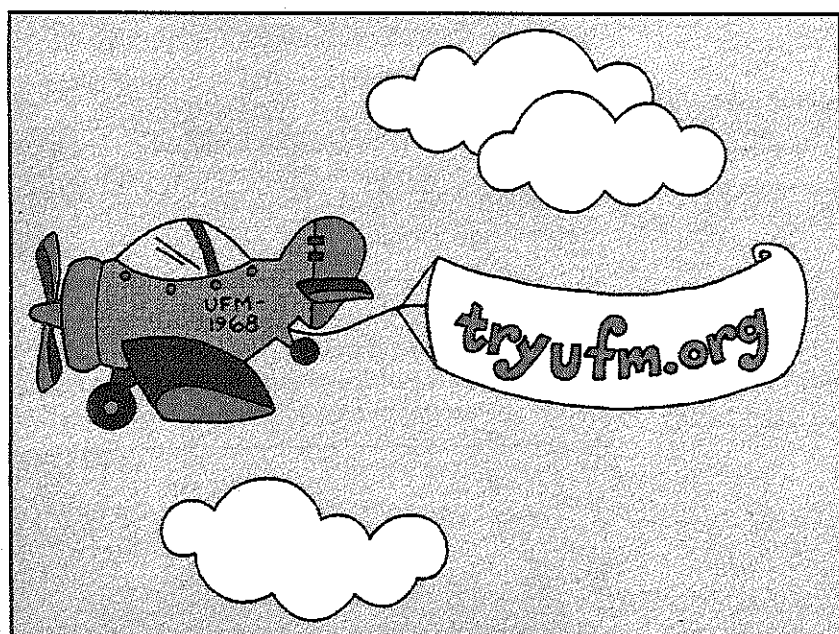
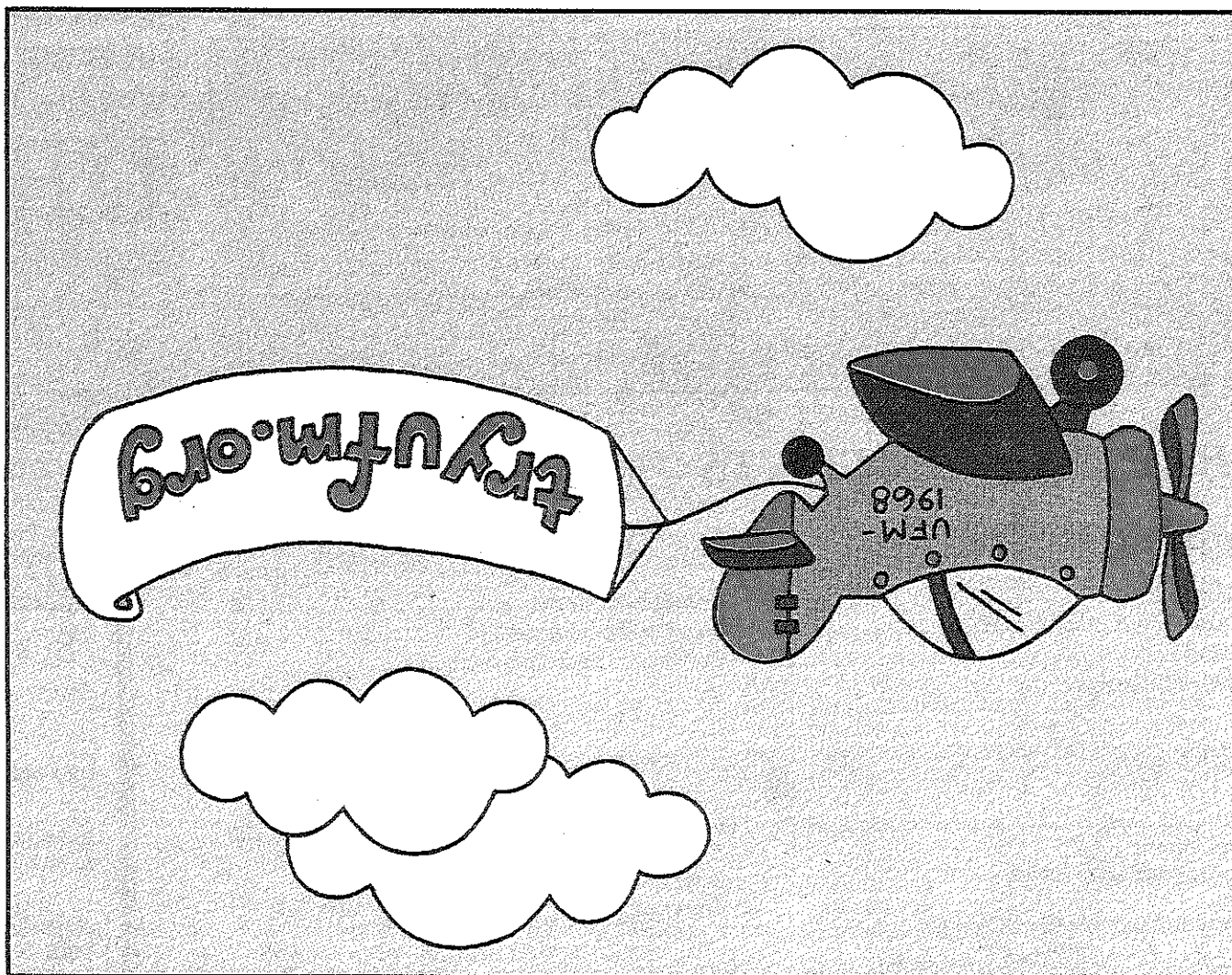
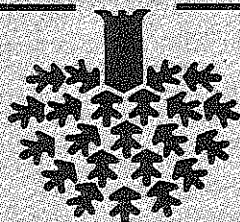


Classes
2005 Fall
Center
Learning
Community

UFM

Teaching • Learning • Growing
Vol. 36 Edition 3



Fall Classes Classes August - December 2005

Scrapbooking

• • •

Cajun Cooking

• • •

Hip Hop Dance

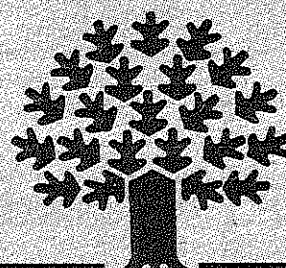
Computer Classes

• • •

Swim Lessons

• • •

Test Prep Courses



Teaching • Learning • Growing

**UFM
Community
Learning
Center**

2005
Fall Classes

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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.

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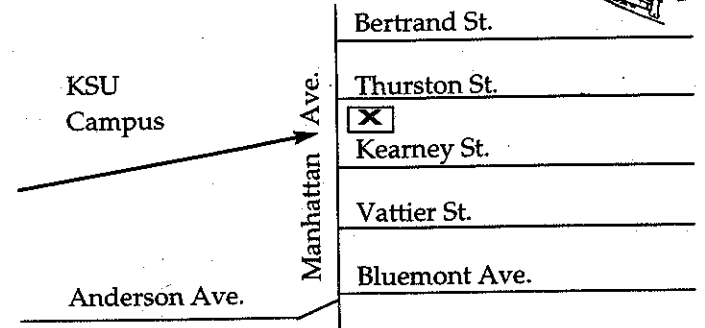
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Stress Management			
Yoga and much more			

Enroll online
at www.tryufm.org!

WHERE WE'RE LOCATED

UFM

1221 Thurston



BOARD OF DIRECTORS

Chuck Havlicek - <i>Chair</i>	Linda Inlow Teener - <i>President and CEO</i>
Lori Martin - <i>Vice Chair</i>	Shane Shanks
Ronna Robertson - <i>Secretary</i>	Larry Fry
Sharon Brookshire - <i>Treasurer</i>	Irmie Fallon
	Linda Madl
	Nancy Bolsen
	Mitzi Frieling
	Paula Walawender
	Charlotte Shoup Olsen

UFM Staff:

Executive Director - Linda Inlow Teener
 Education Coordinator - Marcia Hornung
 Community Outreach Coordinator - Charlene Brownson
 Lou Douglas Lecture Series Coordinator - Olivia Collins
 Teen Mentoring Program Coordinator - Karen Roesch
 Office Coordinator - Lora Shelton
 Media Coordinator - Annette Sweet
 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.



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.

PARENT'S DAY will be scheduled to allow parents on deck to observe their child's progress. Each child will receive a progress report at this time as well as at the end of class. 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 12 - November 21
(No class October 3)

Session B: Tuesdays, September 13 - November 22
(No class October 4)

Session C: Wednesdays, September 14 - November 16

Session D: Thursdays, September 15 - November 17

Session E: Saturdays, September 10 - November 19
(No Class October 1)

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
AQ01P1 9/12 - 10/17 (No class 10/3)
AQ01P2 10/24 - 11/21

Tuesday 6:00pm - 6:30pm
AQ02P1 9/13 - 10/18 (No class 10/4)
AQ02P2 10/25 - 11/22

Saturday 9:30am - 10:00am
AQ05P1 9/10 - 10/15 (No class 10/1)
AQ05P2 10/22 - 11/19

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
AQ01T1 9/12 - 10/17 (No class 10/3)
AQ01T2 10/24 - 11/21

Tuesday 6:45pm - 7:15pm
AQ02T1 9/13 - 10/18 (No class 10/4)
AQ02T2 10/25 - 11/22

Saturday 10:15am - 10:45am
AQ05T1 9/10 - 10/15 (No class 10/1)
AQ05T2 10/22 - 11/19

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.

AQ01A Monday 6:00pm - 6:40pm
AQ01B Tuesday 6:00pm - 6:40pm
AQ01C Wednesday 6:00pm - 6:40pm
AQ01D Thursday 6:00pm - 6:40pm
AQ01E 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.

AQ04A Monday 6:00pm - 6:40pm
AQ04B Tuesday 6:00pm - 6:40pm
AQ04C Wednesday 6:00pm - 6:40pm
AQ04D Thursday 6:00pm - 6:40pm
AQ04E 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.

AQ07A Monday 6:50pm - 7:30pm
AQ07B Tuesday 6:50pm - 7:30pm
AQ07C Wednesday 6:50pm - 7:30pm
AQ07D Thursday 6:50pm - 7:30pm
AQ07E 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 improve 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 the 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.

AQ10A Monday 6:50pm - 7:30pm
AQ10B Tuesday 6:50pm - 7:30pm
AQ10C Wednesday 6:50pm - 7:30pm
AQ10D Thursday 6:50pm - 7:30pm
AQ10E 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.

AQ13A Monday 6:50pm - 7:30pm
AQ13E Saturday 10:15am - 10:55am

Fee: \$47 per session

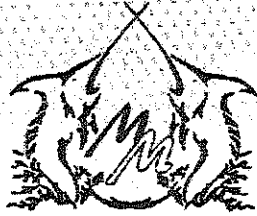
Level VI: Swimming and Skill Proficiency

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.

AQ16A Wednesday 6:50pm - 7:30pm
AQ16E 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: Shelly Aistrup at 539-0884



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.

AQ22A Monday 6:00pm - 6:40pm
 AQ22E 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.

AQ24A Mondays 6:00pm - 7:30pm
 AQ24B Tuesdays 6:00pm - 7:30pm
 AQ24C Wednesdays 6:00pm - 7:30pm
 AQ24D Thursdays 6:00pm - 7:30pm
 AQ24E 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.

AQ25A Mondays 6:00pm - 7:30pm
 AQ25B Tuesdays 6:00pm - 7:30pm
 AQ25C Wednesdays 6:00pm - 7:30pm
 AQ25D Thursdays 6:00pm - 7:30pm
 AQ25E Saturdays 9:30am - 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: 8/22 - 9/24
 Monday - Thursday (6:35 - 7:30 pm) and Saturday (10:05am - 11:00am)
 AQ26A (1 Time a week)
 AQ27A (3 Times a week)
 AQ28A (5 Times a week)
 Session B: 9/26 - 10/29
 Monday - Thursday (6:35 - 7:30 pm) and Saturday (10:05am - 11:00am)
 AQ26B (1 Time a week)
 AQ27B (3 Times a week)
 AQ28B (5 Times a week)
 Session C: 10/31 - 12/8
 Monday - Thursday (6:35 - 7:30 pm) and Saturday (10:05am - 11:00am)
 AQ26C (1 Time a week)
 AQ27C (3 Times a week)
 AQ28C (5 Times a week)
 No Classes 9/5, 10/3, 10/4, and, 11/23-11/26
 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: 8/22 - 12/8
 Monday - Thursday (6:35pm - 7:30pm) and Saturday (10:05am - 11:00am)
 AQ26D (1 Time a week)
 AQ27D (3 Times a week)
 AQ28D (5 Times a week)
 No Classes 9/5, 10/3, 10/4, and, 11/23-11/26
 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: 8/23 - 9/22
 AQ100A Tuesday and Thursday 6:35pm - 7:30pm
 Session B: 8/27 - 10/27
 AQ100B Tuesday and Thursday 6:35pm - 7:30pm
 Session C: 11/1 - 12/8
 AQ100C Tuesday and Thursday 6:35pm - 7:30pm
 No classes 10/4 and 11/24
 Fee: \$24 per session

Deep Water Hydroaerobics for the Entire Semester

Session D: 8/23 - 12/8
 AQ100D Tuesday and Thursday 6:35pm - 7:30pm
 No classes 10/4 and 11/24
 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 minutes 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.

Session A1: Mondays 9/12 - 10/17 (No class 10/3)
 Session A2: Mondays 10/24 - 11/21
 Session B1: Tuesdays 9/13 - 10/18 (No class 10/4)
 Session B2: Tuesdays 10/25 - 11/22
 Session C1: Wednesdays 9/14 - 10/12
 Session C2: Wednesdays 10/19 - 11/16
 Session D1: Thursdays 9/15 - 10/13
 Session D2: Thursdays 10/20 - 11/17
 Session E1: Saturdays 9/10 - 10/15 (No class 10/1)
 Session E2: Saturdays 10/22 - 11/19
 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: \$69 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: 10/9 (Sunday)
 Time: 5:00pm - 7:00pm
 Fee: No charge
 Location: KSU Natatorium

Open Swim Appreciation

Date: 10/30 (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: 10/9, 10/16, 10/23, and 10/30 (Sunday)
 Time: 5:00pm - 7:00pm
 Fee: \$10 individual/\$25 family
 Location: KSU Natatorium

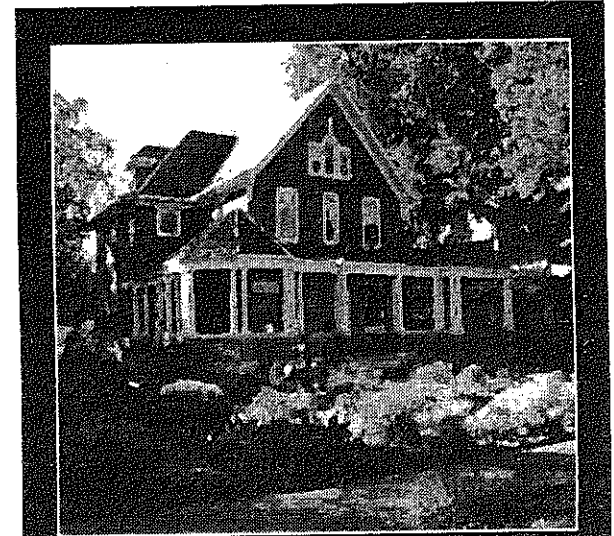
Scuba Diving

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: 8/9 - 9/26 (Monday & Wednesday)
 Time: 6:00pm - 10:00pm
 Fee: \$236.00
 Location: KSU Natatorium
 *Available for KSU Credit
 NO CLASS September 5, 12, and 14

Scholarships are available for both youth & adults

You can now enroll in UFM classes ONLINE at www.tryufm.org!



The Morning Star Bed & Breakfast
 "Exceptional Accommodations in the Heart of Manhattan"
 785-587-9703 www.morningstaronthepark.com



Martial Arts

Scuba Diving

AQ105BZ

Jeff Wilson

Date: 10/10 - 11/14 (Monday)
 Time: 6:00pm - 10:00pm
 Fee: \$236.00
 Location: KSU Natatorium
 *Available for KSU Credit

Fitness Swimming

AQ108AZ

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: 9/20 - 11/3 (Tuesday/Thursday)
 Time: 6:00pm - 7:30pm
 Fee: \$76.00
 Location: KSU Natatorium
 *Available for KSU Credit

Fitness Swimming

AQ108BZ

Carol Stites

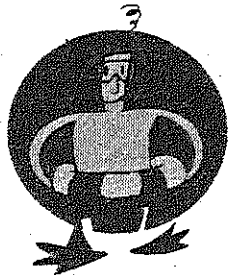
Date: 9/20 - 11/3 (Tuesday/Thursday)
 Time: 9:30am - 11:00am
 Fee: \$76.00
 Location: KSU Natatorium
 *Available for KSU Credit

Swim I

AQ36Z

Swim I is designed ONLY for students who have a fear of the water and/or those with little or no water experience. It will address the needs of the beginning swimmer. Emphasis will be on acquiring skills, knowledge and attitudes necessary to become safe in, on and around the water; learning basic strokes and survival skills; and being able to assist others in an aquatic emergency using elementary forms of rescue. Required text: Swimming and Aquatic Safety; available at American Red Cross office, 2601 Anderson, 9 am - 5 pm, 537-2180.

Date: 9/19 - 11/14 (Monday / Wednesday)
 Time: 9:30am - 10:30am
 Fee: \$76.00
 Location: KSU Natatorium



!WANTED!
Lifeguards
WSI's
Hydroaerobic
Instructors

for part-time morning and evening sessions for the Spring & Summer Semesters.

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

Judo I

05CMA08Z

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: 08/23/2005 to 12/08/2005
 (Tuesday / Thursday)
 NO CLASS November 24
 Time: 8:45 PM to 9:45 PM
 Fee: \$75.00
 Location: Ahearn Dance Studio, Room 301

Judo II

05CMA09Z

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: 08/23/2005 to 12/08/2005
 (Tuesday / Thursday)
 NO CLASS November 24
 Time: 9:45 PM to 10:45 PM
 Fee: \$75.00
 Location: Ahearn Dance Studio, Room 301

Tae Kwon Do I

05CMA01Z

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.

David Moore

Date: 08/23/2005 to 12/08/2005
 (Tuesday / Thursday)
 NO CLASS November 24
 Time: 6:30 PM to 7:30 PM
 Fee: \$72.00
 Location: Ahearn Fieldhouse

Tae Kwon Do II

05CMA02Z

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 at least 6 months of martial arts training. Students will continue to develop the skills of blocking, punching, kicking and self-defense.

David Moore

Date: 08/23/2005 to 12/08/2005
 (Tuesday / Thursday)
 NO CLASS November 24
 Time: 7:30 PM to 8:30 PM
 Fee: \$72.00
 Location: Ahearn Fieldhouse

Wah Lum Kung Fu

05CMA04A

This is the traditional Wah Lum Praying Mantis Kung Fu system. Students will learn basic fundamentals of Kung Fu such as stances, punches, kicks, and advancement through a series of forms as well as self defense techniques. Kung Fu will teach discipline, self confidence, focus control and patience. Kung Fu is excellent for body and mind.

Caryn Brooks is from Massachusetts and has been practicing Wah Lum since the age of 13. Caryn enjoys teaching Kung Fu and she explains that she has learned more by teaching than from her years of practice!

Date: 09/15/2005 to 10/20/2005 (Thursday)
 Time: 6:30 PM to 7:30 PM
 Fee: \$32.00
 Location: Ahearn Fieldhouse

Wah Lum Kung Fu

05CMA04B

Caryn Brooks

Date: 10/27/2005 to 12/08/2005 (Thursday)
 NO CLASS November 24
 Time: 6:30 PM to 7:30 PM
 Fee: \$32.00
 Location: Ahearn Fieldhouse

Lao Hu Pai Kung Fu

05CMA05

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+.

Michael Tran, mtrandpm@hotmail.com, has been actively practicing martial arts for the past 18 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: 08/24/2005 to 12/07/2005 (Wednesday)
 NO CLASS October 5
 Time: 6:00 PM to 8:00 PM
 Fee: \$62.00
 Location: Ahearn Fieldhouse

History of Aiki Arts

05CMA13

Daito Ryu, the various styles of Aikido, Hakkoryu, Takishin Aikijujutsu, Shorinji Kempo, and possibly Hapkido. Find out how these arts are related. The first class will discuss the history of these arts. The second class we will watch a video on the first and second levels of the orthodox Daito Ryu. You will receive a manual which is included in the fee.

Stan Wilson is a second degree black belt in Hakkoryu, has studied Aikido and Hapkido, and has done research into Daito Ryu and Shorinji Kempo. He has black sashes in various styles of Kung Fu and is the founder of the White Phoenix system.

Date: 09/12/2005 to 09/19/2005 (Monday)
 Time: 7:30 PM to 8:30 PM
 Fee: \$24.00
 Location: UFM Conference Room

Language



Chinese Language & Literature 05CLA01A

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

Jui Jung -Daisy Huang, (785) 395-2632, jjh32301@ksu.edu

Date: 09/07/2005 to 09/28/2005 (Wednesday)
Time: 6:00 PM to 7:30 PM
Fee: \$48.00
Location: UFM Fireplace Room

Chinese Language & Literature 05CLA01B

Jui Jung -Daisy Huang, (785) 395-2632, jjh32301@ksu.edu

Date: 11/02/2005 to 11/30/2005 (Wednesday)
NO CLASS November 23
Time: 6:00 PM to 7:30 PM
Fee: \$48.00
Location: UFM Fireplace Room

Spanish I 05CLA02

This introductory class will emphasize basic written and oral communication in Spanish. Classes are adapted to students' preferences and pace, with main topics including greetings, numbers, colors, clothing, and common adjectives.

Date: 10/12/2005 to 11/12/2005 (Wednesday)
Time: 6:30 PM to 8:30 PM
Fee: \$18.00
Location: UFM Kitchen

French Language 05CLA04A

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

Emilie Rabbat, (785) 587-9036, is a naturalized citizen, is originally from 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 and teaching French for 20 years at a Jesuit French School in Cairo.

Date: 09/07/2005 to 09/30/2005 (Wednesday/Friday)
Time: 10:00 AM to 11:00 AM
Fee: \$44.00
Location: UFM Fireplace Room

French Language 05CLA04B

Emilie Rabbat, (785) 587-9036

Date: 10/12/2005 to 11/04/2005 (Wednesday/Friday)
Time: 10:00 AM to 11:00 AM
Fee: \$44.00
Location: UFM Fireplace Room

Beginning Sign Language 05CLA03

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, (785) 456-1425, arkraus@wamego.net, and Toni Kroll, (785) 313-5555.

Aimee Kraus is a Certified Sign Language Interpreter. She graduated from J.C.C.C. in 1993 with an AA degree in Interpreting and worked four years in the K.C. area. Currently she works for the Manhattan school district, as well as free lancing within a 100 mile radius. Toni Kroll is a Certified Interpreter who has over 15 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. she now interprets at KSU and does free lancing.

Date: 09/06/2005 to 11/15/2005 (Tuesday)
Time: 6:00 PM to 7:30 PM
Fee: \$79.00
Location: Justin Hall 149, KSU

Register for your
next UFM Class ONLINE at
[www.tryufm.org!](http://www.tryufm.org)

Advanced Sign Language 05CLA13

This is a continuous class for those who want to learn more about sign language. This class focuses on more vocabulary and detailed conversation. You will need to have the basic understanding of signing before attending this class. Prerequisite: Previous sign language experience or instruction.

Aimee Kraus, (785) 456-1425, arkraus@wamego.net and Toni Kroll, (785) 313-5555.

Date: 09/06/2005 to 11/15/2005 (Tuesday)
Time: 7:45 PM to 9:15 PM
Fee: \$79.00
Location: Justin Hall 149, KSU

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CAROLYN HART (The "Death on Demand" Mysteries; The "Henrie O" Mysteries)
SUSAN ALBERT (The "China Bayles Herbal Mysteries"; The "Cottage Tales of Beatrix Potter")
PATRICIA SPRINKLE (The "MacLaren Yarbrough" Mysteries)

*The Return to Manhattan of the "Deadly Divas" with an early Friday
"How to do Everything" Seminar (standalone cost: \$30 including lunch & handouts)*

DENISE SWANSON (The "Scumble River Mystery" Series)

MARCIA TALLEY (The "Hannah Ives" Mystery Series)

LETHA ALBRIGHT (The "Viv Powers" Mystery Series)

SUSAN MCBRIDE (The "Debutant Dropout Mysteries" Series)

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Health & Wellness



CPR and First Aid (Medic First Aid)

05CHW03B

Sheryl Cornell, cornell@saintmail.net

Date: 10/01/2005 (Saturday)
Time: 8:30 AM to 4:30 PM
Fee: \$49.00
Location: UFM Banquet Room

Personal Safety and Self Defense for Women

05CHW01

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+.

Jill Shanteau, (785) 565-1308

Date: 09/23/2005 (Friday)
Time: 6:00 PM to 9:00 PM
Fee: \$29.00
Location: College Ave. United Methodist Church
1609 College Ave.

Introduction to Reiki

05CHW09C

Sarah English

Date: 10/31/2005 (Monday)
Time: 7:00pm to 9:00pm
Fee: \$20.00
Location: 513 Leavenworth Street, Suite B

Introduction to Sahaj Marg Meditation

05CHW02

You are invited to attend an informal seminar on Sahaj Marg system of Raja Yoga Meditation. In Sahaj Marg Meditation there is a unique technique called Cleaning, 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. Additional meeting times will be announced on the first day.

Gayathri Kambhampati

Date: 10/09/2005 (Sunday)
Time: 10 AM to Noon
Fee: No Charge
Location: UFM Conference Room

Living the Art: Jin Shin Jyutsu

05CHW08

Jin Shin Jyutsu, the creator's art of living, awakens us to the concept that all one needs for harmony and balance lies within. Disharmonies and tensions are the result of our daily habits, mental & emotional anxieties, heredity, and injuries. Through Jin Shin Jyutsu we can harmonize the body's energy, increase self awareness, enhance well-being, and reconnect to our innate wisdom. This class emphasizes experiencing this art with simple, yet powerful self help practices.

Kate Cashman, (785) 537-1911, is a certified Jin Shin Jyutsu practitioner and self-help instructor.

Date: 09/12/2005 to 09/26/2005 (Monday)
Time: 7:00 PM to 9:00 PM
Fee: \$25.00
Location: 811 Colorado Street

Elements of Speech Reading

05CHW13

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 Maata, (785) 539-7361, LISTENAA@sbcglobal.net, has been working with people with hearing loss for more than 2 decades. She has supported hearing aid users ranging in age from 1 to 103. 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: 09/12/2005 to 10/03/2005 (Monday)
Time: 7:00 PM to 9:00 PM
Fee: \$12.00
Location: 1133 College Ave., lower level, Bldg. A

Introduction to Reiki

05CHW09A

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 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. She also is a certified Wholistic Life Coach. She's been helping people find their soul's purpose since 1992.

Date: 09/19/2005 (Monday)
Time: 7:00 PM to 9:00 PM
Fee: \$20.00
Location: 513 Leavenworth Street, Suite B

Introduction to Reiki

05CHW09B

Sarah English

Date: 10/08/2005 (Saturday)
Time: 9:00 AM to 11:00 AM
Fee: \$20.00
Location: 513 Leavenworth Street, Suite B

CPR and First Aid (Medic First Aid)

05CHW03A

This course trains students in child, infant and adult CPR, first aid and emergency care skills. Designed to meet Kansas regulatory requirements and the American Heart Association for CPR and first aid for day care providers, school personnel, bus drivers, athletic instructors, babysitters, and new parents. Upon completion of this course, the student will be able to approach and manage a basic emergency situation. This course qualifies as Level I training for Girl Scouts. No matter if you are a novice or experienced provider this class is taught in a low stress, informative environment. Medic First Aid is different than Red Cross First Aid training.

Sheryl Cornell, cornell@saintmail.net, has been training First Aid and CPR for USD 383 for more than six years.

Date: 09/24/2005 (Saturday)
Time: 8:30 AM to 4:30 PM
Fee: \$49.00
Location: UFM Banquet Room

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You and Your Hearing Aids

05CHW14A

Family and friends thought you were having problems hearing. 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 aid in peak condition, and how to get the most out of the instruments and hearing you have.

Dr. M'Eliz Maatta, 539-7361, LISTENAA@sbcglobal.net, has been working with people with hearing loss for more than 2 decades. She has supported hearing aid users ranging in age from 1 to 103. 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: 10/04/2005 to 10/04/2005 (Tuesday)
Time: 7:00 PM to 9:00 PM
Fee: \$12.00
Location: 1133 College Ave., lower level, Bldg. A

You and Your Hearing Aids

05CHW14B

M'Eliz Maata, (785) 539-7361, LISTENAA@sbcglobal.net

Date: 10/20/2005 to 10/20/2005 (Thursday)
Time: 7:00 PM to 9:00 PM
Fee: \$12.00
Location: 1133 College Ave., lower level, Bldg. A

Beginning Yoga

05CHW15AZ

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, D -(785) 537-8224, H - (785) 341-9908, gmail.com, has been teaching Yoga since 1984. She began her own practice of Yoga in the early 1970's. "My purpose is to give people a way that they can improve all ares of their lives-so that they become happier, healthier and more relaxed."

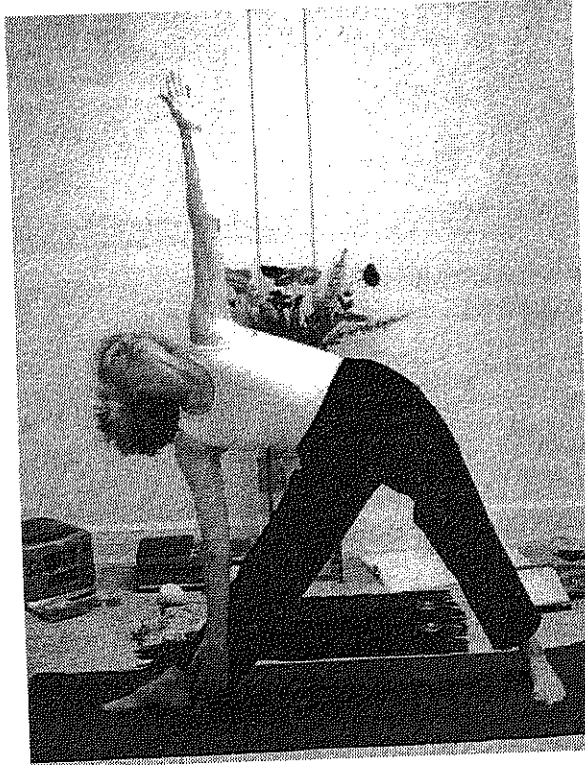
Date: 10/04/2005 to 12/08/2005 (Tuesday / Thursday)
NO CLASS November 1, 3, 8, 24
Time: 10:00 AM to 11:00 AM
Fee: \$104.00
Location: Ahearn Dance Studio, Room 301

Beginning Yoga

05CHW15BZ

Ana Franklin, D: (785) 537-8224, H: (785) 341-9908, gmail.com

Date: 10/05/2005 to 12/07/2005 (Monday / Wednesday)
NO CLASS November 2, 7, 23
Time: 3:00 PM to 4:00 PM
Fee: \$104.00
Location: Ahearn Dance Studio, Room 301



Intermediate Yoga

05CHW21Z

This course will increase the student's understanding of how to use the practice of yoga creatively to enhance all aspects of human life. Practice areas will include adapting asanas and movement, using various breathing techniques, creating an individualized practice, and in-depth study of Yoga Sutras. Students will learn breathing methods and continue to refine the asanas while learning to adapt them to the individual body-type. Please bring a yoga/exercise mat and wear comfortable clothing that allows a full range of movement. It is best not to eat for at least two hours before the class. This course is for those who have taken at least sixteen yoga classes and practiced yoga on a regular basis for not less than eight weeks.

Ana Franklin, D: (785) 537-8224, H: (785) 341-9908, gmail.com

Date: 10/05/2005 to 12/07/2005 (Monday/Wednesday)
NO CLASS November 2, 7, 23
Time: 1:30 PM to 2:30 PM
Fee: \$104.00
Location: Ahearn Dance Studio, Room 301

Yoga For a Better Life

05CHW44A

Yoga is not just for your body. Since people are alot more than just bodies, Ana teaches Yoga as a means to enhance all aspects of a person's life. The ancients who invented the art of Yoga, gave it a name which means 'union', 'harmony' or 'relationship'. In this class, we will use the breath, the voice, the imagination as well as the body, to see how we can feel better in all areas of our lives.

Ana Franklin D: (785) 537-8224 H: (785) 341-9908 Email: gmail.com

Date: 10/04/2005 to 10/20/2005 (Tuesday/Thursday)
Time: 6:00 PM to 7:00 PM
Fee: \$69.00
Location: 321 Poyntz Avenue, Suite A

Yoga For a Better Life

05CHW44B

Ana Franklin D: (785) 537-8224 H: (785) 341-9908
Email: gmail.com

Date: 11/10/2005 to 12/01/2006 (Tuesday / Thursday)
NO CLASS November 24
Time: 6:00 PM to 7:00 PM
Fee: \$69.00
Location: 321 Poyntz Avenue, Suite A

Responding to Emergencies

05CHW19AZ

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). Books are Available for purchase at Red Cross.

Carol Stites

Date: 09/20/2005 to 11/03/2005 (Tuesday/Thursday)
Time: 3:00 PM to 5:00 PM
Fee: \$182.00
Location: American Red Cross Office, 2601 Anderson Ave.

Responding to Emergencies

05CHW19BZ

Carol Stites

Date: 09/19/2005 to 11/07/2005 (Monday/Wednesday)
NO CLASS October 3
Time: 2:00 PM to 4:00 PM
Fee: \$182.00
Location: American Red Cross Office
2601 Anderson Ave.

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

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PALMA M. HOLDEN
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539-1183

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Reiki Teacher & Practitioner
776-1766

SHARON LANDRITH
Medical & Personal Intuitive, Healing Touch
Practitioner & Meditation Teacher
468-3531

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

MARILYN TOMICH
Astrology Consultant
537-8335



First Aid/CPR/AED Instructor 05CHW20Z

The First Aid/CPR/AED Instructor Course will provide candidates with the knowledge and skills necessary to teach the First Aid/CPR/AED courses and modules. These courses include Workplace Training: Standard First Aid; Adult/Child/Infant CPR; AED Essentials; and combinations thereof; as well as six Injury Control Modules. Orientation to the Community Program materials is also included in the training. Instructor candidates will also receive an introduction to the history, structure, activities, and policies and procedures of the Red Cross through Fundamentals of Instructor Training, a prerequisite module which will prepare instructor candidates to teach to a diverse population and ensure course consistency, quality and appropriate training. BOOKS AVAILABLE FOR PURCHASE AT RED CROSS.

Prerequisites:

1. Correctly answer at least 80% of questions in each section of written pre-course exams, covering material contained in the basic level First Aid, and Adult, Child and Infant CPR courses.
2. Demonstrate ability to perform First Aid, and Adult, Child and Infant CPR skills in accordance with Red Cross standards.
3. Have current First Aid, and Adult, Child and Infant CPR certificates issued within last 6 months.

Certification requirements: Successfully complete precourse session, attend and successfully participate in all course sessions, successfully complete the required number of practice teaching assignments, demonstrate acceptable level of maturity and responsibility consistent with Red Cross standards, correctly answer at least 80% on final instructor course written exam. Questions regarding course information may be directed to the instructor.

Carol Stites clsswim@yahoo.com

Date: 10/10/2005 to 11/14/2005 (Monday)
Time: 4:00 PM to 8:30 PM
Fee: \$124.00

Location: American Red Cross Office, 2601 Anderson Ave.

Community CPR & First Aid 05CHW25C

Abby Scheopner, ars9977@ksu.edu

Date: 11/13/2005 to 11/20/2005 (Sunday)
Time: 1:00 PM to 5:00 PM
Fee: \$50.00
Location: UFM Conference Room

First Aid 05CHW26A

This course teaches First Aid skills only. No CPR. This class last 4 hours and is a one day class. Materials need to be purchased at the Red Cross office prior to class.

Abby Scheopner, ars9977@ksu.edu

Date: 09/25/2005 (Sunday)
Time: 1:00 PM to 5:00 PM
Fee: \$32.00
Location: UFM Conference Room

First Aid 05CHW26B

Abby Scheopner, ars9977@ksu.edu

Date: 10/08/2005 (Saturday)
Time: 1:00 PM to 5:00 PM
Fee: \$32.00
Location: UFM Conference Room

First Aid 05CHW26C

Abby Scheopner, ars9977@ksu.edu

Date: 12/04/2005 to 12/04/2005 (Sunday)
Time: 1:00 PM to 5:00 PM
Fee: \$32.00
Location: UFM Conference Room

CPR Challenge 05CHW27A

This class is for those already certified in CPR, but their certification is coming due or is within 30 days of expiration. Participants must demonstrate all skills involved with CPR.

Abby Scheopner, ars9977@ksu.edu

Date: 09/18/2005 (Sunday)
Time: 9:00 AM to 12 N
Fee: \$32.00
Location: UFM Conference Room

CPR Challenge 05CHW27B

Abby Scheopner, ars9977@ksu.edu

Date: 12/03/2005 (Saturday)
Time: 9:00 AM to 12 N
Fee: \$32.00
Location: UFM Conference Room

Journey of Holistic Healing 05CHW23

Each week we will focus on a different healing modality, all of which can assist you in a journey of healing. The journey of healing will include topics such as, Know your Numbers, What Have You Told Your Body Today, Animal Spirits, Plant Spirits, Gemstone Guardians, Reiki and Listen To Your Heart. Please bring a notebook and pen: You will want to take notes!

June Hunzeker

Date: 08/29/2005 to 11/28/2005 (Monday)
NOTE: THIS CLASS MEETS EVERY OTHER WEEK!
Time: 7:30 PM to 8:30 PM
Fee: \$58.00
Location: UFM Multipurpose Room

Community CPR & First Aid 05CHW25A

This is an 8 hour course that includes training in Adult, Child, and Infant CPR and First Aid. Participants will learn to recognize and care for breathing and cardiac emergencies in adults, infants, and children; controlling bleeding; and many other useful skills. Purchase book at the Red Cross--2601 Anderson Ave.

Abby Scheopner, ars9977@ksu.edu

Date: 09/17/2005 (Saturday)
Time: 9:00 AM to 5:00 PM
Fee: \$50.00

Location: UFM Conference Room

Community CPR & First Aid 05CHW25B

Abby Scheopner, ars9977@ksu.edu

Date: 10/23/2005 to 10/30/2005 (Sunday)
Time: 1:00 PM to 5:00 PM
Fee: \$50.00

Location: UFM Conference Room

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Beginning Tai Chi Chaun 05CHW31
Practiced by millions of people around the world, the ancient and gentle Chinese martial art of tai chi offers the perfect balance of mind and body, strength and flexibility, grace and agility. Its smooth, fluid movements offering exercisers of all ages improved fitness, stress reduction, and total relaxation. In this class we will introduce the Yang style short form, which can be practiced by young and old, any-time, any place.

Mei Hwa (Tina) Terhune, (785) 539-4277, is a Native of China where, she acquired her knowledge of Tai Chi Chaun while attending Ming Chuang University in Taipei, Taiwan. She specializes in 24 movement Beijing style, and "Cheng Man-Ching" Yang style short form, she also is a certified instructor for Tai Chi for Arthritis.

Date: 09/07/2005 to 10/12/2005 (Wednesday)
Time: 5:30 PM to 6:30 PM
Fee: \$42.00
Location: UFM Banquet Room

Wu Style Tai Chi 05CHW46
This long form version of Tai Chi was developed by Wu Chien Chuan and has been very popular in SE Asia, Europe, and the US. The exercise sessions will consist of Chi Gong exercise warm-up and study on the Long form (108 forms). Wear loose clothing and flat shoes for a low impact type of exercise.

Mark Moser started learning International folk dancing with the Grapevine International Folk Dancers of Wichita in the mid '70's. Also Mark began studying Tai Chi while in the Peace Corps in Malaysia in the early '70's. Having become a part of the Chinese community of Ipoh, his learning experience was unique study in Tai Chi and the Chinese culture. Upon returning to the U.S., he taught Tai Chi for the Wichita Free University for several years.

Date: 09/24/2005 to 11/19/2005 (Saturday)
NO CLASS October 29
Time: 10:00 AM to 11:00 AM
Fee: \$47.00
Location: UFM Fireplace Room

Meditation & Relaxation 05CHW35
Participants will experience simple meditation and relaxation exercises in a group setting. This class is good for beginners and anyone who wants to bring a little bit of peace to the present moment.

Palma Holden, (785) 539-1183, is a member of the Iris Cooperative and Livingwell communities and currently serves as a writing tutor and a personal/ pet spiritual intuitive. She began her own spiritual journey in earnest seven years ago (fall 1998) and has been a student of Sharon Landrith's meditation classes. Palma has an M.S. in Education, a B.A. in English & Education, and a background that includes teaching, counseling and running a small business.

Date: 08/23/2005 to 09/27/2005 (Tuesday)
Time: 7:00 PM to 8:30 PM
Fee: \$44.00
Location: 103 S. 4th St. Suite 28, Ulrich Bldg. (Upstairs)

**Meditation & Relaxation:
Developing Intuition** 05CHW47
This class is designed for those who want to move beyond basic meditation and relaxation to developing greater awareness of the body, mind, and spirit connection. We'll tune into subtle cues from our physical and spiritual environments using color, guided imagery, music, and breath-work.

Palma Holden, (785) 539-1183, is a member of the Iris Cooperative and Livingwell communities and currently serves as a writing tutor and a personal/ pet spiritual intuitive. She began her own spiritual journey in earnest seven years ago (fall 1998) and has been a student of Sharon Landrith's meditation classes. Palma has an M.S. in Education, a B.A. in English & Education, and a background that includes teaching, counseling and running a small business.

Date: 10/11/2005 to 11/15/2005 (Tuesday)
Time: 7:00 PM to 8:30 PM
Fee: \$44.00
Location: 103 S. 4th St. Suite 28, Ulrich Bldg. (Upstairs)

Register for your
next UFM Class ONLINE at
www.tryufm.org/

Stress Management 05CHW42
Stress is a fact of life, there's no way around that. Learn a variety of ways that we can manage our stress so that it won't manage us! Some gentle breathing exercises, stretching, use of the voice and more will be introduced to help reduce stress and to improve the quality of our lives.

Ana Franklin D: (785) 537-8224 H: (785) 341-9908 Email: yogaconnection@kansas.net

Ana has been teaching Yoga since 1984. She began her own practice of Yoga in the early 1970's. "My purpose is to give people a way that they can improve all areas of their lives-so that they become happier, healthier and more relaxed."

Date: 11/10/2005 to 12/06/2005 (Tuesday/Thursday)
NO CLASS November 24
Time: 5:00 PM to 6:00 PM
Fee: \$68.00
Location: 321 Poyntz Avenue, Suite A

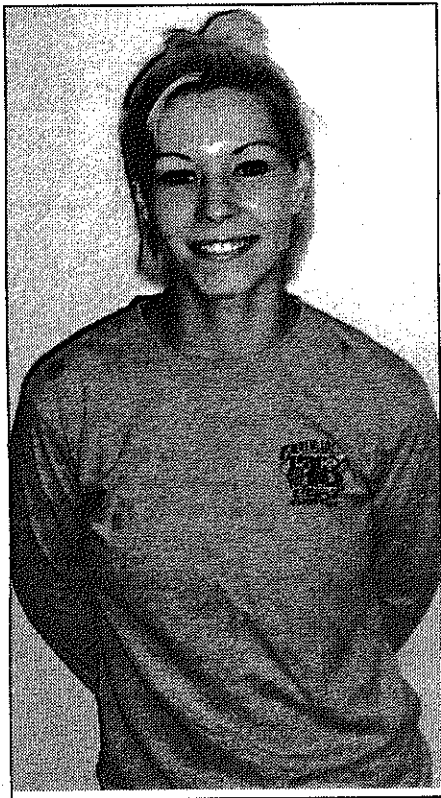


Discussion on Essential Oils 05CHW45
Discussion and sharing of experiences with essential oils. Report on the research of essential oils on cancer cells. Samples to share.

Enell Foerster, (785) 537-0977, foer@kansas.net, has studied and used essential oils for several years. She has taught Chi-Lel-Chi Gong, Red Cross CPR & First Aid, Yoga, Aquatic exercises, Aerobic Dancing classes and is a certified Body Recall exercise instructor.

Date: 10/08/2005 (Saturday)
Time: 9:30 AM to 11:30 AM
Fee: \$15.00
Location: UFM Conference Room

FEATURED INSTRUCTOR



Q & A with Kelly Marshall,
Hip-Hop Dance Instructor

**"UFM classes
are my favorite
classes to teach
because I get
the coolest
people and the
range is so
diverse."**

Q: How did you get involved in hip hop?:

A: "I was a kid in the 80's dancing around in our living room. I had been in and out of dance classes and then found breakdancing. I liked it because I am more of a performer and that is what hip hop is about."

Q: How long have you been teaching?:

A: "I have been teaching for about two years. I trained from the Culture House in KC. I liked what they were trying to do and what they were about. I also like how flexible the hours are."

Q: Where is some place you would like to visit and why?:

A: "I would love to visit Japan because I have family there and also because their culture is very interesting."

Q: Any tips for non-dancers or anyone wanting to learn?:

A: "If you are dancing and you feel awkward, then you are probably doing it right. Being silly is the purpose. Embrace your own style. Don't dance like everybody else. Let your own style evolve."

Q: One thing people would be surprised to know about you:

A: "I used to teach preschool and all my students knew how to breakdance."

Career & Finance



Gain Control of Your Money & Become Debt Free

05CFC01

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, (785) 776-3666, cmb@ksu.edu, is the instructor for Women & Money, a 9-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: 10/17/2005 (Monday)
Time: 7:00 PM to 8:30 PM
Fee: Individual - \$12.00; Couple - \$16.00
Series (Both Take Control and Investing):
Individual - \$16.00; Couple - \$20.00
Location: UFM Conference Room

Investing in Your Future

05CFC02

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.

Date: 10/24/2005 (Monday)
Time: 7:00 PM to 8:30 PM
Fee: Individual - \$12.00; Couple - \$16.00
Series (Take Control and Investing)
Individual - \$16.00; Couple \$20.00
Location: UFM Conference Room

Fundraising 101

05CFC16C

Linda Harvey, writergirls@cox.net

Date: 11/12/2005 (Saturday)
Time: 9:30 AM to 11:00 AM
Fee: \$48.00
Location: UFM Conference Room

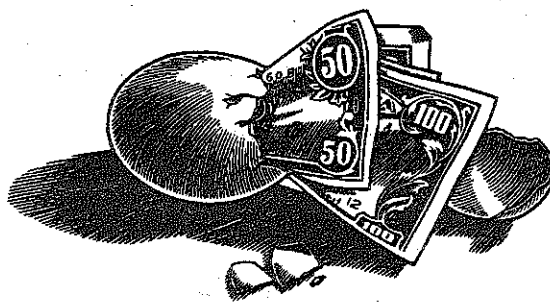
Exploring Entrepreneurship

05CFC34

Prospective entrepreneurs will learn the basic steps of setting up a new small business. Topics will include: taxes, financing, legal structure, insurance, business plan outline and business license/permits.

Chad Jackson

Date: 09/15/2005 (Thursday)
Time: 9:00 AM to 11:00 AM
Fee: \$32.00
Location: Manhattan Area Chamber of Commerce,
Board Room



ABCs of Grant Writing (Basic)

05CFC09

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. Learn the ins-and-outs of grant research, prospect research, and the basic types of grants available through a five-week, online course in grantwriting. Online modules will utilize PowerPoint presentations (with audio), handouts and a class message board. (Proposal writing will be covered in another online class)

Linda Harvey, writergirls@cox.net, 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 and teaches writing in K-State's journalism school. She is a graduate of KSU and also holds a master's degree in public administration from the University of Nebraska.

Date: 10/01/2005 (Saturday)
Time: 9:00 AM to 11:00 AM
Fee: \$42.00
Location: UFM Conference Room

Women & Money

05CFC11Z

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. Speakers include representatives from Kansas Insurance Dept, Kansas Securities Commission, Social Security Administration, Riley County Extension, and local financial offices.

Charlene Brownson, cmb@ksu.edu

Date: 09/12/2005 to 11/14/2005 (Monday)
NO CLASS October 3
Time: 3:00 PM to 5:00 PM
Fee: \$35.00
Location: KSU Bluemont Hall Room 114

Working with the Media

05CFC17A

Learn about working with the media from an experienced journalist and public relations professional. Discussion will include how to build relationships with the media, different public relations tools (news releases, fact sheets, interviewing) practical advice, what is news, and rising technology to your benefit. This workshop is designed for small businesses, owners, and non-profit professionals as well as volunteers.

Linda Harvey, writergirls@cox.net

Date: 09/17/2005 (Saturday)
Time: 12:30PM to 2:30PM
Fee: \$48.00
Location: UFM Fireplace Room

Working with the Media

05CFC17B

Linda Harvey, writergirls@cox.net

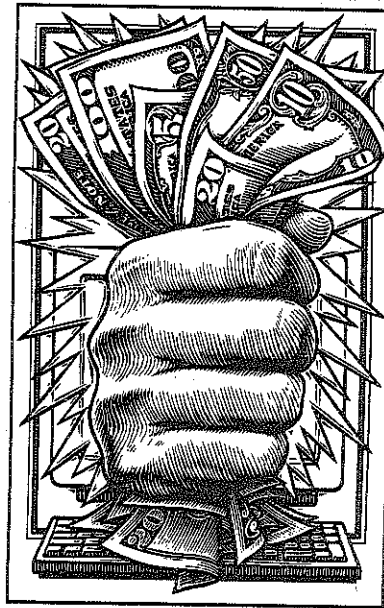
Date: 10/22/2005 (Saturday)
Time: 12:30 PM to 2:30 PM
Fee: \$48.00
Location: UFM Conference Room

Working with the Media

05CFC17C

Linda Harvey, writergirls@cox.net

Date: 11/12/2005 (Saturday)
Time: 12:30PM to 2:30PM
Fee: \$48.00
Location: UFM Conference Room



Fundraising 101

05CFC16A

Learn the basics of fundraising for your organization. Discussion will include working with donors, different types of fund raising, and why and how people give to philanthropic causes/charities.

Linda Harvey, writergirls@cox.net

Date: 09/17/2005 (Saturday)
Time: 9:30 AM to 11:00 AM
Fee: \$48.00
Location: UFM Fireplace Room

Fundraising 101

05CFC16B

Linda Harvey, writergirls@cox.net

Date: 10/22/2005 (Saturday)
Time: 9:30 AM to 11:00 AM
Fee: \$48.00
Location: UFM Conference Room

Register for your
next UFM Class
ONLINE at
[www.tryufm.org!](http://www.tryufm.org)

Youth Classes



Sportsnastics

05CYO17B

Lorissa Ridley (785) 776-6060

Date: 10/04/2005 to 10/25/2005 (Tuesday)
 Time: 9:00 AM to 9:30 AM
 Fee: \$39.00, additional family member \$30.00
 Location: 3615 Claflin Road, Cottonwood Racquet Club

Archery for Youth

05CYO01A

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

Tom Korte, (785) 494-8889

Date: 09/26/2005 to 10/17/2005 (Monday)
 Time: 5:45 PM to 6:45 PM
 Fee: \$20.00
 Location: 1125 Laramie Plaza, upstairs

Archery for Youth

05CYO01B

Tom Korte, (785) 494-8889

Date: 10/24/2005 to 11/14/2005 (Monday)
 Time: 5:45 PM to 6:45 PM
 Fee: \$20.00
 Location: 1125 Laramie Plaza, upstairs

Introduction to the Nutcracker Ballet and Tap Dancing

05CYO06

This beginning class is designed to teach students basic ballet steps and dances from the Nutcracker Ballet. The second half of the class introduces basic tap steps. No dance experience or formal dance attire necessary. For children ages 4-12.

Randi Dale, (785) 539-5767, has taught dance for 42 years. Her dance choir toured the Midwest and Europe. She is a certified teacher with a Master's Degree in Education. In the Spring of 2005 her dance students performed the classic story ballet Coppelia and in 2004 they performed Alice in Wonderland. Her original choreography is designed for children.

Date: 08/30/2005 to 09/27/2005 (Tuesday)
 Time: 6:30 PM to 7:15 PM
 Fee: \$19.00
 Location: 2416 Rogers Blvd.

Wam Lum Kung Fu

05CYO07A

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 is from Massachusetts and has been practicing Wah Lum since the age of 13. Caryn enjoys teaching Kung Fu and she explains that she has learned more by teaching than from her years of practice!

Date: 09/13/2005 to 10/18/2005 (Tuesday)
 Time: 6:00 PM to 7:00 PM
 Fee: \$29.00
 Location: Ahearn Fieldhouse

Wam Lum Kung Fu

05CYO07B

Caryn Brooks

Date: 10/25/2005 to 12/06/2005 (Tuesday)
 NO CLASS November 22
 Time: 6:00 PM to 7:00 PM
 Fee: \$29.00
 Location: Ahearn Fieldhouse

DanceNastics

05CYO14A

An exciting gymnastic class that combines dance and cheer-leading. At the end of the session students will perform their routine. Ages 7-12 (5 to 6 years old can enroll with permission from the instructor.)

Lorissa Ridley, (785) 776-6060, has been involved in the field of fitness for over 23 years. At the age of 2, Lorissa began dance and gymnastics and martial arts at the age of 10. At age 14, Lorissa began her own gymnastics business at the YMCA in Junction City. After graduating from High School, Lorissa attended Wichita State University, majoring in dance. She weight trained with Mr. Kansas 1986 Body Building Champion. After WSU, Lorissa continued to coach and studied emergency medicine. In 1990, she opened CATTs, a children's gymnastics and dance gym in Wamego, Kansas, where she also began teaching adult fitness classes and personal training. Lorissa has danced professionally in various performances, including the Phoenix Suns, Country Music Television, NBC and much more. In 1999, Lorissa continued her own business, "K.O. Boxing & Fitness" in the Manhattan and Junction City area.

Date: 09/07/2005 to 09/28/2005 (Wednesday)
 Time: 5:00 PM to 5:30 PM
 Fee: \$57.00 / person, additional family members \$42.00 each
 Location: 3615 Claflin Road, Cottonwood Racquet Club

DanceNastics

05CYO14B

Lorissa Ridley, (785) 776-6060

Date: 10/05/2005 to 10/26/2005 (Wednesday)
 Time: 5:00 PM to 5:30 PM
 Fee: \$57.00 / person, additional family members \$42.00 each
 Location: 3615 Claflin Road, Cottonwood Racquet Club

Sportsnastics

05CYO17A

This will be a fun class for 4-5 year olds that will introduce many different sports including: baseball, volleyball, tennis, football, bowling and more, combined with gymnastics. Obstacle courses and games that involve sports and gymnastics will be played at the end each class. (3 year olds may be allowed in the class with instructor's permission - they may be required to be accompanied by a parent).

Lorissa Ridley, (785) 776-6060

Date: 09/06/2005 to 09/27/2005 (Tuesday)
 Time: 9:00 AM to 9:30 AM
 Fee: \$39.00, additional family member \$30.00
 Location: 3615 Claflin Road, Cottonwood Racquet Club

Hip Hop Dance for Teens

05CYO16

Tricks and shortcuts will be taught to help you become a better dancer. Being a good dancer is determined by your thought process, not coordination. No previous dancing experience is required. For Ages 13-18.

Cody Holub, (913) 568-2521, cbh4499@ksu.edu. Cody is a senior in Electronic Media and Advertising at K-State.

Date: 09/11/2005 to 11/06/2005 (Sunday)
 NO CLASS October 2
 Time: 4:15 PM to 5:15 PM
 Fee: \$36.00
 Location: UFM Banquet Room

Hip Hop for Ages 6 to 12

05CYO18A

Sick of school already? Want something to look forward to @ the end of the day? What better than a class that will keep your mind off school and your body in motion. This hip*hop class is geared towards those who have had a lot, a little or no dance experience @ all. Come make new friends, learn new moves and most of all HAVE FUN!!! Parents.....want a new way to tame those whipper-snappers? This class will be sure to use up some of that abundant energy youngin's seem to have so much of. See you there!

Kelly Marshall

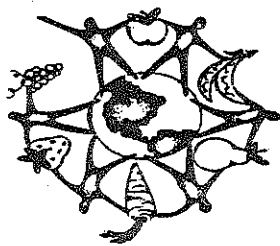
Date: 09/13/2005 to 10/25/2005 (Tuesday)
 Time: 5:45 PM to 6:30 PM
 Fee: \$52.00
 Location: International Student Center, KSU

Hip Hop for Ages 6 to 12

05CYO18B

Date: 11/01/2005 to 12/06/2005 (Tuesday)
 Time: 5:45 PM to 6:30 PM
 NO CLASS November 22
 Fee: \$52.00
 Location: International Student Center, KSU

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



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 organic@kansas.net

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Creative Free Time



Beginning Knitting

05CCF05A

Two projects (headband and hat) will be completed as you learn to cast-on, the knit stitch, the purl stitch, binding off, shaping and seaming. Materials for the first class project are short size 10" needles and a light colored bulky weight smooth yarn. These materials will be available for purchase at the first class. A materials list for the second project will be given in the first class.

Kennita Tully, (785) 537-1826

Date: 09/07/2005 to 09/28/2005 (Wednesday)

Time: 7:30 PM to 9:00 PM

Fee: \$31.00

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

Beginning Knitting

05CCF05B

Kennita Tully D: (785) 537-1826

Date: 10/26/2005 to 11/16/2005 (Wednesday)

Time: 7:30 PM to 9:00 PM

Fee: \$31.00

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

Beginning Knitting

05CCF05C

Kennita Tully, (785) 537-1826

Date: 09/29/2005 to 10/20/2005 (Thursday)

Time: 7:30 PM to 9:00 PM

Fee: \$31.00

Location: Wildflower Yarns & Knitwear

Harmonica Nights

05CCF06

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: 11/10/2005 (Thursday)

Time: 7:00 PM to 8:30 PM

Fee: \$22.00

Location: UFM Fireplace Room

Burn Baby Burn! (A DVD That Is!)

05CCF43A

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

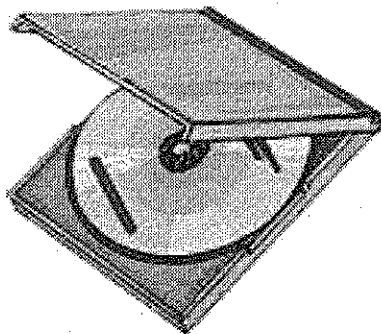
Gordon Schmid

Date: 10/10/2005 (Monday)

Time: 7:00 PM to 9:00 PM

Fee: \$25.00

Location: UFM Fireplace Room



Burn Baby Burn! (A DVD That Is!)

05CCF43B

Gordon Schmid

Date: 11/15/2005 (Tuesday)

Time: 7:00 PM to 9:00 PM

Fee: \$25.00

Location: UFM Fireplace Room

Basic Photography

05CCF13

This class focuses on using Single Lens Reflex (SLR) cameras and equipment (both film and digital). To get the most out of this class, participants should have either a film or digital SLR that users can take complete manual control of settings such as aperture and shutter speed. People with other types of cameras are welcome to take the class, but if you don't have the ability to manually control camera settings you won't get as much from the class. 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. Discussion of issues relevant to digital photography such as white balance and resolution will be covered if necessary. The class will emphasize landscape and nature photography, but anyone interested in photography will benefit. This class is geared toward beginning photographers and those wishing to know more about a camera operation and nature photography. To get the most out of the class, participants are encouraged to bring their camera to each class. Tripods will also be beneficial. The class will include 3 classroom meetings and 2 field trips. Exact times of the field trips will be discussed at the first class but will be in the evenings a couple of hours before sunset. The fee includes an 8x10 picture and a photography booklet. Participants will be responsible for their own film and development costs. In addition, participants are encouraged to bring prints from the field trips to the following class session for discussion.

Scott Bean, (785) 776-9441, srbean@ksu.edu, has been enjoying the hobby of nature photography for over several 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: 09/29/2005 to 10/13/2005

(THURSDAY / Sunday)

THURSDAYS (CLASS TIME) 7-9PM

SUNDAYS (FIELD TRIP)

Time: 7:00 PM to 9:00 PM

Fee: \$48.00

Location: UFM Conference Room

Take a Peek at the Past

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

Riley County Historical Museum

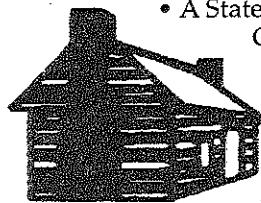
2309 Claflin

- 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

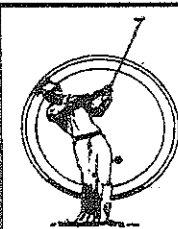
and by appointment

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



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Photography II 05CCF27
This class will focus on photographic composition and creativity. Class sessions will primarily revolve around analyzing pictures from the field trips. Field trips will be designed to help students think about composition and the idea of "creating" a photograph rather than simply taking a snapshot. Participants will be responsible for their own film and development costs. In addition, participants are encouraged to bring prints from the field trips to the following class session for discussion.

Scott Bean, (785) 776-9441, srbean@ksu.edu.

Date: 10/12/2005 to 10/26/2005 (Wednesday / Sunday)
Wednesday (Class Time) 7:00 PM to 9:00 PM
Sunday (Field Trips) To Be Announced in 1st class (will be in the evening a couple of hours before sunset)
Time: 7:00 PM to 9:00 PM
Fee: \$49.00
Location: UFM Conference Room

Intro to the Digital Darkroom: Images processing and printing 05CCF65
Digital imaging is becoming increasingly popular and the development of the "digital darkroom" has made it possible for people to make high quality prints of photographs or other artwork at home. This class will introduce basic information on digital image processing and printing. Some of the topics to be covered will include image capture (either with a scanner or digital camera), image resolution, color management, processing digital images, and making prints with inkjet printers. This class will benefit anyone interested in scanning photographs, art, or digital photographers that are new to the 'digital darkroom.'

Scott Bean, (785) 776-9441, srbean@ksu.edu

Date: 11/07/2005 to 11/21/2005 (Monday)
Time: 7:00 PM to 9:00 PM
Fee: \$38.00
Location: UFM Conference Room

Wine 101: Wine Appreciation 05CCF20
Do you enjoy wine and want to know more about it? If so, this class is for you. Bob and Jeff M. will take you through different grape varieties, major wine regions, proper tasting techniques and wine storage. Six wines will be sampled each evening. Included will be food pairings provided by Mercado Gourmet Grocery. Jeff P. will be on hand to discuss food pairings with the wines. 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

Date: 09/02/2005 to 10/12/2005
Time: 7:00 PM to 9:00 PM
Fee: \$110.00
Location: UFM Conference Room 09/21 and 09/28
UFM Kitchen 10/05 and 10/12

Floral Design 05CCF28A
This class will cover the basics of floral design and techniques, rules of design and learning to tie bows, design vases, baskets, make corsage and boutinieres, arfeic craft projects, flower care and special occasion flower design. SUPPLIES NEEDED: Instructor will call with details. *Additional fees may be assessed for some projects.

Alisha Matz, aem9777@ksu.edu, began as a delivery driver at Main Street Flowers, in her hometown, then advanced in floral designs. She left after a year to attend college at KSU to major in Art Therapy. For the past five years Alisha has been employed with Dillion's in the Floral department.

Date: 08/25/2005 to 09/15/2005 (Thursday)
Time: 7:00 PM to 9:00 PM
Fee: \$49.00
Location: UFM Multipurpose Room

Floral Design 05CCF28B
Alisha Matz, aem9777@ksu.edu
Date: 10/06/2005 to 10/27/2005 (Thursday)
Time: 7:00 PM to 9:00 PM
Fee: \$49.00
Location: UFM Multipurpose Room

Floral Design 05CCF28C
Alisha Matz, aem9777@ksu.edu
Date: 11/17/2005 to 12/08/2005 (Thursday)
Time: 7:00 PM to 9:00 PM
Fee: \$49.00
Location: UFM Multipurpose Room

Rubber Stamping Basics 05CCF33A
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, (785) 494-2505, heather@oz-somestamps.com

Date: 09/19/2005 (Monday)
DEADLINE September 14
Time: 7:00 PM to 9:00 PM
Fee: \$19.00
Location: UFM Kitchen

Rubber Stamping Basics 05CCF33B
Heather Scott, (785) 494-2505, heather@oz-somestamps.com
Date: 11/28/2005 (Monday)
DEADLINE November 23
Time: 7:00 PM to 9:00 PM
Fee: \$19.00
Location: UFM Kitchen

Rubber Stamping Triple Technique 05CCF31A
Triple your stamping and scrapbooking fun each time you take this class! Learn how to use some old favorites, some new gotta haves, and even some things you probably have lying around the house! You will learn 3 new techniques every session and complete a card for each technique, plus you will receive a technique sheet to keep in a binder for future reference. Techniques we will be learning this semester will be: Crayon resist, Faux Metal Accents, Faux Batik, Drunken Chalks, Rainbow Strip Flip plus 3 Mystery Techniques! All supplies and materials are provided-bring your own adhesive, scissors and cutter if you prefer your own.

Heather Scott, (785) 494-2505, heather@oz-somestamps.com

Date: 09/07/2005 (Wednesday)
DEADLINE September 2
Time: 7:00 PM to 9:00 PM
Fee: \$21.00
Location: UFM Conference

Rubber Stamping Triple Technique 05CCF31B
Heather Scott, (785) 494-2505, heather@oz-somestamps.com

Date: 10/10/2005 (Monday)
DEADLINE October 5
Time: 7:00 PM to 9:00 PM
Fee: \$21.00
Location: UFM Kitchen

Rubber Stamping Triple Technique 05CCF31C
Heather Scott, (785) 494-2505, heather@oz-somestamps.com
Date: 11/07/2005 (Monday)
DEADLINE November 2
Time: 7:00 PM to 9:00 PM
Fee: \$21.00
Location: UFM Kitchen

Manhattan Arts Center advertisement featuring Bird House, Live Theatre, Galleries, and Swing City Jazz. Includes dates, times, and contact information for the center.



**Brain Gym Core Course Series-
Optimal Performance**

05CCF29A

Learn and review the 26 movements that are considered the Brain Gym "c" Activities. Brain Gym "c" is the registered trademark of Brain Gym "c" International/Educational Kinesiology Foundation. (www.braingym.org, 800-356-2109). This set of simple activities enhances whole brain learning. When used with awareness and intention, participants often experience immediate and profound improvement. The activities have a simple, physiological basis and are easily done in less than five minutes. This workshop offers a brief insight into the physiological basis of PACE that has implications for explaining why the activities have such a significant impact on learning. PACE is a combination of four of the movements that are used before beginning a new learning experience to relieve stress and regain optimal performance. Often used anytime during learning, PACE becomes a useful habit for learners of all ages.

Also taught in this workshop is body awareness. Brain Gym is a body awareness program. The simple tool of "noticing" is vital to learning. One cannot store for later reference anything that is not noticeable by the mind/body system. Throughout the workshop participants will be reminded to bring their awareness into play and notice the impact it has on their overall effectiveness. The information will be explored in the Five Steps To Easy Learning Process taught in Educational Kinesiology. You are encouraged to come with a goal in mind such as "How to use what you learn effectively". This day offers you enough information and experience to begin to use Brain Gym successfully with yourself, your family, friends and/or your students.

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

Date: 09/24/2005 (Saturday)
Time: 9:30 AM to 4:30 PM
Fee: \$84.00
Location: TBA

**Brain Gym@Core Course Series-
Repeating**

05CCF29B

Learn and review PACE, the Brain Gym Learning Readiness Tool, which prepares the mind/body system for fun and easy learning. This learning "jump-start" is unique to Brain Gym and is useful whenever the participant feels a need to re-energize and/or gain more clarity for a more active and positive learning experience. These four Brain Gym activities have a simple, physiological basis and are easily done in less than five minutes.

This workshop includes two repeating techniques. The Dennison Laterality Repeating is a simple process that is unique to the work created by Dr. Paul Dennison, Ph.D., known as Educational Kinesiology. The Three Dimensional Repeating is a variation of this basic technique that requires a different body orientation with more in-depth use of the muscular system to re-organize the nervous system. Participants enhance basic movement patterns and create a higher level of whole brain learning by using these processes.

Also taught in this workshop is an awareness of the use of the muscular system to access information that can be helpful in understanding the participant's levels of integration or lack there of. With enhanced levels of muscular awareness you are able to make better choices in your learning and decision-making. Muscle response, often referred to as muscle checking or applied kinesiology by specialists, is explored at the level of group interest. The information will be explored in the Five Steps To Easy Learning Process for Whole Body Movement and can include goals for such academic skills as reading, writing, spelling and math.

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

Date: 10/15/2005 (Saturday)
Time: 9:30 AM to 4:30 PM
Fee: \$84.00
Location: TBA

**Brain Gym@Core Course Series-
Three Dimensions of Learning**

05CCF29C

This workshop offers practical applications of PACE, the Brain Gym learning readiness tool. This combination of four simple Brain Gym activities is encouraged anytime learners feel unprepared for what is to "come next" as they learn. Participants will experience using PACE in a variety of situations. The skill of "noticing" will be explored. This skill is most important in the learning process for the development of cognitive thinking. What we first experience in the body can then be recorded in the brain. Information will be presented by building knowledge piece by piece using the five steps to learning taught in Educational Kinesiology.

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

Date: 10/22/2005 (Saturday)
Time: 9:30 AM to 4:30 PM
Fee: \$84.00
Location: TBA

MANHATTAN FARMERS MARKET

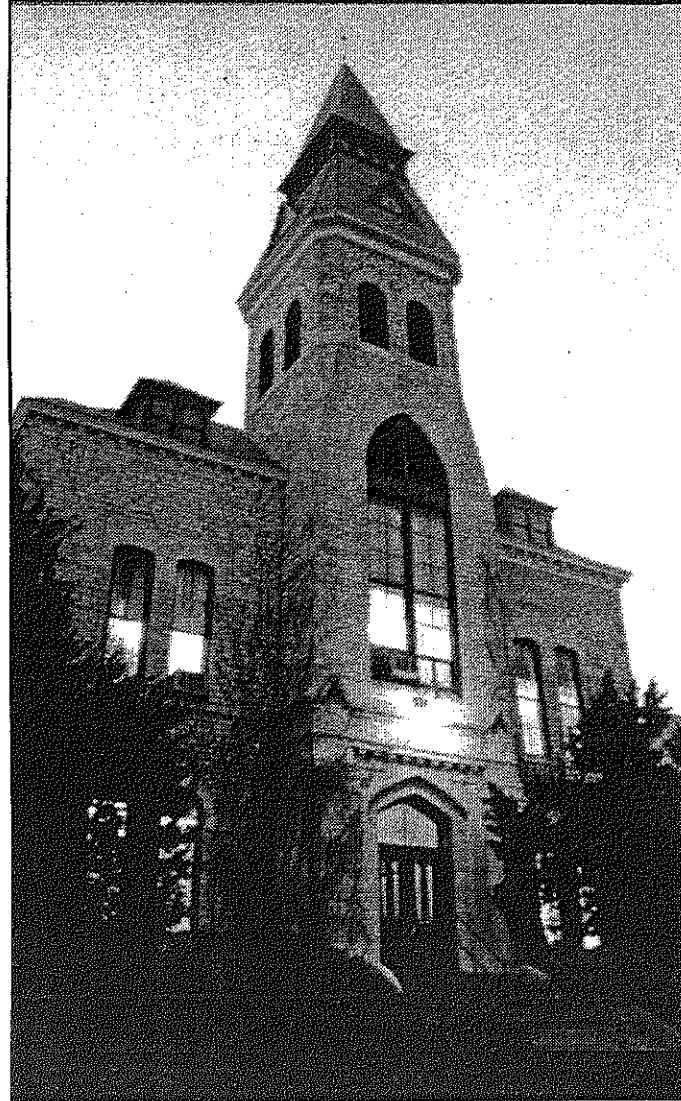
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**Brain Gym@Core Course Series-
Bringing It All Together**

05CCF29D

Learn and review all of the Brain Gym activities. Make it a habit of doing PACE. Create intentional movement using the 26 activities on a regular basis. Notice the differences you experience in academic skills, whole body movement and other life skills. This class brings your knowledge about Brain Gym together in a complete and expansive way.

This workshop helps students to refine the skills learned over a combination of 18 hours prior to Bringing It All Together. Practical implications are shared and a foundation for future support is developed. You will receive membership in the international organization, the Educational Kinesiology Foundation and materials to support the use of Brain Gym in your personal and/or professional life. Also learned in this workshop is any skill or technique that has been un-integrated in your previous Brain Gym learning. The dimensions of laterality, centering and focus are clearly experienced in the physiology of each participant allowing for easier communication, organization and focus in daily life activities.

For this additional six hour training, participants will receive a certificate for completion of the Brain Gym Core Course recognized as the basic class for all offerings of the Educational Kinesiology Foundation training program often referred to as Brain Gym 101. All classes in this series are taught by licensed instructors.

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

Date: 11/19/2005 (Saturday)
Time: 9:30 AM to 4:30 PM
Fee: \$84.00
Location: TBA

Piano I

05CCF35Z

This is a group keyboard class designed for beginners with no previous keyboard experience. This popular class teaches basic concepts which include note reading, rhythm reading, sight reading and group and individual playing. Outside practice is essential for progress in this class.

Jennifer Dean, (785) 410-2656

Date: 10/12/2005 to 12/07/2005
(Monday / Wednesday)
NO CLASS November 23
Time: 6:00 PM to 6:50 PM
Fee: \$119.00
Location: McCain, Room 127

Jewelry Making 101

05CCF54A

Would you like to make your own jewelry? In this class, you will learn basic beading techniques that you can use to make earrings, necklaces, and much more! All materials will be provided and each participant will take home the jewelry made in class.

Crystal Bryant

Date: 09/10/2005 (Saturday)
Time: 1:00 PM to 2:30 PM
Fee: \$28.00
Location: UFM Fireplace Room

Jewelry Making 101

05CCF54B

Crystal Bryant

Date: 10/15/2005 (Saturday)
Time: 1:00 PM to 2:30 PM
Fee: \$28.00
Location: UFM Fireplace Room

Jewelry Making 101

05CCF54C

Crystal Bryant

Date: 11/12/2005 (Saturday)
Time: 1:00 PM to 2:30 PM
Fee: \$28.00
Location: UFM Fireplace Room

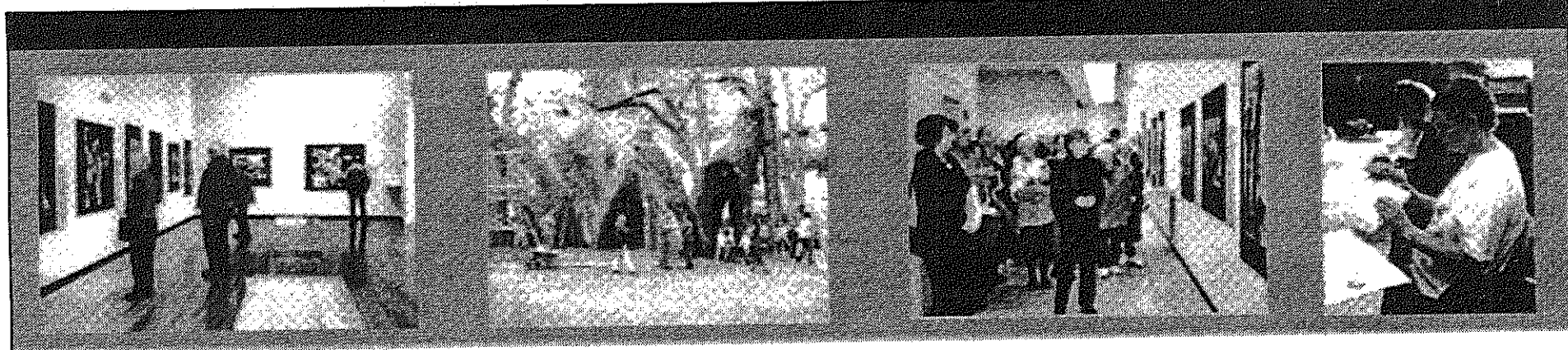
**Introduction to Watercolor and
Calligraphy**

05CCF55

This class will introduce Japanese sumi ink & watercolor painting on postcards. It is a unique method of communication in this technology-dominant society. You can create your own postcards with watercolor painting & calligraphy, and convey personal messages to your friends/colleagues. We will start with sketching small/seasonal items and writing some words in sumi ink, and paint it with watercolor. This class is designed for adults. Children at the age of 12 and younger are required to be accompanied by adult/parent.

Mariko Price is originally from Japan, currently a resident of Manhattan, and also a KSU graduate student. She developed her love of watercolor over the years, and acquired Japanese unique painting technique from two masters while in Japan.

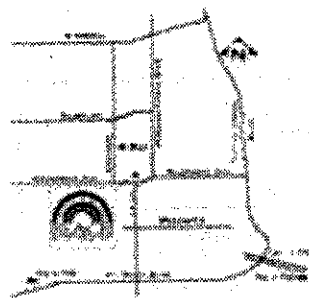
Date: 09/03/2005 to 12/03/2005 (Saturday)
Note: This class only meets the first and third Saturdays of the month.
Time: 10:00 AM to 11:30 AM
Fee: \$49.00
Location: UFM Kitchen



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Make Your Own Christmas Cards 05CCF63
Making your own creative Christmas cards is lots of fun. Join us to design multiple different cards. We will make 3 card designs each night.

Cara Leeds, (316) 992-3931, carajo40@aol.com
Date: 11/01/2005 to 11/15/2005 (Tuesday)
Deadline October 24
Time: 7:00 PM to 9:00 PM
Fee: \$33.00
Location: UFM Multipurpose Room

Safe & Creative Album Making (family photos & more) 05CCF42A

Where are your photos? It's time to turn that box of photos into an album full of pictures, memorabilia and journaled memories. You'll learn 5 easy steps: organize, crop, design layout, mount and journal. Your albums will give you and your family a lifetime of enjoyment, a priceless heirloom. Bring your last roll of film or 8 - 10 pictures of a theme. If you have scrapbooked and have existing supplies, bring them and I can teach you how to make quick simple borders for your pages.

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

Date: 10/10/2005 (Monday)
Time: 7:00 PM to 9:00 PM
Fee: \$14.00
Location: UFM Fireplace Room

Safe & Creative Album Making (family photos & more) 05CCF42B

Pamela Schmid
Date: 11/15/2005 (Tuesday)
Time: 7:00 PM to 9:00 PM
Fee: \$14.00
Location: UFM Fireplace Room

Scrapbook Basics 05CCF64A

This class is for all scrapbook beginners. We will learn how to use the latest tools and techniques. You bring the photos, and we will teach you how to turn them into wonderful pages. We will also teach you everything these is to know about supplies and low-budget scrapbooking. We will complete 1 to 2 pages.

Cara Leeds, (316) 992-3931, carajo40@aol.com
Date: 09/13/2005 (Tuesday)
Deadline Septemer 6
Time: 7:00 PM to 9:00 PM
Fee: \$21.00
Location: UFM Fireplace Room

Scrapbook Basics 05CCF64B

Cara Leeds, (316) 992-3931, carajo40@aol.com
Date: 10/12/2005 (Wednesday)
Deadline October 5
Time: 7:00 PM to 9:00 PM
Fee: \$21.00
Location: UFM Fireplace Room

Scrapbook Basics 05CCF64C

Cara Leeds, (316) 992-3931, carajo40@aol.com
Date: 11/10/2005 (Thursday)
Deadline November 3
Time: 7:00 PM to 9:00 PM
Fee: \$21.00
Location: UFM Multipurpose Room

Mother/Daughter Scrapbooking Class 05CCF62A
Mothers bring your daughters for an evening of fun. We will be making very fun and girly scrapbook pages, just for you. Bring any mother/daughter photos you have. If you do not have any, other pictures will work. We will provide all supplies needed. Feel free to bring your tools if you wish. We will make 4 to 6 pages.

Cara Leeds, (316) 992-3931, carajo40@aol.com, has been scrapbooking for over 8 years and loves it! She owns her own business called Scrappin' Boot Camp, that has events, supplies, a monthly kit club, and apparel. Cara loves teaching classes and cannot wait to share her love of scrapbooking with you!

Date: 09/22/2005 (Thursday)
Deadline September 12
Time: 7:00 PM to 10:00 PM
Fee: \$27.00
Location: UFM Fireplace Room

Mother/Daughter Scrapbooking Class 05CCF62B

Cara Leeds, (316) 992-3931, carajo40@aol.com
Date: 10/18/2005 (Tuesday)
Deadline October 6
Time: 7:00 PM to 10:00 PM
Fee: \$27.00
Location: UFM Fireplace Room

Triangle Frame Loom Weaving for Scarfs and Shawls 05CCF66

Hand weaving on a triangler frame, the loom dresses itself! Weaving is done with a continuous strand of yarn for both warp and weft, by weaving loops inside previous loops, to create beautiful shawls and small scarfs. No weaving experience necessary. There will be 2 small looms and several large looms available. You may purchase materials at class from instructor.

Enell Foerster, (785) 537-0977, foer@kansas.net, has studied and used essential oils for several years. She has taught Chi-Lel-Chi Gong, Red Cross CPR & First Aid, Yoga, Aquatic exercises, Aerobic Dancing classes and is a certified Body Recall exercise instructor.

Date: 09/24/2005 (Saturday)
Time: 9:00 AM to 4:00 PM
Fee: \$20.00
Location: UFM Multipurpose Room

Juice Packet Purses 05CCF67

What do you do with those colorful juice packets??? Well, here is an idea. Take those juice drinks and sew them together to make a juice purse. You don't even have to know how to sew; this class will teach you everything you need to know on how to put together your very own juice purse. When you are done making your purse you personalize it by adding your favorite accessories. Fun for all ages! Great gift ideas!

Rita Scheopner
Date: 09/17/2005 (Saturday)
Time: 9:00 AM to 11:00 AM
Fee: \$20.00
Location: UFM Multipurpose Room

Halloween Decorations 05CCF68

These spooky decorations will get your house ready for Halloween. If you know how to paint and glue, this class is for you. In this class you will be making candy dishes to put your treats in, Halloween baskets and wreaths. Fun for all ages! Great gift ideas!

Rita Scheopner
Date: 10/01/2005 (Saturday)
Time: 9:00 AM to 11:00 AM
Fee: \$20.00
Location: UFM Multipurpose Room

Jean Rugs 05CCF69

What to do with those old jeans??? Make a jean rug! If you know how to tie, then this is the perfect class for you! In this class, you will be taking old jeans and cutting them into strips and tying them together to make your very own jean rug! You then go back through and add your favorite colored material to add to your house. You will need to bring an old pairs of jeans.

Rita Scheopner
Date: 11/05/2005 (Saturday)
Time: 9:00 AM to 11:00 AM
Fee: \$20.00
Location: UFM Multipurpose Room

Christmas Decorations 05CCF70

This is a gift that will keep on giving or you can just place it around your house! In this class, you will be taking a painted flower pot and decorating it into a snowman. You will then fill this pot with goodies that you will make from scratch. Your family or friends will really enjoy this gift or keep it for yourself!

Rita Scheopner
Date: 12/03/2005 (Saturday)
Time: 9:00 AM to 11:00 AM
Fee: \$20.00
Location: UFM Multipurpose Room

Decorating Tips with Ann A Lee's 05CCF71

Learn the principles of decorating your room by applying colors and textures to enhance your home in an informal discussion format. The instructor will be sharing her experience with home decorating. You will get to see many interesting unique decorating items.

Lori Able, (785) 539-1720, is owner of Ann A Lee's, a unique home furnishing store. Ann A Lee's has been established in Manhattan for 2 years. Lori helps her customers with decorating designs and tips. She was a decorator for a home at the 2004 McCain Home Tour and 2003 Historical Society Home Tour.

Date: 09/06/2005 to 09/27/2005 (Tuesday)
Time: 7:00 PM to 8:00 PM
Fee: \$18.00
Location: Ann A Lee's, 8095 Hwy 24

Turn 20 Fat Quarters into a Quilt 05CCF73

This is an "Easy for Beginners" fun and fast quilt making class. The first class will be an introductory session including instructor's recommendation for materials. Turn 20 Fat Quarters in a quilt with or without outer borders. This is a good way to use up your Fat Quarter stash. Bring sewing machine and sewing materials after first class.

Joan Phelps
Date: 08/30/2005 to 09/27/2005 (Tuesday)
Time: 6:30 PM to 8:30 PM
Fee: \$48.00
Location: UFM Banquet Room

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Earth & Nature



Fly Fishing

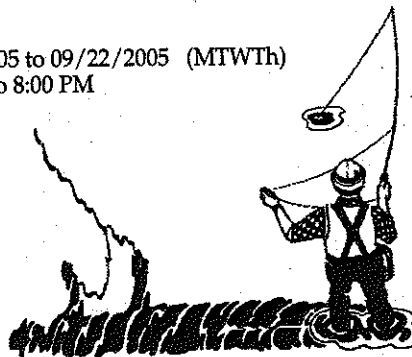
05CEN04AZ

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: 09/12/2005 to 09/22/2005 (MTWTh)
Time: 6:00 PM to 8:00 PM
Fee: \$90.00
Location: TBA



Fly Fishing

05CEN04BZ

Paul Sodamann

Date: 10/17/2005 to 10/27/2005 (MTWTh)
Time: 6:00 PM to 8:00 PM
Fee: \$90.00
Location: TBA

Intro to Solar Energy-Design Thoughts for Hot Water, Warm Air and Solar Electricity

05CEN23

We can use our abundant sunlight to cook our food, heat our homes and water and provide electricity and even make ice. I've professionally done some of these things and tinkered with others. This is an informal discussion of your and my thoughts on the sun's wide ranging possibilities. No questions too simple, and all answers welcome.

Bill Dorsett, (785) 539-1956, wmdorsett@sbcglobal.net

Date: 09/18/2005 (Sunday)
Time: 1:30 PM to 3:30 PM
Fee: \$12.00
Location: UFM Greenhouse

Astronomy Basics

05CEN30

The purpose is to introduce the participant to observational astronomy and astrophotography. Course discussion will include description of astronomical objects of interest, how to select equipment for observation, and photography. Most of the time will be spent gaining hands-on experience with equipment.

Ron Madl, (785) 770-9363 and Todd Tuttle. Ron is a faculty member in the department of Grain Science, KSU, and amateur astronomer. Todd is the founder of N. Central Kansas Astronomical Society and avid astronomer.

Date: 09/30/2005 to 11/04/2005 (Friday)
Meeting days are as follows:
September 30, October 28, November 4
Time: 7:30 PM to 10:30 PM
Fee: \$30.00, - additional family member \$10.00
Location: 1980 Kimball Ave., BiVAP Building

Home Landscape Design

05CEN08

Learn the basics of landscaping your home! Locally available resources will be presented. This course is a must for new residents to the Manhattan community or those of us with "brown thumbs."

Gregg Eyestone has used his horticulture degree from KSU as a County Extension Agent for 10 years. He has presented many landscaping classes and is looking forward to working with individuals whom have landscaping challenges.

Date: 09/14/2005 to 09/28/2005 (Wednesday)
Time: 6:30 PM to 8:30 PM
Fee: \$29.00
Location: 110 Courthouse Plaza, Extension Office

Home Greenhouses and Sunrooms-Design Thoughts for Plants & Warmth

05CEN21

Whether you want flowers and winter greens or just to heat adjoining rooms, sunrooms are certain to add light and enjoyment to your home. With slides, we will discuss at examples of sunrooms built here in Manhattan and talk of the various design considerations for both growing plants and exporting warmth. Bring your blueprints. Bill will be happy to discuss your particular home and plans.

Bill Dorsett (785) 539-1956, wmdorsett@sbcglobal.net, has been working with solar energy and building sunrooms in Manhattan since 1981.

Date: 09/17/2005 (Saturday)
Time: 1:30 PM to 3:30 PM
Fee: \$12.00
Location: UFM Greenhouse

Water Gardening for Beginners to Advanced

05CEN32

Mike Bonella, owner of Manhattan Aquarium Co. & Water Garden Center will be demonstrating how to build and maintain a healthy water garden. Learn how different types of filters work, how to choose the right pump and other supplies. Mike will answer any and all questions regarding ponds. After the course, students will receive valuable discount coupons.

Mike Bonella, (785) 537-3693

Date: 09/10/2005 (Saturday)
Time: 6:00 PM to 7:00 PM
Fee: \$12.00
Location: Manhattan Aquarium Company & Water Garden Center, 514 Pillsbury Dr.

Saltwater Aquariums for Beginners

05CEN33

Mike Bonella, Owner of Manhattan Aquarium Co. & Water Garden Center will teach you everything you need to know to start a saltwater aquarium. Learn about proper filtration, lighting, the nitrogen cycle, stocking the aquarium and maintenance. After the course, students will receive valuable discount coupons.

Mike Bonella, (785) 537-3693

Date: 11/19/2005 (Saturday)
Time: 6:00 PM to 7:30 PM
Fee: \$12.00
Location: Manhattan Aquarium Company & Water Garden Center, 514 Pillsbury Dr.

Help for Houseplants

05CEN34

The outdoor gardening season is winding down and you wish that you could "save" some of your wonderful plants that have spent their summer on the porch, patio, or yard! But which ones would work? And how should you proceed to bring them indoors? We'll discuss what can be brought in, their requirements for indoor living, possible pests and what you can do before and after they show up, and your other concerns!

Colleen Hampton, champton314@hotmail.com, is a seasoned Riley County Extension Master Gardener who has a passion for all types of gardening. She has taught UFM gardening classes for over 10 years. She is a member of the Manhattan Community Garden and several local garden clubs. Colleen welcomes your questions and class participation.

Date: 09/10/2005 (Saturday)
Time: 10:00 AM to 12 Noon
Fee: \$12.00
Location: UFM Greenhouse

Fall Planting and Beyond

05CEN35

Did you know there are many plants that you can plant this fall that will brighten up your landscape next season? We'll discuss different types of bulbs, perennial flowers, trees, and shrubs and their planting and growth requirements. Then when the winter snows thaw, you'll already have a head-start for next year's gardening season!

Colleen Hampton, champton314@hotmail.com

Date: 09/17/2005 (Saturday)
Time: 10:00 AM to 12 Noon
Fee: \$12.00
Location: UFM Greenhouse

Fall Clean-up and Preparation

05CEN36

What can you do this fall that will help make next year's gardening season more successful? We'll discuss what should be cleaned-up and what can be left, fall soil preparation, composting, what NOT to do in the landscape, and other topics in this class. You'll go home with a nice "to-do" list that will go a long way to make your garden next year better!

Colleen Hampton, champton314@hotmail.com

Date: 09/24/2005 (Saturday)
Time: 10:00 AM to 12 Noon
Fee: \$12.00
Location: UFM Greenhouse



Enroll Day or Night
www.tryufm.org

Personal Interest



The Evolution Debate

PI131

The first session will investigate the various relationships between science and religion. The second session will discuss the various interpretations of the Genesis accounts and how they relate to the current evolution debate. There will also be an attempt to define the concept of "intelligent design". The final session will search for ways to approach the questions of "origins" in public education.

John Carlin

Date: 9/13/2005 to 9/27/2005 (Tuesday)
Time: 7:00PM to 8:30PM
Fee: \$14.00
Location: UFM Conference Room

Flint Hills PFLAG Support Group

05CP129

Do you have a friend or family member who is gay or lesbian? Are you gay or lesbian? Do you feel like talking to someone, but don't know where to turn? This group is an opportunity to come together with others who have the same questions you do, and to talk to people who have experienced what you are going through. You are not alone and you are not without hope.

For meeting locations and further information, call or email: 785-410-3130 or fhpfag@sbcglobal.net.

Date: 9/10/2005, 10/15/2005, 11/12/2005 (Saturday)
Time: 10:00 am - 11:30 am
Fee: No Charge
Location: Call 785-410-3130 or email fhpfag@sbcglobal.net

Philosophy of Gurdjieff & Ouspensky

05CPI08

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. Bennet, a pupil of both Gurdjieff and Ouspensky.

Date: 09/12/2005 to 10/24/2005 (Monday)
NO CLASS October 3
Time: 7:30 PM to 9:00 PM
Fee: \$22.00
Location: UFM Greenhouse

Discovering Your Soul's Purpose

05CPI28

A ten week discover process plus three more to plan and assimilate your purpose into your life or maybe your life into your purpose. We will have a short lecture, then about one and a half hour of fun discovery activities: such as skits, art, writing, music or just joking around then we'll share and summarize the evening. By Christmas you will have a new best friend-yourself.

Sarah English and Patricia Cassinelli. Sarah English 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. She also is a certified Wholistic Life Coach. She's been helping people find their soul's purpose since 1992. Patricia is an ordained minister and has helped hundreds of people through the transitions of their lives.

Date: 09/14/2005 to 12/14/2005 (Wednesday)
NO CLASS November 23
Time: 7:00 PM to 9:30 PM
Fee: \$110.00
Location: UFM Multipurpose Room

Clutter Clearing

05CPI22

Clearing our environment is a dynamic tool for change. Clutter holds us in the past, preventing us from living fully. We will examine the energetics of clutter and discuss ideas that empower us to let go of our excess baggage! A variety of organizing strategies and principles of feng shui will also be utilized. Homework assignments are an integral part of class. Come prepared to liberate yourself!

Kate Cashman, (785) 537-1911 and Elizabeth Jankord. Kate Cashman is a certified Jin Shin Jyutsu practitioner and self-help instructor. Not neatniks by nature, Elizabeth Jankord and Kate Cashman have discovered that the energetic approach to clutter works. They operate Clutterbusters, a consulting business.

Date: 10/10/2005 to 10/24/2005 (Monday)
Time: 7:00 PM to 9:00 PM
Fee: \$25.00
Location: 811 Colorado Street

Genealogy for Beginners

05CPI25

A 4-session course for those who would like to enter the fascinating world of researching our ancestors. In the first session, we will introduce the subject and outline local resources for genealogical research as well as look at the concepts of kinship and kinship structure in American society. The second session will cover computerized resources and tools for research in genealogy with some hands-on experience for the students. In the third session we will look further at sources of information, conventions, and abbreviations used in genealogy, and evidence and proof of our information. In the fourth session we will look at organizing the myriad bits of information that are acquired in genealogical research. Classes will be conducted as slide presentation/discussions with questions welcomed.

Lewis Browder, zadalew@kansas.net and Jan Wichman. Lewis Browder is a retired Research Plant Pathologist who has been researching his family history for about 9 years. He taught small classes in his research specialty interest at K-State and has previously offered this genealogy class at UFM. Jan Wichman is a retired career K-12 Teacher in the Manhattan-Ogden School system.

Date: 10/04/2005 to 10/25/2005 (Tuesday)
Time: 7:00 PM to 9:00 PM
Fee: \$19.00
Location: Genealogical Library, 2005 Claflin Rd.

Tips, Tricks and Techniques for Creating a Naturally Beautiful Look

05CPI23A

You will learn the simple techniques for creating a naturally beautiful basic glamour look. By learning the proper techniques and preferred tools, and by using the number one brand of skin care and color cosmetics samples students will create their own simple, yet elegant glamour look. Students will learn what colors & techniques are best suited for their face shape, eye shape, eye color, hair color and skin tone/type. Whether you need a look for everyday or for a very special evening, this class will teach you all you need to know about simple beauty!

Kim Mills

Date: 08/23/2005 to 08/30/2005 (Tuesday)
Enrollment deadline is Friday, August 19
Time: 6:00 PM to 8:00 PM
Fee: \$27.00
Location: UFM Conference Room

Tips, Tricks and Techniques for Creating a Naturally Beautiful Look

05CPI23B

Kim Mills

Date: 10/18/2005 to 10/25/2005 (Tuesday)
Enrollment deadline is Friday, October 14
Time: 6:00 PM to 8:00 PM
Fee: \$27.00
Location: UFM Conference Room



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(1-888-668-2528)
<http://ec.princeton.edu>



Fun Foods



Wine 101: Wine Appreciation

05CFF20

Do you enjoy wine and want to know more about it? If so, this class is for you. Bob and Jeff M. will take you through different grape varieties, major wine regions, proper tasting techniques and wine storage. Six wines will be sampled each evening. Included will be food pairings provided by Mercado Gourmet Grocery. Jeff P. will be on hand to discuss food pairings with the wines. 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

Date: 09/21/2005 to 10/12/2005 (Wednesday)
 Time: 7:00 PM to 9:00 PM
 Fee: \$110.00
 Location: UFM Conference Room /Kitchen
 UFM Conference Room 09/21 and 09/28
 UFM Kitchen 10/12 and 10/15

Basic Cake Decorating

05CFF14A

This course focuses on the techniques and methods of basic cake decorating. Students will learn proper icing techniques, and how to use different decorating tips to create wording, borders, flowers, and other icing creations to achieve store quality cakes at home. There will be additional equipment that students must purchase for this class before the first meeting. List of materials will be provided at the time of enrollment. (If enrolling online, please contact UFM for the materials list).

Tara Ritchie was a professional cake decorator for a year and a half, before moving to Manhattan with her husband to continue their education at Kansas State University.

Date: 09/07/2005 to 09/28/2005 (Wednesday)
 Time: 6:30 PM to 8:30 PM
 Fee: \$49.00
 Location: UFM Kitchen

Basic Cake Decorating

05CFF14B

Tara Ritchie

Date: 10/06/2005 to 10/27/2005 (Thursday)
 Time: 6:30 PM to 8:30 PM
 Fee: \$49.00
 Location: UFM Kitchen

Basic Cake Decorating

05CFF14C

Tara Ritchie

Date: 10/25/2005 to 11/15/2005 (Tuesday)
 Time: 6:30 PM to 8:30 PM
 Fee: \$49.00
 Location: UFM Kitchen

The Legend of the Dancing Goats (Coffee)

05CFF13

Explore the history and folklore of coffee as well as the fundamentals of coffee cupping and tasting. The first session covers the history of coffee from wild bush to world wide commercial cultivation, and the concept of fair trade coffee. The second session focuses on the taste characteristics of coffee in general, and the specific differences in coffees grown in different regions of the world.

Wade Radina

Date: 10/12/2005 to 10/19/2005 (Wednesday)
 Time: 7:00 PM to 9:00 PM
 Fee: \$14.00
 Location: UFM Conference Room/Kitchen
 YOU WILL MEET IN THE CONFERENCE ROOM ON 10/12
 YOU WILL MEET IN THE KITCHEN ON 10/19

Cajun Cooking

05CFF18

First ya' make a roux! A roux is an oil and flour base that begins many Cajun dishes. This class will cover roux basics. Chicken sausage gumbo and catfish court bouillon (pronounced Koo-vee-ahn) will be served before the night is through. A roux paddle and a little know-how is all it takes to create Cajun delights in your own kitchen.

Peter Pellegrin, gordon@ksu.edu, and Joye Gordon, gordon@ksu.edu. Peter was born and raised in Terrebonne Parish Louisiana. Joye is a Cajun by marriage. Both enjoy the kitchen and have prepared Cajun dishes for themselves and others for more than 2 decades.

Date: 11/05/2005 (Saturday)
 Time: 5:00 PM to 8:00 PM
 Fee: \$27.00
 Location: UFM Kitchen

Tea Tasting Around the Globe

05CFF19

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.

Stormy Kennedy

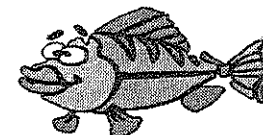
Date: 11/17/2005 (Thursday)
 Time: 7:00 PM to 9:00 PM
 Fee: \$12.00
 Location: UFM Kitchen

Things to Do:

- 1. buy milk
- 2. walk dog
- 3. pay bills
- 4. exercise
- 5. ENROLL @
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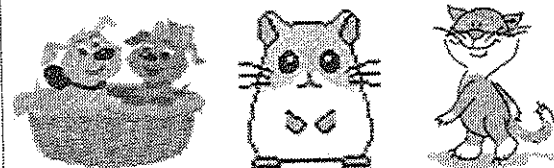
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Ballroom Dance I 05CRF13A

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 (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. For more information visit www.personal.ksu.edu/~costa. He choreographed and performed in Ballroom Suite, Winter Dance 1998, KSU. He is a member of the United States Amateur Ballroom Dancers Association.

Date: 08/26/2005 to 10/14/2005 (Friday)
Time: 7:15 PM to 8:15 PM
Fee: \$36 - Individual, \$58 - Couple
Location: Cross Roads, ECM, 1021 Denison



Ballroom Dance I 05CRF13B

Michael Bennett, dance599@yahoo.com

Date: 10/21/2005 to 12/09/2005 (Friday)
Time: 7:15 PM to 8:15 PM
Fee: \$36 - Individual; \$58 - Couple
Location: Cross Roads, ECM, 1021 Denison

Archery for Adults 05CRF01

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

Tom Korte H: (785) 494-8889

Date: 10/17/2005 to 11/14/2005 (Monday)
Time: 7:00 PM to 8:00 PM
Fee: \$35.00
Location: 1125 Laramie Plaza, upstairs

Introduction to Golf 05CRF04A

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, (785) 539-1041

Date: 08/25/2005 to 09/15/2005 (Thursday)
Time: 6:30 PM to 7:30 PM
Fee: \$36.00
Location: Stagg Hill Golf Club, 4441 Fort Riley Blvd.

Introduction to Golf 05CRF04B

Jim Gregory, (785) 539-1041

Date: 09/22/2005 to 10/13/2005 (Thursday)
Time: 6:00 PM to 7:00 PM
Fee: \$36.00
Location: Stagg Hill Golf Club, 4441 Fort Riley Blvd.

Beginning Belly Dance I 05CRF09A

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, rib 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!

Rosina Catalan, rosina@mayazahira.com, has been dancing for over twenty years. She began her dance career in classical ballet 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: 09/12/2005 to 10/17/2005 (Monday)
Time: 6:30 PM to 7:30 PM
Fee: \$48.00
Location: UFM Banquet Room

Beginning Belly Dance I 05CRF09B

Rosina Catalan, rosina@mayazahira.com

Date: 10/24/2005 to 12/05/2005 (Monday)
NO CLASS November 21
Time: 6:30 PM to 7:30 PM
Fee: \$48.00
Location: UFM Banquet Room

Beginning Belly Dance II 05CRF10A

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, (785) 979-4681, bellydance@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 her 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: 09/15/2005 to 10/20/2005 (Thursday)
Time: 5:30 PM to 6:30 PM
Fee: \$48.00
Location: Ahearn Dance Studio, Room 301

Beginning Belly Dance II 05CRF10B

Maya Zahira, (785) 979-4681, bellydance@mayazahira.com

Date: 10/27/2005 to 12/08/2005 (Thursday)
NO CLASS November 24
Time: 5:30 PM to 6:30 PM
Fee: \$48.00
Location: Ahearn Dance Studio, Room 301

Intermediate Belly Dance 05CRF11A

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 cymbal, 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.

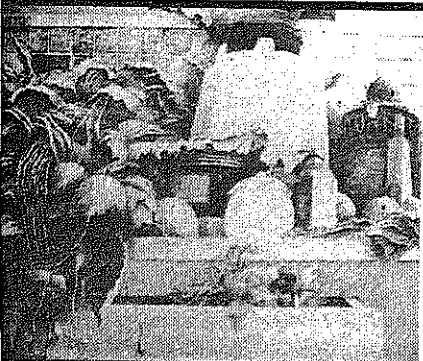
Maya Zahira, (785) 979-4681, bellydance@mayazahira.com

Date: 09/15/2005 to 10/20/2005 (Thursday)
Time: 7:40 PM to 8:40 PM
Fee: \$48.00
Location: Ahearn Dance Studio, Room 301

Intermediate Belly Dance 05CRF11B

Maya Zahira, (785) 979-4681, bellydance@mayazahira.com

Date: 10/27/2005 to 12/08/2005 (Thursday)
NO CLASS November 24
Time: 7:40 PM to 8:40 PM
Fee: \$48.00
Location: Ahearn Dance Studio, Room 301



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Belly Dance Conditioning Workout 05CRF12A

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 movements. 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, (785) 979-4681, bellydance@mayazahira.com

Date: 09/15/2005 to 10/20/2005 (Thursday)
Time: 6:35 PM to 7:35 PM
Fee: \$48.00
Location: Ahearn Dance Studio, Room 301

Belly Dance Conditioning Workout 05CRF12B

Maya Zahira, (785) 979-4681, bellydance@mayazahira.com

Date: 10/27/2005 to 12/08/2005 (Thursday)
NO CLASS November 24
Time: 6:35 PM to 7:35 PM
Fee: \$48.00
Location: Ahearn Dance Studio, Room 301

KO Boxing 05CRF14A

Learn to box! Train like a pro! Get an incredible workout! Strengthen and tone your arms, abs, and lower body. Gain confidence, have fun, and relieve stress. Gloves will be provided and also for purchase. 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! Open to men and women.

Lorissa Ridley, (785) 776-6060 has been teaching in the field of fitness for over 23 years. At the age of 2, Lorissa began dance and gymnastics and martial arts at the age of 10. At age 14, Lorissa began her own gymnastics business at the YMCA in Junction City. After graduating from High School, Lorissa attended Wichita State University, majoring in dance. She weight trained with Mr. Kansas 1986 Body Building Champion. After WSU, Lorissa continued to coach and studied emergency medicine. In 1990, she opened CATTs, a children's gymnastics and dance gym in Wamego, Kansas, where she also began teaching adult fitness classes and personal training. Lorissa has danced professionally in various performances, including the Phoenix Suns, Country Music Television, NBC and much more. In 1995 Lorissa began boxing with a golden glove trainer. In 1999, Lorissa continued her own business, "K.O. Boxing & Fitness" in the Manhattan and Junction City area.

Date: 08/22/2005 to 09/14/2005 (Monday/Wednesday)
NO CLASS September 5
Time: 6:30 PM to 7:30 PM
Fee: \$64.00
Location: 3615 Claflin Road, Cottwonwood Racquet Club

KO Boxing 05CRF14B

Lorissa Ridley, (785) 776-6060

Date: 09/19/2005 to 10/12/2005 (Monday/Wednesday)
NO CLASS October 3
Time: 6:30 PM to 7:30 PM
Fee: \$64.00
Location: 3615 Claflin Road, Cottwonwood Racquet Club

KO Boxing 05CRF14C

Lorissa Ridley, (785) 776-6060

Date: 10/18/2005 to 11/08/2005 (Tuesday/Thursday)
Time: 6:30 PM to 7:30 PM
Fee: \$64.00
Location: 3615 Claflin Road, Cottwonwood Racquet Club

KO Boxing 05CRF14D

Lorissa Ridley, (785) 776-6060

Date: 11/10/2005 to 12/08/2005 (Tuesday/Thursday)
NO CLASS November 22 & 24
Time: 6:30 PM to 7:30 PM
Fee: \$64.00
Location: 3615 Claflin Road, Cottwonwood Racquet Club

Tennis 05CRF19AZ

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: 09/06/2005 to 11/15/2005 (Tuesday)
Time: 1:30 PM to 3:00 PM
Fee: \$77.00
Location: 3615 Claflin Road, Cottonwood Racquet Club

Tennis 05CRF19BZ

Bill Fraley

Date: 09/07/2005 to 11/16/2005 (Wednesday)
Time: 1:30 PM to 3:00 PM
Fee: \$77.00
Location: 3615 Claflin Road, Cottonwood Racquet Club



Beginning Fencing 05CRF21Z

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.

Jeff Gwartz

Date: 08/29/2005 to 12/05/2005 (Monday)
NO CLASS September 5 and October 3
Time: 6:00 PM to 7:30 PM
Fee: \$44- with own equipment; \$74.00 - using instructor's equipment
Location: Ahearn Fieldhouse

Intermediate Fencing 05CRF22Z

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

Jeff Gwartz

Date: 08/29/2005 to 12/05/2005 (Monday)
NO CLASS September 5 and October 3
Time: 7:30 PM to 9:00 PM
Fee: \$44- with own equipment; \$74.00 - using instructor's equipment
Location: Ahearn Fieldhouse

Beginning Line Dance 05CRF24

In this class you will have fun learning some basic line dances. We will start each class with some basic stretching exercises, then learn and practice the dance steps necessary to dance some easy line dances. We will end the class with more stretching exercises. No need to have a partner, but be sure to wear non-stick shoes!

Joyce Juhler, jjuhler@earthlink.net, is a licensed dance instructor and has been teaching dance and exercise classes since 1980. She moved here from Omaha, NE where she was employed at University of Lincoln at Omaha. She is a member of the Universal Round Dance Council and Roundalab and has held several various office positions at these and other dance organizations while teaching at dance festivals and conventions in cities such as Omaha, Hastings, Norfolk, NE., San Jose, CA., Sioux City, IA., and many others.

Date: 10/05/2005 to 11/16/2005 (Wednesday)
Time: 6:30 PM to 7:30 PM
Fee: \$28.00
Location: UFM Banquet Room

A Little More Than Beginning Line Dance 05CRF52

In this class you will have fun learning some basic line dances. We will start each class with some basic stretching exercises, then learn and practice the dance steps necessary to dance some easy line dances. We will end the class with more stretching exercises. No need to have a partner, but be sure to wear non-stick shoes!

Joyce Juhler, jjuhler@earthlink.net

Date: 10/05/2005 to 11/16/2005 (Wednesday)
Time: 7:45 PM to 8:45 PM
Fee: \$28.00
Location: UFM Banquet Room

POSITIVE peer interaction



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M.S. Wed. 3:30-5pm

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Swing & Salsa Dancing 05CRF27A
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 clearly 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
Date: 08/26/2005 to 10/14/2005 (Friday)
Time: 8:30 PM to 9:30 PM
Fee: \$36- Individual \$58 - Couple
Location: Cross Roads, ECM, 1021 Denison

Swing & Salsa Dancing 05CRF27B
Michael Bennett, dance599@yahoo.com

Date: 10/21/2005 to 12/09/2005 (Friday)
Time: 8:30 PM to 9:30 PM
Fee: \$36 - Individual \$58 - Couple
Location: Cross Roads, ECM, 1021 Denison

Golf in Junction City 05CRF30AZ
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: 08/23/2005 to 10/11/2005 (Tuesday)
Time: 5:30 PM to 7:30 PM
Fee: \$123.00
Location: Rolling Meadows Golf Course, Junction City



Golf in Junction City 05CRF30BZ
Jim Peterson

Date: 08/24/2005 to 10/12/2005 (Wednesday)
Time: 5:30 PM to 7:30 PM
Fee: \$123.00
Location: Rolling Meadows Golf Course, Junction City

Archery Instructor Training & Certification 05CRF37Z

In this Level I Basic Training and Certification archery program you will learn how to set up and operate a safe short-term archery program, how to teach new archers, how to maintain your equipment, and how to create fun games for your new archers. The required NADA textbook will be available for purchase for the instructor at the first class meeting.

Tom Korte, (785) 494-8889
Date: 09/26/2005 to 11/21/2005 (Monday)
NO CLASS October 3
Time: 7:00 PM to 8:45 PM
Fee: \$89.00
Location: 1125 Laramie Plaza, upstairs

Beginning Dance for Couples 05CRF38A
"FOR COUPLES ONLY!" Bring your partner and HAVE FUN learning how to dance to rhythms of Foxtrot, Swing, and Latin. This class is designed for beginning dancers who wish to learn how to dance with their partners and for intermediate or experienced dancers who wish to spend time dancing with that "special someone". A partner is required for this class.

Michael Bennett, dance599@yahoo.com
Date: 08/26/2005 to 10/14/2005 (Friday)
Time: 6:00 PM to 7:00 PM
Fee: \$52.00 per couple
Location: Cross Roads, ECM, 1021 Denison

Beginning Dance for Couples 05CRF38B
Michael Bennett, dance599@yahoo.com

Date: 10/21/2005 to 12/09/2005 (Friday)
Time: 6:00 PM to 7:00 PM
Fee: \$52 per Couple
Location: Cross Roads, ECM, 1021 Denison

Yogilates 05CRF42AZ
Join us as we take time to stretch, strengthen and balance the body with a mixture of Yoga and Pilates. Class is taught showing many options so beginners as well as experienced participants may benefit. Yoga mat recommended but not required.

Diana Knox
Date: 09/19/2005 to 11/07/2005 (Monday/Wednesday)
NO CLASS October 3
Time: 10:00 AM to 11:00 AM
Fee: \$72.00
Location: Pro Fitness, 1125 Laramie St., Lower Level

Yogilates 05CRF42BZ
Diana Knox

Date: 09/01/2005 to 10/18/2005 (Tuesday/Thursday)
Time: 12:00 N to 1:00 PM
Fee: \$72.00
Location: Pro Fitness, 1125 Laramie St., Lower Level

Yogilates 05CRF42CZ
Diana Knox

Date: 10/20/2005 to 12/08/2005 (Tuesday/Thursday)
NO CLASS November 24
Time: 12 N to 1:00 PM
Fee: \$72.00
Location: Pro Fitness, 1125 Laramie St., Lower Level

Hip Hop Dance 05CRF43A
Think you can't dance? Don't have any rhythm? Then there's a class for you at UFM. This "hip hop" class is a mix of choreography, battle rock, and breaks. Don't worry...it's geared for people who have had little to no dance experience, but would like to be physically active in a fun and exciting way. This class starts with the very basics and slowly progresses into a hardcore workout. So if you've been at the club thinking, "gee, I wish I could get out on that dance floor..." UFM has the remedy for you. Hope to see you there.

Kelly Marshall, mingo111@ksu.edu
Kelly has danced on and off for most of her life. Although she loves ballet and modern dance her focus is on freestyle dance. She has been a break dancer for about 3 years and likes to add a toned down element of that to her classes.
Date: 09/13/2005 to 10/25/2005 (Tuesday)
NO CLASS October 4
Time: 6:30 PM to 7:30 PM
Fee: \$52.00
Location: International Student Center, KSU

Hip Hop Dance 05CRF43B
Kelly Marshall, mingo111@ksu.edu
Date: 11/01/2005 to 12/06/2005 (Tuesday)
NO CLASS November 22
Time: 6:30 PM to 7:30 PM
Fee: \$52.00
Location: International Student Center, KSU

Hip Hop Dance 05CRF43C
Kelly Marshall, mingo111@ksu.edu
Date: 09/07/2005 to 10/12/2005 (Wednesday)
Time: 6:30 PM to 7:30 PM
Fee: \$52.00
Location: International Student Center, KSU

Hip Hop Dance 05CRF43D
Kelly Marshall, mingo111@ksu.edu
Date: 10/19/2005 to 11/30/2005 (Wednesday)
NO CLASS November 23
Time: 6:30 PM to 7:30 PM
Fee: \$52.00
Location: International Student Center, KSU

Hip Hop Dance 05CRF47A
Tricks and shortcuts will be taught to help you become a better dancer. Being a good dancer is determined by your thought process, not coordination. No previous dancing experience is required.

Cody Holub, (913) 568-2521, cbh4499@ksu.edu, is a senior in Electronic Media and Advertising at K-State.
Date: 09/11/2005 to 11/06/2005 (Sunday)
NO CLASS October 2
Time: 3:00 PM to 4:00 PM
Fee: \$52.00
Location: UFM Banquet Room

Hip Hop Dance 05CRF47B
Cody Holub, (913) 568-2521, cbh4499@ksu.edu
Date: 09/14/2005 to 11/02/2005 (Wednesday)
Time: 4:00 PM to 5:00 PM
Fee: \$52.00
Location: UFM Banquet Room

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Lindy Hoppe

05CRF48

Lindy Hoppe is a fun and energetic dance from the 1940's. With fast spins and kicks, she will be impressed on how well you move. You will look great on the dance floor.

Rafael Labrado

Date: 09/11/2005 to 10/02/2005 (Sunday)
Time: 5:00 PM to 6:00 PM
Fee: \$43.00
Location: Ahearn Dance Studio, Room 301

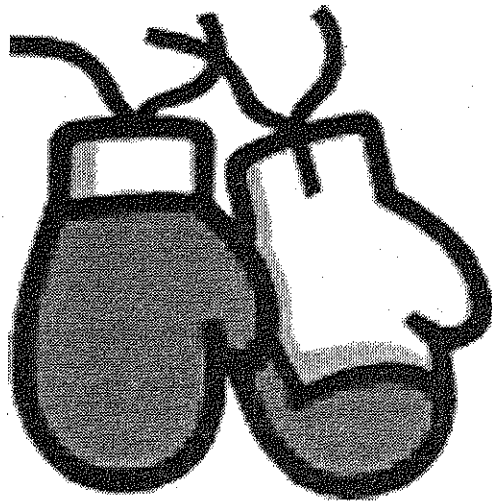
No Contact Boxing for Men

05CRF49Z

Learn to box! Train like a pro! Get an incredible workout! Strengthen and tone your arms, abs, and lower body. Gain confidence, have fun, and relieve stress. Gloves will be provided and also are available for purchase. There will be no contact with other participants. Workouts will be on the heavy bag, double end bag, funnel bag, jumbo ball and free-standing bags. Learn punches, defensive moves, combos, and how to get awesome abs! Open to men and women.

Lorissa Ridley, (785) 776-6060, has been teaching in the field of fitness for over 23 years. At the age of 2, Lorissa began dance and gymnastics and martial arts at the age of 10. At age 14, Lorissa began her own gymnastics business at the YMCA in Junction City. After graduating from High School, Lorissa attended Wichita State University, majoring in dance. She weight trained with Mr. Kansas 1986 Body Building Champion. After WSU, Lorissa continued to coach and studied emergency medicine. In 1990, she opened CATTS, a children's gymnastics and dance gym in Wamego, Kansas, where she also began teaching adult fitness classes and personal training. Lorissa has danced professionally in various performances, including the Phoenix Suns, Country Music Television, NBC and much more. In 1995 Lorissa began boxing with a golden glove trainer. In 1999, Lorissa continued her own business, "K.O. Boxing & Fitness" in the Manhattan and Junction City area.

Date: 10/17/2005 to 12/07/2005 (Monday/Wednesday)
NO CLASS November 23
Time: 6:30 PM to 7:30 PM
Fee: \$129.00
Location: 3615 Claflin Road, Cottonwood Racquet Club



International Folk Dance

05CRF51

Learn dances from a variety of countries! Couples, lines, circles, Irish, German, Italian, Israeli, Russian, Greek and more. Every culture has its own dances with music to match. International Folk Dance should be a required class in the International Studies curriculum! Six Sessions, 10-12 dances! A partner is not required for this course. Wear loose clothing and shoes for active dances.

Mark Moser started learning International folk dancing with the Grapevine International Folk Dancers of Wichita in the mid '70's. Also Mark began studying Tai Chi while in the Peace Corps in Malaysia in the early '70's. Having become a part of the Chinese community of Ipoh, his learning experience was a unique study in Tai Chi and the Chinese culture. Upon returning to the U.S., he taught Tai Chi for the Wichita Free University for several years.

Date: 09/09/2005 to 10/14/2005 (Friday)
Time: 7:00 PM to 9:00 PM
Fee: \$36.00
Location: UFM Banquet Room

Tae Bo Aerobics

05CRF50A

Get your workout on with Aerobics!! Aerobics is a great way for you to build endurance and boost your energy levels. Join us to look good, feel great, become more flexible and physically fit. A towel and water bottle is suggested.

Jannet Wright enjoys exercising and working out regularly. She has been assisting/teaching aerobics for six years. Her goal is to help people feel great about themselves, keep up motivation, get fit and stay in shape.

Date: 09/06/2005 to 10/13/2005 (Tuesday/Thursday)
Time: 5:30 PM to 6:30 PM
Fee: \$45.00
Location: UFM Banquet Room



Tae Bo Aerobics

05CRF50B

Jannet Wright

Date: 10/18/2005 to 11/22/2005 (Tuesday/Thursday)
Time: 5:30 PM to 6:30 PM
Fee: \$45.00
Location: UFM Banquet Room

SALINA CLASSES

Beginning Fencing in Salina

05CRF44Z

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.

Gia Kvarntskhelia

Date: 09/06/2005 to 11/29/2005 (Tuesday)
Time: 6:00 PM to 7:30 PM
Fee: \$128.00
Location: 135 East Claflin, Salina

Golf in Salina

05CRF06AZ

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. Students are responsible for one round of golf and additional basket of balls - \$5.00/basket.

Ronda Green

Date: 08/29/2005 to 10/31/2005 (Monday)
NO CLASS September 5 and October 3
Time: 2:00 PM to 4:00 PM
Fee: \$140.00
Location: The K-State at Salina, Rec Center
3142 Scanlan Ave.

Golf in Salina

05CRF06BZ

Ronda Green

Date: 09/01/2005 to 10/20/2005 (Thursday)
Time: 5:30 PM to 7:30 PM
Fee: \$140.00
Location: The K-State at Salina Rec Center
3142 Scanlan Ave.

Tae Kwon Do I in Salina

05CMA12Z

Tae Kwon Do is an effective way to unify the mind and body. It develops one's health by increasing cardiovascular abilities, strength, balance, and flexibility. The basics of blocking, punching, kicking and self defense are taught. Students will work through the materials from white belt through yellow belt (the 1st three levels) at an individual pace. Class will consist of practicing these skills as a group, working with other classmates and the instructor one on one. There will be 3 testings (on skill) as you progress through each level. Not all students will be expected to cover all three levels.

Cathy Strowig

Date: 08/23/2005 to 12/08/2005
(Tuesday / Thursday)
NO CLASS November 24
Time: 4:00 PM to 5:00 PM
Fee: \$72.00
Location: The KSU Salina Rec Center
3142 Scanlan Ave.

Intermediate/Advanced Golf in Salina

05CRF31Z

This course is designed for students to develop advanced skills. Students will practice improving their golf swing and short game both on the driving range and on the golf course. Students are responsible for one round of golf and additional basket of balls - \$5.00/basket.

Ronda Green

Date: 08/31/2005 to 10/19/2005 (Wednesday)
Time: 5:30 PM to 7:30 PM
Fee: \$140.00
Location: The K-State at Salina Rec Center
3142 Scanlan Ave.

Ballroom Dance in Salina

05CRF23Z

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 The K-State at Salina Recreation Center.

Audrey Umekudo

Date: 08/24/2005 to 12/07/2005 (Wednesday)
NO CLASS November 23
Time: 7:00 PM to 8:00 PM
Fee: \$82.00
Location: The K-State at Salina Rec Center
3142 Scanlan Ave.

Computers



Introduction to Computers 05CFC33

This course introduces you to the world of computers. In this course you will learn the terminologies used by the technicians at the help desk, the salesperson. Learn how to do basic trouble-shooting and fix some minor problems with your system before having to call the technician. Learn how to make changes on your computer such as screensavers, the size of the viewing area on your monitor. If you have questions about how to buy a computer those will be answered also in this class.

Carl Brown, (785) 341-9371, carl@reddragoncm.com

Date: 11/12/2005 to 12/03/2005 (Saturday)

Time: 3:00 PM to 5:00 PM

Fee: \$33.00

Location: Manhattan Public Library - Computer Lab

Introduction to Microsoft Word 05CFC25

This course introduces you to Word and will help you use the program and some of its basic functions. Learn to create letterheads, flyers, family newsletters for family living in other areas of the states or stationed overseas.

Carl Brown, (785) 341-9371, carl@reddragoncm.com

Date: 09/10/2005 to 10/08/2005 (Saturday)

NO CLASS October 1

Time: 1:00 PM to 3:00 PM

Fee: \$33.00

Location: Manhattan Public Library - Computer Lab

Introduction to Microsoft Excel 05CFC26

This course introduces you to Excel and will help you use the program and some of its basic functions. Learn to create your own spreadsheet to keep records of GPA averages, golf scores, monthly budgets and more.

Carl Brown, (785) 341-9371, carl@reddragoncm.com

Date: 11/12/2005 to 12/03/2005 (Saturday)

Time: 1:00 PM to 3:00 PM

Fee: \$33.00

Location: Manhattan Public Library - Computer Lab

Basic Web Page Design 05CFC32

This course introduces you to the world of the Internet and designing simple-to-use web pages. These web pages can be used to keep loved ones who are in far away places up to date with family outings and fun. Learn to make your own web page and how to post it to the World Wide Web. This class will help to develop your imagination and creativity.

Carl Brown, (785) 341-9371, carl@reddragoncm.com

Date: 10/15/2005 to 11/05/2005 (Saturday)

Time: 1:00 PM to 3:00 PM

Fee: \$33.00

Location: Manhattan Public Library - Computer Lab

Introduction to Microsoft Access 05CFC27

This course introduces you to Access and will help you use the program and some of its basic functions. Learn to create your own database to keep records of household inventories, recipes, video tapes, and CD's.

Carl Brown, (785) 341-9371, carl@reddragoncm.com

Date: 10/15/2005 to 11/05/2005 (Saturday)

Time: 3:00 PM to 5:00 PM

Fee: \$33.00

Location: Manhattan Public Library - Computer Lab

Introduction to Ebay 05CFC30

This course introduces you to E-Bay and the world of online selling and buying. You will learn how to setup your own account for selling and buying on the E-Bay site. Learn codes that are used for sellers and buyers so that you can make good decisions about selling and buying and what to look out for while doing this.

Carl Brown, (785) 341-9371, carl@reddragoncm.com

Date: 09/10/2005 to 09/17/2005 (Saturday)

Time: 3:00 PM to 5:00 PM

Fee: \$29.00

Location: Manhattan Public Library - Computer Lab

"Safer" - Internet Dating/Chatting 05CFC31

This course introduces you to the world of Internet chatting and dating. You will learn how to protect yourself from the "bad element" and how to setup your alias for these internet services. Learn the Do's and Don'ts of chatting and Internet dating as well as the Pro's and Con's of each of these services.

Carl Brown, (785) 341-9371, carl@reddragoncm.com

Date: 09/24/2005 to 10/08/2005 (Saturday)

NO CLASS October 1

Time: 3:00 PM to 5:00 PM

Fee: \$29.00

Location: Manhattan Public Library - Computer Lab

Lou Douglas LECTURES

September 29, 2005

7:00 p.m., K-State Student Union Ballroom

"Civil Rights in an Era of Social Wrongs"

Professor of Law, Columbia University School of Law, and Recipient of the MacArthur Foundation "Genius" Award.

Jointly Sponsored with the Dorothy L. Thompson Civil Rights Lectures and the University Distinguished Lecturers Committee



Patricia J. Williams



Dr. Francis Fox Piven

October 24, 2005

7:00 p.m., K-State Student Union Forum Hall

"The War at Home: The Domestic Causes and Consequences of Bush's Militarism"

Distinguished Professor of Political Science and Sociology Graduate School and University Center, The City University of New York.

Co-Sponsored by the Departments of Political Science and Sociology, Anthropology and Social Work; Women's Studies; and the Donald J. Adamchak Distinguished Lecture Series in Sociology

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September 25 through 30, 2005

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Test Preparation Courses

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

LSAT Prep 05CFC24 Law School Admission Test Review Course

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

Monday and Wednesday: 6:00pm-9:00pm
Saturday: 8:00am - 12:00pm

Date: 08/31/2005 to 09/28/2005
Monday/Wednesday / Saturday
*No Class September 3 & 5

Time: Mon/Wed 7:00 p.m. - 9:00 p.m.,
Sat., 8:00 a.m.-noon

Fee: \$250.00

Location: Dickens Hall Room 106

GMAT Prep 05CFC05 Graduate Management Admission Test Preparation Course

Review Segments

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

Travis Flewelling

Date: 10/06/2005 to 11/15/2005
(Tuesday/Thursday)

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

Fee: \$250.00 (fee includes in-class and
home study books, and CD-ROM)

Location: KSU, Bluemont Hall, Room 5102

GRE Prep 05CFC06 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

Travis Flewelling

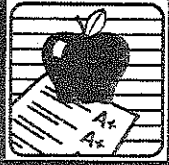
Date: 10/06/2005 to 11/15/2005
(Tuesday/Thursday)

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

Fee: \$250.00 (fee includes in-class and
home study books, and CD-ROM)

Location: KSU, Bluemont Hall, Room 5102

**Enrollment deadline is one week before the start date for each of the Test Prep Courses. Students who enroll after the deadline will be charged an additional \$20 as materials will have to be express ordered.*



KSU Credit Courses

Recreational courses for KSU credit on this page are offered for credit through the Division of Continuing Education with the cooperation of various KSU departments. Register for these at 131 College Court. Fees for these classes differ depending on special instructor and equipment needs. Enrollment, withdrawal and refunds are determined by University policy and handled at the Division of Continuing Education Registration office. Call 532-5566 for questions or information, or visit www.dce.ksu.edu/dce/outreach/recreationcourses.html

Scuba Diving RRES-200 #91416

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 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 mask, fins, and snorkel, which will be available for purchase at the first class. Equipment ranges in price from \$100 to \$175. There is a nonrefundable materials fee of \$50 for withdrawing from the class after the first day.

Jeff Wilson

Date: 8/29 - 9/26 (Monday and Wednesday)
Time: 6:00 pm - 10:00 pm No class 9/5, 9/12 or 9/14
Fee: \$332 Limited noncredit space is available, AQ105az
Location: KSU Natatorium

Scuba Diving RRES-200 #91417

Jeff Wilson

Date: 10/10 - 11/14 (Monday)
Time: 6:00 pm - 10:00 pm
Fee: \$332 (Also available for non-credit through UFM, limited noncredit space is available, AQ105az
Location: KSU Natatorium

Ballroom Dance DANCE-599 #91401

Introduction to the principles of ballroom dancing. Includes dance terminology, dance position, correct body alignment and positions, and partnering. Techniques such as open and closed 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: 8/24 - 12/7 (Wednesday)
Time: 8:00 - 9:00 pm No class 11/23
Fee: \$229 (Also available for noncredit partner through UFM RF26az)
Location: ECM Auditorium, 1021 Denison

Ballroom Dance DANCE-599 #91400

Michael Bennett

Date: 8/24 - 12/7 (Wednesday)
Time: 9:00 - 10:00 pm No class 11/23
Fee: \$229 (Also available for noncredit partner through UFM RF26bz)
Location: ECM Auditorium, 1021 Denison

Golf RRES-200 #91408

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: 8/23 - 10/11 (Tuesday)
Time: 2:30 pm - 4:30 pm
Fee: \$253
Location: 4441 Fort Riley Blvd. Stagg Hill Golf Club

Golf RRES-200 #91409

Jim Gregory

Date: 8/24 - 10/12 (Wednesday)
Time: 1:30 pm - 3:30 pm
Fee: \$253
Location: 4441 Fort Riley Blvd. Stagg Hill Golf Club

Golf RRES-200 #91410

Jim Gregory

Date: 8/24 - 10/12 (Wednesday)
Time: 5:30 pm - 7:30 pm
Fee: \$253
Location: 4441 Fort Riley Blvd. Stagg Hill Golf Club

Golf RRES-200 #91411

Jim Gregory

Date: 8/25 - 10/13 (Thursday)
Time: 9:30 am - 11:30 am
Fee: \$253
Location: 4441 Fort Riley Blvd. Stagg Hill Golf Club

Judo I RRES-200 #91414

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: 8/23 - 12/8 (Tuesday and Thursday)
Time: 8:45 - 9:45 pm (No class 11/24)
Fee: \$180 (Also available for noncredit, MA08z)
Location: KSU, Ahearn Dance Studio, Room 301

Judo II RRES-200 #91415

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: 8/23 - 12/8 (Tuesday and Thursday)
Time: 9:45 - 10:45 pm No class 11/24
Fee: \$180 (Also available for noncredit Ma09z)
Location: KSU, Ahearn Dance Studio, Room 301

Archery RRES-200 #91425

This course provides men and women with instruction in target style archery. Emphasis is on the archery form currently used in Olympic sports. Students will use only the recurve bow, the compound bow will not be used in this class. Participants will learn safety rules, scoring, stance, release of arrow, and execution of follow through. Information on basic equipment selection and set-up will also be taught. All equipment will be provided by the instructor. Techniques will be tailored to fit individual levels of advancement.

Tom Korte

Date: 9/26 - 11/21 (Monday)
Time: 8:00 - 9:45 pm No class 10/3
Fee: \$234
Location: 1125 Laramie Plaza, upstairs

Archery Instructor Training and Certification - Level I RRES-200 #91434

In this Level I Basic Training and Certification archery program you will learn how to set up and operate a safe short-term archery program, how to teach new archers, how to maintain your equipment, and how to create fun games for your new archers. The required NADA textbook will be available for purchase from the instructor at the first class meeting.

Tom Korte

Date: 9/26 - 11/21 (Monday)
Time: 7:00 - 8:45 pm No class 10/3
Fee: \$234 (Also available for noncredit, through UFM RF73z.
Call UFM at 539-8763)
Location: 1125 Laramie Plaza

Beginning Fencing RRES-200 #91406

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.

Jeff Gwartz

Date: 8/29 - 12/5 (Monday)
Time: 6:00 - 7:30 pm (No class 9/5 or 10/3)
Fee: \$201 (Also available for noncredit, RF21z)
Location: KSU Ahearn Fieldhouse

Intermediate Fencing RRES-200 #91407

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

Jeff Gwartz

Date: 8/29 - 12/5 (Monday)
Time: 7:30 - 9:00 pm (No class 9/5 or 10/3)
Fee: \$201 (Also available for noncredit, RF22z)
Location: KSU Ahearn Fieldhouse



Tennis RRES-200 #91420
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: 9/6 - 11/15 (Tuesday)
Time: 1:30 - 3:00 pm
Fee: \$210 (Also available for noncredit, RF19az)
Location: Cottonwood Racket Club, 3615 Claflin Rd.

Tennis RRES-200 #91421

Bill Fraley

Date: 9/7 - 11/16 (Wednesday)
Time: 1:30 - 3:00 pm
Fee: \$210 (Also available for noncredit, RF19bz)
Location: Cottonwood Racket Club, 3615 Claflin Rd.

Women and Money #91424

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

Charlene Brownson

Date: 9/12 - 11/14 (Monday)
Time: 3:00 - 5:00 pm No class 10/3
Fee: \$185 (Also available for noncredit, FC11)
Location: KSU, Bluemont Hall, Room 114



Responding to Emergencies RRES 200 #91429

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). This is a two hour credit course. Books are available to purchase at the Red Cross office.

Carol Stites (539-1991)

Date: 9/20 - 11/3 (Tuesday / Thursday)
Time: 3 - 5 pm
Fee: \$406 Two Hours Credit. (Also available for noncredit, HW19az)
Location: American Red Cross Office, 2601 Anderson Avenue

Responding to Emergencies RRES 200 #91430

Carol Stites (539-1991)

Date: 9/19 - 11/7 (Monday / Wednesday)
Time: 2 - 4 pm No class 10/3
Fee: \$406 Two Hours Credit. (Also available for noncredit, HW19bz)
Location: American Red Cross Office, 2601 Anderson Avenue

Beginning Bowling RRES-200 #91405

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

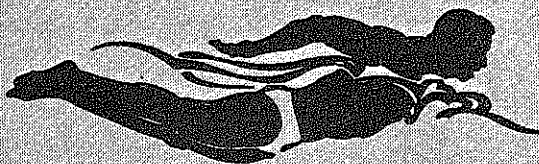
Date: 8/25 - 12/8 (Thursday)
Time: 10:30 - 11:20 am No class 11/24
Fee: \$199
Location: K-State Union Recreation Center

Swim I RRES-200 #91428

Swim I is designed for students who have a fear of the water and/or those with little or no water experience. It will address the needs of the truly beginning swimmer. Students will be presented with the skills, knowledge and attitudes necessary to become safe in, on and around the water; to learn basic strokes and survival skills; and be able to assist others in an aquatic emergency using elementary forms of rescue.

Carol Stites

Date: 9/19 - 11/14 (Monday/Wednesday)
Time: 9:00 - 10:30 am No class 10/3
Fee: \$204 (Also available for noncredit, AQ36z)
Location: KSU Natatorium



Fitness Swimming RRES-200 #91432

Students interested in this course MUST be able to demonstrate the five basic swim 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: 9/20 - 11/3 (Tuesday/Thursday)
Time: 6:00 - 7:30 pm
Fee: \$205 (Also available for noncredit, AQI08az)
Location: KSU Natatorium

Fitness Swimming RRES-200 #91433

Carol Stites

Date: 9/20 - 11/3 (Tuesday/Thursday)
Time: 9:30 - 11:00 am
Fee: \$205 (Also available for noncredit, AQI08bz)
Location: KSU Natatorium

Fly Fishing RRES-200 #91418

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 nonrefundable materials fee of \$40 for withdrawing from the class after the first day.

Paul Sodamann

Date: 9/12 - 9/22 (M,T,W,TH)
Time: 6:00 - 8:00 pm
Fee: \$244 (Limited noncredit space is available. EN04az)
Location: TBA

Fly Fishing RRES-200 #91419

Paul Sodamann

Date: 10/17 - 10/27 (M,T,W,TH)
Time: 6:00 - 8:00 pm
Fee: \$244 (Limited noncredit space is available. EN04bz)
Location: TBA

Fundamentals of Canoeing RRES-200 #91426

This class will help students learn to travel safely and efficiently by canoe. The class provides an in-depth introduction to the sport of touring canoeing (not whitewater or sprint canoeing). This class will emphasize tandem canoeing with an exposure to solo paddling. The students will have a chance to paddle a variety of canoes. The course includes a strong emphasis on stroke and paddle mechanics and a complex stroke/maneuver list. The course will start with a classroom session at the UFM Building in the morning. Students will car pool to Tuttle Creek State Park, River Pond in the afternoon.

Steve Spencer

Date: 8/27 - 8/28 (Saturday and Sunday)
Time: 8:00 am - 5:00 pm
Fee: \$234
Location: UFM House, 1221 Thurston

Fundamentals of Canoeing RRES-200 #91427

Steve Spencer

Date: 9/24 - 9/25 (Saturday and Sunday)
Time: 8:00 am - 5:00 pm
Fee: \$234
Location: UFM House, 1221 Thurston

Canoeing Instructor RRES-200 #91442

This class will give students a chance to become certified by the American Canoe Association (ACA) to teach introductory canoeing classes (lakes or flatwater). The ACA is the fundamental certifying authority/organization for paddle sports in the United States. Once certified, instructors are authorized to develop and teach ACA canoe classes covering the fundamental skills of flatwater canoeing, including identifying hazards, basic concepts of canoe handling, and rescues in calm waters (lakes or ponds). Certification requires that each student demonstrate both the appropriate knowledge and skills.

The class consists of (1) a review of the appropriate knowledge of basic paddling and canoeing safety (2) effective methods of instruction and class logistics, (3) ACA organizational structure, function, and resources, (4) on-the-water review of paddling techniques, and (5) final assessment of paddling capabilities. Each student must successfully pass a written knowledge-based test and an on-the-water skills test before they are eligible for final certification. Prerequisite: Fundamentals of Canoeing or Instructor's Permission Steve Spencer, Quiet Canoes 785-227-3699.

Steve Spencer

Date: 9/30, 10/1 - 10/2 (Friday, Saturday and Sunday)
Time: Fri. 6:00 - 9:00 pm, Sat/Sun 8:00 am - 6:00 pm
Fee: \$339
Location: UFM House, 1221 Thurston

Beginning Yoga DANCE-599 #91404

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: 10/4 - 12/08 (Tuesday/Thursday)
Time: 10:00 - 11:00 am (No class Nov. 1, 3, 8, 24)
Fee: \$214 (Also available for noncredit HW 15az)
Location: KSU Ahearn Dance Studio, Room 301



Beginning Yoga DANCE-599 #91436

Ana Franklin

Date: 10/5 - 12/07 (Monday/Wednesday)
 Time: 3:00 - 4:00 pm No class Nov. 2, 7, 23
 Fee: \$214 (Also available for noncredit HW 15bz)
 Location: KSU Ahearn Dance Studio, Room 301

Intermediate Yoga DANCE-599 #91403

This course will increase the student's understanding of how to use the practice of yoga creatively to enhance all aspects of human life. Practice areas will include adapting asanas and movement, using various breathing techniques, creating an individualized practice, and in-depth study of Yoga Sutras. Students will learn breathing methods and continue to refine the asanas while learning to adapt them to the individual body-type. Please bring a yoga/exercise mat and wear comfortable clothing that allows a full range of movement. It is best not to eat for at least two hours before the class. Prerequisite: This course is for those who have taken at least sixteen yoga classes and practiced yoga on a regular basis for not less than eight weeks.

Ana Franklin

Date: 10/5 - 12/07 (Monday/Wednesday)
 Time: 1:30 - 2:30 pm No class Nov. 2, 7, 23
 Fee: \$214 (Also available for noncredit, HW 21z)
 Location: KSU Ahearn Dance Studio, Room 301

Yogilates RRES-200 #91438

Yogilates is a hybrid class combining both yoga and pilates. You will learn about the different types of yoga and all the various poses with their beginner and more advance poses. Pilates is a series exercises or poses that are connected in a particular way to increase circulation and flexibility. Learn what the "powerhouse" is as we strengthen our backs and abdominals. A sticky mat is recommended but not required. Please wear comfortable clothes that will not restrict movement and try not to eat 2 hours before class (a small snack is OK).

Diana Knox

Date: 9/19 - 11/17 (Monday/Wednesday)
 Time: 10:00 - 11:00 am No class 10/03
 Fee: \$234 (Also available for noncredit, RF 42az)
 Location: ProFitness, 1125 Laramie

Yogilates RRES-200 #91439

Diana Knox

Date: 9/1 - 10/18 (Tuesday/Thursday)
 Time: 12:00 - 1:00 pm
 Fee: \$234 (Also available for noncredit, RF 42bz)
 Location: ProFitness, 1125 Laramie

Yogilates RRES-200 #91440

Diana Knox

Date: 10/20 - 12/8 (Tuesday/Thursday)
 Time: 12:00 - 1:00 pm No class 11/24
 Fee: \$234 (Also available for noncredit, RF 42cz)
 Location: ProFitness, 1125 Laramie

Tae Kwon Do I RRES-200 #91412

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: 8/23 - 12/8 (Tuesday/Thursday)
 Time: 6:30pm - 7:30pm No class 11/24
 Fee: \$205 (Also available for noncredit, MA01z)
 Location: KSU Ahearn Fieldhouse

Tae Kwon Do II RRES-200 #91413

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 including at least six months of martial arts training. 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: 8/23 - 12/8 (Tuesday/Thursday)
 Time: 7:30pm - 8:30pm No class 11/24
 Fee: \$205 (Also available for noncredit, MA02z)
 Location: KSU Ahearn Fieldhouse

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: 8/23 - 10/11 (Tuesday)
 Time: 5:30pm - 7:30pm
 Fee: \$253 (Also available for noncredit, RF30az)
 Location: 7550 Old Milford Rd., Milford, Rolling Meadow Golf Course

Golf in Junction City RRES-200 #91423

Jim Peterson

Date: 8/24 - 10/12 (Wednesday)
 Time: 5:30pm - 7:30pm
 Fee: \$253 (Also available for noncredit, RF30bz)
 Location: 7550 Old Milford Rd., Milford, Rolling Meadow Golf Course

Piano I MUSIC 206 #91437

This is a group keyboard class designed for beginners with no previous keyboard experience. This popular class teaches basic concepts which include note reading, rhythm reading, sight reading and group and individual playing. Outside practice is essential for progress in this class.

Stacy Fehr Regehr

Date: 10/12 - 12/7 (Monday/Wednesday)
 No Class 11/23
 Time: 6:00 - 6:50 pm
 Fee: \$219 (Also available for noncredit, CF35z)
 Location: McCain, Room 127

Boxing for Women RRES-200 #91441

Students will learn the basic boxing punches of jabs, crosses, hooks, and uppercuts. Other elements of the class will include correct boxing stance, how to shadow box, foot work, and defensive moves such as blocks, bob and weave, and sliding. Counter punching and how to catch punches working with the catchmats will also be covered. These moves will give students an ab workout for the entire body core. Emphasis will be on how to use the exercises correctly. Advanced punching including haymakers, body shots, combos will be covered in class along with how to put together your own combos. Student's workout will be on various bags such as the heavy bag, the double end bag, and speed bag to develop rhythm and hand-eye coordination. There will be no physical contact. Everyone is welcome to take this course.

Lorissa Ridley

Date: 8/23 - 10/13 (Tuesday / Thursday)
 Time: 6:30 - 7:30 pm
 Fee: \$232
 Location: Cottonwood Racquet Club, 3615 Claflin Road

Boxing for Women RRES-200 #91443

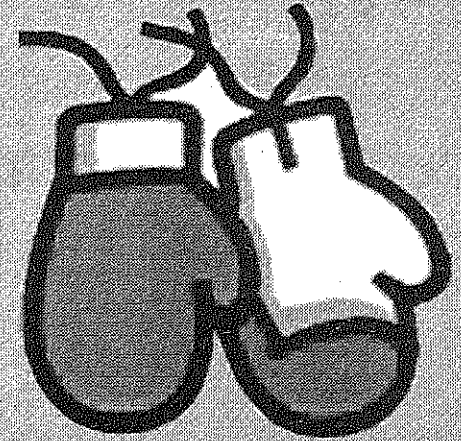
Lorissa Ridley

Date: 10/18 - 12/8 (Tuesday / Thursday)
 Time: 2:00 - 3:00 pm No class 11/24
 Fee: \$232
 Location: Cottonwood Racquet Club, 3615 Claflin Road

Boxing for Women RRES-200 #91444

Lorissa Ridley

Date: 8/22 - 10/17 (Monday / Wednesday)
 Time: 10:30 - 11:30 am No class 9/5 or 10/3
 Fee: \$232
 Location: Cottonwood Racquet Club, 3615 Claflin Road



No Contact Boxing for Men RRES-200 #91445

Students will learn the basic boxing punches of jabs, crosses, hooks, and uppercuts. Other elements of the class will include correct boxing stance, how to shadow box, foot work, and defensive moves such as blocks, bob and weave, and sliding. Counter punching and how to catch punches working with the catchmats will also be covered. These moves will give students an ab workout for the entire body core. Emphasis will be on how to use the exercises correctly. Advanced punching including haymakers, body shots, combos will be covered in class along with how to put together your own combos. Student's workout will be on various bags such as the heavy bag, the double end bag, and speed bag to develop rhythm and hand-eye coordination. There will be no physical contact. Everyone is welcome to take this class.

Lorissa Ridley

Date: 10/17 - 12/7. (Monday / Wednesday)
 (No class 11/23)
 Time: 6:30 - 7:30 pm
 Fee: \$232
 Location: Cottonwood Racquet Club, 3615 Claflin Road

Beginning Middle Eastern Dance (Belly Dance) DANCE-599 #91402

In this dance technique class, students will learn all the foundations of Middle Eastern Dance, otherwise known as Belly Dance. This class will cover beginning level hip and rib cage isolations, arm and hand movements, turns, traveling steps, percussive body movements, veil work, stage dynamics, combinations, and choreography. Students will also be introduced to the fundamentals of Middle Eastern music and rhythms, history, culture, and costuming, as they apply to the dance. This class is open to both men and women, however all students are expected to participate. Please wear comfortable clothing that allows for ease of movement. Form-fitting clothing allows you and the instructor to check for proper alignment and technique. Footwear: bare feet, stocking feet, ballet slippers, or dance sandals.

Maya Zahira

Date: 9/22 - 12/8, (Thursday)
 Time: 3:00 - 4:30 pm (No class 11/24)
 Fee: \$214
 Location: KSU, Ahearn Dance Studio, Room 301



SALINA CLASSES

First Aid/CPR/AED Instructor RRES-200 #91431

This course will provide candidates with the knowledge and skills necessary to teach the First Aid/CPR/AED courses and modules. These courses include WorkPlace Training, Standard First Aid; Adult/Child/Infant CPR; AED Essentials and combinations thereof, as well as six Injury Control Modules. Orientation to the Community Program materials is also included in the training. Instructor candidates will also receive an introduction to the history, structure and activities, and policies and procedures of the American Red Cross through Fundamentals of Instructor Training, a prerequisite module which will prepare instructor candidates to teach to a diverse population and ensure course consistency, quality and appropriate training.

Prerequisites:

1. Correctly answer at least 80% of questions in each section of written pre-course exams, covering material contained in the basic level First Aid, and Adult, Child and Infant CPR courses.
2. Demonstrate ability to perform First Aid, and Adult, Child and Infant CPR skills in accordance with Red Cross standards.
3. Have current First Aid, and Adult, Child and Infant CPR certificates issued within last 6 months.

Certification requirements: Successfully complete pre-course session, attend and successfully participate in all course sessions, successfully complete the required number of practice teaching assignments, demonstrate acceptable level of maturity and responsibility consistent with Red Cross standards, correctly answer at least 80% on final instructor course written exam. Questions regarding course information may be directed to the instructor. Textbooks available for purchase from the American Red Cross Office. Two hours KSU credit.

Carol Stiles, clsswim@yahoo.com

Date: 10/10 - 11/14 (Monday)
Time: 4:00 - 8:30 pm
Fee: \$406 (Also available for noncredit)
Location: American Red Cross Office, 2601 Anderson

Step For Fitness RRES-200 #91446

This class is designed for those people interested in increasing their fitness levels while having fun! Learn the terminology used in step classes, as well as the safety guidelines and various styles of stepping. Classes begin with a warm-up, followed by step workout. Class will finish with a cool-down and stretching. Please wear comfortable clothing and bring a water bottle. Open to men & women, beginners to experienced steppers.

Diana Knox

Date: 9/1 - 10/18 (Tuesday / Thursday)
Time: 10:00 - 11:00 am
Fee: \$234
Location: ProFitness, 1125 Laramie St, lower level

Total Body Toning RRES-200 #91447

Gaining strength and toning the body are the focus of this class. Exercises for all muscle groups (upper, lower, core) will be used, with safety stressed and taught. Hand weights, tubing, stability balls and steps will be utilized to help develop the body. Come away with some new ways to stay fit. Open to men & women.

Diana Knox

Date: 10/20 - 12/8 (Tuesday / Thursday)
Time: 10:00 - 11:00 am (No class 11/24)
Fee: \$234
Location: ProFitness, 1125 Laramie St, lower level

Scuba Diving in Salina RRES-200 #89010

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 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 mask, fins, and snorkel, which will be available for purchase at the first class. Equipment ranges in price from \$100 to \$175. There is a nonrefundable materials fee of \$50 for withdrawing from the class after the first day.

Jeff Wilson

Date: 9/8 - 10/27 (Thursday)
Time: 6:30 pm - 10:00pm No class 9/15
Fee: \$368
Location: YMCA, 570 YMCA Dr., Salina

Ballroom Dance in Salina Dance-599 #89000

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 K-State at Salina Rec Center.

Audrey Umekubo

Date: 8/24 - 12/7 (Wednesday)
Time: 7:00 pm - 8:00pm No Class 11/23
Fee: \$200.65
Location: The K-State at Salina Rec Center, 3142 Scanlan, Salina



Golf in Salina RRES-200 #89020

This course is designed for the beginning golfer. It will emphasize the fundamentals of the full golf swing; the short game techniques of chipping, pitching and sand shots; mental aspects, rules of play, course etiquette, selection and use of equipment. Time allowed for both classroom and golf course play and driving range practice. Students are responsible for one round of golf and additional baskets of balls, \$5.00/basket.

Ronda Green

Date: 8/29 - 10/31 (Monday)
Time: 2:00 pm - 4:00pm (No class 9/5 and 10/3)
Fee: \$250.65 (Also available for non-credit RF06az)
Location: The K-State at Salina Rec Center, 3142 Scanlan

Golf in Salina RRES-200 #89021

Ronda Green

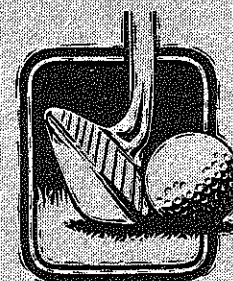
Date: 9/1 - 10/20 (Thursday)
Time: 5:30 pm - 7:30 pm
Fee: \$250.65 (Also available for non-credit RF06bz)
Location: The K-State at Salina Rec Center, 3142 Scanlan

Intermediate/Advanced Golf in Salina RRES-200 #89022

This course is designed for the intermediate/advanced golfer, and will allow students to improve their existing golf skills, both physically and mentally. Students will practice improving their golf swing and short game both on the driving range and on the golf course. The first round of golf and first basket of balls are included in class fees. Students will be responsible for one round of golf and additional baskets of balls, \$5.00/basket.

Ronda Green

Date: 8/31 - 10/19 (Wednesday)
Time: 5:30 pm - 7:30 pm
Fee: \$250.65 (Also available for non-credit RF31z)
Location: The K-State at Salina Rec Center, 3142 Scanlan, Salina



Fencing in Salina RRES-200 #89040

Beginning fencing is an introduction to the fundamentals of modern sport fencing. Of the three weapon types (foil, epee, sabre) sanctioned in international competition, only foil is taught in beginning fencing. Course may not be repeated for credit. Fencing entails progressive conditioning of 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.

Gia Kvaratskhelia

Date: 9/6 - 11/29 (Tuesday)
Time: 6:00 - 7:30 pm
Fee: \$225 (Also available for noncredit RF44z)
Location: 135 E. Claffin Ave., Basement, rear entry



Tae Kwon Do I in Salina RRES-200 #89030

Tae Kwon Do is an effective way to unify the mind and body. It develops one's health by increasing cardiovascular abilities, strength, balance, and flexibility. The basics of blocking, punching, kicking and self defense are taught. Students will work through the materials from white belt through yellow belt (the 1st three levels) at an individual pace. Class will consist of practicing these skills as a group, working with other classmates and the instructor one on one. There will be 3 testings (on skill) as you progress through each level. Not all students will be expected to cover all three levels.

Cathy Strowik

Date: 8/23 - 12/8 (Tuesday/Thursday)
Time: 4:00pm - 5:00 pm No class Nov. 24
Fee: \$184.65 (Also available for noncredit, MA12z)
Location: The K-State at Salina Rec Center, 3142 Scanlan Ave.

UFM INSTRUCTORS

Lori Able
Thad Beach
Scott Bean
Michael Bennett
Mike Bonella
Caryn Brooks
Lewis Browder
Carl Brown
Charlene Brownson
Crystal Bryant
Bob Campbell
Kate Cashman
Patricia Cassinelli
Rosina Catalan
Derek Conrad

Sheryl Cornell
Randi Dale
Jennifer Dean
Bill Dorsett
Sarah English
Gregg Eyestone
Travis Flewelling
Enell Foerster
Bill Fraley
Ana Franklin
Joye Gordon
Ronda Green
Jim Gregory
Jeff Gwirtz
Colleen Hampton

Linda Harvey
Palma Holden
Cody Holub
Jui Jung -Daisy Huang
June Hunzeker
Chad Jackson
Elizabeth Jankord
Joyce Juhler
Gayathri Kambhampati
Stormy Kennedy
Diana Knox
Tom Korte
Aimee Kraus
Toni Kroll
Gia Kvaratskhelia

Rafael Labrado
Cara Leeds
Alberto Levera
Jessie Luttmann
M'Eliz Maata
Ron Madl
Kelly Marshall
Alisha Matz
Judy Metcalf
Mark Miller
Kim Mills
David Moore
Mark Moser
Peter Pellegrin

Jim Peterson
Mariko Price
Emilie Rabbat
Wade Radina
Lorissa Ridley
Tara Ritchie
Abby Scheopner
Rita Scheopner
Gordon Schmid
Pamela Schmid
Heather Scott
David Seamon
Jill Shanteau
Paul Sodamann

Carol Stites
Cathy Strowig
Mei Hwa (Tina) Terhune
Michael Tran
Kennita Tully
Todd Tuttle
Audrey Umekudo
Isaac Wakabayashi
Jan Wichman
Jeff Wilson
Stan Wilson
Jarnet Wright
Maya Zahira

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

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
Aug 30	10 am - 2 pm	KSU Union
Aug 31	10 am - 2 pm	KSU Union

Registration continues throughout the semester:

UFM Hours — 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: Mini 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/DCEce/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 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.

