

#6308 A

Using Energy: Magic and Healing

Recognize and learn to use your own energy and that of the planet for growth, awareness and control over your own life. We will focus on techniques from ancient Egypt and their application in today's world, plus modern techniques based on cutting edge science. Recommended reading: The Field by Lynn Metassart. We will have a few copies available for purchase for \$15. Tape recorders welcome. Please bring \$8 material fee to class.

CONVENER: Jerry White & Linda Wilkes (816-331-4715)

E-mail: danceofflife@kc.rr.com

CLASS FEE: \$14

Sec. A: 2 sessions; Saturdays, beginning October 10; 2:00 PM - 4:00 PM; 701 Pawnee Ln., Belton, MO, 30 minutes from midtown KC or Overland Park: 71 hwy, exit at 163 (Y hwy), right through the traffic light. Go to the 4-way stop at Cambridge (Heartland Baptist Church on the right) Turn right on Cambridge to 3rd street on right, Pawnee.; LIMIT: 12

#6309 A

Stones and Other Oracles

Among the most ancient arts, the reading of oracles has always held a fashion for men. Learn to tap the awareness of your inner mind and the universe. Choosing stones will be covered as well as actual practice in the techniques of reading them. Tape are recorders welcome. Bring \$2 material fee to class.

CONVENER: Michael White (816-331-4715)

CLASS FEE: \$9

Sec. A: 1 session; Saturday, October 24; 2:00 PM - 4:00 PM; 701 Pawnee Ln., Belton, MO, 30 minutes from midtown KC or Overland Park: 71 hwy, exit at 163 (Y hwy), right through the traffic light. Go to the 4-way stop at Cambridge (Heartland Baptist Church on the right) Turn right on Cambridge to 3rd street on right, Pawnee.; LIMIT: 12

#6310 A

Psychometry

Now is the time to re-establish the full communication and awareness which was once our common heritage. By tuning in to your own inner voice, you can learn to uncover messages about the environment and other people from objects they have touched. Join us in this trip of discovery. Tape recorders are welcome.

CONVENER: Jerry & Michael White (816-331-4715)

E-mail: danceofflife@kc.rr.com

CLASS FEE: \$9

Sec. A: 1 session; Saturday, November 7; 2:00 PM - 4:00 PM; 701 Pawnee Ln., Belton, MO, 30 minutes from midtown KC or Overland Park: 71 hwy, exit at 163 (Y hwy), right through the traffic light. Go to the 4-way stop at Cambridge (Heartland Baptist Church on the right) Turn right on Cambridge to 3rd street on right, Pawnee.; LIMIT: 12

#6311 A

Basic Handwriting Analysis

In addition to teaching basic elements of handwriting analysis, this course will also show some uses. Come learn how you can use the principles of graphology to change your personality and your behavior. Tape recorders are welcome. Bring \$5 material fee to class.

CONVENER: Jerry White & Linda Wilkes (816-331-4715)

E-mail: danceofflife@kc.rr.com

CLASS FEE: \$9

Sec. A: 1 session; Saturday, November 14; 2:00 PM - 4:00 PM; 701 Pawnee Ln., Belton, MO, 30 minutes from midtown KC or Overland Park: 71 hwy, exit at 163 (Y hwy), right through the traffic light. Go to the 4-way stop at Cambridge (Heartland Baptist Church on the right) Turn right on Cambridge to 3rd street on right, Pawnee.; LIMIT: 12

#6312 A

Numerology

Discover the potential of your name. Understand the energy that each of us focuses in a unique way. Many of the secrets of who you are and how you can enjoy it more are locked inside an understanding of your name coupled with your birth date. This course covers all the basics and more. Tape recorders are welcome. Bring \$5 material fee to class.

CONVENER: Jerry White & Linda Wilkes (816-331-4715)

CLASS FEE: \$9

Sec. A: 1 session; Saturday, November 21; 2:00 PM - 4:00 PM; 701 Pawnee Ln., Belton, MO, 30 minutes from midtown KC or Overland Park: 71 hwy, exit at 163 (Y hwy), right through the traffic light. Go to the 4-way stop at Cambridge (Heartland Baptist Church on the right) Turn right on Cambridge to 3rd street on right, Pawnee.; LIMIT: 12

#6313 A

Reincarnation, Karma and Soul Ages

Reincarnation and Karma are more than just another set of religious beliefs. An understanding of these concepts can help you make sense of the way our universe works. Come learn what the ancient Egyptians knew and see how this knowledge can help you. Bring \$10 material fee to first class.

CONVENER: Jerry & Michael White & Linda Wilkes

(816-331-4715)

CLASS FEE: \$16

Sec. A: 4 sessions; Saturdays, beginning November 28; 2:00 PM - 4:00 PM; 701 Pawnee Ln., Belton, MO, 30 minutes from midtown KC or Overland Park: 71 hwy, exit at 163 (Y hwy), right through the traffic light. Go to the 4-way stop at Cambridge (Heartland Baptist Church on the right) Turn right on Cambridge to 3rd street on right, Pawnee.; LIMIT: 12

#6314 A

Out-of-Body

Learn a technique for expanding your awareness through time and space. This method can help you overcome the fear that often plagues those who wish to travel out-of-body.

CONVENER: Jerry & Michael White & Linda Wilkes

(816-331-4715)

CLASS FEE: \$9

Sec. A: 1 session; Saturday, December 5; 2:00 PM - 4:00 PM; 701 Pawnee Ln., Belton, MO, 30 minutes from midtown KC or Overland Park: 71 hwy, exit at 163 (Y hwy), right through the traffic light. Go to the 4-way stop at Cambridge (Heartland Baptist Church on the right) Turn right on Cambridge to 3rd street on right, Pawnee.; LIMIT: 12

#6315 A

Dowsing: Using Pendulums and Divining Rods

Learn to find water, treasure and missing items by the ancient techniques of dowsing. Bring your own pendulum or peach branch or borrow one of ours. We will all learn to use pendulums, Y-Rods and L-Rods to answer questions and many other things. Come join us for an evening as rewarding as it is interesting. Tape recorders welcome. Bring \$5 material fee to class.

CONVENER: Jerry & Michael White & Linda Wilkes

(816-331-4715)

CLASS FEE: \$9

Sec. A: 1 session; Saturday, December 12; 2:00 PM - 4:00 PM; 701 Pawnee Ln., Belton, MO, 30 minutes from midtown KC or Overland Park: 71 hwy, exit at 163 (Y hwy), right through the traffic light. Go to the 4-way stop at Cambridge (Heartland Baptist Church on the right) Turn right on Cambridge to 3rd street on right, Pawnee.; LIMIT: 12

outer paths

Martial Arts

#7001 A, B, C, or D

Traditional Shaolin Kung Fu

Learn self defense based on the original eight animals of Kung Fu: leopard, crane, dragon, tiger, snake, praying mantis, monkey and eagle. Join us for a great aerobic workout!

CONVENER: Elisha Wampler

CLASS FEE: \$9

Sec. A: 1 session; Tuesday, September 22; 6:30 PM - 8:00 PM

Sec. B: 1 session; Friday, September 25; 6:30 PM - 8:00 PM

Sec. C: 1 session; Tuesday, November 17; 8:00 PM - 9:00 PM

Sec. D: 1 session; Friday, November 20; 6:30 PM - 8:00 PM

MEETS: City in Motion School of Dance, 3925 Main (across Main St. from CVS Pharmacy), KCMO; LIMIT: 10

#7002 A or B

True Self Defense (Wu Style Tai Chi)

A great way to improve your health, relax your body, clear your mind, and learn to defend yourself. Wu Style Tai Chi is a beautiful way to mix light exercise, meditation, and relaxation all together to learn self defense. By using this form of Thai Chi's proper structure, one learns to develop a clear mind, which ultimately gives one the ability to apply this correct focus to many areas of their lives. Mike Reyes has been teaching Wu Style Tai Chi for a decade in the Kansas City area.

CONVENER: Mike Reyes; Web site: www.trueselfdefense.org

CLASS FEE: \$16

Sec. A: 4 sessions; Mondays, beginning October 5

Sec. B: 4 sessions; Mondays, beginning November 2

MEETS: 7:00 PM - 8:20 PM; Unity Temple on the Plaza, basement, 707 W. 47th St., KCMO; LIMIT: 20

Recreation

#7101 A

Fly Fishing For Fun

An inexpensive, fun outdoor experience that anyone of any age can do (for singles or families). First learn what rods, reels and lines to use and how to assemble them, learn what you need to buy without wasting money. Learn what flies or streamers to use depending on what you want to catch, what the conditions are, and how to "read" a body of water. Then we will go outside to learn how to actually cast, to recognize a strike and bring it in with details for both pond and river fishing. \$14 material fee includes equipment rental and free copy of "Fly Fishing Tactics."

CONVENER: Bobbie & Eric Christensen (916-422-8435)

E-mail: ELPBooks@aol.com

CLASS FEE: \$9

Sec. A: 1 session; Sunday, September 27; 1:00 PM - 4:00 PM;

University Center, Rm. 147, 50th & Rockhill Rd., UMKC Campus, KCMO; LIMIT: 20

#7102 A

Experience Scuba Diving

Experience the thrill of scuba diving! This introductory course will take you underwater safely with certified and skilled scuba instructors and assistants in our own heated indoor pool. All you need to bring is a swim suit and a towel. All other equipment provided. Minimum age 10 years old. Please bring \$5 to class for air fills.

CONVENER: Michael Brock (913-647-1717)

E-mail: emailus@everestkc.net

CLASS FEE: \$9

Sec. A: 1 session; Saturday, November 14; 9:00 AM - 11:00 AM; The Dive Shop, 7300 Frontage Rd. Merriam, KS; LIMIT: 12

#7103 A

A Day at 80 Acres

Join the friends of 80 Acres for a day of hiking, picnicking, fishing and family fun. We will start the day with a weed walk by local herbalist, Kahla Wheeler. She will also give a tour of the property and share with you the current and future project plans. Bring your lunch and fishing gear for a full day of fun. 80 Acres is an educational retreat center in Leavenworth, KS.

CONVENER: Kahla Wheeler (913-682-1198)

E-mail: prairiewise@att.net; Web site: www.prairiewise.com

CLASS FEE: \$14

Sec. A: 1 session; Sunday, October 4; 10:00 AM - 4:00 PM; 80 Acres, 28013 167th St, Leavenworth, KS, 66048; LIMIT: 100

#7104 A

Basic Trap Shooting

Class will instruct students on safe firearm handling, proper stance and mounting of shotgun, different types of shotguns and ammunition. There will be live firing on the trap range to give you a chance to practice what you have learned in the classroom.

CONVENER: Steven Elliott (816-229-4448)

E-mail: Steven.Elliott@mdc.mo.gov

CLASS FEE: \$9

Sec. A: 1 session; Sunday, October 11; 9:00 AM - 11:00 AM; Lake City Shooting Range & Outdoor Education Center, 28900 Argo Rd., Grain Valley, MO; LIMIT: 15

Trips & Tours

#7201 A

Travel Like a Recessionista!

Want to learn how to travel for cheap? It can be done! Whether it's on the roadways of America or by plane to more exotic locales, Nicole will show you how to use the internet and the current economic climate to find the best prices for everything from hotel rooms in Vegas to flights to Europe... and beyond. Bring a notebook for handy tips and prepare to pack!

CONVENER: Nicole Hoffman E-mail: nicole5958@aol.com

CLASS FEE: \$9

Sec. A: 1 session; Wednesday, November 4; 6:00 PM - 8:00 PM; University Center, Alumni Rm., 50th & Rockhill Rd., UMKC Campus, KCMO; LIMIT: 28

#7202 A

Tour of Kansas City's Rich and Famous

We will see where famous Kansas Citians live or have lived. The tour will include a drive-by of the former homes of Mickey Rooney, Walt Disney, Rush Limbaugh, Amelia Earhart, Earnest Hemingway, Walter Cronkite, Casey Stengel, Satchel Paige, Jean Harlow, Marilyn Maye, "Beetle Bailey," J.C. Nichols, William Volker and Ginger Rogers: 100 homes total. Convener mixes humor with history. Bring your lunch money! No refunds later than two weeks before class. We board the bus at 8:45 AM and leave at 9:00 sharp, so don't be late!! Registration deadline is Oct. 15. Bring \$8.50 for a buffet lunch and a little bit of money for an afternoon break (at a McDonald's).

CONVENER: Don Davidson

CLASS FEE: \$14 + \$23 material fee = \$37

Sec. A: 1 session; Saturday, October 31; 8:45 AM - 4:00 PM; Administrative Center, Parking lot, UMKC Campus, 5122 Oak, KCMO; LIMIT: 42



social concerns

Social Issues

#8001 A

How to Make Microloans to the World's Poor

Imagine loaning money to a cacao farmer in Samoa so she can buy new tools. Or to a fish seller in Ghana so she can buy fish in bulk. Or to a shop owner in Peru so she can buy better merchandise. Access to credit allows these small business owners to empower themselves and improve their lives. Come learn the nuts and bolts of making microloans using Kiva.org, which enables everyday Americans to make small loans to poor people around the world. We will also discuss microfinance and how it can improve the lives of the world's poor.

CONVENER: Rob O'Blennis (913-498-8898)

E-mail: rob@planningretirements.com

Web site: www.planningretirements.com

CLASS FEE: \$9

Sec. A: 1 session; Tuesday, October 27; 7:00 PM - 8:45 PM; Central Library, Rm. 312; 14 W 10th St (corner of Baltimore and 10th), KCMO LIMIT: 20

#8002 A, B, C, or D

Vacations With A Purpose

Discover what vacationing with a purpose is all about. We'll discuss visiting a land different from your own, how to build relationships across cultural and language barriers, and offering service alongside those you meet. Explore several models, some local and others national and international. Find out what works for you and then make a plan to do it!

CONVENER: Sarah Cool & Candace Kaster (816-914-5096)

CLASS FEE: \$9

Sec. A: 1 session; Tuesday, September 22

Sec. B: 1 session; Wednesday, October 21

Sec. C: 1 session; Tuesday, November 17

Sec. D: 1 session; Wednesday, December 16

MEETS: 6:30 PM - 8:00 PM; Cafe Kiskeya, 3226 E 12th St., KCMO, 64127; LIMIT: 20

#8003 A

Green-Collar: History, Present, and Future

We will discuss issues and topics we're passionate about, stimulus packages and programs intended to preserve and create new jobs for our nation, specifically here in Kansas City. Convener and guest speakers will present and reflect on the history and evolution of "green-collar" jobs to present day, and lead lively discussion pertaining to the impact the green collar concept is having. Class will include an overview of the social-economic-environment and the Triple Bottom Line concept.

CONVENER: David Crawford (913-279-8395)

E-mail: dcraw4d@hotmail.com

CLASS FEE: \$15

Sec. A: 3 sessions; Tuesdays, beginning November 3; 7:00 PM - 8:30 PM; Haag Hall, Rm. 302, 52nd & Rockhill Rd., UMKC Campus, KCMO; LIMIT: 30