

Hello! Welcome to UFM

CELEBRATE UFM'S 40th ANNIVERSARY 1968-2008

UFM will celebrate its KSU origins Nov. 3-7 in the K-State Union. Join us for one or all of our 40th anniversary events. See page 3.

UFM's MISSION:

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. UFM Community Learning Center is a creative educational program serving Kansas State University, the Manhattan area and the state of Kansas.

T A B L E O F C O N T E N T S	AQUATICS 4	CAREER & FINANCE 7	CREATIVE FREE TIME 8
	SWIM LESSONS SCUBA DIVING SHALLOW/DEEP HYDROAEROBICS FITNESS SWIMMING	GAIN CONTROL OF YOUR MONEY INVESTING IN YOUR FUTURE LSAT AND GRE TEST PREP COMPUTER CLASSES	INTERMEDIATE JEWELRY MAKING PAPER PLAY COUNTED CROSS STITCH SCRAPBOOKING BASICS
	EARTH & NATURE 12	FUN FOODS 14	HEALTH & WELLNESS 16
	HYPERMILING HONEY, I SHRUNK THE TRASH WILDLAND FIRE MANAGEMENT AUTUMN ON THE TALLGRASS PRAIRIE	THAI COOKING HOME BREWING 101 BEER TASTING AUTHENTIC MEXICAN COOKING	CPR/FIRST AID PEACE MEDITATION ACUPUNCTURE & CHINESE HERBOLOGY SELF DEFENSE
	LANGUAGE 19	MARTIAL ARTS 23	PERSONAL INTEREST 24
	FRENCH ELEMENTARY ARABIC SIGN LANGUAGE BEGINNING SPANISH	JUDO I & II TAE KWON DO I BASICS/ADVANCED WHITE PHOENIX SYSTEMS AIKIJUJUTSU AND SELF-DEFENSE	CLUTTER CLEANING INTRO TO CITIZEN JOURNALISM MANHATTAN/RILEY COUNTY IN 1968 PHILOSOPHY OF GURDJIEFF & OUSPENSKY
	RECREATION & FITNESS 25	YOUTH 31	KSU CREDIT & SALINA CLASSES 34
ZUMBA BICYCLING FOR TRANSPORTATION & FITNESS ABSO "GLUETLY" HARD CORE FIT (16+) BALLROOM DANCE, SWING & SALSA HANDWALKING	COMPUTERS AND KIDS SOUND AND RECORDING INTRO TO ARTS FOR AGES 9-12 YOUTH BALLET CROCHET FOR KIDS	ZUMBA GOLF SWING & SALSA PILATES FLY FISHING TENNIS ARCHERY TURBO KICK™	



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CLASS REGISTRATION FORMS 40



Special Assistance: A participant in a UFM non-credit program with a disability who needs accommodations should indicate this at the time of registration. Any class can be placed in a handicapped accessible room.

UFM STAFF

- Executive Director | **LINDA TEENER**
- Education Coordinator | **MARCIA HORNING**
- Community Outreach Coordinator | **CHARLENE BROWNSON**
- Special Projects Coordinator | **VAL COLTHARP**
- Teen Mentoring Coordinator | **JILL THIEN**
- Registrar/Media Coordinator | **ANNETTE SWEET**

PLUS ALL THE TEACHERS WHO SHARE THEIR TALENTS!

BOARD OF DIRECTORS

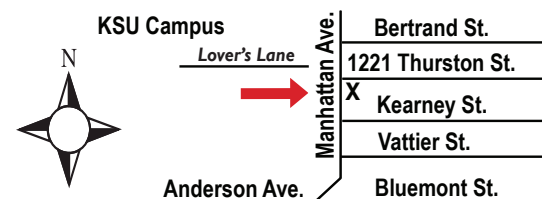
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- LINDA RAWDON**
- KAREN SCHROEDER**

UFM OFFICE HOURS

Monday - Friday | 8:30 am - 5 pm
(Closed Noon - 1 pm)
1221 Thurston St. | Manhattan, KS 66502
785.539.8763 | 785.539.9460 (fax)

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

ENROLL ONLINE AT WWW.TRYUFM.ORG



1968
2008

UFM Celebrating 40 years
Putting Community in Education



UFM

was founded by a group of KSU students and faculty as a way to bridge communication between the campus and community. That year seven classes were offered with 150 participants. This past year, UFM offered over 1,000 classes and 16,739 people participated in a variety of activities that UFM coordinates.

UFM Community Learning Center
40th Anniversary Celebration
November 3 - 7, 2008

- **Monday, November 3** - "1968":
A documentary about a very memorable year in US history.
7:00 pm, KSU Forum Hall, Co-sponsored with UPC
- **Tuesday, November 4** - UFM Lou Douglas Lecture:
Paula Allen: "Women Around the World Demand Justice"
7:00 PM, KSU Forum Hall
- **Wednesday, November 5**
Displays and information about UFM
10:00 - 2:00, KSU Student Union
- **Thursday, November 6**
UFM Birthday party!!
Music and cake to the first 150 attendees
12-1 PM, KSU Union Courtyard
- **Friday, November 7** - UPC Friday After Hours
Entertainment, activity and a "Green" craft starting at 7 PM
Movie at 8 PM
Co-sponsored with UPC

Join us for one or all
of these campus events.



quatics

LEARN TO SWIM CLASSES

UFM proudly offers the American Red Cross Swim Lessons Levels 1 - 6, Parent/Infant and Parent/Tot, and Tot Transition. UFM also offers private and adult swim classes. Small classes allow for carefully guided instruction in stroke technique and water safety. Water safety is reinforced with tips and practice each day. The first day of class each student is evaluated to assure that they are in the proper class. Students advance through the levels at their own rate and are moved to different class levels as space permits and skill advancement demands.

LOCATION: KSU Natatorium - Ahearn Complex
Lockers are available for use during class. Participants must supply towels and swimsuits. Children over the age of 5 are not permitted in restrooms/locker rooms of the opposite sex. Changing tables are available in both the men's and women's locker rooms.

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

BEGINNING & ENDING DATES (*Except Where Noted):

Session A:	Monday, Sept. 8 to Nov. 3 (No class 10/6)
Session B:	Tuesday, Sept. 9 to Oct. 28
Session C:	Wednesday, Sept. 10 to Oct. 29
Session D:	Thursday, Sept. 11 to Oct. 30
Session E:	Saturday, Sept. 6 to Sept. 27

Parent/Infant and Parent/Tot

This water orientation program is designed to teach you how to work safely and effectively with your child and to teach basic water safety and self-help skills. This program emphasizes water adjustment, preparatory activities for swimming, and water enjoyment for you and your child. Small children should wear appropriate swim diapers. To participate, infants must have the ability to voluntarily raise their heads 90 degrees when lying flat on their stomachs and be 6 months old. During the 4 meetings, parents will receive instruction and have opportunity to practice water techniques with their children. Parent must accompany child.

Monday	6:00 PM to 6:35 PM
AQ-01P1	Sept. 8 to Sept. 29
AQ-01P2	Oct. 13 to Nov. 3
AQ-01P3	Nov. 10 to Dec. 1

Thursday	6:00 PM to 6:35 PM
AQ-04P1	Sept. 11 to Oct. 2
AQ-04P2	Oct. 9 to Oct. 30

Saturday	9:30 AM to 10:05 AM
AQ-05P1	Sept. 6 to Sept. 27

Fee: \$29.00 per session (4 lessons)



Tot Transition

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

Tuesday	6:00 PM to 6:35 PM
AQT-01A	Sept. 9 to Sept. 30
AQT-01B	Oct. 7 to Oct. 28
AQT-01C	Nov. 4 to Nov. 25

Wednesday	6:00 PM to 6:35 PM
AQT-02A	Sept. 10 to Oct. 1
AQT-02B	Oct. 8 to Oct. 29

Saturday	10:10 AM to 10:45 AM
AQT-05E	Sept. 6 to Sept. 27

Fee: \$29.00 per session (4 lessons)

Level I: Introduction to Water Skills

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

AQ-01A	Monday	6:45 PM to 7:30 PM
AQ-01B	Tuesday	6:45 PM to 7:30 PM
AQ-01C	Wednesday	6:45 PM to 7:30 PM
AQ-01D	Thursday	6:45 PM to 7:30 PM

Fee: \$54.00 per session (8 lessons)

Level II: Fundamental Aquatic Skills

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

AQ-02A	Monday	6:45 PM to 7:30 PM
AQ-02B	Tuesday	6:45 PM to 7:30 PM
AQ-02C	Wednesday	6:45 PM to 7:30 PM
AQ-02D	Thursday	6:45 PM to 7:30 PM

Fee: \$54.00 per session (8 lessons)

Level III: Stroke Development

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

AQ-03A	Monday	6:45 PM to 7:30 PM
AQ-03B	Tuesday	6:45 PM to 7:30 PM
AQ-03C	Wednesday	6:45 PM to 7:30 PM
AQ-03D	Thursday	6:45 PM to 7:30 PM

Fee: \$54.00 per session (8 lessons)

UFM would like to thank SAE, Sigma Alpha Epsilon Fraternity House for use of its parking lot during summer 2008 swim lessons.



Level IV: Stroke Improvement

The objective of Level IV is to develop confidence in the skills learned and improve other aquatic skills. Students will increase their endurance by swimming familiar strokes (elementary backstroke, front crawl, back crawl, breaststroke) for greater distances. Students will be introduced to the basics of turning at a wall and coordinating the butterfly stroke. Students entering this

course must have a Level III certificate or must be able to demonstrate all the completion requirements in Level III.

AQ-04A	Monday	6:45 PM to 7:30 PM
AQ-04B	Tuesday	6:45 PM to 7:30 PM
AQ-04C	Wednesday	6:45 PM to 7:30 PM
AQ-04D	Thursday	6:45 PM to 7:30 PM

Fee: \$54.00 per session (8 lessons)

Level V: Stroke Refinement

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

AQ-05A	Monday	6:45 PM to 7:30 PM
AQ-05B	Tuesday	6:45 PM to 7:30 PM

Fee: \$54.00 per session (8 lessons)



Level VI: Swimming and Skill Proficiency

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

AQ-06A	Monday	6:45 PM to 7:30 PM
AQ-06B	Tuesday	6:45 PM to 7:30 PM

Fee: \$54.00 per session (8 lessons)

Adult Swim Lessons 08CAQ22

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

AQ-22E	Saturday	10:50 AM to 11:30 AM
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Fee: \$42.00 per session (4 lessons)



AQUATICS CONTINUED



Lap Swimming: Ages 13+

Lap Swimming is for individual work-out. The lap pool is available to adults and advanced swimmers to swim regularly and frequently. You may choose your 40-minute block of time during the scheduled times below.

AQLSA	Monday	6:00 PM to 7:30 PM
AQLSB	Tuesday	6:00 PM to 7:30 PM
AQLSC	Wednesday	6:00 PM to 7:30 PM
AQLSD	Thursday	6:00 PM to 7:30 PM

Fee: \$19.00 per session (8 times)

Lap Swimming for Parents

Are you tired of being just an observer at your child's swimming lesson? If so, then take advantage of the time you spend watching and enroll in Lap Swimming at a special price. The lap pool is available every day your child is enrolled in swimming lessons. During this time you will be able to swim laps to meet your own needs and goals.

AQLPA	Monday	6:00 PM to 7:30 PM
AQLPB	Tuesday	6:00 PM to 7:30 PM
AQLPC	Wednesday	6:00 PM to 7:30 PM
AQLPD	Thursday	6:00 PM to 7:30 PM

Fee: \$16.00 per session (8 times)

Shallow Water Aerobics: Water Exercise

This is a 50-minute water exercise class that uses water resistance to give participants a great workout. This class is designed to use water exercises for the development of physical fitness, muscle tone, flexibility and cardiovascular endurance. Exercises are done in a vertical position with head and shoulders out of the water. Both the swimmer and the non-swimmer will benefit from this class.

Session A:	08/25/2008 to 09/18/2008 (No class 9/1) Monday - Thursday (6:40pm to 7:30pm)
AQ-26A	(1 time per week)
AQ-27A	(2 times a week)
AQ-28A	(3 times a week)
AQ-29A	(4 times a week)
Session B:	09/22/2008 to 10/16/2008 (No class 10/6) Monday - Thursday (6:40pm to 7:30pm)
AQ-26B	(1 time per week)
AQ-27B	(2 times a week)
AQ-28B	(3 times a week)
AQ-29B	(4 times a week)

SHALLOW WATER EXERCISE CONTINUED

Session C:	10/20/2008 to 11/13/2008 Monday - Thursday (6:40pm to 7:30pm)
AQ-26C	(1 time per week)
AQ-27C	(2 times a week)
AQ-28C	(3 times a week)
AQ-29C	(4 times a week)

Session D:	11/17/2008 to 12/11/2008 (No classes 11/26-11/27) Monday - Thursday (6:40pm to 7:30pm)
AQ-26D	(1 time per week)
AQ-27D	(2 times a week)
AQ-28D	(3 times a week)
AQ-29D	(4 times a week)
Fee:	\$20 for 1 time per week per session \$24 for 2 times a week per session \$29 for 3 times a week per session \$33 for 4 times a week per session

Shallow Water Aerobics for the Entire Semester

Session E:	08/25/2008 to 12/11/2008 (No classes 9/1, 10/6 or 11/26-11/27) Monday - Thursday (6:40pm to 7:30pm)
AQ-26E	(1 time per week)
AQ-27E	(2 times a week)
AQ-28E	(3 times a week)
AQ-29E	(4 times a week)
Fee:	\$36 for 1 time per week per session \$48 for 2 times a week per session \$54 for 3 times a week per session \$62 for 4 times a week per session

Deep Water Aerobics

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

Session A:	08/26/2008 to 09/18/2008 AQ-100A 6:40 PM to 7:30 PM (Tu/Th)
Session B:	09/23/2008 to 10/16/2008 AQ-100B 6:40 PM to 7:30 PM (Tu/Th)
Session C:	10/21/2008 to 11/13/2008 AQ-100C 6:40 PM to 7:30 PM (Tu/Th)

DEEP WATER EXERCISE CONTINUED

Session D:	11/18/2008 to 12/11/2008 (No class 11/27)
AQ-100D	6:40 PM to 7:30 PM (Tu/Th)
Fee:	\$24.00 per session

Deep Water Aerobics for the Entire Semester

Session E:	08/26/2008 to 12/11/2008 (No class 11/27)
AQ-100E	6:40 PM to 7:30 PM (Tu/Th)
Fee:	\$62.00

Private Swim Lessons AQ103

Private lessons provide one-on-one instruction for any level of swimmer. There are 4 lessons, 30 minutes each that occur once a week for 4 weeks. To improve scheduling and better serve our families, please make sure you record these times and dates when you register. THERE WILL BE NO OPPORTUNITY FOR MAKE UP LESSONS.

Beginning and Ending Dates for Private Lessons:

Session A1:	Monday	Sept. 8 to Sept. 29
Session A2:	Monday	Oct. 13 to Nov. 3
Session A3:	Monday	Nov. 10 to Dec. 1
Session B1:	Tuesday	Sept. 9 to Sept. 30
Session B2:	Tuesday	Oct. 7 to Oct. 28
Session B3:	Tuesday	Nov. 4 to Nov. 25
Session C1:	Wednesday	Sept. 10 to Oct. 1
Session C2:	Wednesday	Oct. 8 to Oct. 29
Session C3:	Wednesday	Nov. 5 to Dec. 3 (No class 11/26)
Session D1:	Thursday	Sept. 11 to Oct. 2
Session D2:	Thursday	Oct. 9 to Oct. 30
Session D3:	Thursday	Nov. 6 to Dec. 4 (No class 11/27)

Times for Monday-Thursday sessions:
6:00 PM to 6:35 PM
Session A3-D3: 6:00 PM to 6:35 PM & 6:45 PM to 7:20PM

Times for Saturday sessions:
E1: 9:30 AM to 10:05 AM
E2: 10:10 AM to 10:45 AM
E3: 10:50 AM to 11:25 AM

Fee: \$69 per session (4 THIRTY-FIVE MINUTE lessons)
\$55 per student for semi-private lessons:
(2 students per teacher)
(4 thirty-five minute lessons)

Open Swim Appreciation 08CAQ31A

For UFM swim participants and their parents. Parents are invited to join their children in the water and practice swimming together. There is no charge for this activity. However, registration with the number of participants planning to attend is requested so that we can provide adequate lifeguards. The session may be cancelled if no pre-registration is received.

Date:	10/11/2008 (Sa)
Time:	9:30 AM to 11:30 AM
Fee:	No charge
Location:	Natatorium, KSU Campus

Open Swim Appreciation 08CAQ31B

Date:	10/19/2008 (Su)
Time:	5:00 PM to 7:00 PM
Fee:	No charge
Location:	Natatorium, KSU Campus

AQUATICS CONTINUED

Sunday Family Swim **08CAQ32**

Bring the family out for a refreshing evening of swimming. Take advantage of the indoor pool at K-State on Sunday evenings. You must register in advance so we can plan for adequate lifeguards.

Date: 10/12/2008 to 11/02/2008 (Su)
 Time: 5:00 PM to 7:00 PM
 Fee: \$8.00/Individual;\$20.00/Family
 Location: Natatorium, KSU Campus

Scuba Diving **08CAQ105AZ**

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

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

Date: 09/08/2008 to 10/20/2008 (M)
 Time: 6:00 PM to 10:00 PM
 Fee: \$232.00 (Available for KSU Credit)
 Location: Natatorium, KSU Campus

Scuba Diving **08CAQ105BZ**

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

Date: 11/03/2008 to 12/08/2008 (M)
 Time: 6:00 PM to 10:00 PM
 Fee: \$232.00 (Available for KSU Credit)
 Location: Natatorium, KSU Campus

Fitness Swimming **08CAQ108AZ**

Students interested in this course MUST be able to demonstrate the five basic strokes, using rhythmic breathing. Emphasis will be on analyzing and refining stroke technique and additional competitive skills, improving/maintaining physical fitness and endurance through a progressive conditioning swimming program. Students will learn the components of well-balanced training and how to design a workout for conditioning swimming.

Instructor: Melissa Haug

Date: 09/30/2008 to 11/13/2008 (Tu/Th)
 Time: 6:00 PM to 7:30 PM
 Fee: \$82.00 (Available for KSU Credit)
 Location: Natatorium, KSU Campus



AFI Aquatics Fitness Instructor **08CAQ104Z**

This course is an in-depth educational and training program for individuals interested in advancing their knowledge and skills in designing and leading different types of water exercise. It will prepare instructors to become certified to organize, develop, teach, administer and market safe, fun and effective water exercise programs for various populations. Certification Requirements: Attend all sessions; score at least 80% on final written exam; successfully demonstrate ability to plan a class for various populations and effectively teach a class from deck. Class fees include textbooks, supplies and American Red Cross AFI certification. Accreditation option is also available through AAHPERD/ AAPAR (\$40.00) for those who complete required materials. Students will have a minimum amount of time to complete the study questions and assignments and are encouraged to purchase materials several weeks prior to the workshop. Address any questions or concerns to the instructor trainer.

Lecture/lab twice weekly. Enrollment requirements, topics to be addressed and instructor certification option for this class are listed at www.tryufm.org.

Instructor: Carol Stites, clsswim@cox.net

Date: 11/07/2008 to 11/15/2008 (F/Sa)
 Time: 4:00 PM to 8:00 PM (F);
 9:00 AM to 6:00 PM (Sa)
 Fee: \$118.00
 (Available for 2 hours KSU Credit)
 Location: Natatorium, KSU Campus

Touring Kayak-Rescues and Recoveries

08CAQ37A

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

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

Date: 09/28/2008 (Su)
 Time: 9:00 AM to Noon
 Fee: \$50.00
 Location: Natatorium, KSU Campus

Date: 10/26/2008 (Su)
 Time: 9:00 AM to Noon
 Fee: \$50.00
 Location: Natatorium, KSU Campus

Date: 11/09/2008 (Su)
 Time: 9:00 AM to Noon
 Fee: \$50.00
 Location: Natatorium, KSU Campus

Date: 12/07/2008 (Su)
 Time: 9:00 AM to Noon
 Fee: \$50.00
 Location: Natatorium, KSU Campus

Need Lifeguard Training?
 Call UFM at 539.8763 or visit web site
 for current information.

**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.**

**Manhattan
 Marlins
 Swim Team**



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

Ages: 5 years through college

www.manhattanmarlins.org

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



www.tryufm.org
 1968-2008 Celebrating 40 years

**1221 Thurston St.
 785.539.8763**

Career & Finance

Gain Control of Your Money and Become Debt Free **08CFC01**

Learn about how debt works and the basics of investing. Do you have too much money at the end of your paycheck? Do you have a plan to control the money that you make, spend and save? Are you spending too much on debt and insurance? This class will cover questions to ask so that you better understand credit cards and mortgages. You will learn to identify problem areas in your finances, so that you can start to take control of your money. Learn to buy wisely and reach your financial dreams. The investing section of class will cover important money management concepts with practical, easy-to-understand language. Topics include investment basics, types of products, and development of a personal financial game plan that will help you plan a secure future for you and your family.

Instructor: Charlene M. Brownson, (785) 776-3666
cmb@ksu.edu

Charlene has worked with financial services for over 12 years and enjoys sharing her knowledge with others to help them develop money skills.

Date: 10/09/2008 to 10/16/2008 (Th)
Time: 7:00 PM to 8:30 PM
Fee: Individual/ \$12.00, Couple/\$16.00
Location: UFM Conference Room
1221 Thurston St., 2nd floor

GRE Prep Course **08CFC06**

Graduate Record Exam Preparation Course. Review and practice the three GRE subject areas of Math, Logic and verbal skills, learn strategies for successful test-taking and analyze the reason for correct responses. Deadline one week prior to class or \$20 extra fee to order materials.

Date: View website for updated information.
Time: TBA
Fee: \$270.00
Location: TBA

LSAT Prep Course **08CFC24**

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

Date: View website for updated information.
Time: TBA
Fee: \$270.00
Location: TBA

Basic Computer Skills **08CFC51**

Afraid to turn on a computer? This is the class for you! You will learn how to identify the basic parts of the computer, how to use the mouse, explore some of the programs on your computer, and how to navigate your way through your computer. Once you have the basics down, you will learn how to manage your free email account and how to perform a basic Internet search.

Instructor: Amy Trujillo

Amy Trujillo works for USD-475 as an English Language Learner (ELL) teacher, writes technology articles for a national publication, and is certified to teach Microsoft Office. She has taught computer classes from kindergarten to the community college level.

Date: 08/23/2008 (Sa)
Time: 9:30 AM to 11:30 AM
Fee: \$12.00
Location: Manhattan Public Library -
Computer Classroom, 629 Poyntz Ave.

Excel and Word **08CFC54**

Learn the basics of Excel and Word. You will learn how to use the toolbars, the basics of each program, basics functions in Excel, how to save, print, and email your work. These programs can be lifesavers and you can create professional looking documents to save time and impress your boss/family. It is recommended that you have basic mouse skills before taking this course.

Instructor: Amy Trujillo

Date: 10/08/2008 (W)
Time: 6:00 PM to 8:00 PM
Fee: \$12.00
Location: Manhattan Public Library -
Computer Classroom, 629 Poyntz Ave.

PowerPoint and Publisher **08CFC55**

Learn the basics in PowerPoint and Publisher. You will learn how to use the toolbars, the basics of each program, how to save, print, and email your work. Both of these programs have templates that you can work from and enhance to create professional presentations and documents for your work and your hobbies. It is recommended that you have basic mouse skills before taking this course.

Instructor: Amy Trujillo

Date: 11/08/2008 (Sa)
Time: 9:30 AM to 11:30 AM
Fee: \$12.00
Location: Manhattan Public Library -
Computer Classroom, 629 Poyntz Ave.



RealeWriter Workshop **08CFC59**

Learn how to create and send your own published mini-books using RealeWriter, a free downloadable program. You will learn how to upload your own pictures and email your mini-book to your family for free and personal holiday gifts.

Instructor: Amy Trujillo

Date: 12/06/2008 (Sa)
Time: 9:30 AM to 11:30 AM
Fee: \$12.00
Location: Manhattan Public Library -
Computer Classroom, 629 Poyntz Ave.

Community Economic Development **08CFC58**

This course is designed for those interested in an introduction to economic development at the local level. Please purchase and read the book "Deep Economy". David Darling's CD "Understanding Your Community's Economy" is included in fee. If you have a laptop, please bring to class. There will be handouts including Extension bulletins. Come prepared to learn and to contribute.

Instructor: David Darling

David Darling worked as an adult educator with the K-State Extension Service. He uses adult education teaching techniques.

Date: 10/13/2008 to 11/03/2008 (M)
Time: 7:00 PM to 8:30 PM
Fee: \$28.00
Location: UFM Conference Room
1221 Thurston St., 2nd floor

**CHECK OUT YOUTH SECTION
FOR COMPUTER CLASSES
ON PAGES 31-32**



reative Free Time

Beginning Knitting

08CCF05A

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

Instructor: Kennita Tully, (785) 537-1826

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

Date: 09/02/2008 to 09/23/2008

(Tu)

Time: 7:00 PM to 8:30 PM

Fee: \$31.00

Location: 300 Poyntz Ave.
Wildflower Yarns and Knitwear

Beginning Knitting

08CCF05C

Instructor: Kennita Tully, (785) 537-1826

Date: 10/08/2008 to 10/29/2008 (W)

Time: 7:00 PM to 8:30 PM

Fee: \$31.00

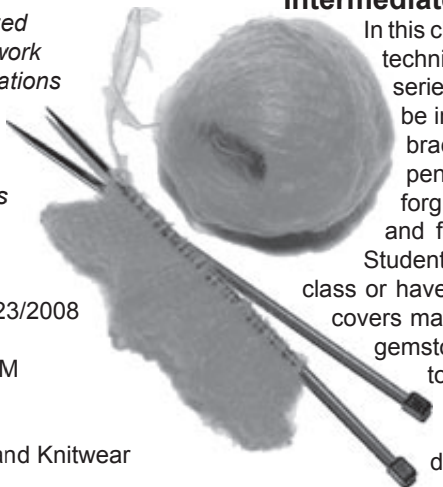
Location: 300 Poyntz Ave.
Wildflower Yarns and Knitwear

Intermediate Jewelry Making

08CCF13

In this class the students will learn more advanced techniques of fabricating fine jewelry through a series of 3 planned projects. All projects will be in sterling silver and include forged bangle bracelet, raised earrings and a basket style pendant. Techniques learned will include forging, forming, raising, advanced soldering and faceted stone setting in a prong setting. Students must have taken a Basic Jewelry Making class or have experience soldering silver. NOTE: Fee covers materials for all projects including silver and gemstones. Recommended tools list will be sent to all participants and can be purchased at cost through the instructor.

Instructor: Daniel Bostrom
daniel_j_bostrom@sbcglobal.net



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

Date: 09/06/2008 to 10/18/2008 (Sa)

Time: 9:00 AM to Noon

Fee: \$170.00

Location: UFM Solar Addition
1221 Thurston St.

Paper Play

08CCF25

Join us for "Paper Play" and learn to use paper for many decorative things like a photo album in a box, your family name in a plaque and cards created and designed by you! Materials are included in the fee. Please contact instructor if you have any special color scheme requests. Photos of these projects can be viewed at www.tryufm.org. Registration deadline is Aug. 29.

Instructor: Donna Wilkins, (785) 539-1753

sgtmomz@juno.com

Donna is a Close to My Heart consultant and loves to scrapbook family events as well as making cards and gifts. Please visit www.donnawilkins.myctmh.com for more of Donna's work.

Date: 09/09/2008 to 09/23/2008 (Tu)

Time: 6:00 PM to 8:00 PM

Fee: \$29.00 includes materials

Location: UFM Solar Addition
1221 Thurston St.

Poker Night

08CCF30

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

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

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

Date: 10/10/2008 (F)

Time: 8:00 PM to 9:30 PM

Fee: \$17.00

Location: UFM Fireplace Room
1221 Thurston St.

Beginning Knitting

08CCF05B

Instructor: Kennita Tully, (785) 537-1826

Date: 10/28/2008 to 11/18/2008 (Tu)

Time: 7:00 PM to 8:30 PM

Fee: \$31.00

Location: 300 Poyntz Ave.
Wildflower Yarns and Knitwear



Counted Cross Stitch

08CCF32A

This class will teach the basics of counted cross-stitch including reading a pattern, changing color and backstitching. Materials will be provided.

Instructor: Jocelyn Bishop, bishopj@ksu.edu

Date: 09/09/2008 to 09/30/2008 (Tu)

Time: 5:30 PM to 6:30 PM

Fee: \$40.00

Location: UFM Fireplace Room
1221 Thurston St.

Counted Cross Stitch

08CCF32B

Instructor: Jocelyn Bishop, bishopj@ksu.edu

Date: 10/14/2008 to 11/04/2008 (Tu)

Time: 5:30 PM to 6:30 PM

Fee: \$40.00

Location: UFM Fireplace Room
1221 Thurston St.

Counted Cross Stitch

08CCF32C

Instructor: Jocelyn Bishop, bishopj@ksu.edu

Date: 11/11/2008 to 12/02/2008 (Tu)

Time: 5:30 PM to 6:30 PM

Fee: \$40.00

Location: UFM Fireplace Room
1221 Thurston St.



CREATIVE FREE TIME CONTINUED

Beginning Crochet 08CCF84A

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

Instructor: Jocelyn Bishop, bishopj@ksu.edu

Date: 09/11/2008 to 10/02/2008 (Th)
Time: 5:30 PM to 6:30 PM
Fee: \$28.00
Location: UFM Fireplace Room
1221 Thurston St.

Beginning Crochet 08CCF84B

Instructor: Jocelyn Bishop, bishopj@ksu.edu

Date: 10/16/2008 to 11/06/2008 (Th)
Time: 5:30 PM to 6:30 PM
Fee: \$28.00
Location: UFM Fireplace Room
1221 Thurston St.

Beginning Crochet 08CCF84C

Instructor: Jocelyn Bishop, bishopj@ksu.edu

Date: 11/13/2008 to 12/11/2008 (Th)
(No class 11/27)
Time: 5:30 PM to 6:30 PM
Fee: \$28.00
Location: UFM Fireplace Room
1221 Thurston St.

Advanced Crochet 08CCF85A

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

Instructor: Jocelyn Bishop, bishopj@ksu.edu

Date: 09/11/2008 to 10/02/2008 (Th)
Time: 6:30 PM to 7:30 PM
Fee: \$28.00
Location: UFM Fireplace Room
1221 Thurston St.

Advanced Crochet 08CCF85B

Instructor: Jocelyn Bishop, bishopj@ksu.edu

Date: 10/16/2008 to 11/06/2008 (Th)
Time: 6:30 PM to 7:30 PM
Fee: \$28.00
Location: UFM Fireplace Room
1221 Thurston St.

Advanced Crochet 08CCF85C

Instructor: Jocelyn Bishop, bishopj@ksu.edu

Date: 11/13/2008 to 12/11/2008 (Th)
(No class 11/27)
Time: 6:30 PM to 7:30 PM
Fee: \$28.00
Location: UFM Fireplace Room
1221 Thurston St.

Learning to Write and Sell Fiction 08CCF36

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

Instructor: Glenn Sixbury

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

Date: 09/15/2008 to 09/29/2008 (M)
Time: 7:30 PM to 9:30 PM
Fee: \$20.00
Location: UFM Multipurpose Room
1221 Thurston St.

Scrapbooking Basics 08CCF64

New to scrapbooking? Feeling overwhelmed with pictures and need to get caught up? In this class, you will complete 12 layouts in 2 hours! You choose your own paper pack and stickers from Close to My Heart's line of products. All your pieces will be pre-cut so all you have to do is bring your own adhesive and glue it all together using the examples at the class. Class fee includes materials and instructions. Deadline registration is October 7.

Instructor: Amy Hervey

Amy Hervey is an Independent Consultant with Close To My Heart.

Date: 10/21/2008 (Tu)
Time: 7:00 PM to 9:00 PM
Fee: \$34.00
Location: UFM Conference Room
1221 Thurston St., 2nd floor



.....
● 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!
●



The Digital Darkroom for Photographers: Introduction to Photoshop, Image

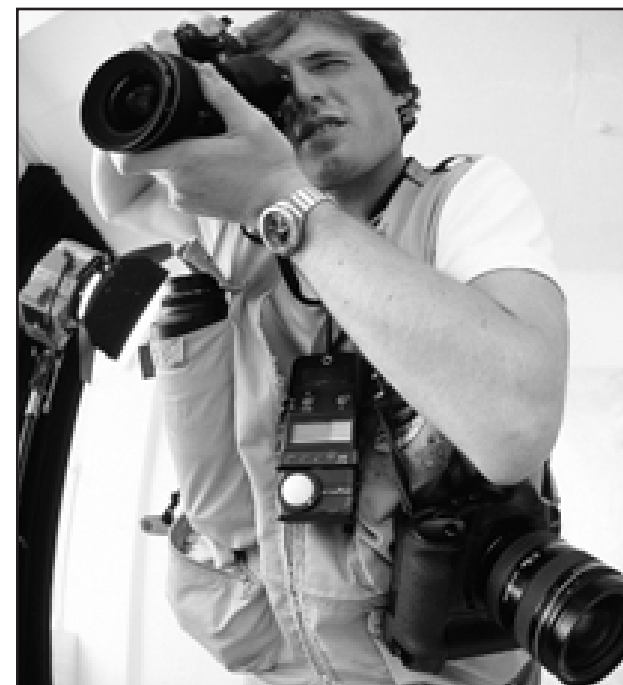
Processing & Printing 08CCF65

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 (the freeware image processing software GIMP is also available) as well as inkjet printing. Photographs will be processed in real time using Photoshop during the class and students will get a chance to work on some of their own photos. An example print will also be made during class.

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

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

Date: 12/02/2008 to 12/11/2008 (Tu/Th)
Time: 7:00 PM to 9:00 PM
Fee: \$48.00
Location: UFM Computer Lab,
1221 Thurston St., 2nd floor



ENROLL ONLINE AT WWW.TRYUFM.ORG

CREATIVE FREE TIME CONTINUED

Introduction to Photography 08CCF78

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. To get the most out of the class, participants are encouraged to bring their camera to each class. Tripods will also be beneficial. The class will include 5 class room meetings and 4 field trips. Participants will be responsible for their own film and development costs. In addition, participants are encouraged to bring photographs from the field trips to the following class session for discussion.

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

Date: 10/23/2008 to 11/20/2008 (Th/Sa)
 Time: 7:00 PM to 9:00 PM;
 Sat-6:30 PM to dark
 Fee: \$68.00
 Location: UFM Conference Room
 1221 Thurston St., 2nd floor

How to Document Home Inventory 08CCF91A

08CCF91A

Learn the importance of completing a home inventory, the benefits of having a home inventory and how to properly complete one. Free inventory sheets will be provided to attendees via email. Recommend attendees bring their home insurance policy to better follow along with the instructor. Attendees will also need to have a valid email address to receive inventory forms. Asking no kids be brought to class, and no recording devices allowed. Please arrive 15 minutes prior to start of class for roll call. Any questions (beyond registration) will be addressed by an Eagles Home Inventory representative. Registration deadline is Sept 1.

Instructor: Kevin Wilson, (785) 238-8946
 eagleshomeinventory@juno.com

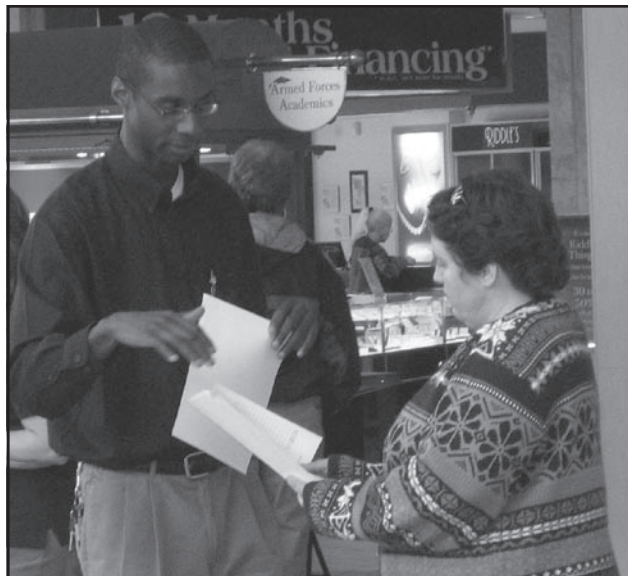
Date: 09/08/2008 (M)
 Time: 6:00 PM to 7:30 PM
 Fee: \$12.00
 Location: UFM Multipurpose Room
 1221 Thurston St.

How to Document Home Inventory 08CCF91B

08CCF91B

Registration deadline is Sept 15.
 Instructor: Kevin Wilson, (785) 238-8946
 eagleshomeinventory@juno.com

Date: 09/22/2008 (M)
 Time: 6:00 PM to 7:30 PM
 Fee: \$12.00
 Location: UFM Multipurpose Room
 1221 Thurston St.



How to Document Home Inventory 08CCF91C

08CCF91C

Registration deadline is Oct 6.
 Instructor: Kevin Wilson, (785) 238-8946
 eagleshomeinventory@juno.com

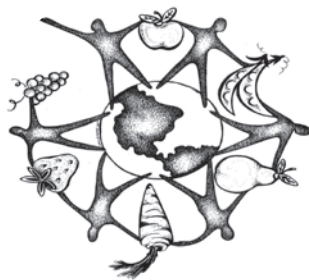
Date: 10/13/2008 (M)
 Time: 6:00 PM to 7:30 PM
 Fee: \$12.00
 Location: UFM Multipurpose Room
 1221 Thurston St.

How to Document Home Inventory 08CCF91D

08CCF91D

Registration deadline is Oct 13.
 Instructor: Kevin Wilson, (785) 238-8946
 eagleshomeinventory@juno.com

Date: 10/20/2008 (M)
 Time: 6:00 PM to 7:30 PM
 Fee: \$12.00
 Location: UFM Multipurpose Room



People's Coop Grocery & Deli Education Committee

523 S. 17th | (17th and Ft. Riley Blvd) | 785/539-4811
 info@peoplesgrocery.biz | www.peoplesgrocery.biz

Upcoming classes:

- Stress Management with KSU Instructor Art Rathbun
 Sunday, Sept. 14, 4-6 pm
 Tubman/Douglass Room, Douglass Center Annex on Yuma St.
 Also: Wed, Sept 10, 6:30-8 pm at Bramlage Public Library in Junction City
- Five educational tours on Liu Yin:
 Identifying pathogenic factors and learning how to bring balance to your system with Rhonda Bathhurst, National Board Certified Acupuncturist and Chinese Herbalist
 TBA-Late Fall
- Gail Masinton on Reducing Dietary Salt-TBA

These classes are FREE to the public.



How is your memory? Do you sometimes forget things?

Studies have shown that exercise is important to keep your brain active; both mental and physical exercise. With this in mind, the **Sunflower Pilot**

Club has engaged partners at Meadowlark Hills and KSU Center for Aging to initiate a program promoting Brain Fitness for Seniors. The concept of the program promotes brain fitness through fun. One featured activity will utilize the **Nintendo Wii** where participants may choose sports activities, Big Brain Academy or other entertaining games.

Join us for an explanation of the free program and a free demonstration.

Demonstrations will be:
 Tuesday Aug. 19 at 7:00pm - 8:30pm
 Tuesday Sept. 23 at 7:00pm - 8:30pm

Both sessions will be at the Manhattan Public Library Auditorium.





FRIDAY NIGHT OUT!!

**FORGET THE MOVIE LINES. GIVE THE TV A REST.
LEAVE THE FAST FOOD BEHIND.
MAKE UFM PART OF YOUR FRIDAY NIGHT FUN!**

**SEPTEMBER 19
EVENING OF SOUTHERN ITALIAN COOKING**
6:30 TO 8:30 PM | \$25 | UFM BANQUET ROOM

**SEPTEMBER 26
INDIAN COOKING NIGHT**
6:30 TO 8:30 PM | \$22 | UFM BANQUET ROOM

**OCTOBER 10
POKER NIGHT**
6:00 TO 9:00 PM | \$17 | UFM FIREPLACE ROOM

**OCTOBER 17
DANCING GOATS (COFFEE CLASS)**
7:00 TO 9:00 PM | \$14 | RADINA'S COFFEEHOUSE

**OCTOBER 17
GOING GREEK PART II**
7:00 TO 9:00 PM | \$30 | UFM SOLAR ADDITION

**OCTOBER 24
BEER TASTING**
6:30 TO 8:30 PM | \$12 | TALLGRASS BREWING CO.,
8845 QUAIL LANE, SUITE 1

**OCTOBER 31
FESTIVAL OF THE DAY OF THE DEAD
(DIA DE LOS MUERTOS)**
7:00 TO 9:00 PM | \$30 | UFM SOLAR ADDITION

**NOVEMBER 7
LIVING BETTER WITH MASSAGE**
7:00 TO 8:30 PM | \$12 | UFM BANQUET ROOM

**NOVEMBER 14
AUTHENTIC MEXICAN COOKING**
6:00 TO 9:00 PM | \$30 | UFM BANQUET ROOM

****REFRESHMENTS WILL BE PROVIDED AT ALL CLASSES****



**ENROLL AT WWW.TRYUFM.ORG
OR CALL 539.8763**

Earth & Nature

Fly Fishing

08CEN04AZ

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

Instructor: Barry Phillips

Barry (Craig) Phillips enjoys sharing the joy in fly fishing with others through teaching, guiding and writing. Along with providing guiding service in Kansas he has developed and is a lead presenter to groups throughout in Midwest. Barry has written a number of articles on fly fishing subjects that have been published in American Angler. He is on the Professional Staff for Temple Fork Outfitters Fly Rods and is a member of the Federation of Fly Fishers, the Coastal Conservation Association Texas Chapter, and the International Game Fish Association.

Date: 09/08/2008 to 09/18/2008 (M-Th)
Time: 6:00 PM to 8:00 PM
Fee: \$95.00
Location: KSU Durland Hall Room 1061

Fly Fishing

08CEN04BZ

Instructor: Barry Phillips

Date: 10/13/2008 to 10/23/2008 (M-Th)
Time: 6:00 PM to 8:00 PM
Fee: \$95.00
Location: KSU Durland Hall Room 1061

Fly Fishing

08CEN04CZ

Instructor: Barry Phillips

Date: 11/03/2008 to 11/13/2008 (M-Th)
Time: 6:00 PM to 8:00 PM
Fee: \$95.00
Location: KSU Durland Hall Room 1061

Home Landscape Design

08CEN08

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

Instructor: Gregg Eyestone

Date: 09/10/2008 to 09/24/2008 (W)
Time: 6:30 PM to 8:30 PM
Fee: Individual/\$21.00, Couple/\$30.00
Location: Cico Park-Pottorf Hall

Herb Garden Design

08CEN15

Incorporate herbs into your existing beds and learn how to use the plants you grow in your home. Learn to use plants in a natural way using no chemicals. Grow your own food and medicine in your flower beds.

Instructor: Jeanie DeArmond

Date: 09/13/2008 & 09/27/2008
Time: 10:00 AM to Noon
Fee: \$26.00
Location: UFM Multipurpose Room, 1221 Thurston

Wildland Fire Management

08CEN26

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, (785) 532-3316
hartmanj@ksu.edu

Date: 09/03/2008 to 12/10/2008 (W)
(No class 11/26)
Time: 4:30 PM to 7:00 PM
Fee: \$94.00
Location: UFM Banquet Room
1221 Thurston St.

Trees: Hate 'Em

08CEN27

Pick a Saturday and visit the Konza and other prairies. Discuss how to bring quail and prairie chickens back to the Flint Hills area. You will also learn about wildflowers and prairie grasses. Upland bird hunters are welcome. Contact UFM or instructor for directions to class and which Saturday you would like to attend. Class meets only once on Saturday.

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

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

Date: 09/06/2008 to 12/06/2008 (Sa)
Time: Noon to 4:00 PM
Fee: \$12.00
Location: 7102 Abbott Drive,
Cedar Creek Ranch

Make a Difference

Workshop 08CEN40

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

Instructor: Rachel Soash, (785) 587-2737
soash@ci.manhattan.ks.us

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

Date: 11/08/2008 (Sa)
Time: 2:00 PM to 3:30 PM
Fee: \$10.00
Location: Sunset Zoo, 2333 Oak St



Is Local Food or Organic Food Best?

08CEN41

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

Instructors: Jennifer Guilford, jlguilfo@ksu.edu & Rhonda Janke, (785) 532-0409, rjanke@ksu.edu

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

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

Date: 10/09/2008 (Th)
Time: 5:30 PM to 7:00 PM
Fee: No Charge
Location: UFM Fireplace Room
1221 Thurston St.

How to Choose, Use and Prepare Local Fruits & Vegetables

08CEN58

The class will cover some fruit and vegetable basics. We will answer questions while strolling through the farmers' market and observing vegetables in their natural habitat (the field) at the K-State Student farm (transportation provided). No prior knowledge is required. Attendees and their family and friends are invited to cook-out pot-luck lunch at the student farm after the class.

Instructors: Jennifer Guilford, jlguilfo@ksu.edu & Rhonda Janke, (785) 532-0409, rjanke@ksu.edu

Date: 09/20/2008 (Sa)
Time: 9:30 AM to 1:00 PM
Fee: No Charge
Location: Manhattan Farmer's Market
5th and Humboldt St.

Autumn on the Tallgrass Prairie

08CEN45

Join Mike Haddock, author of 2006 Kansas Notable Book "Wildflowers and Grasses of Kansas: A Field Guide", as he leads a fall wildflower walk at the Konza Prairie. Mike will discuss autumn wildflowers and grasses. Meet at the Konza Prairie Biological Station trail head parking area. The walk will last 90 minutes. Please wear clothing and footwear appropriate for walking in heavy vegetation.

Instructor: Mike Haddock, haddock@ksu.edu

Date: 09/22/2008 (M)
Time: 5:30 PM to 7:00 PM
Fee: No Charge
Location: Konza Prairie Trail Head



Landscaping with Kansas Native Plants

08CEN51

Landscaping with Kansas native plants saves money and is good for the environment. Learn about some of the plants that are native to Kansas and how to incorporate them into your landscape. Kansas has a wide variety of native trees and shrubs as well as native wildflowers and grasses. These native plants are well adapted to Kansas environments and make beautiful additions to our home landscapes. In this class you will learn to plan your native landscape, select plants to match your site's characteristics, prepare the site, plant it, and maintain it. Seeds and plants will be available for purchase.

Instructor: Jeff Hansen, (785) 806-6917, hanjd@cox.net

Jeff has been a gardener all of his life and a native plant enthusiast for the past ten years. He landscapes with native plants, makes paper from them, and leads wildflower walks around the state. He has his own grass and wildflower nursery Kansas Native Plants-- and does native landscape design. He served as president of the Kansas Native Plant Society from 2005 to 2007 and is still an active board member. He is an enthusiastic teacher that loves sharing his knowledge with others.

Date: 09/24/2008 (W)
 Time: 6:00 PM to 8:00 PM
 Fee: *No Charge
 Location: UFM Conference Room
 1221 Thurston St., 2nd floor

Introduction to Kansas Wildflowers

08CEN52

Have you ever seen a wildflower but couldn't identify it? There are nearly 2100 species of wild flowering plants growing in Kansas (1700 native, 400 introduced) so the task of identifying them can be daunting. But there are some simple steps to follow that can make you a pro at identifying wildflowers and other plants. A slideshow presentation will provide the foundation for learning identifying characteristics of plants. You will learn how plants are named and divided into family, genus, and species. Furthermore, you will learn about historical connections, interdependence of flowers and insects, medicinal and horticultural uses, and plant use by wildlife and livestock. After the presentation, we will venture to Marlatt Park on Seth Child Road to do some "hands on" prairie wildflower identification.

Instructor: Jeff Hansen, (785) 806-6917, hanjd@cox.net
 Nancy Goulden

Date: 09/25/2008 (Th)
 Time: 6:00 PM to 8:00 PM
 Fee: *No Charge
 Location: UFM Conference Room
 1221 Thurston St., 2nd floor

Class Sponsored by Grassland Heritage Foundation, www.grasslandheritage.org

Cloud Bunnies

08CEN533

Do you see interesting cloud shapes in the sky? Use your imagination to visualize and find creative shapes among the clouds.

Instructor: Strat O. Cumulus is a professional cloud expert extraordinaire.

Date: Sunday through Saturday
 Time: Any day without rain.
 Fee: Priceless
 Location: Your own front lawn.

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



The UFM Solar Electric System: An Exploration of Your Possibilities

08CEN53

Whether you are concerned about energy independence, climate change, national security or just your own pocketbook; renewable energy is enormously popular for people from all political parties and backgrounds. We will discuss the different parts of the system at UFM's Solar Addition.

We are expanding this class to two distinct parts: Independent Power Supplies and Connected to the Power Lines (electric systems connected to the powerlines in KS). We'll discuss both choices as well as the hardware required to do either.

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

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

Date: 09/14/2008 (Su)
 Time: 1:00 PM to 3:00 PM
 Fee: No Charge
 Location: UFM Solar Addition
 1221 Thurston St.

***PLEASE NOTE:**
 All classes offered at no charge have been sponsored by the instructor or an organization.



Hypermiling

08CEN55

Fewer topics have concentrated our attention like today's cost of gasoline. Getting better mileage with better driving techniques will allow us to increase the number of miles we get on each gallon of gas. We will discuss existing and near future possibilities.

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

applications.
 Date: 09/07/2008 (Su)
 Time: 1:00 PM to 3:00 PM
 Fee: No Charge
 Location: UFM Solar Addition
 1221 Thurston St.

Honey, I Shrank the Trash

08CEN56

Go green as you shrink the 5 lbs. of solid waste you generate each day (according to the EPA) by learning how to make the most of the stuff you haul out to the curb every week. We're talking about more than recycling newspapers and aluminum cans. Chances are you are throwing away plastic containers, cardboard, glass and office supplies that can be recycled and reused. We'll also discuss disposal of hazardous household items. By taking the time to learn more about the recycling resources available in Manhattan, you can cut your trash generation by a third. Make trash count for something by recycling.

Instructors: Linda Madl, ismadl@interkan.net & Ron Madl, (785) 770-9363

Linda is formerly a technical writer for the Dept. of Environment and Safety at Ft. Riley. Ron is a member of the Recycle Committee at KSU.

Date: 11/13/2008 (Th)
 Time: 7:00 PM to 8:30 PM
 Fee: No Charge
 Location: UFM Multipurpose Room
 1221 Thurston St.

Local Manhattan Geology

08CEN57

Go on a local fieldtrip, visit local rock exposures in the Manhattan area, and use them to see how geologists reconstruct past Earth history. You will be given the thinking tools to reconstruct geologic history for yourself. Please meet at UFM for the fieldtrip to car pool.

Instructor: Keith B. Miller

Date: 09/27/2008 (Sa)
 Time: 9:00 AM to 11:00 AM
 Fee: \$10.00
 Location: UFM, 1221 Thurston St.



Fun Foods

Thai Cooking

08CFF12A

Learn how to cook traditional Thai food. This includes how to cook Thai jasmine rice, sticky rice, an appetizer, main dish, Thai curry, dessert and a soft drink. The instructor will provide ingredients and condiments and also give students the opportunity to learn how to prepare dishes on their own in class and at home. NOTE: Fee does not include main food ingredients such as meat and vegetables. Students will need to purchase these items separately depending on how much they want to cook.

Instructor: Chulee Yaeger, (785) 537-0656
ccyaeger@hotmail.com

Date: 09/13/2008 to 09/20/2008 (Sa)
Time: 9:00 AM to Noon
Fee: \$64.00
Location: UFM Kitchen, 1221 Thurston St.

Dancing Goats (Coffee class)

08CFF13

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 from Radina's Coffeeshouse and Roastery.

Instructor: Wade Radina

Date: 10/17/2008 (F)
Time: 7:00 PM to 9:00 PM
Fee: \$14.00
Location: Radina's Coffeeshouse, Aggieville
616 N. Manhattan

Indian Cooking

08CFF22

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

Instructor: Pradeep Malreddy

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

Date: 09/26/2008 (F)
Time: 6:30 PM to 8:30 PM
Fee: \$22.00
Location: UFM Banquet/Kitchen
1221 Thurston St.

Home Brewing 101 (for beginners)

08CFF32

This course will teach would-be beer enthusiasts how to brew their own beer at home. The course will cover how to brew a beer using an extract kit, bottle the beer, and drink it. The course also includes discussions and samplings of the major brewing styles. In order to participate, you must be 21 and over with a copy of current ID for UFM's records. You may bring copy into office at 1221 Thurston or mail in before class begins.

Instructors: Little Apple Brew Crew, (785) 532-6998
Walter Dodds, wkdodds@ksu.edu; Ray Davis, raymond.davis@us.army.mil; Joe Callaghan, fjc2947@networksplus.net

The instructors are all members of the Little Apple Brew Crew Club. A club that consists of over 50 home brewers in Manhattan and surrounding communities. They have a combined brewing experience of over 40 years.

Date: 10/13/2008 to 10/27/2008 (M)
Time: 7:00 PM to 9:00 PM
Fee: \$30.00
Location: UFM Kitchen

Evening of Southern Italian Cooking

08CFF35

Italians love the summer and the bounty it brings in fresh tomatoes, beans, eggplant, peppers, fresh greens and basil. Meats are grilled and often the kitchen moves to the back porch to keep the house cool in the summer heat. Join us for an opportunity to have a traditional Southern Italian summer fare prepared. Wine will also be provided for participants age 21 and older.

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

Christopher E. Renner is a Ph.D candidate at Kansas State University in Curriculum and Instruction and in the Graduate Certificate program in Women's Studies.

Date: 09/19/2008 (F)
Time: 6:30 PM to 8:30 PM
Fee: \$25.00
Location: UFM Banquet/Kitchen

Beer Tasting

08CFF39

Tallgrass Brewing Company's Brewmaster will guide students during a beer tasting of various beer styles from around the world. Students will learn about the influence of barley, wheat, hops, water, and yeast on the flavor of beer, and how to recognize those flavors in fine beers. Class will be held at Tallgrass Brewing Company. Participants must be 21 years and older.

Instructor: Jeff Gill

Date: 10/24/2008 (F)
Time: 6:30 PM to 8:30 PM
Fee: \$12.00
Location: Tallgrass Brewing Company
8845 Quail Lane, Suite 1

Directions: East on US-24, Left on Dempsey Road, Continue on Green Valley Road then turn right on Quail Lane.



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Festival of the Day of the Dead (Dia de los Muertos) 08CFF44

Celebrate the day founded to honor all the faithful departed along with the offerings for the dead. The menu will consist of traditional Mexican delicacies. Come in costume or come as you are. Drinks will be served for those 21 and over. Instructor: David Espenoza, (785) 341-3410 gablelewis@cox.net

Date: 10/31/2008 (F)
 Time: 7:00 PM to 9:00 PM
 Fee: \$30.00
 Location: UFM Solar Addition
 1221 Thurston St.

Authentic Mexican Cooking 08CFF45

These recipes are rooted from regions in Mexico such as Oaxacan. We will create traditional Mexican recipes, not from your every day Tex-Mex. Drinks will be served for those 21 and over. Instructor: David Espenoza, (785) 341-3410 gablelewis@cox.net

Date: 11/14/2008 (F)
 Time: 6:00 PM to 9:00 PM
 Fee: \$30.00
 Location: UFM Solar Addition
 1221 Thurston St.

Going Greek Part II 08CFF43

We would like to change the menu by going Greek part II. From appetizers to entrees this class will give you a passport to the Greek Isles without ever leaving Manhattan. All recipes are simple and easy to do. This is a continuation of the Going Greek Part I with more new recipes. 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: 10/17/2008 (F)
 Time: 7:00 PM to 9:00 PM
 Fee: \$30.00
 Location: UFM Solar Addition
 1221 Thurston St.



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Health & Wellness

Sahaj Marg Meditation

08CHW02

Sahaj Marg translates to "The Natural Path." It is a natural, simple system of Raja Yoga meditation and spiritual practice that helps one realize the ultimate potential within one's self. Regular spiritual practice under capable guidance enables aspirants to progressively experience the sublime presence of the divine in their daily lives. The Sahaj Marg system is freely offered to seekers worldwide, and is effectively practiced by individuals from all walks of life, diverse nationalities, religious backgrounds, and various social conditions. The class involves three introductory one-on-one training sessions followed by weekly group meditation sessions. *PLEASE NOTE: All classes offered at no charge have been sponsored by the instructor or an organization.

Instructor: Gayathri Kambhampati

Date: 09/21/2008 to 11/30/2008 (Su)
 Time: 10:00 AM to Noon
 Fee: No Charge
 Location: UFM Solar Addition
 1221 Thurston St.

Living the Art: Jin Shin Jyutsu

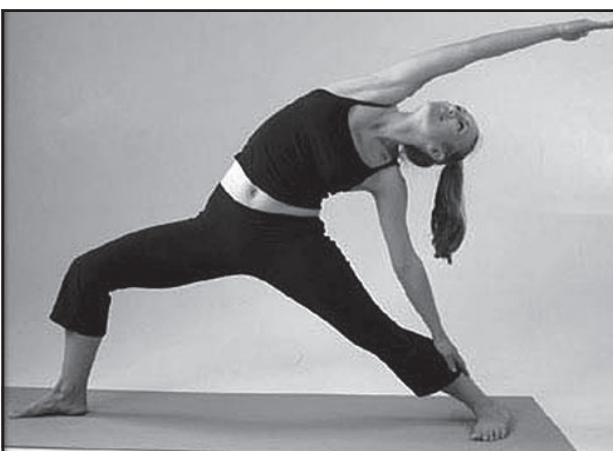
08CHW08A

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 when she took a self-help class with UFM in 1998! She is a certified Jin Shin Jyutsu practitioner and Self-Help instructor.

Date: 09/15/2008 to 09/29/2008 (M)
 Time: 7:00 PM to 9:00 PM
 Fee: \$26.00
 Location: 1421 Colorado Street



Beginning Yoga

08CHW15AZ

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

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

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

Date: 08/25/2008 to 10/22/2008 (M/W)
 (No class 9/1, 9/29, 10/6)
 Time: 10:30 AM to 11:30 AM
 Fee: \$99.00
 Location: KSU Ahearn Room 302

Beginning Yoga

08CHW15BZ

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

Date: 08/25/2008 to 10/22/2008 (M/W)
 (No class 9/1, 9/29, 10/6)
 Time: 6:00 PM to 7:00 PM
 Fee: \$99.00
 Location: KSU Ahearn Room 302

Beginning Yoga

08CHW15CZ

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

Date: 10/14/2008 to 12/09/2008 (Tu/Th)
 (No class 11/27)
 Time: 10:30 AM to 11:30 AM
 Fee: \$99.00
 Location: KSU Ahearn Room 302

Intermediate Yoga

08CHW21Z

This course will increase the student's understanding of how to use the practice of yoga creatively to enhance all aspects of human life. Practice areas will include adapting asanas and movement, using various breathing techniques, creating an individualized practice, and study of Yoga Sutras. Students will learn breathing methods and continue to refine the asanas while learning to adapt them to the individual body-type. Please bring a yoga/exercise mat and wear comfortable clothing that allows a full range of movement. It is best not to eat for at least two hours before the class. Prerequisite: Eligibility for this course requires a personal interview with Ana Franklin.

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

Date: 10/27/2008 to 12/10/2008 (M/W)
 (No class 11/26)
 Time: 10:30 AM to 11:45 AM
 Fee: \$99.00
 Location: KSU Ahearn Room 302

Responding to Emergencies

08CHW19AZ

This class will provide the citizen responder with the knowledge and skills necessary in an emergency to help sustain life and minimize pain and the consequences of injury or sudden illness until medical help arrives, thereby acting as the first link in the Emergency Medical Services system (EMS). The course also emphasizes prevention of injuries and illness with a focus on personal safety and health. AED Essentials will teach individuals the skills and knowledge needed to provide care for victims of sudden cardiac arrest through the safe use of an automated external defibrillator (AED). Materials not included in fee; need to buy books at UFM, 1221 Thurston St.

Instructor: Henry Brown

Date: 09/07/2008 to 09/21/2008 (Su/Sa)
 Time: 1:00 PM to 7:00 PM
 Fee: \$138.00
 Location: UFM Multipurpose Room
 1221 Thurston St.

Yoga Connection
 321 Poyntz, Suite A
 Manhattan, Kansas
 785-537-8224 or 785-341-9908

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HEALTH & WELLNESS CONTINUED

Community CPR & First Aid 08CHW25A

This course 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. Fee does not include materials. They can be purchased at UFM, 1221 Thurston St. There will be a \$20 non-refundable deposit for this class.
Instructor: Abby Thrash, abbythrash@gmail.com

Date: 08/30/2008 (Sa)
Time: 8:30 AM to 1:30 PM
Fee: \$43.00
Location: UFM Conference Room
1221 Thurston St., 2nd floor

Community CPR & First Aid 08CHW25B

Instructor: Abby Thrash, abbythrash@gmail.com

Date: 08/31/2008 (Su)
Time: 8:30 AM to 1:30 PM
Fee: \$43.00
Location: UFM Conference Room
1221 Thurston St., 2nd floor

Community CPR & First Aid 08CHW25C

Instructor: Abby Thrash, abbythrash@gmail.com

Date: 09/06/2008 (Sa)
Time: 8:30 AM to 1:30 PM
Fee: \$43.00
Location: UFM Conference Room
1221 Thurston St., 2nd floor

Community CPR & First Aid 08CHW25D

Instructor: Abby Thrash, abbythrash@gmail.com

Date: 09/07/2008 (Su)
Time: 8:30 AM to 1:30 PM
Fee: \$43.00
Location: UFM Conference Room
1221 Thurston St., 2nd floor

Community CPR & First Aid 08CHW25E

Instructor: Abby Thrash, abbythrash@gmail.com

Date: 09/12/2008 to 09/13/2008 (F/Sa)
Time: 6:30 PM to 9:30 PM; Noon to 1:30 PM
Fee: \$43.00
Location: UFM Conference Room
1221 Thurston St., 2nd floor

Community CPR & First Aid 08CHW25F

Instructor: Abby Thrash, abbythrash@gmail.com

Date: 09/13/2008 (Sa)
Time: 8:30 AM to 1:30 PM
Fee: \$43.00
Location: UFM Conference Room
1221 Thurston St., 2nd floor

Community CPR & First Aid 08CHW25G

Instructor: Abby Thrash, abbythrash@gmail.com

Date: 09/13/2008 to 09/14/2008 (Sa/Su)
Time: 3:00 PM to 6:00 PM; Noon to 1:30 PM
Fee: \$43.00
Location: UFM Banquet Room, 1221 Thurston St.

Community CPR & First Aid 08CHW25H

Instructor: Abby Thrash, abbythrash@gmail.com

Date: 09/14/2008 (Su)
Time: 8:30 AM to 1:30 PM
Fee: \$43.00
Location: UFM Conference Room
1221 Thurston St., 2nd floor

Community CPR & First Aid 08CHW25I

Instructor: Abby Thrash, abbythrash@gmail.com

Date: 09/27/2008 (Sa)
Time: 8:30 AM to 1:30 PM
Fee: \$43.00
Location: UFM Conference Room
1221 Thurston St., 2nd floor



Community CPR & First Aid 08CHW25J

Instructor: Abby Thrash, abbythrash@gmail.com

Date: 09/28/2008 (Su)
Time: 8:30 AM to 1:30 PM
Fee: \$43.00
Location: UFM Conference Room
1221 Thurston St., 2nd floor

Beginning Tai Chi Chaun 08CHW31

Practiced by millions of people around the world, the ancient and gentle Chinese martial art of tai chi offers the perfect balance of mind and body, strength and flexibility, grace and agility. Its smooth, fluid movements offer exercisers of all ages improved fitness, stress reduction, and total relaxation. In this class we will introduce the Yang style short form, which can be practiced by young and old, anytime, any place.
Instructor: Mei Hwa (Tina) Terhune, (785) 539-4277

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

Date: 09/03/2008 to 09/24/2008 (W)
Time: 5:30 PM to 6:30 PM
Fee: \$48.00
Location: UFM Banquet Room
1221 Thurston St.

Communicating with Animals: Using Intuition 08CHW60

Resources, tips and practical exercises for communicating with animals on a deeper level. Please bring pen and paper.
Instructor: Palma Holden, (785) 539-1183

Palma Holden is a spiritual intuitive consultant, Lightworker and animal communicator who has been providing spiritual guidance for others for 10 years.

Date: 09/20/2008 (Sa)
Time: 12:15 PM to 2:15 PM
Fee: \$28.00
Location: UFM Solar Addition
1221 Thurston St.

Guided Meditation: Journey to the Seven Directions 08CHW66

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: 10/11/2008 (Sa)
Time: 12:15 PM to 2:15 PM
Fee: \$28.00
Location: UFM Solar Addition
1221 Thurston St.

Art's Up!

BLAB! A Retrospective
1 August – 2 November 2008

First Person: National Geographic Society Photographs
12 September – 7 December 2008

outdoor/indoor/outdoor
September 2008 – August 2009

Sandzéns from the Sandzén
7 November 2008 – 22 February 2009

Return of the Yellow Peril: A Survey of the Work of Roger Shimomura, 1969-2004
21 November 2008 – 1 February 2009

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HEALTH & WELLNESS CONTINUED

Protocols for Healing and Protection

08CHW90

Creating spiritual practices for the spiritual warrior. Participants will learn ways to dissipate negative activity and create harmony within their own environments. Instructors: Palma Holden, (785) 539-1183 & Kathleen Casey

Kathleen Casey is a natural force healing practitioner living in Las Vegas, New Mexico.

Date: 10/09/2008 (Th)
Time: 7:00 PM to 9:00 PM
Fee: \$38.00
Location: UFM Fireplace Room
1221 Thurston St.

Advanced Protocols for Healing and Protection

08CHW93

This class is for participants who have taken the first level protocols class. Instructor: Kathleen Casey

Date: 10/11/2008 (Sa)
Time: 10:00 AM to 11:30 AM
Fee: \$38.00
Location: UFM Fireplace Room
1221 Thurston St.

Peace Meditations: Global Prayer Project

08CHW71

Weekly live or recorded guided meditations focused on creating peace in our lives and the world. Featuring global peace meditations by James & Salle Redfield of celestinevision.com.

Date: 09/16/2008 to 10/28/2008 (Tu)
Time: 6:45 PM to 8:15 PM
Fee: No Charge
Location: UFM Fireplace Room
1221 Thurston St.

Class Sponsored by Unity Church of Manhattan.

Living Better with Massage

08CHW67

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: Mandy Ebert & LaResa Johnson

Originally from Wamego Kansas, Mandy Ebert has wanted be a massage therapist since she was in the seventh grade. In addition to her experience working with athletes and chronic pain sufferers, she also has experience working with individuals with spinal cord injuries and limited mobility.

LaResa Johnson is skilled in a variety of modalities including Trigger Point Therapy, Deep tissue, Swedish Massage, Sports Massage, Aromatherapy, and Hot Stone Massage. LaResa has provided effective treatment to clients with various musculoskeletal dysfunctions, chronic pain, and stress related conditions.

Date: 11/07/2008 (F)
Time: 7:00 PM to 8:30 PM
Fee: \$10.00
Location: UFM Banquet Room, 1221 Thurston St.

Self Defense, Self Awareness, Self Confidence (Ages 13+)

08CHW72

Learn how to defend yourself in a safe comfortable and non-threatening environment with USA certified boxing coaches. Along with the volunteer assistance of RCPD officers and military personnel, individuals will gain strength, power, speed, and agility, in conjunction with self-defense tactics and practicing self-awareness. NOTE: Equipment needed for course: Boxing gloves and 180" hand wraps. Contact KO Boxing for rental or purchase of equipment. 180" hand wraps are included with the course fees.

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

Lorissa, founder and CEO of K.O. Boxing, Inc., USA certified boxing coach and holds over 25 years experience coaching athletes.

Date: 08/29/2008 to 12/19/2008 (F)
(No class 11/28)
Time: 3:00 PM to 4:00 PM
Fee: \$168.00
Location: K.O. Boxing, 2303 Tuttle Creek Blvd,
Blue Hills Shopping Center

Evening Yoga

08CHW88A

Close your day with gentle yogic movements and breath practices to help you relax, rejuvenate and restore your energy! No experience necessary. Yoga is for everybody. Instructor: Debbie Newton, (785) 539-8973
dnewton@flinthills.com

Debbie is a certified yoga teacher (CYT) and has been teaching yoga for two years.

Date: 09/08/2008 to 09/29/2008 (M)
Time: 7:15 PM to 8:45 PM
Fee: \$36.00
Location: KSU Ahearn Room 302

Evening Yoga

08CHW88B

Instructor: Debbie Newton, (785) 539-8973
dnewton@flinthills.com

Date: 10/13/2008 to 11/03/2008 (M)
Time: 7:15 PM to 8:45 PM
Fee: \$36.00
Location: KSU Ahearn Room 302



Evening Yoga

08CHW88C

Instructor: Debbie Newton, (785) 539-8973
dnewton@flinthills.com

Date: 11/10/2008 to 12/01/2008 (M)
Time: 7:15 PM to 8:45 PM
Fee: \$36.00
Location: KSU Ahearn Room 302

Morning Yoga

08CHW89A

Greet the new day with breath and body-opening, stretching and energizing through yoga. No experience necessary. Yoga is for everybody.

Instructor: Debbie Newton, (785) 539-8973
dnewton@flinthills.com

Date: 09/13/2008 to 10/04/2008 (Sa)
Time: 9:30 AM to 11:00 AM
Fee: \$36.00
Location: KSU Ahearn Room 302

Morning Yoga

08CHW89B

Instructor: Debbie Newton, (785) 539-8973
dnewton@flinthills.com

Date: 10/11/2008 to 11/01/2008 (Sa)
Time: 9:30 AM to 11:00 AM
Fee: \$36.00
Location: KSU Ahearn Room 302

Morning Yoga

08CHW89C

Instructor: Debbie Newton, (785) 539-8973
dnewton@flinthills.com

Date: 11/08/2008 to 12/06/2008 (Sa)
(No class 11/29)
Time: 9:30 AM to 11:00 AM
Fee: \$36.00
Location: KSU Ahearn Room 302

Acupuncture and Chinese Herbology:

Round Table Conversations on Theory of Application

08CHW92

Bring your lunch and a cup of tea to the UFM Solar Addition. Relax while learning about ancient health/wellness theories and applications via round-table impromptu style conversations. Come with an open mind and questions to explore aspects of reality from a different paradigm of function.

Instructor: Rhonda Bathurst, (785) 280-0817

Rhonda graduated from K-State in '96. After pursuing over a decade of professional acupuncture study and practice (in New York and California) as a National Board Certified Acupuncturist, she has returned to practice privately in Abilene, KS.

Date: 09/24/2008 to 11/05/2008 (W)
(No class 10/15)
Time: Noon to 1:00 PM
Fee: \$29.00
Location: UFM Solar Addition
1221 Thurston St.



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18

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Language

Beginning Spanish for Adults 08CLA02

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

Date: 09/09/2008 to 09/25/2008 (Tu/Th)
 Time: 7:00 PM to 8:00 PM
 Fee: \$35.00
 Location: UFM Multipurpose Room
 1221 Thurston St.



French Language 08CLA04A

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

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

Date: 09/03/2008 to 09/26/2008 (W/F)
 Time: 10:00 AM to 11:00 AM
 Fee: \$46.00
 Location: UFM Fireplace Room
 1221 Thurston St.



French Language 08CLA04B

Instructor: Emilie Rabbat D: (785) 587-9036

Date: 10/01/2008 to 10/24/2008 (W/F)
 Time: 10:00 AM to 11:00 AM
 Fee: \$46.00
 Location: UFM Fireplace Room

French Language 08CLA04C

Instructor: Emilie Rabbat, (785) 587-9036

Date: 10/29/2008 to 11/21/2008 (W/F)
 Time: 10:00 AM to 11:00 AM
 Fee: \$46.00
 Location: UFM Fireplace Room
 1221 Thurston St.

Elementary Arabic 08CLA18

This Arabic class is designed for students with little or no prior knowledge of Arabic language. The class will introduce the fundamental skills of standard Arabic speaking, writing and reading.

Instructor: Sorkel Kadir, Ph.D, (785) 341-6532
 skadir@cox.net

Date: 09/08/2008 to 11/03/2008 (M)
 (No class 10/6)
 Time: 7:00 PM to 8:00 PM
 Fee: \$45.00
 Location: UFM Fireplace Room
 1221 Thurston St.

Beginning Conversational Sign Language 08CLA23

This class will build a basic knowledge of American Sign Language including vocabulary used in everyday conversation. It will also cover a little about the culture of the deaf community. Participants should leave the class with a better understanding of American Sign Language. This class will not cancel.

Instructor: Toni Kroll, (785) 313-5555

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

Date: 09/04/2008 to 10/23/2008 (Th)
 Time: 6:00 PM to 7:30 PM
 Fee: \$54.00
 Location: KSU-Justin Hall Room 341

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LIVING GREEN



UFM's guide to a greener you!

HYPERMILING | SEPTEMBER 7

Fewer topics have concentrated our attention like today's cost of gasoline. Getting better mileage with better driving techniques will allow us to increase the number of miles we get on each gallon of gas. We will discuss existing and near future possibilities.

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

Saturday, 1-3 pm | UFM Solar Addition

THE UFM SOLAR ELECTRIC SYSTEM: AN EXPLORATION OF YOUR POSSIBILITIES | SEPTEMBER 14

Whether you are concerned about energy independence, climate change, national security or just your own pocketbook; renewable energy is enormously popular for people from all political parties and backgrounds. We will discuss the different parts of the system at UFM's Solar Addition.

We are expanding this class to two distinct parts: Independent Power Supplies and Connected to the Power Lines (electric systems connected to the powerlines in KS). We'll discuss both choices as well as the hardware required to do either.

Instructor: Bill Dorsett

Saturday, 1-3 pm | UFM Solar Addition

HOW TO CHOOSE, USE AND PREPARE LOCAL FRUITS & VEGETABLES SEPTEMBER 20

The class will cover some fruit and vegetable basics. We will answer questions while strolling through the farmers' market and observing vegetables in their natural habitat (the field) at the K-State Student farm (transportation provided). No prior knowledge is required. Attendees and their family and friends are invited to cook-out pot-luck lunch at the student farm after the class.

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

Saturday, 9:30 am-1pm | Manhattan Farmer's Market, 5th and Humboldt

AUTUMN ON THE TALLGRASS PRAIRIE | SEPTEMBER 22

Join **Mike Haddock**, author of 2006 Kansas Notable Book "Wildflowers and Grasses of Kansas: A Field Guide", as he leads a fall wildflower walk at the Konza Prairie. Mike will discuss autumn wildflowers and grasses. Meet at the Konza Prairie Biological Station trail head parking area. The walk will last 90 minutes. Please wear clothing and footwear appropriate for walking in heavy vegetation.

Monday, 5:30-7 pm | Konza Prairie Trail Head

LANDSCAPING WITH KANSAS NATIVE PLANTS | SEPTEMBER 24

Landscaping with Kansas native plants saves money and is good for the environment. These native plants are well adapted to Kansas environments and make beautiful additions to our home landscapes. In this class you will learn to plan your native landscape, select plants to match your site's characteristics, prepare the site, plant it, and maintain it. Seeds and plants will be available for purchase.

Instructor: Jeff Hansen has been a gardener all of his life and a native plant enthusiast for the past ten years. He landscapes with native plants, makes paper from them, and leads wildflower walks around the state.

Wednesday, 6-8 pm | UFM Conference Room

INTRODUCTION TO KANSAS WILDFLOWERS | SEPTEMBER 25

Have you ever seen a wildflower but couldn't identify it? A slideshow presentation will provide the foundation for learning identifying characteristics of plants. You will learn how plants are named and divided into family, genus, and species. Furthermore, you will learn about historical connections, interdependence of flowers and insects, medicinal and horticultural uses, and plant use by wildlife and livestock. After the presentation, we will venture to Marlatt Park on Seth Child Road to do some "hands on" prairie wildflower identification.

Instructor: Jeff Hansen

Thursday, 6-8 pm | UFM Conference Room

IS LOCAL FOOD OR ORGANIC FOOD BEST? | OCTOBER 7

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

Instructors: Rhonda Janke & Jennifer Guilford

Thursday, 5:30-7 pm | UFM Solar Addition

MAKE A DIFFERENCE WORKSHOP | NOVEMBER 8

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

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

Saturday, 2-3:30 pm | Sunset Zoo, 2333 Oak St.

HONEY, I SHRUNK THE TRASH | NOVEMBER 13

Go green as you shrink the 5 lbs. of solid waste you generate each day (according to the EPA) by learning how to make the most of the stuff you haul out to the curb every week. We're talking about more than recycling newspapers and aluminum cans. Chances are you are throwing away plastic containers, cardboard, glass and office supplies that can be recycled and reused. We'll also discuss disposal of hazardous household items. By taking the time to learn more about the recycling resources available in Manhattan, you can cut your trash generation by a third. Make trash count for something by recycling.

Instructors: Ron and Linda Madl. Ron is a member of the Recycle Committee at KSU. Linda is formerly a technical writer for the Dept. of Environment and Safety at Ft. Riley.

Thursday, 7-8:30 pm | UFM Multipurpose Room

Classes are free unless fee notated in description.
Please notify UFM if you are unable to attend class.



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



UFM has just completed the installation of a 15 PV array. This number of solar cells will generate up to 3,000 watts of electricity. That is enough to provide enough energy to completely power an average home. UFM's array will be the first small organization to be grid-connected in the state of Kansas. That means that if UFM's array produces more energy that the organization can use, the extra will flow back into the electrical lines for use by others in the community.

Photovoltaic cells, also known as solar cells, convert energy from the sun into electricity. Solar cells are constructed of silicon layered between glass. Charged particles in the cell create the energy. Generally photovoltaics (PV) are connected in multiples to form an array.

Solar cells produce direct current electricity from light, which can be used to power equipment or to recharge a battery. The solar cells produce DC current. An inverter is required to convert the power to AC current for use in a home.

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

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

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

TIPS ON RECYCLING, REUSING 12 WAYS TO START LIVING GREEN



1. RECYCLE THIS CATALOG
2. BRING YOUR OWN BAGS TO GROCERY STORE (SAVE 5 CENTS PER BAG AT DILLONS)
3. ADJUST THERMOSTAT FOR THE SEASON

4. RIDE YOUR BIKE OR CARPOOL
5. PLANT a GARDEN
6. SWITCH to COMPACT FLUORESCENT LIGHT BULBS
7. CHECK YOUR TIRE AIR PRESSURE (UNDERINFLATED TIRES REDUCE FUEL EFFICIENCY)
8. BUY ORGANIC or LOCAL FOOD
9. GET a LIBRARY CARD
10. DON'T RUN WATER WHILE BRUSHING TEETH
11. TURN OFF LIGHTS WHEN YOU LEAVE THE ROOM
12. ALWAYS REDUCE, REUSE AND RECYCLE!!!



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.PAULA ALLEN.

“WOMEN AROUND THE WORLD DEMAND JUSTICE”

7:00 PM, TUESDAY, NOVEMBER 4TH AT KSU FORUM HALL



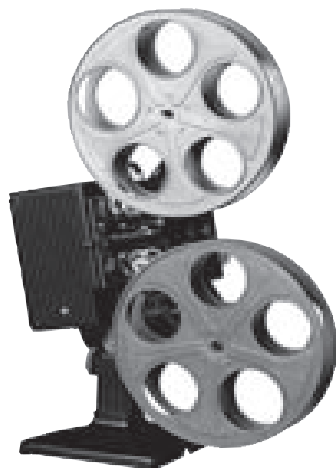
PAULA ALLEN HAS BEEN AN ‘ACTIVIST WITH A CAMERA’ FOR MORE THAN TWO DECADES. SHE HAS CONCENTRATED ON PHOTOGRAPHING WOMEN AROUND THE WORLD IN THEIR COURAGEOUS AND OFTEN INVISIBLE CONFRONTATIONS WITH VIOLENCE AND OPPRESSION. ALLEN HAS DOCUMENTED WOMEN’S DETERMINATION IN THE PURSUIT OF FREEDOM, TRUTH AND JUSTICE. HER PHOTOGRAPHS HAVE BEEN WIDELY PUBLISHED IN THE NEW YORK TIMES MAGAZINE,

NEWSWEEK, U.S. NEWS AND WORLD REPORT, THE LONDON INDEPENDENT MAGAZINE, PARIS MATCH, ART IN AMERICA, MOTHER JONES, O, THE OPRAH MAGAZINE, PEOPLE, AND MARIE CLAIRE, AMONG OTHERS.

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-MOVIES ON THE GRASS-



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

Movies will be shown free of charge Sunday evenings at 8 pm, August 24 and September 7, 14 and 21 on a 26’ wide outdoor projection system. From 7pm, live music, refreshments, booths for nonprofit groups and sales of items for social fund-raising will be featured before each film.

The following films were selected by an organizing committee representing KSU Libraries, the Dow Chemical Multi-Cultural Resource Center, KSU Women’s Center, the Campaign for Non-Violence, Crossroads Ecumenical Christian Ministry, the Progressive Coalition, and Students for Environmental Action.
For more information contact Donna Schenck-Hamlin at 532.7454 or donnash@ksu.edu

Aug. 24 Hacking Democracy
Sept. 7 I Know I’m Not Alone
Sept. 14 King Corn
Sept. 21 Darwin’s Nightmare

UFM is planning to offer two free classes that will be a follow-up to “Hacking Democracy” and “King Corn.”

Will Your Vote Count on November 4, 2008?
Follow up to “Hacking Democracy”
Sept. 15 & 22 (Mon), 7-9 pm
UFM Solar Addition, 1221 Thurston
Class participants will learn a little bit about and discuss the following: the history of electronic voting and issues associated with it.
Facilitator: Debbie Nuss

How Sweet It Is!
Sept. 17 (Wed), 6:30-8 pm
UFM Solar Addition, 1221 Thurston
Watch “King Corn” at Movies on the Grass on Sept. 14, then join the discussion of “King Corn”, plus an informational tour and sampling of sweetener alternatives with Martha Seaton & Cathy Benco.

Martial Arts

Tae Kwon Do I

08CMA01Z

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

Instructor: David Moore

Date: 08/26/2008 to 12/11/2008 (Tu/Th)
(No class 11/25, 11/27)
Time: 7:00 PM to 8:00 PM
Fee: \$72.00
Location: KSU-Ahearn Fieldhouse

Basic White Phoenix Systems 08CMA03

The White Phoenix System is a self-defense oriented martial art. In this class we will work on basic Kung Fu solo techniques such as stances, blocks, kicks, punches and strikes plus 20 Jujutsu two-person self-defense techniques. This is a basic class that will give the student a foundation for further study.

Instructor: Stan Wilson

Stan Wilson has been doing martial arts for 38 years. He has black sashes in Pai Lum Kung Fu, Zee Do Lum Kung Fu, and Mew Hing's 18 Taoist Palm Kung Fu. He has a black belt in Hakkoryu Jujutsu. He has been writing books and produced videos dealing with the martial arts for 20 years and has a massive library dealing with the martial arts and self-defense. He is the founder of the White Phoenix System.

Date: 09/08/2008 to 11/17/2008 (M)
(No class 10/6, 10/20)
Time: 6:30 PM to 7:30 PM
Fee: \$58.00
Location: KSU-Ahearn Fieldhouse

Advanced White Phoenix System 08CMA06

This class is open to anyone who has some experience in both the striking and grappling aspects of the martial arts. What we will work on depends on the needs of the students who sign up for the class. Advanced work in the WPS includes dynamic tension forms to build strength, two-person techniques for self-defense knowledge and solo forms for both exercise and self-defense skill.

Instructor: Stan Wilson

Date: 09/08/2008 to 11/17/2008 (W)
(No class 10/6, 10/20)
Time: 7:30 PM to 8:30 PM
Fee: \$58.00
Location: KSU-Ahearn Fieldhouse



Judo I

08CMA08Z

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

Instructor: Isaac Wakabayashi

Date: 08/26/2008 to 12/11/2008 (Tu/Th)
(No class 11/27)
Time: 8:00 PM to 9:00 PM
Fee: \$72.00
Location: KSU Ahearn Room 302

Judo II

08CMA09Z

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

Instructor: Isaac Wakabayashi

Date: 08/26/2008 to 12/11/2008 (Tu/Th)
(No class 11/27)
Time: 9:00 PM to 10:00 PM
Fee: \$72.00
Location: KSU Ahearn Room 302

Aikijujutsu and Self-Defense 08CMA11

This class will work on falling without getting hurt, the basic waza (techniques) of Hakkoryu (aiki) Jujutsu, Hakkosen solo walking exercises, and 20 Jujutsu self-defense techniques. Aikijujutsu is a method of self-defense that uses the extension of the defenders energy in executing the techniques. The student should wear loose comfortable clothing.

Instructor: Stan Wilson

Date: 09/10/2008 to 11/19/2008 (W)
Time: 7:00 PM to 8:00 PM
Fee: \$62.00
Location: KSU-Ahearn Fieldhouse

Lao Hu Pai Kung Fu 08CMA05

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 china) and take downs. Animal forms and animal fighting techniques will be taught as students advance. This class is for students age 14+.

Instructor: Dr. Michael Tran, mtrandpm@hotmail.com

Dr. Michael Tran has been in martial arts for 22 years. He has black certificates in Lao Hu Pai Kung Fu, Won Hop Loong Chuan Kung Fu and Goshin Aikijutsu. He has other trainings in Vovinam Viet Vo Dao, Shaolin Long Fist and Praying Mantis Kung Fu.

Date: 09/03/2008 to 12/10/2008 (W)
(No class 11/26)
Time: 6:00 PM to 8:00 PM
Fee: \$62.00
Location: KSU-Ahearn Fieldhouse

Karate & Self-Defense (Adults & Youth)

08CMA10

Classes are structured to provide mental and physical coordination. Training is divided into 3 major areas: basic motion ("Kihon") with study of the fundamental technique, forms and pattern of movements and techniques that demonstrate physical/combative principles and sparring ("Kumite"). No matter your current situation, you will be guided by step-by-step and shown exactly how to achieve Karate success. Class is for both adults and youth (ages 4+). Class will meet on the north end of Ahearn Fieldhouse, close to College Heights St.

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, to relax as you breathe, and to overcome stress. He is a champion and member of the Karate National team in Senegal. He has also won awards from the National Federation of Karate in Senegal. He has worked with the Japanese most known "Sensei", Sensei Ayashi, Sensei Yoshinao Nambu. His own Sensei was directly formed by Sensei Eiji Ogasahara.

Date: 09/23/2008 to 10/16/2008 (Tu/Th)
Time: 6:00 PM to 7:00 PM
Fee: \$51.00
Location: KSU-Ahearn Fieldhouse

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Personal Interest

Philosophy of Gurdjieff & Ouspensky

08CPI08

Explore the psychological system of the two Russian philosophers and teachers: Gurdjieff and Ouspensky. Their philosophy seeks to join Eastern traditions with Western needs by emphasizing a system of self-development grounded in verification through personal exercises, discussion and reading aloud from Ouspensky's A Psychology of Man's Possible Evolution.

Instructor: David Seamon

David Seamon has been active with Gurdjieff's work for 24 years. He has studied with J.G. Bennet, a pupil of both Gurdjieff and Ouspensky.

Date: 09/11/2008 to 10/30/2008 (Th)
Time: 7:30 PM to 9:00 PM
Fee: \$19.00
Location: UFM Solar Addition
1221 Thurston St.



Introduction to Citizen Journalism

08CPI14

Flint Hills Community Radio Project is offering two training courses this fall. The first course, Intro to Citizen Journalism, will focus on developing a story, script writing, journalism ethics, different formats for print, web, and radio stories, developing a "beat," etc. NOTE: Individuals wishing to be on-air hosts and reporters will have to complete a total of three courses, Intro to Citizen Journalism and Sound, Recording and Production, prior to beginning on-air activities. The third course will be offered at a later time. Instructor: Christopher Renner, (785) 341-9459 rennerchristopher@yahoo.com

Christopher E. Renner is a Ph.D candidate at Kansas State University in Curriculum and Instruction and in the Graduate Certificate program in Women's Studies.

Date: 09/04/2008 to 10/16/2008 (Th)
(No class 9/25)
Time: 7:00 PM to 9:00 PM
Fee: No Charge
Location: UFM Conference Room

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

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!

Sound, Recording and Production

08CPI15

The second training FCHR project course will focus on the technical side of producing a segment for broadcast, how to interview using a recording, editing and sound effects. Participants will need to download freeware Audacity to their computers (Mac or PC platforms). Students must have taken Intro to Citizen Journalism.

Instructor: Dave MacFarland

Date: 09/03/2008 to 09/24/2008 (W)
Time: 7:00 PM to 10:00 PM
Fee: No Charge
Location: UFM Conference Room
1221 Thurston St., 2nd floor

Will Your Vote Count on November 4, 2008?

08CPI16

Are you losing faith in our electoral process? Do you wonder whether your vote counts? Do you think our elections are as accurate as they should be? Class participants will learn a little bit about and discuss the following: the history of electronic voting and issues associated with it. Please attend Movies on the Grass series movie, "Hacking Democracy" on August 24 at Hale Library, then come to class for further discussion.

Instructor: Debbie Nuss, (785) 537-7519 deb@debnuss.net

Debbie has been a member of the League of Women Voters since 1991 and served as president of the League of Women Voters of Manhattan/Riley County from 2002-2004.

Date: 09/15/2008 to 09/22/2008 (M)
Time: 7:00 PM to 9:00 PM
Fee: No Charge
Location: UFM Solar Addition
1221 Thurston St.



Clutter Clearing

08CPI22

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

Instructors: Kate Cashman, (785) 537-1911 & Elizabeth Jankord

Not neatniks by nature, Elizabeth Jankord and Kate Cashman have discovered that the energetic approach to clutter works. They operate Clutterbusters, a consulting business.

Date: 09/03/2008 to 09/17/2008 (W)
Time: 7:00 PM to 9:00 PM
Fee: \$35.00
Location: 1421 Colorado Street



Flashback to Manhattan & Riley County in 1968

08CPI48

1968 was a most momentous year, locally and nationally. Join us for a discussion of the pivotal happenings of that year. Learn about the events that influence us even today. Incidentally, UFM was founded in 1968; we are celebrating our 40th anniversary this year. Participants may bring items from this period or wear clothing from this era if you wish!

Instructor: Cheryl Collins

Date: 11/10/2008 (M)
Time: 7:00 PM to 9:00 PM
Fee: No Charge
Location: Riley Co. Historical Museum
2309 Claflin Rd.

How Sweet It Is!

08CPI49

Watch "King Corn" at Movies on the Grass on Sept. 14, then join the discussion of "King Corn", plus an informational tour and sampling of sweetener alternatives.

Instructors: Martha Seaton & Cathy Benco

Martha Seaton is a life-time educator, currently substitute teaching for USD 383. She is a former graduate of KSU and is currently serving on the Education Committee for PGDC.

Cathy Benco is a KSU student finishing degrees in Dietetics and Public Health. She is evening store manager at People's Grocery and has served on the Education Committee for People's Grocery & Deli Cooperative.

Date: 09/17/2008 (W)
Time: 6:30 PM to 8:00 PM
Fee: No Charge
Location: UFM Solar Addition
1221 Thurston St.

MOVIES ON THE GRASS SERIES

AUG. 24

SEPT. 7

SEPT. 14

SEPT. 21

AN OPPORTUNITY TO ENGAGE IN SOCIAL ISSUES, WHILE SOCIALIZING ON THE ATTRACTIVE COFFMAN COMMONS OUTSIDE OF HALE LIBRARY. MOVIES LISTED ON PAGE 22.



Recreation & Fitness

Ballroom Dance

08CRF13A

Come dance with us! If you want to learn to dance with a partner, plan to attend a wedding, or you just want to brush up on your steps, this class is for you. Swing, foxtrot, waltz, and Latin dancing are just a few of the steps you will learn. Come experience the elegant world of Ballroom Dance. Learn something new each time you enroll! Partners are not necessary; however if enrolling as couple, each partner needs to register and pay individually for both names to appear on the roster.

Instructor: Rebecca Hickert
rebeccaschippers@gmail.com

Date: 09/05/2008 to 10/10/2008 (F)
Time: 7:15 PM to 8:15 PM
Fee: Individual/\$42.00
Location: Cross Roads, ECM, 1021 Denison Ave. across from KSU Engineering complex

Ballroom Dance

08CRF13B

Instructor: Rebecca Hickert
rebeccaschippers@gmail.com

Date: 10/17/2008 to 11/21/2008 (F)
Time: 7:15 PM to 8:15 PM
Fee: Individual/\$42.00
Location: Cross Roads, ECM, 1021 Denison Ave.

Swing & Salsa Dance

08CRF27A

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. No prior dance experience is required! Having fun is the only requirement. Wear comfortable clothing and non-stick shoes. Learn something new each time you enroll! Partners are not necessary; however if enrolling as couple, each partner needs to register and pay individually for both names to appear on the roster.

Instructor: Rebecca Hickert
rebeccaschippers@gmail.com

Date: 09/05/2008 to 10/10/2008 (F)
Time: 8:30 PM to 9:30 PM
Fee: Individual/\$42.00
Location: Cross Roads, ECM 1021 Denison Ave.

Swing & Salsa Dance

08CRF27AZ

Instructor: Rebecca Hickert
rebeccaschippers@gmail.com

Date: 08/26/2008 to 12/09/2008 (Tu)
Time: 7:00 PM to 8:00 PM
Fee: Individual/\$72.00
Location: Cross Roads, ECM 1021 Denison Ave.



Swing & Salsa Dance

08CRF27B

Instructor: Rebecca Hickert
rebeccaschippers@gmail.com

Date: 10/17/2008 to 11/21/2008 (F)
Time: 8:30 PM to 9:30 PM
Fee: Individual/\$42.00
Location: Cross Roads, ECM, 1021 Denison Ave.

Beginning Dance for Couples

08CRF38A

"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". Learn something new each time you enroll! A partner is required for this class. Each partner needs to register and pay individually for both names to appear on the roster.

Instructor: Rebecca Hickert
rebeccaschippers@gmail.com

Date: 09/05/2008 to 10/10/2008 (F)
Time: 6:00 PM to 7:00 PM
Fee: Individual/\$42.00
Location: Cross Roads, ECM, 1021 Denison Ave. across from KSU Engineering complex

Beginning Dance for Couples

08CRF38B

Instructor: Rebecca Hickert
rebeccaschippers@gmail.com

Date: 10/17/2008 to 11/21/2008 (F)
Time: 6:00 PM to 7:00 PM
Fee: Individual/\$42.00
Location: Cross Roads, ECM, 1021 Denison Ave.

Introduction to Golf

08CRF04A

Get some fresh air and find out if golf is the sport for you. This is a short course geared for beginning and intermediate players. The fundamentals of the full swing, short game, pitching, chipping, and putting will be covered. Some class time will be devoted to equipment used to play golf, rules, etiquette, courtesy, conduct on the course, registering to play, use of score card and handicaps.

Instructor: Jim Gregory, (785) 539-1041

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

Date: 08/28/2008 to 09/18/2008 (Th)
Time: 6:30 PM to 7:30 PM
Fee: \$36.00
Location: Stagg Hill Golf Club
4441 Fort Riley Blvd.

Introduction to Golf

08CRF04B

Instructor: Jim Gregory, (785) 539-1041

Date: 09/25/2008 to 10/16/2008 (Th)
Time: 6:00 PM to 7:00 PM
Fee: \$36.00
Location: Stagg Hill Golf Club
4441 Fort Riley Blvd.

Zumba Dance

08CRF08A

Zumba is a fusion of Latin and other International music - a dance theme that creates a dynamic, exciting, effective fitness system! It is based on the principle that a workout should be "FUN AND EASY TO DO" allowing Zumba participants to stick to the Zumba Fitness program and achieve long-term health benefits. Ages 13 and up.

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

Elsa Toburen was born and raised in Tarapoto, Peru. She grew up listening to Latin music. Her mother is a Peruvian folk dancer. She became a Zumba instructor in 2007. She loves Zumba because it gives her a way to express her passion for Latin dance and at the same time, teach others her passion and help them get fit.

Date: 09/02/2008 to 09/26/2008 (Tu/F)
Time: 5:30 PM to 6:30 PM
Fee: \$54.00
Location: KSU Ahearn Room 302

Zumba Dance

08CRF08B

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

Date: 09/30/2008 to 10/24/2008 (Tu/F)
Time: 5:30 PM to 6:30 PM
Fee: \$54.00
Location: KSU Ahearn Room 302

Zumba Dance

08CRF08C

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

Date: 11/05/2008 to 12/03/2008 (W/M)
(No class 11/26)
Time: 5:30 PM to 6:30 PM
Fee: \$54.00
Location: KSU Ahearn Room 302



RECREATION CLASSES FOR CHILDREN ARE LISTED IN YOUTH & AQUATICS SECTIONS



RECREATION & FITNESS CONTINUED

Beginning Belly Dance 08CRF09A

This course will cover the fundamentals of Middle Eastern Dance, more commonly known as Belly Dance. It will include basic moves such as hip and rib isolations, traditional arm moves, undulations and traveling steps. You will also learn a fun choreography to put all the moves together! Please wear comfortable clothing and be prepared to have fun! Instructor: Michelle (Mahlika) Selm, (785) 643-9287 mikaselm@gmail.com

Michelle "Mahlika" Selm was introduced to Belly Dance during high school, but truly immersed herself in the art as an alternative form of physical therapy. She also loves the stress relief inherent in this art form and dances for fun and relaxation.

Date: 09/10/2008 to 12/03/2008 (W)
(No class 11/26)
Time: 8:00 PM to 9:00 PM
Fee: \$96.00
Location: International Student Center, KSU
Corner of Midcampus Drive and Claflin

Beginning Belly Dance 08CRF09B

Instructor: Amanda (Inara) Ratzlaff, (620) 664-4152 aireland@ksu.edu

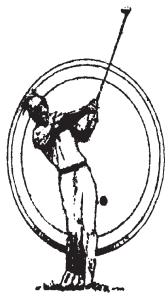
Amanda "Inara" Ratzlaff has been dancing since she was in grade school and has studied many different forms. She has been studying Belly Dance formally for 3 years and wants to share her passion for it with everyone around her.

Date: 09/11/2008 to 12/04/2008 (Th)
(No class 11/27)
Time: 7:30 PM to 8:30 PM
Fee: \$96.00
Location: International Student Center, KSU
Corner of Midcampus Drive and Claflin

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539-1041

Jim Gregory, PGA Professional



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register and receive \$1 off your
registration for one class.

Intermediate Belly Dance 08CRF10

Come and get your shimmy on! This class will take you beyond the basics of Belly Dance by teaching you how to layer moves together and to find grace and fluidity in your dancing. New skills will also be covered, such as zills (or finger cymbals) and dancing with a veil. Student must have at least one session of Beginning Belly Dance or equivalent.

Instructor: Lisa (Gaitri) McNeil, (785) 565-3466 bellydancerbarbie@hotmail.com

Lisa "Gaitri" McNeil has been dancing for the past 8 years. In 2001, she joined the dance department at K-State and spent 4 years studying modern dance, various forms of improvisation, and choreography. In that time she also began to informally study Belly Dancing and has since immersed herself in this ancient art form by studying with national stars such as Morocco, Jillina, Meera and Sharon Kihara. Lisa has been teaching belly dance for 4 years and is dedicated to sharing her passion with others.

Date: 09/08/2008 to 12/08/2008 (M)
(No class 10/6, 11/24)
Time: 6:00 PM to 7:00 PM
Fee: \$96.00
Location: International Student Center, KSU

Advanced Belly Dance 08CRF11

In this class, we will not only learn advanced moves, but will also delve into more specialized areas of Belly Dance. Topics may include: Gypsy, drum solos, advanced zills, double veil, sword balancing, and oh so much more! Be prepared to challenge yourself as we explore the many sides of Belly Dance! Student must have at least one session in Intermediate Belly Dance or equivalent.

Instructor: Lisa (Gaitri) McNeil, (785) 565-3466 bellydancerbarbie@hotmail.com

Date: 09/08/2008 to 12/08/2008 (M)
(No class 10/6, 11/24)
Time: 7:05 PM to 8:05 PM
Fee: \$96.00
Location: International Student Center, KSU
Corner of Midcampus Drive and Claflin

Professional Dance Troupe 08CRF152

This is a rehearsal time for the Eyes of Bastet Belly Dance Troupe. We will review choreographies in order to prepare for upcoming performances. Students must contact instructor to receive permission to enroll for this course.

Instructor: Lisa (Gaitri) McNeil, (785) 565-3466 bellydancerbarbie@hotmail.com

Date: 09/08/2008 to 12/08/2008 (M)
(No class 10/6, 11/24)
Time: 8:10 PM to 8:40 PM
Fee: \$48.00
Location: International Student Center, KSU
Corner of Midcampus Drive and Claflin

Bicycling for Transportation, Fitness & Fun 08CRF13

Cycling is one of the most basic and efficient forms of transportation, and a fantastic form of exercise. With the price of gasoline climbing higher and higher, more people are looking to their bicycles for short trips around town. This class will help you gain the skill and knowledge to feel confident using a bike to commute, increase your fitness, and to have a great time no matter what the weather is doing. Classes will take place on and off the bike, and will cover safety considerations, rules of the road, basic mechanical skills, equipment considerations, bike handling skills, best routes of travel, and training for fitness. At a minimum, participants need a bicycle in good working order, a helmet, a spare tube, and tire levers.

Instructor: Ric Rosenkranz, (785) 317-5751 trirosenkranz@hotmail.com

Ric Rosenkranz has been a bicycling commuter for over 5 years, owns four bikes, and prefers cycling over driving any day. Ric is also a former professional triathlete and triathlon coach holding a Level III elite license with USA Triathlon.

Date: 09/03/2008 to 09/17/2008 (W)
Time: 6:00 PM to 7:30 PM
Fee: \$40.00
Location: UFM Fireplace Room
1221 Thurston St.

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



RECREATION & FITNESS CONTINUED

Yoga-Pilates

08CRF142AZ

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

Instructor: Diana Knox, (785) 539-7095, dknox@ksu.edu

Diana Knox has been involved in the fitness industry for over 14 years as a certified instructor and director. As the Fitness Director and a personal trainer at ProFitness in Aggieville, she offers classes incorporating step, yoga, stability ball, pilates, weight training/toning, kickboxing and yogilates. Her classes are available in Manhattan through UFM, K-State for credit and ProFitness.

Date: 08/25/2008 to 10/15/2008 (M/W)
(No class 9/1, 10/6)
Time: 9:00 AM to 10:10 AM
Fee: \$75.00
Location: Pro Fitness, 1125 Laramie St.

Yoga-Pilates

08CRF142BZ

Instructor: Diana Knox, (785) 539-7095, dknox@ksu.edu

Date: 08/25/2008 to 10/15/2008 (M/W)
(No class 9/1, 10/6)
Time: 1:30 PM to 2:40 PM
Fee: \$75.00
Location: Pro Fitness, 1125 Laramie St.

Yoga-Pilates

08CRF142CZ

Instructor: Diana Knox, (785) 539-7095, dknox@ksu.edu

Date: 08/26/2008 to 10/16/2008 (Tu/Th)
Time: Noon to 1:00 PM
Fee: \$75.00
Location: Pro Fitness, 1125 Laramie St.

Yoga-Pilates

08CRF142DZ

Instructor: Diana Knox, (785) 539-7095, dknox@ksu.edu

Date: 10/20/2008 to 12/10/2008 (MW)
(No class 11/26)
Time: 9:00 AM to 10:00 AM
Fee: \$75.00
Location: Pro Fitness, 1125 Laramie St.

Yoga-Pilates

08CRF142EZ

Instructor: Diana Knox, (785) 539-7095, dknox@ksu.edu

Date: 10/20/2008 to 12/10/2008 (MW)
(No class 11/26)
Time: 1:30 PM to 2:30 PM
Fee: \$75.00
Location: Pro Fitness, 1125 Laramie St.

Yoga-Pilates

08CRF142FZ

Instructor: Diana Knox, (785) 539-7095, dknox@ksu.edu

Date: 10/21/2008 to 12/11/2008 (Tu/Th)
(No class 11/27)
Time: 12:00 PM to 1:00 PM
Fee: \$75.00
Location: Pro Fitness, 1125 Laramie St.

Pilates

08CRF153AZ

This course is designed to introduce the student to the background, terminology, poses, principles and benefits of pilates. Emphasis will be on how to correctly practice this discipline safely for all levels of experience.

Instructor: Diana Knox, (785) 539-7095, dknox@ksu.edu

Date: 08/25/2008 to 10/15/2008 (M/W)
(No class 9/1, 10/6)
Time: 10:30 AM to 11:40 AM
Fee: \$75.00
Location: Pro Fitness, 1125 Laramie St.

Pilates

08CRF153BZ

Instructor: Diana Knox, (785) 539-7095, dknox@ksu.edu

Date: 10/20/2008 to 12/10/2008 (M/W)
(No class 11/26)
Time: 10:30 AM to 11:30 AM
Fee: \$75.00
Location: Pro Fitness, 1125 Laramie St.

Boxing

08CRF14AZ

This 8-week introductory course will introduce students to the sport of USA Olympic Style Boxing in a safe and comfortable environment. This course is for both men and women of all shapes and sizes that have the desire to learn how to box. Whether you are interested in losing weight, getting in great shape, gaining boxing knowledge and even wishing to become an amateur boxer, this is where your training begins. Equipment used: heavy bags, speed bags and double-end bags. Mitts, gloves and jump rope and hand wraps can be purchased or rented at first day of class or before. The 180" hand wraps are included in fee. No sparring during course. Enrollment open to men and women.

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

Lorissa, founder and CEO of K.O. Boxing, Inc., USA certified boxing coach and holds over 25 years experience coaching athletes.

Date: 08/25/2008 to 10/15/2008 (M/W)
(No class 9/1, 10/6)
Time: 10:30 AM to 11:40 AM
Fee: \$148.00
Location: K.O. Boxing, 2303 Tuttle Creek Blvd Blue Hills Shopping Center

Boxing

08CRF14BZ

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

Date: 08/25/2008 to 10/15/2008 (M/W)
(No class 9/1, 10/6)
Time: 2:00 PM to 3:00 PM
Fee: \$148.00
Location: K.O. Boxing, 2303 Tuttle Creek Blvd Blue Hills Shopping Center

Boxing

08CRF14CZ

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

Date: 08/26/2008 to 10/16/2008 (Tu/Th)
(No class 9/1, 10/6)
Time: 6:30 PM to 7:30 PM
Fee: \$148.00
Location: K.O. Boxing, 2303 Tuttle Creek Blvd Blue Hills Shopping Center

Boxing

08CRF14DZ

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

Date: 10/20/2008 to 12/10/2008 (M/W)
(No class 11/26)
Time: 10:30 AM to 11:30 AM
Fee: \$148.00
Location: K.O. Boxing, 2303 Tuttle Creek Blvd Blue Hills Shopping Center

Boxing

08CRF14EZ

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

Date: 10/20/2008 to 12/10/2008 (M/W)
(No class 11/26)
Time: 2:00 PM to 3:00 PM
Fee: \$148.00
Location: K.O. Boxing, 2303 Tuttle Creek Blvd Blue Hills Shopping Center

Boxing

08CRF14FZ

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

Date: 10/21/2008 to 12/11/2008 (Tu/Th)
(No class 11/27)
Time: 6:30 PM to 7:30 PM
Fee: \$148.00
Location: K.O. Boxing, 2303 Tuttle Creek Blvd Blue Hills Shopping Center

Intermediate Boxing

08CRF54A

Students will train in the sport of USA Olympic Style Boxing. Intermediate boxing is physically and mentally demanding. It is a continuation of Boxing. Instructor permission required.

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

Date: 08/25/2008 to 10/15/2008 (M/W)
(No class 9/1, 10/6)
Time: 7:30 PM to 8:30 PM
Fee: \$148.00
Location: K.O. Boxing, 2303 Tuttle Creek Blvd Blue Hills Shopping Center

Intermediate Boxing

08CRF54B

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

Date: 08/25/2008 to 10/15/2008 (M/W)
(No class 9/1, 10/6)
Time: 8:30 PM to 9:30 PM
Fee: \$148.00
Location: K.O. Boxing, 2303 Tuttle Creek Blvd Blue Hills Shopping Center

Intermediate Boxing

08CRF54C

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

Date: 08/26/2008 to 10/16/2008 (Tu/Th)
Time: 7:30 PM to 8:30 PM
Fee: \$148.00
Location: K.O. Boxing, 2303 Tuttle Creek Blvd Blue Hills Shopping Center

Intermediate Boxing

08CRF54D

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

Date: 08/26/2008 to 10/16/2008 (Tu/Th)
Time: 8:30 PM to 9:30 PM
Fee: \$148.00
Location: K.O. Boxing, 2303 Tuttle Creek Blvd Blue Hills Shopping Center

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RECREATION & FITNESS CONTINUED

Intermediate Boxing 08CRF54E
 Instructor: Lorissa Ridley-Fink D: (785) 341-1708
 koboxer@sbcglobal.net

Date: 10/20/2008 to 12/10/2008 (M/W)
 (No class 11/26)
 Time: 7:30 PM to 8:30 PM
 Fee: \$148.00
 Location: K.O. Boxing, 2303 Tuttle Creek Blvd
 Blue Hills Shopping Center

Intermediate Boxing 08CRF54F
 Instructor: Lorissa Ridley-Fink, (785) 341-1708
 koboxer@sbcglobal.net

Date: 10/20/2008 to 12/10/2008 (M/W)
 (No class 11/26)
 Time: 8:30 PM to 9:30 PM
 Fee: \$148.00
 Location: K.O. Boxing, 2303 Tuttle Creek Blvd
 Blue Hills Shopping Center

Intermediate Boxing 08CRF54G
 Instructor: Lorissa Ridley-Fink, (785) 341-1708
 koboxer@sbcglobal.net

Date: 10/21/2008 to 12/11/2008 (Tu/Th)
 (No class 11/27)
 Time: 7:30 PM to 8:30 PM
 Fee: \$148.00
 Location: K.O. Boxing, 2303 Tuttle Creek Blvd
 Blue Hills Shopping Center

Intermediate Boxing 08CRF54H
 Instructor: Lorissa Ridley-Fink, (785) 341-1708
 koboxer@sbcglobal.net

Date: 10/21/2008 to 12/11/2008 (Tu/Th)
 (No class 11/27)
 Time: 8:30 PM to 9:30 PM
 Fee: \$148.00
 Location: K.O. Boxing, 2303 Tuttle Creek Blvd
 Blue Hills Shopping Center

Abso "Glutely" Hard Core Fit (Ages 16+) 08CRF63A

Learn how to transform your glutes, thighs, hips and abs. Train in a safe comfortable and non-threatening environment with K.O. professional trainers. K.O. trainers are dedicated to helping individuals of all ages, shapes and sizes transform their bodies, minds, hearts and self-confidence into a healthy state. Weight Lifting, Kickboxing, Core Ball, Athletic Yoga and more. The fitness program is designed to pursue excellence in the fitness industry with the most creative and advanced techniques. Work at your own level and propel your personal fitness goals as far as you wish to go.

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

Date: 08/26/2008 to 10/16/2008 (Tu/Th)
 Time: 6:30 PM to 7:30 PM
 Fee: \$148.00
 Location: K.O. Boxing, 2303 Tuttle Creek Blvd
 Blue Hills Shopping Center

Abso "Glutely" Hard Core Fit (Ages 16+) 08CRF63B

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

Date: 10/21/2008 to 12/11/2008 (Tu/Th)
 (No class 11/27)
 Time: 6:30 PM to 7:30 PM
 Fee: \$148.00
 Location: K.O. Boxing, 2303 Tuttle Creek Blvd
 Blue Hills Shopping Center

Choreography L.A. (Ages 16+) 08CRF74A

Choreography Lyric Association is for women and men alike who have the desire to learn how to dance in a comfortable environment. Whether you are a beginner or advanced dancer, this course will allow you to discover your creative side. Pursue your dance and fitness goals thru hip hop, line dance, funk and creative style movement.

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

Date: 08/27/2008 to 10/15/2008 (W)
 Time: 5:30 PM to 6:30 PM
 Fee: \$98.00

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

Choreography L.A. (Ages 16+) 08CRF74B

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

Date: 10/22/2008 to 12/17/2008 (W)
 Time: 5:30 PM to 6:30 PM
 Fee: \$98.00

Location: K.O. Boxing, 2303 Tuttle Creek Blvd
 Blue Hills Shopping Center
 KSU Ahearn Room 302

Tennis 08CRF19AZ

The focus of this tennis class will be to introduce the proper technique of each tennis stroke. Scoring, rules, single and doubles formations, shot selection, and match play will also be covered. Come enjoy the "Sport of a Lifetime." All players must wear appropriate tennis shoes (no running shoes) and comfortable workout attire. Students must provide their own tennis rackets.

Instructor: Bill Fraley

Date: 09/09/2008 to 11/18/2008 (Tu)
 Time: 1:30 PM to 3:00 PM
 Fee: \$82.00

Location: 3615 Claflin Road
 Cotton Wood Racquet Club

Tennis 08CRF19BZ

Instructor: Bill Fraley

Date: 09/10/2008 to 11/19/2008 (W)
 Time: 1:30 PM to 3:00 PM
 Fee: \$82.00

Location: 3615 Claflin Road,
 Cotton Wood Racquet Club

Beginning Fencing 08CRF21Z

Beginning fencing is an introduction to the fundamentals of modern sport fencing. Of the three weapon types (foil, epee, sabre) sanctioned in international competitions, only foil is taught in beginning fencing. Fencing entails progressive conditioning of the shoulders, lower torso and legs along with fine motor enhancement of the fingers and wrists. Understanding fencing has wide application off the strip-integrating diplomacy, aggression, speed and skill.

Instructor: Jeff Gwartz

Date: 08/25/2008 to 12/01/2008 (M)
 (No class 9/1, 10/6)

Time: 6:00 PM to 7:30 PM
 Fee: Own equipment/ \$52.00
 Use instructors/\$82.00

Location: KSU-Ahearn Fieldhouse

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RECREATION & FITNESS CONTINUED



Intermediate Fencing 08CRF22Z

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

Instructor: Jeff Gwartz

Date: 08/25/2008 to 12/01/2008 (M)
(No class 9/1, 10/6)
Time: 7:30 PM to 9:00 PM
Fee: Own equipment/ \$52.00
Use instructors/\$82.00
Location: KSU-Ahearn Fieldhouse

Golf in Junction City 08CRF30AZ

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

Instructor: Jim Peterson

Date: 08/26/2008 to 10/14/2008 (Tu)
Time: 5:00 PM to 7:00 PM
Fee: \$132.00
Location: Rolling Meadows Golf Course
6514 Old Milford Rd., Junction City

Golf in Junction City 08CRF30BZ

Instructor: Jim Peterson

Date: 08/27/2008 to 10/15/2008 (W)
Time: 5:00 PM to 7:00 PM
Fee: \$132.00
Location: Rolling Meadows Golf Course
6514 Old Milford Rd., Junction City

Archery Instructor Training & Certification 08CRF37Z

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

Instructor: Tom Korte, (785) 494-8889

Date: 09/29/2008 to 11/24/2008 (M)
(No class 10/6)
Time: 7:00 PM to 8:45 PM
Fee: \$96.00
Location: Archery Range, 8330 East HWY 24

Canoe Camping 08CRF53Z

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

Instructor: Steve Spencer, quietwater@wildblue.net

Date: 11/08/2008 to 11/09/2008 (Sa/Su)
Time: 8:00 AM to 5:00 PM
Fee: \$101.00
Location: Natatorium, KSU campus

Marathon Training 08CRF68

If you have ever wanted to finish a marathon or run a personal best, but didn't know how to begin or train, this is the class for you! This class will cover setting a marathon goal, designing a marathon schedule, selecting a marathon, nutrition, hydration, weather, prerace routines and postrace recovery. The course structure will consist of classroom lectures, discussions and some running. This course is recommended for individuals that have been running at least 30 minutes per day, 4-7 days per week for 6 weeks. You must be able to run at least 6 miles the first week of class. Classroom will meet Tuesday from 6-7 pm at UFM's Multipurpose Room, 1221 Thurston and work outs will be Thursday from 6-7 pm at Ahearn Field House Indoor Track.

Instructor: Dan Boyle, (785) 532-6647, dboyle@ksu.edu

Dan Boyle has over 30 years of experience as a competitive distance runner and distance running coach. He has helped numerous athletes from around the US achieve their goals at distances from 2 miles up to the marathon distance. To view Dan's many running achievements, please visit www.tryufm.org, find class then instructor information.

Date: 09/02/2008 to 10/09/2008 (Tu/Th)
Time: 6:00 PM to 7:00 PM
Fee: \$134.00
Location: UFM Multipurpose Room
1221 Thurston St.

Let's Get Running! 08CRF72

If you have ever wanted to start running, but didn't know how to begin, this is the class for you! This training program is designed for people who have never run before, those who may have tried to run, then stopped, and those who used to run and want to begin again. The program starts with walking/running workouts with a goal to run continuously for 30 minutes or 5 km by the end of the 6 week program. The overall objective of this course is to provide a running environment where you are encouraged, inspired, and learn how to incorporate a running program into your lifestyle. You must have the physical ability to begin a program based on walking and running.

Instructor: Dan Boyle, (785) 532-6647, dboyle@ksu.edu

Date: 09/03/2008 to 10/15/2008 (W/F/M)
(No class 10/6)
Time: 6:00 PM to 7:00 PM
Fee: \$145.00
Location: KSU-Ahearn Field House Indoor Track



Adult Ballet 08CRF71A

This is a ballet class that is challenging and fun for teens or adults looking to learn or refresh an enjoyment of classical ballet. Intermediate and advanced students welcome! We'll work on body placement, technique at the barre, and center exercises including turns, jumps and leaps. Ballet slippers are recommended, but socks are fine.

Instructor: Alison Watson, (816) 522-5028
awatson421@gmail.com

Alison has studied dance and performed her own dance choreography in Siracusa, Sicily and in Times Square in New York. After graduating with a Bachelor of Arts degree, she enrolled in a professional dance program in Kansas City.

Date: 09/16/2008 to 10/09/2008 (Tu/Th)
Time: 4:30 PM to 5:30 PM
Fee: 1 time per week \$46.00
2X per week for \$82.00
Location: UFM Banquet Room
1221 Thurston St.

Adult Ballet 08CRF71B

Instructor: Alison Watson, (816) 522-5028
awatson421@gmail.com

Date: 10/14/2008 to 11/06/2008 (Tu/Th)
Time: 4:30 PM to 5:30 PM
Fee: 1 time per week \$46.00
2X per week for \$82.00
Location: UFM Banquet Room
1221 Thurston St.

Adult Ballet 08CRF71C

Instructor: Alison Watson, (816) 522-5028
awatson421@gmail.com

Date: 11/11/2008 to 12/11/2008 (Tu/Th)
(No class 11/25, 11/27)
Time: 4:30 PM to 5:30 PM
Fee: 1 time per week \$46.00
2X per week for \$82.00
Location: UFM Banquet Room
1221 Thurston St.



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RECREATION & FITNESS CONTINUED

Full Body Jams 08CRF77A

Simple dance combinations guaranteed to challenge your brain and your feet. The movements in this up-beat, rhythm-based class also target abdominals, arms, thighs, and gluts to activate fat burning in these areas that will last long after the class is over! So much fun, you'll forget you're getting in shape! Recommended for at least teen or college-aged students, but all ages and levels are welcome.
Instructor: Alison Watson, (816) 522-5028
awatson421@gmail.com

Date: 09/15/2008 to 10/08/2008 (M/W)
Time: 4:00 PM to 5:00 PM
Fee: 1 time per week \$46.00
2X per week for \$82.00
Location: KSU Ahearn Room 302

Full Body Jams 08CRF77B

Instructor: Alison Watson, (816) 522-5028
awatson421@gmail.com

Date: 10/13/2008 to 11/05/2008 (M/W)
Time: 4:00 PM to 5:00 PM
Fee: 1 time per week \$46.00
2X per week for \$82.00
Location: KSU Ahearn Room 302

Full Body Jams 08CRF77C

Instructor: Alison Watson, (816) 522-5028
awatson421@gmail.com

Date: 11/10/2008 to 12/10/2008 (M/W)
(No class 11/24, 11/26)
Time: 4:00 PM to 5:00 PM
Fee: 1 time per week \$46.00
2X per week for \$82.00
Location: KSU Ahearn Room 302

Handwalking 08CRF78A

Yes, you can learn to walk on your hands! This class will have three components: upper body strength drills, learning to balance your whole body, and combining the upper body strength with the balancing to actually walk on your hands. All ages are welcome to come and enjoy this class!
Instructor: Alison Watson, (816) 522-5028
awatson421@gmail.com

Date: 09/15/2008 to 10/08/2008 (M/W)
Time: 5:15 PM to 6:00 PM
Fee: 1 time per week \$46.00
2X per week for \$82.00
Location: KSU Ahearn Room 302

Handwalking 08CRF78B

Instructor: Alison Watson, (816) 522-5028
awatson421@gmail.com

Date: 10/13/2008 to 11/05/2008 (M/W)
Time: 5:15 PM to 6:00 PM
Fee: 1 time per week \$46.00
2X per week for \$82.00
Location: KSU Ahearn Room 302

Handwalking 08CRF78C

Instructor: Alison Watson, (816) 522-5028
awatson421@gmail.com

Date: 11/10/2008 to 12/10/2008 (M/W)
(No class 11/24, 11/26)
Time: 5:15 PM to 6:00 PM
Fee: 1 time per week \$46.00
2X per week for \$82.00
Location: KSU Ahearn Room 302

~Salina Classes~

Golf in Salina

RRES-200

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

Reference Number: 16064

Date: 08/25/2008 to 10/27/2008 (M)
(No class 9/1, 10/6)

Time: 4:30 PM to 6:30 PM
Fee: \$299

(Available for noncredit, RF06AZ)
Location: The K-State at Salina Rec Center,
3142 Scanlan Ave.

Intermediate/Advanced Golf in Salina RRES-200

This course is designed for the intermediate/advanced golfer, and will allow students to improve their existing golf skills, both physically and mentally. Students will practice improving their golf swing and short game both on the driving range and on the golf course. The first round of golf and first basket of balls are included in class fees. Students will be responsible for one round of golf and additional baskets of balls, \$5.00/basket.
Instructor: Ronda Green, (785) 819-4653

Reference Number: 16066

Date: 08/28/2008 to 10/16/2008 (Th)
Time: 5:00 PM to 7:00 PM

Fee: \$299
(Available for noncredit, RF31Z)

Location: The K-State at Salina Rec Center,
3142 Scanlan Ave.

Scuba Diving in Salina

RRES-200

This course will prepare students for NAUI Scuba Diver certification. Areas of information covered include introductory information for certification, knowledge of the equipment, physics of diving, medical problems related to diving, use of diving tables, diving environment, and general information. The date for certification will be determined at a later date. A certification fee of \$75.00 will be assessed at the time of check out dives. However, neither UFM nor KSU is responsible for the certification. Travel and lodging are at the student's expense. Students must provide their own masks, fins and snorkels which will be available for purchase at the first session, the purchase of equipment ranges from \$100 to \$175. There is a non-refundable material fee of \$50 for withdrawing from the class after the first day.

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

Reference Number: 16063

Date: 09/04/2008 to 10/16/2008 (Th)
Time: 6:00 PM to 10:00 PM

Fee: \$414
(Available for noncredit, AQ107Z)

Location: Salina YMCA, 570 YMCA Dr.



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Youth

Introduction to Nutcracker Ballet and Tap Dancing **08CYO06**

This beginning class is designed to teach students basic ballet steps and a dance from the Nutcracker Ballet. Basic tap steps will be introduced with a peppy routine. After the 3 lessons, students may continue dance lessons through private instruction. No dance experience or formal dance attire necessary. For girls and boys ages 4-12. NOTE: Children can be divided by age if needed. Tennis shoes can be used as tap shoes.

Instructor: Randi Dale, (785) 539-5767

Randi Dale has taught dance for 46 years. Her dance choir toured the Midwest and Europe. She is a certified teacher with a Master's Degree in Education. In May 2008 her regular students performed the story "Nutcracker Ballet". In the past her dancers have performed Coppelia, Alice in Wonderland and Swan Lake. Her original choreography is designed for children.

Date: 09/11/2008 to 09/25/2008 (Th)
Time: 6:15 PM to 6:45 PM
Fee: \$18.00
Location: 2416 Rogers Blvd.

Karate & Self-Defense (Adults & Youth) **08CMA10**

Classes are structured to provide mental and physical coordination. Training is divided into 3 major areas: basic motion ("Kihon") with study of the fundamental technique, forms and pattern of movements and techniques that demonstrate physical/combat principles and sparring ("Kumite"). No matter your current situation, you will be guided by step-by-step and shown exactly how to achieve Karate success. Class is for both adults and youth (ages 4+). Class will meet on the north end of Ahearn Fieldhouse, close to College Heights St.

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, to relax as you breathe, and to overcome stress. He is a champion and member of the Karate National team in Senegal. He has also won awards from the National Federation of Karate in Senegal. He has worked with the Japanese most known "Sensei", Sensei Ayashi, Sensei Yoshinao Nambu. His own Sensei was directly formed by Sensei Eiji Ogasahara.

Date: 09/23/2008 to 10/16/2008 (Tu/Th)
Time: 6:00 PM to 7:00 PM
Fee: \$51.00
Location: KSU-Ahearn Fieldhouse

DanceNastics (Ages 4-12) **08CYO14A**

Girls will learn how to tumble (floor gymnastics) in a safe comfortable and non-competitive environment with K.O. professional coaches. Through this program, youth may propel as far as they wish to go. Performances are themed and every 6-8 weeks. Please wear comfortable workout clothing. Prior to enrolling, student MUST meet with Lorissa Ridley-Fink for an evaluation to determine day of week for class placement.

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

Lorissa, founder and CEO of K.O. Boxing, Inc., USA certified boxing coach and holds over 25 years experience coaching athletes.

Date: 09/01/2008 to 10/20/2008 (M)
Time: 4:00 PM to 5:00 PM
Fee: \$98.00
Location: K.O. Boxing, 2303 Tuttle Creek Blvd Blue Hills Shopping Center

DanceNastics (Ages 4-12) **08CYO14B**

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

Date: 10/27/2008 to 12/15/2008 (M)
Time: 4:00 PM to 5:00 PM
Fee: \$98.00
Location: K.O. Boxing, 2303 Tuttle Creek Blvd Blue Hills Shopping Center



Youth Boxing (Ages 7-15) **08CYO29A**

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 hand-eye coordination and rhythm on the double end and speed bags, jump rope, and lift weights like a boxer. All K.O. classes encourage teamwork and confidence, and are fun and exciting. Mitts, gloves, jump rope and hand wraps can be purchased or rented at first day of class or before. The 180" hand wraps are included in fee. (Ages 12-16 may enroll in Boxing - the Adult Intro Course - following evaluation with Coach L)

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

Date: 08/26/2008 to 10/16/2008 (Tu/Th)
Time: 5:30 PM to 6:30 PM
Fee: \$148.00
Location: K.O. Boxing, 2303 Tuttle Creek Blvd Blue Hills Shopping Center

Youth Boxing (Ages 7-15) **08CYO29B**

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

Date: 10/21/2008 to 12/11/2008 (Tu/Th)
(No class 11/27)
Time: 5:30 PM to 6:30 PM
Fee: \$148.00
Location: K.O. Boxing, 2303 Tuttle Creek Blvd Blue Hills Shopping Center

Crochet for Kids **08CYO33A**

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

Instructor: Jocelyn Bishop, bishopj@ksu.edu

Date: 09/08/2008 to 09/29/2008 (M)
Time: 4:30 PM to 5:30 PM
Fee: \$28.00
Location: UFM Fireplace Room 1221 Thurston St.



FALL MENTORING BACK IN ACTION!!

Beginning

Tue., Sept. 16 -- High School

Thur., Sept. 18 -- Middle School

Transportation
Provided!!

For more info call or email
Jill Thien at 539-8763
jillian@tryufm.org



YOUTH CONTINUED

Crochet for Kids

08CYO33B

Instructor: Jocelyn Bishop, bishopj@ksu.edu

Date: 10/13/2008 to 11/03/2008 (M)
 Time: 4:30 PM to 5:30 PM
 Fee: \$28.00
 Location: UFM Fireplace Room
 1221 Thurston St.

Crochet for Kids

08CYO33C

Instructor: Jocelyn Bishop, bishopj@ksu.edu

Date: 11/10/2008 to 12/01/2008 (M)
 Time: 4:30 PM to 5:30 PM
 Fee: \$28.00
 Location: UFM Fireplace Room
 1221 Thurston St.

Youth Ballet

08CYO41A

A class designed for beginning and intermediate level dancers 7-12 years old. We'll work on the ballet basics of learning to move with music, correct body posture and alignment, basic exercises at the ballet barre such as plies (leg bends), tendus (toe points), degages (small leg lifts), and battements (leg kicks), and center exercises including turns, jumps and leaps. Ballet slippers are recommended, but socks are fine.

Instructor: Alison Watson, (816) 522-5028
 awatson421@gmail.com



Alison has studied dance and performed her own dance choreography in Siracusa, Sicily and in Times Square in New York. After graduating with a Bachelor of Arts degree,

she enrolled in a professional dance program in Kansas City. The following year she performed with Kansas City Contemporary Dance for their 2007 season. Alison will dance and move anywhere there is space! She performed with the K-State dance department in has taught dance and gymnastics classes in Manhattan. She hopes you'll join her in these upcoming sessions!

Date: 09/16/2008 to 10/09/2008 (Tu/Th)
 Time: 3:30 PM to 4:15 PM
 Fee: 1 time per week \$46.00,
 2X per week for \$82.00
 Location: UFM Banquet Room
 1221 Thurston St.

Youth Ballet

08CYO41B

Instructor: Alison Watson, (816) 522-5028
 awatson421@gmail.com

Date: 10/14/2008 to 11/06/2008 (Tu/Th)
 Time: 3:30 PM to 4:15 PM
 Fee: 1 time per week \$46.00
 2X per week for \$82.00
 Location: UFM Banquet Room
 1221 Thurston St.

Youth Ballet

08CYO41C

Instructor: Alison Watson, (816) 522-5028
 awatson421@gmail.com

Date: 11/11/2008 to 12/11/2008 (Tu/Th)
 (No class 11/25, 11/27)
 Time: 3:30 PM to 4:15 PM
 Fee: 1 time per week \$46.00
 2X per week for \$82.00
 Location: UFM Banquet Room
 1221 Thurston St.

Computers and Kids

08CYO43

Children in kindergarten through 5th grade will have the opportunity to learn how to use Word, PowerPoint, and access kid friendly websites on the Internet. Students will create a flyer in Word, a presentation about themselves in PowerPoint, and visit pbskids.org and aaamath.com. Parents are welcome but not necessary. This class is taught by a certified elementary school teacher.
 Instructor: Amy Trujillo

Amy Trujillo works for USD-475 as an English Language Learner (ELL) teacher, writes technology articles for a national publication, and is certified to teach Microsoft Office. She has taught computer classes from kindergarten to the community college level.

Date: 09/13/2008 (Sa)
 Time: 9:30 AM to 11:30 AM
 Fee: \$12.00
 Location: Manhattan Public Library -
 Computer Classroom, 629 Poyntz Ave.

Sound and Recording

08CYO44

FHCR Youth Radio Project is offering two training courses this fall. For this class we will cover the principles of sound and recording, field recording, digital recording and editing. Participants will need to download a freeware audio editor called "Audacity" to their computers (Mac or PC platforms). NOTE: Youth will be required to complete two of three training courses before they can be on-air personalities.
 Instructor: Dave MacFarland

Date: 09/02/2008 to 09/11/2008 (Tu/Th)
 Time: 6:00 PM to 9:00 PM
 Fee: No Charge
 Location: UFM Banquet Room
 1221 Thurston St.



Content Development and Script Writing

08CYO45

The second class of the FHCR Youth Radio Project will focus on developing a story, script writing, journalism ethics, different writing formats for web and radio, developing a "beat" (music, sports, fine arts, organizations/clubs, special interests, etc), and production. Students must have taken Sound and Recording.
 Instructor: Christopher Renner, (785) 341-9459
 rennerchristopher@yahoo.com

Christopher E. Renner is a Ph.D candidate at Kansas State University in Curriculum and Instruction and in the Graduate Certificate program in Women's Studies.

Date: 09/16/2008 to 10/07/2008 (Tu)
 Time: 3:30 PM to 5:00 PM
 Fee: No Charge
 Location: UFM Conference Room
 1221 Thurston St., 2nd floor

Introduction to the Arts for Ages 9-12

08CYO46A

This 12-week class is an opportunity to explore a taste of a variety of the fine arts. Drawing, painting, simple sculpture, poetry and creative writing will be offered in a structured yet playful manner. Music and movement will also be incorporated. This is not a simplistic craft class. Emphasis will be on encouraging individual creative expression while learning basic tools and technique. No experience necessary. ALL materials provided. Please bring your best attitude, wear your worst clothes, and come to learn and have fun!

Instructor: Linda Rae, (785) 456-2504
 lindarae@lindaraestudio.com

Linda received a Bachelors Degree in Fine Art from Fort Hays State University and a Masters Degree in Art Therapy from Southern Illinois University at Edwardsville. Linda has taught children's and adult art classes and workshops in formal educational settings as well as private instruction.

Date: 09/09/2008 to 11/25/2008 (Tu)
 Time: 4:15 PM to 5:15 PM
 Fee: \$124.00
 Location: UFM Solar Addition
 1221 Thurston St.

Introduction to the Arts for Ages 9-12

08CYO46B

Instructor: Linda Rae, (785) 456-2504
 lindarae@lindaraestudio.com

Date: 09/10/2008 to 12/03/2008 (W)
 (No class 11/26)
 Time: 4:15 PM to 5:15 PM
 Fee: \$124.00
 Location: UFM Solar Addition



Creating Service Projects for Episodic Volunteer 08CPI50

Each fall new students are introduced to our community, many with a history of volunteering and service. Learn how to introduce students to your organization, your mission and how your organization helps the community. Participants will receive information and materials on how to plan and manage episodic (one time) volunteers for the short and long term. Hear from others who have successfully used student volunteers, interns, and classes in their ongoing programs.

Date: 09/4/2008 (Th)
Time: 6:30 – 8 p.m.
Fee: None
Location: UFM Solar Addition

Recruit and Market through Social Networks 08CPI51

Explore how your organization can use social networking to improve volunteer management efforts. This online interactive session will show how Facebook, My Space, Flickr, and blogs can be linked to your website. Know how YouTube, RSS, and Twitter can connect you to new volunteers as well as maintain communication with you current volunteers. You will also be introduced to 1-800-Volunteer.org which is a volunteer management database which matched volunteers to volunteer opportunities and offered free through the Volunteer Center.

Date: 10/2/2008 (Th)
Time: 6:30 – 8 p.m.
Fee: None
Location: UFM Multipurpose Room

Supporting Volunteer Managers 08CPI52

This informal session will provide an opportunity for area volunteer managers to share ideas, practices and learn from other volunteer managers. This may be a first for many part time volunteer managers who have "other duties" besides managing volunteers. For many, volunteer management is not their "primary" responsibility and more are not paid for their volunteer management work and expertise. Paid and unpaid volunteer managers are encouraged to attend.

Date: 11/6/2008 (Th)
Time: 6:30 – 8 p.m.
Fee: None
Location: UFM Solar Addition

To Enroll call 539.8763 or
online at www.tryufm.org



VOLUNTEER MANAGEMENT SERIES

This is an introductory series to assist community organizations, businesses and governmental agencies in effectively managing and supporting an existing (or proposed) volunteer management program. This series hopes to engage organizations and volunteers in meaningful opportunities to serve, to provide and share effective practices in volunteer engagement and mobilize campus and community volunteers to address community needs. Primary instructors for the series will be Lynda Bachelor and Kim Frazier. Visit www.tryufm.org for additional class and instructor information.



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October 25th-November 1st, 2008**
- **Day of Caring
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KSU Credit Courses

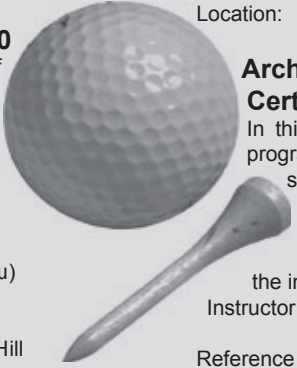
These Recreational courses are offered for KSU credit through the DIVISION OF CONTINUING EDUCATION with the cooperation of various Kansas State University departments.

Registration available on iSIS, <https://isis.k-state.edu>. Some classes are also available in Salina.

For class information visit:

<http://www.dce.ksu.edu/courses/recreational.shtml>

<p>Ballroom Dance I DANCE-599 Introduction to the principles of ballroom dancing. Includes dance terminology, dance position, correct body alignment and positions and partnering. Techniques such as open and close positions, leading and following, and a variety of steps will be emphasized. The jitterbug, American waltz, foxtrot, and Latin steps will be taught. Instructor: Rebecca Hickert</p> <p>Reference Number: 15468 Date: 08/26/2008 to 12/09/2008 (Tu) (No class 11/25) Time: 8:00 PM to 9:00 PM Fee: \$294 (Available for noncredit partner through UFM RF26AZ) Location: ECM Auditorium, 1021 Denison</p>	<p>Beginning Yoga Continued Reference Number: 15480 Date: 08/25/2008 to 10/22/2008 (M/W) (No class 9/1, 9/29, 10/6) Time: 6:00 PM to 7:00 PM Fee: \$265.47 (Available for noncredit, HW15BZ) Location: KSU Ahearn Room 302</p> <p>Reference Number: 15486 Date: 10/14/2008 to 12/09/2008 (Tu/Th) (No class 11/27) Time: 10:30 AM to 11:30 AM Fee: \$265.47 (Available for noncredit, HW15CZ) Location: KSU Ahearn Room 302</p>	<p>Golf in Junction City RRES-200 This course will emphasize the fundamentals of the full golf swing; the short game techniques of chipping, pitching, and sand shots; rules of play, course etiquette, selection and use of equipment. Instructor: Jim Peterson</p> <p>Reference Number: 15566 Date: 08/26/2008 to 10/14/2008 (Tu) Time: 5:00 PM to 7:00 PM Fee: \$313 (Available for noncredit, RF30AZ) Location: Rolling Meadows Golf Course, 6514 Old Milford Rd., Junction City</p> <p>Reference Number: 15567 Date: 08/27/2008 to 10/15/2008 (W) Time: 5:00 PM to 7:00 PM Fee: \$313 (Available for noncredit, RF30BZ) Location: Rolling Meadows Golf Course, 6514 Old Milford Rd., Junction City</p>
<p>Swing and Salsa Dance DANCE-599 This is an intermediate course on swing dancing that emphasizes technique and style of Jitterbug, Lindy, and West Coast swing. The emphasis will be on partnering and rhythmic articulation. Demonstrations, performances, and videos will supplement the course. Prerequisites: Ballroom dance I or a minimum of 6 months of social level dance classes or significant training in Ballet, Jazz, or Modern dance is strongly recommended before entering this swing and salsa dance course. Instructor: Rebecca Hickert</p> <p>Reference Number: 15473 Date: 08/26/2008 to 12/09/2008 (Tu) (No class 11/25) Time: 7:00 PM to 8:00 PM Fee: \$294 (Available for noncredit partner through UFM RF27AZ) Location: ECM Auditorium, 1021 Denison</p>	<p>Intermediate Yoga DANCE-599 This course will increase the student's understanding of how to use the practice of yoga creatively to enhance all aspects of human life. Practice areas will include adapting asanas and movement, using various breathing techniques, creating an individualized practice, and study of Yoga Sutras. Students will learn breathing methods and continue to refine the asanas while learning to adapt them to the individual body-type. Please bring a yoga/exercise mat and wear comfortable clothing that allows a full range of movement. It is best not to eat for at least two hours before the class. Prerequisite: Eligibility for this course requires a personal interview with Ana Franklin. Students must make arrangements to meet with Ana to receive permission to enroll for this course. Please call or email her at 785-341-9908 or yogaconnection@gmail.com. Instructor: Ana Franklin</p> <p>Reference Number: 15489 Date: 10/27/2008 to 12/10/2008 (M/W) (No class 11/26) Time: 10:30 AM to 11:45 AM Fee: \$264.57 (Available for noncredit, HW21Z) Location: KSU Ahearn Room 302</p>	<p>Archery RRES-200 This course provides men and women with instruction in target style archery. Emphasis is on the archery form currently used in Olympic sports. Students will use only the recurve bow, the compound bow will not be used in this class. Participants will learn safety rules, scoring, stance, release of arrow, and execution of follow through. Information on basic equipment selection and set-up will also be taught and all equipment will be provided by the instructor. All equipment will be provided by the instructor. Techniques will be tailored to fit individual levels of advancement. Instructor: Tom Korte, (785) 494-8889</p> <p>Reference Number: 15562 Date: 09/29/2008 to 11/24/2008 (M) (No class 10/6) Time: 8:00 PM to 9:45 PM Fee: \$298 Location: Archery Range, 8330 E. HWY 24</p>
<p>Beginning Middle Eastern Dance (Belly Dance) DANCE-599 In this dance technique class, students will learn all the foundations of Middle Eastern Dance, otherwise known as Belly Dance. This class will cover beginning level hip and rib cage isolations, arm and hand movements, turns, traveling steps, percussive body movements, veil work, stage dynamics, combinations, and choreography. Students will also be introduced to the fundamentals of Middle Eastern music and rhythms, history, culture, and costuming, as they apply to the dance. This class is open to both men and women, however all students are expected to participate. Please wear comfortable clothing that allows for ease of movement. Form-fitting clothing allows you and the instructor to check for proper alignment and technique. Footwear: bare feet, stocking feet, ballet slippers, or dance sandals. Instructor: Cathia Bailey</p> <p>Reference Number: 15587 Date: 09/04/2008 to 11/20/2008 (Th) (No class 11/13) Time: 6:00 PM to 7:30 PM Fee: \$265.47 Location: KSU Ahearn Dance Room 302</p>	<p>Golf RRES-200 This course will emphasize the fundamentals of the full golf swing; the short game techniques of chipping, pitching, and sand shots; rules of play, course etiquette, selection and use of equipment. Instructor: Jim Gregory, (785) 539-1041</p> <p>Reference Number: 15496 Date: 08/26/2008 to 10/14/2008 (Tu) Time: 2:30 PM to 4:30 PM Fee: \$313 Location: 4441 Fort Riley Blvd. Stagg Hill Golf Club</p> <p>Reference Number: 15498 Date: 08/27/2008 to 10/15/2008 (W) Time: 1:30 PM to 3:30 PM Fee: \$313 Location: 4441 Fort Riley Blvd. Stagg Hill Golf Club</p>	<p>Archery Instructor Training and Certification-Level I RRES-200 In this Level I Basic Training and Certification archery program you will learn how to set up and operate a safe short-term archery program, how to teach new archers, how to maintain your equipment, and how to create fun games for your new archers. The required NADA textbook will be available for purchase from the instructor at the first class meeting. Instructor: Tom Korte</p> <p>Reference Number: 15563 Date: 09/29/2008 to 11/24/2008 (M) (No class 10/6) Time: 7:00 PM to 8:45 PM Fee: \$298 (Available for noncredit, RF37Z) Location: Archery Range, 8330 E. HWY 24</p>
<p>Beginning Yoga DANCE-599 This course will cover the basic fundamentals of yoga: Sibilant breathing and breath ratios, coordination of movement and breath, proper sequencing of exercises, ten or more basic exercises and introduction to yoga philosophy. Instructor: Ana Franklin, (785) 537-8224 yogaconnection@gmail.com</p> <p>Reference Number: 15475 Date: 08/25/2008 to 10/22/2008 (M/W) (No class 9/1, 9/29, 10/6) Time: 10:30 AM to 11:30 AM Fee: \$265.47 (Available for noncredit, HW15AZ) Location: KSU Ahearn Room 302</p>	<p>Reference Number: 15499 Date: 08/27/2008 to 10/15/2008 (W) Time: 5:30 PM to 7:30 PM Fee: \$313 Location: 4441 Fort Riley Blvd. Stagg Hill Golf Club</p> <p>Reference Number: 15500 Date: 08/28/2008 to 10/16/2008 (Th) Time: 9:30 AM to 11:30 AM Fee: \$313 Location: 4441 Fort Riley Blvd. Stagg Hill Golf Club</p>	<p>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</p> <p>Reference Number: 15491 Date: 08/25/2008 to 12/08/2008 (M) (No class 9/1, 10/6) Time: 10:30 AM to 11:20 AM Fee: \$245.47 Location: K-State Union Recreation Center</p>



KSU CREDIT COURSES CONTINUED



BOWLING CONTINUED

Reference Number: 15492
 Date: 08/26/2008 to 12/09/2008 (Th)
 Time: 10:30 AM to 11:20 AM
 Fee: \$245.47
 Location: K-State Union Recreation Center

Beginning Fencing

RRES-200

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

Reference Number: 15569
 Date: 08/25/2008 to 12/01/2008 (M)
 (No class 9/1, 10/6)
 Time: 6:00 PM to 7:30 PM
 Fee: \$247.47 (Available for noncredit, RF21Z)
 Location: KSU Ahearn Fieldhouse

Intermediate Fencing

RRES-200

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

Reference Number: 15570
 Date: 08/25/2008 to 12/01/2008 (M)
 (No class 9/1, 10/6)
 Time: 7:30 PM to 9:00 PM
 Fee: \$247.47 (Available for noncredit, RF22Z)
 Location: KSU Ahearn Fieldhouse

Tennis

RRES-200

The focus of this introductory tennis class will be to introduce the proper technique of each tennis stroke. Scoring, rules, single and doubles formations, shot selection, and match play will also be covered. Come enjoy the "Sport of a Lifetime." All players must wear appropriate tennis shoes (no running shoes) and comfortable workout attire. Students must provide their own tennis rackets.
 Instructor: Bill Fraley

Reference Number: 15501
 Date: 09/09/2008 to 11/18/2008 (Tu)
 Time: 1:30 PM to 3:00 PM
 Fee: \$270 (Available for noncredit, RF19AZ)
 Location: Cottonwood Racket Club, 3615 Claflin Rd

Reference Number: 15503
 Date: 09/10/2008 to 11/19/2008 (W)
 Time: 1:30 PM to 3:00 PM
 Fee: \$270 (Available for noncredit, RF19BZ)
 Location: Cottonwood Racket Club, 3615 Claflin Rd

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 taught and stressed. 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) 539-7095
 dknox@ksu.edu

Reference Number: 15514
 Date: 08/26/2008 to 10/16/2008 (Tu/Th)
 Time: 9:00 AM to 10:00 AM
 Fee: \$294
 Location: Pro Fitness, 1125 Laramie St.

Reference Number: 15515
 Date: 10/21/2008 to 12/11/2008 (Tu/Th)
 (No class 11/27)
 Time: 09:00 AM to 10:00 AM
 Fee: \$294
 Location: Pro Fitness, 1125 Laramie St.

Reference Number: 15516
 Date: 08/26/2008 to 10/16/2008 (Tu/Th)
 Time: 1:30 PM to 2:30 PM
 Fee: \$294
 Location: Pro Fitness, 1125 Laramie St.

Reference Number: 15517
 Date: 10/21/2008 to 12/11/2008 (Tu/Th)
 (No class 11/27)
 Time: 1:30 PM to 2:30 PM
 Fee: \$294
 Location: Pro Fitness, 1125 Laramie St.

Reference Number: 15505
 Instructor: Jenni Brenner
 Date: 08/25/2008 to 10/15/2008 (M/W)
 (No class 9/1, 10/6)
 Time: Noon to 1:10 PM
 Fee: \$294
 Location: Pro Fitness, 1125 Laramie St.

Reference Number: 15513
 Date: 10/20/2008 to 12/10/2008 (M/W)
 (No class 11/26)
 Time: Noon to 1:00 PM
 Fee: \$294
 Location: Pro Fitness, 1125 Laramie St.

Reference Number: 16518
 Instructor: Kelly Perkins
 Date: 08/26/2008 to 10/16/2008 (Tu/Th)
 Time: 7:00 PM to 8:00 PM
 Fee: \$294
 Location: Pro Fitness, 1125 Laramie St.

Reference Number: 16517
 Date: 10/21/2008 to 12/11/2008 (Tu/Th)
 (No class 11/27)
 Time: 7:00 PM to 8:00 PM
 Fee: \$294
 Location: Pro Fitness, 1125 Laramie St.

Turbo Kick™

RRES-200

Turbo Kick™ is an addictive, intense workout that combines shadow punching, sports drills, kicking, and simple dance moves in a fun atmosphere. Turbo Kick™ is an interval based class that allows participants of any fitness level to participate and custom tailor their work-out. The will be 3 rounds learned in the 8 week session. While the feel and spirit of the workout remains consistent, each new workout is more fun, exciting, sexy, powerful and effective than the last!
 Instructor: Jenni Brenner

Reference Number: 15525
 Date: 08/26/2008 to 10/16/2008 (Tu/Th)
 Time: 10:30 AM to 11:30 AM
 Fee: \$294
 Location: Pro Fitness, 1125 Laramie

Reference Number: 15526
 Date: 10/21/2008 to 12/11/2008 (Tu/Th)
 (No class 11/27)
 Time: 10:30 AM to 11:30 AM
 Fee: \$294
 Location: Pro Fitness, 1125 Laramie

Yoga-Pilates

RRES- 200

Yoga-Pilates is a hybrid class combining both yoga and pilates. You will learn about the different types of yoga and various poses with their beginner and more advanced positions. 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: 15518
 Date: 08/25/2008 to 10/15/2008 (M/W)
 (No class 9/1, 10/6)
 Time: 09:00 AM to 10:10 AM
 Fee: \$294 (Available for noncredit, RF142AZ)
 Location: Pro Fitness, 1125 Laramie St.

Reference Number: 15521
 Date: 08/25/2008 to 10/15/2008 (M/W)
 (No class 9/1, 10/6)
 Time: 1:30 PM to 2:40 PM
 Fee: \$294 (Available for noncredit, RF142BZ)
 Location: Pro Fitness, 1125 Laramie St.

Reference Number: 15520
 Date: 08/26/2008 to 10/16/2008 (Tu/Th)
 Time: Noon to 1:00 PM
 Fee: \$294 (Available for noncredit, RF142CZ)
 Location: Pro Fitness, 1125 Laramie St.

Reference Number: 15519
 Date: 10/20/2008 to 12/10/2008 (M/W)
 (No class 11/26)
 Time: 9:00 AM to 10:00 AM
 Fee: \$294 (Available for noncredit, RF142DZ)
 Location: Pro Fitness, 1125 Laramie St.

Reference Number: 15522
 Date: 10/20/2008 to 12/10/2008 (M/W)
 (No class 11/26)
 Time: 1:30 PM to 2:30 PM
 Fee: \$294 (Available for noncredit, RF142EZ)
 Location: Pro Fitness, 1125 Laramie St.

Reference Number: 15523
 Date: 10/21/2008 to 12/11/2008 (Tu/Th)
 (No class 11/27)
 Time: Noon to 1:00 PM
 Fee: \$294 (Available for noncredit, RF142FZ)
 Location: Pro Fitness, 1125 Laramie St.

Pilates

RRES-200

This course is designed to introduce the student to the background, terminology, poses, principles and benefits of pilates. Emphasis will be on how to correctly practice this discipline safely for all levels of experience.
 Instructor: Diana Knox

Reference Number: 15527
 Date: 08/25/2008 to 10/15/2008 (M/W)
 (No class 9/1, 10/6)
 Time: 10:30 AM to 11:40 AM
 Fee: \$294 (Available for noncredit, RF153AZ)
 Location: Pro Fitness, 1125 Laramie St.

Reference Number: 16319
 Date: 10/20/2008 to 12/10/2008 (M/W)
 (No class 11/26)
 Time: 10:30 AM to 11:30 AM
 Fee: \$294 (Available for noncredit, RF153BZ)
 Location: Pro Fitness, 1125 Laramie St.



Zumba RRES-200

Zumba is a fusion of Latin and International music - dance themes that create a dynamic, exciting, effective fitness system! The routines feature aerobic/fitness interval training with a combination of fast and slow rhythms that tone and sculpt the body. Zumba utilizes the principles of fitness interval training and resistance training to maximize caloric output, fat burning and total body toning. It is a mixture of body sculpting movements with easy to follow dance steps.
Instructor: Jenni Brenner

Reference Number: 16154
Date: 08/25/2008 to 10/15/2008 (M/W)
(No class 9/1, 10/6)
Time: 4:30 PM to 5:30 PM
Fee: \$294
Location: Pro Fitness, 1125 Laramie St.

Reference Number: 16155
Date: 10/20/2008 to 12/10/2008 (M/W)
(No class 11/26)
Time: 4:30 PM to 5:30 PM
Fee: \$294
Location: Pro Fitness, 1125 Laramie St.

Boxing RRES-200

This 8-week introductory course will introduce students to the sport of USA Olympic Style Boxing in a safe and comfortable environment. This course is for both men and women of all shapes and sizes that have the desire to learn how to box. Whether you are interested in losing weight, getting in great shape, gaining boxing knowledge and even wishing to become an amateur boxer, this is where your training begins. Equipment used: heavy bags, speed bags, double-end bags and mitts that can be purchased at first day of class or before. No sparring during course. Enrollment open to men and women.
Instructor: Lorissa Ridley-Fink, (785) 341-1708
koboxer@sbcglobal.net

Reference Number: 15571
Date: 08/25/2008 to 10/15/2008 (M/W)
(No class 9/1, 10/6)
Time: 10:30 AM to 11:40 AM
Fee: \$292
(Available for noncredit, RF14AZ)
Location: K.O. Boxing, 2303 Tuttle Creek Blvd.
Bluehills Shopping Center

Reference Number: 15576
Date: 08/25/2008 to 10/15/2008 (M/W)
(No class 9/1, 10/6)
Time: 2:00 PM to 3:10 PM
Fee: \$292 (Available for noncredit, RF14BZ)
Location: K.O. Boxing, 2303 Tuttle Creek Blvd.
Bluehills Shopping Center

Reference Number: 15574
Date: 08/26/2008 to 10/16/2008 (Tu/Th)
Time: 6:30 PM to 7:30 PM
Fee: \$292 (Available for noncredit, RF14CZ)
Location: K.O. Boxing, 2303 Tuttle Creek Blvd.
Bluehills Shopping Center

Reference Number: 15582
Date: 10/20/2008 to 12/10/2008 (M/W)
(No class 11/26)
Time: 10:30 AM to 11:30 AM
Fee: \$292 (Available for noncredit, RF14DZ)
Location: K.O. Boxing, 2303 Tuttle Creek Blvd.
Bluehills Shopping Center

Reference Number: 15575
Date: 10/20/2008 to 12/10/2008 (M/W)
(No class 11/26)
Time: 2:00 PM to 3:00 PM
Fee: \$292 (Available for noncredit, RF14EZ)
Location: K.O. Boxing, 2303 Tuttle Creek Blvd.
Bluehills Shopping Center

Reference Number: 15583
Date: 10/21/2008 to 12/11/2008 (Tu/Th)
(No class 11/27)
Time: 6:30 PM to 7:30 PM
Fee: \$292 (Available for noncredit, RF14FZ)
Location: K.O. Boxing, 2303 Tuttle Creek Blvd.
Bluehills Shopping Center

Tae Kwon Do I RRES-200

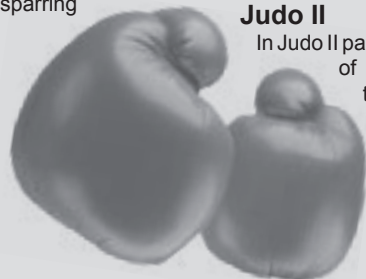
Tae Kwon Do is an effective way to unify the mind and body. It helps develop one's health by increasing cardiovascular abilities, strength, balance and flexibility. The basics of blocking, punching, kicking, self-defense and white belt form will be covered. Class will consist of practicing these skills 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: 15531
Date: 08/26/2008 to 12/11/2008 (Tu/Th)
(No class 11/25, 11/27)
Time: 7:00 PM to 8:00 PM
Fee: \$251.47 (Available for noncredit, MA01Z)
Location: KSU Ahearn Fieldhouse

Judo I RRES-200

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

Reference Number: 15564
Date: 08/26/2008 to 12/11/2008 (Tu/Th)
(No class 11/27)
Time: 8:00 PM to 9:00 PM
Fee: \$226.47 (Available for noncredit, MA08Z)
Location: KSU Ahearn Room 302



Judo II RRES-200

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

Reference Number: 15565
Date: 08/26/2008 to 12/11/2008 (Tu/Th)
(No class 11/27)
Time: 9:00 PM to 10:00 PM
Fee: \$226.47 (Available for noncredit, MA09Z)
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, (785) 313-4231, wheatlan@kansas.net

Reference Number: 15586
Date: 09/08/2008 to 10/20/2008 (M)
Time: 6:00 PM to 10:00 PM
Fee: \$378.47 (Available for noncredit, AQ105AZ)
Location: Natatorium, KSU Campus

Reference Number: 15588
Date: 11/03/2008 to 12/08/2008 (M)
Time: 6:00 PM to 10:00 PM
Fee: \$378.47 (Available for noncredit, AQ105BZ)
Location: Natatorium, KSU Campus

Responding to Emergencies RRES-200

This class will provide the citizen responder with the knowledge and skills necessary in an emergency to help sustain life and minimize pain and the consequences of injury or sudden illness until medical help arrives, thereby acting as the first link in the Emergency Medical Services system (EMS). The course also emphasizes prevention of injuries and illness with a focus on personal safety and health. AED Essentials will teach individuals the skills and knowledge needed to provide care for victims of sudden cardiac arrest through the safe use of an automated external defibrillator (AED). This is a two hour credit course. Books are available to purchase at UFM, 1221 Thurston St.
Instructor: Henry Brown

Reference Number: 16140
Date: 09/07/2008 to 09/21/2008 (Su/Sa)
Time: 1:00 PM to 7:00 PM
Fee: \$524 for 2 Hours KSU Credit
(Available for noncredit, HW19AZ)
Location: UFM Multipurpose room, 1221 Thurston

First Aid/CPR/AED RRES-200

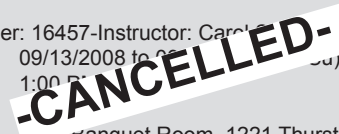
American Red Cross First Aid/CPR/AED/Bloodborne Pathogen: Preventing Disease Transmission Course. This course is designed to give individuals the knowledge and skills necessary to recognize and provide basic care for breathing and cardiac emergencies, injuries and sudden illnesses, including how to use an automated external defibrillator (AED) for victims of sudden cardiac arrest, until advanced medical personnel arrive and take over. Certification requirements include:
1) attend all course sessions; 2) demonstrate competency in all skill sessions in the course and pass all written examinations with a score of 80% or better in each section. Certificates include "First Aid Basics", "Adult, Child, and Infant CPR", "AED Essentials for Adult and Child", and "Bloodborne Pathogens: Preventing Disease Transmission". There are no prerequisites for this course. Books are available to purchase at UFM, 1221 Thurston St.

Reference Number: 15604
Instructor: Marcia Hornung, ufm@ksu.edu
Date: 09/09/2008 to 10/09/2008 (Tu/Th)
Time: 3:00 PM to 4:30 PM
Fee: \$262
Location: UFM Conference Room, 1221 Thurston

Reference Number: 16458-Instructor: Henry Brown
Date: 08/26/2008 to 09/09/2008 (Tu/Th)
Time: 6:00 PM to 9:00 PM
Fee: \$262
Location: UFM Conference Room, 1221 Thurston

Reference Number: 16459-Instructor: Henry Brown
Date: 09/08/2008 to 09/22/2008 (M/W)
Time: 6:00 PM to 9:00 PM
Fee: \$262
Location: UFM Conference Room, 1221 Thurston

Reference Number: 16457-Instructor: Carol
Date: 09/13/2008 to 09/27/2008 (Su/Sa)
Time: 1:00 PM to 7:00 PM
Fee: \$262
Location: UFM Banquet Room, 1221 Thurston



Reference Number: 16152-Instructor: Henry Brown
Date: 10/11/2008 to 10/12/2008 (Sa/Su)
Time: 1:00 PM to 7:30 PM
Fee: \$262
Location: UFM Conference Room, 1221 Thurston

Reference Number: 16460-Instructor: Henry Brown
Date: 10/15/2008 to 10/29/2008 (W/M)
Time: 6:00 PM to 9:00 PM
Fee: \$262
Location: UFM Conference Room, 1221 Thurston

Reference Number: 16461-Instructor: Henry Brown
Date: 11/04/2008 to 11/18/2008 (Tu/Th)
Time: 6:00 PM to 9:00 PM
Fee: \$262
Location: UFM Conference Room, 1221 Thurston

Reference Number: 16153-Instructor: Henry Brown
Date: 11/08/2008 to 11/09/2008 (Sa/Su)
Time: 1:00 PM to 7:30 PM
Fee: \$262
Location: UFM Conference Room, 1221 Thurston

KSU CREDIT COURSES CONTINUED

Fitness Swimming

RRES-200

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

Instructor: Melissa Haug

Reference Number: 15524

Date: 09/30/2008 to 11/13/2008 (Tu/Th)

Time: 6:00 PM to 7:30 PM

Fee: \$251.47 (Available for noncredit, AQ108AZ)

Location: Natatorium, KSU Campus



AFI: Aquatics Fitness Instructor

RRES-200

This course is an in-depth educational and training program for individuals interested in advancing their knowledge and skills in designing and leading different types of water exercise. It will prepare instructors to become certified to organize, develop, teach, administer and market safe, fun and effective water exercise programs for various populations. Certification Requirements: Attend all sessions; score at least 80% on final written exam; successfully demonstrate ability to plan a class for various populations and effectively teach a class from deck. Class fees include textbooks, supplies and American Red Cross AFI certification. Accreditation option is also available through AAHPERD/AAPAR (\$40.00) for those who complete required materials. Students will have a minimum amount of time to complete the study questions and assignments and are encouraged to purchase materials several weeks prior to the workshop. Address any questions or concerns to the instructor trainer. Lecture/lab twice weekly. Enrollment requirements, topics to be addressed and instructor certification option for this class are listed at www.tryufm.org.

Instructor: Carol Stites, clsswim@cox.net

Reference Number: 15605

Date: 11/07/2008 to 11/15/2008 (F/Sa)

Time: 4:00 PM to 8:00 PM (F);

9:00 AM to 6:00 PM (Sa)

Fee: \$430.94 for 2 hours KSU credit (Available for noncredit, AQ104Z)

Location: Natatorium, KSU Campus

Fly Fishing

RRES-200

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

Instructor: Craig Phillips

Reference Number: 15890

Date: 09/08/2008 to 09/18/2008 (M-TH)

Time: 6:00 PM to 8:00 PM

Fee: \$255.47 (Limited noncredit space is available, EN04AZ)

Location: KSU Durland Hall Room 1061

Reference Number: 15891

Date: 10/13/2008 to 10/23/2008 (M-TH)

Time: 6:00 PM to 8:00 PM

Fee: \$255.47 (Limited noncredit space is available, EN04BZ)

Location: KSU Durland Hall Room 1061

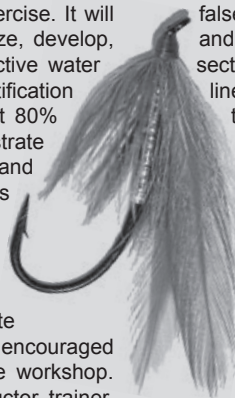
Reference Number: 15892

Date: 11/03/2008 to 11/13/2008 (M-TH)

Time: 6:00 PM to 8:00 PM

Fee: \$255.47 (Limited noncredit space is available, EN04CZ)

Location: KSU Durland Hall Room 1061



REGISTRATION AVAILABLE ON ISIS
[HTTPS://ISIS.K-STATE.EDU](https://isis.k-state.edu)

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k-state evening college

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Fundamentals of Canoeing RRES-200

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

Reference Number: 15601
Date: 09/13/2008 to 09/14/2008 (Sa/Su)
Time: 8:00 AM to 5:00 PM
Fee: \$294
Location: UFM Banquet room, 1221 Thurston

Reference Number: 15603
Date: 09/20/2008 to 09/21/2008 (Sa/Su)
Time: 8:00 AM to 5:00 PM
Fee: \$294
Location: UFM Conference room, 1221 Thurston

Canoe Camping RRES-200

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

Reference Number: 15599
Date: 11/08/2008 to 11/09/2008 (Sa/Su)
Time: 8:00 AM to 5:00 PM
Fee: \$280.47 (Available for noncredit, RF53Z)
Location: KSU Natatorium

~Salina Classes~

Golf in Salina RRES-200

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

Reference Number: 16064
Date: 08/25/2008 to 10/27/2008 (M)
(No class 9/1, 10/6)
Time: 4:30 PM to 6:30 PM
Fee: \$299 (Available for noncredit, RF06AZ)
Location: The K-State at Salina Rec Center, 3142 Scanlan Ave.

Intermediate/Advanced Golf in Salina RRES-200

This course is designed for the intermediate/advanced golfer, and will allow students to improve their existing golf skills, both physically and mentally. Students will practice improving their golf swing and short game both on the driving range and on the golf course. The first round of golf and first basket of balls are included in class fees. Students will be responsible for one round of golf and additional baskets of balls, \$5.00/basket.
Instructor: Ronda Green, (785) 819-4653

Reference Number: 16066
Date: 08/28/2008 to 10/16/2008 (Th)
Time: 5:00 PM to 7:00 PM
Fee: \$299 (Available for noncredit, RF31Z)
Location: The K-State at Salina Rec Center, 3142 Scanlan Ave.



Scuba Diving in Salina RRES-200

This course will prepare students for NAUI Scuba Diver certification. Areas of information covered include introductory information for certification, knowledge of the equipment, physics of diving, medical problems related to diving, use of diving tables, diving environment, and general information. The date for certification will be determined at a later date. A certification fee of \$75.00 will be assessed at the time of check out dives. However, neither UFM nor KSU is responsible for the certification. Travel and lodging are at the student's expense. Students must provide their own masks, fins and snorkels which will be available for purchase at the first session, the purchase of equipment ranges from \$100 to \$175. There is a non-refundable material fee of \$50 for withdrawing from the class after the first day.

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

Reference Number: 16063
Date: 09/04/2008 to 10/16/2008 (Th)
Time: 6:00 PM to 10:00 PM
Fee: \$414 (Available for noncredit, AQ107Z)
Location: Salina YMCA, 570 YMCA Dr.

Retrieve Your Keepsakes
UFM and Bear Computer Systems are consolidating mementos recovered after the June 11 tornado. Collection will be displayed Saturday, August 23 from 9-Noon at UFM, 1221 Thurston St.



UFM Eco-Bags

are available now and cost \$5.00. Any proceeds will support UFM programming related to energy conservation and

awareness activities. Contact UFM at 539-8763 or ufm@ksu.edu for additional information or to place an order.

ECO

bags can hold up to 20 pounds, and easily fit into your pocket, backpack or purse. The bags are K-State purple with the words, "Make Your Community Greener." Bags feature the UFM logo and website, www.tryufm.org.



Information

Lynda Bachelor	Randi Dale	Ronda Green	LaResa Johnson	David Moore	Martha Seaton	Isaac Wakabayashi
Rhonda Bathurst	David Darling	Jim Gregory	Sorkel Kadir, Ph.D	Debbie Newton	Michelle (Mahlika) Selm	Alison Watson
Scott Bean	Habib Diop	Jennifer Guilford	Gayathri Kambhampati	Debbie Nuss	Glenn Sixbury	Donna Wilkins
Cathy Benco	Bill Dorsett	Jeff Gwirtz	Diana Knox	Jim Peterson	Rachel Soash	Jeff Wilson
Jocelyn Bishop	Adam Durar	Mike Haddock	Tom Korte	Barry Phillips	Steve Spencer	Kevin Wilson
Daniel Bostrom	Mandy Ebert	Jeff Hansen	Toni Kroll	Emilie Rabbat	Carol Stites	Stan Wilson
Dan Boyle	David Espenoza	Jason Hartman	Carroll Lange, CWB	Wade Radina	Larry Storer	Chulee Yaege
Little Apple Brew Crew	Gregg Eystone	Melissa Haug	Dave MacFarland	Linda Rae	Mei Hwa (Tina) Terhune	
Henry Brown	Bill Fraley	Amy Hervey	Linda Madl	Amanda (Inara) Ratzlaff	Abby Thrash	
Charlene Brownson	Ana Franklin	Rebecca Hickert	Ron Madl	Christopher Renner	Elsa Toburen	
Kathleen Casey	Kim Frazer	Palma Holden	Pradeep Malreddy	Lorissa Ridley-Fink	Michael Tran	
Kate Cashman	Jeff Gill	Rhonda Janke	Lisa (Gaitri) McNeil	Ric Rosenkranz	Amy Trujillo	
Cheryl Collins	Nancy Goulden	Elizabeth Jankord	Keith Miller	David Seamon	Kennita Tully	

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

ON CAMPUS REGISTRATIONS

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

DATE: August 27 & 28 (Wed/Thurs)

TIME: 10:00 AM to 2:00 PM

LOCATION: KSU Student Union

Registration continues throughout the semester:

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

Closed Noon to 1:00 PM

(after office hours, you can leave a message between 5:00 PM and 8:30 AM at 785/539.8763)

MAILING YOUR REGISTRATIONS?

Class confirmations will not be sent unless requested. Consider yourself registered when we receive payment unless you hear from us that the class is full. Feel free to call us to inquire about our receipt of your registration.

Enroll online at our website:

www.tryufm.org

*View class descriptions

*Times, dates and locations

*Get information about

UFM's other programs

DONATIONS

UFM accepts donations of money and usable office items. Private monetary donations help underwrite the costs of maintaining the UFM building, coordinating the catalog of classes and special projects such as scholarships, youth projects or gardening.

Tax deductible contributions may be sent to UFM at:

1221 Thurston St

Manhattan, KS 66502

CRA-Community Resource Act

Who we are: UFM's State Outreach Program

What we do: Assist Kansas towns in developing community education programs

How we assist: Mini-grants and free technical assistance

For more information:

call UFM at 785/539.8763

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

ABOUT UFM CLASSES

UFM adheres to the philosophy that everyone can teach and everyone can learn. UFM is a community learning program which contracts with nonprofessional community instructors. Consequently, we cannot guarantee that the courses offered are accurate or complete in content and quality of instruction. We rely on the credentials provided by instructors, class observation and participant feedback as tools for evaluating a class and an instructor's ability.

UFM classes are not a forum for selling a product or service from which the instructor might benefit. Materials specifically oriented to an instructor's financial interests are not to be distributed in class. Participants who wish to pursue a relationship with an instructor outside class time do so on their own responsibility. Please share any concerns you may have about class material or an instructor by calling Marcia at 539.8763

UFM CANCELLATION POLICY

When we cancel or reschedule a class, you will be notified. Therefore, it is extremely important that we have a daytime and an evening phone number where we may reach you or leave a message. We reserve the right to cancel any class.

REFUND POLICY

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

SPECIAL POLICIES FOR KSU CREDIT CLASSES

CREDIT REGISTRATION REFUNDS: A full refund of tuition and fees, less any non-refundable material fee, may be given before 20% of the scheduled class meetings. A 50% refund of tuition and fees may be given, less any non-refundable material fee, between 20% and 25% of the scheduled class meetings. No refund is issued after 25% of the scheduled class meetings. A course dropped between 30% to 60% of the scheduled class meetings will have no "W" recorded on the students transcript. A course dropped between 30% to 63% of the scheduled class meetings will have a "W" recorded on the students transcript. Students dropping a course must either complete and submit the online drop form located at: <http://www.dce.ksu.edu/dce/distance/forms.html> or send written notification to the DCE Registration Office (785/532.5566) postmarked no later than the deadline. Students may not drop from a course after 63% of the course has been completed.

CREDIT ENROLLMENT FEE:

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

DISABILITY SUPPORT SERVICES

A KSU student with a disability who wishes to request accommodations for a credit course should notify the course instructor or contact the Disability Support Services office, www.k-state.edu/dss, 785/532-6441 or dss@k-state.edu. Early notification is requested to ensure that accommodations can be provided in a timely manner.

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

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.



REGISTER NOW!!



Visit our secure website:

www.fryufm.org

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



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

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



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



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

UFM 1221 THURSTON 539-8763
Manhattan, KS 66502

UFM 1221 THURSTON 539-8763
Manhattan, KS 66502

UFM Community Learning Center

Registration Form

1221 Thurston Manhattan, KS 66502 539-8763

Student Name _____ Day Phone _____

Address _____ Evening Phone _____

City _____ State KS Zip _____ Email _____

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

Parent's Name if Student is Under Age 18 _____

CLASS # Session TITLE FEE LOCATION DATE TIME

Tax Deductible Donation

Total

I hereby authorize the use of my Visa MasterCard Discover

Card Number _____ Expiration Date _____

Card Cardholder's Name (Please Print) _____

Cardholder's Signature _____

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

Where did you obtain your catalog? _____

A class I would like offered _____

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

Signature** _____ Date _____

**Signature of Parent or Guardian required for minors.

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

UFM Community Learning Center

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1221 Thurston Manhattan, KS 66502 539-8763

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	Computer	Cash _____	
		Visa _____	Date _____
		M/C _____	
		Discover _____	

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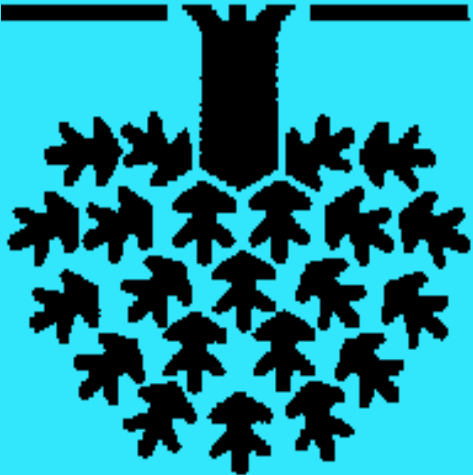
COMMUNITY LEARNING CENTER FALL CLASSES



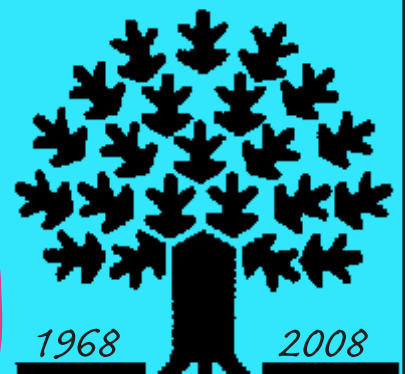
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- Computer Classes
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- Beer Tasting
- Scrapbooking Basics
- Sign Language
- Community Economic Development
- Handwalking
- Intro to Arts for Ages 9-12



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