Spring 2014    March 15th – May 10th    Issue #162

- Art of Clay
- Basic Houseplants
- IPhoneography
- Ethiopian Cuisine
- Foreign Travel
- Tie Dye
- Hip Hop

Wholistic Health Fair

Sunday, March 23rd

see page 24
- 17 workshops
- 56 exhibitors
- Silent Auction
- Psychics

SIGN-UP ANYTIME ONLINE: WWW.UMKC.EDU/COMMU
People teaching people since 1970
This is Communiversity—Spring 2014 issue #162 which is published five times per year in August, October, January, March and May. Each issue of Communiversity 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, Communiversity is a great place to reach people who enjoy doing, learning and experiencing. You can find us at: Communiversity/UMKC, 5100 Cherry, #320, KCMO 64110 or www.umkc.edu/commu. Classes with a NEW next to them are either a new class or a new section opened because previous sections were filled.

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Thanks:
Kansas City Metropolitan Libraries, Westport Roanoke Community Center, UMKC, Westport Ballet, City in Motion, and to the many individuals who have shared their homes and businesses. Communiversity 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 Communiversity Advisory Board, the U-News, Regina Compemolle, Travis Dixon, Sue Sanders, Marcia Roberts and the Student Life Staff.

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

UPCOMING DATES:
SPRING HEALTH FAIR
SUNDAY, MARCH 23
SUMMER AD & CLASS DEADLINE:
FRIDAY, APRIL 4
SUMMER CLASSES BEGIN
MONDAY, JUNE 2
**Art**

### Arts & Crafts

#### #1001 D or E

**Learn to Knit**

Have you ever wanted to learn how to knit? We will learn the basics of casting on, knitting and purling, and cast off. Bring $20 to class for materials.

**CONVENER:** Kellie Waldron  
**CLASS FEE:** $16

**Sec. D:** 3 sessions; Mondays, beginning April 7; 6:00 PM - 9:00 PM; Plaza Library, Large Room, 4801 Main Street, Kansas City, MO 64112; (April 14 ONLY—class will meet in Haag Hall, Rm. 315, UMKC Campus, 52nd and Rockhill Rd., KCMO);  
**LIMIT:** 5

#### #1003 A or B

**Wood Fired Raku**

Learn basic hand-building techniques and produce pieces to be bisqued, glazed and raku-fired. In the second session we’ll glaze fire our hand-built work. Be prepared to cut some wood and stoke the kiln to maintain temperature of 1950° F. The pots can be completed in the afternoon. Please send $35 for materials and firing to Back Door Pottery. If it rains you must build and fire the pots in Back Door Pottery. Please bring $35 to class for materials. This is a hands on class intended for those who have little to no experience handling a kiln. Students will learn how to perform basic repairs on clothing, thread a needle, sew on buttons, repair fallen hems, and repair seams by hand. Bring $15 to class for materials which includes a take home sewing kit. This is a green class—handouts and information will be emailed to students but will not be printed.

**CONVENER:** Rebecca Koop  
**CLASS FEE:** $14

**Sec. A:** 2 sessions; Saturdays, beginning March 15; 9:00 AM - 2:00 PM (2nd session meets from 9 AM - 5 PM); Back Door Pottery, 3922 St. John Ave., KCMO, 64123;  
**LIMIT:** 10

**Sec. B:** 2 sessions; Saturdays, beginning April 12; 9:00 AM - 2:00 PM (2nd session meets from 9 AM - 5 PM); Back Door Pottery, 3922 St. John Ave., KCMO, 64123;  
**LIMIT:** 10

#### #1007 A

**How to Collect Art**

This discussion will explore how to budget collecting art, cover types of art to begin with, help grow a collection, discuss methods of acquiring art, displaying and storing the collection, and discussing the types of art, displaying and storing the collection, and many more fun and practical topics centered around collecting art. Avritt has owned a gallery on the historic Canyon Road in Santa Fe and has been an artist's agent for a number of years.

**CONVENER:** Avritt Lemon-Brown (816-517-1361)  
**Email:** avrittlemonbrown@gmail.com  
**CLASS FEE:** $10

**Sec. A:** 2 sessions; Saturday, April 12; 12:00 PM - 2:00 PM; Central Library, Rm. #10, 14 W, 10th St, Kansas City, MO 64105, NE corner of Baltimore & 10th;  
**LIMIT:** 12

#### #1008 B

**Basic Hand Sewing Techniques**

This is a hands on class intended for those who have little to no experience handling a kiln. Students will learn how to perform basic repairs on clothing, thread a needle, sew on buttons, repair fallen hems, and repair seams by hand. Bring $15 to class for materials which includes a take home sewing kit. This is a green class—handouts and information will be emailed to students but will not be printed.

**CONVENER:** Cora Campbell (816-841-2783)  
**Website:** www.everlastingthreads.com  
**Email:** Cora@EverlastingThreads.com  
**CLASS FEE:** $10

**Sec. A:** 2 sessions; Wednesday, March 26; 6:00 PM - 8:00 PM; Westport Roanoke Community Center, computer room, 3601 Roanoke Rd., 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

**Sec. B:** 1 session; Wednesday, April 23; 6:00 PM - 8:00 PM; Westport Roanoke Community Center, computer room, 3601 Roanoke Rd., 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

#### #1010 C

**Dining Room Chairs Upholstery**

Learn how to reupholster your dining room chair seat cushions to give your dining room a whole new look. This is a hands on class intended for those with basic tool experience. Students are encouraged to bring a dining room chair and 1 yard of upholstery grade fabric to recover the chair in class. Other chairs will be available to practice on. Bring $10 to class for materials. This is a green class—handouts and information will be emailed to students but will not be printed.

**CONVENER:** Cora Campbell (816-841-2783)  
**Website:** www.everlastingthreads.com  
**CLASS FEE:** $10

**Sec. A:** 1 session; Wednesday, April 9; 6:00 PM - 8:00 PM; Westport Roanoke Community Center, computer room, 3601 Roanoke Rd., KCMO; (see class #1008B for directions);  
**LIMIT:** 6

#### #1013 A

**Sew a Pillow Cover**

This is a hands on class intended for those who have basic experience sewing on a home sewing machine. You will learn how to make a 14”x14” pillow cover. A seamstress and sewing machines will be on hand to assist. Students are welcome to bring their own sewing machines and two pieces of 14”x14” fabric. Bring $15 to class for materials which includes a 14”x14” polyester pillow form. This is a green class—handouts and information will be emailed to students but will not be printed.

**CONVENER:** Cora Campbell (816-841-2783)  
**Email:** Cora@EverlastingThreads.com  
**Website:** www.everlastingthreads.com  
**CLASS FEE:** $10

**Sec. A:** 1 session; Wednesday, March 26; 6:00 PM - 8:00 PM; Westport Roanoke Community Center, computer room, 3601 Roanoke Rd., 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

#### #1014 A or B

**Dress Refashion**

Do you have outdated dresses that you never wear? Learn how to refashion them into usable garments and accessories! Students are encouraged to bring a dress to class. The last hour of class will be geared towards actual cutting and sewing of your dress. A seamstress and sewing machines will be on hand to assist. Bring $10 to class for materials. This is a green class—handouts and information will be emailed to students but will not be printed.

**CONVENER:** Cora Campbell (816-841-2783)  
**Website:** www.everlastingthreads.com  
**CLASS FEE:** $10

**Sec. A:** 1 session; Wednesday, April 9; 6:00 PM - 8:00 PM; Westport Roanoke Community Center, computer room, 3601 Roanoke Rd., 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

**Sec. B:** 1 session; Wednesday, April 30; 6:00 PM - 8:00 PM; Westport Roanoke Community Center, computer room, 3601 Roanoke Rd., 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

#### #1015 C

**Figure Drawing**

Join us in a relaxed setting where you can do a lot of figure drawing. We cycle through several quick one minute gesture drawings, then gradually working up to longer fifteen minute drawings. This class is open to all levels of artists; beginners to seasoned. This class is non-instructive; guidance and advice is given on request. Easels and drawing horses are provided. Bring your art materials and supplies and a one-time fee of $45 to the first class for model fee and room rental.

**CONVENER:** Jeff Widener (913-788-3467)  
**Email:** studio7fineart@msn.com  
**CLASS FEE:** $18

**Sec. A:** 3 sessions; Mondays, beginning April 7; 9:00 PM - 9:15 PM; Buena Vista Studio, 4301 W. 51st St., Roeland Park, KS;  
**LIMIT:** 10
#1018 A
Right Angle Weave Bracelet
By using a needle and thread, beads and a toggle clasp, you will make a bracelet of small squares with detailed embellishments that truly make this a “one of a kind” bracelet. You will learn basic jewelry design to use in the creation of this unique bracelet. Bring $15 to class to cover all materials provided.
CONVENER: Lyn Sorensen (816-214-0379)
Email: las46@msn.com
CLASS FEE: $10
Sec. A: 1 session; Saturday, April 19; 12:00 PM - 3:00 PM; Westport Roanoke Community Center, pottery room, 3601 Roanoke Rd., KCMA, West on 39th Street (go past SW Trafficway), 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: 8

#1019 C
Art of Clay: Hand-building
This class will introduce participants to several techniques of constructing hand-built functional and/or sculptural pottery forms using stoneware clay and glazes. We strongly suggest taking this class before the wheel-throwing class. Please bring $50 to the first meeting for materials and firings. You may only take this class once. The KC Clay Guild is a not-for-profit artist collective dedicated to supporting the ceramic arts and education in Kansas City.
CONVENER: KC Clay Guild Staff (816-393-1373)
CLASS FEE: $18
Sec. C: 4 sessions; Mondays, beginning April 21; 6:30 PM - 8:30 PM; KC Clay Guild, 200 W. 74th St., KCMA; LIMIT: 10

#1020 C
Art of Clay: Wheel-throwing
This class is an introduction to the potters’ wheel. Participants will learn how to center clay and create several basic forms using electric potters’ wheels. We strongly suggest taking the hand-building class before the wheel-throwing class. Please bring $50 to the first meeting for materials and firings. You may only take this course once. The KC Clay Guild is a not-for-profit artist collective dedicated to supporting the ceramics arts and education in Kansas City.
CONVENER: KC Clay Guild Staff (816-393-1373)
CLASS FEE: $18
Sec. C: 4 sessions; Mondays, beginning April 21; 6:30 PM - 8:30 PM; KC Clay Guild, 200 W. 74th St., KCMA; LIMIT: 8

#1021 A
Letterpress Stationery
Using a vintage printing press and individual pieces of hand-set metal type, create some luxurious stationery note cards perfect to give away as a gift or to keep for yourself. This relief printing process is the same technology that Johannes Gutenberg used in the 15th century to create the first printed Bible, but it widely used today for upscale social stationery, such as business cards, greeting cards, and invitations. Bring a $20 material fee that will be collected in class.
CONVENER: Chuck Harper (816-547-1176)
Email: chuck@craftboyworkshop.com
Website: www.craftboyworkshop.com
CLASS FEE: $14
Sec. A: 1 session; Saturday, April 05; 9:00 AM - 1:00 PM; The Craftboy Workshop, 5622 Locust St., KCMA 64110; LIMIT: 8

#1022 A
Bookbinding: Coptic Stitch
Coptic bindings can be traced back to early Christians (Copts) in the 2nd century in Ancient Egypt. This bookbinding technique features decorative, exposed spine stitching and is accomplished without paste or glue. The finished book opens very flat, making it ideal for journaling and sketching. This workshop is perfect for someone who has dabbled in bookbinding and is looking to try a slightly more complicated structure. Please bring $20 for materials.
CONVENER: Chuck Harper (816-547-1176)
Email: chuck@craftboyworkshop.com
Website: www.craftboyworkshop.com
CLASS FEE: $14
Sec. A: 1 session; Saturday, April 26; 10:00 AM - 2:00 PM; The Craftboy Workshop, 5622 Locust, KCMA 64110; LIMIT: 6

#1023 B
Earring Conversion
Did you ever buy at an amazing pair of vintage earrings only to discover you can’t wear them for long? Either they’re too tight and hurt your ears or too loose and drop off, so they rattle around your jewelry box instead of glittering your ears. Well dust those beauties off and bring them in. In one session you’ll transform them into pierced earrings. Bring $20 to class for materials.
CONVENER: Renee Huff
Email: dragonrampant@gmail.com
CLASS FEE: $10
Sec. B: 1 session; Wednesday, April 16; 6:00 PM - 7:00 PM; The Ridge, 7410 Nieman Rd. Shawnee, KS; LIMIT: 6

#1024 A
Leather Wrap Bracelet
Using leather, needle and thread, beads and a button, you will learn to make a new beautiful bracelet. You will learn basic jewelry design to create a unique bracelet. Bring $15 to class to cover all materials provided.
CONVENER: Lyn Sorensen (816-214-0379)
Email: las46@msn.com
CLASS FEE: $10
Sec. A: 1 session; Saturday, April 26; 10:00 AM - 2:00 PM; The Craftboy Workshop, 5622 Locust, KCMA 64110; LIMIT: 6

#1025 A
Gnostic Art: Symbols and Experience
How have artists used symbols and beauty to inspire spiritual growth in humanity? Join us for a guided tour and discussion of Gnostic symbols in art at the Nelson-Atkins Museum. We will view several examples from Eastern and Western spiritual traditions, representing common themes such as the cross, the serpent, life in other realms, as well as masculine and feminine representations of God. By using art as a tool for reflection the viewer may directly experience a greater internal awareness.
CONVENER: Gnostic Study Center & Anna Bedinger (816-836-3384)
Email: info@gnosticconfraternity.org
Website: gnosticconfraternity.org
CLASS FEE: $19
Sec. A: 1 session; Thursday, March 27; 7:00 PM - 8:00 PM; Nelson-Atkins Museum, Bloch Building (near the Information Desk), 4525 Oak, KCMA; LIMIT: 9
Sec. B: 1 session; Thursday, April 10; 7:00 PM - 8:00 PM; Nelson-Atkins Museum, Bloch Building (near the Information Desk), 4525 Oak, KCMA; LIMIT: 9

#1027 A
Bookbinding: Pocket Journal
Looking for an analog (ink on paper) equivalent to your digital device (smartphone, tablet or e-reader)? This little book is perfect for carrying in your pocket or bag to keep track of your schedule or jotting down anything from your brilliant ideas to your grocery list. The hedgehog is an unabashed knock-off of the popular moleskine journals and it demonstrates the basics of hand-bookbinding. Please bring $20 for class materials.
CONVENER: Chuck Harper (816-547-1176)
Email: chuck@craftboyworkshop.com
Website: www.craftboyworkshop.com
CLASS FEE: $14
Sec. A: 1 session; Saturday, April 05; 2:00 PM - 6:00 PM; The Craftboy Workshop, 5622 Locust, KCMA 64110; LIMIT: 6
UMKC Conference and Event Resources

Planning events and conferences on a college campus has never been easier! UMKC’s model of single point-of-service is of benefit to all guests and clients that visit our campus.

With the options we have for our guests, UMKC is a premier location and has many amenities to offer from special events to multi-day conferences to summer camps and conferences!

Conference and Event Resources at UMKC coordinates the events in the following facilities in addition to summer camps and conferences on the UMKC campus.

Atterbury Student Success Center

- Pierson Auditorium
- 3 state of the art classrooms for breakouts
- Chancellor’s Dining Room
- 7 day a week availability

UMKC Student Union

- Large Multi-Purpose Room
- 5 breakout rooms for all meeting needs
- Large Theater suitable for performances and lectures
- 7 day a week availability

Summer Camps and Conferences

- Both apartment and residence hall style of living
- Flexibility in length of program over the summer
- Multiple meeting spaces available for use
- On campus dining options
- Swinney Recreational Facility

Please contact Travis Dixon, Conference Coordinator, to set-up time to discuss your conference needs!

Thank you for your interest in holding a conference at UMKC!

Conference and Event Resources
5100 Cherry Street, Suite 310, Kansas City, MO 64110
Phone: 816-235-1416
Email: dixontw@umkc.edu

For a complete schedule
Call 816-561-2882
or visit: www.cityinmotion.org

Save the Dates!
An Evening of Wine & Chocolate
April 12, 6-9 pm
www.wineandchocolate2014kc.eventbright.com

Company Concert
May 2nd, 3rd and 4th
H&R Block City Stage Theater
Union Station

Summer Semester: Begins June 9th

DANCE CLASSES FOR EVERYBODY

City in Motion

3925 Main, KCMO 64111

- a wide range of technique classes in modern, jazz and ballet for ages 3 to adult
- the most comprehensive schedule of adult workshops in the city
- central location

SPLRING SESSION BEGINS

MARCH 31ST

Spring Classes for Beginning Adults

Specials Available

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<td>Hip-Hop Street Dance</td>
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<td>Sun. 2:00 PM</td>
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</tbody>
</table>

For a complete schedule
Call 816-561-2882
or visit: www.cityinmotion.org
#1032 B
Make Your Own Beaded Bracelet
Learn how to make compatible bead combinations to create a stunning bracelet designed by you. Learn about various styles of clasps and findings for bracelet construction. All materials included. Upgrade to gemstone beads for an additional $10 at the class.

CONVENER: Regina Compemolle (816-547-0266)
Website: sacredeartharts@aol.com
CLASS FEE: $10 + $15.00 material fee = $25.00
Sec. B: 1 session; Saturday, March 22; 3:00 PM - 5:00 PM; Stroke of Red Studio, 1812 1/2 W 45th St, KCMO; LIMIT: 8

#1033 B
Beautiful Gemstone Bead Earrings
If you’re going to make bead earrings you might as well make good ones. We’ll make a practice pair using base metal and glass beads before using sterling findings and semi-precious stone beads to make earrings of your own design. Lots of choices including amber, turquoise, labradorite, lapis, fresh-water pearls and more. You will discover appropriate tools and learn various techniques for bending wire to create your earrings. Bring a needle-nose pliers to class.

CONVENER: Regina Compemolle (816-547-0266)
Website: sacredeartharts@aol.com
CLASS FEE: $10 + $20.00 material fee = $30.00
Sec. B: 1 session; Sunday, April 03; 1:00 PM - 2:00 PM; Rag and Bone, 1412 W. 12th, KC,MO, (in the West Bottoms at the bottom of 12th St.); LIMIT: 8

#1034 B
Acrylics Workshop
This is an introductory class to working with acrylic paints. We will learn to paint with acrylics using various materials, styles, and techniques. This is a fun non-stressful class that will leave you wanting to run out and buy your own paints! Materials will be provided for class. Bring $40 for materials and studio rental which include canvas, paints, brushes, gesso, and palette knives.

CONVENER: Anastacia Drake
Email: StrokeOfRed@gmail.com
Website: www.StrokeOfRedStudio.com
CLASS FEE: $10
Sec. C: 1 session; Saturday, March 22; 12:30 PM - 1:30 PM; Rag and Bone, 1412 W. 12th, KC,MO, (in the West Bottoms at the bottom of 12th St.); LIMIT: 8

#1035 D
Oil Workshop
Oils can be intimidating, but this class will take away the intimidation. Learn how to use oils by playing with different materials and techniques. Leave the class ready to venture out on your own. Bring $40 to class for studio rental and materials which include canvas, oil paints, odorless mineral spirits, brush cleaner, and various thinners and mediums.

CONVENER: Anastacia Drake
Email: StrokeOfRed@gmail.com
Website: www.StrokeOfRedStudio.com
CLASS FEE: $10
Sec. D: 1 session; Saturday, March 22; 3:00 PM - 5:00 PM; Stroke of Red Studio, 1812 1/2 W 45th St, KC,MO, 64111; LIMIT: 12

#1037 C
Watercolor Workshop
An introduction to watercolors by learning how to work with the paint, different techniques, and materials. A fun environment to relax, play, and learn. Bring $40 for materials and studio rental which include watercolor paper, masking tape, masking fluid, brushes, and paints.

CONVENER: Anastacia Drake
Email: StrokeOfRed@gmail.com
Website: www.StrokeOfRedStudio.com
CLASS FEE: $10
Sec. C: 1 session; Saturday, March 22; 12:30 PM - 2:30 PM; Stroke of Red Studio, 1812 1/2 W 45th St, KC,MO, 64111; LIMIT: 12

#1036 C
Acrylics Workshop
This is an introductory class to working with acrylic paints. We will learn to paint with acrylics using various materials, styles, and techniques. This is a fun non-stressful class that will leave you wanting to run out and buy your own paints! Materials will be provided for class. Bring $40 for materials and studio rental which include canvas, paints, brushes, gesso, and palette knives.

CONVENER: Anastacia Drake
Email: StrokeOfRed@gmail.com
Website: www.StrokeOfRedStudio.com
CLASS FEE: $10
Sec. C: 1 session; Saturday, March 22; 10:00 AM - 12:00 PM; Stroke of Red Studio, 1812 1/2 W 45th St, KC,MO, 64111; LIMIT: 8

#1101 B
Beginning Irish Dance
Have you ever wanted to learn Irish dance? If so, please join us and we will teach you the basic steps and show you how to incorporate them into traditional Ceili dances. In eight weeks you will be able to recognize dances and feel comfortable getting up to dance at any Irish Ceili. Minimum age is 15. You must register in advance. Come and join the fun!

CONVENER: Cianna Erans Celtic Dancers
Email: cecetradancers@gmail.com
CLASS FEE: $10
Sec. B: 1 session; Monday, March 31; 2:00 PM - 3:30 PM; Rag and Bone, 1412 W. 12th, KC,MO, (in the West Bottoms at the bottom of 12th St.); LIMIT: 12

#1103 B
Beginning Modern Dance
Adults
Beginning modern dance for adults. You’ll get a great workout and have fun exploring your movement potential through modern dance. You’ll get a great workout and have fun exploring your movement potential through modern dance. You’ll get a great workout and have fun exploring your movement potential through modern dance.

CONVENER: Billie Mahoney (816-561-2882)
Email: cityinmotion@aol.com; Website: cityinmotion.com
CLASS FEE: $10
Sec. B: 1 session; Monday, March 31; 4:00 PM - 4:45 PM; City in Motion School of Dance, 3925 Main (across Main St from CVS Pharmacy), KC,MO; LIMIT: 10

#1102 B
Tap Dance for Adults of All Ages: Basic Beginners or Beginners Again
If you have always wanted to learn to tap dance, but never had the time, the confidence, or the opportunity now is the time to prove you can do it! Also, if you are a former tap dancer who wants to brush up and renew old skills, Billie Mahoney, internationally acclaimed tap dance artist, is the one to help you. Emphasis is on technique and style while learning the first steps of shim sham and soft shoe.

CONVENER: Billie Mahoney (816-561-2882)
Email: cityinmotion@aol.com; Website: cityinmotion.com
CLASS FEE: $10
Sec. B: 1 session; Monday, March 31; 7:00 PM - 8:00 PM; City in Motion School of Dance, 3925 Main (across Main St from CVS Pharmacy), KC,MO; LIMIT: 10

#1104 B
Beginning Modern Dance for Adults
Explore your movement potential through modern dance. You’ll get a great workout and have fun as you increase your awareness of space, weight, suspension and timing.

CONVENER: Tessa Van Dieren (816-561-2882)
Email: cityinmotion@aol.com
Website: cityinmotion.com
CLASS FEE: $10
Sec. B: 1 session; Monday, March 31; 7:00 PM - 8:00 PM; City in Motion School of Dance, 3925 Main (across Main St from CVS Pharmacy), KC,MO; LIMIT: 10

#1105 C or D
Hip Hop
Hip-Hop dance originated with rap music. This ever-evolving form creates a high-energy, visually exciting dance style just like music videos. Come learn choreography from street dance to club dance. Teenagers and adults welcome.

CONVENER: Bobby Ray & Ishe “Ice” (816-561-2882)
Email: cityinmotion@aol.com; Website: cityinmotion.com
CLASS FEE: $10
Sec. C: 1 session; Monday, March 31; 7:00 PM - 8:00 PM; Sec. D: 1 session; Saturday, April 05; 11:00 AM - 12:00 PM; MEETS: City in Motion School of Dance, 3925 Main (across Main St from CVS Pharmacy), KC,MO; LIMIT: 10
KKFI Band Auction
April 10–28

Bid on a Band – Have a Party!
You can rent a Blues, Jazz, Rock, Hip Hop, Bluegrass,
Americana, Country or Folk band for a Two Hour Gig
for your Birthday, High School Reunion,
Anniversary, Street Party,
or a Just for the Heck of It Party!
Over 100 of KC’s Finest Bands!

KKFI Sneak Preview Band Auction All Star Jam Sessions
Two Shows ~ Thursdays 8–10pm
March 27th & April 3rd

Featuring: Jason Vivone & the Billy Bats,
Crosseyed Cat Blues Band, Last Free Exit,
Kasey Rausch, 3 Bricks Shy, and MORE!

$10 door

More information at KKFI.org  Complete Band Schedule at KKFI.org

Check the Band Auction Schedule on KKFI.org to see
which KKFI show your favorite band will be on.
Listen to that show and call in with your bid. High Bid Wins.

KKFI Band Auction
April 10–28

KKFI.org
PO Box 32250
Kansas City MO 64171

Complete Band Schedule at KKFI.org
#1107 C or D

Belly Dance Is Fun

You know you’ve always wanted to take a belly dance class, so … come on down! Get loose and coax your body to flow in ways that you’ve never imagined with the upbeat, captivating rhythms of far-away places. Belly dance is a combination of strength, posture, flexibility and muscle control. Fun and fitness can be yours if this addictive habit is right for you.

CONVENER: Hala Zeki (816-561-2882)
Email: cityinmotion@aol.com; Website: cityinmotion.com
CLASS FEE: $10
Sec. B: 1 session; Tuesday, April 01; 6:00 PM - 7:00 PM; City in Motion School of Dance, 3925 Main (across Main St. from CVS Pharmacy), KCMD; LIMIT: 10

#1108 B

Indian Classical Dance

We emphasize technique and style while learning the traditional Manipuri dance pattern. Learn the exotic “Muradas” (hand symbols), rhythmic body techniques and vigorous acrobatics of Manipuri dance with live “Mridanga” (drum). Open to all levels of dancers. We dance barefoot.

CONVENER: Rafa Rau (816-561-2882)
Email: cityinmotion@aol.com; Website: cityinmotion.com
CLASS FEE: $10
Sec. B: 1 session; Tuesday, April 01; 5:00 PM - 6:00 PM; City in Motion School of Dance, 3925 Main (across Main St. from CVS Pharmacy), KCMD; LIMIT: 10

#1109 B

Adult Jazz Dance

Strut your stuff in this fun and energetic class. Learn basic dance technique, work on flexibility and toning, and explore several styles of jazz dance.

CONVENER: Stephanie Whitter (816-561-2882)
Email: cityinmotion@aol.com; Website: cityinmotion.com
CLASS FEE: $10
Sec. B: 1 session; Tuesday, April 01; 6:00 PM - 7:00 PM; City in Motion School of Dance, 3925 Main (across Main St. from CVS Pharmacy), KCMD; LIMIT: 10

#1110 B

World Dance Fusion

Inspired by the world music/fusion movement, this class will present a sampler of contemporary ethnic and fusion dance forms, urban Gypsy fusion, rubènra, Latin, pop, pirate/port, Bollywood, Polynesian/Hula fusion, tropical, Caribbean, etc.). Learn universal and ethnic dance moves, traditional and fantasy folkloric steps, combined in new and interesting ways, and set to world music. Fun exercise with opportunities for performance! Suitable for all ages and all levels.

CONVENER: Nicole English (816-561-2882)
Email: cityinmotion@aol.com; Website: cityinmotion.com
CLASS FEE: $10
Sec. B: 1 session; Thursday, April 03; 7:30 PM - 8:30 PM; City in Motion School of Dance, 3925 Main (across Main St. from CVS Pharmacy), KCMD; LIMIT: 10

#1111 B

West African Dance

This class teaches the traditional poly-rhythmic movement elements of West African dance from the old Malian empire. This is a very energetic aerobic class!

CONVENER: Danny Hinds (816-561-2882)
Email: cityinmotion@aol.com
Website: cityinmotion.com
CLASS FEE: $10
Sec. B: 1 session; Tuesday, April 01; 8:30 PM - 9:30 PM; City in Motion School of Dance, 3925 Main (across Main St. from CVS Pharmacy), KCMD; LIMIT: 10

#1112 C or D

Beginning Adult Ballet

No prior experience required! This is an introduction to ballet. We utilize an anatomy/physiology approach to gently stretch and strengthen the body. Come learn the basics of this art form. This is a great class for first—timers or those who would like to be reintroduced to ballet.

CONVENER: Tessa Van Dieren & Lillian Francis (816-561-2882)
Email: cityinmotion@aol.com; Website: cityinmotion.com
CLASS FEE: $10
Sec. C: 1 session; Wednesday, April 02; 6:00 PM - 7:00 PM; City in Motion School of Dance, 3925 Main (across Main St. from CVS Pharmacy), KCMD; LIMIT: 10

#1113 B

African and Intercultural Dance

This class explores African/Caribbean cultural dance with live drumming. Based upon the technique of Katherine Dunham, we will also explore African dance history and how it relates to ballet, contemporary, and jazz dance. Opportunities available for community dance performances in traditional costume.

CONVENER: Terri Brown
CLASS FEE: $10
Sec. B: 1 session; Wednesday, April 02; 6:00 PM - 7:00 PM; City in Motion School of Dance, 3925 Main (across Main St. from CVS Pharmacy), KCMD; LIMIT: 10

#1114 B

Salsa

Come experience salsa! This popular social dance from Cuba has become a world wide phenomenon. We’ll learn basic footwork and timing, turn patterns and combinations. We’ll help you to feel and interpret the music of salsa. Please bring dance shoes to class.

CONVENER: Bird Ellington Fleming (816-561-2882)
Email: cityinmotion@aol.com
Website: cityinmotion.com
CLASS FEE: $10
Sec. B: 1 session; Wednesday, April 02; 7:30 PM - 8:30 PM; City in Motion School of Dance, 3925 Main (across Main St. from CVS Pharmacy), KCMD; LIMIT: 10

#1115 B

East Coast Swing

Learn the basics of East Coast swing plus a variety of turns and moves that will give you confidence on the dance floor. Come with, or without, a partner and be prepared to have fun!

CONVENER: Ann Shaughnessy (816-561-2882)
Email: cityinmotion@aol.com; Website: cityinmotion.com
CLASS FEE: $10
Sec. B: 1 session; Friday, April 04; 6:00 PM - 7:00 PM; City in Motion School of Dance, 3925 Main (across Main St. from CVS Pharmacy), KCMD; LIMIT: 10

#1116 B

Flamenco!

This workshop will be geared toward adults interested in an introduction to the rhythms, movement, and history of Flamenco dance. Wear comfortable workout type clothing and heeled shoes.

CONVENER: Cindy Black (816-561-2882)
Email: cityinmotion@aol.com; Website: cityinmotion.com
CLASS FEE: $10
Sec. B: 1 session; Thursday, April 03; 7:30 PM - 8:30 PM; City in Motion School of Dance, 3925 Main (across Main St. from CVS Pharmacy), KCMD; LIMIT: 10

#1117 B

Argentine Tango

This dance originated in Argentina and is one of the most popular dances in America. Learn to dance this passionate dance step-by-step starting with the basics and ending with very impressive but simple combinations. No experience required, nor do you need a partner. We will have a practice party (Milonga) each Wednesday to give you a chance to try your new tango skills. Bring $5 per meeting for room rental. Come join the fabulous tango community in Kansas City!

CONVENER: Tony Shaw (816-305-2931)
Email: kctango2001@aol.com
CLASS FEE: $18
Sec. B: 4 sessions; Mondays, beginning March 24; 7:00 PM - 8:00 PM; KC Dance, 6101 Martway, Mission, KS, 1 blk. S. of Johnson Dr. (between Metcalf & Nall - S. side of St.—Powell Community Ctr. is directly across Martway); There is a small innocuous sign: “Ballroom Unlimited”; LIMIT: 20

#1118 B

Beginning Ballroom Dance

Love the dance shows on TV and cinema? Take a step in the direction of dancing like the stars. You will be able to dance at office functions and parties after this introductory class. You will learn the foxtrot, waltz, swing, rumba and a bonus dance of your choice. This is a perfect class to prepare for upcoming weddings. Bring your guests and in-laws. Toi is a former ballroom competitor. Bring $5 per meeting for room rental.

CONVENER: Toi Shaw (816-305-2931)
Email: kctango2001@aol.com
CLASS FEE: $18
Sec. B: 4 sessions; Tuesdays, beginning March 25; 7:00 PM - 8:00 PM; KC Dance, 6101 Martway, Mission, KS, 1 blk. S. of Johnson Dr. (between Metcalf & Nall - S. side of St.—Powell Community Ctr. is directly across Martway); There is a small innocuous sign: “Ballroom Unlimited”; LIMIT: 20
**#1119 B**

**East Coast Swing**

We’ve got rhythm! We’ve got music—swing music! From 40’s swing music to rhythm and blues, we’ll do it all! Are you ready to put the bounce in your step? This beginning to intermediate swing class features many fun and flashy variations. It’s so much fun, you won’t notice what a great workout you’re getting! Bring $5 per meeting for room rental.

**CONVENER:** Toi Shaw (816-305-2931)
Email: ktango2001@aol.com
**CLASS FEE:** $18

**Sec. B:** 4 sessions; Wednesdays, beginning March 26; 7:00 PM - 8:00 PM; KC Dance, 6101 Martway, Mission, KS, 1 blk. S. of Johnson Dr. (between Metcalf & Nall - S. side of St.—Powell Community Ctr. Is directly across Martway); There is a small innocuous sign: “Ballroom Unlimited”; **LIMIT:** 20

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**#1120 B**

**Salsa!**

It’s time to heat up with one of the most popular dances on the dance floor today. With the resurgence of Latin and Cuban music, this dance has become a phenomenon. We will start with basic moves, adding technique and style as we become comfortable with leading and following. No partner is necessary. There are many venues in which to practice your new-found salsa skills. Bring $5 per meeting for room rental.

**CONVENER:** Toi Shaw (816-305-2931)
Email: ktango2001@aol.com
**CLASS FEE:** $18

**Sec. B:** 4 sessions; Thursdays, beginning March 27; 7:00 PM - 8:00 PM; KC Dance, 6101 Martway, Mission, KS, 1 blk. S. of Johnson Dr. (between Metcalf & Nall - S. side of St.—Powell Community Ctr. Is directly across Martway); There is a small innocuous sign: “Ballroom Unlimited”; **LIMIT:** 20

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**Music**

**#1202 A or B**

**Re-Discover Your Voice**

Explore the connection between your voice and your inner and outer selves. We’ll focus on the fundamentals, such as practices that strengthen your posture and respiratory system, vocal warm-ups to keep your voice vital and strong, and the foundation of healthy vocal production to maintain your voice throughout your lifetime. My holistic approach addresses the body and the mind, utilizing yoga stretches and meditation. Riva Capellari has a Masters in Vocal Performance from the University of Michigan. Bring $2 to class for handouts.

**CONVENER:** Riva Capellari
Email: rivacapellari@gmail.com
**CLASS FEE:** $10

**Sec. A:** 1 session; Saturday, March 15; 10:00 AM - 11:00 AM; Atterbury Student Success Center, Rm. 237, UMKC Campus, 5000 Rockhill Rd., Kansas City, MO 64110; **LIMIT:** 12

**Sec. B:** 1 session; Saturday, May 10; 10:00 AM - 11:00 AM; Student Union (New), Rm. 420, 5100 Cherry, Kansas City, MO 64110, metered parking on 5th floor of new parking structure at 50th and Oak; **LIMIT:** 12

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**#1208 B**

**Women of the Drum**

In this women’s class, you will learn the basic hand techniques for djembe or conga and try your hand at some basic rhythms from Haiti and Brazil. Beginning and intermediate level players welcome. Bring a djembe or conga style drum or call convener if you need to borrow one.

**CONVENER:** Regina Compernolle (816-547-0266)
Email: sacredeartharts@aol.com
**CLASS FEE:** $10

**Sec. B:** 1 session; Sunday, March 30; 6:00 PM - 7:00 PM; City in Motion School of Dance, 3925 Main (across Main St. from CVS Pharmacy), KCMO; **LIMIT:** 10

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**#1209 A**

**Practical Music Theory for Amateur Musicians**

This course is geared toward playing along in music jams or providing basic instrumental accompaniment to songs, with a focus on chords. We’ll cover scales, chords, and chord sequences. The aim is to take some of the mystery out of music, so it’s easier to understand what to expect. What you learn won’t get you into Juilliard, but it should make your next music session more fun. Bring $2 for handouts.

**CONVENER:** Gary Tannen (816-699-5889)
**CLASS FEE:** $16

**Sec. A:** 3 sessions; Mondays, beginning March 31; 6:30 PM - 8:30 PM; Community Christian Church, Activity Center, 32 E. 46th St., KCMO, across 46th St. from the church, park on the street or in parking lot behind the Activity Center; **LIMIT:** 10

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**Performance**

**#1303 B**

**Circus Skills and Clowning**

Learn to move like Chaplin, dance like Danny Kaye and juggle like Brian Wendling. Some of the skills that will be covered will be slapstick combat, how to take a pie in the face, stilts walking, hula hoop, tumbling, character development, make-up application and much more; red nose optional. Instructors include a variety of Kansas City’s top professional clowns, mime and juggling artists including but not limited to: Richard Renner, Stephanie Roberts, Jay and Leslie Cady, Beth Byrd, Heidi Stubblefield, Kent and Kevin Mercer and more.

**CONVENER:** Beth Byrd (816-561-2882)
Email: cityinmotion@aol.com
**Website:** cityinmotion.com
**CLASS FEE:** $10

**Sec. B:** 1 session; Tuesday, April 01; 8:00 PM - 9:00 PM; City in Motion School of Dance, 3925 Main (across Main St. from CVS Pharmacy), KCMO; **LIMIT:** 10

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**#1305 B**

**Burlesque and Pinup 101**

Find your own inner burlesque queen and retro pin-up gal, while learning the sassy, sexy moves of this entertainment art form. Different techniques of burlesque will be taught in a light fun manner with all-female class atmosphere. Each class will be an exciting mini-session of retro goodness.

**CONVENER:** Sophie Sassafras (816-561-2882)
Email: cityinmotion@aol.com
**Website:** cityinmotion.com
**CLASS FEE:** $10

**Sec. B:** 1 session; Thursday, April 03; 7:30 PM - 8:30 PM; City in Motion School of Dance, 3925 Main (across Main St. from CVS Pharmacy), KCMO; **LIMIT:** 10

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**Writing**

**#1401 A**

**Writing Your First Book (or Seventh)**

California writer Bobbie Christensen, author of twelve books including award-winners and best-sellers, will show you how to develop and complete your manuscript in just six weeks, following her own ten-step plan. Create a page-turner whether writing fiction or non-fiction, cookbook or textbook. “I’ve been to many other writing and publishing classes, but you changed my view of what is possible. The information was incredible.” Nancy Wile, Ed.D., Las Vegas. Bring $16 to class for book “Writing, Publishing and Marketing Your Book.”

**CONVENER:** Bobbie Christensen (916-834-2665)
Email: BooksAmerica@aol.com
**CLASS FEE:** $10

**Sec. A:** 1 session; Saturday, April 12; 1:00 PM - 2:45 PM; Student Union (New), Rm. 302, 5100 Cherry, Kansas City, MO 64110, metered parking on 5th floor of new parking structure at 50th and Oak; **LIMIT:** 60

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**Teach**

**a Communiuniversity Class**

**Share What You Know With Others**

**Deadline:** Friday, April 4
Call 816-235-1407 for information
**www.umkc.edu/commu**

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**#1121 B**

**West Coast Swing**

This type of swing dance is a smooth dance done to many types of music. Traditionally danced to rhythm and blues, it has now branched out to country, rock, disco and funk. It is danced on a slot, allowing each partner freedom of expression. We will start with the basic pattern and add a new pattern weekly. No partner necessary. Review each week! Bring $5 per meeting for room rental.

**CONVENER:** Kyle Patel
**CLASS FEE:** $18

**Sec. B:** 4 sessions; Sundays, beginning April 06; 7:00 PM - 8:00 PM; KC Dance, 6101 Martway, Mission, KS, 1 blk. S. of Johnson Dr. (between Metcalf & Nall - S. side of St.—Powell Community Ctr. Is directly across Martway); There is a small innocuous sign: “Ballroom Unlimited”; **LIMIT:** 20
#1402 A  
**Publishing Your 1st Book (or 7th)**
Learn how to submit your work to a publisher or self-publish and keep the profits, plus all about POD’s, eBooks, etc. Includes all forms, contracts, samples, etc. “Every minute was packed with specific information that I really needed. Even though I have an extensive background in marketing, I learned a lot about effective marketing. Invaluable.” – DeeAnn Merriman, Carrollton, TX. Bring $16 to class for book “Writing, Publishing and Marketing Your Book.” Same book is used in all three classes.

CONVENER: Bobbie Christensen (918-834-2665)  
Email: BooksAmerica@aol.com  
CLASS FEE: $10

Sec. A: 1 session; Saturday, April 12; 9:00 AM - 12:00 PM;  Student Union (New), Rm. 302, 5100 Cherry, Kansas City, MO 64110, metered parking on 5th floor of new parking structure at 50th and Oak; LIMIT: 60

Sec. B: 1 session; Tuesday, April 22; 7:00 PM - 9:00 PM;  Santa Fe Drive, Overland Park KS 66212, Boardroom, 2nd Floor,; LIMIT : 12

Sec. C: 1 session; Saturday, March 15; 1:00 PM - 3:00 PM;  Nelson Atkins Museum of Art, Rozelle Court, 4525 Oak, KC MO; LIMIT: 8

#1403 A  
**Writing and Editing Tips and Tricks**
Did you know that there is a difference in meaning between “i.e.” and “e.g.”? That periods always go inside quotation marks? That by definition it is not possible for something to be “comprised of” other things? Learn tips for writing, grammar, punctuation and more to improve your communications and polish your image. Shannon is a freelance writer and editor with 12 years of experience who reads copyediting books for fun.

CONVENER: Shannon Watson-Smith  
Email: shannonwsmith@gmail.com  
CLASS FEE: $10

Sec. A: 1 session; Tuesday, April 22; 7:00 PM - 9:00 PM;  Student Union (New), Rm. 302, 5100 Cherry, Kansas City, MO 64110, metered parking on 5th floor of new parking structure at 50th and Oak; LIMIT: 20

Photography

#1501 A  
**Intro for Digital SLR**
This class covers the basic settings and controls of your digital SLR camera. We will discuss white balance, shutter speeds, apertures, and flash settings. You must bring your interchangeable lens camera and instruction book to class. Bill Thomas has been in photography over 35 years and is co-owner of Crick Camera Shop. He also teaches locally and conducts photo workshops.

CONVENER: Bill Thomas (816-444-3390)  
Email: bills3@midgy.net; Website: www.billthomas-photos.com  
CLASS FEE: $10

Sec. A: 1 session; Monday, March 31; 7:00 PM - 9:00 PM;  Student Union (New), Rm. 302, 5100 Cherry, Kansas City, MO 64110, metered parking on 5th floor of new parking structure at 50th and Oak; LIMIT: 30

#1502 C  
**iPhoneography**
Learn how to compose a good photograph, using apps on your phone to edit and add filters and apps to get prints or order photo print and custom gifts. Bring $5 to class for materials.

CONVENER: Cynthia Taylor; Email: cintaylor630@gmail.com  
CLASS FEE: $10

Sec. C: 1 session; Saturday, March 15; 1:00 PM - 3:00 PM;  Nelson Atkins Museum of Art, Rozelle Court, 4525 Oak, KCMO; LIMIT: 8

Money

#2001 A  
**Building Your Financial Portfolio on $25 a Month**
Give yourself the gift of financial security. Investing is open to everyone regardless of sex, race, age, requires no college or even having a job. It takes very little money, creates passive income, has very low risk and is as easy as writing a check. Learn how to turn $25 a month into $100,000 and create your own personal retirement fund without paying a broker using proven techniques. This is the only seminar in the country that teaches this 100-year proven method of investing. Optional book will be available at class for $16.

CONVENER: Bobbie Christensen & Eric Christensen  
(918-834-2665); Email: BooksAmerica@aol.com  
CLASS FEE: $10

Sec. A: 1 session; Saturday, April 12; 9:00 AM - 12:00 PM;  Student Union (New), Rm. 302, 5100 Cherry, Kansas City, MO 64110, metered parking on 5th floor of new parking structure at 50th and Oak; LIMIT: 60

#2005 A  
**Road Map to Retirement**
Learn how “mile marker” conversations can help make your road to retirement a smoother one. Review your asset allocation and retirement strategy. Consider taking advantage of “catch-up contributions.” Review your healthcare and long-term care costs. Weigh the pros and cons of rolling money over to an IRA. Consider ways to help re- time your income last two lifetimes with strategies to maximize Social Security benefits. Warren Varney (MoneySmartLiving) has 30 years of experience helping build successful and fulfilling lives. Peak Brokerage Services, LLC, member FINRA/SPIC.

CONVENER: Warren Varney (816-861-7449 or 816-309-5815)  
Email: warren@moneysmartliving.com  
CLASS FEE: $10

Sec. A: 1 session; Thursday, May 08; 6:30 PM - 8:30 PM;  Plaza Library, Large Room, 4801 Main Street, Kansas City, MO; LIMIT: 20

#2006 A  
**Planning for Health Care in Retirement**
Is retirement income going to be a challenge? Important decisions need to be made between the ages of 55-70%. Learn to balance income, growth, protection and risk. One of the greatest expenses during retirement will be health care. Make a plan now and help secure your future income. Warren Varney (MoneySmartLiving) has 30 years of experience helping build successful and fulfilling lives. Peak Brokerage Services, LLC, member FINRA/SPIC.

CONVENER: Warren Varney (816-861-7449 or 816-309-5815)  
Email: warren@moneysmartliving.com  
CLASS FEE: $10

Sec. A: 1 session; Thursday, April 24; 6:30 PM - 8:30 PM;  Student Union (New), Rm. 302, 5100 Cherry, Kansas City, MO 64110, metered parking on 5th floor of new parking structure at 50th and Oak; LIMIT: 20

Biz Communication

#2103 A or B  
**Starting a Business / Entity Selection**
Starting a business can be lucrative and rewarding but how do you get started? This class will help shed light on the most important aspects of starting a business: Entity selection, whether or not an EIN is required but how do you get started? This class will help shed light on the most important aspects of starting a business: Entity selection, whether or not an EIN is required and how to get started. Warren Varney (MoneySmartLiving) has 30 years of experience helping people manage money, debt and investments while building successful and fulfilling lives. Securities offered through Peak Brokerage Services, LLC.

CONVENER: Warren Varney (816-861-7449 or 816-309-5815)  
Email: warren@moneysmartliving.com  
CLASS FEE: $10

Sec. A: 1 session; Thursday, April 17; 6:00 PM - 7:30 PM;  Atterbury Student Success Center, Rm. 237, UMKC Campus, 5000 Rockhill Rd., Kansas City, MO 64110; LIMIT: 20

Sec. B: 1 session; Saturday, May 10; 9:00 AM - 10:30 AM;  Ruiz Branch Library, 2017 West Pennway St., Kansas City, MO 64108; LIMIT: 20
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The banjo is mightier than the sword.
~ Pete Seeger
#2104 C or D
Grant Writing Finally Made Easy
This two hour workshop will teach you the exclusive “Grant at a Glance Development System” to help you learn to write grants in half the time from initial collaboration to evaluating outcomes and reporting. Your funds development team will be able to submit multiple grants quickly and accurately. You will need to bring $10 for material fees.

CONVENER: Barbara Wright (816-728-0170 816-728-0170)
Email: certifieddreambuilder@yahoo.com
Website: www.certifieddreambuilder.com
CLASS FEE: $10
Sec. C: 1 session; Saturday, April 12; 9:00 AM - 11:00 AM; Atterbury Student Success Center, Rm. 237, UMKC Campus, 5000 Rockhill Rd., Kansas City, MO 64110; LIMIT: 20
Sec. D: 1 session; Saturday, May 10; 9:00 AM - 11:00 AM; Atterbury Student Success Center, Rm. 237, UMKC Campus, 5000 Rockhill Rd., Kansas City, MO 64110; LIMIT: 20

#2106 B or C
Starting a Business or Non-Profit Finally Made Easy
If your goal is starting a business that is non-profit, civic or social in nature, attend this two hour workshop to learn step-by-step how you can start your business or non-profit organization from scratch. You’ll be introduced to innovative fundraising strategies and grants to help you get started now! Please have your $10 fee for class materials. There will also be an optional CD available that includes the course Power Point with links to great helps for just $30.

CONVENER: Barbara Wright (816-728-0170 816-728-0170)
Email: certifieddreambuilder@yahoo.com
Website: www.certifieddreambuilder.com
CLASS FEE: $10
Sec. B: 1 session; Saturday, March 22; 9:00 AM - 11:00 AM; Atterbury Student Success Center, Rm. 237, UMKC Campus, 5000 Rockhill Rd., Kansas City, MO 64110; LIMIT: 20
Sec. C: 1 session; Saturday, April 26; 9:00 AM - 11:00 AM; Student Union (New), Rm. 302, 5100 Cherry, Kansas City, MO 64110; LIMIT: 20
Sec. D: 1 session; Saturday, May 3; 9:00 AM - 11:00 AM; Atterbury Student Success Center, Rm. 237, UMKC Campus, 5000 Rockhill Rd., Kansas City, MO 64110; LIMIT: 20

#2107 C
Selling on eBay Intro
Got stuff? Have something to sell (collections, store merchandise, crafts, antiques, overstock, junk)? eBay is the place! This intro will get you ready to sell (pricing, shipping, listing, etc.). Some Internet and e-mail experience recommended.

CONVENER: Robert Frankie (816-942-9041)
Email: rfranke2@kc.rr.com
Website: www.everlastingthreads.com
CLASS FEE: $10 + $3.00 material fee = $13.00
Sec. C: 1 session; Saturday, April 19; 9:00 AM - 12:00 PM; Plaza/Villa Hall, Rm. 261, 510 Rockhill Rd., UMKC Campus, KCMO; LIMIT: 16
Sec. D: 1 session; Wednesday, May 7; 7:00 PM - 10:00 PM; UMKC School of Medicine, Theatre B, first floor, 2411 Holmes, KCMO, Parking is on Charlotte, Bring picture ID; LIMIT: 16

#2204 B
Missouri Mushrooms
Learn the process of growing shiitake mushrooms on logs. We will meet at the Grand Court Farmers Market at noon, then go to ShroomHeads Organic Farm in Free man Missouri, about a 35 minute drive.

There you will receive your log, shiitake plugs, cheese wax, and a demonstration on plugging your own logs. Everyone will have their own shiitake log to take home. Bring $15.00 for materials. Bring your own drill if possible. Tour of farm will be given after session.

CONVENER: Tena Bellovich
Email: bellowvich@umkc.edu
Website: www.shroomheads.com
CLASS FEE: $10
Sec. B: 1 session; Saturday, April 05; 12:00 PM - 2:00 PM; Grand Court Four Seasons Farmers Market, 107th and Wornall Road, KCMO 64114 (Inside the Grand Court Retirement Center); LIMIT: 15

#2206 A
Basics of Auto Insurance—What It Really Means
Did You Know That 1 in 7 Drivers Are Uninsured - Are you Protected? This class reviews the basics of auto insurance, including understanding what the state minimums mean, and ways that you can protect yourself from loss.

CONVENER: Latricia Schnepp (816-851-7488)
Email: latricia@webball.net
CLASS FEE: $10
Sec. A: 1 session; Saturday, March 22; 10:00 AM - 11:30 AM; 11880 College Blvd, Overland Park, KS 66210; LIMIT: 20

#2302 B
Basic Houseplant Care
Learn how to care for and propagate the 10 most common houseplants along with tips on how to start trading houseplants with others to grow your collection! This class is intended for beginner houseplant enthusiasts. Students are encouraged to bring in a houseplant or photos for tips on care and propagation. Materials fee of $10 is a green class; handouts and information will be emailed to students, but will not be printed.

CONVENER: Cora Campbell (816-841-2783)
Email: Cora@EverlastingThreads.com
Website: www.everlastingthreads.com
CLASS FEE: $10
Sec. B: 1 session; Wednesday, April 16; 6:00 PM - 8:00 PM; Westport Roanoke Community Center, computer room, 3601 Roanoke Rd., 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: 15

#2304 A
Permascape for the Urban Environment
Permascape is the design and implementation of edible, low maintenance, and low ecological footprint landscapes using permaculture and ecosystems management principles. Learn about: plants for edible landscaping, integrated pest management, ecological engineering for bio-diversity and habitat restoration, site water retention techniques, cover crops and soil fertility, inner cropping vegetable production and lawn eradication techniques. Bring $5 to class for materials.

CONVENER: Steve Mann (816-352-9213)
Email: steve@prairietrading.com
Website: prairietrading.com
CLASS FEE: $14
Sec. A: 2 sessions; Wednesdays, beginning April 02; 7:00 PM - 9:00 PM; UMKC School of Medicine, Theatre C, first floor, 2411 Holmes, KCMO, Parking is on Charlotte, Bring picture ID; LIMIT: 20

#2309 A
Tuckpointing
Does your foundation have cracks, crumbling mortar or other kinds of disrepair? Learn how to prepare and repair those spots so it will last. Bring work gloves if you’d like or simply come and observe as we repair a portion of a stone foundation. Please bring $3 for handouts. Don’t forget to wear your sunscreen! If the weather is foreboding, we will repair an interior section of the basement. Zoe is an artist at large whose favorite mediums include cooking, gardening/landscaping and stone masonry.

CONVENER: Zoe LaGreco (913-722-2628)
Email: zoea@zoea.com
Website: www.zoea.com
CLASS FEE: $10
Sec. A: 1 session; Saturday, April 26; 1:00 PM - 3:00 PM; Convener will contact with location; LIMIT: 20
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What is a weed?
A plant whose virtues have never been discovered.
~Ralph Waldo Emerson

#2310 A
Container Gardening for the Urban Farmer

Urban enthusiasts and patio people, join us as we learn about gardening in containers. You’ll get plans for building window/patio boxes and how to successfully grow in any container your imaginations can conjure. We’ll cover how to select plants for your exposure, what thrives in varying conditions and how to make your own potting mixes. Bring $15 for materials. Zoe is an artist at large whose favorite mediums include cooking, gardening/landscaping and stone masonry.

CONVENER: Zoe LaGrece (913-722-2628)
Email: zoelagrece@yahoo.com
CLASS FEE: $10
Sec. A: 1 session; Saturday, April 12; 1:00 PM - 3:00 PM; Rag and Bone, 1419 W. 12th, KCMO; (in the West Bottoms at the bottom of 12th St.); LIMIT: 12

#2311 A
Getting Your House Ready to Sell

Get your house ready to sell for as much and as fast as you can. What are the five things that every homeowner should know before placing your home on the market? Also, what are some of the recent changes in the mortgage market that you need to be aware of for your next home purchase? Learn from long time Reece & Nichols agents and a loan officer how to maximize your net profit.

CONVENER: Stacey Johnson Cosby (816-591-5921)
Email: johnscos02@gmail.com
CLASS FEE: $10
Sec. A: 1 session; Thursday, March 20; 6:00 PM - 7:30 PM; Atterbury Student Success Center, Rm. 337, UMKC Campus, 5000 Rockhill Rd., Kansas City, MO 64110; LIMIT: 20

#2312 A
Your Olde House: Tips on Repairs and Improvements

Kansas City Remodeler Byron Jones, of Red Dog Remodelers, LLC, and Stone Mason/Landscape Zoe LaGrece of LaGrece Landscape and Contracting offer to share their years of skilled craftsmanship at this set of fun and informative seminars. Four lab sessions and two on-site hands on construction site visits will be featured during this spring session. Meet others who have older homes and are looking to learn the basics about repairing existing systems and adding new improvements. There will be a fee assessed for shared copies as the need arises.

CONVENER: Byron Jones & Zoe LaGrece
Email: reddogremodelers@kc.rr.com
CLASS FEE: $18
Sec. A: 6 sessions; Saturdays, beginning March 23; 10:00 AM - 12:00 PM; Flarsheim Hall, Rm. 262, 5110 Rockhill Rd., UMKC Campus, KCMO; LIMIT: 20

#2601 B
Building a Website, The Quick and Easy Way!

It seems that having a web presence these days is more important than ever! There are hundreds of tools at your disposal but they are not all easy to use! This class will show you some of the cheapest user friendly tools for developing a nice user friendly website that will impress employers, friends and potential clients. We will discuss getting a domain name, building the site and touch on some ways to build your brand and web presence. Bring $10 to class for materials.

CONVENER: Zach Beal (816-931-0750)
Email: newfumrow@gmail.com
CLASS FEE: $10
Sec. B: 1 session; Saturday, April 12; 10:00 AM - 12:00 PM; Flarsheim Hall, Rm. 260, 5110 Rockhill Rd., UMKC Campus, KCMO; LIMIT: 20

#2702 A
Fossils for Everyone

Yes, believe it or not, now landlocked Kansas City was once submerged under a shallow sea, full of plant and animal life we can still learn about! The road cuts around the metro provide us a glimpse into our distant past, with some surprising finds! This class will introduce you to the study of fossils, paleontology, and will teach you the necessary tools to identify some common area fossils. We will tour the UMKC Geosciences museum on Friday night in preparation for our fossil dig Saturday.

CONVENER: Elizabeth Goodden (816-421-0281)
CLASS FEE: $14
Sec. A: 2 sessions; Friday, May 08 from 6:30 PM - 7:30 PM & Saturday, May 10 from 10 AM - ?, Flarsheim Hall, Rm. 271, 5116 Rockhill Rd., UMKC Campus, KCMO; LIMIT: 20

#2705 A
Beginning Astronomy

Join members of the Astronomical Society of Kansas City and discover the wonder of the night sky! No telescope or previous observing experience required. Discussion and presentations are in the classroom until dark, then observing on clear nights at the Warko Observatory on top of Royall Hall. Dress appropriately—it can be chilly up there. We will have telescopes and binoculars. Class meets even if cloudy. Convenor is a long-time member of the Astronomical Society of Kansas City and volunteer at UMKC’s Warko Observatory.

CONVENER: Denise Moser (816-225-2053)
Email: dennyzen@gmail.com
Website: www.asck.org
CLASS FEE: $14
Sec. A: 2 sessions; Fridays, beginning May 02; 7:30 PM - 9:30 PM, Royall Hall, Rm. 404, 52nd & Rockhill Rd., Between Rockhill and Holmes, UMKC Campus, KCMO; LIMIT: 25

#2707 A
Thomas Hart Benton, The Life and Legend

Come to an informal talk by Linister, an artist who knew Mr. Benton and helped him drink his bourbon. Linister will share personal anecdotes and show slides of this native Missouri artist, born in Neosho in 1889. Wine and cheese will be served. Linister is one of the last artists helped by Mr. Benton, along with Jackson Pollock and Grant Wood. In addition to this talk, you are encouraged to take time to see Thomas Benton’s home for yourself! This state historic site is located at 3616 Bellview, KCMO, 64111. “I was very impressed with the knowledge of the staff and the home itself!” – Linister.

CONVENER: Linister (816-753-2183)
CLASS FEE: $10 + $6.00 material fee = $16.00
Sec. A: 1 session; Saturday, April 12; 1:00 PM - 3:00 PM; Linister’s Studio, 1129 W. 41st St., (1/2 blocks E. of State Line) KCMO; LIMIT: 15

#2902 A
How To Create Your Money-Making “Travel Lifestyle”

Learn hundreds of ways you can afford your own money-making travel lifestyle whether you’re retired, changing careers, a student, or simply want more time to travel. Learn about unlimited air miles, hotel points and tax deductions. Learn to make money traveling through mystery shopping, teaching English, leading tours, travel writing and photography, importing on vacation, free volunteer travel and more. Nat’l speaker, Gina Henry, has lived this travel lifestyle for 25 years. Bring $20 to class for optional book.

CONVENER: Gina Henry (512-751-5096)
Email: ginatravel@cme.com
Website: www.ginahenry.com
CLASS FEE: $10
Sec. A: 1 session; Monday, April 14; 6:30 PM - 9:00 PM; Student Union (New), Rm. 302, 5100 Cherry, Kansas City, MO 64110, metered parking on 5th floor of new parking structure at 50th and Oak; LIMIT: 50

#2904 A or B
Opening a Day Care or School Finally Made Easy

Thinking of opening your own Day Care or school? Attend this class to learn the secrets to success. We’ll explore how to find and meet local and federal mandates, funding opportunities and tools and tips to help you get started! You will need $10 for the workbook used in the workshop. You can also purchase an optional exclusive CD for $30.

CONVENER: Barb Wright (816-728-0170 816-728-0170)
Email: centrifiedreambuilder@yahoo.com
Website: www.certifieddreambuilder.com
CLASS FEE: $10
Sec. A: 1 session; Saturday, March 22; 11:00 AM - 1:30 PM; Atterbury Student Success Center, Rm. 238, UMKC Campus, 5000 Rockhill Rd., Kansas City, MO 64110; LIMIT: 20
Sec. B: 1 session; Saturday, April 26; 11:30 AM - 1:30 PM; Student Union (New), Rm. 302, 5100 Cherry, Kansas City, MO 64110, metered parking on 5th floor of new parking structure at 50th and Oak; LIMIT: 20
food

The Pantry

#3001 B
Cooking ... Fast, Easy, Healthy!

On your mark, get set, go! Life is busy and eating healthy is time consuming! “It’s easier to just go through the drive-thru and pick up something, although fast food is wrong.” I’ve heard that many times from clients. Well, no more! You’ll learn how to create tasty, healthy food at home in half the time. You’ll get to taste the food while you learn how to make it. Everyone gets to sample the food, but two people will get to take home a delicious dinner!

CONVENER: Nancy Oglesby (816-808-9405)
Email: nancy@healthworkskc.com
CLASS FEE: $10 + $8.00 material fee = $18.00
Sec. A: 1 session; Wednesday, April 02; 6:00 PM - 8:00 PM; Westport Roanoke Community Center, kitchen, 3601 Roanoke Rd., KCMO, West on 39th Street (go past SW Trafficway), 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

#3002 A
Dairy Made?

Have you ever wondered what it would be like to churn your own butter or make your own cheese? Are you concerned about the words on ingredient listings that you cannot pronounce? Well in this one evening course you will make your own “Ma- son Jar Butter” while making homemade cheese. Each student will take home their own jar of butter as well as a container of cheese. Bring $15 to class for materials.

CONVENER: Theresa Rotolo
CLASS FEE: $10
Sec. A: 1 session; Thursday, April 16; 6:30 PM - 8:45 PM; Westport Roanoke Community Center, kitchen, 3601 Roanoke Rd., KCMO, West on 39th Street (go past SW Trafficway), 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

#3003 A
Parsley, Sage, Rosemary and Thyme

Fresh herbs are easy to grow even in the smallest of yards or patios. But growing them is only half the fun; it’s time to add them to your meals. You will learn how to cultivate fresh herbs and add them to your meals quickly and easily. Herb-infused tea, roast beef sandwiches with several different herb spread choices, Sage Crisps, and Lemon-Thyme cookies will be served. Other easy recipes will be included and methods for cultivating these plants will be discussed during the class. Bring $30 for materials.

CONVENER: Christine Shuck (816-318-0169)
Email: shuckchristine@gmail.com
Website: http://thedeadlynightshade.com
CLASS FEE: $10
Sec. A: 1 session; Saturday, May 03; 2:00 PM - 4:00 PM; Convenuer will contact with location; LIMIT: 10

Ethnic Food

#3101 A
A Mediterranean Evening with Chef Kamal

Spend a relaxed evening with Chef Kamal and create some Mediterranean favorites. You’ll learn to grill mouthwatering and marinated chicken kabobs. Chef Kamal has made a name for himself (Yummy’s Choice) in Kansas City with his Mediterranean delicacies. Goodies are at grocery stores throughout the metro area.

CONVENER: Yahia Kamal (816-804-2820)
Email: chefkamal@yummys.us
CLASS FEE: $10 + $10.00 material fee = $20.00
Sec. A: 1 session; Wednesday, April 16; 6:30 PM - 8:30 PM; Westport Roanoke Community Center, kitchen, 3601 Roanoke Rd., KCMO, West on 39th Street (go past SW Trafficway), 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: 15

#3102 B
Homemade Tamales

Learn to cook tamales in your home, just like they are prepared in the homes in Mexico. Let Chef Tito teach you how to make 3–4 types of authentic tamales including: meat, vegetarian and sweet. We’ll focus on making a delicious masa (the key to a great tamale). You’ll enjoy a culinary and theatrical experience with master chef Tito.

CONVENER: Vasillo Dios (816-420-9333)
Email: latinbistro@gmail.com
CLASS FEE: $10 + $15.00 material fee = $25.00
Sec. B: 1 session; Wednesday, March 19; 6:00 PM - 8:00 PM; Latin Bistro, 6924 N. Oak Trafficway, Gladstone, Mo; LIMIT: 15

#3103 A
Indian Cuisine

Let’s light up the evening with the bright flavors of aromatic Indian food. Learn to prepare Biryani—beautiful golden saffron rice layered with savory sautéed vegetables and topped with apricot chutney. We’ll also create a delish mulligatawny—spicy vegetable and coconut milk soup. Recipes will be provided and we will dine on the creations. Zoe is an artist at large whose favorite mediums include cooking, gardening/landscaping and stone masonry.

CONVENER: Zoe Legare (913-722-2628)
Email: zoelagrece@yahoo.com
CLASS FEE: $10 + $15.00 material fee = $25.00
Sec. A: 1 session; Wednesday, April 02; 6:30 PM - 8:30 PM; Westport Roanoke Community Center, kitchen, 3601 Roanoke Rd., KCMO, West on 39th Street (go past SW Trafficway), 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: 12

#3104 A
Salads and Dressings

Imagine making three salads in one delightful evening: a leafy spring salad, a creative spin on a spring potato salad and a fruit and vegetable salad. We’ll create a vinaigrette dressing from scratch for each salad and pair them with a Garnacha Spanish wine. You’ll enjoy a culinary and theatrical experience with master chef Tito.

CONVENER: Vasillo Dios (816-420-9333)
Email: latinbistro@gmail.com
CLASS FEE: $10 + $15.00 material fee = $25.00
Sec. A: 1 session; Tuesday, April 08; 6:00 PM - 8:00 PM; Latin Bistro, 6924 N. Oak Trafficway, Gladstone, Mo; LIMIT: 15

#3105 A
Vegetarian Ethiopian Cooking

Learn centuries-old vegan and vegetarian Ethiopian traditional cooking. Learn to use Ethiopian spices in this hands-on class. Learn to prepare injera (soft, spongy and flat national bread), misir watt (red lentils in berbere sauce), and atiklet watt (cabbage, carrots and potatoes). You’ll receive complete instructions on how to prepare this unique cuisine.

CONVENER: Daniel Fikru (816-283-0990)
Email: dfikru@gmail.com
Website: tcbluilenecafe.com
CLASS FEE: $10 + $20.00 material fee = $30.00
Sec. A: 1 session; Monday, March 24; 5:00 PM - 6:30 PM; Blue Nile Café, 20 E 5th St. KCMO, River Market; LIMIT: 15

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Drink

#3301 B
Homebrewing for Beginners
Attendees will learn the critical part of boiling, adding hops, chilling, sanitizing, pitching yeast and how to bottle a 5 gallon batch of beer (sugar and yeast dosing, sanitizing bottles, crimping crowns, and bottle conditioning). Each participant takes home beers for bottle conditioning at home and a detailed 2-page outline. After this session you’ll be confident to begin brewing at home. Convenor has experience in a commercial brewery as well as homebrewing, is a beer judge, and owner/manager of a homebrew supply shop.

CONVENER: Jennifer Helber
CLASS FEE: $10 + $40.00 material fee = $50.00
Sec. B: 1 session; Sunday, April 27; 3:00 PM - 8:00 PM; Farm to Table Kitchen, 21 E. 3rd., KC, MO; LIMIT: 12

#3302 A
Introduction to Champagne
Gain a little knowledge and have a lot of fun sampling from the most delicious champagne in the world (in Linister’s humble opinion) to a lesser, but enjoyable Spanish or Australian bubbly. You will learn how to buy and store wines, and how to order wine in a restaurant. Cheese, fruit and cold white wine. Conversation, fruit, cheese, and inexpensive wines. Join artist Linister in his studio where he will share some of his favorite wines. The trick lies in spending $5 or less for a decent bottle of wine. The evening. Linister is an artist who enjoys champagne. Cheese, fruit and cold white wine in a restaurant. Cheese, fruit and cold white wine and champagne/sparkling wine compliment the evening. Linister is an artist who enjoys champagne because life is meant to be enjoyed.

CONVENER: Linister Linister (816-753-2183)
CLASS FEE: $10 + $15.50 material fee = $25.50
Sec. A: 1 session; Saturday, April 15; 6:00 PM - 8:00 PM; Linister’s Studio, 1129 W. 41st St., (5 1/2 blocks E. of State Line) KC; LIMIT: 10

#3303 A
Good Wine at a Good Price
Anyone can spend $20 and get a decent bottle of wine. The trick lies in spending $5 or less for a decent bottle of wine. Join artist Linister in his studio where he will share some of his favorite inexpensive wines. Conversation, fruit, cheese, and bread complete the evening.

CONVENER: Linister Linister (816-753-2183)
CLASS FEE: $10 + $13.50 material fee = $23.50
Sec. A: 1 session; Saturday, March 22; 6:00 PM - 8:00 PM; Linister’s Studio, 1129 W. 41st St., (5 1/2 blocks E. of State Line) KC; LIMIT: 12

Health

#4001 A
Kundalini Yoga for All Levels
Did you know that the ancient exercise science known as yoga has 22 aspects or systems? 90% of these techniques can be done sitting and there is no pressure on body or joints. Join us as we practice mudra, mantra, kriya, relaxation and meditation. Wear comfortable clothing and bring a mat or towel to sit on.

CONVENER: Alan Lee Lippincott (816-529-2771)
CLASS FEE: $10
Sec. A: 1 session; Saturday, April 05; 11:30 AM - 1:00 PM; Rime Buddhist Center, 700 West Pennway, KC; (N. on I-35, exit on W. Pennway, take a left, RBC on right); LIMIT: 30

#4002 B
Beginning Tai Chi
T’ai Chi is an ancient system of exercise, meditation, and martial art that unites mind and body: an exercise to cultivate the body, a meditation to cultivate the spirit, a martial art to cultivate harmonious relationships with others. Learn the first seven postures with the option to continue. Kim Kanzelberger, M.A., has been teaching T’ai Chi in the Kansas City area for over 30 years. He is the director of Center States T’ai Chi and leads retreats and workshops in the U.S. and Europe.

CONVENER: Kim Kanzelberger (816-531-0065)
Email: kim@centerstatestaichi.com
Website: www.centerstatestaichi.com
CLASS FEE: $18
Sec. B: 4 sessions: Monday, March 24; Wednesday, March 26; Monday, March 31; & Wednesday, April 2; 6:30 PM - 7:30 PM; Center States Tai Chi Assn, 111 E. Gregory, KC, MO; LIMIT: 20

#4202 A
One Green Smoothie a Day Will Keep the Doctor Away....Forever
Do you have low energy? Can’t lose weight? Do you have problems with indigestion/elimination? Do you crave sweets? Do you want to eat healthy but just can’t find the time? If you have answered yes, to at least one of these questions, this is class is for you! Learn the benefits of raw greens to your body and how one green smoothie a day will keep the doctor away....forever.

CONVENER: Sonia Malburg
Email: sm@kc.rr.com
CLASS FEE: $10 + $5.00 material fee = $15.00
Sec. A: 1 session; Saturday, March 29; 10:00 AM - 12:00 PM; Westport Roanoke Community Center, 3601 Roanoke Rd., KC; LIMIT: 20

#4301 A
An Introduction to Essential Oils
Come and experience all that essential oils can offer in a fun and casual environment. Learn the basics of how they heal, how to introduce them into your daily health routine and any precautions that you should take in using them. A hands on class! Bring $15 to class for materials. Melissa is a recent graduate of the American College of Healthcare Sciences with a degree in Holistic Health.

CONVENER: Melissa Toye (816-866-0392)
Email: melissa@midwestherbsandoils.com
Website: http://midwestherbsandoils.com
CLASS FEE: $10
Sec. A: 1 session; Wednesday, March 26; 6:00 PM - 8:00 PM; Atterbury Student Success Center, Rm. 237, UMKC Campus, 5000 Rockhill Rd., Kansas City, MO 64110; LIMIT: 24

#4302 A
Creating Balance With Tuning Forks
Learn to use tuning forks and the Perfect Fifth ratio with the C and G tuning forks for balancing the hemispheres of the brain for yourself, friends and family. Tuning forks for the class are provided and are available for purchase at these classes.

CONVENER: Linda VanBibber (816-833-1129)
Email: laylahv@swbell.net
CLASS FEE: $10
Sec. A: 1 session; Thursday, April 17; 7:00 PM - 8:30 PM; Convener will contact with location; LIMIT: 20

#4303 A
Toning for the River
The first session will provide a review of Dr. Emoto’s work with water. The session will open and close with simple toning exercises that will give participants an idea of the power of their own voice. The second session will meet at the Missouri River where the group will join in a toning circle for the healing of our waters and the waters of the planet. Bring $10 for materials.

CONVENER: Linda VanBibber (816-833-1129)
Email: laylahv@swbell.net
CLASS FEE: $14
Sec. A: 2 sessions; Thursdays, beginning March 20; 7:00 PM - 8:30 PM; Convener will contact with location; LIMIT: 20

Nutrition

#4201 A
Yoga & Tai Chi

#4001 A
Kundalini Yoga for All Levels

#4002 B
Beginning Tai Chi
Alzheimer’s 101: A Toolkit for Families

Every 71 seconds, someone is diagnosed with Alzheimer’s — changing their life and that of those around them. Alzheimer’s 101 provides a proven, 4-step model that allows family members to manage the chaos that comes with dementia and to improve the quality of life for themselves and their loved ones with Alzheimer’s. You’ll leave this class with a toolkit of tips and techniques for managing the everyday challenges that arise when someone you love has Alzheimer’s.

CONVENER: Chuck Wurth (816-803-2875)
Email: cesprings@aol.com
CLASS FEE: $10
Sec. B: 1 session; Monday, April 07; 7:00 PM - 9:00 PM; Alterbury Student Success Center, Rm. 237, UMKC Campus, 5000 Rockhill Rd., Kansas City, MO 64110; LIMIT: 12

Herbal Home Remedies

Learn what our grandmothers don’t teach us anymore. You can use poultices, compresses, soups and salves to facilitate your own healing. We’ll take a walk to identify and harvest herbs to make our own salve and tincture. Hands-on demonstration, samples and handouts included. The class is held in our home in beautiful Dogwood Forest.

CONVENER: Regina Compennolle (816-547-2066)
Email: sacredeartharts@aol.com
CLASS FEE: $10 + $20.00 material fee = $30.00
Sec. A: 1 session; Sunday, March 30; 12:00 PM - 3:00 PM; Dogwood Forest in Kansas City, Kansas; Call or email for details and directions; LIMIT: 12

Anatomy of the Energy Field

In this class you will learn about the anatomy of the human energy field and how it can be manipulated for healing. The class will include demonstrations using the Cherokee healing crystal. Crystals provided. Please bring $10 to class for materials.

CONVENER: George Moon (816-630-5119)
Email: laylahv@swbell.net
CLASS FEE: $10
Sec. A: 1 session; Tuesday, April 01; 7:00 PM - 8:30 PM; Convener will contact with location; LIMIT: 15

Healthy Feet and Ankle Clinic

Our feet carry us throughout our life and greatly benefit from regular healthy exercises just like the rest of the body. This clinic is an introduction to the exercises that support healthy and happy (pain free) feet for life. Gain an understanding of what it takes to strengthen and properly stretch all of the arches of the feet. Benefits offered for all ages and fitness levels: improved circulation, better balance, posture, and coordination, enhanced athletic performance, lengthened relaxed hamstrings, relief from plantar fasciitis.

CONVENER: Sarah Breidlove (816-726-4305)
Email: franklinmethodkansascity@gmail.com
Website: www.franklinmethodkansascity.com
CLASS FEE: $10
Sec. B: 1 session; Friday, March 21; 6:30 PM - 7:30 PM; 103 W 26th Ave, Suite 180 North Kansas City, MO, 64116; LIMIT: 10
Sec. C: 1 session; Thursday, April 17; 10:00 AM - 11:00 AM; 103 W 26th Ave, Suite 180 North Kansas City, MO, 64116; LIMIT: 10
Parenting

#5201 A or B
Parenting from the Barn
This workshop provides parents experiences with horses. It offers ways of identifying alternative approaches and trying them out. Please wear sturdy shoes and dress for the weather. This is a ground-based class; there is no riding. Cathy is certified by EAGALA as an Equine Specialist. She has a lifetime of experience with horses. Bonnie is certified by EAGALA as a Mental Health Specialist. She has many years of experience as a clinical social worker. Bring $10 for materials.

CONVENER: Cathy Cowger & Bonnie E. Benson, LCSW (816-914-3601)
Email: cathy.cowger@gmail.com
Website: cedarianefarm.us
CLASS FEE: $10
Sec. A: 1 session; Saturday, May 03; 10:00 AM - 12:00 PM;
Cedar Lane Farm, 13004 NW 81st Street, KCMO 64152;
LIMIT: 10
Sec. B: 1 session; Saturday, April 05; 10:00 AM - 12:00 PM;
Cedar Lane Farm, 13004 NW 81st Street, KCMO 64152;
LIMIT: 10

Self Development

#5304 A or B
What Do You Want?
What do you want? Are you doing what you want? This is a powerful question, initiating clarity, action and detection at a whole new level. Sign up for this chance to fun discovering your hidden wishes. This opportunity allows you to work on clarity creating greater possibilities for expanding learning and fresh experiences leading to a point of action. Workbook fee is only $3. Debra is a spiritual life coach.

CONVENER: Debra Carter
Email: debra44carter@yahoo.com
CLASS FEE: $10
Sec. A: 1 session; Saturday, March 15; 2:00 PM - 3:00 PM;
Atterbury Student Success Center, Rm. 237, UMKC Campus,
5000 Rockhill Rd., Kansas City, MO 64110; LIMIT: 15
Sec. B: 1 session; Saturday, April 12; 2:00 PM - 3:00 PM;
Waldo Branch Library, Rm. B, 201 East 73rd Street, Kansas City,
MO 64114; LIMIT: 15

#5307 A or B
Let Horses Help With Your Life Transition
Are you facing any type of life transition, such as divorce, career/job change, empty nest, or health status? This is an opportunity to identify options and clarify choices about life directions while interacting with horses. Please wear sturdy shoes and dress for the weather. This is a ground-based class; there is no riding. Cathy is certified by EAGALA as an Equine Specialist and has a lifetime of experience with horses. Bonnie is certified by EAGALA as a Mental Health Specialist and has many years of experience as a clinical social worker. Bring $10 for materials.

CONVENER: Cathy Cowger & Bonnie E. Benson, LCSW (816-914-3601)
Email: cathy.cowger@gmail.com
Website: cedarianefarm.us
CLASS FEE: $10
Sec. A: 1 session; Saturday, April 12; 10:00 AM - 2:00 PM;
Cedar Lane Farm, 13004 NW 81st Street, KCMO 64152;
LIMIT: 10
Sec. B: 1 session; Saturday, April 26; 10:00 AM - 12:00 PM;
Cedar Lane Farm, 13004 NW 81st Street, KCMO 64152;
LIMIT: 10

Life is better than death, I believe, if only because it is less boring, and because it has fresh peaches in it.
~Alice Walker
#5401 A  
**Acceptance Toning Circle**

Participants will learn to use voice and intention to generate the giving and receiving of unconditional love in a healing circle. No material fee for students from Toning for Beginners or Toning the Chakras classes. Bring $10 for materials.

**CONVENER:** Linda VanBibber (816-833-1129)
**Email:** laylahv@swbell.net
**CLASS FEE:** $10
**Sec. A:** 1 session; Thursday, April 03; 7:00 PM - 8:30 PM; Convener will contact with location; LIMIT: 20

#5403 A  
**It's Time for a Fresh Start**

Have you recently separated or are going thru a divorce? There’s something you should know and all it takes is the faith of a mustard seed. Come get the tools to not only get thru but come out better on the other side. Now is not the time to be alone. A new year is coming and its time for a fresh start for everyone.

**CONVENER:** Stephanie Glast (816-255-6210)
**Email:** sglast@gmail.com
**CLASS FEE:** $10
**Sec. A:** 1 session; Wednesday, March 19; 6:00 PM - 8:00 PM; Atterbury Student Success Center, Rm. 237, UMKC Campus, 5000 Rockhill Rd., Kansas City, MO 64110; LIMIT: 20

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**Supportive Counseling Services**

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**DISCOVER THE PEACE**

"The more you feel peace in meditation, the closer you are to God..."

— Paramahansa Yogananda

**Join us for services**

SUNDAYS 10:00 AM
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For more information: 816-799-5554

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"Yes No Maybe" Chronobiotic Nutrition

Marcella Vonn Harting
G.I. "Atom" Bergstrom

“Yes No Maybe” Chronobiotic Nutrition provides a dynamic and colorful course in the essentials of how time relates to food, nutrition, and affects the human organs/systems.

- What is the best time to Work Out?
- Loose Body Weight?
- Build Endurance?
- Gain Muscle?

Pick up a copy and meet the author at the Communiversity Wholistic Health Fair Sunday, March 23, 11 AM - 6 PM Student Union, 5100 Cherry
inner paths

Spirituality

#6012 A Hawaiian Ho'oponopono (To Set Things Right)
The ancient practice of “Pono” is “being at one with everything”—being right with yourself, right with Spirit, right with others, and right with all of creation. Daily living often pulls us out of alignment with ourselves and our world. During this class you will be introduced to the process of “Ho’oponopono” which is a way to return to the harmony that is natural to your spirit greatness.
CONVENER: Ilene Kinsey (908-232-5024)
Email: aloha@ileenekimsey.com
Website: www.ileenekimsey.com
CLASS FEE: $10
Sec. A: 1 session; Saturday, April 26; 10:30 AM - 12:30 PM; Student Union (New), Rm. 419, 5100 Cherry, Kansas City, MO 64110, metered parking on 5th floor of new parking structure at 50th and Oak. LIMIT: 20

Meditation

#6201 A Krishnamurti: The Best Class You Will Ever Take on Meditation
Topics include: Meditation and why common methods of meditation should never be practiced, stop conflict and confusion in the mind, the stopping of any habit without effort or escape, the transformation of the mind and pain, and the clearing of perception. This is the real thing and we will not waste your time. We will do meditation in class then later, we will watch a film about Krishnamurti—the 60-year career of the most unique and powerful religious teacher in the world. Free classic CD, color catalog and more.
CONVENER: Marcus Williamson (816-531-6155)
CLASS FEE: $10
Sec. A: 1 session; Tuesday, April 01; 6:30 PM - 9:30 PM; Atterbury Student Success Center, Rm. 237, UMKC Campus, 5000 Rockhill Rd., Kansas City, MO 64110; LIMIT: 20

#6203 A Understanding Our Minds Through Tibetan Buddhism and Neurophysiology
We will gain an overview of perception, thought and awareness through Tibetan Buddhist psychology and Western neuroscience. The book address the information in a nontechnical manner, in other words you don’t have to be a Tibetan Buddhist or a neuroscientist; you just need an interest in the scientific view of the brain activity in human cognition.
CONVENER: Teri Brody
Website: www.nimecenter.org
CLASS FEE: $18
Sec. A: 7 sessions, Thursdays, beginning April 17; 7:45 PM - 9:00 PM; Prime Buddhist Center, 700 West Pennway, KC. MO, on I-35, exit on W. Pennway, take a left, RBC on right; LIMIT: 50

Psychic

#6301 B Intro to Psychic Development
Do you believe you have psychic ability? Have you ever “felt” or “seen” things before they happened? Have you wanted to learn skills and techniques that take your ability to the next level? This interactive workshop promises to give you new and fun ways to connect with spirit and enhance your abilities. Jamie has been a student of all things metaphysical and is excited to introduce you to a new way of discovering your hidden talents. Bring $2 for materials.
CONVENER: Jamie Collins (913-579-8258)
Email: punlimited@yahoo.com
CLASS FEE: $10
Sec. B: 1 session; Saturday, April 05; 11:00 AM - 1:00 PM; Waldo Branch Library, Rm. A, 201 East 75th Street, Kansas City, MO 64114; LIMIT: 20

#6206 B Full Moon Meditation
Join us for the Healing Ring of Tantra meditation followed by a double gong rejuvenation as taught by Yogi Bhajan. In meditating on the full moon, we transform emotional energy to healing devotional energy. This is the time to elevate yourself and others.
CONVENER: Karta Punkh Khalsa
Email: namalkaur@juno.com
Website: www.kckundaliniyoga.com
CLASS FEE: $10
Sec. B: 1 session; Tuesday, April 15; 7:00 PM - 8:00 PM; KC Kundalini Yoga Center, 3525 Walnut, KC; LIMIT: 30

#6208 A Relaxation Skills
Learn a variety of tools to calm the mind and body, focus awareness, techniques to make meditation easier, and expertly craft positive affirmations to fit your unique dreams and goals. Instruction on breathing for anxiety-reduction, quick stretches to unwind, ways to incorporate aromatherapy, and breaking down common challenges with adopting a mindfulness mindset. Including lots of extra resources to take home. Instructor is a Licensed Marriage and Family Therapist, second generation Buddhist, and a dancer, yogi and self-care enthusiast.
CONVENER: Dhyana Coil
Email: dhyanaac@gmail.com
Website: http://therapists.psychologytoday.com/msn/name/Dhyana_Coil_T-LMFT
CLASS FEE: $14
Sec. A: 3 sessions; Saturdays, beginning April 05; 2:00 PM - 4:00 PM; Beal Building, 8626 Santa Fe, Suite 204, Overland Park 66212; LIMIT: 17
Explore Conscious Living

Evolving Magazine

For five years, Evolving Magazine has explored conscious living through articles on spirituality, quantum mechanics, body image, holistic health, eating well, and so much more. Join us each month in exploring conscious living. Online at www.evolvingmagazine.com or pick up an issue near you.

Evolving Magazine Conscious Living Center

In November 2013, the Evolving Magazine Conscious Living Center opened so our readers might explore the topics in Evolving Magazine experientially. Join us for a variety of hands-on workshops. Find us on Facebook for information on upcoming workshops. Email jill@evolvingmagazine.com to host a workshop at the center.

Organic Farmer’s Market

Starting May 1 at the Evolving Magazine Conscious Living Center, Thursdays from 4-9 p.m.
![Image](https://via.placeholder.com/150)

**#6303 A**

**Intro to Mediumship**

This introductory workshop will give you ways to identify that spirit is speaking and learn how to interpret the sometimes cryptic language of spirit. Jamie has been a student of all things metaphysical and is excited to introduce you to a new way of discovering your hidden talents. Bring $2 for materials.

CONVENER: Jamie Collins (913-579-8258)
CLASS FEE: $10
Sec. A: 1 session; Saturday, April 12; 11:00 AM - 1:00 PM; Ruiz Branch Library, 2017 West Pennwy St., Kansas City, MO 64108; LIMIT: 20

**#6304 A**

**Dream Interpretation**

What do your dreams mean? They reveal and solve questions and answers about what is going on in your life: your current situations, issues, relationships, health, and financial status. This class is done in a unique way and goes beyond what the dream books tell you. This class is not only entertaining but also very enlightening in teaching techniques to find your own true dream interpretations. Learn tips on remembering your dreams and things to look for in dreaming.

CONVENER: Carylyn Pevler
CLASS FEE: $10
Sec. A: 1 session; Saturday, April 05; 1:00 PM - 3:00 PM; Westport Library, Meeting Room, 116 Westport Road, Kansas City, MO 64111; please use street parking; LIMIT: 30

**#6305 A**

**Sisters of the Tarot**

Sisters! Learn to read tarot cards in a supportive circle of women. We will explore the divine archetypes and learn to tell the story expressed through the cards. We will learn to trust our intuition as we share our perceptions. We will learn an easy format for reading the cards immediately. You will have fun!

CONVENER: Regina Compmene (816-547-0266)
Email: sacredeartharts@aol.com
CLASS FEE: $10
Sec. A: 1 session; Monday, March 31; 7:00 PM - 9:00 PM; Rag and Bone, 1412 W. 12th, KCMO, (in the West Bottoms at the bottom of 12th St.); LIMIT: 8

**#6501 A**

**Unveiling the Mayan Prophecy and Serpent’s Equinox**

The 5,125-year cycle in the Mayan calendar ended prophecies and serpent’s equinoxes. Multiple instructors in a friendly atmosphere means individualized instruction where each person learns at his or her own pace. Ages 5 and up.

CONVENER: Michelle Kelley & Sifu Elisha Wampler (816-561-2882)
CLASS FEE: $10
Sec. C: 1 session; Tuesday, April 07; 9:00 AM - 12:00 PM; City in Motion School of Dance, 3925 Main (across Main St. from CVS Pharmacy), KCMO; LIMIT: 10
Sec. D: 1 session; Friday, April 07; 7:00 PM - 8:00 PM; City in Motion School of Dance, 3925 Main (across Main St. from CVS Pharmacy), KCMO; LIMIT: 10

**#7002 C or D**

**Adult Kung Fu**

Learn traditional Shaolin eight animal kung fu for fun and fitness. This style is excellent for all ages and body types. Individualized instruction in a friendly atmosphere means everyone learns at his or her own pace. Be a Jackie Chan or Michelle Yeoh! Ages teen and up.

CONVENER: Michelle Kelley & Sifu Elisha Wampler (816-561-2882)
CLASS FEE: $10
Sec. C: 1 session; Tuesday, April 01; 9:00 AM - 10:00 PM; City in Motion School of Dance, 3925 Main (across Main St. from CVS Pharmacy), KCMO; LIMIT: 10
Sec. D: 1 session; Friday, April 04; 7:00 PM - 8:00 PM; City in Motion School of Dance, 3925 Main (across Main St. from CVS Pharmacy), KCMO; LIMIT: 10

**#7003 B**

**Family Kung Fu**

Parents and children can join in the study of traditional Shaolin eight animal kung fu that can become a lifelong pattern of fitness and self-discipline. Multiple instructors in a friendly atmosphere means individualized instruction where each person learns at his or her own pace. Ages 5 and up.

CONVENER: Michelle Kelley & Sifu Elisha Wampler (816-561-2882)
CLASS FEE: $10
Sec. B: 1 session; Sunday, April 06; 12:00 PM - 1:00 PM; City in Motion School of Dance, 3925 Main (across Main St. from CVS Pharmacy), KCMO; LIMIT: 10

**#7004 B**

**Aikido**

Introductory training will be provided in the Japanese martial art of Aikido which includes joint locks, arm pins, and throws. Fundamentals of proper posture, balance, movement and mat safety will be stressed. The Kansas City Aikido School, affiliated with the United States Aikido Federation, is led by Larry Graham, 5th Dan and Shidoin (qualified instructor), following the teaching of Osensei Morhei Ueshiba, founder of Aikido. Sweats or loose clothing recommended.

CONVENER: Dave Wirtz
Email: djiw1@uno.com
CLASS FEE: $10
Sec. B: 8 sessions; Thursdays, beginning April 10; 6:30 PM - 8:30 PM; Kansas City Aikido School, 3128 Bell, Kansas City, MO 64111; LIMIT: 6

**#7005 A**

**Fly Fishing for Fun**

You’ll learn what rods, reels and lines to use, how to assemble them, and what you need to buy. We’ll discuss how to read a body of water and what flies or streamers to use — depending on what you want to catch and what the conditions are. We’ll go outside to practice casting. You’ll learn how to recognize a strike and bring it in. Bring $15 to class for equipment rental and handouts.

CONVENER: Eric Christensen & Eric Christensen
(916-834-2665)
Email: BooksAmerica@aol.com
CLASS FEE: $10
Sec. A: 1 session; Saturday, April 12; 1:00 PM - 4:00 PM; Asterbury Student Success Center, Rm. 237, UMKC Campus, 5000 Rockhill Rd., Kansas City, MO 64110; LIMIT: 15

**#7104 A**

**A By the Numbers Approach to Winning Fantasy Baseball**

Learn how to value baseball players for your league. We’ll learn about spreadsheets, introductory statistics, and some game theory. You’ll also learn tips and tricks to help you win your league. Bring your laptop if you want to follow along. A spreadsheet will be available for download after the class.

CONVENER: Alfonso Hernandez
Email: alfonso1003@yahoocom
CLASS FEE: $10
Sec. A: 1 session; Saturday, March 15; 10:00 AM - 12:00 PM; Education Bldg., Rm 117, 615 E 52nd St, 52nd & Holmes, UMKC Campus, KCMO; LIMIT: 10

**#7201 A**

**Frugal Independent Foreign Travel**

This is a class where I will share my recent experiences in traveling to Jordan, Kuwait, Israel and China. It is designed to acquaint want-to-be travelers with how to travel independently without expensive packages tours. We will explore the latest internet sites, apps dealing with ticketing, lodging and communications. Emphasis will be on how to plan your trip, travel inexpensively, and meet locals all over the world.

CONVENER: Robert McCollom
CLASS FEE: $10
Sec. A: 1 session; Wednesday, March 19; 6:00 PM - 8:00 PM; Royal Hall, Rm. 211, 52nd St. Between Rockhill and Holmes, UMKC Campus, KCMO; LIMIT: 40
WHOLISTIC HEALTH FAIR

SUNDAY, March 23rd; 11 AM - 6 PM
STUDENT UNION, 5100 CHERRY, KCMO
EXHIBITOR SPACE IS STILL AVAILABLE

56 EXHIBITORS—17 WORKSHOPS—GIANT SILENT AUCTION

Make a Difference
Creative Ways to Leave Your Own Legacy.

In the last two years Communiversity developed a new online database program that features a true shopping cart system for registrants and easy access to class information for our teachers. We’ve recently added automatic reminders for those signed up and an easy evaluation process designed to help make our classes better. You can help keep Communiversity vital and our inspiring catalog of classes as part of the Kansas City landscape.

Did you know that UMKC can assist you in targeting your gift to Communiversity?


To learn more about how to leave a legacy call Phil Watson, director of Planned Giving, at 816-235-5776 or watsonp@umkc.edu.

There’s only one.
Only one university in Kansas City was named a Princeton Review “Best Value College” in 2012, 2013 and 2014:

umkc.edu/bestvalue

Do you have questions?
Are you seeking direction in your life?
Are you looking for healing?

Come to our own Psychic Fair for full, in-depth readings by some of the most talented intuitives & energy healers in the area.

Admission is FREE
Half hour and full hour sessions are available
Wholistic Health Fair

Sunday, March 23
11 AM - 6 PM
Student Union, 5100 Cherry
#401, KCMO 64110
(free parking on 5th floor of new parking structure)

- 17 Workshops
- Silent Auction
- FREE Expo—56 Exhibitors

EVENT COORDINATION

Coordinator: Rick Mareske
Invaluable Assistants:
Office of Student Involvement Staff, Graduate Interns and Student Assistants

Health Fair Logo: Regina Compernolle

Many thanks to all those who made this year’s Communiversity Wholistic Health Fair not only possible but successful as well.

Special thanks to the Office of Student Involvement, the Student Union staff and to UMKC.

In 1991 Jo Bonewits, then a Communiversity staff member, suggested that we offer a health fair. Over 400 people showed up with 26 exhibitors. Best of all, the event was filled with magnificent people with much sharing of good energy and information. Thanks to Joy Dupont the idea of offering a fair was suggested again in 1999 and the tradition has continued. We hope you have a wonderful day.

**SILENT AUCTION**

**Sunday, March 23**

Student Union, 4th floor lobby, 5100 Cherry

The silent auction is always a smashing success. It’s uniquely healthy and wholistic and is a great opportunity to get some great deals on some really fine services or products. All proceeds help support the Communiversity program so overbidding is encouraged.

Bidding Begins at 11 AM and Ends promptly at 3:55 PM

*If you would like to donate to the Silent Auction call 816-235-1448. It’s tax deductible and helps out your favorite adult education program.*

Below we have some of the items that will be in the auction but rest assured there will be many more. Last Spring we ended up with over 60 items from massage to jewelry. Come check it out.

<table>
<thead>
<tr>
<th>Company Name</th>
<th>Service or Item</th>
<th>Value</th>
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<tbody>
<tr>
<td>Higher Brain Living of Prairie Village</td>
<td>Higher Brain Living Session Packages</td>
<td>270</td>
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<tr>
<td>doTERRA</td>
<td>certified pure therapeutic grade essential oil</td>
<td>35</td>
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<tr>
<td>StressFreeTools.com</td>
<td>certificate for 1 hour healing, healing for wellness</td>
<td>60</td>
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<tr>
<td>Plexus Worldwide</td>
<td>30 day supply of Plexus Slim/Accelerator +</td>
<td>90</td>
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<tr>
<td>Dohrmann Chiropractic &amp; Acupuncture</td>
<td>Free spinal screening</td>
<td>200</td>
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<td>The Summit Lighthouse</td>
<td>books</td>
<td>20</td>
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<td>JuicePlus+ &amp; the Tower Garden</td>
<td>Complete Protein Powder</td>
<td>35</td>
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<td>Canterbury Gifts</td>
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<td>Spirit Seeker Magazine</td>
<td>1/4 page ad in Spirit Seeker Magazine</td>
<td>350</td>
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<tr>
<td>Harmony Energetics</td>
<td>Sound Therapy Session</td>
<td>100</td>
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<td>Global Health Chiropractic</td>
<td>First day exam and 90 minute massage</td>
<td>101</td>
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<tr>
<td>Eckankar of Kansas City</td>
<td>books</td>
<td>45</td>
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<tr>
<td>Specific Wellness Chiropractic</td>
<td>Initial Exam</td>
<td>199</td>
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<td>Tree of Life Therapy</td>
<td>30 minute massage</td>
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<td>Falun Dafa Association of Kansas City</td>
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<td>3HO Foundation</td>
<td>Kundalini Yoga Class</td>
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<td>Arbonne International</td>
<td>Ultimate Facial</td>
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<td>It Works! Global</td>
<td>basket of skincare and nutrition supplements</td>
<td>150</td>
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<tr>
<td>Acosta Chiropractic &amp; Acupuncture</td>
<td>gift basket including massage and adjustment</td>
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<td>Manuric Studios and Healing Studio</td>
<td>Healing or Music Lessons</td>
<td>TBD</td>
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<tr>
<td>R'jenta LLC</td>
<td>1 box of Latte coffee w/ ganoderma</td>
<td>30</td>
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<tr>
<td>Chiropractic Kinesiology Clinic</td>
<td>New Patient Exam/Treatment &amp; Orthotic Fitting</td>
<td>240</td>
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<tr>
<td>Awaken Higher Brain Living Crossroads</td>
<td>Two Free Sample Session</td>
<td>180</td>
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<tr>
<td>Plaza Wellspring</td>
<td>5 group classes</td>
<td>65</td>
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<td>Intelligent Interventions</td>
<td>Gift Card for Services</td>
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<td>Young Living</td>
<td>3 bottles of Grapefruit Essential Oil</td>
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<td>Kansas City Transmission Meditation Group</td>
<td>book</td>
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<td>White Light Books and Crystals</td>
<td>incense basket-$100</td>
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<td>spiritual healing basket-$100</td>
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<td>mixed basket-$100</td>
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<td>2 Silver gemstone jewelry pendants –$200</td>
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Wholistic Health Fair Workshops—Sunday, March 23

All Health Fair Workshops meet on Sunday, March 23rd in the Student Union, 5100 Cherry, KCMO. Workshop fees are: $3 per workshop or $7 for 3 classes – per person (except for the keynote speaker at 2 PM). Registration for workshops is at the entrance to room #401 in the Student Union. Admittance to the fair is FREE.

12:00 - 12:45 PM
Transmission Meditation
I will deliver a powerpoint presentation that gives an overview of the Ageless Wisdom Teachings. Included will be information on those who have brought the teachings to public awareness. Also, information on Transmission Meditation will be provided.
Ken Gates
Rm. 402

1:00 - 1:45 PM
Energize Your Brain! Energize Your Life!
What if all the things we struggle with as a society (unhappiness, depression, inability to keep off weight, staying in miserable relationships, poor choices) were simply a result of where energy flows in our brain. Come learn an amazing technique that can energize your brain and change your life!
Diana Cowing
Rm. 402

1:45 - 2:30 PM
Aeroponic Gardening
Gardening without soil? Farmers Market on your back patio? We’ll cover the benefits of growing organic food with use of an aeroponic gardening system called the Tower Garden. Learn how it works, what it can grow, and why it is so green and family-friendly!
Stephanie Novacek
Rm. 402A

2:30 - 3:15 PM
Exercises of Falun Dafa
A brief overview of the exercises and the practice of Falun Dafa, followed by a full demonstration/instruction of each of the five, gentle exercises of Falun Dafa. Literature on the practice will be provided.
Barbara Gay
Rm. 419

3:15 - 4:00 PM
Chronicobiotic Nutrition
Marcella Vonn has lectured throughout the United States and internationally.
She combines nutrition, conscious communications, face and body language into her dynamic presentations to assist people in creating the life of their hearts desires and dreams.
Along with co-authoring several books, including “Yes, No, Maybe” Chronicobiotic Nutrition” with G.I. Atom Bergstrom Marcella Vonn has been featured on ABC and CNN. In this workshop Marcella Vonn will speak about the principles in her book.
“Yes No Maybe” Chronicobiotic Nutrition provides a dynamic and colorful course in the essentials of how time relates to food, nutrition, and affects the human organs/systems. Chronicobiotic nutrition is a synchronistic system, which recognizes and utilizes innate biological rhythms to enhance health, vitality and longevity. Author Marcella Vonn Harting says, “eating the right food at the right time helps the body achieve the easiest digestion and most efficient nutritional utilization”. ’Time’ influences food production, digestion and physical health and fitness in numerous ways.

4:00 - 4:45 PM
Chiropractic Kinesiology
Who benefits from CPK?
Everyone! CPK benefits people of all ages in the treatment of both acute or chronic pain and ailments. The CPK comprehensive method provides an assessment of all the body tissue dysfunctions, known as S.C.O.P.E.- Structural, Chemica.
Dr. Jaban Moore
Rm. 402

Food Sensitivities
What is integrated health?
Combining medical diagnosis with holistic treatment. Want to learn more? Our practitioner will provide more information at this lecture. Targeted Topics: food sensitivities, inflammatory responses, and self healing practices.
Christy Marsh, RN
Rm. 402A

Self Created Sound for Healing
The workshop will be an experiential event giving participants the opportunity to experience the power of self-created sounds joined together for healing.
Linda VanBlubber and George Moon
Rm. 419

Lifestyle Interventions
Careers of Purpose: Explore the world of The Purposeful Professional and The Business of Addiction. For those wanting to explore a purposeful career as a recovery professional and anyone who is wanting to help someone they care about.
Marla Looper
Rm. 420

Have You Had a Spiritual Experience?
Explore Past Lives, Dreams, and Soul Travel.
Try a spiritual exercise. Share your stories and experiences. Free Spiritual Experiences Guidebook with CD.
Eckankar of Kansas City
Rm. 402

How Acupuncture Works: The Esoteric & the Modern View
Acupuncture is a 5,500 year old art method of healing. Acupuncture is the insertion of thin stainless steel needles of varying lengths into the body at specific points to evoke a healing response. We will discuss how acupuncture is practiced today and its impact on modern medicine.
Kathleen Colleton, L.Ac. B.S.
Rm. 402A

The Secrets of Beating Stress
Everyone gets stressed from time to time. But are you aware of the long term effects of stress on your body? This presentation will cover the physical, mental and emotional consequences of stress and what you can do to better manage it for your health.
Heather Moil
Rm. 419

How Music and Words Affect Our Health and Spiritual Well-being
Review the experiments of Japanese Dr. Emoto with water crystals, cymatics, and prayers, observing the effects of resonance through music, words, and prayers on matter.
Cristobal Castillo
Rm. 420

Improve Your Relationships with Past Life Healing
Experiencing challenging relationships or having difficulty attracting soul mate? Healing with your spirit guides and angels will help you to overcome challenges to improve relationships or attract a compatible life partner. You will experience joy healing your old repeated patterns of sufferings. Dr. Bhasweti Gewhas is a certified past life regression therapist.
Dr. Bhasweti Gewhas
Rm. 420

How to Get a New Life (Help) Myself
“Getting to Know (Help) Myself” are self help flows that one can do for oneself, family or friends to bring into harmony Mind Body Spirit.
Joleen Halloran
Rm. 402A

Get Yourself Together (Help) Myself
“Getting to Know (Help) Myself” are self help flows that one can do for oneself, family or friends to bring into harmony Mind Body Spirit.
Linda Meserve
Rm. 419

The Universe is Here and Waiting
The universe is here and waiting for you.
Dr. Bhasweti Gewhas
Rm. 420

How to Get a New Life (Help) Myself
“Getting to Know (Help) Myself” are self help flows that one can do for oneself, family or friends to bring into harmony Mind Body Spirit.
Joleen Halloran
Rm. 402A
In lobby hallway by glass.

4th floor map
EXHIBITOR TABLE NUMBERS

OUTER TIER
1. Evolving Magazine
2. Lee’s Summit Holistic Wellness Center
3. Higher Brain Living of Prairie Village
4. doTERRA
5. Nerium International
6. StressFreeTools.com
7. Plexus Worldwide
8. Jin Shin Jyutsu
9. Dohrmann Chiropractic & Acupuncture
10. The Summit Lighthouse
11. JuicePlus+ & the Tower Garden
12. DW Newcomer’s Sons
13. Canterbury Gifts
14. Canterbury Gifts
15. Wolf’s Heart Lodge
16. Skinny Wraps by Monique
17. Village Wellness Connection
18. Spirit Seeker Magazine
19. Harmony Energetics
20. Crossroads Creative Life Coaching
21. Global Health Chiropractic
22. Eckankar of Kansas City
23. I Am Health and Abundant 365
24. Specific Wellness Chiropractic
25. The Smile Salon & Day Spa
26. Tree of Life Therapy
27. Northland Physical Medicine

INNER TIER #1
28. Falun Dafa Association of Kansas City
29. 3HO Foundation
30. AbbVie
31. AbbVie
32. Your Booth Here
33. Sapphire’s Moonbeams
34. Arbonne International
35. It Works! Global
36. Acosta Chiropractic & Acupuncture
37. Mamuric Studios and Healing Studio
38. R’jenta LLC
39. R’jenta LLC

INNER TIER #2
40. Chiropractic Kinesiology Clinic
41. Heartland Naturists of Kansas City
42. Zen Jen Massage Therapy, Inc.
43. Therapist/Art Teacher
44. Church of Scientology
45. AWAKEN Higher Brain Living Crossroads
46. Sacred Earth Arts
47. Plaza Wellspring
48. Your Booth Here
49. Intelligent Interventions
50. Your Booth Here
51. Young Living

LOBBY
52. Kansas City Transmission
53. Your Booth Here
54. Your Booth Here
55. Your Booth Here
56. Your Booth Here

NORTH LOBBY

Heartland Yoga & Acupuncture
- Acupuncture
- Qi Gong
- CranioSacral Therapy
- Yoga
- Ear Candling
- T’ai Chi Ch’uan
- Reiki
- Energy Balancing
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The Psoriasis Patient Advocate Program

#36—Acosta Chiropractic & Acupuncture
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#40—Chiropractic Kinesiology Clinic
Chiropractic Kinesiology
Dr. Katrina Waynar
Dr. Jaban Moore
420 Armour Road, Kansas City, MO 64116
816-889-9800
ckcwellness@gmail.com
www.ckcwellness.com

#22—Eckankar of Kansas City
Eckankar of Kansas City
3611 Main Street
816-931-0850
Eckankar-Missouri.org

#1—Evolving Magazine
Jill Dutton
913-944-1298
jill@evolvingmagazine.com

#28—Falun Dafa Association of Kansas City
Exercises of Falun Dafa
Barbara Gay
falundafakc@gmail.com
www.falundafa.org

#32—Church of Scientology
Spiritual Wellness
Kent Mercadante
2 East 39th St., Kansas City, MO 64111
816-753-6590
extensioncourseskc@gmail.com

#33—It Works! Global
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816-529-1550
itworkskim@outlook.com
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#12—DW Newcomer’s Sons Stine & McClure Chapel
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#52—Kansas City Transmission Meditation Group
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See building directory on back.
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DATES & TIMES

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• Senior citizens (65 and up) and UMKC Faculty & Staff receive the early bird price whenever they register.

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4) By Mail
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Make checks out to Communiversity. Mail processed on a first come, first served basis. You will be notified only in the event of a class change or if the class is full. Receipts are sent via email.

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Please use one form for each person you are registering

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2) __________________________________________________________________________

3) __________________________________________________________________________

4) __________________________________________________________________________

5) __________________________________________________________________________

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☐ I am interested in teaching
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