrific Citizen Assembly, 3 p.m.
January 12	CCPL Mystery Book Club, 6:30 p.m.	February 26	CCPL Tweens in the Kitchen, 3 p.m.
January 14-27	Major Saver Sales, ECC, HES, McEowen	February 27	MRVC All-Conference Choir, HHS PAC
January 14	CCPL Legit Readers Teen Book Club, 3:30 p.m.	February 27	CCPL Family Yoga, 10 a.m.
January 15	Cass Regional Free Health Screening, 9-11:30 a.m., Commerce Bank	February 26-28	HHS Winter Play
January 15	CCPL Tweens in the Kitchen, 3 p.m.	February 29	HHS Pre-Contest Choir Concert, 7 p.m., HHS PAC
January 16	All-District Jazz Band, Sedalia	February 29	CCPL Brownies & Books, 6:30 p.m.
January 16	HHS Show Choirs, Rock Bridge Show Fest	March 1	Parents As Teachers Playgroup, 9:15 a.m., ECC
January 18	No School - MLK Day	March 3-5	HMS Play, 7 p.m., HMS
January 19	Parents As Teachers Playgroup, 9:15 a.m., ECC	March 4	HES Awards Assembly, 3:15 p.m.
January 19	Board of Education Meeting, 7p.m., Admin Office	March 4	HHS Jazz Band to Pitt State
January 19	CCPL Paws to Read, 4 p.m.	March 5	MRVC Conference Band, Grain Valley
January 19	Filing closes for City & School Board, 5 p.m.	March 6	HHS Show Choirs, Sedalia Show Fest
January 20	District Spelling Bee, HMS, 1 p.m.	March 8	Parents As Teachers Playgroup, 9:15 a.m., ECC
January 20	ECC Breakfast with Books, 8:15 a.m.	March 9	Last day to register to vote for April 5 election
January 20	CCPL Lego Free Build, Ages 10-12, 4 p.m.	March 11	HMS Awards Assemblies
January 21	Cass Regional Diabetes Support Group, 6:30 p.m.	March 11	End of 3rd Quarter - ½ day for students
January 21	CCPL Harry Potter Movie Screening, Teens, 3:30 p.m.	March 15-17	ECC, HES, McEowen Spring Book Fairs
January 22	Cass Regional Free Health Screening, 9-11:30 a.m., Community Bank	March 15	Parents As Teachers Playgroup, 9:15 a.m., ECC
January 22	Winter Homecoming	March 15	Donuts for Dads, 8 a.m., McEowen
January 22	HHS Distinguished Alumni Wall of Fame Induction	March 15	HES Family Night, 5:30-7 p.m.
January 22	CCPL Tweens in the Kitchen, 3 p.m.	March 17	McEowen Spring Pictures
January 23	CCPL Family Yoga, 10 a.m.	March 17	McEowen Art Fair/Ice Cream Social, 6:30-8 p.m.
January 25	CCPL Brownies & Books, 6:30 p.m.	March 18-19	MSHSAA Small Ensemble Contest, Grain Valley
January 26	Parents As Teachers Playgroup, 9:15 a.m., ECC		**Story Time, Tuesdays in Jan., Feb., and Mar, 11 a.m., CCPL and Wednesdays in
January 27	McEowen Positive Action Assembly, 2:45 p.m.		Jan., Feb., March, 9:30 & 11 a.m., CCPL
January 29	CCPL Tweens in the Kitchen, 3 p.m.		**CCPL - Cass County Public Library, Harrisonville Branch
January 30	ECC Terrific Citizen Assembly, 3 p.m.		**HPR - Harrisonville Parks & Rec
February 1	CCPL Lego Club, Ages 6-9, 6:30 p.m.		**HCC - Harrisonville Community Center
Feb. 2-Mar. 8	Computer Basics, Library, 1-3 p.m. on Tuesdays		