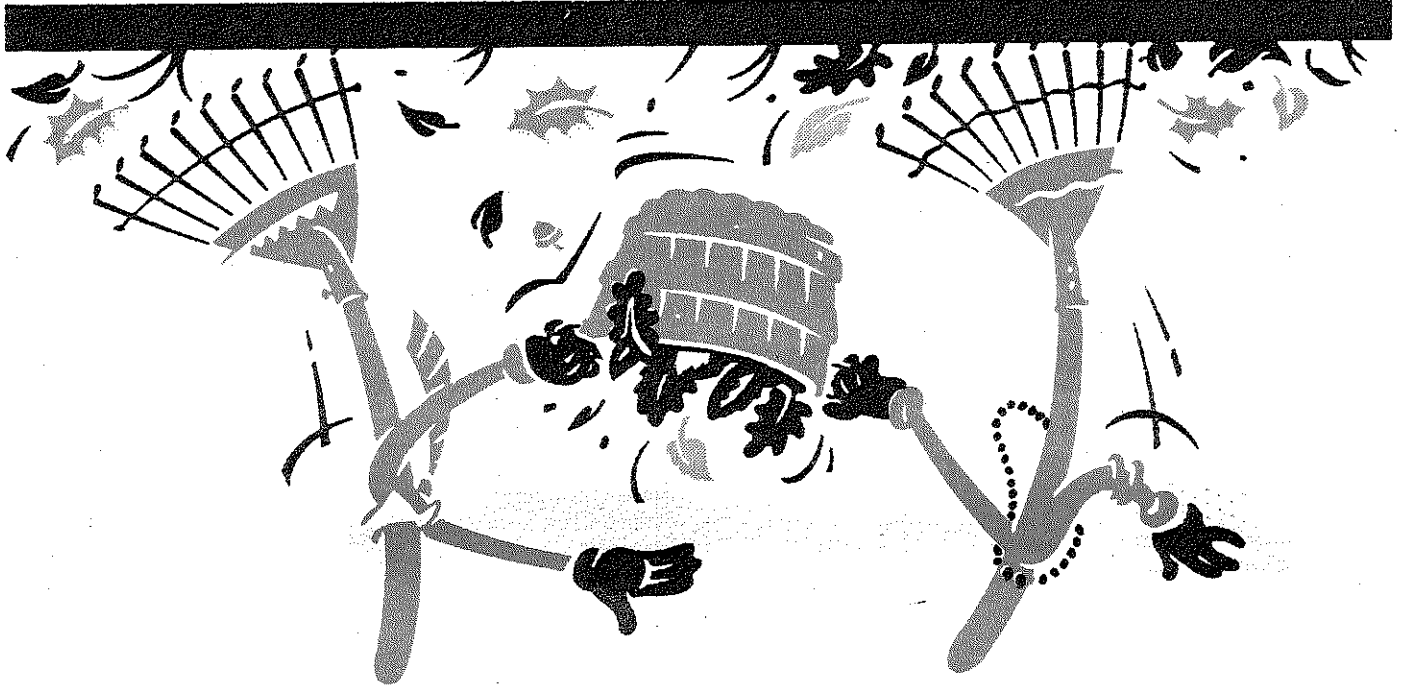
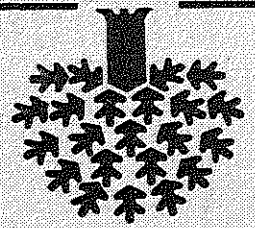


Teaching • Learning • Growing
Vol. 35 Edition 3

UFM

Community Learning Center 2003 Fall Classes



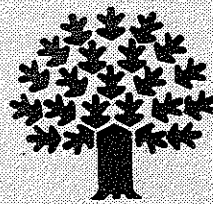
and much more...
...
Ukulele
...
Cream Puffs
...
Sign Language
...
Swim Lessons
...
Water Gardens
...
GMAT
PPST, LSAT, GRE,

**Fall Classes
August-
December
2003**



Fall Classes August-December 2003

Bowling	Dazzling Jewelry
...	...
African Dance	Harmonica
...	...
	Massage



Teaching • Learning • Growing

UFM Community Learning Center

2003 Fall Classes

NON-PROFIT ORG
U.S. POSTAGE PAID
Permit No. 134
Manhattan, Kan. 66502

OR CURRENT RESIDENT

Welcome to UFM Community Learning Center...

UFM Community Learning Center is a creative educational program serving Kansas State University, the Manhattan area and the state of Kansas. Based on the philosophy that everyone can learn and everyone can teach, UFM provides opportunities for lifelong learning and personal development. UFM serves as a forum for the exchange of ideas and as a catalyst for new programs and services that enhance the quality of life for all. Call us with your ideas.

WHERE WE'RE LOCATED

UFM
1221 Thurston

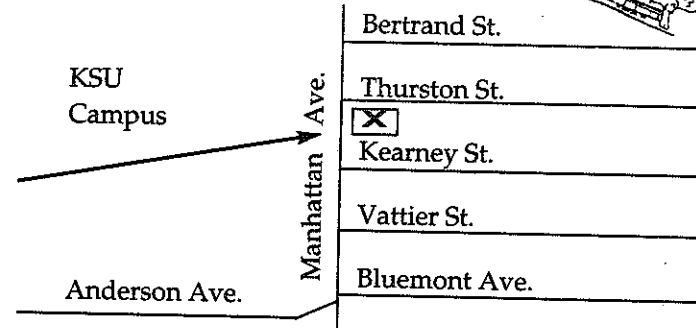
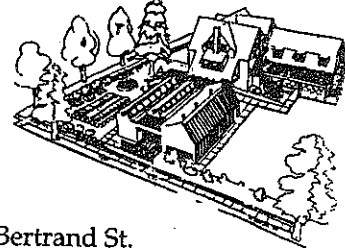


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Classes

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Adult Lessons		Rubber Stamping	
Private Lessons		Stained Glass	
Lap Swimming		Sew Basic	
Hydroaerobics		Digital Video	
Scuba Diving		Music Classes	
Swim Appreciation Dates		Scrapbooking	
Fitness Swimming		Food Classes	
		and many more	
Take It Easy.....	7-8	Sharpen Your Skills.....	15-16
Jin Shin Jyutsu		Focus on Spending Plans	
Self Massage		Gain Control of your Money	
Reiki		Women and Money	
Reflexology		Computer Classes	
Yoga		Test Prep Courses	
and more		and more	
Kick Up Your Heels.....	9-11	Expand Your Horizons.....	18-19
Belly Dancing		Sign Language	
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African Dance		Leadership Lounge	
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and many others			
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BOARD OF DIRECTORS

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UFM Staff:

Executive Director - Linda Inlow Teener
 Education Coordinator - Kristen Johnston
 Community Outreach Coordinator - Charlene Brownson
 Lou Douglas Lecture Series Coordinator - Olivia Collins
 Teen Mentoring Program Coordinator - Karen Roesch
 Swim Supervisor - Mandy Mertes
 Plus all the teachers who share their talents!

HANDICAPPED ACCESSIBLE

Any class can be placed in a handicapped accessible room. Please let us know at the time of registration.



The UFM office is open Monday-Friday
 8:30 am - 5 pm (closed 12 Noon - 1 pm). Call if you
 need to visit the office at lunchtime and we will make
 arrangements to be open for you.

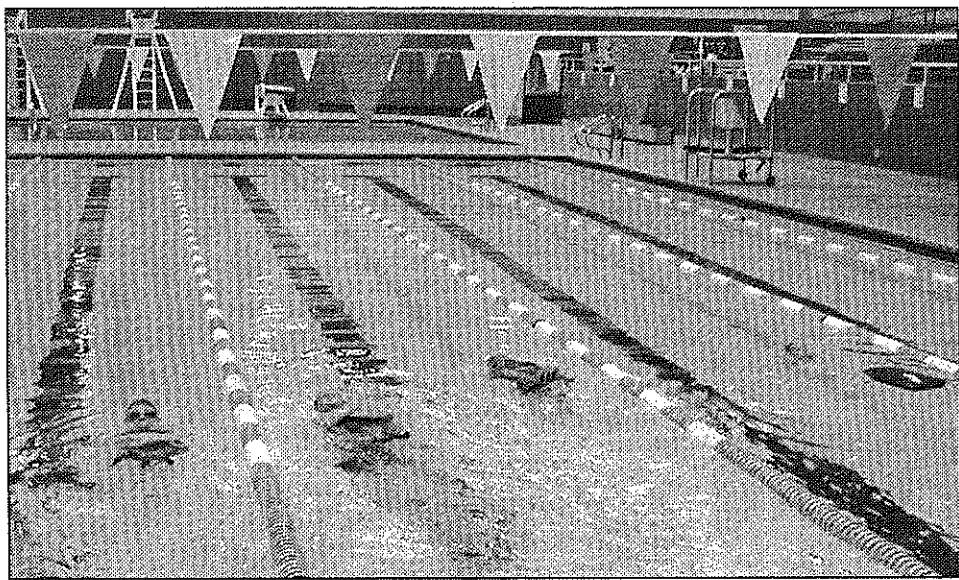
!WANTED! Instructors to Teach

- International Dances
- Fielded Trips
- Real Estate
- Car Maintenance
- Upholstery
- Basic Home Repair

Teach a Class at UFM

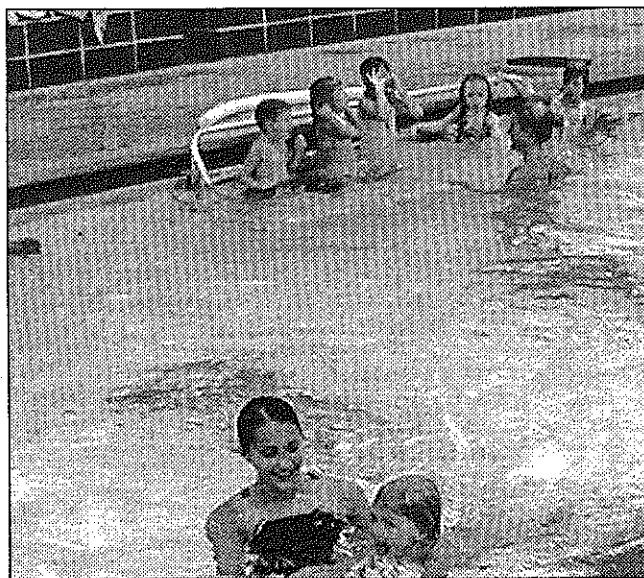
Teaching a Class at UFM can enhance your business, be an instructional opportunity for students, be an opportunity to network with those who share your interests or be a nice way to meet people. Call Kristen at UFM (539-8763) by October 24th to offer a class in the spring catalog.

MAKE A SPLASH INTO FALL



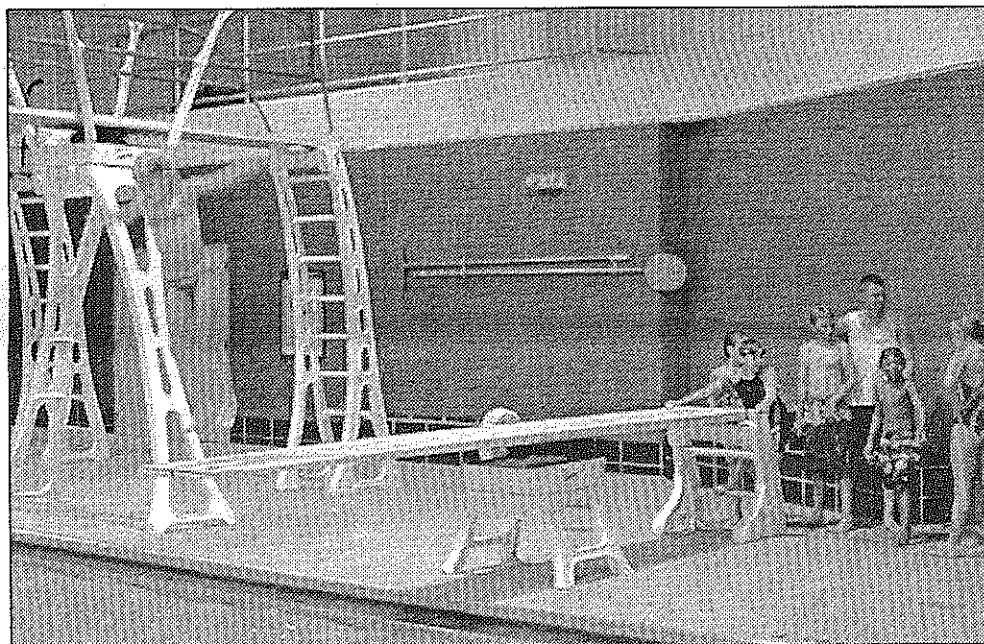
Lap Swimming • Hydroaerobics

Swim Classes



Scuba Diving

Fitness Swimming



Sunday Family Swim



UFM's Sidewalk Fund!!!

Help UFM raise funds for a new sidewalk.... You may have noticed our new paint job and the new landscaping. The next project is replacing the crumbling sidewalk. We need your help to fund this project. A donation in any amount for this special project is appreciated. For \$150, you can buy one square section and you can write your name in your section on the day it is poured!!!

Please help with this special need.

Thanks for your donation amount of: _____

Name: _____ Phone: _____

Address: _____

Make A Splash



Learn to Swim Classes

UFM proudly teaches the American Red Cross Swim Lessons Levels 1 - 7, Parent/Infant and Parent/Tot, and Tot Transition. UFM also offers private and adult swim classes. Small classes allow for carefully guided instruction in stroke technique and water safety. Water safety is reinforced with tips and practice each day. The first day of class each student is evaluated to assure that they are in the proper class. Students advance through the levels at their own rate and are moved to different class levels as space permits and skill advancement demands.

LOCATION: KSU Natatorium - Ahearn Complex
Lockers are available for use during class. Participants must supply towels and swimsuits. Showers are required before entering the water. Children over the age of 5 are not permitted in restrooms/locker rooms of the opposite sex.

Note: Minimum enrollment for all classes is 4. If less than 4 enroll, classes may be combined or cancelled.

BEGINNING & ENDING DATES (Except Where Noted):

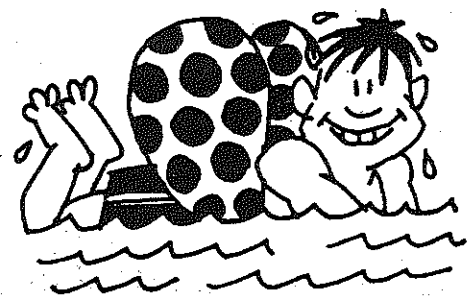
Session A: Mondays, September 8 - November 10

Session B: Tuesdays, September 9 - November 11

Session C: Wednesdays, September 10 - November 12

Session D: Thursdays, September 11 - November 13

Session E: Saturdays, September 6 - November 15
(No Class October 11)



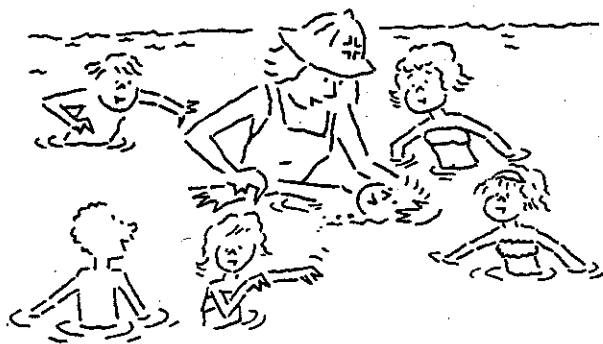
Parent/Infant and Parent/Tot

This water orientation program is designed to teach you how to work safely and effectively with your child and to teach basic water safety and self-help skills. This program emphasizes water adjustment, preparatory activities for swimming, and water enjoyment for you and your child. Small children should wear appropriate swim diapers. To participate, infants must have the ability to voluntarily raise their heads 90 degrees when lying flat on their stomachs and be 6 months old. During the 5 meetings, parents will receive instruction and have opportunity to practice water techniques with their children. Parent must accompany child.

Monday 6-6:30 pm
AQ-01P1 September 8 - October 6
AQ-01P2 October 13 - November 10

Tuesday 6 - 6:30 pm
AQ-02P1 September 9 - October 7
AQ-02P2 October 14 - November 11

Saturday 9:30 - 10:00 am
AQ-05P1 September 6 - October 4
AQ-05P2 October 18 - November 15
Fee: \$18 per session



Tot Transition

If your toddler is ready to try the water without a parent, but not ready for Level 1, this short class is for them. Emphasis will be on basic water safety and preparation activities for swimming. Some parent participation may be allowed.

Monday 6:45 - 7:15 pm
AQ-01T1 September 8 - October 6
AQ-01T2 October 13 - November 10

Tuesday 6:45 - 7:15 pm
AQ-02T1 September 9 - October 7
AQ-02T2 October 14 - November 11

Saturday 10:15 - 10:45 am
AQ-05T1 September 6 - October 4
AQ-05T2 October 18 - November 15
Fee: \$18 per session

Level I: Water Exploration

The object of Level I is to help students feel comfortable in water and to enjoy the water safely. Students will be introduced to elementary aquatic skills which will be built on as they progress through the Learn to Swim program. Student are ready for this level when they are mature enough to participate in a group setting without their parents.

AQ-01A Monday 6 - 6:40 pm
AQ-01B Tuesday 6 - 6:40 pm
AQ-01C Wednesday 6 - 6:40 pm
AQ-01D Thursday 6 - 6:40 pm
AQ-01E Saturday 9:30 - 10:10 am
Fee: \$43 per session

Level II: Primary Skills

The objective of Level II is to give students success with fundamental skills. Students learn to float without support and to recover to a vertical position. This level marks the beginning of true locomotion skills and adds to the self-help and basic rescue skills begun in Level I. Students entering this course must have a Level I certificate or must be able to demonstrate all the completion requirements of Level I.

AQ-04A Monday 6 - 6:40 pm
AQ-04B Tuesday 6 - 6:40 pm
AQ-04C Wednesday 6 - 6:40 pm
AQ-04D Thursday 6 - 6:40 pm
AQ-04E Saturday 10:15 - 10:55 am
Fee: \$43 per session

Level III: Stroke Readiness

The objective of Level III is to build on the skills in Level II by providing additional guided practice. Students will learn to coordinate the front and back crawl. They will be introduced to the elementary back stroke and to the fundamentals of treading water. Students will also learn rules for safe diving and begin to learn to dive from the side of the pool. Students entering this course must have a Level II certificate or must be able to demonstrate all the completion requirements in Level II.

AQ-07A Monday 6:50 - 7:30 pm
AQ-07B Tuesday 6:50 - 7:30 pm
AQ-07C Wednesday 6:50 - 7:30 pm
AQ-07D Thursday 6:50 - 7:30 pm
AQ-07E Saturday 9:30 - 10:10 am
Fee: \$43 per session

Level IV: Stroke Development

The objective of Level IV is to develop confidence in the strokes learned thus far and to improve other aquatic skills. Students will increase their endurance by swimming familiar strokes (elementary backstroke, front crawl, and back crawl) for greater distances. Students will be introduced to the breaststroke and sidestroke and the basics of turning at a wall. Students entering this course must have a Level III certificate or must be able to demonstrate all the completion requirements in Level III.

AQ-10A Monday 6:50 - 7:30 pm
AQ-10B Tuesday 6:50 - 7:30 pm
AQ-10C Wednesday 6:50 - 7:30 pm
AQ-10D Thursday 6:50 - 7:30 pm
AQ-10E Saturday 10:15 - 10:55 am
Fee: \$43 per session

Level V: Stroke Refinement

The objective of Level V is coordination and refinement of key strokes. Students will be introduced to the butterfly, open turns, the feet-first surface dive and spring-board diving. Participants learn to perform the front crawl and back crawl for increased distances and to perform the sidestroke and breaststroke. Students entering this course must have a Level IV certificate or must be able to demonstrate all the course requirements of Level IV.

AQ-13A Monday 6:50 - 7:30 pm
AQ-13E Saturday 10:15 - 10:55 am
Fee: \$43 per session

WANTED!



**Lifeguards
and
Lesson
Instructors**

Needed for part-time evening sessions for the Fall Semester.

For more information or an application please come by UFM, 1221 Thurston or call 539-8763



Level VI: Skill Proficiency

The objective of Level VI is to polish strokes so students swim them with more ease, efficiency, power, and smoothness over greater distances. Students develop considerable endurance by the end of this course. Considerable practice is helpful to develop and maintain the strength necessary in Level VII. Participants will be introduced to additional turns as well as the pike and tuck surface dives. Students entering this course must have a Level V certificate or be able to demonstrate the skills required to complete Level V.

AQ-16A	Monday	6:50 - 7:30 pm
AQ-16E	Saturday	10:15 - 10:55 am
Fee:		\$43 per session



Level VII: Advanced Skills

The objective of Level VII is to perfect strokes and to develop good fitness habits. Participants are urged to use aquatic activities throughout life to maintain their physical condition. They will be taught springboard diving and advanced rescue skills. Participants entering this course must have a Level VI certificate or must be able to demonstrate all the completion requirements in Level VI.

AQ-19A	Monday	6:50 - 7:30 pm
AQ-19E	Saturday	10:15 - 10:55 am
Fee:		\$43 per session

Adult Swim Lessons

Are you tired of sitting on the sidelines watching everyone else swim? Well, you don't need to anymore. Now's your chance to learn how to swim. This class is for adults who want to become comfortable in the water, add to their knowledge of personal safety, and increase enjoyment of their leisure time. No prerequisites. If enrollment is low, this class will be moved to private or semi-private lessons.

AQ-22A	Monday	6:00 - 6:40 pm
AQ-22E	Saturday	9:30 - 10:10 am
Fee:		\$43 per session

Check out www.ksu.edu/redcross for CPR and First Aid Courses this Fall

Lap Swimming Ages 13 plus

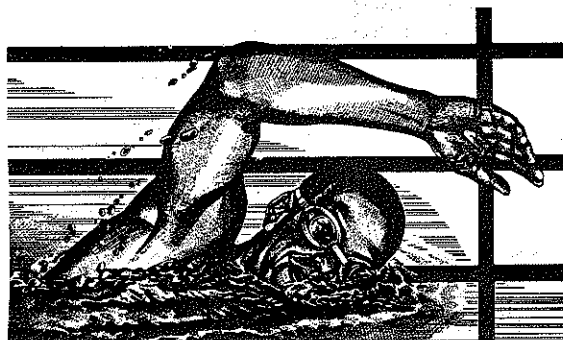
Lap swimming is for individual work-out. The lap pool is available to adults and advanced swimmers to swim regularly and frequently. You may choose your 40 minute block of time during the below scheduled times.

AQ-24A	Mondays	6 - 7:30 pm
AQ-24B	Tuesdays	6 - 7:30 pm
AQ-24C	Wednesdays	6 - 7:30 pm
AQ-24D	Thursdays	6 - 7:30 pm
AQ-24E	Saturdays	9:30 - 11:00 am
Fee:		\$19 per session

Lap Swimming for Parents

Are you tired of being just an observer at your child's swimming lesson? If so, then take advantage of the time you spend watching and enroll in Lap Swimming at a special price. The lap pool is available every day your child is enrolled in swimming lessons. During this time you will be able to swim laps to meet your own needs and goals.

AQ-25A	Mondays	6 - 7:30 pm
AQ-25B	Tuesdays	6 - 7:30 pm
AQ-25C	Wednesdays	6 - 7:30 pm
AQ-25D	Thursdays	6 - 7:30 pm
AQ-25E	Saturdays	9:30 - 11:00 am
Fee:		\$16 per session



Open Swim Appreciation

For UFM swim participants and their parents. Parents are invited to join their children in the water and practice swimming together. There is no charge for this activity. However, registration with the number of participants planning to attend is requested so that we can provide adequate lifeguards. The session may be cancelled if no pre-registration is received.

Date: October 5 (Sunday)
 Time: 5 - 7 pm
 Fee: N/C, Please call to register
 Location: KSU Natatorium

Open Swim Appreciation

Date: October 19 (Sunday)
 Time: 5 - 7 pm
 Fee: N/C, Please call to register
 Location: KSU Natatorium

Private Swim Lessons

Private lessons provide one-on-one instruction for any level of swimmer. There are 5 lessons of 30 minute each that occur once a week for 5 weeks. To improve scheduling and better serve our families, you will reserve specific days and times for private lessons when you enroll. Please make sure you record these times and dates when you register, because THERE WILL BE NO OPPORTUNITY FOR MAKE UP LESSONS.

Beginning and Ending Dates for Privates Lessons:

Session A1:	Mondays	September 8 - October 6
Session A2:	Mondays	October 13 - November 10
Session B1:	Tuesdays	September 9 - October 7
Session B2:	Tuesdays	October 14 - November 11
Session C1:	Wednesdays	September 10 - October 8
Session C2:	Wednesdays	October 16 - November 12
Session D1:	Thursdays	September 11 - October 9
Session D2:	Thursdays	October 16 - November 13
Session E1:	Saturdays	September 6 - October 4
Session E2:	Saturdays	October 18 - November 15

Times for Monday, Tuesday, Wednesday, and Thursday sessions:

6 - 6:30 pm 6:45 - 7:15 pm

Times for Saturday sessions:

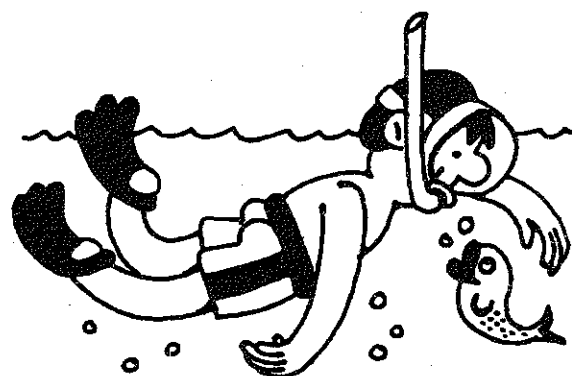
9:30 - 10:00 am 10:15 - 10:45 am

Fee: \$52 per session

Sunday Family Swim

Bring the family out for a refreshing evening of swimming. Take advantage of the indoor pool at K-State on Sunday evenings. You must register in advance so we can plan adequate lifeguards.

Date: October 5, 19, 26, and November 2 (Sunday)
 Time: 5 - 7 pm
 Fee: \$10 individual/\$25 family
 Location: KSU Natatorium



MANHATTAN MARLINS SWIM TEAM



A non-profit organization dedicated to providing children the chance of participating in competitive swimming. Primary emphasis is on positive self image, physical conditioning and development to the child's fullest potential

Ages: 5 years thru College level

Four Practice Groups: ♦ Developmental ♦ Bronze ♦ Silver ♦ Gold

For more information contact: Kathy Musch at 776-1742 or David Sexton 313-4572



Shallow Water Hydroaerobics: Water Exercise

This is a 55 minute water exercise class that uses water resistance to give participants a great workout. This class is designed to use water exercises for the development of physical fitness, muscle tone, flexibility, and cardiovascular endurance. Exercises are done in a vertical position with head and shoulders out of the water. Both the swimmer and the non-swimmer will benefit from this class.

Session A: August 25 - September 27
Monday - Thursday (6:35 - 7:30 pm)
and Saturday (10:05 - 11 am)
AQ-26A (1 Time a week)
AQ-27A (3 Times a week)
AQ-28A (5 Times a week)

Session B: September 29 - November 1
Monday - Thursday (6:35 - 7:30 pm)
and Saturday (10:05 - 11 am)
AQ-26B (1 Time a week)
AQ-27B (3 Times a week)
AQ-28B (5 Times a week)

Session C: November 3 - December 13
Monday - Thursday (6:35 - 7:30 pm) and
Saturday (10:05 - 11 am)
AQ-26C (1 Time a week)
AQ-27C (3 Times a week)
AQ-28C (5 Times a week)

No Classes September 1, October 11, and
November 26 - 29.

Fee: \$18 for 1 time a week per session
\$22 for 3 times a week per session
\$26 for 5 times a week per session



Shallow Water Hydroaerobics for the Entire Semester

Session D: August 25 - December 13
Monday - Thursday (6:35 - 7:30 pm)
and Saturday (10:05 - 11 am)
AQ-26D (1 Time a week)
AQ-27D (3 Times a week)
AQ-28D (5 Times a week)

No Classes September 1, October 11, and
November 26 - 29.

Fee: \$52 for 1 time a week per session
\$62 for 3 times a week per session
\$72 for 5 times a week per session

Win \$1 off any UFM Class...
by finding the "Fake Class" included in this
catalog!! Identify it when you register and
receive \$1 off your registration for one class.

Deep Water Hydroaerobics

During deep water hydroaerobics participants will be issued an aquajogger belt to help provide buoyancy in the water. The structure for this class will be similar to regular hydroaerobics classes but will be taught in the diving well. This class is intended to add variety to your workout. Only swimmers who can tread water without a floatation device are allowed to participate in the class.

Session A: August 26 - September 25
AQ-100A Tuesday and Thursday 6:35 - 7:30 pm

Session B: September 30 - October 30
AQ-100B Tuesday and Thursday 6:35 - 7:30 pm

Session C: November 4 - December 11
AQ-100C Tuesday and Thursday 6:35 - 7:30 pm

No classes November 27.

Fee: \$20 per session

Deep Water Hydroaerobics for the Entire Semester

Session D: August 26 - December 11
AQ-100D Tuesday and Thursday 6:35 - 7:30 pm

No classes November 27.

Fee: \$56 per session

Fitness Swimming

Students interested in this course **MUST** be able to demonstrate the five basic strokes, using rhythmic breathing. Emphasis will be on analyzing and refining stroke technique and additional competitive skills improving/maintaining physical fitness and endurance through a progressive conditioning swimming program. Students will learn the components of well-balanced training and how to design a workout for conditioning swimming.

Carol Stites

Date: September 16 - October 30
(Tuesday/Thursday)

Time: 6 - 7:30 pm

Fee: \$73 (KSU credit also available.)

Location: KSU Natatorium

Scuba Diving

This course will prepare students for Open Water certification. Areas of information covered include introductory information for certification, knowledge of the equipment, physics of diving, medical problems related to diving, use of diving tables, diving environment, and general information. The date for certification will be determined at a later date. The certification is included in the class fee; however, neither UFM nor KSU is responsible for the certification. Travel and lodging are at the student's expense. Students must provide their own mask, fins, and snorkel.

Jeff Wilson

Date: September 15 - October 20 (Monday)

Time: 6:00 - 10:00 pm

Fee: \$230 (KSU credit also available.)

Location: KSU Natatorium



Take a Peek at the Past

(All visits—including peeks, looks & stares—are free.) That's right...free!

Riley County Historical Museum

2309 Claflin

- Exhibits of Riley County history—pioneer days to the present
 - Research library by appointment
 - Educational programs
 - Speakers bureau
- 8:30-5:00 Tuesday-Friday
2:00-5:00 Saturday-Sunday

Goodnow House Museum

2309 Claflin

- Home of Issac Goodnow (founder of KSU and Manhattan)
 - Free state advocate
 - Educator (common school to college)
 - A State Historic Site
- Call 565-6490 for Hours



Pioneer Log Cabin

Manhattan City Park

- Walnut log cabin built in 1916
- Pioneer home and tool exhibit

Open April-October
Sunday 2:00-5:00
and by appointment

Wolf House Museum

630 Fremont

- 1868 stone home also served as a boarding house
 - Furnished with period antiques
 - Special exhibits
- Victorian Manhattan: Life in 1885
1:00-5:00 Saturday 2:00-5:00 Sunday
and by appointment

For more information, call 565-6490

RILEY COUNTY

HISTORICAL MUSEUM

Take It Easy



Living the Art:

Jin Shin Jyutsu Self Help

WE-01

The art of Jin Shin Jyutsu is a simple and powerful tool available to all. This class will focus on experiencing this art through self-help techniques and developing and maintaining a daily practice to enhance well being. The ancient art of harmonizing the body's energy engages one in self awareness and recognizes the body's wisdom.

Kate Cashman (537-1911) is a certified Jin Shin Jyutsu practitioner and self-help instructor.

Date: October 13, 20, 27 (Monday)
Time: 7:00 pm
Fee: \$24
Location: 811 Colorado

Living the Art:

The Jin Shin Jyutsu Specialists

WE-02

This class focuses on "the specialists"; the safety energy locks. In Jin Shin Jyutsu theory these are specific areas on the energetic pathways of the body. These specialists help deepen our understanding and awareness. Emphasis is on experiencing the art of Jin Shin Jyutsu and developing and maintaining a daily practice.

Kate Cashman (537-1911)

Date: October 4 (Saturday)
Time: 1 - 4 pm
Fee: \$18
Location: 811 Colorado

Self Massage for Pain Relief

WE-07

Learn some self-massage routines to help with promotion of relaxation and relief of muscular aches, pains and tension. You will become familiarized with basic principles of therapeutic massage that can be adapted to meet your personal needs. Bring a blanket and/or pillow and wear loose clothing or shorts and a T-shirt.

Sandy Snyder (537-3607) is a licensed Massage Therapist with 26 years experience. She is the owner of Lifecenter Bodywork and is experienced with Deep Tissue Massage, Sports Massage, Reflexology, Baby and Pet Massage.

Date: November 14 (Friday)
Time: 7:00 pm
Fee: \$15
Location: UFM Fireplace Room

Massage for Two

WE-08

Come and learn the basic principles of therapeutic massage and understand how massage can help maintain health. Swedish-style massage, the most common style of massage, uses long flowing strokes. Emphasis of the class will be on the neck and back. Wear sports shorts and t-shirt. Each pair will need to bring a sleeping bag or thick blanket and 2 flat sheets. Pair may include mother-daughter, friends or couples.

Sandy Snyder (537-3607)

Date: November 13 (Thursday)
Time: 7:00 pm
Fee: \$26
Location: UFM Fireplace Room

Introduction to Reiki

WE-10a

Reiki is a Japanese technique for stress reduction and realization that also promotes healing. It is based on the idea that an unseen "life force energy or Chi" flows through us and is what causes us to be alive. A treatment feels like a wonderful glowing radiance that flows through and around you. Reiki treats the whole person including body, emotions, mind and spirit creating many beneficial effects that include relaxation and feelings of peace, security and well being. We will be working in stocking feet. Please bring a towel to class. Each class member will receive a sample treatment.

Sarah English (539-4127) is a teaching Reiki Master, having received Master Level in 2002. She has been working with subtle energies, Feng Shui, Auras, and chakras since 1974.

Date: September 15 (Monday)
Time: 7 - 9:30 pm
Fee: \$8
Location: 513 Leavenworth, Suite 113

Introduction to Reiki

WE-10b

Date: October 11 (Saturday)
Time: 9:30 - 12:00 pm
Fee: \$8
Location: 513 Leavenworth, Suite 113

Introduction to Reiki

WE-10c

Date: November 22 (Saturday)
Time: 12:00 - 2:30 pm
Fee: \$8
Location: 513 Leavenworth, Suite 113

Chi Lei - Chi Gong

WE-17

Chi Lei is a self-healing method prescribed by the world's largest medicine-less hospital in Qihuangdao, China. Chi Lei is a slow exercise that gathers and concentrates the Chi (vital life energy) and moves it through the body. As we work with this healing energy, it helps to balance our inner energies to improve our health responses and the mind becomes tranquil. The exercises are done standing, but can be practiced while seated.

Enell Foerster (537-0977) has studied under Luke Chan, the only Chi Lei master teacher outside of China. She has taught Jackie Sorensen's Aerobic Dancing, aquatic exercises and is currently a certified Body Recall exercise instructor. She has taught Red Cross CPR and First Aid, Yoga and other classes for UFM.

Date: October 2 - 23 (Thursday)
Time: 5:30 - 6:15 pm
Fee: \$26
Location: UFM Conference Room

Yoga Connection

Manhattan, Kansas

Workshops, Retreats, Private lessons & Classes

With Ana Franklin

Teaching Yoga since 1984

www.yogaconnection.byregion.net

yogaconnection@kansas.net

785-537-8224

Seven Causes of Ill Health

WE-22

Prevention of illness can be a result of life choices. Preventing illness is not only easier and less costly, but it will also help you live a longer and higher quality life. Learn how you can fortify your body's natural immunity to ward off disease, slow down the degenerative process and keep you healthier.

Patricia Cassinelli (341-1451) is a graduate of Scherer's Institute of Natural Healing in Santa Fe, New Mexico, and has studied under several holistic health practitioners. She is a licensed massage therapist and owner of Body, Mind and Spirit here in Manhattan.

Date: October 28 and November 4 (Tuesday)
Time: 7 - 9 pm
Fee: \$12
Location: UFM Multipurpose Room

Awareness of Chemicals & Heavy Metals & How They Affect Us

WE-23

Raise your awareness and discover clues and possible answers for hyperactive children, mental depression, brain fog, fatigue, lethargy, allergies, lymphoma, excessive tooth decay, etc. Where are the poisons? What harm do they do? How can they be eliminated?

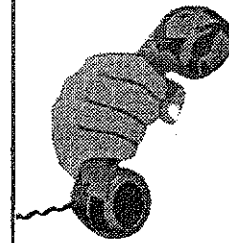
Patricia Cassinelli (341-1451)

Date: October 14 (Tuesday)
Time: 7 - 9 pm
Fee: \$8
Location: UFM Conference Room



UFM Sidewalk Fund

Help UFM raise funds for a new sidewalk. You may have noticed our new paint job and the new landscaping. The next project is replacing the crumbling sidewalk. We need your help to fund this project. A donation in any amount for this special project is appreciated. See page 3 for details.



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PAWNEE
Mental Health Services



Introduction to Reflexology

WE-24

Reflexology is a form of bodywork that uses the fingers and thumbs to apply pressure to points on the feet and hands. The points correspond reflexively to other areas of the body. We will discuss what reflexology means, how it works and what its benefits are. We will also do a foot washing prior to treatment. This will be a relaxing, soothing experience.

Patricia Cassinelli

Date: September 23 and 30 (Tuesday)
Time: 7 - 9 pm
Fee: \$12
Location: UFM Multipurpose Room

Young Living Essential Oils

WE-31

Are you interested in finding out about the use and application of essential oils? How can this ancient knowledge improve our health and lifestyle today? You will receive information and a sample kit of some of the basic oils. There will also be some information on airborne viruses and oils.

Enell Foerster has studied and used essential oils for several years. She has organized this class so that you can learn about the benefits of using essential oils.

Date: September 27 (Saturday)
Time: 9:30 am - 1 pm
Fee: \$ 20 includes the Basic Oils kit
Location: UFM Multipurpose Room

Check out www.ksu.edu/redcross for CPR and First Aid Courses this Fall

Yoga for Beginners

WE-35a

"India's great gift to humanity is an accessible, practical approach to happiness. This is the gift of YOGA." T.K.V. Desikacher This class is open to everyone. We will use the breath and the body to help focus the mind. You will participate in developing a personal practice which meets your unique needs. Please wear comfortable clothing that allows for full range of movement. No jeans please. It is best not to eat within two hours of class (a piece of fruit is ok). Bring a towel.

Ana Franklin (537-8224) has been practicing yoga for more than 30 years. She received teacher training from Gary Kraftsow, author of the books Yoga for Wellness and Yoga for Transformation. Ana has been teaching yoga since 1984.

Date: October 1 - 22 (Wednesday)
Time: 6:00 - 7:30 pm
Fee: \$ 48
Location: 520 North Juliette, Apt.2

Yoga for Beginners

WE-35b

Ana Franklin (537-8224)

Date: October 2 - 23 (Thursday)
Time: 9:30 - 11:00 am
Fee: \$ 48
Location: 520 North Juliette, Apt.2

Yoga for Beginners

WE-35c

Ana Franklin (537-8224)

Date: October 6 - 27 (Monday)
Time: 6:00 - 7:30 pm
Fee: \$ 48
Location: 520 North Juliette, Apt.2

Yoga for Beginners

WE-35d

Ana Franklin (537-8224)

Date: October 29 - November 19 (Wednesday)
Time: 6:00 - 7:30 pm
Fee: \$ 48
Location: 520 North Juliette, Apt.2

Yoga for Beginners

WE-35e

Ana Franklin (537-8224)

Date: October 30 - November 20 (Thursday)
Time: 9:30 - 11:00 am
Fee: \$ 48
Location: 520 North Juliette, Apt.2

Yoga for Beginners

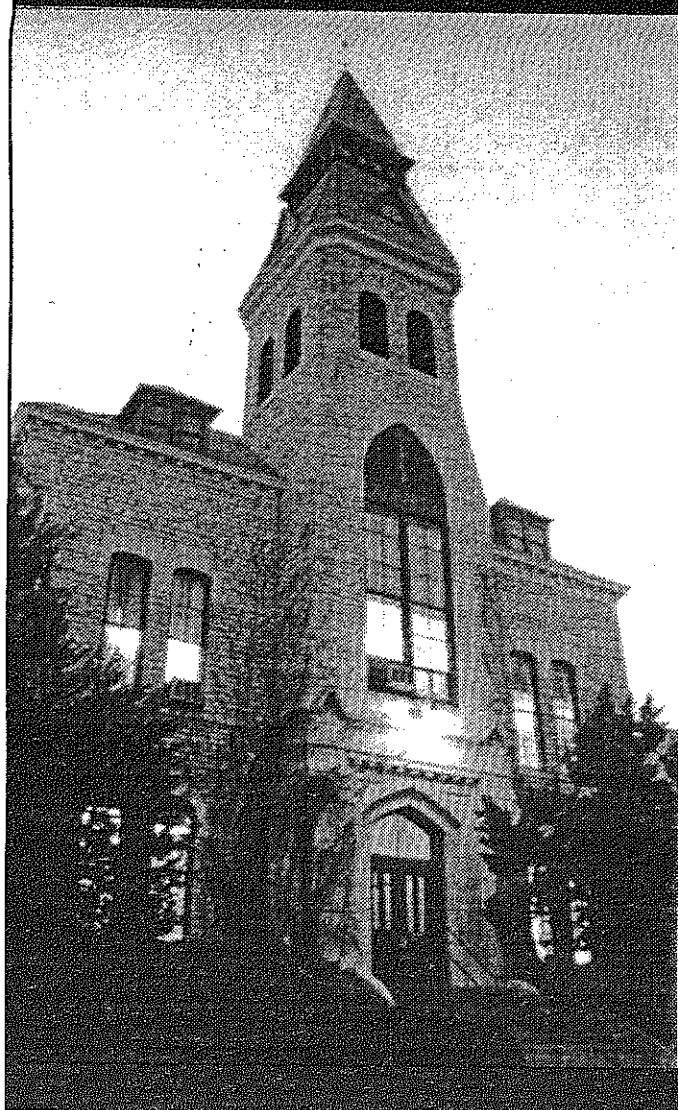
WE-35f

Ana Franklin (537-8224)

Date: November 3 - 24 (Monday)
Time: 6:00 - 7:30 pm
Fee: \$ 48
Location: 520 North Juliette, Apt.2



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Kick Up Your Heels

SHARP Self-Defense for Women SP-01

This course has been designed to offer women quick, easy-to-learn, and extremely effective techniques for defending themselves against violent physical assault and rape. By empowering women to better protect themselves, they gain confidence in social and professional environments. All material is taught from a practical approach with techniques that require little physical strength and therefore are useful to women of all ages and physical condition. Ages 13 +

Diana Tarver has a black belt in Taekwondo and Hapkido and is a certified instructor with the American Taekwondo Association. She has 18 years experience teaching martial arts, police defensive tactics and Sexual Harassment Assault and Rape Prevention for Women.

Date: October 2 (Thursday)
Time: 6:30 - 9:30 pm
Fee: \$18 individual/\$30 mother-daughter (additional \$10 per child)
Location: First Lutheran Church basement (Enter at North Door) 930 Poyntz

Belly Dance Basics RH-11a

Belly dance is an ancient ethnic dance form that supports creativity, fitness, healing and fun. It is effective in connecting individuals with their own bodies, with their inner strength and improving self-esteem. Belly dance is also excellent exercise for flexibility, strength, endurance and weight loss. It is appropriate for people of all ages, shapes and sizes and it is gentle enough for people of all fitness levels, including those with previous injuries or physical limitations. Please wear comfortable clothing that allows for ease of movement. Come join us for creative movement and exercise in a positive and fun setting! Geared toward ages 14+.

Maya Zahira (785-979-4681) began studying belly dance in 1999 under the instruction of Saudi-born Ferdoas Afani. Shortly thereafter, Maya traveled to New York City where she studied at Serena Studio in the Theater District. Maya has taken Middle Eastern classes and workshops from several well-known teachers in the Kansas City area, including Masani Azura, Jemira Ali, Roya, Zada al Gaziye, Siham Ali, and Zaina Ali. In addition, Maya regularly travels to workshops taught by world-renowned belly dancers including Suhaila Salimpour, Ansuya, and Sahra. Maya's dance performances include restaurant dancing, international fairs, sidewalk sales and The K.C. Renaissance Festival. Maya also teaches weekly belly dance classes in Lawrence and the Kansas City area. She holds a Bachelor's Degree in Education and has more than eight years of professional teaching experience.

Date: September 2 - October 7 (Tuesday)
Time: 5:15 - 6:15 pm
Fee: \$40
Location: UFM Banquet Room

Belly Dance Basics RH-11b

Maya Zahira (785-979-4681)
Date: October 14 - November 18 (Tuesday)
Time: 5:15 - 6:15 pm
Fee: \$40
Location: UFM Banquet Room

Continuing Belly Dance RH-12a

This class is for those students who have taken at least one session of Level I Middle Eastern Dance. Students in this class will be taught additional dance movements and combinations, choreography and veil work.

Maya Zahira (785-979-4681)
Date: September 2 - October 7 (Tuesday)
Time: 6:20 - 7:20 pm
Fee: \$40
Location: UFM Banquet Room

Continuing Belly Dance RH-12b

Maya Zahira (785-979-4681)
Date: October 14 - November 18 (Tuesday)
Time: 6:20 - 7:20 pm
Fee: \$40
Location: UFM Banquet Room

Intermediate Belly Dance RH-14a

This class is for students who have taken at least one session of Continuing Belly Dance or equivalent. Students in this class will be taught additional dance movements and combinations, choreography, veil work, finger cymbals and floor work. Required materials: hip scarf, veil and finger cymbals. Performance opportunities are provided, but not required.

Maya Zahira (785-979-4681)
Date: September 2 - October 7 (Tuesday)
Time: 7:25 - 8:25 pm
Fee: \$40
Location: UFM Banquet Room

Intermediate Belly Dance RH-14b

Maya Zahira (785-979-4681)
Date: October 14 - November 18 (Tuesday)
Time: 7:25 - 8:25 pm
Fee: \$40
Location: UFM Banquet Room

Ballroom Dance RH-03a

Come dance with us! If you want to learn to dance with a partner, plan to attend a wedding, or you just want to brush up on your steps, this class is for you. Swing, foxtrot, waltz, and Latin dancing are just a few of the steps you will learn. Come experience the elegant world of Ballroom Dance. Classes fill rapidly. It is advisable to register early.

Michael Bennett (776-7557) has trained in Ballroom Dance at U.C. Berkley, Mandola Ballroom, San Francisco; AliBaba Ballroom, Oakland, CA; Chicago Dance Studio, Chicago, IL; and Avenue Ballroom, San Francisco. He was the 1986 San Francisco Avenue Ballroom Jitterbug Champion. He choreographed and performed in Ballroom Suite, Winter Dance 1998, KSU. He is a member of the United States Amateur Ballroom Dancers Association.

Date: August 29 - October 3 (Friday)
Time: 8:30 - 9:30 pm
Fee: \$28 individual/\$49 couple
Location: ECM Auditorium 1021 Denison Avenue

Ballroom Dance RH-03b

Michael Bennett (776-7557)
Date: October 31 - December 12 (Friday)
Time: 8:30 - 9:30 pm
Fee: \$28 individual/\$49 couple
Location: ECM Auditorium 1021 Denison Avenue

Ballroom Dance RH-03c

Michael Bennett (776-7557)
Date: August 30 - October 4 (Saturday)
Time: 6:30 - 7:30 pm
Fee: \$28 individual/\$49 couple
Location: ECM Auditorium 1021 Denison Avenue
No class November 29

Ballroom Dance RH-03d

Michael Bennett (776-7557)
Date: November 1 - December 13 (Saturday)
Time: 6:30 - 7:30 pm
Fee: \$28 individual/\$49 couple
Location: ECM Auditorium 1021 Denison Avenue
No class November 29

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**Honorable Tiger Society
(Lao Hu Pai) Kung Fu**

MA-09

Students will learn and be promoted in a unique system that has its origin from China (Tibet) and Japan (Okinawa). Students start out with basic stances, blocks, punches, kicks, coordination exercises, and forms. Students will soon learn take downs, throws and opponent control (similar to jujutsu and chi na). Animal fighting techniques and forms will also be taught as students advance. Age 14+

Dr. Michael Tran (341-1573) has been actively practicing martial arts for the past 15 years. He holds a 2nd degree black belt (sensei level) in Lao Hu Pai Kung Fu, 1st degree black belt in Won Hop Loong Chuan Kung Fu, and a 1st degree black belt in Goshin Aikijutsu. He has extensive training in other systems including: Vovinam, Shaolin, Long Fist and Preying Mantis.

Date: August 27 - December 10 (Wednesday)
Time: 6 - 8 pm
Fee: \$41
Location: Ahearn Fieldhouse, Rm 303, KSU

Tae Kwon Do I

MA-01

Tae Kwon Do is an effective way to unify the mind and body. It helps develop one's health by increasing cardiovascular ability, strength, balance and flexibility. Along with these benefits one can gain more self-confidence, self-discipline, respect, and better focus. Together, they combine into a powerful self-defense against any attacker. Anyone can begin from their present condition and enjoy continued success through Tae Kwon Do. TKD I is for beginners. Age 9+

**Tuesday, August 26, at 7 pm, a Public Demonstration and formal introduction of instructors will be conducted in Ahearn Field House, KSU.

Grand Master Chae Sun Yi (785-266-8662) is the founder, president and chief instructor of Sun Yi's Academy and the Traditional Tae Kwon Do Association. He is a 9th Degree Black Belt and an internationally certified instructor. For over 40 years he has been instructing students of all ages and races. The classes at Kansas State University have been held since 1975.

Instructor Jr. Master David Moore is a 4th degree Black Belt and a nationally certified instructor. He has been studying TKD for over 12 years. He has also been teaching at KSU for over 4 years.

Date: August 26 - December 9 (Tuesday/Thursday)
Time: 6:30 - 7:30 pm
Fee: \$72
Location: Ahearn Fieldhouse, KSU
No class November 27

Tae Kwon Do II Advanced

MA-02

Grandmaster Chae Sun Yi (266-8662), Instructor David Moore

Date: August 26 - December 9 (Tuesday/Thursday)
Time: 7:30 - 8:30 pm
Fee: \$72
Location: Ahearn Fieldhouse, KSU
No class November 27.

White Phoenix Kung Fu

MA-07

In this class we will work on solo basics: stances, blocks, punching, kicking and striking and two person one step sparring. We may do some two person drills. This is a modification of Pai Lum Kung Fu. This method has elements of northern and southern Chinese arts and Japanese arts.

Stan Wilson (539-7723)

Date: October 20 - December 1 (Monday)
Time: 8 - 9 pm
Fee: \$42 fee includes 3 manuals
Location: Ahearn Fieldhouse, KSU

Swing and Salsa Dancing

RH-02a

Have some fun learning classic big band swing dance and salsa. Learn swing, salsa and lindy basics, lifts, spins, and jumps. You will learn to move around the dance floor to lively music and add some special moves as well. Learn closed and open positions, pretzels, drape and yoke, Roman handshakes and other hot steps. Class emphasis will be on learning the steps cleanly and precisely. No prior dance experience is required! Wear comfortable clothing and non-stick shoes. Having fun is the only requirement.

Michael Bennett (776-7557)

Date: August 30 - October 4 (Saturday)
Time: 7:30 - 8:30 pm
Fee: \$28 individual/\$49 couple
Location: ECM Auditorium
1021 Denison Avenue

Swing & Salsa Dancing

RH-02b

Michael Bennett (776-7557)

Date: November 1 - December 13 (Saturday)
Time: 7:30 - 8:30 pm
Fee: \$28 individual/\$49 couple
Location: ECM Auditorium
1021 Denison Avenue
No class November 29



African Style Dance/ Aerobics

RH-23

This class is designed for those seeking a fun, rhythmic style of dance to tone and condition their bodies. Let the sound of the drum take over your body and watch and feel your body move to the beat of the drums. You will be amazed at how great you will feel, African Dance is a great low impact way to burn calories, let your body take over through dance. Don't worry! You do not need rhythm or a dance background, just enthusiasm! Please bring a water bottle, towel and spandex.

Donna Weaver has studied jazz and other cultural styles of dance since age 12. She now teaches jazz, African and two-step Chicago style dance. She believes that no matter what age you are, African dance will definitely keep you fit while having fun.

Date: September 17 - October 22 (Wednesday)
Time: 5:30 - 6:00 pm
Fee: \$36
Location: UFM Fireplace Room



Intermediate Ballroom Dance

RH-04

This class will emphasize dancing with your partner and learning the routines. Foxtrot, waltz, rumba, and tango are tentatively scheduled. However, specific dances will depend on the interests of the class and these dances may change. Three weeks will be spent on each step and participants will be provided with a choreographed dance routine. Prior dance lessons are required. Students who have taken classes from Mike are encouraged to enroll.

Michael Bennett (776-7557)

Date: August 29 - December 12 (Friday)
Time: 7:30 - 8:30 pm
Fee: \$51 individual/\$89 couple
KSU credit also available
Location: ECM Auditorium
1021 Denison Avenue
No class October 17 and November 28.

Ballroom Dance in Salina

RH-25

Introduction to the principles of ballroom dancing. Class includes dance terminology, dance position, correct body alignment and positions, and partnering Techniques such as open and close positions, leading and following, and a variety of steps will be emphasized. The jitterbug, American waltz, foxtrot, and Latin steps will be taught. Partners are not necessary. Class is co-sponsored with KSU at Salina Recreation Center.

Audrey Umekubo

Date: August 27 - December 10 (Wednesday)
Time: 7 - 8 pm
Fee: \$80
Location: KSU Salina, Recreation Center
3142 Scanlan Avenue, Salina
No class November 26.

Ballroom Dance

RH-27

Come dance with us! If you want to learn to dance with a partner, plan to attend a wedding, or you just want to brush up on your steps, this class is for you. Swing, foxtrot, waltz, and Latin dancing are just a few of the steps you will learn. Come experience the elegant world of Ballroom Dance. Classes fill rapidly. It is advisable to register early.

Michael Bennett

Date: August 29 - December 12 (Friday)
Time: 6:30 - 7:30pm
Fee: \$51 individual/\$89 couple
Location: ECM Auditorium
1021 Denison
No class October 17 and November 28



Judo I

MA-05

Judo I is intended not to gain proficiency, but to gain understanding of how principles of dynamics (force, acceleration, momentum, work, rotation, moment of inertia, etc.) are used to gain physical advantage (subduing the opponent). Techniques are selected for safety of participants and for demonstrating fundamental principles.

Instructor: Isaac Wakabayashi

Date: August 26 - December 11
(Tuesday/Thursday)
Time: 8:45 - 9:45 pm
Fee: \$73, KSU credit also available
Location: Ahearn Fieldhouse, Rm 301 KSU
No class November 25 and 27.

Judo II

MA-06

Instructor: Isaac Wakabayashi

Date: August 26 - December 11
(Tuesday/Thursday)
Time: 9:45 - 10:45 pm
Fee: \$73, KSU credit also available
Location: Ahearn Fieldhouse, Rm 301 KSU
No class November 25 and 27.

Combat Grappling

MA-03

In this class we will spend (more or less) 50 percent of our time on ground techniques and the rest on stand up defense. On the ground we will work on defense against the mount (the attacker sitting on you as you are lying on the ground) passing the guard, and submissions. Stand up defense is mostly against wrist grabs, chokes, etc. In the White Phoenix System, (which is a self-defense method), we teach these methods because of their popularity in mixed martial arts. This is a beginning level class.

Stan Wilson (539-7723) has been doing martial arts since 1970. He has a 2nd degree black belt in Hakkoryu Jujutsu, a 1st degree black sash in 18 Taoist Palms Kung Fu, a 3rd degree black sash in White Dragon Kung Fu, an 8th degree black sash in Ze Lu Lum Kung Fu, and is the founder of the White Phoenix System. He has been involved in Ninjutsu for 25 years. Stan has also produced a book, The Theory of Self-Defense, and several manuals and videos. He has done research into dozens of martial arts and has taken lessons in several as well.

Date: September 8 - October 13 (Monday)
Time: 8 - 9 pm
Fee: \$42 fee includes 3 manuals
Location: Ahearn Fieldhouse, KSU

Introduction to Dance Ballet, Tap, and Jazz for Kids

YO-02

This is an introductory class designed to provide exposure to different dance styles. Students will learn the basic steps. No dance experience or formal dance attire is needed. Music from the Nutcracker ballet will help students learn new ballet steps. Rock and Roll music will make learning jazz and tap steps fun.

Randi Dale (539-5767) has taught dance for 41 years. Her dance choir toured the Midwest and Europe. She is a certified teacher with a Masters degree in Education. She has choreographed six story ballets and this spring her dancers performed Don Quixote.

Date: August 28 (Thursday)
Time: 6:00 - 6:45 pm
Fee: \$8
Location: 2416 Rogers Blvd., enter by back door.

Surf & Turf

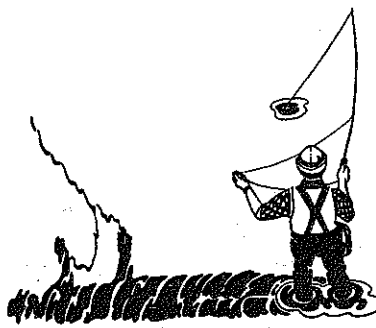
Fly Fishing

EN-01a

This course will cover the proper techniques for performing four basic fly casting techniques: roll casting, pick up and put down, false casting and shooting a line. We will also cover tying flies, and fly fishing equipment. The class will be broken into two sections. The first section will cover casting, fly rods, reels, lines, tippets, and leaders. The second section will cover fly tying equipment and techniques to tie dry flies, wet flies, and nymphs. All equipment needed will be provided by the instructor

Paul Sodamann (494-2340)

Date: September 8 - 18 (Mon, Tues, Wed, Thurs)
Time: 6 - 8 pm
Fee: \$88, KSU credit also available
Location: Susan B. Anthony Middle School
2501 Browning



Fly Fishing

EN-01b

Paul Sodamann

Date: October 6 - 16 (Mon, Tues, Wed, Thurs)
Time: 6 - 8 pm
Fee: \$88, KSU credit also available
Location: Susan B. Anthony Middle School
2501 Browning

Composting: The Fine Art of Making "Black Gold"

EN-30

Soon the leaves will be falling and you'll be spending the day raking! And the lawn needs cutting more frequently with the cooler weather! What can you do with all this stuff? Compost them! Making and then adding compost to your garden is the best single thing you can do for both your plants and soil. We'll discuss the tremendous benefits that compost provides and then cover the biological, chemical and physical components of a successful compost pile. You simply choose how long you want the process to take and we'll show you the method. Finally, we'll discuss how to use your "black gold" to enhance your yard or garden.

Colleen Hampton (539-5934) is a seasoned Extension Master Gardener and a member of the Manhattan Community Garden and several local garden clubs.

Date: September 20 (Saturday)
Time: 10 am - 12 pm
Fee: \$8
Location: UFM Greenhouse

Featured Instructor



Paul Sodamann

Paul Sodamann started fishing as a kid sitting next to his Grandpa with a cane pole, bobber, and worms fishing for bluegill. About fifteen years ago, he decided to try his hand at fly fishing. Being from Kansas, a place not known for fly fishing, he struggled trying to teach himself. After traveling around the country to various fly shops and picking the brains of the owners, he became good enough to test for the Federation of Fly Fishers Basic instructor rating and passed. Two years later he tested for the Master instructor rating and passed. This rating allows him to work with our national organization and teach other instructors. At the time he was one of only sixty-five Master rated instructors in the North American continent. He served as vice president of conservation for the Federation of Fly Fishers Southern Council and served on the national FFF salt water committee and conservation committee. He is a certified guide in the state of Kansas. He received his U.S. Coast Guard Captain's license last in 2002 and he guides salt water fly fishing trips in the Florida Keys. He is a representative for the International Game Fish Association and a past world record holder in fly rod category.

Although not currently active, he is rated as a NAUI scuba instructor, skydiving instructor (840 jumps to his name), a parachute rigger, and a kayaking instructor. (He has kayaked in the Grand Canyon). He is a private pilot and owns a 1947 Aeronca Chief which is a cloth covered airplane. He has a Ph.D. in education and has taught seventh grade science in the Manhattan Schools for 23 years.

Water Gardens 101: Construction and Maintenance

EN-40

Water gardening is the fastest growing sector in the gardening world. Once you have a water feature, you'll understand why! Water gardens are simple to care for if they are built and maintained with some basic ecological principles in mind. And autumn, with its drier and cooler weather, is one of the best times to construct your pond (and no, it's not too late in the year either!) We will give you detailed instructions for each step of the construction. After that, we'll discuss how to stock and "plant" your pond whether you decide to do that part this fall or next spring. Soon you'll be on your way to enjoying the relaxing sound of water in your garden - even during the winter!

Colleen Hampton

Date: September 6 (Saturday)
Time: 10:00 am - 12:30 pm
Fee: \$8
Location: UFM Conference Room

Imagine the Possibilities

Safe & Creative Album Making (family photos and more)

CF-02a

1. Where are your photos? It's time to turn that box of photos into an album full of pictures, memorabilia and journaled memories. You'll learn 5 easy steps: organize, crop, design layout, mount and journal. Your albums will give you and your family a lifetime of enjoyment, a priceless heirloom. Bring your last roll of film or 8 - 10 pictures of a theme.

2. If you have scrapbooked and have existing supplies, bring them and I can teach you how to make quick simple borders for your pages.

The fee covers material used in class.

Pam Schmid, Creative Memories Senior Director has been teaching album making classes since 1989 and is dedicated to helping people make safe meaningful albums.

Date: September 2 (Tuesday)

Time: 7 - 9 pm

Fee: \$15

Location: UFM Fireplace Room

Safe & Creative Album Making (family photos and more)

CF-02b

Pam Schmid

Date: October 15 (Wednesday)

Time: 7 - 9 pm

Fee: \$15

Location: UFM Fireplace Room

Safe & Creative Album Making (family photos and more)

CF-02c

Pam Schmid

Date: November 10 (Monday)

Time: 7 - 9 pm

Fee: \$15

Location: UFM Fireplace Room

Rubber Stamping Basics

CF-03a

Come and learn the basics of Rubber Stamping. You will learn the differences in inks, papers, stamps, and powders. We will cover basic techniques and embossing. Supplies for three cards will be provided, which will be made in class. Please bring the following to class: 12" paper cutter, adhesive, scoring tool, scissors and a heat tool. (if you don't have them you can share).

Heather Scott (494-2505) is a published rubber stamp artist. She has been stamping for seven years. Let her help you catch the stamping bug, so you can create masterpieces of your own for friends and family.

Date: September 16 (Tuesday)

Time: 7 - 9 pm

Fee: \$18

Location: UFM Fireplace Room

Rubber Stamping Basics

CF-03b

Heather Scott (494-2505)

Date: October 14 (Tuesday)

Time: 7 - 9 pm

Fee: \$18

Location: UFM Fireplace Room

Rubber Stamping Basics II

CF-04

Want to take your stamping to the next level? In this class you will learn advanced stamping techniques such as Masking, Resist, using a stamp positioner, and various embellishment ideas! Learn to cover up your mistakes and make several projects while learning new techniques.

Heather Scott (494-2505)

Date: September 24 (Wednesday)

Time: 7 - 9 pm

Fee: \$18

Location: UFM Fireplace Room

Rubber Stamping Basics III

CF-08

Add more stamping techniques to your repertoire with this class! We will learn to do some ultra thick embossing, use velum flawlessly, and even learn a little shading with colored pencils. You can never have too many stamping techniques! Rubber Stamping Basics III may be taken before Rubber Stamping Basics II.

Heather Scott (494-2505)

Date: November 11 (Tuesday)

Time: 7 - 9 pm

Fee: \$18

Location: UFM Fireplace Room

Christmas Creations

CF-19

Dazzle your friends and family with your handmade Christmas creations! Mini works of art to send with your Holiday Greetings will be the focus of this class. We will make 3 different Christmas cards - from simple to complex. All supplies will be provided. You may bring your own scissors, adhesive, cutting mat with a craft knife, and a ruler or 12" paper cutter if desired.

Heather Scott (494-2505)

Date: November 19 (Wednesday)

Time: 7 - 9 pm

Fee: \$28

Location: UFM Fireplace Room

Home Decorating with CDs

CF - 67

Have you wondered what to do with all of those free CDs you receive in the mail? This class will give you practical ideas on turning those free CDs into useful items to use around the house. Ideas that will be introduced include candle holders, coasters, mirror tiles and tile a bathroom. You will also come away from the class with a unique mosaic piece. Come and learn how to put these CDs to use, save them from the landfill and have an interesting conversation piece. Bring any ideas you might have with you.

Paul Project is an expert in turning junk mail into useful objects. He also enjoys exchanging ideas with others.

Date: November 5 (Saturday)

Time: 10:00 p.m.

Fee: \$8.99

Location: UFM Living Room

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www.wildflowerknits.com

Digital Video Disk (DVD) Editing Basics

CF-48

Create permanent family memories from those old 8mm films or that stack of VHS tapes. Learn the steps involved in getting these memories ready for DVD. Bring still pictures to scan and your favorite video to edit. Bring a blank VHS tape and you will create a short digital movie.

Gordon Schmid is from Council Grove. He has taught for 35 years in the public schools with recent experience in Library Media/Technology. Gordon currently is the owner of a mobile digital video editing business, Story 2 Tell. He has 15 years experience using Mac Computers as well as 10 years experience as a hobbyist videographer.

Date: October 15 (Wednesday)

Time: 7 - 9:30 pm

Fee: \$25

Location: UFM Greenhouse

Dazzling Designs in Jewelry

CF-14

Create beautiful jewelry pieces to keep or give to friends and family! You will learn to make 3 different pieces of stylish jewelry with rubber stamps and mixed media in this class. All supplies will be provided. You do not want to miss this one!

Heather Scott (494-2505)

Date: October 22 (Wednesday)

Time: 7 - 9 pm

Fee: \$33

Location: UFM Fireplace Room

Burn Baby Burn! (A DVD That Is!)

CF-40a

You have edited movies on your computer. Now what? How do you produce a DVD that you can actually play on your DVD player? Learn about some of the issues involved in creating DVD's. A short DVD with chapters will be created (burned) during the class.

Gordon Schmid

Date: September 2 (Tuesday)

Time: 7:00 pm

Fee: \$25

Location: UFM Greenhouse

Burn Baby Burn! (A DVD That Is!)

CF-40b

Gordon Schmid

Date: November 10 (Monday)

Time: 7:00 pm

Fee: \$25

Location: UFM Greenhouse



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Sew Basic

CF-49

Sew Basic is for beginning seamstresses. We will cover measuring, fitting, preparing your pattern and fabric, lay out and cutting, basic straight stitching, seam finishing, lined bodices, sewing without facings, side and patch pockets, and much more. Emme will teach many of the short cuts and quick sewing techniques that will make your sewing easier, more professional, and more fun. Our class project will be your choice of a simple jumper or pullover dress. We will have 4 sewing machines in class, but would like you to bring your own if you have one. All class materials will be provided except scissors and basic sewing supplies (seam ripper, etc.) Please contact Emme at least one week prior to class with your basic size and to get the list of supplies needed. Please bring a good quality pair of dressmaker shears (scissors), a 3-ring binder, and a snack to share to class.

Emme Hackney (494-2882) has been sewing for more than 30 years. She is the owner of www.emmesgarden.com and makes classic, heirloom, and historical clothing for women and children. She also gives private sewing lessons.

Date: September 27, October 11, October 25, November 8 (Saturday)
Time: 1:30 pm
Fee: \$47 (includes some supplies)
Location: UFM Multipurpose Room

Stained Glass

CF-53

Learn the basics of stained glass. Cutting, grinding, foiling, and soldering are some of the techniques you will learn. Take home a piece of window art that you create yourself. Stained glass is an interesting hobby that you can do at home and that can lead you to making Tiffany lamps, 3-D creations, windows and more. A supply list will be provided when you enroll.

Petra Barnes

Date: October 4 - 18 (Saturday)
Time: 10:00 am - 1:00 pm
Fee: \$49
Location: 3446 Stonehenge Drive

Creative Cross Stitch

CF-47

Cross stitch is a counted thread needlework easy to learn yet with great creative potential and impressive results. This class is for the beginner as well as those looking for new ideas. We will create a bookmark using a variety of stitches and drawn threads.

Ronna Robertson (770-8305) has been teaching needlework classes since 1997.

Date: October 15 (Wednesday)
Time: 7 - 9 pm
Fee: \$12
Location: 1717 Kingwood Drive (Stagg Hill to Sumac to Kingwood)

Traveling on Your Own

CF-22

Planning a trip this summer? Do you want to travel but don't like the idea of going with a group of strangers on a rigid schedule? Then learn how to travel independently! This class will focus on traveling alone in big cities and other countries. It will also help beginning travelers with questions about airlines, passports, finding hotels and other helpful information.

Joyce Brite (537-7027) has traveled independently both in the U.S. and abroad.

Date: October 21 (Tuesday)
Time: 7 pm
Fee: \$8
Location: UFM Multipurpose Room

Fun With Rabbits

EN-03

Have you ever wanted to own a rabbit? Do you own a rabbit and have questions about rabbit care? Did you know there are 45 breeds recognized in the Rabbit Standards book? We will cover basic rabbit care, breed identification and uses for various breeds. We will teach you rabbit showmanship and give you a chance to try it out for yourself. You will learn about selection and how rabbits are judged. Rabbits are one of the healthiest and most enjoyable pets to own. Come to our workshop just to watch or to get as much hands on experience as you would like. We promise you...Fun with RABBITS!

William, Annette, and Bernadette Trieb (785-456-2080) jointly own their rabbits as Trieb Tribe WABrity. They raise various varieties of Rex and Satin rabbits, plus New Zealand and Himalayan rabbits. They show rabbits at the county, area, state, and national levels, including the 2000, 2001, and 2002 National Conventions. William is the current Kansas ARBA Rabbit Prince and 3rd Runner-Up National Prince. Annette is the Kansas Rabbit Lady and 3rd Runner-Up at the National level. Bernadette is the 2nd Runner-Up Kansas Rabbit Queen. They earned these titles for their knowledge of rabbits and their performance in showmanship. They have been taught by their older sister, Bernadette, who has been showing rabbits for 9 years.

Date: October 21 (Tuesday)
Time: 7 - 9 pm
Fee: \$8
Location: UFM Greenhouse

Basic Nature Photography

CF-73


Information will be primarily centered around 35mm SLR cameras and equipment in this class. Some topics include camera settings and operation, choosing and using different lenses, types of film and an introduction to exposure, composition, and technique. This class is geared toward beginning photographers and those wishing to know more about camera operation and nature photography. Participants will need their own fully functional 35mm SLR camera. Tripods will also be beneficial. Participants are encouraged to bring their cameras to each class for maximum benefit. The class will include 4 classroom meetings and 2 field trips. Class fees include 2 rolls of film and developing plus a framed picture and a photography booklet.

Scott Bean has been enjoying the hobby of nature photography for the past 8 years. Photography is a wonderful way to enjoy the beauty of nature. Each photograph represents a unique view of our world. Scott started trying to capture these views 8 years ago and would like the chance to help others get started in this wonderful hobby. His goal is to help you avoid some of the common mistakes he experienced as a beginning photographer and help you get the most out of your camera.

Date: October 16, 23, 30, November 6 (Thursday)
Time: 7 - 9 pm
Fee: \$78
Location: UFM Conference Room

Note: Field Trips are October 26 and November 2 (Sundays) and will be discussed at the first class.

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Black & White Film Developing for the Beginner

CF-09a

This class will cover the basics of black and white film processing and darkroom procedures. We will limit the class size to provide hands-on experience. Each student will develop their own roll of black and white film. Note: Student needs to bring an exposed roll of Tri-X 400 ISO film to class. This film may be purchased at Walgreens or Alco. All other materials are included in the class fee.

Harold Wellmeier has a degree in Commercial and Industrial Photography. He enjoys black and white photography and enjoys processing his own film.

Date: September 23 (Tuesday)
Time: 7 pm
Fee: \$17
Location: UFM Darkroom
Deadline for sign up is September 16.

Black & White Film Developing for the Beginner

CF-09b

Harold Wellmeier

Date: November 4 (Monday)
Time: 7 pm
Fee: \$17
Location: UFM Darkroom
Deadline for sign up is October 28

Black and White Printing

CF-10a

Feel the satisfaction of turning your own black and white negatives into prints. Each student will gain hands-on darkroom experience in print procedures. Bring 2 black and white negatives of your choice to process and print in class. Processing and printing materials included in class fees.

Harold Wellmeier

Date: October 14 (Tuesday)
Time: 7:00 pm
Fee: \$17 No refunds on class. Instructor must buy chemicals that can't be used if students don't attend.
Location: UFM Darkroom

JOIN THE NORTHERN FLINT HILLS AUDUBON FOR CHAPTER ACTIVITIES THIS FALL:

Annual Bird and Butterfly Tour & Ice Cream Social Sept 13 (Saturday). Meet at 11:30 a.m. in Howie's Recycling parking lot for a tour of the Cecil Best Birding Trail, the Michel-Ross Nature Preserve, and the Sojourner Truth Butterfly Garden.

Ice Cream Social begins at 2:00 p.m. in the Sojourner Truth Park at 10th & Pottawatomie. Learn about how we work in the community. Everyone is welcome. For more details call 785-494-2556.

"Organic Gardening" program by Dan Nagengast, Kansas Rural Center. Wed. Oct. 15, 7:30 p.m., 1014 Throckmorton Hall, KSU, NE corner of Claflin and Denison.

Beginning Birding the Second Saturday of every month at 8:00 a.m. Meet at the Ackert/Durland parking lot on KSU campus. Birders of all experience levels welcome, especially children.

the chapter at NFHAS, P.O. Box 1932, Manhattan, KS 66505.



Black and White Printing

CF-10b

Harold Wellmeier

Date: November 18 (Tuesday)
Time: 7:00 pm
Fee: \$17 No refunds on class. Instructor must buy chemicals that can't be used if students don't attend.

Location: UFM Darkroom

Homemade Instruments-The Band in a Bucket

CF-29

This class is an introduction to homemade instruments: bucket bass, washboard, can drums, percussion, and tips on making your own. Geared for ages 5 - 12 with parent.

Thad Beach

Date: November 6 (Thursday)
Time: 6:30 - 8:00 pm
Fee: \$16

Location: UFM Fireplace Room

Ukulele Night

CF-31

This class features both demonstration and participation. You will learn strums and chords for Tin Pan Alley and Roaring 20's style songs in the key of C. You can bring your own ukulele. There will also be 5 loaner ukuleles available for use that night. Ages 8+

Thad Beach

Date: November 4 (Tuesday)
Time: 6:30 - 8:00 pm
Fee: \$16

Location: UFM Fireplace Room

Harmonica for Everyone

CF-27

Harmonica is for everyone! Kids, parents, and grandparents will laugh and learn as they are led through an introduction to the 10 hole diatonic harmonica. The class covers folk, gospel, old-time, bluegrass and country-blues styles along with different songs than were offered last spring. Learn proper care of your instrument and the essentials to play by ear or from harmonica notation. Harmonica and handout included in the fee. Ages 8+

Thad Beach, a full time musician since 1988, has worked as an "Artist in Education" through Arts Commission Programs in Kansas, Iowa, North Carolina and South Carolina. He performs at schools, libraries and festivals across Kansas. An experienced, organized, creative, and humorous teacher, Thad has conducted harmonica classes in Abilene, Salina, McPherson, Newton, Hays and Winfield.

Date: November 3 (Monday)
Time: 6:30 - 8:00 pm
Fee: \$20
Location: UFM Fireplace Room

Cream Puffs

FF-11

Cream puffs are a wonderfully rich pastry filled with a delightful cream filling sometimes topped with glaze. Come learn how to make this classy dessert for your next party. Recipes for cream puff pastry and fillings will be demonstrated and sampled.

Ronna Robertson (770-8305) has been teaching cooking classes since 1997.

Date: October 29 (Wednesday)
Time: 7 - 9 pm
Fee: \$12
Location: 1717 Kingwood (Stagg Hill Road to Sumac to Kingwood)

Let's Have a Tea Party

FF-12

Let's plan a tea party. Recipes for scones and lemon curd will be demonstrated. Choosing and preparing tea will be discussed and then we'll have a tea party.

Michael Cody, former owner of the Colt House Inn is back in the tea scene and is the originator of the Manhattan Tea Society.

Ronna Robertson (770-8305) has been teaching cooking classes since 1997.

Date: October 26 (Sunday)
Time: 2 - 4 pm
Fee: \$13
Location: 1717 Kingwood (Stagg Hill Road to Sumac to Kingwood)

Introduction to Scrapbooking

CF-17a

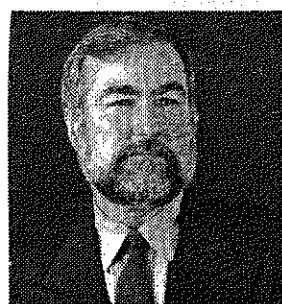
Scrapbooking has become one of the most popular hobbies in the US. You can preserve your memories while using your own style and creativity. In this class you will learn the basics of scrapbooking including tools, albums, terminology and how to get started. Please bring scissors, acid free adhesive, a paper trimmer if you have one and 8 - 10 pictures from the same event to use on a two page layout. Card stock and basic tools will be provided in class as well as extra supplies for birthday or Christmas theme layouts. If you have any special supplies or tools you would like to use bring them along also.

Jody Church (776-3605) has been scrapbooking for five years and has also taught classes locally.

Date: September 17 (Wednesday)
Time: 7 - 9 pm
Fee: \$18
Location: UFM Multipurpose Room

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Dr. William F. Schulz
Executive Director
Amnesty International USA

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8 p.m., Monday, October 6, 2003
Forum Hall, K-State Student Union
Co-sponsored by the Manhattan Alliance for Peace and Justice and Amnesty International Group 254



Milo Mumgaard
Executive Director/Attorney
Nebraska Appleseed Center for
Law in the Public Interest

**"Public Interest Law in a Private Interest Age:
The Nebraska Experience"**

7 p.m., Monday, November 3, 2003
Forum Hall, K-State Student Union

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Dr. Cornelia Butler Flora
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Sharpen Your Skills

Introduction to Scrapbooking CF-17b

Jody Church (776-3605)

Date: October 21 (Tuesday)
Time: 7 - 9 pm
Fee: \$18
Location: UFM Multipurpose Room

Introduction to Scrapbooking CF-17c

Jody Church (776-3605)

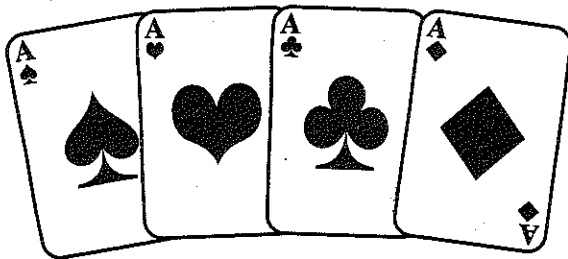
Date: November 12 (Wednesday)
Time: 7 - 9 pm
Fee: \$18
Location: UFM Multipurpose Room

Poker: Casino Texas Hold 'em For Beginners and Others CF-70

Poker is the most popular card game in America and Hold'em is the Cadillac of American Poker. This class will discuss the basic rules of Texas Hold'em (and its variations) as well as betting, strategies and 'table' manners. If you are sick of winning five bucks from your brother in law every Wednesday and you want to step up your game to the casino level then this may be your best bet. Luck will get you so far, but skill will get you farther.

Tom Mahoney (537-0989) has been working on his gambling skills for many years now and has read many books and attended seminars on the subject.

Date: October 8 (Wednesday)
Time: 8:00 - 9:30 pm
Fee: \$20
Location: UFM Fireplace Room



Blackjack Basics: Casino Blackjack for Beginners and Others CF-71

Blackjack seems so simple. Get as close as you can to 21 without going over. If it's so simple why don't more people win? This class will teach the basics of Blackjack strategy, betting and some simplified card counting/card observation techniques. Strategies for doubling down, splitting, and insurance will also be discussed. The one thing the casinos fear most is the informed player.

Tom Mahoney (537-0989)

Date: October 15 (Wednesday)
Time: 8:00 - 9:30 pm
Fee: \$20
Location: UFM Multipurpose Room

Casino Craps for Beginners CF-72

Why is everyone at the craps table screaming? Craps is the most exciting game in the casino and the most intimidating. This class will take some of the mystery out of the game. We will discuss the history of the game, basic bets and strategies as well as dice etiquette and 'table' manners. This class may not make you a winner but it will let you get a taste of the action. The best bet is always knowledge.

Tom Mahoney (537-0989)

Date: October 1 (Wednesday)
Time: 8:00 - 9:30 pm
Fee: \$20
Location: UFM Fireplace Room

Women & Money FC-04

The Women & Money program is designed to help women of all ages become better prepared to make informed decisions about financial planning. This is an 8 week money seminar. Guest speakers who are experts in their fields are invited to share their expertise. Topics include: Get Organized; Budgeting & Cash Flow; Credit & Debt; Social Security Benefits; New Tax Laws; Estate Planning and Investing. The Kansas Securities Commission will cover Professional Help: What to Watch Out For. And a representative from the Kansas Insurance Commission will cover insurance. Each presentation will be followed with a group discussion and related activities. Fee includes a workbook and useful handouts from the guest speakers.

Charlene Brownson (539-8763)

Date: September 16 - November 4 (Tuesday)
Time: 3 - 5 pm
Fee: \$35, KSU credit also available
Early Bird fee \$30 if registered before September 3
Location: UFM Conference Room

Learn How To Protect Your Most Important Financial Assets FC-12

Life insurance: Do you have enough? Most people think they do, but in reality many people are under-insured. In fact, one study showed that one out of every four widows spent their husband's death benefit within two months. This workshop will address some of the myths of life insurance and help you understand why it is so important to insure one of your most important assets, your income. We will look at several different ways to calculate how much life insurance is enough, which kind of insurance will be right for you and how to fit the cost of life insurance into your family budget.

Rob Hayes (776-9382) graduated from Kansas State University with a Bachelor's degree in Family Financial Planning. Before finishing his education, he and his wife owned and operated a supermarket. He has over 20 years experience in management. Rob is a member of The Financial Planning Association and serves on the board of directors and as Treasurer for Peoples Grocery Coop. Rob has lived in the Manhattan area for over 44 years. Rob is a Life Insurance Agent with Farmers Insurance Group and Registered Representative of Farmers Financial Solutions, LLC. His office is located in Manhattan, KS.

Date: September 23 (Tuesday)
Time: 7 pm
Fee: \$8
Location: UFM Conference Room

Focus on Spending Plans FC-13a

Are you interested in knowing how your money is being spent and how to measure your financial net worth? This workshop will help you examine the need to produce and follow a family budget, how to produce one and how often to review it. We will address some of the potential barriers your families might encounter when producing a budget and address how to work to remove these barriers to achieve your goals. This workshop will help you and your family create a sound record keeping system to track your income and expenditures. If time permits, we will also help you produce a family net worth statement and look at some financial ratios that can help you track your financial health.

Rob Hayes (776-9382)

Date: October 21 (Tuesday)
Time: 7 pm
Fee: \$8
Location: UFM Conference Room

Focus on Spending Plans FC-13b

Rob Hayes (776-9382)

Date: November 11 (Tuesday)
Time: 7 pm
Fee: \$8
Location: UFM Conference Room

Focus on Financial Management FC-14a

Are you achieving all the financial goals and objectives you've set for yourself? Unfortunately for many people the answer is no. Today, especially, it's easy to get set back simply because of daily living expenses and paying bills. Identifying your goals and designing strategies to help meet those goals are key elements in a successful financial approach. Putting your money to work through careful planning can create a number of additional possibilities for success. It also gives you greater control over direction your financial future. Simply stated, a sound financial education could help you:

- Expand your world of opportunities and your potential for rewards
- Overcome the obstacles to financial success
- Make your money work smarter and harder for you
- Increase your net worth
- Reduce your taxes
- Design a plan that is tailored to your needs and changes as you do
- Have more overall control of your financial affairs

Just for attending the workshop, you'll receive a full-color, 20 page workbook on financial management. This invaluable resource consists of easy-to-understand work-sheets, exercises and questions designed to help you identify your needs and evaluate your options.

Rob Hayes (776-9382)

Date: September 9 (Tuesday)
Time: 7 pm
Fee: \$8
Location: UFM Conference Room

Focus on Financial Management FC-14b

Rob Hayes (776-9382)

Date: October 14 (Thursday)
Time: 7 pm
Fee: \$8
Location: UFM Conference Room

Saving for your Children's Education; Is it out of Reach? FC-25

Would you like to find out about the different plans available to fund your children's or grandchildren's college or vocational education? Have you heard about the upromise program? When you make purchases (groceries, real estate, automobiles, and various services) a percent of your purchase may go into your upromise account. Learn the pros and cons about 529 plans, Coverdell IRA (educational IRA) and UGMA/ UTMA. Find out why many people don't start planning.

Charlene Brownson (776-3666)

Date: October 16 (Thursday)
Time: 7 - 8 pm
Fee: \$8
Location: UFM Multipurpose Room



**Surfing with Confidence:
An Introduction to Practical Internet
Use and Applications**

CP-02a

Surf's up! With the bewildering amount of information available on the internet these days, it takes a certain amount of skill to filter through the hype and hoopla in order to productively use the internet. This class will cover search engine basics and how to plan your search in order to get the most relevant results. In addition, we will cover the usenet, mailing lists, directories and online discussion forums - giving practical tips that you can put to use right away.

Chris Wilson (556-1570) has been providing training, consulting, programming and technical support on a contract basis since 1995 and has worked for dozens of small and large businesses including John Hopkins University, Chubb Insurance Corporation, Toyota Motor Corporation, and the State of Kansas. He also led the support team for one the largest free CGI script repositories on the internet for almost 5 years. When not working online, he enjoys the outdoors and spending time with his family.

Date: September 15 (Monday)
Time: 7 - 8 pm
Fee: \$28
Location: Manhattan Public Library

Surfing with Confidence

CP-02b

Chris Wilson (556-1570)

Date: October 4 (Saturday)
Time: 1 - 2 pm
Fee: \$28
Location: Manhattan Public Library

Surfing with Confidence

CP-02c

Chris Wilson (556-1570)

Date: November 3 (Monday)
Time: 7 - 8 pm
Fee: \$28
Location: Manhattan Public Library

**Introduction to HTML and Basic
Web Page Design**

CP-05a

Interested in creating your own space on the World Wide Web? Want to get started but are not sure where to turn? This class will teach you the basics of how to design, create, and publish your own website for personal or business use. Topics will cover HTML basics, working with images and multimedia, linking web pages and sending email from a web page. The class will discuss some of the more commonly available programs used for site design as well as how to create a page from scratch. No computer programming experience is required but a basic familiarity with using PC's and the internet is preferred. Additionally (time permitting) a few intermediate topics will be covered including domain name registration, choosing a web host, site promotion and e-commerce for business.

Chris Wilson (556-1570)

Date: September 22 (Monday)
Time: 6 - 8 pm
Fee: \$23
Location: Manhattan Public Library

**Introduction to HTML and Basic Web
Page Design**

CP-05b

Chris Wilson (556-1570)

Date: October 18 (Saturday)
Time: 1 - 3 pm
Fee: \$23
Location: Manhattan Public Library

**Gain Control of Your Money &
Become Debt-Free**

FC-01

Is there too much month at the end of your paycheck? Do you have a plan to control the money that you make, spend and save? Are you spending too much on debt and insurances? This class will cover fees and charges to watch out for with credit cards and mortgages. You will learn to identify problem areas in your finances so that you can start to take control of your money. Learn to buy wisely and reach your financial dreams. Everyone attending this seminar will have the option to get an individual consultation to establish their debt-free date.

Charlene Brownson (776-3666) is the instructor for Women & Money, an 8-week program that is offered in the fall for KSU credit and non-credit. She enjoys sharing her knowledge with others to help them develop money skills. Charlene works with a local financial service company.

Date: October 2 (Thursday)
Time: 7 - 8:30 pm
Fee: \$8 individual/\$12 couple
Both: Gain Control & Investing
\$10 individual/\$14 couple
Location: UFM Conference Room

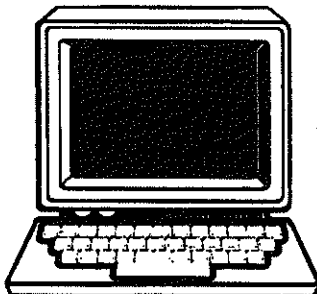
Investing in YOUR Future

FC-02

Individuals who are in the accumulation phase of their lives, at 25 to 55 years of age, or those who need to save for a home or future college tuition will benefit from this course. Discussion will cover important money management concepts with practical, easy-to-understand language using examples you can put into practice. Topics include investment basics, types of products and development of a personal financial game plan that will help you plan a secure future for you and your family. No matter how much or how little money you have these principles apply to you. Invest an evening of your time to learn how you can accumulate more wealth and have a better quality of life! Everyone attending this seminar will have the option of receiving a complimentary Financial Needs Analysis to help establish their road map for their various goals and dreams.

Charlene Brownson (776-3666)

Date: October 9 (Thursday)
Time: 7 - 8:30 pm
Fee: \$8 individual/\$12 couple
Both: Gain Control & Investing
\$10 individual/\$14 couple
Location: UFM Conference Room



**Introduction to HTML and Basic Web
Page Design**

CP-05c

Chris Wilson (556-1570)

Date: November 12 (Wednesday)
Time: 6 - 8 pm
Fee: \$23
Location: Manhattan Public Library



**Beginners 101: Getting Started
with Your PC and Windows**

CP-12a

No experience required! This class is designed for people who would like to learn how to use their computer in a more effective manner and those with some experience who would like some practical tips on how to get the most out of their computer. Topics will include basic computer setup and troubleshooting, things to look for when purchasing a new or used PC, an introduction to working with Windows, how to start and use many common programs, how to manage your desktop and files, and how to personalize your computer and change the appearance of Windows. Designed for non-technical individuals, the class will proceed at a comfortable, friendly pace with plenty of time for questions and answers.

Chris Wilson (556-1570)

Date: September 10 (Wednesday)
Time: 6 - 8 pm
Fee: \$28
Location: Manhattan Public Library

**Beginners 101: Getting Started
with Your PC and Windows**

CP-12b

Chris Wilson (556-1570)

Date: October 11 (Saturday)
Time: 1 - 3 pm
Fee: \$28
Location: Manhattan Public Library

**Beginners 101: Getting Started
with Your PC and Windows**

CP-12c

Chris Wilson (556-1570)

Date: October 15 (Wednesday)
Time: 6 - 8 pm
Fee: \$28
Location: Manhattan Public Library

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Get Up & Go

Introduction to Golf

RH-01a

Get some fresh air and find out if golf is the sport for you. This is a short course geared for beginning and intermediate players. The fundamentals of the full swing, short game, pitching, chipping, and putting will be covered. Some class time will be devoted to equipment used to play golf, rules, etiquette, courtesy, conduct on the course, registering to play, use of score card and handicaps.

Jim Gregory (539-1041), a PGA professional, is the golf pro at Stagg Hill Golf Course.

Date: August 28 - September 18 (Thursday)
Time: 6:30 - 7:30 pm
Fee: \$36
Location: Stagg Hill Golf Club
4441 Ft. Riley Blvd.

Introduction to Golf

RH-01b

Jim Gregory (539-1041)

Date: September 25 - October 16 (Thursday)
Time: 6 - 7 pm
Fee: \$36
Location: Stagg Hill Golf Club
4441 Ft. Riley Blvd.

Golf in Junction City

RH-07

This course will emphasize the fundamentals of the full golf swing; the short game techniques of chipping, pitching, and sand shots; rules of play, course etiquette, selection and use of equipment.

Mike Webb, PGA Head Professional, is the golf pro at Rolling Meadows Golf Course, Junction City.

Date: August 27 - October 15 (Wednesday)
Time: 4 - 6 pm
Fee: \$120, KSU credit also available
Location: Rolling Meadows Golf Course
7550 Old Milford Road, Junction City

Golf in Salina

RH-26a

This course will emphasize the fundamentals of the full golf swing; the short game techniques of chipping, pitching, and sand shots; rules of play, course etiquette, selection and use of equipment.

Ronda Green (452-9333) is the head golf pro at River Bend Golf Course in Salina.

Date: August 26 - October 14 (Tuesday)
Time: 6 - 8 pm
Fee: \$120, KSU credit also available
Location: River Bend Golf Course
4481 S. Ohio Street, Salina

Golf in Salina

RH-26b

Ronda Green (452-9333)

Date: August 28 - October 16 (Thursday)
Time: 6 - 8 pm
Fee: \$120, KSU credit also available
Location: River Bend Golf Course
4481 S. Ohio Street, Salina

Golf in Salina

RH-26c

Ronda Green (452-9333)

Date: August 30 - October 18 (Thursday)
Time: 11 am - 1 pm
Fee: \$120
Location: Riverbend Golf Course
4481 S. Ohio Street, Salina

Beginning Fencing

RH-08

Beginning fencing is an introduction to the fundamentals of modern sport fencing. Of the three weapon types (foil, epee, sabre) sanctioned in the international competitions, only foil is taught in beginning fencing. Fencing entails progressive conditioning of the shoulders, lower torso and legs along with fine motor enhancement of the fingers and wrists. Understanding fencing has wide application off the strip- integrating diplomacy, aggression, speed and skill. Minimum age 13. Equipment provided. Course may be repeated.

Bill Meyer (587-9990) began fencing as a child in Germany. He studied modern foil, epee, and saber at Washington State University and the University of Idaho, and is L-1 certified through USFA Coaches College.

Date: September 8 - December 1 (Monday)
Time: 6 - 7:30 pm
Fee: \$44 if you have your own equipment
\$74 to use instructor's equipment
KSU credit also available

Location: South end of indoor track, Ahearn Fieldhouse, KSU
Enter westside of Ahearn off of Denison Street.

Intermediate Fencing

RH-09

Intermediate fencing continues with the concepts presented in beginning foil fencing. Emphasis is on technique refinement, theory of attack and bouting. Course may be repeated.

Bill Meyer (587-9990)

Date: September 8 - December 1 (Monday)
Time: 7:30 - 9 pm
Fee: \$44 if you have your own equipment
\$74 to use instructor's equipment
KSU credit also available

Location: South end of indoor track, Ahearn Fieldhouse, KSU
Enter westside of Ahearn off of Denison Street.

Beginning Bowling

RH-10a

This course will cover the basic fundamentals of bowling: how to choose a ball, stance, four-step approach, aim, spot bowling, proper release, and spare conversion system. Score keeping, tournament play, rules, and tips will also be taught.

Terri Eddy (532-6562) is the Recreation Manager of the K-State Student Union. She is an experienced bowler. She held the record for 12 years for the High Women's Scores for the state of Kansas (812), was the Manhattan Woman Bowler of the year for 6 years, and was the Manhattan City Scratch All Event Champion from 1993-1995.

Date: August 28 - December 11 (Thursday)
Time: 10:30 - 11:20 am
Fee: \$59, KSU credit also available
Location: Student Union Bowling Alley, KSU
No class November 27.

Archery for Families

RH-13

Join us for some fun for the whole family! Archery can be a simple, life-long sport that anyone in the family can enjoy. The instructor will provide all equipment and gear the class toward each individual's needs. Come have fun with your family and learn a new sport together. Ages 8+

Tom Korte

Date: November 9, 16, 23 (Sunday)
Time: 6 - 7 pm
Fee: \$27 Family
Location: 1125 Laramie Plaza, upstairs

Archery for Adults

RH-17

This course provides men and women instruction in target style archery. Emphasis is on the form of archery currently used in Olympic sports. Participants will learn safety rules, scoring, stance, release of arrow, and execution of follow through. Information on basic equipment selection and set-up will also be taught. All equipment will be provided by the instructor. Techniques will be tailored to fit individual levels of advancement.

Tom Korte

Date: November 3 - December 8 (Monday)
Time: 8 - 9:45 pm
Fee: \$41
Location: 1125 Laramie Plaza, upstairs

Archery for Youth

YO-09a

The main focus of this course will be to introduce youth to archery and learn the important basics of the sport. This is a great sport geared toward individual achievement. Classes will be structured around key points needed for good form, safety and introduction to the world of archery. All equipment will be provided by the instructor. Ages 8+

Tom Korte is a certified national archery instructor NAA level 4. Tom has helped his students compete at a national level and has produced a national champion. He has many years of coaching experience including Archery Instructor for 4-H and Shooting Sports Director for Boy Scout Camp. He is presently coaching JOAD club, Manhattan Royal Archers.

Date: September 8 - 29 (Monday)
Time: 6 - 7 pm
Fee: \$20
Location: 1125 Laramie Plaza, upstairs

Archery for Youth

YO-09b

Tom Korte

Date: October 6 - 27 (Monday)
Time: 6 - 7 pm
Fee: \$20
Location: 1125 Laramie Plaza, upstairs

Win \$1 off any UFM Class...

by finding the "Fake Class" included in this catalog!! Identify it when you register and receive \$1 off your registration for one class.

Join the Manhattan/Riley County Sesquicentennial Celebration!

Join in the fun — Help plan our 150th birthday party in 2005. A whole year of activities and celebrations for everyone!

Volunteers needed! Contact Dave Lewis, dlewis@allstardj.com, 776-1350.

Expand Your Horizons



A Young Adult's Legal Rights and Responsibilities

SP-14c

Mary Beth Wilson (539-2708)

Date: November 13 (Thursday)
Time: 7 - 9 pm
Fee: \$22 includes textbook
Location: UFM Multipurpose Room

Philosophy of Gurdjieff & Ouspensky

SP-03
Explore the psychological system of the two Russian philosophers and teachers: Gurdjieff and Ouspensky. Their philosophy seeks to join Eastern traditions with Western needs by emphasizing a system of self-development grounded in verification through personal exercises, discussion and reading aloud from Ouspensky's *A Psychology of Man's Possible Evolution*.

David Seamon has been active with Gurdjieff's work for 23 years. He has studied with J. G. Bennett, a pupil of both Gurdjieff and Ouspensky.

Date: September 17 - October 22 (Wednesday)
Time: 7:30 - 9 pm
Fee: \$20
Location: UFM Conference Room

Clearing Clutter

SP-12

Learn to clear your space to enhance your life. We'll examine the energetics of clutter and talk about the attitudes and ideas that enable us to let go. Liberate yourself! Recommended reading: *Clear Your Clutter with Feng Shui* by Karen Kingston.

After struggling for years with clutter, Elizabeth Jankord and Kate Cashman (537-1911) have been enjoying the effects of space clearing. They operate a consulting business, Clutter Busters.

Date: September 15, 22, and 29 (Monday)
Time: 7 - 9 pm
Fee: \$24
Location: 811 Colorado

Leadership Lounge

SP-16

Is your family or workplace about "knowing" or "learning"? What does it mean to "know yourself, choose yourself, give yourself"? How can the secret of Einstein's hairdo enhance your creativity? Are you willing to reclaim time to think? What does it mean to "invent oneself"? Is your "to do" list focused on completing tasks or multiplying your efforts? How does a leader practice the art of "framing possibilities"? What's the difference between "content" and "process" and how can it help make you a better communicator? When have you experienced good listening? What can Leonardo da Vinci teach us about leadership? You're invited to share your experiences and insights as we answer these questions and more as part of a monthly discussion group for people interested in advancing their personal and professional development.

Robert Wilson (rmwilson@k-state.edu) is an environmental planner with K-State Research and Extension where he helps communities take a proactive role in protecting natural resources. Robert has served on the boards of several organizations, including UFM, the Kaw Valley Heritage Alliance, Sustainable Manhattan and the K-State Leadership Seminar Committee.

Date: September 4, October 16 and November 13 (Thursday)
Time: 7 - 9 pm
Fee: \$8
Location: Radina's Coffeehouse, Aggieville

Out of the Ashes, New Life

SP-09

This course provides you the opportunity and tools to learn about your eternal composition, to examine your personal spiritual journey, and to chart a positive course of balanced spiritual growth. As a participant you will learn how to perform self-evaluations and use the results to set short, medium and long-range strategies for personal transformation. You will study the definitions, functions, and connectivity of the basic building blocks the Creator used to construct the eternal human being. You will examine in detail the purpose, process and result of being "born again" described by the Bible. Then you will learn, practice and master the process of absorbing specific Scripture segments. This class content is nondenominational with the Bible as the primary reference. The class format is a 25-minute facilitator presentation followed by 25 minutes of small group interaction and discussion.

Dr. Richard Miller (770-8598) is educated as an engineer and has completed a successful military career as a research engineer, leader and mentor. He holds a Doctor of Strategic Leadership at Regent University with research emphasis on personal spiritual development. Dick is a certified facilitator for other seminars such as Investment in Excellence and Experiencing God.

Date: September 11 - December 11 (Thursday)
Time: 6:30 - 9:00 pm
Fee: \$106 includes workbook
Location: UFM Conference Room
No class November 27



A Young Adult's Legal Rights and Responsibilities

SP-14a

Do you know your legal rights and responsibilities? Do you realize the full impact on how your responsibilities affect getting a job or renting? This workshop will help you examine your knowledge of the current laws, the effects on job hunting and applying for college loans or housing. Various topics covered include background checks, curfew violations, default on paying bills, expungement, search and seizure, sexually transmitted diseases and unlawful use of a driver's license. The textbook is a collaboration from various professionals (police officers, university counselors, district attorneys, military and government personnel and private agencies), all contributing to the culmination of this pertinent information.

Mary Beth Wilson (539-2708) is the founder and owner of Pro-Search Investigations and Mediation Services, a pre-employment screening and family mediation agency. Not only is she an author but also an educator, mediator, experienced public speaker, entrepreneur and holds a degree in Social Work for KSU. Mary has been married for over 22 years. She and her family have resided in Manhattan since 1972.

Date: September 11 (Thursday)
Time: 7 - 9 pm
Fee: \$22 includes textbook
Location: UFM Multipurpose Room

Pursuit of Goals

SP-10

Setting goals is an integral part of living life to the fullest. Make the most of goal setting by developing a personal mission statement, getting organized, putting an end to procrastination and following the tried and true steps for successful goal setting. You will learn where your time goes during a typical workday and how to set priorities.

Shannon Thom (620-886-1703) has been educating and entertaining Kansans for over 10 years. Her realistic approach is both refreshing and informative. Though experienced in the grant writing field, she has broadened her teaching to include project development, goal setting and time management. Shannon holds a Master's degree in education from Pittsburgh State University and lives in Pratt, Kansas.

Date: October 9 (Thursday)
Time: 7 - 9 pm
Fee: \$38
Location: UFM Multipurpose Room

A Young Adult's Legal Rights and Responsibilities

SP-14b

Mary Beth Wilson (539-2708)

Date: October 9 (Thursday)
Time: 7 - 9 pm
Fee: \$22 includes textbook
Location: UFM Banquet Room

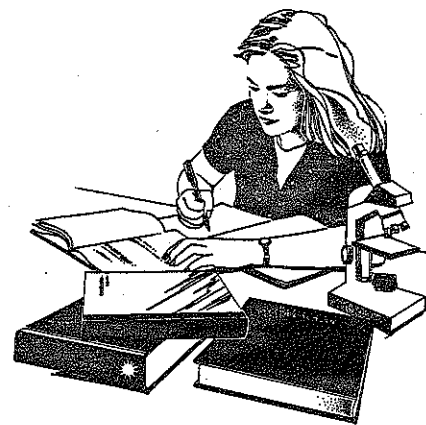
Responding to Emergencies

SP-24

This class will provide the citizen responder with the knowledge and skills necessary in an emergency to help sustain life and minimize pain and the consequences of injury or sudden illness until medical help arrives, thereby acting as the first link in the Emergency Medical Services system (EMS). The course also emphasizes prevention of injuries and illness with a focus on personal safety and health. AED Essentials will teach individuals the skills and knowledge needed to provide care for victims of sudden cardiac arrest through the safe use of an automated external defibrillator (AED).

Carol Stites (539-1991)

Date: October 7 - November 20 (Tuesday & Thursday)
Time: 3 - 5 pm
Fee: \$180. KSU credit also available
fee includes textbook supplies & certification
Location: American Red Cross Office
2601 Anderson Avenue





ESL - English as a Second Language LA-01a

This class is for beginning speakers of English. The class time will be devoted to developing skills in reading, writing and conversation.

Jessica Stover (532-7324) has various years of experience of working with ESL students. She currently works at the English Language Program at KSU. She has a Bachelors Degree in modern languages, has studied abroad multiple times and enjoys learning new languages herself.

Date: September 2 - October 9
(Tuesday/Thursday)
Time: 5:50 - 7:00 pm
Fee: \$60
Location: UFM Multipurpose Room

ESL - English as a Second Language LA-01b

Jessica Stover (532-7324)

Date: October 21 - December 2
(Tuesday/Thursday)
Time: 5:50 - 7:00 pm
Fee: \$60
Location: UFM Multipurpose Room

French Language LA-02a

This class is an introduction to the French language. The emphasis will be on conversation, grammar, proper pronunciation and every day vocabulary.

Emilie Rabbat (587-9036), a naturalized citizen, is originally from Tanta, Egypt. Her training course, "Stage de Formation Pedagogic" was from the Catholic University of West-Angers, France. She received a French Diploma from the Egyptian Government and the Embassy of France in Cairo, Egypt. Her learning experience includes working with adult Egyptian teachers, primary level students and teaching French for 20 years at a Jesuit French School in Cairo.

Date: September 3 - October 9
(Wednesday & Thursday)
Time: 3 - 4 pm
Fee: \$41
Location: UFM Fireplace Room

French Language LA-02b

Emilie Rabbat

Date: October 15 - November 20
(Wednesday & Thursday)
Time: 3 - 4 pm
Fee: \$41
Location: UFM Fireplace Room

Beginning Sign Language LA-03

This class will build a basic knowledge of American Sign Language including vocabulary used in everyday conversation. It will also cover a little about the culture of the deaf community. Participants should leave the class with a better understanding of American Sign Language.

Aimee Kraus (456-1425) has worked as an interpreter in Kansas City for four years. For the past two years she has worked for the Manhattan schools.

Toni Kroll (587-0800) has over 11 years of experience with sign language. She graduated with an Associates Degree, ITP, in American Sign Language in 1989. Toni was an interpreter in Washington D.C. for 3 years and was involved with the deaf community. She also worked for seven years in Seattle as an interpreter.

Date: September 9 - October 28 (Tuesday)
Time: 7:30 - 8:30 pm
Fee: \$56
Location: Justin Hall, Rm 341

Ethics: Establishing a Common Ground SP-17

This group is a meeting of the minds to attempt to establish a common ground for ethical discussion outside the various religious perspective and using reason in the natural law tradition to make ethical decisions.

John Carlin has a BS in philosophy, a BA and MA in theology and a PhD in organizational development.

Date: September 16 - 30 (Tuesday)
Time: 7 - 8 pm
Fee: \$10
Location: UFM Greenhouse

A Course in Miracles SP-18a

This class is a self-study program in retraining the mind for inner peace through the practical application of principles such as forgiveness, eliminating fear and bring more love into our lives and the lives of others. It has been described as a divinely inspired road map for one's own inner spiritual journey. The daily application of the lessons provides opportunities for experiencing peace, happiness and fulfillment - not so easy to come by as we struggle with the challenges and changes of life.

Mary Williams (654-9882) has been seeking inner peace for years! She has been a student and a teacher of A Course in Miracles since 1985. Professionally, Mary is a K-12 gifted education teacher in rural schools south of Topeka and has her own wellness business.

Date: September 27 - October 11 (Saturday)
Time: 10:30 am - 12:00 pm
Fee: \$16
Location: UFM Conference Room

A Course in Miracles SP-18b

Mary Williams (654-9882)

Date: November 8 - 22 (Saturday)
Time: 10:30 am - 12:00 pm
Fee: \$16
Location: UFM Conference Room



Women's Book Club CF-50

The women's book club members will choose a book to discuss once a month. Meeting locations will vary. We will read books of all kinds and women of all ages are welcome.

Terry Murray (776-3029) has enjoyed reading books from a variety of authors. She started the club about a year ago and enjoys the group discussions.

Date: September 15 (Monday)
Time: 7:00 pm
Fee: \$8
Location: To Be Announced

Religion and Philosophy SP-07

This class will be participant driven. Participants will determine the topics we will discuss relating to religion and philosophy.

Reverend Mark Miller (485-0169) is a Kansas native. He promotes religious freedom and has founded the Church of Religious Freedom. He has studied many faiths and theologies.

Date: September 3 - December 10 (Wednesday)
Time: 7 - 9 pm
Fee: \$8
Location: UFM Multipurpose Room
No class November 26

LIVE THEATRE

Later Life
Oct 3-5, 9-12

I Hate Hamlet
Nov 14-16, 20-23

Bird House

The Heaton's Sept 5
Karen Savoca & Pete Heitzman Sept 27
Darrell Scott Nov 1
Mark Selby Dec 6

Swing City Jazz

Jazz meets Reggae Aug 29
Wayne's Birthday Jazz Jam Sept 19
Female vocalist TBA Oct 17
KSU Jazz Combos Nov 7

MAC
MANHATTAN ARTS CENTER
Arts for All

MAC TRUCK OUTREACH

For information, to become a member or be added to our mailing list, call 537-4420, stop by 1520 Poyntz or e-mail programs@manhattanarts.org

Manhattan Arts Center, 1520 Poyntz * Smoke-free * Wheelchair accessible * www.manhattanarts.org
The Manhattan Arts Center is funded in part by the Kansas Arts Commission, a state agency, and the National Endowment for the Arts, a federal agency. Additional funding comes from the City of Manhattan and MAC members and friends. MAC is a member of the Manhattan Area Arts & Humanities Coalition.

GALLERIES
Exhibits year round

WATERCOLOR STUDIO
Wednesday mornings, 9-noon

RED INKLINGS
Writers group
1st & 3rd Wednesday, 6:30 p.m.

Salon Concert Series
Live music, gourmet refreshments in private homes

CLASSES
for all ages
Suzuki violin
Drawing
Watercolor
Star Struck Players

Kansas Arts Commission
MANHATTAN KANSAS MAAHC



Test Preparation Courses

Be Confident and Prepared to take the PPST, GMAT, GRE, and LSAT

PPST Prep FC-23 Pre-Professional Skills Test Review Course for Teachers

- Review & practice the three subject areas of reading, mathematics and writing
- Learn strategies for successful test taking, problem solving, and quizzes

Date: October 20-November 12 (M/W)

Time: 7 - 9 pm

Fee: \$160 (includes Cambridge Test Prep Plus textbook, and The PPST Guide test with answer explanations, skill review and practice test)

Location: Justin Hall, Rm 341, KSU

* Dates may be subject to change.

GMAT Prep FC-22 Graduate Management Admission Test Preparation Course

Review Segments

Reading Comprehension
Sentence Correction & Analytical
Writing Assessment
Critical Reasoning
Discrete Quantitative
Data Sufficiency

Date: Sept. 23, 25, 30, Oct. 2, 7, 9,
14, 16, 21, 23 (Tue/Thur)

Time: 7 - 9 p.m.

Fee: \$240 (fee includes Cambridge Test Prep PLUS textbook, the official guide for GMAT review and CD-ROM)

Location: KSU, Justin Hall, Room 256

* Dates may be subject to change.

LSAT Prep FC-11 Law School Admission Test Review Course

- Comprehensive 28-hour Review
- In-Class & At-Home Study Materials
- Analytical Lectures
- Test-Taking Strategies

Date: August 25, 27, September 3, 6, 8, 9, 10,
13, 15, 17, 20 (M/W/Sat)

Time: 7 - 9 p.m. (M/W); 8-12 (Sat)

Fee: \$250

Location: KSU, Justin Hall, Room 149, KSU

* Dates may be subject to change.

GRE Prep FC-10 Graduate Record Exam Preparation Course

- Review and practice the three GRE subject areas of Math, Logic and Verbal Skills
- Learn strategies for successful test taking
- Analyze the reasons for correct responses

Date: Sept. 16, 18, 23, 25, 30
Oct. 2, 9, 14, 16, 21, 23 (Tue/Thur)

Time: 7 - 9 p.m.

Fee: \$240 (fee includes in-class and home study books)

Location: KSU, Justin Hall, Room 256

* Dates may be subject to change.

UFM INSTRUCTORS

Petra Barnes
Thad Beach
Scott Bean
Michael Bennett
Joyce Brite
Charlene Brownson
Jessica Burch
John Carlin
Kate Cashman
Patricia Cassinelli
Jody Church
Michael Cody

Randi Dale
Terri Eddy
Sarah English
Jolie Flavin
Enell Foerster
Ana Franklin
Ronda Green
Jim Gregory
Colleen Hampton
Rob Hayes
Emme Hackney
Elizabeth Jankord

Tom Korte
Aimie Kraus
Toni Kroll
Tom Mahoney
Bill Meyer
Rev. Mark Miller
Richard Miller
David Moore
Terry Murray
Emilie Rabbat
Ronna Robertson
David Seaman

Pam Schmid
Gordon Schmid
Heather Scott
Karma Smith
Sandy Snyder
Paul Sodamann
Carol Stites
Jessica Stover
Chae Sun Yi
Diana Tarver
Shannon Thom
Michael Tran

Audrey Umekubo
Isaac Wakabayashi
Donna Weaver
Mike Webb
Harold Wellmeier
Mary Williams
Chris Wilson
Jeff Wilson
Mary Beth Wilson
Robert Wilson
Stan Wilson
Maya Zahira

We are fortunate to have so many talented and knowledgeable individuals who are willing to share with others through a UFM class. I would like to acknowledge and applaud the UFM instructors.

Kristen Johnston

ON CAMPUS REGISTRATIONS

The following dates and locations have been scheduled to make registering for a UFM class even easier.

DATE	TIME	LOCATION
August 25	10 am - 2 pm	KSU Union
August 26	10 am - 2 pm	KSU Union

Registration continues throughout the semester:

UFM House — 1221 Thurston
8:30 am - 5 pm closed 12 Noon - 1 pm

MAILING YOUR REGISTRATION?

Class confirmations will not be sent unless requested. Consider yourself registered when we receive payment unless you hear from us that the class is full. Feel free to call us to inquire about our receipt of your registration.

UFM accepts donations of money and usable office items.

Private monetary donations help underwrite the costs of maintaining the UFM building, coordinating the catalog of classes and special projects such as scholarships, youth projects, or gardening.

Tax deductible contributions may be sent to UFM at 1221 Thurston, Manhattan, KS 66502.

CRA-Community Resource Act

Who we are: UFM's State Outreach Program

What we do: Assist Kansas towns in developing community education/development programs

How we assist: Mni grants and free technical assistance

For more information, call UFM (785) 539-8763

ANSWERING MACHINE

You can leave a message or receive current UFM information by calling 539-8763, between 5:00 pm and 8:30 am.

Got an idea for a UFM class? UFM is always looking for new ideas and new projects. Let us hear from you! Call us at 539-8763 or e-mail ufm@ksu.edu to share your ideas!

About UFM Classes

UFM adheres to the philosophy that everyone can teach and everyone can learn. UFM is a community learning program which contracts with nonprofessional community instructors. Consequently, we cannot guarantee that the courses offered are accurate or complete in content and quality of instruction. We rely on the credentials provided by instructors, class observation and participant feedback as tools for evaluating a class and an instructor's ability.

UFM classes are not a forum for selling a product or service from which the instructor might benefit. Materials specifically oriented to an instructor's financial interests are not to be distributed in class. Participants who wish to pursue a relationship with an instructor outside class time do so on their own responsibility. Please share any concerns you may have about class material or an instructor by calling Kristen at 539-8763.

UFM CANCELLATION POLICY

When we cancel or reschedule a class, you will be notified. Therefore, it is extremely important that we have a daytime and an evening phone number where we may reach you or leave a message. We reserve the right to cancel any class.

REFUND POLICY

We will give a full refund if a class is canceled by UFM. If a student decides to withdraw before the class begins, and gives 48 hours notice before the starting date, we will refund all but a \$3 processing fee. Some classes have material fees which are non-refundable. Those classes are marked. NO REFUND AFTER THE CLASS BEGINS.

PRE-REGISTRATION IS REQUIRED

All participants must pay registration fees before attending a UFM class. This allows for adequate handouts and materials. You are not registered until we receive your registration fee. A class may be canceled due to insufficient pre-registration.

INCLEMENT WEATHER POLICY

UFM courses held on campus follow the inclement weather policy of Kansas State University. Courses will be conducted unless all University courses are canceled. If the instructor informs his/her students personally that he or she will not be present at a given class meeting, the instructor is then responsible for arranging a make-up lesson. Weather sensitive courses will use the scheduled rain date. If a rain date is not scheduled, instructor will be responsible for rescheduling.

SPECIAL POLICIES FOR CREDIT OPTIONAL CLASSES

Credit Registration Refunds: A full refund of tuition and fees, less any non-refundable material fee, may be given before 20% of the scheduled class meetings. A 50% refund of tuition and fees may be given, less any non-refundable material fee, between 20% and 25% of the scheduled class meetings. No refund is issued after 25% of the scheduled class meetings. A course dropped between 25% to 30% of the scheduled class meetings will have no "W" recorded on the students transcript. A course dropped between 30% to 63% of the scheduled class meetings will have a "W" recorded on the students transcript. Students dropping a course must either complete and submit the online drop form located at: <http://www.dce.ksu.edu/dce/distance/forms.html> or send written notification to the DCE Registration Office (785-532-5566) postmarked no later than the deadline. Students may not drop from a course after 63% of the course has been completed.

Credit Enrollment fee: Courses taken for credit carry additional fees required for University administration of the credit program. A \$25.00 late fee will be charged for enrollments taken after the first day of classes. Additional student activity and health fees may be assessed for students enrolled in 6 or fewer KSU credit hours. There is a non-refundable material fee for withdrawing from some classes after the first day.

LIABILITY STATEMENT

Individual participants should be aware of the risks and hazards involved in recreational sports and fitness activities. They should voluntarily elect to utilize KSU and UFM facilities and participate in programs recognizing present conditions and further agree to voluntarily assume all risks of loss, damage, or injury that may be sustained while using KSU or UFM facilities or participating in programs. KSU Continuing Education/UFM assumes no responsibility for costs involved with individual injury or property loss incurred in connection with the use of University or UFM facilities. Individuals are reminded that they should review their own personal circumstances to determine if they have adequate insurance or protection in case of injury resulting from the use of University facilities or participation in programs. It is recommended that all participants have a complete physical before engaging in any physical recreation program.

NONDISCRIMINATION POLICY

UFM welcomes participants of any race, color, religion, or national or ethnic origin to all UFM classes. Students under age 18 need the permission of a parent or guardian. Some individual classes may have age restrictions. Please call (785) 539-8763 to make arrangements for classroom accessibility.

UFM adheres to the philosophy that everyone can teach and everyone can learn. UFM is a community learning program which contracts with nonprofessional community instructors. Consequently, we cannot guarantee that the courses offered are accurate or complete in content and quality of instruction. We rely on the credentials provided by instructors, class observation and participant feedback as tools for evaluating a class and an instructor's ability.



KSU Credit Courses

Recreational courses for KSU credit on this page are offered for credit through the Division of Continuing Education with the cooperation of various KSU departments. Register for these at 131 College Court. Fees for these classes differ depending on special instructor and

equipment needs. Enrollment, withdrawal and refunds are determined by University policy and handled at the Division of Continuing Education Registration office. Call 532-5566 for questions or information, or visit www.dce.ksu.edu/dce/outreach/recreation/courses.html

Ballroom Dance in Salina DANCE-599 #89010
Introduction to the principles of ballroom dancing. Includes dance terminology, dance position, correct body alignment and positions, and partnering. Techniques such as open and close positions, leading and following, and a variety of steps will be emphasized. The jitterbug, American waltz, foxtrot, and Latin steps will be taught. Partners are not necessary. Class is co-sponsored with KSU at Salina Recreation Center.

Instructor: Audrey Umekubo

Date: August 27 - December 10 (Wednesday)
Time: 7 - 8 pm
Fee: \$163
Location: KSU Salina, Recreation Center
3142 Scanlan Avenue, Salina

Scuba Diving in Salina RRES-200 #89000
This course will prepare students for Open Water certification. Areas of information covered include introductory information for certification, knowledge of the equipment, physics of diving, medical problems related to diving, use of diving tables, diving environment, and general information. The date for certification will be determined at a later date. The certification is included in the class fee; however, neither UFM nor KSU is responsible for the certification. Travel and lodging are at the student's expense. Students must provide their own mask, fins, and snorkel. There is a non-refundable material fee of \$50 for withdrawing from the class after the first day.

Instructor: Jeff Wilson

Date: September 11 - October 23 (Thursday)
Time: 6:30 - 10:00 pm
Fee: \$340.00
Location: YMCA
570 YMCA Drive, Salina



Ballroom Dance DANCE-599 #91400
Introduction to the principles of ballroom dancing. Includes dance terminology, dance position, correct body alignment and positions, and partnering. Techniques such as open and close positions, leading and following, and a variety of steps will be emphasized. The jitterbug, American waltz, foxtrot, and Latin steps will be taught.

Instructor: Michael Bennett

Date: August 27 - December 10 (Wednesday)
Time: 8 - 9 pm
Fee: \$186
Location: ECM Auditorium
1021 Denison Ave.
No class November 26.

Ballroom Dance DANCE-599 #91401

Instructor: Michael Bennett

Date: August 29 - December 12 (Friday)
Time: 6:30 - 7:30 pm
Fee: \$186
Location: ECM Auditorium
1021 Denison Ave.
No class October 17 and November 28.

Ballroom Dance II DANCE-599 #91402

Instructor: Michael Bennett

Date: August 29 - December 12 (Friday)
Time: 7:30 - 8:30 pm
Fee: \$186
Location: ECM Auditorium
1021 Denison Ave.
No class October 17 and November 28.

Archery RRES-200 #91404

This course provides men and women with instruction in target style archery. Emphasis is on the archery form currently used in Olympic sports. Participants will learn safety rules, scoring, stance, release of arrow, and execution of follow through. Information on basic equipment selection and set-up will also be taught and all equipment will be provided by the instructor. Techniques will be tailored to fit individual levels of advancement.

Instructor: Tom Korte

Date: September 8 - October 27 (Monday)
Time: 8 - 9:45 pm
Fee: \$186
Location: 1125 Laramie Plaza, upstairs

Beginning Fencing RRES-200 #91407
Beginning fencing is an introduction to the fundamentals of modern sport fencing. Of the three weapon types (foil, epee, sabre) sanctioned in international competitions, only foil is taught in beginning fencing. Fencing entails progressive conditioning of the shoulders, lower torso and legs along with fine motor enhancement of the fingers and wrists. Understanding fencing has wide application off the strip-integrating diplomacy, aggression, speed and skill. This course may not be repeated for credit.

Instructor: William Meyer

Date: September 8 - December 1 (Monday)
Time: 6 - 7:30 pm
Fee: \$161
Location: Ahearn Field House



Intermediate Fencing RRES-200 #91408

Intermediate fencing continues with the concepts presented in beginning foil fencing. Emphasis is on technique refinement, theory of attack, and bouting. The course may be repeated for credit.

Instructor: William Meyer

Date: September 8 - December 1 (Monday)
Time: 7:30 - 9 pm
Fee: \$161
Location: Ahearn Field House

Fly Fishing RRES-200 #91410

This course will cover the proper techniques for performing four basic fly casting techniques: roll casting, pick up and put down, false casting and shooting a line. We will also cover tying flies, and fly fishing equipment. The class will be broken into two sections. The first section will cover casting, fly rods, reels, lines, tippets, and leaders. The second section will cover fly tying equipment and techniques to tie dry flies, wet flies, and nymphs. All equipment needed will be provided by the instructor. There is a non-refundable material fee of \$40 for withdrawing from the class after the first day.

Instructor: Paul Sodamann

Date: September 8 - 18 (Mon, Tues, Wed, Th)
Time: 6:00 - 8:00 pm
Fee: \$196
Location: Susan B. Anthony Middle School
2501 Browning



Fly Fishing RRES-200 #91411

Instructor: Paul Sodamann

Date: October 6 - 16 (Mon, Tues, Wed, Thurs)
Time: 6:00 - 8:00 pm
Fee: \$196
Location: Susan B. Anthony Middle School
2501 Browning



Golf RRES-200
This course will emphasize the fundamentals of the full golf swing; the short game techniques of chipping, pitching, and sand shots; rules of play, course etiquette, selection and use of equipment.

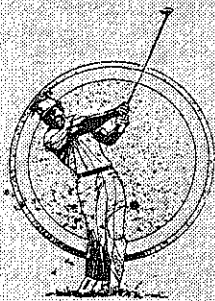
Instructor: Jim Gregory

Session I #91413
Date: August 26 - October 14 (Tuesday)
Time: 2:30 - 4:30 pm
Fee: \$205
Location: Stagg Hill Golf Club
4441 Ft. Riley Blvd.

Session II #91414
Date: August 27 - October 15 (Wednesday)
Time: 1:30 - 3:30 pm
Fee: \$205
Location: Stagg Hill Golf Club
4441 Ft. Riley Blvd.

Session III #91415
Date: August 27 - October 15 (Wednesday)
Time: 5:30 - 7:30 pm
Fee: \$205
Location: Stagg Hill Golf Club
4441 Ft. Riley Blvd.

Session IV #91416
Date: August 28 - October 16 (Thursday)
Time: 9:30 - 11:30 am
Fee: \$205
Location: Stagg Hill Golf Club
4441 Ft. Riley Blvd.



Golf in Junction City RRES-200 #91417
This course will emphasize the fundamentals of the full golf swing; the short game techniques of chipping, pitching, and sand shots; rules of play, course etiquette, selection and use of equipment.

Instructor: Mike Webb

Date: August 27 - October 15 (Wednesday)
Time: 4 - 6 pm
Fee: \$205
Location: Rolling Meadows Public Golf Course
7557 Old Milford Road, Milford

Judo I RRES-200 #91419
Judo I is intended not for gaining proficiency, but to gain understanding of how principles of dynamics (force, acceleration, momentum, work, rotation, moment of inertia, etc.) are used to gain physical advantage (subduing the opponent). Techniques are selected for safety of participants and for demonstrating fundamental principles.

Instructor: Isaac Wakabayashi

Date: August 26 - December 11
(Tuesday/Thursday)
Time: 8:45 - 9:45 pm
Fee: \$140
Location: Ahearn, Rm. 301
No class November 25 and 27

Judo II RRES-200 #91420
In Judo II participants continue to gain understanding of how principles of dynamics are used to gain physical advantage. New and advanced skills are taught along with safety techniques. In preparation for competitive effectiveness, techniques will be tailored to fit the individual's physique.

Instructor: Isaac Wakabayashi

Date: August 26 - December 11
(Tuesday/Thursday)
Time: 9:45 - 10:45 pm
Fee: \$140
Location: Ahearn, Rm. 301
No class November 25 and 27.

Scuba Diving RRES-200 #91422
This course will prepare students for Open Water certification. Areas of information covered include introductory information for certification, knowledge of the equipment, physics of diving, medical problems related to diving, use of diving tables, diving environment, and general information. The date for certification will be determined at a later date. The certification is included in the class fee; however, neither UFM nor KSU is responsible for it. Travel and lodging are at the student's expense. Students must provide their own mask, fins, and snorkel. There is a non-refundable material fee of \$50 for withdrawing from the class after the first day.

Instructor: Jeff Wilson

Date: September 15 - October 20 (Monday)
Time: 6 - 10 pm
Fee: \$292
Location: KSU Natatorium

Fitness Swimming RRES-200 #91428
Students interested in this course MUST be able to demonstrate the five basic strokes, using rhythmic breathing. Emphasis will be on analyzing and refining stroke technique and additional competitive skills, improving/maintaining physical fitness and endurance through a progressive conditioning swimming program. Students will learn the components of well-balanced training and how to design a workout for conditioning swimming.

Instructor: Carol Stites

Date: September 16 - October 30
(Tuesday/Thursday)
Time: 6 - 7:30 pm
Fee: \$165
Location: KSU Natatorium

Women & Money WOMST-500 #91424
This course is designed specifically to enable women to manage their finances today and plan for a secure financial future. The goal of this course is to empower women to make informed decisions about their finances. Topics include: getting organized, budgeting and cash flow, debt/credit, insurance, social security, legal matters, new tax laws, trusts, and investing.

Instructor: Charlene Brownson

Date: September 16 - November 4 (Tuesday)
Time: 3 - 5 pm
Fee: \$154
Location: UFM Conference Room
1221 Thurston Street

Beginning Bowling RRES-200 #91427
This course will cover the basic fundamentals of bowling: how to choose a ball, stance, four-step approach, aim, spot bowling, proper release and spare conversion system. Score keeping, tournament play, rules and tips will also be taught.

Instructor: Terri Eddy (532-6562)

Date: August 28 - December 11 (Thursday)
Time: 10:30 - 11:20 am
Fee: \$159
Location: Student Union Bowling Alley
No class November 27.

Responding to Emergencies RRES-200 #91426
This class will provide the citizen responder with the knowledge and skills necessary in an emergency to help sustain life and minimize pain and the consequences of injury or sudden illness until medical help arrives, thereby acting as the first link in the Emergency Medical Services system (EMS). The course also emphasizes prevention of injuries and illness with a focus on personal safety and health. AED Essentials will teach individuals the skills and knowledge needed to provide care for victims of sudden cardiac arrest through the safe use of an automated external defibrillator (AED).

Instructor: Carol Stites

Date: October 7 - November 20
(Tuesday & Thursday)
Time: 3 - 5 pm
Fee: \$243 fee includes textbook, supplies & certification
Location: American Red Cross Office
2601 Anderson Avenue

Golf in Salina RRES-200 #89020
This course will emphasize the fundamentals of the full golf swing; the short game techniques of chipping, pitching, and sand shots; rules of play, course etiquette, selection and use of equipment.

Instructor: Rhonda Green (452-9333)

Date: August 26 - October 14 (Tuesday)
Time: 6 - 8 pm
Fee: \$214
Location: River Bend Golf Course
4481 S. Ohio Street, Salina

Golf in Salina RRES-200 #89021

Instructor: Rhonda Green (452-9333)

Date: August 28 - October 16 (Thursday)
Time: 6 - 8 pm
Fee: \$214
Location: River Bend Golf Course
4481 S. Ohio Street, Salina

Golf in Salina RRES-200 #89022

Instructor: Rhonda Green (452-9333)

Date: August 30 - October 18 (Thursday)
Time: 11 am - 1 pm
Fee: \$214
Location: River Bend Golf Course
4481 S. Ohio Street, Salina

SIGN UP NOW!!



Call it in: Call 539-8763 during business hours and use your Mastercard, Discover, or Visa. Please have your card number and expiration date ready.

✓ **Flexible registration**--register by phone, mail, or in person



Mail it in: Complete the form below and mail it with your check, money order, or credit card information to: UFM Class Registrations, 1221 Thurston, Manhattan, KS, 66502-5299.

✓ **Discounts**--find the fake class and win \$1.00 off any UFM class. Youth scholarships are also available.



Walk it in: Stop by the UFM house, 1221 Thurston between 8:30-12 & 1:00-5:00 (Monday thru Friday).

✓ **Enrollment office hours** are between 8:30 & 12:00 and 1:00 & 5:00, Monday thru Friday.

FOR YOU... One participant per form, please

FOR A FRIEND... One participant per form, please

UFM 1221 THURSTON 539-8763
Manhattan, KS 66502

UFM 1221 THURSTON 539-8763
Manhattan, KS 66502

UFM Community Learning Center

UFM Community Learning Center

1221 Thurston Registration Form
Manhattan, KS 66502 539-8763

1221 Thurston Registration Form
Manhattan, KS 66502 539-8763

Student Name _____ Day Phone _____
Address _____ Evening Phone _____
City _____ State KS Zip _____ Email _____
Age: Under 18 exact age _____ 19-24 25-59 60+
Parent's Name if Student is Under Age 18 _____

Student Name _____ Day Phone _____
Address _____ Evening Phone _____
City _____ State KS Zip _____ Email _____
Age: Under 18 exact age _____ 19-24 25-59 60+
Parent's Name if Student is Under Age 18 _____

CLASS # Session TITLE FEE LOCATION DATE TIME

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CLASS #	Session	TITLE	FEE	LOCATION	DATE	TIME

CLASS #	Session	TITLE	FEE	LOCATION	DATE	TIME

Tax Deductible Donation
Total _____

Tax Deductible Donation
Total _____

I hereby authorize the use of my Visa MasterCard Discover

I hereby authorize the use of my Visa MasterCard Discover

Card Number _____ Expiration Date _____
Card Cardholder's Name (Please Print) _____

Card Number _____ Expiration Date _____
Card Cardholder's Name (Please Print) _____

Cardholder's Signature _____

Cardholder's Signature _____

Participant Statistics: KSU Student KSU Faculty/Staff Ft Riley Other

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Where did you obtain your catalog? _____

Where did you obtain your catalog? _____

A class I would like offered _____

A class I would like offered _____

I am participating upon my own initiative and upon my own assumption of risk in a UFM Community Learning Center program. I hereby agree, for myself and all who may hereafter claim through or for me, to assume all risk of personal harm or injury relating to or resulting from my participation in any or all classes for which I have registered and to hold UFM Community Learning Center harmless as to liability for such injury.

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Signature** _____ Date _____

Signature** _____ Date _____

**Signature of Parent or Guardian required for minors.

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Office Use Only		Amount	Total Paid
Date Received	Date Staff	Check _____	<div style="border: 1px solid black; width: 40px; height: 20px; margin: 0 auto;"></div>
Entered		Cash _____	
Computer		Visa _____	
		M/C _____	
		Discover _____	

Office Use Only		Amount	Total Paid
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Entered		Cash _____	
Computer		Visa _____	
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		Discover _____	