

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.

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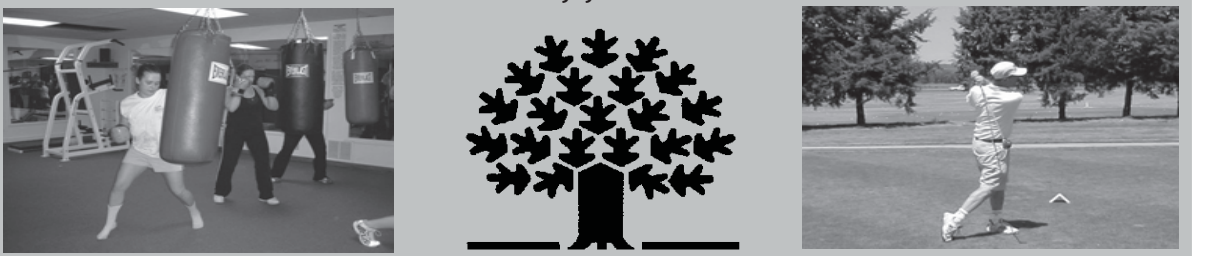
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Intermediate Arabic	Modern Aikijujutsu	Parenting Second Time Around



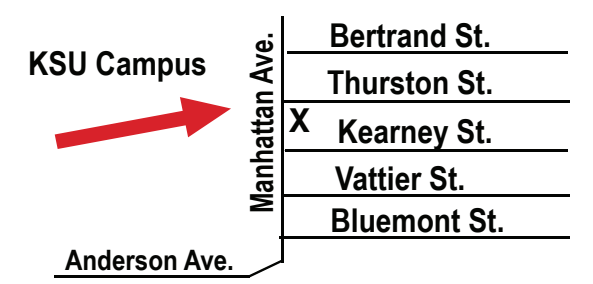
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Boxing for Men/Women	Youth Boxing	Beg. Middle Eastern Belly Dance
Intro to Fitness & Nutrition	Chess	Swing & Salsa
	Ballet/Jazz	

ENROLL ONLINE AT WWW.TRYUFM.ORG



1221 Thurston St. | Manhattan, KS 66502



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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 time of registration.

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

UFM Programs

EDUCATION

UFM'S EDUCATION PROGRAM OFFERS DIVERSE CREDIT AND NONCREDIT CLASSES AS WELL AS TEST PREPARATION COURSES. CLASSES ARE TAUGHT BY PEOPLE WHO WANT TO SHARE THEIR INTEREST WITH OTHERS. PARTICIPANTS RANGE FROM KSU FACULTY/STAFF, STUDENTS AND MANHATTAN AREA RESIDENTS.



THE **TEEN MENTORING** PROGRAM WAS DEVELOPED AS A WAY TO PROVIDE SUPPORT AND POSITIVE INTERACTION TO YOUTH WHO HAVE TROUBLE RELATING TO TRADITIONAL YOUTH PROGRAMS. THIS IS FOR MIDDLE AND HIGH SCHOOL. A VARIED CURRICULUM IS PLANNED WITH OPPORTUNITIES FOR RECREATION AND LEARNING EXPERIENCES. GROUP MEETS TWO DAYS A WEEK AFTER SCHOOL. CALL KAREN AT 539.8763

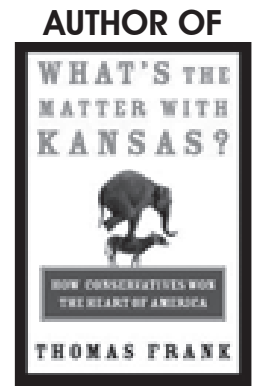


THE **MANHATTAN COMMUNITY GARDEN** IS A COOPERATIVE GARDENING PROJECT WITH OVER 200 PLOTS. PLOT SIGN-UPS OCCUR IN FEBRUARY AND MARCH EACH YEAR.



CRA-COMMUNITY RESOURCE ACT

UFM'S STATE OUTREACH PROGRAM PROVIDES CONSULTATION, TECHNICAL ASSISTANCE AND MINI-GRANTS TO KANSAS COMMUNITIES INTERESTED IN STARTING THEIR OWN COMMUNITY EDUCATION AND DEVELOPMENT PROGRAMS.

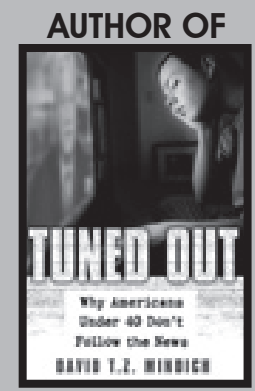


Thomas Frank
 September 18, 2006
 Monday, 7:00 pm
 K-State Forum Hall
 Jointly sponsored by the Donald J. Adamchak Distinguished Lecture Series in Sociology

FOCUSING ON SOCIAL JUSTICE, HUMAN RIGHTS, WORLD PEACE AND INTERNATIONAL DEVELOPMENT



FOR MORE INFORMATION on this program and UFM's other programs:
 Call UFM at 539.8763 or
 Visit our website:
www.tryufm.org



David T.Z. Mindich
 October 24, 2006
 Tuesday, 7:00 pm
 K-State Forum Hall
 Jointly sponsored by the A.Q. Miller School of Journalism and Mass Communications

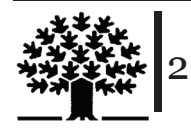


Rink Dickinson
 November 9, 2006
 Thursday, 7:00 pm
 K-State Main Ballroom



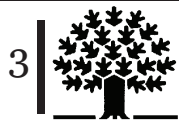
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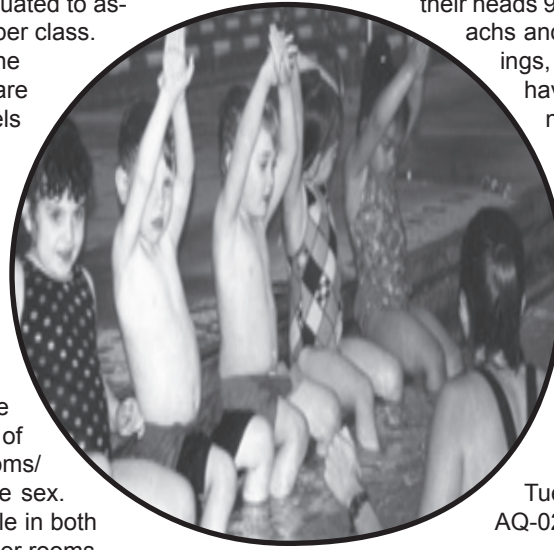
Aquatics

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 under the age of 5 are not permitted in restrooms/locker rooms of the opposite sex. Changing tables are available in both the men's and women's locker rooms.



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

BEGINNING & ENDING DATES (Except Where Noted):

Session A: Mon., September 11 - November 20 (No class 10/02)
 Session B: Tues., September 12 - November 14
 Session C: Wed., September 13 - November 15
 Session D: Thurs., September 14 - November 16
 Session E: Sat., September 9 - December 2 (No class 09/30, 10/21 or 11/25)



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.

Mon., 6:00 PM - 6:30 PM
 AQ-01P1 Sept. 11 - Oct. 16
 (No class 10/02)

Tues., 6:00 PM - 6:30 PM
 AQ-02P1 Sept. 12 - Oct. 10

Mon., 6:00 PM - 6:30 PM
 AQ-01P2 Oct. 23 - Nov. 20

Tues., 6:00 PM - 6:30 PM
 AQ-02P2 Oct. 17 - Nov. 14

Sat., 9:30 AM - 10:00 AM
 AQ-05P1 Sept. 9 - Oct. 14 (No class 09/30)
 AQ-05P2 Oct. 28 - Dec. 2 (No class 11/25)

Fee: \$22 per session (5 lessons)

Tot Transition

If your toddler is ready to try the water without a parent, but not ready for Level I, this short class is for them. Emphasis will be on basic water safety and preparation activities for swimming. This class is designed for 3-4 year olds. Some parent participation may be allowed.

Monday 6:45 PM - 7:15 PM
 AQ-TO1A September 11 - October 16
 (No class 10/02)
 AQ-TO2A October 23 - November 20

Tuesday 6:45 PM - 7:15 PM
 AQ-TO1B September 12 - October 10
 AQ-TO2B October 17 - November 14

Saturday 10:15 AM - 10:45 AM
 AQ-TO1E September 9 - October 14
 (No class 09/30)
 AQ-TO2E October 28 - December 2
 (No class 11/25)

Fee: \$22 per session (5 lessons)

Level I: Introduction to Water Skills

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

AQ-01A Monday 6:00 PM - 6:40 PM
 AQ-01B Tuesday 6:00 PM - 6:40 PM
 AQ-01C Wednesday 6:00 PM - 6:40 PM
 AQ-01D Thursday 6:00 PM - 6:40 PM
 AQ-01E Saturday 9:30 AM - 10:10 AM

Fee: \$47 per session (10 lessons)

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 began in Level I. Students will be introduced to treading water, and swimming on their front and back. Students entering this course must have a Level I certificate or must be able to demonstrate all the completion requirements of Level I.



AQ-02A Monday 6:00 PM - 6:40 PM
 AQ-02B Tuesday 6:00 PM - 6:40 PM
 AQ-02C Wednesday 6:00 PM - 6:40 PM
 AQ-02D Thursday 6:00 PM - 6:40 PM
 AQ-02E Saturday 10:15 AM - 10:55 AM

Fee: \$47 per session

FUN FACT:
 A duck's quack doesn't echo.

Aquatics Continued

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 stroke. Students will also learn rules for safe diving and learn to dive from the side of the pool. Students entering this course must have a Level II certificate or must be able to demonstrate all the completion requirements in Level II.

AQ-03A Monday 6:50 PM - 7:30 PM
 AQ-03B Tuesday 6:50 PM - 7:30 PM
 AQ-03C Wednesday 6:50 PM - 7:30 PM
 AQ-03D Thursday 6:50 PM - 7:30 PM
 AQ-03E Saturday 9:30 AM - 10:10 AM

Fee: \$47 per session (10 lessons)

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.

AQ-04A Monday 6:50 PM - 7:30 PM
 AQ-04B Tuesday 6:50 PM - 7:30 PM
 AQ-04C Wednesday 6:50 PM - 7:30 PM
 AQ-04D Thursday 6:50 PM - 7:30 PM
 AQ-04E Saturday 10:15 AM - 10:55 AM

Fee: \$47 per session (10 lessons)

Level V: Stroke Refinement

The objective of Level V is coordination and refinement of all strokes. Participants learn to perform each of the strokes over increased distances as well as learn surface dives and flip turns. Students entering this course must have a Level IV certificate or must be able to demonstrate all the course requirements of Level IV.

AQ-05C Wednesday 6:50 PM - 7:30 PM
 AQ-05E Saturday 10:15 AM - 10:55 AM

Fee: \$47 per session (10 lessons)

Level VI: Swimming and Skill Proficiency

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

AQ-06C Wednesday 6:50 PM - 7:30 PM
 AQ-06E Saturday 10:15 AM - 10:55 AM

Fee: \$47 per session (10 lessons)

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



Adult Swim Lessons

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

AQ-22A Monday 6:00 PM - 6:40 PM
 AQ-22E Saturday 9:30 AM - 10:10 AM

Fee: \$47 per session (10 lessons)

Lap Swimming: Ages 13+

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 scheduled times below.

AQLSA Monday 6:00 PM - 7:30 PM
 AQLSB Tuesday 6:00 PM - 7:30 PM
 AQLSC Wednesday 6:00 PM - 7:30 PM
 AQLSD Thursday 6:00 PM - 7:30 PM
 AQLSE Saturday 9:30 AM - 11:00 AM

Fee: \$19 per session (10 times)

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.

AQLPA Monday 6:00 PM - 7:30 PM
 AQLPB Tuesday 6:00 PM - 7:30 PM
 AQLPC Wednesday 6:00 PM - 7:30 PM
 AQLPD Thursday 6:00 PM - 7:30 PM
 AQLPE Saturday 9:30 AM - 11:00 AM

Fee: \$16 per session (10 times)

Shallow Water Hydroaerobics: AQSH Water Exercise

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

Session A: August 21 - September 16 (09/02, 09/04)
 Monday - Thursday & Saturday 6:35 PM - 7:30 PM
 AQ-26A 10:05 AM - 11:00 AM (1 time a week)
 AQ-27A (3 times a week)
 AQ-28A (5 times a week)

Session B: September 18 - October 14 (No class 10/02)
 Monday - Thursday & Saturday 6:35 PM - 7:30 PM
 AQ-26B 10:05 AM - 11:00 AM (1 time a week)
 AQ-27B (3 times a week)
 AQ-28B (5 times a week)

Session C: October 16 - November 11 (No class 10/21)
 Monday - Thursday & Saturday 6:35 PM - 7:30 PM
 AQ-26C 10:05 AM - 11:00 AM (1 time a week)
 AQ-27C (3 times a week)
 AQ-28C (5 times a week)

Session D: November 13 - December 7 (No classes 11/22 - 11/25)
 Monday - Thursday & Saturday 6:35 PM - 7:30 PM
 AQ-26D 10:05 AM - 11:00 AM (1 time a week)
 AQ-27D (3 times a week)
 AQ-28D (5 times a week)

Fee: \$24 for 1 time a week per session (4 weeks of classes)
 \$29 for 3 times a week per session (4 weeks of classes)
 \$33 for 5 times a week per session (4 weeks of classes)

**Shallow Water Hydroaerobics for Entire Semester listed on next page

Manhattan
 Marlins
 Swim Team



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

Ages: 5 years through college

www.manhattanmarlins.org

For more information contact: Todd Kramer at 317-0540 or Nellie Bucholtz at 587-8770



Aquatics Continued

Shallow Water Hydroaerobics for the Entire Semester

Session E: August 21 - December 7
(No classes 09/30, 10/02, 10/21, 11/22 - 11/25)
Monday - Thursday & Saturday 6:35 PM - 7:30 PM
10:05 AM - 11:00 AM

AQ-26E (1 time a week)
AQ-27E (3 times a week)
AQ-28E (5 times a week)

Fee: \$54 for 1 time a week per session (15 weeks of classes)
\$66 for 3 times a week per session (15 weeks of classes)
\$74 for 5 times a week per session (16 weeks of classes)

Deep Water Hydroaerobics

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

Session A: August 22 - September 14
AQ-100A Tuesday/Thursday 6:35 PM - 7:30 PM

Session B: September 19 - October 12
AQ-100B Tuesday/Thursday 6:35 PM - 7:30 PM

Session C: October 17 - November 9
AQ-100C Tuesday/Thursday 6:35 PM - 7:30 PM

Session D: November 14 - December 7
(No class 11/23)
AQ-100D Tuesday/Thursday 6:35 PM - 7:30 PM

Fee: \$24 per session (4 weeks of classes)

Deep Water Hydroaerobics for the Entire Semester

Session E: August 22 - December 7
(No class 11/23)
AQ-100E Tuesday/Thursday 6:35pm - 7:30pm

Fee: \$58 per session (16 weeks of classes)

CHECK OUT OUR YOUTH SECTION FOR MORE CLASSES SEE PAGES 28-29



Private Swim Lessons

AQ-103

Private lessons provide one-on-one instruction for any level of swimmer. There are 5 lessons, 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.

Beginning and Ending Dates for Private Lessons:

Session A1: Mon. Sept. 11 - Oct. 16 (No class 10/02)
Session A2: Mon. Oct. 23 - Nov. 20

Session B1: Tues. Sept. 12 - Oct. 10
Session B2: Tues. Oct. 17 - Nov. 14

Session C1: Wed. Sept. 13 - Oct. 11
Session C2: Wed. Oct. 18 - Nov. 15

Session D1: Thurs. Sept. 14 - Oct. 12
Session D2: Thurs. Oct. 19 - Nov. 16

Session E1: Sat. Sept. 9 - Oct. 14 (No class 09/30)
Session E2: Sat. Oct. 28 - Dec. 2 (No class 11/25)

Times for Mon. - Thurs. sessions: 6:00 PM - 6:30 PM
6:45 PM - 7:15 PM

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

Fee: \$69 per session (5 thirty-minute lessons)
\$55 per student for semi-private lessons (2 students per teacher) (5 thirty-minute lessons)

Open Swim Appreciation

AQ-31a

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: 10/15/06 (Su)
Time: 5:00 PM to 7:00 PM
Fee: No charge
Location: KSU Natatorium

Open Swim Appreciation

AQ-31b

Date: 10/29/06 (Su)
Time: 5:00 PM to 7:00 PM
Fee: No charge
Location: KSU Natatorium

Sunday Family Swim

AQ-32

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: 10/15/06 & 10/29/06 (Su)
Time: 5:00 PM to 7:00 PM
Fee: \$8/Individual;\$20/Family
Location: KSU Natatorium

Aquatics Continued

Scuba Diving

AQ105AZ

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 \$75 will be assessed at the time of check out dives. However, neither UFM nor KSU is responsible for the certification. Travel and lodging are at the student's expense. Students must provide their own masks, fins and snorkels which will be available for purchase at the first session, the purchase of equipment ranges from \$100 to \$175. There is a non-refundable material fee of \$50 for withdrawing from the class after the first day.

Instructor: Jeff Wilson

Date: 08/30/06 to 09/20/06 (M)
(No class 09/04)
Time: 6:00 PM to 10:00 PM
Fee: \$232.00
Location: KSU Natatorium
(Available for KSU Credit)

Scuba Diving

AQ105BZ

Instructor: Jeff Wilson

Date: 10/09/06 to 11/30/06 (M)
(No class 10/04)
Time: 6:00 PM to 10:00 PM
Fee: \$232.00
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.

Instructor: Carol Stites, clssswim@interkan.net

Date: 09/05/06 to 10/19/06 (Tu/Th)
Time: 6:00 PM to 7:30 PM
Fee: \$82.00
Location: KSU Natatorium
(Available for KSU Credit)

Fitness Swimming

AQ108BZ

Instructor: Carol Stites, clssswim@interkan.net

Date: 09/05/06 to 10/19/06 (Tu/Th)
Time: 9:30 AM to 11:00 AM
Fee: \$82.00
Location: KSU Natatorium
(Available for KSU Credit)



Introduction to Kayaking

AQ42

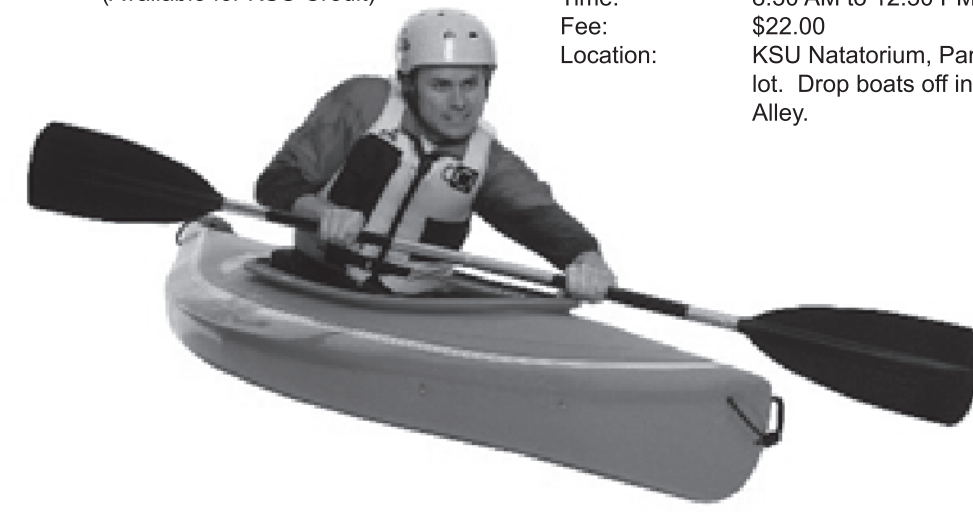
This 2-part series is designed for beginning kayakers. Whether your interests are in touring, sea kayaking, or whitewater, the class will have something that will peak your interest. In the warm waters of the KSU Natatorium, we will first practice basic boat designs, entry & exits, basic strokes, and paddling techniques. During the second class, we will offer intermediate paddling techniques, practice basic rescue techniques, and offer tips on paddling lakes and rivers.

Instructors: T.J. Hittle and Tim Stoecklein

T.J. tjhittle@kansas.net, was the first American Red Cross Canoe & Kayak Instructor-Trainer in Kansas, having taught well over 400 kayaking and canoeing students since 1979. During his travels, on nearly 200 rivers and streams across seven Central, South, & North American countries, he has accumulated over 9,000 river miles. He is also the creator and Webmaster for the KANSAS PADDLER Home Page at: www.kansas.net/~tjhittle/.

Tim Stoecklein, tstoeklein@yahoo.com is an outdoor enthusiast and an American Red Cross CPR/FIRST AID Instructor. He has paddled flatwater to whitewater and learns something new about paddling each time. He enjoys bringing new people into the sport by passing on the skills he learned as a beginner.

Date: 10/08/06 & 10/15/06 (Su)
Time: 8:30 AM to 12:30 PM
Fee: \$22.00
Location: KSU Natatorium, Park in west parking lot. Drop boats off in the Natatorium Alley.



Water Polo Conditioning

AQ123Z

Water Polo Conditioning will offer beginning participants an opportunity to learn the basics of this popular water sport, while providing those already familiar with this fun and often times demanding activity a chance to hone their skills and get a workout as well! Students will learn and apply the rules and regulations of the game during practice and build and improve technique through drills, exercises and scrimmages. General principles of fitness and conditioning will also be addressed through written material, lecture and assignments.

Prerequisites: Students must be able to swim 50 yards front crawl without stopping, 50 yards breaststroke without stopping and be able to tread for 5 minutes in deep water. This course is not for the inexperienced or beginner swimmer!
Instructor: Carol Stites, clssswim@interkan.net and Scott Smith

Carol Stites has been teaching Fitness and Aquatic courses at K-State for 19 years.

Scott Smith brings his experience and knowledge to this class by virtue of his years playing Water Polo during high school and college in his home state of California and coaching while in Chicago, Ill.

Date: 10/24/06 to 12/07/06 (Tu/Th)
Time: 9:30 AM to 11:00 AM
Fee: \$82.00
Location: KSU Natatorium
(Available for KSU Credit)

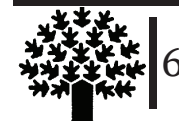


LIVINGWELL INC.
DEVELOPMENT FOR THE BODY, MIND & SPIRIT

Everyone's path to growth and healing is unique.

LIVINGWELL is a network of Holistic Health Providers in Manhattan and the surrounding areas. For a directory of Providers and to learn more about us go to:

www.livingwellkansas.org



Gain Control of Your Money and Become Debt Free **06CFC01**
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.
Instructor: Charlene Brownson, 776-3666

Charlene works with a local financial service company. Charlene Brownson enjoys sharing her knowledge with others to help them develop money skills.

Date: 09/18/2006 (M)
Time: 7:00 PM to 8:30 PM
Fee: \$12.00/Individual; \$16.00/Couple (Both-Take Gain Control & Investing **06CFC29**; \$16.00/Individual, \$20.00/Couple)
Location: UFM Conference Room

Investing in Your Future **06CFC02**
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.
Instructor: Charlene Brownson, 776-3666

Date: 09/25/2006 (M)
Time: 7:00 PM to 8:30 PM
Fee: \$12.00/Individual; \$16.00/Couple (Both- Take Gain Control & Investing **06CFC29**; \$16.00/Individual, \$20.00/Couple)
Location: UFM Conference Room

FUN FACT:
Mosquitoes are attracted to PEOPLE who just ATE BANANAS.

GRE Prep Course **06CFC06**
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 and analyze the reason for correct responses.

Date: 10/03/2006 to 11/09/2006 (T/Th)
Time: 7:30 PM to 9:30 PM
Fee: \$270.00
Location: KSU Bluemont Hall, Room 109



LSAT Prep Course **06CFC24**
Law School Admission Test Review Course, comprehensive 28-hour review, in-class & at-home study materials, analytical lectures and test-taking strategies.

Date: Viist website for current information
Time: 5:00 PM to 9:00 PM
Fee: \$270.00
Location: UFM Conference Room

Retirement Planning for all Stages **06CFC41A**
A class dealing with the complexities of retirement accumulation: personal savings, employer-sponsored plans and social security. Also includes the withdrawal of these plans to provide an income stream during retirement.
Instructors: Diane Freeby and Mathew Bishop, (785) 537-4505 are financial advisors with Waddell & Reed, Inc.

Date: 09/14/2006 (Th)
Time: 7:00 PM to 8:30 PM
Fee: \$12.00
Location: Waddell and Reed Conference Room

Retirement Planning for all Stages **06CFC41B**
Instructors: Diane Freeby and Mathew Bishop, (785) 537-4505

Date: 10/19/2006 (Th)
Time: 7:00 PM to 8:30 PM
Fee: \$12.00
Location: Waddell and Reed Conference Room

Retirement Planning for all Stages **06CFC41C**
Instructors: Diane Freeby and Mathew Bishop, (785) 537-4505

Date: 11/09/2006 (Th)
Time: 7:00 PM to 8:30 PM
Fee: \$12.00
Location: Waddell and Reed Conference Room



Building Effective Coalitions to Address Public Issues:
A Professional Development Workshop **06CFC42**

When we think of leadership, we often conjure up images of corporate leaders such as Chrysler's Lee Iacocca, who transformed their staid organizations into high-performing corporations. Visionary and charismatic, such leaders breathe new life into organizations so they can better compete in a complex marketplace.

Leadership to address complex public problems such as health risks, teenage pregnancies, and juvenile justice, is different, however. Public problems are interconnected, they cross organizational and jurisdictional boundaries, and they are inter-organizational. No single agency, organization, jurisdiction, or community has enough authority, influence, or resources to dictate visionary solutions.

Leadership in this context demands different roles, tasks, and skills then those required in the corporate world. One of the most important skills for public leaders is the ability to create and maintain successful collaborative efforts in the form of coalitions, partnerships, and networks.

This innovative workshop will address the unique challenges facing public leaders in establishing effective coalitions.

* Explore 10 key questions to define roles and aid coalition development

* Discover how to frame issues for long term outcomes.

* Learn about tools to better engage stakeholders in addressing public issues

Don't miss this important opportunity to interact with and learn from agency/organization colleagues and community leaders in enhancing collaborative efforts that make a difference in our community!

Instructors: Robert Wilson (rmwilson@k-state.edu) is an Associate Extension Specialist with K-State Research & Extension, where he works with a variety of local, state, and federal agencies and community organizations in establishing collaborative efforts to address public issues. Linda Teener is the UFM Director with many years experience convening and participating in community coalitions. Starla Bocanegra is the Director of the Northeast Kansas regional Prevention center. She has experience in facilitation, training, and community coalition building.

Date: 10/24/06 (Tu)
Time: 9:00 AM to 4:00 PM
Fee: \$22.00
Location: Manhattan Workforce Center, 205 S. 4th

Beginning Knitting **06CCF05A**
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.
Instructor: Kennita Tully, (785) 537-1826

Kennita Tully is a nationally recognized freelance knitwear designer whose work has appeared in most knitting publications including Knitters, Interweave Knits, Vogue Knitting, Family Circle Easy Knitting, Knit It! and others. She also designs for yarn companies and her shop, Wildflower yarns and knitwear in downtown Manhattan.

Date: 08/30/2006 to 09/20/2006 (W)
Time: 1:00 PM to 2:30 PM
Fee: \$31.00
Location: 300 Poyntz Ave.

Beginning Knitting **06CCF05B**
Instructor: Kennita Tully, (785) 537-1826

Date: 08/30/2006 to 09/20/2006 (W)
Time: 7:00 PM to 8:30 PM
Fee: \$31.00
Location: 300 Poyntz Ave.

Beginning Knitting **06CCF05C**
Instructor: Kennita Tully, (785) 537-1826

Date: 10/03/2006 to 10/24/2006 (T)
Time: 7:00 PM to 8:30 PM
Fee: \$31.00
Location: 300 Poyntz Ave.

Intermediate Knitting **06CCF07A**
Students will make a striped hat on circular needles with ribbing for the first project. The second project is a felted bag. Students will learn stitch patterns, how to pick up stitches, knit in the round, increase, change colors and felt in this class. Materials for the first class are two colors of worsted weight yarn and size 8 circular 16" needles. Materials can be purchased the first night of class. Must know how to knit and purl.
Instructor: Kennita Tully, (785) 537-1826

Date: 09/27/2006 to 10/18/2006 (W)
Time: 1:00 PM to 2:30 PM
Fee: \$40.00
Location: 300 Poyntz Ave.

Intermediate Knitting **06CCF07B**
Instructor: Kennita Tully, (785) 537-1826

Date: 09/27/2006 to 10/18/2006 (W)
Time: 7:00 PM to 8:30 PM
Fee: \$40.00
Location: 300 Poyntz Ave.

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

Basic Jewelry Making **06CCF11**
In this class the students will learn the basic techniques of fabricating fine jewelry through a series of 5 planned projects plus a student designed final project. All projects will be in sterling silver and include a basic band, a bezel ring with a genuine semi-precious gem, hoop earrings, pierced earrings or pendant, forged bangle or ring. Techniques learned will include sawing, bending, soldering, forging, forming, filing, sanding, polishes, burnishing, piercing (metal, not ears), etc. *Material fee does cover planned projects but does not include for the final project. A recommended tools list will be sent to all participants and can be purchased at cost through instructor.
Instructor: Daniel Bostrom

Daniel began collecting rocks and minerals at the age of 7. By the age of 13 was cutting his own gemstones. In high school he began making jewelry as a hobby. As a professional Goldsmith working toward a Master Goldsmith certification, he works full time making and repairing fine jewelry in gold, silver and platinum.

Date: 09/09/2006 to 11/11/2006 (Sa)
Time: 9:00 AM to Noon
Fee: \$199.00
Location: UFM Greenhouse

Triple Techniques in Stamping **06CCF31A**
Triple your stamping and scrapbooking fun each time you take this class! Learn how to use 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 sample swatch of each.
Plus you will receive a technique sheet to keep with your swatch for future reference. Techniques we will be learning this semester will be: Tapestry, Ghosting, Bouncing Brayer, Serendipity, Retiform, and Embossed H2O Crayons - plus 3 mystery techniques! Please register one week prior to class date. All Supplies will be provided - but you can bring your own basics (cutter, scissors, adhesive) if you prefer!
Instructor: Heather Scott, (785) 494-2505, Email: heather@oz-somestamps.com

Date: 09/25/2006 (M)
Time: 7:00 PM to 9:00 PM
Fee: \$16.00
Location: UFM Multipurpose Room

Date: 09/25/2006 (M)
Time: 7:00 PM to 9:00 PM
Fee: \$16.00
Location: UFM Multipurpose Room



Triple Techniques in Stamping **06CCF31B**
Instructor: Heather Scott, (785) 494-2505
Email: heather@oz-somestamps.com

Date: 10/23/2006 (M)
Time: 7:00 PM to 9:00 PM
Fee: \$16.00
Location: UFM Multipurpose Room

Triple Techniques in Stamping **06CCF31C**
Instructor: Heather Scott, (785) 494-2505
Email: heather@oz-somestamps.com

Date: 11/27/2006 (M)
Time: 7:00 PM to 9:00 PM
Fee: \$16.00
Location: UFM Lower Level

Rubber Stamping Basics **06CCF33**
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) Please register one week prior to class.
Instructor: Heather Scott, (785) 494-2505
Email: heather@oz-somestamps.com

Date: 10/18/2006 (W)
Time: 7:00 PM to 9:00 PM
Fee: \$16.00
Location: UFM Conference Room

UFM FACT:
INSTRUCTORS HAVE RANGED FROM 6 TO 98 YEARS OLD.

Creative Free Time Continued

Learning to Write and Sell Fiction

06CCF36

Whether you've just thought of your first story idea or you have three unpublished novels already finished, this class will give you the tools you need to write great fiction and become a published author. Combining both lecture and workshop, students will have the opportunity to improve a piece they've already started or receive feedback on something new. General techniques on writing will be covered along with examples that demonstrate the ideas presented. Students will also learn constructive ways to critique their own writing and the writing of others.
Instructor: Glenn Sixbury

Glenn Sixbury has been a selling author for nearly twenty years and has been teaching writing for ten years. His credits include humor, science fiction, fantasy, horror, and children's stories. His work has appeared in magazines as well as hardcover and paperback anthologies. Over 200,000 copies of his stories exist in print, including international versions in French, German, and Italian. His first novel, *Legacy*, was printed in hardback and trade paperback by Tor Publishing.

Date: 09/26/2006 to 10/24/2006 (T)
Time: 7:30 PM to 9:30 PM
Fee: \$20.00
Location: UFM Multipurpose Room

Chess for Adults (Ages 18 and up)

06CCF80

This class will provide in-class instruction and practice with playing solid chess. It will be somewhat in-depth building to a level toward master game play. Students will learn how to play important openings, to apply offensive, defensive structures, open mobility, how to checkmate quickly and how to draw in a lost position, etc.
Instructor: Raymond Paul, (785) 313-1166
Email: robindale7@yahoo.com

Raymond is a graduate of K-State with a B.S. degree in Physical Science and is was the co-founder of the K-State Chess Club. He has won first place in the Kansas Open (Reserve section) in 2005 Summer and has taught chess in a number of chess workshops and has freely tutored people in chess over the years.

Date: 08/23/2006 to 10/25/2006 (W)
Time: 6:30 PM to 8:00 PM
Fee: \$44.00
Location: UFM Multipurpose Room



The Digital Darkroom for Photographers

06CCF65

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 management of your digital image processing using Adobe Photoshop as well as inkjet printing. The class will be geared to those new to image processing and Photoshop. Some of the topics to be covered will include introduction to the idea of a constant workflow, introduction to Photoshop and image editing software, image capture (either with a scanner or digital camera), using camera RAW, image resolution and size, color management, basic image adjustments such as levels and curve adjustments, color correction, dust and scratch clean-up, an introduction to layers, making prints with inkjet printers, and organizing and archiving your digital photos. Special topics such as assembling panoramas and combining multiple exposures will also be introduced.
Instructor: Scott Bean, 776-9441, srbean@ksu.edu

Scott Bean has been photographing landscapes for several years. Photography is a wonderful way to enjoy nature and each photograph someone makes 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. With the popularity of digital photography Scott is also interested in helping people get started with that and issues relevant to digital photography such as managing files, processing images, etc.

Date: 11/07/2006 to 11/16/2006 (T/Th)
Time: 7:00 PM to 9:00 PM
Fee: \$48.00
Location: UFM Conference Room

Introduction to Photography

06CCF78

This class will focus on basic concepts of photography-to get the most out of this class, participants should have either a film or digital camera that users can take complete manual control of settings such as aperture (f-stop) and shutter speed; such as SLR's or advanced compact cameras. Topics that will be covered include basic camera settings and operation, how f-stop and shutter speed affect your photos, how to select the right settings, choosing and using different lenses. The class will also cover an introduction to exposure, metering and controlling light, composition, and learning to see creatively. 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 camera operation and nature photography. The class will include 5 classroom meetings (Thursday evenings 7-9) and 4 field trips (Saturdays, approximately 6-9). Field trips are designed to reinforce what is learned in the class and will include shooting together as a group and a chance for individuals to photograph on their own. 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. Participants will be responsible for their own film and development costs.
Instructor: Scott Bean, 776-9441, srbean@ksu.edu

Date: 09/28/2006 to 10/26/2006 (Th/Sa)
Time: 7:00 PM to 9:00 PM; Sat TBA
Fee: \$72.00
Location: UFM Fireplace Room

Digital Scrapbooking for the 21st Century

06CCF79A

This class will show you how to organize, enhance, store, and share your digital photos from a digital camera or scanner. We will be using photo editing and storage software on a laptop. The software is a one-of-a-kind specially created for the album maker who loves to take pictures. Bring your laptop, as they will be demonstrating wireless internet access to help you send, store, share, and retrieve your pictures to/from another computer. (A laptop is not required for taking this class)
Instructor: Gordon Schmid and Pam Schmid

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

Date: 09/11/2006 (M)
Time: 7:00 PM to 9:00 PM
Fee: \$14.00
Location: UFM Fireplace Room

Digital Scrapbooking for the 21st Century

06CCF79B

Instructor: Gordon Schmid and Pam Schmid

Date: 11/14/2006 (T)
Time: 7:00 PM to 9:00 PM
Fee: \$14.00
Location: UFM Fireplace Room

FUN FACT:
Emus and Kangaroos cannot walk backward.

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Creative Free Time Continued

Triangle Frame Loom Weaving for Scarfs and Shawls

06CCF66

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.

Instructor: Enell Foerster, (785) 537-0977
Email: foer@kansas.net

Enell Foerster 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: 09/23/2006 (Sa)
Time: 9:00 AM to 4:00 PM
Fee: \$20.00
Location: UFM Fireplace Room

Watercolor and Calligraphy

06CCF55

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. **THIS CLASS ONLY MEETS THE 1ST AND 3RD SATURDAY OF THE MONTH.**
Instructor: Mariko Price, mariko@ksu.edu

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: 09/02/2006 to 12/02/2006 (Sa)
Time: 10:00 AM to 11:30 AM
Fee: \$54.00
Location: UFM Fireplace Room



Scrapbooking for the Busy Person

06CCF81A

Create 12 picture-ready pages for your scrapbook in 3 hours! Using a package of 12x12 paper, background sheets, embellishments and basic scrapbooking tools, you will finish 6, 12"x12", two-page layouts for your pictures. Several cards will then be made using the excess paper. The paper and embellishments will be provided; you will need to bring a 12-inch paper trimmer (there will be one available if you don't have one), scissors, a black pen, a pencil, a 12-inch ruler and adhesive of choice.
Instructor: Dona Deam, ddeam@ksu.edu

Dona Deam is a long time scrapbooker and crafter who enjoys sharing her knowledge and creativity with others in order to design meaningful scrapbook pages.

Date: 08/30/2006 (W)
Time: 6:30 PM to 9:30 PM
Fee: \$36.00
Location: UFM Conference Room



Scrapbooking for the Busy Peson

06CCF81B

Instructor: Dona Deam, ddeam@ksu.edu

Date: 09/27/2006 (W)
Time: 6:30 PM to 9:30 PM
Fee: \$36.00
Location: UFM Conference Room

Scrapbooking for the Busy Person

06CCF81C

Instructor: Dona Deam, ddeam@ksu.edu

Date: 10/25/2006 (W)
Time: 6:30 PM to 9:30 PM
Fee: \$36.00
Location: UFM Conference Room

Beginning Sewing by Machine

06CCF82

Beginning sewing will introduce you to sewing on a machine, pattern layout and cutting, pinning, gathering, and basic garment construction. You will also learn to accurately measure and do basic pattern alteration for fit.

Plan to bring your own machine; contact us if you do not have a machine and would like to enroll. A supplemental supply list will be provided prior to class and early enrollment is required so that patterns and supplies can be ordered for the class. Families are welcome in the class if you would like to learn to sew with your daughter or son.
Instructor: Emme Hackney, (785) 494-2884

Email: emme@wamego.net

Emme has been sewing since she was a small child when her mother let her loose with the Singer making doll clothes. She has always loved textiles and sewing. She opened emmesgarden.com in 2000, which offers custom sewn historical, maternity, and classic modern clothing. She loves to share the craft of sewing with others and teaches private lessons in basic sewing, clothing construction, and quilting at her home near Flush, KS.

Date: 09/23/06 to 10/14/06 (Sa)
Time: 1:00 PM to 3:30 PM
Fee: \$32.00
Location: UFM Conference Room



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Earth & Nature

Fly Fishing 06CEN04AZ

This course will cover the proper techniques for performing four basic fly casting techniques: roll casting, pick up and put down, false casting and shooting a line. We will also cover tying flies, and fly fishing equipment. The class will be broken into two sections. The first section will cover casting, fly rods, reels, lines, tippets, and leaders. The second section will cover fly tying equipment and techniques to tie dry flies, wet flies, and nymphs. All equipment needed will be provided by the instructor. There is a non-refundable material fee of \$40 for withdrawing from the class after the first day.
Instructor: Paul Sodamann, (785) 494-2340

Date: 09/11/2006 to 09/21/2006 (M/T/W/Th)
Time: 6:00 PM to 8:00 PM
Fee: \$95.00
Location: MHS East Campus, 901 Poyntz Ave., Room 108

Fly Fishing 06CEN04BZ

Instructor: Paul Sodamann, (785) 494-2340

Date: 10/16/2006 to 10/26/2006 (M/T/W/Th)
Time: 6:00 PM to 8:00 PM
Fee: \$95.00
Location: MHS East Campus, 901 Poyntz Ave., Room 108

Fly Fishing 06CEN04CZ

Instructor: Paul Sodamann, (785) 494-2340

Date: 11/06/2006 to 11/16/2006 (M/T/W/Th)
Time: 6:00 PM to 8:00 PM
Fee: \$95.00
Location: MHS East Campus, 901 Poyntz Ave., Room 108

Canoe Camping 06CRF53Z

This class covers the interface between canoeing and camping, how canoeing changes when adapting to the camping environment. The instruction will not be related to basics of camping (putting up tents, building fires, etc). Instead, the class would cover topics like planning, wet-condition packing, navigation, specialized gear requirements, how paddling changes when paddling loaded canoes, focused safety issues, etc - all topics that people need to be proficient in before venturing out on their own canoeing camping trips.
Instructor: Steve Spencer

Date: 11/11/06 to 11/12/06 (Sat/Sun)
Time: 8:00 AM to 5:00 PM
Fee: \$254.50
Location: KSU Natatorium

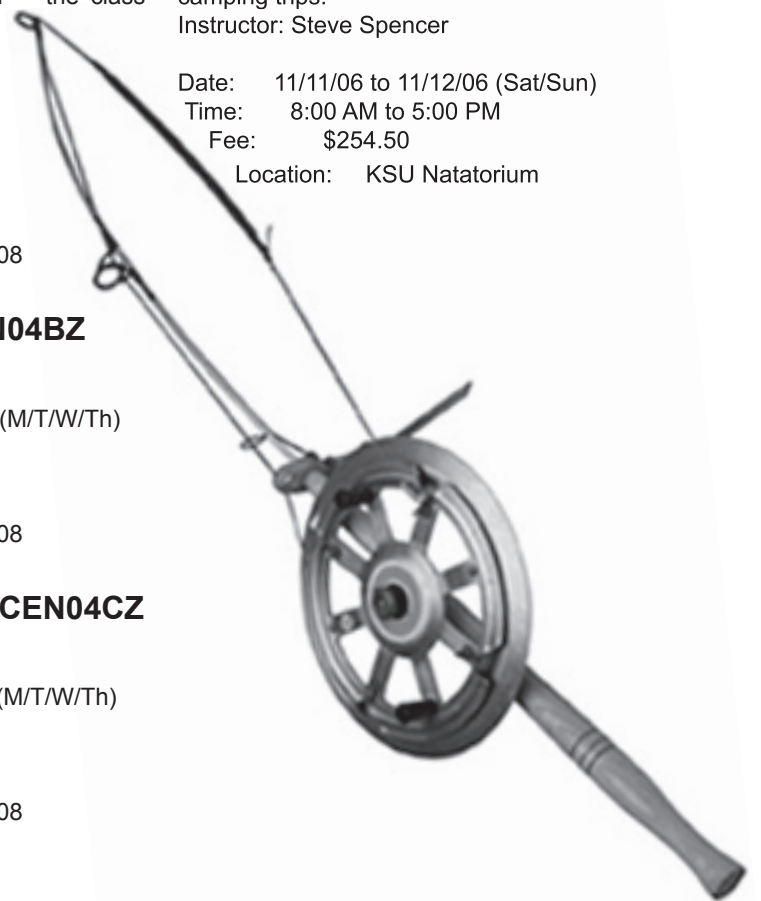
Introduction to Kayaking 06CAQ42

This 2-part series is designed for beginning kayakers. Whether your interests are in touring, sea kayaking, or whitewater, the class will have something that will peak your interest. In the warm waters of the KSU Natatorium, we will first practice basic boat designs, entry & exits, basic strokes, and paddling techniques. During the second class, we will offer intermediate paddling techniques, practice basic rescue techniques, and offer tips on paddling lakes and rivers. Minimum age is 14.
Instructors: TJ Hittle and Tim Stoeklein

TJ, tjhittle@kansas.net, was the first American Red Cross Canoe & Kayak Instructor-Trainer in Kansas, having taught well over 400 kayaking and canoeing students since 1979. During his travels, on nearly 200 rivers and streams across seven Central, South, & North American countries, he has accumulated over 9,000 river miles. He is also the creator and Webmaster for the KANSAS PADDLER Home Page at: www.kansas.net/~tjhittle/.

Tim Stoeklein, tstoeklein@yahoo.com, is an outdoor enthusiast and an American Red Cross CPR/FIRST AID Instructor. He has paddled flatwater to whitewater and learns something new about paddling each time. He enjoys bringing new people into the sport by passing on the skills he learned as a beginner.

Date: 10/08/06 & 10/15/06 (Sun)
Time: 8:30 AM to 12:30 PM
Fee: \$22.00
Location: KSU Natatorium, Park in west parking lot. Drop boats off in the Natatorium Alley.



FUN FACT:
Elephants are the only mammal that cannot jump

Fun Foods

The Legend of the Dancing Goats (Coffee) 06CFF13

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.
Instructor: Wade Radina

Date: Visit website for current information
Time: 7:00 PM to 9:00 PM
Fee: \$14.00
Location: UFM Lower Level

Tea Tasting Around the Globe 06CFF19

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.
Instructor: Stormy Kennedy

Date: 11/15/2006 (W)
Time: 7:00 PM to 9:00 PM
Fee: \$12.00
Location: UFM Lower Level

Wine 101: Wine Appreciation 06CFF20

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 varietals, 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!
Instructor: Bob Campbell

Date: 09/11/06 to 09/25/06 (M)
Time: 7:00 PM to 9:00 PM
Fee: \$110.00
Location: UFM Lower Level

Tortillas to Tamales (Latino cooking) 06CFF24

This course is a celebration of Mexican, Spanish and Latino Cuisine, from tortillas and tamales. Along with traditional recipes, food samples will also be provided with each class. All cooking supplies and food ingredients are included in fee. This class is open to all cooks beginning to advanced. Spice up your night and join me for food, fun and fantastic eats. (a menu of all items being prepared for each class will be provided to all students)
Instructor: David Espenoza, (785) 341-3410

David is a Theory Instructor for Crum's Beauty College. He has had over 20 years of restaurant experience and also works as a part-time caterer specializing in Latino Cuisine and baked goods. David has a passion for cooking and would love to share his culinary skills with you.

Date: 09/06/2006 to 09/27/2006 (W)
Time: 6:30 PM to 9:00 PM
Fee: \$38.00
Location: UFM Lower Level

Beyond Tortillas to Tamales 06CFF25A

This course is a continuation of Tortillas to Tamales with even more latino favorites. Along with traditional recipes, food samples will also be provided with each class. All cooking supplies and food ingredients are included in fee. This class is open to all cooks beginning to advanced. Spice up your night and join me for food, fun and fantastic eats. (a menu of all items being prepared for each class will be provided to all students)
Instructor: David Espenoza

Date: 09/08/2006 to 09/29/2006 (F)
Time: 6:30 PM to 9:00 PM
Fee: \$38.00
Location: UFM Lower Level

Beyond Tortillas to Tamales 06CFF25B

Instructor: David Espenoza

Date: 10/04/2006 to 10/25/2006 (W)
Time: 6:30 PM to 9:00 PM
Fee: \$38.00
Location: UFM Lower Level

Beer Making 101(for beginners)06CFF32

This course will teach would-be beer enthusiasts how to brew their own beer at home. The course will cover how to brew a beer using an extract kit, bottle the beer, and drink it. The course also includes discussions and samplings of the major brewing styles.
Instructor: Little Apple Brew Crew

Date: 10/09/2006 to 10/23/2006 (M)
Time: 7:00 PM to 9:00 PM
Fee: \$32.00
Location: UFM Lower Level



FUN FACT:
The average human will eat an average of 8 spiders while sleeping.

— Manhattan Arts Center —

<h3>GALLERIES</h3> <p>*Robert Schwieger June 2— July 15 Screenprint Monotypes</p> <p>*Kari Lennartson July 22— Sept 2 Abstract Acrylics</p>	<h3>Summer Theatre</h3> <p>Experimental Theatre June 16-17</p> <p>A School for Scandal Aug 17-20</p>
<p>Bird House Acoustic Music and Jazz Swing City Jazz</p>	<p>MAC MANHATTAN ARTS CENTER Arts for All</p> <h3>Clay Open Studio</h3> <p>Stop by our clay open studio on Sun. and Wed. evenings from 6-9 pm. Bring a friend and get creative! Cost: \$5/session or \$30/month plus clay and firing fees.</p>
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<p>For information, to become a member or be added to our mailing list, call 537-4420, stop by 1520 Poyntz or e-mail office@manhattanarts.org</p>	

Health & Wellness

Personal Safety and Self Defense for Women

06CHW01
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+.
Instructor: Jill Shanteau

Jill has been practicing Martial Arts since 1995 and has been teaching self-defense classes for 8 years. She has experience teaching people of all ages. Jill has a Master's Degree in Social Work and works toward promoting equal rights between women and men.

Date: 11/01/2006 (W)
Time: 6:00 PM to 9:00 PM
Fee: \$29.00
Location: UFM Banquet Room

Sahaj Marg Meditation

06CHW02
Sahaj Marg translates to "The Natural Path." It is a natural, simple system of Raja Yoga meditation and spiritual practice that helps one realize the ultimate potential within oneself. Regular spiritual practice under capable guidance enables aspirants to progressively experience the sublime presence of the divine in their daily lives. The Sahaj Marg system is freely offered to seekers worldwide, and is effectively practiced by individuals from all walks of life - diverse nationalities, religious backgrounds, and various social conditions.
Instructor: Gayathri Kambhampati

Date: 09/23/2006 to 12/02/2006 (Sa)
(No class 11/25)
Time: 10:00 AM to Noon
Fee: No Charge
Location: UFM Conference Room



Bloodborne Pathogens Training

06CHW05A
This training program is for employees with significant risks to exposure to blood or infectious bodily fluids. Upon successful completion of this program the student will receive a certification good for 24 months. This training will satisfy requirements set forth by Occupational Safety and Health Administration (OSHA). This Medic First Aid Program explains how diseases are transmitted, procedures to minimize exposure and what to do if you suspect you have been exposed to a bloodborne pathogen like Hepatitis or HIV.
Instructor: Sheryl Cornell, sherylc@manhattan.k12.ks.us

Date: 09/30/2006 (Sa)
Time: 9:00 AM to 11:00 AM
Fee: \$37.00
Location: UFM Conference Room

Bloodborne Pathogens Training

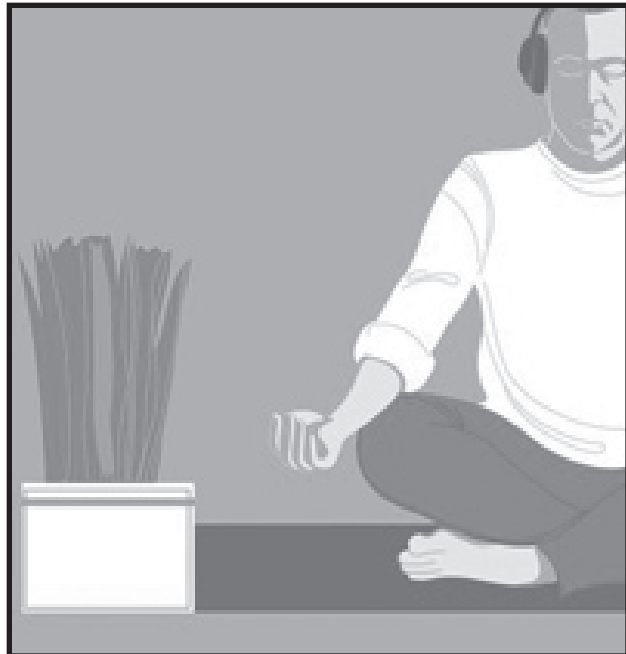
06CHW05B
Instructor: Sheryl Cornell, sherylc@manhattan.k12.ks.us

Date: Visit website on updated information
Time: 9:00 AM to 11:00 AM
Fee: \$37.00
Location: UFM Conference Room

Medic First Aid (Pediatric)

06CHW61
After completing this class, you will receive a Successful Completion Card good for 24 months. This course covers infant, child, and adult CPR and first aid skills. MEDIC FIRST AID meets Kansas regulatory requirements for CPR and first aid for day care providers, school personnel, bus drivers, athletic instructors, and teenage babysitters. This course is approved for Girl Scout and Boy Scout leaders, and camp counselors. MEDIC FIRST AID's training programs are taught in a student-centered, low-stress environment, utilizing a hearing, seeing, feeling, speaking, and doing methodology. The course fee covers all of the materials required for class, so come ready to learn. Please Note: The deadline for registration is the Monday before the class starts. The Pediatric training program will take about 6 hours.
Instructor: Sheryl Cornell, sherylc@manhattan.k12.ks.us

Date: 08/19/2006 (Sa)
Time: 8:00 AM to 4:00 PM
Fee: \$37.00
Location: UFM Conference Room



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Health & Wellness Continued

Introduction to Reiki

06CHW09
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 coupon for a whole treatment.
Instructor: Sarah English, (785) 539-6386
Email: konzalec@sbcglobal.net

Sarah is a certified Reiki Teaching Master. She has studied and worked with Subtle Energies, Feng Shui, Auras and Chakras since 1974. She is a Certified Wholistic Life Coach and a Diplomate in Core Star Energy Healing. She is also certified in Reconnection and Intentional Realm Healing.

Date: 09/16/2006 (Sa)
Time: 9:30 AM to Noon
Fee: \$45.00
Location: 513 Leavenworth Street, Suite B

You and Your Hearing Aids

06CHW14A
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.
Instructor: M'Eliz Maata, (785) 539-7361
Email: listenAA@sbcglobal.net

Dr. M'Eliz Maatta 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: 10/05/2006 (Th)
Time: 7:00 PM to 9:00 PM
Fee: \$12.00
Location: 1133 College Ave, Lower level, Bldg. A

GOT AN IDEA FOR A UFM CLASS OR INTERESTED IN TEACHING A CLASS? UFM IS ALWAYS LOOKING FOR NEW IDEAS AND NEW PROJECTS. WE WANT TO HEAR FROM YOU! CALL US AT 539.8763 OR EMAIL UFM@KSU.EDU TO SHARE YOUR IDEAS!

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Craniosacral Therapist + Natural Force Healing Practitioner
776.0523

PALMA M. HOLDEN
Personal & Pet Spiritual Intuitive + Writing Tutor & Consultant
539.1183

Let's NOT Fall Down

06CHW63
Falls can have devastating consequences to people and their families, particularly those old enough to know better. In this class we will discuss some of the causes of BALANCE PROBLEMS and how to use adaptation, substitution or strengthening to help prevent future falls.
Instructor: M'Eliz Maata, (785) 539-7361
Email: listenAA@sbcglobal.net

Date: 09/20/2006 (W)
Time: 7:00 PM to 9:00 PM
Fee: \$12.00
Location: 1133 College Ave, Lower level, Bldg. A

Speechreading

06CHW64
Life seems to be going faster and faster. People whiz by on cell phones, children mumble from two rooms over, and the spouse 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.
Instructor: M'Eliz Maata, (785) 539-7361
Email: listenAA@sbcglobal.net

Date: 09/11/2006 to 10/02/2006 (M)
Time: 7:00 PM to 9:00 PM
Fee: \$12.00
Location: 1133 College Ave, Lower level, Bldg. A



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Beginning Yoga

06CHW15AZ
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.
Instructor: Ana Franklin, (785) 537-8224
Email: yogaconnection@gmail.com

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: 08/22/2006 to 10/12/2006 (T/Th)
Time: 10:00 AM to 11:00 AM
Fee: \$99.00
Location: KSU, Ahearn Dance Studio, Room 301

Beginning Yoga

06CHW15BZ
Instructor: Ana Franklin, (785) 537-8224
Email: yogaconnection@gmail.com

Date: 09/18/2006 to 11/13/2006 (M/W)
(No class 10/02)
Time: 11:00 AM to Noon
Fee: \$99.00
Location: KSU, Ahearn Dance Studio, Room 301

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MARCIA MCFARLAND
Certified Reiki Master Teacher + Practitioner Usui Method of Natural Healing
776.1766

MARILYN TOMICH
Astrology + Tarot
317.2711

Health & Wellness Continued

Beginning Yoga 06CHW15CZ

Instructor: Ana Franklin, (785) 537-8224
Email: yogaconnection@gmail.com

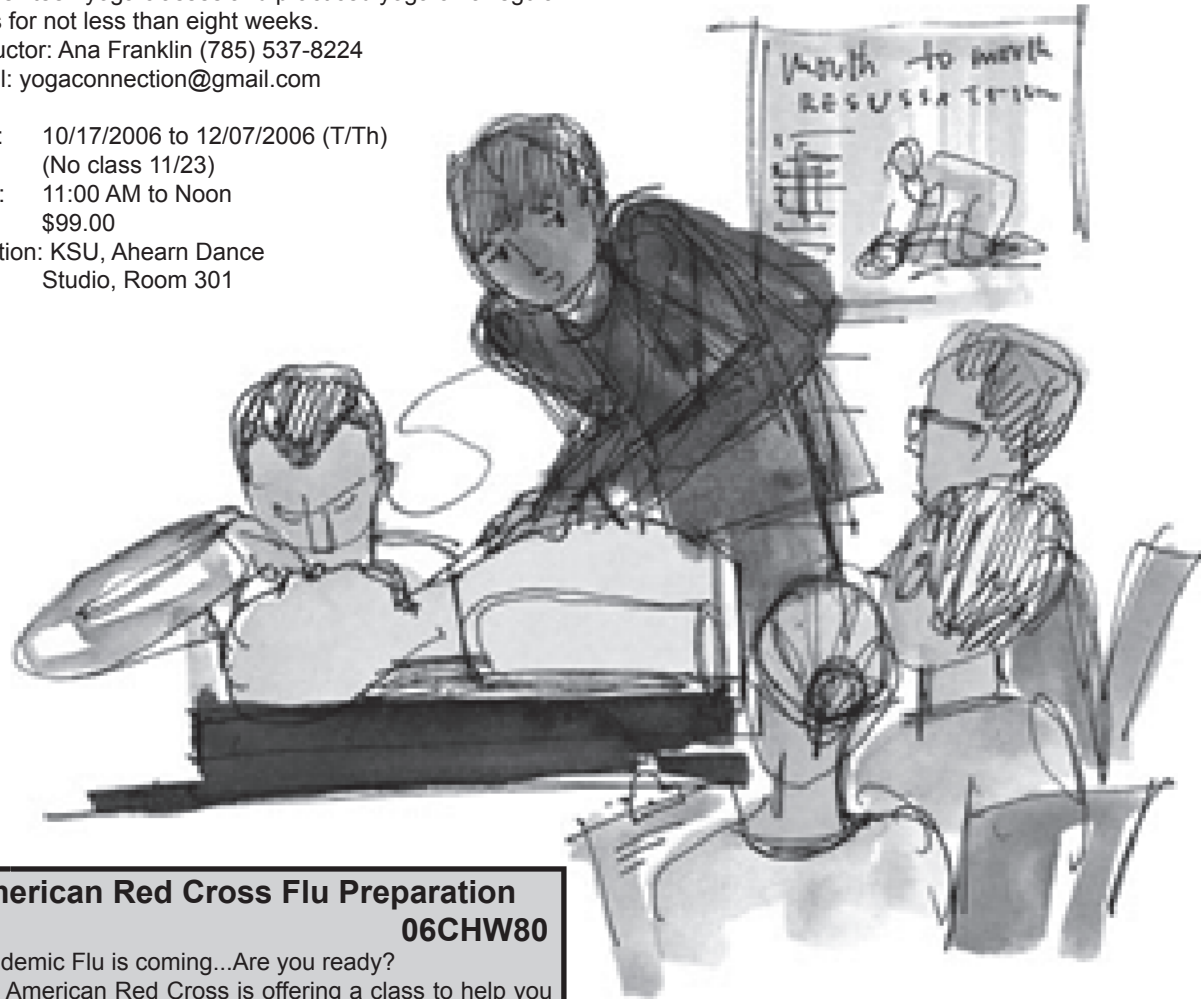
Date: 08/23/2006 to 12/06/2006 (W)
(No class 11/22)
Time: 6:30 PM to 7:30 PM
Fee: \$99.00
Location: KSU, Ahearn Dance Studio, Room 301

Intermediate Yoga 06CHW21Z

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.

Instructor: Ana Franklin (785) 537-8224
Email: yogaconnection@gmail.com

Date: 10/17/2006 to 12/07/2006 (T/Th)
(No class 11/23)
Time: 11:00 AM to Noon
Fee: \$99.00
Location: KSU, Ahearn Dance Studio, Room 301



American Red Cross Flu Preparation 06CHW80

Pandemic Flu is coming...Are you ready? The American Red Cross is offering a class to help you prepare for Pandemic Flu. It will include how to reduce your risk of becoming infected and the supplies and information needed for a family to be self-sufficient for a period of time in their home. This class includes caring for someone in your home who has the flu when health-care systems are overwhelmed. More information about Pandemic Flu can be found at www.pandemicflu.gov.

Date: 09/18/06 & 10/03/06 (M)
Time: 7:00 PM to 8:00 PM
Fee: No charge
Location: UFM House

Responding to Emergencies 06CHW19AZ

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). Materials not included in fee; need to buy books at ARC

Instructor: Carol Stites

Date: 09/12/2006 to 10/26/2006 (T/Th)
Time: 3:00 PM to 5:00 PM
Fee: \$138.00
Location: UFM Conference Room

First Aid/CPR/AED Instructor 06CHW20Z

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.

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 skill in accordance with Red Cross standards.
3. Have current First Aid, and Adult, Child 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.

Instructor: Carol Stites

Date: 10/09/2006 to 11/13/2006 (M)
Time: 4:00 PM to 8:30 PM
Fee: \$139.00
Location: UFM Conference Room

Community CPR & First Aid 06CHW25A

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.

Instructor: Abby Thrash, abbythrash@gmail.com

Date: 09/02/2006 (Sa)
Time: 9:00 AM to 5:00 PM
Fee: \$40.00
Location: UFM Conference Room

Community CPR & First Aid 06CHW25B

Instructor: Abby Thrash, abbythrash@gmail.com

Date: 09/09/2006 (Sa)
Time: 9:00 AM to 5:00 PM
Fee: \$40.00
Location: UFM Conference Room



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Health & Wellness Continued

Community CPR & First Aid 06CHW25C

Instructor: Abby Thrash, abbythrash@gmail.com

Date: 09/17/2006 (Su)
Time: 9:00 AM to 5:00 PM
Fee: \$40.00
Location: UFM Conference Room

Community CPR & First Aid 06CHW25D

Instructor: Abby Thrash, abbythrash@gmail.com

Date: 09/24/2006 (Su)
Time: 9:00 AM to 5:00 PM
Fee: \$40.00
Location: UFM Conference Room

Community CPR & First Aid 06CHW25E

Instructor: Abby Thrash, abbythrash@gmail.com

Date: 10/08/2006 (Su)
Time: 9:00 AM to 5:00 PM
Fee: \$40.00
Location: UFM Conference Room

Community CPR & First Aid 06CHW25F

Instructor: Abby Thrash, abbythrash@gmail.com

Date: 10/15/2006 (Su)
Time: 9:00 AM to 5:00 PM
Fee: \$40.00
Location: UFM Conference Room

Community CPR & First Aid 06CHW25G

Instructor: Abby Thrash, abbythrash@gmail.com

Date: 10/29/2006 (Su)
Time: 9:00 AM to 5:00 PM
Fee: \$40.00
Location: UFM Conference Room

Community CPR & First Aid 06CHW25H

Instructor: Abby Thrash, abbythrash@gmail.com

Date: 11/12/2006 (Su)
Time: 9:00 AM to 5:00 PM
Fee: \$40.00
Location: UFM Conference Room

Beginning Tai Chi Chaun 06CHW31

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, anytime, any place.

Instructor: Mei Hwa (Tina) Terhune, (785) 539-4277

Mei Hwa Terhune (Tina) 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: 08/30/2006 to 09/27/2006 (W)
Time: 5:30 PM to 6:30 PM
Fee: \$45.00
Location: UFM Banquet Room

Enroll online at our website:

www.tryufm.org

- *View class descriptions
- *Times, dates and locations
- *Get information about UFM's other programs

Wu Style Tai Chi 06CHW46

This long form version of Tai Chi was developed by Wu Chien Chuan and has been very popular in Southeast Asia, Europe, and the United States. 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.

Instructor: Mark Moser

Mark began his study of Tai Chi while in the Peace corps in Malaysia in the early 1970's. Upon returning to the United States, he taught Tai Chi for the Wichita Free University and many other places.

Date: 09/20/2006 to 10/25/2006 (W)
Time: 7:00 PM to 8:00 PM
Fee: \$47.00
Location: UFM Fireplace Room

Tai Chi for Arthritis 06CHW62

This class is based on the Sun Lu-Tang style as developed by Dr. Paul Lam and supported by the American Arthritis Foundation. It is also an excellent way to get started in Tai-Chi. We will learn the 12 basic movements and some Qigong exercises, these will help improve balance and mobility, relieve pain through exercise and promote calmness. Participants should wear loose comfortable clothes and flat shoes suitable for exercise.

Instructor: Don Terhune, (785) 539-4277

Don Terhune is a Tai-Chi instructor at Mercy Hospital fitness center. He is certified by Dr. Lam to teach Tai-Chi for Arthritis. Don also teaches the Yang style 24 movements and the Cheng Man-ch'ing Tai-Chi Chaun form.

Date: 10/28/2006 to 11/18/2006 (Sa)
Time: 11:00 AM to Noon
Fee: \$43.00
Location: UFM Lower Level

View our catalog online at www.tryufm.org for fun and interesting classes!!



Meditation & Relaxation:

Developing Intuition 06CHW47

In this class, we'll utilize meditation and relaxation exercises which include guided imagery, breathwork and journaling to strengthen our body, mind, and spirit selves and develop greater awareness of our interconnectedness to all beings.

Instructor: Palma Holden, (785) 539-1183

Palma began her spiritual journey in earnest eight years ago (fall 1998) as a student of Sharon Landrith's local meditation classes. Palma is a member of the Iris Cooperative and Livingwell communities and is an intuitive consultant offering personal & pet consulting sessions. She is also a writing tutor with an M.S. in Education, a B.A. in English and Education, and experience teaching, counseling and running a small business.

Date: 10/04/2006 to 10/25/2006 (W)
 Time: 7:00 PM to 8:30 PM
 Fee: \$38.00
 Location: 103 S. 4th St. Suite 28, Ulrich Building (upstairs)

Meditation & Relaxation:

Creating Peace 06CHW55

This class offers an opportunity to utilize guided meditation, affirmations, music and spiritual readings as a way of promoting peace within ourselves, the environment, and globally. Great for beginners and anyone wanting to consciously shift awareness to a more peaceful reality.

Instructor: Palma Holden, (785) 539-1183

Date: 09/06/2006 to 09/27/2006 (W)
 Time: 7:00 PM to 8:30 PM
 Fee: \$38.00
 Location: 103 S. 4th St. Suite 28, Ulrich Building (upstairs)

Meditation & Relaxation:

Animal Communication 06CHW60

The instructor will lead discussions and exercises (guided meditation, journaling, etc.) to promote greater awareness of participants' own intuitive blocks and abilities and a deepening of the human animal communication bond.

Instructor: Palma Holden, (785) 539-1183

Date: 11/01/2006 to 11/29/2006 (W)
 (No class 11/22)
 Time: 7:00 PM to 8:30 PM
 Fee: \$38.00
 Location: 103 S. 4th St. Suite 28, Ulrich Building (upstairs)

Emotional Eating 06CHW51A

This class is for anyone who wishes to deal with their issues about food without dieting. Diets are about restricting and policing one's self, and furthering mistrust of our ability to make nurturing choices. We will be examining and re-interpreting our thoughts and attitudes about eating and eating behaviors.

Instructors: Kelley Casey and Kate Cashman

Kelley Casey LCSW, (785) 410-0033 is a psychotherapist practicing in the Manhattan community since 2000. Specialties include Family/Relationship issues, chronic health symptoms and behavioral symptoms.

Kate Cashman, (785) 537-1911, is a long time body worker. Her experience includes teaching exercise classes since 1984, practicing massage therapy since 1991 and Jin Shin Jyutsu since 1998.

Date: 10/23/2006 to 11/13/2006 (M)
 Time: 6:30 PM to 8:00 PM
 Fee: \$39.00
 Location: 1421 Colorado Street

Gemstone Energy Medicine 06CHW57

Step into the world of the gemstone guardians and discover the wisdom of the healing energy they offer. Students will be working with frosted quartz, and the seven color ray gemstones. Students should leave all jewelry at home and bring a blanket. "Wisdom of the Gemstone Guardians" is required prior to the class and can be obtained from the instructor, June, for \$12.25. Call her at 785.587.8219. There will also be 7-quartz spheres needed for class and are \$29.00. They can be bought before class or first day from June.

Instructor: June Hunzeker, (785) 587-8219

June began working with Malachite in October 1993. Five months later she was introduced to the Gemstone Guardians, whose loving presence propelled her healing journey. She continues this work personally and professionally.

Date: 09/02/2006 to 10/21/2006 (Sa)
 (No class 09/16)
 Time: 9:00 AM to 11:00 AM
 Fee: \$49.00
 Location: 103 S. 4th St. Suite 28, Ulrich Building (upstairs)

Vitamins, Minerals & Amino Acids 06CHW11

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

Instructor: Patricia Cassinelli

Patricia is an ordained minister and has helped hundreds of people through the transitions of their lives.

Date: 10/24/2006 (T)
 Time: 7:00 PM to 9:00 PM
 Fee: \$22.00
 Location: 513 Leavenworth Street, Suite B

Chemicals and Metals In Your Life 06CHW58

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

Instructor: Patricia Cassinelli

Date: 10/17/2006 (T)
 Time: 7:00 PM to 9:00 PM
 Fee: \$22.00
 Location: 513 Leavenworth Street, Suite B

Young Living Essential Oils 06CHW59

Embrace the wonderful world of aroma therapy and stimulate your sense of smell. These oils can raise your frequency creating an environment in your body that leads to eliminating viruses, unwanted bacteria and fungus. Learn how to differentiate the quality of oils and how to use them for overall improved health.

Instructor: Patricia Cassinelli

Date: 09/19/2006 (T)
 Time: 7:00 PM to 9:00 PM
 Fee: \$35.00
 Location: 513 Leavenworth Street, Suite B

Stress Free Parking 06CHW200

Have you encountered a parking lot and vehicles were using more than one parking space, blocking other vehicles or the back end was sticking out? All too often we become angry and take our frustrations out on other people. Come learn coping strategies such as breathing techniques, calming images of a vacant parking lots and time-management techniques to avoid these stressful situations.

Dr. Grinda Gear has studied the repercussions of continuous exposure to horrible parking and how the cycle, if not helped, can create stressful people and they will be less likely to park again. Her techniques have proven to help people save on auto insurance and create happier drivers.

Date: 08/27/06 to 10/29/06 (Su)
 Time: 8:00 AM to 6:00 PM
 Fee: -\$1.00
 Location: 1221 Park Right Way Drive



Creating Balance During Times of Change 06CHW78

Life in the 21st century is hectic and demanding at the best of times. During periods of transition and change, which are a part of life, we often feel distressed and off balance. How do we regain a sense of equilibrium and resilience? In this workshop, we will review stages of change and skills for dealing with transition. Participants will identify and explore areas of their own lives that may be out of balance and examine steps to create or restore a balanced life. The workshop will have some experiential components, but sharing with others is completely optional.

Balance in the chaotic, high-speed world we live in is always a dynamic process, but, just like any other skill, we can get better with practice!

Instructor: Angela Gieber Hayes

Angela Hayes, M.S., C.C.H. has a master's degree in Industrial/Organizational Psychology. She's currently pursuing her Ph.D. in Human Development and Professional Life Coaching. She's a Certified Health and Wellness Life Coach.

Date: 09/21/2006 (Th)
 Time: 6:30 PM to 8:30 PM
 Fee: \$20.00
 Location: UFM Conference Room

FUN FACT:
YOU WILL BURN 7% MORE CALORIES WALKING ON HARD DIRT THAN PAVEMENT.

Women's Wellness Group 06CHW79

--Are you going through a challenging transition?
 --Do you feel that you're not "on purpose" with your life?
 --Is there an area of your life where you feel stuck and would like to have a breakthrough towards greater joy and satisfaction?
 --Are you struggling to achieve the goals you set for yourself?

If any of these apply to you, then you are invited to participate in a gentle, fun and highly effective process for making and sustaining positive changes in your life and health. Join 6-8 other women to leverage the collective knowledge, experience, wisdom and successes that you've already experienced to design and step forward into a happier, healthier, more balanced life.

The process begins with a self-assessment of 12 areas of your life and health. This is done to determine where your life calls for greater satisfaction and clarity. You'll then learn an Intention, Challenge, Affirmation, Action, Accountability, Support process designed to take you from where you are, to where you want to be.

It's important to note that this is a Life Coaching group, not therapy. These sorts of groups are the most effective when the participants are similar in some ways and/or are working on similar areas.

Angela will be talking briefly, by phone, with each person who signs up to determine whether or not the group is a good fit. Additional groups will be formed as needed. The first group meeting will be four hours in length. This is the life assessment phase of the process. Six additional meetings will be 2 hours long each.

Instructor: Angela Gieber Hayes, 539-9933

Date: 09/23/06 to 11/01/06 (Sa/W)
 Time: 1:00 PM to 5:00 PM;
 6:30 PM to 8:30 PM
 Fee: \$19.00
 Location: UFM Multipurpose Room/Greenhouse



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Language

Beginning Spanish for Adults 06CLA02

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: 10/03/06 to 10/19/06 (T/Th)
Time: 8:00 PM to 8:45 PM
Fee: \$35.00
Location: Visit website for current information

French Language 06CLA04A

This class is an introduction to the French language. The emphasis will be on conversation, grammar, proper pronunciation and every day vocabulary.
Instructor: Emilie Rabbat, (785) 587-9036

Emilie Rabbat is a naturalized citizen, is originally from Egypt. Her training course, "Stage de Formation Pédagogic" 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: 09/06/2006 to 09/29/2006 (W/F)
Time: 10:00 AM to 11:00 AM
Fee: \$44.00
Location: UFM Fireplace Room



Basic Japanese 06CLA22A

This class will emphasize basic written and oral communication in Japanese. Students will familiarize themselves with the basic Japanese writing system: hiragana, katakana, and some kanji. Japanese culture, such as origami craft will be introduced as part of this class.
Instructor: Mariko Price, mariko@ksu.edu

Mariko Price, native Japanese, earned B.A. in English Language and Studies from Sophia University, Tokyo, Japan, and have extensive translation (English->Japanese) and teaching experience. Currently, working on her Master's degree in Speech Communication at K-State.

Date: 09/06/2006 to 09/27/2006 (W)
Time: 5:30 PM to 6:30 PM
Fee: \$43.00
Location: UFM Conference Rm

Basic Japanese 06CLA22B

Instructor: Mariko Price,
Email: mariko@ksu.edu

Date: 10/04/2006 to 10/25/2006 (W)
Time: 5:30 PM to 6:30 PM
Fee: \$43.00
Location: UFM Conference Room

Basic Japanese 06CLA22C

Instructor: Mariko Price, mariko@ksu.edu

Date: 11/01/2006 to 11/29/2006 (W)
Time: 5:30 PM to 6:30 PM
Fee: \$43.00
Location: UFM Conference Room

Intermediate Japanese 06CLA24A

This class is intended for students who have basic knowledge of Japanese, emphasizing all aspects of Japanese language, reading and writing hiragana, katakana and kanji, and listening and speaking in Japanese. Japanese culture such as origami craft will be introduced as part of this class.
Instructor: Mariko Price, mariko@ksu.edu

Date: 09/05/2006 to 09/26/2006 (T)
Time: 5:30 PM to 6:30 PM
Fee: \$43.00
Location: UFM Conference Room

Intermediate Japanese 06CLA24B

Instructor: Mariko Price,
Email: mariko@ksu.edu

Date: 10/03/2006 to 10/24/2006 (T)
Time: 5:30 PM to 6:30 PM
Fee: \$43.00
Location: UFM Conference Room

Intermediate Japanese 06CLA24C

Instructor: Mariko Price, mariko@ksu.edu

Date: 11/07/2006 to 11/28/2006 (T)
Time: 5:30 PM to 6:30 PM
Fee: \$43.00
Location: UFM Conference Room

Basic Arabic Language 06CLA51

This class is the first class in Arabic language. It is designed for people who have not studied Arabic before. The goal of this course is to begin reading, writing and speaking Arabic.

Instructor: Ibrahim Saleh, iasaleh@ksu.edu

Ibrahim Saleh is a GTA in Mathematics at KSU. He is Egyptian and a native Arabic speaker.

Date: 09/02/2006 to 11/18/2006 (Sa)
Time: 5:00 PM to 6:00 PM
Fee: \$74.00
Location: UFM Conference Room

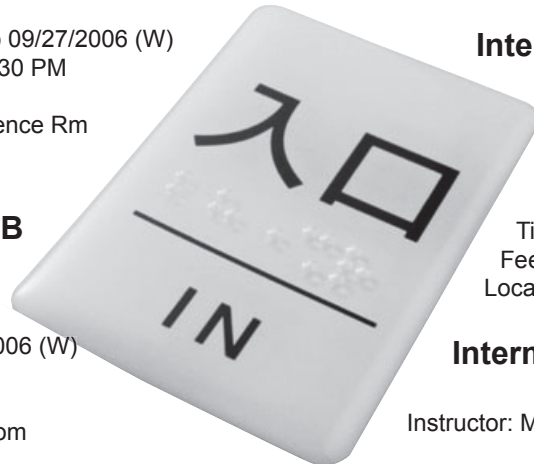
Intermediate Arabic Language 06CLA52

The class will teach the students the structure and the grammar such as nouns, verbs, preposition, conjunction pronouns and types of sentences. This class will raise the student's level of understanding the framework of the language.
Instructor: Raad Al-Ani

Raad Al-Ani native language is Arabic. He has taught Arabic readings, writings and grammar as a volunteer for Saudi's schools in Colorado and Kansas for more than 7 years.

Date: 09/07/2006 to 09/28/2006 (Th/T)
Time: 11:00 AM to Noon
Fee: \$55.00
Location: UFM Conference Room

FUN FACT:
The only English word that ends in MT is DREAMT.



Martial Arts

Tae Kwon Do I 06CMA01Z

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.
Instructor: David Moore

Date: 08/22/2006 to 12/07/2006 (T/Th)
Time: 6:30 PM to 7:30 PM
Fee: \$72.00
Location: KSU, Ahearn Fieldhouse

Tae Kwon Do II 06CMA02Z

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.
Instructor: David Moore

Date: 08/22/2006 to 12/07/2006 (T/Th)
Time: 7:30 PM to 8:30 PM
Fee: \$72.00
Location: KSU, Ahearn Fieldhouse

Judo I 06CMA08Z

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

Date: 08/22/2006 to 12/07/2006 (T/Th)
Time: 8:45 PM to 9:45 PM
Fee: \$75.00
Location: KSU Ahearn, Room 301

Judo II 06CMA09Z

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

Date: 08/22/2006 to 12/07/2006 (T/Th)
Time: 9:45 PM to 10:45 PM
Fee: \$75.00
Location: KSU Ahearn, Room 301

Lao Hu Pai Kung Fu 06CMA05

Students will learn and be promoted in a unique system where the original founder mastered the Chinese (Tibetan) kung fu and Japanese (Okinawan) karate. Students will learn basic stances, blocks, punches, kicks, exercises, forms and fighting techniques. Students will soon learn opponent control (jujutsu and chi na) and take downs. Animal forms and animal fighting techniques will be taught as students advance.
Instructor: Dr. Michael Tran, mtrandpm@hotmail.com

Dr. Michael Tran has been in the martial arts for 20 years. He has black certificates in Lao Hu Pai Kung Fu, Woo Hop Loong Chuan Kung Fu and Goshin Aikijutsu. He has other trainings in: Vovinam Viet Vo Dao, Shaolin Long Fist and Praying Mantis Kung Fu.

Date: 09/06/2006 to 12/06/2006 (W)
Time: 6:00 PM to 8:00 PM
Fee: \$62.00
Location: KSU, Ahearn Fieldhouse

Recreation classes for children are listed in Youth and Aquatics sections

Karate & Self-Defense 06CMA10

Classes are structured to provide mental and physical coordination. Training is divided into 3 major areas: basic motion ("Kihon") with study of the fundamental technique, forms and pattern of movements and techniques that demonstrate physical/combat principles and sparring ("Kumite"). No matter your current situation, you will be guided by the hand step-by-step and shown exactly how to achieve Karate success.
Instructor: Habib Diop, hdiop@ksu.edu

As a martial art instructor, Habib has spent 9 years teaching people how to control their environment, properly breathe and to overcome stress. He is a champion and member of the Karate National team in Senegal. He has also won awards from the National Federation of Karate in Senegal. He has worked with the Japanese most known "Sensei", Sensei Ayashi, Sensei Yoshinao Nambu.

Date: 08/21/2006 to 12/07/2006 (M/Th)
Time: 7:00 PM to 8:30 PM
Fee: \$89.00
Location: KSU, Ahearn Fieldhouse

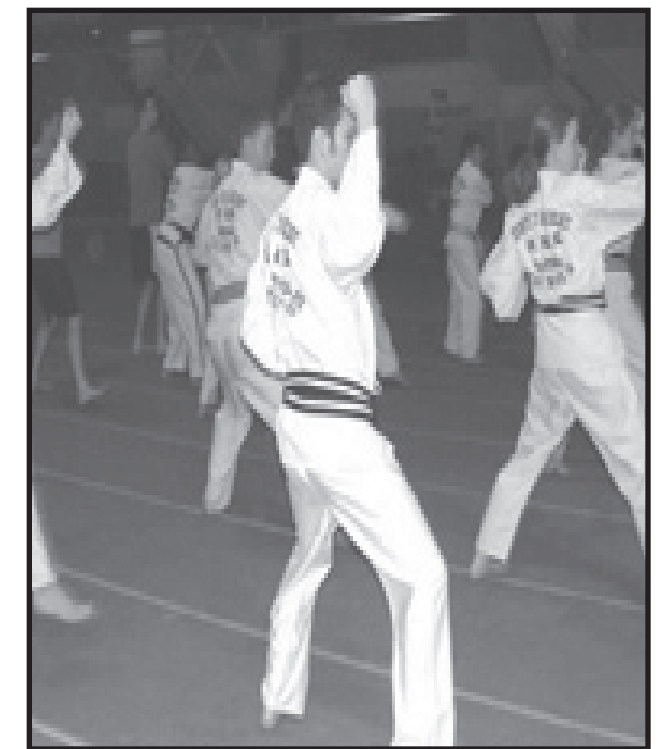
Modern Aikijujutsu 06CMA11

This class will work on falling without getting hurt, the basic Shodan waza of Hakkoryu, walking exercises and 20 self-defense Jujutsu techniques. Hakkoryu is a style that, like Aikido, is an offshoot of Daito Ryu. This class will work on both "martial arts" techniques and applied self-defense. The student should wear loose comfortable clothing.
Instructor: Stan Wilson

Stan Wilson has been doing martial arts for 36 years and is the founder of the White Phoenix System. He has a second degree black belt in Hakkoryu Jujutsu. He has an eighth degree black sash in Zee Do Lum Kung Fu, a third degree black sash in Pai Lum Kung Fu, a first degree black sash in Mew Hing Taoist Palms Kung Fu, and a Journeyman Second Class level in Knife/Counter Knife Combatives. He has studied Aikido, Hapkido, wrestling, Judo, Phillipine stick and knife fighting: Ninjutsu, Moo Duk Kwan Tang So Do and several other martial arts. He has done research into many martial arts, including extensive research into Daito Ryu Aikijujutsu. He has a large library of books, DVDs and videos on martial arts.

Date: 09/11/2006 to 11/13/2006 (M)
Time: 7:30 PM to 8:30 PM
Fee: \$42.00
Location: Ahearn Fieldhouse (North End)

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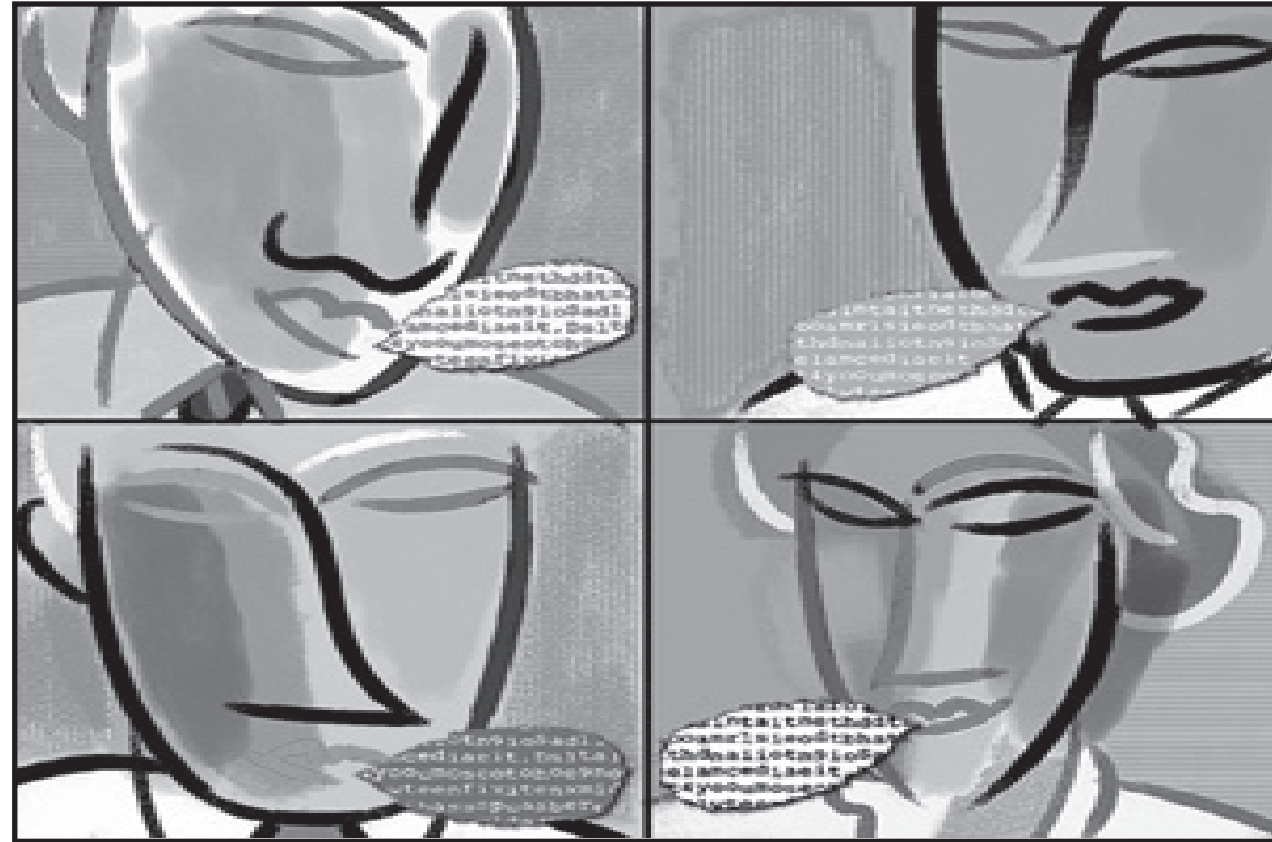
Personal Interest

National Issues Forum on News Media and Society



Monday, September 11, 2006
7:00 PM to 9:00 PM
Manhattan Public Library
629 Poyntz Ave.
No charge/open to public

For more information: www.nifi.org



Philosophy of Gurdjieff & Ouspensky 06CPI08

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.
Instructor: David Seamon

Dr. 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: 09/27/2006 to 11/08/2006 (W)
Time: 7:30 PM to 9:00 PM
Fee: \$19.00
Location: UFM Greenhouse

Media Literacy: Life Skills for the 21st Century 06CPI05

This course provides teachers and parents the opportunity to develop their understanding of the complex functions mass media plays in the daily lives of young people and to improve their own media literacy skills as well as learn tools for help young people become more media literate, an essential life skill for the 21st century. This course will offer opportunities to explore and discuss ways to ensure that young people are able to think critically about the powerful images, words and sounds which saturate contemporary culture. The course will open with a National Issues Forum on News Media and Society on September 11, which is open to the public. (see: <http://www.nifi.org> for more information) at Manhattan Public Library, 629 Poyntz Ave. The second class will require attending the Lou Douglas Lecture on September 18th featuring Thomas Frank, author of "What's the Matter with Kansas." The final five classes will look at ways to help young people understand the messages directed at them by the media and recognize when they are being given false information.
Instructor: Christopher Renner, (785) 770-8309

**Christopher Renner's Bio/ Class Dates next column

Christopher E. Renner is a community activist on media awareness and local radio talk show host. He attended the 2005 Media Reform Conference held in St. Louis and has worked on raising people's awareness of media issues. He taught for 23 years and is working on his dissertation in Curriculum and Instruction.

Date: 09/11/2006 to 10/16/2006 (M)
Time: 7:00 PM to 9:00 PM
Fee: \$16.00
Location: UFM Fireplace Room

Kansas Driving Improvement Program 06CPI09A

AAA's eight-hour classroom Driver Improvement Program is perfect for individuals who drive for a living, seniors looking to refresh their skills and newly licensed teenagers. It is also presented to individuals who have received several motor vehicle citations and are required to take a classroom-retraining program. This modular program provides techniques for seeing, communicating, adjusting speed, providing a margin of safety and handling driving emergencies. Upon completion of the program, each attendee will receive a certificate. Insurance deductions are available but consult your insurance provider before enrolling in the class. AAA's DIP Program is an 8 hour presentation.
Instructor: Sheryl Cornell, sherylc@manhattan.k12.ks.us

Sheryl has been training drivers for more than 7 years and is a certified AAA instructor for the school district.

Date: 08/05/06 (Sa)
Time: 8:00 AM to 5:00 PM
Fee: \$42.00
Location: 1120 Hayes Dr Transportation Dept

Kansas Driving Improvement Program 06CPI09B

Instructor: Sheryl Cornell, sherylc@manhattan.k12.ks.us
Date: Visit website for current information
Time: 8:00 AM to 5:00 PM
Fee: \$42.00
Location: 1120 Hayes Dr Transportation Dept

Women's Book Club-Eclectic Ladies Book Organization 06CPI10

Eclectic Ladies Book Organization (ELBO). Do you like to read a variety of genres? Do you always have a book you're trying to finish. Then ELBO is for you. Recent reads have included, "Life of Pi", "Cash: An Autobiography", "The Historian" and "Wicked". We will read and discuss almost anything. Meetings are monthly and the discussions is lively and will be at KSU Student Union upstairs in the lounge.
Instructor: Carol Elmore & Brenda Elmore

Carol has a Master degree in Library Science from the University of Missouri-Columbia. Brenda Elmore has a bachelor's degree in art therapy and psychology from K-State.

Date: 09/05/2006 to 12/05/2006 (T)
Time: 7:00 PM to 9:00 PM
Fee: \$12.00
Location: KSU Student Union upstairs

Envisioning Peace and Justice 06CPI39

A series of five meetings/events will be held in the Manhattan area to bring together people with diverse interests but who share common goals of working towards peace and justice in their everyday lives, and as active members of their communities. Voluntary contribution at each event to cover cost of food and beverage would be appreciated.

Rhonda Janke, These 5 sessions will be facilitated by MAPJ members and board members. The planning committee includes Matt Cobb (anamchara66502@yahoo.com), Terrie Clark (terriec@ksu.edu), Rhonda Janke (parideaza@yahoo.com) and Chris Renner (renner@ksu.edu).

Meeting #1: Sept. 15 (Friday from 6:00 to 8:00 PM)
Meet at the Unitarian Universalist Fellowship building (on Zeandale Rd) for food and discussion of where we've been and our accomplishments of the past 25 years presented by a representative of the Manhattan Alliance for Peace and Justice (MAPJ). We'll also review MAPJ's strategic planning session goals from 2001 and talk about the next 5 and 25 years. Bring ideas and open minds.

*Envisioning Peace & Justice continued on next page

Personal Interest Continued

Envisioning Peace & Justice continued

Meeting #2: Sept. 30 (Saturday from 4:00 to 8:00 PM)
Meet at Birdrunner Farm/Wildlife Sanctuary for communing with nature, wading in the creek and further discussion about how peace and social/environmental/economic justice can be enhanced in our lifetimes. Dancing, drumming and other activities to engage the body, mind and spirit. Representatives from other Peace and Justice groups will also be present to share their experiences. Directions to Birdrunner farm will be available when you register.

Meeting #3: Oct. 13 (Friday from 6:00-8:00 PM)
Meet at the Unitarian Universalist Fellowship building (Zeandale Rd) with artists, dancers, music and street theatre. Bring ideas for ways that the arts can enliven and enrich our political/activist lives-- for art is the primary channel through which people can comment on society.

Meeting #4: Oct. 28 (Saturday from 3:00-7:00 PM)
Talk about writing, the media, radio, effective and ineffective use of airwaves, internet, etc. The word-written and spoken-is more powerful than the sword. Location TBA.

Meeting #5: Nov. 10 (Friday from 5:00-9:00 PM)
Bringing it all together. Meet at the Unitarian Universalist Fellowship Building. Bring all ideas from the previous meetings together and come up with the next 5 and 25 year plan.

Date: 09/15/2006 to 11/10/2006 (F/Sa)
Time: 2 to 4 hours meetings
Fee: \$12.00
Location: Refer to class description

Shades of Gray: Reflections on the Struggle to be Gay and Lesbian in Literature and Film 06CPI40

Shade of Gray will provide participants opportunities for study, discussion, reflection and personal growth. Beginning September 21, participants will attend the presentation by Kenji Yoshino: Covering: The hidden assault on our civil rights. Prof. Yoshino is a professor of law and deputy dean for intellectual life at Yale Law School and is speaking in Manhattan as part of Community Cultural Harmony Week. Participants will meet on September 28 to discuss Prof. Yoshino's lecture and book of the same title. (Please have the book read before this class.) Three documentary films will be viewed: Shades of Gray (Fri., Oct. 6), Fish Can't Fly (Wed., Oct. 11) and The Edge of Each Other's Battles: The Vision of Audre Lorde (Fri., Oct. 13). The course will look at the intersections of oppression in a democratic society and will review ways to build an inclusive society based on the rule of law and human rights.
Instructor: Christopher Renner, (785) 770-8309

Date: 09/21/2006 to 10/13/2006 (Th/F/W)
Time: 7:00 PM to 9:00 PM
Fee: \$13.00
Location: Refer to class description

Family Ties Project: A Community Dialogue (Discussion group) 06CPI41

The Family Ties Project seeks to draw the Manhattan community into a discussion of diversity as related to sexual orientation. Using the medium of non-fiction plays based on the experiences of lesbian and gay individuals and their families from the Manhattan community to jump start a discussion of commonly held beliefs and values regarding sexual orientation, this discussion group will provide opportunities for dialogue about homophobia, cultural/personal change, and increase the participants' knowledgebase of the life experiences of individuals whose sexual orientation is different from their own.

**Participants will be required to attend a performance of the play Family Ties, October 27/28 at the Manhattan Arts Center and participate in the post-play discussion group held immediately following each show. Then following in November participants will meet three additional times for reading and discussion. The discussion group will explore further the topics raised in the first play; provide opportunities for dialogue about sexual orientation, focusing on how diversity is about recognizing the similarities as well as differences we each have and that similarities are the keys to building a united community. Participants will decide if they want to continue meeting following the Christmas holidays leading up to the second play of the project, You Belong to Us, which will premiere in March.

Instructor: Jason Lantz, 770-7550, jslantz@hotmail.com

Jason Lantz is a Board member of Flint Hills PFLAG, a KSU graduate, and serves on the Riley County Council of Social Service Agencies. Jemmie Godwin and Martha Crouse are Drama Therapy graduate students at KSU and the authors of the plays used in the Family Ties Project.

Date: 11/02/2006 to 11/16/2006 (Th)
Time: 7:00 PM to 9:00 PM
Fee: \$15.00
Location: UFM Fireplace Room

Parenting the Second Time Around 06CPI42

This class is for grandparents who are parenting "the second time around." Monthly workshops to assist grandparents who are raising their grandchildren or other kinship caregivers. Workshop topics include: It wasn't supposed to be like this, Getting to know you, Rebuilding a Family, Discipline is not a dirty word, But it may look different today, Protecting and planning for your Grandchild's future, and Standing up for grandparents/grandchildren's rights. THIS CLASS MEETS 1ST AND 3RD TUESDAY OF MONTH.
Instructor: Brandy Monge, 537-4232, bdmonge@ksu.edu

Brandy D. Monge, M.A., is currently a doctoral student at K-State, working on developing a sound support network for grandparents adn kinship caregivers. Brandy was raised by her grandparents and enjoys aiding families like her own.

Date: 09/05/2006 to 11/21/2006 (T)
Time: 7:00 PM to 8:30 PM
Fee: \$22.00
Location: UFM Fireplace Room

Understanding Islam 06CPI43

This class will cover general and specific information about Islam. It will explain the meaning of Islam, Muslim's belief and how they think about other religions, the pillars of Islam, women in Islam and how Islam works with social, economical, cultural and political issues.
Instructor: Raad Al-Ani

Raad Al-Ani native language is Arabic. He has taught Arabic readings, writings and grammar as a volunteer for Saudi's schools in Colorado and Kansas for more than 7 years.

Date: 09/07/2006 to 09/21/2006 (Th/T)
Time: 1:00 PM to 2:00 PM
Fee: \$45.00
Location: UFM Conference Room

Common Misconceptions About Muslim Women 06CPI44

This class is aimed at educating women living in the West, including Muslim women living in the West, about the rights of Muslim women. Due to the many misconceptions about Muslim women in regards to their ways of lives, which include their mode of dressing and their rights in societies, this class aims at opening the door to the real truth about Muslim women. It is an introductory class only for WOMEN and there will be emphasis on communication and dialogue.
Instructor: Maryam Funmifayo, mof5858@ksu.edu

Maryam Funmifayo is a KSU senior majoring in Public Human Nutrition. She is from Nigeria and as a Muslim woman living in the West, she has read and seen many misconceptions about Muslim women all over the world. She enjoys meeting different women from diverse backgrounds and educating them.

Date: 09/07/06 (Th)
Time: 4:30 PM to 5:30 PM
Fee: \$12.00
Location: UFM Fireplace Room



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Recreation & Fitness

Introduction to Ballroom Dance

06CRF13A

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.
Instructor: Michael Bennett, dance599@yahoo.com

Michael Bennett 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: 08/25/2006 to 10/13/2006 (F)
Time: 7:15 PM to 8:15 PM
Fee: \$36.00/Individual; \$58.00/Couple
Location: Cross Roads, ECM
1021 Denison

Introduction to Ballroom Dance

06CRF13B

Instructor: Michael Bennett, dance599@yahoo.com

Date: 10/20/2006 to 12/08/2006 (F)
Time: 7:15 PM to 8:15 PM
Fee: \$36.00/Individual; \$58.00/Couple
Location: Cross Roads, ECM
1021 Denison

Beginning Dance for Couples

06CRF38A

"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.
Instructor: Michael Bennet, dance599@yahoo.com

Date: 08/25/2006 to 10/13/2006 (F)
Time: 6:00 PM to 7:00 PM
Fee: \$52.00/Couple
Location: Cross Roads, ECM

Beginning Dance for Couples

06CRF38B

Michael BennettEmail: dance599@yahoo.com

Date: 10/20/2006 to 12/08/2006 (F)
Time: 6:00 PM to 7:00 PM
Fee: \$52.00/Couple
Location: Cross Roads, ECM

Ballroom Dance for Singles

06CRF64

Like to dance? You don't need a partner! In this course, we will teach two or three dances, possibly including Foxtrot, Waltz, Nightclub Two-Step, Chacha, and Swing. Learn to lead or follow so that you will be able to move comfortably on the floor with ANY partner!
Instructor Michael, Bennett, dance599@yahoo.com

Date: 10/15/06 to 11/05/06 (Su)
Time: 3:30 PM to 4:30 PM
Fee: \$24.00
Location: KSU International Student Center

Swing and Salsa Dance

06CRF27AZ

This is an intermediate course on swing dancing that emphasizes technique and style of Jitterbug, Lindy, and West Coast swing. The emphasis will be on partnering and rhythmic articulation. Demonstrations, performances, and videos will supplement the course. Prerequisites: Ballroom dance I or a minimum of 6 months of social level dance classes or significant training in Ballet, Jazz, or Modern dance is strongly recommended before entering this swing and salsa dance course.
Instructor: Michael Bennett, dance599@yahoo.com

Date: 08/23/2006 to 12/06/2006 (W)
(No class 11/22)
Time: 7:00 PM to 8:00 PM
Fee: \$64.00/Individual
Location: Cross Roads, ECM

Swing and Salsa Dance

06CRF27A

Instructor: Michael Bennett, dance599@yahoo.com

Date: 08/25/2006 to 10/13/2006 (F)
Time: 8:30 PM to 9:30 PM
Fee: \$36.00/Individual; \$58.00/Couple
Location: Cross Roads, ECM

Swing & Salsa Dancing

06CRF27B

Instructor: Michael Bennett, dance599@yahoo.com

Date: 10/20/2006 to 12/08/2006 (F)
(No class 11/22)
Time: 8:30 PM to 9:30 PM
Fee: \$36.00/Individual; \$58.00/Couple
Location: Cross Roads, ECM

Recreation & Fitness Continued

Introduction to Golf

06CRF04A

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.
Instructor: Jim Gregory, (785) 539-1041

Date: 08/24/2006 to 09/14/2006 (Th)
Time: 6:30 PM to 7:30 PM
Fee: \$36.00
Location: Stagg Hill Golf Club

Introduction to Golf

06CRF04B

Instructor: Jim Gregory, (785) 539-1041

Date: 09/21/2006 to 10/12/2006 (Th)
Time: 6:00 PM to 7:00 PM
Fee: \$36.00
Location: Stagg Hill Golf Club

Golf in Junction City

06CRF30AZ

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

Date: 08/22/2006 to 10/10/2006 (T)
Time: 5:30 PM to 7:30 PM
Fee: \$132.00
Location: Rolling Meadows Golf Course, 7550 Old Milford Road

Golf in Junction City

06CRF30BZ

Instructor: Jim Peterson

Date: 08/23/2006 to 10/11/2006 (W)
Time: 5:30 PM to 7:30 PM
Fee: \$132.00
Location: Rolling Meadows Golf Course, 7550 Old Milford Road

Yogilates

06CRF142AZ

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 advanced poses. Pilates is a series of 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).
Instructor: Diana Knox, (785) 564-3663, dknox@ksu.edu

Diana Knox has been involved in the fitness industry for over 12 years as a certified instructor and director. As the Fitness Director and a personal trainer at ProFitness in Aggieville, she offers classes incorporating step, yoga, stability ball, pilates, weight training/toning, kickboxing and yogilates. Her classes are available in Manhattan through UFM, K-State for credit, ProFitness and the LIFE Program at KSU.

Date: 08/21/2006 to 10/11/2006 (M/W)
(No class 09/04, 10/02)
Time: 10:00 AM to 11:00 AM
Fee: \$72.00
Location: 1125 Laramie St., Lower Level

Yogilates

06CRF142BZ

Instructor: Diana Knox, (785) 564-3663, dknox@ksu.edu

Date: 08/22/2006 to 10/12/2006 (T/Th)
Time: 7:00 PM to 8:00 PM
Fee: \$72.00
Location: 1125 Laramie St., Lower Level

Yogilates

06CRF142CZ

Instructor: Diana Knox, (785) 564-3663, dknox@ksu.edu

Date: 08/22/2006 to 10/12/2006 (T/Th)
Time: Noon to 1:00 PM
Fee: \$72.00
Location: 1125 Laramie St., Lower Level

Yogilates

06CRF142DZ

Instructor: Diana Knox, (785) 564-3663, dknox@ksu.edu

Date: 10/17/2006 to 12/07/2006 (T/Th)
(No class 11/23)
Time: Noon to 1:00 PM
Fee: \$72.00
Location: 1125 Laramie St., Lower Level

Yogilates

06CRF142EZ

Instructor: Diana Knox, (785) 564-3663, dknox@ksu.edu

Date: 10/16/2006 to 12/06/2006 (M/W)
(No class 11/23)
Time: 10:00 AM to 11:00 AM
Fee: \$72.00
Location: 1125 Laramie St., Lower Level

Yogilates

06CRF142FZ

Instructor: Diana Knox, (785) 564-3663, dknox@ksu.edu

Date: 10/17/2006 to 12/07/2006 (T/Th)
(No class 11/23)
Time: 7:00 PM to 8:00 PM
Fee: \$72.00
Location: 1125 Laramie St., Lower Level

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 • Research library by appointment
 • Educational programs
 • Speakers bureau
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 2:00-5:00 Saturday-Sunday

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

HISTORICAL MUSEUM

Goodnow House Museum
 2309 Claflin
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 • Free state advocate
 • Educator (common school to college)
 • A State Historic Site
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Wolf House Museum
 630 Fremont
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 • 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



Recreation & Fitness Continued

Beginning Belly Dance 06CRF09A

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!

Instructor: Gaitri, gaitri@mayazahira.com

Gaitri has been dancing for the past 8 years. In 2001, she joined the dance department at K-State and spent 4 years studying modern dance, various forms of improvisation, and choreography. During that time she worked with nationally known arts such as Phillip Horvitz and Susan Warden. In that time she also began to informally study bellydancing and in the summer of 2003 she officially began studying with the Maya Zahira Company.

Date: 09/12/2006 to 10/17/2006 (T)
Time: 6:00 PM to 7:00 PM
Fee: \$54.00
Location: KSU International Student Center

Beginning Belly Dance 06CRF09B

Instructor: Gaitri, gaitri@mayazahira.com

Date: 10/24/2006 to 12/05/2006 (T)
(No class 11/21)
Time: 6:00 PM to 7:00 PM
Fee: \$54.00
Location: KSU International Student Center

Intermediate Belly Dance 06CRF10A

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.

Instructor: Gaitri, gaitri@mayazahira.com

Date: 09/12/2006 to 10/17/2006 (T)
Time: 7:05 PM to 8:05 PM
Fee: \$54.00
Location: KSU International Student Center

Intermediate Belly Dance 06CRF10B

Instructor: Gaitri, gaitri@mayazahira.com

Date: 10/24/2006 to 12/05/2006 (T)
(No class 11/21)
Time: 7:05 PM to 8:05 PM
Fee: \$54.00
Location: KSU International Student Center



Advanced/Troupe Combo Class 06CRF11A

This class is for students who have taken at least two sessions of Beginning Belly Dance I or equivalent. In this class, we'll cover intermediate and advanced topics such as finger cymbals, veil dancing, drum solos, folkloric dance, gypsy belly dance, floorwork, stage dynamics, and more. We'll also learn how to work with props such as tambourines, canes, swords, baskets, and candles. Required materials: hip scarf, veil, and finger cymbals. Performance opportunities are provided, but not required. Entrance into the professional dance troupe is by invitation/audition only. To request an audition, or to discuss candidate qualifications, please contact the school's artistic director, Maya Zahira at maya@mayazahira.com. Middle Eastern Dance Choreography will be taught and rehearsed in preparation for a variety of public performances.

Performances may include: professional belly dance productions, birthday parties, baby showers, wedding showers, wedding receptions, family gatherings, women's retreats, festivals, sidewalk sales, corporate events, fundraisers, school assemblies, and more.
Prerequisite: Advanced Belly Dance
Instructor: Gaitri, gaitri@mayazahira.com

Date: 09/14/2006 to 10/19/2006 (Th)
Time: 7:35 PM to 8:35 PM
Fee: \$54.00
Location: KSU International Student Center

Advanced/Troupe Combo Class 06CRF11B

Instructor: Gaitri, gaitri@mayazahira.com

Date: 10/26/2006 to 12/07/2006 (Th)
(No class 11/23)
Time: 7:35 PM to 8:35 PM
Fee: \$54.00
Location: International Student Center

Belly Dance Conditioning Workout 06CRF12A

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!

Instructor: Michele Janette, (785) 979-4681
Email: michele@mayazahira.com

Michele studied tap, ballet, and jazz dance when she was growing up. As an adult, she switched to swimming as her primary exercise, but rediscovered dance in 2005 when she began to study bellydancing with The Maya Zahira School. She enjoys the combination of flexibility and strength that comes with bellydancing. For her, bellydancing is philosophically satisfying in encouraging women to love and appreciate their bodies in all their wonderful variety, and is also just plain fun to do!

Date: 09/14/2006 to 10/19/2006 (Th)
Time: 6:30 PM to 7:30 PM
Fee: \$54.00
Location: KSU International Student Center

**Addition class section listed in next column.

Belly Dance Conditioning Workout 06CRF12B

Instructor: Michele Janette, (785) 979-4681
Email: michele@mayazahira.com

Date: 10/26/2006 to 12/07/2006 (Th)
(No class 11/23)
Time: 6:30 PM to 7:30 PM
Fee: \$54.00
Location: KSU International Student Center

Belly Dance: Veils and Wings 06CRF62

Learn to create mystery, intrigue, and grace by belly dancing with one or even two veils! Class will include instruction in veil manipulation for single and double veil, veil combinations, veil wraps, fun veil tricks and tips, plus exciting entrances and exits with one or two veils. In addition, we'll cover dance technique with the powerful and beautiful Wings of Isis. Don't miss this exciting opportunity to study this unique and specialized dance technique with the director of the largest belly dance school in the Central Midwest.

Instructor: Maya Zahira

Required Materials: 2 veils, or 2 large pieces of flowy fabric, 3 yards in length. Optional Materials: "Wings of Isis" which can be purchased from www.audrena.com/TheBellyDanceStore.html or off of www.ebay.com.

Please wear comfortable clothing that allows for ease of movement. Students may bring a large scarf to tie around the hips. Instructor will bring extra hip scarves to share. Footwear: barefoot, ballet or jazz shoes, or dance sandals. No stocking feet, please.

No dance experience necessary.
Handouts provided.

Date: 11/11/06 (Sa)
Fee: \$25.00
Time: 10:00 AM to Noon
Location: KSU Ahearn Room 301



Recreation & Fitness Continued

KO Boxing for Women and Men 06CRF14A

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.
Instructor: Lorissa Ridley, (785) 341-1708

Lorissa, owner and operator of K.O. Boxing, has been instructing gymnastics, dance & fitness for over 20 years. She began dancing in 1969 and has continued her lifelong journey in the field of fitness to bring Manhattan incredible fitness classes including: boxing, kickboxing, self-defense and dance classes.

Date: 09/07/06 to 09/27/06 (M/W)
Time: 6:30 PM to 7:30 PM
Fee: \$45.00
Location: 2303 Tuttle Creek Blvd

KO Boxing for Women and Men 06CRF14B

Instructor: Lorissa Ridley, (785) 341-1708

Date: 10/04/2006 to 10/25/2006 (W/M)
(No class 10/09)
Time: 6:30 PM to 7:30 PM
Fee: \$45.00
Location: 2303 Tuttle Creek Boulevard

KO Boxing for Women and Men 06CRF14C

Instructor: Lorissa Ridley, (785) 341-1708

Date: 10/30/2006 to 11/20/2006 (M/W)
Time: 6:30 PM to 7:30 PM
Fee: \$45.00
Location: 2303 Tuttle Creek Boulevard



KO Boxing for Women and Men 06CRF14D

Instructor: Lorissa Ridley, (785) 341-1708

Date: 11/27/2006 to 12/18/2006 (M/W)
Time: 6:30 PM to 7:30 PM
Fee: \$45.00
Location: 2303 Tuttle Creek Boulevard

Intermediate Boxing 06CRF54AZ

Prerequisite for this class is to have completed Boxing for Women/No Contact Boxing for Men or have at least one year of boxing training. This does not include aerobic boxing classes. Students will continue working on their punches, execute combos and participate in bag training. They will train their bodies and discipline their minds. In this no contact boxing class, students will not spar. There will be intense "Catch Mitt" training. Boxing conditioning in this class will include: Power and speed drills, agility, hand-eye coordination exercises, balance and footwork drills, upper and lower body strength training, hard core abs, and strengthening physical endurance. Endurance is pushing your body past your mind's desire to stop. Glove up, protect yourself and be ready to move!
Instructor: Lorissa Ridley, (785) 341-1708

Date: 08/21/2006 to 10/11/2006 (M/W)
(No class 09/04, 10/02)
Time: 7:30 PM to 8:40 PM
Fee: \$129.00
Location: 2303 Tuttle Creek Boulevard

Intermediate Boxing 06CRF54BZ

Instructor: Lorissa Ridley, (785) 341-1708

Date: 10/16/2006 to 12/06/2006 (M/W)
(No class 11/22)
Time: 7:30 PM to 8:30 PM
Fee: \$129.00
Location: 2303 Tuttle Creek Boulevard

Intermediate Boxing 06CRF54CZ

Instructor: Lorissa Ridley, (785) 341-1708

Date: 08/22/2006 to 10/12/2006 (T/Th)
Time: 10:30 AM to 11:30 AM
Fee: \$129.00
Location: 2303 Tuttle Creek Boulevard

Intermediate Boxing 06CRF54DZ

Instructor: Lorissa Ridley, (785) 341-1708

Date: 10/17/2006 to 12/07/2006 (T/Th)
(No class 11/23)
Time: 10:30 AM to 11:30 AM
Fee: \$129.00
Location: 2303 Tuttle Creek Boulevard

No Contact Boxing for Men 06CRF49AZ

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 freestanding bags. Learn punches, defensive moves, combos, and how to get awesome abs! Open to men and women.
Instructor: Lorissa Ridley, (785) 341-1708

Date: 08/21/2006 to 10/11/2006 (M/W)
(No class 09/04, 10/02)
Time: 2:00 PM to 3:10 PM
Fee: \$129.00
Location: 2303 Tuttle Creek Boulevard

No Contact Boxing for Men 06CRF49BZ

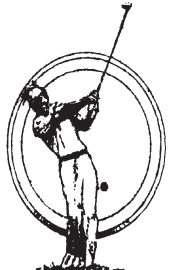
Instructor: Lorissa Ridley, (785) 341-1708

Date: 10/16/2006 to 12/06/2006 (M/W)
(No class 11/22)
Time: 10:30 AM to 11:30 AM
Fee: \$129.00
Location: 2303 Tuttle Creek Boulevard

No Contact Boxing for Men 06CRF49CZ

Instructor: Lorissa Ridley, (785) 341-1708

Date: 10/17/2006 to 12/07/2006 (T/Th)
(No class 11/23)
Time: 6:30 PM to 7:30 PM
Fee: \$129.00
Location: 2303 Tuttle Creek Boulevard




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Recreation & Fitness Continued

Introduction to Yoga Fit 06CRF59A

This yogafit style class will consist of correct physical execution, transitions and modifications to poses, sequencing and effective ways to improve the mind and body connection. Students will learn 40 plus poses. Focus will be on the physical fitness benefits of traditional yoga poses. For beginners to intermediates. All levels welcome. Instructor and K.O. trainer Jonna Vorhees is certified in Yogafit level one and has practiced yoga for two years.
Contact person: Lorissa Ridley, (785) 341-1708

Date: 09/06/2006 to 10/18/2006 (W/Sa/M)
(No class 10/09)
Time: 9:00 AM to 9:45 AM
Fee: \$54.00 (1 time per week)
\$84.00 (2 times per week)
\$108.00 (3 times per week)
Location: 2303 Tuttle Creek Boulevard

Introduction to Yoga Fit 06CRF59B

Contact person: Lorissa Ridley, (785) 341-1708

Date: 10/23/2006 to 11/25/2006 (M/W/Sa)
Time: 9:00 AM to 9:45 AM
Fee: \$54.00 (1 time per week)
\$84.00 (2 times per week)
\$108.00 (3 times per week)
Location: 2303 Tuttle Creek Boulevard

Introduction to Yoga Fit 06CRF59C

Contact person: Lorissa Ridley (785) 341-1708

Date: 09/06/2006 to 11/22/2006 (W)
Time: 5:30 PM to 6:15 PM
Fee: \$54.00 (1 time per week)
\$84.00 (2 times per week)
\$108.00 (3 times per week)
Location: 2303 Tuttle Creek Boulevard

Introduction to Fitness & Nutrition 06CRF60A

Do gyms make you nervous? Want to eat healthy and start a workout routine but don't know where to start? Have you hit your 30's, 40's, 50's and feel like you'd better start exercising? Are you in your 20's and workout, but you want to learn more about fitness and how to eat healthy on a budget? If you answered yes to any of these questions then you need to take this class. Don't just workout. Learn how, why and what works for you. Instructor Laura Smith will provide you with a healthy eating guide. Laura, a K.O. trainer and K.O.'s Fitness Advisor, majors in Nutrition & Exercise Science and Dietetics at K-State.
Contact person: Lorissa Ridley, (785) 341-1708

Date: 09/09/2006 to 10/14/2006 (Sa)
Time: 7:30 AM to 9:00 AM
Fee: \$72.00
Location: 2303 Tuttle Creek Boulevard

Introduction to Fitness & Nutrition 06CRF60B

Contact person: Lorissa Ridley, (785) 341-1708

Date: 10/21/2006 to 11/25/2006 (Sa)
Time: 7:30 AM to 9:00 AM
Fee: \$72.00
Location: 2303 Tuttle Creek Boulevard

Beginning Fencing 06CRF21Z

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.
Instructor: Jeff Gwirtz

Date: 08/28/2006 to 12/04/2006 (M)
(No class 09/04, 10/02)
Time: 6:00 PM to 7:30 PM
Fee: \$44.00/Has equipment;
\$74.00/ Use instructor
Location: KSU, Ahearn Fieldhouse

Intermediate Fencing 06CRF22Z

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

Date: 08/28/2006 to 12/04/2006 (M)
(No class 09/04, 10/02)
Time: 7:30 PM to 9:00 PM
Fee: \$44.00/Has equipment;
\$74.00/ Use instructor
Location: KSU, Ahearn Fieldhouse

Tennis 06CRF19AZ

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.
Instructor: Bill Fraley

Date: 09/05/2006 to 11/14/2006 (T)
Time: 1:30 PM to 3:00 PM
Fee: \$82.00
Location: 3615 Claflin Road,
Cotton Wood Racquet Club

Tennis 06CRF19BZ

Instructor: Bill Fraley

Date: 09/06/2006 to 11/15/2006 (W)
Time: 1:30 PM to 3:00 PM
Fee: \$82.00
Location: 3615 Claflin Road,
Cotton Wood Racquet Club

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AND RECEIVE \$1 OFF YOUR
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Recreation & Fitness Continued

Beginning Line Dance 06CRF24

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! THIS CLASS MEETS THE 2ND AND 4TH THURSDAY OF THE MONTH.
Instructor: Joyce Juhler, juhler@twinvalley.net

Joyce Juhler is a licensed dance instructor and has been teaching dance and exercise classes since 1980. 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 many cities.

Date: 09/14/2006 to 10/05/2006 (Th)
Time: 5:00 PM to 6:00 PM
Fee: \$28.00
Location: UFM Lower Level

Canoe Camping 06CRF53Z

This class covers the interface between canoeing and camping. How canoeing changes when adapting to the camping environment. The instruction will not be related to basics of camping (putting up tents, building fires, etc). Instead, the class would cover topics like planning, wet-condition packing, navigation, specialized gear requirements, how paddling changes when paddling loaded canoes, focused safety issues, etc - all topics that people need to be proficient in before venturing out on their own canoe camping trips.
Instructor: Steve Spencer

Date: 11/11/2006 to 11/12/2006 (Sa/Su)
Time: 8:00 AM to 5:00 PM
Fee: \$98.00
Location: KSU Natarorium

Flamenco (Spanish) Dance 06CRF58A

This class is intended for beginning students who have never learned Spanish dance. In this class, we will learn basic rhythm of music, Sevillanas, with hand-clapping (palmos), basic steps, arm movement, and most importantly, the timing to cheer up on other dancers (jaleo). We will also learn how to work with castanets. Required materials: flamenco practice skirt, flamenco shoes and castanets. (You might have to order on-line. I will recommend a couple of internet shops before/on the first day.)
Instructor: Mariko Price, mariko@ksu.edu

Mariko Price started her dancing experience when she was attending Sophia University, Tokyo, Japan. Mariko joined Modern Dance Club, and upon graduation, she started to learn Jazz dance, and then moved on to Flamenco, Spanish dance. She served her apprenticeship with Arte Flamenco, Tokyo, Japan for six years.

Date: 09/07/2006 to 09/28/2006 (Th)
Time: 7:00 PM to 8:00 PM
Fee: \$50.00
Location: UFM Lower Level

Flamenco (Spanish) Dance 06CRF58B

Instructor: Mariko Price, mariko@ksu.edu

Date: 10/05/2006 to 10/26/2006 (Th)
Time: 7:00 PM to 8:00 PM
Fee: \$50.00
Location: UFM Lower Level

Flamenco (Spanish) Dance 06CRF58C

Instructor: Mariko Price, mariko@ksu.edu

Date: 11/02/2006 to 11/23/2006 (Th)
Time: 7:00 PM to 8:00 PM
Fee: \$50.00
Location: UFM Lower Level





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Archery Instructor Training & Certification 06CRF37Z

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.

Instructor: Tom Korte, (785) 494-8889

Tom is a certified national archery instructor NAA level 4. During his many years coaching, Tom has helped his students compete at a national level and has produced national champions.

Date: 10/09/2006 to 11/27/2006 (M)
 Time: 7:00 PM to 8:45 PM
 Fee: \$94.00
 Location: 1125 Laramie Plaza, upstairs

Archery for Adults 06CRF01

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.

Instructor: Tom Korte, (785) 494-8889

Date: 10/09/2006 to 10/30/2006 (M)
 Time: 6:45 PM to 7:45 PM
 Fee: \$35.00
 Location: 1125 Laramie Plaza, upstairs



**Flint Hills PFLAG --
 Parents, Families and Friends of Lesbians,
 Gay and Transgendered Support group**

Fall Dates: September 30, October 21 and November 11
Location: Call support line @785.410.3130
Please come and support the Chapter and join us as we continue to listen, support, educate and advocate for GLBT people and their families and friends. An educational presentation about GLBT issues is provided at each meeting and there is always an opportunity to socialize and network.
More info at www.fhpflag.org | Regular meetings third Tuesday of each month
Location: First Congregational Church | 700 Poyntz Ave | Manhattan, KS

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Heartland SHARE is a great-tasting grocery package of fresh fruits and vegetables, frozen meats and convenience foods at up to 50% off retail prices in exchange for volunteer service. SHARE is dedicated to providing a monthly basic, consistent, affordable supplemental food package to those willing to help themselves and others. Each SHARE includes 4 -5 meats, a variety of vegetables, fruits and other grocery items.

A professional purchasing staff buys from growers, manufacturers and producers. The food is distributed trucked from the Topeka warehouse to a network of community host sites. There is NO government funding. The SHARE program is open to all that wish to participate. "If you eat, you qualify!"

One SHARE costs \$20.00 plus two hours of community service. More than one SHARE may be purchased and often there are monthly specials on meat items.



Everyone who participates in SHARE contributes volunteer time as their commitment to SHARE. Any service freely given to non-household members counts as volunteer service. Examples include helping at your local SHARE Host Site, mowing lawn's, house-sitting or pet sitting for someone that is on vacation or hospitalized. Visiting or calling the homebound. Volunteer involvement in community service organizations such as: Volunteer Fire Department, Rescue Squad, Hospice, church groups, Scouting, 4-H, picking up trash in the parks or along roadways, coaching little league, organist for your church, teaching Sunday School, prayer chains, board members, mentoring. Anything that you do out of the goodness of your heart is volunteer service.

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

SHARE: Good for You and good for the community.

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

Youth

Archery for Youth: Ages 8+ 06CYO01A

The main focus of this course will be to introduce youth to Olympic Style 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 instructor.
 Instructor: Tom Korte, (785) 494-8889

Date: 09/05/2006 to 09/26/2006 (T)
 Time: 6:45 PM to 7:45 PM
 Fee: \$20.00
 Location: UFM Greenhouse

Montessori In The Home 06CYO02A

Montessori in Home: how to create an independent and educational environment for your child in the home. Including practical activities and recommended daily schedules and routines. "The education of even a very small child... does not aim at preparing him for school, but for life."
 - Maria Montessori

Instructor: Julie Moran, (785) 840-5471
 Email: jdwjw@hotm.com

Julie Moran has a degree in Early Childhood Education, Masters hours and a Certification of Montessori Education Primary (3 to 6 year olds), work experience teaching preschool and kindergarten in a Montessori setting since 1998 and other preschool work since 1995. She is now living in Overland Park doing in-home consulting for parents with 2 1/2 to 6 years old. Advising on their child's environment and how it effects their academics in the present and the future.

Date: 09/11/2006 (M)
 Time: Noon to 4:00 PM
 Fee: \$62.00
 Location: UFM Fireplace Room

Montessori In The Home 06CYO02B

Instructor: Julie Moran

Date: 10/09/2006 (M)
 Time: Noon to 4:00 PM
 Fee: \$62.00
 Location: UFM Fireplace Room

Montessori In The Home 06CYO02C

Instructor: Julie Moran

Date: 11/13/2006 (M)
 Time: Noon to 4:00 PM
 Fee: \$62.00
 Location: UFM Fireplace Room

Montessori In The Home 06CYO02D

Instructor: Julie Moran

Date: 12/04/2006 (M)
 Time: Noon to 4:00 PM
 Fee: \$62.00
 Location: UFM Fireplace Room

Introduction to the Nutcracker Ballet and Tap Dancing 06CYO06A

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 tapsteps.

No dance experience or formal dance attire necessary. For girls and boys ages 4-12.
 Instructor: Randi Dale, (785) 539-5767

Randi Dale has taught dance for 44 years. Her dance choir toured the Midwest and Europe. She is a certified teacher with a Master's Degree in Education. In May 2006 her regular students performed the story ballet "Sleeping Beauty". In the past her dancers have performed Coppelia, Alice in Wonderland and Swan Lake. Her original choreography is designed for children.

Date: 09/12/2006 to 09/26/2006 (T)
 Time: 6:30 PM to 7:00 PM
 Fee: \$16.00
 Location: 2416 Rogers Blvd. Ballet

Ballet 06CYO22

This class is designed for ballet students that have had one year or more. The students will review basic steps and depending upon ability new ballet techniques will be learned. Also a ballet dance will be taught from the Nutcracker ballet. Formal dance attire not required. Ages 6 to 12 years.
 Instructor: Randi Dale, (785) 539-5767

Date: 09/11/2006 to 09/25/2006 (M)
 Time: 6:45 PM to 7:15 PM
 Fee: \$16.00
 Location: 2416 Rogers Blvd.

Jazz (Ages 6-12) 06CYO25

This jazz dance class is designed for both beginners and children that have had some experience. Jazz technique as well as a short dance routine will be taught. Music and dance steps are child appropriate. Formal dance attire is NOT necessary.
 Instructor: Randi Dale

Date: 09/12/2006 to 09/26/2006 (T)
 Time: 7:00 PM to 7:30 PM
 Fee: \$16.00
 Location: 2416 Rogers Blvd.



Chess for Youth (Beginning to Intermediate) 06CYO26

This class will provide in-class instruction and practice chess play from both beginner and intermediate young player. Students will learn how to win in the game with confidence and experience. They will learn about the rules of the game and most of its playing principles, strategy, winning tactics and what to do in certain situations.
 Instructor: Raymond Paul, (785) 313-1166, robindale7@yahoo.com

Raymond is a graduate of K-State with a B.S. degree in Physical Science and is now involved in writing poetry, Sci-Fi novels and short stories. He was the co-founder of the K-State Chess Club and is a well-studied chess enthusiast and experienced chess teacher. He has won first place in the Kansas Open (Reserve section) in 2005 Summer and has taught chess in a number of chess workshops and has freely tutored people in chess over the years.

Date: 08/22/2006 to 10/24/2006 (T)
 Time: 4:30 PM to 6:00 PM
 Fee: \$42.00
 Location: UFM Lower Level



Youth Continued

Creative Care for Tots 06CYO27A

Creative care: Sports, gymnastics, dance, fitness and fun. Only a few of the creative activities that your child will participate in during this very adventurous class. Arts and Crafts time, music time, hand-eye coordination games and much more. Use this time to do some shopping, run errands or workout. Your child will be learning about fitness, nutrition, sports and more while having a blast. Ages 2-5. Enroll early, space is limited.

Instructor: Lorissa Ridley, (785) 341-1708

Lorissa Ridley is the owner and operator of K.O. Boxing... Gymnastics, Dance & Fitness. Lorissa has been instructing gymnastics, dance & fitness for over 20 years. She began dancing in 1969 and has continued her lifelong journey in the field of fitness to bring Manhattan incredible fitness classes including: boxing, kickboxing, self-defense, hip hop dance, Dancenastics, Sportsnastics for boys, K-State credit boxing classes and much more.

Date: 09/05/2006 to 10/26/2006 (T/Th)
 Time: 9:00 AM to 10:30 AM
 Fee: \$72.00 (1 time per week)
 \$128.00 (2 times per week)
 \$128.00 (1 times for 2 sessions)
 \$224.00 (2 times for 2 sessions)
 Location: 2303 Tuttle Creek Boulevard

Creative Care for Tots 06CYO27B

Instructor: Lorissa Ridley, (785) 341-1708

Date: 10/03/2006 to 11/30/2006 (T/Th)
 No class 11/23
 Time: 9:00 AM to 10:30 AM
 Fee: See 06CYO27A
 Location: 2303 Tuttle Creek Boulevard

Creative Care for Tots 06CYO27C

Instructor: Lorissa Ridley, (785) 341-1708

Date: 09/05/2006 to 11/30/2006 (T/Th)
 No class 11/23
 Time: 9:00 AM to 10:30 AM
 Fee: See 06CYO27A
 Location: 2303 Tuttle Creek Boulevard

Youth Weight Training 06CYO28A

This weight training class will be divided into upper & lower body workouts. Youth will learn how to lift safely and effectively while executing proper body mechanics. Safety, weight room etiquette and self-discipline will be stressed. Ages 8-12.

Instructor: Lorissa Ridley, (785) 341-1708

Date: 09/05/2006 to 09/28/2006 (T/Th)
 Time: 5:00 PM to 5:30 PM
 Fee: \$32.00 (1 time per week)
 \$48.00 (2 times per week)
 Location: 2303 Tuttle Creek Boulevard

Youth Boxing 06CYO29

This is no contact, no sparring boxing class. Youth will glove up and hit the heavy bags and the K.O. trainers catch mitts using proper form and showing respect for a boxer's workout. Youth will get in shape while learning boxing basics including the basic punches, combinations, defense, footwork, proper training techniques and great ab workouts. Ages 8-12.

Instructor: Lorissa Ridley, (785) 341-1708

Date: 10/03/2006 to 10/26/2006 (T/Th)
 Time: 5:00 PM to 5:30 PM
 Fee: \$32.00 (1 time per week)
 \$48.00 (2 times per week)
 Location: 2303 Tuttle Creek Boulevard



Youth Weight Training & Boxing 06CYO30

This is a combination of Youth Weight Training and Boxing. Prerequisites are enrollment in weight training or boxing or both (previous session or sessions).
 Instructor: Lorissa Ridley, (785) 341-1708

Date: 11/02/2006 to 11/30/2006 (Th/T)
 No class 11/23
 Time: 5:00 PM to 5:30 PM
 Fee: \$32.00 (1 time per week)
 \$48.00 (2 times per week)
 Location: 2303 Tuttle Creek Boulevard



Karate & Self-Defense 06CYO31

Classes are structured to provide mental and physical coordination. Training is divided into 3 major areas: basic motion ("Kihon") with study of the fundamental technique, forms and pattern of movements and techniques that demonstrate physical/combat principles and sparring ("Kumite"). No matter your current situation, you will be guided by the hand step-by-step and shown exactly how to achieve Karate success. Note: I promise remarkable progress for children in a short period of time.
 Instructor: Habib Diop, hdiop@ksu.edu

As a martial art instructor, Habib has spent 9 years teaching people how to control their environment, properly breathe and to relax as you breathe and to overcome stress. He is a champion and member of the Karate National team in Senegal. He has also won awards from the National Federation of Karate in Senegal. He has worked with the Japanese most known "Sensei", Sensei Ayashi, Sensei Yoshinao Nambu. His own Sensei was directly formed by Sensei Eiji Ogasahara.

Date: 09/16/2006 to 10/21/2006 (Sa)
 Time: 10:00 AM to 11:30 AM
 Fee: \$49.00
 Location: KSU, Ahearn Fieldhouse

Drawing for Youth 06CYO52

In this class, youth will learn and practice basic drawing skills. We will be challenged by exercises as a group as well as individual projects. This class is geared for youth ages 7-10. All materials will be provided.
 Instructor: Tom Korte

Tom Korte, (785) 494-8889, has a Bachelor of Fine Arts Degree in drawing from K-State University and has taught a variety of art classes for the community for several years.

Date: 09/05/2006 to 09/26/2006 (T)
 Time: 5:30 PM to 6:30 PM
 Fee: \$20.00
 Location: UFM Greenhouse

~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 at 131 College Court St. on Anderson Ave. 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 Education Registration office. Call **785.532.5566** for questions or information, or visit www.dce.k-state.edu/dce/outreach/recreationcourses.html.

Scuba Diving RRES-200

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 \$75 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.
 Instructor: Jeff Wilson

Reference Number: 91423
 Date: 08/30/06 to 09/20/06 (M/W)
 Time: 6:00 PM to 10:00 PM (No class 09/04)
 Fee: \$352.50
 (Also available for non-credit, AQ105AZ)
 Location: KSU Natatorium

Reference Number: 91424
 Date: 10/09/06 to 11/13/06 (M)
 Time: 6:00 PM to 10:00 PM
 Fee: \$352.50
 (Also available for non-credit, AQ105BZ)
 Location: KSU Natatorium

Ballroom Dance DANCE-599

Introduction to the principles of ballroom dancing. Includes dance terminology, dance position, correct body alignment and positions, and partnering. Techniques such as open and close positions, leading and following, and a variety of steps will be emphasized. The jitterbug, American waltz, foxtrot, and Latin steps will be taught.
 Instructor: Michael Bennett

Reference Number: 91400
 Date: 08/23/06 to 12/06/06 (W)
 Time: 8:00 PM to 9:00 PM (No class 11/22)
 Fee: \$261 (Also available for noncredit partner through UFM RF26AZ)
 Location: ECM Auditorium, 1021 Denison

Reference Number: 91401
 Date: 08/23/06 to 12/06/06 (W)
 Time: 9:00 PM to 10:00 PM (No class 11/22)
 Fee: \$261 (Also available for noncredit partner through UFM RF26BZ)
 Location: ECM Auditorium, 1021 Denison

Swing and Salsa Dance DANCE-599

This is an intermediate course on swing dancing that emphasizes technique and style of Jitterbug, Lindy, and West Coast swing. The emphasis will be on partnering and rhythmic articulation. Demonstrations, performances, and videos will supplement the course. Prerequisites: Ballroom dance I or a minimum of 6 months of social level dance classes or significant training in Ballet, Jazz, or Modern dance is strongly recommended before entering this swing and salsa dance course.
 Instructor: Michael Bennett

Reference Number: 91461
 Date: 08/23/06 to 12/06/06 (W)
 Time: 7:00 PM to 8:00 PM (No class 11/22)
 Fee: \$261 (Also available for noncredit partner through UFM RF27BZ)
 Location: ECM Auditorium, 1021 Denison



Beginning Middle Eastern Dance (Belly Dance) DANCE-599

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.
 Instructor: Lissa Zecha

Reference Number: 91457
 Date: 09/07/06 to 11/16/06 (Th)
 Time: 5:20 PM to 6:50 PM
 Fee: \$239.50
 Location: KSU Ahearn Dance Studio, Room 301

Golf RRES-200

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

Reference Number: 91412
 Date: 08/22/06 to 10/10/06 (T)
 Time: 2:30 PM to 4:30 PM
 Fee: \$280
 Location: 4441 Fort Riley Blvd. Stagg Hill Golf Club

Reference Number: 91413
 Date: 08/23/06 to 10/11/06 (W)
 Time: 1:30 PM to 3:30 PM
 Fee: \$280
 Location: 4441 Fort Riley Blvd. Stagg Hill Golf Club

Reference Number: 91414
 Date: 08/23/06 to 10/11/06 (W)
 Time: 5:30 PM to 7:30 PM
 Fee: \$280
 Location: 4441 Fort Riley Blvd. Stagg Hill Golf Club

Reference Number: 91415
 Date: 08/24/06 to 10/12/06 (Th)
 Time: 9:30 AM to 11:30 AM
 Fee: \$280
 Location: 4441 Fort Riley Blvd. Stagg Hill Golf Club

**Enroll for KSU Credit classes
 through Division of Continuing
 Education at 785.532.5566**



TEST PREPARATION COURSES BE PREPARED & BE CONFIDENT

GRE PREP FC-06

Graduate Record Exam

Date: Oct.3 - Nov.9 (Tues/Thur)

Time: 7:30 pm - 9:30 pm

Fee: \$270

Location: KSU Bluemont Hall, Room 109



LSAT PREP FC-11

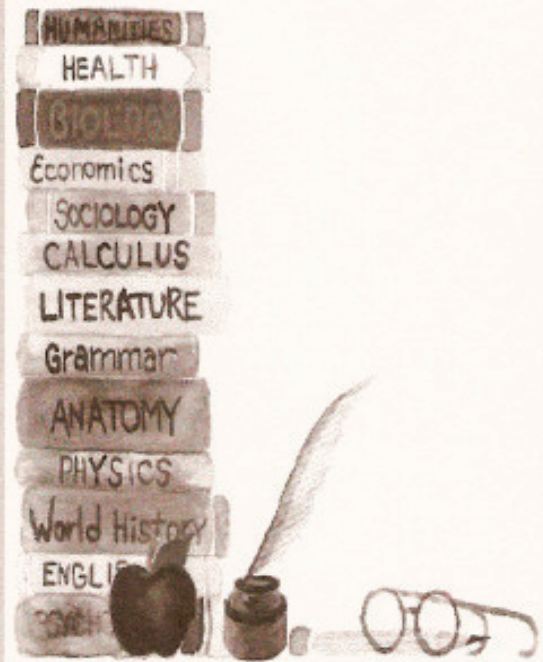
Law School Admission Test Review Course

Date: Visit our website for current info

Time: 5:00 pm - 9:00 pm

Fee: \$270

Location: UFM Conference Room



GRE PREP

**Review & practice Math, Logic and Verbal skills

**Learn strategies for successful test taking

**Analyze the reasons for correct responses

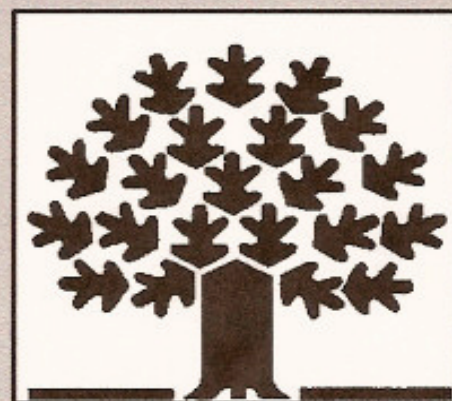
LSAT PREP

**Comprehensive 28-hour review

**In-class & At-home study materials

**Analytical lectures

**Test-taking strategies



www.tryufm.org
or 785.539.8763

ENROLL AT

Information

UFM INSTRUCTORS

Lisa "Gaitri" Zecha	Patricia Cassinelli	Ana Franklin	Michele Janette	Brandy Monge	Ibrahim Saleh	Tim Stoeklein	Stan Wilson
Raad Al-Ani	Sheryl Cornell	Diane Freeby	Rhonda Janke	David Moore	Gordon Schmid	Linda Teener	Maya Zahira
Scott Bean	Randi Dale	Maryam Funmifayo	Joyce Juhler	Julie Moran	Pamela Schmid	Don Terhune	
Michael Bennett	Dona Deam	Angela Gieber Hayes	Gayathri Kambhampati	Mark Moser	Heather Scott	Mei Hwa (Tina) Terhune	
Mathew Bishop	Habib Diop	Ronda Green	Stormy Kennedy	Raymond Paul	David Seamon	Abby Thrash	
Starla Bocanegra	Terri Eddy	Jim Gregory	Diana Knox	Jim Peterson	Jill Shanteau	Michael Tran	
Daniel Bostrom	Carol Elmore	Jeff Gwartz	Tom Korte	Mariko Price	Glenn Sixbury	Kennita Tully	
Charlene Brownson	Sarah English	Emme Hackney	Jason Lantz	Emilie Rabbat	Scott Smith	Audrey Umekudo	
Bob Campbell	David Espenoza	Tom Hittle	Little Apple Brew Crew	Wade Radina	Paul Sodemann	Isaac Wakabayashi	
Kelley Casey	Enell Foerster	Palma Holden	M'Eliz Maata	Christopher Renner	Steve Spencer	Jeff Wilson	
Kate Cashman	Bill Fraley	June Hunzeker	Linda Madl	Lorissa Ridley	Carol Stites	Robert Wilson	

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 Hornung~

ON CAMPUS REGISTRATIONS

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

DATE: August 30 & 31 (Wed/Thurs)

TIME: 10:00 AM to 2:00 PM

LOCATION: KSU Student Union

Registration continues throughout the semester:

UFM 1221 Thurston St. | 8:30 AM to 5:00 PM

Closed Noon to 1:00 PM

(after office hours, you can leave a message between 5:00 PM and 8:30 AM at 785.539.8763)

MAILING YOUR REGISTRATIONS?

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.

Enroll online at our website:

www.tryufm.org

*View class descriptions

*Times, dates and locations

*Get information about

UFM's other programs

DONATIONS

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 St
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 programs

How we assist: Mini-grants and free technical assistance

For more information:

call UFM at 785.539.8763

UFM's website is updated frequently. For the most current information, please visit website, www.tryufm.org, and click on Non-credit classes.

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 cancelled 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.**

SPECIAL POLICIES FOR KSU CREDIT 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 30% to 60% of the scheduled class meetings will have no "W" recorded on the students transcript. A course dropped between 30% to 63% of the scheduled class meetings will have a "W" recorded on the students transcript. Students dropping a course must either complete and submit the online drop form located at: <http://www.dce.ksu.edu/dce/distance/forms.html> or send written notification to the DCE Registration Office (785.532.5566) postmarked no later than the deadline. Students may not drop from a course after 63% of the course has been completed.

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

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 cancelled. 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.

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 of UFM facilities. Individuals are reminded that they should review their own personal circumstances to determine if they have adequate insurance or protection in case of injury resulting from the use of University facilities or participation in programs. It is recommended that all participants have a complete physical before engaging in any physical recreation program.

NONDISCRIMINATION POLICY

UFM welcomes participants of any race, color, sexual orientation, 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.

Got an idea for an UFM class?

UFM is always looking for new ideas and new projects. Let us hear from you! Call us at 539.8763 or email ufm@ksu.edu to share your ideas!!



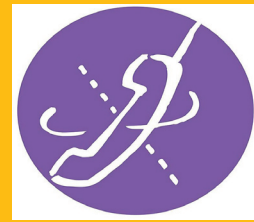
REGISTER NOW!!



Visit our secure website:
www.tryufm.org
 CLICK on non-credit classes and register online for any class. VIEW class descriptions, times and dates.



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



Call 539.8763 during business hours and use your Mastercard, Visa or Discover. Please have your card number and expiration date.



Stop by the UFM House, 1221 Thurston between 8:30-Noon & 1:00-5:00 PM (Monday thru Friday)

UFM 1221 THURSTON 539-8763
 Manhattan, KS 66502

UFM 1221 THURSTON 539-8763
 Manhattan, KS 66502

UFM Community Learning Center
 Registration Form

1221 Thurston Manhattan, KS 66502 539-8763

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

CLASS #	Session	TITLE	FEE	LOCATION	DATE	TIME

Tax Deductible Donation _____
 Total _____

I hereby authorize the use of my Visa MasterCard Discover
 Card Number _____ Expiration Date _____
 Card Cardholder's Name (Please Print) _____
 Cardholder's Signature _____

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

Where did you obtain your catalog? _____
 A class I would like offered _____

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

Signature** _____ Date _____
 **Signature of Parent or Guardian required for minors.

Office Use Only	Amount	Total Paid
Date Received _____	Check _____	_____
Entered _____	Cash _____	Date _____
Computer _____	Visa _____	
	M/C _____	
	Discover _____	

UFM Community Learning Center
 Registration Form

1221 Thurston Manhattan, KS 66502 539-8763

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

CLASS #	Session	TITLE	FEE	LOCATION	DATE	TIME

Tax Deductible Donation _____
 Total _____

I hereby authorize the use of my Visa MasterCard Discover
 Card Number _____ Expiration Date _____
 Card Cardholder's Name (Please Print) _____
 Cardholder's Signature _____

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

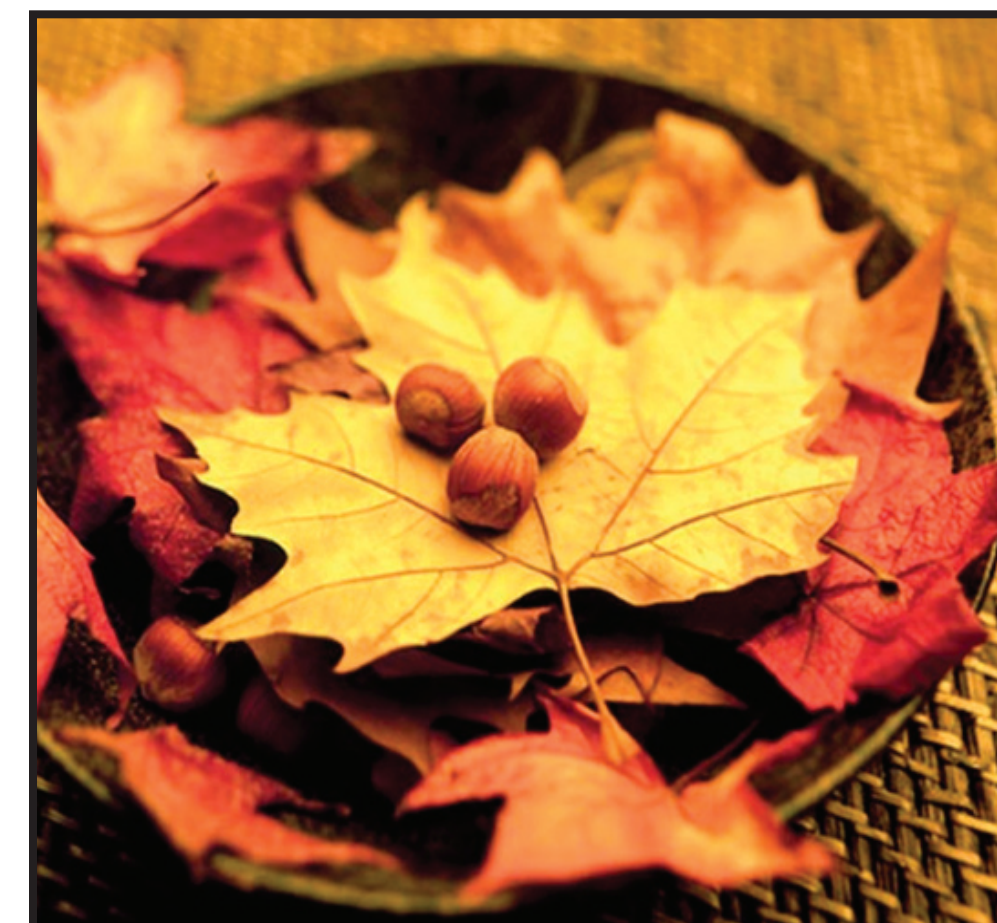
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 **Signature of Parent or Guardian required for minors.

Office Use Only	Amount	Total Paid
Date Received _____	Check _____	_____
Entered _____	Cash _____	Date _____
Computer _____	Visa _____	
	M/C _____	
	Discover _____	

CLASSES
 FALL 2006
 CENTER
 LEARNING
 COMMUNITY
UFM
 VOL. 40 EDITION 1
 TEACHING * LEARNING * GROWING



FALL Classes August - December 2006
 Basic Jewelry Making Chess
 Flamenco (Spanish) Dance Tortillas to Tamales
 Scrapbooking Water Polo

UFM Community Learning Center

www.tryufm.org

Fall 2006 CLASSES

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 MANHATTAN, KS 66502

OR CURRENT RESIDENT