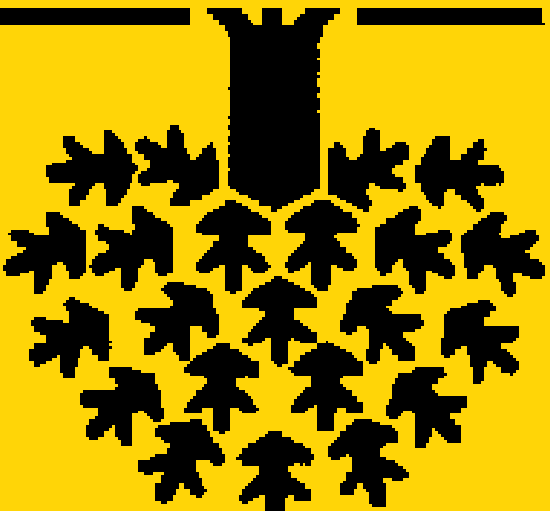


**CLASSES  
FALL 2007  
CENTER  
LEARNING  
COMMUNITY**

**UFM**

TEACHING + LEARNING + GROWING  
VOL. 43 EDITION 1




**Fall 2007 Classes  
-INSIDE-**



**Living GREEN**  
**Zumba Dance**  
**Friday Night Out!**  
**Duplicate Bridge**  
**Intro to Voiceovers**  
**Hip Hop for Kids**  
**Conversational Italian**  
**Holiday Table Decorating**

**UFM Solar Addition**  
**Open House**



**UFM  
Community  
Learning  
Center**

1221 Thurston St.  
[www.fryufm.org](http://www.fryufm.org)

**Learn something  
new & fun  
with UFM!!**

NON-PROFIT ORG  
U.S. POSTAGE PAID  
PERMIT NO. 134  
MANHATTAN, KS 66502

**OR CURRENT RESIDENT**



# Hello! 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.



Learn tips on energy conservation, recycling & reusing

**FRIDAY NIGHT OUT!!**  
 Forget the movie lines  
 Give the TV a rest  
 Leave the fast food behind  
 Make UFM part of your Friday night fun!!

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<b>EARTH &amp; NATURE</b>	<b>12</b>	<b>FUN FOODS</b>	<b>14</b>	<b>HEALTH &amp; WELLNESS</b>	<b>16</b>
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FRENCH SPANISH FOR ADULTS CONVERSATIONAL ITALIAN SIGN LANGUAGE		JUDO I & II TAE KWON DO I & II WHITE PHOENIX SYSTEMS BASICS	LAO HU PAI KUNG FU KARATE SELF-DEFENSE	PARENTING SECOND TIME AROUND HYPNOSIS WORKSHOP INTRODUCTION TO VOICEOVERS PHILOSOPHY OF GURDJIEFF & OUSPENSKY	
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Any class can be placed in a handicapped accessible room. Please let us know at time of registration.

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Executive Director | LINDA TEENER  
 Education Coordinator | MARCIA HORNUNG  
 Community Outreach Coordinator | CHARLENE BROWNSON  
 Lou Douglas Lecture Series Coordinator | OLIVIA COLLINS  
 Special Projects Coordinator | VAL COLTHRAP  
 Teen Mentoring Coordinator | JILL THIEN  
 Registrar/Media Coordinator | ANNETTE SWEET

**PLUS ALL THE TEACHERS WHO SHARE THEIR TALENTS!!**

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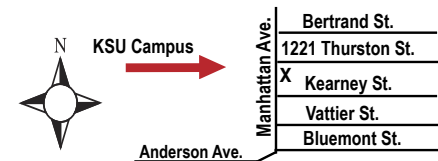
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SHANE SHANKS  
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**ENROLL ONLINE AT WWW.TRYUFM.ORG**

**UFM OFFICE HOURS**  
 Monday - Friday | 8:30 am - 5 pm  
 (Closed 12 Noon - 1 pm)  
 1221 Thurston St. | Manhattan, KS  
 785.539.8763

\*Call if you need to visit the office at lunchtime and we will make arrangements to be open for you.



# UFM

# PROGRAMS

[www.tryufm.org](http://www.tryufm.org)

## 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 STUDENTS, MANHATTAN AREA RESIDENTS AND KSU FACULTY/STAFF.

## 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.



THE MANHATTAN COMMUNITY GARDEN IS A COOPERATIVE GARDENING PROJECT WITH OVER 170 PLOTS. PLOT SIGN-UPS OCCUR IN FEBRUARY AND MARCH EACH YEAR.



# TEACH LEARN GROW



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



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. A VARIED CURRICULUM IS PLANNED WITH OPPORTUNITIES FOR RECREATION AND LEARNING EXPERIENCES. MIDDLE AND HIGH SCHOOL GROUP MEETS TWO DAYS A WEEK AFTER SCHOOL.

**FOR MORE INFORMATION ON ANY OF THESE PROGRAMS, CALL UFM AT 539.8763 OR VISIT OUR WEBSITE: WWW.TRYUFM.ORG**





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

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

BEGINNING & ENDING DATES (\*Except Where Noted):

Session A: Monday, Sept. 10 to Nov. 19  
(No class 10/01)  
Session B: Tuesday, Sept. 11 to Nov. 13  
Session C: Wednesday, Sept. 12 to Nov. 14  
Session D: Thursday, Sept. 13 to Nov. 15  
Session E: Saturday, Sept. 8 to Nov. 17  
(No class 9/29, 10/06 or 10/27)

\*Saturday group swim lessons will meet 8 times for 45 minutes

### Parent/Infant and Parent/Tot

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

Monday 6:00 PM to 6:30 PM  
AQ-01P1 Sept. 10 to Oct. 15 (No class 10/01)  
AQ-01P2 Oct. 22 to Nov. 19

Thursday 6:00 PM to 6:30 PM  
AQ-04P1 Sept. 13 to Oct. 11  
AQ-04P2 Oct. 18 to Nov. 15

Saturday 9:30 AM to 10:05 AM  
AQ-05P1 Sept. 8 to Oct. 13  
(No class 9/29, 10/06)

AQ-05P2 Oct. 20 to Nov. 10 (No class 10/27)

\*Saturday Parent/Infant and Parent/Tot classes will meet 4 times for 35 minutes.

Fee: \$25.00 per session (4 lessons)



### Tot Transition

This class is for the toddler who is ready to try the water without a parent, but not yet ready for Level I.

Tuesday 6:00 PM to 6:30 PM  
AQ-01T1 Sept. 11 to Oct. 09  
AQ-01T2 Oct. 16 to Nov. 13

Wednesday 6:00 PM to 6:30 PM  
AQ-02T1 Sept. 12 to Oct. 10  
AQ-02T2 Oct. 17 to Nov. 14

Saturday 9:30 AM to 10:05 AM  
AQ-05T1 Sept. 8 to Oct. 13  
(No class 9/29, 10/06)

AQ-05T2 Oct. 20 to Nov. 17 (No class 10/27)

\*Saturday Tot Transition classes will meet 4 times for 35 minutes.

Fee: \$25.00 per session (4 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 6:45 PM to 7:25 PM  
AQ-01B Tuesday 6:45 PM to 7:25 PM  
AQ-01C Wednesday 6:45 PM to 7:25 PM  
AQ-01D Thursday 6:45 PM to 7:25 PM  
AQ-01E Saturday 10:15 AM to 11:00 AM

Fee: \$49.00 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 6:45 PM to 7:25 PM  
AQ-02B Tuesday 6:45 PM to 7:25 PM  
AQ-02C Wednesday 6:45 PM to 7:25 PM  
AQ-02D Thursday 6:45 PM to 7:25 PM  
AQ-02E Saturday 10:15 AM to 11:00 AM

Fee: \$49.00 per session (10 lessons)

### 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 6:45 PM to 7:25 PM  
AQ-03B Tuesday 6:45 PM to 7:25 PM  
AQ-03C Wednesday 6:45 PM to 7:25 PM  
AQ-03D Thursday 6:45 PM to 7:25 PM  
AQ-03E Saturday 10:15 AM to 11:00 AM

Fee: \$49.00 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 6:45 PM to 7:25 PM  
AQ-04B Tuesday 6:45 PM to 7:25 PM  
AQ-04C Wednesday 6:45 PM to 7:25 PM  
AQ-04D Thursday 6:45 PM to 7:25 PM  
AQ-04E Saturday 10:15 AM to 11:00 AM

Fee: \$49.00 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-05A Monday 6:45 PM to 7:25 PM  
AQ-05B Tuesday 6:45 PM to 7:25 PM  
AQ-05E Saturday 10:15 AM to 11:00 AM

Fee: \$49.00 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-06A Monday 6:45 PM to 7:25 PM  
AQ-06B Tuesday 6:45 PM to 7:25 PM  
AQ-06E Saturday 10:15 AM to 11:00 AM

Fee: \$49.00 per session (10 lessons)



### 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-22E Saturday 9:30 AM to 10:10 AM  
Fee: \$42.00 per session  
(8 lessons for 40 minutes)





## Aquatics Continued



### 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 to 7:30 PM
AQLSB	Tuesday	6:00 PM to 7:30 PM
AQLSC	Wednesday	6:00 PM to 7:30 PM
AQLSD	Thursday	6:00 PM to 7:30 PM
AQLSE	Saturday	9:30 AM to 11:00 AM

Fee: \$19.00 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 to 7:30 PM
AQLPB	Tuesday	6:00 PM to 7:30 PM
AQLPC	Wednesday	6:00 PM to 7:30 PM
AQLPD	Thursday	6:00 PM to 7:30 PM
AQLPE	Saturday	9:30 AM to 11:00 AM

Fee: \$16.00 per session (10 times)

### Shallow Water Hydroaerobics: Water Exercise

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

Session A: 08/20/07 to 09/15/07  
(No class 9/03)  
Monday-Thursday (6:35 PM to 7:30 PM) &  
Saturday (10:05 AM to 11:00 AM)

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

Shallow Water Hydro continued on next column

Session B: 09/17/07 to 10/13/07  
(No class 09/29, 10/01 or 10/06)  
Monday-Thursday (6:35 PM to 7:30 PM) &  
Saturday (10:05 AM to 11:00 AM)

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

Session C: 10/15/07 to 11/10/07  
(No class 10/27)  
Monday-Thursday (6:35 PM to 7:30 PM) &  
Saturday (10:05 AM to 11:00 AM)

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

Session D: 11/12/07 to 12/12/07  
(No classes 11/21-11/24)  
Monday - Thursday (6:35 PM to 7:30 PM) &  
Saturday (10:05 AM to 11:00 AM)

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

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

### Shallow Water Hydroaerobics for the Entire Semester

Session E: 08/20/07 to 12/12/07  
(No classes 9/03, 9/29, 10/01, 10/06,  
10/27 or 11/21-11/24)  
Monday - Thursday (6:35 PM to 7:30 PM) &  
Saturday (10:05 AM to 11:00 AM)

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

Fee: \$54 for 1 time per week per session  
\$66 for 3 times a week per session  
\$74 for 5 times a week per session  
(15 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: 08/21/07 to 09/13/07  
AQ-100A 6:35 PM to 7:30 PM (Tu/Th)

Session B: 09/18/07 to 10/11/07  
AQ-100B 6:35 PM to 7:30 PM (Tu/Th)

Session C: 10/16/07 to 11/08/07  
AQ-100C 6:35 PM to 7:30 PM (Tu/Th)

Session D: 11/13/07 to 12/11/07 (No class 11/22)  
AQ-100D 6:35 PM to 7:30 PM (Tu/Th)

Fee: \$24.00 per session (4 weeks of classes)

### Deep Water Hydroaerobics for the Entire Semester

Session E: 08/21/07 to 12/11/07 (No class 11/22)  
AQ-100E 6:35 PM to 7:30 PM (Tu/Th)

Fee: \$58.00 per session  
(16 weeks of classes)

### Private Swim Lessons

### AQ103

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:	Monday	Sept. 10 to Oct. 15 (No class 10/01)
Session A2:	Monday	Oct. 22 to Nov. 19
Session B1:	Tuesday	Sept. 11 to Oct. 9
Session B2:	Tuesday	Oct. 16 to Nov. 13
Session C1:	Wednesday	Sept. 12 to Oct. 10
Session C2:	Wednesday	Oct. 17 to Nov. 14
Session D1:	Thursday	Sept. 13 to Oct. 11
Session D2:	Thursday	Oct. 18 to Nov. 15
Session E1:	Saturday	Sept. 8 to Oct. 13 (No class 09/29, 10/06)
Session E2:	Saturday	Oct. 20 to Nov. 17 (No class 10/27)

Times for Monday -Thursday sessions:

6:00 PM to 6:30 PM

Times for Saturday sessions:

9:30 AM to 10:05 AM

\*Session E1 & E2 will meet 4 times for 35 minutes.

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

**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.**





## Aquatics Continued

### Open Swim Appreciation 07CAQ31A

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: 10/14/2007 (Su)  
Time: 5:00 PM to 7:00 PM  
Fee: No charge  
Location: Natatorium, KSU Campus

### Open Swim Appreciation 07CAQ31B

Date: 10/28/2007 (Su)  
Time: 5:00 PM to 7:00 PM  
Fee: No charge  
Location: Natatorium, KSU Campus

### Sunday Family Swim 07CAQ32

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: 10/07/2007 to 10/28/2007 (Su)  
Time: 5:00 PM to 7:00 PM  
Fee: \$8.00/Individual; \$20.00/Family  
Location: Natatorium, KSU Campus

### Scuba Diving 07CAQ105AZ

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, (785) 313-4231  
wheatlan@kansas.net

Date: 09/10/2007 to 10/22/2007 (M)  
Time: 6:00 PM to 10:00 PM  
Fee: \$232.00 (Available for KSU Credit)  
Location: Natatorium, KSU Campus

### Scuba Diving 07CAQ105BZ

Instructor: Jeff Wilson, (785) 313-4231  
wheatlan@kansas.net

Date: 10/29/2007 to 12/03/2007 (M)  
Time: 6:00 PM to 10:00 PM  
Fee: \$232.00 (Available for KSU Credit)  
Location: Natatorium, KSU Campus

### Fitness Swimming 07CAQ108AZ

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: Melissa Haug

Date: 09/11/2007 to 10/25/2007 (Tu/Th)  
Time: 6:00 PM to 7:30 PM  
Fee: \$82.00 (Available for KSU Credit)  
Location: Natatorium, KSU Campus



### Water Polo Conditioning 07CAQ123Z

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. This course is not for the inexperienced or beginner swimmer! Enrollment requirements for this class are listed at [www.tryufm.org](http://www.tryufm.org).

Instructor: Scott Smith

Date: 10/30/2007 to 12/06/2007 (Tu/Th)  
(No class 11/23)  
Time: 9:30 AM to 11:00 AM  
Fee: \$82.00 (Available for KSU Credit)  
Location: Natatorium, KSU Campus



### Touring Kayak-Rescues and Recoveries 07CAQ37A

This class is perfect for those starting out in kayaking or just wishing to brush-up on their kayaking skills. After some brief instructions on land we will work on being comfortable in the water with wet exits, assisted rescues, and self rescues. The Touring Kayaks: Rescues and Recoveries class will give you the invaluable tools needed to practice and refine your strokes and rescues. Learning the skills presented in this class will significantly increase your enjoyment and safety in a touring kayak. This is a fun class and I guarantee you will paddle away knowing something new and feeling more confident. This class will be followed up by a bonus class, so don't miss out.

Instructor: Larry Storer, (785) 292-4561  
larry@theyellowkayak.com

\*Required Equipment:

Clean Touring kayak, PFD, Spray skirt, Bilge pump, Paddle float and Dry change of clothes.

Larry Storer has been an avid touring kayaker for several years. He has taught beginning skills and self-rescue kayak classes at local lakes and for the Kansas Canoe & Kayak Association for the last few years. Larry is an enthusiastic paddler and instructor who enjoys sharing his love of the sport.

Date: 09/09/2007 (Su)  
Time: 9:00 AM to Noon  
Fee: \$50.00  
Location: Natatorium, KSU Campus

### Touring Kayak-Rescues and Recoveries 07CAQ37B

Instructor: Larry Storer, (785) 292-4561  
larry@theyellowkayak.com

Date: 10/07/2007 (Su)  
Time: 9:00 AM to Noon  
Fee: \$50.00  
Location: Natatorium, KSU Campus

### Touring Kayak-Rescues and Recoveries 07CAQ37C

Instructor: Larry Storer, (785) 292-4561  
larry@theyellowkayak.com

Date: 11/04/2007 (Su)  
Time: 9:00 AM to Noon  
Fee: \$50.00  
Location: Natatorium, KSU Campus

## 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](http://www.manhattanmarlins.org)

For more information contact: Todd Kramer at 785-317-0545 or Helena Grinter at 785-776-0681





# Career & Finance

## Gain Control of Your Money and Become Debt Free

07CFC01

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.

Instructors: Charlene Brownson, (785) 776-3666  
cmb@ksu.edu & Nancy Hetzler

Charlene has worked with financial services for over 11 years and enjoys sharing her knowledge with others to help them develop money skills.

Nancy has been in the financial services business for over 20 years. She teaches and educates families to develop money skills. She works in the Manhattan and Salina areas.

Date: 09/25/2007 (Tu)  
Time: 7:00 PM to 8:30 PM  
Fee: \$12.00/Individual; \$16.00/Couple  
(For both Gain Control & Investing,  
07CFC29-\$16/Individual; \$20/Couple  
Location: UFM Conference Room  
1221 Thurston St., 2nd floor

## Investing in Your Future

07CFC02

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!

Instructors: Charlene Brownson, (785) 776-3666  
cmb@ksu.edu & Nancy Hetzler

Date: 10/02/2007 (Tu)  
Time: 7:00 PM to 8:30 PM  
Fee: \$12.00/Individual; \$16.00/Couple  
(For both Gain Control & Investing,  
07CFC29-\$16/Individual; \$20/Couple  
Location: UFM Conference Room  
1221 Thurston St., 2nd floor

## Talking to Your Kids About Money

07CFC07

This workshop is for parents. You will learn how to protect your kids by teaching them to make and save money. Every parent/couple that attend will receive a complementary copy of the ABC's of Making Money 4 Teens book.

Instructors: Charlene Brownson, (785) 776-3666  
cmb@ksu.edu & Nancy Hetzler

Date: 09/18/2007 (Tu)  
Time: 7:00 PM to 8:30 PM  
Fee: \$12.00/Family  
Location: UFM Conference Room  
1221 Thurston St., 2nd floor

## Lifelong Leadership Development: Creating Learning Opportunities Through Work & Life Experience

07CFC08

What do we know about the learning journeys of effective leaders? First, leaders continue to develop their skills throughout their careers. Second, a significant part of this development occurs through work and life experiences. And third, the more varied these practical experiences, the greater the likelihood of developing a broad repertoire of leadership skills. The message for increasing your own effectiveness: shape your work and life experiences so that they provide meaningful opportunities to expand your leadership capabilities.

In this workshop you will learn:

\* How to shape your current job and non-work pursuits to grow as a leader

\* Ideas for work and life experiences that offer learning opportunities

\* How to maximize your learning from leadership development experiences

\* How work and life experiences can help you develop the competencies you need to be an effective leader

\* Three critical factors that contribute to the effectiveness of all leadership development experiences

Instructors: Robert Wilson & Marcia Hornung

Robert Wilson (rmwilson@k-state.edu) works with a variety of community and leadership development projects as an Associate Extension Specialist with K-State Research & Extension. He is a graduate of the Coffman Leadership Institute and facilitates several professional development experiences for campus and community leaders.

Marcia Hornung is the Education Coordinator at UFM Community Learning Center. She has coordinated and facilitated workshops on a variety of topics. She is a graduate of Leadership Manhattan and is involved in many community leadership and volunteer activities.

Date: 11/07/2007 (W)  
Time: 8:30 AM to 11:30 AM  
Fee: \$20.00  
Location: Riley Co. Child & Family Resource Center, 2101 Claflin

## Sustaining Progress - A Change Model

07CFC49

This class introduces the change model to the participants. The model helps explain why some organized efforts succeed and others fail. The class will have three to four sessions depending on the wishes of the participants. First, the model will be introduced. Other change models will be reviewed. Then the participants will choose an organized effort to apply the model.

Instructor: David Darling

Date: 09/10/2007 to 10/01/2007 (M)  
Time: 7:00 PM to 8:00 PM  
Fee: \$24.00  
Location: UFM Conference Room  
1221 Thurston St., 2nd floor

## 10 Steps to Prepare for GRE

07CFC04A

Needing to take the GRE and dreading it? This brief workshop provides an overview of the GRE and test taking strategies. Textbook included.

Instructor: Georgette Miller, gemiller@ksu.edu

Date: 10/04/2007 (Th)  
Time: 6:00 PM to 8:00 PM  
Fee: \$49.00  
Location: UFM Conference Room,  
1221 Thurston St., 2nd floor

## 10 Steps to Prepare for GRE

07CFC04B

Instructor: Georgette Miller, gemiller@ksu.edu

Date: 11/01/2007 (Th)  
Time: 6:00 PM to 8:00 PM  
Fee: \$49.00  
Location: UFM Conference Room  
1221 Thurston St., 2nd floor

## GRE Prep Course

07CFC06

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. Deadline one week prior to class or \$20 extra fee to order materials.

Instructor: Gayla Adams-Wright, gayla@ksu.edu

Date: 08/29/2007 to 11/14/2007 (W)  
Time: 6:30 PM to 8:00 PM  
Fee: \$139.00  
Location: UFM Conference Room, 2nd floor

## LSAT Prep Course

07CFC24

Law School Admission Test Review Course. Comprehensive 28-hour review, in-class & at-home study materials, analytical lectures and test-taking strategies. Deadline one week prior to class or \$20 extra class fee to order materials.

Date: Visit UFM's website for updated info.  
Time: TBA  
Fee: \$270.00  
Location: TBA

## FICO Factor: The Good, the Bad and the Ugly of Credit Building

07CFC21

Did you know that a credit score can affect your ability to rent an apartment or be hired for a job? Find out how credit is scored and how it can affect your credit history. This class will provide practical tips on paying off old debts, building a credit score and disputing inaccurate credit report information. Will include handouts.

Instructor: HCCI Inc., (800) 383-0217, x326  
rbaker@hcci-ks.org

Housing and Credit Counseling Inc (HCCI) has been the premier consumer literacy and counseling agency in North-east Kansas since 1972. Their Manhattan office located at 2601 Anderson Ave., Suite 200.

Date: 10/16/2007 (Tu)  
Time: 7:00 PM to 8:00 PM  
Fee: \$12.00  
Location: UFM Conference Room, 2nd floor

## Top Ten Ways to Stop Identity Theft

07CFC22

Do you know what Shoulder Surfing is? If not, you may be a victim to the fastest growing crime in America - ID Theft. This class will show ten practical ways for any individual to reduce their risk of personal identity theft, including a step by step outline of what to do if you discover your identity may have been stolen.

Instructor: HCCI Inc., (800) 383-0217, x326  
rbaker@hcci-ks.org

Date: 09/18/2007 (Tu)  
Time: 7:00 PM to 8:00 PM  
Fee: \$12.00  
Location: UFM Multipurpose Room  
1221 Thurston St.

**UFM WOULD LIKE TO  
THANK THE MANHATTAN  
MERCURY FOR THEIR  
CONTINUED SUPPORT**





# reative Free Time

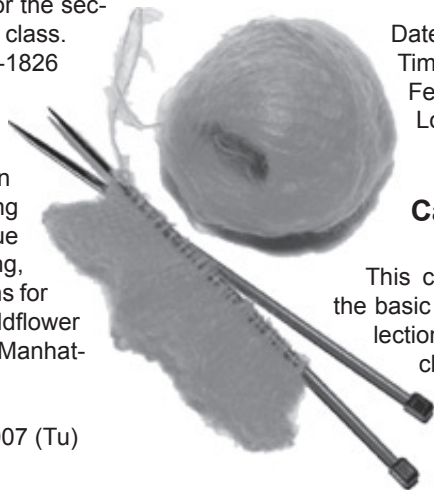
## Beginning Knitting

07CCF05A

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: 08/14/2007 to 09/04/2007 (Tu)  
Time: 7:00 PM to 8:30 PM  
Fee: \$31.00  
Location: 300 Poyntz Ave.  
Wildflower Yarns and Knitwear



## Beginning Knitting

07CCF05B

Instructor: Kennita Tully, (785) 537-1826

Date: 10/09/2007 to 10/30/2007 (Tu)  
Time: 7:00 PM to 8:30 PM  
Fee: \$31.00  
Location: 300 Poyntz Ave.  
Wildflower Yarns and Knitwear

## Beginning Knitting

07CCF05C

Instructor: Kennita Tully, (785) 537-1826

Date: 11/06/2007 to 11/27/2007 (Tu)  
Time: 7:00 PM to 8:30 PM  
Fee: \$31.00  
Location: 300 Poyntz Ave.  
Wildflower Yarns and Knitwear

## Beginning Knitting

07CCF05D

Instructor: Kennita Tully, (785) 537-1826

Date: 09/12/2007 to 10/03/2007 (W)  
Time: 7:00 PM to 8:30 PM  
Fee: \$31.00  
Location: 300 Poyntz Ave.  
Wildflower Yarns and Knitwear



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!

## Introduction to Duplicate Bridge

07CCF08

ACBL Life Masters Amit Chakrabarti and Elizabeth Jankford will instruct. Elementary knowledge of the Bridge card game required.

Instructors: Amit Chakrabarti, (785) 537-6893  
amitc@phys.ksu.edu & Elizabeth Jankford

Date: 09/04/2007 to 12/11/2007 (Tu)  
Time: 7:30 PM to 9:30 PM  
Fee: \$26.00  
Location: UFM Banquet Room  
1221 Thurston St.

## Caring For Your Collections

07CCF09A

This class will provide you with handouts about the basic knowledge for caring for your personal collections of photographs, documents, newspaper clippings, scrapbooks, artifacts, clothing & textiles, etc.

Instructor: Cindy Harris, (785) 313-5383  
charris@ksu.edu

Outside of work, Cindy is a researcher, historian, writer, and consultant on preservation issues.

Date: 09/06/2007 (Th)  
Time: 5:30 PM to 7:00 PM  
Fee: \$14.00  
Location: UFM Multipurpose Room  
1221 Thurston St.

## Caring For Your Collections

07CCF09B

Instructor: Cindy Harris, (785) 313-5383  
charris@ksu.edu

Date: 09/13/2007 (Th)  
Time: 5:30 PM to 7:00 PM  
Fee: \$14.00  
Location: UFM Multipurpose Room  
1221 Thurston St.



## Basic Jewelry Making

07CCF11

Students will learn the basic techniques of fabricating fine jewelry through a series of 3 planned projects. All projects will be in sterling silver and include a basic band, a bezel ring with a genuine semi-precious gem and pierced earrings. Techniques learned will include sawing, bending, soldering, forming, filing, sanding, polishing, furnishing, piercing (metal, not ears), etc.

NOTE: Fee covers materials for all projects including silver and gemstones. Recommended tools list will be sent to all participants and can be purchased at cost through the instructor.

Instructor: Daniel Bostrom  
daniel\_j\_bostrom@sbcglobal.net

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

Date: 09/08/2007 to 11/03/2007 (Sa)  
(No class 09/29 or 10/6)  
Time: 9:00 AM to Noon  
Fee: \$125.00  
Location: UFM Solar Addition  
1221 Thurston St.

**ENROLL ONLINE AT WWW.TRYUFM.ORG**



## Creative Free Time Continued

### Spinning Yarn

07CCF12

Take your knitting/yarn obsession one step further and learn to spin your own yarn! We will spend the first class learning the basics on a drop spindle. The last two classes will be spinning on the spinning wheel. Class fees include fibers, spinning wheel rental for 1 week and your own spindle to keep. Registration deadline is Sept. 1.

Instructor: Jennifer Schermerhorn, (785) 456-7868  
scherms@wamego.net

Jennifer has been spinning her own yarn for 8 years. She is a member of the Kansas Alliance of Weavers and Spinners and has demonstrated spinning at many events. She sells her yarn at Settlers Farm Artisans in Wamego and at her website [www.whirledyarn.com](http://www.whirledyarn.com). Jennifer also teaches spinning at the Harveyville Project Yarn School.

Date: 09/06/2007 to 09/20/2007 (Th)  
Time: 6:30 PM to 8:30 PM  
Fee: \$46.00  
Location: Settlers Farm Artisans  
523 Lincoln Ave.  
Wamego, KS



### Poker Night

07CCF30

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

Instructor: Adam Durar, (785) 317-1845  
durar@ksu.edu

Adam is currently attending Kansas State University where he is majoring in Business Administration. Adam started playing poker with friends and online over three years ago.

Date: 09/14/2007 (F)  
Time: 8:00 PM to 9:30 PM  
Fee: \$17.00  
Location: UFM Fireplace Room  
1221 Thurston St.

### Learning to Write and Sell Fiction

07CCF36

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 teaching writing for over ten years and has been a selling author for over twenty 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*, is available in hardback and trade paperback from Tor Publishing.

Date: 09/15/2007 to 09/29/2007 (Sa)  
Time: 2:00 PM to 4:00 PM  
Fee: \$20.00  
Location: UFM Multipurpose Room  
1221 Thurston St.

### The Digital Darkroom for Photographers: Introduction to Photoshop, Image Processing & Printing

07CCF65

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 Elements 5 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. This class will benefit anyone wishing to get the most out of the photographs. Photographs will be processed in real time using Photoshop during the class and students will get a chance to work on some of their own photos. An example print will also be made during class.

Instructor: Scott Bean, (785) 776-2725, srbean@ksu.edu

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

Date: 12/04/2007 to 12/13/2007 (Tu/Th)  
Time: 7:00 PM to 9:00 PM  
Fee: \$48.00  
Location: UFM Computer Lab  
1221 Thurston St., 2nd floor

**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.**



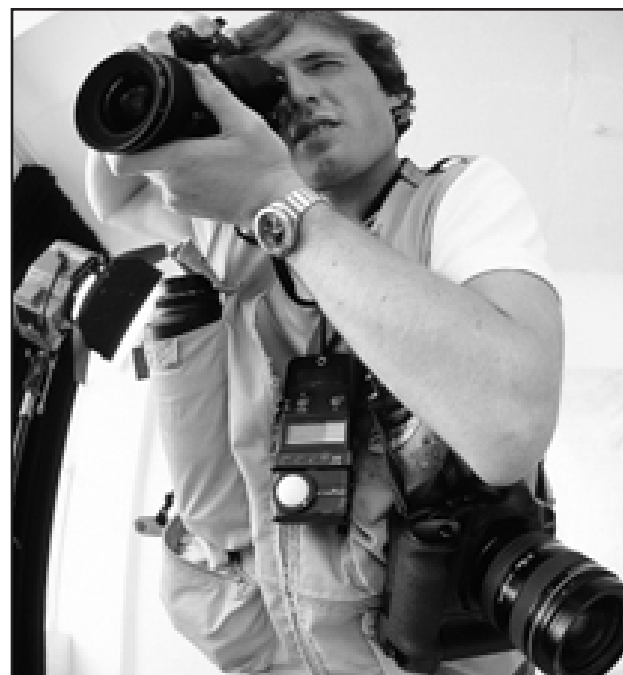
### Introduction to Photography

07CCF78

This class will focus on basic concepts of photography and is a combination of the previously separate Photography I and II classes. 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. Discussion of issues relevant to digital photography such as white balance and image resolution will also be covered. 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. To get the most out of the class, participants are encouraged to bring their camera to each class. Tripods will also be beneficial. The class will include 5 class room meetings and 4 field trips. 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. In addition, participants are encouraged to bring photographs from the field trips to the following class session for discussion.

Instructor: Scott Bean, (785) 776-2725, srbean@ksu.edu

Date: 10/18/2007 to 11/15/2007 (Th/Su)  
Time: 7:00 to 9:00 PM; Su from 5-dark  
Fee: \$68.00  
Location: UFM Conference Room  
1221 Thurston St., 2nd floor



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## Creative Free Time Continued

### Digital Scrapbooking for the 21st Century 07CCF79A

Shoot It! Store It! Share It! Save It! This class will show you how to organize, enhance, and store your digital photos from a digital camera, CD, or scanner onto a laptop. We will then use our photos to create a hardbound 20+ page storybook. The software is 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 and retrieve your pictures from computer to computer. Please let us know if you need to use. A laptop is not required for taking this class.

Instructors: Pamela Schmid & Gordon Schmid

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

Date: 10/08/2007 (M)  
Time: 7:00 PM to 9:00 PM  
Fee: \$14.00  
Location: UFM Fireplace Room  
1221 Thurston St.

### Digital Scrapbooking for the 21st Century 07CCF79B

Instructors: Pamela Schmid & Gordon Schmid

Date: 11/06/2007 (Tu)  
Time: 7:00 PM to 9:00 PM  
Fee: \$14.00  
Location: UFM Fireplace Room  
1221 Thurston St.

### Scrapbooking for the Busy Person 07CCF81A

Create 12 picture-ready pages for your scrapbook in 3 hours! Using both printed and solid 12x12 paper, background sheets, embellishments and basic scrapbooking tools, you will finish 6, 12"x12", two-page layouts for your pictures. Each month we will do different layouts. 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. Deadline for registration is Sept. 19.

Instructor: Dona Deam, [ddeam@ksu.edu](mailto: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: 09/26/2007 (W)  
Time: 6:30 PM to 9:30 PM  
Fee: \$36.00  
Location: UFM Multipurpose Room  
1221 Thurston St.

### Scrapbooking for the Busy Person 07CCF81B

Instructor: Dona Deam, [ddeam@ksu.edu](mailto:ddeam@ksu.edu)  
Deadline for registration is Oct. 17.

Date: 10/24/2007 (W)  
Time: 6:30 PM to 9:30 PM  
Fee: \$36.00  
Location: UFM Multipurpose Room  
1221 Thurston St.

### Scrapbooking for the Busy Person 07CCF81C

Instructor: Dona Deam, [ddeam@ksu.edu](mailto:ddeam@ksu.edu)  
Deadline for registration is Nov. 21.

Date: 11/28/2007 (W)  
Time: 6:30 PM to 9:30 PM  
Fee: \$36.00  
Location: UFM Multipurpose Room  
1221 Thurston St.



### Abundance Flag Book 07CCF20

Create a hand bond flag book album ready for your Thanksgiving memories or as a gift, using great fall colored cardstock and paper, stamps and embellishments. All materials will be provided. Please register one week prior to class. Instructor: Dona Deam, [ddeam@ksu.edu](mailto:ddeam@ksu.edu)

Date: 10/17/07 (W)  
Time: 6:30 PM to 9:30 PM  
Fee: \$25.00  
Location: UFM Multipurpose Room  
1221 Thurston St.



Prairie Land Food offers a nutritious grocery package which includes a wide assortment of frozen meats, fresh fruits and vegetables, just like you see in major grocery stores. Packages are offered at a low cost, helping *s-t-r-e-t-c-h* your food dollars. Prairie Land is funded through you -- the participant. The more people that participate, the greater the buying power, and the more communities will benefit through volunteer service.

A professional purchasing staff buys from growers, manufacturers and producers. The food is distributed from the Topeka warehouse to a network of community host sites. There is NO government funding. The program is open to all who wish to participate. Your time and your talent can benefit the community.

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

Meat only package: Add an extra serving of the meats in the Basic Package and \$12.00 plus 1 hour volunteer service

Specials: Prices for these packages vary, but usually cost \$11.00 to \$20.00 plus 1 additional hour of volunteer service.

**Orders can be paid by cash, check or EBT/Food Stamps.**



Everyone who participates in Prairie Land Food contributes volunteer time as their commitment to the not-for-profit organization. Any service freely given to non-household members counts as volunteer service. Examples include helping at your local host site, mowing lawns, house-sitting or pet sitting for someone that is on vacation or hospitalized. Visiting or calling the homebound. Volunteer involvement in community service organization such as: volunteer fire department, rescue squad, Hospice, church groups, Scouting, 4-H, picking up trash in the parks or along the roadways, coaching little league, organist for your church, teaching Sunday school, prayer chains and mentoring. Anything that you do out of the goodness of your heart is volunteer service.

**Sign up early in the month at UFM.** Packages are distributed on the 3<sup>rd</sup> and 4<sup>th</sup> Saturday morning of each month at Blue Valley United Methodist Church, 835 Church Ave.

**Prairie Land Food: Good for You and Good for the Community**  
For more information, call UFM at 539-8763 or website: [www.prairielandfood.com](http://www.prairielandfood.com)



## Creative Free Time Continued



### Coffee Table Star Tree Book 07CCF21

Create a three tier star book from cardstock, stamps and embellishments. The book will be a great way to display your holiday photo or use it as a table decoration. We will decorate a tin to fit the book for storage or gift giving. All materials will be provided. Please register one week prior to class.

Instructor: Dona Deam, ddeam@ksu.edu

Date: 12/03/07 (M)  
Time: 6:30 PM to 9:30 PM  
Fee: \$36.00  
Location: UFM Conference Room  
1221 Thurston St.

### Rubber Stamping Basics 07CCF33

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: Dona Deam, ddeam@ksu.edu

Date: 10/03/07 (W)  
Time: 7:00 PM to 9:00 PM  
Fee: \$16.00  
Location: UFM Multipurpose Room  
1221 Thurston St.

### Beginning Crochet 07CCF84A

During this class you will learn how to chain, single crochet, double-crochet, change colors and read patterns while completing fun projects. Materials needed include a size G crochet hook, a plastic canvas needle and 2 colors of complementary acrylic yard (varigated yarn works well). These materials will be available for purchase at the first class.

Instructor: Jocelyn Bishop, bishopj@ksu.edu

Date: 08/27/2007 to 09/24/2007 (M)  
(No class 9/3)  
Time: 5:00 PM to 6:00 PM  
Fee: \$28.00  
Location: UFM Fireplace Room  
1221 Thurston St.

### Beginning Crochet 07CCF84B

Instructor: Jocelyn Bishop, bishopj@ksu.edu

Date: 10/01/2007 to 10/22/2007 (M)  
Time: 5:00 PM to 6:00 PM  
Fee: \$28.00  
Location: UFM Fireplace Room  
1221 Thurston St.

### Beginning Crochet 07CCF84C

Instructor: Jocelyn Bishop, bishopj@ksu.edu

Date: 11/05/2007 to 11/26/2007 (M)  
Time: 5:00 PM to 6:00 PM  
Fee: \$28.00  
Location: UFM Fireplace Room  
1221 Thurston St.

### Advanced Crochet 07CCF85A

During this class you will learn more advanced stitches and techniques while completing fun projects. Materials for first project are size G crochet hook, a plastic canvas needle and acrylic yarn. These materials will be available for purchase at the first class. Must know how to single crochet and double crochet.

Instructor: Jocelyn Bishop, bishopj@ksu.edu

Date: 08/27/2007 to 09/24/2007 (M)  
(No class 9/3)  
Time: 6:00 PM to 7:00 PM  
Fee: \$28.00  
Location: UFM Fireplace Room  
1221 Thurston St.

### Advanced Crochet 07CCF85B

Instructor: Jocelyn Bishop, bishopj@ksu.edu

Date: 10/01/2007 to 10/22/2007 (M)  
Time: 6:00 PM to 7:00 PM  
Fee: \$28.00  
Location: UFM Fireplace Room  
1221 Thurston St.

### Advanced Crochet 07CCF85C

Instructor: Jocelyn Bishop, bishopj@ksu.edu

Date: 11/05/2007 to 11/26/2007 (M)  
Time: 6:00 PM to 7:00 PM  
Fee: \$28.00  
Location: UFM Fireplace Room  
1221 Thurston St.



### Beginning Beaded Jewelry 07CCF87A

Enjoy a relaxing and creative time as you discover beading in this introductory class. Using high quality beads and other materials, you will learn various beginning beading techniques. You will complete a beautiful classic beaded bracelet and a set of earrings. Price includes class fees, use of equipment, instruction and all materials to finish one 8 inch bracelet and one pair of earrings. Additional materials and kits will be available for purchase. After you learn the basic beading techniques taught in this class you will be able to make many styles of beaded jewelry. The custom pieces you create are perfect for holiday gift giving!

Deadline registration on Sept. 12.

Instructor: Jill Nixon

Jill Nixon, Bead Retreat Coordinator, has lived in Manhattan for 13 years. She enjoys many different hobbies including photography, geocaching, sports and of course, beading!

Date: 09/17/2007 (M)  
Time: 7:00 PM to 8:30 PM  
Fee: \$30.00  
Location: UFM Multipurpose Room  
1221 Thurston St.

### Beginning Beaded Jewelry 07CCF87B

Instructor: Jill Nixon

Deadline registration on Oct. 10.

Date: 10/15/2007 (M)  
Time: 7:00 PM to 8:30 PM  
Fee: \$30.00  
Location: UFM Multipurpose Room  
1221 Thurston St.

### Beginning Beaded Jewelry 07CCF87C

Instructor: Jill Nixon

Deadline registration on Nov. 14.

Date: 11/19/2007 (M)  
Time: 7:00 PM to 8:30 PM  
Fee: \$30.00  
Location: UFM Multipurpose Room  
1221 Thurston St.



### Holiday Table Decorating 07CCF14

Balance...Simple-Elegant Tabletops and more...Learn tips and ideas for holiday designing. There will be hands-on floral designing such as table and vase arrangements. Get ideas on how to extend the life of your fresh flowers, color combinations and old and new trends of table scapes. Bring your container(s), knife and clippers, you will need them. It will be a hands on workshop.

Instructor: Hildegard Bemby, AIFD

Hildegard Bemby, AIFD (American Institute of Floral Design) was born in Sogel, Germany. She is a qualified International Designer with 36 years of experience at floral designs and teaching both in Europe and the United States. She has decorated events for Rosalyn Carter's home and President George H.W. Bush, and a ballroom for Sammy Davis Jr. Last year she received the award for Valley Wholesale Top Designer of the Year out of 80 designers in Kansas. She is currently the manager at Steve's Floral.

Date: 11/06/2007 (Tu)  
Time: 7:00 PM to 9:00 PM  
Fee: \$12.00  
Location: UFM Kitchen  
1221 Thurston St.



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# Earth & Nature

## Fly Fishing

**07CEN04AZ**

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: 09/10/2007 to 09/20/2007 (M-Th)  
Time: 6:00 PM to 8:00 PM  
Fee: \$95.00  
Location: MHS East Campus, 901 Poyntz Ave., Room 108

## Fly Fishing

**07CEN04BZ**

Instructor: Paul Sodamann, (785) 494-2340

Date: 10/15/2007 to 10/25/2007 (M-Th)  
Time: 6:00 PM to 8:00 PM  
Fee: \$95.00  
Location: MHS East Campus, 901 Poyntz Ave., Room 108

## Fly Fishing

**07CEN04CZ**

Instructor: Paul Sodamann, (785) 494-2340

Date: 11/05/2007 to 11/15/2007 (M-Th)  
Time: 6:00 PM to 8:00 PM  
Fee: \$95.00  
Location: MHS East Campus, 901 Poyntz Ave., Room 108

## Home Landscape Design

**07CEN08**

Learn the basics of landscaping your home! Locally available resources will be presented. Property values can be increased by as much as 10-20% by smart landscape design. This course is a must for new residents to the Manhattan community or those of us with "brown thumbs." Single-home owner and/or couples are encouraged to enroll.

Instructor: Gregg Eyestone

Date: 09/12/2007 to 09/26/2007 (W)  
Time: 6:00 PM to 8:00 PM  
Fee: \$21.00/Individual  
\$30.00/Couple  
Location: KSU Campus-Pottorf Hall

## Understanding Solar Electricity

**07CEN23**

We can use our abundant sunlight to cook our food, heat our homes and water and provide electricity and even make ice. This is an informal discussion of your and my thoughts on the sun's wide ranging possibilities. We'll discuss the goods and bads of both possibilities as well as the hardware required to do either.

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

Bill has been working in solar energy since 1975, both in passive and active thermal systems and in solar electric applications.

Date: 10/06/2007 (Sa)  
Time: 10:00 AM to Noon  
Fee: No Charge  
Location: UFM Solar Addition 1221 Thurston St.

## Solar Energy For Your Home

**07CEN44**

Discussion will include solar thermal systems for heating your home and providing domestic hot water. These are the most cost-effective applications of solar energy and can be well within the skills and tools of you and your neighbors.

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

Date: 10/06/2007 (Sa)  
Time: 1:00 pm to 3:00 PM  
Fee: No charge  
Location: UFM Solar Addition 1221 Thurston St.

## Wildland Fire Management

**07CEN26**

This introductory course is designed to train the entry-level firefighter. You will be introduced to and gain knowledge of the basic incident management organization, firefighting techniques, suppression equipment, safety, strategy/tactics along with fire behavior, and establish an awareness of human performance issues that impact fireline job performance. Scenario-based and field exercises (as weather permits) will be performed for valuable hands-on training.

100% attendance of this course meets training requirements to receive an Incident Qualification Card (a.k.a. Red Card), required for individuals to participate in suppression activities on federal wildland fires. Prerequisites: None (NOTE: Students will need to bring work clothing, leather lace-up boots, work gloves and hardhat to this class)

Instructor: Jason Hartman, (785) 532-3316  
hartmanj@ksu.edu

Date: 08/23/2007 to 11/29/2007 (Th)  
(No class 11/22)  
Time: 6:00 PM to 8:30 PM  
Fee: \$94.00  
Location: KSU-Throckmorton Hall Room 1023



## Trees: Hate 'Em

**07CEN27**

Pick a Saturday this fall and visit the Konza and other prairies. Discuss how to bring quail and prairie chickens back to the Flint Hills area. You will also learn about wildflowers and prairie grasses. Upland bird hunters are welcome. Contact UFM or instructor for directions to class. \*NOTE: Fees under workshop listings. All classes meet once on Saturday.

Instructor: Carroll A. Lange, CWB, (785) 776-3944

Carroll Lange is a Certified Wildlife Biologist, with a Master's Degree in Range Management. He has nearly 25 years experience in the field of Wildlife Biology; much of his time has been spent studying Kansas Prairies.

Date: 09/08/2007 to 12/08/2007 (Sa)  
Time: 8:00 AM to Noon  
Fee: \$12.00  
Location: 7102 Abbott Drive, Cedar Creek Ranch



## Make a Difference Workshop

**07CEN40**

Sunset Zoo staff will teach you little things you can do that will make big impacts for our planet. You will receive materials you can take home and immediately put into use. Join our team as we learn how to protect our world and all the creatures that inhabit it. Deadline for registration is Nov. 14.

Instructors: Rachel Soash, (785) 587-2737  
soash@ci.manhattan.ks.us & Becky Clark

Rachel Soash, has been teaching people around the world how to make a difference. Rachel has taught teachers and community members how to make small changes that make big impacts towards preserving our planet.

Becky Clark has been active in the K-State and Manhattan community regarding environmental issues for the past 5 years. She co-directs the recycling program for the Wakarusa Festival and knows how to make sustainable living tangible and easy for everyone.

Date: 11/18/2007 (Su)  
Time: 2:30 PM to 4:30 PM  
Fee: No Charge  
Location: Sunset Zoo, 2333 Oak St

## Is Local Food or Organic Food Best?

**07CEN41**

You may have heard the new slogan, "local is the new organic". Is it really? What are the trade-offs? What if you want both? This class will provide a forum for you to meet local farmers, learn about differences in nutritional quality due to production techniques, decide if food really needs to travel an average of 1200 miles and learn about fair trade vs. free trade, an implication of a local food economy. Class will meet three times with three different topics.

Topic #1-Meet local farmers, Oct. 11  
Topic #2-Fair trade and pricing, Oct. 18  
Topic #3-How local food impacts the local community, Oct. 25  
Instructors: Rhonda Janke, (785) 532-0409  
rjanke@ksu.edu and  
Jennifer Guilford, jguilfo@ksu.edu

Rhonda Janke teaches sustainable agriculture at KSU and co-owns an organic farm in Wamego.

Jennifer Guilford is a student in Horticulture with a minor in Leadership Studies.

Date: 10/11/2007 to 10/25/2007 (Th)  
Time: 5:30 PM to 7:30 PM  
Fee: No Charge  
Location: UFM Fireplace Room 1221 Thurston St.



## Earth & Nature Continued

### Gardening Organically

07CEN42

Considering a more healthful way of gardening? Have you considered the harmful impact of chemical fertilizers on the soil and environment? Maybe you've thought of "going organic" but didn't know where or how to begin. This class can help! We'll discuss soil fertility and preparation, pest management, and reasonable options and alternatives to chemicals for weed, disease, and pest control in your garden.

Instructor: Colleen Hampton  
cmhampton314@sbcglobal.net

Colleen Hampton (539-5934) is a seasoned Riley County Extension Master Gardener who has a passion for all types of gardening. She has taught UFM gardening classes for over 15 years. She is a member of the Manhattan Community Garden and several area garden clubs. Colleen welcomes your questions and class participation.

Date: 09/10/2007 (M)  
Time: 7:00 PM to 9:00 PM  
Fee: No Charge  
Location: UFM Solar Addition  
1221 Thurston St.

### It Is Easy Being Green!!

07CEN43

Bring your ideas for "Greening" Manhattan to save the environment and \$\$\$\$. Karen McCulloh has worked on sustainable Manhattan projects, chaired Earth Day 20 and tries to consume as lightly as possible. She has also served on the Riley County Solid Waste Committee, looking at waste disposal concerns, particularly household hazardous waste, for decades. This evening will be a chance to share ideas and learn some new ways of thinking about individual energy use.

Instructor: Karen McCulloh

Date: 09/27/2007 (Th)  
Time: 6:00 PM to 7:30 PM  
Fee: No Charge  
Location: UFM Solar Addition  
1221 Thurston St.

### Autumn on the Tallgrass Prairie

07CEN45

Join Mike Haddock, author of 2006 Kansas Notable Book "Wildflowers and Grasses of Kansas: A Field Guide", as he leads a fall wildflower walk. Mike will discuss late blooming autumn wildflowers and discuss some of our major species of tallgrass. Meet at the south parking lot of Washington Marlatt Park, west off Seth Childs Road (113) on Marlett Avenue. The parking area is on the north side of Marlett Avenue, which is a gravel road at that point. The walk will last one hour. Please wear clothing and footwear appropriate for walking in heavy vegetation. \*NOTE: In the event of rain, the walk will not be held.

Date: 09/24/2007 (M)  
Time: 5:30 PM to 6:30 PM  
Fee: No Charge  
Location: Washington Marlatt Park,  
South parking lot



### Meteorology Basics

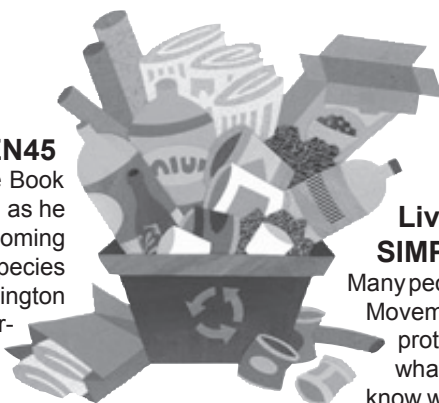
07CEN46

Air masses, cold fronts, squall lines. What does it all mean? Investigate the natural forces that shape our weather and climate. Discover how natural processes and human activities affect our atmosphere. Learn how we may be changing the climate and other global systems by putting pollutants into the environment. Find out how you can help make a difference for your children and grandchildren, while learning money saving tips and strategies.

Instructor: Dean Stramel

Dean teaches Earth Science at Manhattan High School and has taught the sky to many groups for many years.

Date: 10/04/2007 (Th)  
Time: 7:00 PM to 9:00 PM  
Fee: No Charge  
Location: UFM Solar Addition  
1221 Thurston St.



### Living Green...

SIMPLIFIED! 07CEN47

Many people have joined the "Green Movement" by doing their part to protect the environment. But what happens when you don't know where to start? This lecture

will show you easy ways to reduce your impact on the environment by making simple changes to everyday decisions. You will learn how to incorporate sustainability in your life with easy-to-do tips and tricks without breaking the bank!! Topics discussed: myths about "living green", earth-friendly products, adopting greener buying habits, simple solutions to an eco-friendly lifestyle.

Instructor: Julia Bonney, (913) 221-1312, juliab@ksu.edu

Julia recently graduated from K-State with a degree in Interior Design. In August, she will begin graduate school at K-State and work towards a Master of Science in Architecture with an emphasis in Ecological and Sustainable Design.

Date: 10/13/2007 (Sa)  
Time: 10:00 AM to Noon  
Fee: No Charge  
Location: UFM Fireplace Room  
1221 Thurston St.

### Touring Kayak-Rescues and Recoveries

07CAQ37A

This class is perfect for those starting out in kayaking or just wishing to brush-up on their kayaking skills. After some brief instructions on land we will work on being comfortable in the water with wet exits, assisted rescues, and self rescues. The Touring Kayaks: Rescues and Recoveries class will give you the invaluable tools needed to practice and refine your strokes and rescues. Learning the skills presented in this class will significantly increase your enjoyment and safety in a touring kayak. This is a fun class and I guarantee you will paddle away knowing something new and feeling more confident. This class will be followed up by a bonus class, so don't miss out.

Instructor: Larry Storer, (785) 292-4561  
larry@theyellowkayak.com

\*Required Equipment:

Clean touring kayak, PFD, spray skirt, bilge pump, paddle float and dry change of clothes.

Larry Storer has been an avid touring kayaker for several years. He has taught beginning skills and self-rescue kayak classes at local lakes and for the Kansas Canoe & Kayak Association for the last few years. Larry is an enthusiastic paddler and instructor who enjoys sharing his love of the sport.

Date: 09/09/2007 (Su)  
Time: 9:00 AM to Noon  
Fee: \$50.00  
Location: Natatorium, KSU Campus

### Touring Kayak-Rescues and Recoveries

07CAQ37B

Instructor: Larry Storer, (785) 292-4561  
larry@theyellowkayak.com

Date: 10/07/2007 (Su)  
Time: 9:00 AM to Noon  
Fee: \$50.00  
Location: Natatorium, KSU Campus

### Touring Kayak-Rescues and Recoveries

07CAQ37C

Instructor: Larry Storer, (785) 292-4561  
larry@theyellowkayak.com

Date: 11/04/2007 (Su)  
Time: 9:00 AM to Noon  
Fee: \$50.00  
Location: Natatorium, KSU Campus

### Canoe Camping

07CRF53Z

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: 11/03/2007 to 11/10/2007 (Sa)  
Time: 8:00 AM to 5:00 PM  
Fee: \$101.00  
Location: Natatorium, KSU Campus

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# Fun Foods

## Dancing Goats (Coffee class) 07CFF13

Did you know that coffee only grows within 30 degrees of the equator, it is native only to Ethiopia, and is the second most traded commodity on the planet? Spend a few hours with Wade Radina discussing the history of coffee, the fundamentals of roasting and cupping, and current issues in the industry. Course price includes a bag of fresh roasted coffee and desserts from the Radina's Coffeehouse. Instructor: Wade Radina

Date: 10/19/2007 (F)  
 Time: 7:00 PM to 9:00 PM  
 Fee: \$14.00  
 Location: Radina's Coffeehouse, Aggieville  
 616 N. Manhattan

## Tea Tasting Around the Globe 07CFF19

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: 11/15/2007 (Th)  
 Time: 6:00 PM to 8:00 PM  
 Fee: \$12.00  
 Location: UFM Kitchen  
 1221 Thurston St., lower level



## Wine 101: Wine Appreciation 07CFF20

Do you enjoy wine and want to know more about it? If so, this class is for you. Bob Campbell, owner of Candlewood Liquor, Grant Holthaus, wine sales for Standard Beverage and Jeff Mosburg, wine sales for Glazer's of Kansas will help demystify wine. They will discuss different grape varieties, major wine regions, proper tasting techniques and wine storage. Six wines will be sampled each evening. Food will be provided to showcase wine and food combinations. 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: 09/19/07 to 10/10/07 (W)  
 Time: 7:00 PM to 9:00 PM  
 Fee: \$95.00  
 Location: UFM Banquet Room  
 1221 Thurston St.

## Indian Cooking 07CFF22

Rice is the staple food of India, especially of the 'Southies' and in this class, you shall know why. We will start with an appetizer, then the main 'entree' and finally with a dessert, all made out of/with rice and the exotic Indian spices. Instructor: Pradeep Malreddy

Pradeep is a graduate student with the Anatomy and Physiology department at the KSU College of Veterinary Medicine.

Date: 10/26/2007 (F)  
 Time: 6:30 PM to 8:30 PM  
 Fee: \$22.00  
 Location: UFM Kitchen  
 1221 Thurston St., lower level

## Recipes from the "Garden of Eden"- Ancient Foods from Iraq and Syria 07CFF26

This class will cover the basics of how to cook several traditional foods, including dolma (stuffed grape leaves and vegetables), shish-kebab (beef and lamb), tabouli (salad), hummus (chick peas), baba ghanoush (egg plant) and baklava (dessert). Each evening will focus on a different dish. Course fee will cover cost of ingredients and instruction. Instructor: Raad Al-Ani

Date: 10/24/2007 to 12/05/2007 (W)  
 (No class 11/21)  
 Time: 6:30 PM to 8:00 PM  
 Fee: \$75.00  
 Location: UFM Kitchen  
 1221 Thurston St., lower level

## Miami Cuban Heat! 07CFF27

Enjoy a night of easy-to-prepare delicious recipes good conversation and music. This class introduces students to the world of Cuban cuisine, which blends the spices of Spain, the tropical tastes of the Caribbean and influences of Miami cooking. Daiquiri's will be served for those 21 and over.

Instructor: David Espenosa, (785) 341-3410  
 gablelewis@cox.net

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: 09/21/2007 (F)  
 Time: 6:00 PM to 9:00 PM  
 Fee: \$24.00  
 Location: UFM Kitchen  
 1221 Thurston St., lower level



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## Fun Foods Continued



### Traditional Indian Cuisine 07CFF29

Discover Indian flavors! Enjoy an experience with traditional Indian dishes reserved for special occasions that are easy to make and can be shared with friends. Recipes will include a dish called Chicken Korma with rice vegetable pulao.

Instructor: Sangeeta Nath  
sangeeta.nath@rediffmail.com

Sangeeta enjoys cooking and sharing with others. She was born in India and moved to Kansas with her husband who is attending K-State.

Date: 10/05/2007 (F)  
Time: 6:30 PM to 8:30 PM  
Fee: \$15.00  
Location: UFM Kitchen  
1221 Thurston St., lower level

### Home Brewing 102 07CFF33

This is a class for homebrewers who have used kits and are now ready to take the next step to all grain brewing. Prerequisite: Home Brewing 101 or previous extract brewing experience. In order to participate, you must be 21 and over with a copy of current ID for UFM's records. You may bring copy into office at 1221 Thurston or mail in before class begins.

Instructors: Little Apple Brew Crew

Date: 11/03/2007 to 11/17/2007 (Sa)  
Time: 9:00 AM to 4:00 PM  
Fee: \$30.00  
Location: Call UFM for directions



### Evening of Southern Italian Cooking

07CFF35

With the arrival of the Fall harvest, Italian cooking traditionally changes in taste and aroma. Chickpeas, pumpkins, broccoli, beans and cabbage begin to dominate the kitchen as Fall gardens begin to produce a new crop. Basil is replaced with rosemary and oregano; fresh tomatoes with "pillate." Join us for an evening of exploring some traditional recipes from Southern Italy as Christopher Renner teaches us some traditional dishes from Naples and Cilento.

Instructor: Christopher Renner, (785) 341-9459  
rennerchristopher@yahoo.com

Christopher E. Renner is a Ph.D candidate at Kansas State University in Curriculum and Instruction and in the Graduate Certificate program in Women's Studies. He holds a Master of International Education from Framingham (MA) State College and has done graduate work through Cambridge University (UK), Teachers College - Columbia University, St. John's University, and Mt. St. Joseph College. In addition to his formal academic studies, Mr. Renner holds numerous Trainer of Trainer Certificates in multicultural studies from English as a Second Language curricula, Dr. Payne's "A Framework for Understanding Poverty", and the Generating Expectations for Student Achievement (GESA) curriculum. He has presented at numerous national and regional conferences.

Date: 09/28/2007 (F)  
Time: 6:30 PM to 8:30 PM  
Fee: \$19.00  
Location: UFM Kitchen  
1221 Thurston St., lower level



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[www.tryufm.org](http://www.tryufm.org)

- \*View class descriptions
- \*Times, dates and locations
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# Health & Wellness

## Sahaj Marg Meditation

07CHW02

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 one's self. 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. The class involves three introductory one-on-one training sessions followed by weekly group meditation sessions. Sept. 22-23 will be all day from 8-5 pm. \*PLEASE NOTE: All classes offered at no charge have been sponsored by the instructor or an organization.

Instructor: Gayathri Kambhampati

Date: 09/22/2007 to 12/01/2007 (Sa)  
(Sept. 22-23 from 8-5)  
Time: 10:00 AM to Noon  
Fee: No charge  
Location: UFM Conference Room  
1221 Thurston St., 2nd floor

## Living the Art: Jin Shin Jyutsu

07CHW08

Jin Shin Jyutsu is the art of harmonizing ourselves with the creator. It is simple, powerful and profound. The body intuitively works toward balance and always communicates its needs. Jin Shin Jyutsu is a way for us to interpret those messages and help ourselves. Healing is often a side effect of the art. Almost all of our class time will be spent practicing self help. Wear comfortable clothes and bring a smile.

Instructor: Kate Cashman, (785) 537-1911

Kate Cashman has been studying Jin Shin Jyutsu since she took a self-help class from UFM nine years ago! She is a certified Jin Shin Jyutsu practitioner and Self-Help instructor.

Date: 10/08/2007 to 10/22/2007 (M)  
Time: 7:00 PM to 9:00 PM  
Fee: \$26.00  
Location: 1421 Colorado Street

## Beginning Yoga

07CHW15AZ

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  
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: 08/21/2007 to 10/11/2007 (Tu/Th)  
Time: 10:00 AM to 11:00 AM  
Fee: \$99.00  
Location: KSU Ahearn Room 302

## Beginning Yoga

07CHW15BZ

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

Date: 09/17/2007 to 11/19/2007 (M/W)  
(No class 10/1, 10/31, 11/5)  
Time: 10:00 AM to 11:00 AM  
Fee: \$99.00  
Location: KSU Ahearn Room 302

## Beginning Yoga

07CHW15CZ

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

Date: 09/17/2007 to 11/19/2007 (M/W)  
(No class 10/1, 10/31, 11/5)  
Time: 7:00 PM to 8:00 PM  
Fee: \$99.00  
Location: KSU Ahearn Room 302

## Intermediate Yoga

07CHW21Z

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 study of Yoga Sutras. Students will learn breathing methods and continue to refine the asanas while learning to adapt them to the individual body-type. Please bring a yoga/exercise mat and wear comfortable clothing that allows a full range of movement. It is best not to eat for at least two hours before the class. Prerequisite: Eligibility for this course requires a personal interview with Ana Franklin. Students must make arrangements to meet with Ana to receive permission to enroll for this course. Please call or email her at 785-341-9908 or yogaconnection@gmail.com.

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

Date: 10/16/2007 to 12/06/2007 (Tu/Th)  
(No class 10/30, 11/1, 11/22)  
Time: 10:00 AM to 11:15 AM  
Fee: \$99.00  
Location: KSU Ahearn Room 302

## Community CPR & First Aid

07CHW25A

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. Students must pick up book at American Red Cross, 2601 Anderson Ave.; fee does not include materials. There will be a \$20 non-refundable deposit for this class.

Instructor: Abby Thrash, abbythrash@gmail.com

Date: 09/21/2007 to 09/22/2007 (F/Sa)  
Time: F from 6:30 to 9:30 PM;  
Sa from 12:30 to 2:30 PM  
Fee: \$43.00  
Location: UFM Conference Room  
1221 Thurston St., 2nd floor

## Community CPR & First Aid

07CHW25B

Instructor: Abby Thrash, abbythrash@gmail.com

Date: 09/22/2007 (Sa)  
Time: 8:30 AM to 2:30 PM  
Fee: \$43.00  
Location: UFM Conference Room  
1221 Thurston St., 2nd floor

## Community CPR & First Aid

07CHW25C

Instructor: Abby Thrash, abbythrash@gmail.com

Date: 09/22/2007 to 09/23/2007 (Sa/Su)  
Time: Sa from 3:00 to 6:00 PM;  
Su from 12:30 to 2:30 PM  
Fee: \$43.00  
Location: UFM Conference Room  
1221 Thurston St., 2nd floor




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## Health & Wellness Continued

### Community CPR & First Aid 07CHW25D

Instructor: Abby Thrash, abbythrash@gmail.com

Date: 09/23/2007 (Su)  
 Time: 8:30 AM to 2:30 PM  
 Fee: \$43.00  
 Location: UFM Conference Room,  
 1221 Thurston St., 2nd floor

### Community CPR & First Aid 07CHW25E

Instructor: Abby Thrash, abbythrash@gmail.com

Date: 10/19/2007 to 10/20/2007 (F/Sa)  
 Time: Fri from 6:30 to 9:30 PM;  
 Sa from 12:30 to 2:30 PM  
 Fee: \$43.00  
 Location: UFM Conference Room  
 1221 Thurston St., 2nd floor

### Community CPR & First Aid 07CHW25F

Instructor: Abby Thrash, abbythrash@gmail.com

Date: 10/20/2007 (Sa)  
 Time: 8:30 AM to 2:30 PM  
 Fee: \$43.00  
 Location: UFM Conference Room  
 1221 Thurston St., 2nd floor

### Community CPR & First Aid 07CHW25G

Instructor: Abby Thrash, abbythrash@gmail.com

Date: 10/20/2007 to 10/21/2007 (Sa/Su)  
 Time: Sa from 3:00 to 6:00 PM;  
 Su from 12:30 to 2:30 PM  
 Fee: \$43.00  
 Location: UFM Conference Room, 2nd floor

### Community CPR & First Aid 07CHW25H

Instructor: Abby Thrash, abbythrash@gmail.com

Date: 10/21/2007 (Su)  
 Time: 8:30 AM to 2:30 PM  
 Fee: \$43.00  
 Location: UFM Conference Room, 2nd floor



### Beginning Tai Chi Chaun 07CHW31

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 offer 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 is a certified instructor for Tai Chi for Arthritis and Yogafit. She specializes in 24 movement Beijing style, and "Cheng Man-Ching" Yang style.

Date: 10/03/2007 to 10/24/2007 (W)  
 Time: 5:30 PM to 6:30 PM  
 Fee: \$43.00  
 Location: UFM Banquet Room  
 1221 Thurston St.

### Yoga Lite 07CHW65

This is for people beginning their yoga practice. In this class you will learn gentle yoga poses, connecting transition and breathing meditation. This will help strengthen the muscles and improve flexibility. Please wear comfortable clothes, bring yoga mat or large towel.  
 Instructor: Mei Hwa (Tina) Terhune, (785) 539-4277

Date: 09/05/2007 to 09/19/2007 (W)  
 Time: 5:30 PM to 6:15 PM  
 Fee: \$26.00  
 Location: UFM Banquet Room  
 1221 Thurston St.

### Living Full: Examining Emotional Eating 07CHW51

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 & Kate Cashman  
 (785) 537-1911

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

Kate Cashman has been studying Jin Shin Jyutsu since she took a self-help class from UFM nine years ago! She is a certified Jin Shin Jyutsu practitioner and Self-Help instructor.

Date: 10/08/2007 to 10/22/2007 (M)  
 Time: 5:30 PM to 6:30 PM  
 Fee: \$39.00  
 Location: 1421 Colorado Street

### Tai Chi for Arthritis 07CHW62

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 Fitness Center. He has received advanced Tai Chi instructions from several Tai Chi masters in the United States and has over 10 years experience in teaching Tai Chi Chaun. He is a specialist in the Yang style 24 movement Beijing Form, the Chen Man-Ching form, and fan and sword forms. He is a certified instructor for Tai Chi for Arthritis by Dr. Paul Lam.

Date: 09/08/2007 to 09/22/2007 (Sa)  
 Time: 10:00 AM to 10:45 AM  
 Fee: \$36.00  
 Location: UFM Fireplace Room  
 1221 Thurston St.



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## Health & Wellness Continued

### Meditation & Relaxation:

#### Guided Meditation-Journey to the Seven

##### Directions 07CHW66A

The instructor will lead participants first through relaxation and grounding exercises then into a taped guided meditation by a Native American shaman. Bring pen and paper to record your experiences of meeting spirit guides (animals, ancestors, angels) at each of the seven directions.

Instructor: Palma Holden, (785) 539-1183

Palma Holden began her spiritual journey in earnest nine years ago (fall 1998) as a student of Sharon Landrith's local meditation classes. Palma has been an active member of the Iris Cooperative and Livingwell communities and is an intuitive consultant offering spiritual readings for people and pets. She is a lifetime learner and teacher with an M.S. in Education, B.A. in English and Education, plus experience running a small business.

Date: 11/10/2007 (Sa)  
Time: 12:15 PM to 2:15 PM  
Fee: \$28.00  
Location: UFM Conference Room  
1221 Thurston St., 2nd floor

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### Meditation & Relaxation:

#### Introduction to Guided Meditation

##### 07CHW69

In this class, we'll discuss common components of meditation: creating sacred space; centering and grounding; breathing more deeply, clearing energy centers, and we will participate in a guided meditation known as deeksha.

Instructor: Palma Holden, (785) 539-1183

Date: 11/03/2007 (Sa)  
Time: 12:15 PM to 2:15 PM  
Fee: \$28.00  
Location: UFM Conference Room  
1221 Thurston St., 2nd floor

### THE SECRET & Beyond

##### 07CHW18A

Are you wanting to create more abundance in your life, yet you need some motivation? In this workshop, we'll view and discuss the motivational movie, THE SECRET; uncover and rewrite old beliefs that hinder personal success; explore our top five passions in life, and create vision boards reflecting our highest goals for prosperity, happiness and health.

Instructor: Palma Holden, (785) 539-1183

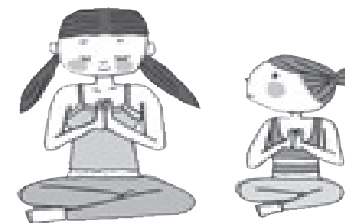
Date: 09/12/2007 to 10/03/2007 (W)  
Time: 7:15 PM to 9:00 PM  
Fee: \$38.00  
Location: UFM Fireplace Room  
1221 Thurston St.

### THE SECRET & Beyond

##### 07CHW18B

Instructor: Palma Holden, (785) 539-1183

Date: 10/17/2007 to 11/07/2007 (W)  
Time: 7:15 PM to 9:00 PM  
Fee: \$38.00  
Location: UFM Fireplace Room  
1221 Thurston St.



### Progressive Relaxation for Personal Use

##### 07CHW68

This course will cover the techniques and uses of progressive relaxation. It will include a demonstration and practice sessions with a partner where you can receive feedback from the instructor. NOTE: Partner not required to register. Deadline for registration Sept. 9.

Instructor: Amanda Barr, (816) 341-2992  
ambarr@ksu.edu

Amanda is a Spanish Literature graduate student at K-State. Her many talents include speaking not only Spanish, but French, Irish Dance, theatre and hypnosis. The latter is a surprise talent that makes for interesting conversation, fun parties and possibly a back-up career plan!

Date: 09/12/2007 to 09/19/2007 (W)  
Time: 7:00 PM to 9:00 PM  
Fee: \$29.00  
Location: International Student Center, KSU  
Corner of Midcampus Drive and Claflin

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# Language

## Beginning Spanish for Adults 07CLA02

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.

Instructor: Maria Coscia

Date: 10/02/2007 to 10/18/2007 (Tu/Th)  
 Time: 7:00 PM to 7:45 PM  
 Fee: \$35.00  
 Location: UFM Multipurpose Room  
 1221 Thurston St.

## Spanish II 07CLA05

This is a continuation of Beginning Spanish for Adults. The student should have knowledge or be familiar with Spanish language.

Instructor: Maria Coscia

Date: 10/30/2007 to 11/15/2007 (Tu/Th)  
 Time: 7:00 PM to 7:45 PM  
 Fee: \$35.00  
 Location: UFM Multipurpose Room  
 1221 Thurston St.



## French Language 07CLA04A

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 and is originally from Egypt. Her training course, "Stage do Formation Pedagogic" was from the Catholic University of West-Angers, France. She received a French Diploma from the Egyptian Government and the Embassy of France in Cairo, Egypt. Her learning experience includes working with adult Egyptian teachers and teaching French for 20 years at a Jesuit French School in Cairo.

Date: 09/05/2007 to 09/28/2007 (W/F)  
 Time: 10:00 AM to 11:00 AM  
 Fee: \$46.00  
 Location: UFM Fireplace Room  
 1221 Thurston St.

## French Language 07CLA04B

Instructor: Emilie Rabbat, (785) 587-9036

Date: 10/03/2007 to 10/26/2007 (W/F)  
 Time: 10:00 AM to 11:00 AM  
 Fee: \$46.00  
 Location: UFM Fireplace Room  
 1221 Thurston St.



## Conversational Italian 07CLA17

Taken Italian 101? Been to Italy and struggled to get your point across? This class will focus on speaking and listening skill development for learners of Italian as an additional language with emphasis on vocabulary acquisition and use. The instructor lived in Italy for 17 years and has over 20 years experience in foreign language instruction. Designed to be a fun event, drink your espresso before you come to class and be ready to converse!

Instructor: Christopher Renner, (785) 341-9459  
 rennerchristopher@yahoo.com

Christopher E. Renner is a Ph.D candidate at Kansas State University in Curriculum and Instruction and in the Graduate Certificate program in Women's Studies. He holds a Master of International Education from Framingham (MA) State College and has done graduate work through Cambridge University (UK), Teachers College - Columbia University, St. John's University, and Mt. St. Joseph College. In addition to his formal academic studies, Mr. Renner holds numerous Trainer of Trainer Certificates in multicultural studies from English as a Second Language curricula, Dr. Payne's "A Framework for Understanding Poverty", and the Generating Expectations for Student Achievement (GESA) curriculum. He has presented at numerous national and regional conferences.

Date: 09/08/2007 to 10/27/2007 (Sa)  
 Time: 10:00 AM to Noon  
 Fee: \$46.00  
 Location: UFM Multipurpose Room  
 1221 Thurston St.

## Beginning Conversational Sign Language 07CLA23

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

Instructors: Toni Kroll, (785) 313-5555 & Maliah Ullmer

Toni Kroll is a Certified Interpreter who has over 15 years of experience with sign language. She graduated with an Associates Degree, ITP, in American Sign Language in 1989. Toni was an interpreter in Washington D.C. for 3 years and was involved with the deaf community. She also worked for seven years in Seattle as an interpreter. She now interprets at KSU and does freelancing.

Maleah Ullmer is in her second year as an interpreter at K-State. She is KQUAS certified level III and has worked in the Junction City school district as well as Wichita. She completed ITP (Interpreter Training Program) at Cowley Community College in Wichita.

Date: 09/11/2007 to 10/18/2007 (Tu/Th)  
 Time: 6:30 PM to 7:30 PM  
 Fee: \$69.00  
 Location: KSU-Justin Hall Room 341

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# LIVING GREEN



## UFM's guide to a greener you!

### GARDENING ORGANICALLY | SEPTEMBER 10

Considering a more healthful way of gardening? Have you considered the harmful impact of chemical fertilizers on the soil and environment? Maybe you've thought of "going organic" but didn't know where or how to begin. This class can help! We'll discuss soil fertility and preparation, pest management, and reasonable options and alternatives to chemicals for weed, disease, and pest control in your garden.

**Instructor: Colleen Hampton** (539-5934) is a seasoned Riley County Extension Master Gardener who has a passion for all types of gardening. She has taught UFM gardening classes for over 15 years. She is a member of the Manhattan Community Garden and several area garden clubs. Colleen welcomes your questions and class participation.

Monday, 7-9 pm | UFM Solar Addition

### AUTUMN ON THE TALLGRASS PRAIRIE | SEPTEMBER 24

Join **Mike Haddock**, author of 2006 Kansas Notable Book "Wildflowers and Grasses of Kansas: A Field Guide", as he leads a fall wildflower walk. Mike will discuss late blooming autumn wildflowers and discuss some of our major species of tallgrass. Meet at the south parking lot of Washington Marlatt Park, west off Seth Childs Road (113) on Marlatt Avenue. The parking area is on the north side of Marlett Avenue, which is a gravel road at that point. The walk will last one hour. Please wear clothing and footwear appropriate for walking in heavy vegetation. \*NOTE: In the event of rain, the walk will not be held.

Monday, 5:30-6:30 pm | Washington Marlatt Park, south parking lot

### IT IS EASY BEING GREEN!! | SEPTEMBER 27

Bring your ideas for "Greening" Manhattan to save the environment and \$\$\$\$\$. Karen McCulloh has worked on sustainable Manhattan projects, chaired Earth Day 20 and tries to consume as lightly as possible. She has also served on the Riley County Solid Waste Committee looking at waste disposal concerns, particularly household hazardous waste for decades. This evening will be a chance to share ideas and learn some new ways of thinking about individual energy use.

**Instructor: Karen McCulloh**

Thursday, 7-8:30 pm | UFM Solar Addition

### METEOROLOGY BASICS | OCTOBER 4

Air masses, cold fronts, squall lines. What does it all mean? Investigate the natural forces that shape our weather and climate. Discover how natural processes and human activities affect our atmosphere. Learn how we may be changing the climate and other global systems by putting pollutants into the environment. Find out how you can help make a difference for your children and grandchildren, while learning money saving tips and strategies.

**Instructor: Dean Stramel** teaches Earth Science at Manhattan High School.

Thursday, 7-9 pm | UFM Solar Addition

### SOLAR ENERGY FOR YOUR HOME | OCTOBER 6

Discussion will include solar thermal systems for heating your home and providing domestic hot water. These are the most cost-effective applications of solar energy and can be well within the skills and tools of you and your neighbors.

**Instructor: Bill Dorsett** has been working in solar energy since 1975, both in passive and active thermal systems and in solar electric applications.

Saturday, 10-Noon | UFM Solar Addition

### UNDERSTANDING SOLAR ELECTRICITY | OCTOBER 6

We can use our abundant sunlight to cook our food, heat our homes and water and provide electricity and even make ice. This is an informal discussion of thoughts on the sun's wide ranging possibilities. We'll discuss the goods and bads of both possibilities as well as the hardware required to do either.

**Instructor: Bill Dorsett**

Saturday, 1-3 pm | UFM Solar Addition

### IS LOCAL FOOD OR ORGANIC FOOD BEST?

You may have heard the new slogan, "local is the new organic". Is it really? What are the trade-off's? What if you want both? This class will provide a forum for you to meet local farmers, learn about differences in nutritional quality due to production techniques, decide if food really needs to travel an average of 1200 miles and learn about fair trade vs free trade, an implication of a local food economy. Class will meet three times with three different topics.

Topic #1- Meet local farmers, **Oct. 11**

Topic #2- Fair trade and pricing, **Oct. 18**

Topic #3- How local food impacts the local community, **Oct. 25**

**Instructors: Rhonda Janke** teaches sustainable agriculture at KSU and co-owns an organic farm in Wamego. **Jennifer Guilford** is a student in Horticulture with a minor in Leadership Studies.

Thursday, 5:30-7:30 pm | UFM Fireplace Room

### LIVING GREEN...SIMPLIFIED! | OCTOBER 13

Many people have joined the "Green Movement" by doing their part to protect the environment. But what happens when you don't know where to start? This lecture will show you easy ways to reduce your impact on the environment by making simple changes to everyday decisions. You will learn how to incorporate sustainability in your life with easy-to-do tips and tricks...without breaking the bank!! Topics discussed: myths about "living green", earth-friendly products, adopting greener buying habits, simple solutions to an eco-friendly lifestyle.

**Instructor: Julia Bonney** recently graduated from K-State with a degree in Interior Design. In August, she will begin graduate school at K-State and work towards a Master of Science in Architecture with an emphasis in Ecological and Sustainable Design.

Saturday, 10-Noon | UFM Fireplace Room

### MAKE A DIFFERENCE WORKSHOP | NOVEMBER 18

Sunset Zoo staff will teach you little things you can do that will make big impacts for our planet. You will receive materials you can take home and immediately put into use. Join our team as we learn how to protect our world and all the creatures that inhabit it. Registration deadline is Nov. 14

**Instructors: Rachel Soash** has been teaching people around the world how to make a difference. Rachel has taught teachers and community members how to make small changes that make big impacts towards preserving our planet. **Becky Clark** has been active in the K-State and Manhattan community regarding environmental issues for the past 5 years. She co-directs the recycling program for the Wakarusa Festival and knows how to make sustainable living tangible and easy for everyone.

Sunday, 2:30-4:30 pm | Sunset Zoo, 2333 Oak St.

**ALL CLASSES ARE FREE TO PUBLIC**



# UFM SOLAR ADDITION: RENEWING OUR COMMITMENT TO CREATING ALTERNATIVE RENEWABLE ENERGY



Evan Coughneour, Nathan and Simon Dorsett help install KaiWall on UFM Solar Addition, 2007.



Bill Dorsett and his son, Simon work on UFM Solar Addition's sky lights, 2007.

UFM is completing an extensive rehabilitation on our solar addition, generally known as the Green House. The original facility was constructed, furnished and equipped through grants from the U. S. Department of Energy, City of Manhattan, and the Association for Community Based Education, with labor subsidies from the Kansas Department of Human Resources.

The Solar Addition is the only facility of its kind in the area. The building was designed to be a multipurpose facility providing a highly visible, publicly accessible, regional demonstration of the effectiveness of solar energy in heating, to display greenhouse plant production for the community with facilities that can accommodate special populations, and to provide community meeting and classroom space.

Many university and community groups have taken advantage of the facility for a wide array of projects, meeting space and educational activities.

K-State horticultural therapy, horticulture and architecture students have conducted research on organic food production and have assisted in horticultural therapy activities. Architecture students have monitored the thermal performance aspects of the building and have developed educational programs on low-cost, sustainable alternative energy. The building was designed for convenient access by both disabled and elderly citizens. Big Lakes Developmental Center and Pawnee Mental Health Services have both used the facility for plant production and horticulture therapy.

The renovated facility will demonstrate the use of passive solar energy, photovoltaic cells for energy production as well as ways to improve the efficiency of any home such as lighting, weather proofing and window replacement.

UFM would like to thank the Caroline F. Peine Foundation for providing funding for rehabilitation of the structure.

## TIPS ON RECYCLING, REUSING 15 WAYS TO START LIVING GREEN



1. RECYCLE THIS CATALOG
2. BRING YOUR OWN BAGS TO GROCERY STORE (SAVE 5 CENTS PER BAG AT DILLONS)
3. ADJUST THERMOSTAT FOR THE SEASON
4. RIDE YOUR BIKE OR CARPOOL
5. PLANT a GARDEN
6. SWITCH to COMPACT FLUORESCENT LIGHT BULBS



7. CHECK YOUR TIRE AIR PRESSURE (UNDERINFLATED TIRES REDUCE FUEL EFFICIENCY)
8. BUY ORGANIC or LOCAL FOOD
9. GET a LIBRARY CARD
10. DONATE HOUSEHOLD GOODS to LOCAL CHURCHES
11. START COMPOSTING



12. HAVE a GARAGE SALE
13. DON'T RUN WATER WHILE BRUSHING TEETH
14. TURN OFF LIGHTS WHEN YOU LEAVE THE ROOM
15. ALWAYS REDUCE, REUSE AND RECYCLE!!!

## UFM SOLAR ADDITION OPEN HOUSE



Date: October 6, 2007  
Time: 10 am to 3 pm  
Location: 1221 Thurston St.  
FREE TO PUBLIC

Visit UFM's newly renovated Solar Addition as part of National Solar Tour. Learn about our passive solar system, photovoltaic cells and ways to improve energy efficiency in your home environment. Educational activities and handout materials will be available of alternative energy and recycling resources in our community.

For more information please contact Linda Teener at 785.539.8763, lteener@ksu.edu

If you have a display and/or activity, and would like to participate in the open house, please contact Val at 539.8763 or valcoltharp@gmail.com





# Lou Douglas LECTURES 2007

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

For more information on Lou Douglas lectures, call UFM at 539.8763 or visit UFM's website: [www.tryufm.org](http://www.tryufm.org)

## **LORETTA ROSS**

**"BRINGING HUMAN RIGHTS HOME"**

**7:00 PM, SEPT. 18TH, TUESDAY**

**A PART OF COMMUNITY CULTURAL HARMONY WEEK**

**"BUILDING A DIVERSE, INCLUSIVE MANHATTAN"**



**WORKSHOP: "REPRODUCTIVE JUSTICE & HUMAN RIGHTS"**

**TIME: 1-5 PM, SEPT. 18TH, MANHATTAN PUBLIC LIBRARY**

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## **ROBERT EGGER**

**"OUR 40 YEAR JOURNEY FROM CHARITY TO CHANGE"**

**7:00 PM, OCT. 30TH, TUESDAY**

**BOOK SIGNING FOLLOWING THE LECTURE AND Q & A**

**FOUNDER & PRESIDENT OF THE DC CENTRAL KITCHEN & AUTHOR OF "BEGGING FOR CHANGE: THE DOLLARS AND SENSE OF MAKING NONPROFITS RESPONSIVE, EFFICIENT, AND REWARDING FOR ALL"**  
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## **Bill Dorsett**

Bill has been working in solar energy since 1975, both in passive and active thermal systems and in solar electric applications. He has taught as a visiting instructor at KSU and KU and at UFM for more than 10 years.



"Whether you are concerned about energy independence, climate change, national security or just your own pocketbook, renewable energy is enormously popular across all political parties and nationalities. We have some of the best solar resources in our nation, yet most states in the United States are leading Kansas. By using solar energy in our own homes, each of us are in a position to start changing that."

FUNDING FOR THE UFM SOLAR ADDITION RENOVATION WAS MADE POSSIBLE BY THE CAROLINE F. PEINE FOUNDATION WITH SUPPLEMENTAL SUPPORT FROM THE MANHATTAN COMMUNITY FOUNDATION

THANKS SO MUCH TO THE FOLLOWING PEOPLE WHO PROVIDED GUIDANCE AND TECHNICAL ASSISTANCE TO THE RENOVATION OF THE UFM SOLAR ADDITION:

FOR GUIDANCE ON THE GREENHOUSE RENOVATION:  
KIM WILLIAMS, LEE WESTERVELT, SANGEETA NATH, JENNIFER GUILFORD

FOR TECHNICAL ASSISTANCE WITH THE PASSIVE SOLAR SYSTEM AND THE PHOTO VOLTAIC PROJECT:  
GARY COATES, TODD GABBARD, RUTH MILLER

FOR BRINGING THE PROJECT TO LIFE: BILL DORSETT AND SUNWRIGHTS CREW,  
EVAN COUGHNEOUR, NATHAN DORSETT, SIMON DORSETT

### **Why is solar energy important now?**

It has become painfully obvious to everyone from the White House to local homeowners that we need to find and use clean, reliable sources of energy that are available locally. Sunshine is available everywhere in Kansas. From OPEC's boycott in the 1970's, we recognized that one basic design goal is to keep things simple. The fewer parts, the less there is to go wrong and generally the less costly the system. If there is a question about the future supply of oil, the uncertainty for natural gas should alarm everyone. Solar energy is as available as it has always been. We need just the individual decision to make use of it.

### **In what ways can solar energy benefit me?**

Sunlight can easily provide the heat to give you hot showers and warm your home. We've known how to do this for decades. Solar Electricity can also run your computer and light your home.

### **Can I afford it?**

Like any technology, some solar applications are fancy and expensive. But the ones we are interested in can be easily affordable by most of us.



# Martial Arts

## Tae Kwon Do I

07CMA01Z

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: 08/21/2007 to 12/06/2007 (Tu/Th)  
Time: 6:30 PM to 7:30 PM  
Fee: \$72.00  
Location: KSU-Ahearn Fieldhouse

## Tae Kwon Do II

07CMA02Z

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: 08/21/2007 to 12/06/2007 (Tu/Th)  
(No class 11/22)  
Time: 7:30 PM to 8:30 PM  
Fee: \$72.00  
Location: KSU-Ahearn Fieldhouse

## White Phoenix Systems Basics

07CMA03

The WPS is a martial art that teaches the students to defend and develop themselves to be a better person on the physical, mental and spiritual levels. It does not spend time working on sport, modern hand to hand combat or police methods. The mental methods used in the WPS are taken from various sources and much of the strategy is from the method of Ninjutsu. The physical techniques of the WPS "per se" are 40% Kung Fu, 40% (Japanese) Jujutsu and 20% from other sources. The aerobic training of the WPS is doing solo techniques and forms and the strength training is by dynamic tension is by exercises and forms. Students will receive one book and two mini-manuals.  
Instructor: Stan Wilson

Stan Wilson has been doing martial arts for 37 years. He has written over 20 books and manuals and produced a number of video tapes. He has a second degree black belt in Hakkoryu Jujutsu, a first degree black sash in Mew Hing's 18 Daoist Palm's Kung Fu, a third degree black sash in Pai Lum Kung Fu, an eight degree black sash in Zee Do Lum Kung Fu and is the founder of the White Phoenix System.

Date: 09/10/2007 to 11/19/2007 (M)  
(No class 10/01)  
Time: 7:00 PM to 8:00 PM  
Fee: \$60.00  
Location: KSU-Ahearn Fieldhouse

**ASK ABOUT OUR ADULT & YOUTH SCHOLARSHIPS AT 539.8763**

## White Phoenix System Advanced

07CMA06

Any person that signs up for this class should have experience in striking and grappling techniques. The students will receive a book containing all the required material for black belt in the White Phoenix System.  
Instructor: Stan Wilson

Date: 09/12/2007 to 11/14/2007 (W)  
Time: 7:00 PM to 8:00 PM  
Fee: \$60.00  
Location: KSU-Ahearn Fieldhouse



## Lao Hu Pai Kung Fu

07CMA05

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. This class is for students age 14+.  
Instructor: Dr. Michael Tran, mtrandpm@hotmail.com

Dr. Michael Tran has been in martial arts for 21 years. He has black certificates in Lao Hu Pai Kung Fu, Won 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: 09/05/2007 to 12/12/2007 (W)  
Time: 6:00 PM to 8:00 PM  
Fee: \$62.00  
Location: KSU-Ahearn Fieldhouse



## Judo I

07CMA08Z

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: 08/21/2007 to 12/06/2007 (Tu/Th)  
(No class 11/22)  
Time: 8:00 PM to 9:00 PM  
Fee: \$72.00  
Location: KSU Ahearn Room 302

## Judo II

07CMA09Z

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: 08/21/2007 to 12/06/2007 (Tu/Th)  
(No class 11/22)  
Time: 9:00 PM to 10:00 PM  
Fee: \$72.00  
Location: KSU Ahearn Room 302

## Karate & Self-Defense (Adults & Youth)

07CMA10

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/combative 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. Class is for both adults and youth (ages 4+).  
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: 08/23/2007 to 10/11/2007 (Th)  
Time: 6:00 PM to 7:00 PM  
Fee: \$51.00  
Location: KSU-Ahearn Fieldhouse



## Yama Bushi Kai Martial Arts

Manuals, books, videos, knives, swords, and martial arts supplies.  
Owner is the founder of the White Phoenix System.  
2032 Judson, Manhattan, Kansas \* 785-313-5488





# Personal Interest

## Philosophy of Gurdjieff & Ouspensky

**07CPI08**

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

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: 09/06/2007 to 10/11/2007 (Th)  
Time: 7:30 PM to 9:00 PM  
Fee: \$19.00  
Location: UFM Conference Room  
1221 Thurston St., 2nd floor



## Hypnosis Workshop

**07CPI03**

Hypnosis has many functions, the least of these being for entertainment. This seminar will take a brief look at the history and uses of hypnosis, both therapeutical and the more famous. We will do a demonstration, a full-class hypnosis, and then we will work on techniques. What you see may blow your mind! Deadline for registration is Oct. 7.  
Instructor: Amanda Barr, (816) 341-2992  
ambarr@ksu.edu

Amanda is a Spanish Literature graduate student at K-State. Her many talents include speaking not only Spanish, but French, Irish Dance, theatre and hypnosis. The latter is a surprise talent that makes for interesting conversation, fun parties and possibly a back-up career plan!

Date: 10/10/2007 (W)  
Time: 7:00 PM to 10:00 PM  
Fee: \$27.00  
Location: International Student Center, KSU  
Corner of Midcampus Drive and Claflin

## Flint Hills PFLAG (Parents, Families and Friends of Lesbians and Gays)

### Family Coffee Support Group:

Small support group — meets monthly at a PFLAG member's house.  
Call 785-410-3130 or check website for upcoming dates and location



Monthly Educational meetings: 7:00 pm, third Tuesday of each month  
Educational presentation on GLBT issues and an opportunity to socialize and network.  
Location: First Congregational Church, 700 Poyntz Ave, Manhattan, KS

Join with us as we continue to listen, support, and advocate for gay, lesbian, and transgender people and their families. More info at [www.fhpflag.org](http://www.fhpflag.org)

**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!**

## Parenting the Second Time Around 07CPI42

These workshops are geared to Grandparents and Kinship caregivers who are responsible for providing the day-to-day care of children. The workshops will focus on issues such as:

- Confusing feelings about the new parenting role
- Getting to know the children
- Rebuilding the family
- Disciplining in the modern world
- Planning the child's future
- Standing up for grandparents' and other kinship caregivers' rights
- Nutritional, physical and emotional health issues
- How to work with the school system
- How to discuss family concerns with your children

Instructor: Brandy James, (785) 317-2272  
bdjames@ksu.edu

Brandy's education background is in Psychology and Human Development, B.S., from Ball State University in Muncie, IN. She has since added to her vita, a Masters in Counseling and Higher Education, from Chapman University, in Sacramento, CA, with specialization certificate in Gerontology, from the University of Missouri, St. Louis. She is working on her doctorate in Family Life Education and Consultation.

Date: 09/06/2007 to 10/04/2007 (Th)  
Time: 7:00 PM to 8:30 PM  
Fee: \$20.00  
Location: UFM Fireplace Room  
1221 Thurston St.



## Dances of Universal Peace

**07CPI45**

Enter a sacred space with us. In this sacred space we dedicate ourselves to peace within and without. The dances are meditative movements sometimes described as "body prayers," the movements are simple. Dances are done in a circle as we sing and chant sacred phrases from the world's spiritual and religious traditions. It is said that music poetry and movement are the "language of the soul." Ease of movement, song, and words make for an uplifting, light experience. Join us for a sense of flight and freedom. More information about the Dances of Universal Peace, begun in 1971 in San Francisco by Samuel Lewis, can be found at [www.dancesofuniversalpeace.org/about.htm](http://www.dancesofuniversalpeace.org/about.htm). NOTE: This class meets Saturday in September, then the third Friday in October and November.  
Instructors: Kathleen Erickson & Paul Zehr  
(785) 271-2378, kaepz@sbcglobal.net

Kathleen Erickson has been leading the Dances of Universal Peace for over 15 years, in Wichita, Lawrence, Topeka and Manhattan. She will be joined by her husband, Paul Zehr, who will be accompanying the Dances on guitar. Both Kathleen and Paul are supervised dance leaders studying with Allaudin Ottinger from Kansas City.

Date: 09/22/2007 to 11/16/2007 (Sa/F)  
Time: Sa-3:00 to 5:00 PM; F-7:30 to 9:00 PM  
Fee: \$21.00  
Location: UFM Banquet Room  
1221 Thurston St.



## Make a Difference Workshop

**07CEN40**

Sunset Zoo staff will teach you little things you can do that will make big impacts for our planet. You will receive materials you can take home and immediately put into use. Join our team as we learn how to protect our world and all the creatures that inhabit it.

Instructors: Rachel Soash & Becky Clark, (785) 587-2737  
soash@ci.manhattan.ks.us

Rachel Soash has been teaching people around the world how to make a difference both locally and globally. Rachel has taught teachers and community members how to make small changes that make big impacts towards preserving our planet.

Becky Clark has been active in the K-State and Manhattan community regarding environmental issues for the past 5 years. She co-directs the recycling program for the Wakarusa Festival and knows how to make sustainable living tangible and easy for everyone.

Date: 11/18/07 (Su)  
Time: 2:30 PM to 4:30 PM  
Fee: No charge  
Location: Sunset Zoo, 2333 Oak St.

## Introduction to Voiceovers

**07CPI47**

Have you ever wanted to be the voice everyone hears on commercials and documentaries? You too can become a Professional Voiceover Artist! In this fun and interactive class, you will learn some of the details of the industry. Your instructor will coach you while recording your voice. Be warned -- many who have taken this class have gone on to become real, bona-fide professional Voice Actors! This class is taught by a professional voice actor from the voice acting training company, Voices For All.  
Instructor: The Voices For All

The Voices For All Coach/Producer/Instructors are known for their fun and informative presenting methods. Our Coaches have many years of experience in the Voiceover Industry and are masters at teaching all of the information pertinent to making it in Voice Acting. Whether it be speaking, presenting, writing, producing, or announcing, Voices For All has it covered. With hundreds of Regional & National Commercials and Public Service Announcements under their belts, our Instructors not only deliver the highest quality education and coaching to their students, but their unique enthusiasm and expertise bring an element of fun and excitement to the classroom as well.

Date: 12/02/07 (Su)  
Time: Noon to 2:00 PM  
Fee: \$30.00  
Location: UFM Conference Room,  
1221 Thurston St., 2nd floor

# Recreation & Fitness

## Ballroom Dance

**07CRF13A**

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 and it is advisable to register early. Each person needs to register individually for both names to appear on the roster.

Instructor:

Date: 09/07/2007 to 10/12/2007 (F)  
 Time: 7:15 PM to 8:15 PM  
 Fee: \$42.00  
 Location: Cross Roads, ECM, 1021 Denison

## Ballroom Dance

**07CRF13B**

Instructor:

Date: 10/19/2007 to 11/30/2007 (F)  
 (No class 11/23)  
 Time: 7:15 PM to 8:15 PM  
 Fee: \$42.00  
 Location: Cross Roads, ECM, 1021 Denison



## Swing & Salsa Dance

**07CRF27A**

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

Instructor:

Date: 09/07/2007 to 10/12/2007 (F)  
 Time: 8:30 PM to 9:30 PM  
 Fee: \$42.00  
 Location: Cross Roads, ECM, 1021 Denison

## Swing & Salsa Dance

**07CRF27B**

Instructor:

Date: 10/19/2007 to 11/30/2007 (F)  
 (No class 11/23)  
 Time: 8:30 PM to 9:30 PM  
 Fee: \$42.00  
 Location: Cross Roads, ECM, 1021 Denison

## Beginning Dance for Couples

**07CRF38A**

"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. Each partner needs to register individually for both names to appear on the roster.

Instructor:

Date: 09/07/2007 to 10/12/2007 (F)  
 Time: 6:00 PM to 7:00 PM  
 Fee: \$42.00  
 Location: Cross Roads, ECM, 1021 Denison

## Beginning Dance for Couples

**07CRF38B**

Instructor:

Date: 10/19/2007 to 11/30/2007 (F)  
 (No class 11/23)  
 Time: 6:00 PM to 7:00 PM  
 Fee: \$42.00  
 Location: Cross Roads, ECM, 1021 Denison

## Introduction to Golf

**07CRF04A**

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

Jim Gregory is a PGA professional at the Stagg Hill Golf Course.

Date: 08/23/2007 to 09/13/2007 (Th)  
 Time: 6:30 PM to 7:30 PM  
 Fee: \$36.00  
 Location: Stagg Hill Golf Club, 4441 Fort Riley

## Introduction to Golf

**07CRF04B**

Instructor: Jim Gregory, (785) 539-1041

Date: 09/20/2007 to 10/11/2007 (Th)  
 Time: 6:00 PM to 7:00 PM  
 Fee: \$36.00  
 Location: Stagg Hill Golf Club, 4441 Fort Riley

## Golf in Junction City

**07CRF30AZ**

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: 08/21/2007 to 10/09/2007 (Tu)  
 Time: 5:00 PM to 7:00 PM  
 Fee: \$132.00  
 Location: Rolling Meadows Golf Course, 7550 Old Milford Road

## Golf in Junction City

**07CRF30BZ**

Instructor: Jim Peterson

Date: 08/22/2007 to 10/10/2007 (W)  
 Time: 5:00 PM to 7:00 PM  
 Fee: \$132.00  
 Location: Rolling Meadows Golf Course, 7550 Old Milford Road

Enroll online at our website:

[www.tryufm.org](http://www.tryufm.org)

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





## Recreation & Fitness Continued



### Beginning Belly Dance 07CRF09A

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: Keegan Schroeder

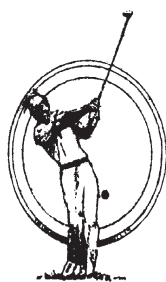
Keegan has been studying different forms of dance all of her life. Ballet was her focus until she reached Kansas State, where she began taking classes with the Maya Zahira School. Since 2005, Keegan has found a new love in belly dance. She encourages women of all shapes and sizes to try the dance because it truly enables women to see themselves as beautiful on both the inside and on the outside.

Date: 08/21/2007 to 09/25/2007 (Tu)  
Time: 5:30 PM to 6:30 PM  
Fee: \$54.00  
Location: International Student Center, KSU,  
Corner of Midcampus and Claflin Rd.

### Beginning Belly Dance 07CRF09B

Instructor: Keegan Schroeder

Date: 10/09/2007 to 11/13/2007 (Tu)  
Time: 5:30 PM to 6:30 PM  
Fee: \$54.00  
Location: International Student Center, KSU,  
Corner of Midcampus and Claflin Rd.



## STAGG HILL GOLF CLUB

### Pro-Shop

K-18 West

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

**539-1041**

Jim Gregory, PGA Professional



**RECREATION CLASSES FOR CHILDREN ARE LISTED IN YOUTH & AQUATICS SECTIONS**

### Intermediate Belly Dance 07CRF10A

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

Instructor: Lisa McNeil, lisajean.mcneil@gmail.com

Lisa "Gaitri" McNeil 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 artists 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. Gaitri is also a nationally certified massage therapist and is interested in finding ways to bring a holistic approach to aspects of bellydancing. She has a love of accent moves and drum solos and is excited to share her passion for movement.

Date: 08/20/2007 to 10/08/2007 (M)  
(No class 9/3, 10/1)  
Time: 6:00 PM to 7:00 PM  
Fee: \$54.00  
Location: International Student Center, KSU,  
Corner of Midcampus and Claflin Rd.

### Intermediate Belly Dance 07CRF10B

Instructor: Lisa McNeil, lisajean.mcneil@gmail.com

Date: 10/22/2007 to 11/26/2007 (M)  
Time: 6:00 PM to 7:00 PM  
Fee: \$54.00  
Location: International Student Center, KSU,  
Corner of Midcampus and Claflin Rd.

### Advanced Belly Dance 07CRF11A

This class is for students who have taken at least two sessions of Intermediate Belly Dance 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.

Instructor: Lisa McNeil, lisajean.mcneil@gmail.com

Date: 08/20/2007 to 10/08/2007 (M)  
(No class 9/3, 10/1)  
Time: 7:05 PM to 8:05 PM  
Fee: \$54.00  
Location: International Student Center, KSU,  
Corner of Midcampus and Claflin Rd.

### Advanced Belly Dance 07CRF11B

Instructor: Lisa McNeil, lisajean.mcneil@gmail.com

Date: 10/22/2007 to 11/26/2007 (M)  
Time: 7:05 PM to 8:05 PM  
Fee: \$54.00  
Location: International Student Center, KSU,  
Corner of Midcampus and Claflin Rd.



### TEACH a Class at UFM

- \*Enhance your business
- \*Instructional opportunity for students
- \*Network with others
- \*Nice way to meet people

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## Take a Peek at the Past

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

### Riley County Historical Museum

2309 Claflin

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

### Goodnow House Museum

2309 Claflin

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



### Pioneer Log Cabin

Manhattan City Park

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

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

### Wolf House Museum

630 Fremont

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

RILEY COUNTY

HISTORICAL MUSEUM

For more information, call 565-6490



## Recreation & Fitness Continued

### Belly Dance Conditioning Workout

**07CRF12A**

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  
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: 08/22/2007 to 09/26/2007 (W)  
Time: 5:30 PM to 6:30 PM  
Fee: \$54.00  
Location: International Student Center, KSU,  
Corner of Midcampus and Claflin Rd.

### Belly Dance Conditioning Workout

**07CRF12B**

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

Date: 10/10/2007 to 11/14/2007 (W)  
Time: 5:30 PM to 6:30 PM  
Fee: \$54.00  
Location: International Student Center, KSU,  
Corner of Midcampus and Claflin Rd.

### Professional Dance Troupe

**07CRF152A**

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: Lisa McNeil, lisajean.mcneil@gmail.com

Date: 08/21/2007 to 09/25/2007 (Tu)  
Time: 8:00 PM to 9:00 PM  
Fee: \$54.00  
Location: International Student Center, KSU,  
Corner of Midcampus and Claflin Rd.

### Professional Dance Troupe

**07CRF152B**

Instructor: Lisa McNeil, lisajean.mcneil@gmail.com

Date: 10/09/2007 to 11/13/2007 (Tu)  
Time: 8:00 PM to 9:00 PM  
Fee: \$54.00  
Location: International Student Center, KSU,  
Corner of Midcampus and Claflin Rd.

### Advanced Middle Eastern Belly Dance

**07CRF32Z**

This dance technique course will cover advanced level Middle Eastern dance movements, including layering of multiple movements, advanced zill technique, advanced veil work and double veil, beginning floorwork, basic balancing techniques, combinations, and choreography. Students will also delve deeper into the fundamentals of Middle Eastern music and rhythms, history, culture, and costuming, as they apply to the dance. Prerequisite: Beginning Middle Eastern Dance

Instructor: Lisa McNeil, lisajean.mcneil@gmail.com

Date: 08/28/2007 to 11/06/2007 (Tu)  
Time: 6:00 PM to 7:30 PM  
Fee: \$102.00  
Location: KSU Ahearn Room 302

### Yogilates

**07CRF142AZ**

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) 539-7095  
ebunny@sbcglobal.net

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: 08/20/2007 to 10/10/2007 (M/W)  
(No class 9/3, 10/1)  
Time: 9:00 AM to 10:00 AM  
Fee: \$75.00  
Location: Pro Fitness, 1125 Laramie St.

### Yogilates

**07CRF142BZ**

Instructor: Diana Knox, (785) 539-7095  
ebunny@sbcglobal.net

Date: 10/15/2007 to 12/05/2007 (M/W)  
(No class 11/21)  
Time: 9:00 AM to 10:00 AM  
Fee: \$75.00  
Location: Pro Fitness, 1125 Laramie St.

### Yogilates

**07CRF142CZ**

Instructor: Diana Knox, (785) 539-7095  
ebunny@sbcglobal.net  
Date: 08/20/2007 to 10/10/2007 (M/W)  
(No class 9/3, 10/1)  
Time: 10:30 AM to 11:30 AM  
Fee: \$75.00  
Location: Pro Fitness, 1125 Laramie St.

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### Yogilates

**07CRF142DZ**

Instructor: Diana Knox, (785) 539-7095  
ebunny@sbcglobal.net

Date: 10/15/2007 to 12/05/2007 (M/W)  
(No class 11/21)  
Time: 10:30 AM to 11:30 AM  
Fee: \$75.00  
Location: Pro Fitness, 1125 Laramie St.

### Yogilates

**07CRF142EZ**

Instructor: Diana Knox, (785) 539-7095  
ebunny@sbcglobal.net

Date: 08/21/2007 to 10/11/2007 (Tu/Th)  
Time: Noon to 1:00 PM  
Fee: \$75.00  
Location: Pro Fitness, 1125 Laramie St.

### Advanced Yogilates

**07CRF143Z**

This class will focus on blending yoga and Pilates poses previously practiced in Yogilates and introducing more advanced options. Power yoga, partner yoga, and use of props with both disciplines will be discussed and practiced. The same guidelines will be followed as in previous Yogilates classes. A sticky mat is recommended but not required. Please wear comfortable clothing that will not restrict movement. (\*Prerequisite: previous enrollment in Yogilates.)

Instructor: Diana Knox, (785) 539-7095  
ebunny@sbcglobal.net

Date: 10/16/2007 to 12/06/2007 (Tu/Th)  
(No class 11/22)  
Time: Noon to 1:00 PM  
Fee: \$75.00  
Location: Pro Fitness, 1125 Laramie St.

### Basic Step for Fitness

**07CRF144Z**

This class is designed for those people interested in increasing their fitness levels while having fun! Learn the terminology used in step classes, as well as the safety guidelines and various styles of stepping. Classes begin with a warm-up, followed by the step workout. Occasional use of other equipment (such as tubing, stability balls and weights) may be incorporated in the final 20 minutes of class, along with stretching and cool down. Please wear comfortable clothing and proper shoes (cross training with good support). Open to those men and women who have had little or no step experience and would like to learn and get fit at the same time!

Instructor: Diana Knox, (785) 539-7095  
ebunny@sbcglobal.net

Date: 08/21/2007 to 10/11/2007 (Tu/Th)  
Time: 10:30 AM to 11:30 AM  
Fee: \$75.00  
Location: Pro Fitness, 1125 Laramie St.

### Intermediate/Adv. Step for Fitness

**07CRF145Z**

This class is designed for those students with previous step experience or have taken Basic Step for Fitness. Step terminology and safety will be stressed, as well as more intricate choreography skills introduced for a fun workout. Occasional use of other equipment (such as tubing, stability balls and weights) may be incorporated in the final 15 minutes of class. Please wear comfortable clothing and proper shoes (cross training with good support). Not designed for the beginner student.

Instructor: Diana Knox, (785) 539-7095  
ebunny@sbcglobal.net

Date: 10/16/2007 to 12/06/2007 (Tu/Th)  
(No class 11/22)  
Time: 10:30 AM to 11:30 AM  
Fee: \$75.00  
Location: Pro Fitness, 1125 Laramie St.





## Recreation & Fitness Continued

### Introductory Course to Boxing for Women & Men (Ages 16+) 07CRF14A

Instructor: Lorissa Ridley-Fink, owner and operator of K.O. Boxing, USA certified boxing coach and holding over 25 years coaching fitness has created a boxing program that will appeal to men and women alike who have the desire to learn to box. Although this desire may be for several different personal reasons the K.O. boxing training program is professionally designed to appeal to all ages, shapes and sizes. Beginners are encouraged to take this course due to its personal training style instruction. Whether you are interested in losing weight, getting in great shape, stress relief, self-protection, gaining boxing knowledge, and even wish to become an amateur boxer, this is where your training begins. This 5-week introductory course will introduce students to the sport of boxing by learning boxing terminology along with executing boxing skills with proper form and technique. Students will hit the heavy bags, work on their hand-eye coordination and rhythm on the double end bags and speed bags, strength train like a boxer to gain muscle strength and endurance, train to work the catch mitts, participate in fitness training including core-abdominal workouts, footwork drills that build balance and shadow-boxing workouts that will kick start your heart. Best of all make new friends and be a part of a team! This is a no contact, no sparring course. NOTE: Fee includes the required 180 hook and elastic hand-wraps.  
Instructor: Lorissa Ridley-Fink, (785) 341-1708  
koboxer@sbcglobal.net

Lorissa Ridley is the owner and operator of K.O. Boxing Gymnastics, Dance & Fitness. Lorissa has been instructing gymnastics, dance and fitness for over 20 years. She began dancing in 1969 and has continued her lifelong journey in the field to bring Manhattan incredible fitness classes including: boxing, kickboxing, self-defense, hip hop dance, Dancenastics, Sportnastics for boys, K-State credit boxing classes and much more. For Lorissa's detailed bio and more class information, call Lorissa at 785-341-1708.

Date: 09/05/2007 to 10/08/2007 (W/M)  
Time: 6:30 PM to 7:30 PM  
Fee: \$98.00  
Location: K.O. Boxing,  
2303 Tuttle Creek Boulevard

### Introductory Course to Boxing for Women & Men (Ages 16+) 07CRF14B

Instructor: Lorissa Ridley-Fink, (785) 341-1708  
koboxer@sbcglobal.net

Date: 10/10/2007 to 11/12/2007 (W/M)  
Time: 6:30 PM to 7:30 PM  
Class fee: \$98.00  
Location: K.O. Boxing,  
2303 Tuttle Creek Boulevard

### Introductory Course to Boxing for Women & Men (Ages 16+) 07CRF14C

Instructor: Lorissa Ridley-Fink, (785) 341-1708  
koboxer@sbcglobal.net

Date: 11/14/2007 to 12/19/2007 (W/M)  
Time: 6:30 PM to 7:30 PM  
Class fee: \$98.00  
Location: K.O. Boxing,  
2303 Tuttle Creek Boulevard

### No Contact Boxing for Men 07CRF49AZ

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-Fink, (785) 341-1708  
koboxer@sbcglobal.net

Date: 08/20/2007 to 10/10/2007 (M/W)  
(No class 9/3, 10/1)  
Time: 2:00 PM to 3:10 PM  
Fee: \$129.00  
Location: K.O. Boxing,  
2303 Tuttle Creek Boulevard

### No Contact Boxing for Men 07CRF49BZ

Instructor: Lorissa Ridley-Fink, (785) 341-1708  
koboxer@sbcglobal.net

Date: 10/15/2007 to 12/05/2007 (M/W)  
(No class 11/21)  
Time: 10:30 AM to 11:30 AM  
Fee: \$129.00  
Location: K.O. Boxing,  
2303 Tuttle Creek Boulevard

### No Contact Boxing for Men 07CRF49CZ

Instructor: Lorissa Ridley-Fink, (785) 341-1708  
koboxer@sbcglobal.net

Date: 10/16/2007 to 12/06/2007 (Tu/Th)  
(No class 11/22)  
Time: 6:30 PM to 7:30 PM  
Fee: \$129.00  
Location: K.O. Boxing,  
2303 Tuttle Creek Boulevard



### Intermediate Boxing 07CRF54AZ

Participants in boxing must protect themselves at all times. A boxer must be able to move easily with speed, power and agility, while thinking on their feet. 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-Fink, (785) 341-1708  
koboxer@sbcglobal.net

Date: 08/20/2007 to 10/10/2007 (M/W)  
(No class 9/3, 10/1)  
Time: 7:30 PM to 8:40 PM  
Fee: \$129.00  
Location: K.O. Boxing,  
2303 Tuttle Creek Boulevard

### Intermediate Boxing 07CRF54BZ

Instructor: Lorissa Ridley-Fink, (785) 341-1708  
koboxer@sbcglobal.net

Date: 10/15/2007 to 12/05/2007 (M/W)  
(No class 11/21)  
Time: 7:30 PM to 8:30 PM  
Fee: \$129.00  
Location: K.O. Boxing,  
2303 Tuttle Creek Boulevard

### Intermediate Boxing 07CRF54CZ

Instructor: Lorissa Ridley-Fink, (785) 341-1708  
koboxer@sbcglobal.net

Date: 08/21/2007 to 10/11/2007 (Tu/Th)  
(No class 11/21)  
Time: 10:30 AM to 11:30 AM  
Fee: \$129.00  
Location: K.O. Boxing,  
2303 Tuttle Creek Boulevard





## Recreation & Fitness Continued

### Intermediate Boxing **07CRF54DZ**

Instructor: Lorissa Ridley-Fink, (785) 341-1708  
koboxer@sbcglobal.net

Date: 10/16/2007 to 12/06/2007 (Tu/Th)  
(No class 11/22)  
Time: 10:30 AM to 11:30 AM  
Fee: \$129.00  
Location: K.O. Boxing,  
2303 Tuttle Creek Boulevard

### Tennis **07CRF19AZ**

The focus of this tennis class will be to introduce the proper technique of each tennis stroke. Scoring, rules, single and doubles formations, 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. Students must provide their own tennis rackets.

Instructor: Bill Fraley

Date: 09/04/2007 to 11/13/2007 (Tu)  
Time: 1:30 PM to 3:00 PM  
Fee: \$82.00  
Location: 3615 Claflin Road,  
Cotton Wood Racquet Club

### Tennis **07CRF19BZ**

Instructor: Bill Fraley

Date: 09/05/2007 to 11/14/2007 (W)  
Time: 1:30 PM to 3:00 PM  
Fee: \$82.00  
Location: 3615 Claflin Road,  
Cotton Wood Racquet Club



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### Beginning Fencing **07CRF21Z**

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 Gwartz

Date: 08/27/2007 to 12/03/2007 (M)  
(No class 9/3, 10/1)  
Time: 6:00 PM to 7:30 PM  
Fee: \$52.00/ Has equipment  
\$82.00/ Use instructor  
Location: KSU-Ahearn Fieldhouse

### Intermediate Fencing **07CRF22Z**

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

Instructor: Jeff Gwartz

Date: 08/27/2007 to 12/03/2007 (M)  
(No class 9/3, 10/1)  
Time: 7:30 PM to 9:00 PM  
Fee: \$52.00/ Has equipment  
\$82.00/ Use instructor  
Location: KSU-Ahearn Fieldhouse

### Hip Hop Dance **07CRF43**

A high-energy class that uses the latest Hip Hop moves and sounds of R&B, Rap, and Pop music to get you moving and dancing the day's stress away. In this class, students will learn basic rhythm and develop their own sense of style. Everyone is invited to come and take part in this fun-filled hip hop class. You will be dancing circles around people when you're done!

Instructor: Malaika Tate-Scott, [mScott7@ksu.edu](mailto:mScott7@ksu.edu)

Date: 11/13/2007 to 12/04/2007 (Tu/Th)  
(No class 11/22)  
Time: 6:00 PM to 7:00 PM  
Fee: \$52.00  
Location: KSU Ahearn Room 302



### Zumba Dance **07CRF08A**

Zumba is a fusion of Latin and International music - dance theme that creates a dynamic, exciting, effective fitness system! It is based on the principle that a workout should be "FUN AND EASY TO DO" allowing Zumba participants to stick to the Zumba Fitness program and achieve long-term health benefits.

Instructor: Elsa Toburen, (785) 494-2836  
[elsatob@hotmail.com](mailto:elsatob@hotmail.com)

Elsa was born and raised in Tarapoto, Peru. She grew up listening to Latin music. Her mother is a Peruvian folk dancer. With her Peruvian heritage and her passion for dance, Elsa is the right person to teach Zumba!

Date: 09/10/2007 to 10/08/2007 (M/W)  
(No class 10/01)  
Time: 6:00 PM to 7:00 PM  
Fee: \$54.00  
Location: KSU Ahearn Room 302

### Zumba Dance **07CRF08B**

Instructor: Elsa Toburen, (785) 494-2836  
[elsatob@hotmail.com](mailto:elsatob@hotmail.com)

Date: 10/15/2007 to 11/07/2007 (M/W)  
Time: 6:00 PM to 7:00 PM  
Fee: \$54.00  
Location: KSU Ahearn Room 302





## Recreation & Fitness Continued

### Archery Instructor Training & Certification

**07CRF37Z**

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

Date: 10/08/2007 to 11/26/2007 (M)  
 Time: 7:00 PM to 8:45 PM  
 Fee: \$94.00  
 Location: Pro Fitness, 1125 Laramie St.



### Canoe Camping

**07CRF53Z**

This class covers the interface between canoeing and camping. Learn 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: 11/03/2007 to 11/10/2007 (Sa)  
 Time: 8:00 AM to 5:00 PM  
 Fee: \$101.00  
 Location: Natatorium, KSU campus

## ~Salina Classes~

### Ballroom Dance in Salina

**07CRF23Z**

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

Instructor: Audrey Umekudo, (785) 452-8372  
 thedancelady@cox.net

Date: 08/21/2007 to 11/27/2007 (Tu)  
 Time: 7:00 PM to 8:00 PM  
 Fee: \$82.00  
 Location: 3142 Scanlan Ave,  
 KSU Salina Rec Center

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 •••••

### Golf in Salina

**07CRF06AZ**

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. Time is allowed for both classroom and golf course play and driving range practice. Students are responsible for one round of golf and additional basket of balls - \$5.00/basket.

Instructor: Ronda Green, (785) 819-4653

Date: 08/27/2007 to 10/29/2007 (M)  
 (No class 9/3, 10/1)  
 Time: 12:45 PM to 2:45 PM  
 Fee: \$140.00  
 Location: 3142 Scanlan Ave,  
 KSU Salina Rec Center

### Golf in Salina

**07CRF06BZ**

Instructor: Ronda Green, (785) 819-4653

Date: 08/27/2007 to 10/29/2007 (M)  
 (No class 9/3, 10/1)  
 Time: 5:30 PM to 7:30 PM  
 Fee: \$140.00  
 Location: 3142 Scanlan Ave,  
 KSU Salina Rec Center

### Golf in Salina

**07CRF06CZ**

Instructor: Ronda Green, (785) 819-4653

Date: 08/29/2007 to 10/17/2007 (W)  
 Time: 12:45 PM to 2:45 PM  
 Fee: \$140.00  
 Location: 3142 Scanlan Ave,  
 KSU Salina Rec Center

### Intermediate/Advanced Golf in Salina

**07CRF31Z**

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

Instructor: Ronda Green, (785) 819-4653

Date: 08/30/2007 to 10/18/2007 (Th)  
 Time: 5:30 PM to 7:30 PM  
 Fee: \$140.00  
 Location: 3142 Scanlan Ave, Salina Rec Center

### Scuba Diving in Salina

**07CAQ107Z**

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, (785) 313-4231  
 wheatlan@kansas.net

Date: 09/06/07 to 10/18/07 (Th)  
 Time: 6:00 PM to 10:00 PM  
 Fee: \$265  
 Location: Salina YMCA, 570 YMCA Dr.

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# Youth

## Introduction to Ballet with the Nutcracker Ballet

**07CYO06**

This beginning class is designed to teach students basic ballet steps and a dance from the Nutcracker Ballet. After the 3 lessons, students can continue and be part of a performance of the Nutcracker Ballet. No dance experience or formal dance attire necessary. For girls and boys ages 4-12. NOTE: Children can be divided by age if needed. Instructor: Randi Dale, (785) 539-5767

Randi Dale has taught dance for 45 years. Her dance choir toured the Midwest and Europe. She is a certified teacher with a Master's Degree in Education. May 2007 her regular students performed the story ballet "Sleeping Beauty". This spring her dance students are performing Cinderella. In the past her dancers have performed Coppelia, Alice in Wonderland and Swan Lake. Her original choreography is designed for children.

Date: 09/11/2007 to 09/25/2007 (Tu)  
Time: 6:00 PM to 6:30 PM  
Fee: \$16.00  
Location: 2416 Rogers Blvd.

## Introduction to Tap/Jazz

**07CYO19**

Students will learn basic Tap with a little Jazz technique. A dance routine will be taught combining both styles of dance. No formal dance attire needed. Wear comfortable shoes that will stay on the foot. For girls & boys ages 4-12. Instructor: Randi Dale, (785) 539-5767

Date: 09/11/2007 to 09/25/2007 (Tu)  
Time: 6:30 PM to 7:00 PM  
Fee: \$16.00  
Location: 2416 Rogers Blvd.

## Kids Hip Hop for Ages 6 to 12

**07CYO18**

Looking for a little something to expand your child's interest? What better way than a little dancing? Choreography is suited for kids ages 6-12 and parents are welcome to dance too! Dance is a great way to release some of that abundant energy, give kids a focus and a chance to make some new friends.

Instructor: Malaika Tate-ScottEmail: mscott7@ksu.edu

Date: 11/13/2007 to 12/04/2007 (Tu/Th)  
(No class 11/22)  
Time: 5:15 PM to 6:00 PM  
Fee: \$47.00  
Location: KSU Ahearn Room 302



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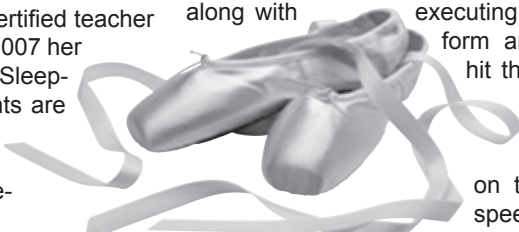
[www.tryufm.org](http://www.tryufm.org)

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

## Youth Boxing Ages 7-15

**07CYO29A**

Instructor, Lorissa Ridley-Fink, owner and operator of K.O. Boxing, USA certified boxing coach and holding over 25 years coaching fitness has created a very unique and professional Introductory Course to Boxing. This course is specifically designed for youth interested in learning new and exciting ways to train and get in shape. During this Intro course youth will get the opportunity to train with a USA amateur boxer. The K.O. Boxing Intro Course is designed to introduce youth to the sport of boxing and how boxers train to stay in shape. Youth will learn boxing terminology along with



executing boxing skills with proper form and technique. Youth will hit the heavy bags, train like a boxer on the catch mitts, work on their hand-eye coordination and rhythm on the double end bags and speed bags, jump rope, lift weights like a boxer to gain muscle endurance, participate in fitness training including ab workouts and footwork drills that build teamwork, and most importantly personal experience and an understanding of the importance of discipline and hard work. This is a no contact, no sparring course. NOTE: Fee includes the required hook & loop elastic hand-wraps)

Instructor: Lorissa Ridley-Fink, (785) 341-1708  
koboxer@sbcglobal.net

Lorissa Ridley is the owner and operator of K.O. Boxing Gymnastics, Dance & Fitness. Lorissa has been instructing gymnastics, dance and fitness for over 20 years. She began dancing in 1969 and has continued her lifelong journey in the field to bring Manhattan incredible fitness classes including: boxing, kickboxing, self-defense, hip hop dance, Dancenastics, Sportnastics for boys, K-State credit boxing classes and much more. For Lorissa's detailed bio and more class information, call Lorissa at 785-341-1708.

Date: 09/04/2007 to 10/04/2007 (Tu/Th)  
Time: 5:15 PM to 6:15 PM  
Fee: \$98.00  
Location: K.O. Boxing  
2303 Tuttle Creek Blvd  
Blue Hills Shopping Center

## Youth Boxing Ages 7-15

**07CYO29B**

Instructor: Lorissa Ridley-Fink, (785) 341-1708  
koboxer@sbcglobal.net

Date: 10/09/2007 to 11/08/2007 (Tu/Th)  
Time: 5:15 PM to 6:15 PM  
Fee: \$98.00  
Location: K.O. Boxing  
2303 Tuttle Creek Blvd  
Blue Hills Shopping Center

## Youth Boxing Ages 7-15

**07CYO29C**

Instructor: Lorissa Ridley-Fink, (785) 341-1708  
koboxer@sbcglobal.net

Date: 11/13/2007 to 12/18/2007 (Tu/Th)  
Time: 5:15 PM to 6:15 PM  
Fee: \$98.00  
Location: K.O. Boxing  
2303 Tuttle Creek Blvd  
Blue Hills Shopping Center

## Motivating Your Imaginary Friend

**07CYO150**

Is your child's imaginary friend not doing their share around the house? Do you find him or her to be lazy and somewhat useless? Or even a bad influences? This class will teach your child the language of creative coercion, reverse psychology and convincing their invisible friend to clean up after themselves, take out the trash every once in a while and even do their dirty dishes! It's about time you got some use out this person, right? If they're living in your house it's about time they pull their weight!

Instructor: Euimagine Neen Tings

Euimagine has a Ph.D in Abnormal Child Psychology. She has had multiple imaginary friends and has developed and taught workshops that address the 7 different personalities of imaginary partners.

Date: 09/10/07 to 12/14/07 (M-F)  
Time: 8:00 AM to 5:00 PM  
Fee: -\$1.00  
Location: Your subconscious





## Youth Continued

### Crochet for Kids 07CYO33A

During this class you will learn how to chain, single crochet and how to read patterns while completing fun projects. Materials needed include a size G crochet hook, a plastic canvas needle and acrylic yarn (varigated colors work well). These materials will be available for purchase at first class.

Instructor: Jocelyn Bishop, bishopj@ksu.edu

Date: 08/27/2007 to 09/24/2007 (M)  
(No class 09/3)  
Time: 4:00 PM to 5:00 PM  
Fee: \$28.00  
Location: UFM Fireplace Room  
1221 Thurston St.

### Crochet for Kids 07CYO33B

Instructor: Jocelyn Bishop, bishopj@ksu.edu

Date: 10/01/2007 to 10/22/2007 (M)  
Time: 4:00 PM to 5:00 PM  
Fee: \$28.00  
Location: UFM Fireplace Room  
1221 Thurston St.

### Crochet for Kids 07CYO33C

Instructor: Jocelyn Bishop, bishopj@ksu.edu

Date: 11/05/2007 to 11/26/2007 (M)  
Time: 4:00 PM to 5:00 PM  
Fee: \$28.00  
Location: UFM Fireplace Room  
1221 Thurston St.



# Fall Mentoring

Starting September 11 & 13

3-5pm

High school  
Tuesday

Middle school  
Thursday

For more Info call or e-mail

Jill Thien

539.8763

jillian@tryufm.org



Transportation Provided

# is Back in ACTION



# -MOVIES ON THE GRASS-



This series offers students and faculty, and community an opportunity to engage in social issues, while socializing on the attractive Coffman Commons outside of Hale Library.

Movies will be shown free of charge Sunday evenings at 8 pm, August 19, 26 and September 9, 16 on a 26' wide outdoor projection system. From 7pm, live music, refreshments, booths for nonprofit groups and sales of items for social fund-raising will be featured before each film.

The following films were selected by an organizing committee representing KSU Libraries, the Dow Chemical Multi-Cultural Resource Center, KSU Women's Center, the Campaign for Non-Violence, Crossroads Ecumenical Christian Ministry, the Progressive Coalition, and Students for Environmental Action.

Aug. 19	Who Killed the Electric Car?
Aug. 26	Favela Rising
Sept. 9	Maxed Out
Sept. 16	Yesterday

For more information contact Donna Schenck-Hamlin at 532.7454 or [donnash@ksu.edu](mailto:donnash@ksu.edu)

## TEST PREPARATION CLASSES BE PREPARED & BE CONFIDENT

### GRE Prep Course 07AFC06

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. Deadline one week prior to class or \$20 extra fee to order materials.

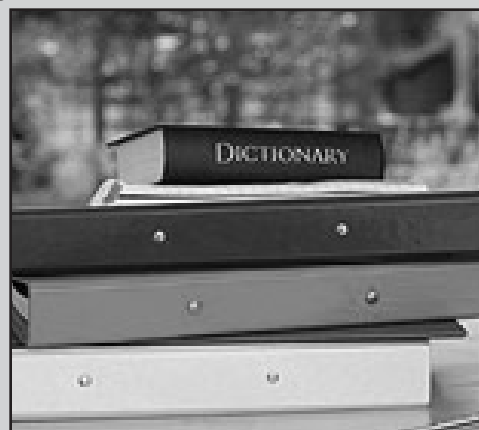
Instructor: Gayla Adams-Wright, [gayla@ksu.edu](mailto:gayla@ksu.edu)

Date: 08/29/07 to 11/14/07 (W)  
Time: 6:30 PM to 8:00 PM  
Fee: \$139.00  
Location: TBA

### LSAT Prep Course 07AFC24

Law School Admission Test Review Course. Comprehensive 28-hour review, in-class & at-home study materials, analytical lectures and test-taking strategies. Deadline one week prior to class or \$20 extra fee to order materials.

Date: Visit UFM's website for updated information.  
Time: TBA  
Fee: \$270.00  
Location: TBA



## ONE NIGHT ONLY! GRE CRASH COURSE!!

### 10 Steps to Prepare for GRE 07CFC04A

Needing to take the GRE and dreading it? This brief workshop provides an overview of the GRE and test taking strategies. Textbook included.

Instructor: Georgette Miller  
[gemiller@ksu.edu](mailto:gemiller@ksu.edu)

Date: 10/04/2007 (Th)  
Time: 6:00 PM to 8:00 PM  
Fee: \$49.00  
Location: UFM Conference Room  
1221 Thurston St.

### 10 Steps to Prepare for GRE 07CFC04B

Date: 11/01/2007 (Th)  
Time: 6:00 PM to 8:00 PM  
Fee: \$49.00  
Location: UFM Conference Room  
1221 Thurston St.

View our catalog online at [www.tryufm.org](http://www.tryufm.org)  
for fun and interesting classes!!



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 DCE Registration office. Call **785.532.5566** for questions or information, or visit <http://www.dce.ksu.edu/courses/recreational.shtml>

### Ballroom Dance I **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:

Reference Number: 91400

Date: 08/22/2007 to 12/05/2007 (W)  
(No class 11/21)

Time: 8:00 PM to 9:00 PM

Fee: \$280 (Also available for noncredit partner through UFM RF26AZ)

Location: ECM Auditorium, 1021 Denison

Reference Number: 91401

Date: 08/22/2007 to 12/05/2007 (W)  
(No class 11/21)

Time: 9:00 PM to 10:00 PM

Fee: \$280 (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:

Reference Number: 91402

Date: 08/22/2007 to 12/05/2007 (W)  
(No class 11/21)

Time: 7:00 PM to 8:00 PM

Fee: \$280 (Also available for noncredit partner through UFM RF27AZ)

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: Cathia Bailey

Reference Number: 91403

Date: 09/06/07 to 11/15/07 (Th)

Time: 6:00 PM to 7:30 PM

Fee: \$254.50

Location: KSU Ahearn Room 302

### Advanced Middle Eastern Dance (Belly Dance) **DANCE-599**

This dance technique course will cover advanced level Middle Eastern dance movements, including layering of multiple movements, advanced zill technique, advanced veil work and double veil, beginning floorwork, basic balancing techniques, combinations, and choreography. Students will also delve deeper into the fundamentals of Middle Eastern music and rhythms, history, culture, and costuming, as they apply to the dance. Prerequisite: Beginning Middle Eastern Dance

Instructor: Lisa "Gaitri" McNeil, lisajeane.mcneil@gmail.com

Reference Number: 91408

Date: 08/28/2007 to 11/06/2007 (Tu)

Time: 6:00 PM to 7:30 PM

Fee: \$254.50

(Also available for noncredit, RF32Z)

Location: KSU Ahearn Room 302

### Beginning Yoga **DANCE-599**

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  
yogaconnection@gmail.com

Reference Number: 91404

Date: 08/21/2007 to 10/11/2007 (Tu/Th)

Time: 10:00 AM to 11:00 AM

Fee: \$254.50

(Also available for noncredit, HW15AZ)

Location: KSU Ahearn Room 302

Reference Number: 91405

Date: 09/17/2007 to 11/19/2007 (M/W)  
(No class 10/1, 10/31, 11/5)

Time: 10:00 AM to 11:00 AM

Fee: \$254.50

(Also available for noncredit, HW15BZ)

Location: KSU Ahearn Room 302

Reference Number: 91406

Date: 09/17/2007 to 11/19/2007 (M/W)  
(No class 10/1, 10/31, 11/5)

Time: 7:00 PM to 8:00 PM

Fee: \$254.50

(Also available for noncredit, HW15CZ)

Location: KSU Ahearn Room 302

### Intermediate Yoga **DANCE-599**

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 study of Yoga Sutras. Students will learn breathing methods and continue to refine the asanas while learning to adapt them to the individual body-type. Please bring a yoga/exercise mat and wear comfortable clothing that allows a full range of movement. It is best not to eat for at least two hours before the class.

Prerequisite: Eligibility for this course requires a personal interview with Ana Franklin. Students must make arrangements to meet with Ana to receive permission to enroll for this course.  
Instructor: Ana Franklin, (785) 537-8224  
yogaconnection@gmail.com

Reference Number: 91407

Date: 10/16/2007 to 12/06/2007 (Tu/Th)  
(No class 10/30, 11/1, 11/22)

Time: 10:00 AM to 11:15 AM

Fee: \$254.50

(Also available for noncredit, HW21Z)

Location: KSU Ahearn Room 302

### 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, (785) 539-1041

Reference Number: 91433

Date: 08/21/2007 to 10/09/2007 (Tu)

Time: 2:30 PM to 4:30 PM

Fee: \$299

Location: 4441 Fort Riley Blvd. Stagg Hill Golf Club

Reference Number: 91434

Date: 08/22/2007 to 10/10/2007 (W)

Time: 1:30 PM to 3:30 PM

Fee: \$299

Location: 4441 Fort Riley Blvd. Stagg Hill Golf Club

Reference Number: 91435

Date: 08/22/2007 to 10/10/2007 (W)

Time: 5:30 PM to 7:30 PM

Fee: \$299

Location: 4441 Fort Riley Blvd. Stagg Hill Golf Club



Reference Number: 91436

Date: 08/23/2007 to 10/11/2007 (Th)

Time: 9:30 AM to 11:30 AM

Fee: \$299

Location: 4441 Fort Riley Blvd. Stagg Hill Golf Club

### Golf in Junction City **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 Peterson

Reference Number: 91437

Date: 08/21/2007 to 10/09/2007 (Tu)

Time: 5:00 PM to 7:00 PM

Fee: \$299

(Also available for noncredit, RF30AZ)

Location: Rolling Meadows Golf Course,  
7550 Old Milford Rd., Junction City

Reference Number: 91438

Date: 08/22/2007 to 10/10/2007 (W)

Time: 5:00 PM to 7:00 PM

Fee: \$299

(Also available for noncredit, RF30BZ)

Location: Rolling Meadows Golf Course,  
7550 Old Milford Rd., Junction City

### Archery **RRES-200**

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

Instructor: Tom Korte, (785) 494-8889

Reference Number: 91410

Date: 10/08/2007 to 11/26/2007 (M)

Time: 8:00 PM to 9:45 PM

Fee: \$284

Location: 1125 Laramie Plaza, upstairs



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

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

Reference Number: 91411  
Date: 10/08/2007 to 11/26/2007 (M)  
Time: 7:00 PM to 8:45 PM  
Fee: \$284 (Also available for noncredit, RF37Z)  
Location: 1125 Laramie Plaza, upstairs

## Beginning Bowling RRES-200

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

Reference Number: 91412  
Date: 08/20/2007 to 12/03/2007 (M)  
(No class 9/3, 10/1)  
Time: 10:30 AM to 11:20 AM  
Fee: \$234.50  
Location: K-State Union Recreation Center

Reference Number: 91413  
Date: 08/23/2007 to 12/06/2007 (Th)  
(No class 11/22)  
Time: 10:30 AM to 11:20 AM  
Fee: \$234.50  
Location: K-State Union Recreation Center



## Beginning Fencing RRES-200

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

Reference Number: 91431  
Date: 08/27/2007 to 12/03/2007 (M)  
(No class 9/3, 10/1)  
Time: 6:00 PM to 7:30 PM  
Fee: \$236.50  
(Also available for noncredit, RF21Z)  
Location: KSU Ahearn Fieldhouse

## Intermediate Fencing RRES-200

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

Reference Number: 91432  
Date: 08/27/2007 to 12/03/2007 (M)  
(No class 9/3, 10/1)  
Time: 7:30 PM to 9:00 PM  
Fee: \$236.50  
(Also available for noncredit, RF22Z)  
Location: KSU Ahearn Fieldhouse

## Tennis RRES-200

The focus of this introductory tennis class will be to introduce the proper technique of each tennis stroke. Scoring, rules, single and doubles formations, 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. Students must provide their own tennis rackets.  
Instructor: Bill Fraley

Reference Number: 91446  
Date: 09/04/2007 to 11/13/2007 (Tu)  
Time: 1:30 PM to 3:00 PM  
Fee: \$256  
(Also available for noncredit, RF19AZ)  
Location: Cottonwood Racket Club, 3615 Claflin Rd

Reference Number: 91447  
Date: 09/05/2007 to 11/14/2007 (W)  
Time: 1:30 PM to 3:00 PM  
Fee: \$256  
(Also available for noncredit, RF19BZ)  
Location: Cottonwood Racket Club, 3615 Claflin Rd



## Yogilates RRES-200

Yogilates is a hybrid class combining both yoga and pilates. You will learn about the different types of yoga and all the various poses with their beginner and more advance poses. Pilates is a series exercises or poses that are connected in a particular way to increase circulation and flexibility. Learn what the "power-house" 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) 539-7095  
ebunny@sbcglobal.net

Reference Number: 91452  
Date: 08/20/2007 to 10/10/2007 (M/W)  
(No class 9/3, 10/1)  
Time: 9:00 AM to 10:00 AM  
Fee: \$280  
(Also available for noncredit, RF142AZ)  
Location: Pro Fitness, 1125 Laramie

Reference Number: 91453  
Date: 10/15/2007 to 12/05/2007 (M/W)  
(No class 11/21)  
Time: 9:00 AM to 10:00 AM  
Fee: \$280  
(Also available for noncredit, RF142BZ)  
Location: Pro Fitness, 1125 Laramie

Reference Number: 91454  
Date: 08/20/2007 to 10/10/2007 (M/W)  
(No class 9/3, 10/1)  
Time: 10:30 AM to 11:30 AM  
Fee: \$280  
(Also available for noncredit, RF142CZ)  
Location: Pro Fitness, 1125 Laramie

Reference Number: 91455  
Date: 10/15/2007 to 12/05/2007 (M/W)  
(No class 11/21)  
Time: 10:30 AM to 11:30 AM  
Fee: \$280  
(Also available for noncredit, RF142DZ)  
Location: Pro Fitness, 1125 Laramie

Reference Number: 91456  
Date: 08/21/2007 to 10/11/2007 (Tu/Th)  
Time: Noon to 1:00 PM  
Fee: \$280  
(Also available for noncredit, RF142EZ)  
Location: Pro Fitness, 1125 Laramie St.

## Advanced Yogilates RRES-200

This class will focus on blending yoga and Pilates poses previously practiced in Yogilates and introducing more advanced options. Power yoga, partner yoga, and use of props with both disciplines will be discussed and practiced. Same guidelines will be followed as in previous Yogilates classes. A sticky mat is recommended but not required. Please wear comfortable clothing that will not restrict movement. (\*Prerequisite: previous enrollment in Yogilates.)  
Instructor: Diana Knox

Reference Number: 91466  
Date: 10/16/2007 to 12/06/2007 (Tu/Th)  
(No class 11/22)  
Time: Noon to 1:00 PM  
Fee: \$280 (Also available for noncredit, RF143Z)  
Location: Pro Fitness, 1125 Laramie St.

## Basic Step for Fitness RRES-200

This class is designed for those people interested in increasing their fitness levels while having fun! Learn the terminology used in step classes, as well as the safety guidelines and various styles of stepping. Classes begin with a warm-up, followed by the step workout. Occasional use of other equipment (such as tubing, stability balls and weights) may be incorporated in the final 20 minutes of class, along with stretching and cool down. Please wear comfortable clothing and proper shoes (cross training with good support). Open to those men and women who have had little or no step experience and would like to learn and get fit at the same time!  
Instructor: Diana Knox  
Reference Number: 91457

Date: 08/21/2007 to 10/11/2007 (Tu/Th)  
Time: 10:30 AM to 11:30 AM  
Fee: \$280 (Also available for noncredit, RF144Z)  
Location: Pro Fitness, 1125 Laramie St.

## Intermediate/Adv. Step for Fitness RRES-200

This class is designed for those students with previous step experience or have taken Basic Step for Fitness. Step terminology and safety will be stressed, as well as more intricate choreography skills introduced for a fun workout. Occasional use of other equipment (such as tubing, stability balls and weights) may be incorporated in the final 15 minutes of class. Please wear comfortable clothing and proper shoes (cross training with good support). Not designed for the beginner student.  
Instructor: Diana Knox

Reference Number: 91467  
Date: 10/16/2007 to 12/06/2007 (Tu/Th)  
(No class 11/22)  
Time: 10:30 AM to 11:30 AM  
Fee: \$280 (Also available for noncredit, RF145Z)  
Location: Pro Fitness, 1125 Laramie St.

## Total Body Toning RRES-200

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

Reference Number: 91448- Jenni Brenner  
Date: 08/20/2007 to 10/10/2007 (M/W)  
(No class 9/3, 10/1)  
Time: Noon to 1:00 PM  
Fee: \$280  
Location: Pro Fitness, 1125 Laramie St.

Reference Number: 91449  
Date: 08/21/2007 to 10/11/2007 (Tu/Th)  
Time: 9:00 AM to 10:00 AM  
Fee: \$280  
Location: Pro Fitness, 1125 Laramie St.

Reference Number: 91450- Jenni Brenner  
Date: 10/15/2007 to 12/05/2007 (M/W)  
(No class 11/21)  
Time: Noon to 1:00 PM  
Fee: \$280  
Location: Pro Fitness, 1125 Laramie St.

Reference Number: 91451  
Date: 10/16/2007 to 12/06/2007 (Tu/Th)  
(No class 11/22)  
Time: 9:00 AM to 10:00 AM  
Fee: \$280  
Location: Pro Fitness, 1125 Laramie St.





**Boxing for Women**

**RRES-200**

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

Instructor: Lorissa Ridley, (785) 341-1708  
koboxer@sbcglobal.net

Reference Number: 91414

Date: 08/20/2007 to 10/10/2007 (M/W)  
(No class 9/3, 10/1)

Time: 10:30 AM to 11:40 AM  
Fee: \$278

Location: K.O. Boxing, Bluehills Shopping Center,  
2303 Tuttle Creek Blvd.

Reference Number: 91415

Date: 08/21/2007 to 10/11/2007 (Tu/Th)

Time: 6:30 PM to 7:30 PM  
Fee: \$278

Location: K.O. Boxing, Bluehills Shopping Center,  
2303 Tuttle Creek Blvd.

Reference Number: 91416

Date: 10/15/2007 to 12/05/2007 (M/W)  
(No class 11/21)

Time: 2:00 PM to 3:00 PM  
Fee: \$278

Location: K.O. Boxing, Bluehills Shopping Center,  
2303 Tuttle Creek Blvd.



**No Contact Boxing for Men**

**RRES-200**

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

Reference Number: 91417

Date: 08/20/2007 to 10/10/2007 (M/W)  
(No class 9/3, 10/1)

Time: 2:00 PM to 3:10 PM  
Fee: \$278

Location: K.O. Boxing, Bluehills Shopping Center,  
2303 Tuttle Creek Blvd.  
(Also available for noncredit, RF49AZ)

Reference Number: 91418

Date: 10/15/2007 to 12/05/2007 (M/W)  
(No class 11/21)

Time: 10:30 AM to 11:30 AM  
Fee: \$278

Location: K.O. Boxing, Bluehills Shopping Center,  
2303 Tuttle Creek Blvd.  
(Also available for noncredit, RF49BZ)

Reference Number: 91419

Date: 10/16/2007 to 12/06/2007 (Tu/Th)  
(No class 11/22)

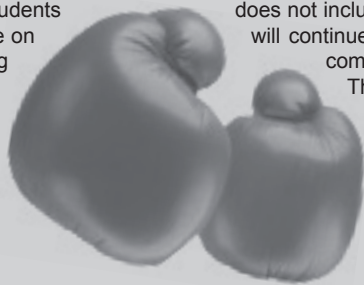
Time: 6:30 PM to 7:30 PM  
Fee: \$278

Location: K.O. Boxing, Bluehills Shopping Center,  
2303 Tuttle Creek Blvd.  
(Also available for noncredit, RF49CZ)

**Intermediate Boxing**

**RRES-200**

Participants in boxing must protect themselves at all times. A boxer must be able to move easily with speed, power and agility, while thinking on their feet. 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

Reference Number: 91420

Date: 08/20/2007 to 10/10/2007 (M/W)  
(No class 9/3, 10/1)

Time: 7:30 PM to 8:40 PM  
Fee: \$278

Location: K.O. Boxing, Bluehills Shopping Center,  
2303 Tuttle Creek Blvd.  
(Also available for noncredit, RF54AZ)

Reference Number: 91421

Date: 10/15/2007 to 12/05/2007 (M/W)  
(No class 11/21)

Time: 7:30 PM to 8:30 PM  
Fee: \$278

Location: 2303 Tuttle Creek Blvd.  
(Also available for noncredit, RF54BZ)

Reference Number: 91422

Date: 08/21/2007 to 10/11/2007 (Tu/Th)

Time: 10:30 AM to 11:30 AM  
Fee: \$278

Location: 2303 Tuttle Creek Blvd.  
(Also available for noncredit, RF54CZ)

Reference Number: 91423

Date: 10/16/2007 to 12/06/2007 (Tu/Th)  
(No class 11/22)

Time: 10:30 AM to 11:30 AM  
Fee: \$278

Location: 2303 Tuttle Creek Blvd.  
(Also available for noncredit, RF54DZ)

**Judo I**

**RRES-200**

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

Reference Number: 91439

Date: 08/21/2007 to 12/06/2007 (Tu/Th)  
(No class 11/22)

Time: 8:00 PM to 9:00 PM  
Fee: \$215.50

Location: KSU Ahearn Room 302  
(Also available for noncredit, MA08Z)

**Judo II**

**RRES-200**

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

Reference Number: 91440

Date: 08/21/2007 to 12/06/2007 (Tu/Th)  
(No class 11/22)

Time: 9:00 PM to 10:00 PM  
Fee: \$215.50

Location: KSU Ahearn Room 302  
(Also available for noncredit, MA09Z)

**Tae Kwon Do I**

**RRES-200**

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

Instructor: David Moore

Reference Number: 91444

Date: 08/21/2007 to 12/06/2007 (Tu/Th)  
(No class 11/22)

Time: 6:30 PM to 7:30 PM  
Fee: \$240.50

Location: KSU Ahearn Fieldhouse  
(Also available for noncredit, MA01Z)

**Tae Kwon Do II**

**RRES-200**

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

Instructor: David Moore

Reference Number: 91445

Date: 08/21/2007 to 12/06/2007 (Tu/Th)  
(No class 11/22)

Time: 7:30 PM to 8:30 PM  
Fee: \$240.50

Location: KSU Ahearn Fieldhouse  
(Also available for noncredit, MA02Z)



**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, (785) 313-4231, wheatlan@kansas.net

Reference Number: 91441

Date: 09/10/2007 to 10/22/2007 (M)  
(No class 10/1)

Time: 6:00 PM to 10:00 PM  
Fee: \$367.50

Location: Natatorium, KSU Campus  
(Also available for non-credit, AQ105AZ)

Reference Number: 91442

Date: 10/29/2007 to 12/03/2007 (M)

Time: 6:00 PM to 10:00 PM  
Fee: \$367.50

Location: Natatorium, KSU Campus  
(Also available for non-credit, AQ105BZ)

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



## KSU Credit Courses Continued

### First Aid/CPR/AED

RRES-200

American Red Cross First Aid/CPR/AED/Bloodborne Pathogen: Preventing Disease Transmission Course. This course is designed to give individuals the knowledge and skills necessary to recognize and provide basic care for breathing and cardiac emergencies, injuries and sudden illnesses, including how to use an automated external defibrillator (AED) for victims of sudden cardiac arrest, until advanced medical personnel arrive and take over. Certification requirements include: 1) attend all course sessions; 2) demonstrate competency in all skill sessions in the course and pass all written examinations with a score of 80% or better in each section. Certificates include "First Aid Basics", "Adult, Child, and Infant CPR", "AED Essentials for Adult and Child", and "Bloodborne Pathogens: Preventing Disease Transmission". There are no prerequisites for this course. Books are available to purchase at the Red Cross office. Instructor: Marcia Hornung, [ufm@ksu.edu](mailto:ufm@ksu.edu)

Reference Number: 91458

Date: 09/25/2007 to 10/25/2007 (Tu/Th)

Time: 3:00 PM to 4:30 PM

Fee: \$248

Location: UFM Conference Room



### Fitness Swimming

RRES-200

Students will learn how to apply principles of physical fitness, hydrodynamics, and training techniques to design goal-based personal workouts. Emphasis will be on refining stroke technique for the four competitive strokes, addressing turns; improving endurance, strength, efficiency, and flexibility; exploring various types of aquatic workouts; and, using a weekly point system, understanding the role of activity in maintaining lifetime wellness. Enrollment requirements for this class listed at [www.tryufm.org](http://www.tryufm.org). Instructor: Melissa Haug

Reference Number: 91460

Date: 09/11/2007 to 10/25/2007

(Tu/Th)

Time: 6:00 PM to 7:30 PM

Fee: \$240.50

(Also available for noncredit, AQ108AZ)

Location: Natatorium, KSU Campus

### Water Polo Conditioning

RRES-200

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. This course is not for the inexperienced or beginner swimmer! Enrollment requirements for this class are listed at [www.tryufm.org](http://www.tryufm.org). Instructor: Scott Smith

Reference Number: 91465

Date: 10/30/2007 to 12/06/2007 (Tu/Th)

(No class 11/22)

Time: 9:30 AM to 11:00 AM

Fee: \$240.50

(Also available for noncredit, AQ123Z)

Location: Natatorium, KSU Campus

### Fly Fishing

RRES-200

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



Reference Number: 91424

Date: 09/10/2007 to 09/20/2007 (M-TH)

Time: 6:00 PM to 8:00 PM

Fee: \$290

(Also available for noncredit, EN04AZ)

Location: Manhattan High School East Campus, 901 Poyntz

Reference Number: 91425

Date: 10/15/2007 to 10/25/2007 (M-TH)

Time: 6:00 PM to 8:00 PM

Fee: \$290

(Also available for noncredit, EN04BZ)

Location: Manhattan High School East Campus, 901 Poyntz

Reference Number: 91426

Date: 11/05/2007 to 11/15/2007 (M-TH)

Time: 6:00 PM to 8:00 PM

Fee: \$290

(Also available for noncredit, EN04CZ)

Location: Manhattan High School East Campus, 901 Poyntz

## Expanded Hours. Expanded Learning. Expanded Opportunities.

**WANT TO GO BACK TO SCHOOL, BUT BETWEEN YOUR FAMILY AND YOUR JOB, YOU NEVER SEEM TO FIND THE TIME?**

K-State Evening College makes it simple for working adults to earn a degree. Through night classes or a combination of night classes and distance education courses, you can earn a bachelor's degree or enhance your skills without quitting your day job.

Evening College classes are offered at K-State on both 8- and 16-week schedules between 5:30 and 10:30 p.m.

Evening College offers two degree programs that can be completed entirely at night: criminology and interdisciplinary social science. When combined with distance education courses, students can choose from a wide assortment of degree programs.

Call 1-800-622-2KSU or visit [www.dce.k-state.edu/courses/eveningcollege](http://www.dce.k-state.edu/courses/eveningcollege) to learn more today!

kansas state university  
**evening college**



Enroll now at [www.dce.k-state.edu/courses/eveningcollege](http://www.dce.k-state.edu/courses/eveningcollege)

k-state evening college

For more information, call 1-800-622-2KSU or 785-532-5575 today! [informationdce@ksu.edu](mailto:informationdce@ksu.edu)





## Fundamentals of Canoeing RRES-200

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

Reference Number: 91427  
Date: 09/15/2007 to 09/22/2007 (Sa)  
Time: 8:00 AM to 5:00 PM  
Fee: \$280  
Location: UFM Conference Room

Reference Number: 91428  
Date: 09/29/2007 to 10/06/2007 (Sa)  
Time: 8:00 AM to 5:00 PM  
Fee: \$280  
Location: UFM Conference Room

## Canoe Camping RRES-200

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

Reference Number: 91429  
Date: 11/03/2007 to 11/10/2007 (Sa)  
Time: 8:00 AM to 5:00 PM  
Fee: \$269.50  
(Also available for noncredit, RF53Z)  
Location: Natatorium, KSU Campus

## ~Salina Classes~

## Golf in Salina RRES-200

This course is designed for the beginning golfer. It will emphasize the fundamentals of the full golf swing; the short game techniques of chipping, pitching and sand shots; mental aspects, rules of play, course etiquette, selection and use of equipment. Time allowed for both classroom and golf course play and driving range practice. Students are responsible for one round of golf and additional basket of balls, \$5.00/basket.  
Instructor: Ronda Green, (785) 819-4653  
RondaGreen@cox.net

Reference Number: 89011  
Date: 08/27/2007 to 10/29/2007 (M)  
(No class 9/3, 10/1)  
Time: 12:45 PM to 2:45 PM  
Fee: \$287.78  
(Also available for noncredit, RF06AZ)  
Location: The K-State at Salina Rec Center, 3142 Scanlan Ave.

Reference Number: 89012  
Date: 08/27/2007 to 10/29/2007 (M)  
(No class 9/3, 10/1)  
Time: 5:30 PM to 7:30 PM  
Fee: \$287.78  
(Also available for noncredit, RF06BZ)  
Location: The K-State at Salina Rec Center

Reference Number: 89016  
Date: 08/29/2007 to 10/17/2007 (W)  
Time: 12:45 PM to 2:45 PM  
Fee: \$287.78  
(Also available for noncredit, RF06CZ)  
Location: The K-State at Salina Rec Center

## Intermediate/Advanced Golf in Salina RRES-200

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

Instructor: Ronda Green  
Reference Number: 89013  
Date: 08/30/2007 to 10/18/2007 (Th)  
Time: 5:30 PM to 7:30 PM  
Fee: \$287.78  
(Also available for noncredit, RF31Z)  
Location: The K-State at Salina Rec Center

## Ballroom Dance in Salina 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. Partners are not necessary.  
Instructor: Audrey Umekudo, (785) 452-8372  
thedancelady@cox.net

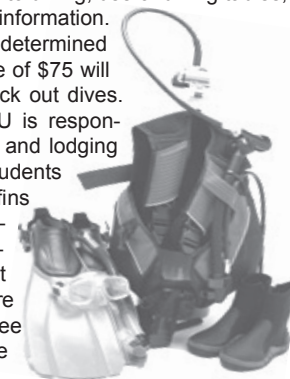
Reference Number: 89010  
Date: 08/21/2007 to 11/27/2007 (Tu)  
Time: 7:00 PM to 8:00 PM  
Fee: \$241.63  
(Also available for noncredit, RF23Z)  
Location: The K-State at Salina Rec Center, 3142 Scanlan Ave.



## Scuba Diving in Salina 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 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, (785) 313-4231  
wheatlan@kansas.net



Reference Number: 89014  
Date: 09/06/2007 to 10/18/2007 (Th)  
Time: 6:00 PM to 10:00 PM  
Fee: \$414  
(Also available for noncredit, AQ107Z)  
Location: Salina YMCA, 570 YMCA Dr.



# Information

Gayla Adams-Wright  
Raad Al-Ani  
Amanda Barr  
Scott Bean  
Hildegard Bemby, AIFD  
Michael Bennett  
Jocelyn Bishop  
Julia Bonney  
Daniel Bostrom  
Little Apple Brew Crew  
Charlene Brownson  
Bob Campbell  
Kelley Casey  
Kate Cashman  
Amit Chakrabarti  
Becky Clark

Maria Coscia  
Randi Dale  
David Darling  
Dona Deam  
Habib Diop  
Bill Dorsett  
Adam Durar  
Kathleen Erickson  
David Espenoza  
Gregg Eyestone  
Bill Fraley  
Ana Franklin  
Ronda Green  
Jim Gregory  
Jennifer Guilford  
Jeff Gwartz

Colleen Hampton  
Cindy Harris  
Jason Hartman  
Melissa Haug  
Nancy Hetzler  
Palma Holden  
HCCI Inc.  
Brandy James  
Michele Janette  
Rhonda Janke  
Elizabeth Jankord  
Gayathri Kambhampati  
Stormy Kennedy  
Diana Knox  
Tom Korte  
Toni Kroll

Carroll Lange, CWB  
Pradeep Malreddy  
Karen McCulloh  
Lisa McNeil  
Georgette Miller  
David Moore  
Sangeeta Nath  
Jill Nixon  
Jim Peterson  
Emilie Rabbat  
Wade Radina  
Christopher Renner  
Lorissa Ridley-Fink  
Carol Russell  
Jennifer Schemerhorn  
Gordon Schmid

Pamela Schmid  
Keegan Schroeder  
David Seamon  
Glenn Sixbury  
Scott Smith  
Rachel Soash  
Paul Sodamann  
Steve Spencer  
Larry Storer  
Dean Stramel  
Malaika Tate-Scott  
Don Terhune  
Mei Hwa (Tina) Terhune  
Abby Thrash  
Elsa Toburen  
Michael Tran

Kennita Tully  
Maleah Ullmer  
Audrey Umekudo  
The Voices for All  
Isaac Wakabayashi  
Jeff Wilson  
Robert Wilson  
Stan Wilson  
Paul Zehr

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 29 & 30 (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](http://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](http://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 provide a full refund if a class is canceled by UFM. If a student withdraws from a class 48 hours before the class begins, a full refund may be given, except for any published non-refundable material fees. No refunds will be given once class has started.

## 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 Community Learning Center is committed to nondiscrimination on the basis of race, gender, national origin, disability, religion, age, sexual orientation, political beliefs or other non merit reasons, in admissions, educational programs or activities and employment (including employment of disabled veterans and veterans of the Vietnam Era) as required by applicable laws and regulations. Students under age 18 need the permission of a parent or guardian. Some individual classes may have age restrictions or may require instructor permission. Please call (785-539-8763) to make arrangements for classroom accessibility.

Got an idea for an UFM class?

Call UFM at 539.8763 or email [ufm@ksu.edu](mailto:ufm@ksu.edu)





# REGISTER NOW!!



Visit our secure website:

[www.fryufm.org](http://www.fryufm.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 St., 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

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 _____	<input type="text"/>
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

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 _____	<input type="text"/>
Entered _____	Cash _____	Date _____
Computer _____	Visa _____	
	M/C _____	
	Discover _____	