

CLASSES
SPRING 2008
CENTER
LEARNING
COMMUNITY

UFM

TEACHING * LEARNING * GROWING
 VOL. 44 EDITION 1



1968-2008

UFM'S 40TH ANNIVERSARY




Spring 2008 Classes
-INSIDE-

Elementary Arabic
Scrapbooking Sketches
Intro to Flying Partner Yoga
Soap Making
Flying Radio Controlled Airplanes
Learn to Make Felted Totes

Instructor David Espenoza and Friday Night Out! cooking class, Traditional Tapas Party



UFM
Community Learning Center
 1221 Thurston St.

Learn something new and fun!!
www.tryufm.org

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

OR CURRENT RESIDENT

Hello! Welcome to UFM

CELEBRATE UFM'S 40th ANNIVERSARY 1968-2008

MARK YOUR CALENDAR!!
UFM AT MANHATTAN TOWN CENTER 10-4, APRIL 12, SATURDAY
& MANATTAN ARTS IN THE PARK JUNE 14, SATURDAY
WE HOPE TO SEE YOU THERE!

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 SWIM LESSONS SCUBA DIVING SHALLOW/DEEP HYDROAEROBICS LIFEGUARD TRAINING/WSI/WFI	4	CAREER & FINANCE GAIN CONTROL OF YOUR MONEY INVESTING IN YOUR FUTURE LSAT AND GRE TEST PREP FINANCIAL PEACE UNIVERSITY	8	CREATIVE FREE TIME PIANO I SCRAPBOOK SKETCHES SOAP MAKING FELTED TOTES	9
EARTH & NATURE INTRO TO NATURAL BUILDING GARDENING 101 FLYING RADIO CONTROLLED AIRPLANES: R/C 101 PAPERMAKING WITH NATIVE PLANTS	13	FUN FOODS A HANDFUL FOR DINNER CAKE DECORATING LEARN TO MAKE BORSH SOUP CELEBRATE "CARNEVALE" W/ NEAPOLITAN COOKING	15	HEALTH & WELLNESS CPR/FIRST AID AROMATHERAPY BASICS LIVING THE ART: JIN SHIN JYUTSU INTRODUCTION TO FLYING PARTNER YOGA	16
LANGUAGE SIGN LANGUAGE ELEMENTARY ARABIC INTRO TO RUSSIAN, CULTURE & FOOD BEGINNING SPANISH, SPANISH II & III	20	MARTIAL ARTS JUDO I & II TAE KWON DO I BASICS/ADVANCED WHITE PHOENIX SYSTEMS HISTORY OF MIXED MARTIAL ARTS	22	PERSONAL INTEREST CLUTTER CLEANING MARATHON TRAINING REPORTERS WANTED: BASIC SKILLS FOR OPEN SOURCE REPORTERS	23
RECREATION & FITNESS ZUMBA GARAGE JAMS (DANCE) ADVANCED MIDDLE EASTERN BELLY DANCE BALLROOM DANCE, SWING & SALSA BOXING	24	YOUTH CROCHET FOR KIDS BALLET, TAP & JAZZ DANCE KARATE CHEERLEADING/DRILL TEAM PREP COURSE	30	KSU CREDIT & SALINA CLASSES SCUBA DIVING GOLF SWING & SALSA PIANO I WATER POLO TENNIS ARCHERY TURBO KICK™	32



INFORMATION 39

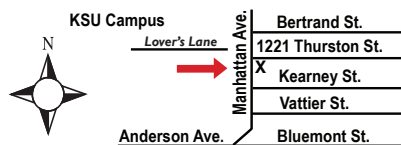
ABOUT UFM
 CANCELLATION POLICIES
 GENERAL POLICIES
 UNIVERSITY CREDIT INFORMATION
 REGISTRATION INFORMATION
 INCLEMENT WEATHER POLICY

CLASS REGISTRATION FORMS **40**

UFM OFFICE HOURS

M-F | 8:30 am - 5 pm | (Closed Noon - 1 pm)
 1221 Thurston St. | Manhattan, KS 66502
 785.539.8763 | 785.539.9460 (fax)
 www.tryufm.org | ufm@ksu.edu
 *Call if you need to visit the office at lunchtime and we will make arrangements to be open for you.

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



UFM STAFF

Executive Director | LINDA TEENER
 Education Coordinator | MARCIA HORNUNG
 Community Outreach Coordinator | CHARLENE BROWNSON
 Lou Douglas Lecture Series Coordinator | OLIVIA COLLINS
 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

Chair | ROBERT WILSON
 Vice Chair | BETTIE MINSHALL
 Secretary | MITZI FRIELING
 Treasurer | PAULA WALAWENDER
 President & CEO | LINDA INLOW TEENER

NANCY BOLSEN
 CRYSTAL DANKER
 IRMIE FALLON
 CHUCK HAVLICEK
 NICK LANDER

STEVE LEVIN
 LINDA MADL
 LINDA RAWDON
 KAREN SCHROEDER

ENROLL ONLINE AT WWW.TRYUFM.ORG



www.tryufm.org
 1968-2008 Celebrating 40 years

**1221 Thurston St.
 785.539.8763**

Celebrate UFM's 40th Anniversary

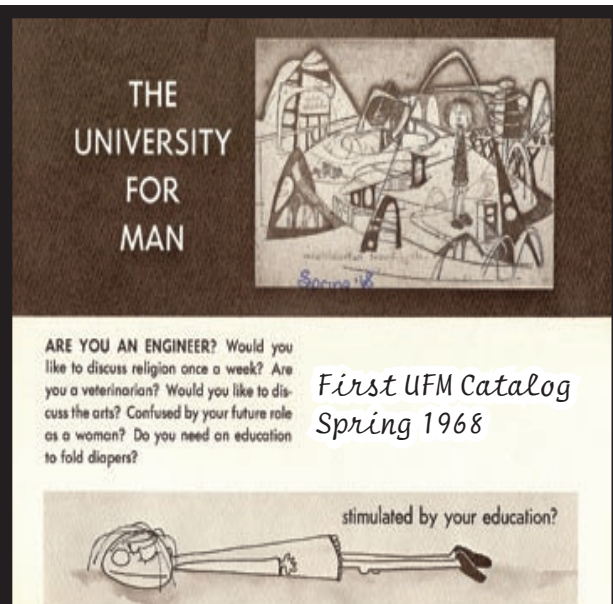
UFM was founded in 1968 by a group of KSU students and faculty, as a way to bridge communication between the campus community and the Manhattan community. That year seven classes were offered with 150 people participating. The goal at that time was to provide opportunities for students and faculty to interact more easily with the general community and to serve a variety of people in the community. UFM continues to address those goals 40 years later.

UFM is planning a number of events as we celebrate our 40th anniversary in 2008.

April 12 UFM will host a day of demonstrations and mini-classes at Manhattan Town Center from 10 am to 4 pm. Come learn more about UFM classes such as Tae Kwon Do, Yoga or Dance. Try your hand at a new skill in our hands-on classes. Watch for future announcements of the full schedule.

June 14 has been designated as Family Music Festival by Parks and Recreation. Beginning around 1 pm children's activities will be available in City Park Pavillion provided by Manhattan Parks and Recreation, the Beach Museum, Manhattan Arts Center and Sunset Zoo. Special music will be provided throughout the afternoon. That evening UFM will work with the City of Manhattan Parks and Recreation in co-sponsoring the Arts in the Park Concert featuring Robin and Linda Williams and their Fine Band. Hans Mayer, a folk musician will open at 6 pm and Robin and Linda Williams will follow at 8 pm.

Come join us this spring and summer as we celebrate community, the heart of UFM's success for 40 years!



UFM's first catalog was published in Spring 1968. There were seven seminars and workshops.

- *New Media Workshop
- *The Creative Experience
- *The Future of Belief
- *Toward the Year 2000
- *Military-Industrial Establishment
- *What is Woman Today?
- *Studies in Problematics

The idea was to provide an atmosphere for discovery with no grades and no credits.



Top row left to right: David Ayers-deceased, Jim Killacky, Sue Maes, Lou Douglas-deceased, Joe Rippetoe, Teena Hosey;
Middle row: Julie Coates, Bill Draves, Jean Goldman, Lisa Barnes;
Front row: Other staff members

-Manhattan Timeline in 1968-

- *City's first industrial park (195 acres) established; attracts McCall Pattern Co.
- *Kansas State University Football Stadium was built.
- *Manhattan becomes 1st Class city.
- *K-State Nichols Hall burns down and is rebuilt in 1985.



Top Row: Linda Teener, Executive Director; Charlene Brownson, Community Outreach Coordinator; Jill Thien, Teen Mentoring Coordinator Bottom Row: Annette Sweet, Registrar/Media Coordinator; Val Coltharp, Special Projects Coordinator; Marcia Hornung, Education Coordinator

Aquatics

LEARN TO SWIM CLASSES

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

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

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

BEGINNING & ENDING DATES (*Except Where Noted):

Session A:	Monday, Feb. 11 to April 21 (No class 3/17)
Session B:	Tuesday, Feb. 12 to April 22 (No class 3/18)
Session C:	Wednesday, Feb. 13 to April 23 (No class 3/19)
Session D:	Thursday, Feb. 14 to April 24 (No class 3/20)
Session E:	Saturday, Feb. 9 to April 26 (No classes 3/15, 3/22)

Parent/Infant and Parent/Tot

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

Monday 6:00 PM to 6:30 PM
AQ-01P1 Feb. 11 to March 10
AQ-01P2 March 24 to April 21

Thursday 6:00 PM to 6:30 PM
AQ-04P1 Feb. 14 to March 13
AQ-04P2 March 27 to April 24

Saturday 9:30 AM to 10:00 AM
AQ-05P1 Feb. 9 to March 8
AQ-05P2 March 29 to April 26

Fee: \$25.00 per session (5 lessons)

Tot Transition

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

Tuesday 6:00 PM to 6:30 PM
AQ-01T1 Feb. 12 to March 11
AQ-01T2 March 25 to April 22

Wednesday 6:00 PM to 6:30 PM
AQ-02T1 Feb. 13 to March 12
AQ-02T2 March 26 to April 23

Saturday 9:30 AM to 10:00 AM
AQ-05T1 Feb. 9 to March 8
AQ-05T2 March 29 to April 26

Fee: \$25.00 per session (5 lessons)

Level I: Introduction to Water Skills

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

AQ-01A Monday 6:45 PM to 7:25 PM
AQ-01B Tuesday 6:45 PM to 7:25 PM
AQ-01C Wednesday 6:45 PM to 7:25 PM
AQ-01D Thursday 6:45 PM to 7:25 PM
AQ-01E Saturday 10:15 AM to 10:55 AM

Fee: \$49.00 per session (10 lessons)



Level II: Fundamental Aquatic Skills

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

AQ-02A Monday 6:45 PM to 7:25 PM
AQ-02B Tuesday 6:45 PM to 7:25 PM
AQ-02C Wednesday 6:45 PM to 7:25 PM
AQ-02D Thursday 6:45 PM to 7:25 PM
AQ-02E Saturday 10:15 AM to 10:55 AM

Fee: \$49.00 per session (10 lessons)



Level III: Stroke Development

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

AQ-03A Monday 6:45 PM to 7:25 PM
AQ-03B Tuesday 6:45 PM to 7:25 PM
AQ-03C Wednesday 6:45 PM to 7:25 PM
AQ-03D Thursday 6:45 PM to 7:25 PM
AQ-03E Saturday 10:15 AM to 10:55 AM

Fee: \$49.00 per session (10 lessons)

Level IV: Stroke Improvement

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

AQ-04A Monday 6:45 PM to 7:25 PM
AQ-04B Tuesday 6:45 PM to 7:25 PM
AQ-04C Wednesday 6:45 PM to 7:25 PM
AQ-04D Thursday 6:45 PM to 7:25 PM
AQ-04E Saturday 10:15 AM to 10:55 AM

Fee: \$49.00 per session (10 lessons)

Level V: Stroke Refinement

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

AQ-05A Monday 6:45 PM to 7:25 PM
AQ-05B Tuesday 6:45 PM to 7:25 PM
AQ-05E Saturday 10:15 AM to 10:55 AM

Fee: \$49.00 per session (10 lessons)

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

**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**

AQUATICS CONTINUED

Level VI: Swimming and Skill Proficiency

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

AQ-06A	Monday	6:45 PM to 7:25 PM
AQ-06B	Tuesday	6:45 PM to 7:25 PM
AQ-06E	Saturday	10:15 AM to 10:55 AM

Fee: \$49.00 per session (10 lessons)

Adult Swim Lessons

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

AQ-22E	Saturday	9:30 AM to 10:10 AM
--------	----------	---------------------

Fee: \$49.00 per session (10 lessons)

Lap Swimming: Ages 13+

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

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

Fee: \$19.00 per session (10 times)

Lap Swimming for Parents

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

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

Fee: \$16.00 per session (10 times)

Shallow Water Hydroaerobics: Water Exercise

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

Session A: 01/07/08 to 01/31/08 (No class 1/21)
6:35 PM to 7:30 PM (M-Th) &
10:05 AM to 11:00 AM (Sat)

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

SHALLOW HYDRO CONTINUED NEXT COLUMN



SHALLOW HYDRO CONTINUED

Session B: 02/04/08 to 02/28/08
6:35 PM to 7:30 PM (M-Th) &
10:05 AM to 11:00 AM (Sat)

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

Session C: 03/03/08 to 04/03/08
(No class 3/15-3/22)
6:35 PM to 7:30 PM (M-Th) &
10:05 AM to 11:00 AM (Sat)

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

Session D: 04/07/08 to 05/01/08
6:35 PM to 7:30 PM (M-Th) &
10:05 AM to 11:00 AM (Sat)

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

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

Shallow Water Hydroaerobics for the Entire Semester

Session E: 01/07/08 to 05/01/08
(No classes 1/21 or 3/15-3/22)
6:35 PM to 7:30 PM (M-Th) &
10:05 AM to 11:00 AM (Sat)

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

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

Deep Water Hydroaerobics

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

Session A: 01/08/08 to 01/31/08
AQ-100A 6:35 PM to 7:30 PM (Tu/Th)

Session B: 02/05/08 to 02/28/08
AQ-100B 6:35 PM to 7:30 PM (Tu/Th)

Session C: 03/04/08 to 04/03/08
(No class 3/18 or 3/20)
AQ-100C 6:35 PM to 7:30 PM (Tu/Th)

Session D: 04/08/08 to 05/01/08
AQ-100D 6:35 PM to 7:30 PM (Tu/Th)

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

Deep Water Hydroaerobics for the Entire Semester

Session E: 01/08/08 to 05/01/08
(No class 3/18 or 3/20)
AQ-100E 6:35 PM to 7:30 PM (Tu/Th)

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



AQUATICS CONTINUED



Private Swim Lessons **AQ103**

Private lessons provide one-on-one instruction for any level of swimmer. There are 5 lessons, 30 minutes each that occur once a week for 5 weeks. To improve scheduling and better serve our families, you will reserve specific days and times for private lessons when you enroll. Please make sure you record these times and dates when you register, because THERE WILL BE NO OPPORTUNITY FOR MAKE UP LESSONS.

Beginning and Ending Dates for Private Lessons:

Session A1: Monday Feb. 11 to March 10
Session A2: Monday March 24 to April 21

Session B1: Tuesday Feb. 12 to March 11
Session B2: Tuesday March 25 to April 22

Session C1: Wednesday Feb. 13 to March 12
Session C2: Wednesday March 26 to April 23

Session D1: Thursday Feb. 14 to March 13
Session D2: Thursday March 27 to April 24

Session E1: Saturday Feb. 9 to March 8
Session E2: Saturday March 29 to April 26

Times for Monday -Thursday sessions:
6:00 PM to 6:30 PM

Times for Saturday sessions:
9:30 AM to 10:00 AM

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

Open Swim Appreciation **08AAQ31A**

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: 04/06/08 (Su)
Time: 5:00 PM to 7:00 PM
Fee: No charge
Location: Natatorium, KSU Campus

Open Swim Appreciation **08AAQ31B**

Date: 04/20/08 (Su)
Time: 5:00 PM to 7:00 PM
Fee: No charge
Location: Natatorium, KSU Campus

Sunday Family Swim **08AAQ32**

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: 04/06/08 to 04/27/08 (Su)
Time: 5:00 PM to 7:00 PM
Fee: \$8.00/Individual; \$20.00/Family
Location: Natatorium, KSU Campus

Lifeguard Training **08AAQ35AZ**

The American Red Cross Lifeguarding program provides entry-level lifeguard candidates with the skills and knowledge needed to prevent, recognize, and respond to emergencies in, on and around the water, and provide care for injuries and sudden illnesses until advanced medical personnel arrive and take over. Enrollment and certification requirements for this class are listed at www.tryufm.org. Book available for purchase at the American Red Cross Office, 2601 Anderson Ave.
Instructor: Carol Russell, iteach@ksu.edu

Date: 4/28/2008 to 05/04/2008 (M/W/F/Sa/Su)
Time: 4/28 to 5/02 from 4:30 PM to 9:30 PM (M/W/F);
5/03 to 5/04 from 9:00 AM to 5:00 PM (Sa/Su)
Fee: \$149.00 (Available for KSU Credit)
Location: Natatorium, KSU Campus

Lifeguard Training **08AAQ35A**

This session is only available as a NON-CREDIT Course. Books are available for purchase at American Red Cross, 2601 Anderson Ave. in Anderson Square.

Instructor: Abby Thrash, abbythrash@gmail.com

Dates: 03/28/2008 to 03/30/2008 (F-Su)
Time: 4:00 PM to 9:00 PM (F)
8:00 AM to 5:00 PM (Sa-Su)

Fee: \$149.00
Location: Natatorium, KSU Campus

Lifeguard Training **08AAQ35B**

This session is only available as a NON-CREDIT Course. Books are available for purchase at American Red Cross, 2601 Anderson Ave. in Anderson Square.

Instructor: Abby Thrash

Dates: 06/02/2008 to 06/04/2008 (M-W)
Time: 8:00 AM to 5:00 PM
Fee: \$149.00

Location: Natatorium, KSU Campus



WFI: Water Fitness Instructor **08AAQ104Z**

Exercise and enjoy it! This is a new course intended for students interested in becoming familiar with and participating in various types of water exercise for fitness and conditioning, with an optional training format for those individuals who want to become nationally certified aquatic instructors. 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: 02/15/2008 to 02/23/2008 (F/Sa)
Time: 2/15 & 2/22-4:00 PM to 8:00 PM (F);
2/16 & 2/23-9:00 AM to 6:00 PM (Sa)

Fee: \$118.00 (Available for KSU Credit)
Location: Natatorium, KSU Campus

Scuba Diving **08AAQ105AZ**

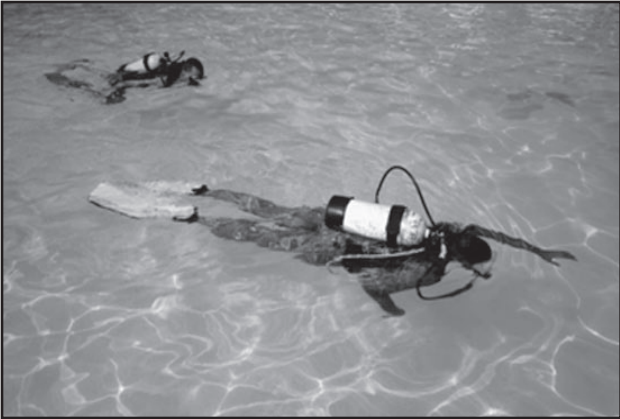
This course will prepare students for NAUI Scuba Diver certification. Areas of information covered include introductory information for certification, knowledge of the equipment, physics of diving, medical problems related to diving, use of diving tables, diving environment, and general information. 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: 01/28/2008 to 03/03/2008 (M)
Time: 6:00 PM to 10:00 PM
Fee: \$232.00 (Available for KSU Credit)
Location: Natatorium, KSU Campus



AQUATICS CONTINUED



Scuba Diving 08AAQ105BZ

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

Date: 01/26/2008 to 03/08/2008 (Sa)
(No class 02/02)

Time: 9:30 AM to 1:30 PM

Fee: \$232.00 (Available for KSU Credit)

Location: Natatorium, KSU Campus

Scuba Diving 08AAQ105CZ

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

Date: 03/24/2008 to 04/28/2008 (Sa)

Time: 6:00 PM to 10:00 PM

Fee: \$232.00 (Available for KSU Credit)

Location: Natatorium, KSU Campus

Lifeguard Challenge 08AAQ106

A challenge for those who are already certified Lifeguards, but their certification is coming due or is within 30 days of expiration. Participants will demonstrate all rescue skills, plus a prerequisite swim. Books available for purchase at Red Cross.

Date: View UFM website for update info.

Time: TBA

Fee: \$46.00

Location: Natatorium, KSU Campus

Fitness Swimming 08AAQ108AZ

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: 01/22/2008 to 03/06/2008 (Tu/Th)

Time: 6:00 PM to 7:30 PM

Fee: \$82.00 (Available for KSU Credit)

Location: Natatorium, KSU Campus



Water Safety Instructor 08AAQ121Z

The purpose of the American Red Cross Water Safety Instructor course is to train instructor candidates to teach Swimming and Water Safety Program courses, including the Basic Water Rescue course, the six levels of Learn-to-Swim, WSI-aide, Water Safety Outreach presentations, and Parent and Child Aquatics. Enrollment and certification requirements for this class are listed at www.tryufm.org. Books available for purchase at the Red Cross Office, 2601 Anderson Ave.

Instructor: Carol Russell, iteach@ksu.edu

Date: 04/02/2008 to 04/12/2008 (W/F/Sa)

Time: 4/02 to 4/11 from 4:30 PM to 8:30 PM (W/F);

4/05 & 4/12 from 9:00 AM to 5:00 PM (Sa)

Fee: \$180.00 (Available for KSU Credit)

Location: Natatorium, KSU Campus

Lifeguard Instructor 08AAQ122Z

This class will provide candidates with the knowledge and skills necessary to teach Lifeguarding (including First Aid), Lifeguard Management, CPR for the Professional Rescuer, AED Essentials, Oxygen Administration for the Professional Rescuer, Community Water Safety, and Basic Water Rescue. With additional training and for those meeting the prerequisites, interested candidates would also be able to teach Safety Training for Swim Coaches and/or Waterfront Lifeguarding. Enrollment and certification requirements for this class are listed at www.tryufm.org. Books available for purchase at the Red Cross Office, 2601 Anderson Ave.

Instructor: Carol Russell, iteach@ksu.edu

Date: 04/18/2008 to 05/04/2008

(M/W/F/Sa/Su)

Time: 4/18 from 4:30 PM to 9:30 PM (F);

4/19 from 9:00 AM to 7:00 PM (Sa);

4/28 to 05/02 from 4:30 PM to 9:30 PM (M/W/F);

5/03 to 05/04 from 9:00 AM to 5:00 PM (Sa/Su)

Fee: \$149.00 (Available for KSU Credit)

Location: Natatorium, KSU Campus

Water Polo Conditioning 08AAQ123Z

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

Prerequisites: Students must be able to swim 50 yards front crawl without stopping, 50 yards breaststroke without stopping and be able to tread for 5 minutes in deep water. This course is not for the inexperienced or beginner swimmer!

Instructor: Scott Smith

Date: 01/22/2008 to 03/06/2008 (Tu/Th)

Time: 9:30 AM to 11:00 AM

Fee: \$82.00 (Available for KSU Credit)

Location: Natatorium, KSU Campus

**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.**



Intermediate Kayak Chapter Workshop 08AAQ109A

This class is for experienced touring and white water kayakers only. Bring your boats to practice self and assisted rescues. NOTE: 1) Your boat(s) must be washed and cleaned inside and out prior to the class. Instructors & Instructor Aides will be on hand from the Kansas Canoe Association (KCA) Kayak Chapter.

Instructors will:

1. Discuss bracing techniques
2. Critique & observe kayak rolls
3. Offer help in assisted rescues
4. Discuss & demonstrate equipment and gear

EQUIPMENT AND LOCATION NEEDS:

Bring you own Touring or Whitewater Kayak, PFD, paddle, floatation, paddle float, pump, towel, swimsuit, change of clothes, goggles, dive mask or nose clips. Come with your swimsuit and be prepared to get wet.

NOTE:

1. Your boats must be washed and cleaned ahead of the class
2. Boats and gear must be out of the Natatorium by noon

Park in west parking lot across the street from the Natatorium (off of Denison Ave.) Drop boats off in the Natatorium Alley

Instructor: T.J. Hittle, tjhittle@yahoo.com

T.J. is an avid whitewater and flatwater paddler. He was the first American Red Cross Canoe & Kayak Instructor-Trainer in Kansas, having taught well over 400 kayaking and canoeing students though UFM since 1979. During his travels, on nearly 220 rivers and streams across seven Central, South, & North American countries, he has accumulated nearly 10,000 river miles. T.J. has documented the greatest number of river miles in the 30 year history of the Kansas Canoe & Kayak Association. He is also the creator and webmaster for the KANSAS PADDLER Home Page: tjhittle@yahoo.com

Date: 01/27/2008 (Su)

Time: 8:30 AM to Noon

Fee: \$22.00

Location: Natatorium, KSU Campus

Date: 02/17/2008 (Su)

Time: 8:30 AM to Noon

Fee: \$22.00

Location: Natatorium, KSU Campus

Canoe Camping 08AAQ53Z

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, quietwater@wildblue.net

Date: 03/01/2008 to 03/08/2008 (Sa)

Time: 8:00 AM to 5:00 PM

Fee: \$101.00 (Available for KSU Credit)

Location: Natatorium, KSU Campus

Career & Finance

Gain Control of Your Money and Become Debt Free

08AFC01

Is there too much month at the end of your paycheck? Do you have a plan to control the money that you make, spend and save? Are you spending too much on debt and insurance? This class will cover fees/charges to watch out for with credit cards and mortgages. You will learn to identify problem areas in your finances, so that you can start to take control of your money. Learn to buy wisely and reach your financial dreams. Take both Courses - Gain Control of your Money and Become Debt Free AND Investing in Your Future for a discounted rate. Instructors: Charlene Brownson, (785) 776-3666 cmb@ksu.edu & Nancy Hetzler

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

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

Date: 03/25/2008 (Tu)
Time: 7:00 PM to 8:30 PM
Fee: \$12.00/Individual; \$16.00/Couple
(For both Gain Control & Investing, 08AFC29-\$16/Individual; \$20/Couple
Location: UFM Conference Room
1221 Thurston St., 2nd floor

Investing in Your Future

08AFC02

Individuals who are in the accumulation phase of their lives, 25 - 55 years of age, or those who need to save for a home or future college tuition will benefit from this course. Discussion will cover important money management concepts with practical, easy-to-understand language using examples you can put into practice. Topics include investment basics, types of products, and development of a personal financial game plan that will help you plan a secure future for you and your family. No matter how much or how little money you have, these principles apply to you. Invest an evening of your time to learn how you can accumulate more wealth and have a better quality of life! Take both Courses - Gain Control of your Money and Become Debt Free AND Investing in Your Future for a discounted rate.

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

Date: 04/01/2008 (Tu)
Time: 7:00 PM to 8:30 PM
Fee: \$12.00/Individual; \$16.00/Couple
(For both Gain Control & Investing, 08AFC29-\$16/Individual; \$20/Couple
Location: UFM Conference Room
1221 Thurston St., 2nd floor

GRE Prep Course

08AFC06

Graduate Record Exam Preparation Course. Review and practice the three GRE subject areas of Math, Logic and verbal skills, learn strategies for successful test-taking and analyze the reason for correct responses. Deadline one week prior to class or \$20 extra fee to order materials. Instructor: Gayla Adams-Wright, (785) 341-2637

Date: 01/31/2008 to 03/13/2008 (Th)
Time: 6:30 PM to 9:30 PM
Fee: \$139.00
Location: TBA



LSAT Prep Course

08AFC24

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

Instructor: Tracey Bamberger

Date: 03/24/2008 to 04/16/2008 (M/W/Sa)
04/12/08 (Sa)-Practice test
Time: 7:00 PM to 10:00 PM
Fee: \$270.00
Location: KSU-Justin Room 256

Financial Peace University

08AFC14

Financial Peace University (FPU) is a 13-week, life-changing program that empowers and teaches you how to make the right money decisions to achieve your financial goals and experience a total money makeover. FPU is for EVERYONE from the financially secure to the financially distressed. Over 350,000 families and individuals have attended FPU at their workplace, church, military base, local nonprofit organization, or community group. On average these families have paid off over \$5,300 in debt and saved \$2,700 during this 91-day program!

Instructors: Tony and Kelly Ballard, (785) 761-0057 theballards2001@yahoo.com

Tony and Kelly Ballard are area music teachers. They attended this class as students two years ago and their financial life has changed dramatically. Come and let us show you how to change your family tree!!! This is not a get out of debt and get rich quick scheme. This is a method to help you change your behavior and forever alter how you handle money.

Date: 01/23/2008 to 04/23/2008 (W)
Time: 6:30 PM to 8:30 PM
Fee: \$30.00 plus materials fee. Contact UFM for materials fee information.
Location: UFM Conference Room,
1221 Thurston St., 2nd Floor



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

08AFC08

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

In this workshop you will learn:

- * How to shape your current job and non-work pursuits to grow as a leader
- * Ideas for work and life experiences that offer learning opportunities
- * How to maximize your learning from leadership development experiences
- * How work and life experiences can help you develop the competencies you need to be an effective leader
- * Three critical factors that contribute to the effectiveness of all leadership development experiences

This workshop will build on the skills and knowledge participants have already gained through formal leadership development programs, including Leadership Manhattan and K-State's Coffman Leadership Institute. Alumni of these programs are encouraged to participate!

Instructors: Robert Wilson & Marcia Hornung

Date: View website for updated information.
Time: TBA
Fee: \$20.00
Location: TBA



Not-for-Profit Financial Management Workshop

08AEN50

This workshop will address financial management issues specific to nonprofit organizations, such as accountability, fraud, and responsibilities of not-for-profit staff and board members. The workshop will offer interactive discussions, handouts and time for questions from the participants.

Patricia L. Parker, parker@pgh-cpa.com, is a certified public accountant and the Audit Director for Pottberg, Gassman & Hoffman, Chartered, in Manhattan, Kansas. She specializes in not-for-profits, including the areas of tax, audit reporting, fraud and internal control documentation issues.

Date: 02/19/2008 (Tu)
Time: 7:00 PM to 9:00 PM
Fee: \$10.00
Location: UFM Banquet Room, 1221 Thurston St.



www.tryufm.org

1968-2008 Celebrating 40 years

1221 Thurston St.
785.539.8763

reative Free Time

Beginning Knitting

08ACF05A

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: 01/15/2008 to 02/05/2008 (Tu)
Time: 7:00 PM to 8:30 PM
Fee: \$31.00
Location: 300 Poyntz Ave.
Wildflower Yarns and Knitwear

Beginning Knitting

08ACF05B

Instructor: Kennita Tully, (785) 537-1826

Date: 02/13/2008 to 03/05/2008 (W)
Time: 7:00 PM to 8:30 PM
Fee: \$31.00
Location: 300 Poyntz Ave.
Wildflower Yarns and Knitwear

Beginning Knitting

08ACF05C

Instructor: Kennita Tully, (785) 537-1826

Date: 04/01/2008 to 04/22/2008 (Tu)
Time: 7:00 PM to 8:30 PM
Fee: \$31.00
Location: 300 Poyntz Ave.
Wildflower Yarns and Knitwear

Learn to Make Felted Totes

08ACF18

This is a great class for beginning students to branch out and learn to knit with circular needles with their first felting project. Materials for this class are included in fee and this includes pattern and yarn. You will also need US13 (24") circular needles and US11 straight needles. These can be purchased directly at the store.

Instructor: Kennita Tully, (785) 537-1826

Date: 01/16/2008 to 01/30/2008 (W)
Time: 7:00 PM to 8:30 PM
Fee: \$65.00 includes materials
Location: 300 Poyntz Ave.
Wildflower Yarns and Knitwear



Log Cabin Knits

08ACF22A

Log Cabin Knits- No purling necessary!!! Learn to love picking up stitches! This technique is great for using up scrap yarns. Bring an assortment of yarns in the same gauge and appropriate size needles. Pattern will be provided.

Instructor: Kennita Tully, (785) 537-1826

Date: 01/26/2008 (Sa)
Time: 9:00 AM to Noon
Fee: \$27.00
Location: 300 Poyntz Ave.
Wildflower Yarns and Knitwear



Log Cabin Knits

08ACF22B

Instructor: Kennita Tully, (785) 537-1826

Date: 03/08/2008 to 03/08/2008 (Sa)
Time: 9:00 AM to Noon
Fee: \$27.00
Location: 300 Poyntz Ave.
Wildflower Yarns and Knitwear

Domino Knitting

08ACF23A

Join the mitering craze and learn to use up your leftover yarns. This is a fascinating and addicting form of knitting, first popularized by Horst Schulz, and later by Chris Bylsma - with endless possibilities for design. We will learn how to knit the basic square, add on to it, and get started on a small project. Please bring an assortment of worsted weight yarns and appropriate size needles.

Instructor: Kennita Tully,
(785) 537-1826

Date: 01/26/2008 (Sa)
Time: 1:00 PM to 4:00 PM
Fee: \$30.00

Location: 300 Poyntz Ave.
Wildflower Yarns and Knitwear

Domino Knitting

08ACF23B

Instructor: Kennita Tully, (785) 537-1826

Date: 03/08/2008 (Sa)
Time: 1:00 PM to 4:00 PM
Fee: \$30.00
Location: 300 Poyntz Ave.
Wildflower Yarns and Knitwear

Basic Jewelry Making

08ACF11

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

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

Instructor: Daniel Bostrom
daniel_j_bostrom@sbcglobal.net

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

Date: 03/01/2008 to 04/26/2008 (Sa)
(No class 3/15, 3/22)

Time: 9:00 AM to Noon
Fee: \$125.00
Location: UFM Solar Addition, 1221 Thurston St.



CREATIVE FREE TIME CONTINUED

Poker Night

08ACF30

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: 02/29/2008 (F)
Time: 8:00 PM to 9:30 PM
Fee: \$17.00
Location: UFM Fireplace Room, 1221 Thurston St.

Rubber Stamping Basics

08ACF33A

Come and learn the basics of rubber stamping. You will learn three different projects along with the differences in inks, papers, stamps and powders. We will cover basic techniques and embossing. Supplies for three cards will be provided, which will be made in class. Please bring the following to class: 12" paper cutter, adhesive, scoring tool, scissors and a heat tool. (If you don't have them, you can share) Please register one week prior to class.
Instructor: Dona Deam

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

Date: 02/04/2008 (M)
Time: 7:00 PM to 9:00 PM
Fee: \$16.00
Location: UFM Kitchen, 1221 Thurston St.

Rubber Stamping Basics

08ACF33B

Instructor: Dona Deam

Date: 03/03/2008 (M)
Time: 7:00 PM to 9:00 PM
Fee: \$16.00
Location: UFM Kitchen, 1221 Thurston St.

Rubber Stamping Basics

08ACF33B

Instructor: Dona Deam

Date: 04/07/2008 (M)
Time: 7:00 PM to 9:00 PM
Fee: \$16.00
Location: UFM Kitchen, 1221 Thurston St.

Scrapbook Sketches

08ACF92A

Learn to take a package of paper and several scrapbook sketches and create 5-2-page layouts with fun embellishment options to allow the pages to work for many different pictures. Each class will use different paper, sketches, techniques, and embellishments. If there is time, we will do a fun project with the scraps. Please bring the basic tool kit-12 inch cutter, adhesive of choice, scissors, and pencil. If you do not have any of these, we can share. Registration deadline January 22.

Instructor: Dona Deam

Date: 01/29/2008 (Tu)
Time: 6:30 PM to 9:30 PM
Fee: \$30.00
Location: UFM Fireplace Room, 1221 Thurston

Scrapbook Sketches

08ACF92B

Registration deadline February 19.

Instructor: Dona Deam

Date: 02/26/2008 (Tu)
Time: 6:30 PM to 9:30 PM
Fee: \$30.00
Location: UFM Fireplace Room, 1221 Thurston

Scrapbook Sketches

08ACF92C

Registration deadline March 18.

Instructor: Dona Deam

Date: 03/25/2008 (Tu)
Time: 6:30 PM to 9:30 PM
Fee: \$30.00
Location: UFM Fireplace Room, 1221 Thurston

Scrapbook Sketches

08ACF92D

Registration deadline April 22.

Instructor: Dona Deam

Date: 04/29/2008 (Tu)
Time: 6:30 PM to 9:30 PM
Fee: \$30.00
Location: UFM Fireplace Room, 1221 Thurston



Piano I

08ACF35Z

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

Instructor: Meghan Hardy, mch3050@ksu.edu

Date: 02/04/2008 to 04/02/2008 (M/W)
(No class 3/17 or 3/19)
Time: 6:00 PM to 6:50 PM
Fee: \$119.00 (Available for KSU Credit)
Location: KSU McCain Room 127

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

08ACF65A

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. The class will be geared to those new to image processing and Photoshop. Special topics such as assembling panoramas and combining multiple exposures will also be introduced. 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: 01/15/2008 to 01/24/2008 (Tu/Th)
Time: 7:00 PM to 9:00 PM
Fee: \$48.00
Location: UFM Computer Lab,
1221 Thurston St., 2nd floor

DIGITAL DARKROOM CONTINUED NEXT PAGE



CREATIVE FREE TIME CONTINUED



The Digital Darkroom for Photographers: Introduction to Photoshop, Image Processing & Printing **08ACF65B**

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

Date: 02/05/2008 to 02/14/2008 (Tu/Th)
 Time: 7:00 PM to 9:00 PM
 Fee: \$48.00
 Location: UFM Computer Lab,
 1221 Thurston St., 2nd floor

Introduction to Photography **08ACF78**

This class will focus on basic concepts of photography and is a combination of the previously separate Photography I and II classes. To get the most out of this class, participants should have either a film or digital camera that users can take complete manual control of settings such as aperture (f-stop) and shutter speed; such as SLR's or advanced compact cameras. Topics that will be covered include basic camera settings and operation, how f-stop and shutter speed affect your photos, how to select the right settings, choosing and using different lenses. The class will also cover an introduction to exposure, metering and controlling light, composition and learning to see creatively. Discussion of issues relevant to digital photography such as white balance and image resolution will also be covered. The class will emphasize landscape and nature photography, but anyone interested in photography will benefit. This class is geared toward beginning photographers and those wishing to know more about camera operation and nature photography. To get the most out of the class, participants are encouraged to bring their camera to each class. Tripods will also be beneficial. The class will include 5 class room meetings and 4 field trips. Field trips are designed to reinforce what is learned in the class and will include shooting together as a group and a chance for individuals to photograph on their own. Exact times of the field trips will be discussed at the first class, but will be on Saturday evenings a couple of hours before sunset. Participants will be responsible for their own film and development costs. In addition, participants are encouraged to bring photographs from the field trips to the following class session for discussion.

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

Date: 04/10/2008 to 05/08/2008 (Th/Sa)
 Time: Th from 7:00 PM to 9:00 PM;
 Sat from 6:30 PM to dark
 Fee: \$68.00
 Location: UFM Conference Room
 1221 Thurston St., 2nd floor

Beginning Crochet **08ACF84A**

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 yarn (varigated yarn works well). These materials will be available for purchase at the first class.

Instructor: Jocelyn Bishop, bishopj@ksu.edu

Date: 01/17/2008 to 02/21/2008 (Th)
 (No class 1/31)
 Time: 5:00 PM to 6:00 PM
 Fee: \$28.00
 Location: UFM Fireplace Room, 1221 Thurston

Beginning Crochet **08ACF84B**

Instructor: Jocelyn Bishop, bishopj@ksu.edu

Date: 02/28/2008 to 04/03/2008 (Th)
 (No class 3/20)
 Time: 5:00 PM to 6:00 PM
 Fee: \$28.00
 Location: UFM Fireplace Room, 1221 Thurston

Beginning Crochet **08ACF84C**

Instructor: Jocelyn Bishop, bishopj@ksu.edu

Date: 04/10/2008 to 05/08/2008 (Th)
 Time: 5:00 PM to 6:00 PM
 Fee: \$28.00
 Location: UFM Fireplace Room, 1221 Thurston

Advanced Crochet **08ACF85A**

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: 01/17/2008 to 02/21/2008 (Th)
 (No class 1/31)
 Time: 6:00 PM to 7:00 PM
 Fee: \$28.00
 Location: UFM Fireplace Room, 1221 Thurston

Advanced Crochet **08ACF85B**

Instructor: Jocelyn Bishop, bishopj@ksu.edu

Date: 02/28/2008 to 04/03/2008 (Th)
 (No class 3/20)
 Time: 6:00 PM to 7:00 PM
 Fee: \$28.00
 Location: UFM Fireplace Room, 1221 Thurston

Advanced Crochet **08ACF85C**

Instructor: Jocelyn Bishop, bishopj@ksu.edu

Date: 04/10/2008 to 05/08/2008 (Th)
 Time: 6:00 PM to 7:00 PM
 Fee: \$28.00
 Location: UFM Fireplace Room, 1221 Thurston

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

Soap-Making **08ACF89**

We will make two batches of all natural vegetable - based cold process soap: "Oatmeal & Honey Face Bar" and "Cocoa Butter Body Bar." Hot process versus cold process will be discussed and an informational booklet including soap recipes will be provided. Participants will be able to pick up one 3.5 oz. bar of each of the soaps made 10 days after the class.

Instructor: Kathy Reid, kathycaylorreid@hotmail.com

Date: 03/01/2008 (Sa)
 Time: 9:00 AM to 1:00 PM
 Fee: \$50.00
 Location: UFM Kitchen, 1221 Thurston St.

Homemade Natural Personal Hygiene Products **08ACF90**

We will make lip balm, lotion / facial cleansing cream, a lotion bar, herbal astringent, body spray, bath salts, and salt scrubs. An informational booklet including recipes will be provided. Participants will be given a lip balm, a single-use bath salt, and a body spray of their choice. The other products made may be purchased if desired.

Instructor: Kathy Reid, kathycaylorreid@hotmail.com

Date: 04/05/2008 (Sa)
 Time: 9:00 AM to 1:00 PM
 Fee: \$55.00
 Location: UFM Kitchen, 1221 Thurston St.



ORGANIC & NATURAL FOODS!

Come check out our wide variety of **Fresh, Healthy, and Organic** foods that are sure to help you achieve a healthier Lifestyle!

- Produce
- Bulk Grains & Flour
- Dairy Products
- Vegetarian Items
- Gluten-Free Foods
- Huge Variety of Herbs and Spices
- Fresh Ground Peanut Butter
- Organic Meats
- Full Service Deli
- Wide selection of Vitamins & Supplements
- Cruelty Free Health & Beauty Aids



Join us in helping promote an ethical system of food production. Feed your family the cleanest and healthiest food possible

- Organic Clothing
- Locally Owned / low co-op prices

*If we don't have it, we can get it for you!
 Always happy to take special orders*



ENROLL ONLINE AT WWW.TRYUFM.ORG



CREATIVE FREE TIME CONTINUED

How to Document a Home Inventory

08ACF91A

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.

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

Date: 01/14/2008 (M)
Time: 6:00 PM to 7:30 PM
Fee: \$12.00
Location: UFM Conference Room, 1221 Thurston

How to Document a Home Inventory

08ACF91B

Instructor: Kevin Wilson

Date: 01/28/2008 (M)
Time: 6:00 PM to 7:30 PM
Fee: \$12.00
Location: UFM Conference Room, 1221 Thurston

How to Document a Home Inventory

08ACF91C

Instructor: Kevin Wilson

Date: 02/11/2008 (M)
Time: 6:00 PM to 7:30 PM
Fee: \$12.00
Location: UFM Conference Room, 1221 Thurston




TEACH a Class at UFM

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

Call UFM at 539.8763

15
April
Income Tax
Due

Free Tax Preparation Help!!

Free income tax preparation assistance for low-income workers will be available from February 6 to April 12 at the following location:

UFM Community Learning Center
1221 Thurston, Manhattan, 785/539.8763
Tues, Wed & Thurs: 3-7 pm
Super Tax Saturday, Feb. 10: 1-5 pm
**Appointments are encouraged

Bring this Tax information to complete your Income Tax forms:

1. A copy of your 2006 tax return.
2. Social Security numbers for the worker, spouse and any children in the household born before December 31, 2007. Bring the Social Security cards, if available, to ensure the necessary information is copied correctly onto the tax forms.
3. W-2 forms for all jobs held in 2007. Workers who did not get W-2's should still bring final pay stubs. Volunteers can assist in verifying income.
4. 1099-G form, if you received unemployment insurance benefits at any time in 2007.
5. 1009-INT, if you received bank interest in 2007.
6. Any statements received from a mortgage company during 2007.
7. Any notices sent to the worker by the IRS in 2007.
8. Workers with Individual Tax Payer Identification Numbers (ITINs) should bring the ITIN card sent to them by the IRS. Workers need either an ITIN or an SSN for the Child Tax Credit.
9. Form or copy of divorce decree for a noncustodial parent claiming a child.
10. Proof of account and routing numbers for the financial institution accepting a direct deposit.

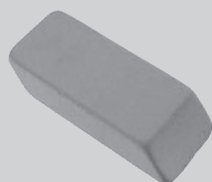
TEST PREPARATION COURSES BE PREPARED & BE CONFIDENT

GRE Prep Course

08AFC06

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: 01/31/2008 to 03/13/2008 (Th)
Time: 6:30 PM to 9:30 PM
Fee: \$270.00
Location: TBA



Enroll online at our website:

www.tryufm.org

**View class descriptions*
**Times, dates and locations*
or call UFM at
539.8763

LSAT Prep Course

08AFC24

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

Date: 03/24/2008 to 04/16/2008 (M)
Time: 7:00 PM to 10:00 PM
Fee: \$270.00
Location: KSU-Justin Hall Room 256



Earth & Nature

Fly Fishing

08AEN04AZ

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

Instructor: Paul Sodamann, (785) 494-2340

Date: 01/28/2008 to 02/07/08 (M-Th)
 Time: 6:00 PM to 8:00 PM
 Fee: \$95.00 (Available for KSU Credit)
 Location: MHS East Campus, 901 Poyntz Ave., Room 108

Fly Fishing

08AEN04BZ

Instructor: Paul Sodamann, (785) 494-2340

Date: 02/18/2008 to 02/28/08 (M-Th)
 Time: 6:00 PM to 8:00 PM
 Fee: \$95.00 (Available for KSU Credit)
 Location: MHS East Campus, 901 Poyntz Ave., Room 108

Fly Fishing

08AEN04CZ

Instructor: Paul Sodamann, (785) 494-2340

Date: 03/03/2008 to 03/13/08 (M-Th)
 Time: 6:00 PM to 8:00 PM
 Fee: \$95.00 (Available for KSU Credit)
 Location: MHS East Campus, 901 Poyntz Ave., Room 108

GARDENING 101: The Basics

08AEN05

Welcome to America's #1 hobby! You're eager to get started but have questions about site selection, soil types, what to plant when, pest control, and how to deal with the weather extremes in Kansas. We will answer all of these questions no matter what type of garden you want. You will take home lots of information! Your specific questions are welcome, too!

Instructor: Colleen Hampton
 cmhampton314@sbcglobal.net

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

Date: 03/28/2008 (F)
 Time: 6:30 PM to 8:30 PM
 Fee: \$12.00
 Location: UFM Solar Addition, 1221 Thurston St.

CONTAINERS: Great Versatility!

08AEN24

Container gardening is increasing in popularity because it is less physically demanding and gives us more places to put plants! Plus you can move them around as needed! This class will cover the science and art of growing plants in containers – the pots, soil, maintenance, plant selection (annuals & perennials), and design.

Instructor: Colleen Hampton
 cmhampton314@sbcglobal.net

Date: 04/04/2008 (F)
 Time: 6:30 PM to 8:30 PM
 Fee: \$12.00
 Location: UFM Solar Addition, 1221 Thurston St.

Home Landscape Design

08AEN08

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: 02/06/2008 to 02/20/2008 (W)
 Time: 6:30 PM to 8:30 PM
 Fee: \$21.00/Individual; \$30.00/Couple
 Location: CiCo Park, Pottorf Hall

Trees Hate 'Em

08AEN27

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. *NOTE: Fees under workshop listings. All classes meet only once on Saturday.

Instructor: Carroll Lange, (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: 01/19/2008 to 05/03/2008 (Sa)
 Time: Noon to 4:00 PM
 Fee: \$12.00
 Location: 7102 Abbott Drive, Cedar Creek Ranch

Make a Difference Workshop

07CEN40

Sunset Zoo staff will teach you little things you can do that will make big impacts for our planet. You will receive materials you can take home and immediately put into use. Join our team as we learn how to protect our world and all the creatures that inhabit it. Deadline for registration is March 31.

Instructors: Rachel Soash & Becky Clark, (785) 587-2737

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

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

Date: 04/13/2008 (Su)
 Time: 2:30 PM to 4:30 PM
 Fee: No Charge
 Location: Sunset Zoo, 2333 Oak St



Late Spring Wildflowers on the Konza

08AEN45

Join Mike Haddock, author of the 2006 Kansas Notable Book "Wildflowers and Grasses of Kansas: A Field Guide", as he leads a late spring wildflower walk at the Konza Prairie. The walk will begin at 9:00 AM on Saturday, May 31st and last two hours. Meet at the Konza trail head parking lot. From Manhattan, turn right onto Riley County 901 immediately after crossing the Kansas River bridge. Follow 901 about six miles to the Konza Prairie Biological Station entrance. A few hundred yards down the gravel road is the parking area. Please wear clothing and footwear appropriate for walking in vegetation.

Date: 05/31/2008 (Sa)
 Time: 9:00 AM to 11:00 AM
 Fee: No Charge
 Location: Konza Prairie trail head parking lot

Living Green...SIMPLIFIED!

08AEN47

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

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

Julia graduated from K-State with a degree in Interior Design. She is currently a graduate student at K-State and working toward a Master of Science in Architecture with an emphasis in Ecological and Sustainable Design.

Date: 02/23/2008 (Sa)
 Time: 2:00 PM to 4:00 PM
 Fee: No charge
 Location: UFM Fireplace Room, 1221 Thurston



2008 Sign Ups

RETURNING GARDENERS

FEB. 6 AT 7-830 PM (W)
FEB. 16, AT 10-NOON (SA)

NEW GARDENERS

MARCH 5 AT 7 PM (W); MARCH 8 AT 10-NOON (SA) ORIENTATION & SIGN UP DATES ABOVE AT UFM, 1221 THURSTON ST. AND MARCH 29 AT 10-NOON (SA) AT MANHATTAN COMMUNITY GARDEN, 9TH & RILEY LN





Introduction to Natural Building 08AEN48

This course will introduce the participants to the various options open to them in sustainable building materials, techniques and processes. Specifically this class will focus on cob, rammed earth, straw-bale, and earth-bag based building depending if you wish to build an earth bread oven, artistic bench, garden wall or living quarters. We will discuss the basics of how to build a structure, the pros and cons of each, their specific thermal properties, (if any) as well as the environmental, psychological and social dimensions of why this type of building is a positive choice for an individual and the community in which they live. Students will have an opportunity to see sample workings of cob, rammed earth, straw bale, clay slips, wall finishings materials and photos of completed as well as work in progress.

Instructor: Bruce Reid, (719) 235-6821, breid@ksu.edu

Bruce Reid has lived in the Midwest and the Southwest where he has studied and conducted workshops on sustainable building techniques. He founded the Red Feather Sustainable Living Institute in 2004. His expertise is in natural material building such as cob, rammed earth, straw bale and adobe to name a few. He has been involved in building and promoting community social spaces through his hands-on workshops with public space cob benches, bread ovens, artistic cob, adobe walls and garden structures. He has also coordinated and built cob cabins, rammed earth and adobe homes. Bruce also teaches workshops on cob, sculpting spaces, intuitive natural designs and natural plasters and finishes to name a few.

Date: 02/10/2008 (Su)
 Time: 10:00 AM to Noon
 Fee: No charge
 Location: UFM Conference Room
 1221 Thurston St., 2nd floor

Monolithic Adobe: Creating Structures with Cob 08AEN49

This course will introduce the participants to the materials, processes and methods of building structures with one of the most universal building techniques and materials in history: cob (an earthen concrete comprised of an optimal mixture of fiber, sand, clay and soil). This method is sometimes referred to as monolithic adobe construction. Unlike adobe brick construction, cob construction allows a builder to construct monolithic structures, lending itself to arcs, circles and other creative shapes difficult to construct in contemporary brick and/or lumber built structures.

Specifically, this workshop will focus on material selection and mixing, testing, and construction methods using earth-based materials. We will discuss the basics of how to build a structure, the pros and cons of various material mixtures, troubleshooting and making the most of its thermal properties.

This is a post-introductory course that will introduce the participant in working with various cob mixtures and finishing techniques on an actual structure. Fee includes all materials and supplies.

Deadline for registration is March 22.

Instructor: Bruce Reid, (719) 235-6821, breid@ksu.edu

Date: 03/29/2008 to 04/12/2008 (Sa)
 Time: 9:00 AM to 2:00 PM
 Fee: \$75.00
 Location: TBA

Papermaking from Native Plants 08AEN50

Learn the art of making paper from plant fibers. In this class you will learn the different types of plant fiber, the process of extracting the fiber from the plant, and the process of forming sheets of paper from the resulting fiber. People will work in teams of two, with each team processing a different plant fiber into paper. The resulting paper will be shared equally among the class members. The class includes a lecture on paper making process, preprocessing the plant parts, extracting the fiber from the plants, creating paper pulp from the fiber, and forming sheets of paper.

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: 04/05/2008 (Sa)
 Time: Noon to 4:00 PM
 Fee: \$42.00
 Location: UFM Solar Addition, 1221 Thurston St.

Landscaping with Kansas Native Plants 08AEN51

Learn about some of the plants that are native to Kansas and how to incorporate them into your landscapes. 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.

The class includes the benefits of native plants, myths about native plants, list of recommended plants, selecting plants to match your site's characteristics, landscape options from manicured to natural, and one packet of native wildflower/grass seed.

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

Date: 04/05/2008 (Sa)
 Time: Noon to 4:00 PM
 Fee: \$42.00
 Location: UFM Solar Addition, 1221 Thurston St.

Introduction to Kansas Wildflowers 08AEN52

While waiting for spring, take advantage of this opportunity to get a preview of some of Kansas' showiest wildflowers. Brilliantly colored slides, representing the rich variety of Kansas native wildflowers from both prairie and woodland habitats, will provide the foundation for learning about how plants are named and organized into families. During the slide show, unique features of individual plants will be discussed. Learn about historical connections, interdependence of flowers and insects, plants used as food for humans, wildlife, and cattle, plus medicinal properties of plants and using native wildflowers in home gardens. When the blooming season finally comes to Kansas, you'll have the background to fully appreciate our treasury of native wildflowers.

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

Date: 02/19/2008 (Tu)
 Time: 6:00 PM to 8:00 PM
 Fee: \$24.00
 Location: UFM Conference Room, 1221 Thurston

Flying Radio Controlled Airplanes: RC101 08AEN93

This course will be an introduction to flying radio controlled airplanes in a classroom setting, then at the R/C flying field. The course will cover the basics of flying gas, glow fuel, electric airplanes and gliders; the principles of flight; choosing the "right" plane to start with; building kits vs. ARF's; the choice of power; a list of what is needed to get started and where to purchase the various items; R/C flight simulators; and how a radio transmitter plus a receiver and the servos actually control the plane. The first session will be held at the *UFM House and the second session at the Riley County Fliers flying field just west of the Tuttle Creek Dam spillway. During the field session we will discuss R/C safety, demonstrate starting the engine, taxiing, and some actual "hands on" flight with an instructor. There will be other club members in attendance demonstrating their flying skills.

Instructors: Bill Fortney, (785) 776-6594 & Matt Knox

Bill, wmfortney@hotmail.com, and Matt have a combined 30 years of experience building, flying and occasionally crashing radio controlled airplanes.

Date: 04/20/2008 to 04/27/2007 (Sa)
 Time: Noon at UFM*
 Fee: \$20.00/Individual; \$5.00/ Add'l family
 Location: See class description



SPRING PLANT SWAP 08AEN37



APRIL 26, 2008 11:00 am to Noon

DO YOU WISH YOU HAD LESS AND MORE OF SOMETHING ELSE?
 REJUVENATE YOUR FLOWER GARDEN BY DIVIDING YOUR PERENNIALS
 AND BRING THEM TO TRADE TO ENHANCE YOUR COLOR AND VARIETY!!

UFM Community
 Learning Center
 1221 Thurston St.



For more information,
 visit our website at
 www.tryufm.org or
 call UFM at 539.8763



Fun Foods

The Legend of the Dancing Goats (Coffee)

08AFF13

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 Coffeehouse and Roastery.
Instructor: Wade Radina

Date: 02/22/2008 (F)
Time: 7:00 PM to 9:00 PM
Fee: \$14.00
Location: Radina's Coffeehouse

Basic Cake Decorating

08AFF14

This course focuses on the techniques and methods of basic cake decorating. Learn to bake a cake, prepare a cake for stacking, make quick icings (recipes will be included) and quick decorating techniques. (If enrolling online, please contact UFM for the materials list) Registration deadline is January 19.

Instructor: Heather Keen, heather@lafleurdechocolat.com

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

Date: 01/26/2008 (Sa)
Time: 1:00 PM to 4:00 PM
Fee: \$29.00
Location: UFM Kitchen, 1221 Thurston St.

An Evening with Wine and Chocolate

08AFF38

Chocolate, wine and romance aren't just the quickest ways to your true love's heart. Recent studies suggest that these Valentine's Day traditions are also the way to a healthy heart. Come enjoy some terrific red wines, paired with chocolate for a fun and relaxed Valentine's celebration. Bring your "true love" or bring some friends, and make your heart happy this Friday Night Out! Participants must be 21 years of age to enroll in this class.
Instructor: Bob Campbell

Date: 02/15/2008 (F)
Time: 7:00 PM to 9:00 PM
Fee: \$25.00
Location: UFM Banquet Room, 1221 Thurston St.

Miami Cuban Heat!

08AFF27

Enjoy a night of easy-to-prepare delicious recipes good conversation and music. This class introduces students to the world of Cuban cuisine, which blends the spices of Spain, the tropical tastes of the Caribbean and influences of Miami cooking. Each class features new recipes. Daiquiri's will be served for those 21 and over.
Instructor: David Espenoza, (785) 341-3410
gablelewis@cox.net

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

Date: 04/04/2008 (F)
Time: 6:00 PM to 9:00 PM
Fee: \$24.00
Location: UFM Banquet/Kitchen, 1221 Thurston



A Handful for Dinner

08AFF36

Want to learn how to cook simple recipes for you and others? Whether you are cooking for one or a few, take this class for an easy menu consisting of appetizers, a main course and dessert. Wow your guest(s) at your next casual gathering and participate in preparing and eating this casual meal. Wine will be served for those 21 and over.
Instructor: David Espenoza, (785) 341-3410
gablelewis@cox.net

Date: 03/07/2008 (F)
Time: 6:00 PM to 9:00 PM
Fee: \$24.00
Location: UFM Banquet/Kitchen, 1221 Thurston

Traditional Tapas Party

08AFF37

Popular throughout Spain in bars and restaurants, Tapas are appetizers that usually accompany drinks. They can also be combined to make up full meals. This class is designed to introduce you to a new world of Spanish treats. Recipes will range from simple to elaborate. Students will be encouraged to use toothpicks or their fingers when eating, no silverware is necessary. All food and supplies are provided, with plenty of leftovers. These classic tapas dishes bring to one's plate the essence of Spanish life and culture. This class is open to all cooking levels. Each class features new recipes. Sangrias and Margaritas will be served for those 21 and over.
Instructor: David Espenoza, (785) 341-3410
gablelewis@cox.net

Date: 02/01/2008 (F)
Time: 6:30 PM to 9:00 PM
Fee: \$24.00
Location: UFM Banquet/Kitchen, 1221 Thurston

Learn to Make Russian Borsh Soup

08AFF28

Borsh is a vegetable soup that is very popular throughout a large territory, including countries such as Russia, Ukraine, and Belarus. Beets are a key ingredient and make the soup a good alternative for those who are watching calories. This session will be in conjunction with Intro to Russian Language's class on its last day.
Instructor: Luba Ramm

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

Date: 02/07/2008 (Th)
Time: 7:00 PM to 8:30 PM
Fee: \$12.00
Location: UFM Kitchen, 1221 Thurston St.

Celebrate "Carnevale" with Neapolitan Cooking

08AFF31

Join us for an evening of Neapolitan cooking that features the traditional foods of carnevale: lasagna (both traditional meat ragù and vegetarian), vegetable side dishes, and chiacchiere (traditional cookies) with sanguinaccio (thick chocolate pudding), all washed down with some good southern Italian wines. Part of the evening will also include a game or two of tombola, Neapolitan bingo, the traditional game of chance during the holiday season. As with the previous Italian cooking session in this series, the evening may be a little longer than published.

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

Date: 02/08/2008 (F)
Time: 6:30 PM to 9:00 PM
Fee: \$19.00
Location: UFM Banquet/Kitchen, 1221 Thurston

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!!**

Friday Night Out! at a glance:

**FEBRUARY 1 | 6:30-9 PM | \$24
Traditional Tapas Party**

**FEBRUARY 8 | 6:30-9 PM | \$19
Celebrate "Carnevale" with
Neapolitan Cooking**

**FEBRUARY 15 | 7-9 PM | \$25
An Evening w/ Wine & Chocolate**

**FEBRUARY 22 | 7-9 PM | \$14
Dancing Goats (Coffee class)
Radina's Coffeehouse**

**FEBRUARY 29 | 8-9:30 PM | \$17
Poker Night**

**MARCH 7 | 6-9 PM | \$24
A Handful for Dinner**

**MARCH 28 | 7-8:30 PM | \$10
Living Better with Massage**

**APRIL 4 | 6-9 PM | \$24
Miami Cuban Heat!**

***All classes are at UFM unless noted &
Refreshments will be provided**



Health & Wellness

Sahaj Marg Meditation

08AHW02

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: 02/16/2008 to 05/10/2008 (Sa)
(No class 3/15 or 3/22)
Time: 10:00 AM to Noon
Fee: No Charge
Location: KSU-Justin Hall Room 341

Living the Art: Jin Shin Jyutsu 08AHW08A

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

Instructor: Kate Cashman, (785) 537-1911

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

Date: 01/17/2008 to 01/31/2008 (Th)
Time: 7:00 PM to 9:00 PM
Fee: \$26.00
Location: 1421 Colorado Street

Living the Art: Jin Shin Jyutsu 08AHW08B

Instructor: Kate Cashman, (785) 537-1911

Date: 04/03/2008 to 04/17/2008 (Th)
Time: 7:00 PM to 9:00 PM
Fee: \$26.00
Location: 1421 Colorado Street

Beginning Yoga 08AHW15AZ

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: 01/17/2008 to 03/06/2008 (Th/Tu)
Time: 10:00 AM to 11:00 AM
Fee: \$99.00 (Available for KSU Credit)
Location: KSU Ahearn Room 302

Beginning Yoga

08AHW15BZ

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

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

Date: 01/23/2008 to 03/12/2008 (W/M)
Time: 10:00 AM to 11:00 AM
Fee: \$99.00 (Available for KSU Credit)
Location: KSU Ahearn Room 302

Beginning Yoga

08AHW15CZ

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

Date: 01/23/2008 to 03/12/2008 (W/M)
Time: 7:00 PM to 8:00 PM
Fee: \$99.00 (Available for KSU Credit)
Location: KSU Ahearn Room 302

Intermediate Yoga

08AHW21Z

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

Date: 03/11/2008 to 05/08/2008 (Tu/Th)
(No class 3/18, 3/20)
Time: 10:00 AM to 11:10 AM
Fee: \$99.00 (Available for KSU Credit)
Location: KSU Ahearn Room 302

THE SECRET & Beyond

08AHW18

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

Instructor: Palma Holden, (785) 539-1183

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

Date: 01/28/2008 to 02/18/2008 (M)
Time: 7:15 PM to 9:00 PM
Fee: \$38.00
Location: UFM Conference Room
1221 Thurston St., 2nd floor


Date: 01/28/2008 to 02/18/2008 (M)
Time: 7:15 PM to 9:00 PM
Fee: \$38.00
Location: UFM Conference Room
1221 Thurston St., 2nd floor

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

**Workshops, Private Lessons & Classes
With Ana Franklin**
Teaching Yoga since 1984

Website: www.yogaconnection.byregion.net
Email: yogaconnection@kansas.net

"Stretching Body, Breath & Mind"







**2001 Claflin Road
Manhattan
785-587-4300**

- ◆ Outpatient mental health services
- ◆ Medication evaluation and treatment
- ◆ Alcohol and drug treatment and prevention services
- ◆ Community support services for adults with severe and persistent mental illness
- ◆ Community-based services for children and adolescents with serious emotional disturbance
- ◆ 24-hour emergency services
- ◆ Employee Assistance programs

After hours, call 785-587-4342 or 800-609-2002

Our highly qualified staff of psychiatrists, marriage and family therapists, psychologists, social workers, and case managers work with people of all ages.

HEALTH & WELLNESS CONTINUED

Meditation & Relaxation: Guided Meditation- Journey to the Seven Directions 08AHW66

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: 02/16/2008 (Sa)
Time: 12:15 PM to 2:15 PM
Fee: \$28.00
Location: UFM Conference Room
1221 Thurston St., 2nd floor

Meditation & Relaxation: Creating Peace 08AHW55

In this class, we will utilize guided meditation, affirmations, music and spiritual readings as a way of promoting peace within ourselves, the environment, and globally. Great for beginners and anyone wanting to consciously shift awareness to a more peaceful reality.
Instructor: Palma Holden, (785) 539-1183

Date: 04/07/2008 to 04/28/2008 (M)
Time: 7:00 PM to 8:30 PM
Fee: \$38.00
Location: UFM Solar Addition

Meditation & Relaxation: Introduction to Guided Meditation 08AHW69

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

Instructor: Palma Holden, (785) 539-1183

Date: 04/12/2008 (Sa)
Time: 12:15 PM to 2:15 PM
Fee: \$28.00
Location: UFM Conference Room
1221 Thurston St., 2nd floor



Responding to Emergencies 08AHW19AZ

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; purchase books at American Red Cross, 2601 Anderson Ave. (Anderson Square).
Instructor: Barbara Denton

Date: 03/25/2008 to 04/29/2008 (Tu/Th)
Time: 12:30 PM to 3:00 PM
Fee: \$138.00 (Available for KSU credit)
Location: UFM Conference Room
1221 Thurston St., 2nd floor



Responding to Emergencies 08AHW19BZ

Materials not included in fee; purchase books at American Red Cross, 2601 Anderson Ave. (Anderson Square).
Instructor: Barbara Denton

Date: 03/26/2008 to 04/30/2008 (W/M)
Time: 12:30 PM to 3:00 PM
Fee: \$138.00 (Available for KSU Credit)
Location: UFM Conference Room
1221 Thurston St., 2nd floor

Community CPR & First Aid 08AHW25A

This is an 8 hour course that includes training in Adult, Child, and Infant CPR and First Aid. Participants will learn to recognize and care for breathing and cardiac emergencies in adults, infants, and children; controlling bleeding; and many other useful skills. Students must pick up book at American Red Cross, 2601 Anderson Ave.; fee does not include materials. There will be a \$20 non-refundable deposit for this class.

Instructor: Abby Thrash, abbythrash@gmail.com

Date: 02/01/2008 to 02/02/2008 (F/Sa)
Time: 6:30 PM to 9:30 PM (F);
12:30 PM to 2:30 PM (Sa)
Fee: \$43.00
Location: UFM Conference Room
1221 Thurston St., 2nd floor

Community CPR & First Aid 08AHW25B

Students must pick up book at Red Cross; fee does not include materials.

Instructor: Abby Thrash, abbythrash@gmail.com

Date: 02/02/2008 (Sa)
Time: 8:30 AM to 2:30 PM
Fee: \$43.00
Location: UFM Conference Room
1221 Thurston St., 2nd floor

Community CPR & First Aid 08AHW25C

Students must pick up book at Red Cross; fee does not include materials.

Instructor: Abby Thrash, abbythrash@gmail.com

Date: 02/02/2008 to 02/03/2008 (Sa/Su)
Time: 3:00 PM to 6:00 PM (Sa);
12:30 PM to 2:30 PM (Su)
Fee: \$43.00
Location: UFM Conference Room
1221 Thurston St., 2nd floor

Community CPR & First Aid 08AHW25D

Students must pick up book at Red Cross; fee does not include materials.

Instructor: Abby Thrash, abbythrash@gmail.com

Date: 02/03/2008 (Su)
Time: 8:30 AM to 2:30 PM
Fee: \$43.00
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 PROJECTS. WE WANT TO HEAR FROM YOU! CALL US AT 539.8763 OR EMAIL UFM@KSU.EDU TO SHARE YOUR IDEAS!



HEALTH & WELLNESS CONTINUED

Community CPR & First Aid 08AHW25E

Students must pick up book at Red Cross; fee does not include materials.

Instructor: Abby Thrash, abbythrash@gmail.com

Date: 02/22/2008 to 02/23/2008 (F/Sa)

Time: 6:30 PM to 9:30 PM (Fri);
12:30 PM to 2:30 PM (Sa)

Fee: \$43.00

Location: UFM Conference Room
1221 Thurston St., 2nd floor

Community CPR & First Aid 08AHW25F

Students must pick up book at Red Cross; fee does not include materials.

Instructor: Abby Thrash, abbythrash@gmail.com

Date: 02/23/2008 (Sa)

Time: 8:30 AM to 2:30 PM

Fee: \$43.00

Location: UFM Conference Room
1221 Thurston St., 2nd floor

Community CPR & First Aid 08AHW25G

Students must pick up book at Red Cross; fee does not include materials.

Instructor: Abby Thrash, abbythrash@gmail.com

Date: 02/23/2008 to 02/24/2008 (Sa/Su)

Time: 3:00 PM to 6:00 PM (Sa);
12:30 PM to 2:30 PM (Su)

Fee: \$43.00

Location: UFM Conference Room
1221 Thurston St., 2nd floor

Community CPR & First Aid 08AHW25H

Students must pick up book at Red Cross; fee does not include materials.

Instructor: Abby Thrash, abbythrash@gmail.com

Date: 02/24/2008 (Su)

Time: 8:30 AM to 2:30 PM

Fee: \$43.00

Location: UFM Conference Room, 1221 Thurston

Beginning Tai Chi Chaun 08AHW31

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: 02/13/2008 to 03/12/2008 (W)

Time: 5:30 PM to 6:30 PM

Fee: \$48.00

Location: UFM Banquet Room
1221 Thurston St.



**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.**

Art's Up!



Copper Truck by Elliott Pujol

18 October 2007 - 31 August 2008

From the Permanent Collection: Kansas Women at the Press 1910-1960

18 October 2007 - 17 February 2008

Sculpture Transformed: The Work of Marjorie Schick

11 January - 16 March 2008

2008 Friends of the Beach Museum of Art Gift Print Artist

4 April - 1 June 2008

More Than Words: Illustrated Letters from the Smithsonian's Archives of American Art

3 May - 13 July 2008

Marianna Kistler Beach Museum of Art

14TH & ANDERSON MANHATTAN, KS 785.532.7718 WWW.KSU.EDU/BMA

TUESDAY, WEDNESDAY, FRIDAY, SATURDAY 10-5; THURSDAY 10-8; SUNDAY 12-5



The Morning Star Bed & Breakfast

"Exceptional Accommodations in the Heart of Manhattan"

785-587-9703 www.morningstaronthepark.com

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



STRECKER-NELSON GALLERY

HAS AN ABUNDANCE OF FINE ART

PREVIEW IT ON OUR WEBSITE AT WWW.STRECKER-NELSONGALLERY.COM

THEN VISIT THE GALLERY MON-SAT 10:00-6:00 AT 406 1/2 POYNTZ 537-2099



HEALTH & WELLNESS CONTINUED

Living Better with Massage 08AHW67

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

Instructors: Rose Woosley & Jessica Lewis

Rose Woosley is a certified massage therapist at Body First Therapeutic Massage. She is a graduate of East West College of Healing Arts in Portland, Oregon and Kansas State University. She is trained in a variety of modalities including Swedish Massage Techniques, Stress Management Massage, Thai Yoga Massage, Chronic Pain Management and Pregnancy and Infant Massage.

Jessica Lewis graduated from both the Omaha School of Massage Therapy and Manhattan Christian College. She takes pleasure in working with athletes, headache sufferers and pregnant women. Jessica is trained in a variety of modalities including Hot Stone Massage, Deep Tissue Massage, Sports Massage, Pregnancy Massage, Neuromuscular Therapy and Swedish Massage.

Date: 03/28/2008 (F)
Time: 7:00 PM to 8:30 PM
Fee: \$10.00
Location: UFM Fireplace Room
1221 Thurston St.



Aromatherapy Basics 08AHW85

This class is an overview of essential oils and their properties. Basic essential oil properties and tips on blending to create personal scents will be discussed. An information booklet including essential oil blends and bath soak recipes will be provided.

Instructor: Kathy Reid, kathycaylorreid@hotmail.com

Date: 01/26/2008 (Sa)
Time: 9:00 AM to 11:00 AM
Fee: \$27.00
Location: UFM Conference Room
1221 Thurston St., 2nd floor

Introduction to Flying Partner Yoga 08AHW87

Flying Partner Yoga blends the wisdom of yoga, the relaxation of Thai massage, and the fun of acrobatics to create a unique experience cultivating connection, trust and playfulness. Open your practice with the ease, comfort and support of a partner and the group. Students are requested to have familiarity with yoga. No partner necessary! Instructor: Jane Hansen, jkhansen@ksu.edu

Date: 01/29/2008 to 03/11/2008 (Tu)
Time: 5:50 PM to 6:50 PM
Fee: \$24.00
Location: International Student Center, KSU
Corner of Midcampus Drive and Claflin



A Season for Nonviolence 2008

All events free and open to the public!

Penny Jars

Donate your change to help the Regional AIDS Project. Penny Jars at area businesses. Sponsored by the Regional AIDS Project and CNV/CCNV

Radio Kansas Sponsorship

Get involved in bringing community radio to Manhattan! Contact Linda Teener at UFM, 539-8763. Listen to 89.5 "Morning Edition" for CNV/CCNV announcements

February 9

#177 Adopt-A-Highway Road Clean Up, 10 - 12 noon. Meet at Scenic Overlook on #177. Bring gloves and a sack lunch - everyone welcome! Sponsored by K-STATE Social Justice Alliance

February 9-3

G.I. Rights Training Workshop for lawyers, social workers, clergy and concerned citizens. Topics include discharge, discrimination, sexual orientation, and conscientious objector status. Registration and information, contact Anne Cowan, 537-9095 or e-mail mapj@mapj.org. Sponsored by MAPJ, UU Social Action, Mennonite Church and others. CE credits available.

February 11

"What is progressive spirituality?" Rev. Michael Nelson, UU Fellowship and F. Matt Cobb, Mercy Hospital Chaplain will introduce the Spiritual Progressive Network and tell us how it connects with nonviolence. 4 p.m. Union 907. *Join us after for Evening Meditation from 5-15 - 6 p.m.

February 13

"Let's Talk it Out -- Compassionate Communication in Relationships." 7 p.m. Union 919. Molly Traffas, Peace and Justice Center of South Central Kansas. Sponsored by ACTION and Alpha Phi Alpha

February 21

"Violence, Nonviolence and Disability," Ann Fahrbach Branden, JustASK Coordinator/Injury Prevention and Disability & Health, Office of Health Promotion, KDHE, and Stephanie Sanford, Prairie Independent Living Resource Center, Hutchinson, KS. 7 p.m. Union 913. Sponsored by emPower cats and ACTION

February 25

"Making Food Your Friend Again," Jessica Setnick, National Eating Disorders Awareness Week Speaker. 7 p.m., Union Main Ballroom. Sponsored by SNAC (Sensible Nutrition And Body Image: Choices) PEER Educators, KSU Student Governing Association, and Lafene Health Center. Information at www.ksu.edu/lafene/snac

March 10

Nonviolent Martial Arts. Noon to 1 p.m., Union Courtyard. Aikido, Tae Kwon Do, Yoga, Tai chi. Sponsored Aikido Club and CNV ACTION

March 15

St. Patrick's Day Parade: Walk with the CNV/CCNV "Whirled Peas for World Peace" group. Wear green! Call 539-6444 for information.

Empty Bowls

Make a bowl to support local hunger organizations. Watch for ads at Texas Star, K-State and MHS Ceramics Departments, MAC and other locations.

Date With Hate

A silent, nonviolent demonstration to counter the violent messages of Fred Phelps, early morning, K-State A&S graduation.

New "64 Ways" CNV/CCNV Poster in Spanish

Available in the Union

A Season for Nonviolence is an international, grassroots movement dedicated to demonstrating that nonviolence is a powerful way to heal, transform, and empower our lives and our communities. It is observed annually during the 64-days between the assassination anniversaries of peacemakers Mahatma Gandhi on January 30 and Martin Luther King, Jr. on April 4. The K-State and Community Campaign for Nonviolence (CNV/CCNV) celebrates its 7th Season in 2008 with numerous events. Pick up your free "64 Ways to Practice Nonviolence" poster (now in English or Spanish) at the Women's Center/CNV/SafeZone Booth in the K-State Union, Manhattan, KS 66506.



We must be the change we wish to see in the world...
-Mahatma Gandhi

The hope of a secure and livable world lies with disciplined nonconformists who are dedicated to justice, peace, and brotherhood.
-Dr. Martin Luther King, Jr.

ONGOING CNV/CCNV Events:

Noontime Yoga

Monday through Friday 12-1
Ahearn 309

Evening Meditation

Monday 5:15 pm-6:00 p.m.
UFM House

SafeZone:

Advanced Training on Gender Identity/Gender Expression
Wednesday February 13th, 19-9

Introductory Training: Wednesday March 5th, 19-9

Advanced Training on Dealing with Threats on Campus
Wednesday March 26, 19-9

Advanced Training on Helping Survivors of Sexual Assault. Thursday April 3, 3-5 p.m.

Sign up on-line at www.ksu.edu/nonviolence

Sponsored by the K-State CNV and the Community CCNV and a coalition of other groups.



Language

Beginning Spanish for Adults 08ALA02

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

Instructor: Maria Coscia

Date: 02/05/2008 to 02/21/2008 (Tu/Th)
 Time: 7:00 PM to 7:45 PM
 Fee: \$35.00
 Location: UFM Multipurpose Room,
 1221 Thurston St.

Spanish II 08ALA05

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

Instructor: Maria Coscia

Date: 03/04/2008 to 03/27/2008 (Tu/Th)
 Time: 7:00 PM to 7:45 PM
 Fee: \$35.00
 Location: UFM Conference Room,
 1221 Thurston St., 2nd floor

Spanish III 08ALA19

This is a continuation of Spanish II. The student should have knowledge or be fluent with Spanish language.

Instructor: Maria Coscia

Date: 04/01/2008 to 04/17/2008 (Tu/Th)
 Time: 7:00 PM to 7:45 PM
 Fee: \$35.00
 Location: UFM Conference Room,
 1221 Thurston St., 2nd floor

French Language 08ALA04A

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: 01/16/2008 to 02/08/2008 (W/F)
 Time: 10:00 AM to 11:00 AM
 Fee: \$46.00
 Location: UFM Fireplace Room,
 1221 Thurston St.

Introduction to Russian Language, Culture & Food 08ALA15

This Introduction to Russian is aimed at those who want to make a short visit to Russia or quickly explore the language. Participants will learn how to read the Cyrillic alphabet, become acquainted with Russian language structure and learn some phrases in Russian. In addition, we will discuss Russian culture, literature, music, films, food, and everyday life of Russia's people. There will be six sessions, the last devoted mostly to making BORSH (a vegetable soup) and will end at 8:30 PM.

Instructor: Luba Ramm

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

Date: 01/22/2008 to 02/07/2008 (Tu/Th)
 Time: 6:00 PM to 7:30 PM
 Fee: \$32.00
 Location: UFM Fireplace Room, 1221 Thurston



Elementary Arabic 08ALA18

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: 02/25/2008 to 04/21/2008 (M)
 Time: 7:00 PM to 8:00 PM
 Fee: \$45.00
 Location: UFM Conference Room,
 1221 Thurston St., 2nd floor

Beginning Conversational Sign Language 08ALA23A

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

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

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

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

Date: 02/05/2008 to 03/13/2008 (Tu/Th)
 Time: 6:00 PM to 7:00 PM
 Fee: \$69.00
 Location: KSU-Justin Hall Room 341

Beginning Conversational Sign Language 08ALA23B

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

Date: 03/25/2008 to 05/01/2008 (Tu/Th)
 Time: 6:00 PM to 7:00 PM
 Fee: \$69.00
 Location: KSU-Justin Hall Room 341

Enroll online at our website:

www.tryufm.org

- *View class descriptions
- *Times, dates and locations

Claflin Books

and Copies

SERVICES

- ✓ dissertation printing
- ✓ new & used textbooks
- ✓ course packets
- ✓ color copies
- ✓ 5 cent self serve copies
- ✓ digital & print design
- ✓ fax service
- ✓ binding
- ✓ scanning to disk
- ✓ electronic file submission
- ✓ printing from disk
- ✓ quality papers

We now have select teas and accessories.



1814 Claflin Road
 Manhattan, KS 66502
 (785) 776-3771
 Fax: (785) 776-1009
claflin@interkan.net
www.claflinbooks.com

LIVING GREEN

UFM's guide to a greener you!

LANDSCAPING W/KANSAS NATIVE PLANTS | JAN. 16

Learn about some of the plants that are native to Kansas and how to incorporate them into your landscapes. 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. The class includes the benefits of native plants, myths about native plants, list of recommended plants, selecting plants to match your site's characteristics, landscape options from manicured to natural, and one packet of native wildflower/grass seed.

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. 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.

Wednesday, 5:30-8:30 PM | UFM Conference Rm
\$30.00

PAPERMAKING FROM NATIVE PLANTS | APRIL 5

Learn the art of making paper from plant fibers. In this class you will learn the different types of plant fiber, the process of extracting the fiber from the plant, and the process of forming sheets of paper from the resulting fiber. People will work in teams of two, with each team processing a different plant fiber into paper. The resulting paper will be shared equally among the class members. The class includes a lecture on paper making process, preprocessing the plant parts, extracting the fiber from the plants, creating paper pulp from the fiber, and forming sheets of paper.

Instructor: Jeff Hansen

Saturday, 12-4 PM | UFM Solar Addition | \$42.00



Following classes are FREE and OPEN to Public

LIVING GREEN...SIMPLIFIED! | FEBRUARY 23

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

Instructor: Julia Bonney graduated from K-State with a degree in Interior Design. She is currently a graduate student at K-State and working toward a Master of Science in Architecture with an emphasis in Ecological and Sustainable Design.

Saturday, 2-4 PM | UFM Fireplace Room

MAKE A DIFFERENCE WORKSHOP | APRIL 13

Sunset Zoo staff will teach you little things you can do that will make big impacts for our planet. You will receive materials you can take home and immediately put into use. Join our team as we learn how to protect our world and all the creatures that inhabit it. Registration deadline is March 31.

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

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

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

LATE SPRING WILDFLOWERS ON THE KONZA | MAY 31

Join **Mike Haddock**, author of the 2006 Kansas Notable Book "Wildflowers and Grasses of Kansas: A Field Guide", as he leads a late spring wildflower walk at the Konza Prairie. The walk will begin at 9:00 AM on Saturday, May 31st and last two hours. Meet at the Konza trail head parking lot. From Manhattan, turn right onto Riley County 901 immediately after crossing the Kansas River bridge. Follow 901 about six miles to the Konza Prairie Biological Station entrance. A few hundred yards down the gravel road is the parking area. Please wear clothing and footwear appropriate for walking in vegetation.

Saturday, 9-11 am | Konza Prairie

METEOROLOGY BASICS | TBA

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

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

5 WAYS TO START LIVING GREEN

1. RECYCLE THIS CATALOG
2. BRING YOUR OWN BAGS TO GROCERY STORE (SAVE CENTS PER BAG AT DILLONS AND RAY'S APPLE MART)
3. ADJUST THERMOSTAT FOR THE SEASON
4. SWITCH TO COMPACT FLUORESCENT LIGHT BULBS
5. CHECK YOUR TIRE AIR PRESSURE (UNDERINFLATED TIRES REDUCE FUEL EFFICIENCY)

During the Fall 2007 semester, UFM Community Learning Center began offering free environmentally-based educational classes focused on "Living Green." Classes included topics such as recycling, discussions about local versus organic foods, solar energy, appreciating native wildflowers, energy conservation and weather.

A rehabilitation project of the UFM Solar Addition, with financial support from the Caroline A.F. Peine Charitable Foundation, has prompted these "green" awareness classes and activities. In addition to the classes offered, UFM will be promoting energy conservation by selling "Eco-Bags," re-usable nylon shopping bags that 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.



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.



Martial Arts

Tae Kwon Do I

08AMA01Z

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 one-on-one with the instructor.

Instructor: David Moore

Date: 01/17/2008 to 05/08/2008 (Tu/Th)
(No class 3/18, 3/20)
Time: 7:00 PM to 8:00 PM
Fee: \$72.00 (Available for KSU Credit)
Location: KSU Ahearn Fieldhouse

White Phoenix System Basics

08AMA03

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

Instructor: Stan Wilson

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

Date: 01/28/2008 to 04/21/2008 (M)
(No class 03/17)
Time: 6:30 PM to 7:30 PM
Fee: \$60.00
Location: KSU Ahearn Fieldhouse

Advanced White Phoenix System

08AMA06

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

Instructor: Stan Wilson

Date: 01/28/2008 to 04/21/2008 (M)
(No class 03/17)
Time: 7:30 PM to 8:30 PM
Fee: \$60.00
Location: KSU Ahearn Fieldhouse



Recreation classes for children are listed in Youth and Aquatics sections

History of Mixed Martial Arts

08AMA07

This class will talk about the two types of mixed martial arts: 7 classes of martial arts and the advantages and disadvantages for self-defense of competition martial arts. We will learn about how we can learn from the examples of historical martial arts.

Instructor: Stan Wilson

Date: 02/06/2008 (W)
Time: 7:00 PM to 8:00 PM
Fee: \$12.00
Location: UFM Fireplace Room, 1221 Thurston

Judo I

08AMA08Z

Judo I is intended not to gain proficiency, but to gain understanding of how the 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: 01/17/2008 to 05/08/2008 (Tu/Th)
(No class 03/18, 3/20)
Time: 8:00 PM to 9:00 PM
Fee: \$75.00 (Available for KSU Credit)
Location: KSU Ahearn Room 302

Judo II

08AMA09Z

In Judo II participants continue to gain understanding of how the 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: 01/17/2008 to 05/08/2008 (Tu/Th)
(No class 3/18, 3/20)
Time: 9:00 PM to 10:00 PM
Fee: \$75.00 (Available for KSU Credit)
Location: KSU Ahearn Room 302

Lao Hu Pai Kung Fu

08AMA05

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

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

Dr. Michael Tran has been in 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: 01/23/2008 to 05/14/2008 (W)
(No class 03/12, 3/19)
Time: 6:00 PM to 8:00 PM
Fee: \$62.00
Location: KSU Ahearn Fieldhouse



Karate & Self-Defense

08AMA10

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

Instructor: Habib Diop, hdiop@ksu.edu

As a martial art instructor, Habib is a champion and member of the Karate National team in Senegal. He has also won awards from the National Federation of Karate in Senegal. He has worked with the Japanese most known "Sensei", Sensei Ayashi, Sensei Yoshinao Nambu.

Date: 01/17/2008 to 03/06/2008 (Th)
Time: 6:00 PM to 7:00 PM
Fee: \$51.00
Location: KSU Ahearn Fieldhouse

Ask about our Adult & Youth scholarships at 539.8763



Yama Bushi Kai Martial Arts

Manuals, books, videos, knives, swords, and martial arts supplies.

Owner is the founder of the White Phoenix System.

2032 Judson, Manhattan, Kansas * 785-313-5488



Personal Interest

Reporters Wanted: Basic Skills for Open Source Reporters 08API04A

UFM has undertaken a new community project: we have submitted an application for a noncommercial/educational radio station license to the FCC. We envision developing a station that uses an independent community-radio model to stimulate, educate and entertain our audience; to reflect the diversity of the local and world community; and, to provide a channel for individuals and groups, issues and music that have been overlooked, suppressed or under-represented by other area media. The station will be run in large part by volunteers from music disc jockies to talk show hosts to news reporters.

As part of our efforts to prepare for this new project, this Spring we will offer the first of several courses to help community members learn skills needed to be part of this new project. This semester we will hold two sessions on basic news reporting; how to prepare for an event, write a news story, and how to use technology to make your job easier. Participants will develop a class project in which they prepare a news story for on-air broadcasting. Participants will receive a reading packet and will have weekly assignments. MacIntosh computer users should have Garage Band software; PC users should have access to Adobe's Audition or similar software.

Date: 01/24/2008 to 02/24/2008 (Th)
Time: 7:00 PM to 9:00 PM
Fee: No charge
Location: UFM Banquet Room, 1221 Thurston St.

Reporters Wanted: Basic Skills for Open Source Reporters 08API04B

Date: 03/06/2008 to 04/10/2008 (Th)
Time: 7:00 PM to 9:00 PM
Fee: No charge
Location: UFM Banquet Room, 1221 Thurston St.

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



unity

Church of Manhattan Awaken your Spirit !!

Positive Message & Joyful Music

A Growing Spiritual Community Dedicated to the Transformation of Consciousness through Meditation, Prayer, Support & Service

Contemporary Church Service Sundays 11:00 A.M.

*People of All Ages, Nationalities & Lifestyles
Welcome!*

ECM Center | 1021 Denison

unitycm@gmail.com | www.unity.org

1-800-NOW-PRAY (669-7729) | 785.537.6120

Reading Genesis 08API12

Most of us are familiar with the Biblical Genesis as a book about cosmic origins, moral giants, and divine retribution. It is certainly that. It is also, however, the story of a family composed of deeply flawed, very human men and women. They experience, as if for the first time, love, jealousy, pride, greed, anger, desire, and indignation. Their actions are not always honorable, and they do not always learn from their mistakes. Nevertheless, they have more to teach us than we have yet learned. Whether we consider them our ancestors biologically, spiritually, or not at all, whether we consider them real or fictitious, their stories teach us ways of finding contentment, forgiveness, and moral agency in a world which seems to mitigate against all three. This course will explore the book of Genesis from a variety of angles: traditional readings, the findings of modern Biblical scholarship, and, especially, students' own insights as we look with new eyes at the stories of our ancient progenitors.

Instructor: Sarah Miller

Sarah Miller holds a Master's degree in English Literature from Kansas State University, and has taught writing, literature, and philosophy at a variety of local colleges. She has been studying theology and Biblical exegesis for over 15 years, and the text itself for 30 years.

Date: 01/22/2008 to 05/06/2008 (Tu)
Time: 7:00 PM to 9:00 PM
Fee: \$12.00
Location: UFM Conference Room, 1221 Thurston



Clutter Clearing 08API22

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 Jankford

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

Date: 03/26/2008 to 04/09/2008 (W)
Time: 7:00 PM to 9:00 PM
Fee: \$35.00
Location: 1421 Colorado St.



Introduction to Voiceovers 08API47

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

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

Instructor: Voices For All

Date: 04/04/2008 (F)
Time: 6:00 PM to 8:00 PM
Fee: \$30.00
Location: UFM Conference Room,
1221 Thurston St., 2nd floor

Rules for Everyday Dieting 08API101

In this class you will learn some useful rules for dieting. The research on this diet plan is still pending however the instructor has confirmation that these dieting tips are being used by many people today. Did you know that if you eat something and no one sees you eat it, it has no calories? If you drink a diet soda with a candy bar, the calories in the candy bar are cancelled out by the diet soda. Movie related foods (Milk Duds, Buttered popcorn, Junior Mints, etc) are a part of the entertainment package and not part on one's personal fuel. New research has discovered that cookies pieces contain no fat - the process of breaking cause fat leakage. Please come and have fun while learning many other tips about dieting.



Instructor: Richard Slim has been using these dieting tips for many years. He has very good intensions and believes that tomorrow is the best time to start your diet.

Date: New Year's Day
Fee: \$8.88
Time: All Day and Night
Location: UFM



Recreation & Fitness

Ballroom Dance

08ARF13A

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! Classes fill rapidly and it is advisable to register early. Partners are not necessary; however if enrolling as a couple, each partner needs to register individually for both names to appear on the roster.

Instructor: Rebecca L. Schippers

Date: 01/25/2008 to 02/29/2008 (F)
 Time: 7:15 PM to 8:15 PM
 Fee: \$42.00
 Location: Cross Roads, ECM, 1021 Denison Ave.,
 across from KSU Engineering complex

Ballroom Dance

08ARF13B

Instructor: Rebecca L. Schippers

Date: 03/28/2008 to 05/02/2008 (F)
 Time: 7:15 PM to 8:15 PM
 Fee: \$42.00
 Location: Cross Roads, ECM, 1021 Denison Ave.,
 across from KSU Engineering complex

Swing & Salsa Dance

08ARF27A

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

Instructor: Rebecca L. Schippers

Date: 01/25/2008 to 02/29/2008 (F)
 Time: 8:30 PM to 9:30 PM
 Fee: \$42.00
 Location: Cross Roads, ECM, 1021 Denison Ave.,
 across from KSU Engineering complex

Swing & Salsa Dance

08ARF27B

Instructor: Rebecca L. Schippers

Date: 03/28/2008 to 05/02/2008 (F)
 Time: 8:30 PM to 9:30 PM
 Fee: \$42.00
 Location: Cross Roads, ECM, 1021 Denison Ave.,
 across from KSU Engineering complex

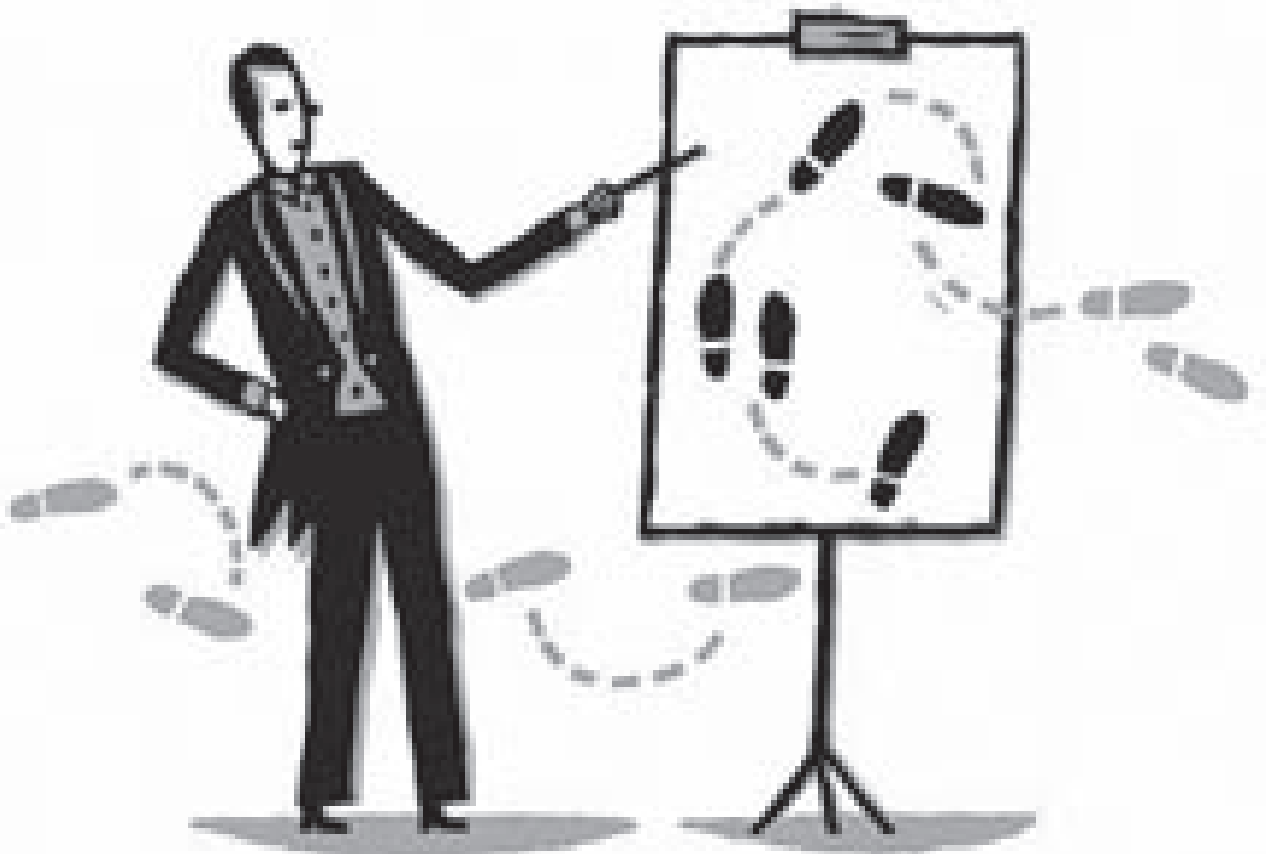
Beginning Dance for Couples

08ARF38A

"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 individually for both names to appear on the roster.

Instructor: Rebecca L. Schippers

Date: 01/25/2008 to 02/29/2008 (F)
 Time: 6:00 PM to 7:00 PM
 Fee: \$42.00
 Location: Cross Roads, ECM, 1021 Denison Ave.,



Beginning Dance for Couples

08ARF38B

Instructor: Rebecca L. Schippers

Date: 03/28/2008 to 05/02/2008 (F)
 Time: 6:00 PM to 7:00 PM
 Fee: \$42.00
 Location: Cross Roads, ECM, 1021 Denison Ave.,
 across from KSU Engineering complex

Introduction to Golf

08ARF04A

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: 04/03/2008 to 04/24/2008 (Th)
 Time: 6:00 PM to 7:00 PM
 Fee: \$41.00
 Location: Stagg Hill Golf Club
 4441 Fort Riley Blvd.

Introduction to Golf

08ARF04B

Instructor: Jim Gregory, (785) 539-1041

Date: 05/08/2008 to 05/29/2008 (Th)
 Time: 6:30 PM to 7:30 PM
 Fee: \$41.00
 Location: Stagg Hill Golf Club
 4441 Fort Riley Blvd.

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

Golf in Junction City

08ARF30AZ

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: 03/04/2008 to 04/29/2008 (Tu)
 (No class 03/18)
 Time: 5:00 PM to 7:00 PM
 Fee: \$132.00
 Location: Rolling Meadows Golf Course,
 7550 Old Milford Road

Golf in Junction City

08ARF30BZ

Instructor: Jim Peterson

Date: 03/05/2008 to 04/30/2008 (F)
 (No class 03/19)
 Time: 5:00 PM to 7:00 PM
 Fee: \$132.00
 Location: Rolling Meadows Golf Course,
 7550 Old Milford Road



STAGG HILL GOLF CLUB

Pro-Shop

K-18 West

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

539-1041
 Jim Gregory, PGA Professional



RECREATION & FITNESS CONTINUED

Zumba Dance 08ARF08A

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

Date: 01/14/2008 to 02/11/2008 (M/W)
(No class 01/21)
Time: 5:50 PM to 6:50 PM
Fee: \$54.00
Location: KSU Ahearn Room 302

Zumba Dance 08ARF08B

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

Date: 02/18/2008 to 03/12/2008 (M/W)
Time: 5:50 PM to 6:50 PM
Fee: \$54.00
Location: KSU Ahearn Room 302

Zumba Dance 08ARF08C

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

Date: 03/24/2008 to 04/16/2008 (M/W)
Time: 5:50 PM to 6:50 PM
Fee: \$54.00
Location: KSU Ahearn Room 302

Beginning Belly Dance 08ARF09A

In this dance technique class, you'll learn all the foundations of this ethnic dance form and get some great exercise. This class will cover the basics of hip, rib cage, and arm movements, as well as simple turns, traveling steps, combinations, and choreography. Please wear comfortable clothing that allows for ease of movement. Come join us for creative movement and exercise in a positive and fun setting!

Instructor: Keegan (Ketari) Schroeder

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

Date: 02/05/2008 to 03/11/2008 (Tu)
Time: 7:00 PM to 8:00 PM
Fee: \$60.00
Location: International Student Center, KSU
Corner of Midcampus Drive and Claflin

Beginning Belly Dance 08ARF09B

Instructor: Keegan (Ketari) Schroeder

Date: 03/25/2008 to 04/29/2008 (Tu)
Time: 7:00 PM to 8:00 PM
Fee: \$60.00
Location: International Student Center, KSU
Corner of Midcampus Drive and Claflin

Intermediate Belly Dance 08ARF10A

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

Instructor: Lisa (Gaitri) McNeil
lisajean.mcneil@gmail.com

Lisa "Gaitri" McNeil has been dancing for the past 8 years. In 2001, she joined the dance department at K-State and spent 4 years studying modern dance, various forms of improvisation, and choreography. During that time she worked with nationally known artists such as Phillip Horvitz and Susan Warden. In that time she also began to informally study bellydancing and in the summer of 2003 she officially began studying with the Maya Zahira Company. Gaitri is also a nationally certified massage therapist and is interested in finding ways to bring a holistic approach to aspects of bellydancing. She has a love of accent moves and drum solos and is excited to share her passion for movement.

Date: 02/04/2008 to 03/10/2008 (M)
Time: 6:00 PM to 7:00 PM
Fee: \$60.00
Location: International Student Center, KSU
Corner of Midcampus Drive and Claflin

Intermediate Belly Dance 08ARF10B

Instructor: Lisa (Gaitri) McNeil
lisajean.mcneil@gmail.com

Date: 03/24/2008 to 04/28/2008 (M)
Time: 6:00 PM to 7:00 PM
Fee: \$60.00
Location: International Student Center, KSU
Corner of Midcampus Drive and Claflin

Advanced Belly Dance 08ARF11A

This class is for students who have taken at least two sessions of Intermediate Belly Dance or equivalent. In this class, we'll cover intermediate and advanced topics such as finger cymbals, veil dancing, drum solos, folkloric dance, gypsy belly dance, floorwork, stage dynamics, and more. We'll also learn how to work with props such as tambourines, canes, swords, baskets, and candles. Required materials: hip scarf, veil, and finger cymbals. Performance opportunities are provided, but not required.

Instructor: Lisa (Gaitri) McNeil
lisajean.mcneil@gmail.com

Date: 02/04/2008 to 03/10/2008 (M)
Time: 7:05 PM to 8:05 PM
Fee: \$60.00
Location: International Student Center, KSU
Corner of Midcampus Drive and Claflin

Advanced Belly Dance 08ARF11B

Instructor: Lisa (Gaitri) McNeil
lisajean.mcneil@gmail.com

Date: 03/24/2008 to 04/28/2008 (M)
Time: 7:05 PM to 8:05 PM
Fee: \$60.00
Location: International Student Center, KSU
Corner of Midcampus Drive and Claflin



Take a Peek at the Past

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

Riley County Historical Museum

2309 Claflin

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

Goodnow House Museum

2309 Claflin

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



Pioneer Log Cabin

Manhattan City Park

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

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

Wolf House Museum

630 Fremont

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

RILEY COUNTY

HISTORICAL MUSEUM



RECREATION & FITNESS CONTINUED

Belly Dance Conditioning Workout

08ARF12A

Looking for a new and different type of workout? Belly dancing is now a popular trend in exercise! In this class, you'll get a total body workout. You'll raise your heart rate, burn fat, and tone your muscles. Class will include warm-up, break-down of basic belly dance movements, traveling steps, shimmies, percussive hip work, abdominal and rib cage work, and sustained arm movements. This class is open to all levels of students from beginner to professional. It is a great way for new students to cover the basics, and for seasoned belly dancers to stay in excellent shape for performance. Please wear comfortable clothing that allows for ease of movement. Bring water and be ready to sweat! Instructor: Michele Janette, (785) 979-4681 michele@mayazahira.com

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

Date: 02/06/2008 to 03/12/2008 (W)
Time: 6:00 PM to 7:00 PM
Fee: \$60.00
Location: International Student Center, KSU
Corner of Midcampus Drive and Claflin

Belly Dance Conditioning Workout

08ARF12B

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

Date: 03/26/2008 to 04/30/2008 (W)
Time: 6:00 PM to 7:00 PM
Fee: \$60.00
Location: International Student Center, KSU
Corner of Midcampus Drive and Claflin

Advanced Middle Eastern Belly Dance

08ARF32Z

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

Instructor: Lisa (Gaitri) McNeil
lisajeane.mcneil@gmail.com

Date: 02/05/2008 to 04/22/2008 (Tu)
(No class 3/18)
Time: 6:00 PM to 7:30 PM
Fee: \$102.00
Location: KSU Ahearn Room 302

Professional Dance Troupe

08ARF152A

Middle Eastern Dance Choreography will be taught and rehearsed in preparation for a variety of public performances. Performances may include: professional belly dance productions, birthday parties, baby showers, wedding showers, wedding receptions, family gatherings, women's retreats, festivals, sidewalk sales, corporate events, fundraisers, school assemblies, and more.

Prerequisite: Advanced Belly Dance
Instructor: Lisa (Gaitri) McNeil
lisajeane.mcneil@gmail.com

Date: 02/05/2008 to 03/11/2008 (Tu)
Time: 8:05 PM to 9:05 PM
Fee: \$60.00
Location: International Student Center, KSU
Corner of Midcampus Drive and Claflin

Professional Dance Troupe

08ARF152B

Prerequisite: Advanced Belly Dance
Instructor: Lisa (Gaitri) McNeil
lisajeane.mcneil@gmail.com

Date: 03/25/2008 to 04/29/2008 (Tu)
Time: 8:05 PM to 9:05 PM
Fee: \$60.00
Location: International Student Center, KSU
Corner of Midcampus Drive and Claflin

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

08ARF14A

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

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

Date: 01/07/2008 to 02/11/2008 (M/W)
(No class 1/21)
Time: 6:30 PM to 7:30 PM
Fee: \$98.00
Location: K.O. Boxing, 2303 Tuttle Creek Blvd,
Blue Hills Shopping Center

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

08ARF14B

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

Date: 02/18/2008 to 03/26/2008 (M/W)
(No class 3/17 or 3/19)
Time: 6:30 PM to 7:30 PM
Fee: \$98.00
Location: K.O. Boxing, 2303 Tuttle Creek Blvd,
Blue Hills Shopping Center

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

08ARF14C

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

Date: 03/31/2008 to 04/30/2008 (M/W)
Time: 6:30 PM to 7:30 PM
Fee: \$98.00
Location: K.O. Boxing, 2303 Tuttle Creek Blvd,
Blue Hills Shopping Center



RECREATION & FITNESS CONTINUED

No Contact Boxing for Men 08ARF49AZ

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

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

Date: 01/23/2008 to 03/12/2008 (W/M)
Time: 2:00 PM to 3:10 PM
Fee: \$129.00 (Available for KSU Credit)
Location: K.O. Boxing, 2303 Tuttle Creek Blvd, Blue Hills Shopping Center

No Contact Boxing for Men 08ARF49BZ

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

Date: 03/11/2008 to 05/08/2008 (Tu/Th)
(No class 3/18, 3/20)
Time: 6:30 PM to 7:30 PM
Fee: \$129.00 (Available for KSU Credit)
Location: K.O. Boxing, 2303 Tuttle Creek Blvd, Blue Hills Shopping Center

No Contact Boxing for Men 08ARF49CZ

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

Date: 03/24/2008 to 05/07/2008 (M/W)
Time: 10:30 AM to 11:40 AM
Fee: \$129.00 (Available for KSU Credit)
Location: K.O. Boxing, 2303 Tuttle Creek Blvd, Blue Hills Shopping Center

Intermediate Boxing 08ARF54AZ

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

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

Date: 01/17/2008 to 03/06/2008 (Th/Tu)
Time: 10:30 AM to 11:40 AM
Fee: \$129.00 (Available for KSU Credit)
Location: K.O. Boxing, 2303 Tuttle Creek Blvd, Blue Hills Shopping Center

**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.**

Intermediate Boxing 08ARF54BZ

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

Date: 01/23/2008 to 03/12/2008 (W/M)
Time: 7:30 PM to 8:40 PM
Fee: \$129.00 (Available for KSU Credit)
Location: K.O. Boxing, 2303 Tuttle Creek Blvd, Blue Hills Shopping Center

Intermediate Boxing 08ARF54CZ

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

Date: 03/11/2008 to 05/08/2008 (Tu/Th)
(No class 3/18, 3/20)
Time: 10:30 AM to 11:30 AM
Fee: \$129.00 (Available for KSU Credit)
Location: K.O. Boxing, 2303 Tuttle Creek Blvd, Blue Hills Shopping Center

Intermediate Boxing 08ARF54DZ

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

Date: 03/24/2008 to 05/07/2008 (M/W)
Time: 7:30 PM to 8:40 PM
Fee: \$129.00 (Available for KSU Credit)
Location: K.O. Boxing, 2303 Tuttle Creek Blvd, Blue Hills Shopping Center



Garage Jams 08ARF66A

Professional Choreographer, Lorissa Ridley-Fink, has created an unbelievably exciting new style of dance. You've heard of hip hop, line-dancing, salsa-dancing, and the swing. Now, you can be the first to join in on this new dance craze..."Garage Jam"! Bored with dance class, Lorissa began choreographing her own routines at the age of ten. Her professional career includes: Dance Trainer and Choreographer since 1984, performances with CMT, NBC, the Phoenix Suns and more. Learning a new dance can be difficult, but if it is choreographed to the words in the song and by the students in the group, anyone can pick it up. Word and movement association is demonstrated in this new style of dancing. Students will actively participate by bringing their favorite song, making up fun dance moves to the lyrics and dance the hour away. Along with Lorissa's professional experience everyone will be dancing like stars! During each session, students will "Garage Jam" a new routine. Students may repeat sessions or enroll in all. Instructor: Lorissa Ridley-Fink, (785) 341-1708
koboxer@sbcglobal.net

Date: 01/09/2008 to 02/13/2008 (W)
Time: 5:30 PM to 6:30 PM
Fee: \$90.00, Enroll in all 3 sessions \$255.00
Location: K.O. Boxing, 2303 Tuttle Creek Blvd, Blue Hills Shopping Center

Garage Jams 08ARF66B

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

Date: 02/20/2008 to 04/02/2008 (W)
(No class 3/19)
Time: 5:30 PM to 6:30 PM
Fee: \$90.00, Enroll in all 3 sessions \$255.00
Location: K.O. Boxing, 2303 Tuttle Creek Blvd, Blue Hills Shopping Center

Garage Jams 08ARF66C

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

Date: 04/09/2008 to 05/14/2008 (W)
(No class 3/19)
Time: 5:30 PM to 6:30 PM
Fee: \$90.00, Enroll in all 3 sessions \$189.00
Location: K.O. Boxing, 2303 Tuttle Creek Blvd, Blue Hills Shopping Center

Yogilates 08ARF142EZ

Yogilates is a hybrid class combining both yoga and pilates. You will learn about the different types of yoga and all the various poses with their beginner and more advanced poses. Pilates is a series of exercises or poses that are connected in a particular way to increase circulation and flexibility. Learn what the "powerhouse" is as we strengthen our backs and abdominals. A sticky mat is recommended but not required. Please wear comfortable clothes that will not restrict movement and try not to eat 2 hours before class (a small snack is OK). Instructor: Diana Knox, (785) 539-7095, 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 Aggeville, 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: 01/17/2008 to 03/11/2008 (Th/Tu)
Time: Noon to 1:00 PM
Fee: \$75.00 (Available for KSU Credit)
Location: 1125 Laramie St., Lower Level
Pro Fitness in Aggeville

Yogilates 08ARF142AZ

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

Date: 01/23/2008 to 03/12/2008 (W/M)
Time: 9:00 AM to 10:00 AM
Fee: \$75.00 (Available for KSU Credit)
Location: 1125 Laramie St., Lower Level
Pro Fitness in Aggeville

Yogilates 08ARF142BZ

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

Date: 03/24/2008 to 05/07/2008 (M/W)
(No class 11/21)
Time: 9:00 AM to 10:00 AM
Fee: \$75.00 (Available for KSU Credit)
Location: 1125 Laramie St., Lower Level
Pro Fitness in Aggeville

Yogilates 08ARF142CZ

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

Date: 01/23/2008 to 03/12/2008 (W/M)
Time: 10:30 AM to 11:30 AM
Fee: \$75.00 (Available for KSU Credit)
Location: 1125 Laramie St., Lower Level
Pro Fitness in Aggeville



RECREATION & FITNESS CONTINUED

Yogilates

08ARF142DZ

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

Date: 03/24/2008 to 05/07/2008 (M/W)
 Time: 10:30 AM to 11:30 AM
 Fee: \$75.00 (Available for KSU Credit)
 Location: 1125 Laramie St., Lower Level
 Pro Fitness in Aggeville

Advanced Yogilates

08ARF143AZ

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

Date: 03/13/2008 to 05/08/2008 (Th/Tu)
 (No class 3/18, 3/20)
 Time: Noon to 1:00 PM
 Fee: \$75.00 (Available for KSU Credit)
 Location: 1125 Laramie St., Lower Level
 Pro Fitness in Aggeville

Advanced Yogilates

08ARF143BZ

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

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

Date: 01/23/2008 to 03/12/2008 (W/M)
 Time: 1:30 PM to 2:30 PM
 Fee: \$75.00 (Available for KSU Credit)
 Location: 1125 Laramie St., Lower Level
 Pro Fitness in Aggeville

Advanced Yogilates

08ARF143CZ

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

Date: 03/24/2008 to 05/07/2008 (M/W)
 Time: 1:30 PM to 2:30 PM
 Fee: \$75.00 (Available for KSU Credit)
 Location: Pro Fitness in Aggeville

Tennis

08ARF19AZ

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: 02/05/2008 to 04/22/2008 (Tu)
 (No class 03/18)
 Time: 1:30 PM to 3:00 PM
 Fee: \$82.00 (Available for KSU Credit)
 Location: 3615 Claflin Road,
 Cotton Wood Racquet Club



Tennis

08ARF19BZ

Instructor: Bill Fraley

Date: 02/06/2008 to 04/23/2008 (W)
 (No class 03/19)
 Time: 1:30 PM to 3:00 PM
 Fee: \$82.00 (Available for KSU Credit)
 Location: 3615 Claflin Road,
 Cotton Wood Racquet Club

Beginning Fencing

08ARF21Z

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: 01/28/2008 to 05/05/2008 (M)
 (No class 03/17)
 Time: 6:00 PM to 7:30 PM
 Fee: \$52.00/own equipment,
 \$77.00/use instructor
 (Available for KSU Credit)
 Location: KSU-Ahearn Fieldhouse

Intermediate Fencing

08ARF22Z

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: 01/28/2008 to 05/05/2008 (M)
 (No class 03/17)
 Time: 7:30 PM to 9:00 PM
 Fee: \$52.00/own equipment,
 \$77.00/use instructor
 (Available for KSU Credit)
 Location: KSU-Ahearn Fieldhouse



Archery Instructor Training & Certification

08ARF37Z

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: 01/28/2008 to 03/24/2008 (M)
 (No class 3/17)
 Time: 7:00 PM to 8:45 PM
 Fee: \$94.00 (Available for KSU Credit)
 Location: 1125 Laramie St., Lower Level
 Pro Fitness in Aggeville

Canoe Camping

08ARF53Z

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: 03/01/2008 to 03/08/2008 (Sa)
 Time: 8:00 AM to 5:00 PM
 Fee: \$101.00 (Available for KSU Credit)
 Location: Natatorium, KSU campus

Adult Jazz/Lyrical Dance

08ARF67

Looking for a great way to build flexibility, become more graceful and exercise while having fun? Then this class is for you. This class will focus on basic jazz and lyrical technique and will also include a fun cardio warm-up. Jazz is great for flexibility and exercise, while lyrical allows the dancer to express his/her own emotions while interpreting the lyrics or mood of the song(s) and also incorporating graceful movement. Older teens are welcome.

Instructor: Kate Gillespie, (785) 537-0716

Kate has over 10 years of dance instruction and performing experience. She has won top awards at "I Love Dance" and "Dance Magic" competitions. She has previously taught 3 year olds to adults. Her goal is to pass on her LOVE for dance to people of all ages.

Date: 02/05/2008 to 03/11/2008 (Tu)
 Time: 5:50 PM to 6:50 PM
 Fee: \$27.00
 Location: UFM Banquet Room, 1221 Thurston St.

Adult Jazz/Lyrical Dance

08ARF67B

Instructor: Kate Gillespie, (785) 537-0716

Date: 03/25/2008 to 04/29/2008 (Tu)
 Time: 5:50 PM to 6:50 PM
 Fee: \$27.00
 Location: UFM Banquet Room, 1221 Thurston St.

Marathon Training

08ARF68

Learn how to train and run your first marathon or set a personal record. This class will cover setting a marathon goal, designing a marathon schedule, selecting a marathon, nutrition, hydration, weather, prerace routines and postrace recovery. The class structure will consist of classroom lectures, discussions and some running. In addition, there will be opportunities to meet at different locations with the instructor or classmates for organized runs. *Classes will meet Tuesday at UFM's Conference room, 1221 Thurston and work outs will be Thursday at Ahearn indoor track.

Instructor: Dan Boyle, (785) 532-6647

Dan Boyle has over 30 years of experience as a competitive distance runner and distance running coach. Since becoming a Masters Runner (40 yrs and old), he has been ranked as one of the best distance runners in the US and since 1992 has completed over 20 marathons. He has helped numerous athletes from around the US achieve their goals at distances from 2 miles up to the marathon distance. For example, he has coached a 43 year old man from being a 3hr 30 min marathoner to surpassing his goal of qualifying for the Boston Marathon with a current personal record of 2hr 49 min at age 45. To view Dan's many running achievements, please visit www.tryufm.org.

Date: 01/22/2008 to 03/13/2008 (Tu/Th)
 Time: 5:30 PM to 6:30 PM at UFM;
 6:00 PM to 7:00 PM at Ahearn FH
 Fee: \$140.00
 Location: *See class description



RECREATION & FITNESS CONTINUED

Golf in Salina

08ARF06AZ

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

Date: 03/03/2008 to 04/28/2008 (M)
(No class 3/17)
Time: 5:00 PM to 7:00 PM
Fee: \$140.00
Location: 3142 Scanlan Ave,
KSU Salina Rec Center

Golf in Salina

08ARF06BZ

Instructor: Ronda Green, (785) 819-4653

Date: 03/05/2008 to 04/30/2008 (W)
(No class 3/19)
Time: 9:15 AM to 11:15 AM
Fee: \$140.00
Location: 3142 Scanlan Ave,
KSU Salina Rec Center

Intermediate/Advanced Golf in Salina

08ARF31Z

This course is designed for students to develop advanced skills. Students will practice improving their golf swing and short game both on the driving range and on the golf course. Students are responsible for one round of golf and additional basket of balls - \$5.00/basket.
Instructor: Ronda Green, (785) 819-4653

Date: 03/06/2008 to 05/01/2008 (Th)
(No class 3/20)
Time: 5:30 PM to 7:30 PM
Fee: \$140.00
Location: 3142 Scanlan Ave,
KSU Salina Rec Center

Ballroom Dance in Salina

08ARF23Z

This introduction to the principles of ballroom dancing includes dance terminology, dance position, correct body alignment and positions and partnering. Techniques such as open and close positions, leading and following, and a variety of steps will be emphasized. The jitterbug, American waltz, foxtrot, and Latin steps will be taught. Partners are not necessary. Class is co-sponsored with KSU at Salina Recreation Center.
Instructor: Audrey Umekudo, (785) 452-8372
thedancelady@cox.net

Date: 01/22/2008 to 05/06/2008 (Tu)
(No class 3/18)
Time: 7:00 PM to 8:00 PM
Fee: \$82.00
Location: 3142 Scanlan Ave,
KSU Salina Rec Center

Scuba Diving in Salina

08AAQ107Z

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: 01/24/2008 to 03/06/2008 (Th)
Time: 6:00 PM to 10:00 PM
Fee: \$265.00
Location: Salina YMCA, 570 YMCA Dr.

The Dorothy Bramlage
Public Library presents



An Evening with Dave Pelzer
Internationally acclaimed author of
*A Child Called It, The Lost Boy, and
A Man Named Dave*

Thursday, April 24 @ 7 p.m.
Junction City High School Auditorium

For additional information, contact the
Dorothy Bramlage Public Library
230 West Seventh Street
Junction City, KS 66441
785-238-4311
jclibrary@jclib.org

RADINA'S coffeehouse & bakery

Manhattan's original coffeehouse.

Coffee in the European Tradition

Loose Leaf Tea

Fresh Squeezed Juices

Fruit Smoothies

Fresh Baked Pastries

Artisan Breads

Soups, Salads, Sandwiches

616 N. Manhattan Ave. Aggieville, USA 785 537 2345

— Manhattan Arts Center —

Children's Theatre

Missoula Children's Theatre

The Little Mermaid

auditions Jan 21 4-6pm

performance Jan 26 3&7pm

SPONSORED IN PART BY THE CLARION HOTEL

Paul Mesner Puppets

Wiley and the Hairy Man

Feb 16 3 & 7pm

Laughing Matters

March 8 3 & 7pm

Bird House acoustic music

Michael Young Feb 8 8pm

Justin Roth March 14 8pm



New Classes for
Children and Adults
Start January 14

Theatre

The Trip to Bountiful

by Horton Foote

Feb 22-24 & Feb 28-March 2

The Fantasticks

music by Harvey Schmidt

book & lyrics by Tom Jones

April 25-27 & May 1-4

SPONSORED BY PHILIP & JEUNE KIRMER
and BARTLETT & WEST

Late Night Theatre

Fuddy Meers Feb 9 10pm

Tumor April 11 10pm

SPONSORED BY OLIVIA COLLINS & TONY JURICH

In the MAC galleries: Jan 5-Feb 16 Judith Sabatini * Feb 23-March 29 Don Osborn & Jim Munce *
April 5-April 26 KSU Department of Apparel, Textile & Interior Design

Don't miss our tasty special events! **Blarney Breakfast March 15 & Let Them Eat Cake March 29**

Manhattan Arts Center * 1520 Poyntz * 537-4420 * www.manhattanarts.org

MAAHC

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

THE MANHATTAN
KANSAS

www.fryufm.org
1221 Thurston St.

785.539.8763

1968-2008 Celebrating 40 years

29



Youth

Introduction to Ballet with the Nutcracker Ballet

08AYO06

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

Randi Dale has taught dance for 46 years. Her dance choir toured the Midwest and Europe. She is a certified teacher with a Master's Degree in Education. 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: 01/14/2008 to 02/04/2008 (M)
Time: 6:00 PM to 6:30 PM
Fee: \$16.00
Location: 2416 Rogers Blvd.

Introduction to Tap/Jazz

08AYO19

Students will learn basic Tap with a little Jazz technique. A dance routine will be taught combining both styles of dance. No formal dance attire needed. Wear comfortable shoes that will stay on the foot. For girls and boys ages 4-12.

Instructor: Randi Dale, (785) 539-5767

Date: 02/14/2008 to 02/28/2008 (M)
Time: 6:30 PM to 7:00 PM
Fee: \$16.00
Location: 2416 Rogers Blvd.

Youth Boxing Ages 7-15

08AYO29A

Instructor, Lorissa Ridley-Fink, owner and operator of K.O. Boxing, USA certified boxing coach and holding over 25 years coaching fitness has created a very unique and professional Introductory Course to Boxing. This course is specifically designed for youth interested in learning new and exciting ways to train and get in shape. During this Intro course youth will get the opportunity to train with a USA amateur boxer. The K.O. Boxing Intro Course is designed to introduce youth to the sport of boxing and how boxers train to stay in shape. Youth will learn boxing terminology along with executing boxing skills with proper form and technique. Youth will hit the heavy bags, train like a boxer on the catch mitts, work on their hand-eye coordination and rhythm on the double end bags and speed bags, jump rope, lift weights like a boxer to gain muscle endurance, participate in fitness training including ab workouts and footwork drills that build teamwork, and most importantly personally experience and understand the importance of discipline and hard work. This is a no contact, no sparring course.

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

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

Date: 01/08/2008 to 02/07/2008 (Tu/Th)
Time: 5:15 PM to 6:15 PM
Fee: \$98.00
Location: K.O. Boxing, 2303 Tuttle Creek Blvd
Blue Hills Shopping Center

Youth Boxing Ages 7-15

08AYO29B

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

Date: 02/12/2008 to 03/13/2008 (Tu/Th)
Time: 5:15 PM to 6:15 PM
Fee: \$98.00
Location: K.O. Boxing, 2303 Tuttle Creek Blvd
Blue Hills Shopping Center

Youth Boxing Ages 7-15

08AYO29C

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

Date: 03/25/2008 to 04/24/2008 (Tu/Th)
Time: 5:15 PM to 6:15 PM
Fee: \$98.00
Location: K.O. Boxing, 2303 Tuttle Creek Blvd
Blue Hills Shopping Center

Cheerleading/Drill Team Prep Course

08AYO34A

Every pre-teen to teenage girl looking to try out for cheerleading or drill team should take this course. Instructor Lorissa Ridley-Fink has 38 years experience in performance dance. Including: Cheer Capton, Drill Team Captin, Pep Club President, #1 Dancer KSU Cheer Camp, Tri-County Performing Arts Winner, CMT, NBC, and Phoenix Suns performances. Coach L has been coaching gymnastics since 1984. Along with cheer skills, the gymnastics skills in this course will include all floor tumbling skills required for cheerleading tryouts. Students will also learn and perform exciting, entertaining, and well choreographed dance routines. Girls will learn how to take the stage by leaps, jumps and vote getting smiles! This course is on-going. There will be a new cheer and new routine taught every 6 weeks. Girls may continue to the next session. Includes K.O. Cheer Shirt.

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

Date: 01/10/2008 to 02/14/2008 (Th)
Time: 4:00 PM to 5:00 PM
Fee: \$90.00 or
Enroll in all 3 sessions/\$255.00

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

Cheerleading/Drill Team Prep Course

08AYO34B

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

Date: 02/21/2008 to 04/03/2008 (Th)
(No class 3/20)

Time: 4:00 PM to 5:00 PM
Fee: \$90.00 or
Enroll in all 3 sessions/\$255.00

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

Cheerleading/Drill Team Prep Course

08AYO34C

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

Date: 04/10/2008 to 05/15/2008 (Th)
Time: 4:00 PM to 5:00 PM
Fee: \$90.00 or
Enroll in all 3 sessions/\$255.00

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



YOUTH CONTINUED

KO Kids-KO Knowledge Imagination

Determination Success 08AYO38

Great news moms and dads! Now you can workout while your children are learning about creative trades, tumbling, exercising and learning the basic skills needed for various competitive sports in a non-competitive environment. Instructor, Lorissa Ridley-Fink, owner and operator of K.O. Boxing, USA certified boxing coach and holding over 25 years coaching fitness including teaching children's gymnastics programs since 1984, has created a unique and professional pre-school age gymnastics, sports, and creative trades program. This program is unlike any in this area. Pre-school age children will create craft projects relating to a variety of creative trades including painting, engineering, baking, interior design, and carpentry. Physical activity will include gymnastics, dance, fitness and sports including: baseball, basketball, soccer, and much more. A fun cardio and toning circuit will be available for parents of 3-5 year olds. *NOTE: Parents may workout during this time. The circuit will include abs, upper and lower body, cardio and boxing. This workout is not required, but will get in great shape!

Ages: 2-5 (2 years old - parent attendance and participation in class required); (3 years old - parent attendance in facility required. May participate in class, workout in the Cardio and Toning Circuit or observe "K.O. KIDS")
Instructor: Lorissa Ridley-Fink, (785) 341-1708
koboxer@sbcglobal.net

Date: 01/21/2008 to 03/10/2008 (M)
Time: 9:30 AM to 10:30 AM
Fee: \$146.00
Location: KO Boxing, 2303 Tuttle Creek Blvd.

KO Kids-KO Knowledge Imagination

Determination Success 08AYO38

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

Date: 03/24/2008 to 05/12/2008 (M)
Time: 9:30 AM to 10:30 AM
Fee: \$146.00
Location: KO Boxing, 2303 Tuttle Creek Blvd.

Crochet for Kids 08AYO33A

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

Instructor: Jocelyn Bishop, bishopj@ksu.edu

Date: 01/17/2008 to 02/14/2008 (Th)
(No class 1/31)
Time: 4:00 PM to 5:00 PM
Fee: \$28.00
Location: UFM Fireplace Room, 1221 Thurston

Crochet for Kids 08AYO33B

Instructor: Jocelyn Bishop, bishopj@ksu.edu

Date: 02/28/2008 to 03/27/2008 (Th)
(No class 3/20)
Time: 4:00 PM to 5:00 PM
Fee: \$28.00
Location: UFM Fireplace Room, 1221 Thurston

Crochet for Kids 08AYO33C

Instructor: Jocelyn Bishop, bishopj@ksu.edu

Date: 04/10/2008 to 05/01/2008 (Th)
Time: 4:00 PM to 5:00 PM
Fee: \$28.00
Location: UFM Fireplace Room, 1221 Thurston

Get back into
the spring of things



volunteer
as a mentor
today!

High school
Tuesdays
February 12-April 29



with UFM Mentoring

Middle school
Thursdays
February 14-May 1

Contact Jill at 539-8763 or jillian@tryufm.org

Introduction to Dance (Ages 6-8)

08AYO35

A basic introduction to ballet, tap and jazz. Basic dance steps and choreography are learned through fun and creative dance. This class is perfect for new young dancers who have not had any previous experience with dance. *NOTE: You will need to purchase tap shoes by third class.
Instructor: Kate Gillespie, (785) 537-0716

Kate has over 10 years of dance instruction and performing experience. She has won top awards at "I Love Dance" and "Dance Magic" competitions. She has previously taught 3 year olds to adults. Her goal is to pass on her LOVE for dance to people of all ages.

Date: 02/05/2008 to 03/11/2008 (Tu)
Time: 4:30 PM to 5:00 PM
Fee: \$27.00
Location: UFM Banquet Room, 1221 Thurston St.

Introduction to Dance (Ages 6-8)

08AYO35B

Instructor: Kate Gillespie, (785) 537-0716

Date: 03/25/2008 to April 29/2008 (T)
Time: 4:30 PM to 5:00 PM
Fee: \$27.00
Location: UFM Banquet Room, 1221 Thurston St.



Introduction to Jazz Dance

08AYO36

Jazz dance emphasizes flexibility and control of isolations and incorporates various dance forms. This class will focus on the basic jazz steps while exploring the many forms of jazz dance including contemporary, hip-hop and Broadway styles. Basic choreography will also be taught.
(Ages 8-12)

Instructor: Kate Gillespie, (785) 537-0716

Date: 02/07/2008 to 03/13/2008 (Th)
Time: 4:30 PM to 5:00 PM
Fee: \$27.00
Location: UFM Banquet Room, 1221 Thurston St.

Introduction to Jazz Dance

08AYO36B

Instructor: Kate Gillespie, (785) 537-0716

Date: 03/27/2008 to 05/01/2008 (Th)
Time: 4:30 PM to 5:00 PM
Fee: \$27.00
Location: UFM Banquet Room, 1221 Thurston St.

Introduction to Tap Dance

08AYO37

Tap is the style of dance where syncopated sounds are created with the toe and heel using tap shoes. Traditional, Broadway, contemporary and rhythm styles are incorporated to enrich the dancer. Basic tap steps along with some choreography will be focused on in this class. (Ages 8-12)
*NOTE: Please purchase tap shoes before first class.
Instructor: Kate Gillespie, (785) 537-0716

Date: 02/07/2008 to 03/13/2008 (Th)
Time: 6:00 PM to 6:30 PM
Fee: \$27.00
Location: UFM Banquet Room, 1221 Thurston St.

Introduction to Tap Dance

08AYO37B

Instructor: Kate Gillespie, (785) 537-0716

Date: 03/27/2008 to 05/01/2008 (Th)
Time: 6:00 PM to 6:30 PM
Fee: \$27.00
Location: UFM Banquet Room, 1221 Thurston St.



U SU Credit Courses

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

Ballroom Dance I

DANCE-599

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

Instructor: Rebecca Schippers

Reference Number: 92400

Date: 01/23/2008 to 05/07/2008 (W)
(No class 3/19)

Time: 8:00 PM to 9:00 PM

Fee: \$280 (Available for non-credit partner through UFM RF26AZ)

Location: Crossroads, ECM Auditorium, 1021 Denison

Reference Number: 92401

Date: 01/23/2008 to 05/07/2008 (W)
(No class 3/19)

Time: 9:00 PM to 10:00 PM

Fee: \$280 (Available for non-credit partner through UFM RF26BZ)

Location: Crossroads, ECM Auditorium, 1021 Denison



Beginning Middle Eastern Dance (Belly Dance) DANCE-599

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

Instructor: Cathia Bailey

Reference Number: 92403

Date: 02/07/2008 to 04/24/2008 (Th)
(No class 3/20)

Time: 6:00 PM to 7:30 PM

Fee: \$254.50

Location: KSU Ahearn Dance Room 302

Advanced Middle Eastern Dance (Belly Dance) DANCE-599

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

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

Reference Number: 92404

Date: 02/05/2008 to 04/22/2008 (Tu)
(No class 3/18)

Time: 6:00 PM to 7:30 PM

Fee: \$254.50

(Available for noncredit, RF32Z)

Location: KSU Ahearn Room 302

Beginning Yoga

DANCE-599

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

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

Reference Number: 92405

Date: 01/17/2008 to 03/06/2008 (Tu/Th)

Time: 10:00 AM to 11:00 AM

Fee: \$254.50 (Available for non-credit, HW15AZ)

Location: KSU Ahearn Room 302

BEGINNING YOGA CONTINUED ON NEXT COLUMN

YOGA CONTINUED

Reference Number: 92406

Date: 01/23/2008 to 03/12/2008 (M/W)

Time: 10:00 AM to 11:00 AM

Fee: \$254.50 (Available for non-credit, HW15BZ)

Location: KSU Ahearn Room 302

Reference Number: 92407

Date: 01/23/2008 to 03/12/2008 (M/W)

Time: 7:00 PM to 8:00 PM

Fee: \$254.50 (Available for non-credit, HW15CZ)

Location: KSU Ahearn Room 302

Intermediate Yoga

DANCE-599

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

Prerequisite: Eligibility for this course requires a personal interview with Ana Franklin. Students must make arrangements to meet with Ana to receive permission to enroll for this course. Please call or email her at 785-341-9908 or yogaconnection@gmail.com.

Instructor: Ana Franklin

Reference Number: 92408

Date: 03/11/2008 to 05/08/2008 (Tu/Th)
(No class 3/18, 3/20)

Time: 10:00 AM to 11:10 AM

Fee: \$254.50 (Available for non-credit, HW21Z)

Location: KSU Ahearn Room 302



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 Schippers

Reference Number: 92402

Date: 01/23/2008 to 05/0/2008 (W)
(No class 3/19)

Time: 7:00 PM to 8:00 PM

Fee: \$280 (Available for non-credit partner through UFM RF27AZ)

Location: Crossroads, ECM Auditorium, 1021 Denison



Golf

RRES-200

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

Instructor: Jim Gregory, (785) 539-1041

Reference Number: 92433

Date: 03/04/2008 to 04/29/2008 (Tu)
(No class 3/18)

Time: 2:30 PM to 4:30 PM

Fee: \$299

Location: 4441 Fort Riley Blvd., Stagg Hill Golf Club

Reference Number: 92434

Date: 03/05/2008 to 04/30/2008 (W)
(No class 3/19)

Time: 1:30 PM to 3:30 PM

Fee: \$299

Location: 4441 Fort Riley Blvd., Stagg Hill Golf Club

Reference Number: 92435

Date: 03/05/2008 to 04/30/2008 (W)
(No class 3/19)

Time: 5:30 PM to 7:30 PM

Fee: \$299

Location: 4441 Fort Riley Blvd., Stagg Hill Golf Club

Reference Number: 92436

Date: 03/06/2008 to 05/01/2008 (Th)
(No class 3/20)

Time: 9:30 AM to 11:30 AM

Fee: \$299

Location: 4441 Fort Riley Blvd., Stagg Hill Golf Club

UFM

became responsible for K-State credit courses in the area of Recreation in 1992. At that time two Golf classes were available for K-State credit through UFM. Since then, more than 70 recreational classes have been added for K-State students to choose from each semester. Maybe you need one credit to graduate or for financial aid purposes. Maybe you just want to learn how to ballroom dance, scuba dive or fly fish for fun.

Whatever the reason, try UFM.



KSU CREDIT COURSES CONTINUED

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, (785) 238-4303

Reference Number: 92437

Date: 03/04/2008 to 04/29/2008 (Tu)
(No class 3/18)

Time: 5:00 PM to 7:00 PM

Fee: \$299 (Available for non-credit, RF30AZ)

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

Reference Number: 92438

Date: 03/05/2008 to 04/30/2008 (W)
(No class 3/19)

Time: 5:00 PM to 7:00 PM

Fee: \$299
(Available for non-credit, RF30BZ)

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

Archery

RRES-200

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

Instructor: Tom Korte, (785) 494-8889

Reference Number: 92410

Date: 01/28/2008 to 03/24/2008 (M)
(No class 3/17)

Time: 8:00 PM to 9:45 PM

Fee: \$284

Location: 1125 Laramie Plaza, upstairs

Archery Instructor Training and Certification- Level I

RRES-200

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

Instructor: Tom Korte

Reference Number: 92411

Date: 01/28/2008 to 03/24/2008 (M)
(No class 3/17)

Time: 7:00 PM to 8:45 PM

Fee: \$284 (Available for non-credit, RF37Z)

Location: 1125 Laramie Plaza, upstairs

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: 92431

Date: 01/28/2008 to 05/05/2008 (M)
(No class 3/17)

Time: 6:00 PM to 7:30 PM

Fee: \$236.50
(Available for non-credit, 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: 92432

Date: 01/28/2008 to 05/05/2008 (M)
(No class 3/17)

Time: 7:30 PM to 9:00 PM

Fee: \$236.50 (Available for non-credit, 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: 92446

Date: 02/05/2008 to 04/22/2008 (Tu)
(No class 3/18)

Time: 1:30 PM to 3:00 PM

Fee: \$256 (Available for non-credit, RF19AZ)

Location: Cottonwood Racket Club, 3615 Claflin Rd

Reference Number: 92447

Date: 02/06/2008 to 04/23/2008 (W)
(No class 3/19)

Time: 1:30 PM to 3:00 PM

Fee: \$256 (Available for non-credit, RF19BZ)

Location: Cottonwood Racket Club, 3615 Claflin Rd



Beginning Bowling

RRES-200

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

Instructor: Terri Eddy

Reference Number: 92412

Date: 01/22/2008 to 05/06/2008 (Tu)
(No class 3/18)

Time: 10:30 AM to 11:20 AM

Fee: \$234.50

Location: K-State Union Recreation Center

Reference Number: 92413

Date: 01/28/2008 to 05/05/2008 (M)
(No class 3/17)

Time: 10:30 AM to 11:20 AM

Fee: \$234.50

Location: K-State Union Recreation Center

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. There 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! It only takes one class, and you'll be a Turbo Kick™ Fanatic like thousands of others have across the globe! Space is limited.

Instructor: Jenni Brenner

Reference Number: 92471

Date: 01/17/2008 to 03/11/2008 (Tu/Th)

Time: 10:30 AM to 11:30 AM

Fee: \$280

Location: Pro Fitness, 1125 Laramie St.

Reference Number: 92472

Date: 03/13/2008 to 05/08/2008 (Tu/Th)
(No class 03/18 or 03/20)

Time: 10:30 AM to 11:30 AM

Fee: \$280

Location: Pro Fitness, 1125 Laramie St.



Yogilates

RRES 200

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

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

Reference Number: 92454

Date: 01/23/2008 to 03/12/2008 (M/W)

Time: 9:00 AM to 10:00 AM

Fee: \$280 (Available for non-credit, RF142AZ)

Location: Pro Fitness, 1125 Laramie St.

Reference Number: 92455

Date: 03/24/2008 to 05/07/2008 (M/W)

Time: 9:00 AM to 10:00 AM

Fee: \$280 (Available for non-credit, RF142BZ)

Location: Pro Fitness, 1125 Laramie St.

Reference Number: 92456

Date: 01/23/2008 to 03/12/2008 (M/W)

Time: 10:30 AM to 11:30 AM

Fee: \$280 (Available for non-credit, RF142CZ)

Location: Pro Fitness, 1125 Laramie St.

Reference Number: 92457

Date: 03/24/2008 to 05/07/2008 (M/W)

Time: 10:30 AM to 11:30 AM

Fee: \$280 (Available for non-credit, RF142DZ)

Location: Pro Fitness, 1125 Laramie St.

Reference Number: 92458

Date: 01/17/2008 to 03/11/2008 (Tu/Th)

Time: Noon to 1:00 PM

Fee: \$280 (Available for non-credit, RF142EZ)

Location: Pro Fitness, 1125 Laramie St.



Advanced Yogilates

RRES-200

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

(*Prerequisite: previous enrollment in Yogilates.)
Instructor: Diana Knox

Reference Number: 92459

Date: 03/13/2008 to 05/08/2008 (Tu/Th)
(No class 3/18, 3/20)

Time: Noon to 1:00 PM

Fee: \$280
(Available for noncredit, RF143AZ)

Location: Pro Fitness, 1125 Laramie St.

Reference Number: 92469

Date: 01/23/2008 to 03/12/2008 (M/W)

Time: 1:30 PM to 2:30 PM

Fee: \$280 (Available for noncredit, RF143BZ)

Location: Pro Fitness, 1125 Laramie St.

Reference Number: 92470

Date: 03/24/2008 to 05/07/2008 (M/W)

Time: 1:30 PM to 2:30 PM

Fee: \$280 (Available for noncredit, RF143CZ)

Location: Pro Fitness, 1125 Laramie St.

Total Body Toning

RRES-200

Gaining strength and toning the body are the focus of this class. Exercises for all muscle groups (upper, lower, core) will be used, with safety 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.
Instructors: Diana Knox & Jenni Brenner

Reference Number: 92448-Instructor: Jenni Brenner

Date: 01/23/2008 to 03/12/2008 (M/W)

Time: Noon to 1:00 PM

Fee: \$280

Location: Pro Fitness, 1125 Laramie St

Reference Number: 92449-Instructor: Jenni Brenner

Date: 03/24/2008 to 05/07/2008 (M/W)

Time: Noon to 1:00 PM

Fee: \$280

Location: Pro Fitness, 1125 Laramie St.

Reference Number: 92450

Date: 01/17/2008 to 03/11/2008 (Tu/Th)

Time: 1:30 PM to 2:30 PM

Fee: \$280

Location: Pro Fitness, 1125 Laramie St.

Reference Number: 92451

Date: 03/13/2008 to 05/08/2008 (Tu/Th)

(No class 3/18, 3/20)

Time: 9:00 AM to 10:00 AM

Fee: \$280

Location: Pro Fitness, 1125 Laramie St.

Reference Number: 92452

Date: 01/17/2008 to 03/11/2008 (Tu/Th)

Time: 9:00 AM to 10:00 AM

Fee: \$280

Location: Pro Fitness, 1125 Laramie St.

Reference Number: 92453

Date: 03/13/2008 to 05/08/2008 (Tu/Th)

(No class 3/18, 3/20)

Time: 1:30 PM to 2:30 PM

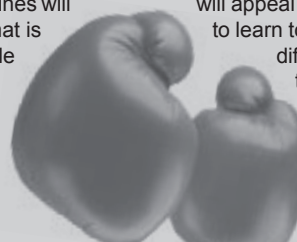
Fee: \$280

Location: Pro Fitness, 1125 Laramie St.

Boxing for Women

RRES-200

Instructor, Lorissa Ridley-Fink, owner and operator of K.O. Boxing, USA certified boxing coach and holding more than over 25 years coaching fitness has created a boxing program that will appeal to men and women alike who have the desire to learn to box. Although this desire may be for several different personal reasons the K.O. boxing training program is professionally designed to appeal to all ages, shapes and sizes.



Whether you are interested in losing weight, getting in great shape, stress relief, self-protection, gaining boxing knowledge, and even wish to become an amateur boxer, this is where your training begins. This 8-week introductory course will introduce students to the sport of boxing by

learning boxing terminology along with executing boxing skills with proper form and technique. Students will hit the heavy bags, work on their hand-eye coordination and rhythm on the double end bags and speed bags, strength train like a boxer to gain muscle strength and endurance, train to work the catch mitts, participate in fitness training including core-abdominal workouts, footwork drills that build balance and shadow-boxing workouts that will kick start your heart. This is a no contact, no sparring course. Enrollment is open to everyone.

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

koboxer@sbcglobal.net

Reference Number: 92414

Date: 01/17/2008 to 03/06/2008 (Tu/Th)

Time: 6:30 PM to 7:40 PM

Fee: \$278

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

Reference Number: 92415

Date: 01/23/2008 to 03/12/2008 (M/W)

Time: 10:30 AM to 11:40 AM

Fee: \$278

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

Reference Number: 92416

Date: 03/24/2008 to 05/07/2007 (M/W)

Time: 2:00 PM to 3:10 PM

Fee: \$278

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

No Contact Boxing for Men

RRES-200

This 8-week introductory course will introduce students to the sport of boxing by learning boxing terminology along with executing boxing skills with proper form and technique. Students will hit the heavy bags, work on their hand-eye coordination and rhythm on the double end bags and speed bags, strength train like a boxer to gain muscle strength and endurance, train to work the catch mitts, participate in fitness training including core-abdominal workouts, footwork drills that build balance and shadow-boxing workouts that will kick start your heart. This is a no contact, no sparring course. Enrollment is open to everyone.

Instructor: Lorissa Ridley-Fink

Reference Number: 92417

Date: 01/23/2008 to 03/12/2008 (M/W)

Time: 2:00 PM to 3:10 PM

Fee: \$278 (Available for non-credit, RF49AZ)

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

Reference Number: 92418

Date: 03/11/2008 to 05/08/2008 (Tu/Th)

(No class 3/18, 3/20)

Time: 6:30 PM to 7:30 PM

Fee: \$278 (Available for non-credit, RF49BZ)

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

Reference Number: 92419

Date: 03/24/2008 to 05/07/2008 (M/W)

Time: 10:30 AM to 11:40 AM

Fee: \$278

(Available for non-credit, RF49CZ)

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

Intermediate Boxing

RRES-200

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

Instructor: Lorissa Ridley-Fink

Reference Number: 92420

Date: 01/17/2008 to 03/06/2008 (Tu/Th)

Time: 10:30 AM to 11:40 AM

Fee: \$278 (Available for non-credit, RF54AZ)

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

Reference Number: 92421

Date: 01/23/2008 to 03/12/2008 (M/W)

Time: 7:30 PM to 8:40 PM

Fee: \$278 (Available for non-credit, RF54BZ)

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

Reference Number: 92422

Date: 03/11/2008 to 05/08/2008 (Tu/Th)

(No class 3/18, 3/20)

Time: 10:30 AM to 11:30 AM

Fee: \$278 (Available for non-credit, RF54CZ)

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

Reference Number: 92423

Date: 03/24/2008 to 05/07/2008 (M/W)

Time: 7:30 PM to 8:40 PM

Fee: \$278 (Available for non-credit, RF54DZ)

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



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: 92439

Date: 01/17/2008 to 05/08/2008 (Tu/Th)

(No class 03/18, 3/20)

Time: 8:00 PM to 9:00 PM

Fee: \$215.50 (Available for non-credit, 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: 92440

Date: 01/17/2008 to 05/08/2008 (Tu/Th)

(No class 3/18, 3/20)

Time: 9:00 PM to 10:00 PM

Fee: \$215.50 (Available for non-credit, MA09Z)

Location: KSU Ahearn Room 302

GOT AN IDEA FOR A UFM CLASS OR INTERESTED IN TEACHING A CLASS? CALL US AT 539.8763 OR EMAIL UFM@KSU.EDU TO SHARE YOUR IDEAS!

ENROLL ONLINE AT WWW.TRYUFM.ORG

KSU CREDIT COURSES CONTINUED



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: 92444

Date: 01/17/2008 to 05/08/2008 (Tu/Th)
(No class 3/18, 3/20)

Time: 6:30 PM to 7:30 PM

Fee: \$240.50 (Available for non-credit, MA01Z)

Location: KSU Ahearn Fieldhouse

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: 92441

Date: 01/28/2008 to 03/03/2008 (M)

Time: 6:00 PM to 10:00 PM

Fee: \$367.50 (Available for non-credit, AQ105AZ)

Location: Natatorium, KSU Campus

Reference Number: 92442

Date: 01/26/2008 to 03/08/2008 (Sa)
(No class 02/02)

Time: 9:30 AM to 1:30 PM

Fee: \$367.50 (Available for non-credit, AQ105BZ)

Location: Natatorium, KSU Campus

Reference Number: 92443

Date: 03/24/2008 to 04/28/2008 (M)

Time: 6:00 PM to 10:00 PM

Fee: \$367.50

(Available for non-credit, AQ105CZ)

Location: Natatorium, KSU Campus

Enroll online at website:
www.tryufm.org
***View class descriptions**
***Times, dates and locations**

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 the Red Cross office.

Instructor: Barbara Denton

Reference Number: 92474

Date: 03/25/2008 to 04/29/2008 (Tu/Th)

Time: 12:30 PM to 3:00 PM

Fee: \$460 for 2 Hours Credit
(Available for non-credit, HW19AZ)

Location: UFM Conference Room,
1221 Thurston St., 2nd floor

Reference Number: 92477

Date: 03/26/2008 to 04/30/2008 (Tu/Th)

Time: 12:30 PM to 3:00 PM

Fee: \$460 for 2 Hours Credit
(Available for non-credit, HW19BZ)

Location: UFM Conference Room,
1221 Thurston St., 2nd floor



Expanded Hours. Expanded Learning. Expanded Opportunities.

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

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

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

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

Call 1-800-622-2KSU or visit www.dce.k-state.edu/courses/eveningcollege to learn more today!

kansas state university
evening college



Enroll now at www.dce.k-state.edu/courses/eveningcollege



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. Enrollment and certification requirements for this class are listed at www.tryufm.org. Books are available to purchase at the American Red Cross office, 2601 Anderson Ave. in Anderson Square.

Reference Number: 92475
 Instructor: Barbara Denton
 Date: 01/17/2008 to 02/19/2008 (Tu/Th)
 Time: 11:00 AM to 12:30 PM
 Fee: \$248
 Location: UFM Conference Room, 1221 Thurston St., 2nd floor

Reference Number: 92462
 Instructor: Marcia Hornung
ufm@ksu.edu
 Date: 02/05/2008 to 03/13/2008 (Tu/Th)
 Time: 1:05 PM to 2:20 PM
 Fee: \$248
 Location: UFM Conference Room, 1221 Thurston St.

Reference Number: 92476
 Instructor: Barbara Denton
 Date: 03/25/2008 to 04/24/2008 (Tu/Th)
 Time: 11:00 AM to 12:30 PM
 Fee: \$248
 Location: UFM Conference Room, 1221 Thurston St.

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.

Reference Number: 92463
 Date: 01/22/2008 to 03/06/2008 (Tu/Th)
 Time: 6:00 PM to 7:30 PM
 Fee: \$240.50
 (Available for non-credit, AQ108AZ)
 Location: Natatorium, KSU Campus



WFI Water 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. 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. Enrollment requirements, topics to be addressed and instructor certification option for this class are listed at www.tryufm.org.

Reference Number: 92473
 Date: 02/15/2008 to 02/23/2008 (F/Sa);
 Time: 2/15/08 & 2/22/08 from 4-8 PM (F);
 2/16/08 & 2/23/08 from 9 AM to 6 PM (Sa)
 Fee: \$409 (Available for non-credit, AQ104Z)
 Location: Natatorium, KSU Campus

Water Safety Instructor

RRES-200

The purpose of the American Red Cross Water Safety Instructor course is to train instructor candidates to teach Swimming and Water Safety Program courses, including the Basic Water Rescue course, the six levels of Learn-to-Swim, WSI-aide, Water Safety Outreach presentations, and Parent and Child Aquatics. Please Note: The WSI course is NOT designed to teach you the required strokes and skills. Paired practice, coaching and drills are used to refine skills. Be prepared for reading, homework and presentations. Enrollment and certification requirements for this class are listed at www.tryufm.org. Books available for purchase at the Red Cross Office, 2601 Anderson Ave.

Reference Number: 92467
 Date: 04/02/2008 to 04/12/2008 (W/F/Sa)
 Time: 4/02-4/11 from 4:30 PM to 8:30 PM (W/F);
 4/05 & 4/12 from 9:00 AM to 5:00 PM (Sa)
 Fee: \$409 for 2 hours credit
 (Available for non-credit, AQ121Z)
 Location: Natatorium, KSU Campus

Lifeguard Instructor

RRES-200

This class will provide candidates with the knowledge and skills necessary to teach Lifeguarding (including First Aid), Lifeguard Management, CPR for the Professional Rescuer, AED Essentials, Oxygen Administration for the Professional Rescuer, Community Water Safety, and Basic Water Rescue. With additional training and for those meeting the prerequisites, interested candidates would also be able to teach Safety Training for Swim Coaches and/or Waterfront Lifeguarding. Enrollment and certification requirements for this class are listed at www.tryufm.org. Concerns/questions may be directed to the instructor. Books available for purchase at the Red Cross Office, 2601 Anderson Ave.

Reference Number: 92465
 Date: 04/18/2008 to 05/04/2008 (M/W/F/Sa/Su)
 Time: 4/18/08 from 4:30 PM to 9:30 PM (F);
 4/19/08 from 9:00 AM to 7:00 PM (Sa);
 4/28 to 5/02--4:30 PM to 9:30 PM (M/W/F);
 5/03-5/04 from 9 AM to 5 PM (Sa/Su)
 Fee: \$409 for 2 hours credit
 (Available for non-credit, AQ122Z)
 Location: Natatorium, KSU Campus

Lifeguard Training

RRES-200

The American Red Cross program provides entry-level lifeguard candidates with the skills and knowledge needed to prevent, recognize, and respond to emergencies in, on and around the water, and provide care for injuries and sudden illnesses until advanced medical personnel arrive and take over. Enrollment and certification requirements for this class are listed at www.tryufm.org. Books available for purchase at the Red Cross Office, 2601 Anderson Ave.

Reference Number: 92464
 Date: 4/28/2008 to 05/04/2008 (M/W/F/Sa/Su)
 Time: 4/28 to 5/02--4:30 PM to 9:30 PM (M/W/F);
 5/03-5/04 from 9:00 AM to 5:00 PM (Sa/Su)
 Fee: \$409 for 2 hours credit
 (Available for non-credit, AQ35AZ)
 Location: Natatorium, KSU Campus

Water Polo Conditioning

RRES-200

Water Polo Conditioning will offer beginning participants an opportunity to learn the basics of this popular water sport, while providing those already familiar with this fun and often times demanding activity a chance to hone their skills and get a workout as well! Students will learn and apply the rules and regulations of the game during practice and build and improve technique through drills, exercises and scrimmages. General principles of fitness and conditioning will also be addressed through written material, lecture and assignments. This course is not for the inexperienced or beginner swimmer! Enrollment requirements for this class are listed at www.tryufm.org.

Reference Number: 92466
 Date: 01/22/2008 to 03/06/2008 (Tu/Th)
 Time: 9:30 AM to 11:00 AM
 Fee: \$240.50 (Available for non-credit, AQ123Z)
 Location: Natatorium, KSU Campus

Fly Fishing

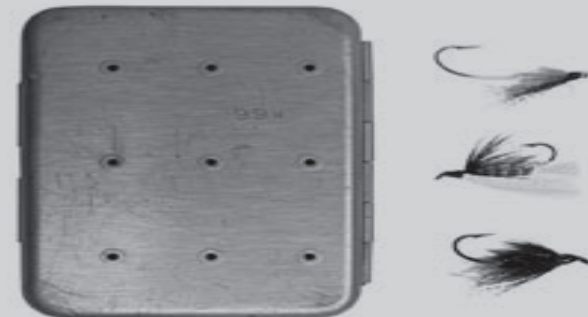
RRES-200

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

Reference Number: 92424
 Date: 01/28/2008 to 02/07/2008 (M-TH)
 Time: 6:00 PM to 8:00 PM
 Fee: \$290
 (Available for non-credit, EN04AZ)
 Location: Manhattan High School East Campus, 901 Poyntz

Reference Number: 92425
 Date: 02/18/2008 to 02/28/2008 (M-TH)
 Time: 6:00 PM to 8:00 PM
 Fee: \$290
 (Available for non-credit, EN04AZ)
 Location: Manhattan High School East Campus, 901 Poyntz

Reference Number: 92426
 Date: 03/03/2008 to 03/13/2008 (M-TH)
 Time: 6:00 PM to 8:00 PM
 Fee: \$290 (Available for non-credit, EN04AZ)
 Location: Manhattan High School East Campus, 901 Poyntz



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.

Reference Number: 92427
 Date: 04/05/2008 to 04/06/2008 (Sa/Su)
 Time: 8:00 AM to 5:00 PM
 Fee: \$280
 Location: UFM Conference Room, 1221 Thurston St., 2nd floor

Reference Number: 92428
 Date: 04/12/2008 to 04/13/2008 (Sa/Su)
 Time: 8:00 AM to 5:00 PM
 Fee: \$280
 Location: UFM Conference Room, 1221 Thurston St., 2nd floor



KSU CREDIT COURSES CONTINUED

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: 92429

Date: 03/01/2008 to 03/08/2008 (Sa)

Time: 8:00 AM to 5:00 PM

Fee: \$269.50 (Available for non-credit, RF53Z)

Location: Natatorium, KSU Campus

Essentials to River Canoeing

RRES-200

Essentials to River Canoeing focuses mainly on general use tandem canoes, such that is found at most camps, rental shops or outfitters. The course is designed to give the student the necessary tools needed to travel down a moving river (not white water). Students will be presented with information on river hazards and features, strokes and basic skills such as eddy turns and ferry's. Prerequisite: "Fundamentals of Canoeing". The course will start with a classroom session at the UFM building on Saturday morning. The remaining time will be spent practicing canoeing strokes and skills on the Kansas River.

Instructor: Steve Spencer

Reference Number: 92430

Date: 04/26/2008 to 04/27/2008 (Sa/Su)

Time: 8:00 AM to 5:00 PM

Fee: \$280

Location: UFM Conference Room,
1221 Thurston St., 2nd floor

Piano I

MUSIC 206

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

Instructor: Meghan Hardy, mch3050@ksu.edu

Reference Number: 92409

Date: 02/04/2008 to 04/02/2008 (M/W)
(No class 3/17 or 3/19)

Time: 6:00 PM to 6:50 PM

Fee: \$236 (Available for non-credit, CF35Z)

Location: KSU McCain Room 127

~Salina Classes~



Ballroom Dance in Salina

DANCE 599

Introduction to the principles of ballroom dancing includes dance terminology, dance position, correct body alignment and positions, and partnering. Techniques such as open and close positions, leading and following, and a variety of steps will be emphasized. The jitterbug, American waltz, foxtrot, and Latin steps will be taught. Partners are not necessary.

Instructor: Audrey Umekudo, (785) 452-8372

thedancelady@cox.net

Reference Number: 89001

Date: 01/22/2008 to 05/06/2008 (Tu)
(No class 03/18)

Time: 7:00 PM to 8:00 PM

Fee: \$241.63 (Available for non-credit, RF23Z)

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

Golf in Salina

RRES-200

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

Instructor: Ronda Green, (785) 819-4653

RondaGreen@cox.net

Reference Number: 89003

Date: 03/03/2008 to 04/28/2008 (M)
(No class 03/17)

Time: 5:00 PM to 7:00 PM

Fee: \$287.78 (Available for non-credit, RF06AZ)

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

Reference Number: 89004

Date: 03/05/2008 to 04/30/2008 (W)
(No class 03/19)

Time: 9:15 AM to 11:15 AM

Fee: \$287.78 (Available for non-credit, RF06BZ)

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

Reference Number: 89005

Date: 03/06/2008 to 05/01/2008 (Th)
(No class 03/20)

Time: 5:30 PM to 7:30 PM

Fee: \$287.78 (Available for non-credit, 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 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: 89006

Date: 01/24/2008 to 03/06/2008 (Th)

Time: 6:00 PM to 10:00 PM

Fee: \$414 (Available for non-credit, AQ107Z)

Location: Salina YMCA, 570 YMCA Dr.



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



UFM

PROGRAMS

1968-2008

www.tryufm.org

EDUCATION

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

CRA- COMMUNITY RESOURCE ACT

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



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



TEACH LEARN GROW



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



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

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



Information

Gayla Adams-Wright	Maria Coscia	Jim Gregory	Gayathri Kambhampati	Luba Ramm	Mei Hwa (Tina) Terhune
Kelly Ballard	Randi Dale	Jeff Gwartz	Heather Keen	Bruce Reid	Abby Thrash
Tony Ballard	Dona Deam	Colleen Hampton	Diana Knox	Kathy Reid	Elsa Toburen
Tracey Bamberger	Barbara Denton	Jane Hansen	Matt Knox	Christopher Renner	Michael Tran
Scott Bean	Habib Diop	Jeff Hansen	Tom Korte	Lorissa Ridley-Fink	Kennita Tully
Jocelyn Bishop	Adam Durar	Meghan Hardy	Toni Kroll	Carol Russell	Maleah Ullmer
Julia Bonney	Terri Eddy	Melissa Haug	Carroll Lange, CWB	Rebecca Schippers	Audrey Umekudo
Daniel Bostrom	David Espenoza	Nancy Hetzler	Jessica Lewis	Keegan (Ketari) Schroeder	Voices For All Staff
Dan Boyle	Gregg Eyestone	T.J. Hittle	Lisa (Gaitri) McNeil	Scott Smith	Isaac Wakabayashi
Jenni Brenner	Bill Fortney	Palma Holden	Sarah Miller	Rachel Soash	Jeff Wilson
Charlene Brownson	Bill Fraley	Marcia Hornung	David Moore	Paul Sodamann	Kevin Wilson
Bob Campbell	Ana Franklin	Michele Janette	Jim Peterson	Steve Spencer	Robert Wilson
Kate Cashman	Kate Gillespie	Elizabeth Jankord	Emilie Rabbat	Carol Stites	Stan Wilson
Becky Clark	Ronda Green	Sorkel Kadir, Ph.D	Wade Radina	Dean Stramel	Rose Woosley

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: January 23 & 24 (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.

INCLEMENT WEATHER POLICY

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

LIABILITY STATEMENT

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

NONDISCRIMINATION POLICY

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

Got an idea for an UFM class?

Call UFM at 539.8763 or email ufm@ksu.edu



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 St., Manhattan, KS 66502-5299.



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



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

UFM 1221 THURSTON 539-8763
Manhattan, KS 66502

UFM 1221 THURSTON 539-8763
Manhattan, KS 66502

UFM Community Learning Center

Registration Form

1221 Thurston Manhattan, KS 66502 539-8763

Student Name _____ Day Phone _____

Address _____ Evening Phone _____

City _____ State KS Zip _____ Email _____

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

Parent's Name if Student is Under Age 18 _____

CLASS # Session TITLE FEE LOCATION DATE TIME

CLASS #	Session	TITLE	FEE	LOCATION	DATE	TIME

Tax Deductible Donation

Total

I hereby authorize the use of my Visa MasterCard Discover

Card Number _____ Expiration Date _____

Card Cardholder's Name (Please Print) _____

Cardholder's Signature _____

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

Where did you obtain your catalog? _____

A class I would like offered _____

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

Signature** _____ Date _____

**Signature of Parent or Guardian required for minors.

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

UFM Community Learning Center

Registration Form

1221 Thurston Manhattan, KS 66502 539-8763

Student Name _____ Day Phone _____

Address _____ Evening Phone _____

City _____ State KS Zip _____ Email _____

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

Parent's Name if Student is Under Age 18 _____

CLASS # Session TITLE FEE LOCATION DATE TIME

CLASS #	Session	TITLE	FEE	LOCATION	DATE	TIME

Tax Deductible Donation

Total

I hereby authorize the use of my Visa MasterCard Discover

Card Number _____ Expiration Date _____

Card Cardholder's Name (Please Print) _____

Cardholder's Signature _____

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

Where did you obtain your catalog? _____

A class I would like offered _____

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

Signature** _____ Date _____

**Signature of Parent or Guardian required for minors.

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