

# TABLE OF CONTENTS

NEW LATE FALL CLASSES..... 3

ART—4

ARTS & CRAFTS ..... 4

DANCE ..... 5

MUSIC ..... 7

PERFORMANCE ..... 7

READING & WRITING ..... 7

PHOTOGRAPHY ..... 7

SKILLS & STUDIES—8

MONEY ..... 8

BUSINESS ..... 10

DOMESTIC STUFF ..... 10

SCIENCE ..... 12

HISTORY & CULTURE ..... 12

FOOD—12

PANTRY ..... 12

ETHNIC ..... 12

VEGETARIAN ..... 13

DRINK ..... 13

HEALTH—14

YOGA ..... 14

HEALING ..... 14

ME & YOU—14

RELATIONSHIPS ..... 14

PARENTING ..... 14

SELF DEVELOPMENT ..... 14

SENIORS ..... 15

INNER PATHS—16

SPIRITUALITY ..... 16

SKEPTICISM ..... 16

PSYCHIC ..... 16

PHILOSOPHY ..... 18

OUTER PATHS—18

MARTIAL ARTS ..... 18

RECREATION ..... 18

HEALTH FAIR SHOW GUIDE—20

SILENT AUCTION ..... 20

HEALTH FAIR WORKSHOPS ..... 21

UNIVERSITY CENTER MAP ..... 22

PIERSON AUDITORIUM MAP ..... 22

EXHIBITOR TABLE NUMBERS ..... 23

EXHIBITOR DIRECTORY ..... 24

REGISTRATION FORMS ..... 27

## People teaching people since 1970

This is Community—Late Fall 2008 issue #135 which is published five times per year in August, October, January, March and May. Each issue of Community introduces you to a world of people and ideas through classes, events and services unique to this area. Today there is no other metropolitan area in the entire country with an all-volunteer program that offers such a variety of classes at our nominal price. Whether you take a class, offer a class, or advertise a seminar or business, Community is a great place to reach people who enjoy doing, learning and experiencing. You can find us at: [Community/UMKC](http://Community/UMKC), 5327 Holmes, KCMO 64110 or [www.umkc.edu/commu](http://www.umkc.edu/commu).

### COMMUNITY STAFF

Rick Mareske, Jamie Braun, Kassandra Carr,  
Julie Hise, Sara Gillette, Obed Zungura

### CATALOG PRODUCTION

The Community Staff

### GRAPHICS

Regina Compennolle



UMKC is an affirmative action/equal opportunity institution.

### Thanks:

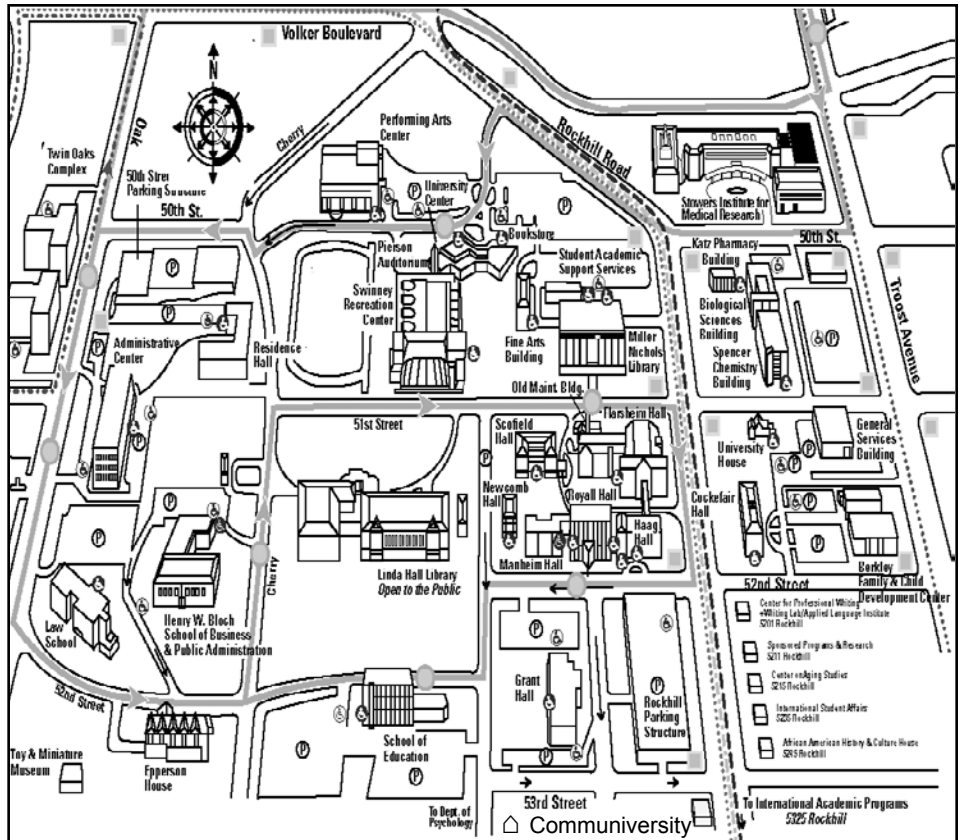
Kansas City Metropolitan Libraries, Westport-Roanoke Community Center, UMKC, Westport Presbyterian Church, City in Motion, Tea Drops, Hillcrest Community Center, Whole Foods, Salvation Army, Rime Buddhist Center and to the many individuals who have shared their homes and businesses. Community depends upon the good will of individuals and organizations from both the University and the community in providing meeting facilities for classes. We thank you for your donations of rooms.

### Special Thanks To:

The many volunteers who teach our classes, distribute our catalogs and register our participants. The Community Advisory Board, the U-News, Regina Compennolle, Bob Hise, Lauren Baxter, Rita Messina, Marcia Roberts and the Student Life Staff.

Printing and binding of Community Catalog by O'Dell Publishing on recycled paper.

DISCLAIMER: All opinions expressed in Community classes and course descriptions are those of the convener(s) and do not necessarily represent the opinions of Community, UMKC or the Department of Student Life.



**CLASS & AD DEADLINE:**  
WINTER 2009 ISSUE  
FRIDAY, NOVEMBER 21<sup>ST</sup>