

15th Semester



www.EmpowerUohio.org

EmpowerU Calendar of Events

15th Semester



www.EmpowerUohio.org

Free Courses Educate Enjoy Engage

Reservation required! Reserve your spot now by signing up for sessions at www.empoweruohio.org
Read Entire Course Listings online including speaker information and location maps. Space is limited. Sign up online!

Excavive Live Life to the Fullest: Bring Balance to Your Life **Feb 27**



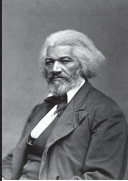
EmpowerU Studio at Frame USA
225 Northland Blvd.
Cincinnati, OH 45246

Tuesday, February 27, 7:00-8:30 PM

Are you living a full life today? Do you feel alive and passionate about what you are doing? Do you want more out of your life? Join Life Coach Jennifer Blair (Excavive.com) who will talk to us about life, balance and happiness and how you can be more empowered as a person and leader in your life. We'll examine 8 different areas of your life to get things moving forward and make lasting changes that will provide more focus and joy! It's a New Year!

Virtual Class

Breaking Chains and Stereotypes- The Life of Frederick Douglas **Mar 1**



EmpowerU Studio at Frame USA
225 Northland Blvd.
Cincinnati, OH 45246

Thursday, March 1, 6:30 - 8:30 PM

Join Americans for Prosperity (AFP) and Empower U as we partner to dive into the life of Fredrick Douglass. Participants will learn the story of Fredrick Douglass, how education led to his freedom, and wealth. We will break down the life-empowering values of Fredrick Douglass that helped him not only break the literal chains binding his freedom, but also break the stereotypes of his day and ours. 6:30 Social Time, 7:00 Event.

Virtual Class

An Airman's Perspective of a Desert Deployment **Mar 6**



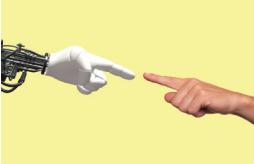
EmpowerU Studio at Frame USA
225 Northland Blvd.
Cincinnati, OH 45246

Tuesday, March 6, 7:00-8:30 PM

Hear from Timothy A. Anglin deployed as the Director of Operations, 387th Air Expeditionary Squadron. Get firsthand experience what it's like to live in the desert. You'll learn about the land, climate, business customs, economy, government, voting, health plans and more. We'll discuss the culture of the people who are located near bases where our military are serving in Kuwait. Not all locals are terrorists and find out how our soldiers live every day.

Virtual Class

The Robot Next Door **Mar 8**




EmpowerU Studio at Frame USA
225 Northland Blvd.
Cincinnati, OH 45246

Thursday, March 8, 7:00-8:30 PM

Human activity is, or soon will be, assisted, monitored or replaced by evolving technology. Both fear and wonder accompany the rapid development of artificial intelligence. Greg Lawson, Senior Policy Analyst at the Buckeye Institute and Joe Platt examines the vast changes we can expect in jobs, society and public policy as America transitions to an automated economy where the labor of humans has an ever decreasing role.

Virtual Class

Appalachian Dawn, the Movie **Mar 15**



EmpowerU Studio at Frame USA
225 Northland Blvd.
Cincinnati, OH 45246


Thursday, March 15, 7:00 - 8:45 PM

Join EmpowerU for a night at the Movies* as we watch the 2010 riveting documentary "Appalachian Dawn". Learn about the town of Manchester in Clay County, Kentucky. With vicious feuds, crushing poverty, massive pervasive government corruption and epic drug use--many have called it the most drug infested County in the United States. Could a City like this make a decision to turn itself around? What happened when the City asked God to intervene? What are the lessons to be learned for other cities in trouble?

*We will be watching a little over half the movie

Virtual Class

Early Warning Signs of Drug Addiction **Mar 20**



EmpowerU Studio
225 Northland Blvd.
Cincinnati, OH 45246


Tuesday, March 20, 7:00 - 8:30 PM

What are the early signs of addiction? How should you respond to them? How can you be instrumental in help stemming the tide of this drug epidemic? Do not miss this opportunity to learn from Chief Synan Police Chief of Newtown as he shares his experience and expertise with us. Mr. Synan helped form the Hamilton County Heroin Task force and will address the many issues involved in tackling this deadly problem. Parents join us--Beware!

Virtual Class

March Mania: Free Throw Shooting Contest

Saul Alinsky- Rules Just for Radicals? **Mar 22**



Holiday Inn
7905 Freedom Way
Florence, Ky 41042

Thursday, March 22, 7:00-8:45 PM

Join EmpowerU Managing Board Member **Dan Regenold** in a lively discussion of the much talked about Saul Alinsky. Specifically, we will be discussing Alinsky's 13 *Rules for Radicals* a primer for how the "Have-Nots" could take away power from the "Haves". What are these rules? How can they be used to accomplish the goals of your organization? Are Alinsky's rules just for Radicals and Socialists or do they also apply to Conservatives?

Virtual Class

Self - Defense With LOVE **Mar 27**



EmpowerU Studio at Frame USA
225 Northland Blvd.
Cincinnati, OH 45246

Tuesday, March 27, 6:30-8:30 PM

Self Defense with LOVE. Let no one confuse your KINDNESS as WEAKNESS. Courage Coaches Debbie and Mike Gardner are motivational speakers/authors who teach LOVE-based crime survival skills. In this class learn how to: 1) Control your Fear, 2) Prevent crime set-ups, 3) Understand when you have a legal right to fight back and 4) Learn Your Best Chance to survive. This is a class for your entire family!

We are requiring a \$10 contribution to this session to defer expenses of the speakers travelling from Texas. You may pay this fee online when registering or you can pay at the door.

Virtual Class

Sunshine Laws State Certificate Training **Mar 29**




EmpowerU Studio at Frame USA
225 Northland Blvd.
Cincinnati, OH 45246

Thursday, March 29, 9:00 am-12:15 pm

Empower U partners with the Ohio Attorney General to present Sunshine Laws State Certification Training. If you are interested in obtaining this certification Empower U is providing an opportunity for you to do so locally. The Sunshine Laws Certification Training, provided by the Ohio Attorney General's Office, is a three-hour certification training session provided to all elected officials, and/or their appropriate designees, as well as members of the general public. Let the Sunshine in!

Virtual Class

Net Neutrality **Mar 29**



EmpowerU Studio
225 Northland Blvd.
Cincinnati, OH 45246

Thursday, March 29, 7:00 - 8:30 PM

Net neutrality is the principle that governments should mandate Internet service providers to treat all data on the Internet the same, and not discriminate or charge differently by user, content, or website. This allows internet service providers (ISP) to open up different speed and buffering options to large internet content companies like Netflix. This could impact speed, cost and your internet experience. Managing Board Member Dan Regenold takes us through this important issue as we examine the pros and cons of Net Neutrality and the current landscape. This session will include plenty of time for your thoughts, discussion, and questions.

Virtual Class

March Mania: Free Throw Shooting Contest

A Honey of a Bee **Apr 3**




EmpowerU Studio at Frame USA
225 Northland Blvd.
Cincinnati, OH 45246

Tuesday, April 3, 7:00 - 8:30 PM

The familiar honey bee *Apis mellifera* is a vitally important agricultural pollinator threatened by many human activities. It is also a behaviorally fascinating insect. This talk celebrates honey bees' sophisticated social organization, intimate association with flowers, and past and present relationships with humans. We will also explore the wonderful ways honey bees sense their world and communicate with nest mates including their astonishing waggle dance language.

Virtual Class

The History of Fake News **Apr 5**



EmpowerU Studio at Frame USA
225 Northland Blvd.
Cincinnati, OH 45246

Thursday, April 5, 7:00-8:30 PM

Peter Bronson, is a celebrated journalist and has won numerous awards as editor of the Cincinnati Enquirer editorial page, which was named Best Editorial Page in Ohio four years in a row. He has worked his entire career in the news business, at The Cincinnati Enquirer, Cincy Magazine, and on TV and radio. Peter is here to tell you that "fake news" is real—and has never been worse. He will offer examples and describe the Decline and Fall of the Daily Newspaper, caused by many factors—not least among them, dishonest fake news.

Virtual Class



Sexual Harassment: What you Need to Know!

Apr 10

EmpowerU Studio at Frame USA
225 Northland Blvd.
Cincinnati, OH 45246

Virtual Class

Tuesday, April 10, 7:00-8:30 PM

What Can Businesses and Employees Learn From Hollywood's Sexual Harassment Problem? This course is literally as timely as today's headlines! Attorney Steven E. Imm will be discussing in detail the implications of the recent explosion in sexual harassment allegations against prominent celebrities, businessmen, politicians, and judges, yes, judges. Attendees will learn what each of us can do to make sure that we or our companies are not in the news ourselves, six weeks, six months, or six years from now.



Morgan's Great Raid Around Cincinnati

Apr 12

EmpowerU Studio at Frame USA
225 Northland Blvd.
Cincinnati, OH 45246

Virtual Class

Thursday, April 12, 7:00 - 8:30 PM

From July 2-26, 1863, while the great battles at Gettysburg and Vicksburg captured the attention of the American people, Confederate Brigadier General John Hunt Morgan led nearly 2,500 cavalrymen on a daring raid into the North. No other American mounted infantry division on horseback would ever achieve what Morgan's raiders accomplished on the Great Raid of 1863. Come hear David Mowery tell us this fascinating story.



Open Mic Night at EmpowerU Studio

Apr 13

EmpowerU Studio at Frame USA
225 Northland Blvd.
Cincinnati, OH 45246

Virtual Class

Friday, April 13, 7:00 - 9:00 PM

Calling great Cincinnati Musicians! EmpowerU will present its first ever Open Mic night on Friday, April 13, 2018. Come and hear from some of Cincinnati's great local musicians for what is sure to be a fun night as we choose 10 great musicians to play 2 songs each. We'll make sure to have some great Cincinnati Craft Beer on hand to double the pleasure—making it a GREAT Cincinnati event. At stakes for the winner is a \$100 prize with the 2nd place musician receiving \$50. Musicians send us your audition videos to be considered via YouTube to info@empoweruohio.org



Event to be Announced!

Apr 16

Watch EmpowerUOhio.org for an important event that we are working on for the 4/16/18 date. Also please refer to the website for new classes that may be added throughout the semester.



Networking 101

Apr 18

Virtual Class

Mount St. Joseph University
The Recital Hall
5701 Delhi Pike
Cincinnati, Ohio 45233

Wednesday, April 18, 6:30-8:30 PM

Most people think Networking is casual conversation but it is so much more! Learn how "networking" is crucial to building your career and business. Not to mention how it can improve your social life! Networking is working. Learn how networking includes teaching people who you are, what you do and what kind of opportunities may come your way. Building relationships on the foundation of trust involves give and take with others in your network. Learn how.

6:30 - Social meet, 7:00 - Event



Painting With a Twist

Apr 19

Painting with a Twist
6196 Tylersville Road
Mason, Ohio 45040

Thursday, April 19, 6:30-9:30 PM

Bring out the artist in you! Join EmpowerU at Painting with a Twist! Maybe you thought about giving this a try! Here is your chance to do just that, and best of all you will be part of an awesome group of people from EmpowerU. A professional artist will instruct our guest step by step through the 16x20 painting pictured (Cincinnati). All materials needed for the project are included with the fee. This is a fun and unique way to socialize! Empower U will provide the snacks! BYOB-Wine & Beer and soft drinks ONLY! No hard liquor. Must be 21! There is material fee for this class.



Beverly Hills Supper Club Fire

Apr 24

EmpowerU Studio at Frame USA
225 Northland Blvd.
Cincinnati, OH 45246

Virtual Class

Tuesday, April 24, 7:00 - 8:30 PM

Forty one years ago a fire swept through the Beverly Hills Supper Club like an unstoppable freight train. There were 2500 people in the club that evening, 165 and two unborn babies would die that night. The once famous club was now in smoldering ruins with the dead and dying lying on the hillside, some not to be found until the fourth day after. What caused this fire? You'll hear firsthand from Wayne Dammert, a survivor of the nightmare of that evening, and the theories surrounding the cause.



In the Garden with Ron Wilson

Apr 26

EmpowerU Studio at Frame USA
225 Northland Blvd.
Cincinnati, OH 45246

Virtual Class

Thursday, April 26, 7:00 -8:30 PM

Come join us to be Empowered to Yarden away! Join 'Yardening expert Ron Wilson (your Personal Yardboy) for this informal open formatted session as he takes a look at new plants and products, shares timely 'Yardening tips, works thru what's hot and what's not in the 'Yarden, addresses your personal 'Yardening issues, and who knows what else? You can feel it, you know It's time to get your hands back in the dirt and bask in the smells and beauty of the glory of Mother Nature in Bloom!



Season Ending Event

ROCKY BOIMAN

May 2

on Leadership

Rat Pack: Thomas, Smitherman, Monzel to Appear!

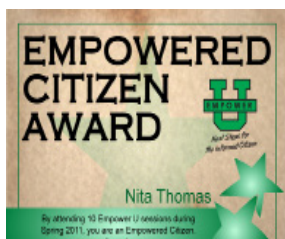
EmpowerU Studio at Frame USA
225 Northland Blvd.
Cincinnati, OH 45246

Wednesday, May 2, 6:00 -8:00 PM

Bring your lawn chair and experience the meaning of our motto, "Educate, Enjoy, Engage." 55KRC radio personality Brian Thomas will serve as master of ceremonies and gang leader of the "Rat Pack" including Christopher Smitherman and Chris Monzel. Christopher will be discussing the City of Cincinnati and Commissioner Chris Monzel will discuss the County. On this very special evening we will celebrate the end of EmpowerU's 15th semester. Empowered Citizen awards will be handed out. Will you receive one?

Our keynote speaker for the evening is the great Rocky Boiman. No one is better to discuss Leadership and Teamwork than the former pro football player who played in a SUPER-BOWL. Rocky will share his 2 Theme winning approach--Habits of Great Teams and Habits of Great Players. Rocky will explain these approaches and many other of his winning habits and how they can be applied to our everyday life. **Are you ready?**

This event is a and outdoor event and will be moved inside if bad weather. Bring a side dish and BYOB.



Attend 10 classes over two semesters (Fall and Spring) and you will receive an Empowered Citizen Plaque to call your own. Thanks for being an Empowered Citizen and thanks for attending EmpowerU Sessions! Please tell your friends.



Got a question about a class or your registration? Have an idea for a new class we should offer? Email us any time at info@empoweruohio.org.

Register

Please register for our classes at www.empoweruohio.org. Registering helps us understand how many people we need to have to volunteer at each session (thanks!).

Virtual Class

Many of our classes are hosted virtually. This means you can come to the class in person or watch the class online. Watch for the virtual logo listed by each class. If the class is virtual, go to: www.empoweruohio.org and find the class. Then, just click on the virtual link 10 minutes before the class, watch and learn. Mobile devices now work with our virtual classes!

