

# outer paths

## Martial Arts

### #7001 A

#### An Introduction to Tai Chi Chuan

Learn the basic principles of traditional T'ai Chi Ch'uan, an ancient Chinese exercise, meditation, and martial art. Mr. Kanzelberger is the Director of Center States Tai Chi Chuan and has been teaching in the Kansas City area for over 25 years.

CONVENER: Kim Kanzelberger (816-531-0065)

E-mail: [cstaichi@sbcglobal.net](mailto:cstaichi@sbcglobal.net)

Web site: [www.centerstatesaichi.com](http://www.centerstatesaichi.com)

CLASS FEE: \$9

Sec. A: 2 sessions; Monday January 22 and Wednesday January 24; 6:15 PM - 7:30 PM; Center States T'ai Chi Association, 111 E. Gregory, KCMO; LIMIT: 25

### #7002 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, January 23; 8:00 PM - 9:00 PM;

Sec. B: 1 session; Saturday, January 27; 12:00 PM - 1:00 PM;

Sec. C: 1 session; Tuesday, April 3; 8:00 PM - 9:00 PM;

Sec. D: 1 session; Saturday, April 7; 12:00 PM - 1:00 PM;

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

## Recreation

### #7101 A or B

#### Introduction to Horsemanship

Always wanted to learn to ride? Learn about the safe handling of the horse covering grooming, saddling, history and behavior. This is not a trail ride! You will actually learn something about horses in this fun-filled class, located on 300 acres north of the river. Ages 5 years and up welcome. Participants will be eligible to sign up for additional riding lessons, separate from Communiversity. Call Communiversity for a map to the farm. Please bring carrots for the horses and \$15 to class for horse and equipment rental and refreshments. Jeri has an Animal Science and Veterinary Industry degree and has taught horsemanship for over 20 years.

CONVENER: Jeri Lee Yagello

CLASS FEE: \$9

Sec. A: 1 session; Saturday, April 7;

Sec. B: 1 session; Saturday, May 5;

MEETS: 1:00 PM - 3:00 PM; Wind in the Willows Farm, near KCI Airport (contact Communiversity for map) KCMO; LIMIT: 15

### #7102 A

#### Tennis for Beginners

Dust off your racquet and hit the courts! In this beginning class, I'll demonstrate and you'll practice the basic mechanics of your stroke including: forehand, backhand, serve and net volley. You'll learn enough about the game to get you off on the right foot. Open to all ages. Brian is a tennis instructor with Kansas City Parks and Recreation and a member of the USDA. (Due to weather may meet indoors).

CONVENER: Brian Dennis

E-mail: [brian-dennis@kcmo.org](mailto:brian-dennis@kcmo.org)

CLASS FEE: \$16

Sec. A: 6 sessions; Tuesdays, beginning January 23; 6:30 PM - 7:30 PM; Garrison Community Center, 1124 E. 5th St., KCMO; LIMIT: 15

### #7103 A or B

#### Learn to Curl: An Olympic Sport

The sport of Curling will experience its third time as an Olympic Medal Sport in 2006. Taught alongside actual curling matches each week, the "Learn to Curl" program consists of a 15 minute video tape on the sport of curling, followed by a question and answer period. After the class you will know if there is a curler inside you! Wear loose fitting clothes that will keep you warm to 40 degrees and a clean pair of rubber soled shoes (i.e. sneakers).

CONVENER: Bill McBride (913-599-9965)

E-mail: [wam@kccurling.com](mailto:wam@kccurling.com) Web site: [www.kccurling.com](http://www.kccurling.com)

CLASS FEE: \$9

Sec. A: 1 session; Sunday, January 28; 9:15 AM - 11:15 AM;

Sec. B: 1 session; Sunday, January 28; 11:00 AM - 1:00 PM;

MEETS: Pepsi Ice Midwest, 12140 W Quivera & 135th St., OPKS; LIMIT: 12

## Social Issues

### #8001 A

#### Neither Liberal Nor Conservative Be

Were you disgusted by polarized politics in the 2006 election? Did you once again feel you were forced to choose between the lesser of two evils? Feeling hopeless about changing things for the better? Start the change now. Discover simple, yet effective things you and your family and friends can do. Explore an action plan for individual citizens based on the book by the same name. Class taught by the author. Mr. Bradley received his BS in Political Science from MSU with designation as Distinguished Military Graduate and a commission as a Regular Army Infantry Officer. Bring \$4 material fee to class.

CONVENER: Larry Bradley (402-321-4851)

CLASS FEE: \$9

Sec. A: 1 session; Saturday, March 10; 9:00 AM - 12:00 PM;

Haag Hall, Rm. 312, 52nd & Rockhill Road, UMKC Campus, KCMO; LIMIT: 23

### #8002 A or B

#### Dramatic Changes on Our Planet and a Simple Solution

What are we going to do when an 8.5 magnitude earthquake hits our cities? Are you prepared to handle yourself for any other cataclysm? In this class we will discuss the various climate and geological changes, why they are happening and how they will affect us if we let these changes intensify. The best inheritance that we can pass to our children and grand children has become a Saved Planet Earth.

CONVENER: Raul Torres (816-836-3384)

CLASS FEE: \$14

Sec. A: 2 sessions; Wednesdays, beginning January 31; 7:00 PM - 8:30 PM; Royall Hall, Rm. 204, 52nd St. Between Rockhill and Holmes, UMKC Campus, KCMO; LIMIT: 12

Sec. B: 2 sessions; Tuesdays, beginning February 27; 7:00 PM - 8:30 PM; Royall Hall, Rm. 214, 52nd St. Between Rockhill and Holmes, UMKC Campus, KCMO; LIMIT: 15

### #8003 A

#### The Democrats Won! Can They Lead?

The Democrats have gained majorities in both houses for the first time since 1994. We'll discuss how they lost power, how they got it back and what will they do with it. The nation hangs in the balance. A panel of Black journalists discussed this topic at Stanford University last fall; It continues at UMKC.

CONVENER: Lewis Diuguid E-mail: [ldiuguid@kcstar.com](mailto:ldiuguid@kcstar.com)

CLASS FEE: \$9

Sec. A: 1 session; Thursday, April 5; 7:00 PM - 9:00 PM; University Center, Alumni Rm., 50th & Rockhill Rd., UMKC Campus, KCMO; LIMIT: 40

### Communiversity's Next

## Wholistic Health Fair

Sunday, March 18<sup>th</sup>—11 AM - 6 PM

Call 816-235-1448 for information

[www.umkc.edu/commu](http://www.umkc.edu/commu)

### #8004 A

#### Living With White Privilege

The cross-cultural team of facilitators will use experiential learning interspersed with "teaches and pieces" of information including "The Myth of Race" video, to touch on the idea that in the 18th and 19th centuries the "white race" emerged as a deliberate social construct created for two main reasons: to codify the political, economic and cultural "superiority" of whites and drive a wedge between poor whites and people of color. Janet is the owner of Bridge Works, a Human Relations Consulting and Training business. Connie is Director of External Affairs for Project Equality, and has experience with training diversity and cultural competence/proficiency for the corporate and public sectors.

CONVENER: Janet Brown Moss

E-mail: [janetbridgeworks@sbcglobal.net](mailto:janetbridgeworks@sbcglobal.net) & Connie Brown

CLASS FEE: \$9

Sec. A: 1 session; Thursday, March 15; 6:00 PM - 9:00 PM;

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

## Volunteers

#8101 A

### Teach Someone to Read: Volunteer Tutor Orientation

Approximately 225,000 adults in the Kansas City area can't read well enough to perform the simple tasks that most of us take for granted. Literacy Kansas City prepares volunteers to work one-on-one with people who have poor literacy skills. Prior teaching experience is not required. This orientation will show you how to become involved!

CONVENER: Angela Schreffler

CLASS FEE: \$0

Sec. A: 1 session: Saturday, February 3; 9:30 AM - 11:30 AM;

Sec. B: 1 session: Tuesday, March 6; 6:00 PM - 8:00 PM;

MEETS: Literacy Kansas City, 211 W. Armour Blvd. on 3rd Floor Kansas City, MO; LIMIT: 50

#8102 A

### Protect the Environment: Volunteer Orientation

Do you dream of an environmentally sustainable future? Come help create it! Since 1991, Bridging The Gap has provided hands-on opportunities for environmental action and education in our community. Recycling, litter prevention, educational outreach and ecological restoration are just a few of the projects in which you can get involved. Come learn how you can make a difference.

CONVENER: Bridging the Gap

E-mail: [volunteer@bridgingthegap.org](mailto:volunteer@bridgingthegap.org)

Web site: [www.bridgingthegap.org](http://www.bridgingthegap.org)

CLASS FEE: \$0

Sec. A: 1 session: Wednesday, February 7; 6:00 PM - 8:30 PM; Bridging the Gap, 435 Westport Rd., KCMO, SE corner of Westport and Pennsylvania, take alley between 180 and Harpo's, BTG is at the end on the left.; LIMIT: 15

## Communiversity For Kids

Besides offering this new section, most of our classes are open to kids. Here are some links a few other kid friendly classes:

- Fossils for Everyone (2603A)
- Kung Fu (7002 A, B, C, or D)
- Science: How it Works (2601A)
- Washington How it Works (2703A)
- Horsemanship (7103 A or B)

# Extreme Ages



## Kids

#9001 A

### Natural Candle Making for Kids

Learn to make your own candles! Use safe materials to make fun smelling and naturally tinted candles. Each student will make two candles. Kids 6 and up. Please bring \$20 to class for materials.

CONVENER: Kimsé Fard (913-281-3848)

E-mail: [kimse@livingrightinc.org](mailto:kimse@livingrightinc.org)

CLASS FEE: \$9

Sec. A: 1 session; Saturday, February 17; 10:00 AM - 12:00 PM; The Natural Path, 641 Freeman Court, KCK, I-70 to 7th St. Trfy North 7th St. Trfy North to Freeman Ct. Turn Right onto Freeman Ct. (this is 4 blocks past Washington St.) We are at 641 Freeman Ct. (the 2nd Townhome on the right side with the trees and plants); LIMIT: 15

#9002 A

### Herbal Soap Making for Kids

Have fun learning to make soaps from natural materials. Make custom herbal soaps (both bars and liquid) for gifts and for your own personal needs. Students will make and sample more than three of their own herbal soap blends each. This is a hands on class! Bring \$15 for soap making supplies and refreshments.

CONVENER: Kimsé Fard (913-281-3848)

E-mail: [kimse@livingrightinc.org](mailto:kimse@livingrightinc.org)

CLASS FEE: \$9

Sec. A: 1 session; Saturday, March 3; 10:00 AM - 12:00 PM; The Natural Path, 641 Freeman Court, KCK, I-70 to 7th St. Trfy North 7th St. Trfy North to Freeman Ct. Turn Right onto Freeman Ct. (this is 4 blocks past Washington St.) We are at 641 Freeman Ct. (the 2nd Townhome on the right side with the trees and plants); LIMIT: 15

#9003 A

### Kids Glass Fusing

Children will create and design their own glass night light or sun catcher! Assistance and instruction will be provided so the children learn to score glass. All tools necessary to create and design are available to use, free of charge. Design ideas and samples will be available for inspiration! All Fired Up will kiln fire the projects. Please bring \$15 to class for materials and firing fees. Projects will be ready for pick up one week after the class.

CONVENER: Martie Buchanan (913-385-5456)

E-mail: [martie@justglazeit.com](mailto:martie@justglazeit.com)

CLASS FEE: \$9

Sec. A: 1 session; Saturday, February 10; 10:00 AM - 11:30 AM; All Fired Up, 7915 Santa Fe Dr., OPKS; LIMIT: 10

#9004 A

### Edible Treats (Be My Valentine)

This course is designed for children ages 5-12 and will cover decorating Valentine's Day Treats to give to friends, family, and teachers. You will be able to take home the treats you decorate and package.

CONVENER: Traci Williams (816-305-8840)

E-mail: [skipthedeveloper@msn.com](mailto:skipthedeveloper@msn.com)

CLASS FEE: \$9 + \$15 material fee = \$24

Sec. A: 1 session; Saturday, February 10; 4:00 PM - 5:00 PM; Westport Roanoke Community Center, 3601 Roanoke, KCMO, West on 39th Street, Roanoke is 1 light past SW Trafficway, take a right on Roanoke, go 3 blocks, after 2 blocks road turns to brick, Community Center is on the right; LIMIT: 10

#9005 A

### Edible Treats (Hop, Hop, Hop Along)

This course is designed for children 5 to 12 and will cover decorating Easter Treats to give to family, friends, and teachers. You will be able to take home the treats you decorate and package.

CONVENER: Traci Williams (816-305-8840)

E-mail: [skipthedeveloper@msn.com](mailto:skipthedeveloper@msn.com)

CLASS FEE: \$9 + \$15 material fee = \$24

Sec. A: 1 session; Saturday, March 31; 4:00 PM - 5:00 PM; Westport Roanoke Community Center, 3601 Roanoke, KCMO, West on 39th Street, Roanoke is 1 light past SW Trafficway, take a right on Roanoke, go 3 blocks, after 2 blocks road turns to brick, Community Center is on the right; LIMIT: 10

#9007 A

### Dance Sampler

It's so hard to choose, so how about sample! This class is for kids who want to dance but aren't sure where they want to start. First try a little Modern, then dance a little jazz, and for desert some super ballet. Classes will be taught by professional dancers including: Andrea Skowronek, Ann Shaughnessy Gordon, and Tuesday Faust. For kids 6-12.

CONVENER: Tuesday Faust, Andrea Skowronek & Ann Shaughnessy Gordon

CLASS FEE: \$15

Sec. A: 3 sessions: Tuesdays January 23 and Thursday January 25; 5:00 PM - 6:00 PM and Saturday January 27 10:00AM-11:00AM; City in Motion School of Dance, 3925 Main (across Main St. from CVS Pharmacy), KCMO; LIMIT: 15