

Hello! Welcome to UFM

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.

JOIN UFM'S 40TH ANNIVERSARY CELEBRATION

On June 14 UFM and the City of Manhattan Parks and Recreation are co-sponsoring the Arts in the Park. Family activities start at 1 pm. Concert featuring Robin and Linda Williams and their Fine Band at 8 pm. Opening act is Hans Mayer at 6:30. **WE HOPE TO SEE YOU THERE!**

T A B L E O F C O N T E N T S	AQUATICS 4	CAREER & FINANCE 8	CREATIVE FREE TIME 9
	SWIM LESSONS SCUBA DIVING SHALLOW/DEEP WATER AEROBICS LIFEGUARD TRAINING	BASIC COMPUTER SKILLS NETWORKING & BLOGGING ON INTERNET MICROSOFT OFFICE CLASSES SECRETS TO SELL YOUR HOUSE	HOW TO DOCUMENT HOME INVENTORY BEGINNING ADULT DRAWING KNITTING SCRAPBOOKING
	EARTH & NATURE 11	FUN FOODS 12	HEALTH & WELLNESS 13
	LATE SPRING WILDFLOWERS ON THE KONZA LANDSCAPING WITH KANSAS NATIVE PLANTS GROWING AND HARVESTING HERBS THE UFM SOLAR ELECTRIC SYSTEM	THAI COOKING BEER TASTING GOING GREEK TAMALES FEAST	LIVING THE ART: JIN SHIN JYUTSU BODY, MIND AND SPIRIT MORNING YOGA LIVING BETTER WITH MASSAGE
	LANGUAGE 15	MARTIAL ARTS 16	PERSONAL INTEREST 17
	FRENCH SPANISH	JUDO I & II TAE KWON DO I KARATE SELF-DEFENSE LAO HU PAI KUNG FU	FLINT HILLS YOUTH RADIO PROJECT-SOUND AND RECORDING PET FIRST & SAFETY
RECREATION & FITNESS 18	YOUTH 22	KSU CREDIT 24	
ZUMBA BICYCLING FOR TRANSPORTATION, FITNESS & FUN BELLY DANCE ZILL SKILLZ DANCES OF THE WORLD CHOREOGRAPHY L.A.	INTRO TO NUTCRACKER BALLET AND TAP KARATE BAKING BUDDY'S DANCE-CHEER-GYMNASTICS CAMP BASIC SEWING	SCUBA DIVING GOLF BOXING BEGINNING YOGA FITNESS SWIMMING YOGA-PILATES FUSION I TOTAL BODY TONING TAE KWON DO I	



INFORMATION 27

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

CLASS REGISTRATION FORMS 28



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

UFM STAFF

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

PLUS ALL THE TEACHERS WHO SHARE THEIR TALENTS!

BOARD OF DIRECTORS

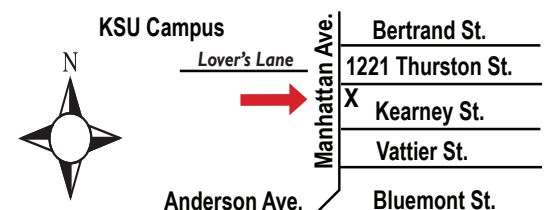
Chair | ROBERT WILSON
Vice Chair | BETTIE MINSHALL
Secretary | MITZI FRIELING
Treasurer | PAULA WALAWENDER
President & CEO | LINDA INLOW TEENER
NANCY BOLSEN
CRYSTAL DANKER
IRMIE FALLON
CHUCK HAVLICEK
NICK LANDER
STEVE LEVIN
LINDA MADL
LINDA RAWDON
KAREN SCHROEDER

UFM OFFICE HOURS

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

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

ENROLL ONLINE AT WWW.TRYUFM.ORG



UFM's FEATURED INSTRUCTOR



David Espenoza started instructing cooking classes at UFM in Summer 2006. He began with one class, Tortillas to Tamales, and has now grown into a staple for UFM's Fun Foods section as well as the popular Friday Night Out!

"A LITTLE BIT ABOUT MYSELF, I GREW UP IN A LARGE FAMILY WITH THREE BROTHERS AND TWO SISTERS. THE ONE THING IN COMMON THAT MY FAMILY SHARES IS EATING. GROWING UP I ALWAYS FOUND IT EASIER TO WORK IN THE KITCHEN WITH MY MOTHER, RUTH ESPENOZA, WHO WAS AN AMAZING COOK. THE RECIPES THAT SHE SHARED WITH ME WERE NEVER REALLY WRITTEN DOWN. SHE BELIEVED THAT IT WAS EASIER TO SHOW YOU HOW TO MAKE FRESH TORTILLAS THAN TO TELL YOU EXACT MEASUREMENTS. VERY RARELY WOULD I SEE HER USE A MEASURING CUP. SHE WOULD INSTEAD SAY THINGS LIKE, "YOU NEED A BOWL ABOUT THIS SIZE THEN YOU ADD THIS MUCH FLOUR, THEN YOU ADD THIS MUCH LARD, SALT AND BAKING SODA. THE WATER HAS TO BE THIS TEMPERATURE AND THIS IS HOW MUCH YOU NEED. THE MASA NEEDS TO FEEL LIKE THIS NOT LIKE THAT." AS STRANGE AS IT SOUNDS, I UNDERSTOOD HER COMPLETELY. WE CALLED THIS SPECIAL LANGUAGE JIMENEZ (MY MOM'S MAIDEN NAME).



WHEN I WOULD BRING A DISH INTO WORK OR SHARE A MEAL WITH FRIENDS, I WAS ALWAYS ASKED FOR RECIPES. MY FIRST JOB WAS WORKING IN A RESTAURANT AS A DISHWASHER, THEN AS A PREP COOK AND FINALLY AS A COOK. I DON'T CONSIDER MYSELF A CHEF. I FEEL THAT I HAVE BEEN BLESSED WITH MY MOTHER'S GIFT OF COOKING. I KNOW MY MOM IS ALWAYS WITH ME IN SPIRIT, AND I HONOR HER WITH EVERY CLASS I TEACH. COOKING IS THE ONE THING THAT BINDS US ALL TOGETHER. I STARTED TO TEACH AT UFM MUCH THE SAME WAY."

-David Espenoza

UFM would like to thank instructors and students for their participation at our 40th Anniversary Mall event on April 12.

TURBO KICK & TONING
JENNI BRENNER – INSTRUCTOR
 SHAAKIRA GRANT
 LISA THURMANN
 AMANDA SCHIAPPACASSE
 SANDY WERNER
 KELLEY PERKINS
 MEGAN WATTS
 SARAH WEBB

KNITTING
 KENNITA TULLY

WRITING CLASS
 GLENN SIXBURY

HOME INVENTORY
 KEVIN WILSON

KUNG FU
DR. MICHAEL TRAN – INSTRUCTOR
 MERVIN LARE
 CHRISHELLE BERHANI
 JOSHUA RICHTASIK

FENCING
JEFF GWIRTZ – INSTRUCTOR
 PINAKIN SUKTHANKAR
 KATHY MACKENZIE
 BRIAN SUTER
 JAMES ARTHUR CIPRA
 TYLER TOBALD

FLYING CONTROLLED RADIO AIRPLANES
 BILL FORTNEY

TAE KWON DO
 BRIAN COOPER
 JORDAN WAGNER
 CHRISTINE PETES

CHARLES HENDERSON
 TRAVIS HOLTER
 MICHAEL HALLIWELL
 BOBBIE NORTON
 ELAINE MORGAN
 JAMES WHEELER

ZUMBA
ELSA TOBUREN – INSTRUCTOR
 CHANDRA RUTHSTROM
 KAROLYN STOERZINGER

YOGA
ANA FRANKLIN – INSTRUCTOR
 KAISHA SCHMELZLE
 DAVID MITCHELL

Thank You!!

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.

June 14 has been designated as Family Music Festival by Parks and Recreation. Beginning around 1 pm, children's activities will be available in the 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 6:30 pm and Robin and Linda Williams will follow at 8 pm.

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



Aquatics

LEARN TO SWIM CLASSES

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

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

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

Beginning & Ending Dates (Levels I-VI and Adult Lessons)

Session A: Monday - Thursday, June 9 - June 19

Session B: Monday - Thursday, June 23 - July 3

Session C: Monday - Thursday, July 7 - July 17

Session D: Monday - Thursday, July 21 - July 31

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

Session A1: Monday - Thursday, June 9 - June 12

Session A2: Monday - Thursday, June 16 - June 20

Session B1: Monday - Thursday, June 23 - June 26

Session B2: Monday - Thursday, June 30 - July 3

Session C1: Monday - Thursday, July 7 - July 10

Session C2: Monday - Thursday, July 14 - July 17

Session D1: Monday - Thursday, July 21 - July 24

Session D2: Monday - Thursday, July 28 - July 31

Session E1: *Friday AM ONLY, June 6 - June 27

Session E2: *Friday AM ONLY, July 11 - August 1



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

Parent/Infant and Parent/Tot

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

Session A1: Monday - Thursday
AQAPA 9:25 AM to 10:00 AM
AQAPP 5:30 PM to 6:05 PM

Session B1: Monday - Thursday
AQBPA 9:25 AM to 10:00 AM
AQBPP 5:30 PM to 6:05 PM

Session C1: Monday - Thursday
AQCPA 9:25 AM to 10:00 AM
AQCPP 5:30 PM to 6:05 PM

Session D1: Monday - Thursday
AQDPA 9:25 AM to 10:00 AM
AQDPP 5:30 PM to 6:05 PM

Fee: \$25.00 per session (4 lessons)



Tot Transition

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

Session A2: Monday - Thursday
AQATA 9:25 AM to 10:00 AM
AQATP 5:30 PM to 6:05 PM

Session B2: Monday - Thursday
AQBTA 9:25 AM to 10:00 AM
AQBTP 5:30 PM to 6:05 PM

Session C2: Monday - Thursday
AQCTA 9:25 AM to 10:00 AM
AQCTP 5:30 PM to 6:05 PM

Session D2: Monday - Thursday
AQDTA 9:25 AM to 10:00 AM
AQDTP 5:30 PM to 6:05 PM

Fee: \$25.00 per session (4 lessons)

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

Level I: Water Exploration

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

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

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

Session C: Monday - Thursday
AQ01C1 10:05 AM to 10:45 AM
AQ01C2 10:50 AM to 11:30 AM
AQ01C3 6:15 PM to 6:55 PM

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

Fee: \$49.00 per session (8 lessons)

Level II: Primary Skills

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

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

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

Session C: Monday - Thursday
AQ02C1 10:05 AM to 10:45 AM
AQ02C2 10:50 AM to 11:30 AM
AQ02C3 6:15 PM to 6:55 PM

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

Fee: \$49.00 per session (8 lessons)



AQUATICS CONTINUED



Level III: Stroke Readiness

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

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

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

Session C: Monday - Thursday
 AQ03C1 10:05 AM to 10:45 AM
 AQ03C2 10:50 AM to 11:30 AM
 AQ03C3 6:15 PM to 6:55 PM

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

Fee: \$49.00 per session (8 lessons)

Level IV: Stroke Development

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

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

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

Session C: Monday - Thursday
 AQ04C1 10:05 AM to 10:45 AM
 AQ04C2 10:50 AM to 11:30 AM
 AQ04C3 6:15 PM to 6:55 PM

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

Fee: \$49.00 per session (8 lessons)

Level V: Stroke Refinement

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

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

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

Session C: Monday - Thursday
 AQ05C1 10:50 AM to 11:30 AM
 AQ05C3 6:15 PM to 6:55 PM

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

Fee: \$49.00 per session (8 lessons)



Level VI: Skill Proficiency

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

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

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

Session C: Monday - Thursday
 AQ06C1 10:50 AM to 11:30 AM
 AQ06C3 6:15 PM to 6:55 PM

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

Fee: \$49.00 per session (8 lessons)

**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

AQUATICS CONTINUED

Adult Swim Lessons

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

AQ-22B: Monday - Thursday
5:30 PM to 6:10 PM
AQ-22D: Monday - Thursday
5:30 PM to 6:10 PM

Fee: \$49.00 per session (8 lessons)



Lap Swimming: Ages 13+

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

Session A: Monday - Thursday
AQLSA1 10:00 AM to 11:30 AM
AQLSA3 5:30 PM to 7:00 PM

Session B: Monday - Thursday
AQLSB1 10:00 AM to 11:30 AM
AQLSB3 5:30 PM to 7:00 PM

Session C: Monday - Thursday
AQLSC1 10:00 AM to 11:30 AM
AQLSC3 5:30 PM to 7:00 PM

Session D: Monday - Thursday
AQLSD1 10:00 AM to 11:30 AM
AQLSD3 5:30 PM to 7:00 PM

Fee: \$19.00 per session (8 times)

Lap Swimming for Parents

Are you tired of being just an observer at your child's swimming lesson? If so, then take advantage of the time you spend watching and enroll in Lap Swimming at a special price. This class will meet every day your child is enrolled in swimming lessons. In this class you will be able to swim laps to meet your own needs and goals. You may choose your 40-minute block of time during the scheduled times below.

Session A: Monday - Thursday
AQLPA1 10:00 AM to 11:30 AM
AQLPA2 5:30 PM to 7:00 PM

Session B: Monday - Thursday
AQLPB1 10:00 AM to 11:30 AM
AQLPB2 5:30 PM to 7:00 PM

Session C: Monday - Thursday
AQLPC1 10:00 AM to 11:30 AM
AQLPC2 5:30 PM to 7:00 PM

Session D: Monday - Thursday
AQLPD1 10:00 AM to 11:30 AM
AQLPD2 5:30 PM to 7:00 PM

Fee: \$16.00 per session (8 times)

Shallow Hydroaerobics: Water Exercise

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

Session A: 06/09/2008 to 07/03/2008
Monday - Thursday (6:10pm - 7:00pm)

AQ-26A (1 time per week)
AQ-27A (2 times a week)
AQ-28A (3 times a week)
AQ-29A (4 times a week)

Session B: 07/07/2008 to 07/31/2008
Monday - Thursday (6:10pm - 7:00pm)

AQ-26B (1 time per week)
AQ-27B (2 times a week)
AQ-28B (3 times a week)
AQ-29B (4 times a week)

Fee: \$20 for 1 time per week per session
\$24 for 2 times a week per session
\$29 for 3 times a week per session
\$33 for 4 times a week per session

Shallow Water Hydroaerobics for the entire summer

Session E: 06/09/2008 to 07/31/2008
Monday - Thursday (6:10pm - 7:00pm)

AQ-26E (1 time per week)
AQ-27E (2 times a week)
AQ-28E (3 times a week)
AQ-29E (4 times a week)

Fee: \$36 for 1 time per week per session (8 weeks of classes)
\$40 for 2 times a week per session (8 weeks of classes)
\$45 for 3 times a week per session (8 weeks of classes)
\$49 for 4 times a week per session (8 weeks of classes)

SCHOLARSHIPS ARE AVAILABLE TO ASSIST WITH CLASS FEES FOR BOTH ADULT AND CHILDREN FOR MORE INFO CALL 539.8763



Deep Water Hydroaerobics

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

Session A: 06/10/2008 to 07/03/2008 (Tu/Th)
AQ-100A 6:10 PM to 7:00 PM

Session B: 07/07/2008 to 07/31/2008 (Tu/Th)
AQ-100B 6:10 PM to 7:00 PM

Fee: \$29 for 2 times per week per session

Deep Water Hydroaerobics for the entire summer

Session E: 06/10/2008 to 07/31/2008 (Tu/Th)
AQ-100E 6:10 PM to 7:00 PM

Fee: \$49 for 2 times per week

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



AQUATICS CONTINUED

Private Swim Lessons

AQ103

Private lessons provide one-on-one instruction for any level of swimmer. Sessions include four 35 minute lessons. Weekday session will occur on consecutive days; Friday lessons occur weekly. To improve scheduling and better serve our families, please make sure you record these times and dates when you register; due to time constraints: **THERE WILL BE NO OPPORTUNITY FOR MAKE UP LESSONS.**

Beginning and Ending Dates for Morning and Evening Private Lessons:

AQ103A1: Mon. - Thur., June 9 - June 12
AQ103A2: Mon. - Thur., June 16 - June 19

AQ103B1: Mon. - Thur., June 23 - June 26
AQ103B2: Mon. - Thur., June 30 - July 3

AQ103C1: Mon. - Thur., July 7 - July 10
AQ103C2: Mon. - Thur., July 14 - July 17

AQ103D1: Mon. - Thur., July 21 - July 24
AQ103D2: Mon. - Thur., July 28 - July 31

AQ103E1: *Friday AM only, June 6 - June 27
AQ103E2: *Friday AM only, July 11 - Aug. 1

Times for all morning classes:

8:45 AM to 9:20 AM
9:25 AM to 10:00 AM

*Times for Session E1A-C & E2A-C, AM ONLY:

8:45 AM to 9:20 AM
9:25 AM to 10:00 AM
10:05 AM to 10:40 AM
10:45 AM to 11:20 AM

Times for all evening classes:

5:30 PM to 6:05 PM

Fee: \$69 per session (FOUR 35 MINUTE lessons)
\$55 per student for semi-private lessons:
(2 students per teacher)
(FOUR 35 MINUTE lessons)

Open Swim Appreciation

08BAQ31A

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.

Date: 06/22/2008 (Su)
Time: 5:00 PM to 7:00 PM
Fee: No Charge
Location: Natatorium, KSU Campus

Open Swim Appreciation

08BAQ31B

Date: 07/27/2008 (Su)
Time: 5:00 PM to 7:00 PM
Fee: No Charge
Location: Natatorium, KSU Campus



Lifeguard Training

08BQ35B

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 and pocket mask available for purchase at UFM, 1221 Thurston.

Instructor: Abby Thrash

Date: 05/27/2008 to 05/29/2008 (T/W/Th)
Time: 8:00 AM to 5:00 PM
Fee: \$149.00
Location: Natatorium, KSU campus

Scuba Diving

08BAQ105AZ

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, equipment ranges from \$100-\$175. There is a non-refundable material fee of \$50 for withdrawing from the class after the first day.

Instructor: Jeff Wilson, wheatlan@kansas.net

Dates: 06/09/2008 to 07/14/2008 (M)
Time: 5:30 PM to 9:30 PM
Fee: \$232.00 (Available for KSU credit)
Location: Natatorium, KSU Campus

Fitness Swimming

08BAQ108AZ

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.

Prerequisites: Students MUST be able to 1) comfortably swim 50 yards of front crawl, back crawl, and breaststroke, at an intermediate level; ie., using rhythmic breathing and a propellant kick during stroke; and 2) be comfortable in deep water (be able to tread).

Instructor: Melissa Haug

Date: 06/10/2008 to 07/24/2008 (Tu/Th)
Time: 6:00 PM to 7:30 PM
Fee: \$82.00
Location: Natatorium, KSU Campus

Lifeguard Instructor

08BAQ122Z

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 UFM, 1221 Thurston.

Date: View website www.tryufm.org
Time: TBA
Fee: \$149.00
Location: Natatorium, KSU campus



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

Career & Finance

Secrets to Selling Your House 08BFC39

Want to learn more about how to go about selling your home? Come to this class and learn information on how to prepare your home for selling, what it costs to sell your home, and just walk you through the "selling process" on to your next home. There will be time for questions, answers and round table discussion. Refreshments will be provided.

Instructor: Cindy Sloan and Pam Westmeyer

Cindy Sloan has been selling real estate with G&A Real Estate, Inc. since 1995. Cindy earned her GRI (Graduate Realtor Institute) Designation. Cindy attended KSU in Fashion Marketing.

Pam Westmeyer is a Manhattan native and graduated from Kansas State University with a Master's Degree in Kinesiology. She has been selling real estate here since 1995 and is a salesperson with Christian & Associates Real Estate. Pam's passion are her horses.

Date: 06/30/2008 (M)
Time: 7:00 PM to 8:00 PM
Fee: \$10.00
Location: UFM Conference Room
1221 Thurston St., 2nd floor

Tips to Buying a Home 08BFC57

Buying a home can be an exciting process! But it pays to know the common mistakes, possible pitfalls, how to choose a lender, what to expect in the process, how much to pay, and where to look. This class will be loosely structured with ample opportunity to take the class in the direction you want and need.

Instructor: Cindy Sloan and Pam Westmeyer

Date: 07/14/2008 (M)
Time: 7:00 PM to 8:00 PM
Fee: \$10.00
Location: UFM Conference Room

Basic Computer Skills 08BFC51

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

Instructor: Amy Trujillo

Date: 06/03/2008 (Tu)
Time: 6:00 PM to 8:00 PM
Fee: \$12.00
Location: Manhattan Public Library
Computer Classroom,
629 Poyntz Ave.

Networking and Blogging on the Internet 08BFC52

Learn about the social networks and blogs on the Internet. You will learn how to create an account on the sites, modify your privacy options, journal in your online blog, upload pictures, and search for others on the sites. The main websites that will be used during class are: LiveJournal (online blog), MySpace, Facebook, and YouTube (videos.) It is recommended that you have basic Internet and computer skills before taking this course.

Instructor: Amy Trujillo

Date: 06/07/2008 (Sa)
Time: 10:00 AM to Noon
Fee: \$12.00
Location: Manhattan Public Library -
Computer Classroom, 629 Poyntz Ave.

Your Digital Life 08BFC53

This class includes iPod and iTunes skills, uploading and ordering photographs, audio books online, and creating your own books. Bring your iPod, digital photos from your camera, and your imagination to this class. If you can't bring anything, no worries! You can still learn how to do it so you are prepared when you get your own. Some of the websites and programs that will be used in this class are iTunes, audio books websites, realebooks.com, and photo sharing websites. It is recommended that you have basic Internet and computer skills before taking this course.

Instructor: Amy Trujillo

Date: 06/18/2008 (W)
Time: 6:00 PM to 8:00 PM
Fee: \$12.00
Location: Manhattan Public Library -
Computer Classroom,
629 Poyntz Ave.



Excel and Word 08BFC54

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

Instructor: Amy Trujillo

Date: 07/10/2008 (Th)
Time: 6:00 PM to 8:00 PM
Fee: \$12.00
Location: Manhattan Public Library -
Computer Classroom,
629 Poyntz Ave.

PowerPoint and Publisher 08BFC55

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

Instructor: Amy Trujillo

Date: 07/12/2008 (Sa)
Time: 10:00 AM to Noon
Fee: \$12.00
Location: Manhattan Public Library -
Computer Classroom, 629 Poyntz Ave.

Computer Skills for Worldly People 08BFC56

This class is open to everyone but is geared toward people learning another language. Learn how to find websites in another language, programs to translate websites, and where to find the news from around the world. This class also teaches basic computer and Internet skills. It is taught by an English Language Learner (ELL) certified teacher. There will be a lot of visuals and hands on opportunities so you will feel comfortable with the class, the computer and the Internet.

Instructor: Amy Trujillo

Date: 07/12/2008 (Sa)
Time: 1:00 PM to 3:00 PM
Fee: \$12.00
Location: Manhattan Public Library -
Computer Classroom, 629 Poyntz Ave.

JOIN UFM'S 40TH ANNIVERSARY CELEBRATION!!

Please join UFM and City of Manhattan Parks and Recreation on June 14 for the 2nd Annual Family Music Festival. Family activities start at 1:00 pm. Arts in the Park concert featuring Robin and Linda Williams and their Fine Band at 8 pm. Opening act is Hans Mayer at 6:30 pm.



**VISIT UFM WEBSITE @ [WWW.TRYUFM.ORG](http://www.tryufm.org)
ENROLL ONLINE AND VIEW OTHER UFM PROGRAMS**

Manhattan Parks and Recreation
Summer Brochure is available online & at MPRD
<http://www.ci.manhattan.ks.us/index.asp?nid=21>



reative Free Time

Beginning Knitting

08BCF05A

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: 06/17/2008 to 07/08/2008 (Tu)
Time: 7:00 PM to 8:30 PM
Fee: \$31.00
Location: 300 Poyntz Ave.
Wildflower Yarns and Knitwear



Beginning Knitting

08BCF05B

Instructor: Kennita Tully, (785) 537-1826

Date: 07/09/2008 to 07/30/2008 (W)
Time: 2:00 PM to 3:30 PM
Fee: \$31.00
Location: 300 Poyntz Ave.
Wildflower Yarns and Knitwear

Beginning Knitting

08BCF05C

Instructor: Kennita Tully, (785) 537-1826

Date: 07/09/2008 to 07/30/2008 (W)
Time: 7:00 PM to 8:30 PM
Fee: \$31.00
Location: 300 Poyntz Ave.
Wildflower Yarns and Knitwear

Poker Night

08BCF30

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 three years ago with friends and online.

Date: 07/25/2008 (F)
Time: 8:00 PM to 9:30 PM
Fee: \$17.00
Location: UFM Fireplace Room, 1221 Thurston



Scrapbooking Basics

08BCF64

New to scrapbooking? Feeling overwhelmed with pictures and need to get caught up? In this class, you will complete 12 layouts in 2 hours! You choose your own paper pack and stickers from Close to My Heart's line of products. All your pieces will be pre-cut so all you have to do is bring your own adhesive and glue it all together using the examples at the class. Class fee includes materials and instructions. Deadline registration is June 3. Instructor: Amy Hervey

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

Date: 06/17/2008 (Tu)
Time: 7:05 PM to 9:05 PM
Fee: \$34.00
Location: UFM Conference Room
1221 Thurston St., 2nd floor

The Digital Darkroom for Photographers: Introduction to Photoshop, Image

Processing & Printing

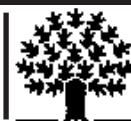
08BCF65

Digital imaging is becoming increasingly popular and the development of the "digital darkroom" has made it possible for people to make high quality prints of photographs or other artwork at home. This class will introduce basic information on management of your digital image processing using Adobe Photoshop Elements 5 (the freeware image processing software GIMP is also available) as well as inkjet printing. Photographs will be processed in real time using Photoshop during the class and students will get a chance to work on some of their own photos. An example print will also be made during class.

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

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

Date: 07/08/2008 to 07/17/2008 (Tu/Th)
Time: 7:00 PM to 9:00 PM
Fee: \$48.00
Location: UFM Computer Lab
1221 Thurston St., 2nd floor



CREATIVE FREE TIME CONTINUED

Beginning Sewing 08BCF82A

This class is for beginner sewers only. We will learn the basic skills of sewing and complete a tote bag and cd case project. A list of supplies will need to be purchased. You will also need to bring your own sewing machine. Ages in grades 6-12. Please call UFM for supply list.
Instructor: Alicia Pecenka

Alicia is a middle school Family and Consumer Science teacher and has taught for six years. She loves cooking and baking and believes it is essential life skills for all kids to learn.

Date: 07/07/2008 to 07/10/2008 (M/W/Th)
Time: 8:00 AM to 10:00 AM
Fee: \$36.00
Location: UFM Conference Room
1221 Thurston St., 2nd floor

Beginning Sewing 08BCF82B

Instructor: Alicia Pecenka

Date: 07/07/2008 to 07/10/2008 (M/W/Th)
Time: 10:15 AM to 12:15 PM
Fee: \$36.00
Location: UFM Conference Room
1221 Thurston St., 2nd floor

Beginning Sewing 08BCF82C

Instructor: Alicia Pecenka

Date: 07/08/2008 to 07/11/2008 (Tu/F)
Time: 8:00 AM to 11:00 AM
Fee: \$36.00
Location: UFM Conference Room
1221 Thurston St., 2nd floor

How to Document Home Inventory 08BCF91A

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



Home Inventory representative. Registration deadline is June 2.

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

Date: 06/09/2008 (M)
Time: 6:00 PM to 7:30 PM
Fee: \$12.00
Location: UFM Conference Room
1221 Thurston St., 2nd floor

How to Document Home Inventory 08BCF91B

Registration deadline is June 17.
Instructor: Kevin Wilson, (785) 238-8946
eagleshomeinventory@juno.com

Date: 06/23/2008 (M)
Time: 6:00 PM to 7:30 PM
Fee: \$12.00
Location: UFM Conference Room
1221 Thurston St., 2nd floor

How to Document Home Inventory 08BCF91C

Registration deadline is June 30.
Instructor: Kevin Wilson, (785) 238-8946
eagleshomeinventory@juno.com

Date: 07/07/2008 (M)
Time: 6:00 PM to 7:30 PM
Fee: \$12.00
Location: UFM Conference Room
1221 Thurston St., 2nd floor

How to Document Home Inventory 08BCF91D

Registration deadline is July 17.
Instructor: Kevin Wilson, (785) 238-8946
eagleshomeinventory@juno.com

Date: 07/21/2008 (M)
Time: 6:00 PM to 7:30 PM
Fee: \$12.00
Location: UFM Conference Room
1221 Thurston St., 2nd floor

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

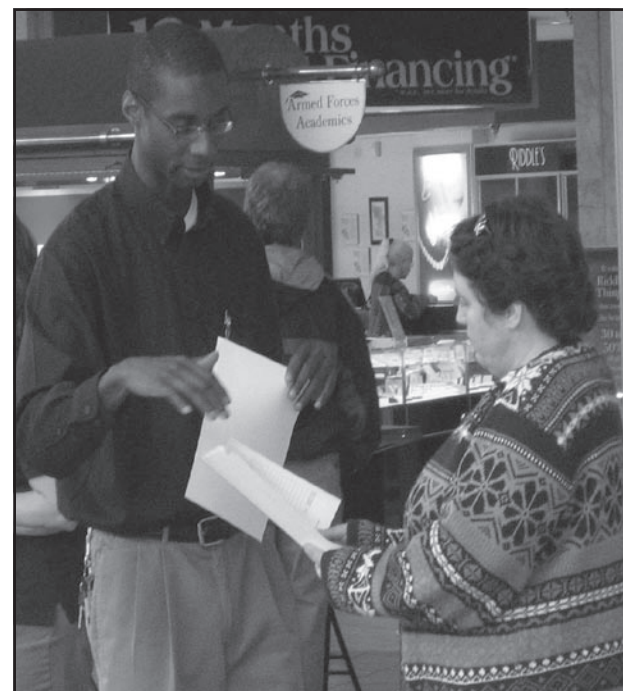
Beginning Adult Drawing 08BCF93

Being able to draw accurately is not so much a talent as it is a learned skill. Learning to draw is really about learning to see accurately. Drawing uses a different part of your mind than reading or writing, and since most people stopped drawing in grade school, their ability to see true form and perspective was halted at that stage of their development. It is never too late to learn how to see and therefore draw accurately. Drawing is a gift you can give yourself today, no matter what your age or stage of artistic development. Drawing allows you to see the world as it really is, rather than how you think it to be, and you are forever changed. This class is presented with an attitude of fun and adventure, with an appreciation for everyone. A wide variety of drawing tools and papers will be introduced. No experience necessary. All drawing materials provided. Wear your worst clothes, bring your best attitude, and let's learn to draw & play!

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

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

Date: 06/04/2008 to 07/09/2008 (W)
Time: 5:00 PM to 6:00 PM
Fee: \$67.00
Location: UFM Fireplace Room, 1221 Thurston



K-STATE VOLUNTEER CENTER OF MANHATTAN

"The K-State Volunteer Center of Manhattan works to develop and maintain campus and community relations through student led civic engagement, volunteer management, and servant leadership."

K-State Volunteer Center of Manhattan
2323 Anderson Avenue, suite 125
Ksu Foundation Center
Manhattan, KS 66502-2912
785-532-3670
userve@ksu.edu
Your link to Campus and Community

ENROLL ONLINE AT WWW.TRYUFM.ORG



Earth & Nature

Fall Gardening

08BEN01

Fall is the best time to grow many vegetables! Get extra mileage out of your garden space this year and take advantage of Kansas' great autumn weather to plant a fall vegetable garden. The cooler temperatures result in better quality produce and less stress on you! Learn what to plant and when to plant for best results. Discussion includes soil preparation, fertilizer needs, and helpful tips for obtaining maximum seed germination and crop yields. Finally, we'll discuss growing and harvesting some vegetables beyond the end of October! Imagine fresh veggies in the middle of winter and it can be accomplished without a greenhouse! Instructor: Colleen Hampton, (785) 539-5934

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

Date: 07/19/2008 (Sa)
Time: 10:00 AM to Noon
Fee: \$12.00
Location: UFM Conference Room, 2nd floor

Growing & Harvesting Herbs

08BEN54

The art of growing herbs is as popular today as ever. This class is an introduction to growing ornamental and culinary herbs. We will discuss how to design an herb garden and grow and harvest these flavorful plants. Herbs that do well locally will be highlighted.

Instructor: Colleen Hampton

Date: 06/07/2008 (Sa)
Time: 10:00 AM to Noon
Fee: \$12.00
Location: UFM Fireplace Room, 1221 Thurston St.

Late Spring Wildflowers on the Konza

08BEN45

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 will 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: 06/05/2008 (Th)
Time: 6:00 PM to 8:00 PM
Fee: No charge
Location: Konza Prairie Trail Head



Landscaping with Kansas Native Plants

08BEN51

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

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

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

Date: 06/26/2008 (Th)
Time: 6:00 PM to 8:00 PM
Fee: *No charge
Location: UFM Banquet Room, 1221 Thurston St.

Introduction to Kansas Wildflowers

08BEN52

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

Instructors: Jeff Hansen and Nancy Goulden

Date: 07/09/2008 (W)
Time: 6:00 PM to 8:00 PM
Fee: *No charge
Location: UFM Conference Room, 1221 Thurston St., 2nd floor

Sponsored by Grassland Heritage Foundation, www.grasslandheritage.org

The UFM Solar Electric System: An Exploration of Your Possibilities

08BEN53

Whether you are concerned about energy independence, climate change, national security or just your own pocketbook; renewable energy is enormously popular across all political parties and nationalities. This spring, UFM is installing one of the first solar electric systems connected to the powerlines in Kansas. We will discuss the different parts of the system at UFM's Solar Addition. We will also discuss installing your own solar electric system as well as the hardware required.

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

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

Date: 06/07/2008 (Sa)
Time: 10:00 AM to Noon
Fee: No charge
Location: UFM Solar Addition, 1221 Thurston St.



TIPS ON RECYCLING, REUSING 10 WAYS TO START LIVING GREEN



1. RECYCLE THIS CATALOG
2. BRING YOUR OWN BAGS TO GROCERY STORE (SAVE 5 CENTS PER BAG AT DILLONS)

3. ADJUST THERMOSTAT FOR THE SEASON

4. RIDE YOUR BIKE OR CARPOOL

5. PLANT a GARDEN

6. SWITCH to COMPACT FLUORESCENT LIGHT BULBS

7. CHECK YOUR TIRE AIR PRESSURE (UNDERINFLATED TIRES REDUCE FUEL EFFICIENCY)

8. BUY ORGANIC or LOCAL FOOD

9. GET a LIBRARY CARD

10. ALWAYS REDUCE, REUSE AND RECYCLE!!!



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



Fun Foods

Thai Cooking

08BFF12A

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

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

Date: 06/14/2008 to 06/21/2008 (Sa)
Time: 9:00 AM to Noon
Fee: \$64.00
Location: UFM Kitchen, 1221 Thurston St.

Thai Cooking

08BFF12B

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

Date: 07/12/2008 to 07/19/2008 (Sa)
Time: 9:00 AM to Noon
Fee: \$64.00
Location: UFM Kitchen, 1221 Thurston St.

Wine Tasting

08BFF30

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

Date: 07/09/2008 to 07/30/2008 (W)
Time: 7:00 PM to 9:00 PM
Fee: \$95.00
Location: UFM Banquet Room, 1221 Thurston



Evening of Southern Italian Cooking

08BFF35A

Italians love the summer and the bounty it brings in fresh tomatoes, beans, eggplant, peppers, fresh greens and basil. Meats are grilled and often the kitchen moves to the back porch to keep the house cool in the summer heat. Wine will also be provided for participants age 21 and older.

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

Date: 06/13/2008 (F)
Time: 6:30 PM to 8:30 PM
Fee: \$19.00
Location: UFM Kitchen, 1221 Thurston St.

Evening of Southern Italian Cooking

08BFF35B

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

Date: 08/01/2008 (F)
Time: 6:30 PM to 8:30 PM
Fee: \$19.00
Location: UFM Kitchen, 1221 Thurston St.



Beer Tasting

08BFF39

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

Instructor: Jeff Gill

Date: 06/27/2008 (F)
Time: 6:30 PM to 8:30 PM
Fee: \$12.00
Location: Tallgrass Brewing Company
8845 Quail Lane, Suite 1

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

Beginning Cooking

08BFF40A

A basic beginning baking/cooking class designed to teach the following: the basic food groups, kitchen abbreviations, how to read a recipe, kitchen tools and how to make basic kid friendly recipes. These basic recipes include: chocolate chip cookies, home-made pizza, chocolate cake, a casserole, lasagna and muffins. A list of pans you will need to bring will be given at UFM. Deadline for registration is May 27.

Instructor: Alicia Pecenka

Alicia is a middle school Family and Consumer Science teacher and has taught for six years. She loves cooking and baking and believes it is essential life skills for all kids to learn.

Date: 06/02/2008 to 06/05/2008 (M/W/Th)
Time: 6:30 PM to 8:30 PM
Fee: \$61.00
Location: UFM Kitchen, 1221 Thurston St.

Beginning Cooking

08BFF40B

Deadline for registration is July 1.
Instructor: Alicia Pecenka

Date: 07/07/2008 to 07/10/2008 (M/W/Th)
Time: 6:30 PM to 8:30 PM
Fee: \$61.00
Location: UFM Kitchen, 1221 Thurston St.

Going Greek!

08BFF41

This summer we would like to change up the menu by going Greek with traditional and new recipes. From appetizers to entrees this class will give you a passport to the Greek Isles without ever leaving Manhattan. All recipes are simple and easy to do.

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

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

Date: 06/06/2008 (F)
Time: 6:30 PM to 9:00 PM
Fee: \$24.00
Location: UFM Kitchen, 1221 Thurston St.

Tamales Feast

08BFF42

Ever want to learn how to make your own authentic tamales from scratch? Take this class and you will become a tamale guru! Class includes a dozen fresh homemade tamales made in class, salsa and refreshments for those over 21.

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

Date: 07/11/2008 (F)
Time: 5:00 PM to 9:00 PM
Fee: \$30.00
Location: UFM Kitchen, 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.**



Health & Wellness

Living the Art: Jin Shin Jyutsu 08BHW08A

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

Instructor: Kate Cashman, (785) 537-1911

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

Date: 06/16/2008 to 06/30/2008 (M)
Time: 7:00 PM to 9:00 PM
Fee: \$26.00
Location: 1421 Colorado Street

Beginning Yoga 08BHW15AZ

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: 06/09/2008 to 07/30/2008 (M/W)
Time: 5:45 PM to 6:45 PM
Fee: \$99.00
Location: KSU Ahearn Room 302

Meditation & Relaxation: Guided Meditation- Journey to the Seven Directions 08BHW66A

The instructor will lead participants first through relaxation and grounding exercises then into a taped guided meditation by a Native American shaman. Bring pen and paper to record your experiences of meeting spirit guides (animals, ancestors, angels) at each of the seven directions. Instructor: Palma Holden, (785) 539-1183

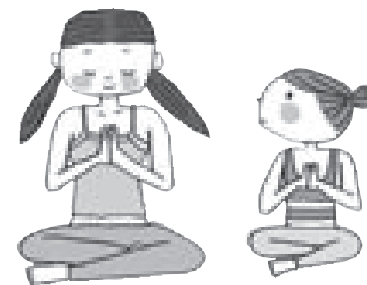
Palma Holden is a spiritual intuitive consultant, Lightworker and animal communicator who has been providing spiritual guiding for others for 10 years.

Date: 06/21/2008 (Sa)
Time: 10:00 AM to Noon
Fee: \$28.00
Location: UFM Conference Room
1221 Thurston St., 2nd floor

Meditation & Relaxation: Guided Meditation- Journey to the Seven Directions 08BW66B

Instructor: Palma Holden, (785) 539-1183

Date: 07/19/2008 (Sa)
Time: 10:00 AM to Noon
Fee: \$28.00
Location: UFM Conference Room
1221 Thurston St., 2nd floor



Meditation & Relaxation: Introduction to Guided Meditation 08BHW69

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: 07/12/2008 (Sa)
Time: 12:15 PM to 2:15 PM
Fee: \$28.00
Location: UFM Conference Room
1221 Thurston St., 2nd floor

Protocols for Healing and Protection 08BHW90

Creating spiritual practices for the spiritual warrior. Participants will learn ways to dissipate negative activity and create harmony within their own environments.

Instructor: Palma Holden, (785) 539-1183 & Kathlene Casey

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


Date: 06/07/2008 (Sa)
Time: 10:00 AM to Noon
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"



— Manhattan Arts Center —

Summer Classes

Take clay, music, theatre, painting cartooning, writing, and more!

Summer Arts Adventure

Half day and full day art camp

MACademy Musical

for grades 3-12

Auditions June 9

Rehearsals begin June 16

Performances July 18 & 19



Manhattan Experimental Theatre Workshop for High School Students

20th Anniversary Season!

June 20 & 21

MAC Improv

for middle school and high school students. Dates TBA

www.manhattanarts.org

Adult Ongoing Studios

A place for artists to meet, learn, discuss, and expand their artistic abilities.

Clay Open Studio * Watercolor Studio * The Writers' Studio



This summer in the MAC galleries: May 3-24 Manhattan Area Photographers, May 31-July 12 MAC Watercolor Studio, July 19-Aug 30 Konza Prairie Quilting Guild

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.



Body, Mind & Spirit 08BHW91

Weekly spiritual meditations, lectures, and discussions. Topics determined by group interest. Come to some; come to all. Contact Tim Sidorfsky 785-341-6431 or Palma Holden 785-539-1183.

Date: 06/11/2008 to 07/23/2008 (W)
Time: 7:00 PM to 9:00 PM
Fee: No charge
Location: UFM Conference Room
1221 Thurston St., 2nd floor

Sponsored by Unity Church of Manhattan



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

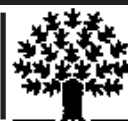
Contemporary Church Service
Sundays 11:00 A.M.

*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





Living Better with Massage 08BHW67

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.
Instructor: Mandy Ebert

Date: 06/20/2008 (F)
Time: 7:00 PM to 8:30 PM
Fee: \$10.00
Location: UFM Fireplace Room, 1221 Thurston

CPR/First Aid Blended Learning 08BHW70

Find out how you can cut classroom time for CPR, First Aid, and AED Training in half by using Blended Learning. Blended Learning combines a program which blends an ONLINE session with a skills practice and assessment session. Certification requirements are as follows:

1. Complete online session
2. Correctly answer at least 80 percent of the questions of the final exam. NOTE: Participants must successfully complete the online session before beginning the Skills Practice and Assessment Session.
3. Attend and participate in the skills practice and assessment session for the course.
4. Demonstrate competency in all required skills

Source: American Red Cross

NOTE: This class is for those who need to be re-certified and for new students. Test date is at UFM on July 18 from 9-noon.

Date: Students may purchase book anytime before test date at UFM, 1221 Thurston
Time: 9:00 AM to Noon
Fee: \$43.00 + book fee, \$16
Location: UFM Conference Room, 1221 Thurston

Evening Yoga 08BHW88A

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

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

Date: 06/02/2008 to 06/23/2008 (M)
Time: 7:15 PM to 8:45 PM
Fee: \$36.00
Location: KSU Ahearn Room 302

Evening Yoga 08BHW88B

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

Date: 07/07/2008 to 07/28/2008 (M)
Time: 7:15 PM to 8:45 PM
Fee: \$36.00
Location: KSU Ahearn Room 302

Morning Yoga 08BHW89A

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

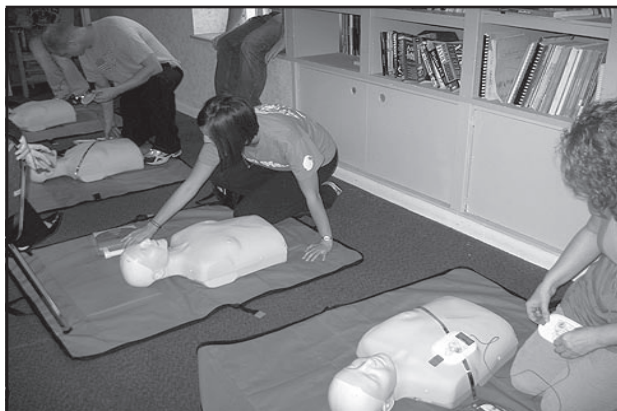
Instructor: Debbie Newton, (785) 539-8973
dnewton@flinthills.com

Date: 06/07/2008 to 06/28/2008 (Sa)
Time: 9:30 AM to 11:00 AM
Fee: \$36.00
Location: KSU Ahearn Room 302

Morning Yoga 08BHW89B

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

Date: 07/12/2008 to 08/02/2008 (Sa)
Time: 9:30 AM to 11:00 AM
Fee: \$36.00
Location: KSU Ahearn Room 302

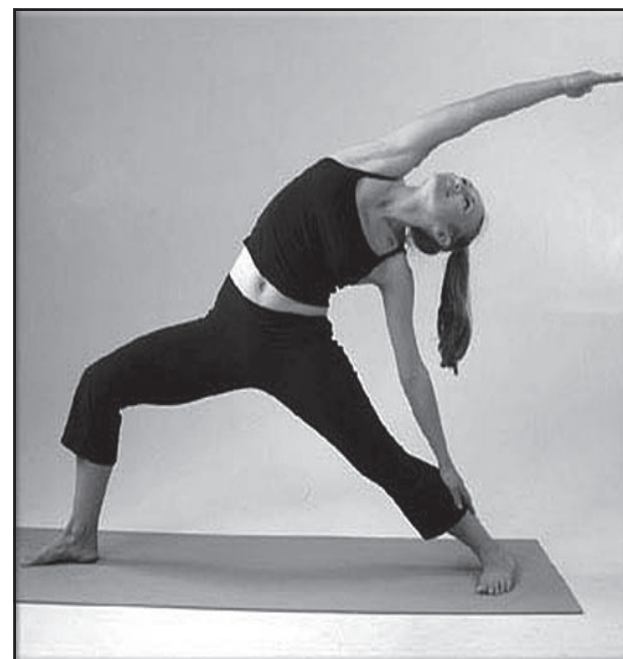


Cerebral Horticultural Lawn Mediation 08BHW252

Are you the type of person who enjoys watching grass grow but are tired of broadleaf infringing on your bentgrass? Do you believe in a well-manicured lawn without the use of harsh chemical inputs? Well then, Greenthumb, this is the class for you! During the course of study you will learn to mentally negotiate with pesky weeds and persuade them that the place for them is in someone else's yard. Using no more than the mental capacity you have, now you can harness the power of metacognition and visualize a lawn that is dandelion-free, or at least dandelion-flexible.
Instructor: Sunny Efficacy

Sunny Efficacy has been planting mental seeds for a greener tomorrow for 3 years and 13 months.

Date: First day of Spring
Time: Sunrise to Sunset
Fee: -\$1.00
Location: UFM house's yard



Take a Peek at the Past

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

Riley County Historical Museum

2309 Claflin

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

Goodnow House Museum

2309 Claflin

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



Pioneer Log Cabin

Manhattan City Park

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

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

Wolf House Museum

630 Fremont

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

RILEY COUNTY

HISTORICAL MUSEUM

For more information, call 565-6490



Language

Beginning Spanish for Adults 08BLA02

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

Date: 07/08/2008 to 07/24/2008 (Tu/Th)
 Time: 7:00 PM to 8:00 PM
 Fee: \$35.00
 Location: UFM Fireplace Room,
 1221 Thurston St.

French Language 08BLA04A

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: 06/04/2008 to 06/27/2008 (W/F)
 Time: 10:00 AM to 11:00 AM
 Fee: \$46.00
 Location: UFM Fireplace Room,
 1221 Thurston St.

French Language 08BLA04A

Date: 07/09/2008 to 08/01/2008 (W/F)
 Time: 10:00 AM to 11:00 AM
 Fee: \$46.00
 Location: UFM Fireplace Room, 1221 Thurston



ENROLL ONLINE AT WWW.TRYUFM.ORG

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



The Morning Star Bed & Breakfast
 "Exceptional Accommodations in the Heart of Manhattan"
 785-587-9703 www.morningstaronthepark.com

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



Martial Arts

Tae Kwon Do I

08BMA01Z

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

Instructor: David Moore

Date: 06/03/2008 to 07/31/2008 (Tu/Th)
Time: 7:00 PM to 8:00 PM
Fee: \$72.00
Location: KSU Ahearn Room 302

Lao Hu Pai Kung Fu

08BMA05

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

Instructor: 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: 06/04/2008 to 07/30/2008 (Tu/Th)
(No class 7/23)
Time: 6:45 PM to 8:45 PM
Fee: \$62.00
Location: KSU Ahearn Room 302



Ask about our youth scholarships for children at 539.8763

Karate & Self-Defense

08BMA10

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

Instructor: Habib Diop, hdiop@ksu.edu

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

Date: 06/10/2008 to 07/03/2008 (Tu/Th)
Time: 6:30 PM to 7:30 PM
Fee: \$62.00
Location: KSU- Ahearn Field House



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.

Recreation classes for children are listed in Youth & Aquatics sections



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 Citizen Journalists

08BPI04A

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 on-going efforts to prepare for this new project, this Summer we repeat our Basic Citizen Journalist course to help community members learn basic skills needed to be part of this project. The course covers journalist ethics, how to write a story for publication/air time, and teaches basic technology required to record a story for broadcasting. Participants will develop a class project in which they prepare a news/feature story for on-air broadcasting. Participants will receive a reading packet and will have weekly assignments. Participants will need to download Audacity - a freeware program that will be used in the production of their class project, which is available for both Mac and PC platforms.

Instructors: Dave McFarland and Christopher Renner

Date: 05/22/2008 to 6/19/2008 (Th)
Time: 7:00 PM to 9:00 PM
Fee: No charge
Location: UFM Conference Room,
1221 Thurston St., 2nd floor

Reporters Wanted: Basic Skills for Citizen Journalists

08BPI04A

Date: 07/10/2008 to 8/07/2008 (Th)
Time: 7:00 PM to 9:00 PM
Fee: No charge
Location: UFM Conference Room, 2nd floor

Flint Hills Youth Radio Project- Sound and Recording

08BPI13A

In building a community radio station, participation by youth is a high priority for us. We envision youth producing programming for a weekly or daily show run totally by youth. Flint Hills Youth Radio Project seeks to train, motivate and encourage youth to develop self-expression through the broadcast medium. It provides a forum for young people to be creative and responsible. This summer the UFM Radio Project will offer the first of three training modules just for youth. Young people who want to eventually be live on-air, will need to complete all three modules. Sound and Recording will cover the principles of sound and recording; field recording; and digital recording and editing. Participants will need to download freeware Audacity to their computers (Mac or PC platforms).

Date: 06/10/2008 to 6/26/2008 (Tu/Th)
Time: 3:00 PM to 5:00 PM
Fee: No charge
Location: UFM Conference Room,
1221 Thurston St., 2nd floor



Enroll online at our website:

www.tryufm.org

*View class descriptions

*Times, dates and locations

Pet First Aid & Safety

08BPI35

Pet First Aid, from the American Red Cross and the Humane Society of the United States, is an illustrated first aid reference for dog and cat lovers. This course provides detailed instructions for 50 injuries and illnesses, plus practical pet health tips.

Pet First Aid presents:

-Symptoms and care for common ailments and emergencies

-Instructions for creating a pet first aid kit

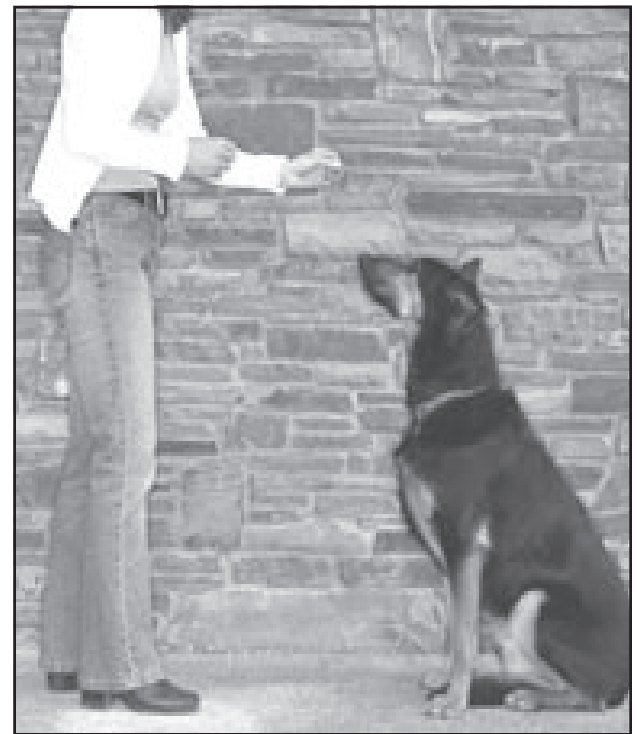
-Tips on maintaining your pet's health and well-being

Date: View website www.tryufm.org
for updates.

Time: 2:00 PM to 6:00 PM

Fee: \$22.00

Location: UFM



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.



Recreation & Fitness

Salsa Night

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

Date: 07/18/2008 (F)
Time: 8:15 PM to 9:00 PM
Fee: \$14.00
Location: Cross Roads, ECM, 1021 Denison Ave.

Ballroom Dance I

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

Instructor: Rebecca Schippers
rebeccaschippers@gmail.com

Date: 06/06/2008 to 08/15/2008 (F)
(No class 7/4)
Time: 6:30 PM to 8:00 PM
Fee: \$72.00
Location: Cross Roads, ECM, 1021 Denison Ave.

Introduction to Golf

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: 06/05/2008 to 06/26/2008 (Th)
Time: 7:00 PM to 8:00 PM
Fee: \$41.00
Location: Stagg Hill Golf Club,
4441 Fort Riley Blvd.

Introduction to Golf

Instructor: Jim Gregory, (785) 539-1041

Date: 07/10/2008 to 07/31/2008 (Th)
Time: 7:00 PM to 8:00 PM
Fee: \$41.00
Location: Stagg Hill Golf Club
4441 Fort Riley Blvd.

Golf

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

Date: 06/04/2008 to 07/23/2008 (W)
Time: 6:00 PM to 8:00 PM
Fee: \$132.00
Location: Stagg Hill Golf Club
4441 Fort Riley Blvd.

08BRF03

Zumba Dance

Zumba is a fusion of Latin and other International music - a dance theme that creates a dynamic, exciting, effective fitness system! It is based on the principle that a workout should be "FUN AND EASY TO DO" allowing Zumba participants to stick to the Zumba Fitness program and achieve long-term health benefits. Ages 13 and up.
Instructor: Elsa Toburen, (785) 494-2836
elsatob@hotmail.com

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

Date: 06/03/2008 to 06/26/2008 (Tu/Th)
Time: 5:20 PM to 6:20 PM
Fee: \$54.00
Location: KSU Ahearn Room 302

Zumba Dance

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

Date: 07/08/2008 to 07/31/2008 (Tu/Th)
Time: 5:20 PM to 6:20 PM
Fee: \$54.00
Location: KSU Ahearn Room 302

Zumba Dance

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

Date: 08/05/2008 to 08/28/2008 (Tu/Th)
Time: 5:20 PM to 6:20 PM
Fee: \$54.00
Location: KSU Ahearn Room 302

08BRF08A



08BRF08B

Bicycling for Transportation, Fitness & Fun

Summertime in Manhattan can be a great time to ride a bike. Cycling is one of the most basic and efficient forms of transportation, and a fantastic form of exercise. With the price of gasoline climbing higher and higher, more people are looking to their bicycles for short trips around town. Or, maybe you have been wanting to do some riding to get in better shape. Either way, it takes some skill and know-how to ride safely across town on roads dominated by cars. This class will help you gain the skill and knowledge to feel confident using a bike to commute, increase your fitness, and to have a great time no matter what the weather is doing. Classes will take place on and off the bike, and will cover safety considerations, rules of the road, basic mechanical skills, equipment considerations, bike handling skills, best routes of travel, and training for fitness. At a minimum, participants need a bicycle in good working order, a helmet, a spare tube, and tire levers.
Instructor: Ric Rosenkranz, (785) 317-5751
tiroosenkranz@hotmail.com

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

Date: 06/04/2008 to 06/25/2008 (W)
Time: 7:00 PM to 8:00 PM
Fee: \$58.00
Location: UFM Fireplace Room, 1221 Thurston



ASK ABOUT OUR YOUTH
AND ADULT
SCHOLARSHIPS AT
785/539.8763



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

Yoga-Pilates

08BRF142AZ

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

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

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

Date: 06/10/2008 to 07/31/2008 (Tu/Th)
Time: Noon to 1:00 PM
Fee: \$75.00
Location: Pro Fitness, 1125 Laramie St.

Yoga-Pilates

08BRF142BZ

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

Date: 06/10/2008 to 07/31/2008 (Tu/Th)
Time: 7:00 PM to 8:00 PM
Fee: \$75.00
Location: Pro Fitness, 1125 Laramie St.



Boxing

08BRF14AZ

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

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

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

Date: 06/09/2008 to 07/30/2008 (M/W)
Time: 10:30 AM to 11:30 AM
Fee: \$148.00
Location: K.O. Boxing, 2303 Tuttle Creek Blvd, Blue Hills Shopping Center

Boxing

08BRF14BZ

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

Date: 06/09/2008 to 07/30/2008 (M/W)
Time: 2:00 PM to 3:00 PM
Fee: \$148.00
Location: K.O. Boxing, 2303 Tuttle Creek Blvd, Blue Hills Shopping Center

Boxing

08BRF14C

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

Date: 06/09/2008 to 07/30/2008 (M/W)
Time: 6:30 PM to 7:30 PM
Fee: \$148.00
Location: K.O. Boxing, 2303 Tuttle Creek Blvd, Blue Hills Shopping Center

Boxing

08BRF14DZ

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

Date: 06/10/2008 to 07/31/2008 (Tu/Th)
Time: 6:30 PM to 7:30 PM
Fee: \$148.00
Location: K.O. Boxing, 2303 Tuttle Creek Blvd Blue Hills Shopping Center

Intermediate Boxing

08BRF54A

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

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

Date: 06/09/2008 to 07/30/2008 (M/W)
Time: 7:30 PM to 8:30 PM
Fee: \$148.00
Location: K.O. Boxing, 2303 Tuttle Creek Blvd Blue Hills Shopping Center

Intermediate Boxing

08BRF54B

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

Date: 06/09/2008 to 07/30/2008 (M/W)
Time: 8:30 PM to 9:30 PM
Fee: \$148.00
Location: K.O. Boxing, 2303 Tuttle Creek Blvd Blue Hills Shopping Center

Intermediate Boxing

08BRF54C

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

Date: 06/10/2008 to 07/31/2008 (Tu/Th)
Time: 7:30 PM to 8:30 PM
Fee: \$148.00
Location: K.O. Boxing, 2303 Tuttle Creek Blvd Blue Hills Shopping Center



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 to offer a class in our catalog

Recreation classes for children are listed in Youth and Aquatics sections



RECREATION & FITNESS CONTINUED

Intermediate Boxing

08BRF54D

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

Date: 06/10/2008 to 07/31/2008 (Tu/Th)
Time: 8:30 PM to 9:30 PM
Fee: \$148.00
Location: K.O. Boxing, 2303 Tuttle Creek Blvd
Blue Hills Shopping Center

Yoga for Combat Sports (Ages 16+)

08BRF73A

This course is for men and women alike; athletes and non-athletes interested in becoming stronger, more flexible, powerful and centered while working at their own level. Yoga for Combat Sports will lengthen your reach, increase your range of motion which will in turn give you more power, increase flexibility to decrease your chances of injury, help maintain balance in your stance, and increase your isometric force and muscle endurance. Train to properly utilize your core strength in your sport as well as everyday activities whether you are a competitive athlete, ex-athlete, or even a non-athlete looking for more intense yoga.

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

Date: 06/09/2008 to 07/30/2008 (M/W)
Time: 9:30 AM to 10:30 AM
Fee: \$148.00
Location: K.O. Boxing, 2303 Tuttle Creek Blvd
Blue Hills Shopping Center

Yoga for Combat Sports (Ages 16+)

08BRF73B

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

Date: 06/10/2008 to 07/31/2008 (Tu/Th)
Time: 10:30 AM to 11:30 AM
Fee: \$148.00
Location: K.O. Boxing, 2303 Tuttle Creek Blvd
Blue Hills Shopping Center

Choreography L.A. (Ages 16+) 08BRF74A

Choreography Lyric Association is for women and men alike who have the desire to learn how to dance in a comfortable environment. Whether you are a beginner or advanced dancer, this course will allow you to discover your creative side. A variety of styles of music will be used including hip-hop (old and new), country and Latin. This choreography course is based on word and movement association. Students will learn basic dance techniques as well as creating their own. The class will work together, listen to the music, choreograph dance routines and realize that anyone can learn how to dance if they are taught correctly and are having a good time.

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

Date: 06/09/2008 to 07/30/2008 (M/W)
Time: 5:30 PM to 6:30 PM
Fee: \$148.00
Location: K.O. Boxing, 2303 Tuttle Creek Blvd
Blue Hills Shopping Center

Choreography L.A. (Ages 16+) 08BRF74B

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

Date: 06/10/2008 to 07/31/2008 (Tu/Th)
Time: 11:30 AM to 12:30 AM
Fee: \$148.00
Location: K.O. Boxing, 2303 Tuttle Creek Blvd
Blue Hills Shopping Center

Total Body Toning

08BRF159AZ

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

Instructor: Jenni Brenner

Date: 06/09/2008 to 07/30/2008 (M/W)
Time: Noon to 1:00 PM
Fee: \$75.00
Location: Pro Fitness, 1125 Laramie St.

Total Body Toning

08BRF159BZ

Instructor: Jenni Brenner

Date: 06/10/2008 to 07/31/2008 (Tu/Th)
Time: 10:30 AM to 11:30 AM
Fee: \$75.00
Location: Pro Fitness, 1125 Laramie 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
21 October 2007 - 31 August 2008

Alphabet Soup:
Work by Stephen Johnson, Jim Munce, Tony Fitzpatrick
4 April - 3 August 2008

Mega Churches
by Joe Johnson, 2008 Friends of the Beach Museum of Art Gift Print Artist
4 April - 29 June 2008

More Than Words:
Illustrated Letters from the Smithsonian's Archives of American Art
2 May - 13 July 2008

BLAB!: A Retrospective
1 August - 2 November 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

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.fhpf.org

for all your
Outdoor Adventures



Bicycles, Accessories & Repair
Clothing & Equipment for
Backpacking, Camping, Canoeing,
Traveling, Climbing & Fly Fishing
Serving Northeast Kansas since 1975

The PATHFINDER
OUTDOOR EQUIPMENT SPECIALISTS

304 Poyntz, Downtown Manhattan 785-539-5639



RECREATION & FITNESS CONTINUED

Marathon Training

08BRF68

If you have ever wanted to finish a marathon or run a personal best, but didn't know how to begin or train, this is the class for you! This class will cover setting a marathon goal, designing a marathon schedule, selecting a marathon, nutrition, hydration, weather, prerace routines and postrace recovery. The course structure will consist of classroom lectures, discussions and some running. All participants are encouraged to meet outside of class time for organized runs. In addition, there will be opportunities to meet with the instructor at different locations outside of regularly scheduled classes for organized runs. This course is recommended for individuals that have been running at least 30 minutes per day, 4-7 days per week for 6 weeks. You must be able to run at least 6 miles the first week of class. The overall objective of this course is to provide a running environment where you are encouraged, inspired, and learn how to train for, complete and survive a marathon. Classroom will meet Tuesday at UFM's Conference Room, 1221 Thurston and work outs will be Thursday from 6-7 pm at Memorial Stadium outdoor track.
Instructor: Dan Boyle, (785) 532-6647

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

Date: 06/03/2008 to 07/10/2008 (Tu/Th)
Time: 6:00 PM to 7:00 PM
Fee: \$134.00
Location: UFM Conference Room
1221 Thurston St., 2nd floor

Enroll online at our website:

www.tryufm.org

*View class descriptions

*Times, dates and locations

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*

PEOPLE'S GROCERY & DELI

523 S. 17th (Corner of Yuma & 17th)
Manhattan 785-539-4811

Let's Get Running!

08BRF72

If you have ever wanted to start running, but didn't know how to begin, this is the class for you! This training program is designed for people who have never run before, those who may have tried to run, then stopped, and those who used to run and want to begin again. The program starts with walking/running workouts with a goal to run continuously for 30 minutes or 5 km by the work end of the 6 week program. The overall objective of this course is to provide a running environment where you are encouraged, inspired, and learn how to incorporate a running program into your lifestyle. You must have the physical ability to begin a program based on walking or running.
Instructor: Dan Boyle, (785) 532-6647

Date: 06/02/2008 to 07/14/2008 (M/W/F)
(No class 7/4)
Time: 6:00 PM to 7:00 PM
Fee: \$145.00
Location: Memorial Stadium outdoor track



Belly Dance Zill Skillz

08BRF75

This class will cover and drill the basics of incorporating zills, or finger cymbals, into your belly dancing. We will learn some common patterns used and drill playing them while practicing basic belly dance moves. This class is aimed at students who have at least one belly dance technique class under their hip scarves and are new to the art of zilling, or for more advanced students who would like to drill the basics and perfect their playing.

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. In that time she also began to informally study belly dancing and has since immersed herself in this ancient art form by studying with national stars such as Morocco, Jillina, Meera and Sharon Kihara. Lisa has been teaching belly dance for 4 years and is dedicated to sharing her passion with others.

Date: 06/02/2008 to 07/07/2008 (M)
Time: 6:00 PM to 7:00 PM
Fee: \$48.00
Location: UFM Banquet Room, 1221 Thurston St.

Dances of the World

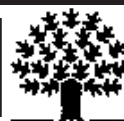
08BRF76

Learn fun dances from around the globe! You will learn dances and styles from many parts of the world, including Russian folk dances, Middle Eastern dance, Cajun dance and gypsy dance hand movements. Be ready to move, have fun, and learn about other cultures!

Instructor: Cathia Bailey

Cathia has loved both traveling and dancing from a young age. She has traveled quite a bit in Europe, Asia and Africa and lived in both Russia and West Africa. In Manhattan, she has taught belly dance for the past two years, as well as workshops on West African dance.

Date: 06/03/2008 to 07/01/2008 (Tu)
Time: 6:30 PM to 7:30 PM
Fee: \$40.00
Location: UFM Banquet Room, 1221 Thurston St.



Youth

Introduction to Nutcracker Ballet and Tap Dancing 08BYO06

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

Instructor: Randi Dale, (785) 539-5767

Randi Dale has taught dance for 46 years. Her dance choir toured the Midwest and Europe. She is a certified teacher with a Master's Degree in Education. In May 2008 her regular students will perform 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: 06/10/2008 to 06/24/2008 (Tu)
Time: 6:00 PM to 6:40 PM
Fee: \$16.00
Location: 2416 Rogers Blvd.

Youth Boxing (Ages 7-16+) 08BYO29A

The K.O. Youth Boxing 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. All K.O. classes encourage teamwork and confidence, and are fun and exciting. (Ages 12-16 may enroll in Boxing 101 - the Adult Intro Course - following evaluation with Coach L)

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

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

Date: 06/10/2008 to 07/31/2008 (Tu/Th)
Time: 5:30 PM to 6:30 PM
Fee: \$148.00
Location: K.O. Boxing, 2303 Tuttle Creek Blvd, Blue Hills Shopping Center



Dance-Cheer-Gymnastics Camp 08BYO34A

This specialized camp is for girls who have the desire to dance, tumble and cheer in a safe and non-competitive environment. Beginners as well as those who have dance and/or gymnastics training will discover their creative side. Every pre-teen to teenage girl looking to try out for cheerleading or drill team should join this camp. During this camp students will learn and perform entertaining dance routines choreographed with floor gymnastics skills, along with cheers, jumps, and chants. Girls will learn how to take the stage by leaps, jumps and vote-getting smiles!

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

Date: 06/09/2008 to 06/30/2008 (M-F)
Time: 3:00 PM to 4:00 PM
Fee: \$148.00
Location: K.O. Boxing, 2303 Tuttle Creek Blvd, Blue Hills Shopping Center

Dance-Cheer-Gymnastics Camp 08BYO34B

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

Date: 07/07/2008 to 07/28/2008 (M-F)
Time: 3:00 PM to 4:00 PM
Fee: \$148.00
Location: K.O. Boxing, 2303 Tuttle Creek Blvd, Blue Hills Shopping Center



Beginning Drawing for Youth (Ages 10-12)

08BYO39

Being able to draw accurately is not so much a talent as it is a learned skill. Learning to draw is really about learning to see accurately. In this class you will learn to slow down, focus, see, and draw common objects accurately. This is a challenging class for youth, offered in a playful, supportive, fun way. A wide variety of drawing tools and papers will be introduced. No experience necessary. All drawing materials provided. Wear your worst clothes, bring your best attitude, and let's learn to draw & play!

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

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

Date: 06/04/2008 to 07/09/2008 (W)
Time: 3:30 PM to 4:30 PM
Fee: \$67.00
Location: UFM Fireplace Room
1221 Thurston St.

Baking Buddies 08BYO40A

A basic beginning baking/cooking class designed to teach the following: the basic food groups, kitchen abbreviations, how to read a recipe, kitchen tools and how to make basic kid friendly recipes. Students will be given the option to take their food samples with them, and will receive a basic recipe book to make the recipes at home. Deadline registration is May 27.

Instructor: Alicia Pecenka

Alicia is a middle school Family and Consumer Science teacher and has taught for six years. She loves cooking and baking and believes it is essential life skills for all kids to learn.

Date: 06/03/2008 to 06/05/2008 (Tu/Th)
Time: 8:00 AM to 10:15 AM
Fee: \$30.00
Location: UFM Kitchen, 1221 Thurston St.

Baking Buddies 08BYO40B

Deadline registration is May 27.
Instructor: Alicia Pecenka

Date: 06/03/2008 to 06/05/2008 (Tu/Th)
Time: 10:30 AM to 12:45 AM
Fee: \$30.00
Location: UFM Kitchen, 1221 Thurston St.

Baking Buddies 08BYO40C

Deadline registration is June 3.
Instructor: Alicia Pecenka

Date: 06/10/2008 to 06/12/2008 (Tu/Th)
Time: 8:00 AM to 10:15 AM
Fee: \$30.00
Location: UFM Kitchen, 1221 Thurston St.


Baking Buddies 08BYO40D

Deadline registration is June 3.
Instructor: Alicia Pecenka


Date: 06/10/2008 to 06/12/2008 (Tu/Th)
Time: 10:30 AM to 12:45 AM
Fee: \$30.00
Location: UFM Kitchen, 1221 Thurston St.

Flint Hills Youth Radio Project
information on page 22.

UFM Toon Program!



UFM Teen Program
pairs KSU Students with
local kids age 12-17!



Tons of Fun!
~ Field Trips!
~ Outdoor games!
~ Great Relationships!

Starting June 4!

Contact:
Mentor Coordinator
(785) 539-8763

FRIDAY



NIGHT

OUT

JUNE FRIDAY NIGHTS

JUNE 6 | GOING GREEK

THIS SUMMER WE WOULD LIKE TO CHANGE UP THE MENU BY GOING GREEK WITH TRADITIONAL AND NEW RECIPES. FROM APPETIZERS TO ENTREES, THIS CLASS WILL GIVE YOU A PASSPORT TO THE GREEK ISLES WITHOUT EVER LEAVING MANHATTAN. ALL RECIPES ARE SIMPLE AND EASY TO DO.

INSTRUCTOR: DAVID ESPENOZA

6:30 TO 9:30 PM | \$24 | UFM KITCHEN

JUNE 13 | EVENING OF SOUTHERN ITALIAN COOKING

ITALIANS LOVE THE SUMMER AND THE BOUNTY IT BRINGS IN FRESH TOMATOES, BEANS, EGGPLANT, PEPPERS, FRESH GREENS AND BASIL. MEATS ARE GRILLED AND OFTEN THE KITCHEN MOVES TO THE BACK PORCH TO KEEP THE HOUSE COOL IN THE SUMMER HEAT. JOIN US FOR AN OPPORTUNITY TO HAVE A TRADITIONAL SOUTHERN ITALIAN SUMMER FARE PREPARED. WINE WILL ALSO BE PROVIDED FOR PARTICIPANTS AGE 21 AND OLDER.

INSTRUCTOR: CHRIS RENNER

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

JUNE 20 | LIVING BETTER WITH MASSAGE

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

INSTRUCTOR: MANDY EBERT

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

JUNE 27 | BEER TASTING

TALLGRASS BREWING COMPANY'S BREWMASTER WILL GUIDE STUDENTS DURING A BEER TASTING OF VARIOUS BEER STYLES FROM AROUND THE WORLD. STUDENTS WILL LEARN ABOUT THE INFLUENCE OF BARLEY, WHEAT, HOPS, WATER, AND YEAST ON THE FLAVOR OF BEER, AND HOW TO RECOGNIZE THOSE FLAVORS IN FINE BEERS. CLASS WILL BE HELD AT TALLGRASS BREWING COMPANY. PARTICIPANTS MUST BE 21 YEARS AND OLDER.

INSTRUCTOR: TALLGRASS BREWING COMPANY

6:30 TO 8:30 PM | \$12 | 8845 QUAIL LN, STE 1



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

JULY FRIDAY NIGHTS

JULY 11 | TAMALES FEAST

EVER WANT TO LEARN HOW TO MAKE YOUR OWN AUTHENTIC TAMALES FROM SCRATCH? TAKE THIS CLASS AND YOU WILL BECOME A TAMALE GURU! CLASS INCLUDES ONE DOZEN FRESH HOMEMADE TAMALES MADE IN CLASS, SALSA AND REFRESHMENTS FOR THOSE OVER 21.

INSTRUCTOR: DAVID ESPENOZA

5:00 TO 9:00 PM | \$30 | UFM KITCHEN

JULY 18 | SALSA NIGHT

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

INSTRUCTOR: BECKY SCHIPPERS

8:15 TO 9:00 PM | \$14 | 1021 DENISON AVE.

JULY 25 | POKER NIGHT

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

INSTRUCTOR: ADAM DURAR

7:00 TO 8:30 PM | \$17 | UFM FIREPLACE ROOM

AUGUST FRIDAY NIGHTS

AUG 1 | EVENING OF SOUTHERN ITALIAN COOKING

ITALIANS LOVE THE SUMMER AND THE BOUNTY IT BRINGS IN FRESH TOMATOES, BEANS, EGGPLANT, PEPPERS, FRESH GREENS AND BASIL. MEATS ARE GRILLED AND OFTEN THE KITCHEN MOVES TO THE BACK PORCH TO KEEP THE HOUSE COOL IN THE SUMMER HEAT. JOIN US FOR AN OPPORTUNITY TO HAVE A TRADITIONAL SOUTHERN ITALIAN SUMMER FARE PREPARED. WINE WILL ALSO BE PROVIDED FOR PARTICIPANTS AGE 21 AND OLDER.

INSTRUCTOR: CHRIS RENNER

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



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.

REFRESHMENTS WILL BE SERVED AT CLASSES

KSU Credit Courses

These recreational courses for KSU credit are offered for credit through the **DIVISION OF CONTINUING EDUCATION** with the cooperation of various KSU departments. Register at 131 College Court St. on Anderson Ave. Fees for these classes differ depending on special instructor and equipment needs. Enrollment, withdrawal and refunds are determined by University policy and handled at the Division of Education Registration office. Call **785/532.5566** for questions or information, or visit <http://www.dce.ksu.edu/courses/recreational.shtml>

Ballroom Dance **DANCE-599**

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

Reference Number: 90400

Date: 06/06/2008 to 08/15/2008 (F)
(No class 7/4)

Time: 6:30 PM to 8:00 PM

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

Location: ECM Auditorium, 1021 Denison



Beginning Yoga **DANCE-599**

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

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

Reference Number: 90401

Date: 06/09/2008 to 07/30/2008 (M/W)

Time: 5:45 PM to 6:45 PM

Fee: \$254.50

(Available for non-credit, HW15AZ)

Location: KSU Ahearn Room 302

Scuba Diving **RRES-200**

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

Instructor: Jeff Wilson, wheatlan@kansas.net

Reference Number: 90407

Date: 06/09/2008 to 07/14/2008 (M)

Time: 5:30 PM to 9:30 PM

Fee: \$367.50

(Available for non-credit, AQ105AZ)

Location: Natatorium, KSU Campus

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.

Prerequisites: Students MUST be able to 1) comfortably swim 50 yards of front crawl, back crawl, and breaststroke, at an intermediate level; ie., using rhythmic breathing and a propellant kick during stroke; and 2) be comfortable in deep water (be able to tread).

Instructor: Melissa Haug

Reference Number: 90414

Date: 06/10/2008 to 07/24/2008 (Tu/Th)

Time: 6:00 PM to 7:30 PM

Fee: \$240.50

(Available for non-credit, AQ108AZ)

Location: Natatorium, KSU Campus

Golf **RRES-200**

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

Instructor: Jim Gregory, (785) 539-1041

Reference Number: 90406

Date: 06/04/2008 to 07/23/2008 (W)

Time: 6:00 PM to 8:00 PM

Fee: \$299 (Available for non-credit, RF05Z)

Location: 4441 Fort Riley Blvd.
Stagg Hill Golf Club



Total Body Toning **RRES-200**

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

Instructor: Jenni Brenner

Reference Number: 90410

Date: 06/09/2008 to 07/30/2008 (M/W)

Time: Noon to 1:00 PM

Fee: \$280

(Available for non-credit, RF159AZ)

Location: Pro Fitness, 1125 Laramie St.

Reference Number: 90411

Date: 06/10/2008 to 07/31/2008 (Tu/Th)

Time: 10:30 AM to 11:30 AM

Fee: \$280

(Available for non-credit, RF159BZ)

Location: Pro Fitness, 1125 Laramie St.

Yoga-Pilates **RRES-200**

Yoga-Pilates is a hybrid class combining both yoga and pilates. You will learn about the different types of yoga and 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, dknox@ksu.edu

Reference Number: 90412

Date: 06/10/2008 to 07/31/2008 (Tu/Th)

Time: Noon to 1:00 PM

Fee: \$280

(Available for non-credit, RF142AZ)

Location: Pro Fitness, 1125 Laramie St.

Reference Number: 90413

Date: 06/10/2008 to 07/31/2008 (Tu/Th)

Time: 7:00 PM to 8:00 PM

Fee: \$280

(Available for non-credit, RF142BZ)

Location: Pro Fitness, 1125 Laramie St.

**Enroll for KSU Credit classes through
Division of Continuing Education at 785/532.5566**



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: 90408

Date: 06/03/2008 to 07/31/2008 (Tu/Th)

Time: 7:00 PM to 8:00 PM

Fee: \$240.50

(Available for non-credit, MA01Z)

Location: KSU Ahearn Room 302



Boxing

RRES-200

This 8-week introductory course will introduce students to the sport of USA Olympic Style Boxing in a safe and comfortable environment. This course is for both men and women of all shapes and sizes that have the desire to learn how to box. Whether you are interested in losing weight, getting in great shape, gaining boxing knowledge and even wishing to become an amateur boxer, this is where your training begins. Equipment used: heavy bags, speed bags, double-end bags and mitts. No sparring during course. Enrollment open to men and women.

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

koboxer@sbcglobal.net

Reference Number: 90403

Date: 06/09/2008 to 07/30/2008 (M/W)

Time: 10:30 AM to 11:30 AM

Fee: \$278

(Available for non-credit, RF14AZ)

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

Reference Number: 90415

Date: 06/09/2008 to 07/30/2008 (M/W)

Time: 2:00 PM to 3:00 PM

Fee: \$278

(Available for non-credit, RF14BZ)

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

Reference Number: 90404

Date: 06/10/2008 to 07/31/2008 (Tu/Th)

Time: 6:30 PM to 7:30 PM

Fee: \$278

(Available for non-credit, RF14DZ)

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



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

k-state evening college

For more information, call 1-800-622-2KSU or 785-532-5575 today! informationdce@ksu.edu



THANKS FOR YOUR SUPPORT!!

We wish to thank the following contributors to UFM and to the Lou Douglas Lecture Series for their financial assistance during 2007. These donations help underwrite general operating costs, lecture expenses and scholarships that make UFM program services and the Lou Douglas Lectures possible.

LIFELONG LEARNER

Aceware Systems
Kate Cashman and Jerry Bays
Don and Irmie Fallon
John and Kathryn Hodge
KSU Office of the Provost
K-State Student Governing Association
Sam and Yvonne Lacy
Little Apple Pilot Club
Manhattan Alliance for Peace & Justice
Manhattan Mercury
Karen and John McCulloh
Jerry and Berry Phares

BENEFACTOR

Nancy Bolsen
Brock and Bettie Dale
Claflin Books and Copies
Commerce Bancshares Foundation
Sue Maes and Dennis Hemmendinger
John and Karen Hofmeister
Jeune and Philip Kirmser
Kelly Landes
Steve and Lori Levin
Jo Manz
McCall's Employee Group
Harriet and Martin Ottenheimer
Melodie Pooler
John and Barbara Rees
Faith Roach
Don and Ronna Robertson
Jane and Bill Roy, Sr.
Franz and Phoebe Samelson
Neil and Ruth Schrum
Edward Seaton
S. Lee Taylor
Larry Weaver

EDUCATOR

Loren and Donna Alexander
Phil and Dawn Anderson
Andrea Blair
Steve and Dorothy Bollman
Forrest Buhler
James and Terry Carpenter
Carol and John Chalmers
Ken and Margaret Conrow
Mel and Mary Cottom
Anne Cowan
Bill Dorsett
Lelah Dushkin
John and Judy Exdell
Clyde and Marilena Ferguson
Larry and Penny Fry

Jan Garton
Buzz and Rose Harris
Ernst Horber
Don and Joyce Hoyt
Grace Y. Hwang
Stacy and Lowell Kohlmeier
Bobbie and Dave Kromm
Bob and Jan Kruh
Eugene Laughlin
Manhattan Friends Meeting
Joseph and Julie Merklin
Tom and Virginia Moxley
Wayne and Elfrieda Nafziger
Debbie L. Nuss
Kathleen and Michael Oldfather
Oviatt Family
Barbara and Ernie Peck
Flordie Pettis
Tom Phillips
Emilie Rabbat
Leo and Joy Schell
Bruce and Leslie Snead
Michael and Penny Suleiman
Lloyd and Sally Thomas
Dwight and Mary Hale Tolar
Paul Weidhaas and Madonna Stallman
Dan Wilcox
Van and Barbara Withee

LEARNER

Bill and Shirley Arck
Mimi Balderson
Douglas Beech
Dick and Sylvia Beeman
Nelda Elder
F. Gene Ernst
William and Elise Guthridge
Mr. and Mrs. Charles Kramer
Helen Long
Linda and Ron Madl
Harold Orbach
Carol Oukrop
William Pallett
Karen Schroeder
Stephen Stover
Ray Weisenburger

FRIEND

Joye Ansdell
Bill and Leesie Guthridge
Mary Hubbard
Jean Hulbert
Steve and Elaine Johannes
Allie Lousch

Bruce McMillan
Linda Morse
Charles and Susan Oviatt
Ann Pyle
Allen and Amy Renz

K-State Offices, Colleges and Departments:

Office of the Provost
Student Governing Association
KSU Graduate School
College of Agriculture
College of Arts and Science
College of Education
College of Business Administration
School of Journalism and Mass Comm.
Department of Geology
Department of Geography
Department of Mathematics
Department of Political Science
Department of Psychology
Department of Speech Communication, Theater and Dance
Division of Continuing Education
Union Program Council

CATALOG SPONSORS

Claflin Books and Copies
Dorothy Bramlage Library
Grassland Heritage Foundation
KSU Evening College
KSU Volunteer Center
Manhattan Arts Center
Manhattan Mystery Conclave
Marianna Kistler Beach Museum of Art
Morning Star Bed and Breakfast
Pawnee Mental Health Services
People's Grocery
PFLAG
Radina's Coffeehouse and Bakery
Riley County Historical Museum
Stagg Hill Golf Pro Shop
Strecker-Nelson Gallery
Unity Church of Manhattan
WildflowerYarns and Knitwear
Yama Bushi Kai Martial Arts
Yoga Connection

UFM Can Accept Donations in Many Forms

We will be glad to find a way to make a UFM donation fit your budget and convenience.

- **Teach a Class** -- Donating your time to teach a UFM class can be deducted from your taxes at a dollar value.
- **Community Foundation Account** -- UFM has an account at The Greater Manhattan Community Foundation that can accept accept endowed donations.
- **Put Us in Your Will** for future assistance. UFM has an endowment account at The Greater Manhattan Community Foundation.
- **Equipment, Supplies or Services** -- UFM often has need for carpentry, yard care, miscellaneous equipment and specialty supplies. A donation in this area is also tax deductible.

What Will Your Donation Buy?

Gifts to UFM may be designated in several ways.

- **General Operations** -- Keeps the catalog coming with a wide array of class choices and supports service projects.
- **Endowment Fund** -- Supports long-term program success.
- **Scholarship Fund** -- Provides scholarships to adults and children with financial challenges.
- **Program/Series Sponsorship** -- Sponsor a class, a series, or an entire section of the catalog that interests you.
- **Program/Series Endowment** -- A gift of \$5,000 or more can ensure a regular series of classes or lectures around a topic of interest.

Call Linda at 785/539.8763 for details and to discuss options.



I wish to donate: _____ \$25 _____ \$50 _____ \$100 _____ Other

_____ I would like to be billed in _____ installments.

_____ Call me regarding a gift to UFM.

Name: _____ (H) _____

Address: _____ (W) _____

City: _____ State: _____ Zip code: _____

It's not too late to become a UFM Sponsor. Fill out the coupon and send to: UFM, 1221 Thurston Manhattan, KS, 66502. Your contribution is tax deductible.

Information

Cathia Bailey
Scott Bean
Dan Boyle
Jenni Brenner
Bob Campbell
Kathlene Casey
Kate Cashman
Randi Dale
Habib Diop
Bill Dorsett

Adam Durar
Mandy Ebert
David Espenosa
Ana Franklin
Jeff Gill
Nancy Goulden
Craig Graves
Jim Gregory
Mike Haddock
Colleen Hampton

Jeff Hansen
Melissa Haug
Amy Hervey
Palma Holden
Grant Holthaus
Marcia Hornung
Diana Knox
Lisa (Gaitri) McNeil
David Moore
Debbie Newton

Alicia Pecenka
Emilie Rabbat
Linda Rae
Christopher Renner
Lorissa Ridley-Fink
Ric Rosenkranz
Rebecca Schippers
Cindy Sloan
Carol Stites
Elsa Toburen

Michael Tran
Abby Thrash
Amy Trujillo
Kennita Tully
Pam Westmeyer
Jeff Wilson
Kevin Wilson
Chulee Yaege

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: Wednesday, June 4, 2008
TIME: 10:00 AM to 2:00 PM
LOCATION: KSU Student Union

Registration continues throughout the semester:
UFM 1221 Thurston St. | 8:30 AM to 5:00 PM
Closed Noon to 1:00 PM
(after office hours, you can leave a message
between 5:00 PM and 8:30 AM at 785/539.8763)

MAILING YOUR REGISTRATIONS?

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

Enroll online at our website:

www.tryufm.org

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

DONATIONS

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

Tax deductible contributions may be sent to UFM at:
1221 Thurston St
Manhattan, KS 66502

CRA-Community Resource Act

Who we are: UFM's State Outreach Program

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

How we assist: Mini-grants and free technical assistance

For more information:
call UFM at 785/539.8763

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

ABOUT UFM CLASSES

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

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

UFM CANCELLATION POLICY

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

REFUND POLICY

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

SPECIAL POLICIES FOR KSU CREDIT CLASSES

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

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

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

INCLEMENT WEATHER POLICY

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

LIABILITY STATEMENT

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

NONDISCRIMINATION POLICY

UFM Community Learning Center is committed to nondiscrimination on the basis of race, gender, national origin, disability, religion, age, sexual orientation, political beliefs or other non merit reasons, in admissions, educational programs or activities and employment (including employment of disabled veterans and veterans of the Vietnam Era) as required by applicable laws and regulations. Students under age 18 need the permission of a parent or guardian. Some individual classes may have age restrictions or may require instructor permission. Please call (785/539.8763) to make arrangements for classroom accessibility.



REGISTER NOW!!



Visit our secure website:

www.tryufm.org

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



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

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



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



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

UFM 1221 THURSTON 539-8763
Manhattan, KS 66502

UFM 1221 THURSTON 539-8763
Manhattan, KS 66502

UFM Community Learning Center

Registration Form

1221 Thurston Manhattan, KS 66502 539-8763

Student Name _____ Day Phone _____

Address _____ Evening Phone _____

City _____ State KS Zip _____ Email _____

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

Parent's Name if Student is Under Age 18 _____

CLASS # Session TITLE FEE LOCATION DATE TIME

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 _____	

Celebrate UFM's 40th Anniversary 1968-2008

TEACHING * LEARNING * GROWING

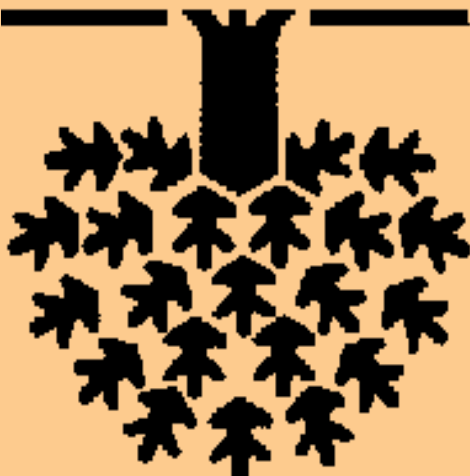
COMMUNITY LEARNING CENTER SUMMER CLASSES



2008

Learn something
new & fun
with UFM!!

VOL. 45 EDITION 1

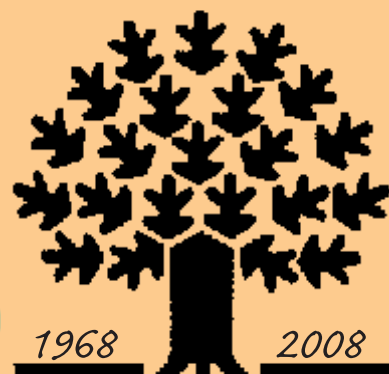


Summer 2008 Classes -inside-



SUMMER CLASSES
Youth/Adult drawing
Computer classes
Friday Night Out! Series

JUNE - AUGUST 2008
Baking Buddies
Belly Dance Zill Skillz
Beer Tasting



UFM

Community Learning Center

1221 Thurston St. | Manhattan, KS 66502

www.fryufm.org

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

OR CURRENT RESIDENT