

# Welcome to UFM

## Community Learning Center

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

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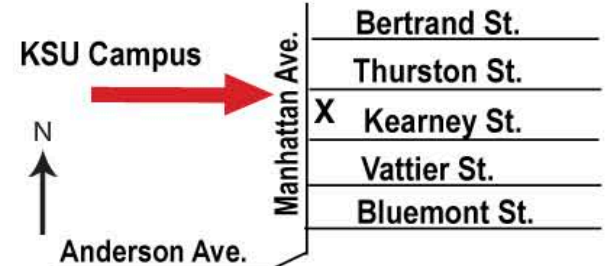


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SCUBA DIVING  
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BALLROOM DANCE  
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1221 Thurston St. | Manhattan, KS 66502



### Board of Directors

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PLUS all the TEACHERS who  
SHARE their TALENTS!

### HANDICAPPED ACCESSIBLE



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

### UFM OFFICE HOURS

Monday - Friday | 8:30 am - 5 pm  
(Closed 12 Noon - 1 pm)

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

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ENROLL ONLINE AT [WWW.TRYUFM.ORG](http://WWW.TRYUFM.ORG)



# 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 (Levels I-VI and Adult Lessons)

Session A: Monday - Friday, June 4 - June 15  
 Session B: Monday - Friday, June 18 - June 29  
 \*Session C: Monday - Friday, July 2 - July 13  
 Session D: Monday - Friday, July 16 - July 27

**\*Classes will meet for 5 additional minutes due to the shortened session. (No class on Wednesday, July 4)**

### Beginning & Ending Dates (Parent Infant/Parent Tot, Tot Transition and Private Swim Lessons)

Session A1: Monday - Friday, June 4 - June 8  
 Session A2: Monday - Friday, June 11 - June 15

Session B1: Monday - Friday, June 18 - June 22  
 Session B2: Monday - Friday, June 25 - June 29

\*Session C1: Monday - Friday, July 2 - July 6  
 Session C2: Monday - Friday, July 9 - July 13

Session D1: Monday - Friday, July 16 - July 20  
 Session D2: Monday - Friday, July 23 - July 27

**\*Classes will meet for 5 additional minutes due to the shortened session. (No class on Wednesday, July 4)**



**Recreation classes for children are listed in youth section on pages 22-23**

## 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 swim diapers or snug-fitting lightweight pants covered by rubber pants. 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 the parents will receive instruction and have opportunity to practice water techniques with their children. Parent must accompany child in the water.

Session A1: Monday - Friday  
 AQAPA 9:30 AM to 10:00 AM  
 AQAPP 5:30 PM to 6:00 PM

Session B1: Monday - Friday  
 AQBPA 9:30 AM to 10:00 AM  
 AQBPP 5:30 PM to 6:00 PM

\*Session C1: Monday - Friday  
 AQCPA 9:15 AM to 9:50 AM  
 AQCPP 5:25 PM to 6:00 PM

Session D1: Monday - Friday  
 AQDPA 9:30 AM to 10:00 AM  
 AQDPP 5:30 PM to 6:00 PM

Fee: \$25.00 per session (5 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.

Session A2: Monday - Friday  
 AQATA 9:30 AM to 10:00 AM  
 AQATP 5:30 PM to 6:00 PM

Session B2: Monday - Friday  
 AQBTA 9:30 AM to 10:00 AM  
 AQBTP 5:30 PM to 6:00 PM

Session C2: Monday - Friday  
 AQCTA 9:30 AM to 10:00 AM  
 AQCTP 5:30 PM to 6:00 PM

Session D2: Monday - Friday  
 AQDTA 9:30 AM to 10:00 AM  
 AQDTP 5:30 PM to 6:00 PM

Fee: \$25.00 per session (5 lessons)



## Level I: Water Exploration

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

Session A: Monday - Friday  
 AQ01A1 10:05 AM to 10:45 AM  
 AQ01A2 10:50 AM to 11:30 AM  
 AQ01A3 6:15 PM to 6:55 PM

Session B: Monday - Friday  
 AQ01B1 10:05 AM to 10:45 AM  
 AQ01B2 10:50 AM to 11:30 AM  
 AQ01B3 6:15 PM to 6:55 PM

\*Session C: Monday - Friday  
 AQ01C1 9:55 AM to 10:40 AM  
 AQ01C2 10:45 AM to 11:30 AM  
 AQ01C3 6:15 PM to 7:00 PM

Session D: Monday - Friday  
 AQ01D1 10:05 AM to 10:45 AM  
 AQ01D2 10:50 AM to 11:30 AM  
 AQ01D3 6:15 PM to 6:55 PM

Fee: \$49.00 per session (10 lessons)

## Level II: Primary Skills

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

Session A: Monday - Friday  
 AQ02A1 10:05 AM to 10:45 AM  
 AQ02A2 10:50 AM to 11:30 AM  
 AQ02A3 6:15 PM to 6:55 PM

Session B: Monday - Friday  
 AQ02B1 10:05 AM to 10:45 AM  
 AQ02B2 10:50 AM to 11:30 AM  
 AQ02B3 6:15 PM to 6:55 PM

\*Session C: Monday - Friday  
 AQ02C1 9:55 AM to 10:40 AM  
 AQ02C2 10:45 AM to 11:30 AM  
 AQ02C3 6:15 PM to 7:00 PM

Session D: Monday - Friday  
 AQ02D1 10:05 AM to 10:45 AM  
 AQ02D2 10:50 AM to 11:30 AM  
 AQ02D3 6:15 PM to 6:55 PM

Fee: \$49.00 per session (10 lessons)



## Aquatics Continued



### Level III: Stroke Readiness

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

Session A: Monday - Friday  
 AQ03A1 10:05 AM to 10:45 AM  
 AQ03A2 10:50 AM to 11:30 AM  
 AQ03A3 6:15 PM to 6:55 PM

Session B: Monday - Friday  
 AQ03B1 10:05 AM to 10:45 AM  
 AQ03B2 10:50 AM to 11:30 AM  
 AQ03B3 6:15 PM to 6:55 PM

\*Session C: Monday - Friday  
 AQ03C1 9:55 AM to 10:40 AM  
 AQ03C2 10:45 AM to 11:30 AM  
 AQ03C3 6:15 PM to 7:00 PM

Session D: Monday - Friday  
 AQ03D1 10:05 AM to 10:45 AM  
 AQ03D2 10:50 AM to 11:30 AM  
 AQ03D3 6:15 PM to 6:55 PM

Fee: \$49.00 per session (10 lessons)

### Level IV: Stroke Development

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

Session A: Monday - Friday  
 AQ04A1 10:05 AM to 10:45 AM  
 AQ04A2 10:50 AM to 11:30 AM  
 AQ04A3 6:15 PM to 6:55 PM

Session B: Monday - Friday  
 AQ04B1 10:05 AM to 10:45 AM  
 AQ04B2 10:50 AM to 11:30 AM  
 AQ04B3 6:15 PM to 6:55 PM

\*Session C: Monday - Friday  
 AQ04C1 9:55 AM to 10:40 AM  
 AQ04C2 10:45 AM to 11:30 AM  
 AQ04C3 6:15 PM to 7:00 PM

Session D: Monday - Friday  
 AQ04D1 10:05 AM to 10:45 AM  
 AQ04D2 10:50 AM to 11:30 AM  
 AQ04D3 6:15 PM to 6:55 PM

Fee: \$49.00 per session (10 lessons)

### Level V: Stroke Refinement

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

Session A: Monday - Friday  
 AQ05A1 10:50 AM to 11:30 AM  
 AQ05A3 6:15 PM to 6:55 PM

Session B: Monday - Friday  
 AQ05B1 10:50 AM to 11:30 AM  
 AQ05B3 6:15 PM to 6:55 PM

\*Session C: Monday - Friday  
 AQ05C1 10:45 AM to 11:30 AM  
 AQ05C3 6:15 PM to 7:00 PM

Session D: Monday - Friday  
 AQ05D1 10:50 AM to 11:30 AM  
 AQ05D3 6:15 PM to 6:55 PM

Fee: \$49.00 per session (10 lessons)



### Level VI: Skill Proficiency

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

Session A: Monday - Friday  
 AQ06A1 10:50 AM to 11:30 AM  
 AQ06A3 6:15 PM to 6:55 PM

Session B: Monday - Friday  
 AQ06B1 10:50 AM to 11:30 AM  
 AQ06B3 6:15 PM to 6:55 PM

\*Session C: Monday - Friday  
 AQ06C1 10:45 AM to 11:30 AM  
 AQ06C3 6:15 PM to 7:00 PM

Session D: Monday - Friday  
 AQ06D1 10:50 AM to 11:30 AM  
 AQ06D3 6:15 PM to 6:55 PM

Fee: \$49.00 per session (10 lessons)

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

**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



## Aquatics Continued

### 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-22B: Monday - Friday 6:15 PM to 6:55 PM  
AQ-22D: Monday - Friday 6:15 PM to 6:55 PM

Fee: \$49.00 per session (10 lessons)

### Lap Swimming: Ages 13+

Lap swimming is for individual workout. The lap pool is available to adults and advanced swimmers to swim regularly and frequently. You may choose your 40 minute block of time during the below scheduled times. \*NOTE: Due to no class on July 4 (W), Session C swimmers may add 5 minutes to block. However the original ending times will still be in effect.

Session A: Monday - Friday  
AQLSA1 10:00 AM to 11:30 AM  
AQLSA3 6:00 PM to 7:00 PM

Session B: Monday - Friday  
AQLSB1 10:00 AM to 11:30 AM  
AQLSB3 6:00 PM to 7:00 PM

\*Session C: Monday - Friday  
AQLSC1 10:00 AM to 11:30 AM  
AQLSC3 6:00 PM to 7:00 PM

Session D: Monday - Friday  
AQLSD1 10:00 AM to 11:30 AM  
AQLSD3 6:00 PM to 7:00 PM

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. This class will meet every day your child is enrolled in swimming lessons. In this class you will be able to swim laps to meet your own needs and goals. \*NOTE: Due to no class on July 4 (W), Session C swimmers may add 5 minutes to block. However, the original ending times will still be in effect.

Session A: Monday - Friday  
AQLPA1 10:00 AM to 11:30 AM  
AQLPA2 6:00 PM to 7:00 PM

Session B: Monday - Friday  
AQLPB1 10:00 AM to 11:30 AM  
AQLPB2 6:00 PM to 7:00 PM

\*Session C: Monday - Friday  
AQLPC1 10:00 AM to 11:30 AM  
AQLPC2 6:00 PM to 7:00 PM

Session D: Monday - Friday  
AQLPD1 10:00 AM to 11:30 AM  
AQLPD2 6:00 PM to 7:00 PM

Fee: \$16.00 per session (10 times)

### Shallow 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: 06/04/07 to 06/29/07  
Monday - Friday (6:05pm - 7:00pm)  
AQ-26A (1 time per week)  
AQ-27A (3 times a week)  
AQ-28A (5 times a week)

Session B: 07/02/07 to 07/27/07  
Monday - Friday (6:05pm - 7:00pm)  
AQ-26B (1 time per week)  
AQ-27B (3 times a week)  
AQ-28B (5 times a week)

Fee: \$24.00 for 1 time per week per session  
\$29.00 for 3 times a week per session  
\$33.00 for 5 times a week per session

### Shallow Water Hydroaerobics for the entire summer

Session E: 06/04/07 to 07/27/07  
AQ-26E (1 time per week)  
AQ-27E (3 times a week)  
AQ-28E (5 times a week)

Fee: \$38 for 1 time per week per session  
\$45 for 3 times a week per session  
\$49 for 5 times a week per session  
(4 weeks of classes)

### Deep Water Hydroaerobics

This class is held in the diving well of the Natatorium. The participants of the class will be issued an aqua-jogger belt to help provide buoyancy in the water. The structure for this class will be similar to regular hydro aerobics classes. This class is intended to add variety to your work out. Only swimmers who can tread water without a floatation device are allowed to participate in the class.

Session A: 06/05/07 to 06/28/07 (Tu/Th)  
AQ-100A 6:05 PM to 7:00 PM

Session B: 07/03/07 to 07/26/07 (Tu/Th)  
AQ-100B 6:05 PM to 7:00 PM

Fee: \$29.00 for 2 times per week per session

### Deep Water Hydroaerobics for the entire summer

Session E: 06/05/07 to 07/26/07 (Tu/Th)  
AQ-100E 6:05 PM to 7:00 PM

Fee: \$49.00 for 2 times per week



**SCHOLARSHIPS ARE AVAILABLE TO ASSIST WITH CLASS FEES FOR BOTH ADULTS AND CHILDREN.**

**DID YOU KNOW???**  
**KIDS BLINK ABOUT 5 MILLION TIMES A YEAR**





# Career & Finance

## How to Set Up a Home Network 07BFC03

This course will help you to setup a home network for family or home based business. Students will learn what is needed and how to setup a network using cables or using a wireless setup.

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

Date: 07/07/2007 (Sa)  
Time: 1:00 PM to 3:00 PM  
Fee: \$29.00  
Location: Manhattan Public Library - Computer Lab

## Introduction to Microsoft Word 07BFC25

This course introduces you to Word and will help you use the program and some of its basic functions. Learn to create letterheads, flyers, family newsletters for family living and more.

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

Date: 06/16/2007 to 06/23/2007 (Sa)  
Time: 9:30 AM to 11:30 AM  
Fee: \$29.00  
Location: Manhattan Public Library - Computer Lab



## Introduction to Microsoft Excel 07BFC26

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

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

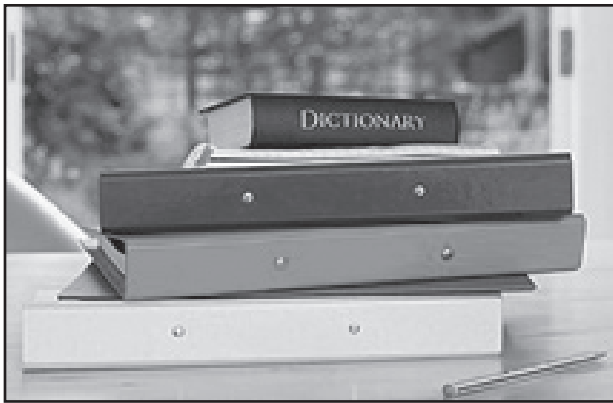
Date: 06/16/2007 to 06/23/2007 (Sa)  
Time: 1:00 PM to 3:00 PM  
Fee: \$29.00  
Location: Manhattan Public Library - Computer Lab

## Introduction to Ebay 07BFC30

Get acquainted with Ebay and the world of online selling and buying! You will learn how to setup your own account for selling and buying on the Ebay site. Learn codes that are used for sellers and buyers so that you can make good decisions about selling and buying and what to look out for while doing this.

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

Date: 07/07/2007 to 07/14/2007 (Sa)  
Time: 9:30 AM to 11:30 AM  
Fee: \$29.00  
Location: Manhattan Public Library - Computer Lab



## 10 Steps to Prepare for GRE 07BFC04A

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: 06/07/2007 (Th)  
Time: 6:00 PM to 8:00 PM  
Fee: \$49.00  
Location: UFM House

## 10 Steps to Prepare for GRE 07BFC04B

Instructor: Georgette Miller, gemiller@ksu.edu

Date: 06/28/2007 (Th)  
Time: 6:00 PM to 8:00 PM  
Fee: \$49.00  
Location: UFM House

## GRE Prep Course 07BFC06

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 class fee to order materials.

Instructor: Georgette Miller, gemiller@ksu.edu

Date: 06/04/2007 to 07/23/2007 (M)  
Time: 6:00 PM to 7:30 PM  
Fee: \$139.00  
Location: UFM Conference Room



## LSAT Prep Course 07BFC24

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.

Instructor: Sarah Coover, skc4454@ksu.edu

Date: 06/18/07 to 07/05/07 (M/Tu/Th)  
Time: 6:00 PM to 9:00 PM  
Fee: \$270.00  
Location: UFM House

## FICO Factor: The Good, the Bad and the Ugly of Credit Building 07BFC21

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 free handouts. Instructor: HCCI Inc., (800) 383-0217 Ext. 326  
rbaker@hcci-ks.org

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

Date: 05/31/2007 (Th)  
Time: 7:00 PM to 8:00 PM  
Fee: \$12.00  
Location: UFM Conference Room

## Top Ten Ways to Stop Identity Theft 07BFC22

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 Ext. 326  
rbaker@hcci-ks.org

Date: 06/28/2007 (Th)  
Time: 7:00 PM to 8:00 PM  
Fee: \$12.00  
Location: UFM Conference Room

## Rental Housing in Kansas 07BFC23

It's legal to withhold rent for repairs! I can break a lease if my mother is sick! You've heard these rental myths and others. Now find out if they're true - before you sign your next lease. Based on the Kansas Residential Landlord Tenant Act this class will provide an overview of tenant and landlord rights and responsibilities and could spare you a costly or inconvenient rental situation. Instructor: HCCI Inc., (800) 383-0217 Ext. 326  
rbaker@hcci-ks.org

Date: 07/26/2007 (Th)  
Time: 7:00 PM to 8:00 PM  
Fee: \$12.00  
Location: UFM Conference Room



## CHECK OUT

Protecting Kids Online for Parents on page 17 & Internet Etiquette & Safety for Youth on page 22



# reative Free Time

## Poker Night

Come and learn 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 around three years ago with friends and online.

Date: 06/08/2007 (F)  
Time: 7:00 PM to 8:30 PM  
Fee: \$17.00  
Location: UFM Fireplace Room

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

07BCF30

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, 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: 07/17/2007 to 07/26/2007 (Tu/Th)  
Time: 7:00 PM to 9:00 PM  
Fee: \$48.00  
Location: UFM Computer Lab

## Introduction to Photography

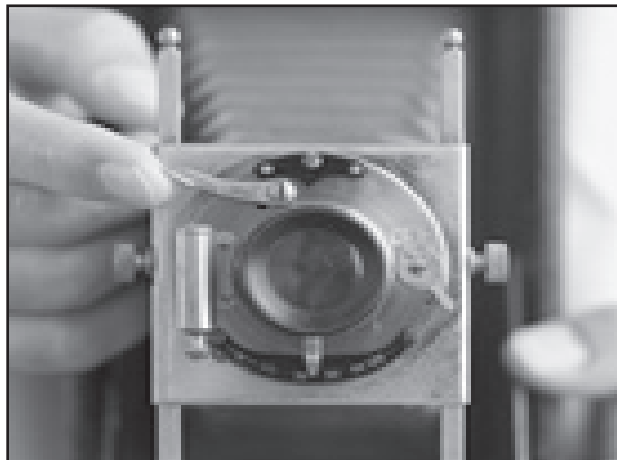
07BCF78

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. Tripods will also be beneficial. The class will include 4 field trips. Participants will be responsible for their own film and development costs.

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

Date: 06/05/2007 to 07/03/2007 (Tu/Th)  
Time: Tu from 7:00 PM to 9:00 PM;  
Th from 6:30 PM to dark (field trips)

Fee: \$68.00  
Location: UFM Conference Room



## Digital Scrapbooking for the 21st Century

07BCF79A

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. However, 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: 06/18/2007 (M)  
Time: 7:00 PM to 9:00 PM  
Fee: \$14.00  
Location: UFM Fireplace Room



## Digital Scrapbooking for the 21st Century

07BCF79B

Instructors: Pamela Schmid & Gordon Schmid

Date: 07/09/2007 (M)  
Time: 7:00 PM to 9:00 PM  
Fee: \$14.00  
Location: UFM Fireplace Room





## Creative Free Time Continued

### Scrapbooking for the Busy Person

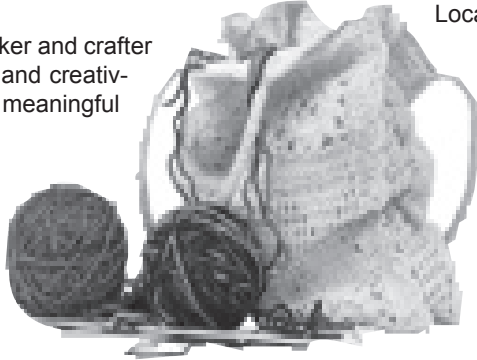
**07BCF81**

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. 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 July 11

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: 07/18/2007 (W)  
Time: 6:30 PM to 9:30 PM  
Fee: \$36.00  
Location: UFM Conference Room



### Beginning Crochet

**07BCF84**

Learn 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](mailto:bishopj@ksu.edu)

Date: 05/15/07 to 06/12/07 (Tu)  
Time: 5:30 PM to 6:30 PM  
Fee: \$30.00  
Location: UFM Fireplace Room

### Intermediate Crochet

**07BCF85**

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](mailto:bishopj@ksu.edu)

Date: 05/15/07 to 06/12/07 (Tu)  
Time: 6:30 PM to 7:30 PM  
Fee: \$30.00  
Location: UFM Multipurpose Room

### Beginning Beaded Jewelry

**07BCF87A**

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 beading techniques. You will complete a beautiful classic beaded bracelet. Price includes class fees, use of equipment, instruction and all materials to finish one 8 inch bracelet. Additional materials and kits will be available for purchase.

Deadline registration on May 31.

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: 06/05/07 (Tu)  
Time: 9:30 AM to 11:00 AM  
Fee: \$30.00  
Location: UFM Conference Room

### Beginning Beaded Jewelry

**07BCF87B**

Deadline registration on June 6.

Instructor: Jill Nixon

Date: 06/11/07 (M)  
Time: 6:30 PM to 8:00 PM  
Fee: \$30.00  
Location: UFM Multipurpose Room

### Beginning Beaded Jewelry

**07BCF87C**

Deadline registration on June 11.

Instructor: Jill Nixon

Date: 06/16/07 (Sa)  
Time: 10:00 AM to 11:30 AM  
Fee: \$30.00  
Location: UFM Conference Room



### Sandwich Masterpieces

**07BCF101**

Have you ever wanted to make a sandwich and didn't know where to start? There are so many layers and it can be overwhelming. Sign up and learn what lunchmeats work well together, choosing the right condiment and how bread can help your sandwich go from Po' Boy to a Masterpiece. We will take field trips to nearby sandwich shops to witness true sandwich construction by the pros.


Instructor: Del A. Citessen

Del has been making sandwich masterpieces since Captain James Cook founded the Sandwich Islands in 1778.

Date: 06/04/2007 to 07/28/07  
Time: Lunchtime  
Fee: \$2.99  
Location: UFM House

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**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!**

ENROLL ONLINE AT [WWW.TRYUFM.ORG](http://WWW.TRYUFM.ORG)



# Earth & Nature

## Fall Gardening

07BEN01

Fall is the best time to grow many vegetables! Get extra mileage out of your garden space this year and take advantage of Kansas' great autumn weather to plant a fall vegetable garden. The cooler temperatures result in better quality produce and less stress on you! Learn what to plant and when to plant for best results. Discussion includes soil preparation, fertilizer needs, and helpful tips for obtaining maximum seed germination and crop yields. Finally, we'll discuss growing and harvesting some vegetables beyond the end of October! Imagine fresh veggies in the middle of winter and it can be accomplished without a greenhouse! Instructor: Colleen Hampton, 539-5934 cmhampton314@sbcglobal.net

Colleen Hampton 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: 07/28/2007 (Sa)  
Time: 10:00 AM to Noon  
Fee: \$12.00  
Location: UFM Conference Room



## Learn the Night Sky

07BEN02

Learn the major constellations and other features of the northern sky near the North Star. Dean has all the constellations on slides and can help you learn to find your way around the night sky. We will discuss some of the mythology and understand what the zodiac is and what it means. Most of you should be able to locate YOUR zodiac sign in the sky after this class. The instructor also has simple maps that you can take home that will help you become familiar with the sky. If the night is clear after class, you can go outside to see some things you have learned. Instructor: Dean Stramel

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

Date: 08/03/2007 (F)  
Time: 7:00 PM to 9:00 PM  
Fee: \$8.00/Individual; \$4/additional person  
Location: Manhattan High School Little Theater

## Trees: Hate 'Em

07BEN27A

Visit the Konza and other prairies and 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. 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: 06/09/2007 (Sa)  
Time: 8:00 AM to Noon  
Fee: \$12.00  
Location: 7102 Abbott Drive

## Trees: Hate 'Em

07BEN27B

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

Date: 07/14/2007 (Sa)  
Time: 8:00 AM to Noon  
Fee: \$12.00  
Location: 7102 Abbott Drive

## America's Safe Boating Course 07BEN28

This course is approved by the Coast Guard and the State of Kansas. It is a one day entry level boating class that provides the knowledge needed to obtain the education certification which is required for certain age groups to operate a vessel in the state. As an extra benefit, many boat insurance companies offer discounts on boating insurance for those who successfully complete this course.

Instructor: Coast Guard Auxiliary  
<http://a08531.uscgaux.info/>

Date: 05/12/2007 (Sa)  
Time: 9:00 AM to 5:00 PM  
Fee: \$25.00  
Location: UFM Banquet Room

## Kansas Boater Safety Course 07BEN39

This course meets the Kansas requirements for safe boating classes. This class is required for those wanting to operate a boat in Kansas and were born after 1/01/89. There is an open book exam at the end of the class to obtain the Kansas certificate.

Instructor: Coast Guard Auxiliary  
<http://a08531.uscgaux.info/>

Date: 05/12/2007 (Sa)  
Time: 9:00 AM to 5:00 PM  
Fee: \$12.00  
Location: UFM Banquet Room



## Wildland Fire Management

07CEN26

This introductory course is designed to train 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, Fire Prevention Specialist (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 (Also for KSU Credit)  
Location: KSU, Throckmorton Hall Room 1023

## Take a Peek at the Past

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

### Riley County Historical Museum

2309 Claflin

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

### Goodnow House Museum

2309 Claflin

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

Call 565-6490 for Hours



### Pioneer Log Cabin

Manhattan City Park

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

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

### Wolf House Museum

630 Fremont

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

For more information, call 565-6490

RILEY COUNTY

HISTORICAL MUSEUM



# Fun Foods

## Thai Cooking

**07BFF12A**

Learn how to cook traditional Thai food. This includes how to cook Thai jasmine rice, sticky rice, appetizer, main dish, Thai curry, desert and soft drink. The instructor will provide ingredients and condiments. Please contact UFM upon enrollment for additional information on ingredients you will need to bring to class.

Instructor: Chulee Yaege, (785) 537-0656

Date: 06/09/2007 to 06/23/2007 (Sa)  
Time: 9:00 AM to Noon  
Fee: \$65.00  
Location: UFM Kitchen

## Thai Cooking

**07BFF12B**

Instructor: Chulee Yaege, (785) 537-0656

Date: 07/14/2007 to 07/28/2007 (Sa)  
Time: 9:00 AM to Noon  
Fee: \$65.00  
Location: UFM Kitchen

## Muddy Water: An Informal Discussion

### About Coffee

**07BFF13**

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 Radina's Cafe.

Instructor: Wade Radina

Date: 06/29/2007 (F)  
Time: 7:00 PM to 9:00 PM  
Fee: \$14.00  
Location: Radina's Coffeehouse, Aggieville

## Basic Cake Decorating

**07BFF14**

This course focuses on the techniques and methods of basic cake decorating. Learn to bake a cake, prepare a cake for stacking, make quick icings (recipes will be included) and quick decorating techniques. (If enrolling online, please contact UFM for the materials list)

Registration deadline is July 13.

Instructor: Heather Keen, heather@lafleurdechocolat.com

Heather is new to Manhattan and recently began working at Bluestem Bistro in Aggieville. Prior to moving to Manhattan, Heather attended the Institute of Culinary Education in New York City.

Date: 07/21/2007 (Sa)

Time: 1:00 PM to 4:00 PM

Fee: \$29.00

Location: UFM Kitchen

## Individual Desserts for Two or a Crowd

**07BFF34**

For those who don't like to have a lot of leftover sweets, this is the class for you! You will make individual chocolate tarts and work with pastry cream to create delicious desserts for any number of people. Learn to make individual desserts; perfect for an intimate dinner, bridal shower, or even a barbeque! Registration deadline is June 29.

Instructor: Heather Keen, heather@lafleurdechocolat.com

Date: 07/06/2007 (F)

Time: 6:30 PM to 8:30 PM

Fee: \$19.00

Location: UFM Kitchen

## Traditional Tapas Party

**07BFF27**

Popular throughout Spain in bars and restaurants, Tapas are appetizers that usually accompany drinks. They can also be combined to make up full meals. This class is designed to introduce you to a new world of Spanish treats. Recipes will range from simple to elaborate. All food and supplies are provided, with plenty of leftovers. These classic tapas dishes bring to one's plate the essence of Spanish life and culture. This class is open to all cooking levels. Sangrias and Margaritas will be served for those 21 and over.

Instructor: David Espenoza, 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: 06/15/2007 (F)  
Time: 7:00 PM to 9:00 PM  
Fee: \$24.00  
Location: UFM Kitchen



## Learn to Make Russian Borsh Soup

**07BFF28**

Borsh is a vegetable soup that is very popular throughout a large territory, including countries such as Russia, Ukraine, and Belarus. Beets are a key ingredient and make the soup a good alternative for those who are watching calories.

Instructor: Luba Ramm

Luba has been a resident of Manhattan for more than 15 years. In Russia, she lived in Siberia.

Date: 06/21/2007 (Th)  
Time: 7:00 PM to 8:30 PM  
Fee: \$15.00  
Location: UFM Kitchen

## Indian Cooking Night

**07BFF29**

Discover Indian flavors! Enjoy a "hot & spicy" experience with traditional Indian dishes that are easy to make and can be shared with friends. Recipes will include Pakora (2 types), a delicious appetizer and Samosa, an Indian chili. Indian Tea will also be served with food.

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: 06/22/2007 (F)  
Time: 6:30 PM to 8:00 PM  
Fee: \$19.00  
Location: UFM Kitchen

## Wine Tasting

**07BFF30**

Do you enjoy wine and want to know more about it? If so, this class is for you. Bob Campbell, owner of Candlewood Liquor will help you demystify wine. Food will be provided to showcase wine and food combinations. Participants must be 21 years or over to enroll in this class.

Instructor: Bob Campbell

Date: 07/13/2007 (F)  
Time: 7:00 PM to 9:00 PM  
Fee: \$35.00  
Location: UFM Banquet Room

## Evening of Southern Italian Cooking

**07BFF35**

Come ready to slow down and enjoy some of the best recipes of Southern Italian cooking. Our instructor is Christopher E. Renner who lived in Naples and the Province of Potenza for 17 years. He will prepare a summer feast typical of the area rich in vegetables, cheeses and pasta. Wine will also be provided for participants age 21 and older.

Instructor: Christopher Renner, (785) 770-8309

Date: 07/20/2007 (F)  
Time: 6:30 PM to 8:30 PM  
Fee: \$19.00  
Location: UFM Kitchen



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# Health & Wellness

## Living the Art: Jin Shin Jyutsu 07BHW08A

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: 06/11/2007 to 06/25/2007 (M)  
Time: 7:00 PM to 9:00 PM  
Fee: \$26.00  
Location: 1421 Colorado Street

## Living the Art: Jin Shin Jyutsu 07BHW08B

Instructor: Kate Cashman, (785) 537-1911

Date: 08/02/2007 to 08/16/2007 (Th)  
Time: 7:00 PM to 9:00 PM  
Fee: \$26.00  
Location: 1421 Colorado Street

## Yoga for Everyone 07BHW12

"Yoga's gift to the world is an accessible, practical approach to happiness."-T.K.V. Desikacher. This class is open to everyone. We will use the breath and the body to help focus the mind. You will participate in developing a personal practice which meets your unique needs. Please wear comfortable clothing that allows for all full range of movement (no jeans please). Please refrain from eating two hours prior to class (a piece of fruit is ok). Bring a towel.

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: 06/07/2007 to 07/12/2007 (Th)  
Time: 8:45 AM to 9:45 AM  
Fee: \$52.00  
Location: KSU Ahearn Room 302

## Beginning Yoga 07BHW15AZ

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

Date: 06/04/2007 to 07/25/2007 (M/W)  
(No class 07/04)  
Time: 5:45 PM to 6:45 PM  
Fee: \$99.00  
Location: KSU Ahearn Room 302



## You and Your Hearing Aids 07BHW14A

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

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

Dr. M'Eliz Maatta has been working with people with hearing loss for more than 2 decades. She has supported hearing aid users ranging in age from 1 to 103. M'Eliz has worked as an audiologist in Kansas since 1985. She is certified by American Speech Language Hearing Association, board certified by the American Academy of Audiology and licensed by the state of Kansas.

Date: 05/24/2007 (Th)  
Time: 7:00 PM to 9:00 PM  
Fee: \$12.00  
Location: 1133 College Ave, Lower level, Bldg A

## You and Your Hearing Aids 07BHW14B

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

Date: 06/26/2007 (Th)  
Time: 7:00 PM to 9:00 PM  
Fee: \$12.00  
Location: 1133 College Ave, Lower level, Bldg A



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"Stretching Body, Breath & Mind"



## — Manhattan Arts Center —

### Summer Classes:

June 4-29 12:30-5:30  
July 2-August 10 9:00-5:30  
**children's choir, cartooning,  
painting, sculpture, clay,  
theatre, creative writing, music  
appreciation, and more!!**

NEW! Saturday mornings 9-10 am  
something for each member of the family!  
**Preschool music & movement  
Cartooning for kids & teens  
Clay for adults**



### Summer Music:

Pernambuco String Quartet  
May 25, 7:30 pm

### Summer Shakespeare:

*A Midsummer Night's Dream*  
Directed by Kyle McGuffin  
Auditions June 18 & 19, 7-9 pm  
Performances August 16-19

### Summer Gallery Exhibits:

June 2- July 14

Kristen Powers-Nowlin "The Code Series"  
Randall French "Southeast Perspectives"

July 21-September 1

MAC Watercolor Studio  
KSU Summer Small Works Invitational

### Summer Theatre:

**Manhattan Experimental Theatre  
Workshop for High School Students**  
Performances June 15 & 16  
also watch for MACImprov, Beyond Experimental  
Theatre, and Theater Technical Workshops

Find more information and order your tickets online at [www.manhattanarts.org](http://www.manhattanarts.org)  
Manhattan Arts Center \* 1520 Poyntz \* 537-4420 \*

**MAAHC**

The Manhattan Arts Center is funded in part by the Kansas Arts Commission, a state agency, and the National Endowment for the Arts, a federal agency. Additional funding comes from the City of Manhattan and MAC members and friends. MAC is a member of the Manhattan Area Arts & Humanities Coalition.

**MANHATTAN  
KANSAS**



## Health & Wellness Continued

### Speechreading

07BHW64

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

Date: 05/15/2007 to 06/05/2007 (Tu)  
Time: 7:00 PM to 9:00 PM  
Fee: \$12.00  
Location: 1133 College Ave, Lower level, Bldg. A

### Community CPR & First Aid

07BHW25

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. There will be a break for lunch. 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

Date: 06/30/2007 (Sa)  
Time: 9:00 AM to 5:00 PM  
Fee: \$40.00  
Location: UFM Conference Room



### CPR Challenge

07BHW27

This class is for those already certified in CPR and either their certification is coming due, is within 30 days of expiration or they would like to be updated to the new skills. Participants must demonstrate all skills involved with CPR. Bring a pocket mask.

Instructor: Carol Russell

Date: 05/05/2007 (Sa)  
Time: 12:30 PM to 5:00 PM  
Fee: \$30.00  
Location: UFM Conference Room



### Beginning Tai Chi Chaun

07BHW31

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

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

Mei Hwa Terhune (Tina) is a Native of China where, she acquired her knowledge of Tai Chi Chaun while attending Ming Chuang University in Taipei, Taiwan. She specializes in 24 movement Beijing style, and "Cheng Man-Ching" Yang style short form, she also is a certified instructor for Tai Chi for Arthritis. She has been practicing yoga for over 5 years and has completed yogafit instructor's training.

Date: 07/09/2007 to 07/30/2007 (M)  
Time: 5:30 PM to 6:30 PM  
Fee: \$43.00  
Location: UFM Banquet Room



### Yoga Lite

07BHW65

Yoga Lite 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: 06/06/2007 to 06/27/2007 (W)  
Time: 5:45 PM to 6:15 PM  
Fee: \$28.00  
Location: UFM Banquet Room

### Meditation & Relaxation: Creating Peace

07BHW55

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

Instructor: Palma Holden, (785) 539-1183

Palma Holden began her spiritual journey in earnest nine years ago (fall 1998) as a student of Sharon Landrieth'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: 07/16/2007 to 07/25/2007 (M/W)  
Time: 10:00 AM to 11:30 AM  
Fee: \$38.00  
Location: UFM Conference Room

### Meditation & Relaxation: Guided Meditation-Journey to the Seven Directions

07BHW66A  
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

Date: 06/23/2007 (Sa)  
Time: 10:00 AM to Noon  
Fee: \$28.00  
Location: UFM Conference Room

### Meditation & Relaxation: Guided Meditation-Journey to the Seven Directions

07BHW66B  
Instructor: Palma Holden, (785) 539-1183

Date: 07/21/2007 (Sa)  
Time: 10:00 AM to Noon  
Fee: \$28.00  
Location: UFM Conference Room

### Living Better with Massage

07BHW67

Explore the benefits of massage related to stress, athletic performance and headache relief. Learn how stress negatively affects your body and how massage can help decrease stress. Discover how massage provides relief for headache sufferers. Hands-on demonstrations, instructions on self massage for headache and pain relief; and information on partner massage will be an important part of the class. Dress comfortably and come ready to learn and have a fun time.

Instructors: Rose Woosley & Jessica Lewis

Rose Woosley and Jessica Lewis are massage therapists at Body First Therapeutic Massage. Visit our website, [www.tryufm.org](http://www.tryufm.org) for information on instructors' training and areas of expertise.

Date: 07/27/2007 (F)  
Time: 7:00 PM to 8:30 PM  
Fee: \$10.00  
Location: UFM Fireplace Room



### Tai Chi for Arthritis

07BHW62

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 Feng Shui practitioner and Tai Chi instructor in Manhattan, KS. He is schooled in Tantric Black Sect Feng Shui.

Date: 06/09/2007 to 06/23/2007 (Sa)  
Time: 10:00 AM to 10:45 AM  
Fee: \$36.00  
Location: UFM Lower Level





# Martial Arts

## Tae Kwon Do I

07BMA01Z

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: 06/05/2007 to 07/31/2007 (Tu/Th)  
Time: 6:30 PM to 7:30 PM  
Fee: \$72.00  
Location: KSU Ahearn Room 302

## Tae Kwon Do II

07BMA02Z

Tae Kwon Do is an effective way to unify the mind and body. It helps develop one's health by increasing cardiovascular abilities, strength, balance and flexibility. The Tae Kwon Do II class is for students who have completed Tae Kwon Do I or who have at least 6 months of martial arts training. Students will continue to develop the skills of blocking, punching, kicking and self-defense.

Instructor: David Moore

Date: 06/05/2007 to 07/31/2007 (Tu/Th)  
Time: 7:30 PM to 8:30 PM  
Fee: \$72.00  
Location: KSU Ahearn Room 302



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## Lao Hu Pai Kung Fu

07BMA05

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

Dr. Michael Tran has been involved 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: 06/13/2007 to 08/01/2007 (W)  
Time: 6:00 PM to 8:00 PM  
Fee: \$62.00  
Location: KSU Ahearn Room 302



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Recreation classes for children are listed in Youth & Aquatics sections



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Owner is the founder of the White Phoenix System.

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# Personal Interest

## Protecting Kids Online:

### What Parents Need to Know 07BPI01

Our children are our nations most valuable asset and protecting them is the most important responsibility of parents. Yet one in seven children ages 10-17 has been sexually approached or solicited on the internet. Many parents are unaware of the dangers the internet poses to the most vulnerable members of our society. "Protecting Kids Online: What Parents Need to Know", is designed to help parents keep their children safe online and educate parents about internet communications, a topic that many know less about than their children.

Instructor: Jeff Lanza

Jeff Lanza has been an FBI Agent since 1988 and the Kansas City Division's Spokesman since 1990. During his tenure at the FBI, he has investigated matters involving organized crime, public corruption, and computer crime. Special Agent Lanza provides internet safety and identity theft presentations for public and law enforcement audiences. Agent Lanza has an undergraduate degree in Criminal Justice from the University of New Haven (Connecticut) and a Masters Degree in Business Administration from the University of Texas.

Date: 06/06/2007 (W)  
 Time: 6:30 PM to 8:00 PM  
 Fee: No Charge  
 Location: Manhattan Public Library Auditorium

## History of Islam 07BPI02

This is not a "religious" class. We will briefly study the first 100 years of Islamic history, and we will try to answer questions like how did Islam spread and how Muslims could build their emperor in 50 years.

Instructor: Ibrahim Saleh, asaleh@ksu.edu

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

Date: 06/15/2007 to 07/20/2007 (F)  
 Time: 7:00 PM to 8:00 PM  
 Fee: \$42.00  
 Location: UFM Conference Room



## Dog Obedience 101 07BPI11

This class is designed to build the relationship between you and your dog with positive, respectful training methods to teach the behaviors your dog needs to become a good family pet. Your pet will learn commands: sit, down, stay, come, off, drop it, leave it, leash walking and polite greeting. For dogs over 5 months old. Fee includes the book, "Beginning Family Dog Training" by Patricia B. McConnell, Ph.D. Students will need to bring treats, chew toy and leash. \*Our insurance company requires that in order to participate in this class, you will need an up-to-date copy of your dog's shot record. These records will be retained for UFM's files.

Instructor: Mary Foster, maryhenryfoster@aim.com

Mary has been teaching pet obedience classes since 2003. She will teach you to use reward-based methods to modify your pet's behavior to meet your needs. Her philosophy is that an animal trained in a positive way will become a willing partner who is eager to please.

Date: 06/05/2007 to 07/10/2007 (Tu)  
 Deadline for registration is 05/29  
 Time: 6:30 PM to 7:30 PM  
 Fee: \$75.00  
 Location: UFM House

## Parenting the Second Time Around 07BPI42

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. She is interested in Grandparents Raising Grandchildren, because she is a product of this wonderful family upbringing.

Date: 06/05/2007 to 07/24/2007 (Tu)  
 Time: 7:00 PM to 8:30 PM  
 Fee: \$26.00  
 Location: UFM Fireplace Room



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# Recreation & Fitness

## Oriental Fusion Dance

07BRF02

This class is for all levels and will truly be a fusion class; entwining aspects of African dance, Indian dance and even Martial Arts stances, while emphasizing isolations found in Oriental dance. Warm-up and strength training will be key to the start of every class. Techniques and combos will be put together in a unique choreography for each session to use either for performance or personal fun! There will be demonstrations in easy and affordable costume ideas too! Please wear comfortable workout clothes.

Instructor: Isara Nari, shefro\_@hotmail.com

Isara Nari has experienced Middle Eastern and Ethnic Dance for 4 years through classes, workshops and independent study. She has performed at several cultural and local events.

Date: 06/21/2007 to 07/26/2007 (Th)  
Time: 7:00 PM to 8:00 PM  
Fee: \$40.00  
Location: Pro Fitness, 1125 Laramie St.

## Salsa Night

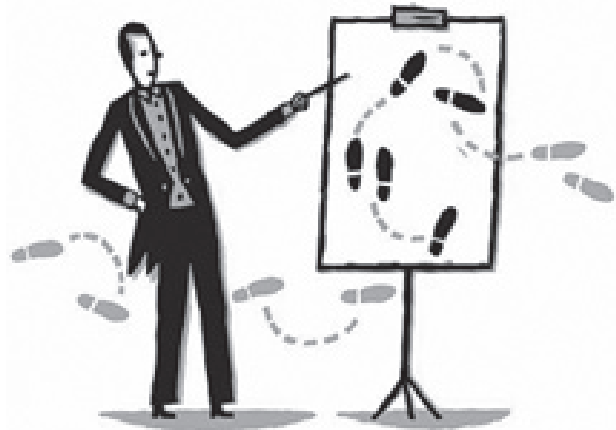
07BRF03

Salsa is the hottest of the Latin American dances! Its lively beat makes you want to get up and move. Come enjoy this easy-to-learn, fun dance. Wear comfortable shoes and get ready to have fun! No partner necessary.

Instructor: Michael Bennett, dance599@yahoo.com

Michael Bennett has trained in Ballroom Dance at U.C. Berkeley, Mandola Ballroom, San Francisco; AliBaba Ballroom, Oakland, CA; Chicago Dance Studio, Chicago, IL; and Avenue Ballroom, San Francisco. He was the 1986 San Francisco Avenue Ballroom Jitterbug Champion. For more information visit [www-personal.ksu.edu/~costa](http://www-personal.ksu.edu/~costa). He choreographed and performed in Ballroom Suite, Winter Dance 1998, KSU. He is a member of the United States Amateur Ballroom Dancers Association.

Date: 08/10/2007 (F)  
Time: 8:15 PM to 10:00 PM  
Fee: \$14.00  
Location: Cross Roads, ECM, 1021 Denison Ave.



## Ballroom Dance I

07BRF26AZ

Enjoy an introduction to the principles of ballroom dancing. Class activities include dance terminology, dance position, correct body alignment, positions and partnering. Techniques such as open and close positions, leading and following, and a variety of steps will be emphasized. The jitterbug, American waltz, foxtrot, and Latin steps will be taught.

Instructor: Michael Bennett, dance599@yahoo.com

Date: 05/25/2007 to 08/10/2007 (F)  
Time: 6:45 PM to 8:00 PM  
Fee: \$89.00/Individual  
Location: Cross Roads, ECM, 1021 Denison Ave.

## Swing and Salsa

07BRF27

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 roster.

Instructor: Michael Bennett, dance599@yahoo.com

Date: 06/08/2007 to 07/27/2007 (F)  
Time: 8:30 PM to 9:30 PM  
Fee: \$42.00/Individual  
Location: Cross Roads, ECM, 1021 Denison Ave.

## Beginning Dance for Couples

07BRF38

"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 roster.

Instructor: Michael Bennett, dance599@yahoo.com

Date: 06/08/2007 to 07/27/2007 (F)  
Time: 5:30 PM to 6:30 PM  
Fee: \$42.00/Individual  
Location: Cross Roads, ECM, 1021 Denison Ave.



## Introduction to Golf

07BRF04A

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, 539-1041

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

Date: 05/31/2007 to 06/21/2007 (Th)  
Time: 7:00 PM to 8:00 PM  
Fee: \$41.00  
Location: Stagg Hill Golf Course

## Introduction to Golf

07BRF04B

Instructor: Jim Gregory, 539-1041

Date: 06/28/2007 to 07/19/2007 (Th)  
Time: 7:00 PM to 8:00 PM  
Fee: \$41.00  
Location: Stagg Hill Golf Course

## Golf

07BRF05Z

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, 539-1041

Date: 06/06/2007 to 08/01/2007 (W)  
(No class 07/04)  
Time: 6:00 PM to 8:00 PM  
Fee: \$127.00  
Location: Stagg Hill Golf Course

## Beginning Belly Dance

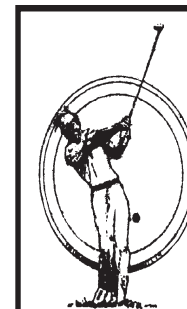
07BRF09A

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: Cathia Bailey

Cathia has enjoyed studying many forms of dance during her life. She studied tap dance as a child, and again in college. In college she also learned many international folk dances, from English to Russian to Turkish. She later studied ballroom and swing dancing. From 2001 to 2003 Cathia lived in rural West Africa, where she had the opportunity to participate in village dances. After her return to the U.S. she searched for ways to stay active with dance, and discovered belly dance. Cathia loves how belly dance is not only so much fun to do, but is also great exercise. She enjoys introducing new students to this beautiful and entertaining dance style.

Date: 06/05/2007 to 06/26/2007 (Tu)  
Time: 6:35 PM to 7:35 PM  
Fee: \$36.00  
Location: UFM Banquet Room



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## Recreation & Fitness Continued

### Beginning Belly Dance

07BRF09B

Instructor: Cathia Bailey

Date: 07/10/2007 to 07/31/2007 (Tu)  
 Time: 6:35 PM to 7:35 PM  
 Fee: \$36.00  
 Location: UFM Banquet Room

### Intermediate Belly Dance

07BRF10A

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

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

Lisa "Gaitri" Zecha 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: 06/05/2007 to 06/26/2007 (Tu)  
 Time: 7:40 PM to 8:40 PM  
 Fee: \$36.00  
 Location: UFM Banquet Room



### Intermediate Belly Dance

07BRF10B

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

Date: 07/10/2007 to 07/31/2007 (Tu)  
 Time: 7:40 PM to 8:40 PM  
 Fee: \$36.00  
 Location: UFM Banquet Room

### Advanced/Troupe Combo Class

07BRF11A

This class is for students who have taken at least two sessions of Beginning 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. Entrance into the professional dance troupe is by invitation/audition only. To request an audition, or to discuss candidate qualifications, please contact the school's artistic director, Maya Zahira at maya@mayazahira.com. Middle Eastern Dance Choreography will be taught and rehearsed in preparation for a variety of public performances. Performances may include: professional belly dance productions, birthday parties, baby showers, wedding showers, wedding receptions, family gatherings, women's retreats, festivals, sidewalk sales, corporate events, fundraisers, school assemblies, and more. Prerequisite: Advanced Belly Dance  
 Instructor: Lisa McNeil, lisajeane.mcneil@gmail.com

Date: 06/07/2007 to 06/28/2007 (Th)  
 Time: 7:45 PM to 8:45 PM  
 Fee: \$36.00  
 Location: UFM Banquet Room

### Advanced/Troupe Combo Class

07BRF11B

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

Date: 07/05/2007 to 07/26/2007 (Th)  
 Time: 7:45 PM to 8:45 PM  
 Fee: \$36.00  
 Location: UFM Banquet Room



### Belly Dance Conditioning Workout

07BRF12A

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: 06/05/2007 to 07/10/2007 (Tu)  
 Time: 5:30 PM to 6:30 PM  
 Fee: \$54.00  
 Location: UFM Banquet Room

## Marianna Kistler Beach Museum of Art



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 SATURDAY 1:00 - 5:00 SUNDAY 1:00 - 5:00



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Recreation classes for  
 children are listed in Youth  
 and Aquatics sections



## Recreation & Fitness Continued

### Boxing

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 catchmitts 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, and combos will be covered in class along with how to put together your own combos. Students will workout on various bags such as the heavy bag, the double end bag, and speed bag to develop rhythm and hand-eye coordination. There will be no physical contact. Everyone is welcome to take this course.

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 & fitness for over 20 years. She began dancing in 1969 and has continued her lifelong journey in the field of fitness to bring Manhattan incredible fitness classes including: boxing, kickboxing, self-defense, hip hop dance, Dancenastics, Sportsnastics for boys, K-State credit boxing classes and much more.

Date: 06/05/2007 to 07/26/2007 (Tu/Th)  
Time: 6:30 PM to 7:30 PM  
Fee: \$129.00  
Location: 2303 Tuttle Creek Boulevard  
Blue Hills Shopping Center

### 07BRF14Z

### Introductory Course to Boxing for Women & Men (Ages 16+) 07BRF14A

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

Date: 06/13/2007 to 07/18/2007 (W/M)  
(No class 07/04)  
Time: 6:30 PM to 7:30 PM  
Fee: \$98.00  
Location: 2303 Tuttle Creek Boulevard  
Blue Hills Shopping Center

### Introductory Course to Boxing for Women & Men (Ages 16+) 07BRF14B

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

Date: 07/23/2007 to 08/22/2007 (M/W)  
Time: 6:30 PM to 7:30 PM  
Fee: \$98.00  
Location: 2303 Tuttle Creek Boulevard  
Blue Hills Shopping Center

### Intermediate Boxing

### 07BRF54AZ

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: 06/05/2007 to 07/26/2007 (Tu/Th)  
Time: 7:30 PM to 8:30 PM  
Fee: \$129.00  
Location: 2303 Tuttle Creek Boulevard  
Blue Hills Shopping Center

### Beginning Bowling

### 07BRF17AZ

This course will cover the basic fundamentals of bowling: How to choose a ball, stance, four-step approach, aim, spot bowling, proper release, and spare conversion system. Score keeping, tournament play, rules and tips will also be taught. Instructor: Terri Eddy, 532-6562 is an experience bowler.



Date: 06/04/2007 to 07/30/2007 (M/W)  
(No class 07/04)  
Time: 1:30 PM to 2:20 PM  
Fee: \$94.00  
Location: KSU Student Union-Bowling Alley

**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.**



#### 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)

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Bicycles, Accessories & Repair  
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304 Poyntz, Downtown Manhattan 785-539-5639



## Recreation & Fitness Continued



### Yogilates

**07BRF142AZ**

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

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

Diana Knox has been involved in the fitness industry for over 12 years as a certified instructor and director. As the Fitness Director and a personal trainer at ProFitness in Aggieville, she offers classes incorporating step, yoga, stability ball, pilates, weight training/toning, kickboxing and yogilates.

Date: 06/05/2007 to 07/26/2007 (Tu/Th)  
 Time: Noon to 1:00 PM  
 Fee: \$72.00  
 Location: Pro Fitness, 1125 Laramie St.



### Total Body Toning

**07BRF159AZ**

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, (785) 564-3663, dknox@ksu.edu

Date: 06/05/2007 to 07/26/2007 (Tu/Th)  
 Time: 10:30 AM to 11:30 AM  
 Fee: \$72.00  
 Location: Pro Fitness, 1125 Laramie St.



[www.prairielandfood.com](http://www.prairielandfood.com)

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)



# Youth

## 3 Day Youth Boxing & Fitness Camp

(Ages 8-16) **07BYO04A**

This camp is specifically designed for youth interested in learning new and exciting ways to train and get in shape. During this 3-Day Camp, youth will get the opportunity to train with a USA amateur boxer. The K.O. Boxing & Fitness camp 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 personally experience and understand the importance of discipline and hard work. This is a no contact, no sparring camp. 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 & fitness for over 20 years. She began dancing in 1969 and has continued her lifelong journey in the field of fitness to bring Manhattan incredible fitness classes including: boxing, kickboxing, self-defense, hip hop dance, Dancenastics, Sportsnastics for boys, K-State credit boxing classes and much more.

Date: 06/18/2007 to 06/20/2007 (M-W)  
Time: 10:00 AM to Noon  
Fee: \$90.00  
Location: 2303 Tuttle Creek Boulevard  
Blue Hills Shopping Center

## 3 Day Youth Boxing & Fitness Camp

(Ages 8-16) **07BYO04B**

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

Date: 06/25/2007 to 06/27/2007 (M-W)  
Time: 10:00 AM to Noon  
Fee: \$90.00  
Location: 2303 Tuttle Creek Boulevard

## 3 Day Youth Boxing & Fitness Camp

(Ages 8-16) **07BYO04C**

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

Date: 07/09/2007 to 07/11/2007 (M-W)  
Time: 10:00 AM to Noon  
Fee: \$90.00  
Location: 2303 Tuttle Creek Boulevard

## 3 Day Youth Boxing & Fitness Camp

(Ages 8-16) **07BYO04D**

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

Date: 07/16/2007 to 07/18/2007 (M-W)  
Time: 10:00 AM to Noon  
Fee: \$90.00  
Location: 2303 Tuttle Creek Boulevard

## 3 Day Youth Boxing & Fitness Camp

(Ages 8-16) **07BYO04E**

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

Date: 07/23/2007 to 07/25/2007 (M-W)  
Time: 10:00 AM to Noon  
Fee: \$90.00  
Location: 2303 Tuttle Creek Boulevard

## 3 Day Youth Boxing & Fitness Camp

(Ages 8-16) **07BYO04F**

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

Date: 08/06/2007 to 08/08/2007 (M-W)  
Time: 10:00 AM to Noon  
Fee: \$90.00  
Location: 2303 Tuttle Creek Boulevard

## 3 Day Youth Boxing & Fitness Camp

(Ages 8-16) **07BYO04G**

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

Date: 08/13/2007 to 08/15/2007 (M-W)  
Time: 10:00 AM to Noon  
Fee: \$90.00  
Location: 2303 Tuttle Creek Boulevard

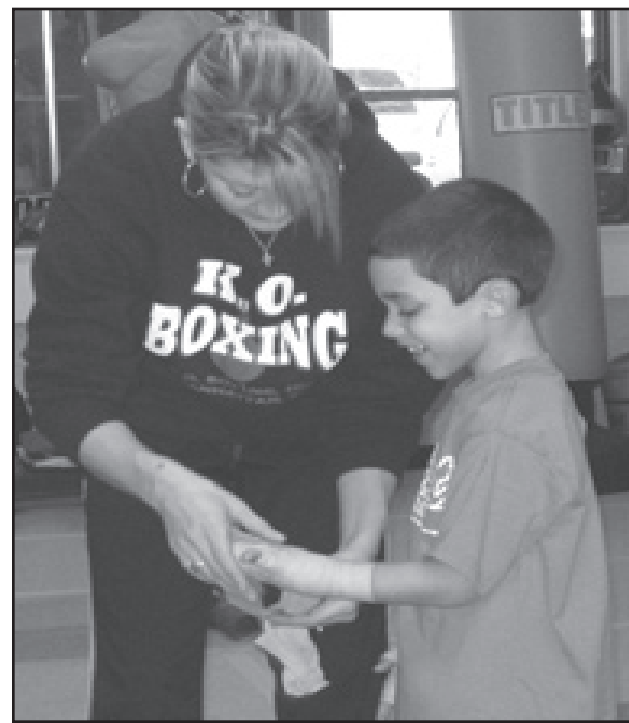
## Youth Boxing (Ages 7-15)

**07BYO29A**

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 personally experience and understand the importance of discipline and hard work. This is a no contact, no sparring course.

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

Date: 06/12/2007 to 07/12/2007 (Tu/Th)  
Time: 5:15 PM to 6:15 PM  
Fee: \$98.00  
Location: 2303 Tuttle Creek Boulevard



**ENROLL ONLINE AT [WWW.TRYUFM.ORG](http://WWW.TRYUFM.ORG)**

**ASK ABOUT OUR YOUTH  
SCHOLARSHIPS AT  
785.539.8763**



## Youth Continued

### Youth Boxing (Ages 7-15) 07BYO29B

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

Date: 07/17/2007 to 08/16/2007 (Tu/Th)  
Time: 5:15 PM to 6:15 PM  
Fee: \$98.00  
Location: 2303 Tuttle Creek Boulevard

### Introduction to the Nutcracker Ballet and Tap Dancing 07BYO06

This beginning class is designed to teach students basic ballet steps and dances from the Nutcracker Ballet. The second half of the class introduces basic tap steps. No dance experience or formal dance attire necessary. Students wishing to continue will learn a routine that can be performed. For girls and boys ages 4-12.  
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: 06/12/2007 to 06/26/2007 (Tu)  
Time: 6:00 PM to 6:30 PM  
Fee: \$16.00  
Location: 2416 Rogers Blvd.

### Jazz and Tap Dancing (Ages 4-13) 07BYO19

This tap and jazz dancing class is designed for beginners as well as for children that have had some experience. A fun, short dance routine will be taught as well as learning basic steps. Formal dance attire is not necessary.  
Instructor: Randi Dale, (785) 539-5767

Date: 06/12/2007 to 06/26/2007 (Tu)  
Time: 6:30 PM to 7:00 PM  
Fee: \$16.00  
Location: 2416 Rogers Blvd.



## Horseback Riding Lessons

- Training
- Coaching
- Showing

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EquineExpo.com/qbfarm

### Internet Etiquette & Safety 07BYO13

Students will learn proper etiquette on the internet. How to keep themselves and their children protected while using the internet. Safety tips for internet usage and programs that can help in this task.

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

Date: 07/21/2007 (Sa)  
Time: 1:00 PM to 3:00 PM  
Fee: \$29.00  
Location: Manhattan Public Library - Computer Lab

### Karate & Self-Defense (youth) 07BYO31A

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 step-by-step and shown exactly how to achieve Karate success. Note: "I promise remarkable progress for children in a short period of time."

Instructor: Habib Diop  
hdiop@ksu.edu

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

Date: 06/05/2007 to 06/26/2007 (Tu)  
Time: 11:00 AM to Noon  
Fee: \$43.00  
Location: UFM Banquet Room

### Karate & Self-Defense (youth) 07BYO31B

Instructor: Habib Diop, hdiop@ksu.edu

Date: 07/10/2007 to 07/31/2007 (Tu)  
Time: 11:00 AM to Noon  
Fee: \$43.00  
Location: UFM Banquet Room



### Introduction to Spanish for Kids (ages 6-10) 07BYO42

Children interested in learning a new language through such activities as listening, reading, speaking, and singing can take this class. Students will not only be learning about the Spanish language, but also learning and enjoying some of the cultural aspects of the Spanish-speaking world. Fee includes materials for fun art projects and food day.  
Instructor: Lotus Hazlett & Suzanne Sprenkle

Suzanne and Lotus are teachers in the Wamego School District. Between the two of them they cover Spanish classes from middle school through high school, beginners through advanced. Both graduated from KSU with a degree in K-12 Spanish Education, and they both have spent time in Spanish-speaking countries.

Date: 06/12/07 to 06/28/07 (Tu/Th)  
Time: 5:30 PM to 6:30 PM  
Fee: \$35.00  
Location: UFM Conference Room

## Teen



## Mentoring



## UFM Community Learning Center



More Info: Contact Ali  
Call 785.539.8763, atj@ksu.edu  
Download app. @www.tryufm.org

## Middle/High school

June 6 - July 25

## Volunteer as a Mentor!

## Program



Group Meets  
Wednesdays 3-5  
Transportation provided



# KSU Credit Courses

Recreational courses for KSU credit on this page are offered for credit through the **DIVISION OF CONTINUING EDUCATION** with the cooperation of various KSU departments. Register at 131 College Court St. on Anderson Ave. Fees for these classes differ depending on special instructor and equipment needs. Enrollment, withdrawal and refunds are determined by University policy and handled at the Division of Education Registration office. Call **785.532.5566** for questions or information, or visit <http://www.dce.ksu.edu/courses/recreational.shtml>

## **Ballroom Dance** **DANCE-599**

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

Reference Number: 90400  
 Date: 05/25/07 to 08/10/07 (F)  
 Time: 6:45 PM to 8:00 PM  
 Fee: \$261 (Also available for non-credit partner through UFM RF26AZ)  
 Location: ECM Auditorium, 1021 Denison



## **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

Reference Number: 90401  
 Date: 06/04/07 to 07/30/07 (M/W)  
 (No class 07/04)  
 Time: 5:45 PM to 6:45 PM  
 Fee: \$239.50  
 (Available for non-credit, HW15AZ)  
 Location: KSU Ahearn Room 302

## **Scuba Diving** **RRES-200**

This course will prepare students for NAUI Scuba Diver Certification. Areas of information covered include introductory information for certification, knowledge of the equipment, physics of diving, medical problems related to diving, use of diving tables, diving environment, and general information. The date for certification will be determined at a later date. A certification fee of \$75 will be assessed at the time of check out dives. However neither UFM nor KSU is responsible for the certification. Travel and lodging are at the student's expense. Students must provide their own mask, fins, and snorkel, which will be available for purchase at the first class. Equipment ranges in price from \$100 to \$175. There is a nonrefundable materials fee of \$50 for withdrawing from the class after the first day. Instructor: Jeff Wilson

Reference Number: 90406  
 Date: 06/04/07 to 07/09/07 (M)  
 Time: 5:30 PM to 9:30 PM  
 Fee: \$352.50  
 (Available for non-credit, AQ105AZ)  
 Location: Natatorium, KSU Campus

## **Golf** **RRES-200**

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

Reference Number: 90407  
 Date: 06/06/07 to 08/01/07 (W)  
 (No class 07/04)  
 Time: 6:00 PM to 8:00 PM  
 Fee: \$280 (Available for non-credit, RF05Z)  
 Location: 4441 Fort Riley Blvd.  
 Stagg Hill Golf Club

## **Beginning Bowling** **RRES-200**

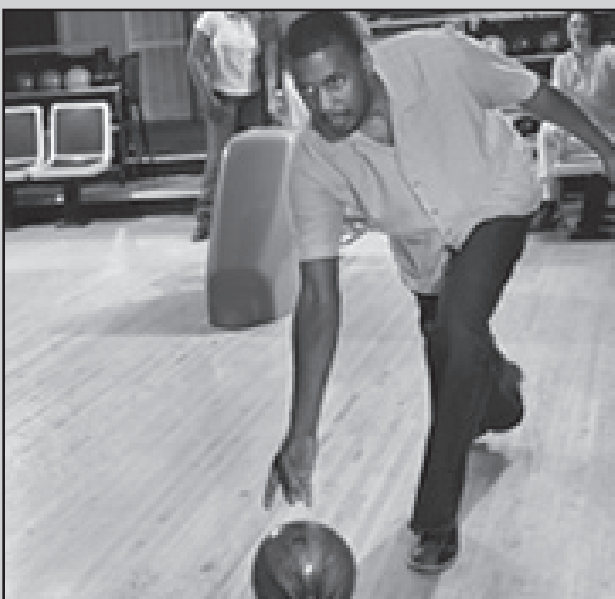
This course will cover the basic fundamentals of bowling: how to choose a ball, stance, four-step approach, aim, spot bowling, proper release and spare conversion system. Score keeping, tournament play, rules and tips will also be taught. Instructor: Terri Eddy

Reference Number: 90410  
 Date: 06/04/07 to 07/30/07 (M/W)  
 (No class 07/04)  
 Time: 1:30 PM to 2:20 PM  
 Fee: \$219.50  
 (Available for non-credit, RF17AZ)  
 Location: KSU Student Union-Bowling Alley

## **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: 90404  
 Date: 06/05/07 to 07/26/07 (Tu/Th)  
 Time: 10:30 AM to 11:30 AM  
 Fee: \$261  
 (Available for non-credit, RF159AZ)  
 Location: Pro Fitness, 1125 Laramie St.



## **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 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

Reference Number: 90405  
 Date: 06/05/07 to 07/26/07 (Tu/Th)  
 Time: 12:00 PM to 1:00 PM  
 Fee: \$261  
 (Available for non-credit, RF142AZ)  
 Location: Pro Fitness, 1125 Laramie St.

## **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: 90408  
 Date: 06/05/07 to 07/31/07 (Tu/Th)  
 Time: 6:30 PM to 7:30 PM  
 Fee: \$225.50  
 (Available for non-credit, MA01Z)  
 Location: KSU Ahearn Room 302



## KSU Credit Courses Continued

### 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: 90409

Date: 06/05/07 to 07/31/07 (Tu/Th)

Time: 7:30 PM to 8:30 PM

Fee: \$225.50

(Available for non-credit, MA02Z)

Location: KSU Ahearn Room 302



### Boxing

**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, and combos will be covered in class along with how to put together your own combos. Students will workout on various bags such as the heavy bag, the double end bag, and speed bag to develop rhythm and hand-eye coordination. There will be no physical contact. Everyone is welcome to take this course.

Instructor: Lorissa Ridley

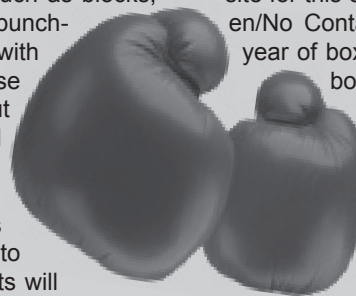
Reference Number: 90402

Date: 06/05/07 to 07/26/07 (Tu/Th)

Time: 6:30 PM to 7:30 PM

Fee: \$259 (Available for non-credit, RF14Z)

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



### 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: 90403

Date: 06/05/07 to 07/26/07 (Tu/Th)

Time: 7:30 PM to 8:30 PM

Fee: \$259

(Available for non-credit, RF54AZ)

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



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

**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 their degrees. 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 three degree programs that can be completed entirely

at night: criminology, interdisciplinary social science, or life span human development. 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.ksu.edu/eveningcollege](http://www.dce.ksu.edu/eveningcollege) to learn more today!

**KANSAS STATE UNIVERSITY**  
**EVENING College**







# FRIDAY



# NIGHT



## JUNE FRIDAY NIGHTS

### JUNE 8 | POKER NIGHT

*THIS CLASS WILL DISCUSS THE BASIC RULES OF TEXAS HOLD'EM (AND ITS VARIATIONS) AS WELL AS BETTING, STRATEGIES AND 'TABLE' MANNERS. LUCK WILL GET YOU SO FAR, BUT SKILL WILL GET YOU FARTHER.*

INSTRUCTOR: ADAM DURAR

7:00 TO 8:20 PM | \$17 | UFM FIREPLACE ROOM

### JUNE 15 | TRADITIONAL TAPAS PARTY

*POPULAR THROUGHOUT SPAIN IN BARS AND RESTAURANTS, TAPAS ARE APPETIZERS THAT USUALLY ACCOMPANY DRINKS. THESE CLASSIC TAPAS DISHES BRING TO ONE'S PLATE THE ESSENCE OF SPANISH LIFE AND CULTURE. SANGRIAS AND MARGARITAS WILL BE SERVED FOR THOSE 21 AND OVER.*

INSTRUCTOR: DAVID ESPENOZA

7:00 TO 9:00 PM | \$24 | UFM KITCHEN

### JUNE 22 | INDIAN COOKING NIGHT

*DISCOVER INDIAN FLAVORS! ENJOY A "HOT & SPICY" EXPERIENCE WITH TRADITIONAL INDIAN DISHES THAT ARE EASY TO MAKE AND CAN BE SHARED WITH FRIENDS. RECIPES WILL INCLUDE PAKORA (2 TYPES), A DELICIOUS APPETIZER AND SAMOSA, AN INDIAN CHILI. INDIAN TEA WILL ALSO BE SERVED WITH FOOD.*

INSTRUCTOR: SANGEETA NATH

6:30 TO 8:00 PM | \$19 | UFM KITCHEN

### JUNE 29 | MUDDY WATER: AN INFORMAL DISCUSSION ABOUT COFFEE

*SPEND A FEW HOURS WITH WADE RADINA DISCUSSING THE HISTORY OF COFFEE, THE FUNDAMENTALS OF ROASTING AND CUPPING, AND CURRENT ISSUES IN THE INDUSTRY. FEE INCLUDES A BAG OF FRESH ROASTED COFFEE AND DESSERTS FROM RADINA'S COFFEEHOUSE.*

INSTRUCTOR: WADE RADINA

7:00 TO 9:00 PM | \$14 | RADINA'S COFFEEHOUSE



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

## JULY FRIDAY NIGHTS

### JULY 6 | INDIVIDUAL DESSERTS FOR TWO OR A CROWD

*FOR THOSE WHO DON'T LIKE TO HAVE A LOT OF LEFTOVER SWEETS, THIS IS THE CLASS FOR YOU! YOU WILL MAKE INDIVIDUAL CHOCOLATE TARTS AND WORK WITH PASTRY CREAM AND CREATE DELICIOUS DESSERTS FOR ANY NUMBER OF PEOPLE. LEARN TO MAKE INDIVIDUAL DESSERTS; PERFECT FOR AN INTIMATE DINNER, BRIDAL SHOWER, OR EVEN A BARBEQUE!*

INSTRUCTOR: HEATHER KEEN

6:30 TO 8:30 PM | \$19 | UFM KITCHEN

### JULY 13 | WINE TASTING

*DO YOU ENJOY WINE AND WANT TO KNOW MORE ABOUT IT? IF SO, THIS CLASS IS FOR YOU. BOB CAMPBELL, OWNER OF CANDLEWOOD LIQUOR WILL HELP YOU DEMYSTIFY WINE. FOOD WILL BE PROVIDED TO SHOWCASE WINE AND FOOD COMBINATIONS. PARTICIPANTS MUST BE 21 YEARS OR OVER TO ENROLL IN THIS CLASS.*

INSTRUCTOR: BOB CAMPBELL

7:00 TO 9:00 PM | \$35 | UFM BANQUET ROOM

### JULY 20 | EVENING OF SOUTHERN ITALIAN COOKING

*COME READY TO SLOW DOWN AND ENJOY SOME OF THE BEST RECIPES OF SOUTHERN ITALIAN COOKING ON THIS FRIDAY NIGHT. OUR INSTRUCTOR IS CHRISTOPHER E. RENNER WHO LIVED IN NAPLES AND THE PROVINCE OF POTENZA FOR 17 YEARS. HE WILL PREPARE A SUMMER FEAST TYPICAL OF THE AREA RICH IN VEGETABLES, CHEESES AND PASTA. WINE WILL ALSO BE PROVIDED FOR PARTICIPANTS AGE 21 AND OLDER.*

INSTRUCTOR: CHRIS RENNER

6:30 TO 8:30 PM | \$19 | UFM KITCHEN

### JULY 27 | LIVING BETTER WITH MASSAGE

*EXPLORE THE BENEFITS OF MASSAGE AND LEARN HOW STRESS NEGATIVELY AFFECTS YOUR BODY AND HOW MASSAGE CAN HELP DECREASE STRESS. HANDS-ON DEMONSTRATIONS, INSTRUCTIONS ON SELF MASSAGE FOR HEADACHE AND PAIN RELIEF, AND INFORMATION ON PARTNER MASSAGE WILL BE AN IMPORTANT PART OF THE CLASS. DRESS COMFORTABLY AND COME READY TO LEARN AND HAVE A FUN TIME.*

INSTRUCTORS: ROSE WOOLSEY & JESSICA LEWIS

7:00 TO 8:30 PM | \$10 | UFM FIREPLACE ROOM

## AUGUST FRIDAY NIGHTS

### AUGUST 3 | LEARN THE NIGHT SKY

*LEARN THE MAJOR CONSTELLATIONS AND FIND YOUR WAY AROUND THE NIGHT SKY. WE WILL DISCUSS SOME OF THE MYTHOLOGY AND UNDERSTAND THE ZODIAC.*

INSTRUCTOR: DEAN STRAMEL

6:30 TO 8:00 PM | \$8 & \$4 ADDITIONAL FAMILY MEMBER | MHS WEST, 2100 POYNTZ AVE.

### AUGUST 10 | SALSA NIGHT

*SALSA IS THE HOTTEST OF THE LATIN AMERICAN DANCES! ITS LIVELY BEAT MAKES YOU WANT TO GET UP AND MOVE. COME ENJOY THIS EASY-TO-LEARN, FUN DANCE. WEAR COMFORTABLE SHOES AND GET READY TO HAVE FUN! NO PARTNER NECESSARY.*

INSTRUCTORS: MICHAEL BENNETT & BECKY SCHIPPERS

8:15 TO 10:00 PM | \$14 | 1021 DENISON AVE.

**\*\*REFRESHMENTS WILL BE SERVED AT ALL CLASSES\*\***

# Information

Cathia Bailey  
Scott Bean  
Michael Bennett  
Jocelyn Bishop  
Carl Brown  
Bob Campbell  
Kate Cashman  
Sarah Coover  
Randi Dale  
Dona Deam  
Habib Diop  
Adam Durar

Terri Eddy  
David Espenoza  
Mary Foster  
Ana Franklin  
Jim Gregory  
Colleen Hampton  
Lotus Hazlett  
Palma Holden  
HCCI Inc.  
Brandy James  
Michele Janette  
Heather Keen

Diana Knox  
Aimee Kraus  
Toni Kroll  
Carroll Lange, CWB  
Jeff Lanza  
Jessica Lewis  
M'Eliz Maata, AuD  
Georgette Miller  
David Moore  
Isara Nari  
Sangeeta Nath  
Jill Nixon

Emilie Rabbat  
Wade Radina  
Luba Ramm  
Christopher Renner  
Lorissa Ridley-Fink  
Carol Russell  
Ibrahim Saleh  
Gordon Schmid  
Pamela Schmid  
Suzanne Sprenkle  
Dean Stramel  
Don Terhune

Mei Hwa (Tina) Terhune  
Abby Thrash  
Michael Tran  
Jeff Wilson  
Rose Woosley  
Chulee Yaege  
Lisa Zecha

*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: June 5 (Tu)  
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 give a full refund if a class is cancelled by UFM. If a student decides to withdraw before the class begins and gives 48 hours notice before the starting date, we will refund all but a \$3 processing fee. Some classes have material fees which are non-refundable. Those classes are marked. **NO REFUND AFTER THE CLASS BEGINS.**

## SPECIAL POLICIES FOR KSU CREDIT CLASSES

**CREDIT REGISTRATION REFUNDS:** A full refund of tuition and fees, less any non-refundable material fee, may be given before 20% of the scheduled class meetings. A 50% refund of tuition and fees may be given, less any non-refundable material fee, between 20% and 25% of the scheduled class meetings. No refund is issued after 25% of the scheduled class meetings. A course dropped between 30% to 60% of the scheduled class meetings will have no "W" recorded on the students transcript. A course dropped between 30% to 63% of the scheduled class meetings will have a "W" recorded on the students transcript. Students dropping a course must either complete and submit the online drop form located at: <http://www.dce.ksu.edu/dce/distance/forms.html> or send written notification to the DCE Registration Office (785.532.5566) postmarked no later than the deadline. Students may not drop from a course after 63% of the course has been completed.

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

## INCLEMENT WEATHER POLICY

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

## LIABILITY STATEMENT

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

## NONDISCRIMINATION POLICY

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

CLICK on non-credit classes and register online for any class. VIEW class descriptions, times and dates.

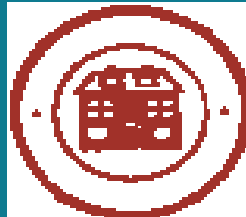


Complete the form below and mail it with your check, money order or credit card information to:

UFM Class Registrations, 1221 Thurston Manhattan, KS 66502-5299.



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



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

**UFM** 1221 THURSTON 539-8763  
Manhattan, KS 66502

**UFM** 1221 THURSTON 539-8763  
Manhattan, KS 66502

## UFM Community Learning Center

## UFM Community Learning Center

Registration Form

Registration Form

1221 Thurston

Manhattan, KS 66502

539-8763

1221 Thurston

Manhattan, KS 66502

539-8763

Student Name \_\_\_\_\_ Day Phone \_\_\_\_\_

Student Name \_\_\_\_\_ Day Phone \_\_\_\_\_

Address \_\_\_\_\_ Evening Phone \_\_\_\_\_

Address \_\_\_\_\_ Evening Phone \_\_\_\_\_

City \_\_\_\_\_ State KS Zip \_\_\_\_\_ Email \_\_\_\_\_

City \_\_\_\_\_ State KS Zip \_\_\_\_\_ Email \_\_\_\_\_

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

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

Parent's Name if Student is Under Age 18 \_\_\_\_\_

Parent's Name if Student is Under Age 18 \_\_\_\_\_

CLASS # Session TITLE FEE LOCATION DATE TIME

CLASS # Session TITLE FEE LOCATION DATE TIME

CLASS #	Session	TITLE	FEE	LOCATION	DATE	TIME

CLASS #	Session	TITLE	FEE	LOCATION	DATE	TIME

Tax Deductible Donation

Tax Deductible Donation

Total

Total

I hereby authorize the use of my Visa  MasterCard  Discover

I hereby authorize the use of my Visa  MasterCard  Discover

Card Number \_\_\_\_\_ Expiration Date \_\_\_\_\_

Card Number \_\_\_\_\_ Expiration Date \_\_\_\_\_

Card Cardholder's Name (Please Print) \_\_\_\_\_

Card Cardholder's Name (Please Print) \_\_\_\_\_

Cardholder's Signature \_\_\_\_\_

Cardholder's Signature \_\_\_\_\_

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

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

Where did you obtain your catalog? \_\_\_\_\_

Where did you obtain your catalog? \_\_\_\_\_

A class I would like offered \_\_\_\_\_

A class I would like offered \_\_\_\_\_

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

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

Signature\*\* Date

Signature\*\* Date

\*\*Signature of Parent or Guardian required for minors.

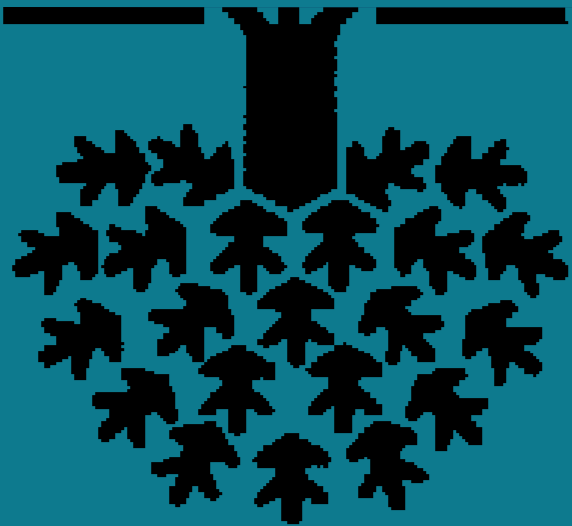
\*\*Signature of Parent or Guardian required for minors.

Office Use Only		Amount	Total Paid
Date Received	Date Staff	Check _____	<input type="text"/>
Entered		Cash _____	
Computer		Visa _____	Date _____
		M/C _____	
		Discover _____	

Office Use Only		Amount	Total Paid
Date Received	Date Staff	Check _____	<input type="text"/>
Entered		Cash _____	
Computer		Visa _____	Date _____
		M/C _____	
		Discover _____	

**CLASSES  
SUMMER 2007  
CENTER  
LEARNING  
COMMUNITY  
UFM**

TEACHING \* LEARNING \* GROWING  
VOL. 42 EDITION 1

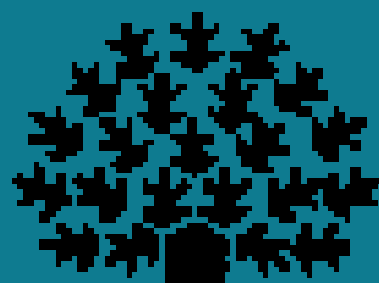


**SUMMER CLASSES**

Intro to Russian  
Cake Decorating  
History of Islam

***JUNE - AUGUST 2007***

Protecting Kids Online  
Beginning Bowling  
Friday Night Out! Series



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

**UFM  
Community  
Learning  
Center**

1221 Thurston St.

**SUMMER 2007  
CLASSES**

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

**OR CURRENT RESIDENT**