Wholistic Health Fair
Sunday, November 10th—see page 20
20 workshops • 57 exhibitors • Silent Auction • Psychics

- Hip Hop with Bobby Ray
- Adult Snowflake Cutting
- Writing Essays
- Gemstone ID
- How to Make Butter
- Tai Chi

SIGN-UP ANYTIME ONLINE: WWW.UMKC.EDU/COMMU
People teaching people since 1970

This is Communiversity—Holiday 2013 issue #160 which is published five times per year in August, October, January, March and May. Each issue of Communiversity introduces you to a world of people and ideas through classes, events and services unique to this area. Today there is no other metropolitan area in the entire country with an all-volunteer program that offers such a variety of classes at our nominal price. Whether you take a class, offer a class, or advertise a seminar or business, Communiversity is a great place to reach people who enjoy doing, learning and experiencing. You can find us at: Communiversity/UMKC, 5100 Cherry, #320, KCMO 64110 or www.umkc.edu/commu.

Classes with a “NEW” next to them are either a new class or a new section opened because previous sections were filled.

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Thanks:
Kansas City Metropolitan Libraries, Westport Roanoke Community Center, UMKC, Westport Ballet, City in Motion, and to the many individuals who have shared their homes and businesses. Communiversity depends upon the goodwill of individuals and organizations from both the University and the community in providing meeting facilities for classes. We thank you for your donations of rooms.

Special Thanks To:
The many volunteers who teach our classes, distribute our catalogs and register our participants.
The Communiversity Advisory Board, the U-News, Regina Compernolle, Travis Dixon, Sue Sanders, Marcia Roberts and the Student Life Staff.

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

UPCOMING DATES:
FALL HEALTH FAIR
SUNDAY, NOVEMBER 10
WINTER AD & CLASS DEADLINE:
FRIDAY, NOVEMBER 15
WINTER CLASSES BEGIN
MONDAY, JANUARY 27
#1001 C
Learn to Knit
Have you ever wanted to learn how to knit? This class will teach you the basics. During this three hour class we will learn the basics of casting on, knitting and purling, and cast off. Bring $15 to class for materials.
CONVENER: Kellie Waldron
CLASS FEE: $10.00
Sec. C: 1 session; Monday, November 11; 6:00 PM - 9:00 PM; Student Union (New), Rm. 412, 5100 Cherry, Kansas City, MO 64110, metered parking on 5th floor of new parking structure at 50th and Oak; LIMIT: 5

#1002 A
Adult Snowflake Cutting Class
This “G” rated class is for creative adults to learn how to make decorative paper snowflakes. With a pair of sharp scissors, you can cut up a snowstorm of beautiful paper snowflakes perfect for Christmas tree ornaments, holiday decorations or any number of imaginative uses. These snowflakes were featured in the KC Star. Be careful—cutting snowflakes is contagious! I will provide scissors and paper, but feel free to bring your own favorite cutting scissors. Ages 12 and up.
CONVENER: Jan Peck (913-322-9331)
CLASS FEE: $10.00
Sec. A: 1 session; Wednesday, December 04; 6:30 PM - 7:30 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: 10

#1006 A
African Trade Bead Earrings
Make a pair of exquisite earrings using rare, collectible African trade beads and cowrie shells. Learn about the fascinating history of beads. We’ll make a practice pair using base metal and glass beads before using sterling findings and trade beads to make earrings of your own design. You will discover appropriate tools and learn various techniques for bending wire to create your earrings. Bring needle-nose pliers to class
CONVENER: Regina Compeomole (816-547-0266)
Email: sacredbeadrafts@aol.com
CLASS FEE: $10.00 + $20.00 material fee = $30.00
Sec. A: 1 session; Sunday, November 17; 7:00 PM - 8:30 PM; Rag and Bone, 1412 W. 12th, KCMO, (in the West Bottoms at the bottom of 12th St.); LIMIT: 10

#1011 A
Memory Wire Bracelet
Make a multi-strand bracelet out of memory wire using a mix of glass, crystal, gemstone, pearls and silver beads. Memory wire holds its shape so your bracelet will not require a clasp and it will maintain its shape. You will learn the basics of jewelry design allowing you to create a “one of a kind” bracelet. Bring $15-$20 to class for materials, depending on the stones you choose for your bracelet.
CONVENER: Lyn Sorensen (816-214-0379)
Email: lars46@msn.com
CLASS FEE: $10.00
Sec. A: 1 session; Saturday, November 16; 12:00 PM - 3:00 PM; Westport Roanoke Community Center, 3601 Roanoke, KC MO, West on 39th Street, Roanoke is 1 light past SW Traf-ficway, take a right on Roanoke, go 3 blocks, after 2 blocks road turns to brick, Community Center is on the right; LIMIT: 8

#1016 A
Beaded Teardrop Earrings
This versatile peyote design is quick and easy. We will use a combination of tear drop and round beads in matte and shiny finishes. These are consistent complement magnets! Bring black beading thread like Nemo or Fireline, and a big eye beading needle. Bring $15 for kit which includes instructions, beads and earring hooks.
CONVENER: Sandi Rose (913-326-7315)
Email: beaddecencentric@yahoo.com
Website: www.myspace.com/beaddecentric
CLASS FEE: $10.00
Sec. A: 1 session; Saturday, November 09; 9:00 AM - 12:00 PM; Westport Roanoke Community Center, 3601 Roanoke, KC MO, West on 39th Street, Roanoke is 1 light past SW Traf-ficway, take a right on Roanoke, go 3 blocks, after 2 blocks road turns to brick, Community Center is on the right; LIMIT: 10

#1019 C
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., conté crayon, or oil pastel etc.)
CONVENER: Homer Janssens (816-824-3822)
CLASS FEE: $18.00
Sec. C: 5 sessions; Sundays, beginning, December 01; 9:30 AM - 11:30 AM; Kansas City Zoo, Main Entrance, 6700 Zoo Dr., KC MO; LIMIT: 8

#1022 C
Earring Conversion
Did you ever buy an amazing pair of vintage earrings only to discover you can’t wear them for long? Either they’re too tight and hurt your ears or too loose and drop off, so they rattle around your jewelry box instead of glittering on your ears. Well dust those beauties off and bring them in. In one session you’ll transform them into pierced earrings.
Bring $20 to class for materials.
CONVENER: Renee Huff ()
Email: dragonnarrant@gmail.com
CLASS FEE: $10.00
Sec. C: 1 session; Wednesday, November 13; 6:30 PM - 7:30 PM; Jeweled Legacy (Inside the Ridge), 7410 Nieman Rd., Shawnee, KS 66203; LIMIT: 6

#1024 B
Wood Fired Raku
Learn basic hand-building techniques and produce pieces to be bisqued, glazed and raku-fired. In the second session we’ll glaze fire our hand-built work. Be prepared to cut some wood and stoke the kiln to maintain temperature of 1950° F. The pots can be completed in the afternoon. Please send $35 for materials and firing to Back Door Pottery. If it rains we will reschedule the second meeting. Bring a lunch or hotdogs to roast.
CONVENER: Rebecca Koop (816-483-6964)
Email: beckykoop@aol.com
Website: www.backdoorterracotta.com
CLASS FEE: $14.00
Sec. B: 2 sessions; Saturdays, beginning, November 09; 9:00 AM - 2:00 PM (Saturday, November 16 meet 9:55 PM); Back Door Pottery, 3922 St., John Ave., KCMO, 64123; LIMIT: 10
**Dance**

**#1101 B English Country Dance**

Most commonly known for being part of Jane Austen movies like “Pride and Prejudice,” English Country Dance was popular for almost 400 years and died out around 1870. The dance involves beautiful patterns, graceful moves, and a full range of music from waltzes to jigs. One dance might be slow and graceful, and the next might have you laughing breathlessly. Please bring $5 to contribute towards room rental. More information at www.kcenglishdance.weebly.com.

**CONVENER:** Martine & Natalie

**CLASS FEE:** $10.00

**Sec. B:** 1 session; Saturday, December 07; 6:30 PM - 8:30 PM. St. Mark’s Hope and Peace, 3800 Troost, Kansas City 64109; LIMIT: 30

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**#1102 B Argentine Tango**

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

**CONVENER:** Toi Shaw (816-305-2031)

**Email:** kctango2001@aol.com

**CLASS FEE:** $18.00

**Sec. B:** 4 sessions; Mondays, beginning, November 11; 7:00 PM - 8:00 PM; KC Dance, 6101 Martway, Mission, KS, 1 blk. S. of Johnson Dr. (between Metcalf & Nall - S. side of St.—Powell Community Ctr. Is directly across Martway); There is a small innocuous sign: “Ballroom Unlimited”; LIMIT: 20

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**#1103 B East Coast Swing**

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

**CONVENER:** Toi Shaw (816-305-2031)

**Email:** kctango2001@aol.com

**CLASS FEE:** $18.00

**Sec. B:** 4 sessions; Beginning Wednesday, November 13; 7:00 PM - 8:00 PM; KC Dance, 6101 Martway, Mission, KS, 1 blk. S. of Johnson Dr. (between Metcalf & Nall - S. side of St.—Powell Community Ctr. Is directly across Martway); There is a small innocuous sign: “Ballroom Unlimited”; LIMIT: 20

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**#1104 B Beginning Ballroom Dance**

Love the dance shows on TV and cinema? Take a step in the direction of dancing like the stars. You will be able to dance at office functions and parties after this introductory class. You will learn the Fox Trot, 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. B:** 4 sessions; Tuesdays, beginning, November 12; 7:00 PM - 8:00 PM; KC Dance, 6101 Martway, Mission, KS, 1 blk. S. of Johnson Dr. (between Metcalf & Nall - S. side of St.—Powell Community Ctr. Is directly across Martway); There is a small innocuous sign: “Ballroom Unlimited”; LIMIT: 20

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**#1106 B West Coast Swing**

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

**CONVENER:** Kyle Patel

**CLASS FEE:** $18.00

**Sec. B:** 4 sessions; Sundays, beginning, December 01; 7:00 PM - 8:00 PM; KC Dance, 6101 Martway, Mission, KS, 1 blk. S. of Johnson Dr. (between Metcalf & Nall - S. side of St.—Powell Community Ctr. Is directly across Martway); There is a small innocuous sign: “Ballroom Unlimited”; LIMIT: 20

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**#1107 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 requirement is 15. You must register in advance. Come and join the fun!

**CONVENER:** Misty Gates & Heather Billings

**Email:** ceoilcccceilers@gmail.com

**CLASS FEE:** $18.00

**Sec. B:** 8 sessions; Tuesdays, beginning, December 03; 7:00 PM - 8:30 PM; Project Living Proof Home, 917 Emanuel Cleaver Blvd., KCMO. Please park in Discovery Center parking lot 4700 Troost Ave.; LIMIT: 30

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**#1110 D, E or F Creative Movement: Ages 3 - 5**

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

**CONVENER:** Arm Shaugnnessy and Katie Bannen (816-561-2892)

**Email:** cityinmotion@aol.com; Website: cityinmotion.com

**CLASS FEE:** $10.00

**Sec. D:** 1 session; Monday, November 11; 4:00 PM - 4:45 PM; City in Motion School of Dance, 3925 Main (across Main St. from CVS Pharmacy), KCMO; LIMIT: 10

**Sec. E:** 1 session; Wednesday, November 13; 4:00 PM - 4:45 PM; City in Motion School of Dance, 3925 Main (across Main St. from CVS Pharmacy), KCMO; LIMIT: 10

**Sec. F:** 1 session; Saturday, November 16; 9:00 AM - 9:45 AM; City in Motion School of Dance, 3925 Main (across Main St. from CVS Pharmacy), KCMO; LIMIT: 10
**#1111 C or D**

**Hip Hop**

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

CONVENER: Bobby Ray (Monday) & Isha “Ice” (Saturday) 
(816-561-2882)
Email: citymotion@aol.com
Website: cityinmotion.com
CLASS FEE: $10.00
Sec. C: 1 session; Monday, November 11; 7:00 PM - 8:00 PM; City in Motion School of Dance, 3925 Main (across Main St. from CVS Pharmacy), KCMO; LIMIT: 10
Sec. D: 1 session; Saturday, November 16; 11:00 AM - 12:00 PM; City in Motion School of Dance, 3925 Main (across Main St. from CVS Pharmacy), KCMO; LIMIT: 10

**#1112 B**

**Tap Dance for Adults of All Ages: Basic Beginners or Beginners Again**

If you have always wanted to learn to tap dance, but never had the time, the confidence, or the opportunity now is the time to prove you can do it! Or 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: citymotion@aol.com
Website: cityinmotion.com
CLASS FEE: $10.00
Sec. B: 1 session; Monday, November 11; 7:00 PM - 8:00 PM; City in Motion School of Dance, 3925 Main (across Main St. from CVS Pharmacy), KCMO; LIMIT: 10

**#1113 B**

**West African Dance**

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

CONVENER: Danny Hinds (816-561-2882)
Email: citymotion@aol.com
Website: cityinmotion.com
CLASS FEE: $10.00
Sec. B: 1 session; Tuesday, November 12; 8:30 PM - 9:30 PM; City in Motion School of Dance, 3925 Main (across Main St. from CVS Pharmacy), KCMO; LIMIT: 10

**#1114 B**

**Intercultural Movement and Rhythms: Dunham Technique**

Classes explore the movement techniques, theory and principles of Dunham Modern Dance Technique developed by Katherine Dunham. This dance technique provides a unique study of the integration and influences of African/Caribbean cultural dance with ballet, contemporary and jazz dance. We will gently tap into the history of Black Dance in America and touch upon the following artist Pearl Primus, Alvin Ailey, Talley Beatty, to name a few.

CONVENER: Ima Terri Brown (816-561-2882)
Email: citymotion@aol.com
Website: cityinmotion.com
CLASS FEE: $10.00
Sec. B: 1 session; Wednesday, November 13; 6:00 PM - 7:00 PM; City in Motion School of Dance, 3925 Main (across Main St. from CVS Pharmacy), KCMO; LIMIT: 10

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**DANCE CLASSES FOR EVERYBODY**

**Holiday Session Begins November 11th**

**Holiday Classes for Beginning Adults**

**Specials Available**

- Tap Mon. 7:00 PM
- Hip-Hop Street dance Mon. 7:00 PM
- Modern Mon. 6:00 PM
- Indian Classical Tues. 5:00 PM
- Belly Dance Tues. 6:00 PM
- Jazz Tues. 6:00 PM
- World Dance Fusion Tues. 7:00 PM
- West African Tues. 8:30 PM
- Ballet Wed. 6:00 PM
- Salsa Wed. 7:30 PM
- Circus Skills Wed. 8:30 PM
- Chair Yoga Thu. 5:00 PM
- Flamenco Thu. 7:30 PM
- Burlesque Thu. 8:30 PM
- Kung Fu Fri. 7:00 PM
- Ballet Sat. 10:30 AM
- Hip-Hop Sat. 11:00 AM
- Belly Dance Sun. 2:00 PM

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

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**KC CLAY GUILD**

**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

200 W. 74th St. KCMO

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**HOLIDAY 2013 5**
#1115 B  
**Adult Jazz Dance**  
Strut your stuff in this fun and energetic class. Learn basic dance technique, work on flexibility and toning, and explore several styles of jazz dance.  
CONVENER: Stephanie Whitter (816-561-2882)  
Email: citymotion@aol.com  
Website: citymotion.com  
CLASS FEE: $10.00  
Sec. B: 1 session; Tuesday, November 12; 6:00 PM - 7:00 PM; City in Motion School of Dance, 3925 Main (across Main St. from CVS Pharmacy), KCMO; LIMIT: 10

#1177 B  
**World Dance Fusion**  
Inspired by the World Music/Fusion movement, this class will present a sampler of contemporary ethnic and fusion dance forms such as Urban Gypsy Fusion, Rumba, Latin, Bollywood, Polynesian/Hula Fusion, Tropical, Caribbean, etc. Learn universal and ethnic dance moves 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: citymotion@aol.com  
Website: citymotion.com  
CLASS FEE: $10.00  
Sec. B: 1 session; Tuesday, November 12; 7:00 PM - 8:00 PM; City in Motion School of Dance, 3925 Main (across Main St. from CVS Pharmacy), KCMO; LIMIT: 10

#1118 B  
**Salsa**  
Come experience Salsa! This popular social dance from Cuba has become a world wide phenomenon. We’ll learn basic footwork, 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: citymotion@aol.com  
Website: citymotion.com  
CLASS FEE: $10.00  
Sec. B: 1 session; Wednesday, November 13; 7:30 PM - 8:30 PM; City in Motion School of Dance, 3925 Main (across Main St. from CVS Pharmacy), KCMO; LIMIT: 10

#1119 B  
**Flamenco!**  
This workshop will be geared toward adults interested in an introduction to the rhythms, movement, and history of Flamenco dance. Wear comfortable workout type clothing and heeled shoes.  
CONVENER: Cindy Bleck (816-561-2882)  
Email: citymotion@aol.com  
Website: citymotion.com  
CLASS FEE: $10.00  
Sec. B: 1 session; Thursday, November 14; 7:30 PM - 8:30 PM; City in Motion School of Dance, 3925 Main (across Main St. from CVS Pharmacy), KCMO; LIMIT: 10

#1120 B  
**East Coast Swing**  
Learn the basics of East Coast Swing plus a variety of turns and moves that will give you confidence on the dance floor. Come with, or without, a partner and be prepared to have fun!  
CONVENER: Nicole English (816-561-2882)  
Email: citymotion@aol.com  
Website: citymotion.com  
CLASS FEE: $10.00  
Sec. B: 1 session; Friday, November 15; 6:00 PM - 7:00 PM; City in Motion School of Dance, 3925 Main (across Main St. from CVS Pharmacy), KCMO; LIMIT: 10

#1121 B  
**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: Raffa Ruau (816-561-2882)  
Email: citymotion@aol.com  
Website: citymotion.com  
CLASS FEE: $10.00  
Sec. B: 1 session; Tuesday, November 12; 6:00 PM - 7:00 PM; City in Motion School of Dance, 3925 Main (across Main St. from CVS Pharmacy), KCMO; LIMIT: 10

#1123 C or D  
**Belly Dance Exercise**  
You know you’ve always wanted to take a belly dance class, so... come on down! Get loose and coax your body to flow in ways that you’ve never imagined with the upbeat, captivating rhythms of far-away places. Belly dance is a combination of strength, posture, flexibility and muscle control. Fun and fitness can be yours if this addictive habit is right for you.  
CONVENER: Halah Zeki (816-561-2882)  
Email: citymotion@aol.com  
Website: citymotion.com  
CLASS FEE: $10.00  
Sec. C: 1 session; Tuesday, November 12; 6:00 PM - 7:00 PM; City in Motion School of Dance, 3925 Main (across Main St. from CVS Pharmacy), KCMO; LIMIT: 10  
Sec. D: 1 session; Sunday, November 17; 2:00 PM - 3:00 PM; City in Motion School of Dance, 3925 Main (across Main St. from CVS Pharmacy), KCMO; LIMIT: 10

#1302 B  
**Circus Skills and Clowns**  
Learn to move like Chaplin, dance like Danny Kaye and juggle like Brian Wendling. Some of the skills that will be covered will be slapstick combat, how to take a pie in the face, stilts walking, hula hoop, tumbling, character development, make-up application and much more. Red nose optional.  
CONVENER: Beth Byrd (816-561-2882)  
Email: citymotion@aol.com  
Website: citymotion.com  
CLASS FEE: $10.00  
Sec. B: 1 session; Tuesday, November 12; 8:30 PM - 9:30 PM; City in Motion School of Dance, 3925 Main (across Main St. from CVS Pharmacy), KCMO; LIMIT: 10

**Performance**

#1301 A  
**Voice Gym**

Does your speaking or singing voice need re-energizing? Learn three minute exercises and other techniques. These techniques will be molded to the song you bring in CD format or the speech you give. Techniques are derived from Kristin Lin-klater, Arthur Lessac, Georges Cunelli, McCloskey, Alexander and Sara Ann’s own Voice Gym and will be introduced in her patient, relaxed manner as the group supports what you do.  
CONVENER: Sara Ann Butler (727-403-2778)  
Email: voicecompatibility@gmail.com  
Website: www.voiceantilaging.com  
CLASS FEE: $16.00  
Sec. A: 3 sessions; Thursdays, beginning, November 7; 6:00 PM - 7:30 PM; Ruiz Branch Library, 2017 West Pennway St., Kansas City, MO 64108; LIMIT: 6

**Music**

#1207 B  
**Women of the Drum**

In this women’s class, you will learn the basic hand techniques for djembe or conga and try your hand at some basic rhythms from Haiti and Brazil. Beginning and intermediate level players welcome. Bring a djembe or conga style drum or call convener if you need to borrow one.  
CONVENER: Regina Compeller (816-547-0266)  
Email: sacredeartharts@aol.com  
CLASS FEE: $10.00  
Sec. B: 1 session; Sunday, November 10; 6:00 PM - 7:00 PM; City in Motion School of Dance, 3925 Main (across Main St. from CVS Pharmacy), KCMO; LIMIT: 10

**Ole! Music and Dance of Spain**

Bringing flamenco to Kansas City for over twenty years

Tamara “La Garbancito” currently offers beginning thru advanced flamenco classes, as well as private lessons and coaching at multiple locations in the Kansas City metro area.

Ole Music and Dance of Spain company, consisting of over a dozen dancers and live musicians, perform in public & private venues throughout the year. To inquire about lessons, master classes, or company availability please call: 816.741.6171 or leave a message at: www.kcflemenco.com.

Ole congratulates City in Motion’s accomplishments in keeping dance alive, vibrant and exciting in Kansas City.
CrossCurrents and KKFI Present

John McCutcheon
November 9th
Saturday ~ 8pm

All Souls UU Church, 4501 Walnut, KCMO
$25 Advance — $28 Door

“The most impressive instrumentalist I’ve ever heard.”
— Johnny Cash

“He has an uncanny ability to breathe new life into the familiar. His storytelling has the richness of fine literature.”
— Washington Post

“Calling John McCutcheon a ‘folksinger’ is like saying Deion Sanders is just a football player.”
— Dallas Morning News
#1406 A  Writing Essays

Draw on the experience of longtime Kansas City Star columnist Bill Tammeus to pick up tips about how to write clear, forceful, persuasive and (maybe even humorous) essays. There will be talk about organization, grammar, style, verbs and other oddities you rarely encounter in e-mail. Bring some paper on which to take notes. Bill Tammeus is a former KC Star columnist who now writes a daily blog as well as columns for the Presbyterian Outlook and the National Catholic Reporter. He has written three books.

CONVENER: Bill Tammeus (816-926-0366)
Email: wtmameus@gmail.com
Website: billtammeus.typepad.com
CLASS FEE: $10.00
Sec. A: 1 session; Wednesday, November 06; 7:00 PM - 9:00 PM; Second Presbyterian Church, Milhousen Room, 318 E. 55th St., KCMO; LIMIT: 20
Sec. B: 1 session; Tuesday, November 26; 7:00 PM - 9:00 PM; Plaza Library, Large Room, 4901 Main Street, Kansas City, MO 64112; LIMIT: 50

#2009 B  Life Insurance For The Living

Here’s a new way to think about life insurance. Life insurance is about providing for loved ones who must continue without you. When all of its benefits are provided to a growing family, life insurance may give you peace of mind. It may help your family. We will address four major needs: income continuation, mortgage protection, a settlement fund, and an education fund. But what is the right amount for you? We will cover these questions in this seminar.

CONVENER: Karl Sullivan (816-510-5141)
Email: karl.sullivan@mutualofomaha.com
CLASS FEE: $10.00
Sec. B: 1 session; Saturday, November 02; 11:30 AM - 12:30 PM; The Mutual Of Omaha, 7200 W 132nd, Suite #230, Overland Park, KS 66213; LIMIT: 16

#2014 A  His+Hers=OURS

Money and marriage, yes, it can be done. Fighting together, not each other, is the key to a healthy relationship between you, your spouse, and your money. This workshop-style class will focus on creating a financial plan together as a couple, communicating about money, and enjoying the results. If you need to spend some time working on your financial plan as a couple, this is your class. Bring $10 to class for workbook and class materials.

CONVENER: Derek Olsen (816-308-8870)
Email: mr.dereksolse@gmail.com
Website: http://www.dereksolse.com
CLASS FEE: $10.00
Sec. A: 1 session; Saturday, November 09; 10:00 AM - 12:00 PM; Think Big Partners, 1800 Baltimore, 4th Floor, KCMO 64108; LIMIT: 20

#2015 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 about the home buying process, and open the door to home ownership for yourself.

CONVENER: Stacey Johnson Cosby & Doug Knetzer (816-591-5921)
Email: johnsonc52@gmail.com
CLASS FEE: $10.00
Sec. A: 1 session; Thursday, November 21; 6:00 PM - 7:30 PM; Student Union (New), Rm. 420, 5100 Cherry, Kansas City, MO 64110; parking on 5th floor of new parking structure at 50th and Oak; LIMIT: 30

#2107 C or D  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 Franke (816-942-9041)
Email: rfranke2@kc.rr.com
Website: kkannon.com
CLASS FEE: $10.00 + $3.00 material fee = $13.00
Sec. C: 1 session; Saturday, November 02; 9:00 AM - 12:00 PM; Atterbury Student Success Center, Rm. 238, UMKC Campus, 5000 Rockhill Rd, Kansas City, MO 64110; LIMIT: 16
Sec. D: 1 session; Thursday, November 14; 7:00 PM - 10:00 PM; UMKC School of Medicine, Theatre C, first floor, 2411 Holmes, KCMO, Parking is on Charlotte, Bring picture ID; LIMIT: 16

#2109 B  Starting or Improving a Non-Profit or Business Finally Made Easy

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

CONVENER: Barbara Wright (816-728-0170 816-728-0170)
Email: certifieddreambuilder@yahoo.com
Website: www.certifieddreambuilder.com
CLASS FEE: $10.00
Sec. A: 1 session; Saturday, November 09; 9:00 AM - 11:00 AM; Atterbury Student Success Center, Rm. 238, UMKC Campus, 5000 Rockhill Rd., Kansas City, MO 64110; LIMIT: 20

#2110 B  Funds Development Finally Made Easy

This two hour workshop will teach organizations with or without a 501c 3 how to develop and set financial goals for an annual funds development plan that includes grants and fundraising. You will also be introduced to online tools, tips and tricks that help you quickly find currently open grants, past grant proposals to serve as examples, and best practices. The material fee is $10. If you would also like the course on CD, bring an additional $30.

CONVENER: Barbara Wright (816-728-0170 816-728-0170)
Email: certifieddreambuilder@yahoo.com
Website: www.certifieddreambuilder.com
CLASS FEE: $10.00
Sec. B: 1 session; Saturday, December 14; 9:00 AM - 11:00 AM; Atterbury Student Success Center, Rm. 238, UMKC Campus, 5000 Rockhill Rd., Kansas City, MO 64110; LIMIT: 20
#2109 C or D
Grant Writing Finally Made Easy
This two hour workshop will teach you the exclusive “Grant at a Glance Development System” to help you learn to write grants in half the time from initial collaboration to evaluating outcomes and reporting. Your funds development team will be able to submit multiple grants quickly and accurately. You will need to bring $10 for material fees. You can also purchase the course on CD for $30.

CONVENER: Barbara Wright (816-728-0170 816-728-0170)
Website: www.certifieddreambuilder.com
CLASS FEE: $10.00
Sec. C: 1 session; Saturday, November 09; 11:30 AM - 1:30 PM; Atterbury Student Success Center, Rm. 236, UMKC Campus, 5000 Rockhill Rd., Kansas City, MO 64110; LIMIT: 20
Sec. D: 1 session; Saturday, December 14; 11:30 AM - 1:30 PM; Atterbury Student Success Center, Rm. 236, UMKC Campus, 5000 Rockhill Rd., Kansas City, MO 64110; LIMIT: 20

Practical Skills

#2203 A
Car Smarts
We’ll go over maintenance—what your car needs, why it needs it and what it probably doesn’t need. We’ll also look at different types of repair shops and tips on finding a good one that suits your needs. Please bring your owner’s manual with maintenance schedule and $2 for materials to class. Convener is a professional auto mechanic with over 35 years of experience.

CONVENER: Gary Tannen (816-561-0909)
CLASS FEE: $14.00
Sec. A: 1 session; Saturday, November 23; 9:00 AM - 1:00 PM; 7 E. 37th St., KCMO, enter through garage door; LIMIT: 8
#2301 C or D
**Beginner Upholstery**

Students will learn how to upholster a cube ottoman. This is a hands on course which will teach the basic skills necessary to reupholster a full size lounge chair. All tools and cube frame will be provided, students will need to bring 2 yards of upholstery weight fabric. Skills include: tool instruction, pattern matching, web stretching, proper foam and Dacron application and Welt construction. Students take home their finished ottoman!  
**CONVENER:** Richelle Plett (913-860-2021)  
**Email:** richelle@prairietrading.com  
**Website:** www.prairietrading.com  
**CLASS FEE:** $18.00 + $34.00 material fee = $30.00  
**Sec. C:** 4 sessions; Saturdays, beginning, November 09; 9:00 AM - 11:00 AM; Sit On It... A Chair Gallery, 1225 Union Ave. Kansas City, MO 64101; LIMIT: 12  
**Sec. D:** 4 session(s); Beginning Wednesday, November 20; 6:00 PM - 8:00 PM; Sit On It... A Chair Gallery, 1225 Union Ave. Kansas City, MO 64101; LIMIT: 12

#2302 A
**Permascape for the Urban Environment**

Permascape is the design and implementation of edible, low maintenance, and low ecological footprint landscapes using permaculture and ecosystem management principles. Learn about: plants for edible landscaping, integrated pest management, ecological engineering for bio-diversity and habitat restoration, site water retention techniques, cover crops and soil fertility, integral cropping vegetable production and lawn eradication techniques. Bring $3 to class for materials.  
**CONVENER:** Steve Mann (816-352-2013)  
**Email:** stewe@prairietrading.com  
**Website:** www.prairietrading.com  
**CLASS FEE:** $14.00  
**Sec. A:** 2 sessions; Tuesdays, beginning, November 05; 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: 16

#2401 B
**Spanish for Travelers**

Traveling to Spain or Latin America? Would you like to make reservations at a hotel or order food in Spanish? Would you like to learn another language for fun? This class is designed for students who are interested in Spanish. The student will learn basic Spanish phrases such as greetings, ordering food, hotel reservations and some of the Spanish cultures. We will also do a fun conversation piece. Please bring $3 for handouts.  
**CONVENER:** Kathleen Mamuric (913-206-2151)  
**Email:** Klmauric@yahoo.com  
**CLASS FEE:** $14.00  
**Sec. B:** 2 sessions; Saturdays, beginning, November 16; 2:00 PM - 3:00 PM; Central Library, Rm. 310, 14 W. 10th St. Kansas City, MO 64105; LIMIT: 10

#2706 A
**Gemstone Identification**

Learn the basics of gemstone identification, including how to distinguish natural stones from man-made. Class includes hands-on experience with microscopes and other gemstone identification instruments from the area’s most complete gem lab. A slide program included. Bring your own jewels if you like. Convener is a graduate gemologist, past president of GIA Alumni Western MO Chapter, and president of Goodden Jewelers.  
**CONVENER:** Ricki Goodden (816-421-0281)  
**CLASS FEE:** $9.00  
**Sec. A:** 1 session; Saturday, December 07; 2:00 PM - 4:00 PM; Goodden Jewelers, Mark Twin Towers Bldg., 106 W. 11th St., Suite LL-1, Kansas City, Mo., 64105; LIMIT: 12

#2801 A
**A Brief History of the Motorcycle**

Nearly 20% of Americans have been involved in motorcycling but few know much about the history of the sport. In this class we will give an overview of the history of the motorcycle beginning with the first motorcycle to ride the streets of Kansas City, the O.J. Pfummer.  
**CONVENER:** Mark Bayer  
**Email:** nkmaw@yahoo.com  
**Website:** www.markbayer.tf.com  
**CLASS FEE:** $10.00  
**Sec. A:** 1 session; Tuesday, November 19; 7:00 PM - 8:30 PM; Student Union (New), Rm. 412, 5100 Cherry, Kansas City, MO 64110, metered parking on 5th floor of new parking structure at 50th and Oak; LIMIT: 10

#2807 A
**Remembering The Forgotten—Our World War 1 Soldiers**

Nancy Cramer, volunteer for the National World War I Museum, shares her powerpoint photos and stories of her recent tour of American World War 1 battlefields and cemeteries located in France and Belgium. She shows cemeteries and graves, tells stories of Medal of Honor winners and ordinary soldiers. You will visit places such as Verdun, Chateau-Thierry, Ypres, Meuse-Argonne and more in a moving experience that will give Memorial Day and Veterans Day a new meaning for you. Maps and cemetery photos in handouts for separate fee of $2.  
**CONVENER:** Nancy Cramer  
**CLASS FEE:** $10.00

#2902 A
**Opening a Child Care Home or Center Finally Made Easy**

Thinking of opening or improving your own child care center or home? Attend this class to learn the secrets to success from a former award winning store owner. We’ll start from the kitchen sink to becoming an award winning inc! You will need $10 for the workbook used in the workshop. You can also purchase an optional exclusive CD that includes links to 100’s of online and offline manufacturers and wholesalers, a sample business plan and tips, tools, and techniques for success, for $30.  
**CONVENER:** Barbara Wright (816-728-0170)  
**Email:** certifieddreambuilder@yahoo.com  
**Website:** www.certifieddreambuilder.com  
**CLASS FEE:** $10.00  
**Sec. A:** 1 session; Saturday, November 23; 11:30 AM - 1:30 PM; Atterbury Student Success Center, Rm. 236, UMKC Campus, 5000 Rockhill Rd., Kansas City, MO 64110; LIMIT: 20

#2903 A
**Opening Your Own Store Finally Made Easy**

Thinking of opening your own store? Attend this class to learn the secrets of success from a former award winning store owner. We’ll start from the kitchen sink to becoming an award winning inc! You will need $10 for the workbook used in the workshop. You can also purchase an optional exclusive CD that includes links to 100’s of online and offline manufacturers and wholesalers, a sample business plan and tips, tools, and techniques for success, for $30.  
**CONVENER:** Barbara Wright (816-728-0170)  
**Email:** certifieddreambuilder@yahoo.com  
**Website:** www.certifieddreambuilder.com  
**CLASS FEE:** $10.00  
**Sec. A:** 1 session; Saturday, November 23; 11:30 AM - 1:30 PM; Atterbury Student Success Center, Rm. 236, UMKC Campus, 5000 Rockhill Rd., Kansas City, MO 64110; LIMIT: 20

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We live in the age of the overworked, and the under-educated; the age in which people are so industrious that they become absolutely stupid.”  
~Oscar Wilde
Great radio doesn’t just entertain. It motivates.

{ compelling + connected }
Party Bites

Do you like to throw parties, but have a hard time with party planning? Everything is more enjoyable when you create delicious appetizers. You will learn to make you're own butter and cheese. You can't imagine how good this is.

Mexican Appetizers

Not all guacamole is equal. Learn to make an amazing guac, sopes—fried masa cakes topped with savory meats and veggies, flautas—a deep-fried tortilla and savory filling and panuchos—a Yucatan treat with puffy corn tortillas stuffed with pureed black beans, pickled red onions, lettuce, spicy toppings and savory meat. With each bite, you’ll discover a burst of flavors to appease all the taste buds and senses! Enjoy a culinary and theatrical experience with master chef Tito.

Good Wine at a Good Price

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

Introduction to Champagne

Gain a little knowledge and have a lot of fun sampling from the most delicious champagne in the world (in Linister’s humble opinion) to a lesser, but enjoyable Spanish or Australian bubbly. You will learn how to buy and store wines, and how to order wine in a restaurant. Cheese, fruit and cold white wine and champagne/sparkling wine compliment the evening. Linister is an artist who enjoys champagne because life is meant to be enjoyed.

Weight Loss For Women 40+

Are you tired of struggling with your weight? Learn techniques to get fit and healthy so that you can enjoy the activities you love and feel great in your own skin. This class will show you how to lose weight and keep it off—for the long term. No shakes, diets, pills, or giving up your favorite foods! Please bring $2 to class for materials.

5 Steps To Ending Emotional Eating

Do you find yourself eating when you’re stressed? Learn simple steps to overcome emotional eating so you can stay at 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.

Yoga & Tai Chi

Tai 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, and a martial art to cultivate harmonious relationships with others. Learn the first seven postures with the option to continue. Kim Kanzellberger, M.A., has been teaching Tai 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.

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New Workshop!
Vibrational Healing with Sound and Scent

Experience the power of sound and scent for healing.

Sunday, November 10th at 3:00 pm
Room 402A at the
2013 UMKC
Wholistic Health Fair

Presented by George Moon,
Linda VanBibber and Rama Inacio.

All workshop participants will be
entered in a drawing for a set of C and G tuning forks.

Can’t make it to the workshop? Stop by:
Harmony Energetics Booth #20.
We’d love to show you what we do!

Crystal Singing Bowls * Tuning Forks * and more!
#4307 A  
**The Vibrational Sciences of Sound and Scent**

In this class you will learn the science behind the healing properties of sound and essential oils. You will learn how to use tuning forks and oils for personal healing. Please bring $10 to class for materials.

**CONVENER:** George Moon & Linda VanBibber (816-833-1129)
Email: laylahv@swbell.net

**CLASS FEE:** $10.00

**Sec. A:** 1 session; Tuesday, December 10; 7:00 PM - 9:00 PM; Independence Area Location, Convener will contact with specifics; LIMIT: 15

#4311 B  
**Reconnecting With Your Body: Making Peace**

Our body is constantly giving us information. Unfortunately, we don’t always know how to interpret its message. Learn some techniques to understand the information you’re receiving and how to work with, instead of against, your body to create health and vitality. You’ll also learn how to use your body’s wisdom to improve your everyday life. Bring a yoga mat or blanket to class. Bring $4 for class for materials.

**CONVENER:** Janet Sitzmann (816-922-3009)
Email: jsitzmann3009@gmail.com

**CLASS FEE:** $10.00

**Sec. B:** 1 session; Tuesday, November 12; 6:00 PM - 7:30 PM; Smile Salon & Day Spa, 801 W. 47th St., Suite 110, Kansas City, MO 64110; LIMIT: 15

#4402 C  
**Mama Faraci’s Fitness**

A combination of aerobics and stretching with some light weight work with creative music selections. If you can stand for one hour you can do this class, however, if you are in shape I will make you sweat. Bring $9 for room rental to first class for three classes. Optional—set of light weights and a yoga mat. Convenor began as Zumba instructor and has developed unique style for overall general fitness.

**CONVENER:** Debora Faraci (913-937-7974)
Email: deboracrl@yahoo.com
Website: www.mamafaraci.weebly.com

**CLASS FEE:** $10.00

**Sec. C:** 3 sessions; Saturdays, beginning, November 09; 9:00 AM - 10:15 AM; RiverView Baptist Church, 7924 Riverview Avenue, Kansas City, KS 66112, (70 and 78th Street exit, Turn South. Go to Riverview, Turn West. One block West of 78th street; LIMIT: 15

#5101 A  
**Simplifying What Makes Marriages Successful!**

The principles are basic and simple; it’s the application that often makes the difference. In this interactive class we will look at five basic areas which will either allow a marriage to prosper or will increase the chance of failure. The key is the application of these truths. When the class is over, most will have some new information which will allow them to improve their relationship immediately. Make sure you bring a pen and paper.

**CONVENER:** Mark Bayer Ed.D.
Email: nckma@yahoo.com
Website: www.markbayer1df.com

**CLASS FEE:** $10.00

**Sec. A:** 1 session; Tuesday, November 05; 7:00 PM - 8:30 PM; Student Union (New), Rm. 412, 5100 Cherry, Kansas City, MO 64110, metered parking on 5th floor of new parking structure at 50th and Oak; LIMIT: 10

#5304 A  
**Look At Ways to Improve Your Attitude and Find Your Purpose In Life!**

Those who struggle with their attitudes often struggle with their goals and purpose in life. The two don’t always go together but both make life much more rewarding. We will discuss both of these areas and see how they are connected. We will also look at some strategies to see how we can encourage their development in your life.

**CONVENER:** Mark Bayer Ed.D.
Email: nckma@yahoo.com
Website: www.markbayer1df.com

**CLASS FEE:** $10.00

**Sec. A:** 1 session; Tuesday, November 12; 7:00 PM - 8:30 PM; Student Union (New), Rm. 420, 5100 Cherry, Kansas City, MO 64110, metered parking on 5th floor of new parking structure at 50th and Oak; LIMIT: 10

#5307 B  
**Creating a Life You Love**

Learn tools you can use every day to decrease stress, increase satisfaction and joy and build more mutually satisfying relationships with your whole self, your family members (including adolescents and teenagers), friends and people at work to create a life you love. Sec. A is an introduction and Sec. B includes additional tools.

**CONVENER:** Colleen Nilsson

**CLASS FEE:** $10.00

**Sec. B:** 1 session; Monday, November 04; 7:00 PM - 9:00 PM; Unity Church of Overland Park, 10300 Antioch, Overland Park, Kansas; LIMIT: 20

#6003 A  
**Hawaiian Ho’oponopono (To Set Things Right)**

The ancient practice of “Pono” is “being at one with everything”—being right with yourself, right with Spirit, right with others, and right with all of creation. Daily living often pulls us out of alignment with ourselves and our world. During this class you will be introduced to the process of “Ho’oponopono” which is a way to return to the harmony that is natural to your spirit greatness.

**CONVENER:** Iren Kinsey (808-232-5024)
Email: aloha@ilenekimsey.com
Website: www.ilenekimsey.com

**CLASS FEE:** $10.00

**Sec. A:** 1 session; Saturday, December 07; 10:30 AM - 12:30 PM; Atterbury Student Success Center, Rm. 236, UMKC Campus, 5000 Rockhill Rd., Kansas City, MO 64110; LIMIT: 20

#6006 A  
**Spirit Books**

Do you find that when you get in touch with your creative self you get in touch with your spirit, heart and passion? Making a Spirit Book is a great way to focus your mind and your heart in the same direction. Finding images, words, and phrases that convey the truth of what your deepest sacred self-desires to accomplish. Placing them in your Spirit book in a dynamic, creative, individual way is what this class is all about. Bring $15 to class for materials.

**CONVENER:** Phoenix
Email: phoenix@spiritedyou.com
Website: www.spiritedyou.com

**CLASS FEE:** $10.00

**Sec. A:** 1 session; Saturday, December 14; 1:00 PM - 3:00 PM; Convener will contact with location; LIMIT: 5

#6010 A or B  
**Learning About and Working with Your Higher Self**

Learn what and who your higher self is as well as the role your higher self plays in your journey of life. It is possible to communicate directly with this part of yourself, utilizing a new meditation channeled by LauraeI. Bring $5 to class for materials.

**CONVENER:** David Bradley (816-931-0116)
Email: info@whiteLighthostores.com
Website: www.whiteLighthostore.com

**CLASS FEE:** $10.00

**Sec. A:** 1 session; Tuesday, November 05; 7:00 PM - 8:00 PM; White Light Books & Crystals, 1901 West 29th St, Kansas City, MO 64111; LIMIT: 10

**Sec. B:** 1 session; Tuesday, December 17; 7:00 PM - 8:00 PM; White Light Books & Crystals, 1901 West 29th St, Kansas City, MO 64111; LIMIT: 10
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Meditation

#6206 A
Meditation Techniques

This course is taught by an instructor in the eclectic martial arts with years of meditation teaching experience. By the end of class you will have learned several poses and gain an understanding of the benefits of meditation.

CONVENER: Clinton Fields (816-533-4930)
Email: luksoolkc@gmail.com
CLASS FEE: $10.00
Sec. A: 1 session; Tuesday, November 05; 6:00 PM - 7:00 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

#6306 B
Intro to Mediumship

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

CONVENER: Jamie Collins (913-579-8258)
Email: punlimited@yahoo.com
CLASS FEE: $10.00
Sec. B: 1 session; Saturday, December 14; 11:00 AM - 1:00 PM;
Atterbury Student Success Center, Rm. 237, UMKC Campus,
5000 Rockhill Rd., Kansas City, MO 64110; LIMIT: 20

Psychic

#6301 B
Intro to Psychic Development

Do you believe you have psychic ability? Have you ever “felt” or “seen” things before they happened? Have you wanted to learn skills and techniques that take your ability to the next level? This interactive workshop promises to give you new and fun ways to connect with spirit and enhance your abilities. Jamie has been a student of all things metaphysical and is excited to introduce you to a new way of discovering your hidden talents. Bring $2 for materials.

CONVENER: Jamie Collins (913-579-8258)
Email: punlimited@yahoo.com
CLASS FEE: $10.00
Sec. B: 1 session; Saturday, December 07; 11:00 AM - 1:00 PM;
Atterbury Student Success Center, Rm. 237, UMKC Campus,
5000 Rockhill Rd., Kansas City, MO 64110; LIMIT: 20

Teach

a Communiversity Class
Share What You Know With Others
Deadline: Friday, November 15
Call 816-235-1407 for information
www.umkc.edu/commu

#6304 A
Intuitive Tarot II

So many of you have asked for the next step after Intuitive Tarot! Well, here it is. Haven’t worked with the tarot much since taking my Intuitive Tarot class? Don’t worry. We’ll get you up to speed. We will be doing lots of readings for each other plus learning some tarot spreads to answer very specific questions. Bonus! A yes/no spread from Mary K. Greer that has never let me down! Come join the fun! PREREQUISITE: Intuitive Tarot.

CONVENER: Julie Bowen (816-550-4290)
Email: tarotchick420@gmail.com
CLASS FEE: $10.00
Sec. A: 1 session; Saturday, November 16; 3:30 PM - 4:30 PM;
Atterbury Student Success Center, Rm. 237, UMKC Campus,
5000 Rockhill Rd., Kansas City, MO 64110; LIMIT: 25

More Inner Paths

#6404 A
Create a Vision for 2014

Setting some new intentions for 2014? Interested in learning a new tool to manifest a vision for your life or personal goals? A vision board is a tool used to help individuals create a two-dimensional visual representation of the life one aspires to live, goals to be achieved, or to refine personal priorities. Please mail material fee of $10 to convener one week before class to: Amy Zoe Schonhoff, A Beloved Life, P.O. Box 8472, Kansas City, MO 64114.

CONVENER: Amy Zoe
Website: www.abelovedlife.com
CLASS FEE: $10.00
Sec. A: 1 session; Thursday, December 05; 6:00 PM - 8:00 PM;
Student Union (New), Rm. 420, 5100 Cherry, Kansas City, MO 64110, metered parking on 5th floor of new parking structure at 50th and Oak; LIMIT: 10

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My 20+ years of training, education and experience—both in life and as a Licensed Professional Therapist have given me the tools to successfully provide counseling, coaching solutions and strategies to individuals, couples and families troubled by personal and business challenges. I affirm and support LGBTQA individuals. I offer support to those who have been traumatized by discrimination.

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Mention this advertisement to receive a 25% discount on three counseling or life coaching sessions.

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GRAND OPENING

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- JOIN US 11/13/13 for an open house and potluck dinner. See the new space, connect with like minds, and preview upcoming events. 5-8 p.m.

- PRESENT A WORKSHOP OR EVENT. Events at the center are promoted through Evolving Magazine, via email and on Facebook. Contact Jill for rates and info.

- SIGN UP FOR AN EVENT. Email Jill to be on the mailing list and learn about upcoming events.

- CENTRALLY LOCATED in Shawnee, KS at 6115 Nieman.

- EMAIL jill@evolvingmagazine.com to rsvp or for information on holding a workshop.
Martial Arts

#7005 C
Introduction to Fencing
Come learn the art of fencing. Fencing helps to build muscle, provides an aerobic workout, and is a competitive sport that is safe for all ages! Students will learn the basic movement and elements of fencing from a former college level coach. This class teaches footwork, blade work, and basic tactics. No experience is necessary and equipment is provided. Wear comfortable workout clothes and sneakers (no sandals). Bring $5 each week for rental.

CONVENER: Jordan Billings (913-963-6931)
Email: Kefencing@gmail.com
Website: www.kefencing.wix.com/fencing
CLASS FEE: $18.00
Sec. C: 4 sessions; Tuesdays, beginning, November 05; 7:00 PM - 8:00 PM; Grace Covenant Presbyterian, 11100 College Blvd., Overland Park, KS 66210; LIMIT: 10

#7006 C
Beginning Archery
Learn the archery skills of stance, sighting, and release. Understand scoping, bow safety and the do’s and don’ts of group shooting. All equipment is provided. Classes are taught by experienced teachers who are also competition bow shooters—so they know their stuff.

CONVENER: Independence Bowhunter
CLASS FEE: $18.00 + $75.00 material fee = $93.00
Sec. C: 4 sessions; Mondays, beginning, November 04; 7:00 PM - 8:00 PM; 6423 Railroad Street, Raytown, MO, 64133
CLASS FEE: $75.00
Sec. A: 1 session; Wednesday, November 06; 9:00 AM - 11:00 AM; Administrative Center, Parking lot, UMKC Campus, 5122 Oak, KCMO; LIMIT: 15

#7010 C
Intermediate Archery
Had some exposure and experience with archery? Want to enhance the skills you’ve learned? Come to this four week intermediate skills class taught by certified instructors and professional shooters at our indoor range. Bring your own bow fitted to you, or use our club-provided equipment.

CONVENER: Independence Bowhunter & Maxine Sandman
CLASS FEE: $18.00 + $75.00 material fee = $93.00
Sec. C: 4 sessions; Thursdays, beginning, November 07; 7:00 PM - 8:00 PM; 6423 Railroad Street, Raytown, MO, 64133
CLASS FEE: $75.00
Sec. A: 1 session; Saturday, November 09; 10:00 AM - 12:00 PM; Student Union (New), Rm. 420, 5100 Cherry, Kansas City, MO 64110; LIMIT: 20

Trips & Tours

#7201 A
Drive-by Tour of the Homes of the Rich and Famous
We will see where famous Kansas Citizens live or have lived. The tour will include a drive-by of the former homes of Mickey Rooney, Walt Disney, Rush Limbaugh, Amelia Earhart, Earnest Hemingway, Walter Cronkite, Satchel Paige, Jean Harlow, Marilyn Maye, J.C. Nichols, William Volker and Ginger Rogers: 100 homes total. Convener mixes humor with history. No refunds later than two weeks before class. We board the bus at 8:45 AM and leave at 9:00 AM sharp. Bring $9 for buffet lunch. The registration deadline is October 18th.

CONVENER: Don Davidson
CLASS FEE: $14.00 + $23.00 material fee = $37.00
Sec. A: 1 session; Tuesday, November 05; 9:00 AM - 12:00 PM; Holy Rosary Catholic Church, 911 East Missouri Avenue; KCMO; LIMIT: 25

#7203 A
How to Travel Abroad Free—Almost
How do you choose the best travel company to fit your interests and budget? What to take? How much money? Nancy Cramer answers these questions and more and provides a comprehensive handout packet for future reference. She discusses personal safety, wardrobe, and cameras. A veteran traveler, Nancy has made over 55 trips abroad. Bring $2 for handouts and take home free travel brochures and magazines.

CONVENER: Nancy Cramer
CLASS FEE: $10.00
Sec. A: 1 session; Wednesday, November 13; 7:00 PM - 9:00 PM; Student Union (New), Rm. 420, 5100 Cherry, Kansas City, MO 64110; metered parking on 5th floor of new parking structure at 50th and Oak; LIMIT: 15

#7207 A
Heritage Hike: Kansas City’s Italian Community...Columbus Park
The Columbus Park neighborhood, known as The Holy Rosary District, listed on the National Register of Historic Places, is bounded by 5th and Campbell streets, 9th street and East Missouri Avenue and 5th and Harrison streets. The Holy Rosary Catholic Church, designed in the Gothic Revival style, anchored the Italian immigrant community. The parish formed in the 1890s and also serves other immigrant groups: Cuban, Russian, Cambo-
dian, Mexican, Haitian and Asiatic groups. A range of architectural types are here including variations of the colonnade apartment style. Refreshments served at the hike’s conclusion. Material fee $20, make checks payable to HKCF.

CONVENER: Lucinda Rice-Petrie (816-529-8664)
Email: kpmdudg@aol.com
CLASS FEE: $10.00
Sec. A: 1 session; Monday, November 04; 9:00 AM - 12:00 PM; Holy Rosary Catholic Church, 911 East Missouri Avenue; KCMO; LIMIT: 25

Recreation

#7106 C
Beginning Archery
Learn the archery skills of stance, sighting, and release. Understand scoping, bow safety and the do’s and don’ts of group shooting. All equipment is provided. Classes are taught by experienced teachers who are also competition bow shooters—so they know their stuff.

CONVENER: Independence Bowhunter
CLASS FEE: $18.00 + $75.00 material fee = $93.00
Sec. C: 4 sessions; Mondays, beginning, November 04; 7:00 PM - 8:00 PM; 6423 Railroad Street, Raytown, MO, 64133
CLASS FEE: $75.00
Sec. A: 1 session; Tuesday, November 05; 9:00 AM - 11:00 AM; Administrative Center, Parking lot, UMKC Campus, 5122 Oak, KCMO; LIMIT: 15

#7107 C
Intermediate Archery
Had some exposure and experience with archery? Want to enhance the skills you’ve learned? Come to this four week intermediate skills class taught by certified instructors and professional shooters at our indoor range. Bring your own bow fitted to you, or use our club-provided equipment.

CONVENER: Independence Bowhunter & Maxine Sandman
CLASS FEE: $18.00 + $75.00 material fee = $93.00
Sec. C: 4 sessions; Thursdays, beginning, November 07; 7:00 PM - 8:00 PM; 6423 Railroad Street, Raytown, MO, 64133
CLASS FEE: $75.00
Sec. A: 1 session; Saturday, November 09; 10:00 AM - 12:00 PM; Student Union (New), Rm. 420, 5100 Cherry, Kansas City, MO 64110; metered parking on 5th floor of new parking structure at 50th and Oak; LIMIT: 15

#8001 B
“Harvest of Empire”—The Untold Story of Latinos in America
In this course we will review and discuss the 2012 documentary “Harvest of Empire”—The Untold Story of Latinos in America. Based on the groundbreaking book by award-winning journalist Juan Gonzalez, “Harvest of Empire” takes an unflinching look at the role that U.S. military actions and corporate interests played in triggering unprecedented waves of migration from Mexico, the Caribbean and Central America. The film unveils a moving human story that is largely unknown to the great majority of citizens in the U.S.

CONVENER: Kathleen Kennedy (816-529-8664)
Email: kennedyKat@stcbglobal.net
CLASS FEE: $10.00
Sec. B: 1 session; Saturday, November 02; 9:00 AM - 4:00 PM; Student Union (New), Rm. 420, 5100 Cherry, Kansas City, MO 64110; LIMIT: 20

Social concerns

#7207 A
Heritage Hike: Kansas City’s Italian Community...Columbus Park
The Columbus Park neighborhood, known as The Holy Rosary District, listed on the National Register of Historic Places, is bounded by 5th and Campbell streets, 9th street and East Missouri Avenue and 5th and Harrison streets. The Holy Rosary Catholic Church, designed in the Gothic Revival style, anchored the Italian immigrant community. The parish formed in the 1890s and also serves other immigrant groups: Cuban, Russian, Cambodian, Mexican, Haitian and Asiatic groups. A range of architectural types are here including variations of the colonnade apartment style. Refreshments served at the hike’s conclusion. Material fee $20, make checks payable to HKCF.

CONVENER: Lucinda Rice-Petrie (816-529-8664)
Email: kpmdudg@aol.com
CLASS FEE: $10.00
Sec. A: 1 session; Monday, November 04; 9:00 AM - 12:00 PM; Holy Rosary Catholic Church, 911 East Missouri Avenue; KCMO; LIMIT: 25

Social Issues

#8001 B
“Harvest of Empire”—The Untold Story of Latinos in America
In this course we will review and discuss the 2012 documentary “Harvest of Empire”—The Untold Story of Latinos in America. Based on the groundbreaking book by award-winning journalist Juan Gonzalez, “Harvest of Empire” takes an unflinching look at the role that U.S. military actions and corporate interests played in triggering unprecedented waves of migration from Mexico, the Caribbean and Central America. The film unveils a moving human story that is largely unknown to the great majority of citizens in the U.S.

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CLASS FEE: $10.00
Sec. B: 1 session; Saturday, November 02; 9:00 AM - 4:00 PM; Student Union (New), Rm. 420, 5100 Cherry, Kansas City, MO 64110; LIMIT: 20

WHOLISTIC HEALTH FAIR
SUNDAY, November 10TH;11 AM - 6 PM
STUDENT UNION, 5100 CHERRY, KCMO
EXHIBITOR SPACE IS STILL AVAILABLE

60 EXHIBITORS—20 WORKSHOPS—GIANT SILENT AUCTION
COMMUNITY UNIVERSITY SCHEDULE 2013 & 2014

FALL HEALTH FAIR
SUNDAY, NOVEMBER 10

WINTER AD & CLASS DEADLINE
FRIDAY, NOVEMBER 15

WINTER CLASSES BEGIN
MONDAY, JANUARY 27

SPRING HEALTH FAIR
SUNDAY, MARCH 23

SUMMER AD & CLASS DEADLINE
FRIDAY, APRIL 4

SUMMER CLASSES BEGIN
MONDAY, JUNE 2

FALL AD & CLASS DEADLINE
FRIDAY, JULY 18

FALL CLASSES BEGIN
MONDAY, SEPTEMBER 16

Make a Difference
Creative Ways to Leave Your Own Legacy.

In the last two years Community University developed a new online database program that features a true shopping cart system for registrants and easy access to class information for our teachers. We’ve recently added automatic reminders for those signed up and an easy evaluation process designed to help make our classes better. You can help keep Community University 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 Community University?

Our new gift planning web site, http://advancing.umkc.edu/plannedgiving. To learn more about how to leave a legacy call Phil Watson, director of Planned Giving, at 816-235-5776 or watsonp@umkc.edu.

SUFI GATHERING
Every Thursday 7:30 PM
Unity Temple on the Plaza

Singing, Dancing, Prayer, Meditation, Interfaith

EVERYONE ALWAYS WELCOME!

For more information: 918.618.3614
Wholistic Health Fair
Sunday, November 10
11 AM - 6 PM
Student Union, 5100 Cherry
#401, KCMO 64110
(free parking on 5th floor of new parking structure)

• 20 Workshops
• Silent Auction
• FREE Expo—60 Exhibitors

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

Health Fair Logo: Regina Compernolle

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

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

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

SILENT AUCTION
Sunday, November 10
Student Union, 4th floor lobby, 5100 Cherry

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

Bidding Begins at 11 AM and Ends promptly at 3:55 PM
If you would like to donate to the Silent Auction call 816-235-1448. It’s tax deductible and helps out your favorite adult education program.

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

<table>
<thead>
<tr>
<th>Company Name</th>
<th>Service or Item</th>
<th>Value</th>
</tr>
</thead>
<tbody>
<tr>
<td>Precision Pilates</td>
<td>3 Free Barre or Mat classes plus a pair of toe sox</td>
<td>75</td>
</tr>
<tr>
<td>StressFreeTools.com</td>
<td>painting</td>
<td>50</td>
</tr>
<tr>
<td>Dottera</td>
<td>$25.00</td>
<td>25</td>
</tr>
<tr>
<td>Canterbury Gifts</td>
<td>Two Scarfs- $22.00 each</td>
<td>44</td>
</tr>
<tr>
<td>Natural Energy Source Therapy</td>
<td>Shea cream, air freshener, healing balm.</td>
<td>25</td>
</tr>
<tr>
<td>Eric Kjelshus Energy</td>
<td>Energy Audit</td>
<td>400</td>
</tr>
<tr>
<td>Spirit Seeker Magazine</td>
<td>1 Listing in Midwest Purple Pages</td>
<td>270</td>
</tr>
<tr>
<td>Harmony Energetics</td>
<td>sound therapy session</td>
<td>100</td>
</tr>
<tr>
<td>Global Health Chiropractic</td>
<td>case history, exam, consultation</td>
<td>100</td>
</tr>
<tr>
<td>ECKANKAR of Kansas City</td>
<td>Books</td>
<td>45</td>
</tr>
<tr>
<td>Anahata Wellness Co.</td>
<td>aroma touch massage</td>
<td>75</td>
</tr>
<tr>
<td>The Smile Salon &amp; Day Spa</td>
<td>2 60-minute massages</td>
<td>140</td>
</tr>
<tr>
<td>lamhealthyandabundant365</td>
<td>Biofeedback Session</td>
<td>85</td>
</tr>
<tr>
<td>3HO Kundalini Yoga Center</td>
<td>6 Kundalini Yoga Classes</td>
<td>60</td>
</tr>
<tr>
<td>Falun Dafa Association of Kansas City</td>
<td>large lotus flower</td>
<td>5</td>
</tr>
<tr>
<td>It Works! Global</td>
<td>Ultimate body applicator</td>
<td>25</td>
</tr>
<tr>
<td>Nerium Skincare</td>
<td>NeriumAD</td>
<td>110</td>
</tr>
<tr>
<td>Door to Door Organics</td>
<td>Gift Certificate</td>
<td>30</td>
</tr>
<tr>
<td>Young Living Essential Oils</td>
<td>Raindrop Technique Massage</td>
<td>85</td>
</tr>
<tr>
<td>White Light Bookstore and Crystals</td>
<td>Gift Basket of Home Décor</td>
<td>100</td>
</tr>
<tr>
<td></td>
<td>Incense Gift Basket</td>
<td>100</td>
</tr>
<tr>
<td></td>
<td>Premium Incense Basket</td>
<td>200</td>
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<tr>
<td></td>
<td>Candle Gift Basket</td>
<td>150</td>
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<tr>
<td></td>
<td>Mineral &amp; Rock Gift Basket</td>
<td>100</td>
</tr>
<tr>
<td></td>
<td>Wiccan Basket</td>
<td>150</td>
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<tr>
<td></td>
<td>David Bradley- Oden Reiki Cert.</td>
<td>80</td>
</tr>
<tr>
<td></td>
<td>Pendulum Gift Set</td>
<td>100</td>
</tr>
<tr>
<td></td>
<td>Wiccan Gift Basket</td>
<td>200</td>
</tr>
<tr>
<td></td>
<td>Tarot Basket</td>
<td>150</td>
</tr>
<tr>
<td></td>
<td>Misc. Gift Basket</td>
<td>100</td>
</tr>
</tbody>
</table>
All Health Fair Workshops meet on Sunday, November 10th in the Student Union, 5100 Cherry, KCMO. Workshop fees are: $3 per workshop or $7 for 3 classes – per person. Registration for workshops is at the entrance to room #401 in the Student Union. Admittance to the fair is FREE.

**12:00 - 12:45 PM**

**Optimal Health & Wellness through Nutrition**

The human body requires 90 essential, bio-available nutrients daily to heal itself. It is impossible for our foods to provide this nutrition. Learn how nurturing our bodies allows them to become the healing machines they were designed to be.

*Eric Soriano*

**1:00 - 1:45 PM**

**You Are NOT a Body**

A discussion of the deconstruction of the present material paradigm and an introduction of the metaphysical view of the self; the primacy of consciousness as the ground of being, and the role of consciousness as evolutionary stimulus and individual mastery.

*Dr. Julie Connor*

**1:45 - 2:00 PM**

**Mood Management**

Do you ever feel stressed, fatigued, and lose your passion for things? We all have moments like this, but for some it is debilitating! Learning to use essential oils can help us center in a natural manner and keeps us grounded with composure!

*Karen Carnack*

**2:00 - 2:45 PM**

**Oden Reiki—Healing With Ultra Violet Light**

Oden Reiki works instantly, it is unlike you have ever experienced. Bring your long term energy health issues and see if they can be instantly fixed!

*Lauralie Bradley*

**2:45 - 3:00 PM**

**On Your Way to Your Purpose**

People often ask the age old question? What is my purpose? Why am I here? What am I supposed to be doing? And often many are left wondering, but never really finding their why. In this lecture, Michelle will uncover what’s hidden and help you uncover it.

*Mitchelle Gines*

**3:00 - 3:45 PM**

**Vibrational Healing through Sound and Scent**

This workshop will include brief explanations concerning the science behind sound and aroma therapies and will provide hands on demonstrations.

*Linda VanBibber, George Moon and Rama Inacio*

**3:45 - 4:00 PM**

**Medicare 101/Social Security Timing/Obama Care**

Selecting health coverage as an individual, family or senior can be very confusing and stressful especially with the new Obama Care. Join Sharon Lohoefener while she explains Medicare Parts A, B, C and D and what Obama Care involves for individuals and families. Find out what social security timing is!

*Sharon Lohoefener*

**4:00 - 4:45 PM**

**Mental Mastery—How to Harness the Mind Through Meditation**

Mindfulness practice empowers us to harness the potential of the mind to create the lives that we envision. Learn practical tools for increasing awareness, stilling the mind, relieving anxiety, improving memory and deepening emotional intelligence.

*Diane Breemen*

**4:45 - 5:00 PM**

**Spiral Experiences! Have You Had One?**

Have you had out-of-body or near-death experiences, dreams of a departed loved one or an inner light or inner sound? Gain a better understanding of your experiences and discover new spiritual exercises that can help you take the next step. Attendees will receive a free “Spiritual Experiences Guidebook.”

*Eckankar of Kansas City*

**5:00 - 5:15 PM**

**Pilates on the Mat**

Enjoy a 45 minute Pilates mat class. Feel the difference in your body before and after the class. Learn how to connect mind and body. Focus on your form to correctly perform each exercise!

*Jessica*

**5:15 - 5:30 PM**

**Food Sovereignty, Urban Agriculture, and Celebrating the Circle of Life**

Convivers are activists, urban farmers and educators who are committed to freedom, food justice and green economic sustainability for aboriginal people and ecological responsibility to the planet. Join us for a riveting presentation and discussion.

*Adenike AmeRa & Sasteh Mosley*
Silent Auction
Registration In lobby hallway by glass.

4th floor map
**EXHIBITOR TABLE NUMBERS**

**OUTER TIER**

1. Evolving Magazine  
2. LIMU  
3. Genesis Pure  
4. Precision Pilates  
5. Damsel In Defense  
6. StressFreeTools.com  
7. Juice Plus  
8. Sukyo Mahikari  
9. Gnostic Study Center  
10. Plexus  
11. The Summit Lighthouse  
12. DOTERRA  
13. Canterbury Gifts  
14. Canterbury Gifts  
15. Spiritual Pilgrim  
16. Natural Energy Source Therapy  
17. Eric Kjelshus Energy  
18. Spirit Seeker Magazine  
19. ZIJA International  
20. Harmony Energetics  
21. Global Health Chiropractic  
22. ECKANKAR of Kansas City  
23. Anahata Wellness Co.  
24. Core Star Energy Healing School  
25. The Smile Salon & Day Spa  
26. Fulk Chiropractic  
27. Iamhealthyandabundant365

**INNER TIER #1**

28. Marysa Sacerdote and Linda Cowden  
29. 3HO Kundalini Yoga Center  
30. Institute of Transformational Studies  
31. Your Booth Here  
32. Kimsey Kares  
33. Falun Dafa Association of Kansas City  
34. It Works! Global  
35. Nerium Skincare  
36. Kathy Lesmeister  
37. Your Booth Here  
38. Your Booth Here  
39. goDesana/Green Organics International

**INNER TIER #2**

40. Sacred Earth Arts  
41. Heartland Naturists of Kansas City  
42. Your Booth Here  
43. Your Booth Here  
44. Your Booth Here  
45. Radiant Light Wellness  
46. Nippon Chiropractic & Acupuncture  
47. Your Booth Here  
48. Your Booth Here  
49. Your Booth Here  
50. Your Booth Here  
51. Benefits By Design, Inc.

**LOBBY**

52. Door to Door Organics  
53. Young Living Essential Oils  
54. Generation RX and Operation Heart  
55. Operation Diabetes  
56. Operation Self Care and Operation Immunization  
57. Kansas City Antibiotic Resistance Task Force

**NORTH LOBBY**

KKFI Psychics  
Silent Auction

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- T’ai Chi Ch’uan  
- Reiki  
- Energy Balancing  
- Lymph Drainage

Kathleen Coleton  
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www.umkc.edu/commu

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**HEALING THRU MUSIC AND CRISTALS**

Kathleen Mamuric  
Owner, Music healer, Life coach  
Klmamuric@yahoo.com  
67th & Stateline * 913-206-2151
Exhibitor Directory

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

#29—3HO Kundalini Yoga Center
Yoga and Meditation, Teachers Training
Karta Purkh S. Khalsa, Sat Inder K. Khalsa, Siri Bir Kaur, Dalpreet Kaur
3525 Walnut St, KCMO 64111
816-561-5337
satinder@kc.rr.com
www.kckundaliniyoga.com

#23—Anahata Wellness Co.
Massage energy sessions
Karen Carmack
816-550-9620
kscarmack@mindspring.com

#51—Benefits By Design, Inc.
Health Protection Through Insurance: Individual, Family, Seniors
10540 Marty Street, Suite 240, Overland Park, KS 66212
913-385-2224
kcashman@benefitsbydesigninc.com
www.benefitsbydesigninc.com

#13 & 14—Canterbury Gifts
Jeff Schnabel
816-442-7070

#24—Core Star Energy Healing School
Energy Healing Classes
John Hoefer
6045 Martway, Suite 104, Mission, KS 66202
913-831-4422
John_hoefer@hotmail.com
www.CoreStarEnergyHealing.com

#5—Damsel In Defense
Sandy Griego
Robb Griego
913-563-0396
Mydamselpro.net/protected

#52—Door to Door Organics
Organic and all-natural food delivered directly to your door
Jamie Burks
816-997-9072
kc@doortodoororganics.com

#12—Doterra
Wellness supplements
Certified Pure Essential oils
Medicinal grade essential oils
DeVola Samuelson
719-838-1264
Devolio80@gmail.com
www.facebook.com/CPTGdoTerra

#22—ECKANKAR of Kansas City
3611 Main St., KCMO 64111
(Mailing address: PO Box 10493, KCMO 64171)
816-876-3807
globalhealthekk@gmail.com
www.globalhealthekk.com

#3—Genesis Pure
Maureen Griffin
Wayne Griffin
Maureengriffin2@att.net
Genesispure.com/mgriffin

#54—Generation Rx
Prescription drug abuse, drug storage and disposal
TJ Pham
tdp7td@mail.umkc.edu

#21—Global Health Chiropractic
Chiropractic
Dr. Halima Farah
751 E 63rd St Suite 110, Kansas City, MO 64110
816-876-3807
globalhealthkk@gmail.com

#9—Gnostic Study Center
Psychological Transformation - Emotional Balance
Gnostic Study Center
1805 W 39th St., Kansas City, MO 64111
816-836-3384
kcgnosis@gmail.com
gnosticconfraternity.org

#39—goDesana/Green Organics International
Whole Body Assessment
www.godesana.com/gretchen

#30—Institute of Transformational Studies
Neshamah Healing & Meditation
Diane Greneman
913-568-4518
meditationgirl@me.com

#32—Kimsey Coaching & Consulting
Ancient Hawaiian Wisdom
Mentor, Seminar Leader, Speaker, Author
Ilene Kimsey
808-232-5024
ilenekimsey.com

#7—Juice Plus
Whole Food Nutrition
www.saragrub.juiceplus.com

#34—It Works! Global
All natural weight loss and beauty supplies
Kalla Simpson
Po Box 94, Winona, MO 65588
573-953-1836
kallasimpson@yahoo.com
kallasimpson.myitworks.com

#57—Kansas City Antibiotic Resistance Task Force
Proper use of antibiotics
Julia Verhulst
jdvb78@mail.umkc.edu

#2—LIMU Nutrition
Ann Elwell, Greg Elwell
913-269-0309
ann.elwell@gmail.com
LimuHealthy.com

#28—Marysa Sacerdote and Linda Cowden
Gemstone Jewelry

#27—Iamhealthyandabundant365
Quantum Biofeedback, Young Living Therapeutic Grade Essential Oils and Youngevity Nutriceuticals
Ren Dymond & Diane Soriano
913-687-9738
iamhealthyandabundant365@gmail.com

#16—Natural Energy Source Therapy
Luis & Nora Fasani
MONTLY ONLINE AND PRINT MAGAZINE

Your Connection to cutting edge information from authors, musicians, artists, and healers offering tools and products for Healthier and Happier Living.

Printed in: Arkansas, Missouri & Illinois (Chicago, IL, Eureka Springs, AK, Kansas City, MO and KS, & St. Louis, MO)

Spirit Seeker is both a printed and online magazine that features:

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- Weekly Radio Show
- Annual Wholistic Living Expo
- Personal Mastery Program
- A Sponsor of Midwest Arts, Music, Holistic, and Spiritual Events

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#35—Nerium SkinCare
Anti-aging SkinCare Products
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Brand Partner
Brenda Black
5820 Manor Lane, Parkville, MO 64152
816-929-1043
tdp7td@mail.umkc.edu
www.brendablack.nerium.com

#46—Nippon Chiropractic & Acupuncture
Chiropractic & Acupuncture
Dr. Honda
9233 Ward Parkway Ste 333, Kansas City, MO 64114
816-444-0204
nipponchiro@aol.com
www.nipponchiro.com

#55—Operation Diabetes
Blood glucose screenings
Brittany Evans
breqm2@mail.umkc.edu

#56—Operation Heart
“Provide free blood pressure screenings and patient counseling on heart disease, cholesterol, hypertension, etc”
TJ Pham
816-529-7089
tdp7td@mail.umkc.edu

#56—Operation Self Care
Tips for managing heartburn and info about colds
Kelsey Bingham
Kbb5y2@mail.umkc.edu

#10—Plexus
Health and Wellness
Samantha Meder
816-805-6385
info@behealthykc.com

#4—Precision Pilates
Pilates, Pilates Mat, Precision Barre, Reformer, Precision Fab 5
Lindsay Russ
7420 Wornall Rd, Kansas City, MO 64114
816-333-0183
pilates@precision-pilateskc.com
www.precisionpilateskc.com

#45—Radiant Light Wellness
Healing Touch
Susan Warner
913-322-1078
RadiantLightWellness@gmail.com
www.RadiantLightWellness.com

#40—Sacred Earth Arts
Jewelry, Reiki, Herbs
Regina Conpermolle
816-547-0266
sacredeartharts@aol.com

#18—Spirit Seeker Magazine & Feng Shui Happiness
Magazines, Purple Pages Directory, Weekly Radio Show
Cynde Meyer
Mary Roseman
1320 Saltbox Drive, Chesterfield, MO 63017
636-530-7579
info@spiritseeker.com

#15—Spiritual Pilgrim
Angel Consultations
Jan Burke
Tomas Burke
785-320-7027
spiritualpilgrim@cox.net

#6—StressFreeTools.com
Pastlife Regression, Energize Healing, Hypnosis
Basweti Gewhas
913-660-0669
basweti@gmail.com
www.StressFreeTools.com

#8—Sukyo Mahikari
Spiritual purification by the Art of True Light
Dr. Susan Nakao
sunakao2000@gmail.com
www.sukyomahikari.org

#25—The Smile Salon & Day Spa
Massage, EFT
Janet Sitzmann
Casie Sivills Simpson
801 W. 47th Street, Suite 110, Kansas City, MO 64112
jmsince2013@gmail.com
www.TheSmileSalon.net

#11—The Summit Lighthouse
Practical Spirituality
Cristobal Castillo
Jeffrey Hoover
Margaret O’Brien

#53—Young Living Essential Oils
Therapeutic-Grade Essential Oils
Kristen@younglivingkc.com
www.YoungLivingKC.com

#19—ZIJA International
Liquid botanical nutrition
Linda Laskowski
Sandra Smith
Claire McDaniel
Florence Haggard
www.drinklifein.com

FREE WEEKEND PARKING AT UMKC
Park in the new Cherry Street Parking Structure to the north of the Student Union when attending the health fair. From the fifth floor of the new structure it’s a stair free shot to the Student Union.
All parking lots at UMKC are open to the public and free on weekends except lots #38 and #5.

Buildings and Parking
University of Missouri-Kansas City
Volkert campus

#3 — School of Education
#13 — School of Natural Health
#40 — Sacred Earth Arts
#46 — Nippon Chiropractic & Acupuncture
#35 — Nerium SkinCare
#45 — Radiant Light Wellness
#25 — The Smile Salon & Day Spa
#19 — ZIJA International
#53 — Young Living Essential Oils

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**REGISTRATION DATES & TIMES**

**CLASS FEES:**
- 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 free when attending the same class with a paid adult.
- Senior citizens (65 and up) and UMKC Faculty & Staff receive the early bird price whenever they register.

**WE OFFER 5 WAYS TO REGISTER:**

1) **Online—24/7**
   (Visa/Mastercard/Discover)
   Register and pay online anytime.
   [www.umkc.edu/commu](http://www.umkc.edu/commu)

2) **By Phone**
   (Visa/Mastercard/Discover)
   **Regular Registration Hours**—begin weekdays, from 8:00 a.m.-5:00 p.m.
   **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. Hearing Impaired: Call 1-800-735-2966 TTY; 1-800-735-2466 (voice).

3) **In-Person**
   (currency, checks or Visa/Mastercard/Discover)
   **Sign-up Special:**
   Sunday, November 10th, 11:00 AM - 6:00 PM; New Student Union Wholistic Health Fair Registration Booth, 5100 Cherry St., UMKC Campus, KCMO.
   The registration fee of $3 is waived and you’ll receive $1 off the first class and $2 off subsequent classes.
   **Regular Registration Hours**—Mondays - Thursdays, 8:00 a.m.-7:00 p.m.; Fridays 8:00 a.m. - 5:00 p.m.;
   **Location:** Office of Student Involvement/Communiversity, Student Union, Suite #320, 5100 Cherry, KCMO 64110. Metered parking is available on the fifth floor of the new Cherry Street Parking Structure to the north of the Student Union. From the fifth floor it’s a stair free shot to the Student Union.

4) **By Mail**
   (checks or Visa/Mastercard/Discover)
   Begins when you find a catalog—Mail to:
   Communiversity: 5100 Cherry, #320, KCMO, 64110.
   Make checks out to Communiversity.
   Mail processed on a first come, first served basis. You will be notified only in the event of a class change or if the class is full. Receipts are sent via email.

5) **By Fax—24/7**
   (Visa/Mastercard/Discover)
   Begins when you find a catalog. Fax your completed registration form with Visa/Master/Discover card info to 816-235-5590, 24 hours every day. Receipts are sent via email.

**Refund policy**
Cash 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.

**SWINNEY RECREATION CENTER**

**Facilities Include**
- 5 gymnasiums
- 4 racquetball courts
- 1 squash court
- Indoor Pool
- Indoor Track
- Outdoor Track
- Soccer Field
- Aerobic Room
- Steam and Sauna

**Fitness Classes**
- Pilates
- Kinesis
- Spin and Sculpt
- Yoga
- Cardio Hip Hop
- Boot Camp
- Zumba!

**COMMUNITY MEMBERSHIPS AVAILABLE**
- Bring this ad to the membership office between 8am-8pm to receive your free guest pass. (Limit 1 per customer)

**REGISTRATION FORMS**

Mail to: Communiversity, 5100 Cherry, #320, KCMO, 64110

| Name __________________________ | __New Address |
| Address ________________________ | ________________________ | State ___ | Zip ______ |
| City ___________________________ | ________________________ | Phone: Day _____ ____________, Night ______ ___________ |
| E-mail address ___________________ | ________________________ | Exp.Date / CVV ______ |
| VS__MC__DC__#:________-________-________-________ Exp.Date____/____CVV______ |

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<tr>
<th>Course #</th>
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- I am presently a UMKC Student (Pay ONLY material fees)
- Student ID #: ________
- I am interested in volunteering
- I am interested in teaching
- Subject: ______________________

**Class Fee Total**

**Donation** (tax deductible and greatly appreciated)

**Registration Fee** (due once per person per catalog)

**Total Sent**

$3.00

COMMUNIVERSITY LIABILITY WAIVER (Must Sign to Register)

I understand that Communiversity is not an academic program of the University of Missouri-Kansas City. Its conveners are not employees of Communiversity or UMKC. Communiversity makes no representation as to, nor is responsible for, class content, manner of presentation, time or location. The undersigned releases the Curators of the University of Missouri and Communiversity staff from any liability for personal injury or property damage sustained while attending or otherwise being involved with classes offered through Communiversity.

Signature __________________________ Date ____________

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**SCHEDULE INFORMATION**

**Facilities Include**
- 5 gymnasiums
- 4 racquetball courts
- 1 squash court
- Indoor Pool
- Indoor Track
- Outdoor Track
- Soccer Field
- Aerobic Room
- Steam and Sauna

**Fitness Classes**
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**COMMUNITY MEMBERSHIPS AVAILABLE**
- Bring this ad to the membership office between 8am-8pm to receive your free guest pass. (Limit 1 per customer)
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
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.libsyn.com/
Find us on Facebook! “Rime Buddhist Center Community”

Lama Changchup Kunchok Dorje (Chuck Stanford)
Executive Director and Spiritual Leader