UFM has the cure for the summertime blues.

Summer Classes June - August 2005

Astronomy
Cake Decorating
CPR & First Aid

ONLINE Grantwriting
Square Dance
Guitar
Welcome to UFM Community Learning Center...

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

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Enroll online
at www.ufmprorgs.org!

WHERE WE'RE LOCATED

UFM
1221 Thurston

Bertrand St.
KSU Campus
Thurston St.
Kearney St.

Yetter St.
Anderson Ave.
Bluemont Ave.

BOARD OF DIRECTORS

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Teen Mentoring Program Coordinator - Karen Roesch
Office Coordinator - Lori Shelton
Media Coordinator - Annette Sweet
Swim Supervisors - Abby Scheppner, Jorie Spenard

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

ufmprograms.org

The UFM office is open Monday-Friday
8:30 am - 5 pm (closed 12 Noon - 1 pm). Call if you need to visit the office at lunchtime and we will make arrangements to be open for you.
Learn to Swim Classes

UFM proudly teaches the American Red Cross Swim Lessons Level 1/2, 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 ensure 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 - Abraham Complex
Lockers are available for use during class. Participants must supply towels and swimwear. Showers are required before entering the water. 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.

PARENTS DAY will be scheduled to allow parents on deck to observe their child’s progress. Each child will receive a progress report at this time as well as at the end of class.

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

Session A: Monday - Friday, June 6 - June 17
Session B: Monday - Friday, June 20 - July 1
Session C: Monday - Friday, July 5 - July 15
Session D: Monday - Friday, July 18 - July 29

Session A: June 6 - June 10 (Monday - Friday)
Session B: June 13 - June 17 (Monday - Friday)
Session B: June 20 - June 24 (Monday - Friday)
Session C: June 27 - July 1 (Monday - Friday)
Session C: July 5 - July 9 (Monday - Friday)
Session D: July 12 - July 16 (Monday - Friday)
Session D: July 25 - July 29 (Monday - Friday)

Level II: Primary Skills

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

Session A: Monday - Friday
AQ13 10:05am - 10:45am
AQ14 10:50am - 11:30am
AQ15 6:15pm - 6:55pm
Session B: Monday - Friday
AQ16 10:05am - 10:45am
AQ17 10:50am - 11:30am
AQ18 6:15pm - 6:55pm
Session C: Monday - Friday
AQ19 10:05am - 10:45am
AQ20 10:50am - 11:30am
AQ21 6:15pm - 7:00pm
Session D: Monday - Friday
AQ22 10:05am - 10:45am
AQ23 10:50am - 11:30am
AQ24 6:15pm - 6:55pm

Fee: $47.00 per session

Level III: Stroke Readiness

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

Session A: Monday - Friday
AQ25 10:05am - 10:45am
AQ26 10:50am - 11:30am
AQ27 6:15pm - 6:55pm
Session B: Monday - Friday
AQ28 10:05am - 10:45am
AQ29 10:50am - 11:30am
AQ30 6:15pm - 6:55pm
Session C: Monday - Friday
AQ31 10:05am - 10:45am
AQ32 10:50am - 11:30am
AQ33 6:15pm - 7:00pm
Session D: Monday - Friday
AQ34 10:05am - 10:45am
AQ35 10:50am - 11:30am
AQ36 6:15pm - 6:55pm

Fee: $47.00 per session

Tot Transition

If your 3-4 year old toddler is ready to try the water without a parent, but not ready for Level I, this short class is for them. Emphasis will be on basic water safety and preparation activities for swimming. Some parent participation may be allowed.

Session A: Mon-Friday
AQ2T 9:30am - 10:00am
AQ2T 5:00pm - 6:00pm
Session B: Mon-Friday
AQ3T 1:30pm - 2:00pm
AQ3T 5:30pm - 6:00pm
Session D: Mon-Friday
AQ3T 9:30am - 10:00am
AQ3T 5:30pm - 6:00pm

Fee: $22.00 per session

Level I: Water Exploration

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

Session A: Monday - Friday
AQ1 10:05am - 10:45am
AQ1 10:50am - 11:30am
AQ3 6:15pm - 6:55pm
Session B: Monday - Friday
AQ4 10:05am - 10:45am
AQ5 10:50am - 11:30am
AQ6 6:15pm - 6:55pm
Session C: Monday - Friday
AQ7 10:05am - 10:45am
AQ8 10:50am - 11:30am
AQ9 6:15pm - 7:00pm
Session D: Monday - Friday
AQ10 10:05am - 10:45am
AQ11 10:50am - 11:30am
AQ12 6:15pm - 6:55pm

Fee: $47.00 per session

Level II: Primary Skills

Tot Transition

If your 3-4 year old toddler is ready to try the water without a parent, but not ready for Level I, this short class is for them. Emphasis will be on basic water safety and preparation activities for swimming. Some parent participation may be allowed.

Session A: Mon-Friday
AQ2T 9:30am - 10:00am
AQ2T 5:00pm - 6:00pm
Session B: Mon-Friday
AQ3T 1:30pm - 2:00pm
AQ3T 5:30pm - 6:00pm
Session D: Mon-Friday
AQ3T 9:30am - 10:00am
AQ3T 5:30pm - 6:00pm

Fee: $22.00 per session

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 8 meetings the parents will receive instruction and have opportunity to practice water techniques with their children. Parent must accompany child in the water.

Session A: Mon-Friday
AQ10F 9:30am - 10:00am
AQ10F 5:00pm - 6:00pm
Session B: Mon-Friday
AQ10F 9:30am - 10:00am
AQ10F 5:30pm - 6:00pm
Session C: Mon-Friday
AQ10F 9:30am - 10:00am
AQ10F 5:30pm - 6:00pm
Session D: Mon-Friday
AQ10F 9:30am - 10:00am
AQ10F 5:30pm - 6:00pm

Fee: $22.00 per session
Level IV: Stroke Development

The objective of Level IV is to develop confidence in the stroke learned thus far and to improve other aquatic skills. Students will increase their endurance by swimming similar strokes (elementary backstroke, breast 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 of Level III.

Session A: Monday - Friday
AQ77 10:00am - 10:45am
AQ78 10:45am - 11:30am
AQ79 6:15pm - 6:55pm

Session B: Monday - Friday
AQ81 10:00am - 10:45am
AQ84 10:45am - 11:30am
AQ85 6:15pm - 6:55pm

Session C: Monday - Friday
AQ87 10:00am - 10:45am
AQ88 10:45am - 11:30am
AQ89 6:15pm - 7:00pm

Session D: Monday - Friday
AQ91 10:00am - 10:45am
AQ92 10:45am - 11:30am
AQ93 6:15pm - 6:55pm
Fee: $47.00 per session

Level V: Stroke Proficiency

The objective of Level V 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 turns dives. Students entering this course must have a Level V certificate or be able to demonstrate the skills required to complete Level V.

Session A: Monday - Friday
AQ97 10:00am - 11:30am
AQ98 6:35pm - 6:55pm

Session B: Monday - Friday
AQ99 10:00am - 11:30am
AQ96 6:35pm - 6:55pm

Session C: Monday - Friday
AQ61 10:00am - 11:30am
AQ62 6:35pm - 7:00pm

Session D: Monday - Friday
AQ63 10:00am - 11:30am
AQ64 6:35pm - 6:55pm
Fee: $47.00 per session

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 enjoy enjoyment of their leisure time. No prerequisites. If enrollment is low, this class will be moved to private or semi-private lessons.

Session B: Monday - Friday
AQ65 6:15pm - 6:55pm
Fee: $47.00 per session

Session C: Monday - Friday
AQ66 6:15pm - 6:55pm

Lap Swimming Ages 13 plus

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

Session A: Monday - Friday
AQ67 10:00am - 11:30am
AQ68 6:00pm - 7:00pm

Session B: Monday - Friday
AQ69 10:00am - 11:30am
AQ70 6:00pm - 7:00pm

Session C: Monday - Friday
AQ71 10:00am - 11:30am
AQ72 6:00pm - 7:00pm

Session D: Monday - Friday
AQ73 10:00am - 11:30am
AQ74 6:00pm - 7:00pm
Fee: $19.00 per session

Lap Swimming for Parents

Are you tired of being just an observer at your child's swimming lesson? If so, 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.

Session A: Monday - Friday
AQ75 10:00am - 11:30am
AQ76 6:00pm - 7:00pm

Session B: Monday - Friday
AQ77 10:00am - 11:30am
AQ78 6:00pm - 7:00pm

Session C: Monday - Friday
AQ79 10:00am - 11:30am
AQ80 6:00pm - 7:00pm

Session D: Monday - Friday
AQ81 10:00am - 11:30am
AQ82 6:00pm - 7:00pm
Fee: $16.00 per session

Shallow Hydroaerobics: Water Exercise

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

Session A: June 6 - June 17
Monday - Friday (6:05pm - 7:00pm)
AQ83 (1 time a week)
AQ84 (3 times a week)
AQ85 (5 times a week)

Session B: June 22 - July 1
Monday - Friday (6:05pm - 7:00pm)
AQ86 (1 time a week)
AQ87 (3 times a week)
AQ88 (5 times a week)

Session C: July 5 - July 15
Monday - Friday (6:05pm - 7:00pm)
AQ89 (1 time a week)
AQ90 (3 times a week)
AQ91 (5 times a week)

Session D: July 18 - July 29
Monday - Friday (6:05pm - 7:00pm)
AQ92 (1 time a week)
AQ93 (3 times a week)
AQ94 (5 times a week)
Fee: $12.00 for 3 Times a week per session
$18.00 for 5 Times a week per session
$22.00 for 7 Times a week per session

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.
**Shallow Water Hydro aerobics for the entire summer**

(june 7 - July 30)

AQ85 1 Time a week
AQ86 3 Times a week
AQ87 5 Times a week

Fee: $44.00 for 1 Time a week
$50.00 for 3 Times a week
$62.00 for 5 Times a week

**Deep Water Hydro aerobics**

This semester we will be offering a deep water hydro aerobics class. This will be 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 workout. Only swimmers who can tread water without a flotation device are allowed to participate in the class.

Session A: June 7 - June 16
AQ88 Tuesday & Thursday 6:05pm - 7:00pm
Session B: June 21 - June 30
AQ99 Tuesday & Thursday 6:05pm - 7:00pm
Session C: July 5 - July 14
AQ100 Tuesday & Thursday 6:05pm - 7:00pm
Session D: July 19 - July 28
AQ101 Tuesday & Thursday 6:05pm - 7:00pm
Fee: $16.00 for 2 Times a week per session

**Scuba Diving**

This course will prepare students for NAUI Scuba Diver certification. Armes 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 class fee for certification will be determined at a later date. A certification fee of $50.00 will be assessed at the time of check out dives. However, neither UFM nor KSU is responsible for the certification. Travel and lodging are at the student's expense. Students must provide their own masks, fins and snorkels, which will be available for purchase at the first session. Equipment ranges from $100-$175. There is a non-refundable material fee of $50 for withdrawing from the class after the first day.

Jeff Wilson

Date: June 13 to July 25 (Monday)
Time: 8:00 PM to 9:00 PM
Fee: $25.00 (Can also be taken for KSU Credit)
Location: Natatorium

**Open Swim Appreciation**

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: June 26th (Sunday)
Time: 5:00pm - 7:00pm
Fee: No Charge
Location: Natatorium

**Private Swim Lessons**

Private lessons provide one-on-one instruction for any level of swimmer. There are five 30 minute lessons that occur in consecutive days excluding Saturday and Sunday. To improve scheduling and better serve our families, you will be able to reserve specific sessions and times for private lessons when you enrol. Please make sure you record these times and dates when you register. There WILL BE NO OPPORTUNITY FOR MAKE UP LESSONS.

Beginning and Ending Dates for Morning and Evening Privates:

Session A1: June 6 - June 10 (Monday - Friday)
Session A2: June 13 - June 17 (Monday - Friday)
Session B1: June 20 - June 24 (Monday - Friday)
Session B2: June 27 - July 1 (Monday - Friday)
Session C1: July 8 - July 15 (Monday - Friday)
Session D1: July 18 - July 22 (Monday - Friday)
Session D2: July 25 - July 29 (Monday - Friday)
Times for all morning classes: 8:00am - 9:25am
3:00pm - 5:00pm
Times for all evening classes: 5:00pm - 6:00pm

Fee: $59.00 per session (5 lessons)
Beginning Sign Language
This class will build a basic knowledge of American Sign Language including vocabulary used in everyday conversation. It will also cover some information about the culture of the deaf community. Participants should leave the class with a better understanding of American Sign Language.

Toni Kroll and Aimée Kraus
Toni Kroll, (785) 813-5555, is a Certified Interpreter who has over 15 years of experience with sign language. She graduated with an Associate Degree, HTT, in American Sign Language in 2006. Toni was an interpreter in Washington D.C. for 3 years and was involved with the deaf community. She also worked for seven years in Seattle as an interpreter. She now interprets at KU and does free-lancing.

Aimée Kraus, (785) 456-1425, arkekus@wamrgo.net is a Certified Sign Language Interpreter. She graduated from J.C.C.C. in 1993 with an AA Degree in Interpreting and worked four years in the K.C. area. Currently she works for the Manhattan school district, as well as freelancing within a 100 mile radius.

Date: June 21 to July 28 (Tuesday/Thursday)
Time: 6:00 PM to 7:30 PM
Fee: $79.00
Location: Justin Hall 149, KSU

Register for your next UFM Class ONLINE at
www.ufmprograms.org!
Elements of Speech Reading 05WH12
Life seems to be going faster and faster. People whiz by on cell phones, childrenumble from two rooms away, and spouses can't seem to think of anything to say when they are in the same room! Hearing loss can have a serious impact on your quality of life- even if it is not your hearing loss! This class will address both common and specific communication problems. We will explore strategies for use when communication breaks down and develop individualized plans for structuring successful communication encounters. Individuals and couples are encouraged to join us for information and exercises designed to improve communication and our quality of life.
Dr. M. Eliot Maatta, (785) 359-2761, LSTENAA@kbeschäftig.net, has been working with people with hearing loss for more than 2 decades. She has supported hearing aid users ranging in age from 3 to 103. Dr. Eliot has worked as an audiologist in Kansas since 1985. She is certified by the American Speech-Language Hearing Association, board certified by the American Academy of Audiology and licensed by the state of Kansas.
Date: June 15 to June 29 (Wednesday)
Time: 7:00 PM to 9:00 PM
Fee: $12.00
Location: 1133 College Ave.

You and Your Hearing Aids 05WH14A
Family and friends have problems. It seems you were talked into it. Now you have hearing aids and don't know what to do with them or what you think about the darryl gadgets. There's a lot you can learn to help yourself hear better, understand more, and get more out of the dollars already invested in those electronic marvels. In this class you will learn how hearing aids work, what they can do for you and what they can't, and how to keep your hearing aid in peak condition, and how to get the most out of the instruments and hearing you have.
Dr. M. Eliot Maatta
Date: June 13 (Monday)
Time: 7:00 PM to 9:00 PM
Fee: $12.00
Location: 1133 College Ave.

You and Your Hearing Aids 05WH14B
Family and friends have problems. It seems you were talked into it. Now you have hearing aids and don't know what to do with them or what you think about the darryl gadgets. There's a lot you can learn to help yourself hear better, understand more, and get more out of the dollars already invested in those electronic marvels. In this class you will learn how hearing aids work, what they can do for you and what they can't, and how to keep your hearing aid in peak condition, and how to get the most out of the instruments and hearing you have.
Dr. M. Eliot Maatta
Date: July 13 (Wednesday)
Time: 7:00 PM to 9:00 PM
Fee: $12.00
Location: 1133 College Ave.

MANHATTAN FARMERS MARKET
MAY 1 thru OCTOBER 31
Produce, Baked Goods, Flowers, Crafts
Saturdays 8am — 1pm
5th & Humboldt St.
Wednesdays 4 pm — 7pm
North Cico Park &Kimball Ave.
www.kasu.edu/ufm or www.ufmprograms.org

Living the Art: Jin Shin Jyutsu 05WH08
Jin Shin Jyutsu, the creator's art of living, awakens us to the concept that we need for harmony and balance lies within. Discomforts and tensions are the result of our daily habits, mental & emotional attitudes, heredity, and injuries. Through Jin Shin Jyutsu we can harmonize the body's energy, increase self-awareness, enhance well-being, and reorient our innate wisdom. This class emphasizes experiencing this art with simple, yet powerful self-help skills.
Kate Cashman, (785) 357-1911, is a certified Jin Shin Jyutsu practitioner and self-help instructor.
Date: June 13 to June 27 (Monday)
Time: 7:00 PM to 9:00 PM
Fee: $25.00
Location: 811 Colorado Street

Introduction to Reiki 05WH09
Reiki is a Japanese technique for stress reduction and relaxation that also promotes healing. It is based on the idea that an unseen "life force energy" or "life energy" flows through us and is what causes us to be alive. A treatment feels like a wonderful glowing radiance that flows through and around you. Reiki treats the whole person including body, emotions, mind and spirit, creating many beneficial effects that include relaxation and feelings of peace, security and well being. We will be working in standing feet. Please bring a towel to class. Each class member will receive a sample treatment.
Sarah English is a teaching Reiki Master, having received Master Level in 2000. She has been working with subtle energies, Feng Shui, Auras and Chakras since 1974.
Date: June 25 (Saturday)
Time: 9:00 AM to 11:00 AM
Fee: $20.00
Location: 513 Lassensworth Street

Swedish Massage for Beginners 05WHC3
For those with an interest in massage therapy, Tina will be teaching basic Swedish Massage techniques, to include prop- er sheet draping, aftercare, positioning and circular kneading. Learn the professional approach to massage therapy and possible career opportunities. Please wear a swim suit. Bring to class 2 flat sheets and a pillow.
Meu Hua (Tina) Terhune, (785) 539-4277, a Native of China where she acquired her knowledge of Tai Chi Chuan while attending Ming Chiang University in Taich, Taiwan. The specializes in 24 movement Beijing style. the most popular Tai Chi form in the world and is proficient in the "Cheng Man Ching" Yang style short form. She also is a certified instruc- tor for Tai Chi for arthritis. She is also the owner of Studio 32 Salon and Day Spa, where she has been teaching massage techniques since 1995.
Date: July 10 (Sunday)
Time: 10:30 AM to 12 PM
Fee: $39.00
Location: 3204 Kimball Ave.

Yoga Connection 05WH05
Six levels, Suite A
Manhattan, Kansas
785-357-8264 or 785-541-9088
Workshops, Private Lessons & Classes
With Alan Franklin
Tatting Yoga since 1984
Website: www.yogaconnectionkansas.net
Email: yongal@tatausa.net
"Stretching Body, Breath & Mind"

Personal Safety and Self Defense for Women 05WH94
This course has been designed to offer women quick, easy- to-learn, and extremely effective techniques for personal safety and defending themselves in various situations. By empowering women to better protect themselves, they gain confidence in social and professional environments. Personal issues such as safety when living, traveling and working alone will be covered. Material from this class is taught from a practical approach with physical techniques that are useful to women of all ages and physical conditions. This is a great class for mothers and daughters to take together. Ages 13+
Jill Stanuski has been practicing Martial Arts since 1995 and has been teaching self-defense classes for 7 years. She has experience teaching people of all ages. Jill recently obtained her Master's Degree in Social Work and works toward promoting equal rights between women and men.
Date: July 7 and July 14 (Thursday)
Time: 7:00 PM to 9:30 PM
Fee: $24.00
Location: First Lutheran Church, Basement

Community CPR & First Aid (Red Cross) 05WH525A
This is an 8 hour course that includes training in Adult, Child, Infant CPR and First Aid. Participants will learn to recognize and care for breathing and cardiac emergencies in adults, infants, and children; controlling bleeding; and any other useful skills.
Abby Scheuner, as9977@kasu.edu
Date: June 14 to June 16 (Tuesday/Thursday)
Time: 5:30 PM to 9:30 PM
Fee: $50.00
Location: KSU Natatorium, Glass Classroom

Community CPR & First Aid (Red Cross) 05WH525B
Abby Scheuner, as9977@kasu.edu
Date: July 12 to July 19 (Tuesday)
Time: 5:30 PM to 9:30 PM
Fee: $50.00
Location: KSU Natatorium, Glass Classroom

CPR and First Aid (Medic First Aid) 05WH11W
This course is for students in child, infant and adult CPR, first aid and emergency care skills. Designed to meet Kansas regulatory requirements and the American Heart Association for CPR and first aid for day care providers, school personnel, bus drivers, athletic instructors, babysit- ters, and new parents. Upon completion of this course, the student will be able to approach and manage a basic emer- gency situation. This course qualifies as Level 1 training for Girl Scouts. No matter if you are a novice or experienced provider this class is taught in a low stress, informative envi- ronment.
Sheryl Cornell, corse93@mail.kasu.edu, has been teaching First Aid and CPR for USD 380 for more than five years.
Date: June 4 (Saturday)
Time: 8:00 AM to 5:00 PM
Fee: $49.00
Location: UTM Conference Room

539-8763
1221 Thurston
www.kasu.edu/ufm or www.ufmprograms.org
Essential Oils 05BH1W24
Ancient Health Secrets Now Revealed - How to use Essential Oils to help keep you healthy. Learn how this ancient knowledge can improve your health and lifestyle today. You will receive some samples of Young Living Therapeutic Essential Oils and Berry Young Juice.

Emeli Forster and Darlene J. Vermeulen, BHA, CI
Emeli Forster, (785) 537-0977, foe@kansas.net, has studied and used essential oils for several years. She has taught Chi-Lel-Chi Gong, Red Cross CPR & First Aid, Yoga, Aquatic exercises, Aerobic Dancing classes and is a certified Body Recall exercise instructor.

Darlene J. Vermeulen, MPH, CI, a former nurse, received Certification in the Science & Practice of Herbalism from Dr. Bernard Jensen. She also has a Master Herbalist Degree, and is a Master Gardener. A long interest in ancient civilizations allowed her to see the tremendous value of YLBO (Young Living Essential Oil Company) the largest producer and distributor of organic essential oils which are based on ancient information and formulas from around the world.

Date: June 25 (Saturday)
Time: 10:00 AM to 4:00 PM
Fee: $50.00
Location: UFM Conference Room

T’ai Chi for Beginners 05BH1W67
The popular Yang style "Short Form" of Tai Chi Chuan will be introduced. This class will focus on the health benefits of Tai Chi Chuan through the principles of relaxation and correct posture. Please bring a sitting cushion and wear comfortable clothing to each class.

Kareem Riddle, kareem69@hottmail.com, is an artist and T'ai Chi Chuan practitioner.

Date: June 4 to July 2 (Saturday)
Time: 10:00 AM to 11:00 AM
Fee: $70.00
Location: UFM Fireplase Room

Beginning Tai Chi Chuan 05BH1W31
Tai Chi Chuan is an ancient Chinese exercise to increase the balance and harmony of the body, mind, and spirit. The practice of Tai Chi Chuan will improve health and provide a positive social outlet. It is a system of physical exercise based on the principle of effortless breathing, rhythmic movement, and weight distribution. In this class we will learn the 24 movement Beijing style Tai Chi Chuan, the most popular form of Tai Chi inside and outside of China today. This exercise can be practiced by young and old, anyone, anywhere.

Mei Hua (Tina) Terezui, (785) 539-4277, is a Native of China where she acquired her knowledge of Tai Chi Chuan while attending Ming Chuang University in Taysui, Taiwan. She specializes in 24 movement Beijing style, the most popular Tai Chi form in the world and is proficient in the "Cheng Man Ching" Yang style short form. She also is a certified instructor for T'ai Chi for Health宏观 Tai Chi for Health is the owner of Studio 52 Salon and Day Spa, where she has been teaching massage techniques since 1995.

Date: June 8 to July 27 (Wednesday)
Time: 5:45 PM to 6:45 PM
Fee: $56.00
Location: UFM Fireplase Room

Beginning and Intermediate Tai Chi 05BH1W24
The popular Yang style Short Form of Tai Chi Chuan will be introduced. Advanced students will practice more in depth postures of the form. Each class will focus on the strengthening form. The ancient art of Tai Chi Chuan has proved to be an effective method for achieving relaxation, health, and well being. Tai Chi Chuan can be practiced by young and old alike. Please wear comfortable, loose clothing, and flat soled shoes.

Kareem Riddle
Date: June 6 to June 27 (Monday)
Time: 12:00 PM to 1:00 PM
Fee: $70.00
Location: UFM Fireplase Room

Beginning Yoga 05BH1W5Z
This course will cover the basic fundamentals of yoga, including breathing and breath control, coordination of movement and breath, proper sequencing of exercises, ten or more basic exercises and introduction to yoga philosophy.

Anita Franklin, (785) 537-8224, (785) 341-9908, yogascollection@kansas.net, 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: June 6 to July 27 (Monday)
Time: 10:00 AM to 11:00 AM
Fee: $104.00
Location: Absam Dance Studio, Room 301

Yoga for Mind and Body 05BH1W92
Yoga is the art of personal integration. It shows us how to harmonize all aspects of our being, the body, the mind, the breath and more. In this class we will learn breath and movement techniques to calm the mind and strengthen and stretch the body-and more! The class is open to all regardless of age or gender. Please bring a sticky mat and an empty stomach. Wear loose comfortable clothing or dance leotards.

Anita Franklin
Date: June 7 to June 30 (Tuesday)
Time: 4:00 PM to 5:00 PM
Fee: $49.00
Location: UFM Fireplase Room

Yoga for Mind and Body 05BH1W92
Yoga is the art of personal integration. It shows us how to harmonize all aspects of our being, the body, the mind, the breath and more. In this class we will learn breath and movement techniques to calm the mind and strengthen and stretch the body-and more! The class is open to all regardless of age or gender. Please bring a sticky mat and an empty stomach. Wear loose comfortable clothing or dance leotards.

Anita Franklin
Date: June 7 to June 30 (Tuesday)
Time: 4:00 PM to 5:00 PM
Fee: $49.00
Location: UFM Fireplase Room

Mediation & Relaxation 05BH1W92
Participants will experience simple meditation and relaxation exercises in a group setting. This class is good for beginners and anyone who wants to bring a little bit of peace to the present moment.

Palma Holden, (785) 539-1183, is a member of the Iris Cooperative and Living communities and currently serves as a writing tutor and a personal/pet spiritual intuitive. She began her own spiritual journey in earnest seven years ago (fall 1998) and has been a student of Sharon Landrith's meditation classes. Palma has an M.S. in Education, a B.A. in English & Education, and a background that includes teaching, counseling and running a small business.

Date: July 5 to July 26 (Tuesday)
Time: 7:00 PM to 8:00 PM
Fee: $39.00
Location: 103 S. 4th St. Suite 28, Iris Cooperative

Mediation & Relaxation 05BH1W92
Participants will experience simple meditation and relaxation exercises in a group setting. This class is good for beginners and anyone who wants to bring a little bit of peace to the present moment.

Palma Holden, (785) 539-1183, is a member of the Iris Cooperative and Living communities and currently serves as a writing tutor and a personal/pet spiritual intuitive. She began her own spiritual journey in earnest seven years ago (fall 1998) and has been a student of Sharon Landrith's meditation classes. Palma has an M.S. in Education, a B.A. in English & Education, and a background that includes teaching, counseling and running a small business.

Date: July 5 to July 26 (Tuesday)
Time: 7:00 PM to 8:00 PM
Fee: $39.00
Location: 103 S. 4th St. Suite 28, Iris Cooperative
Journey of Holistic Healing

Each week we will focus on a different healing modality, all of which can assist you in a journey of healing. The journey of healing will include topics such as: Know your Numbers, What Have You Told Your Body Today, Animal Spirts, Plant Spirits, Gemstone Guardians, Reiki and Listen To Your Heart. Please bring a notebook and pen. You will want to take notes!

June Healnter

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Yoga for Mom and Kids

Lorissa Ralley

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Yoga for Men

Lorissa Ralley

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Skin Cancer Prevention

Lorissa Ralley

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Yoga for Men

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www.livingwellkansas.org

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1221 Thurston www.ksu.edu/ufm or www.ufmprograms.org
Introduction to Microsoft Access
This course introduces you to Access and will help you use the program and some of its basic functions. Learn to create your own database to keep records of household inventories, recipes, video tapes, and CDs.

Carl Brown
Date: June 4 to June 25 (Saturday)
Time: 3:00 PM to 5:00 PM
Fee: $32.00
Location: Manhattan Public Library - Computer Lab

Introduction to Microsoft PowerPoint
This course introduces you to PowerPoint and will help you use the program and some of its basic functions. Learn to create your own presentations for a class or business presentation. Learn to add pictures and sound files.

Carl Brown
Date: July 9 to July 30 (Saturday)
Time: 1:00 PM to 3:00 PM
Fee: $30.00
Location: Manhattan Public Library - Computer Lab

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

Carl Brown
Date: July 9 to July 30 (Saturday)
Time: 3:00 PM to 5:00 PM
Fee: $32.00
Location: Manhattan Public Library - Computer Lab
Winning Through Customer Service Workshop

Did you ever feel you needed to be a better customer service representative? This workshop will provide you with the tools you need to excel in your role. Participants will learn effective communication skills, problem-solving techniques, and strategies for maintaining a positive attitude in difficult situations.

Date: June 13 (Monday)
Time: 9:00 AM to 5:00 PM
Fee: $125.00
Location: Manchester Workforce Center

Essential Skills of Leadership—Supervision Training

This course is designed to help supervisors develop the skills necessary to manage their teams effectively. Participants will learn how to communicate clearly and decisively, make effective decisions, and motivate their teams.

Date: June 13 (Tuesday)
Time: 9:00 AM to 5:00 PM
Fee: $125.00
Location: Manchester Workforce Center

Youth Classes

Introduction to the Nutcracker Ballet and Tap Dancing

This class is designed to teach students basic ballet steps and dances from the Nutcracker Ballet. The class will be taught by a professional ballet instructor.

Date: June 7 to June 21 (Tuesday)
Time: 6:30 PM to 8:45 PM
Fee: $15.00
Location: 2086 Rogers Blvd.

Yoga for Kids

This class is designed for children under 7 years of age to learn the basic principles of yoga. Participants will learn how to maintain proper posture and balance while performing yoga poses.

Date: July 10 to July 21 (Tuesday)
Time: 9:00 AM to 10:30 AM
Fee: $30.00
Location: LFU Banquet Room

Mother/Daughter (Adult/Child) Belly Dance

This class is designed for children and adults to learn the basic techniques of belly dancing. Participants will learn how to move and groove to the music.

Date: July 20 to August 3 (Saturday)
Time: 1:00 PM to 3:00 PM
Fee: $35.00
Location: 2086 Rogers Blvd.

DanceNastics

This class is designed to improve strength, flexibility, and coordination through dance and gymnastics. Participants will learn basic dance routines and incorporate gymnastics into their routine.

Date: June 6 to June 27 (Monday)
Time: 9:00 AM to 10:45 AM
Fee: $57.00
Location: Cottonwood Racquet Club, 3615 Cliffside Road

DanceNastics

This class is designed to improve strength, flexibility, and coordination through dance and gymnastics. Participants will learn basic dance routines and incorporate gymnastics into their routine.

Date: July 11 to August 2 (Tuesday)
Time: 10:00 AM to 11:00 AM
Fee: $57.00
Location: Cottonwood Racquet Club, 3615 Cliffside Road

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Scholarships are available to assist with class fees for both adults and children.

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539-8763
1221 Thurston
Lao Hu Pai Kung Fu

Students will learn and be promoted in a unique system that has its origin from China (Tibet) and Japan (Okinawa). Starting out with basic stances, blocks, punches, kicks, coordination exercises, and forms, students will soon learn take downs, throws and opponent control (similar to jujutsu and chi na). Animal fighting techniques and forms will also be taught as students advance. Age 14+.

Michael Tom, mtraew@prodhotmail.com, has been actively practicing martial arts for the past 18 years and holds a 2nd degree black belt (second level) in Lao Hu Pai Kung Fu. 1st degree black belt in Wun Hop Loong Quan Kung Fu, and a 1st degree black belt in Goshin Aikijutsu. He has extensive training in other systems including: Vovinam, Shaolin Long Fist and Preying Mantis.

Date: June 7 to August 10 (Wednesday)
Time: 6:00 PM to 8:00 PM
Fee: $49.00
Location: Abearn Fieldhouse

Classes for Youth are listed on Page 11.

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Tuesday - Friday 10 - 5
Saturday and Sunday: 1 - 5
Free admission
Complimentary parking adjacent to the museum
Beginning Knitting
This class will teach students the basics of crochet including: single crochet, double crochet, and as time allows, a few more stitches. Students will learn to make a basic chain, and the finished product will be a potholder. Students will receive individualized instruction. This class is open to people of all ages.

Mary Mongan
Date: June 7 to June 28 (Tuesday)
Time: From 6:15 PM to 8:00 PM
Fee: $22.00
Location: UMem Multifunction Room

Sewing Basics
Learn how to use that sewing machine in your closet. This series of four classes will focus on several basic sewing skills with emphasis on using the machine. Take one class, or all four. Students are required to provide their own sewing machine. A basic sewing kit including scissors, hand sewing needles, sewing machine needles, pins, a pin cushion or pin holder of some kind, thread, a small ruler and a seam ripper is recommended. Other supplies will be specified for each class.

08CBF5 Class 1: My Sewing Machine: Become acquainted with your machine, spooling and thread. Learn how the sewing machine works and how to keep it in good working order. We will practice sewing the stitches that are built into your machine. Bring to class: Your sewing machine and sewing kit. Practice fabric will be provided.

08CBF6 Class 2: Basic Sewing Skills. We will construct a simple pillow cover as you learn how to cut a project, follow directions, and sew straight seams. Bring your sewing machine and sewing kit. Supplies will be available at registration.

08CBF7 Class 3: Working with a commercial pattern. Learn how to make a garment following a pattern and reading a guidelines. We will select a project or you may provide your own. We will start with the basics and go as far as time allows that night. Bring your sewing machine and sewing kit. Supplies will be available at registration.

08CBF6 Class 4: Mending and hand sewing: Learn how to sew on a button, put in a hem, patch a hole, repair a popped seam and other hand and machine repair skills. Bring your sewing machine if you have one and a sewing kit. You may bring your own mending projects if you like.

Floral Design
This class will cover the basics of floral design and techniques, rules of design and learning to know the bow, design vases and flowers, care and special occasion flower design.

Alika Mats, ams977@ksu.edu, began as a delivery driver at Hometown Floral Designs before being hired as a floral designer. She left her job after a year to attend college at KSU to major in Art Therapy. For the past five years Alika has been employed with Flower in the floral department.

Date: June 9 to July 5 (Tuesday)
Time: 7:00 PM to 9:00 PM
Fee: $40.00
Location: UMem Multipurpose Room

Stained Glass
Learn the basics of stained glass. Cutting, grinding, foiling, and soldering are some of the techniques you will learn. Take home a piece of window art that you created yourself. A selection of glass is available for purchase.

Pete Barnes
Date: August 6 to August 20 (Saturday)
Time: 9:00 AM to 1:00 PM
Fee: $60.00
Location: 346 Stonehenge Drive

Brain Gym @ Core Course
Series: Optimal Performance

Learn and review the 26 movements that are considered the Brain Gym Activations. This series of simple activities enhances whole brain learning. When used with awareness and intention, participants often experience immediate and profound improvement. The activities have a simple, physiological basis and are easily done in less than five minutes.

This workshop offers a brief insight into the physiological basis of Fcate that has implications for explaining why the activities have such a significant impact on learning. Face is a combination of four of the movements that are used before beginning a new learning experience to relieve stress and regain optimal performance. Often used anytime during learning, Face becomes a useful habit for learners of all ages. Also taught in this workshop is body awareness. Brain Gym is a body awareness program. The simple tool of 'noticing' is vital to learning. One cannot store for later reference anything that is not noticeable by the mind/body system.

Throughout the workshop participants will be reminded to bring their awareness into play and notice the impact it has on their overall effectiveness. The information will be explored in the Five Steps To Easy Learning Process taught in Educational Kinesiology. You are encouraged to come to the workshop with a goal in mind such as: "How to use what you learn effectively." This day offers you enough information and experience to begin to use Brain Gym successfully with yourself, your family, friends and/or your students.

Jon Metcalfe, (971) 217-7736, jonmetcalfe@comcast.net

Date: June 22 (Wednesday)
Time: 9:30 AM to 4:30 PM
Fee: $94.00
Location: UMem Conference Room
Brain Gym® Core Course Series - Repatterning
Learn and review FACS, the Brain Gym Learning Readiness Tool, which prepares the mind/body system for fun and easy learning. This learning "jump-start" is unique to Brain Gym and is useful whenever the participant feels a need to re-energize and/or gain more clarity for a more active and positive learning experience. These four Brain Gym activities have a simple, physiological basis and are easily done in less than five minutes.

This workshop includes two repatterning techniques. The Derivation Laterality Repatterning is a simple process that is unique to the work created by Dr. Paul Dennison, Ph.D., known as Educational Kinesiology. The Three Dimensional Repatterning is a variation of this basic technique that requires a different body orientation with more in-depth use of the muscular system to re-organize the nervous system. Participants enhance basic movement patterns and create a higher level of whole brain learning by using these processes.

Also taught in this workshop is an awareness of the use of the muscular system to access information that can be helpful in understanding the participant's levels of integration or lack thereof. With enhanced levels of muscular awareness you are able to make better choices in your learning and decision-making. Muscle response, often referred to as muscle listening or applied kinesiology by specialists, is explored at the level of group interest. The information will be explored in the Five Steps To Easy Learning Process for Whole Body Movement and can include goals for such academic skills as reading, writing, spelling and math.

Judy Metcalf
Date: June 23 (Thursday)
Time: 9:30 AM to 4:30 PM
Fee: $84.00
Location: UFM Conference Room

Brain Gym® Core Course Series - Three Dimensions of Learning
This workshop offers practical applications of FACS, the Brain Gym Learning Readiness Tool, to the whole body. This combination of four simple Brain Gym activities is encouraged anytime learners find themselves preoccupied for what is to "come next" as they learn. Participants will experience using FACS in a variety of situations. The skill of "noticing" will be explored. This skill is most important in the learning process for the development of cognitive thinking. What we first experience in the body can then be recorded in the brain. Information will be presented by building knowledge piece by piece using the five steps to learning taught in Educational Kinesiology.

Judy Metcalf
Date: June 24 (Friday)
Time: 9:30 AM to 4:30 PM
Fee: $84.00
Location: UFM Conference Room

Brain Gym® Core Course Series - Bring It All Together
Learn and review all of the Brain Gym activities. Make it a habit of doing FACS. Create intercellular movement using the 26 activities on a regular basis. Notice the differences you experience as you keep adding the FACS activities to your body. Participants are encouraged to write down their changes.

Judy Metcalf
Date: June 25 (Saturday)
Time: 9:30 AM to 4:30 PM
Fee: $84.00
Location: UFM Conference Room

Writing and Publishing Your Novel
This six-session course introduces the steps for developing, writing, and selling a popular fiction manuscript. The class will feature lecture elements, class participation, plus voluntary homework assignments and critiques for commercial fiction. Participants will be addressed as writers. Be a multiple character, plot, openings, point of view, anatomy of scenes and chapters, dialogue, and pacing. Also covered will be marketing aspects of the business, publishing, and proposal preparation. For fun and illustration the class will write a class novel.

Linda Maed, lmaed@bnet.com
Linda Maed is a local author of ten novels, eight novellas, several short stories, book reviews and nonfiction articles and newsletters. She is active in the Romance Writers of America (RWA), Noveltists, Inc., and the Kansas Fiction Writers. She has presented programs and workshops at numerous meetings including the Manhattan Public Library Association and the RWA national conference in Chicago. You can learn more about her at www.lindamaed.com.

Date: June 7 to July 19 (Tuesday)
Time: 7:00 PM to 9:00 PM
Fee: $58.00
Location: UFM Multipurpose Room

Beginning Guitar
This is a class for students that have little or no experience. Intervals, chords, and basic scales will be taught. Knowledge concepts will be reinforced through the learning of songs. Students will need their own guitars. Preference Acoustic.

Date: June 7 to July 26 (Tuesday)
Time: 6:00 PM to 7:30 PM
Fee: Class fee $46.00
Location: UFM Band Rotunda

Safe & Creative Album Making (family photos & more)
Where are your photos? It's time to turn that box of photos into an album full of pictures, memories, and memories. You'll learn 5 easy steps: organize, crop, design layout, mount and journal. Your albums will give you and your family a lifetime of enjoyment, a priceless heirloom. Bring your last roll of film or 8 - 10 pictures of a theme. If you have scrapbooked and have existing supplies, bring them and I can teach you how to make quick simple borders for your pages.

Pam Schmid, Creative Memories Senior Director, has been teaching album making classes since 1987 and is dedicated to helping people make safe meaningful albums.

Date: June 14 (Tuesday)
Time: 7:00 PM to 9:00 PM
Fee: $14.00
Location: UFM Fireplace Room

Safe & Creative Album Making (family photos & more)

Date: July 12 (Tuesday)
Time: 7:00 PM to 9:00 PM
Fee: $14.00
Location: UFM Fireplace Room

Mosaic Magic
Be a mosaic magician and make something new and beauti-
ful from something old and broken. Bring your cracked, broken and mismatched china and turn it into a new mosaic serving plate. While the instructor will provide some chaos to break and use in the decorative mosaic platter, partici-
pants should bring their own broken china as plates to break during class. The class will learn to properly break, attach, grout and protect the china tile on a new serving platter. All other materials will be provided. Do not bring any glass to use for this class.

Ollie Collins is a new mosaic artist who is eager to learn from and with others who are interested in this creative craft. Bring your unique design ideas to share.

Date: July 11 to July 18 (Monday)
Time: 6:30 PM to 8:30 PM
Fee: $15.00
Location: UFM Greenhouse

Jewelry Making 101
Would you like to make your own jewelry? In this class, you will learn basic beading techniques that you can use to make earrings, necklaces, and much more! All materials will be pro-
vided and each participant will take home the jewelry made in class.

Crystal Boyce
Date: July 16 (Saturday)
Time: 1:00 PM to 3:30 PM
Fee: $20.00
Location: UFM Conference Room

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1221 Thurston
539-5763
Introduction to Watercolor and Calligraphy

This class will introduce Japanese sumi ink & watercolor painting on postcards. It is a unique method of communication in this technology-dominated society. You can create your own postcards with watercolor painting & calligraphy, and convey personal messages to your friends/collaborates. We will start with sketching small/seasonal items and writing some words in sumi ink, and paint it with watercolor. A list of materials to be purchased will be provided the first evening of class. Materials for the first class will be provided.

Marka Price is originally from Japan, is currently a resident of Manhattan, and also a KSU graduate student to-be. She developed her love of watercolor over the years, and acquired Japanese unique painting technique from two masters while in Japan.

Date: June 4 to June 25 (Saturday)
Time: Saturday 10:00 AM to 11:30 AM
Fee: $43.00
Location: UFM Multipurpose Room

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 cards and handicaps.

Jim Gregory, (785) 539-1041 is a PGA professional at the Stagg Hill Golf Course.

Date: June 2 to June 23 (Thursday)
Time: 7:00 PM
Fee: $36.00
Location: Stagg Hill Golf Club

Golf in Salina

This course will emphasize the fundamentals of the full swing; the short game techniques of chipping, pitching, and sand shots; rules of play, course etiquette, selection and use of equipment. Time allowed for both classroom and golf course play and driving range practice.

Ronda Green

Date: June 9 to August 4 (Thursday)
Time: 6:00pm to 8:00pm
Fee: $145.00
Location: KSU at Salina, Rec Center
This class can be taken for KSU Credit.

Beginning Middle Eastern Belly Dance

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

Maya Zahra,(785) 979-4681, bellydance@mayazahra.com, began studying belly dance in 1999 under the instruction of Saudi-born Fardous Afifi. Maya’s dance performances include birthday parties, baby showers, corporate events, restaurant dancing, “belly-grants”, international fairs, sidewalk sales, and The Kansas City Renaissance Festival. She specializes in American style cabaret néochond, Romani Gypsy, Sadi, fusion, multi-veil, and sword and tray balancing. Maya holds a Bachelor’s degree in Education. She has more than eight years of professional teaching experience and more than three years experience teaching belly dance. She is pleased to have the opportunity to fuse her two great loves; teaching and belly dance. Maya is a patient and encouraging teacher. Her innovative teaching style incorporates extensive break-down of the body movements combined with creative and challenging combinations and choreography.

Date: June 9 to July 7 (Thursday)
Time: 3:00 PM to 4:30 PM
Fee: $98.00
Location: UTM, 1221 Thurston
This class can be taken for KSU Credit.

Worried about pregnancy after unprotected sex?

EC Emergency Contraceptive Pills
Prevent Pregnancy Up to 72 Hours After Sex

Contact your health care provider, health department, or Lefere Health Center for more information or contact: National EC Hotline 1-888-Not-2-Late (1-888-668-2528) http://ec.princeton.edu

539-8763
1221 Thurston
www.ksu.edu/ufm or www.ufmprograms.org
Beginning Belly Dance I

Mega Zahra

Date: June 6 to June 27 (Monday)
Time: M from 6:15 PM to 7:15 PM
Fee: $50.00
Location: UFM Banquet Room

Intermediate Belly Dance

Mega Zahra

Date: June 9 to July 7 (Thursday)
Time: Th from 6:15 PM to 6:35 PM
Fee: $38.00
Location: UFM Banquet Room

Beginning Belly Dance I

Rosa Catalin, rosa@mayzahra.com

Date: July 11 to August 8 (Monday)
Time: 6:15 PM to 7:15 PM
Fee: Location: UFM Banquet Room

Beginning Belly Dance I

Mega Zahra

Date: July 14 to August 11 (Thursday)
Time: 6:15 PM to 7:15 PM
Fee: $38.00
Location: UFM Banquet Room

Beginning Belly Dance II

Mega Zahra

Date: July 9 to July 7 (Thursday)
Time: 6:15 PM to 6:35 PM
Fee: $38.00
Location: UFM Banquet Room

Intermediate Belly Dance

Mega Zahra

Date: July 9 to July 7 (Thursday)
Time: 6:15 PM to 6:35 PM
Fee: $38.00
Location: UFM Banquet Room

Belly Dance Conditioning Workout

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

Date: June 9 to July 7 (Thursday)
Time: 6:20 PM to 7:20 PM
Fee: $38.00
Location: UFM Banquet Room

Mother/Daughter (Adult/Child) Belly Dance

Date: July 23 to August 13 (Saturday)
Time: 10:00 AM to 11:00 AM
Fee: $45.00/pair
Location: UFM Banquet Room

KO Boxing

Learn to box! Get an incredible workout! Strengthen and tone your arms, abs, and lower body. Gain confidence, lose fat, and relieve stress. Gloves will be provided. There will be no contact with other participants. Workouts will be on the heavy bag, double end bag, speed bag, and focus standing bag. Learn punches, defensive moves, combos, and how to get avovcate! Open to men and women.

Date: June 8 to June 29 (Wednesday)
Time: 6:45 PM to 7:30 PM
Fee: $49.00
Location: Cotterwood Racquet Club, 3615 Clifton Road

KO Boxing

Lorrie Bailey

Date: July 13 to August 3 (Wednesday)
Time: 6:45 PM to 7:30 PM
Fee: $49.00
Location: Cotterwood Racquet Club, 3615 Clifton Road

The Iris Cooperative

We provide a variety of services that nurture the body, mind and spirit to promote healing.

BRUCE BALKENHOL
Psychotherapist
103 South 4th St., Suite 28
Manhattan, Kansas

HEATHER GITTLEN
Certified Massage Therapist
217-8525

PAULA M. HOLDEN
certified Neuro-Muscular Therapist
341-9217

MARCIA MCFARLAND
certified Neuro-Muscular Therapist
339-1183

KRISTINA R. KRAMER
Fiddle Teacher & Practitioner
776-1766

SHARON LANDRITH
Medical & Personal Intuitive, Healing Touch
Family Nurse Practitioner
609-3944

JENNIFER MOONEY, MSN, ARNP-C
Family Nurse Practitioner
776-1708

MARGARET TOMICH
Anteology Consultation
537-8305

www.ksu.edu/ufm or www.ufmprograms.org

221 Thurston
539-8763
KO Boxing

Date: July 13 to August 8 (Monday and Wednesday)
Time: 6:45 PM to 7:30 PM
Fee: $62.00
Location: 3615 Clifton Road

Get Funky

Get funky and get loose. Move your body, it'll move your mind. Work that core, those hips, those abs with a fun dance workout that will keep you smiling, jammin' and havin' fun!

Lorissa Riley, (708) 776-0066, has been involved in the fitness industry for 22 years as a certified personal trainer and certified kickboxing instructor. She has been coaching the last five years in Manhattan at Cottonwood Racquet Club. Lorissa's class participants have experienced great success through her fitness programs.

Date: June 7 to June 28 (Tuesday)
Time: 7:30 PM to 8:30 PM
Fee: $57.00, Additional family member $42.00
Location: 3615 Clifton Road, Cottonwood Racquet Club

Old Fashioned Dances

Date: July 6 to July 27 (Saturday)
Time: 8:30 PM to 9:30 PM
Fee: $34.00
Location: UFM Banquet Room

Beginning Line Dance

Beginning Square Dance Lessons

Date: June 7 to June 28 (Tuesday)
Time: 5:30 PM to 6:30 PM
Fee: $34.00
Location: UFM Banquet Room

Date: June 8 to June 29 (Wednesday)
Time: 6:30 PM to 7:30 PM
Fee: $34.00
Location: UFM Banquet Room

Beginning Line Dance

Date: July 5 to July 26 (Tuesday)
Time: 5:30 PM to 6:30 PM
Fee: $34.00
Location: UFM Banquet Room

Date: July 6 to July 27 (Wednesday)
Time: 6:30 PM to 7:30 PM
Fee: $34.00
Location: UFM Banquet Room

Beginning Line Dance

Date: June 8 to June 29 (Wednesday)
Time: 6:30 PM to 7:30 PM
Fee: $34.00
Location: UFM Banquet Room

Beginning Square Dance Lessons

Square Dancing has been a part of America since the first settlers landed at Plymouth Rock. Modern Square Dance is still attracting more participants than many other forms of modern dance. Anyone from eight to eighty-eight can join in the fun! This is a great way to spend quality time with your family. Families, couples and singles are all welcome. Basic square dance figures will be taught in this class. Wear comfortable shoes and clothes and join us for some fun "square through four!"

Date: June 8 to June 29 (Wednesday)
Time: 8:30 PM to 9:30 PM
Fee: $34.00
Location: UFM Banquet Room

STAGG HILL GOLF CLUB

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Jim Gregory, PGA Professional
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www.ksu.edu/ufm or www.ufmprograms.org
**Ballroom Dance**

Come dance with us! If you want to learn to dance with a partner, plan to attend a wedding, or you just want to brush up on your steps, this class is for you. Swing, Foxtrot, Waltz, and Latin dancing are just a few of the steps you will learn. Come experience the elegant world of Ballroom Dance. Classes fill rapidly. It is advisable to register early.

Michael Bennett, dance599@yahoo.com, trained in Ballroom Dance at U.C. Berkeley; Mandalas Ballroom, San Francisco; AllBaha Ballroom, Oakland, CA; Chicago Dance Studio, Chicago, IL; and Avenue Ballroom, San Francisco. He was the 1986 San Francisco Avenue Ballroom Jitterbug Champion. He choreographed and performed in Ballroom Suite, Winter Dance 1998, KSU. He is a member of the United States Amateur Ballroom Dancers Association.

**Date:** June 10 to July 29 (Friday)
**Time:** 6:25 PM to 8:00 PM
**Fee:** Individual: $44.00
**Location:** ECM Auditorium, 1021 Denison Avenue

This class can be taken for KSU Credit.

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**Beginning Dance for Couples**

For Couples Only. Bring your partner and HAVE FUN learning how to dance to rhythms of Fox Trot, Swing and Latin. This class is designed for beginning dancers who wish to learn how to dance with their partners and for intermediate or experienced dancers who wish to spend time dancing with that "special someone." A partner is required for this class.

Michael Bennett

**Date:** June 10 to July 29 (Friday)
**Time:** 6:15 pm - 6:35 pm
**Fee:** $40.00 per couple
**Location:** ECM Auditorium, 1021 Denison Avenue

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**Yogilates**

Join us as we take time to stretch, strengthen and balance the body with a mixture of Yoga and Pilates. Class is taught showing many options so beginners as well as experienced participants may benefit. Yoga mat recommended but not required.

**Date:** June 14 to July 28 (Tuesday/Thursday)
**Time:** 12:00 PM to 1:00 PM
**Fee:** $72.00
**Location:** 1125 Laramie St., Lower Level, Pro Fitness

This class can be taken for KSU Credit.

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**Hip Hop Dance**

Looking for a way to liven up your summer? UFM has a class for you. Whether you have danced all your life or you are just beginning, Hip Hop is a great outlet for mind and body. The class starts with the basics and slowly works its way up to a full fledged work out. Choreography is given, but the focus of the class is to have fun and add your own "flavor" to it.

Eddy Marshall, mgnto11@kisa.edu has danced for most of her life. Although the loves ballet and modern dance her focus is on freestyle dance. She has been a break dancer for about 3 years and likes to add a "broad down" element of that to her classes.

**Date:** June 6 to July 25 (Monday)
**Time:** 7:35 PM to 8:35 PM
**Fee:** $82.00
**Location:** UFM Banquets Room

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**Manhattan Arts Center**

**Arts Education**

- *Classes in clay, drawing, painting, mixed media, collage, jewelry, metal, theatre and more*

**Live Theatre**

- *Experimental Theatre Workshop June 17-18*
- *Summer Shakespeare Aug. 26-31*

**Galleries**

- Watercolor Studio and MAC Instructors June 4-July 16
- Kansas Art Quilters July 28-Sept. 3

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**Special Events**

- *An Evening with Damon Runyon June 24-25*
- *Bravo An Anniversary Celebration Aug. 18-20*

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**MAC**

*And much, much more!*

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**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 Arts & Humanities Council.

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1221 Thurston 539-8763

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www.ksu.edu/ufm or www.ufmprograms.org
Thai Cooking 05BF12A
The class will cover how to cook the traditional Thai food, including how to cook Thai jasmine rice, sticky rice, appetizers, main dishes, Thai curry, desserts, and soft drinks. Recipes will be given to the students for the dishes made in the class.
Chuler Yangle, (785) 537-0656
Date: June 11 to June 25 (Saturday)
Time: 8:00 AM to 12:00 PM
Fee: $18.00
Location: UFM Kitchen

Thai Cooking 05BF12B
Chuler Yangle
Date: July 9 to July 23 (Saturday)
Time: 8:00 AM to 12:00 PM
Fee: $18.00
Location: UFM Kitchen

The Legend of the Dancing Goats (Coffee) 05BF13
Explore the history and folklore of coffee as well as the fundamentals of coffee cupping and tasting. The first session covers the history of coffee from wild bush to world wide commercial cultivation, and the concept of fair trade coffee. The second session focuses on the taste characteristics of coffee in general, and the specific differences in coffees grown in different regions of the world.
Wael Radwani
Date: July 6 to July 13 (Wednesday)
Time: 7:00 PM to 9:00 PM
Fee: $14.00
Location: UFM Kitchen

Basic Cake Decorating 05BF14
This course focuses on the techniques and methods of basic cake decorating. Students will learn proper icing techniques, and how to use different decorating tips to create wording, borders, flowers, and other icing creations to achieve store-quality cakes at home. There will be additional equipment that students must purchase for this class.
Tara Ritchie was a professional cake decorator for a year and a half, before moving to Manhattan with her husband to continue their education at Kansas State University.
Date: June 23 to July 19 (Tuesday)
Time: Tuesdays 6:30 PM to 8:30 PM
Fee: $45.00
Location: UFM Kitchen

Bread Baking Basics 05BF15A
The smell of freshly baked bread can't be beat! In this class, learn the basics in making a great yeast bread product yourself! Learn of the function of each ingredient and the technique in making yeast bread while producing a load of breads that will prepare to take home with you! Bring your own apron and a container for your bread dough to take home and bake as this is a hands-on class.
Ernie Laurie, (785) 648-0790, ertlaurie@kstate.edu, licensed dietitian and spokesperson for the Kansas Wheat Commission. She has been making bread since her early 4-H years. Ernie serves as a 4-H Foods judge and enjoys making homemade bread and other baked goods for her friends and family.
Date: June 11 (Saturday)
Time: 1:00 PM to 4:00 PM
Fee: $37.00
Location: UFM Kitchen

Bread Baking Basics 05BF15B
Erin Laurie
Date: July 9 (Saturday)
Time: 1:00 PM to 4:00 PM
Fee: $37.00
Location: UFM Kitchen

Introduction to Sushi Rolling 05BF16A
Learn the basic techniques to make your own sushi at home. Class will include brief history of sushi, making proper sushi rice, basic rolling techniques, hands-on demonstrations, and plenty of sushi to eat. Each student will receive sushi rolling mat and informational print-outs to take home for continued practice. (Note: no raw fish will be used for this class)
Class instructors are Jeff and Jill Pfennerschall, owners and operators of Mercado Gourmet Grocery in Aggieville.
Date: July 20 (Wednesday)
Time: 6:30 PM to 9:30 PM
Fee: $25.00
Location: UFM Kitchen

Introduction to Sushi Rolling 05BF16B
Jeff & Jill Pfennerschall
Date: July 27 (Wednesday)
Time: 6:30 PM to 9:30 PM
Fee: $25.00
Location: UFM Kitchen

Vegetarian Cooking for the Beginner 05BF17
He's back! Mike Bonilla (former manager of People's Grocery and former UFM instructor) has agreed to break in the newly updated UFM kitchen while teaching how to prepare hearty and delicious vegetarian meals. Mike will now be teamed up with his wife Laura who has been a vegetarian for more than a decade.
In this course, learn how to use soy products like Tofu, Tempeh, and Texturized vegetable Protein, as well as legumes and other non-meat items. Soy products will be the focus the first night, afterward students will be asked what they would like to learn how to cook and those dishes will be the focus for the second night of the course. MAKE SURE TO BRING AN APPETIZER!!
Date: August 7 and 14 (Sunday)
Time: 5:00 PM
Fee: $32.00
Location: UFM Kitchen
Core Communication 05SEP16
Communication impacts every area of your life. How you communicate with people either opens or limits your opportunities, and can strengthen or harm your relationships. Core communication is for any individual who believes effective communication is important to his or her well being. It is an ongoing, positive program that teaches you practical communication concepts and skills for connecting with others and creating constructive interactions. It includes topics such as effective listening, assertive communication, problem-solving techniques, and assertiveness training. The sessions are presented in a nonthreatening, interactive format with opportunities for participants to practice new skills in a supportive environment. Topics will be presented in a manner that is easy to understand and immediately applicable to daily life.

Date: June 8 to July 13 (Wednesday)
Time: 7:00 PM to 9:00 PM
Fee: $52.00
Location: UFM Conference Room

Genalogy for Beginners 05SEP21
This is a 4-session course for those who would like to enter the fascinating world of researching our ancestors. In the first session, we will introduce the subject and outline local resources for genealogical research as well as look at the concepts of kinship and kinship structure in American society. The second session will cover computerized resources and tools for research in genealogy with some hands-on experience for the students. In the third session we will look further at sources of information, conventions, and abbreviations used in genealogy, and evidence and proof of our information. In the fourth session we will look at organizing the myriad bits of information that are acquired in genealogy research. Classes will be conducted as slide presentation/discussions with questions welcomed.

Date: June 7 to June 28 (Tuesday)
Time: 7:00 PM to 9:00 PM
Fee: $49.00
Location: Genealogical Library, 2055 Clifton Rd.

Religions of the World 05SEP17
In this class we will be discussing the religions of the world and learning about their beliefs. Participants will be able to discuss their views in this class as well.

Mark Miller, (785) 846-8463, marksmf@yahoo.com, has studied religions of the world for over 20 years. He founded the Church of Religious Freedom and has led many discussions on religions and philosophies. He promotes religious freedom and religious research. He is an interfaith minister, see his website at www.geocities.com/marksmf/religious-freedom.html.

Date: June 15 to August 10 (Wednesday)
Time: 7:00 PM to 8:30 PM
Fee: $120.00
Location: UFM Fireplace Room

Clearing Clutter 05SEP22
Clearing our environment is a dynamic tool for change. Clutter holds us in the past, preventing us from living fully. We will examine the origins of clutter and clutter tools that empower us to let go of our excess baggage. A variety of organizing strategies and principles of feng shui will also be utilized. Homework assignments are an integral part of class. Come prepared to liberate yourself!

Not missiles by nature, Elizabeth Iansley and Kate Casket have discovered that the energetic approach to clutter works. They operate Clutterbusters, a consulting business.

Date: August 8 to August 22 (Monday)
Time: 7:00 PM to 9:00 PM
Fee: $50.00
Location: 811 Colorado Street

Teach a Class at UFM
Teaching a Class at UFM can enhance your business, be an instructional opportunity for students, be an opportunity to network with those who share your interests or be a nice way to meet people.

Call UFM (539-8762) to offer a class in the summer catalog.
**Home Greenhouses and Sunrooms-Design Thoughts for Plants & Warmth**

Whether you want flowers and winter greens or just to heat adjoining rooms, sunrooms are certain to add light and enjoyment to your home. With slides, we will discuss at examples of sunrooms built here in Manhattan and talk of the various design considerations for both growing plants and exporting warmth. Bring your blueprints. Bill will be happy to discuss your particular home and plans.

Bill Dorsett, (785) 539-1956, wmdorssett@kctelglobal.net, been working with solar energy and building sunrooms in Manhattan since 1981.

**Tour of Mercy Healing Garden**

Over the centuries, there have been connections to the healing effects of gardens. In the Juristic, Christian, & Islamic religions, paradise was often symbolized by a garden. The words 'healing, therapeutic, or restorative gardens' are more recent terms. With well over 5,000 plants, over 100 species of trees, shrubs, & perennials, a large water feature, wood bridge spanning the water feature, engraved modular block retaining walls, memorialized paving, stairway, sculptures, lighting, benches & multiple seating opportunities, arches, screens, and boulders planted individual gardens, we will feature a "behind-the-scenes" horti-culture and construction tour of the newly completed Mercy Regional Health Center Healing Garden (newly renamed the Downey Family Plaza). Come join us for a tour of the garden!

7/11 Hiltle is a 1975 graduate of Kansas State University, Thomas Hiltle is President of Hiltle Landscape Architects. He has over 30 years experience in Landscape Architecture, the design-build industry, and teaching at Kansas State University (KSU). Mr. Hiltle taught in the Department of Horticulture at KSU from 1975-93.

His experience extends into multidisciplinary and collaborative agreements as sub-consultant to numerous nationally known Architecture & Engineering firms. His firm provides landscape architectural services that have lead to over 30 regionally recognized and award winning projects.

**Manhattan Aquarium Company & Water Garden Center**

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**Supplies for All Pets**

Manhattan’s Largest Pet Store

**Introduction to Solar Energy-Design Thoughts for Hot Water, Warm Air and Solar Electricity**

We can use our abundant sunlight to cook our food, heat our homes and water and provide electricity and even make ice. I've professionally done some of these things and learned with others. This is an informal discussion of your and my thoughts on the sun's wide ranging possibilities. No questions too simple, and all answers welcome.

Bill Dorsett, (785) 539-1956, wmdorssett@kctelglobal.net, been working with solar energy and building sunrooms in Manhattan since 1981.

**Astronomy Basics**

*Prepare to witness a rare astronomical event - a conjunction of 5 planets on June 25. This class will emphasize observation techniques, finding one's way around the summer night sky, learning the main summer constellations, and basic criteria for selection binoculars and telescopes. We will learn some astronomy history which has led us to recent excitement driven by Hubble telescope images and planetary probes.*

Ron Madd, (785) 779-4905, Todd Tuttell, Ron is a backyard astronomer and is on the faculty at KU. Todd is the founder of N. Central Kansas Astronomical Society.

**Fall Gardening**

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 September. Imagine fresh veggies in the middle of winter and it can be accomplished without a greenhouse!

Colleen Hampton, champ314@hotmail.com, 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 10 years. She is a member of the Manhattan Community Garden and several local garden clubs. Colleen welcomes your questions and class participation.

**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.**

539-8763

1221 Thurston

www.ksu.edu/ufm or www.ufmprograms.org
KSU Credit Courses

Recreational courses for KSU credit on this page are offered for credit through the Division of Continuing Education with the cooperation of various KSU departments. Register for these at 131 College Court. 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 Continuing Education Registration office. Call 532-5566 for questions or information, or visit www.dce.ksu.edu/dce/outreach/recreationcourses.html

Ballroom Dance I  DANCE 299  90400
Introduction to the principles of ballroom dancing. Includes terminology, dance patterns, overall 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 luncheon, wine, hors d'oeuvres and later stages will be taught.
Date:  June 13 to July 20 (Monday)
Time:  6:00 PM to 8:00 PM
Fee:  $121
Location: KOS Auditorium, KSU Denver Ave.

Beginning Middle Eastern Dance (Belly Dancing)  DANCE 369  90401
In this dance technique class, students will learn at least the fundamentals of Middle Eastern dance, otherwise known as Belly Dance. This class will cover beginning favors hip and leg exercises, arm and hand movements, torso, upper body, pelvic, leg movements, whole body, stage movements, combination movements and choreography. Students will also be introduced to the fundamentals of Middle Eastern music and rhythms, history, culture, and costume, as they apply to the dance. This class is open to both men and women, however all students are expected to participate. Please wear comfortable clothing that allows for ease of movement. Encouraging clothing such as shoes and the instructor to check for proper alignment and technique. Students have feet, seeking feet, belly sensation, or no shoes.
Date:  June 19 to July 28 (Thursday)
Time:  3:00 PM to 4:30 PM
Fee:  $100
Location: UPM, 1231 Tarrant

Beginning Yoga  DANCE 399  90402
This course will cover the basics of fundamentals and to provide comfort and breath control asanas and breath movement asanas. Some basic exercises and introduction to yoga philosophy.
Date:  June 4 to July 27 (Monday/Wednesday)
Time:  12:00 AM to 1:00 AM
Fee:  $135
Location: KIS Alumni Center Room 309

Boxing  KRES 299  90403
Students will learn the basic boxing punch, punch work and various forms of stance work and conditioning exercises. The emphasis will be on the use of the exercise correctly. Advanced pretraining including speed and power will be covered in class along with how to use the boxing equipment. The class will be in the main activity of the course.
Date:  June 7 to July 26 (Tuesday/Thursday)
Time:  6:30 PM to 8:00 PM
Fee:  $121
Location: Cottonwood Racquet Club, 3015 Czech Rd.

Fundamentals of Canoeing  KRES 209  90404
This class will teach students how to safely and properly canoe on a body of water. Material covered will include the carry, the paddle, and the safety and use of a kayak. The class will also include an introduction to the history and culture of canoeing. The class will be taught in a safe and controlled environment.
Date:  July 13 to July 27 (Monday)
Time:  6:00 AM to 6:00 PM
Fee:  $226
Location: UPM, 1231 Tarrant

Golf  KRES 399  90405
This course will emphasize the fundamentals of the full swing using the correct grip, stance, and club head position. The focus will be on the correct techniques. The class will be taught in a safe and controlled environment.
Date:  June 4 to July 27 (Wednesday)
Time:  6:00 AM to 6:00 PM
Fee:  $226
Location: Stagg Hill Golf Club, 4441 Hill Ridge Blvd.

Scuba Diving  KRES 309  90406
This course will prepare students for the NAUI Scuba Diving certification. Areas of instruction covered include entry techniques, day and night dive techniques, underwater navigation, and basic life support. The course will be taught in a safe and controlled environment.
Date:  June 3 to July 25 (Monday-No Class July 4)
Time:  5:30 PM to 8:45 PM
Fee:  $121
Location: KIS, New Center

Taekwondo  KRES 309  90407
Taekwondo is an effective way to control the mind and body. It helps develop one's mental as well as physical abilities. The focus of the techniques is on the development of self-discipline and self-control. The class will be taught in a safe and controlled environment.
Date:  June 7 to July 28 (Tuesday/Thursday)
Time:  6:00 PM to 8:00 PM
Fee:  $535
Location: KIS, Alumni Room 461

Tea Kwon Do II  KRES 209  90408
Tea Kwon Do is an effective way to unify the mind and body. It helps develop one's mental abilities by increasing concentration, strength, balance and flexibility. The focus of the techniques is on the development of self-discipline and self-control. The class will be taught in a safe and controlled environment.
Date:  June 13 to July 28 (Tuesday/Thursday)
Time:  6:00 PM to 8:00 PM
Fee:  $215
Location: The KIS State at Salina Rec Center, 3142 Abraham Ave, Salina

Yogilates  KRES 209  90409
Yogilates is a hybrid class combining both yoga and Pilates. You will learn about the different types of yoga and all the various poses with your teacher and more advanced poses. Pilates is a series of excercises or postures that are connected in a particular way in order to increase circulation and flexibility. Learn what the "power" is as we strengthen our back and abdominal muscles. A study has been commented as not required. Please wear comfortable clothes that will not restrict movement and try to eat at least 2 hours before class (a small snack is okay).
Date:  June 14 to July 28 (Tuesday/Thursday)
Time:  12:00 PM to 1:00 PM
Fee:  $217
Location: Pharmacology, 1215 College St, lower level

Summer 2005 - Salina

Golf in Salina  KRES 209  90400
This course is designed for the beginner golfer. It will emphasize the fundamentals of the full swing; the short game techniques of chipping, pitching, and sand shots; and mental aspects of play. The course will be taught in a safe and controlled environment.
Date:  June 7 to July 28 (Tuesday/Thursday)
Time:  6:00 PM to 8:00 PM
Fee:  $215
Location: The KIS State at Salina Rec Center, 3142 Abraham Ave, Salina

1221 Thurst0n  539-8763
www.ksu.edu/ufm or www.ufmprograms.org
ON CAMPUS REGISTRATIONS

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

<table>
<thead>
<tr>
<th>DATE</th>
<th>TIME</th>
<th>LOCATION</th>
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</thead>
<tbody>
<tr>
<td>May 23</td>
<td>10 am - 2 pm</td>
<td>KSU Union</td>
</tr>
<tr>
<td>May 24</td>
<td>10 am - 2 pm</td>
<td>KSU Union</td>
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</table>

Registration continues throughout the semester: UFM House — 1221 Thurston 8:30 am - 5 pm closed 12 Noon - 1 pm

MAILING YOUR REGISTRATION?

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.

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, 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/development programs

How we assist: Mini grants and free technical assistance

For more information, call UFM

(785) 539-8765

Got an idea for a UFM class? UFM is always looking for new ideas and new projects. Let us hear from you! Call us at 539-8763 or e-mail ufms@ksu.edu to share your ideas!

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 the 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 Mariza at 539-8763.

UFM CANCELLATION POLICY

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

REFUND POLICY

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

PRE-REGISTRATION IS REQUIRED

All participants must pay registration fees before attending a UFM class. This allows for adequate handouts and materials. You are not registered until we receive your registration fee. A class may be canceled due to insufficient pre-registration.

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 canceled. If the instructor informs his/her students personally or by e-mail she will not be present at a given class meeting, the instructor is then responsible for arranging a make-up session. Weather sensitive courses will use the scheduled rain date. If a rain date is not scheduled, instructor will be responsible for rescheduling.

SPECIAL POLICIES FOR CREDIT OPTIONAL CLASSES

Credit Registration: Registration for credit classes is a certification process; you must either complete and submit the online drop form located at: http://www.doc.ksu.edu/doc/distances/forms.htm or send written notification to the DCE Registration Office (785-332-5566) postmarked no later than the deadline. Students may not drop from a course after 60% of the course has been completed.

Credit Enrollment Fee: Courses taken for credit carry an additional fee required for University administration of the credit program. A $25.00 late fee will be charged for students enrolling 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.

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 which may be sustained while using KSU and 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 or UFM facilities. Individuals are reminded that they must evaluate 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 welcomes participation of students of any color, religion, or national or ethnic origin to all UFM classes. Students under age 18 need the permission of a parent or guardian. Some individual classes may have age restrictions. Please call (785) 539-8763 to make arrangements for classroom accessibility.

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539-8763

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www.ksu.edu/ufm or www.ufmprograms.org