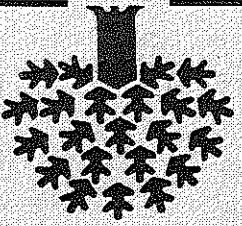


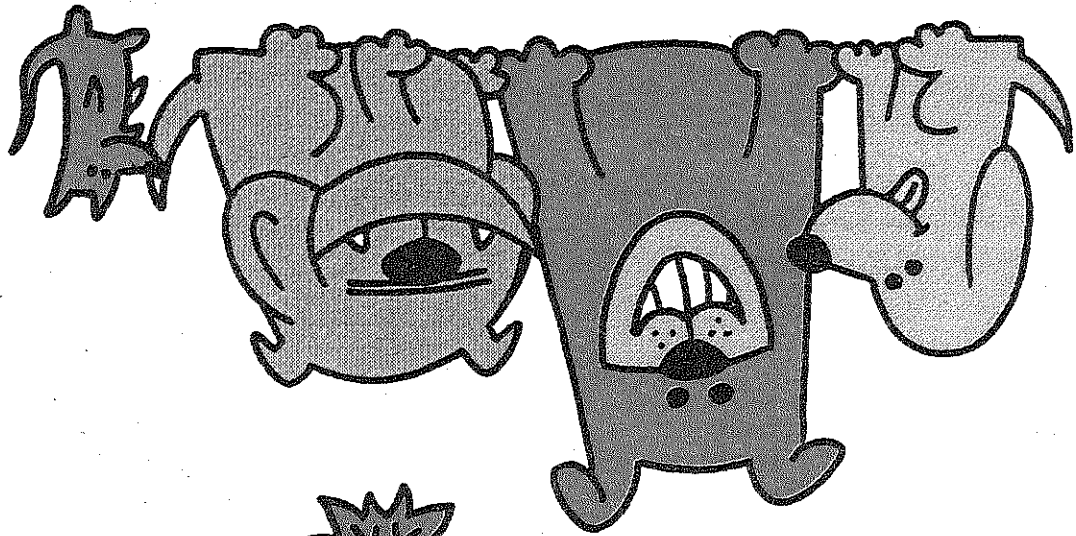
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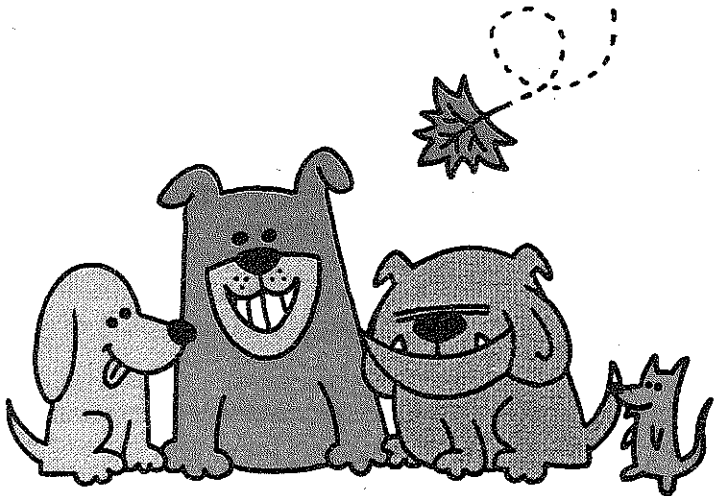
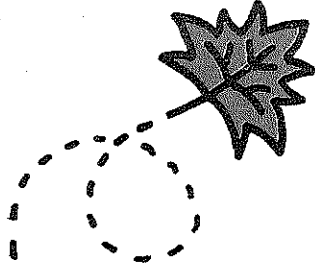
Teaching • Learning • Growing
Vol. 36 Edition 3



FALL INTO FUN AT UFM



AFTER THE DOG
DAYS OF SUMMER,



Fall Classes August-December 2004

Pilates

• • •

Wine

• • •

Knitting

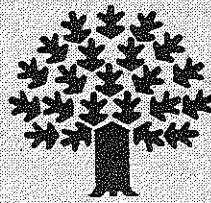
Poker

• • •

Harmonica

• • •

Test Prep Courses



Teaching • Learning • Growing

**UFM
Community
Learning
Center**

2004
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

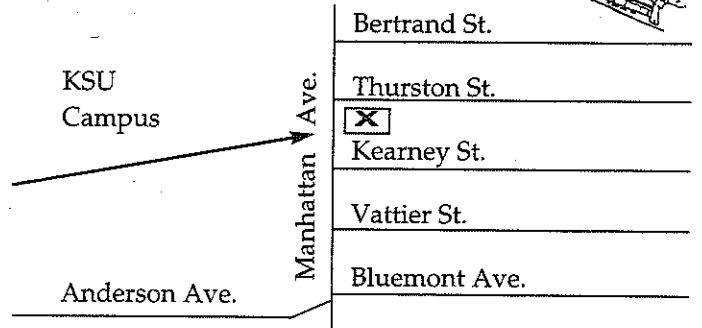
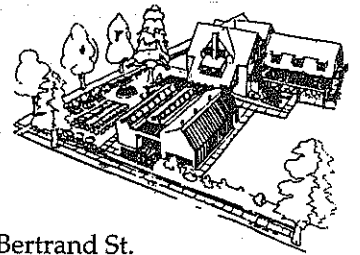


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BOARD OF DIRECTORS

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 Community Outreach Coordinator - Charlene Brownson
 Lou Douglas Lecture Series Coordinator - Olivia Collins
 Teen Mentoring Program Coordinator - Karen Roesch
 Office Coordinator - Lora Shelton
 Swim Supervisor - Abby Scheopner / Jorie Spesard

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.



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: _____

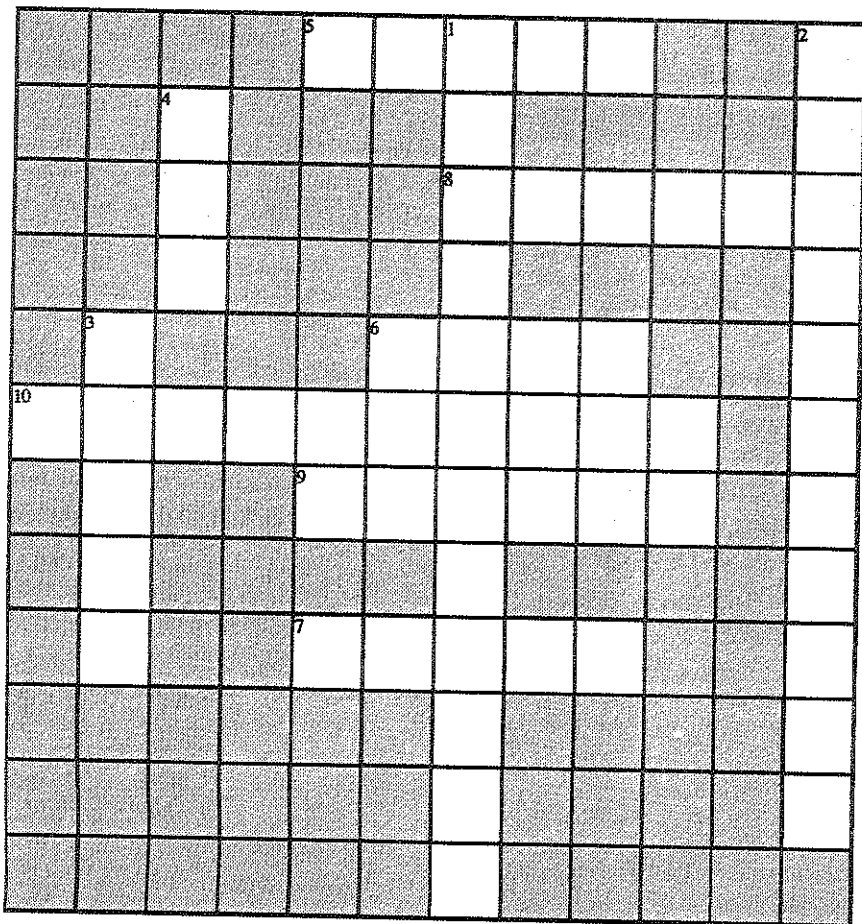
Name: _____ Phone: _____

Address: _____

Crossword Puzzle

Complete this crossword and receive \$1.00 off any UFM class!

As you look through the catalog you will find the answers to this puzzle.



Down

1. Name of featured instructor
2. Anniversary of Lou Douglas Lecture Series
3. Location of hike on October 9
4. Item to be "burned" in this class

Across

5. Type of card game class offered
6. Type of language class
7. Diving class
8. Focus of photography classes
9. Type of country dance listed in catalog
10. The fine art of making black gold

Featured Instructor



**Kennita
Tully**

Kennita Tully has been knitting since her mother taught her when she was a young child.

Kennita further developed her love for art and knitting by studying textiles and photography at Murray State University in Kentucky, and also as a graduate student in art at the University of Michigan.

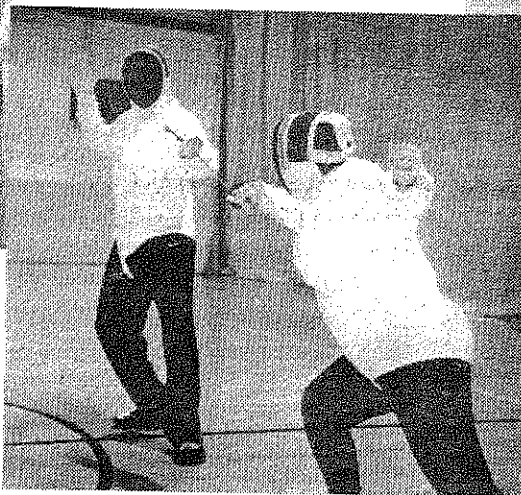
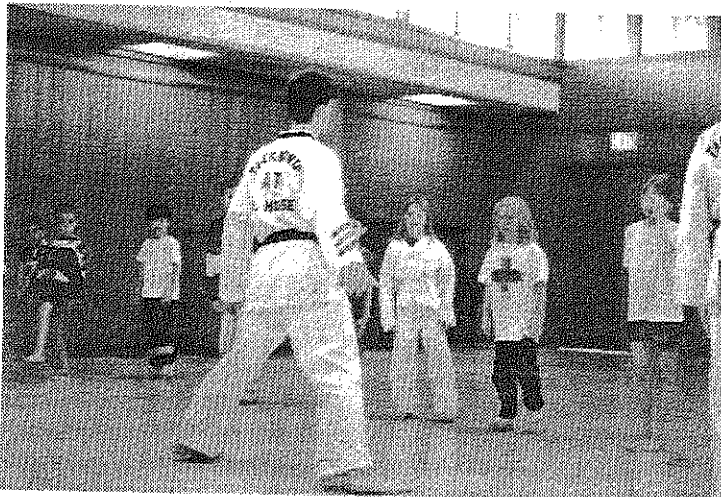
Kennita bought her first knitting machine when her first child was born in 1989 and began selling her knitted sweaters after the Tully family moved to Manhattan in 1991. When she began to submit her designs for publication, Kennita soon returned to hand-knitting, and opened a studio in Manhattan. She has since regularly had her work published in every major knitting magazine and was recently featured in Knit It!, a Better Homes and Gardens publication.

Kennita shares her love of knitting by teaching knitting classes to people of all ages and skill levels. She has been an instructor for UFM, teaching an assortment of knitting and crocheter classes since 2000.

Kennita's most recent accomplishment has been opening her store, Wildflower Yarns and Knitwear, in downtown Manhattan on South 4th Street. Her shop features an extensive selection of yarn, knitting supplies, and patterns exclusive to the shop. Visit Wildflower's website at www.wildflowerknits.com and try one of her classes this fall at UFM!



FALL INTO FUN AT UFM



Aquatics



Learn to Swim Classes

UFM proudly teaches the American Red Cross Swim Lessons Levels 1 - 6, 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. Changing tables are available in both the men's and women's locker rooms.

Note: Minimum enrollment for all classes is 4. If less than 4 enroll, classes may be combined, changed to private or semi-private lessons or cancelled.

BEGINNING & ENDING DATES (Except Where Noted):

- Session A:** Mondays, September 13 - November 22 (No class October 11)
- Session B:** Tuesdays, September 14 - November 23 (No class October 12)
- Session C:** Wednesdays, September 15 - November 17
- Session D:** Thursdays, September 16 - November 18
- Session E:** Saturdays, September 11 - November 20 (No Class October 9)

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** 6:00pm - 6:30pm
- AQ-01P1 September 8 - October 6
- AQ-01P2 October 13 - November 10
- Tuesday** 6:00pm - 6:30pm
- AQ-02P1 September 9 - October 7
- AQ-02P2 October 14 - November 11
- Saturday** 9:30am - 10:00am
- AQ-05P1 September 6 - October 4
- AQ-05P2 October 18 - November 15
- Fee: \$22 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** 6:45pm - 7:15pm
- AQ-01T1 September 13 - October 18 (No class October 11)
- AQ-01T2 October 25 - November 22
- Tuesday** 6:45pm - 7:15pm
- AQ-02T1 September 14 - October 19 (No class October 12)
- AQ-02T2 October 26 - November 23
- Saturday** 10:15am - 10:45am
- AQ-05T1 September 11 - October 16 (No class October 9)
- AQ-05T2 October 23 - November 20
- Fee: \$22 per session

Level I: Introduction to Water Skills

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 6:00pm - 6:40pm
- AQ-01B Tuesday 6:00pm - 6:40pm
- AQ-01C Wednesday 6:00pm - 6:40pm
- AQ-01D Thursday 6:00pm - 6:40pm
- AQ-01E Saturday 9:30am - 10:10am
- Fee: \$47 per session

Level II: Fundamental Aquatic 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 will be introduced to treading water, and swimming on their front and back. 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 6:00pm - 6:40pm
- AQ-04B Tuesday 6:00pm - 6:40pm
- AQ-04C Wednesday 6:00pm - 6:40pm
- AQ-04D Thursday 6:00pm - 6:40pm
- AQ-04E Saturday 10:15am - 10:55am
- Fee: \$47 per session

Level III: Stroke Development

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 butterfly. Students will also learn rules for safe diving and 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 6:50pm - 7:30pm
- AQ-07B Tuesday 6:50pm - 7:30pm
- AQ-07C Wednesday 6:50pm - 7:30pm
- AQ-07D Thursday 6:50pm - 7:30pm
- AQ-07E Saturday 9:30am - 10:10am
- Fee: \$47 per session

Level IV: Stroke Improvement

The objective of Level IV is to develop confidence in the skills learned and improves other aquatic skills. Students will increase their endurance by swimming familiar strokes (elementary backstroke, front crawl, back crawl, breaststroke) for greater distances. Students will be introduced to the basics of turning at a wall and coordinating butterfly stroke. 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 6:50pm - 7:30pm
- AQ-10B Tuesday 6:50pm - 7:30pm
- AQ-10C Wednesday 6:50pm - 7:30pm
- AQ-10D Thursday 6:50pm - 7:30pm
- AQ-10E Saturday 10:15am - 10:55am
- Fee: \$47 per session

Level V: Stroke Refinement

The objective of Level V is coordination and refinement of all strokes. Participants learn to perform each of the strokes over increased distances as well as learn surface dives and flip turns. 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 6:50pm - 7:30pm
- AQ-13E Saturday 10:15am - 10:55am
- Fee: \$47 per session

Level VI: Swimming and Skill Proficiency

The objective of Level VI is to refine the strokes so students swim them with ease, efficiency, power and smoothness over greater distances. Level VI is designed with "menu" options that focus on preparing students to participate in more advanced courses, including the Water Safety Instructor and Lifeguard courses. These options include: Personal Water Safety, Fitness Swimming, Lifeguard Readiness, and Fundamentals of Diving. Students entering this course must have a Level V certificate or be able to demonstrate the skills required to complete Level V.

- AQ-16A Wednesday 6:50pm - 7:30pm
- AQ-16E Saturday 10:15am - 10:55am
- Fee: \$47 per session

**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



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 6:00pm - 6:40pm
 AQ-22E Saturday 9:30am - 10:10am
 Fee: \$47 per session

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 6:00pm - 7:30pm
 AQ-24B Tuesdays 6:00pm - 7:30pm
 AQ-24C Wednesdays 6:00pm - 7:30pm
 AQ-24D Thursdays 6:00pm - 7:30pm
 AQ-24E Saturdays 9:30am - 11:00am
 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 6:00pm - 7:30pm
 AQ-25B Tuesdays 6:00pm - 7:30pm
 AQ-25C Wednesdays 6:00pm - 7:30pm
 AQ-25D Thursdays 6:00pm - 7:30pm
 AQ-25E Saturdays 9:30pm - 11:00am
 Fee: \$16 per session

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 23 - September 25
 Monday - Thursday (6:35 - 7:30 pm) and Saturday (10:05am - 11:00am)
 AQ-26A (1 Time a week)
 AQ-27A (3 Times a week)
 AQ-28A (5 Times a week)

Session B: September 27 - October 30
 Monday - Thursday (6:35 - 7:30 pm) and Saturday (10:05am - 11:00am)
 AQ-26B (1 Time a week)
 AQ-27B (3 Times a week)
 AQ-28B (5 Times a week)

Session C: November 1 - December 4
 Monday - Thursday (6:35 - 7:30 pm) and Saturday (10:05am - 11:00am)
 AQ-26C (1 Time a week)
 AQ-27C (3 Times a week)
 AQ-28C (5 Times a week)

No Classes September 6, October 11 & 12, and November 25 & 26.

Fee: \$24 for 1 time a week per session
 \$29 for 3 times a week per session
 \$33 for 5 times a week per session

Shallow Water Hydroaerobics for the Entire Semester

Session D: August 23 - December 3
 Monday - Thursday (6:35pm - 7:30pm) and Saturday (10:05am - 11:00am)
 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: \$54 for 1 time a week per session
 \$66 for 3 times a week per session
 \$74 for 5 times a week per session

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 24 - September 23
 AQ-100A Tuesday and Thursday 6:35pm - 7:30pm

Session B: September 28 - October 28
 AQ-100B Tuesday and Thursday 6:35pm - 7:30pm

Session C: November 2 - December 2
 AQ-100C Tuesday and Thursday 6:35pm - 7:30pm

No classes November 27.

Fee: \$24 per session

Deep Water Hydroaerobics for the Entire Semester

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

No classes October 12 or November 25.

Fee: \$58 per session

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 13 - October 18 (No class October 11)

Session A2: Mondays October 25 - November 22

Session B1: Tuesdays September 14 - October 19 (No class October 12)

Session B2: Tuesdays October 26 - November 23

Session C1: Wednesdays September 15 - October 13

Session C2: Wednesdays October 20 - November 17

Session D1: Thursdays September 16 - October 14

Session D2: Thursdays October 21 - November 18

Session E1: Saturdays September 11 - October 16 (No class October 9)

Session E2: Saturdays October 23 - November 20

Times for Monday, Tuesday, Wednesday, and Thursday sessions: 6:00pm - 6:30pm 6:45pm - 7:15pm

Times for Saturday sessions: 9:30am - 10:00am 10:15am - 10:45am

Fee: \$59 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: 5:00pm - 7:00pm
 Fee: No charge
 Location: KSU Natatorium

Open Swim Appreciation

Date: October 23 (Sunday)
 Time: 5:00pm - 7:00pm
 Fee: No charge
 Location: KSU Natatorium

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 for adequate lifeguards.

Date: October 2, 16, 23, and 30 (Sunday)
 Time: 5:00pm - 7:00pm
 Fee: \$10 individual/\$25 family
 Location: KSU Natatorium

WSI - Water Safety Instructor

Receive a WSI certification to teach the American Red Cross Learn to Swim and Water Safety Courses. This course includes the fundamentals of the Instructor Training Course. Prerequisites: Minimum age 16, on or before the final session of the course, successfully demonstrate the Freestyle, Backstroke, Butterfly, Elementary Backstroke, Sidestroke and rescue skills. Certification Requires: Demonstrate competency in all required skills and achieve 80 % on the written tests.

Carol Stites (539-1991)

Date: September 25 - October 6 (Mon., Wed., Fri., Sat.)
 Time: Saturdays (9/25 & 10/6): 8:00am - 5:00pm
 Monday-Friday: 4:00pm - 7:30pm
 Fee: \$180.00 (Books are available for purchase at the American Red Cross office)

Deposit: To reserve a spot in the class, a non-refundable deposit of \$20.00 is required before the prerequisite date. Deposits are credited toward class fee.

Scuba Diving

This course will prepare students for NAUI Scuba Diver 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. A certification fee of \$50.00 will be assessed at the time of check out dives. However, neither UFM nor KSU is responsible for the certification. Travel and lodging are at the student's expense. Students must provide their own masks, fins and snorkels, which will be available for purchase at the first session, equipment ranges from \$100-\$175. There is a non-refundable material fee of \$50 for withdrawing from the class after the first day.

Jeff Wilson

Date: August 23 - October 4 (Monday)
 Time: 6:00pm - 10:00pm
 Fee: \$236.00
 Location: KSU Natatorium
 *Available for KSU Credit (No class October 11)



Scuba Diving

AQ105B

Jeff Wilson

Date: November 1 - December 6 (Monday)
Time: 6:00pm - 10:00pm
Fee: \$236.00
Location: KSU Natatorium
*Available for KSU Credit



Fitness Swimming

AQ108

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.

Date: September 21 - December 9 (Tuesday/Thursday)
Time: 6:00pm - 7:30pm
Fee: \$73.00
Location: KSU Natatorium
*Available for KSU Credit

Lifeguard Training

AQ-35a

American Red Cross Lifeguard Training teaches the skills/knowledge needed to prevent and respond to aquatic emergencies. This course will certify you in Lifeguard Training, CPR for the Professional Rescuer, and First Aid. Prerequisites: Minimum age of 15, swim 500 yards continuously, using the following strokes: 200 yard front crawl with rhythmic breathing and stabilizing and propellant kick, 100 yard breaststroke and 200 yards of either front crawl using rhythmic breathing or the breaststroke.

Abby Scheopner

Prerequisites: September 12 (Sunday)
Date: September 13 - September 17 (Monday - Friday)
Time: 5:00pm - 7:00pm (Prerequisites)
5:00pm - 10:00pm (Monday - Friday)
Fee: \$162 (Includes text book and pocket mask w/ O2 inlet)

Deposit: To reserve a spot in the class, a non-refundable deposit of \$20.00 is required before the prerequisite date. Deposits are credited toward class fee. Class fee and books charges are due for payment at the UFM Office after successful completion of the prerequisites. There is a maximum of 16 students per class. *Enrollment deadline for lifeguard training is one week before the start of class.

Language

Spanish I

LA02

The emphasis in this class will be on oral communication and interaction. Classes will be adapted to students' preferences. Topics covered will include: colors, clothing, numbers, greetings, parts of the body, descriptions of people, family members, telling time, activities, sports, etc.

Alberto Levera was born in Asuncion, Paraguay, S.A. and has a degree in Business Administration and Marketing. He enjoys teaching Latin culture to promote awareness, discussing political issues, and reading.

Date: October 5 - October 28 (Tuesday/Thursday)
Time: 7:00pm - 8:00pm
Fee: \$22.00
Location: UFM Conference Room
(No class October 12)

Beginning Sign Language

LA03

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 has worked as an interpreter in Kansas City for four years. For the past two years she has worked for the Manhattan schools. She has an ITP degree in American Sign Language.

Toni Kroll (313-5555) 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 7 - October 26 (Tuesday)
Time: 6:30pm - 8:00pm
Fee: \$76.00
Location: Justin Hall Room 149
(No Class October 12)

Chinese Language & Literature

LA01A

This class will be introducing Chinese language and literature. Students will learn many aspects of Chinese culture from this class.

Jui Jung Huang (Daisy) (395-2632) is from Taiwan. She is currently pursuing her PhD in education at KSU.

Date: September 13 - October 18 (Monday)
Time: 6:00pm - 7:00pm
Fee: \$48.00
Location: UFM Multipurpose Room
(No Class October 11)

Chinese Language & Literature

LA01B

Jui Jung Huang (Daisy) (395-2632)

Date: October 25 - November 22 (Monday)
Time: 6:00pm - 7:00pm
Fee: \$48.00
Location: UFM Multipurpose Room

French Language

LA04

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 8 - September 30 (Wednesday/Thursday)
Time: 10:00am - 11:00am
Fee: \$44.00
Location: UFM Fireplace Room

German I

LA05A

This class will focus on pronunciation, basic expressions, eating out, travel, sight seeing, leisure, making friends, stores and services, and health.

Hannelore Michaelis was born in Germany. She has studied Graphics, Arts and Language.

Date: October 18 - November 8 (Monday)
Time: 7:00pm - 8:00pm
Fee: \$34.00
Location: UFM Conference Room

German I

LA05B

Hannelore Michaelis

Date: October 15 - November 5 (Friday)
Time: 7:00pm - 8:00pm
Fee: \$34.00
Location: UFM Conference Room



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Health & Wellness



Personal Safety and Self-Defense for Women

HW01

This course has been designed to offer women quick, easy-to-learn, and extremely effective techniques for personal safety and defending themselves in various situations. By empowering women to better protect themselves, they gain confidence in social and professional environments. Personal issues such as safety when living, traveling and working alone will be covered. Material from this class is taught from a practical approach with physical techniques that are useful to women of all ages and physical conditions. This is a great class for mothers and daughters to take together. Ages 13+.

*Enrollment deadline is one week prior to class start date.

Date: October 25 (Monday)
Time: 6:30pm - 9:30pm
Fee: \$22.00

Location: First Lutheran Church, Basement

Introduction to Sahaj Marg Meditation

HW02

You are invited to explore the infinite potential of the Sahaj Marg system of Raja Yoga Meditation. Sahaj Marg offers Meditation practice and a unique technique called Clearing, which can easily be integrated into one's daily life. It progressively leads to a calm, balanced mind making it a perfect instrument, there by helping us to realize our Highest potential. The instructors are practitioners of the Sahaj Marg system of meditation for about 6 years. Their experience is that meditation has brought about a complete change in their outlook towards life. Meditation has brought a balance between the material as well as their spiritual lives.

Chakra Gandhe (gkam_99@hotmail.com)

Date: September 25 (Saturday)
Time: 10:00am - 12:00pm
Fee: No Charge

Location: UFM Greenhouse

*Additional dates may be scheduled with instructor

Tai Chi Chaun for Beginners

HW07

The popular Yang style "Short Form" of Tai Chi Chuan will be introduced. Advanced students will practice more in depth postures of the form. Each class will focus on the strengthening postures. The ancient art of Tai Chi Chuan has proven to be an effective method for achieving relaxation, health, and well being. Tai Chi Chuan can be practiced by young and old alike. Please wear comfortable and loose clothing and flat soled shoes.

Karena Kimble is an artist and Tai Chi Chuan practitioner. She studied under the tutelage of Jane and Bataan Faigo, advanced students of Master Cheng Man-Ching. She has been dedicated to the practice for eleven years.

Date: September 18 - November 13 (Saturday)
Time: 9:30am-10:30am
Fee: \$72.00

Location: UFM Fireplace Room

Living the Art: Jin Shin Jyutsu

HW08

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, as well as ways to develop and maintain a daily practice. Jin Shin Jyutsu harmonizes the body's energy: engaging one in self-awareness, enhancing well-being, and recognizing the wisdom of the body.

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

Date: September 13 - September 27 (Monday)
Time: 7:00pm - 9:00pm
Fee: \$20.00

Location: 811 Colorado

Introduction to Reiki

HW09A

Reiki is a Japanese technique for stress reduction and relaxation 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 (539-6386) is a teaching Reiki Master, having received Master Level in 2000. She has been working with subtle energies, Feng Shui, Auras and Chakras since 1974.

Date: September 11 (Saturday)
Time: 9:00am - 12:00pm
Fee: \$22.00

Location: 513 Leavenworth, Suite 2

Introduction to Reiki

HW09B

Sarah English (539-6386)

Date: October 9 (Saturday)
Time: 9:00am - 12:00pm
Fee: \$22.00

Location: 513 Leavenworth, Suite 2

Reiki 1ST Level

HW18

We will cover the history of Reiki, basic information on personal energy fields, 4 attunements per person as well as how and when to use Reiki. There will be practice sessions and you will receive a certificate when you finish.

Sarah English (539-6396)

Date: November 12 - November 14 (Friday - Sunday)
Time: 7:00pm - 9:00pm (Friday)
9:00am - 7:00pm (Saturday)
(lunch will be on your own)
5:00pm - 8:00pm (Sunday)

Fee: \$175.00

Location: 513 Leavenworth, Suite 2

Healing Yoga

HW12A

This class is great for students with little experience and with physical discomforts. You will learn to relax and appreciate your body, poses for head, back, and shoulder pain. Required: Mat or beach towel and wear loose clothing.

Barbara Ouellette has 10 years experience as a student of yoga and has been teaching various classes at UFM for several years.

Date: August 18 - September 8 (Wednesday)
Time: 9:30am
Fee: \$52.00
Location: Ahearn Dance Studio, Room 301

Healing Yoga

HW12B

Barbara Ouellette

Date: October 20 - November 10 (Wednesday)
Time: 9:30am
Fee: \$52.00
Location: Ahearn Dance Studio, Room 301

Beginning Yoga

HW15A

This course will cover the basic fundamentals of yoga. Sibilant breathing and breath ratios, coordination of movement and breath, proper sequencing of exercises, ten or more basic exercises and introduction to yoga philosophy.

Ana Franklin

Date: September 2 - October 28 (Tuesday/Thursday)
Time: 10:00am - 11:00am
Fee: \$104.00
Location: Ahearn Dance Studio, Room 301
(No class October 12)
*Available for KSU Credit

Beginning Yoga

HW15B

Ana Franklin

Date: September 1 - November 1 (Monday/Wednesday)
Time: 3:00pm - 4:00pm
Fee: \$104.00
Location: Ahearn Dance Studio, Room 301
(No class September 6 & October 11)
*Available for KSU Credit

Self Massage for Pain Relief

HW16

Learn some self-massage routines to help with promotion of relaxation and relief of muscular aches, pains and tension. You will become familiar 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/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 11 (Thursday)
Time: 7:00 pm
Fee: \$22.00
Location: UFM Greenhouse

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& Pet Consultant
539-1183

KRISTINA R. KRAMER
Certified Massage and
Neuro-Muscular Therapist
341-9217

MARCIA MCFARLAND
Reiki Teacher & Practitioner
776-1766

SHARON LANDRITH
Medical & Personal Intuitive, Healing Touch
Practitioner & Meditation Teacher
556-1145

JENNIFER MOONEY, MSN, ARNP-C
Family Nurse Practitioner
776-7808

MARILYN TOMICH
Astrology Consultant
537-8335



Massage for Two

HW17

Come and learn the basic principles of therapeutic massage and understand how massage can help maintain health. This class will focus on Swedish-style massage, the most common style of massage, using 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 two flat sheets. Pairs may include mother-daughter, friends or couples.

Sandy Snyder (537-3607)

Date: November 12 (Friday)
Time: 7:00 pm
Fee: \$22.00
Location: UFM Fireplace Room

Chemicals and Metals in Our Lives

HW10

Raise your awareness of chemicals in your life. This class will provide simple ideas for changing things you eat or breathe to avoid taking them into your body. The body cannot process chemicals and they become stored in the tissues and can cause serious ill health. Learn how to clean out what chemicals may already be stored in the body and how to protect your environment.

Patricia Cassinelli (341-1451)

Date: September 28 (Tuesday)
Time: 7:00pm - 9:00pm
Fee: \$16.00
Location: 513 Leavenworth, Suite 2

Vitamins, Minerals and Amino Acids

HW11

Learn how to determine if you really need additional vitamins, minerals, or amino acids and how to read the labels and determine what is best for you and your family. Learn how to distinguish synthetic from natural. Learn how the body produces vitamins and what food sources provide what minerals.

Patricia Cassinelli (341-1451) has 20 years experience in the field of holistic medicine and 10 years as a licensed massage therapist and private practitioner. She graduated from Scherer's Institute of Natural Healing in Santa Fe, New Mexico, studied under Hanna Kroeger, a master herbalist in Boulder, Co., and with Dr. Gary Young of Young Living Essential Oils in Utah. She owns Body, Mind, and Spirit in Manhattan.

Date: October 19 (Tuesday)
Time: 7:00pm - 9:00pm
Fee: \$16.00
Location: 513 Leavenworth, Suite 2

You and Your Hearing Aid

HW14A

Family and friends were having problems. It seems you were talked into it. Now you have hearing aids and don't know what to do with them or what you think about the darn gadgets. There's a lot you can learn to help yourself hear better, understand more, and get more out of the dollars already invested in those electronic marvels. In this class you will learn how hearing aids work, what they can do for you (and what they can't) how to keep your hearing aids in peak condition, and how to learn to get the most out of the instruments and hearing you have.

Dr. M'Eliz Maatta (539-7361, listenaa@sbcglobal.net)

Date: September 7 (Tuesday)
Time: 7:00pm - 8:30pm
Fee: \$12.00
Location: 1133 College Ave., Suite 101A

You and Your Hearing Aid

HW14B

Dr. M'Eliz Maatta (539-7361, listenaa@sbcglobal.net)

Date: October 14 (Thursday)
Time: 7:00pm - 8:30pm
Fee: \$12.00
Location: 1133 College Ave., Suite 101A

Elements of Speech Reading

HW13A

Life seems to be going faster and faster. People whiz by on cell phones, children mumble from two rooms away, and spouses can't seem to think of anything to say when you are in the same room! Hearing loss can have a serious impact on your quality of life even if it is not your hearing loss! This class will address both common and specific communication problems. We will explore strategies for use when communication breaks down and develop individualized plans for structuring successful communication encounters. Individuals and couples are encouraged to join us for information and exercises designed to improve communication and our quality of life.

Dr. M'Eliz Maatta (539-7361, listenaa@sbcglobal.net) has supported hearing aid users ranging in age from 3 to 103 and has been working with people with hearing loss for more than 2 decades. M'Eliz has worked as an audiologist in Kansas since 1985. She is certified by American Speech Language Hearing Association, board certified by the American Academy of Audiology and licensed by the state of Kansas.

Date: September 8 - September 22 (Wednesday)
Time: 7:30pm - 8:30pm
Fee: \$12.00
Location: 1133 College Ave., Suite 101A

Check out the "Personal Interest" section on page 20 to find classes such as *The Creative Spirit, The Enneagram, Accessing Our Inner Guidance and more!*

Elements of Speech Reading

HW13B

Dr. M'Eliz Maatta (539-7361, listenaa@sbcglobal.net)

Date: November 9 - November 23 (Tuesday)
Time: 7:30pm - 8:30pm
Fee: \$12.00
Location: 1133 College Ave., Suite 101A

Responding to Emergencies

HW19


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).

Date: September 30 - November 18 (Tuesday/Thursday)
Time: 3:00pm - 5:00pm
Fee: \$182.00
Location: 2601 Anderson Ave., American Red Cross (No class on November 12)
*Available for KSU Credit

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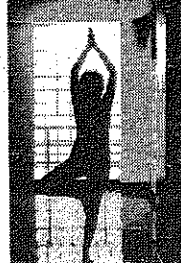
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Career & Finance



Gain Control of Your Money & Become Debt Free

FC01

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 insurance? This class will cover fees/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: September 23 (Thursday)
Time: 7:00pm - 8:30pm
Fee: \$12.00 Individual, \$16.00 couple
Location: UFM Greenhouse
(Both Gain Control & Investing \$16.00 individual, \$20.00 couple)

Investing In Your Future

FC02

Individuals who are in the accumulation phase of their lives, 25 - 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: September 30 (Monday)
Time: 7:00pm - 8:30pm
Fee: \$12.00 Individual, \$16.00 couple
Location: UFM Greenhouse
(Both Gain Control & Investing \$16.00 individual, \$20.00 couple)

*Take both Gain Control of Your Money AND Investing in Your Future at a discounted rate! \$16.00 individuals, \$20.00 couple)

Women & Money

FC11

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. 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 1 - October 20 (Wednesday)
Time: 3:30pm - 5:30pm
Fee: \$35.00
Location: KSU, Justin Hall Room 149
*Available for KSU Credit

Millionaire Women Next Door

FC15A

Many women today are seeking to take control of their destiny, while providing for their families! The most successful, financially independent American women are profiled in the new book "Millionaire Women Next Door." This six week class will take you through the informative, inspiring new book that presents a variety of ground breaking concepts involving the personality, lifestyle, motives, beliefs and spending habits of economically successful American women. Learn what contributes to their happiness and high self-esteem, their charitable nature and how they found their passion. Do you want to know how to become a successful woman in America? Are you seeking to find your vocation? This interactive class will give you a roadmap to get where you want to go based on the advice of other financially independent, American women.

Angie Herbers (AngieHerbers@cox.net, 341-3255) has a BS in Personal Financial Planning from Kansas State University and is currently working toward her Masters degree. She is owner of Financial Advisor Resource Inc., a research and consulting firm helping financial planning professionals across in US build profitable businesses. Over the past five years, Angie has researched and written many articles about women who are seeking to find their passion, personally and professionally. She is the creator of the "Millionaire\$ in the Making" financial planning presentation that has received regional and national recognition for helping foster financial planning education among young adults.

Date: September 21 - November 2 (Tuesday)
Time: 10:00am - 11:30am
Fee: \$22.00
Location: UFM Conference Room
(No class October 12)

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Millionaire Women Next Door

FC15B

Angie Herbers (AngieHerbers@cox.net, 341-3255)

Date: September 22 - October 27 (Wednesday)
Time: 6:30pm - 8:00pm
Fee: \$22.00
Location: UFM Conference Room

Millionaire Women Next Door

FC15C

Angie Herbers (AngieHerbers@cox.net, 341-3255)

Date: November 1 - December 6 (Monday)
Time: 6:00pm - 7:30pm
Fee: \$22.00
Location: UFM Multipurpose Room

Toastmasters

FC14

Build self confidence! Improve communication skills! Learn to listen effectively! Build leadership skills! A six session class designed to introduce participants to Toastmasters - An international program that promotes comfort in speaking and leadership. Participants will advance at their own pace working from the class manual.

Deborah Goard

Date: September 13 - November 22
(2nd and 4th Monday)
Time: 6:00pm - 7:00pm
Fee: \$28.00
Location: UFM Conference Room
(No class on October 11)

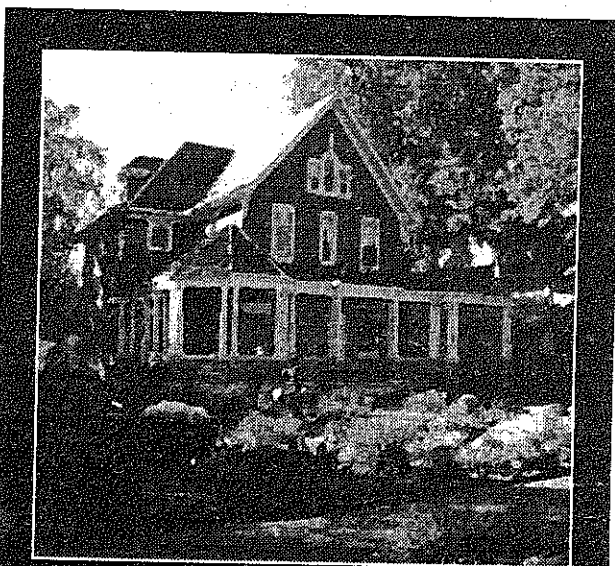
ABCs of Grantwriting (Basic Course)

FC09A

Whether you're a volunteer or staff member in one of the many non-profit organizations in Kansas, grantwriting is a key ability to have to ensure the success of your mission. Come learn the ins-and-outs of grant research, prospect research, and the basic types of grants available. (Proposal writing will be covered in another class.)

Linda Harvey (785) 285-0453 has nearly a decade of experience in the non-profit sector. As a fundraiser, she has raised nearly \$500,000 through grantwriting. By trade, Ms. Harvey is a writer. She is a graduate of KSU and also holds a Master's Degree in Public Administration from the University of Nebraska.

Date: September 11 (Saturday)
Time: 9:00am - 11:30am
Fee: \$42.00
Location: UFM Conference Room



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ABCs of Grantwriting (Basic Course) FC09B

Linda Harvey (785) 285-0453

Date: October 9 (Saturday)
Time: 9:00am - 11:30am
Fee: \$42.00
Location: UFM Conference Room

ABCs of Grantwriting (Basic Course) FC09C

Linda Harvey (785) 285-0453

Date: November 13 (Saturday)
Time: 9:00am - 11:30am
Fee: \$42.00
Location: UFM Conference Room

ABCs of Grantwriting (Advanced Course) FC10A

This class is an extension of the ABCs of Grantwriting Basic course. Learn how to write effective grant proposals, and even spend time writing a mock proposal during the workshop. ABCs of Grantwriting is suggested before taking this class. Participants need to bring a disk.

Linda Harvey (785) 285-0453 has nearly a decade of experience in the non-profit sector. As a fundraiser, she has raised nearly \$500,000 through grantwriting. By trade, Ms. Harvey is a writer. She is a graduate of KSU and also holds a Master's Degree in Public Administration from the University of Nebraska.

Date: September 25 (Saturday)
Time: 9:00am - 11:30am
Fee: \$42.00
Location: UFM Conference Room

ABCs of Grantwriting (Advanced Course) FC10B

Linda Harvey (785) 285-0453

Date: October 23 (Saturday)
Time: 9:00am - 11:30am
Fee: \$42.00
Location: UFM Conference Room

ABCs of Grantwriting (Advanced Course) FC10C

Linda Harvey (785) 285-0453

Date: December 4 (Saturday)
Time: 9:00am - 11:30am
Fee: \$42.00
Location: UFM Conference Room

Solutions for Seniors FC12A

Exploring solutions to common problems seniors encounter including long term health care, investment options and estate planning.

Donald Montgomery (montgomery@wradvisors.com) is a fully licensed Financial Advisor with Waddell & Reed Inc. Donald served 9 years in the US Army. He's an active member in the Manhattan Community as a member of the Chamber of Commerce, Military Affairs Committee, Treasure of the UFM Men's Auxiliary, the Downtown Revitalization Program and also serves as the Financial Representative for Crime Stoppers of Manhattan.

Date: September 7 (Tuesday)
Time: 7:00pm - 8:00pm
Fee: \$12.00
Location: 555 Poyntz Ave. Suite 28, Waddell & Reed

Solutions for Seniors FC12B

Donald Montgomery (montgomery@wradvisors.com)

Date: October 5 (Tuesday)
Time: 7:00pm - 8:00pm
Fee: \$12.00
Location: 555 Poyntz Ave. Suite 28, Waddell & Reed

Solutions for Seniors FC12C

Donald Montgomery (montgomery@wradvisors.com)

Date: November 9 (Tuesday)
Time: 7:00pm - 8:00pm
Fee: \$12.00
Location: 555 Poyntz Ave. Suite 28, Waddell & Reed

Computer Classes

Intro to HTML CP02A

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. This 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. Registration fee includes a CD with software and references.

Chris Wilson (556-1570 or chris@etjedanse.com)

Date: October 13 (Wednesday)
Time: 6:00pm - 8:00pm
Fee: \$32.00
Location: Manhattan Public Library

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Intro to HTML

CP02B

Ebay for Everyone

CP01D

If you build it, will they come? Tips for Successful Website Marketing and Promotion

CP05A

Chris Wilson (556-1570 or chris@etjedanse.com)

Chris Wilson (556-1570 or chris@etjedanse.com)

A website is nothing without visitors. Whether you are selling products or services online or just publishing information, there are certain techniques you can use to make sure your site has maximum visibility to prospective viewers. This course is geared for individuals who already have a website or for those who are considering getting started online. Bring your dot com and your questions for a lively discussion that will provide something for everyone from novices to web veterans. Registration fee includes a CD with software and references.

Date: October 16 (Saturday)
Time: 2:00pm - 4:00pm
Fee: \$32.00
Location: Manhattan Public Library

Date: November 20 (Saturday)
Time: 2:00pm - 4:00pm
Fee: \$32.00
Location: Manhattan Public Library

Chris Wilson (556-1570)

Date: September 1 (Wednesday)
Time: 6:00pm - 8:00pm
Fee: \$32.00
Location: Manhattan Public Library

Intro to HTML

CP02C

PC 101: Getting Started with Your PC and Windows

CP03A

Chris Wilson (556-1570 or chris@etjedanse.com)

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.

Date: December 4 (Saturday)
Time: 2:00pm - 4:00pm
Fee: \$32.00
Location: Manhattan Public Library

Chris Wilson (556-1570)

If you build it, will they come? Tips for Successful Website Marketing and Promotion

CP05B

Intro to HTML

CP02D

Chris Wilson (556-1570 or chris@etjedanse.com)

Date: December 9 (Thursday)
Time: 6:00pm - 8:00pm
Fee: \$32.00
Location: Manhattan Public Library

Chris Wilson (556-1570 or chris@etjedanse.com)

Date: September 15 (Wednesday)
Time: 6:00pm - 8:00pm
Fee: \$32.00
Location: Manhattan Public Library

Chris Wilson (556-1570)

Date: September 4 (Saturday)
Time: 2:00pm - 4:00pm
Fee: \$32.00
Location: Manhattan Public Library

Ebay for Everyone

CP01A

Updated for Fall 2004! Chances are you have heard of the online auction site Ebay. Now join the millions who are taking advantage of this thriving online auction community. There are some incredible bargains to be found online and chances are if you have something to sell somebody out there wants to buy it. We will cover all aspects of Ebay from start to finish starting with registration and moving through creating your own listings, how to get paid, tips on shipping and how the feedback system works. In addition we will cover setting up an online store using third party tools to manage your auction and what to do when things go wrong.

Chris Wilson (556-1570 or chris@etjedanse.com) 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 of 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 29 (Wednesday)
Time: 6:00pm - 8:00pm
Fee: \$32.00
Location: Manhattan Public Library

PC 101: Getting Started with Your PC and Windows

CP03B

Chris Wilson (556-1570 or chris@etjedanse.com)

Date: September 18 (Saturday)
Time: 2:00pm - 4:00pm
Fee: \$32.00
Location: Manhattan Public Library

If you build it, will they come? Tips for Successful Website Marketing and Promotion

CP05C

Chris Wilson (556-1570)

Date: October 27 (Wednesday)
Time: 6:00pm - 8:00pm
Fee: \$32.00
Location: Manhattan Public Library

PC 101: Getting Started with Your PC and Windows

CP03C

Chris Wilson (556-1570 or chris@etjedanse.com)

Date: November 10 (Wednesday)
Time: 6:00pm - 8:00pm
Fee: \$32.00
Location: Manhattan Public Library

If you build it, will they come? Tips for Successful Website Marketing and Promotion

CP05D

Chris Wilson (556-1570)

Date: October 30 (Saturday)
Time: 2:00pm - 4:00pm
Fee: \$32.00
Location: Manhattan Public Library

Ebay for Everyone

CP01B

Chris Wilson (556-1570 or chris@etjedanse.com)

Date: October 2 (Saturday)
Time: 2:00pm - 4:00pm
Fee: \$32.00
Location: Manhattan Public Library

PC 101: Getting Started with Your PC and Windows

CP03D

Chris Wilson (556-1570 or chris@etjedanse.com)

Date: November 13 (Saturday)
Time: 2:00pm - 4:00pm
Fee: \$32.00
Location: Manhattan Public Library

Ebay for Everyone

CP01C

Chris Wilson (556-1570 or chris@etjedanse.com)

Date: November 17 (Wednesday)
Time: 6:00pm - 8:00pm
Fee: \$32.00
Location: Manhattan Public Library

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Youth Classes



Beginning Archery for Youth

YO01A

The main focus of this class 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 and safety. All equipment will be provided. Ages 8+.

Tom Korte (776-8204) is a certified national archery instructor NAA Level 4. He has helped his students compete at a national level, produced a national champion, and has many years of coaching experience, including Archery Instructor for 4-H, and Shooting Sports Director for Boy Scout Camp. Tom is presently coaching JOAD club, Manhattan Royal Archers.

Date: September 27 - October 25 (Monday)
Time: 5:30pm - 6:30pm
Fee: \$24.00
Location: 1125 Laramie Plaza, upstairs
(No class on October 11)



Beginning Archery for Youth

YO01B

Tom Korte (776-8204)

Date: November 1 - November 22 (Monday)
Time: 5:30pm - 6:30pm
Fee: \$24.00
Location: 1125 Laramie Plaza, upstairs

Intermediate Archery for Youth

YO02

This class is for young archers wanting to continue building on skills developed in previous archery classes. This class will be more highly structured, more time will be spent using equipment than Beginning Archery and students will be encouraged to compete. Instructor permission is needed prior to enrolling in this class.

Tom Korte (776-8204)

Date: September 27 - October 25 (Monday)
Time: 6:30pm - 7:30pm
Fee: \$24.00
Location: 1125 Laramie, upstairs

Art Exploration for Kids

YO04

Attention kids! Come have some fun creating works of art at UFM! In this class, kids will explore water media, collage, drawing, paper mache and clay. Wear clothing that can get dirty and be ready to have some fun!

Karena Kimble has a MFA from Kansas State University in Painting. She has taught art classes to people of all ages (preschool through college level) for several years.

Date: September 18 - November 13 (Saturday)
Time: 10:30am - 11:30am
Fee: \$46.00
Location: UFM Multipurpose Room

Introduction To Dance: Ballet, Tap, and Jazz

YO03A

This is an introductory class designed to provide exposure to basic ballet steps and the story ballet, The Nutcracker Ballet. The second half is an introduction to beginning tap and jazz steps. No dance experience or formal dance attire is needed. For children ages 4-12.

Randi Dale (539-5767) has taught dance for 42 years. Her dance choir toured the Midwest and Europe. She is a certified teacher with a Masters degree in Education. In Spring 2002, her dance students performed Swan Lake Ballet with her original choreography designed for children.

Date: August 24 (Tuesday)
Time: 5:30pm - 6:15pm
Fee: \$9.00
Location: 2416 Rogers Blvd.

Introduction To Dance: Ballet, Tap, and Jazz

YO03B

Randi Dale (539-5767)

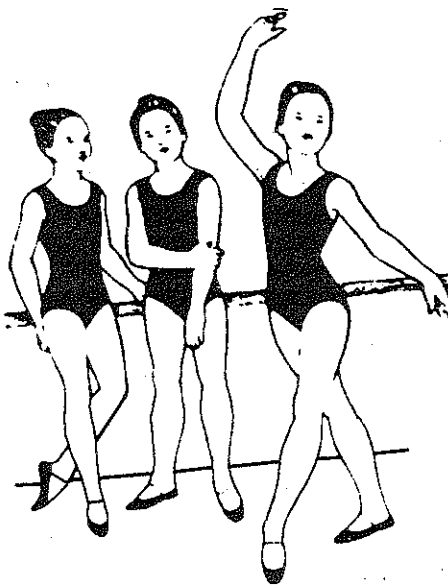
Date: August 30 (Monday)
Time: 5:30pm - 6:15pm
Fee: \$9.00
Location: 2416 Rogers Blvd.

Introduction To Dance: Ballet, Tap, and Jazz

YO03C

Randi Dale (539-5767)

Date: September 10 (Friday)
Time: 5:30pm - 6:15pm
Fee: \$9.00
Location: 2416 Rogers Blvd.



Find swim classes
for youth in the
Aquatics Section Pages 4-6

Parent Toddler Hands-on Hootenanny

YO05

Music appreciation and participation! Parents and their toddlers ages 2-5 will hear Thad perform using the guitar, harmonica, jawharp, ukulele, mandolin, fiddle, and banjo-uke plus hands-on playing from Thad's "Band in a Bucket."

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 11 (Thursday)
Time: 5:45pm - 6:30pm
Fee: \$22.00
Location: UFM Fireplace Room



Wah Lum Kung Fu - Praying Mantis- For Kids!

YO07A

Students will learn the basics of Kung Fu which includes: kicks, punches, stances and small forms combining moves. As the child progresses, they will also learn applications of moves, more challenging techniques with jumps, and eventually, weapons forms. Kung Fu is great for teaching children balance, coordination, control and patience.

Caryn Brooks (carynfy@juno.com) is from the Boston area. She has studied Wah Lum Kung Fu for about 13 years and has been teaching for about 5 years. About 3 years ago, before moving to Kansas, Caryn became a certified instructor for the Wah Lum System.

Date: August 23 - October 4 (Monday/Wednesday)
Time: 6:00pm - 7:30pm
Fee: \$48.00
Location: Ahearn Fieldhouse
(No class on September 6)

Wah Lum Kung Fu - Praying Mantis- For Kids!

YO07B

Caryn Brooks (carynfy@juno.com)

Date: October 7 - November 18 (Monday/Wednesday)
Time: 6:00pm - 7:30pm
Fee: \$48.00
Location: Ahearn Fieldhouse
(No class on October 11)

Scholarships
are available
to assist with
class fees for both
adults & children

Creative Free Time



Beginning Knitting

CF05A

Two projects (headband and hat) will be completed as you learn to cast-on, the knit stitch, binding off and seaming. Bring short size 10 « needles and a light colored bulky weight yarn.

Kennita Tully (537-1826) is the proprietor of Wildflower Yarns and Knitwear, 106 S. 4th in Manhattan. She designs knitwear for national knitting magazines and yarn companies.

Date: September 2 - September 23 (Thursday)

Time: 7:00pm - 8:30pm

Fee: \$31.00

Location: 106 S. 4th St., Wildflower Yarns & Knitwear

Beginning Knitting

CF05B

Kennita Tully (537-1826)

Date: October 7 - October 28 (Thursday)

Time: 7:00pm - 8:30pm

Fee: \$31.00

Location: 106 S. 4th St., Wildflower Yarns & Knitwear

Harmonica for Everyone

CF06

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. We'll cover folk, gospel, old-time, bluegrass and country-blues styles along with different songs than those offered last fall. Learn proper care of your instrument and the essentials to play by ear or from harmonica notation. 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 11 (Thursday)

Time: 7:00pm - 8:30pm

Fee: \$22.00 (Harmonica is included in class fee)

Location: UFM Fireplace Room

Journal Writing

CF09

This two-session workshop will explore, through discussion and example, the variety of ways to journal, the benefits of journaling, and the long list of published journals available to read. As technology has had its impact on this personal effort to document thoughts and events, blogging, video cam, audio recording will be discussed as journal mediums, too. Discover the why-and-how to record your thoughts, concerns, ideas, family history, innermost reflections, or just learn about a whole new world of reading.

Michaeline Chance-Reay is a local author and artist who teaches at Kansas State University.

Linda Madl (www.lindamadl.com) is a local author and book reviewer.

Date: October 20 - October 27 (Wednesday)

Time: 7:00pm - 9:00pm

Fee: \$17.00

Location: UFM Conference Room

Writing and Publishing Your Novel

CF34

This six-session class introduces the steps for developing, writing, and selling a popular fiction manuscript. The class will feature lecture elements, class participation, plus voluntary homework assignments and critiques for commercial fiction. Fundamentals addressed will include conflict, character, plot, openings, point of view, anatomy of scene and chapters, dialogue, and pacing. Also covered will be marketing aspects of the query letter, synopsis, and proposal preparation. For fun and illustration the class will write a class novel.

Linda Madl (770-9363) is a local author of ten novels, eight novellas, several short stories, book reviews and nonfiction articles and newsletters. She is active in the Romance Writers of America (RWA), Novelists Inc., and the Kansas Fiction Writers. She has presented programs and workshops at numerous meetings including the Manhattan Public Library Association and the RWA national conference in Chicago. You can learn more about her at www.lindamadl.com.

Date: October 14 - November 18 (Thursday)

Time: 7:00pm - 9:00pm

Fee: \$58

Location: UFM Multipurpose Room

Basic Nature Photography

CF13

This class focuses on using 35mm SLR cameras and equipment. Topics that will be covered include basic 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 at each class. Tripods will also be beneficial. The class will include 3 classroom meetings and 2 field trips. Fee includes 2 rolls of film, developing, plus a framed 8 x 10 picture, and a photography booklet.

Scott Bean (srbean@ksu.edu, 776 - 9441) has been enjoying the hobby of nature photography for over 10 years. Photography is a wonderful way to enjoy the beauty of nature. Each photograph represents a unique view of our world. Scott 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 and avoid being frustrated with your camera.

Date: August 19 - September 2 (Thursday)

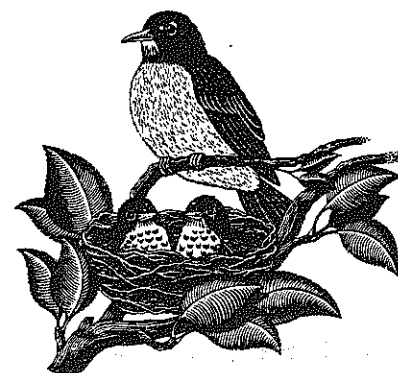
August 22 - August 29 (Sunday)

Time: 7:00pm - 9:00pm (Class time)

6:00pm - 8:00pm (Field trip time)

Fee: \$74.00

Location: UFM House



Find Art Exploration for Kids,
Parent Toddler and Hands-on-Hootenanny
in the Youth Section Page 12



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Basic Nature Photography II

CF27

This class will focus on using 35mm SLR cameras and equipment. Participants should be familiar with the operation of their cameras and know how to set exposure and the basics of using aperture and shutter speed for creative effect. This class will build on Basic Nature Photography I and will focus on the creative side of photography rather than the technical. Class topics will include a brief review of basic camera settings and operation, composition and techniques for improving creative vision including working a subject, using different viewpoints, abstracts, etc. Field trips will focus on composition and provide a venue for students to experiment a venue for students to experiment and ask questions. This class is geared toward beginning photographers who are familiar with their cameras and that have an interest in improving composition and the creative side of photography. Participants will need their own fully functional 35mm SLR camera to each class. Tripods will also be beneficial. The class will include 3 classroom meetings and 2 field trips. Fee includes 2 rolls of film, developing, plus a framed 8 x 10 picture, and a photography booklet with color examples covering composition.

Scott Bean

Date: October 3 - October 17 (Sunday)
October 7 & October 14 (Thursday)
Time: 7:00pm - 9:00pm (Sunday Class time)
3:30pm - 5:30pm (Thursday Field trip time)
Fee: \$74.00
Location: UFM House

Chess Workshop: Beginning to Intermediate

CF19A

Open to all ages. The workshop will cover from the basics to the specifics on how to play chess. Students will learn all phases of the game from opening organization to middle game development, end game techniques, how to checkmate the King, some chess tactics, how to draw and win lost positions, etc. The class is for both beginner and intermediate level game players. No equipment necessary.

Raymond Paul (robindale7@yahoo.com) has been an avid chess enthusiast for most of his adult life, teaching and playing chess. He was the KSU chess club's founder and president in the late 90's, and was recently the president of the Fort Hays State chess club. He enjoys writing poetry, mathematics, black and white photography, oil painting, and has a degree in Science.

Date: August 19 - December 9 (Thursday)
Time: 6:00pm - 8:00pm
Fee: \$48.00
Location: UFM House
(No class on November 25)

Chess Workshop: Intermediate to Advanced

CF19B

Raymond Paul (robindale7@yahoo.com)
Date: August 24 - December 7 (Tuesdays)
Time: 6:00pm - 8:00pm
Fee: \$48.00
Location: UFM House
(No class on October 12)

Wine 101: Wine Appreciation

CF17

Do you enjoy wine and want to know more about it? If so, this class is for you. Bob and Jeff will step you through different grape varieties, major wine regions, proper tasting techniques and wine storage. This class will focus primarily on wines from the West Coast. Six wines will be sampled each evening. Participants must be 21 years of age to enroll in this class. Enrollment is limited and this class fills up quickly, so enroll early! Be ready to come and have some fun while learning about wine!

Bob Campbell is the owner of Candlewood Liquor. Jeff Mosburg is a sales representative for Glazer's Distributors of Kansas.

Date: September 13 - September 27 (Monday)
Time: 7:00pm - 9:00pm
Fee: \$110.00
Location: UFM Fireplace Room

Movie Watching for Fun

CF22

This "class" is about the fun of watching movies, great and not-so-great, color and Black and White, silent and "talkies", American and foreign. It is not about studying the medium, about what which director meant when he did this or that (other than for the pure enjoyment of the moment), nor about hidden symbols and meanings. It's about watching movies for the sake of watching movies. We will watch and discuss a different movie each week. Group interests may decide what movies will be watched.

NOTE: Some of the movies we watch may be rated "R" and contain graphic violence or nudity. If you are offended by this, please do not enroll.

Douglas Teener is a movie watcher and collector who enjoys watching movies for the simple pleasure of the experience. He has a collection of over 600 films of all types and wants to share the fun. Class is limited to 10.

Dates: September 9 - October 14 (Thursday)
Time: 7:00pm
Fee: \$22.00
Location: UFM Conference Room

Tea Tasting Around the Globe

CF26

In this class we will be talking about where tea is grown throughout the world. Discussion will center on the processing of tea and various resulting tea types, what a tea is, and finish with taste sampling of teas.

Lindy Linquist and Stormy Kennedy (776-3771) are both accredited certified tea consultants.

Date: November 11 (Thursday)
Time: 7:00pm
Fee: \$12.00
Location: UFM Conference Room





Brain Gym Introduction/Optimal Performance

CF29A

Brain Gym Introduction will give participants an opportunity to experience simple movement activities that reduce stress and enhance cognitive skills. In Optimal Performance participants learn the Brain Gym activities and how to apply them to daily life activities including family, business and academic achievement. Information will be available to help you understand how you learn and function, which can make a difference in whether you reach your fullest potential. This class is a must for anyone interested in relaxing today and learning something useful for tomorrow. For more information: www.braingym.org.

Judy Metcalf (571-217-7736, jmetcalf44@aol.com) is licensed by Brain Gym International/Educational Kinesiology Foundation and has been teaching for 30 years. She welcomes opportunities to share her passion about moving to learn and learning to move and invites you to join in life-long learning.

Date: September 23 (Thursday)
Time: 7:30pm - 9:00pm
Fee: \$12.00
Location: UFM Fireplace Room

	<p>Live theatre</p> <ul style="list-style-type: none"> *The Winter's Tale Aug. 13-15, 20-21 *Other People's Money Oct. 1-3, 7-10 *Moon Over Buffalo Nov. 12-14, 18-21 	<p>Classes for all ages</p> <ul style="list-style-type: none"> Clay Metalf Suzuki violin Drawing Watercolor Star Struck Players <p>Galleries</p> <ul style="list-style-type: none"> Exhibits year round <p>Watercolor studio</p> <ul style="list-style-type: none"> Wednesday mornings 9-noon <p>Red Inklings writers group</p> <ul style="list-style-type: none"> 1st & 3rd Wednesday of every month <p>Salon Concert Series</p> <ul style="list-style-type: none"> Live music and gourmet refreshments
	<p>Swing City Jazz</p> <ul style="list-style-type: none"> *Bobby Watson Aug. 27 *Darryl White Sept. 18 *Charles Williams Oct. 22 *Wayne Goins Dec. 10 	
	<p>Bird House</p> <ul style="list-style-type: none"> *Vance Gilbert Sept. 24 *John Gorka Oct. 15 *Christine Kane Oct. 29 And another concert TBA! 	
<p>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</p>		  
<p>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.</p>		

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Optimal Performance

CF29B

Judy Metcalf (571-217-7736, jmetcalf44@aol.com)

Date: September 25 (Saturday)
Time: 9:30am - 4:30pm
Fee: \$62.00
Location: UFM Multipurpose Room

Poker: Casino Texas Hold 'em for Beginners and Others

CF30

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. The final class will include no limit tournament play. A possible road trip to a casino may be scheduled after the class concludes!

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: September 14 - October 5 (Tuesday)
Time: 7:00pm - 8:30pm
Fee: \$26.00
Location: UFM Fireplace Room

Cell Phone Etiquette Workshop

CF39

Have you ever found yourself at odds with the new technological advances in communication? Confused over when to answer and when to turn the ringer off? This is the course for you. Recent research into Cell Phone Anonymity will be coupled with field trips to various public settings: restaurants, theaters, board meetings, and church bazaars. Clinical settings will be provided to discover which rings and dial tones annoy the participating individuals most.

Dr. Graham Bell

Date: February 30 (Saturday)
Time: 12:00am
Fee: \$0.99 with purchase of contract
Location: Phone Booth on K-Street

Rubber Stamping Basics

CF33

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 22 (Wednesday)
Time: 7:00pm - 9:00pm
Fee: \$19.00
Location: UFM Multipurpose Room

Triple Techniques in Stamping

CF31A

Triple your stamping and scrapbooking fun each time you take this class! You will learn 3 new techniques every session - plus you are invited to come back to the next session and trade cards made with the previous months techniques! What a great way to learn new things and get more examples of how to apply them! We will be learning the following in the next three sessions: soot stamping, marbling, walnut ink antiquing, kiss-in technique, spotlighting, watercolor spritzing, brilliant resist, plus 2 mystery techniques to be announced in class. All supplies and materials are furnished to make 3 samples (one of each technique), plus you will receive a technique sheet on each technique with written instructions and supplies listed - this is a great tool to make a technique binder of your own with samples included!!! Stamping Basics is required before taking the Triple Technique class please. Come and join the stamping fun!

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: October 6 (Wednesday)
Time: 7:00pm - 9:00pm
Fee: \$19.00
Location: UFM Multipurpose Room

Triple Techniques in Stamping

CF31B

Heather Scott (494-2505)

Date: November 8 (Monday)
Time: 7:00pm - 9:00pm
Fee: \$19.00
Location: UFM Multipurpose Room

Triple Techniques in Stamping

CF31C

Heather Scott (494-2505)

Date: December 1 (Wednesday)
Time: 7:00pm - 9:00pm
Fee: \$19.00
Location: UFM Multipurpose Room

Christmas Creations

CF32

Dazzle your friends and family with you handmade Christmas Creations! Mini works of art with your Holiday greeting is the focus of this class. We will make 3 different Christmas cards - from simple to complex. All supplies and materials provided. You may bring your own supplies if you wish to avoid "sharing" with others in the class.

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: October 18 (Monday)
Time: 7:00pm - 9:00pm
Fee: \$19.00
Location: UFM Multipurpose Room

Safe & Creative Album Making (family photos & more)

CF-42a

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

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: October 5 (Tuesday)
Time: 7:00pm
Fee: \$14.00
Location: UFM Fireplace Room

Safe & Creative Album Making (family photos & more)

CF-42b

Pam Schmid

Date: November 4 (Thursday)
Time: 7:00pm
Fee: \$14.00
Location: UFM Fireplace Room

Burn Baby Burn! (A DVD That Is!)

CF-43a

You have edited movies on your computer. Now what? How do you produce a DVD that you can actually view 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 is from Council Grove and has taught for 35 years in the public schools with recent experience in Library Media/Technology. He is the owner of a mobile digital video editing business, Story 2 Tell, and has 15 years experience using Mac Computers as well as 10 years experience as a hobbyist videographer.

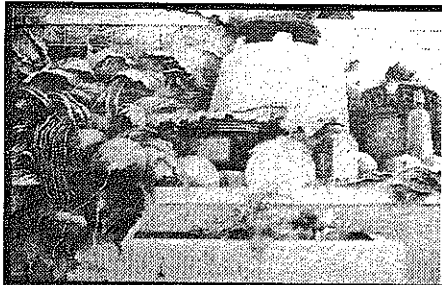
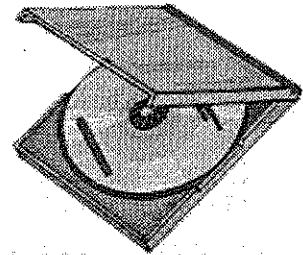
Date: October 5 (Tuesday)
Time: 7:00pm
Fee: \$25.00
Location: UFM Greenhouse

Burn Baby Burn! (A DVD That Is!)

CF-43b

Gordon Schmid

Date: November 5 (Thursday)
Time: 7:00pm
Fee: \$25.00
Location: UFM Greenhouse



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Recreation & Fitness



Intermediate/Advanced Golf in Salina RF31B

Ronda Green

Date: August 25 - October 13 (Wednesday)
 Time: 5:30pm - 7:30pm
 Fee: \$140.00
 Location: 3142 Scanlan Ave., KSU Salina Rec Center
 *Available for KSU Credit

Introduction to Golf RF04A

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 19 - September 9 (Thursday)
 Time: 6:30pm
 Fee: \$36.00
 Location: 4441 Fort Riley Blvd. Stagg Hill Golf Club

Golf in Junction City RF30A

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.

Jim Peterson

Date: August 24 - October 19 (Tuesday)
 Time: 1:30pm - 3:30pm
 Fee: \$123.00
 Location: 7550 Old Milford Rd., Milford, Rolling Meadow Golf Course
 (No class on October 12)
 *Available for KSU Credit

Pilates For Beginners RF07A

Pilates is an energizing and refreshing workout meant to strengthen and condition the "powerhouse" (abdomen, lower back, hips, and glutes). Pilates promotes harmony and balance for people of all ages and physical conditions. Please wear comfortable "work out" clothes to enable full range of body motion and bring a towel or yoga mat to class.

James Lehr (539-3563) is a certified teacher and a Fitour certified Pilates I instructor and an amateur triathlete.

Date: August 19 - September 16 (Thursday)
 Time: 8:30pm
 Fee: \$44.00
 Location: KSU, International Student Center

Introduction to Golf RF04B

Jim Gregory (539-1041)

Date: September 16 - October 7 (Thursday)
 Time: 6:00pm
 Fee: \$36.00
 Location: 4441 Fort Riley Blvd. Stagg Hill Golf Club



Golf in Junction City RF30B

Jim Peterson

Date: August 26 - October 14 (Thursday)
 Time: 1:30pm - 3:30pm
 Fee: \$123.00
 Location: 7550 Old Milford Rd., Milford, Rolling Meadow Golf Course
 *Available for KSU Credit

Pilates For Beginners RF07B

James Lehr (539-3563)

Date: September 23 - October 21 (Thursday)
 Time: 8:30pm
 Fee: \$44.00
 Location: KSU, International Student Center

Golf in Salina RF06A

This course will emphasize on 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. Time allowed for both classroom and golf course play and driving range practice.

Ronda Green

Date: August 19 - October 7 (Thursday)
 Time: 5:30pm - 7:30pm
 Fee: \$140.00
 Location: 3142 Scanlan Ave., KSU Salina Rec Center
 *Available for KSU Credit

Golf in Junction City RF30C

Jim Peterson

Date: August 25 - October 13 (Wednesday)
 Time: 5:30pm - 7:30pm
 Fee: \$123.00
 Location: 7550 Old Milford Rd., Milford, Rolling Meadow Golf Course
 *Available for KSU Credit

Pilates For Beginners RF07C

James Lehr (539-3563)

Date: October 28 - December 2 (Thursday)
 Time: 8:30pm
 Fee: \$44.00
 Location: KSU, International Student Center
 (No class on November 25)

Golf in Salina RF06B

Ronda Green

Date: August 23 - October 25 (Monday)
 Time: 2:30pm - 4:30pm
 Fee: \$140.00
 Location: 3142 Scanlan Ave., KSU Salina Rec Center
 (No class on September 6 & October 11)
 *Available for KSU Credit

Intermediate/Advanced Golf in Salina RF31A

This course is designed for students to develop advanced golf skills. Students will practice improving their golf swing and short game both on the driving range and on the golf course.

Ronda Green

Date: August 23 - October 25 (Monday)
 Time: 4:30pm - 6:30pm
 Fee: \$140.00
 Location: 3142 Scanlan Ave., KSU Salina Rec Center
 (No class on September 6 & October 11)
 *Available for KSU Credit

Boxing for Women RF14A

Learn to box! Get an incredible workout! Strengthen and tone your arms, abs, and lower body. Gain confidence, have fun, and relieve stress. Gloves will be provided. There will be no contact with other participants. Workouts will be on the heavy bag, double end bag, funnel bag, jumbo ball and freestanding bags. Learn punches, defensive moves, combos, and how to get awesome abs!

Lorissa Ridley (776-6060) has been involved in the fitness industry for 22 years as a certified personal trainer and certified kickboxing instructor. She has been coaching the last five years in Manhattan at Cottonwood Racquet Club. Lorissa's class participants have experienced great success through her fitness programs.

Dates: August 18 - September 15 (Monday/Wednesday)
 Time: 6:45pm - 7:30pm
 Fee: \$62.00
 Location: 3615 Claflin Rd., Cottonwood Racquet Club
 (No class on September 6)

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Boxing for Women

RF14B

Lorissa Ridley (776-6060)

Dates: September 20 - October 13
(Monday/Wednesday)
Time: 6:45pm - 7:30pm
Fee: \$62.00
Location: 3615 Claflin Rd., Cottonwood Racquet Club
(No class October 11)

Beginning Belly Dance I: for students with no previous experience

RF09B

Maya Zahira (979-4681) (www.mayazahira.com)

Date: October 18 - November 15 (Monday)
Time: 5:15pm - 6:15pm
Fee: \$38.00
Location: KSU, International Student Center

Intermediate Belly Dance

RF11A

This class is for students who have taken at least two sessions of Beginning Belly Dance I or equivalent. In this class, we'll cover intermediate and advanced topics such as finger cymbals, veil dancing, drum solos, folkloric dance, gypsy belly dance, floorwork, stage dynamics, and more. We'll also learn how to work with props such as tambourines, canes, swords, baskets, and candles. Required materials: hip scarf, veil, and finger cymbals. Performance opportunities are provided, but not required.

Maya Zahira (979-4681) (www.mayazahira.com)

Date: September 13 - October 4 (Monday)
Time: 8:30pm - 9:30pm
Fee: \$31.00
Location: KSU, International Student Center

Boxing for Women

RF14C

Lorissa Ridley (776-6060)

Dates: October 18 - November 10
(Monday/Wednesday)
Time: 6:45pm - 7:30pm
Fee: \$62.00
Location: 3615 Claflin Rd., Cottonwood Racquet Club

Beginning Belly Dance I: for students with no previous experience

RF09C

Rosina (Rosina Eileen Catalan) has been dancing for over twenty years. She began her dance career in classical ballet and, and at the age of 12, was accepted into the Kent State University Ashtabula Dance Club. Rosina became interested in belly dance when she studied the Classics at the Ohio State University. It was in Ancient Corinth, Greece that she fell in love with Mediterranean music and the varieties of dance. She continued her studies at John Carroll University in Cleveland, Ohio and at the American University in Cairo, Egypt. Rosina holds a M.A. in Mediterranean Studies. Rosina is an AFAA Certified fitness instructor who stresses proper body alignment and form.

Date: September 16 - October 14 (Thursday)
Time: 7:15pm - 8:15pm
Fee: \$38.00
Location: KSU, International Student Center

Intermediate Belly Dance

RF11B

Maya Zahira (979-4681) (www.mayazahira.com)

Date: October 18 - November 15 (Monday)
Time: 8:30pm - 9:30pm
Fee: \$38.00
Location: KSU, International Student Center

Boxing for Women

RF14D

Lorissa Ridley (776-6060)

Dates: November 15 - December 8
(Monday/Wednesday)
Time: 6:45pm - 7:30pm
Fee: \$62.00
Location: 3615 Claflin Rd., Cottonwood Racquet Club
(No class November 24)

Beginning Belly Dance I: for students with no previous experience

RF09A

In this dance technique class, you'll learn all the foundations of this ethnic dance form and get some great exercise. This class will cover the basics of hip, cage, and arm movements, as well as simple turns, traveling steps, combinations, and choreography. Please wear comfortable clothing that allows for ease of movement. Come join us for creative movement and exercise in a positive and fun setting!

Maya Zahira (979-4681) (www.mayazahira.com) began studying belly dance in 1999 under the instruction of Saudi-born Ferdoas Afani. Maya's dance performances include birthday parties, baby showers, corporate events, restaurant dancing, "belly-grams", international fairs, sidewalk sales, and The Kansas City Renaissance Festival. She specializes in American style cabaret nightclub, folkloric, Romany Gypsy, Saidi, fusion, multi-veil, and sword and tray balancing. Maya holds a bachelor's Degree in Education. She has more than eight years of professional teaching experience and more than three years experience teaching belly dance. She is pleased to have the opportunity to fuse here two great loves: teaching and belly dance. Maya is a patient and encouraging teacher. Her innovative teaching style incorporates extensive break-down of the body movements combined with creative and challenging combinations and choreography.

Date: September 13 - October 4 (Monday)
Time: 5:15pm - 6:15pm
Fee: \$31.00
Location: KSU, International Student Center

Beginning Belly Dance I: for students with no previous experience

RF09D

Rosina Catalan

Date: October 21 - November 18 (Thursday)
Time: 7:15pm - 8:15pm
Fee: \$38.00
Location: KSU, International Student Center

Beginning Belly Dance II:

RF10A

This class is for those students who have taken at least one session of Beginning Belly Dance I or equivalent. Students in this class will learn additional dance movements, combinations, and choreography. Veil dancing will also be introduced.

Maya Zahira (979-4681) (www.mayazahira.com)

Date: September 13 - October 4 (Monday)
Time: 7:25pm - 8:25pm
Fee: \$31.00
Location: KSU, International Student Center

Beginning Belly Dance II:

RF10B

Maya Zahira (979-4681) (www.mayazahira.com)

Date: October 18 - November 15 (Monday)
Time: 7:25pm - 8:25pm
Fee: \$38.00
Location: KSU, International Student Center

Belly Dance Workout

RF12A

Looking for a new and different type of workout? Belly dancing is now a popular trend in exercise! In this class, you'll get a total body workout. You'll raise your heart rate, burn fat, and tone your muscles. Class will include warm-up, break-down of basic belly dance movements, traveling steps, shimmies, percussive hip work, abdominal and rib cage work, and sustained arm movement. This class is open to all levels of students from beginner to professional. It is a great way for new students to cover the basics, and for seasoned belly dancers to stay in excellent shape for performance. Please wear comfortable clothing that allows for ease of movement. Bring water and be ready to sweat!



Maya Zahira (979-4681) (www.mayazahira.com)

Date: September 13 - October 4 (Monday)
Time: 6:20pm - 7:20pm
Fee: \$31.00
Location: KSU, International Student Center

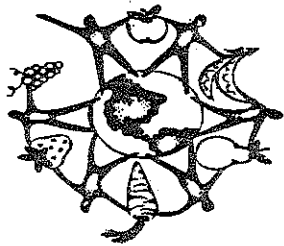
Belly Dance Workout

RF12B

Maya Zahira (979-4681) (www.mayazahira.com)

Date: October 18 - November 15 (Monday)
Time: 6:20pm - 7:20pm
Fee: \$38.00
Location: KSU, International Student Center

Find Beginning/Intermediate Archery for Youth and Introduction to Dance: Ballet, Tap and Jazz in the Youth Section Page 12



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Belly Dance Workout

RF12C

Jaclyn Hackerott (Phoenix) is a kinesiology major and dance minor at Kansas State University, has been dancing in some way ever since she could walk. Throughout her life, she has been trained in gymnastics, hip hop, modern dance, martial arts, and belly dance. Phoenix became involved with belly dance in 2003 when she began taking classes through The Maya Zahira School of Belly Dance. She continues her education by involving herself in Maya's Intermediate classes and attending dance seminars and festivals.

Date: September 16 - October 14 (Thursday)
 Time: 6:10pm - 7:10pm
 Fee: \$38.00
 Location: KSU, International Student Center

Belly Dance Workout

RF12D

Jaclyn Hackerott

Date: October 21 - November 18 (Thursday)
 Time: 6:10pm - 7:10pm
 Fee: \$38.00
 Location: KSU, International Student Center

Ballroom Dance I

RF13A

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 Bennet (776-7557) has trained in Ballroom Dance at U.C. Berkeley, 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 27 - December 10 (Friday)
 Time: 6:30pm - 7:30pm
 Fee: \$44.00 individual, \$71.00 couple
 Location: 1021 Denison Ave., ECM Auditorium
 (No class on November 26)
 *Available for KSU Credit

Ballroom Dance I

RF26A

Michael Bennett (dance599@yahoo.com)

Date: August 28 - October 2 (Saturday)
 Time: 6:30pm - 7:30pm
 Fee: \$34.00 individual / \$52.00 couple
 Location: 1021 Denison Ave., ECM Auditorium

Ballroom Dance I

RF26B

Michael Bennett (dance599@yahoo.com)

Date: October 16 - November 20 (Saturday)
 Time: 6:30pm - 7:30pm
 Fee: \$34.00 individual / \$52.00 couple
 Location: 1021 Denison Ave., ECM Auditorium

Ballroom Dance II

RF18

This class will emphasize dancing with your partner and learning the routines, foxtrot, waltz, rumba and tango. Prior dance lessons required.

Michael Bennet (dance599@yahoo.com)

Date: August 27 - December 10 (Friday)
 Time: 7:30pm - 8:30pm
 Fee: \$44.00 individual, \$71.00 couple
 Location: 1021 Denison Ave., ECM Auditorium
 (No class on November 26)
 *Available for KSU Credit

Ballroom Dance in Salina

RF23

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.

Audrey Umekubo

Date: August 25 - December 8 (Wednesday)
 Time: 7:00pm - 8:00pm
 Fee: \$82.00
 Location: 3142 Scanlan Ave. Salina, KSU Recreation Center

(No class on November 24)
 *Available for KSU Credit



Swing & Salsa Dancing

RF27A

Have some fun learning classic big band swing dance and salsa. Learn the 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 as 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 (dance599@yahoo.com) has trained in Ballroom Dance at U.C. Berkeley; 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 27 - October 1 (Friday)
 Time: 8:30pm - 9:30pm
 Fee: \$34.00 individual / \$52.00 couple
 Location: 1021 Denison Ave., ECM Auditorium

Swing & Salsa Dancing

RF27B

Michael Bennett (dance599@yahoo.com)

Date: October 15 - November 19 (Friday)
 Time: 8:30pm - 9:30pm
 Fee: \$34.00 individual / \$52.00 couple
 Location: 1021 Denison Ave., ECM Auditorium

Swing & Salsa Dancing

RF27C

Michael Bennett (dance599@yahoo.com)

Date: August 28 - October 2 (Saturday)
 Time: 7:30pm - 8:30pm
 Fee: \$34.00 individual / \$52.00 couple
 Location: 1021 Denison Ave., ECM Auditorium

Swing & Salsa Dancing

RF27D

Michael Bennett (dance599@yahoo.com)

Date: October 16 - November 20 (Saturday)
 Time: 7:30pm - 8:30pm
 Fee: \$34.00 individual / \$52.00 couple
 Location: 1021 Denison Ave., ECM Auditorium

Country Cha-Cha

RF24

A fun dance that is playful in nature. This class will teach you how to lead or follow, by making you aware of your partner at all times.

Rafael Labrado started teaching ballroom dance in 1995 at a club in North Kansas City where he worked for two years. Since 1998, he has been an independent dance instructor, teaching many kinds of dance including: International Latin Ballroom Dance, Salsa Dance, American Rhythm and American Smooth Ballroom Dance, Country & Western dance such as two-step and wester cha-cha, East Coast and West Coast Swing, and Mexican Foklorico dances. Besides teaching dancing at all skill levels, from beginner to advanced, Rafael works with people of all ages, adults and children. He works with engaged couples, planning their wedding dance, so that they excel on the dance floor when they are the center of attention. He also has competed for several years in regional dance competitions both in professional category and in the pro-amateur category. He offers students the opportunity to learn and enjoy stylish choreography and present it in a dance competition.

Date: October 17 - November 7 (Sunday)
 Time: 5:00pm - 6:00pm
 Fee: \$39.00
 Location: KSU, International Student Center

Country Two-Step

RF25

A dance that is fun, fast, and slick; traveling around the dance floor with turns and zig-zag footwork. You will burn the floor.

Rafael Labrado started teaching ballroom dance in 1995 at a club in North Kansas City where he worked for two years. Since 1998, he has been an independent dance instructor, teaching many kinds of dance including: International Latin Ballroom Dance, Salsa Dance, American Rhythm and American Smooth Ballroom Dance, Country & Western dance such as two-step and wester cha-cha, East Coast and West Coast Swing, and Mexican Foklorico dances. Besides teaching dancing at all skill levels, from beginner to advanced, Rafael works with people of all ages, adults and children. He works with engaged couples, planning their wedding dance, so that they excel on the dance floor when they are the center of attention. He also has competed for several years in regional dance competitions both in professional category and in the pro-amateur category. He offers students the opportunity to learn and enjoy stylish choreography and present it in a dance competition.

Date: September 12 - October 3 (Sunday)
 Time: 5:00pm - 6:00pm
 Fee: \$39.00
 Location: KSU, International Student Center

Beginning Bowling

RF17

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 an experienced bowler.

Date: August 19 - December 9 (Thursday)
 Time: 10:30am
 Fee: \$77.00
 Location: KSU Student Union, Bowling Center
 *Available for KSU Credit
 (No class on November 25)





Bowling Basics

RF20

Want to go bowling with your friends but don't know how to bowl? This 4 week class is just for you. Learn courtesy, stance, approach, timing, finish position, how to shoot spares, differences in equipment and how to keep score.

Dave and Patti Zuck are USA Bronze Certified coaches and will make the learning process fun.

Date: September 14 - October 5 (Tuesday)
Time: 7:00pm
Fee: \$40.00
Location: 515 Richards Dr., Zuckey Bowl

Intermediate Fencing

RF22

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.

William Meyer

Date: August 30 - December 6 (Monday)
Time: 7:30pm - 9:00pm
Fee: \$74.00 use of instructor equipment
\$44.00 use of own equipment
Location: Ahearn Fieldhouse
(No class on September 6 & October 11)
*Available for KSU Credit

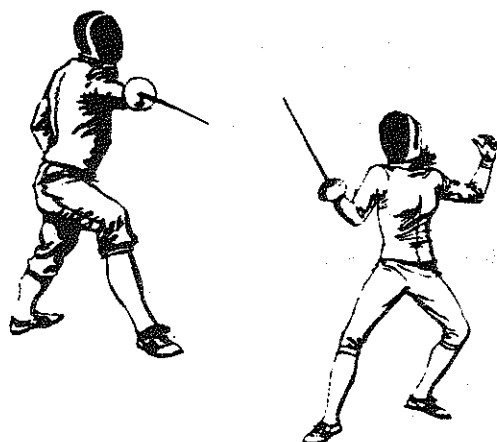
Tennis

RF19A

The focus of this introductory tennis course is on introducing the proper technique of each tennis stroke. Scoring, rules, single and doubles formation, shot selection and match play will also be covered. Come enjoy the "Sport of a Lifetime". All players must wear appropriate tennis shoes (no running shoes) and comfortable workout attire. Tennis rackets will be available if needed.

Bill Fraley

Date: September 7 - November 23 (Tuesday)
Time: 1:30pm - 3:00pm
Fee: \$69.00
Location: 3615 Claflin Rd., Cottonwood Racquet Club
(No class on October 12)
*Available for KSU Credit



Beginning Fencing

RF21

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.

William Meyer

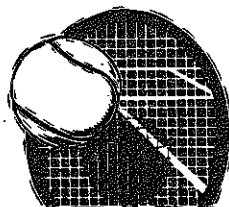
Date: August 30 - December 6 (Monday)
Time: 6:00pm - 7:30pm
Fee: \$74.00 use of instructor equipment
\$44.00 use of own equipment
Location: Ahearn Fieldhouse
(No class on September 6 & October 11)
*Available for KSU Credit

Tennis

RF19B

Bill Fraley

Date: September 8 - October 27 (Wednesday)
Time: 1:00pm - 3:00pm
Fee: \$69.00
Location: 3615 Claflin Rd., Cottonwood Racquet Club
*Available for KSU Credit



Are you a college student needing volunteer hours or a youth looking for something to do after school?

Come to UFM Community Learning Center for the Teen Mentoring Program!

Youth are matched one-on-one with volunteer college students for a variety of fun & educational activities.

Fall group begins September 7th & 8th

New students meet on Wednesdays at UFM from 3:30-5:00 p.m.

Returning students meet on Tuesdays at UFM from 3:30-5:00 p.m.

Transportation to and from group is provided!

Call Karen today at 539-8763 for more information and an applications!

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Heartland SHARE

What is Heartland SHARE?

Self Help And Resource Exchange is dedicated to providing monthly basic, consistent, affordable supplemental food packages to those willing to help themselves and others. Open to everyone.

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A food package consisting of 4-5 meats, a variety of fresh fruits and vegetables and other grocery items. One share costs 2 hours of volunteer service and \$16.00. Vision Cards are accepted.

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Who can participate?

The program is open to everyone in the community regardless of income.

Sign up at UFM early in the month. SHARES are distributed the 3rd or 4th Saturday of each month at Blue Valley United Methodist Church, 835 Church Avenue.

SHARE: Good for You and Good for the Community

For more information, call UFM at 539-8763 or sign up at the UFM office, 1221 Thurston Street.

Personal Interest

Core Communication

Communication impacts every area of your life. How you communicate with people either opens or limits your opportunities, and can strengthen or harm your relationships. Core communication is for any individual who believes effective communication is important to his or her well being. It is an engaging, positive program that teaches you practical communication concepts and skills for connecting with others and creating constructive interactions. It is taught using brief presentations, interesting demonstrations, practice skills with helpful coaching and feedback. Core communication is theoretically grounded, well researched and over 200,000 individuals have participated in it since its development at the University of Minnesota.

Renee Martin (395-6186, srm6333@ksu.edu) is an instructor for USD 383 of Communication Skills and Conflict Resolution at Flint Hills Job Corps. She holds a BA in Education, MS in Special Education and is currently working on a Doctorate in Special Education. She received training in Core Communications from the creators of the program and has been teaching it for two years.

Date: September 8 - October 13 (Wednesday)
Time: 7:00pm - 9:00pm
Fee: \$52.00
Location: UFM Conference Room

Core Communication

Renee Martin (395-6186, srm6333@ksu.edu)

Date: October 27 - December 8 (Wednesday)
Time: 7:00pm - 9:00pm
Fee: \$52.00
Location: UFM Fireplace Room

Core Communication

Renee Martin (395-6186, srm6333@ksu.edu)

Date: October 2 - October 16 (Saturday)
Time: 1:00pm - 4:30pm
Fee: \$52.00
Location: UFM Conference Room

Core Communication

Renee Martin (395-6186, srm6333@ksu.edu)

Date: November 6 - November 20 (Saturday)
Time: 1:00pm - 4:30pm
Fee: \$52.00
Location: UFM Conference Room

Philosophy of Gurdjieff & Ouspensky

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 24 years. He has studied with J.G. Bennett, a pupil of both Gurdjieff and Ouspensky.

Date: September 15 - October 20 (Wednesday)
Time: 7:30pm - 9:00pm
Fee: \$24.00
Location: UFM Greenhouse

Traveling on Your Own

Planning a trip? Do you want to travel but don't like the idea of going with a group or 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 19 (Tuesday)
Time: 7:00pm
Fee: \$12.00
Location: UFM Multipurpose Room

Women's Book Club

The women's book club was started 4 years ago. Members will choose a book to discuss once a month. Meeting locations will vary. All types of books are eligible and women of all ages are welcome.

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

Date: Begins August 23
(Monday, may change each month)
Time: 7:00pm
Fee: \$14.00
Location: To be announced

The Enneagram: Nine Ways of Being in the World

The Enneagram (pronounced ANY-a-gram and meaning 9 models, or world views) is a system of personality typing from sacred psychology which helps us to identify the central motivations of our own character, the particular patterns of how we think, feel and act. It is also a tool for helping us enter the realities of people different from ourselves, to see the world as they see it. Thus it is a tool for compassion as well as self-knowledge. The system is dynamic, explaining the nuances of personality as well as the relationships among types. Knowledge of the Enneagram can bring positive change into our life and relationships. The class will provide an overview of this profound system.

Karma Smith-Grindell (539-3733) has been working with Enneagram since 1984 and has studied with many teachers and authors in this newly emerging field of study. She is a graduate of the Enneagram Professional Training Program taught by David Daniels, M.D. and Helen Palmer. (Lunch will not be provided)

Date: September 11 (Saturday)
Time: 9:00am - 4:00pm (12:00pm - 1:00pm lunch break)
Fee: \$22.00
Location: UFM Fireplace Room

Past Lives, Dreams, and Soul Travel

There's more to you and life than meets the eye. Begin an exciting new adventure! Attend a four week class based on *Past Lives, Dreams, and Soul Travel* by Harold Klemp, the Spiritual Leader of Eckankar, Religion of the Light and Sound of God. Learn to recall past-life lessons for help today, find guidance in dreams, and discover your natural ability to Soul Travel home to God. For more information about Eckankar please visit the web site: www.eckankar.org.

Twila Schneiders (785) 827-9119 B.J. Banks are both Salina Eckists.

Date: September 26 - October 17 (Sunday)
Time: 2:00pm - 4:00pm
Fee: No Charge
Location: UFM Conference Room

Accessing our "Inner Guidance"

Based on principles and guidelines from *A Course in Miracles*, we will explore how to be still, listen and hear the Voice from the deepest part of ourselves, how to identify and remove the blocks to the awareness of this Voice, and how to "step back" and let this guidance lead the way. From this practice comes inner peace and happiness two experiences in short supply so much of our busy lives as we so often look outside ourselves and not inward for answers.

Mary Biedler Williams (785-654-9882) has been a student and teacher of *A Course in Miracles* since 1986 and has looked for meaning/purpose in a variety of places, to include a formal study of comparative religions, and, at various times, practice of existentialism, Zen Buddhism, Fundamentalist Christianity, and for some years just "do what has to be done". *A Course in Miracles* offered the most comprehensive thought system, the most profound spiritual experiences, and a purposeful and fulfilling way of living in the world. Professionally, Mary is a gifted education teacher and has her own wellness business.

Date: October 16 - October 23 (Saturday)
Time: 10:00am - 12:00pm
Fee: \$17.00
Location: UFM Multipurpose Room

The Creative Spirit

This class is intended to be an exploration of the creative spirit and process of creating. The early part of the day will examine the human need to create and express ourselves with the rest of the day given over to various creative activities. We will end with a discussion of what we were thinking and feeling as we were working and the emotional investments we attach to our works and why this is important to us.

Alan Hedrich (620) 585-2398 is a past high school social studies teacher, educated in Anthropology/History. His interests include ceramics and oil pastels as well as gardening (especially with Native plants). Alan was head of a salon group in Dallas for several years. He also lived and taught in Slovakia for 5 years. *Dru Clarke* (785) 494-2419 is a former high school teacher and is now at KSU (College of Education), she does natural history and 'sense of peace' writing. Dru is interested in the development of stewardship in children.

Date: November 7 (Saturday)
Time: 9:00am - 3:00pm (lunch will be provided)
Fee: \$22.00 for adults and teens,
\$7.00 for children under age 12
Location: 7810 Hopkins Creek Rd., St. George,
Possum Hollow Ranch

Bra Fitting

Does your bra fit? 70% of women wear the incorrect bra size.

Patricia Yeager (539-5956) has owned Patricia's Undercover Lingerie for 16 years. Let her help you with your bra fitting problems. This class is for women only.

Date: September 14 (Tuesday)
Time: 7:00pm
Fee: \$10.00
Location: 1223 Moro, Patricia's Undercover

Bra Fitting

Patricia Yeager (539-5956)

Date: October 12 (Tuesday)
Time: 7:00pm
Fee: \$10.00
Location: 1223 Moro, Patricia's Undercover

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 UFM (539-8763) to offer a class in the spring catalog

Martial Arts



Lao Hu Pai Kung Fu

MA05

Students will learn and be promoted in a unique system that has its origin from China (Tibet) and Japan (Okinawa). Starting 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 (mtrandpm@hotmail.com) has been actively practicing martial arts for the past 17 years and 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: September 15 - December 8 (Wednesday)
Time: 6:00pm - 8:00 pm
Fee: \$56.00
Location: Ahearn Fieldhouse
(No class on November 24)

Tae Kwon Do I

MA01

Tae Kwon Do is an effective way to unify the mind and body. It helps develop one's health by increasing cardiovascular abilities, strength, balance and flexibility. The basics of blocking, punching, kicking, self-defense and white belt form will be covered. Class will consist of practicing these skills as a group, working with other classmates and the instructor one on one.

Grand Master Chae Sun Yi (785-266-8662) is the founder, president and chief instructor for Sun Yis Academy. Jr. Master David Moore is the instructor at KSU for Sun Yis Academy.

Date: August 24 - December 9 (Tuesday/Thursday)
Time: 6:30pm - 8:30pm
Fee: \$72.00
Location: Ahearn Fieldhouse
(No class on October 12 & November 25)



Tae Kwon Do II

MA02

Tae Kwon Do is an effective way to unify the mind and body. It helps develop one's health by increasing cardiovascular abilities, strength, balance and flexibility. The Tae Kwon Do II class is for students who have completed Tae Kwon Do I or who have advanced skills. Students will continue to develop the skills of blocking, punching, kicking and self-defense.

Grand Master Chae Sun Yi (785-266-8662) is the founder, president and chief instructor for Sun Yis Academy. Jr. Master David Moore is the instructor at KSU for Sun Yis Academy.

Date: August 24 - December 9 (Tuesday/Thursday)
Time: 6:30pm - 8:30pm
Fee: \$72.00
Location: Ahearn Fieldhouse
(No class on October 12 & November 25)

Ninpo Taijutsu

MA06

In this class we will work on basic 6 warmups (solo techniques) the Gokkoryu kihon happo, four element techniques, and the 20 Jujutsu self-defense techniques. Taijutsu means body art, and it is the unarmed art used by the Ninja espionage agents of ancient Japan.

Stan Wilson has been doing martial arts for 34 years. He has a second degree black belt in Hakkoryu Jujutsu and back sashes in Pai Lum Kung Fu, Zee Iu Kung Fu, and Mew Hing 18 Taoist Palms Kung Fu. He is the founder of the White Phoenix System.

Date: September 13 - October 25 (Monday)
Time: 8:00pm - 9:00pm
Fee: \$39.00
Location: Ahearn Fieldhouse

Judo I

MA08

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.

Isaac Wakabayashi

Date: August 24 - December 9 (Tuesday/Thursday)
Time: 8:45pm - 9:45pm
Fee: \$75.00
Location: Ahearn Fieldhouse, Room 301
(No class on October 12 & November 25)

Judo II

MA09

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.

Isaac Wakabayashi

Date: August 24 - December 9 (Tuesday/Thursday)
Time: 9:45pm - 10:45pm
Fee: \$75.00
Location: Ahearn Fieldhouse, Room 301
(No class on October 12 & November 25)

Combat Grappling

MA07

In this class we will work on falling without getting hurt, escaping from the mount, submissions from the mount and guard, working against a standing opponent when you are lying down, and the 20 Jujutsu self-defense techniques. While the emphasis of this class is grounded work, we will also work on self-defense.

Stan Wilson has been doing martial arts for 34 years. He has a second degree black belt in Hakkoryu Jujutsu and back sashes in Pai Lum Kung Fu, Zee Iu Kung Fu, and Mew Hing 18. He is the founder of the White Phoenix System.

Date: November 1 - December 6 (Monday)
Time: 8:00pm - 9:00pm
Fee: \$44.00
Location: Ahearn Fieldhouse

Find Kung Fu for Kids
in the Youth Section
Page 12

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

Earth & Nature



Beginning Birdwatching

EN07

Birdwatch with the Northern Flint Hills Audubon Society! Birders of every age and interest level are welcomed. Children are especially encouraged to attend.

For more information call *Patricia Yeager* (776-9593) or email her at pyky@flinthills.com.

Date: Second Saturday of each month
 Time: 8:00am - 11:00am
 Fee: No Charge
 Location: Meet at the Ackert/Durland parking lot, KSU Campus
 (You will carpool to a local birding hotspot)



Fly Fishing

EN04A

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.

Paul Sodamann

Date: September 13 - September 23 (Monday - Thursday)
 Time: 6:00pm - 8:00pm
 Fee: \$90.00
 Location: 2501 Browning Ave., Susan B. Anthony Middle School

Fly Fishing

EN04B

Paul Sodamann

Date: October 18 - October 28 (Monday - Thursday)
 Time: 6:00pm - 8:00pm
 Fee: \$90.00
 Location: 2501 Browning Ave., Susan B. Anthony Middle School

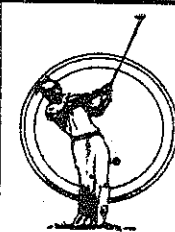
Composting: The Fine Art of Making Black Gold

EN05

Soon the leaves will be falling and you'll be spending the day raking! 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 18 (Saturday)
 Time: 10:00am - 12:00pm
 Fee: \$12.00
 Location: UFM Greenhouse



STAGG HILL GOLF CLUB Pro-Shop

K-18 West

For all your golfing needs
 Fully equipped "discount" pro shop
 Professional golf instruction available (Individual & group)
 Club regripping & repair

539-1041

Jim Gregory, PGA Professional

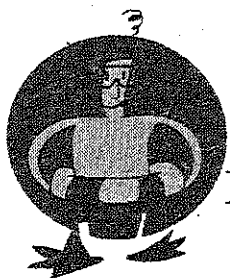


Family Hike on the Konza Prairie

EN06

Celebrate fall by joining UFM for a hike on the Konza prairie! Participants will get a chance to learn about and look at the ecology of the Konza. The hike will be in a non-public area on a trail that is just over a mile long. This is an ideal hike for individuals or families. Please wear sturdy shoes and bring your own water. Enrollment deadline for this class is Thursday, September 30th, in order to plan for adequate staff for the hike.

Date: October 9 (Saturday)
 Time: 2:00pm - 4:00pm
 Fee: \$14.00 adult, \$5.00 child
 Location: Meet at Prairie Public Parking (contact UFM for more information regarding directions)



!WANTED! Lifeguards WSI's Hydroaerobic Instructors

for part-time morning and evening sessions for the Spring Semester.

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

Celebrate 150 Years!

COMMUNITY VOLUNTEERS are still needed to help PLAN and DEVELOP the area's Biggest Birthday Bash ever!

Join one of these C150! Committees:
 Events, Heritage, Publicity, and
 Volunteers/Fundraising

FIND OUT MORE ABOUT THE CELEBRATE 150!
 and EACH OF THE SUBCOMMITTEES ON THE
 WEB at www.celebrate150.org.

CALL 785.313.3623 to leave a voice mail or email the Celebrate 150! Committee at: signmeup@celebrate150.org for more information!
 You may also drop a note to CELEBRATE 150!,
 P.O. Box 825, Manhattan, Kansas 66505

www.celebrate150.org



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: September 13 - October 6
(Monday / Wednesday)

Time: 7:00 p.m. - 9:00 pm

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

Location: Bluemont Hall, Room 114, KSU

GMAT Prep FC-05 Graduate Management Admission Test Preparation Course

Review Segments

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

Date: September 14 - October 26
(Tuesday/Thursday)

Time: 7:30 p.m. - 9:30 p.m.

Fee: \$250 (fee includes all materials)

Location: KSU, Bluemont Hall, Room 5102
(No class on October 12)

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: September 8 - September 25
(Mon/Wed/Sat)

Time: 6:00 p.m. - 9:00 p.m. (Mon/Wed)
8:00 a.m. - 12:00 p.m. (Sat)

Fee: \$250

Location: Bluemont Hall, Room 114, KSU

GRE Prep FC-06 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: September 14 - October 26
(Tuesday/Thursday)

Time: 7:30 p.m. - 9:30 p.m.

Fee: \$250

Location: KSU, Bluemont Hall, Room 5102
(No class on October 12)

**Enrollment deadline is one week before the start date for each of the Test Prep Courses.*



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/courseofferings.html

Golf in Salina RRES 200 #89020
 This course will emphasize on 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. Time allowed for both classroom and golf course play and driving range practice.
Ronda Green
 Date: August 19 - October 7 (Thursday)
 Time: 5:30pm - 7:30pm
 Fee: \$231.00
 Location: 3142 Scanlan Ave., KSU Salina Rec Center

Golf in Salina RRES 200 #89021
Ronda Green
 Date: August 23 - October 25 (Monday)
 Time: 2:30pm - 4:30pm
 Fee: \$231.00
 Location: 3142 Scanlan Ave., KSU Salina Rec Center
 (No class September 6 & October 11)

Scuba Diving RRES 200 #91430
 This course will prepare students for NAUI Scuba Diver 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. A certification fee of \$50.00 will be assessed at the time of check out dives. However, neither UFM nor KSU is responsible for the certification. Travel and lodging are at the student's expense. Students must provide their own masks, fins and snorkels which will be available for purchase at the first session, the purchase of equipment ranges from \$100 to \$175. There is a non-refundable material fee of \$50 for withdrawing from the class after the first day.
Jeff Wilson
 Date: August 23 - October 4 (Monday)
 Time: 6:00pm - 10:00pm
 Fee: \$312.00
 Location: KSU Natatorium
 (No class September 6)

Scuba Diving RRES 200 #91432
Jeff Wilson
 Date: November 1 - December 6 (Monday)
 Time: 6:00pm - 10:00pm
 Fee: \$312.00
 Location: KSU Natatorium

Golf RRES 200 #91418
 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.
Jim Gregory
 Date: August 24 - October 19 (Tuesday)
 Time: 2:30pm - 4:30pm
 Fee: \$231.00
 Location: 4441 Fort Riley Blvd., Stagg Hill Golf Club
 (No class October 12)

Golf RRES 200 #91419
Jim Gregory
 Date: August 25 - October 13 (Wednesday)
 Time: 1:30pm - 3:30pm
 Fee: \$231.00
 Location: 4441 Fort Riley Blvd., Stagg Hill Golf Club

Golf RRES 200 #91420
Jim Gregory
 Date: August 25 - October 13 (Wednesday)
 Time: 5:30pm - 7:30pm
 Fee: \$231.00
 Location: 4441 Fort Riley Blvd., Stagg Hill Golf Club

Golf RRES 200 #91421
Jim Gregory
 Date: August 26 - October 14 (Thursday)
 Time: 9:30am - 11:30am
 Fee: \$231.00
 Location: 4441 Fort Riley Blvd., Stagg Hill Golf Club

Ballroom Dance I 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.
Michael Bennett
 Date: August 25 - December 8 (Wednesday)
 Time: 8:00pm - 9:00pm
 Fee: \$212.00
 Location: 1021 Denison Ave., ECM Auditorium
 (No class November 24)

Ballroom Dance I DANCE 599 #91401
Michael Bennett
 Date: August 27 - December 10 (Friday)
 Time: 6:30pm - 7:30pm
 Fee: \$212.00
 Location: 1021 Denison Ave., ECM Auditorium
 (No class November 26)

Ballroom Dance II DANCE 599 #91402
 This class will emphasize dancing with your partner & learning the routines, foxtrot, waltz, rumba & tango. Prior dance lessons required.
Michael Bennett
 Date: August 27 - December 10 (Friday)
 Time: 7:30pm - 8:30pm
 Fee: \$212.00
 Location: 1021 Denison Ave., ECM Auditorium
 (No class November 26)

Beginning Yoga DANCE 599 #91446
 This course will cover the basic fundamentals of yoga: Sibilant breathing and breath ratios, coordination of movement and breath, proper sequencing of exercises, ten or more basic exercises and introduction to yoga philosophy.
Ana Franklin
 Date: September 2 - October 28 (Tuesday/Thursday)
 Time: 10:00am - 11:00am
 Fee: \$199.00
 Location: KSU Ahearn Dance Studio, Room 301
 (No class October 12)

Beginning Yoga DANCE 599 #91447
Ana Franklin
 Date: September 1 - November 1 (Monday/Wednesday)
 Time: 3:00pm - 4:00pm
 Fee: \$199.00
 Location: KSU Ahearn Dance Studio, Room 301
 (No class September 6 & October 11)

Tae Kwon Do I RRES 200 #91448
 Tae Kwon Do is an effective way to unify the mind and body. It helps develop one's health by increasing cardiovascular abilities, strength, balance and flexibility. The basics of blocking, punching, kicking, self-defense and white belt form will be covered. Class will consist of practicing these skills as a group, working with other classmates and the instructor one-on-one. At the end of the semester, students will have the option to be tested for their orange belt.
David Moore

Date: August 24 - December 9 (Tuesday/Thursday)
 Time: 6:30pm - 8:30pm
 Fee: \$185.00
 Location: KSU Ahearn Fieldhouse
 (No class October 12 & November 25)

Tae Kwon Do II RRES 200 #91449
 Tae Kwon Do is an effective way to unify the mind and body. It helps develop one's health by increasing cardiovascular abilities, strength, balance and flexibility. The Tae Kwon Do II class is for students who have completed Tae Kwon Do I or who have advanced skills. Students will continue to develop the skills of blocking, punching, kicking and self-defense. Students will have the option to be tested for their next belt.
David Moore

Date: August 24 - December 9 (Tuesday/Thursday)
 Time: 6:30pm - 8:30pm
 Fee: \$185.00
 Location: KSU Ahearn Fieldhouse
 (No class October 12 & November 25)

WSI - Water Safety Instructor RRES 200 #91434
 Receive a WSI certification to teach the American Red Cross Learn to Swim and Water Safety Courses. This course includes the fundamentals of the Instructor Training Course. Prerequisites: Minimum age 17, on or before the final session of the course, successfully demonstrate the Freestyle, Backstroke, Butterfly, Elementary Backstroke, Sidestroke and rescue skills. Certification Requires: Demonstrate competency in all required skills and achieve 80% on the written tests. This is a 2-hour class.
Carol Sittes (539-1991)

Date: September 27 - October 6 (Mon, Wed, Fri)
 September 25 & October 2 (Saturday)
 Time: 4:00pm - 7:30pm (Mon, Wed, Fri)
 8:00am - 5:00pm (Saturday)
 Fee: \$298.00 (Text book is available for purchase at the Red Cross Office)

Archery RRES 200 #91404
 This class 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. Techniques will be tailored to fit individual levels of advancement.
Tam Korte

Date: September 27 - November 22 (Monday)
 Time: 8:00pm - 9:45pm
 Fee: \$212.00
 Location: 1125 Laramie, upstairs
 (No class October 11)



Judo I RRES 200 #91425
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.

Isaac Wakabayashi

Date: August 24 - December 9 (Tuesday/Thursday)
Time: 8:45pm - 9:45pm
Fee: \$160.00
Location: KSU Ahearn Fieldhouse, Room 301
(No class October 12 & November 25)

Judo II RRES 200 #91426
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.

Isaac Wakabayashi

Date: August 24 - December 9 (Tuesday/Thursday)
Time: 9:45pm - 10:45pm
Fee: \$160.00
Location: KSU Ahearn Fieldhouse, Room 301
(No class October 12 & November 25)

Fitness Swimming RRES 200 #91435
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 21 - December 9 (Tuesday/Thursday)
Time: 6:00pm - 7:30pm
Fee: \$185.00
Location: KSU Natatorium
(No class October 12, November 23 & November 25)

Responding to Emergencies RRES 200 #91428
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). Fee includes textbook, supplies and certification. This is a 2-hour class.

Carol Stites

Date: September 28 - November 18 (Tuesday/Thursday)
Time: 3:00pm - 5:00pm
Fee: \$362.00
Location: 2601 Anderson Ave., American Red Cross
(No class October 12)

Tennis RRES 200 #91437
The focus of this introductory tennis course is on introducing the proper technique of each tennis stroke. Scoring, rules, single and doubles formation, shot selection and match play will also be covered. Come enjoy the "Sport of a Lifetime". All players must wear appropriate tennis shoes (no running shoes) and comfortable workout attire. Tennis rackets will be available if needed.

Bill Fraley

Date: September 7 - November 23 (Tuesday)
Time: 1:30pm - 3:00pm
Fee: \$188.00
Location: 3615 Claflin Rd., Cottonwood Racquet Club
(No class October 12)

Tennis RRES 200 #91438

Bill Fraley

Date: September 8 - October 27 (Wednesday)
Time: 1:00pm - 3:00pm
Fee: \$188.00
Location: 3615 Claflin Rd., Cottonwood Racquet Club

Beginning Bowling RRES 200 #91408
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

Date: August 26 - December 9 (Thursday)
Time: 10:30am - 11:20am
Fee: \$179.00
Location: KSU Student Union Bowling Center
(No class November 25th)

Beginning Fencing RRES 200 #91412
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.

William Meyer

Date: August 30 - December 6 (Monday)
Time: 6:00pm - 7:30pm
Fee: \$181.00
Location: KSU Ahearn Fieldhouse
(No class September 6 & October 11)

Intermediate Fencing RRES 200 #91413
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.

William Meyer

Date: August 30 - December 6 (Monday)
Time: 7:30pm - 9:00pm
Fee: \$181.00
Location: KSU Ahearn Fieldhouse
(No class September 6 & October 11)

Ballroom Dance in Salina RRES #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.

Audrey Umekubo

Date: August 25 - December 8 (Wednesday)
Time: 7:00pm - 8:00pm
Fee: \$186.00
Location: 3142 Scanlan Ave., Salina, KSU Recreation Center
(No class November 24)

Women & Money WOMST 500 #91440
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.

Charlene Brownson

Date: September 1 - October 20 (Wednesday)
Time: 3:30pm - 5:30pm
Fee: \$170.00
Location: KSU Justin Hall, Room 149

Fly Fishing RRES-200 #91415
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.

Paul Sodamann

Date: September 13 - September 23 (Monday - Thursday)
Time: 6:00pm - 8:00pm
Fee: \$222.00
Location: 2501 Browning Ave., Susan B. Anthony Middle School

Fly Fishing RRES-200 #91416

Paul Sodamann

Date: October 18 - October 28 (Monday - Thursday)
Time: 6:00pm - 8:00pm
Fee: \$222.00
Location: 2501 Browning Ave., Susan B. Anthony Middle School

Scuba Diving in Salina RRES-200 #89000
This course will prepare students for NAUI Scuba Diver 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. A certification fee of \$50.00 will be assessed at the time of check out dives. 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 materials fee of \$50 for withdrawing from the class after the first day.

Jeff Wilson

Date: September 16 - October 28 (Thursday)
Time: 6:30pm - 10:00pm
Fee: \$346.00
Location: 570 YMCA Dr., Salina, Salina YMCA

Golf in Junction City RRES-200 #91422
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.

Jim Peterson

Date: August 24 - October 19 (Tuesday)
Time: 1:30pm - 3:30pm
Fee: \$231.00
Location: 7550 Old Milford Rd., Milford, Rolling Meadow Golf Course
(No class on October 12)

Golf in Junction City RRES-200 #91423

Jim Peterson

Date: August 25 - October 13 (Wednesday)
Time: 5:30pm - 7:30pm
Fee: \$231.00
Location: 7550 Old Milford Rd., Milford, Rolling Meadow Golf Course

Golf in Junction City RRES-200 #91424

Jim Peterson

Date: August 26 - October 14 (Thursday)
Time: 1:30pm - 3:30pm
Fee: \$231.00
Location: 7550 Old Milford Rd., Milford, Rolling Meadow Golf Course

Intermediate/Advanced Golf in Salina RRES-200 #89022
This course is designed for students to develop advanced golf skills. Students will practice improving their golf swing and short game both on the driving range and on the golf course. First round of golf and first basket of balls are included in class fee. Students will be responsible for one round of golf and additional baskets of balls (\$5/basket).

Ronda Green

Date: August 23 - October 25 (Monday)
Time: 4:30pm - 6:30pm
Fee: \$231.00
Location: 3142 Scanlan Ave., KSU Salina Rec Center
(No class on September 6 & October 11)

Intermediate/Advanced Golf in Salina RRES 200 #89023

Ronda Green

Date: August 25 - October 13 (Wednesday)
Time: 5:30pm - 7:30pm
Fee: \$231.00
Location: 3142 Scanlan Ave., KSU Salina Rec Center

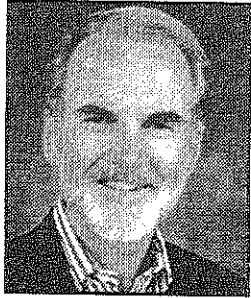
Lou Douglas LECTURES

25 Years

Lou Douglas Lectures

Power "by the People":
Ending the World's Nightmare
of Oppression and Violence

Jack DuVall
Founding Director and President of the International
Center on Nonviolent Conflict and Executive Producer
of the Emmy-nominated PBS Series "A Force More Powerful"



Jack DuVall

Tuesday, September 14
7 p.m., K-State Student Union Forum Hall

For more information: www.nonviolent-conflict.org and www.aforcemorepowerful.org



Paul Rogat Loeb

Soul of a Citizen: Living with Conviction in a Cynical Time

Paul Rogat Loeb
Nationally Recognized Writer and Lecturer on Citizen
Responsibility and Empowerment and Author of *Generation
at the Crossroads: Apathy and Action on the American Campus.*

Tuesday, October 5
7 p.m., K-State Student Union Forum Hall

For more information: www.soulofacitizen.org

Challenges to Empire:
Iraq, the UN and the "Second Super Power"

Phyllis Bennis
Fellow and Director of the New Internationalism Program
of the Institute for Policy Studies
and Fellow of the Transnational Institute in Amsterdam



Phyllis Bennis

Monday, October 25
7 p.m., K-State Student Union Forum Hall

For more information: www.ips-dc.org and www.tni.org



Jeffrey Hollender

What Matters Most: The Next Generation of Responsible,
Values Based Business Leadership

Jeffrey Hollender
President and Corporate Responsibility Officer
of Seventh Generation, the Leading Brand
of Natural Household Products in the U.S.

Tuesday, March 15, 2005
7 p.m., K-State Student Union Forum Hall

For more information: www.whatmattersmost.biz
and www.seventhgeneration.com

A Public Reception and Book Signing, Union Courtyard, Follows Each Lecture

All lectures, events and activities announced here are free of charge and
open to the public. For more information about the 25th anniversary
Lou Douglas Lectures events and activities, go to www.ksu.edu/ufm

"Morning After" Lecture Discussions

Meet others for coffee and thoughtful conversation about the previous night's Lou Douglas
Lecture. Everyone is welcomed and encouraged to share their perspectives, all in the spirit of
graciousness and camaraderie for which Lou Douglas was known. Mix your locations and meet
different people, or build an ongoing group. Lou Douglas staff and interns will help facilitate.

Wednesday, September 15
After the Jack DuVall Lecture — 10 a.m. to 12 noon
Radina's Big Back Table OR Union Station, K-State Student Union

Wednesday, October 6
After the Paul Rogat Loeb Lecture — 10 a.m. to 12 noon
Radina's Big Back Table OR Union Station

Tuesday, October 26
After the Phyllis Bennis Lecture — 10 a.m. to 12 noon
Radina's Big Back Table OR Union Station

Wednesday, March 16
After the Jeffrey Hollender Lecture — 10 a.m. to 12 noon
Radina's Big Back Table OR Union Station

Lecture Chat Room

If face to face discussion is not your thing, log on to the UFM Community Learning Center web
site www.ksu.edu/ufm and participate in the new Lou Douglas Lectures Chat Room. Online
chats are scheduled for:

11 p.m. to 12 midnight immediately after each Lou Douglas Lecture
(September 14, October 5, October 25, and March 15, 2005)
7 to 8 a.m. the morning after each Lou Douglas Lecture
(September 15, October 6, October 26, and March 16, 2005)

Lou's Book Club

Join Lou Douglas staff and interns for thought-provoking discussions of books by the 2004-2005
25th anniversary lecturers. Hear the lecturers and gain additional insights by reading and dis-
cussing their latest works. To assist with planning, please call 785-539-8763 to register.

A Force More Powerful: A Century of Nonviolent Conflict
by Peter Ackerman (founding Chair of the International Center on Nonviolent Conflict)
and Jack DuVall

Thursday, September 9 — 11 a.m. to 12 noon UFM Conference Room
Saturday, September 18 — 11 a.m. to 12 noon UFM Conference Room

Soul of a Citizen: Living with Conviction in a Cynical Time by Paul Rogat Loeb
Saturday, October 9 — 11 a.m. to 12 noon UFM Conference Room

The Impossible Will Take A Little While: A Citizen's Guide to Hope in a Time of Fear by Paul Rogat Loeb
Thursday, October 14 — 11 a.m. to 12 noon UFM Conference Room

Before & After: US Foreign Policy and the War on Terrorism by Phyllis Bennis
Thursday, October 21 — 11 a.m. to 12 noon UFM Conference Room
Saturday, October 30 — 11 a.m. to 12 noon UFM Conference Room

*What Matters Most: How a Small Group of Pioneers is Teaching Social Responsibility to Big Business,
and Why Big Business is Listening* by Jeffrey Hollender and Stephen Fenichell
Thursday, March 10 — 11 a.m. to 12 noon UFM Conference Room
Saturday, March 12 — 11 a.m. to 12 noon UFM Conference Room

Look for the article about Lou Douglas and the 25th anniversary
of the Lou Douglas Lectures in the Fall 2004 K-Stater magazine.

"A Force More Powerful"

In cooperation with K-State's Hale Library and Community Cultural Harmony Week, the Lou
Douglas Lectures presents four episodes of the Emmy-nominated PBS series "A Force More
Powerful." Projected on a large screen in the comfort of Hale Library's Hemisphere Room, each
30-minute presentation will be followed by a discussion facilitated by Christopher Renner, for-
mer chair of the Manhattan Alliance for Peace and Justice and a member of the Community
Cultural Harmony Week Planning Committee.

Poland: "We've Caught God by the Arm" and South Africa: "Freedom in Our Lifetime"
Thursday, September 23 — 7 to 9 p.m., Hemisphere Room, Hale Library

India: "Defying the Crown" and Nashville: "We Were Warriors"
Thursday, September 30 — 7 to 9 p.m., Hemisphere Room, Hale Library

"A Force More Powerful" explores one of the 20th century's most important but least understood stories -
how nonviolent power overcame oppression and authoritarian rule all over the world. Narrated by Sir Ben
Kingsley, winner of the Academy Award for Best Actor for the title role in the 1982 movie "Gandhi," the six-
episode documentary was executive produced by Jack DuVall, September 14 Lou Douglas Lecturer.

Community Cultural Harmony Week
"Living Democracy: Practicing Inclusion"
Sunday, September 26 through Monday, October 4

Claflin Books and Copies



1814 Claflin Road 776-3771 www.claflinbooks.com

UFM INSTRUCTORS

B.J. Banks	Randi Dale	Angie Herbers	Renee Martin	Gordon Schmid	Kennita Tully
Thad Beach	Terri Eddy	Jui Jung Huang (Daisy)	Judy Metcalf	Pam Schmid	Audrey Umekubo
Scott Bean	Sarah English	Stormy Kennedy	William Meyer	Twila Schneiders	Issac Wakabayashi
Michael Bennett	Travis Flewelling	Karena Kimble	Hannelore Michaelis	Heather Scott	Mary Biedler Williams
Angela Boos	Bill Fraley	Tom Korte	Donald Montgomery	David Seamon	Jeff Wilson
Joyce Brite	Ana Franklin	Aimee Kraus	David Moore	Karma Smith-Grindell	Stan Wilson
Caryn Brooks	Chakra Gandhe	Toni Kroll	Jeff Mosburg	Sandy Snyder	Chris Wilson
Charlene Brownson	Deborah Goard	Rafael Labrado	Terry Murray	Paul Sodamann	Patricia Yeager
Bob Campbell	Ronda Green	James Lehr II	Barbara Ouelette	Carol Stites	Maya Zahira
Kate Cashman	Jim Gregory	Alberto Levera	Raymond Paul	Diana Tarver	Dave Zuck
Patricia Cassinelli	Jaelyn Hackerott	Lindy Linqvist	Jim Peterson	Douglas Teener	Patti Zuck
Rosina Eileen Catalon	Colleen Hampton	Dr. M'Eliz Maata	Emilie Rabbat	Dr. Michael Tran	
Michaeline Chance-Reay	Linda Harvey	Linda Madl	Lorissa Ridley		
Dru Clarke	Alan Hedrich	Tom Mahoney	Abby Scheopner		

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.

Marcia Horney

ON CAMPUS REGISTRATIONS

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

DATE	TIME	LOCATION
August 23	10 am - 2 pm	KSU Union
August 24	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 Marcia 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 hand-outs 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.

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 _____

Student Name _____ Day Phone _____

Address _____ Evening Phone _____

Address _____ Evening Phone _____

City _____ State KS Zip _____ Email _____

City _____ State KS Zip _____ Email _____

Age: Under 18 exact age _____ 19-24 25-59 60+

Age: Under 18 exact age _____ 19-24 25-59 60+

Parent's Name if Student is Under Age 18 _____

Parent's Name if Student is Under Age 18 _____

CLASS # Session TITLE FEE LOCATION DATE TIME

CLASS # Session TITLE FEE LOCATION DATE TIME

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 Number _____ Expiration Date _____

Card Cardholder's Name (Please Print) _____

Card Cardholder's Name (Please Print) _____

Cardholder's Signature _____

Cardholder's Signature _____

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

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

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.

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.

Signature** _____ Date _____

Signature** _____ Date _____

**Signature of Parent or Guardian required for minors.

**Signature of Parent or Guardian required for minors.

Office Use Only

Office Use Only

Date Received _____ Staff _____ Amount _____ Total Paid _____

Date Received _____ Staff _____ Amount _____ Total Paid _____

Entered _____ Staff _____ Check _____

Entered _____ Staff _____ Check _____

Computer _____ Staff _____ Cash _____

Computer _____ Staff _____ Cash _____

_____ Staff _____ Visa _____ Date _____

_____ Staff _____ Visa _____ Date _____

_____ Staff _____ M/C _____

_____ Staff _____ M/C _____

_____ Staff _____ Discover _____

_____ Staff _____ Discover _____