Summer 2014    June 2nd – August 10th        Issue #163

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199 NEW ONLINE CLASSES
SEE PAGE 32

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SIGN-UP PARTY
TUESDAY, MAY 20
6-8 PM
SEE DETAILS ON PAGE 14

PUNCH CITY URBAN DANCE CLASS
BEGINNING SPANISH

GANGLAND WIRE: THE RISE AND FALL OF THE RIVER QUAY

AUTHENTIC AFRICAN CUISINE
TAI CHI
FLIRTING 101
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People teaching people since 1970

This is Communiversity’s Summer 2014 issue #163. Communiversity 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 learning and experiencing life. You can find us at: Communiversity/UMKC, Office of Student Involvement, Student Union, Suite 320, 5100 Cherry, KCMO 64110 or www.umkc.edu/commu.

COMMUNIVERSITY STAFF
Rick Mareske—Program Coordinator
Assisted by UMKC Student Workstudy Employees and the Office of Student Involvement

CATALOG PRODUCTION
The Communiversity Staff

COVER & INSIDE ART
Regina Compernolle, multimedia cartoonist

UMKC is an affirmative action/equal opportunity institution.

Thanks:
UMKC, Kansas City Metropolitan Libraries, City in Motion, Westport Roanoke Community Center, UMKC School of Medicine, 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, Regina Compernolle, Travis Dixon, Marcia Roberts, John Pearse, and the Office of Student Involvement Staff. Funding assistance by Swinney Recreation Center at UMKC. The Communiversity Web Site was designed by Bree Davis and is updated by Jon Robertson. Our database with online class searches, an online registration cart and much more was created by Ling Li.

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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.

An easier to read map which includes metered parking lots may be found at: http://www.umkc.edu/maps
#1001 A, B or C
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: $16.00
Sec. A: 3 sessions; Mondays, beginning June 02; 6:00 PM - 9:00 PM; Central Library, Turner Board Rm., 14 West 10th St., Kansas City, MO 64105, NE corner of Baltimore & 10th; LIMIT: 5
Sec. B: 3 sessions; Mondays, beginning June 30; 6:00 PM - 9:00 PM; Plaza Library, Room A, 48th & Main, KCMO; LIMIT: 5
Sec. C: 3 sessions; Mondays, beginning July 21; 6:00 PM - 9:00 PM; Plaza Library, Room A, 48th & Main, KCMO; LIMIT: 5

#1002 A, B or C
Figure Drawing
Join us in a relaxed setting where you can do a lot of figure drawing (made live models). We cycle through several quick one minute gesture drawings, then gradually work up to longer fifteen minute drawings. This class is open to all levels of artists; beginners to seasoned. It 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: studio76mn@m ankles.com
CLASS FEE: $18.00
Sec. A: 5 sessions; Wednesdays, beginning June 04;
Sec. B: 5 sessions; Wednesdays, beginning July 09;
Sec. C: 5 sessions; Wednesdays, beginning August 13;
MEETS: 7:15 PM - 9:15 PM; Buena Vista Studio, 4301 W. 51st St., Roeland Park, KS, I-35 to Roe; Roe south to 51st Street; 51st Street east to Buena Vista; LIMIT: 10

#1003 A
How to Look at Art—Paintings
Class will concentrate on how to view paintings. We will convene at noon and tour a collection of great masters (e.g.) Caravaggio, Mark Rothko, and others at the Nelson-Akins Gallery. We will discuss ways of entering the painting based on composition, color, and other devices of the master painters. Convener, Avritt has owned a gallery on the historic Canyon Road in Santa Fe. His father studied with Matisse, and he has been an artist’s agent for a number of years.
CONVENER: Avritt Lemon-Brown (816-517-1361)
Email: avrittlemonbrown@gmail.com
CLASS FEE: $10.00
Sec. A: 1 session; Saturday, June 14; 12:00 PM - 2:00 PM; Nelson-Akins Museum of Art, Rrozelle Court, 4525 Oak, KCMO; LIMIT: 12

#1004 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, enjoying the collection, secondary market selling of pieces as you manage your 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: $10.00
Sec. A: 1 session; Saturday, June 28; 12:00 PM - 2:00 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: 12

#1005 A
Wildlife Drawing
Have fun drawing animals at the zoo. I will be emphasizing the use of gesture drawings and quick studies. Core lines, blocking in, and spatial relationships will be some of the topics covered. All drawing levels welcome. We meet at the zoo’s front entrance. You will need to provide for your own admittance. Please bring a sketch pad, drawing board, and dry media (e.g., conte crayon, or oil pastel etc.)
CONVENER: Homer Janssens (816-824-3822)
CLASS FEE: $18.00
Sec. A: 5 sessions; Sundays, beginning June 01; 9:30 AM - 11:30 AM; Kansas City Zoo, Main Entrance, 6700 Zoo Dr., KCMO; LIMIT: 8

#1006 A or B
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 ceramics arts and education in Kansas City.
CONVENER: KC Clay Guild Staff (816-363-1373)
CLASS FEE: $18.00
Sec. A: 4 sessions; Mondays, beginning June 02;
Sec. B: 4 sessions; Mondays, beginning July 07;
MEETS: 6:30 PM - 8:30 PM; KC Clay Guild, 200 W. 74th St., KCMO; LIMIT: 10

#1007 A or B
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 (816-363-1373)
CLASS FEE: $18.00
Sec. A: 4 sessions; Mondays, beginning June 02;
Sec. B: 4 sessions; Mondays, beginning July 07;
MEETS: 6:00 PM - 8:30 PM; KC Clay Guild, 200 W. 74th St., KCMO; LIMIT: 10

Learn the basics of silk screening by hand. Sign up for class #1009A on P. 4
**#1008 A**

**Learn to Crochet**

Cozy up with a crochet hook and some yarn and learn all the basic stitches: chain, single, double and treble. From there you can make afghans, scarves, hats, dresses, baby clothes, purses, decorations, boxes, or whatever you can imagine. Bring your own supplies or buy them at class. Nirnial has been crocheting ever since her grandmother taught her at age seven.

**CONVENER:** Nirnial Kaur Khalsa (816-753-1781)
**Email:** NirnialCrochet@gmail.com
**CLASS FEE:** $14.00

**Sec. A:** 2 sessions; Saturdays, beginning July 12; 2:00 PM - 4:00 PM; The Studio Knitting & Needlepoint, 1121 W. 47th St., KCMO 64112; LIMIT: 8

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**#1009 A**

**Intro to Silk Screening**

Students will learn about the variety of silk-screening techniques available to the home artist. We will learn the basics of silk-screening by hand. Each student will make their own original print on fabric or T-shirt. Bring white fabric or T-shirt to class.

**CONVENER:** Regina Compernolle (816-547-0266)
**Email:** sacredeartharts@aol.com
**CLASS FEE:** $10.00 + $15.00 material fee = $25.00

**Sec. A:** 1 session; Wednesday, June 11; 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

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**#1010 A**

**Hand-Knotted Pearl Bracelet**

Learn the art of hand-knotting pearls or other precious beads. You’ll work with gorgeous fresh water pearl beads and sterling silver clasps to create a unique bracelet. The same technique can be used to make long necklaces. Hand knotting is the only way to go with semi precious beads as you never have to worry about losing your beads if your jewelry breaks.

**CONVENER:** Regina Compernolle (816-547-0266)
**Email:** sacredeartharts@aol.com
**CLASS FEE:** $10.00 + $15.00 material fee = $25.00

**Sec. A:** 1 session; Tuesday, July 29; 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

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**#1011 A**

**Amethyst—Tourmaline Bracelet**

Amethyst is said to be the stone of peace, inducing clarity and calmness. It opens the crown chakra uniting us with divine wisdom. Black tourmaline balances and absorbs negative energy. Amethyst helps to produce infrared rays that warm the body, the Tourmaline produces a cooling effect. Both stones have been used for centuries to heal the human body. We’ll make a gorgeous bracelet utilizing this dynamic duo with sterling silver findings and charge them with a special tuning fork made for crystals.

**CONVENER:** Regina Compernolle (816-547-0266)
**Email:** sacredeartharts@aol.com
**CLASS FEE:** $10.00 + $20.00 material fee = $30.00

**Sec. A:** 1 session; Thursday, June 26; 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

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**#1012 A**

**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 Compernolle (816-547-0266)
**Email:** sacredeartharts@aol.com
**CLASS FEE:** $10.00 + $20.00 material fee = $30.00

**Sec. A:** 1 session; Thursday, June 26; 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

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**#1013 A**

** Masks of the Forest**

Come make a mask to honor your connection to our friends the trees. We’ll take a walk in the forest to connect with the trees and fill ourselves full of woody smells and life force. Then we’ll make a ceramic mask to be hung in the forest as part of an exhibit that will take place October 11th. Really fun! All ages welcome. Wear shoes suitable for light hiking.

**CONVENER:** Regina Compernolle (816-547-0266)
**Email:** sacredeartharts@aol.com
**CLASS FEE:** $10.00 + $15.00 material fee = $25.00

**Sec. A:** 1 session; Thursday, August 2; 9:00 AM - 1:00 PM; The Craftboy Workshop, 5622 Locust, KCMO 64110; LIMIT: 6

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**#1014 A**

**Tie Dye**

Learn three simple techniques for making groovy tie-dye T-shirts. We’ll use cold water Procion dyes creating brilliant permanent color. Bring three pre-washed 100% cotton T-shirts and rubber gloves to class.

**CONVENER:** Regina Compernolle (816-547-0266)
**Email:** sacredeartharts@aol.com
**CLASS FEE:** $10.00 + $15.00 material fee = $25.00

**Sec. A:** 1 session; Saturday, August 2; 2:00 PM - 6:00 PM; The Craftboy Workshop, 5622 Locust, KCMO 64110; LIMIT: 6

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**#1015 A**

**Batik**

Learn the colorful art of Batik wax-resist dyeing technique. In the first session you will create a line drawing on fabric using wax and traditional painting tools. In the second session we’ll color in our designs using permanent cold water dyes to create a beautiful piece of fiber art. Bring a pre-washed 100% cotton T-shirt or 24” x 24” cotton fabric and rubber gloves to class.

**CONVENER:** Regina Compernolle (816-547-0266)
**Email:** sacredeartharts@aol.com
**CLASS FEE:** $14.00 + $15.00 material fee = $29.00

**Sec. A:** 2 sessions; Wednesdays, beginning July 9; 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

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**#1016 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 is 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 (816-547-1178)
**Email:** chuck@craftboyworkshop.com
**Website:** www.craftboyworkshop.com
**CLASS FEE:** $10.00

**Sec. A:** 1 session; Saturday, August 2; 9:00 AM - 1:00 PM; The Craftboy Workshop, 5622 Locust, KCMO 64110; LIMIT: 6

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**#1017 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 (816-547-1178)
**Email:** chuck@craftboyworkshop.com
**Website:** www.craftboyworkshop.com
**CLASS FEE:** $14.00

**Sec. A:** 1 session; Saturday, August 2; 2:00 PM - 6:00 PM; The Craftboy Workshop, 5622 Locust, KCMO 64110; LIMIT: 6

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**Dance**

**#1101 A**

**PunchCity Urban Dance Class**

This course will give participants the opportunity to learn hip hop from a true professional. Mr. Wright has toured the world performing with artists such as Usher, Mariah Carey, Backstreet Boys, Aaliyah, Missy Elliot, and countless others. Mr. Wright has also appeared in films and commercials, as well. Mr. Wright’s goal, as a Kansas City native, is to share his experiences with those who may be interested in such a career or those who just love to dance. PunchCity feels this is an opportunity to give back to their hometown and hopefully will inspire others through dance.

**CONVENER:** Punch
**CLASS FEE:** $10.00

**Sec. A:** 1 session; Saturday, July 19; 2:30 PM - 4:30 PM; City in Motion School of Dance, 3925 Main (across Main St. from CVS Pharmacy), KCMO, LIMIT: 20
#1102 A, B or C

**Pre-Ballet/Creative Movement for Kids**

Kids learn coordination and cooperation as they learn to explore space, playfully exploring movement techniques. Ages 3-5.

**CONVENER:** City in Motion Staff (816-561-2882)  
**Email:** citymotion@aol.com  
**Website:** citymotion.com  
**CLASS FEE:** $10.00  
**Sec. A:** 1 session; Monday, June 9; 4:00 PM - 4:45 PM;  
**Sec. B:** 1 session; Wednesday, June 11; 4:15 PM - 5:00 PM;  
**Sec. C:** 1 session; Saturday, June 14; 9:00 AM - 9:45 AM;  
**MEETS:** City in Motion School of Dance, 3925 Main (across Main St. from CVS Pharmacy), KC MO; **LIMIT:** 10

#1103 A

**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:** citymotion@aol.com  
**Website:** citymotion.com  
**CLASS FEE:** $10.00  
**Sec. A:** 1 session; Monday, June 9; 6:00 PM - 7:00 PM;  
**Sec. B:** 1 session; Wednesday, June 11; 6:00 PM - 7:00 PM;  
**Sec. C:** 1 session; Saturday, June 14; 9:00 AM - 9:45 AM;  
**MEETS:** City in Motion School of Dance, 3925 Main (across Main St. from CVS Pharmacy), KC MO; **LIMIT:** 10

#1104 A

**Dance Aerobics and Fitness**

If you enjoy doing dance for fitness, this class is for you. A fun and varied class focused on using dance for fitness, with a variety of dance styles, including moves from jazz, hip-hop, Latin, Oriental, African, etc., mixed together to get you moving! Low to medium impact. All ages and levels are welcome to participate!

**CONVENER:** City in Motion Staff (816-561-2882)  
**Email:** citymotion@aol.com  
**Website:** citymotion.com  
**CLASS FEE:** $10.00  
**Sec. A:** 1 session; Monday, June 9; 6:00 PM - 7:00 PM;  
**MEETS:** City in Motion School of Dance, 3925 Main (across Main St. from CVS Pharmacy), KC MO; **LIMIT:** 10

#1105 A

**Adult Improvisation Dance**

Experience a group improvisation training system consisting of rigorously structured movement scores focusing on a group’s use of time and space. The group discovers cohesion leading to an open improvisation. Geared towards all dancers, the class will create dynamic and cohesive group improvisational choreography and performance skills. This skill-set is essential for dancers and choreographers working in contemporary dance companies.

**CONVENER:** Tessa Van Dieren (816-561-2882)  
**Email:** citymotion@aol.com  
**Website:** citymotion.com  
**CLASS FEE:** $10.00  
**Sec. A:** 1 session; Monday, June 9; 7:00 PM - 8:00 PM;  
**MEETS:** City in Motion School of Dance, 3925 Main (across Main St. from CVS Pharmacy), KC MO; **LIMIT:** 10

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

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**Learn Pottery!**

We offer hand-building & wheel throwing for children and adults. Drop in for a free tour... our volunteer staff would love to meet you!

- Adult classes: M-Th, 6-9 pm, Sat. 9:30 am - 12:30 pm
- Kids classes every Saturday
- Friday & Saturday “Fun Nights”
- Workshops and exhibits
- Raku Firing events
- Adult and kid parties
- Events for non-profit orgs

**816-363-1373**

**hours:** M-Th, 10-9p, F-Sa, 10-10p, Su, 1-5p

[www.kcclayguild.org](http://www.kcclayguild.org)

200 W. 74th St. KC MO

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**The Writers Place**

Take your writing to the next level in our writing workshops in poetry, fiction, and creative nonfiction. Taught by working writers, they’re perfect for beginners, inspiring for everyone.

**The Writers Place**  
3607 Pennsylvania Ave Kansas City, MO 64111  
**(816) 753-1090**

[writersplace.org](http://writersplace.org)

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**Register Online**  
[www.umkc.edu/commu](http://www.umkc.edu/commu)
**#1106 A or B**

**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 & Ishia 'Ic'e' (816-561-2882)
Email: cityinmotion@aol.com
Website: cityinmotion.com
CLASS FEE: $10.00
Sec. A: 1 session; Thursday, June 12; 7:30 PM - 8:30 PM;
Sec. B: 1 session; Saturday, June 14; 11:00 AM - 12:00 PM;
MEETS: City in Motion School of Dance, 3925 Main (across Main St. from CVS Pharmacy), KCMO; LIMIT: 10

**#1107 A**

**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: $10.00
Sec. A: 1 session; Monday, June 09; 7:00 PM - 8:00 PM; City in Motion School of Dance, 3925 Main (across Main St. from CVS Pharmacy), KCMO; LIMIT: 10

**#1109 A**

**Indian Classical Dance**

We emphasize technique and style while learning the traditional Manipuri dance pattern. Learn the exotic “Mudras” (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: Rafia Rasu (816-561-2882)
Email: cityinmotion@aol.com
Website: cityinmotion.com
CLASS FEE: $10.00
Sec. A: 1 session; Tuesday, June 10; 5:00 PM - 6:00 PM; City in Motion School of Dance, 3925 Main (across Main St. from CVS Pharmacy), KCMO; LIMIT: 10

**#1110 A**

**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: $10.00
Sec. A: 1 session; Tuesday, June 10; 6:00 PM - 7:00 PM; City in Motion School of Dance, 3925 Main (across Main St. from CVS Pharmacy), KCMO; LIMIT: 10

**#1111 A**

**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, rumba, 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: $10.00
Sec. A: 1 session; Tuesday, June 10; 7:00 PM - 8:00 PM; City in Motion School of Dance, 3925 Main (across Main St. from CVS Pharmacy), KCMO; LIMIT: 10

**#1112 A**

**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: $10.00
Sec. A: 1 session; Tuesday, June 10; 9:30 PM - 10:30 PM; City in Motion School of Dance, 3925 Main (across Main St. from CVS Pharmacy), KCMO; LIMIT: 10

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Do you know the difference between education and experience? Education is when you read the fine print; experience is what you get when you don’t. ~ Pete Seeger

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**#1113 A or B**

**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: Tessy Van Dieren & Lilian Francis (816-561-2882)
Email: cityinmotion@aol.com
Website: cityinmotion.com
CLASS FEE: $10.00
Sec. A: 1 session; Wednesday, June 10; 6:00 PM - 7:30 PM;
Sec. B: 1 session; Saturday, June 14; 10:30 AM - 12:00 PM;
MEETS: City in Motion School of Dance, 3925 Main (across Main St. from CVS Pharmacy), KCMO; LIMIT: 10

**#1115 A**

**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 learn how 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: $10.00
Sec. A: 1 session; Wednesday, June 11; 7:30 PM - 8:30 PM; City in Motion School of Dance, 3925 Main (across Main St. from CVS Pharmacy), KCMO; LIMIT: 10

**#1116 A**

**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 Bleck (816-561-2882)
Email: cityinmotion@aol.com
Website: cityinmotion.com
CLASS FEE: $10.00
Sec. A: 1 session; Thursday, June 12; 6:30 PM - 7:30 PM;
MEETS: City in Motion School of Dance, 3925 Main (across Main St. from CVS Pharmacy), KCMO; LIMIT: 10
#1117 A
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: $10.00  
Sec. A: 1 session; Friday, June 13; 6:00 PM - 7:00 PM; City in Motion School of Dance, 3925 Main (across Main St. from CVS Pharmacy), KCMO; LIMIT: 10

#1118 A
Afro-Brazilian Candomble Dance
Experience the rich dance tradition of Bahia Brazil where dance is a moving prayer to the Orishas. Re-petitive, rhythmic steps induce a state of meditative trance. All ability levels welcome.  
CONVENER: Regina Compmofole (816-547-0266)  
Email: sacredeartharts@aol.com  
CLASS FEE: $10.00  
Sec. A: 1 session; Sunday, June 22; 4:30 PM - 6:00 PM; City in Motion School of Dance, 3925 Main (across Main St. from CVS Pharmacy), KCMO; LIMIT: 12

#1119 A or 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: Clanna Eirann Celtic Dancers & Misty Gates  
Email: oceolceldancers@gmail.com  
CLASS FEE: $18.00  
Sec. A: 4 sessions; Tuesdays, beginning June 03; 6:00 PM  
Sec. B: 8 sessions; Tuesdays, beginning July 29; MEETS: 7:00 PM - 8:30 PM; Uptown Arts Bar, upstairs room, 3611 Broadway, KCMO; LIMIT: 16

#1120 A
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: Toi Shaw (816-305-2931)  
Email: kctango2001@aol.com  
CLASS FEE: $18.00  
Sec. A: 4 sessions; Mondays, beginning June 02; 7:00 PM - 8:00 PM; KC Dance, 6101 Martway, Mission, KS, 1 blk. S. of Johnson Dr. and 1/2 block E. of Lamar, 2 story bldg across the street from Powell Community Ctr. Park anywhere and go downstairs when in building; LIMIT: 20

#1121 A
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: $18.00  
Sec. A: 4 sessions; Tuesdays, beginning June 03; 7:00 PM - 8:00 PM; KC Dance, 6101 Martway, Mission, KS, 1 blk. S. of Johnson Dr. and 1/2 block E. of Lamar, 2 story bldg across the street from Powell Community Ctr. Park anywhere and go downstairs when in building; LIMIT: 20

#1122 A
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: kctango2001@aol.com  
CLASS FEE: $18.00  
Sec. A: 4 sessions; Thursdays, beginning June 05; 7:00 PM - 8:00 PM; KC Dance, 6101 Martway, Mission, KS, 1 blk. S. of Johnson Dr. and 1/2 block E. of Lamar, 2 story bldg across the street from Powell Community Ctr. Park anywhere and go downstairs when in building; LIMIT: 20

#1123 A
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: kctango2001@aol.com  
CLASS FEE: $18.00  
Sec. A: 4 sessions; Tuesdays, beginning June 03; 9:00 PM - 10:00 PM; KC Dance, 6101 Martway, Mission, KS, 1 blk. S. of Johnson Dr. and 1/2 block E. of Lamar, 2 story bldg across the street from Powell Community Ctr. Park anywhere and go downstairs when in building; LIMIT: 20
#1120 A
West Coast Swing

This type of swing dance is a smooth dance done to many types of music. Traditionally danced in 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: $18.00
Sec. A: 4 sessions; Sundays, beginning June 08; 7:00 PM - 8:00 PM; KC Dance, 6101 Marthaw, Mission, KS, 1 blk. S. of Johnson Dr. and 1/2 block E. of Lamar, 2 story bldg across the street from Powell Community Ctr. Park anywhere and go downstairs when in building; LIMIT: 20

#1203 A
Slow Session: Learn Celtic Tunes

Would you like to learn to play Celtic tunes? In this three session group ensemble class we will learn (at least) three popular Celtic tunes. All instruments are welcome, but students should be at the advanced beginner level or higher. The class will use tune handouts and recordings provided in class and available online. Bring $5 for handouts.

CONVENER: Leslie ’Eddie’ Jones (913-645-1554)
Email: leslie.jones008@live.com
CLASS FEE: $16.00
Sec. A: 3 sessions; Wednesdays, beginning June 04; 6:00 PM - 7:30 PM; Union Station (Lower Level); LIMIT: 12

#1204 A
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 conven- er if you need to borrow one.

CONVENER: Regina Compomole (816-547-0266)
Email: sacredeartharts@aol.com
CLASS FEE: $16.00
Sec. A: 1 session; Sunday, June 22; 5:00 PM - 6:00 PM; City in Motion School of Dance, 3925 Main (across Main St from CVS Pharmacy), KC; LIMIT: 12

#1205 A or B
Practical Music Theory for Amateur Musicians

This course is geared toward playing along in music jams or providing basic instrumental accom- paniment 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 theory and available online. Bring $2 for handouts.

CONVENER: Leslie ’Eddie’ Jones (913-645-1554)
CLASS FEE: $10.00
Sec. A: 3 sessions; Mondays, beginning June 16; 6:00 PM - 8:00 PM; City in Motion School of Dance, 3925 Main (across Main St from CVS Pharmacy), KC; LIMIT: 10

#1206 A
Beginning and Intermediate Level Guitar

Beginning and intermediate level players welcome. Bring a djembe or conga style drum or call conven- er if you need to borrow one. We’ll cover scales, chords, and chord sequences. The aim is to take some of the mystery out of music theory and available online. Bring $2 for handouts.

CONVENER: Leslie ’Eddie’ Jones (913-645-1554)
CLASS FEE: $10.00
Sec. A: 3 sessions; Mondays, beginning June 16; 6:00 PM - 8:00 PM; City in Motion School of Dance, 3925 Main (across Main St from CVS Pharmacy), KC; LIMIT: 10

#1301 A
Clowning

Discover your inner clown! Instructors are experts in slapstick, how to take a pie in the face, mime, character development, makeup application and much more. Class is tailored to the needs of par- ticipants.

CONVENER: Beth Byrd (816-561-2882)
Email: citymotion@aol.com
Website: citymotion.com
CLASS FEE: $10.00
Sec. A: 1 session; Tuesday, June 10; 6:00 PM - 9:00 PM; City in Motion School of Dance, 3925 Main (across Main St from CVS Pharmacy), KC; LIMIT: 10

#1302 A
Burlesque and Pinup 101

Find your own inner burlesque queen and retro pin-up gal, while learning the sassy, sexy moves of this entertaining 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: citymotion@aol.com
Website: citymotion.com
CLASS FEE: $10.00
Sec. A: 1 session; Thursday, June 12; 8:30 PM - 9:30 PM; City in Motion School of Dance, 3925 Main (across Main St from CVS Pharmacy), KC; LIMIT: 10

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 set- tings. 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 (816-444-5390)
Email: 843@prodigy.net
Website: www.billthomas-photos.com
CLASS FEE: $10.00
Sec. A: 1 session; Monday, June 16; 7:00 PM - 9:00 PM; UMKC School of Medicine, Theatre C, first floor, 2411 Holmes, KC, MO; Parking is on Charlotte, Bring picture ID; LIMIT: 30

#1502 A
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: $10.00
Sec. A: 1 session; Saturday, June 21; 1:00 PM - 3:00 PM; Nelson Atkins Museum, Bloch Building, Creative Cafe, 4525 Oak, KC; LIMIT: 8
**Money**

**#2001 A**
**Alphabet Soup of Medicare Insurance**
What are Medicare Part A and Part B? How do Medicare supplement plans fill coverage gaps? What is a Plan C, Plan F, and let’s not forget the new Part D prescription drug plan. Learn about Medicare PPOs and HMOs. In this fun relaxed and pain-free two-hour class I will help you master the ABC’s of Medicare insurance. Jeff has been an insurance professional since 1987, holds the professional designation of Life Underwriters Training Council Fellow and has a bachelor’s degree in business administration.

CONVENER: Jeff David (816-436-2622)  
Email: jeffdavid@jeffdavidinsurance.com  
Website: www.jeffdavidinsurance.com  
CLASS FEE: $10.00  
Sec. A: 1 session; Saturday, August 09; 10:00 AM - 12:00 PM; Waldo Branch Library, Rm. A, 201 East 75th Street, Kansas City, MO 64114; LIMIT: 20

**#2002 A**
**Obama Care—Affordable Care Act—Playbook 2014**
The law of the land is everyone must have health insurance in 2014. How do you get in the game if you are uninsured? What insurance policies are available and how do you get help paying the premiums? When do you sign up, and what is needed for the application? This class will be a relaxed, informative session so you have the winning play in 2014. Learn to take full advantage of one of the largest and most complex pieces of legislation of our time.

CONVENER: Jeff David (816-436-2622)  
Email: jeffdavid@jeffdavidinsurance.com  
Website: www.jeffdavidinsurance.com  
CLASS FEE: $10.00  
Sec. A: 1 session; Saturday, August 09; 2:00 PM - 4:00 PM; Central Library, Rm. 312, 14 West 10th St., Kansas City, MO 64105, NE corner of Baltimore & 10th; LIMIT: 16

**#2003 A or B**
**How to Make the Most of Every Dollar**
Have you ever wondered how people get such great bargains? How they stretch the dollar to afford everything? In this class we will show you how to get a great bargain and save money on everything. Bring $10 for materials.

CONVENER: Kellie Waldron  
CLASS FEE: $10.00  
Sec. A: 1 session; Tuesday, June 10; 6:00 PM - 9:00 PM; UMKC School of Medicine, Theatre C, first floor, 2411 Holmes, KCNO, Parking is on Charlotte, Bring picture ID; LIMIT: 15  
Sec. B: 1 session; Tuesday, July 08; 6:00 PM - 9:00 PM; Rockhill Hall, Rm. 205, 52nd St, between Rockhill & Holmes, UMKC Campus, KCNO; LIMIT: 15

**#2004 A**
**Save Thousands by Investing Yourself**
Investing on your own in mutual funds is easier than most people think if the resources and processes are known. I’ll explain how to research information, open accounts, monitor investments, and understand some psychology of investing. Doing it yourself results in very significant savings. Specific investment suggestions will not be made since goals vary, but you will learn to find what suits your needs.

CONVENER: Alan Wigodner (816-941-0043)  
CLASS FEE: $10.00  
Sec. A: 1 session; Saturday, July 12; 10:00 AM - 1:00 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

**#2005 A**
**15 Questions to Ask a Financial Advisor**
With millions of Americans entering retirement, their knowledge of working with a financial adviser could become crucial. This class is an education about how to interview a potential financial adviser and seeks to arm pre-retirees with objective information to gather and consider before engaging in a relationship with an adviser.

CONVENER: Paul Dreher (913-498-8898 816-305-9472)  
Email: paul@planningretirements.com  
CLASS FEE: $10.00  
Sec. A: 1 session; Wednesday, June 25; 5:30 PM - 7:00 PM; Waldo Branch Library, Rm. B, 201 East 75th Street, Kansas City, MO 64114; LIMIT: 15

**#2006 A**
**Create Your Confidential Money Map**
Get a clear picture of the unconscious programming that is affecting your current money flow. You’ll learn about the five kinds of money, and the three aspects associated with each money type that are causing issues in your money relationships. Learn a technique to clear blocks you’ll discover while creating your confidential money map. Bring $10 to class for materials.

CONVENER: Elaine Nitz  
Website: www.healyourmoneyrelationship.com  
CLASS FEE: $10.00  
Sec. A: 1 session; Saturday, June 21; 10:00 AM - 12:00 PM; Waldo Branch Library, Rm. A, 201 East 75th Street, Kansas City, MO 64114; LIMIT: 30

**#2007 A**
**Haven’t Owned a Home in the Last Three Years? Special Loan**
Don’t have a lot of money for a down payment, but really want to own a home? If you want to buy a home in Missouri and haven’t owned one in the last three years, you could qualify for special financing. Come to get more details about this low down payment program. Learn from two long time Reece and Nichols agents and a loan officer about the home buying process, and open the door to home ownership for yourself.

CONVENER: Stacey Johnson Cosby & Doug Knetzer (816-591-5921)  
Email: johnccos02@gmail.com  
CLASS FEE: $10.00  
Sec. A: 1 session; Thursday, June 19; 6:00 PM - 7:30 PM; UMKC School of Medicine, Theatre C, first floor, 2411 Holmes, KCNO, Parking is on Charlotte, Bring picture ID; LIMIT: 24

**Business & Communication**

**#2101 A**
**How to Say What You Mean with Greater Clarity, Compassion and Confidence**
From this award-winning author you will learn how to ask for what you want and get it, how to stop 3rd party communication and gossip for good, how to decrease rage and depression in yourself and others, how to say “No” and set limits effectively, how to deal with whiners and complainers, how to handle confrontation without getting defensive, and how to open and close every meeting so people feel open and closed!

CONVENER: MK Mueller (402-212-3033 or 826-242-6033)  
Email: info@8togreat.com  
Website: www.8togreat.com  
CLASS FEE: $10.00  
Sec. A: 1 session; Saturday, July 26; 9:00 AM - 11:00 AM; 8 to Great Conference Center, 5200 W. 94th Terr., Suite 107, Prairie Village, KS 66207; LIMIT: 20

**#2102 A**
**Trench Marketing: How to Grow Your Business from Behind Your Own Counter**
This intense retail workshop will keep your attention as it hammers you with hundreds of low cost, extremely relevant, and proven growth methods for your retail shop. It will guide you through a simple business growth program and share documented successes, including record breaking return on investment, with graphs that layout the program. The workshop rounds out nicely with a photo essay highlighting examples of very unique business marketing ideas gathered from all ends of the globe. Bring $8 to class for materials.

CONVENER: Rudolf Waldner (864-516-8609)  
Email: rude@waldner@aol.com  
Website: www.TrenchMarketer.com  
CLASS FEE: $10.00  
Sec. A: 1 session; Tuesday, July 08; 6:30 PM - 8:00 PM; Waldo Branch Library, Rm. B, 201 East 75th Street, Kansas City, MO 64114; LIMIT: 15
#2103 A, B or C
Grant Writing Finally Made Easy
This year trillions of dollars will be given away in grants by foundations, corporations, and government agencies, but you must know when, where, and how to apply. This course walks you through an exclusive step-by-step template, which helps you write grants in half the time. This includes the development of an initial collaborative, executive summary, narrative, budget and the appendix. You will need to bring $10 for the workbook used in the workshop. You can also purchase the optional workshop CD for just $30.

CONVENER: Barbara Wright (816-728-0170)
Email: certifieddreambuilder@yahoo.com
Website: www.certifieddreambuilder.com
CLASS FEE: $10.00
Sec. A: 1 session; Saturday, June 14; 9:00 AM - 11:00 AM; Royall Hall, Rm. 211, 50th St. Between Rockhill and Holmes, UMKC Campus, KC MO 64110, metered parking on 5th floor of new parking structure at 50th and Oak; LIMIT: 20
Sec. B: 1 session; Saturday, July 12; 9:00 AM - 11:00 AM; 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

#2104 A or B
Fundraising and Development Planning Finally Made Easy
This workshop walks for-profit and nonprofit organizations, with or without a 501 c ‘3’, through the development of an annual funds development plan. The tools, tips, and techniques will include grant hunting, fundraising, and social marketing campaigns. You will need to bring $10 for the workbook used in the workshop. You can also purchase the optional workshop CD for just $30.

CONVENER: Barbara Wright (816-728-0170)
Email: certifieddreambuilder@yahoo.com
Website: www.certifieddreambuilder.com
CLASS FEE: $10.00
Sec. A: 1 session; Saturday, June 28; 9:00 AM - 11:00 AM; 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
Sec. B: 1 session; Saturday, July 26; 9:00 AM - 11:00 AM; Flarsheim Hall, Rm. 262, 5110 Rockhill Rd., UMKC Campus, KC MO; LIMIT: 20

#2105 A
Opening an Online of Offline Store Finally Made Easy
This workshop presents an exclusive step-by-step template that walks you through the opening of a brick and mortar or online store or adding a retail component to any business. This includes: initial business planning; meeting regulatory requirements; possible funding strategies; current wholesalers and manufacturers with quality products at the lowest prices; and many tools, tips & techniques. You will need to bring $10 for the workbook used in the workshop. You can also purchase the optional workshop on CD for just $30.

CONVENER: Barbara Wright (816-728-0170)
Email: certifieddreambuilder@yahoo.com
Website: www.certifieddreambuilder.com
CLASS FEE: $10.00
Sec. A: 1 session; Saturday, June 14; 11:30 AM - 1:30 PM; Royall Hall, Rm. 211, 50th St. Between Rockhill and Holmes, UMKC Campus, KC MO; LIMIT: 20

#2106 A
Opening a Child Care Center or School Finally Made Easy
Thinking of opening a child care center or school for any age? This workshop introduces the secrets of success including: initial business planning; regulatory requirements; best practices; selecting or developing a curriculum; and possible funding sources. You will need to bring $10 for the workbook used in the workshop. You can also purchase the optional workshop CD for just $30.

CONVENER: Barbara Wright (816-728-0170)
Email: certifieddreambuilder@yahoo.com
Website: www.certifieddreambuilder.com
CLASS FEE: $10.00
Sec. A: 1 session; Saturday, July 12; 1:30 AM - 1:30 AM; 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

#2107 A
Business Process Documentation
Documenting your business processes will add value to your business by reducing the time needed to train new employees and the risk associated with losing key employees. Business process documentation will train you on the very practical steps that you need to take to get your documentation completed in a short amount of time using common software tools. Come to class with a process that you need to document so that we can analyze it during the session. You will leave with templates and an example case that you can use to follow when you get back to the office. Bring $5 to class for materials.

CONVENER: Rachel Bergbilia
Email: certifieddreambuilder@yahoo.com
Website: www.certifieddreambuilder.com
CLASS FEE: $10.00
Sec. A: 1 session; Tuesday, June 24; 6:00 PM - 8:30 PM; Waldo Branch Library, Rm. B, 201 East 75th Street, Kansas City, MO 64114; LIMIT: 10

#2108 A, B or 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 Frankene (816-942-9041)
Email: frankene2@kcecc.com
Website: kkannon.com
CLASS FEE: $10.00 + $3.00 material fee = $13.00
Sec. A: 1 session; Saturday, June 14; 9:00 AM - 12:00 PM; Haag Hall, Rm. 306, 52nd & Rockhill Rd., UMKC Campus, KC MO; LIMIT: 16
Sec. B: 1 session; Wednesday, July 16; 7:00 PM - 10:00 PM; UMKC School of Medicine, Theatre C, first floor, 2411 Holmes, KC MO; Parking is on Charlotte, Bring picture ID; LIMIT: 16
Sec. C: 1 session; Saturday, August 09; 9:00 AM - 12:00 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: 16

#2109 A
Bend It Like Buddha: How Consciousness Research + Strategic Planning = AHA
A system for pragmatic idealists who want instant self awareness of their unique path to making an impact on the world. Learn a consciousness based process for discerning your entrepreneurial venture; whether it is developing an app, combating social ills, or fulfilling human potential. Every participant will be able to strap on the portable EEG machine to observe their own brain waves as they use mindfulness techniques combined with 5 strategic inquiries to calibrate INSIGHT. Spiritual but not religious, strategic and authentic but still profitable. Self actualization tools in 90 minutes

CONVENER: Denis Greene (816-565-3641)
Email: dennis@lofcoh.org
Website: church-development.com
CLASS FEE: $10.00
Sec. A: 1 session; Thursday, June 05; 7:00 PM - 8:00 PM; Location to be announced; LIMIT: 50

#2201 A
MedlinePlus: Finding Health and Drug Information on the Internet
MedlinePlus is the National Library of Medicine’s website for patients, families, and friends. It offers reliable, up-to-date health information on the Internet for free. In this class you will learn to use MedlinePlus to learn about the latest treatments, look up information on a medication or supplement, find out the meanings of words, or view medical videos and illustrations. You will learn how to find information about health topics that matter to you. Susan Sanders is a Clinical Medical Librarian at UMKC Health Sciences Library and active in the Medical Library Association.

CONVENER: Susan Sanders
Email: sanderssu@umck.edu
CLASS FEE: $10.00
Sec. A: 1 session; Saturday, June 14; 10:30 AM - 12:00 PM; Miller Nichols Library, Rm. 121, 800 East 51st Street (the intersection of 51st Street and Rockhill Road); LIMIT: 15

#2301 A
The Art of Living Space
Looking for something different in your life? Couldn’t we all use a little more prosperity, a little peace between our walls (or maybe between our ears), or even some sizzle in the sack? Feng shui can help you realize these goals. Learn the what, where, why and how of feng shui. What is it? Where did it come from? Why did it evolve? Why should I use it? How does it work? How do I apply it? Apply all of this to your space and see what sizzles.

CONVENER: Shea Geist
Email: shea@fengshea.com
CLASS FEE: $10.00
Sec. A: 1 session; Saturday, June 28; 2:00 PM - 4:00 PM; Haag Hall, Rm. 306, 52nd & Rockhill Rd., UMKC Campus, KC MO; LIMIT: 12

WHOLISTIC HEALTH FAIR
Sunday, November 9th
11 AM - 6 PM
NEW Student Union, 5100 Cherry, 4th floor, KC MO
BOoths Still Available
Take a class with Regina!
Regina Compernolle has been teaching classes in healing arts for body and soul for over 20 years. She offers classes and experiences which foster self-expression and inner wisdom through a variety of arts.

WOMEN OF THE DRUM—SACRED DANCE
WOMEN’S REBIRTHDAY OF SACRED PLAY
REIKI PLAY DAY
SISTER’S OF THE TAROT
MASK MAKING FOR THE FOREST
SILKSCREENING—TIE DYE—BEADING—BATIK
HERBAL REMEDIES—NATURE EXPERIENCES
PRIVATE CONSULTATIONS—PARTIES—EVENTS

Visit SacredEarthArts.com For Details on Classes
Call Regina at 816-547-0266 or
Email SacredEarthArts@aol.com
Elements of House Maintenance

A free-for-all open-ended discussion of maintenance projects within the skill set of most home owners. The first session will include use of drain snakes; replacement of light fixtures; patching cracks in concrete walls; changing or repairing faucets. A second session includes visiting a hardware store to see and evaluate products which might be of use. Rich has 22 years of home maintenance experience.

CONVENER: Rich Kaufman (913-842-7359)

CLASS FEE: $14.00

Sec. A: 2 sessions; Tuesdays, beginning June 7; 6:00 PM - 9:00 PM; Plaza Library, Room B, 48th and Main; LIMIT: 15

Homebuyer’s Workshop

Before you make a house your home, find out the important questions you should ask and what you should look for before you buy. Come get insights from real estate investor and contractor on the home buying process. Being an informed buyer could save you money. Bring $5 to class for materials.

CONVENER: Kathryn R. Penley (816-223-1800)
Email: kpenley@skosfinancialsolutions.org
CLASS FEE: $10.00

Sec. A: 1 session; Thursday, June 5; 8:30 PM - 8:00 PM; Waldo Branch Library, Rm. A, 201 East 79th Street, Kansas City, MO 64114; LIMIT: 30
Sec. B: 1 session; Saturday, June 21; 10:00 AM - 11:30 AM; Westport Library, Meeting Room, 118 Westport Road, Kansas City, MO 64111, please use street parking; LIMIT: 30

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: StaceyKC@agent@gmail.com
CLASS FEE: $10.00

Sec. A: 1 session; Saturday, June 14; 10:00 AM - 11:30 AM; Westport Library, Meeting Room, 118 Westport Road, Kansas City, MO 64111, please use street parking; LIMIT: 24

Top Ten Tips for Homebuyers—What You Need to Know Now!

Find out what to do, and what not to do when you are ready to purchase a home. We’ll walk you through the process—the steps you should be taking and the pitfalls to watch for. If this is your first home or if you’ve been out of the market for a while, this is the class for you. Taught by two long time Reece & Nichols real estate agents and an experienced loan officer.

CONVENER: Stacey Johnson Cosby (816-591-5921)
Email: StaceyKC@agent@gmail.com
CLASS FEE: $10.00

Sec. A: 1 session; Thursday, July 17; 6:00 PM - 7:30 PM; UMKC School of Medicine, Theatre C, first floor, 2411 Holmes, KCMO; Parking is on Charlotte, Bring picture ID; LIMIT: 24

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 LaGrece (913-722-2628)
Email: zoelegreec@yahoo.com
CLASS FEE: $10.00

Sec. A: 1 session; Saturday, June 28; 1:00 PM - 3:00 PM; Convener will contact with location; LIMIT: 20

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 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: zoelegreec@yahoo.com
CLASS FEE: $10.00

Sec. A: 1 session; Saturday, June 21; 1:00 PM - 3:00 PM; Rag and Bone, 1412 W. 12th, KCMO; (in the West Bottoms at the bottom of 12th St); LIMIT: 12

Creole Made Easy

Learn the basics of Haitian Creole and enough Haitian Creole to functionally communicate. Our hope is that you will choose to use your new found language skills in Haiti or with the Haitian community locally. The convener, Idalbert Joseph, is the founder of Glory House Services, a non-profit agency, working with Haitian immigrants in Kansas City and providing education and building strong communities in Northwest Haiti. If you are planning a mission trip, this class will teach you about the culture and language of Haiti. Please bring a notebook and $19 to the first class for a Creole language book.

CONVENER: Idalbert Joseph (816-600-1457)
Email: idabert@yahoo.com
CLASS FEE: $18.00

Sec. A: 10 sessions; Saturdays, beginning June 7; 1:00 PM - 2:00 PM; Flarsheim Hall, Rm. 305, 5110 Rockhill Rd., UMKC Campus, KCMO 64110; LIMIT: 12

Parlez-Vous Francais

Come and join the longest on-going French conversation group in Kansas City including native speakers. We participate in a variety of activities and events such as movies, potlucks and parties with other language groups.

CONVENER: Fred Hartwell & Jeanine McCarthy (816-355-4431)
Email: cwowl@aol.com
CLASS FEE: $18.00

Sec. A: 13 sessions; Sundays, beginning June 8; 2:00 PM - 4:00 PM; Axos, 301 E. 58th St., KCMO; LIMIT: 15

Teach Someone to Read Series

There are over 225,000 teens and adults in the Kansas City metro area who can’t read—you can help. Tutor training workshops prepare participants to tutor teens and adults seeking improved reading skills in Literacy Kansas City’s volunteer program. Tutors commit to meeting with their students in the metro twice a week. A tutor is matched with a student on the second session in the workshop series and they begin working together soon after that. All sessions are mandatory as they build on one another. Part 1 on July 12 is a pre-requisite for Part 2 on July 19, and both parts 1 and 2 are pre-requisites for Part 3 on August 26.

CONVENER: Nancy Clay
CLASS FEE: $3.00
Sec. A: 3 sessions; Saturdays, beginning July 12; 9:00 AM - 2:00 AM; Literacy Kansas City, 211 W. Armour Blvd. on 3rd Floor, Kansas City, MO 64111 (American Red Cross Building); LIMIT: 30

Mesa Espanol

This is an informal coffee house discussion where people enjoy each other’s’ news, jokes, tall tales and practicing their Spanish. The group is ever-changing with people of many backgrounds including native speakers. There is no teacher; we just discuss whatever comes up, along with sharing information about Hispanic arts, parties and activities. The group meets on the second and fourth Sundays of the month.

CONVENER: Douglas Kingsbury & Bertha Sanchez (816-931-0077)
Email: kingsbury@blitz-it.net
CLASS FEE: $18.00
Sec. A: 8 sessions; Sundays, beginning June 8; 4:30 PM - 6:00 PM; Broadway Cafe, 4106 Broadway, KCMO; LIMIT: 15
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!

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

#2601 A, B or C

**Building 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 our 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.

**CONVENER:** Zach Beall (765-387-7991)

Email: newfurrow@gmail.com

**CLASS FEE:** $10.00 + $10.00 material fee = $20.00

**Sec. A:** 1 session; Saturday, June 14; 10:00 AM - 12:00 PM;
Flarsheim Hall, Rm. 304, 5110 Rockhill, UMKC Campus, KCMO; KCNO; LIMIT: 15

**Sec. B:** 1 session; Saturday, July 12; 10:00 AM - 12:00 PM;
Student Union (New), Rm. 402, 5100 Cherry, Kansas City, MO 64110, metered parking on 5th floor of new parking structure at 50th and Oak; LIMIT: 20

**Sec. C:** 1 session; Saturday, August 09; 10:00 AM - 12:00 PM;
Student Union (New), Rm. 402, 5100 Cherry, Kansas City, MO 64110, metered parking on 5th floor of new parking structure at 50th and Oak; LIMIT: 20

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#2602 A or B

**Social Media Management**

In this class you will learn how to manage Facebook, Twitter, Google+, and MailChimp (email marketing) from a single tool. This class is designed to give anyone a social media presence for promoting a business, cause or event. Bring your laptop or tablet PC (WiFi capable) and get ready to become a social media guru. Please have an active account to at least one social media type listed above.

**CONVENER:** Chad Smith

**CLASS FEE:** $10.00

**Sec. A:** 1 session; Thursday, June 05; MEETS: 6:00 PM - 8:30 PM; Plaza Library, Room A, 48th & Main, KCMO;

**Sec. B:** 1 session; Thursday, June 26; MEETS: 6:00 PM - 8:30 PM; Plaza Library, Room A, 48th & Main, KCMO;

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**Science & Philosophy**

#2701 A

**Introduction To Objectivism: The Philosophy of Ayn Rand**

Author and philosopher Ayn Rand wrote such bestselling novels as “The Fountainhead” and “Atlas Shrugged”. She called Objectivism “a philosophy for living on earth.” It holds the view of “man as a heroic being, with his own happiness as the moral purpose of his life, with productive achievement as his noblest activity, and reason as his only absolute.” This course will introduce the basic ideas of Objectivism and their application to everyday life.

**CONVENER:** Kurt Colville

Email: kurtcolville@gmail.com

**CLASS FEE:** $14.00

**Sec. A:** 2 sessions; Tuesdays, beginning July 01; 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: 40

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#2801 A

**What They Don’t Want You To Know About Your Origin**

These courses will explain the evolutions of what has been known as the world religions of today and how these concepts evolved from early man’s interactions with nature. They will also show the migration of the people of Africa, who became the first inhabitants of the entire planet. “To hold a people in oppression you have to convince them first that they are supposed to be oppressed.” Dr. John Henrik Clarke. Our people are descendents from the masters of all mathematics and sciences. We just don’t know our origins. Classroom booklet is $15 payable by cash or debit card in classroom.

**CONVENER:** Xseed in Life & Isaac Price (816-812-6315)

Email: anthony.dedmon@gmail.com

Website: www.xseedinlife.info

**CLASS FEE:** $18.00

**Sec. A:** 4 sessions; Saturdays, beginning June 21; 12:00 PM - 2:00 PM; Haag Hall, Rm. 309, 52nd & Rockhill Road, UMKC Campus, KCNO; LIMIT: 35

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**History & Culture**

#2802 A

**NEW**

**What They Don’t Want You To Know About Your Origin**

These courses will explain the evolutions of what has been known as the world religions of today and how these concepts evolved from early man’s interactions with nature. They will also show the migration of the people of Africa, who became the first inhabitants of the entire planet. “To hold a people in oppression you have to convince them first that they are supposed to be oppressed.” Dr. John Henrik Clarke. Our people are descendents from the masters of all mathematics and sciences. We just don’t know our origins. Classroom booklet is $15 payable by Cash or Debit Card in classroom.

**CONVENER:** Xseed in Life & Isaac Price (816-812-6315)

Email: anthony.dedmon@gmail.com

Website: www.xseedinlife.info

**CLASS FEE:** $18.00

**Sec. A:** 4 sessions; Saturdays, beginning June 21; 12:00 PM - 2:00 PM; Haag Hall, Rm. 309, 52nd & Rockhill Road, UMKC Campus, KCNO; LIMIT: 35

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**CommuniUniversity**

**SIGN-UP & PARTY**

Tuesday, May 20th; 6:00-8:00 PM

The Writer's Place—3607 Pennsylvania

• Nibblies • $3 off registration at the door! • Live Jazz • Early-Bird Discounts!

• Save $1 off the first class • Save $2 off subsequent classes

• Waive the $3 registration fee “just for comin’ on down!”

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320 E. 51st St. 64112

www.saharakc.com
The center, originally opened in 1963, recently underwent a $1.25 million face lift that included an updated pottery room, reception area, bathrooms, new furnace/AC and security system. The center is available to rent for meetings, wedding receptions, birthday parties, family reunions and dinner parties.

WESTPORT-ROANOKE COMMUNITY CENTER
3601 Roanoke Rd Kansas City, MO 64111

Hours of Operation
Sunday: 12 - 5 p.m.
Monday: 7:30 a.m. - 6 p.m.
Tuesday-Thursday: 7:30 a.m. - 9 p.m.
Friday: 7:30 a.m. - 6 p.m.
Saturday: 9 a.m. - 6 p.m.

Contact Information
Phone: 816-784-5200
Fax: 816-784-5210

SUMMER CAMPS

Fizz Boom Squish
Environmental
Art Camp
June 2 - 6
Monday - Friday
9 a.m. - 3 p.m.
Ages 7 - 14
$100 per session

Summer
Enrichment Camp
June 9 - Aug. 1
Monday - Friday
9 a.m. - 5 p.m.
Ages 7 - 13
$50 per week

Puppet
Performance Camp
Aug. 4 - 8
Monday - Friday
9 a.m. - 3 p.m.
Ages 7 - 14
$100 per session

WWW.KCPARKS.ORG
#2802 A
**The Battle Of Island Mound: Black Soldiers and White Officers**
The course is a selective history about African Americans who fought in the Civil War as United States Colored Troops (USCT). Special attention will be given to Blacks in Blue from Kansas and Missouri who fought at Island Mound in Bates County, MO, Oct. 29, 1862. Class includes the film/ documentary: “The Battle of Island Mound.” Special guests: Descendants of Cpl. Rufus Vann and Lt. Bethuel Hitchcock. Joe Louis Mattox, a local historian, is the “Lt. William D. Matthews Scholar” at the Battle of Westport Museum.

**CONVENER:** Joe Mattox  
**CLASS FEE:** $10.00  
**Sec. A:** 1 session; Saturday, June 21; 10:30 AM - 12:00 PM;  
Battle Of Westport Museum and Visitor Center, 6601 Swope Parkway (at the West entrance to Swope Park), KCMO; LIMIT: 20

#2803 A
**The Battle Of Westport Lead to Freedom For Slaves in Missouri**  
Class includes a discussion about “Blacks and The Fourth Of July” and “Blacks At The Battle Of Westport”. The course is a selective history about African Americans who fought in the Civil War as United States Colored Troops (USCT). Special attention will be given to Blacks in Blue from Kansas and Missouri who fought at the Battle of Westport / Kansas City, MO on Oct. 23 - 25,1864. Joe Louis Mattox, a local historian, is the “Lt. William D. Matthews Scholar” at the Battle of Westport Museum.

**CONVENER:** Joe Mattox  
**CLASS FEE:** $10.00  
**Sec. A:** 1 session; Saturday, June 21; 10:30 AM - 12:00 PM;  
Battle Of Westport Museum and Visitor Center, 6601 Swope Parkway (at the West entrance to Swope Park), KCMO; LIMIT: 20

#2804 A
**Gangland Wire: The Rise and Fall of the River Quay**
The Convenor was assigned to the KCMO PD Intelligence Unit during the 1970s, He was a first hand witness to the La Cosa Nostra war that ended the popular entertainment district known as the River Quay. He produced a documentary film about this situation titled, Gangland Wire. He will show excerpts from his film and share an insider’s knowledge of those events.

**CONVENER:** Gary Jenkins (816-931-3535)  
Website: www.ganglandwire.com  
**CLASS FEE:** $10.00  
**Sec. A:** 1 session; Wednesday, July 09; 7:00 PM - 9:00 PM;  
Plaza Library, Room A, 48th & Main, KCMO; LIMIT: 50

#2805 A
**A Short History of the Motorcycle!**  
Nearly 20% of Americans have been involved in the sport of motorcycling at some level but few have ever studied the history of the sport! In this class Dr. Bayer will give an overview of the history of the motorcycle which will include a brief overview of the O.J. Plummer, Kansas Cities first motorcycle. This will be an interactive class so bring your questions and a notebook.

**CONVENER:** Mark H. Bayer Ed.D.  
Email: nikcm@yahoo.com  
Website: www.markbayer36.com  
**CLASS FEE:** $10.00  
**Sec. A:** 1 session; Wednesday, June 25; 7:00 PM - 8:30 PM;  
Plaza Library, Room A, 48th & Main, KCMO; LIMIT: 24

#2806 A
**Why Our Primary Elections Are Failing Us: And what to Do About It**
Ever wondered why the General Election candidates seem so unacceptable? It’s because our primary election system is failing us in several ways. The bedrock principle of our government is that the majority rules. Our Primary elections are allowing motivated minorities to thwart the will of the majority. Extremist candidates can then be elected and the result is gridlock in government. Come to a non-partisan presentation to find out why this is happening and the simple actions that can be taken (not term limits, draconian interpretations of existing law or constitutional amendments) to fix it.

**CONVENER:** Larry Bradley (402-221-4651)  
Email: Bradfarl@aol.com  
Website: www.TheCenterStrikesBack.org  
**CLASS FEE:** $10.00  
**Sec. A:** 1 session; Saturday, July 26; 11:30 AM - 1:30 AM;  
Flarsheim Hall, Rm. 262, 5110 Rockhill Rd., UMKC Campus, KCMO; LIMIT: 25

#2901 A
**Careers of Purpose: Explore the World of the Purposeful Professional and the Business of Addiction**
For professionals and laypersons wanting to explore a purposeful career as a recovery professional and want to pursue an array of opportunities emerging in this growing industry or those who are currently working in the addictions and recovery field, this informational workshop series is for you. We will explore the business and how the roles of the recovery professional can be achieved through an affordable certification process, and the skill training required to fulfill the roles of the interventionist, recovery coach, support specialist, addiction’s counselor and group counselor/facilitator.

**CONVENER:** Marla Looper (913-624-9053  816-825-1243)  
Email: marlalooper@gmail.com  
Website: www.aniconvenienttruth.wix.com/recoveryprofessional  
**CLASS FEE:** $10.00  
**Sec. A:** 1 session; Monday, July 21; 6:30 PM - 8:00 PM;  
Waldo Branch Library, Rm. B, 201 East 75th Street, Kansas City, MO 64114; LIMIT: 15

#2902 A or B
**Using Open Resources, Grants, and Scholarships for Academic and Career Planning**
Don’t wonder through life without a long-term plan. If your goal is to improve personally, academically, or professionally, this workshop will introduce you to a step-by-step planning template, that helps you to affordably improve your life using free open resources, grants, and scholarships. You will need to bring $10 for the workbook used in the workshop. You can also purchase the optional workshop CD for just $30.

**CONVENER:** Barbara Wright (816-728-0170)  
Email: certifieddreambuilder@yahoo.com  
Website: www.certifieddreambuilder.com  
**CLASS FEE:** $10.00  
**Sec. A:** 1 session; Saturday, June 28; 11:30 AM - 1:30 AM;  
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

**Sec. B:** 1 session; Saturday, July 26; 11:30 AM - 1:30 AM;  
Flarsheim Hall, Rm. 262, 5110 Rockhill Rd., UMKC Campus, KCMO; LIMIT: 20

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#3001 A
**Legends of Barbeque**

Learn how to prepare chicken, ribs, pork butt and brisket like the pros. We’ll review sauces, marinades and rubs. You’ll learn the secrets of great BBQ from the “Legends of Barbecue.” With over 625 Barbecue awards between them, Guy Simpson (KC Rib Doctor) and Paul Kirk (K.C. Baron of BBQ) and over 50 years of competition and teaching between them. Please bring $20 to class for food/materials. Bring a chair and your favorite refreshments to drink.

**CONVENER:** Guy Simpson & Paul Kirk (913-831-2323 or 913-832-3300)

**CLASS FEE:** $10.00

**Sec. A:** 1 session; Wednesday, June 11; 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: 12

**#3002 A**
**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 something.” “I’ve heard that many people will spend a relaxing evening with chef Kamal and 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 and spices to bring out a unique flavor in your dish). You’ll receive complete cooking instructions on how to prepare this unique cuisine.

**CONVENER:** Daniel Fiku (816-283-0990)

**Email:** dfiki@gmail.com

**Website:** kcbluenilecafe.com

**CLASS FEE:** $10.00 + $20.00 material fee = $30.00

**Sec. A:** 1 session; Monday, June 16; 5:00 PM - 7:00 PM; Blue Nile Café, 20 E 5th St. KC, MO; LIMIT: 15

**#3004 A**
**Thai, Oh My**

Taste the allure of distant lands and exoticflavors as we prepare sweet and sour eggplant and creamy curried chickpeas and enjoy both served over rice noodles. You’ll swear you see gold gilt elephants as you close your eyes and savor the flavors. Warning... the student next to you may try to eat your food while you’re envisioning. Vegan and gluten-free recipes provided. Zoe is an artist at large whose favorite mediums include cooking, gardening/landscaping and stone masonry.

**CONVENER:** Zoe LaGrece (913-722-2628)

**Email:** zoslagreec@yahoo.com

**CLASS FEE:** $10.00 + $15.00 material fee = $25.00

**Sec. A:** 1 session; Wednesday, July 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: 12

**#3003 A**
**Vegetarian Ethiopian 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 and spices to bring out a unique flavor in your dish). You’ll receive complete cooking instructions on how to prepare this unique cuisine.

**CONVENER:** Yahia Kamal (816-804-2820)

**Email:** chefkamal@yummy.us

**Website:** www.yummy.us

**CLASS FEE:** $10.00 + $20.00 material fee = $30.00

**Sec. A:** 1 session; Sunday, July 12; 6:30 PM - 8:30 PM; MEETS: Farm to Table Kitchen, 21 E 3rd., KCMO, North side of City Market Square. Park at 3rd and Grand parking lot.; LIMIT: 10

**#3005 A**
**Caribbean Cuisine**

Enjoy some Latin American specialties on the Caribbean side. We’ll begin by slicing and frying plantains (tostones). Then we’ll create molongo de camarón, a delicious shrimp dish and finish with moros y cristianos (rice and beans) done right. In one enjoyable and gastronomic evening you’ll learn to make an array of dishes from the Islands. Enjoy a culinary and theatrical experience with master chef Tito.

**CONVENER:** Vasilio Dios (816-420-9333)

**Email:** latinbistro@gmail.com

**CLASS FEE:** $10.00 + $20.00 material fee = $30.00

**Sec. A:** 1 session; Wednesday, June 18; 6:00 PM - 8:00 PM; Latin Bistro, 6924 N. Oak Trafficway, Gladstone, Mo.; LIMIT: 15

**#3006 A**
**Pozole, Tostadas, Sopes and Tingas**

Pozole is a special occasion dish in Mexico, so why not here. On this very special occasion we will create and consume pozole (a pork hominy stew), tostadas (fried corn tortillas topped with meat and vegetables, sopes (a thick tortilla with vegetable and meat toppings) and tingas with a chipotle sauce. Enjoy this gastronomic feast and a theatrical experience with chef Tito.

**CONVENER:** Vasilio Dios (816-420-9333)

**Email:** latinbistro@gmail.com

**CLASS FEE:** $10.00 + $20.00 material fee = $30.00

**Sec. A:** 1 session; Wednesday, July 16; 6:00 PM - 8:00 PM; Latin Bistro, 6924 N. Oak Trafficway, Gladstone, Mo.; LIMIT: 15
Authentic Tamales

Learn to create 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 from various regions of Mexico using assorted meats and sweets. 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: Vasilo Dios (816-420-9333)
CLASS FEE: $10.00 + $20.00 material fee = $30.00
Sec. A: 1 session; Sunday, August 10; 6:00 PM - 8:00 PM; Latin Bistro, 6924 N. Oak Trafficway, Gladstone, Mo; LIMIT: 15

Chai and Chat in my Garden

Do you enjoy learning about tea? Like fascinating little details about plucking, processing, steeping, and tasting. The focus will be India, my fourth country of origin. Recently I returned from a five week study in Assam and Darjeeling in early 2014. Come with an inquisitive mind, open heart and immerse yourself into the mystical realm and toils of tea. Paula has studied tea for over 14 years and been to China, Taiwan, and Japan to study in depth the toils and magic of tea. Masala chai will be demonstrated and tasted.

CONVENER: Paula Winchester (816-361-2243)
Email: pwe@paulawinchester.com
Website: www.paulawinchester.com
CLASS FEE: $10.00 + $6.00 material fee = $16.00
Sec. A: 1 session; Sunday, June 15; 3:00 PM - 6:00 PM; 5742 Kenwood Ave., KCMO (home with brilliant blue shutters); LIMIT: 15

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 Haibler
CLASS FEE: $10.00 + $40.00 material fee = $50.00
Sec. A: 1 session; Sunday, June 15; 3:00 PM - 6:00 PM; MEETS: Grain to Glass, LLC, 1611 Swift Ave., North Kansas City, MO 64116; LIMIT: 12

Kundalini Yoga

Awaken the healing benefits of the subtle life force that exists within all of us. Experience the ancient tools of Kundalini Yoga as taught by Yogi Bhajan, uniting your mind, your body and your soul for an uplifting and enlightening experience.

CONVENER: Maria Murphy (816-266-4650)
Email: contact@yogapatch.com
CLASS FEE: $10.00
Sec. A: 1 session; Monday, June 09; 4:15 PM - 5:00 PM; Yoga Patch, 7108 Wornall Rd., KCMO 64114; LIMIT: 15
Sec. B: 1 session; Monday, June 09; 4:15 PM - 5:00 PM; Yoga Patch, 7108 Wornall Rd., KCMO 64114; LIMIT: 15

Slow Flow with Joe

This class is for beginners, over 50 or those who just like a slower paced yoga class. Joe will add a sense of humor to your practice. Come and learn and have fun doing it.

CONVENER: Maria Murphy (816-266-4650)
Email: contact@yogapatch.com
CLASS FEE: $14.00
Sec. A: 2 sessions; Mondays, beginning June 02; 10:30 AM - 11:30 AM; Yoga Patch, 7108 Wornall Rd., KCMO 64114; LIMIT: 15

T’ai 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: centerstatestaichi@gmail.com
Website: www.centerstatestaichi.com
CLASS FEE: $18.00
Sec. A: 4 sessions; Monday, June 02; Wednesday, June, 04; Monday, June 9 & Wednesday, June 11; 6:30 PM - 7:30 PM; Center States T’ai Chi Association, 111 E. Gregory, KCMO; LIMIT: 20
#4009 A
Sunrise Flow
A gentle hatha flow to start your morning out right.
CONVENER: Maria Murphy (816-268-4660)
Email: contact@yogapatch.com
CLASS FEE: $10.00
Sec. A: 2 sessions; Thursdays, beginning June 05; 6:00 AM - 7:00 AM; Yoga Patch, 7108 Wornall Rd., KC MO 64114; LIMIT: 15

#4023 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 class is for you! Learn the benefits of raw greens to your health and an easy way to incorporate fruits, vegetables and greens to your diet. We will prepare a very tasty green smoothie that is also good for you!
CONVENER: Sonia Malburg
Email: sm@kc.n.com
CLASS FEE: $10.00 + $5.00 material fee = $15.00
Sec. A: 1 session; Saturday, August 06; 10:00 AM - 12:00 PM; Westport Roanoke Community Center, kitchen, 3601 Roanoke Rd, KC MO, West on 36th St (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

#4024 A
Trust Your Gut
If we ate when we were hungry and stopped when we weren’t hungry anymore, we would never have to worry about gaining weight. Trust Your Gut is an interactive class that teaches people to make behavioral eating changes such as identifying hunger and fullness, eating slowly, making healthy substitutions, managing calories, portion control, and restaurant management. This is a make sense approach to eating that doesn’t focus on diet or deprivation, just awareness of internal physical signals. Come hungry to class and bring dinner.
CONVENER: Lisa Cummings (913-669-2324)
Email: lm Cummings2827@gmail.com;
Website: www.liscummings.org
CLASS FEE: $10.00
Sec. A: 1 session; Tuesday, June 24; 11:30 AM - 1:00 PM; Ruiz Branch Library, 2017 West Pennway St., Kansas City, MO 64108; LIMIT: 10

#4201 A
5 Steps to Overcome Emotional Eating
Do you find yourself grazing in the cabinets or eating when you’re stressed? Learn simple steps to overcome emotional eating so you can stay on your ideal weight and be in control with food! Shannon Hodge used to struggle with yo-yo dieting, emotional eating, and weight gain. Using simple techniques, she lost 40lbs without dieting and enjoys food more than ever! She learned how to do it and so can you. Please bring $2 to class for handouts.
CONVENER: Shannon Hodge (360-350-7801)
Email: s.shannonhodge@gmail.com
Website: www.sshannonhodge.com
CLASS FEE: $10.00
Sec. A: 1 session; Tuesday, June 24; 11:30 AM - 1:00 PM; Ruiz Branch Library, 2017 West Pennway St., Kansas City, MO 64108; LIMIT: 10

#4202 A
Intro to Herbs
Are you curious about herbs and how to use them? Then this course is for you! We will cover a brief history of herbs and their medicinal use throughout history. We will discover the differences between a tisane, a tincture, and a decoction. We will look at how herbs can be used every day for wellness and how easy they are to grow for ourselves! This is a casual atmosphere, no prior experience needed! Bring $20 to class for materials.
CONVENER: Melissa Toye (816-886-0392)
Email: melissasmidwestherbsanddolls.com
Website: http://midwestherbsanddolls.com
CLASS FEE: $10.00
Sec. A: 1 session; Wednesday, June 25; 6:00 PM - 8:00 PM; Farnsworth Hall, Rm. 262, 5110 Rockhill Rd., UMKC Campus, KC MO; LIMIT: 25

#4301 A
Energy Healing 101
Empower your healing abilities using Energy Healing. Energy Healing is based on the fact that the mind and body are made up of, and function from energy. Energy Healing techniques are safe, effective, and in many cases, can be quite fun to practice. In this class you will learn about several different methods of energy healing. Specific techniques will be taught within each form of energy healing methods and practices these techniques will be provided in class. Bring $2 to class for materials.
CONVENER: Joleen Halloran (816-305-4814)
Email: info@holyisticwellness.com
Website: www.holyisticwellness.com
CLASS FEE: $14.00
Sec. A: 2 sessions; Wednesdays, beginning June 18; 7:00 PM - 9:00 PM; UMKC School of Medicine, Theatre C, first floor, 2411 Holmes, KC MO; Parking is on Charlotte, Bring picture ID; LIMIT: 25

#4302 A
Neutralize Stress with Mind-Body Healing
This course explores the fundamentals and practical application of meditative practice. You will learn how meditation enhances health and well-being, different meditation techniques, and how to establish a regular daily meditation practice. The course emphasizes how meditation’s mindful-ness techniques and its approach to staying in the present moment have been shown to be powerful coping mechanisms for enhancing mental health. This workshop is for professionals and the general public to learn about using meditation in personal and career related contexts.
CONVENER: Joe Wilner
Email: info@jewilner.com
Website: www.jewilner.com
CLASS FEE: $10.00
Sec. A: 1 session; Saturday, June 14; 10:00 AM - 12:00 PM; Plaza Library, Room B, 48th and Main; LIMIT: 12

#4303 A
A Natural Healing Birth is Within Your Reach
Ms. Payne is a nurse, doula, childbirth educator, lactation consultant, and midwifery student. She has helped many women on their childbearing journey. This course is suitable for the pregnant woman and her partner who desire a natural un-medicated birth experience but don’t know quite how to make that happen. Whether you plan a childbirth experience at a local hospital, birth center or in your home, you will learn what you need to know to guide your journey to a healthier, happier birth experience. Bring $5 to class for materials.
CONVENER: Sherry Payne (913-638-0716)
Email: midwifepayne@gmail.com
Website: www.uzazivillage.com
CLASS FEE: $10.00
Sec. A: 1 session; Friday, June 13; 6:00 PM - 8:00 PM; Uzazi Village, 3647 Troost Ave, KC MO 64109; LIMIT: 12

#4304 A
How to Become a Doula
Ms. Payne is a doula trainer, nurse and educator who has been trainer doulas in the local area for two years. She will tell you what it takes to become a certified or non-certified doula, and what the options are for training and specialization (did you know that there are over 20 types of doulas)?! If you’ve always been curious about what it takes to become a doula, here’s your chance to get all your questions answered. Bring $5 for materials.
CONVENER: Sherry Payne (913-638-0716)
Email: midwifepayne@gmail.com
Website: www.uzazivillage.com
CLASS FEE: $10.00
Sec. A: 1 session; Thursday, June 12; 6:00 PM - 8:00 PM; Uzazi Village, 3647 Troost Ave, KC MO 64109; LIMIT: 12
#4305 A or B

**Biblical Oils and Their Uses Today**

Rev. Claire McDaniel DD will lead the class in the history and usage of the various oils of the Bible. Sample each and quickly realize how their healing properties have lasted through the centuries. These are the oils that Jesus not only used but were also gifts to him when he was born. The scents will transport you as Rev. McDaniel relates the story of each one. Refreshments served.

**CONVENER:** Rev. Claire McDaniel (816-438-3451)

**Email:** viableoptions1@gmail.com

**CLASS FEE:** $10.00

**Sec. A:** 1 session; Thursday, June 19; 7:00 PM - 9:00 PM

**Sec. B:** 1 session; Tuesday, June 24; 7:00 PM - 9:00 PM

**MEETS:** Viable Options Swift, North Kansas City, MO. 64116

**816-438-34; LIMIT:** 12

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#4306 A or B

**Your Face Never Lies**

This is a fun class for everyone and a serious one for massage therapists and all energy workers. Your face is the outer barometer for what is happening inside. The history behind Chinese Face Reading is very interesting and learning even the basics of this art is fascinating. Have you ever wondered what all these lines mean on our face? Well...wonder no more... Refreshments served.

**CONVENER:** Linda Laskowski (816-438-3451)

**Email:** viableoptions1@gmail.com

**CLASS FEE:** $10.00

**Sec. A:** 1 session; Tuesday, June 17; 7:00 PM - 9:00 PM

**Sec. B:** 1 session; Thursday, July 17; 7:00 PM - 9:00 PM

**MEETS:** Viable Options Swift, North Kansas City, MO. 64116

**816-438-34; LIMIT:** 15

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#4307 A

**Sound Healing Workshop**

The objective of this 4-hour class is for students to acquire an understanding of sound healing including how it works, why it works and how to start using sound for healing. This class will provide a broad overview of sound healing techniques including singing bowls, tuning forks, percussion and self-created sound, as meditation and healing modalities. Students will leave with the ability to use sound in a variety of ways for their benefit and the benefit of friends, family and the environment.

$25.00 materials fee includes a copy of Jonathan Goldman’s “Seven Secrets of Sound Healing”.

**CONVENER:** Linda VanBibber & George Moon (816-833-1129)

**Email:** laylahv@swbell.net

**CLASS FEE:** $10.00

**Sec. A:** 1 session; Saturday, June 14; 1:00 PM - 5:00 PM

**Harmony Energetics Healing Center, I; LIMIT:** 20

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#4308 A or B

**Making a Difference**

Creative Ways to Leave Your Own Legacy.

This year Communiversity will face some new challenges. We are developing a new online database program that will feature a true shopping cart system for registrants and easy access to class information for our teachers. 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?

Our new gift planning web site, complete with calculating tools is now available. Please visit: [http://advancing.umkc.edu/plannedgiving](http://advancing.umkc.edu/plannedgiving).

- Check out the multiple “libraries” of planned giving, financial planning and estate planning articles.
- Construct your own possible planned gift.
- Create a chart to compare the features and benefits of different planned gifts.
- See how much your income tax deduction will be for your particular planned gift.
- And, much more...

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

We look forward to thanking all of our donors whose vision and generosity will raise our ability to insure an avenue of “free speech” for future generations.
#4309 A
Anatomy of the Human 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. Please bring $10 to class for materials.

CONVENER: George Moon and Linda VanBibber
(816-438-3451)
CLASS FEE: $10.00
Sec. A: 1 session; Saturday, June 21; 2:00 PM - 4:00 PM; Viable Options Swift, North Kansas City, MO. 64116 816-438-34-34; LIMIT: 20

#4310 A
Sound for Healing
This class will provide a broad overview of sound healing, what it is and why it works. Practitioners will learn to use CAndG tuning forks for relaxation and balancing the hemispheres of the brain and how to use self-created sound (toning) for stress relief in a variety of settings.

CONVENER: Linda Laszkowski & Linda VanBibber & George Moon (816-438-3451)
Email: viableoptions1@gmail.com
CLASS FEE: $10.00
Sec. A: 1 session; Tuesday, July 08; 7:00 PM - 9:00 PM; Viable Options Swift, North Kansas City, MO. 64116 816-438-34-34; LIMIT: 15

#4311 A
Cranio-Sacral Technique
This class will provide an introduction to Cranio-Sacral Therapy and Myo-Fascial Release, both theory and hands-on technique with gentle procedures easily utilized by individuals in the family setting. Provider is a Registered Nurse and has been in practice 30 years, trained by John Upledger, DO.

CONVENER: George Moon Registered Nurse (816-438-3451)
Email: viableoptions1@gmail.com
CLASS FEE: $10.00
Sec. A: 1 session; Saturday, July 19; 2:00 PM - 4:00 PM; Viable Options Swift, North Kansas City, MO. 64116 816-438-34-34; LIMIT: 15

#4312 A
Intro 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: $10.00
Sec. A: 1 session; Wednesday, June 18; 6:00 PM - 8:00 PM; Flarsheim Hall, Rm. 262, 5110 Rockhill Rd., UMKC Campus, KCMO; LIMIT: 25

#4313 A
Reiki Play Day
Experience the energizing, relaxing effects of Reiki and other forms of healing energy. Reiki works on physical, emotional and spiritual levels to open the flow in your life. Techniques will be taught to help you be more sensitive to subtle energy. We will play with a variety of energy techniques including Reiki, bio-force, polarity, chakra balancing and healing with sound. The class is held in our home in beautiful Dogwood Forest.

CONVENER: Regina Compemolle (816-547-0266)
Email: sacredeartharts@aol.com
CLASS FEE: $10.00
Sec. A: 1 session; Wednesday, June 18; 7:00 PM - 10:00 PM; Dogwood Forest in Kansas City, Kansas., Call or email for details and directions.; LIMIT: 12

#4314 A
Herbal Home Remedies
Learn what our grandparents don’t teach us anymore. You can use herbal teas, medicinal foods and salves to facilitate your own healing. We’ll take a walk to identify and collect wild medicinals. Hands-on demonstration, samples and handouts included. Wear shoes suitable for light hiking.

CONVENER: Regina Compemolle (816-547-0266)
Email: sacredeartharts@aol.com
CLASS FEE: $10.00 + $20.00 material fee = $30.00
Sec. A: 1 session; Saturday, June 28; 2:00 PM - 5:00 PM; Dogwood Forest in Kansas City, Kansas., Call or email for details and directions.; LIMIT: 12

#4501 A
Kitchen Cosmetics
Come and learn how to make scrubs, balms, lotions and more from ingredients found in your kitchen! Learn how to take care of your home and whole family with less chemicals, less money, and better for your body formulas! Bring $20 material fee to class.

CONVENER: Melissa Toye (816-866-0392)
Email: sacredeartharts@aol.com
Website: http://midwestherbsandoils.com
CLASS FEE: $10.00
Sec. A: 1 session; Wednesday, July 09; 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: 25
#5102 A
**Lets Talk About Your Marriage!**
There are a number of areas within a marriage which will help it to succeed or may cause it to fail. These areas are simple to understand but can be very hard to apply to a specific relationship. In this short class I will cover some strategic areas which could greatly help your marriage. This 1 1/2 hour class should give you much to think about. The keys are understanding your problems, making changes, and keeping them positive. Join us in this interactive class! Dr. Bayer book will be available in the class but is not required ($12 per copy).

**CONVENER:** Mark H. Bayer Ed.D.
**Website:** www.markbayer.9f.com
**CLASS FEE:** $10.00

**Sec. A:** 1 session; Wednesday, June 11; 7:00 PM - 8:30 PM; Flarsheim Hall, Rm. 304, 5110 Rockhill, UMKC Campus, KC; MO; LIMIT: 24

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#5103 A or B
**The Razor's Edge and Intimate Relationship**
We will discuss the obstacles and rewards of cultivating spiritual awareness with a committed intimate partner. How sexual energy, when developed with this awareness can heal the body, mind and emotions. Yet when squandered, can produce precarious effects within the human organism. Practical ideas for those still looking for a partner, as well as for those who are the lone spiritual practitioner in a couple will be offered. Balancing masculine and feminine energies individually and together can create the space for authentic LOVE to prosper.

**CONVENER:** Gnostic Study Center (816-836-3384)
**Website:** gnosticconfraternity.org
**Email:** info@gnosticconfraternity.org
**CLASS FEE:** $10.00

**Sec. A:** 1 session; Thursday, July 17; 7:00 PM - 8:00 PM; Flarsheim Hall, Rm. 304, 5110 Rockhill, UMKC Campus, KC; MO; LIMIT: 9

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#5202 A or B
**Parents and Tots Yoga (Walkers - 3 years)**
This is a wonderful time to spend with your toddler doing something healthy and fun. We play yoga games to keep the kids interacting and engaged. A fun time for all.

**CONVENER:** Marla Murphy (816-268-4660)
**Email:** contact@yogapatch.com
**CLASS FEE:** $10.00

**Sec. A:** 1 session; Tuesday, June 03; 10:15 AM - 11:00 AM; Sec. B:** 1 session; Tuesday, June 10; 10:15 AM - 11:00 AM; MEETS: Yoga Patch, 7108 Mornall Rd., KC 64114; LIMIT: 12

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#5301 A
**How to Feel Good and Stay Positive No Matter What!**
Award-winning author MK Mueller will help you discover how one minute a day can change your energy level, how to make your best decision every time, how to turn BC (Blaming and Complaining) into AD (Acting and Dreaming), and how to change your life using her patented FGH positive attitude formula: Forgiveness for the past; Gratitude for the present; Hope for the future. Our mission at 8 to Great is to inspire and instill life-long habits that increase emotional health, overall happiness, and personal and professional success.

**CONVENER:** MK Mueller (402-212-3033 828-242-9033)
**Email:** info@8togreat.com
**Website:** www.8togreat.com
**CLASS FEE:** $10.00

**Sec. A:** 1 session; Friday, June 27; 1:00 PM - 4:00 PM; 8 to Great Conference Center, 5200 W. 49th Terr., Suite 107, Prairie Village, KS 66207; LIMIT: 20

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**Enlightenment is the key to everything, and it is the key to intimacy, because it is the goal of true authenticity.**

~ Marianne Williamson
If you don’t know where you are going, any road will get you there. ~ Lewis Carroll

#5302 A
Getting My Life in Order
Do you want to live a stress free, happier, healthier life? This course will help anyone who needs to start life over, make some changes, and reinvigorate who they are. These tips will help you make the changes you need to a new improved you. Bring $10 to class for workbook.

CONVENER: Carmelita McRoy
Email: speakingtruthkc@gmail.com
Website: http://www.speakingtruthkc.com
CLASS FEE: $10.00
Sec. A: 1 session; Saturday, July 12; 2:00 PM - 4:00 PM; Ruiz Branch Library, 2017 West Pennway St., Kansas City, MO 64108; LIMIT: 15

#5303 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 Benson (816-914-3601)
Email: cathy.cowger@gmail.com
Website: cedarlaefarm.us
CLASS FEE: $10.00
Sec. A: 1 session; Saturday, June 14; 10:00 AM - 12:00 PM
Sec. B: 1 session; Saturday, July 19; 10:00 AM - 12:00 PM
MEETS: 13004 NW 81st Street, Kansas City, MO 64110; LIMIT: 10

#5304 A
Keys to Building a Better Life Through Attitude and Better Understanding Yourself!
Everyone has natural strengths and weaknesses. We also have struggles which can make life hard. By understanding some basic areas of human struggle and better understanding our own paths through life, a more productive course can be developed. In this class we will talk about how our personalities and struggles influence our lives. Working through this class will help you develop a genuinely positive attitude in life. Please join in this interactive class.

CONVENER: Mark H. Bayer Ed.D. & www.markbayer.9f.com
Email: nkoma@yahoo.com
Website: www.markbayer.9f.com
CLASS FEE: $10.00
Sec. A: 1 session; Wednesday, June 18; 7:00 PM - 8:30 PM; Plaza Library, Room A, 48th & Main, KC \OM; LIMIT: 24

#5305 A
Do-It-Yourself Intervention Workshop
An instructional and inspirational workshop for professionals, laypersons, clergy, family members, concerned significant others and/or friends of anyone that has a direct or indirect relationship with an addict. You will learn step-by-step the skills required throughout the intervention process as you gain deeper understanding of self-mastery, codependency, spirituality and the process of change in order to interact differently and more effectively with a resistant addict.

CONVENER: Marla Looper (913-634-9053 816-825-1243)
Email: marlalooper@gmail.com
Website: www.aninconvenienttruth.wix.com/recoveryprofessional
CLASS FEE: $10.00
Sec. A: 1 session; Monday, June 09; 6:00 PM - 8:00 PM; Ruiz Branch Library, 2017 West Pennway St., Kansas City, MO 64108; LIMIT: 20

#5306 A
Introduction to Scientific Hand Reading
Scientific hand reading/analysis is not palmistry or fortune-telling and is not predictive. It is an objective analysis of your hand patterns that reveal your unique potential, life lessons or challenges, gifts, untapped talents, life purpose which gives your life direction. In this introductory class students will learn the difference between routine palmistry and scientific hand reading. Archie has practical scientific hand reading for 18 years and has helped many in resolving their life’s goals and bring happiness and peace in their lives.

CONVENER: Ashokkumar “Archie” Acharya
CLASS FEE: $10.00
Sec. A: 1 session; Saturday, June 14; 10:00 AM - 12:00 PM; Central Library, Rm. 419, 5100 Cherry, Kansas City, MO 64110, metered parking on 5th floor of new parking structure at 50th and Oak; LIMIT: 15

#5307 A
Basic Scientific Hand Reading
Learn the anatomy and important features of the hand including shape, texture, consistency, color, divisions of hand and finger nails. It also consists of mounts, lines and timings on lines. In the last lesson we’ll learn about finger prints and other ridge patterns on the palm. Archie has been doing readings for 18 years and has helped many in resolving their life’s goals and bring happiness and peace in their lives. Take advantage of this class now as Archie will be moving back to India after the summer semester. Skip July 5.

CONVENER: Ashokkumar “Archie” Acharya
CLASS FEE: $18.00
Sec. A: 5 sessions; Saturdays, beginning June 14; 10:30 AM - 11:45 AM; Flarsheim Hall, Rm. 260, 5110 Rockhill Rd., UMKC Campus, KC \OM; LIMIT: 15

#5308 A
Applied Scientific Hand Analysis
Learn how to assess the intricate issues and problems related to relationships, compatibility, occupational suitability, travel and movements and retirement. We’ll also discuss and highlight markings related to health matters and explain the issues about middle age crisis. Class will conclude with the signature of the hand and also the signature of time. Convener has been doing readings for 18 years and has helped many in resolving their life’s goals and bring happiness and peace in their lives. Take advantage of this class now as Archie will be moving back to India after the summer semester.

CONVENER: Ashokkumar “Archie” Acharya
CLASS FEE: $18.00
Sec. A: 5 sessions; Saturdays, beginning July 26; 10:30 AM - 12:00 PM; Flarsheim Hall, Rm. 260, 5110 Rockhill Rd., UMKC Campus, KC \OM; LIMIT: 15

#5309 A or B
Dream It! Plan It! Do It!
Define your dream, discover your purpose, align your vision with your core values, and create tangible goals with tools to chart a course and a powerful plan of action. Dr. Julie Connor is the author of Dreams to Action Trailblazer’s Guide.

CONVENER: Julie Connor (913-617-9979)
Email: julie@DrJulieConnor.com
Website: www.drjulieconnor.com
CLASS FEE: $10.00 + $5.00 material fee = $15.00
Sec. A: 1 session; Monday, June 09; 7:00 PM - 8:30 PM; UMKC School of Medicine, Theatre C, first floor; 2411 Holmes, KC \OM; Parking is on Charlotte, Bring picture ID; LIMIT: 25
Sec. B: 1 session; Monday, June 16; 10:00 AM - 11:30 AM; ITT Technical Institute, 7600 West 119th Street, Suite 100; Overland Park, KS; LIMIT: 30

#5310 A or B
The Next Great Stage
Transitions invite you to explore new opportunities with all of the knowledge and skills from your life experiences. Explore and celebrate The Next Great Stage of your life. Dr. Julie Connor is the author of Dreams to Action Trailblazer’s Guide.

CONVENER: Julie Connor (913-617-9979)
Email: julie@DrJulieConnor.com
Website: www.drjulieconnor.com
CLASS FEE: $10.00 + $5.00 material fee = $15.00
Sec. A: 1 session; Monday, July 14; 7:00 PM - 8:30 PM; Central Library, Rm. 310, 14 W. 10th St, Kansas City, MO 64105, NE corner of Baltimore & 10th; LIMIT: 14
Sec. B: 1 session; Monday, July 14; 10:00 AM - 11:30 AM; ITT Technical Institute, 7600 West 119th Street, Suite 100; Overland Park, KS; LIMIT: 25
#5311 A or B
**Just us Girls—The Next Great Stage**

Similar to “The Next Great Stage” workshop, this seminar is designed for females over 40 who yearn for support and energy of other women. Transitions invite you to explore new opportunities and to step into your power with all of the knowledge and skills from your life experiences. Learn new tools to explore and celebrate The Next Great Stage of your life.

**CONVENER:** Julie Connor (913-617-9979)
Email: Julie@DrJulieConnor.com
Website: www.drjulieconnor.com
CLASS FEE: $10.00 + $5.00 material fee = $15.00

**Sec. A:** 1 session; Monday, July 21; 10:00 AM - 11:30 AM; MEETS: ITT Technical Institute, 7600 West 119th Street, Suite 100, Overland Park, KS; LIMIT: 25

**Sec. B:** 1 session; Wednesday, July 23; 10:00 AM - 11:30 AM; MEETS: ITT Technical Institute, 7600 West 119th Street, Suite 100, Overland Park, KS; LIMIT: 25

#5312 A
**Improving Self-Esteem**

Do you suffer from low self-esteem? In this workshop, we will use the techniques of EFT and Hypnosis to help you feel more confident, less worried about what other people think of you, more relaxed in social situations, more confident about how you look, more confident about your ideas, more able to stand up to bullies. Carol Henderson is a Certified Hypnotherapist.

**CONVENER:** Carol Henderson (913-908-6907)
Email: carol@newdayhypno.com
Website: www.NewDayHypno.com
CLASS FEE: $10.00

**Sec. A:** 1 session; Saturday, June 07; 10:00 AM - 12:00 PM; Conf. Room, #3, 6405 Metcalf, Overland Park, KS, Conference Room; LIMIT: 25

#5401 A
**Nuts and Bolts of Divorce**

As a local divorce attorney, I would like to help people understand the process of divorce in Missouri. Also, I would like to talk about the emotional process that one experiences.

**CONVENER:** Rebecca Martin
CLASS FEE: $16.00

**Sec. A:** 3 sessions; Saturdays, beginning June 07; 1:00 PM - 4:00 PM; Flarsheim Hall, Rm. 304, 5110 Rockhill, UMKC Campus, KCMO; LIMIT: 20

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**Sexuality**

#5501 A
**Flirting 101**

When you send loving, playful energy out into the world it comes back! Learn to focus your intent on the kind of romance you want in your life, practical steps to amp up “inner game”, crafting expert positive affirmations, common myths and FAQ’s of dating (including online), and cultivating a more fun, positive and carefree way of relating. Instructor is a Masters level Marriage and Family Therapist, spent years volunteering in community Sex-Ed, and has worked as a professional wingwoman. Bring $2 to class for materials and rent.

**CONVENER:** Dhyana Coil
Email: dhyanaac@gmail.com
Website: http://therapists.psychologytoday.com/ms/name/Dhyana_Coil_T-LMFT_MS_Overland+Park_Kansas_173975
CLASS FEE: $10.00

**Sec. A:** 1 session; Saturday, June 21; 2:00 PM - 4:00 PM; Beal Building, 8626 Santa Fe, Suite 204, Overland Park 66212; LIMIT: 17

#5502 A
**Sexual Alchemy in the Gnostic Tradition**

In this class we will discuss concepts of energetic transmutation for spiritual development. How the use and abuse of atomic sexual energy can impact sensory perception, physical vitality, psychological and emotional balance. We will watch excerpts from the film “Sex: the Gate to Eden,” using historical reference to comprehend symbols of alchemy such as the Caduceus, the serpent of Adam and Eve, and the Kabbalistic Tree of Life. In contemporary life these concepts and practices are still regarded as sacred mysteries of sexuality.

**CONVENER:** Gnostic Study Center & Anna Bedinger (816-836-3384)
Email: info@gnosticconfraternity.org
Website: gnosticconfraternity.org
CLASS FEE: $10.00

**Sec. A:** 1 session; Friday, July 11; 7:00 PM - 8:00 PM; The Gnostic Confraternity, 1805 W. 39th St. KC, MO 64111; LIMIT: 9
inner paths

Spirituality

#6001 A The Direct Experience of God
Ever wondered how to experience more of God in this modern world? Explore this using the life and teaching of Jesus in an integral framework of understanding, interpreted by our stage of development, accessed in practices of altered states of consciousness, enlarged by the three faces of God, and held in nondual awareness which Jesus called kingdom of God. Led by retired minister of Broadway Church in Westport and author of “Integral Christianity: The Spirit’s Call to Evolve.” Those of any religious tradition as well as none are welcome.

CONVENER: Paul Smith
Email: paulsmith@revpaulsmith.com
CLASS FEE: $18.00
Sec. A: 1 session; Thursday, August 14; 7:30 PM - 9:00 PM; Location to be announced; LIMIT: 100

#6002 A or B Crop Circles
At the simplest level the message of the crop circles seems to be “You are not alone. We want to communicate with you. Your view of reality needs to expand.” We do not need to label as a hoax or joke what we cannot explain. Yes, there are hoaxes, but over 10,000? really? Crop circles may be a way of initiating a conversation - they aren’t going to land on the White House lawn. Convenor will be attending the annual crop circle conference in Wiltshire, England prior to the class.

CONVENER: Barbara Heckathorn (816-756-2648)
Email: barbaraheckathorn@hotmail.com
CLASS FEE: $10.00
Sec. A: 1 session; Monday, August 11; 7:30 PM - 9:00 PM; MEETS: 3611 Wyoming #1, KCMO; LIMIT: 10

A Course in Miracles

“A Course in Miracles” is a spiritual teaching that has been spreading around the globe since the mid 70’s and has been translated into more than 10 languages. It is a course in mind training that teaches: “Nothing real can be threatened, nothing unreal exists. Herein lies the peace of God.” Visit a group that has been meeting since 1992, which includes all levels of students. Barbara has been a student and teacher of “A Course in Miracles” since 1991 and is a therapist/spiritual guide who uses the principals of the course.

CONVENER: Barbara Heckathorn (816-756-2648)
Email: barbaraheckathorn@hotmail.com
CLASS FEE: $10.00
Sec. A: 1 session; Monday, June 23; 12:00 PM - 1:30 PM; Sec. B: 1 session; Saturday, June 28; 3:30 PM - 5:00 PM; MEETS: 3611 Wyoming #1; KCMO; LIMIT: 10

#6004 A The Urantia Book
If you are interested in the really big picture and want to know what’s going on here, this is the book. We will discuss the history of the cosmos, the local universe, local system, and planet Earth (Urantia). Barbara believes this book contains the best account of the life and teachings of Jesus. First published in 1955, the book has an international following and has been translated into many languages. Barbara is a hospice social worker with a small private psychotherapy practice and enjoys studying and teaching spirituality and theology.

CONVENER: Barbara Heckathorn (816-756-2648)
Email: barbaraheckathorn@hotmail.com
CLASS FEE: $10.00
Sec. A: 1 session; Wednesday, July 02; 1:00 PM - 2:30 PM; 3611 Wyoming #1; KCMO; LIMIT: 10

#6005 A The Forgiveness Process
Increase your spiritual practice by including forgiveness. We’ll discuss the meanings of forgiveness and how it benefits you. We’ll conclude with a short meditation that is respectful to all faiths. Craig is the author of the books “Forgiving Judas - A Man’s Journey to Forgive His Brother” and “Forgiving Our Fathers, Forgiving Ourselves.” They are works of fiction based on true events. Craig is also a counselor in the Kansas City area and has developed a forgiveness meditation on CD which will be available for purchase.

CONVENER: Craig McAndrew (913-206-5317)
Email: kansascitycounselor@yahoo.com
CLASS FEE: $10.00
Sec. A: 1 session; Saturday, June 07; 1:00 PM - 3:00 PM; 4635 Wyandotte, Suite 204, KCMO; LIMIT: 8

#6006 A How to Access and Enter the Ancient Secret Chamber of the Heart
A Buddhist poem, “Within the heart is the lotus, within the lotus is the jewel, within the jewel is the source of all creation. You’ll learn about the real “secret chamber of the heart” within the sacred heart where you can access your higher self and where you can recreate your world through conscious co-creation. Please join me for a very interesting discussion on the journey from the brain to the heart.

CONVENER: Denise Brown (913-488-6939)
Email: dbrown@eventstlc.net
CLASS FEE: $10.00
Sec. A: 1 session; Wednesday, June 25; 7:00 PM - 8:30 PM; Central Library, Rm. 312, 14 West 10th St., Kansas City, MO 64105, NE corner of Baltimore & 10th; LIMIT: 16

Meditation

#6201 A Women’s Re-Birthday of Sacred Play
Six hours of Meditation: silent, guided, moving: Art - clay, paint, collage; Play - singing bowls, sacred bells, healing drums, women’s voices; Vision: astrology, tarot, shamanic journey, intuitive healing; Nourishing food and laughing women. Bring a vegan dish to share.

CONVENER: Regina Compernolle (816-547-0266)
Email: sacredeartharts@aol.com
CLASS FEE: $14.00 + $20.00 material fee = $34.00
Sec. A: 1 session; Saturday, June 14; 1:00 PM - 8:00 PM; Dogwood Forest in Kansas City, Kansas., Call or email for details and directions.; LIMIT: 12

#6202 A Beginning Meditation
Have you tried to meditate but experienced problems? Have you wanted to learn to meditate, but weren’t sure where to start? If you are ready to begin a meditation practice then this is the course for you. Meditation reduces stress, increases blood flow and is beneficial in many areas of one’s life. Craig has developed a meditation CD that is available for purchase.

CONVENER: Craig McAndrew (913-206-5317)
Email: kansascitycounselor@yahoo.com
CLASS FEE: $10.00
Sec. A: 1 session; Saturday, June 07; 11:00 AM - 1:00 PM; 4635 Wyandotte St, Kansas City, MO, suite 204, KCMO; LIMIT: 8
#6203 A or B

**So You Don't Think You Can Be Hypnotized?**

Have you ever wondered “can I be hypnotized?” Would you like to know the basis of hypnotherapy? Do you have questions that you would just love to have answered? Bring your questions and I will supply the answers. And yes I can hypnotize you... without a doubt. The class will be facilitated by Ramie Haas, a professional NLP practitioner and Hypnotherapist. Refreshments served.

**CONVENER:** Ramie Haas (816-438-3451)
Email: viableoption1@gmail.com
CLASS FEE: $10.00
**Sec. A:** 1 session; Thursday, June 05; 7:00 PM - 9:00 PM;
MEETS: Viable Options Swift, North Kansas City, MO, 64116 816-438-34; LIMIT: 15

#6204 A

**Meditation Myth or Mayhem**

Meditation is like life, one needs a little experience to gain an understanding. Anyone can learn the simple science of these techniques. This course will involve both mind and heart to establish peace of mind. Instructor has 30 years experience working with individuals, various groups and older adults. Bring $2 for materials to class.

**CONVENER:** Alan Lee Lippincott (816-529-2771)
CLASS FEE: $10.00
**Sec. A:** 1 session; Tuesday, July 01; 7:00 AM - 8:15 AM; Plaza Westhpirlng, 1900 W. 47th Place, #328, Westwood, Ks. 66205; LIMIT: 12

#6205 A

**Your Animal Spirit Guides and the Four Directions**

Cat RunningElk, intuitive, healer, author and spiritual teacher, will introduce you to your own animal spirit guides. Through guided meditation, or a spiritual journey, Cat will help you open up to the wisdom of your own Guides. You will learn how to access this wisdom in your day to day life.

**CONVENER:** Cat RunningElk
Email: catrunningelk@aol.com
Website: www.catrunningelk.com
CLASS FEE: $10.00
**Sec. A:** 1 session; Monday, July 28; 7:00 PM - 9:00 PM; Teleconference call in. You will be contacted after you register with full instructions on how to call in.; LIMIT: 21

#6206 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: $10.00
**Sec. A:** 1 session; Wednesday, July 02; 6:30 PM - 9:30 PM; Flarathein Hall, Rm. 304, 5110 Rockhill, UMKC Campus, KC MO; LIMIT: 20

#6207 A

**Relaxation Skills**

Learn a variety of tools to calm the mind and body, focus awareness, techniques to make meditation easy, 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 mindfullness 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. Bring $2 to class for materials and rent.

**CONVENER:** Dhyana Coil
Email: dhyacal@gmail.com
Website: http://therapists.psychologytoday.com/mms/name/Dhyana_Coil_TLMFT_MS_Overland+Park_Kansas_173975
CLASS FEE: $10.00
**Sec. A:** 1 session; Saturday, July 12; 2:00 PM - 4:00 PM; Beal Building, 8826 Santa Fe, Suite 204, Overland Park 66212; LIMIT: 17

#6208 A

**A Pathway to Health: Access Health through the Mind Body and Spirit Connection**

This course promotes health benefits that can be realized by understanding the Mind Body and Spirit connection. The goal is to introduce the chakra system in the human body as a holistic approach to manage overall health. Learn a breathing technique and meditation as tools to reduce stress, aid in pain management, gain focus and problem solve. Bring $5 to class for materials.

**CONVENER:** Tracy Glenn
Email: tracy@emateyroessence.com
CLASS FEE: $10.00
**Sec. A:** 1 session; Tuesday, June 10; 6:30 PM - 8:00 PM; Central Library, Rm. 312, 14 West 10th St., Kansas City, MO 64105, NE corner of Baltimore & 10th; LIMIT: 16

#6301 A or B

**Intro to Mediumship**

Have you ever smelled a particular scent of someone who has passed? Thought you heard voices, yet no one is there? Have you wondered if loved ones or friends who have passed, are still around? If so, this class is for you. This introductory and interactive workshop will show you techniques and skills of mediumship and how you, yes you, can learn to communicate with spirit and discover talents you never thought you had. Jamie is a local psychic medium who loves teaching and is excited to show you new ways of talking to spirit.

**CONVENER:** Jamie Collins (913-579-8258)
Email: punlimited@yahoo.com
CLASS FEE: $10.00
**Sec. A:** 1 session; Saturday, June 21; 10:00 AM - 12:00 PM; Waldo Branch Library, Rm. B, 201 East 75th Street, Kansas City, MO 64114; LIMIT: 15
**Sec. B:** 1 session; Saturday, July 12; 10:00 AM - 12:00 PM; Westport Library, Meeting Room, 118 Westport Road, Kansas City, MO 64111, please use street parking; LIMIT: 25

#6303 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 Compemolle (816-547-0265)
Email: sacredeartharts@aol.com
CLASS FEE: $10.00
**Sec. A:** 1 session; Monday, June 16; 7:00 PM - 9:00 PM; Rag and Bone, 1412 W. 12th, KC MO, (in the West Bottoms at the bottom of 12th St); LIMIT: 8
Do you believe you have psychic ability? What exactly does it mean to be psychic? Have you ever “felt”, “seen” or “heard” things and not been sure where it came from? Have you wanted to learn skills and techniques so you can learn to decipher the information and take your skills to the next level? This interactive workshop promises to give you new and fun ways to connect with spirit and enhance your abilities. Jamie is a local psychic medium who enjoys teaching and is excited to show you new ways of connecting with spirit.

CONVENER: Jamie Collins (913-579-8258)
Email: punlimited@yahoo.com
CLASS FEE: $10.00
Sec. A: 1 session; Saturday, June 28; 10:00 AM - 12:00 PM;
Westport Library, Meeting Room, 118 Westport Road, Kansas City, MO 64111, please use street parking; LIMIT: 25

Understanding Your Life Purpose with Numerology

Cat RunningElk, Spiritual Teacher, Author, Intuitive and Healer, shares the enlightening science of Numerology. Numerology helps us to better understand who we are and why we are here. Through aligning with your life path, you will find greater happiness and peace in your day to day life. You will learn your own life path number, and what it means, and students will also learn how to understand the life path numbers of friends and family.

CONVENER: Cat RunningElk
Email: catrunningelk@aol.com
Website: www.catrunningelk.com
CLASS FEE: $10.00
Sec. A: 1 session; Monday, June 30; 7:00 PM - 9:00 PM;
Teleconference call in, You will be contacted after you register with full instructions on how to call in; LIMIT: 21

What is “HamBingo”?

• Hosted by KC’s fabulous drag queen, Daisy Bucket
• not your typical “church basement bingo!”
• The show can get a little risqué.
• It’s all about having fun while supporting Communiversity.

Great Food & Prizes
Free Admission
Wednesday
July 2
8 PM
Hamburger Mary’s
101 Southwest Blvd.
Kansas City, MO 64108-1923

A Festival for all Women
September 18-21, 2014
Theme ~ Mother of Nature & Magic
Temple Goddess ~ Isis
Musical Guest ~ SJ Tucker
Keynote Speaker ~ Summer Osborne & Jen Harris

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Facebook ~ Gaea Goddess Gathering

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Kansas City, MO 64111
816/931-6303
or 877/531-1046 toll free
For up-to-date calendar
The Rime Buddhist Center

Are you a spiritual seeker? 
Do you seek inner peace, kindness, wisdom, and compassion? 
Want to become more involved in your community and world peace? 
Curious about Buddhist practices and meditation?

If so, welcome to the Rime Buddhist Center, the only authentic Tibetan Buddhist center in the area with an authentically ordained Buddhist lama. We are a non-sectarian center dedicated to the cultivation of wisdom and compassion and offer the area’s most qualified programs of Buddhist studies and Tibetan culture taught by monks, lamas and other qualified Buddhist teachers.

Please join us, we have many programs to fit your interests and schedule!

Here’s a sample of what we offer:

Service, Child Care & Dharma School (for children & teens) 
Every Sunday at 10:30 
Noon meditation practice – Monday - Thursday 
Free meditation instruction – every Wednesday at 6 p.m. 
Basics of Buddhism – 12-week beginner’s class starting January 30, 2014 
Special seasonal spiritual events throughout the year 
Community outreach programs

The Rime Buddhist Center, 700 W. Pennway, Kansas City, Missouri
Online Resources: www.rimecenter.org  Dharma talk podcasts: http://lama108.jibsyn.com/
Find us on Facebook! “Rime Buddhist Center Community”

Photo by Mark Berndt. 
Lama Changchup Kunchok Dorje 
(Chuck Stanford) 
Executive Director 
and Spiritual Leader
outer paths

Martial Arts

#7001 A
Six Elbows Kung Fu
Six elbows kung fu is a rare southern kung fu system from Canton, China. It is excellent for exercise and self-defense. It has many empty-hand forms, a fan form, a long pole form and a two-person form. Instructor Chun Man Sit learned this art in his native city, Hong Kong in the ’70s.
CONVENER: Chun Man Sit
Email: cmsh@everestkc.net
CLASS FEE: $10.00
Sec. A: 1 session; Saturday, August 02; 9:00 AM - 10:30 AM; 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: 12

Recreation

#7101 A
Naturism/Nudism 101
Explore the history, philosophy, and legality of clothing optional recreation. Learn in a respectful setting about clothing optional recreation on a local level. The class will take a simple discussion format and will be taught by an officer of the Heartland Naturists.
CONVENER: Mike C.
CLASS FEE: $10.00
Sec. A: 1 session; Thursday, July 10; 7:00 PM - 9:00 PM; Plaza Library, Room B, 48th and Main; LIMIT: 12

Trips & Tours

#7103 A
Are You Ready for Some Soccer?—A Guide to the 2014 World Cup
This crash course is a friendly beginner’s introduction designed to get you up to speed in time for this summer’s World Cup. Soccer is growing and quickly gaining a following in the USA - especially in Kansas City. Find out what the buzz is all about! We’ll learn about World Cup history, the teams, the players, the rules, and much more. The convener will email you a copy of his presentation when the class is over. Printouts available upon request.
CONVENER: Alfonso Hernandez
Email: alfonso1000@yahoo.com
CLASS FEE: $10.00
Sec. A: 1 session; Saturday, June 07; 10:00 AM - 11:30 AM; Westport Library, Meeting Room, 118 Westport Road, Kansas City, MO 64111, please use street parking; LIMIT: 15

#7002 A
Let’s Talk About Diversity
We’ve gone from debating integration versus segregation to the age of inclusion and tolerance. But how are you coping in these changing times? America is diverse and demands understanding. How these changes have impacted us. The goal is to share experiences, learn from others and gain understanding.
CONVENER: Donna Jackson (816-889-7749)
CLASS FEE: $10.00 + $10.00 material fee = $20.00
Sec. A: 1 session; Saturday, June 28; 12:00 PM - 2:00 PM; Westport Library, Meeting Room, 115 Westport Road, Kansas City, MO 64111, please use street parking; LIMIT: 20

Social Concerns

#8001 A
Could it be Dyslexia?
What do Walt Disney, Tom Cruise and Leonardo da Vinci have in common? They all have dyslexia! The National Institutes of Health estimates that approximately 1 in 5 people has dyslexia to some degree, yet very few people have accurate information about it. Dyslexia is inherited and affects the way that language is processed in the brain, often resulting difficulties with spelling, writing, and reading. Yet, there are many strengths associated with dyslexia and many famous and gifted people have dyslexia. This session will address the brain-based research about dyslexia; what it is, how to recognize it, and what can be done to support children and families who are struggling.
CONVENER: Ann Kavanagh (816-536-2524)
Email: readingsolutionskc@gmail.com
CLASS FEE: $10.00
Sec. A: 1 session; Monday, June 09; 6:00 PM - 7:30 PM; Central Library, Turner Board Rm., 14 West 10th St., Kansas City, MO 64105, NE corner of Baltimore & 10th; LIMIT: 16

#8002 A
Dyslexia 101: Understanding and Supporting Children & Adults with Dyslexia
What is dyslexia, how do you know if you have it, how do you recognize it, and what can be done to support children and families who are struggling. This session will address what dyslexia is, how it is associated with dyslexia and many famous and gifted people have dyslexia. Dyslexia is inherited and affects the way that language is processed in the brain, often resulting difficulties with spelling, writing, and reading. Yet, there are many strengths associated with dyslexia and many famous and gifted people have dyslexia. Dyslexia is inherited and affects the way that language is processed in the brain, often resulting difficulties with spelling, writing, and reading. Yet, there are many strengths associated with dyslexia and many famous and gifted people have dyslexia. This session will address the brain-based research about dyslexia; what it is, how to recognize it, and what can be done to support children and families who are struggling.
CONVENER: Donna Jackson (816-889-7749)
CLASS FEE: $10.00 + $10.00 material fee = $20.00
Sec. A: 1 session; Saturday, June 28; 12:00 PM - 2:00 PM; Westport Library, Meeting Room, 115 Westport Road, Kansas City, MO 64111, please use street parking; LIMIT: 20

Camping 101
Think camping is scary? It doesn’t have to be! Come take a dip in the shallow end with an experienced instructor. This is a beginner’s course meant to introduce you to the outdoors and teach skills you need to be safe and have a great time: safety, fire starting, basic skills and campfire cooking and more. Class will conclude with an overnight camping trip the following weekend (car camping—no hiking required). Must bring $15 to class for camping costs (i.e. food, permit, etc.).
CONVENER: Doug Marshall (816-547-0003)
Email: theamazingdoug@gmail.com
CLASS FEE: $14.00
Sec. A: 2 sessions; Classroom session meets on Monday, June 23; 6:00 PM - 10:00 PM; Royall Hall, Rm. 205, 52nd St. between Rockhill & Holmes, UMKC Campus, KC; The camping trip will meet Saturday, June 28 from 12:00 noon to Sunday, June 29 at 12 noon, location will be announced at first session; LIMIT: 10

When power leads man toward arrogance, poetry reminds him of his limitations.
When power narrows the area of man’s concern, poetry reminds him of the richness and diversity of existence.
When power corrupts, poetry cleanses.
~ John F. Kennedy
SUNDAY, JUNE 29
2pm - 10pm
IBEW Local 124, 301 E. 103rd Terr, KCMO

10 LIVE BANDS!
SCHEDULE TO BE ANNOUNCED
If interested in being a featured band
contact Bill Clause at 816.994.7869

Advance Day Passes for the
KKFI 90.1FM benefit $15.
Entrance for Day of Show is $20.
Advance Tickets at www.kkfi.org.
Food will be provided by Curly's Q
Competition Style Barbecue

Rain or shine, indoor and/or outdoor, we'll spend hours swapping
tunes, trading licks, tuning our harmonies, or simply kicking back
and listening to the music.
Communiversity is now partnering with Ed2Go to offer a wide range of highly interactive online courses. All of our online courses are instructor led by expert instructors, many of whom are nationally known authors. Our online courses are affordable, fun, fast, and provide convenience and flexibility. In fact they are all 6 weeks long with 24 hours of class time for $105. Enjoy! The only way to register for the online classes is online at www.ed2go.com/commu. No regular Communiversity discounts or credits apply to Ed2go/Communiversity classes.

### Online—www.ed2go.com/commu

**Accounting Fundamentals**

Gain a marketable new skill by learning the basics of double-entry bookkeeping, financial reporting, and more.

Facilitated by Charlene Messier.

With more than 20 years of teaching experience to her credit, Charlene Messier had 12 years of practical experience in business following her college training. She now teaches business subjects to over 100 students a year at the quaint New England Village High School from which she graduated 38 years ago. She specializes in teaching adult education courses in accounting, word processing, business law, and business economics.

Register Online at www.ed2go.com/commu

**A to Z Grant Writing**

Learn how to research and develop relationships with potential funding sources, organize grantwriting campaigns, and prepare proposals.

Facilitated by Linda Vallejo.

Linda Vallejo has over 30 years experience as a professional grant writer and grant-writing instructor. She has written proposals for a variety of nonprofit organizations, universities, schools, and county and city agencies with interests ranging from the arts, education, environment, health and human services, and faith-based programs to community and economic development projects.

Register Online at www.ed2go.com/commu

**Introduction to Microsoft Excel 2010**

Become proficient in using Microsoft Excel 2010 and discover dozens of shortcuts and tricks for setting up fully formatted worksheets quickly and efficiently.

Facilitated by Chad Wambolt.

Chad Wambolt is a graduate of Boise State University, where he obtained his bachelor's degree in accounting. He has spent his entire professional career in the finance field, working for both privately and publicly held companies with sales ranging from $500 million to $3 billion. Through the course of his career, Chad has become an expert user of Microsoft Excel. His knowledge of Excel's capabilities has helped organizations streamline processes and save countless hours of labor. Chad has taught Excel to students of varying skill levels since 1997.

Register Online at www.ed2go.com/commu

**Beginning Writer’s Workshop**

Get a taste of the writer’s life and improve your writing skills in this introduction to writing creatively.

Facilitated by Ann Linquist.

Ann Linquist is a popular continuing education instructor on college campuses, at corporations, and with non-profit organizations. She has helped thousands of adults learn to tackle their writing tasks with enthusiasm. Having written everything from novels to newsletters, articles to ad copy, and poetry to proposals, Linquist is able to address the writing needs of each individual. The breadth of her background ensures a powerful, involving learning experience that builds on the strengths of each participant.

Register Online at www.ed2go.com/commu

**Creating Web Pages**

Learn the basics of HTML so you can design, create, and post your very own site on the Web.

Facilitated by Alan Simpson.

With over 100 published books to his name, award-winning author Alan Simpson is widely regarded as a computer and Internet guru. His books have been published throughout the world in over a dozen languages. Alan is a seasoned veteran of the computer industry, and his books and online courses cover virtually all aspects of the computer industry, including Web development, operating systems, word processing, spreadsheets, databases, programming, networking, and security.

Register Online at www.ed2go.com/commu

**Computer Skills for the Workplace**

Gain a working knowledge of the computer skills you’ll need to succeed in today’s job market.

Facilitated by David Paquin.

Dave Paquin has been teaching computer skills in the classroom for over 15 years. He holds a Master of Science degree in Training and Learning Technology and has extensive experience as a Human Resources manager.

Register Online at www.ed2go.com/commu

**Secrets of Better Photography**

Learn how to take better pictures by understanding your camera and how to use it in a variety of situations.

Facilitated by Beverly Richards Schulz.

Beverly Richards Schulz is a graduate of the New York Institute of Photography and an award-winning photographer.

She has been teaching photography for more than 15 years. Since her first class with ed2go in 2000, she has written more than 30 online classes in digital photography and digital editing, and she’s had the privilege of working with more than 60,000 students. She has a BA in Legal Studies from UC Berkeley, and a master’s degree in Adult and Continuing Education.

Register Online at www.ed2go.com/commu

**Introduction to QuickBooks 2013**

Learn how to quickly and efficiently gain control of the financial aspects of your business with this powerful accounting software program.

Facilitated by Scott Paxton.

Scott Paxton is a Certified Public Accountant, and his background includes experience as a public accountant, a manager in the banking industry, an entrepreneur, and a college business instructor. He is a Certified QuickBooks Professional Advisor and he has authored a QuickBooks workbook that focuses on implementing and troubleshooting the program.

Register Online at www.ed2go.com/commu
**Introduction to Photoshop CS6**
Learn how to use Photoshop CS6, the world’s best graphics program for photographers, to edit photos and create original images.
Facilitated by Sherry London.
Sherry London is a noted Photoshop and Illustrator expert, an artist, a writer, and a teacher. Her fiber art has been featured in magazines and exhibitions. Her published works include Photoshop CS2 Gone Wild, Photoshop Magic, Photoshop Effects Magic, Photoshop In Depth, Photoshop Textures Magic, and Illustrator Fx and Design. She wrote the Tips and Tricks column for Photoshop User magazine for many years and is a two-time nominee to the Photoshop Hall of Fame. Write Fiction Like a Pro
Register Online at www.ed2go.com/commu

**Using Social Media in Business**
Learn how to use the five most popular social media platforms—Facebook, Twitter, LinkedIn, Pinterest, and Google+—to grow and promote your business.
Facilitated by Brad Semp.
Brad Semp, Ph.D., is Director of Sales and Marketing at a global corporation, a life-long entrepreneur, and a former professor of Bachelors and Masters of Science courses in Internet Marketing. Dr. Brad is active on social media platforms to engage with prospects and customers, expand relationships, and to grow businesses. He routinely coaches other entrepreneurs and business owners and consults with Fortune 500 organizations on how to design and implement effective social media systems, strategies, and tactics.
Register Online at www.ed2go.com/commu

**Write Fiction Like a Pro**
A Hollywood writer and author teaches you how professional writers use story outlines to structure any type of story.
Facilitated by Steve Alcorn.
Steve Alcorn is the published author of a wide range of fiction and nonfiction works including the mystery A Matter of Justice, the historical novel Everything in Its Path, the romance Ring of Diamonds (under the pseudonym Sharon Stevens), and an illustrated journal of his travels around the world called Travel Kid. During the past decade he has helped more than 10,000 students turn their story ideas into reality, and many of his students have published novels they developed in his classes. When he isn’t writing and teaching, Steve is the CEO of Alcorn McBride Inc., a leading theme park design company.
Register Online at www.ed2go.com/commu

**Speed Spanish**
Learn six easy recipes to glue Spanish words together into sentences, and you’ll be engaging in conversational Spanish in no time.
Facilitated by Dan Mikels.
Dan Mikels is a college instructor who has been teaching Spanish for more than 20 years. He holds a Master’s degree and has authored and coauthored more than 20 educational products, including Speed Spanish, Fast French, and a variety of reading programs.
Register Online at www.ed2go.com/commu

**Start Your Own Small Business**
Stop dreaming and learn how to start your own successful small business.
Facilitated by Kris Solie-Johnson.
Kris Solie-Johnson, chancellor and president of the American Institute of Small Business, best-selling author, educator, speaker, and mother of three, is an energetic and passionate entrepreneur. Her books are in public libraries, high schools, colleges, and military bases both nationally and internationally. Solie-Johnson has an MBA in Venture Management from the University of St. Thomas and over 19 years of experience helping entrepreneurs reach their goals quickly through joint venture partnerships, creative marketing programs, and innovative financial options. She’s dedicated to motivating and inspiring owners to achieve beyond their dreams.
Register Online at www.ed2go.com/commu

**Introduction to InDesign CS6**
Learn how to use Adobe InDesign CS6, the industry-standard desktop publishing software program, to design professional-quality letterheads, brochures, eBooks, and more.
Facilitated by Donna Baker.
Donna Baker is a freelance graphic designer and the author of many books about design software and Web design. You can read tips and tutorials from her books through Adobe Design Center (www.adobe.com/designcenter), and on websites such as CreativePro.com. She writes a monthly column for one of Adobe’s websites and is an Adobe Community Expert and an Adobe Certified Expert, as well as a member of the Experts’ Panel at acrobatusers.com, an Adobe community site.
Register Online at www.ed2go.com/commu

**Drawing for the Absolute Beginner**
Gain a solid foundation in drawing and become the artist you’ve always dreamed you could be!
Facilitated by Chad Walker.
Chad Walker has been actively involved as a computer game artist, comic book illustrator, and instructor, teaching both traditional art courses and courses in 3D modeling for computer games. Chad attended the exclusive Joe Kubert School of Cartoon and Graphic Arts Inc. in New Jersey. He is the conceptual designer and artist of several award-winning games, including Age Of Empires/Age Of Kings and Age Of Conquerors. Chad also laid the groundwork for Microsoft's Age of Mythology, created the artwork for three strategy guides, and works with Rob Liefeld, a legendary comic artist and writer. Chad joined forces with his twin brother Eric to write the popular gaming book Game Modeling Using Low Polygon Techniques. Chad and Eric are the co-founders of Walker Boys Studio, which produced the highly acclaimed game Civil War: War Between the States. Register Online at www.ed2go.com/commu
SUNDAY

Wildlife Drawing.................................1005A
Parlez-Vous Francois............................2403A
Mesa Espanol..................................2405A
West Coast Swing...............................1124A
Belly Dance is Fun..............................1108B
Homebrewing for Beginners..................3302A
Chai and Chat in Garden......................3301A
Afro-Brazilian Dance............................1118A
Women of the Drum............................1204A
Sunday, July 06
Homebrewing for Beginners.................3302B
Sunday, August 10
Authentic Tamales..............................3107A

MONDAY

Monday, June 02
Slow Flow with Joe..............................4004A
Mid-Day Hatha..................................4006A
Kids Yoga: Ages 4-11 Years....................4002A
Learn to Knit.....................................1011A
Art of Clay: Hand-Building......................106BA
Art of Clay: Wheel-Throwing....................107BA
Beginning Tai Chi................................4006A
Argentine Tango.................................1120A
Monday, June 09
Pre-Ballet for Kids..............................1102A
Kids Yoga: Ages 4-11 Years....................4002B
Modern Dance for Adults.....................1103A
Financial Control of Divorce...............5101A
Do-It-Yourself Intervention....................5306A
Could it be Dyslexia?.........................8001A
Adult Improvisation Dance....................1105A
tap Dance for adults............................1107A
Dream It! Plan It! Do It!.......................5309A

Tuesday, June 03
Parents and Tots Yoga..........................5202A
Beginning Irish Dance.........................1119A
Beginning Ballroom Dance......................1121A
East Coast Swing...............................1123A
Tuesday, June 10
Parents and Tots Yoga..........................5202B
Indian Classical Dance.........................1109A
Selly Dance is Fun..............................1109A
Adult Jazz Dance................................1110A

Wednesday, June 09
Kitchen Cosmetics..............................4501A
Batik..............................................1015A
Gangland Wire..................................2804A
Figure Drawing.................................1002B

Wednesday, June 16
Pozole, Tostadas & Sopes......................3106A
Thai, Oh My.......................................3104A
Selling on eBay Intro..........................2108B
The Next Great Stage..........................5311B
Wednesday, August 13
Figure Drawing.................................1002C

THURSDAY

Thursday, June 05
Sunrise Flow......................................4009A
Social Media Management......................2602A
Homebrewer's Workshop.......................2303A
Salsa..............................................1122A
Bend It Like Buddha............................2103A
Can You Be Hypnotized?......................6203B
Clowning.........................................1301A
West African Dance.............................1112A

Friday, June 11
Overcome Emotional Eating....................4201A
Business Documentation.......................2107A
Biblical Oils and Their Uses....................4308B
Tuesday, July 01
Meditation Myth or Mayhem....................6204A
Introduction To Objectivism....................2701A
Tuesday, July 08
Make the Most of Every Dollar...............2003B
Practical Music Theory........................1205B
Trench Marketing...............................2102A
Sound for Healing..............................4310A
Beginning Jazz Guitar..........................1202A
Tuesday, July 29
Hand-Knotted Pearl Bracelet...................1010A
Beginning Irish Dance.........................1111B
Tuesday, August 12
Crop Circles.....................................6002B

WEDNESDAY

Wednesday, June 04
Learn Celtic Tunes.............................1203A
Figure Drawing.................................1002A
Wednesday, June 11
Pre-Ballet for Kids.............................1102B
Dance Aerobics and Fitness....................1104A
Beginning Adult Ballet........................1106A

FRIDAY

Friday, June 13
East Coast Swing...............................1117A
A Natural Healing Birth.........................4303A
Friday, June 27
How to Feel Good and Stay Positive..........5301A
Friday, July 11
Sexual Alchemy..................................5502A
Friday, August 08
The Razor's Edge...............................5103A

SUNDAY

Sunday, July 06
Kundalini Yoga for All Levels.................4001A
Cranio-Sacral Technique.......................4311A
PunchCity Urban Dance Class...............1101A
Let Horses Help With Life Transitions........5303B
A Course in Miracles...........................6003B

SUNDAY

Sunday, July 06
Kundalini Yoga.................................4003A
The Next Great Stage..........................5310A
The Next Great Stage..........................5311A
Learn to Knit.....................................1001C
Primary Elections Are Failing..............2806A
Monday, July 28
Your Animal Spirit Guides.....................6205A
Crop Circles.....................................6022A

Saturday, July 07
Improving Self-Esteem..........................5312A
Beginning Spanish.............................2401A
Are You Ready for Some Soccer?..............7103A
Intro to Scientific Hand Reading.............5306A
Beginning Meditation..........................6203A
Crede Made Easy...............................2402A
Nuts and Bolts of Divorce......................5401A
The Forgiveness Process.......................6005A
Authentic African Cuisine.....................3101A

Saturday, July 14
Pre-Ballet/Creative Movement for Kids.......1102C
Grant Writing Finally Made Easy............2103A
Selling on eBay Intro..........................2108A
Getting Your House Ready to Sell.............2304A
Building a Website.............................2601A
Let Horses Help With Life Transitions........5303A
Beginning Adult Ballet........................1113B
MedlinePlus....................................2201A
The Battle Of Island Mound....................2602A
Basic Scientific Hand Reading...............5307A
Hip Hop..........................................1106B
Opening an Online of Offline Store..........2105A
How to Look at Art-Paintings..................1003A
Neutralize Stress...............................4302A
Social Healing Workshop.......................4307A
Sound Healing Workshop.......................4308A
Women's Re-Birthday of Sacred Play..........6201A

Saturday, July 21
Rediscover Your Voice..........................1201A
Create Your Confidential Money Map.........2006A
Homebrewer's Workshop.......................2303B
Intro to Mediumship...........................6301A
The Battle Of Westport.........................2803A
Know About Your Origin.......................2801A
Phonography....................................1520A
Container Gardening...........................2307A
Anatomy of the Human Energy Field..........4309A
Flirting 101......................................5501A

Saturday, July 28
Fundraising & Development Planning.........2104A
Intro to Psychodynamic Development.........6302A
Using Open Resources, Grants, and Scholarships for Academic and Career Planning....5302A
How to Collect Art..............................1004A
Let's Talk About Diversity....................8002A
Tuckpointing....................................2306A
The Art of Living Space........................2301A
Herbal Home Remedies.........................4314A
A Course in Miracles...........................6003B

Saturday, July 12
Grant Writing Finally Made Easy.............2103B
Teach Someone to Read Series................2404A
Save Thousands by Investing Yourself........2404A
Building a Website.............................2601B
Intro to Mediumship...........................6301B
Opening a Child Care Center..................2106A
Learn to Crochet...............................1008A
Getting My life in Order......................5302A
Relaxation Skills...............................6207A
Authentic African Cuisine.....................3101B

Saturday, July 19
Kundalini Yoga for All Levels.................4001A
Selling on eBay Intro..........................2108C
Alphabet Soup of Medicare Insurance........2001A
Building a Website.............................2601C
One Green Smoothie a Day....................4203A
Obama Care....................................2002A
REGISTER & PAY ONLINE: WWW.UMKC.EDU/COMMU

REGISTRATION

DATES & TIMES
CLASS FEES & DISCOUNTS:
- Class fees are from $10 - $18 depending on number of sessions and total class hours.
- Some classes require a material fee to be paid at time of registration.
- Groups of 4 or more, when registering over the phone and on one order, do not pay the $3 per person registration fee.
- One child (12 or under) can attend free of charge when attending the same class with a paid adult (must call to register).
- Senior citizens (65 and up) and UMKC Faculty & Staff receive the early bird price

Early Bird Prices begin when you pick up a catalog and continue through May 30th at 5:00 PM
Save $1 off first class and $2 off subsequent classes
Office Closed for Memorial Day:
MONDAY, MAY 26

WE OFFER 4 WAYS TO REGISTER:
1) Online—24/7
(Visa/Mastercard/Discover)
Register and pay online anytime at: www.umkc.edu/commu.

2) By Phone
(Visa/Mastercard/Discover)
Regular Registration Hours—begins weekdays,
Monday, May 5th; 8:00 AM - 5:00 PM.
Call 816-235-1407; only Visa/Mastercard/Discover
accepted. Please have credit card number and expiration
date handy when you call. Confirmation of your
registration is at the time you call and by email. Hearing
Impaired: Call 1-800-735-2966 TT; 1-800-735-2466
(voice)

3) In-Person
(currency, checks or Visa/Mastercard/Discover)
Sign-up Party Specials—
Tuesday, May 20th; 6:00-8:00 PM at The Writers Place,
3607 Pennsylvania, KC. The registration fee of $3
is waived and you still receive the early bird discount.
(details on p. 14)
Regular Registration Hours—begins weekdays,
Monday, May 5th; 8:00 AM - 5:00 PM; Office of Student
Involvement/Communiversity, Student Union, Suite #320,
5100 Cherry, KC 64110 (metered parking is on the
5th floor of the new parking structure at 51st and Oak).

4) By Mail
(checks or Visa/Mastercard/Discover)
Begins when you find a catalog—Mail to:
Communiversity: Student Union, #320, 5100 Cherry,
KCMO 64110
Make checks out to Communiversity.
Your registration is confirmed by email.

Refund policy
Refunds are not issued unless Communiversity or the
Convener cancels the class. Letters of credit can be
issued if you cancel 5 working days before the class.
Material fees will be refunded only if you cancel 10 working
days before a scheduled class.

WEBSITE
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Kathy’s games: Must register ahead call
or email Kathy to sign up!
1st & 3rd Mondays, 7—10 p.m., short
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given for Greenwood area location when
you sign up. Cost $3
1st & 3rd Wednesdays 1 p.m. Open Dupli-
cate game, must register ahead of time.
Greenwood Country Tea Room, 502 W.
Main, Greenwood, MO Cost $10 includes
Tea Room dessert, and coffee or tea

Learn Bridge in a Day:
Saturday, June 7 from 10 - 4, Cost $75
At Holy Spirit Catholic Church,
1800 HWY 150, L.S., MO
Must register ahead of time, call or email Kathy
Beyond the Basics—Popular Conventions
Tuesdays, May 13 & 20, June 10 & 17. Cost $50
10 - noon at Blue Springs Vesper Hall,
400 NW Vesper St.
Call 816-228-0181 to sign-up!

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  Faculty & Staff receive the early bird price
- One child (12 or under) can attend free of
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  paid adult (must call to register).
- Senior citizens (65 and up) and UMKC
  Faculty & Staff receive the early bird price

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Name __________________________ New Address __________________________
Address __________________________ State __________ Zip __________
City ____________________________ Phone: Day(_____)________-_________ Night(_______)
E-mail address __________________________

VS_MC_DC #: - - - - - - Exp.Date / CVV

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1) __________________________
2) __________________________
3) __________________________
4) __________________________
5) __________________________

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Subject: __________________________

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