Try UFM for a cure!
We have the UFM-edly!

Is Spring Fever Driving You Nuts???

Try UFM for a cure!
We have the UFM-edly!

Spring Classes January - May 2006

- Beer Making
- Self-Defense
- Baby Sign Language
- Weddings on a Budget
- CPR & First Aid
- Computer Classes

2006 Spring Classes

UFM
Community Learning Center

Teaching • Learning • Growing

Non-Profit Org
U.S. Postage Paid
Permit No. 134
Manhattan, Kan. 66502

Or Current Resident
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 an 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.tryufm.org!

WHERE WE'RE LOCATED

UFM
1221 Thurston
Kansas State University

Bertrand St.
Thurston St.
Kearney St.
Vattier St.
Bluemont Ave.

BOARD OF DIRECTORS

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<td>Secretary</td>
<td>Milt Fielding</td>
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<td>Paula Waltzendorf</td>
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<td>Linda Inlow Teener</td>
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<td>Charlotte Shoup Olsen</td>
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<td>Robert Wilson</td>
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UFM Staff:

Executive Director - Linda Inlow Teener
Education Coordinator - Marcia Hornung
Community Outreach Coordinator - Charlene Brownson
Lou Douglas Lecture Series Coordinator - Olivia Collins
Teen Mentoring Program Coordinator - Karen Roesch
Office / Media Coordinator - Annette Sweet

HANDICAPPED ACCESSIBLE

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

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.

Enroll online at www.tryufm.org!
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 correct class. Students advance through the levels at their own rate and are moved to different class levels as space permits and skill assessment demands.

LOCATION: KSU Natatorium - Absomb Complex
Swimmers are available for use during class. Participants must supply towels and swimsuits. Showers are required before entering the water. Children over the age of 5 are not permitted in the water or locker rooms. 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 lesson or cancelled.

BEGINNING & ENDING DATES (Except Where Noted)
Session A: Monday, February 6 - April 17 (No class March 20)
Session B: Tuesday, February 7 - April 18 (No class March 21)
Session C: Wednesday, February 8 - April 19 (No class March 22)
Session D: Thursday, February 9 - April 20 (No class March 23)
Session E: Saturday, February 11 - May 6 (No class March 18, March 25, April 15)

Parent/Infant and Parent/Tot
This 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. The program emphasizes water adjustment, preparatory activities, and swimming and water safety for you and your child. Small children should have appropriate swim diapers. To participate, infants must have a minimum of 90 days of life.

Towel Transition
If your child is ready to try the water without a parent, but not ready for Level I, this short course is for them. Emphasis will be on basic water safety and preparation activities for swimming. Some parent participation may be allowed.

Monday 6:45pm - 7:15pm
AQ01IA February 6 - March 6
AQ02IA March 13 - April 17 (No class March 20)
Tuesday 6:45pm - 7:15pm
AQ01IB February 7 - March 7
AQ02IB March 14 - April 18 (No class March 21)
Saturday 10:15am - 10:45am
AQ01IE February 11 - March 11
AQ02IE April 1 - May 6
Fee: $22 per session (5 lessons)

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

AQ01A Monday 6:00pm - 6:40pm
AQ01B Tuesday 6:00pm - 6:40pm
AQ01C Wednesday 6:00pm - 6:40pm
AQ01D Thursday 6:00pm - 6:40pm
AQ01E Friday 9:30am - 10:15am
Fee: $47 per session (10 lessons)

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

AQ02A Monday 6:00pm - 6:40pm
AQ02B Tuesday 6:00pm - 6:40pm
AQ02C Wednesday 6:00pm - 6:40pm
AQ02D Thursday 6:00pm - 6:40pm
AQ02E Saturday 10:15am - 10:55am
Fee: $47 per session

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

AQ03A Monday 6:00pm - 7:00pm
AQ03B Tuesday 6:00pm - 7:00pm
AQ03C Wednesday 6:00pm - 7:00pm
AQ03D Thursday 6:00pm - 7:00pm
AQ03E Saturday 9:30am - 10:15am
Fee: $47 per session (10 lessons)

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

AQ04A Monday 6:00pm - 7:00pm
AQ04B Tuesday 6:00pm - 7:00pm
AQ04C Wednesday 6:00pm - 7:00pm
AQ04D Thursday 6:00pm - 7:00pm
AQ04E Saturday 10:15am - 10:55am
Fee: $47 per session (10 lessons)

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

AQ05C Wednesday 6:00pm - 7:00pm
AQ05E Saturday 10:15am - 10:55am
Fee: $47 per session (10 lessons)

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

AQ06A Wednesday 6:00pm - 7:00pm
AQ06B Saturday 10:15am - 10:55am
Fee: $47 per session (10 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 317-0540 or Nellie Bucholtz at 587-8770

www.tryufm.org
1221 Thurston
539-8763
**Shallow Water Hydroaerobics:**

**Water Exercise**

This is a 58-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:** January 9 - February 2  
Monday - Thursday (6:30pm - 7:30pm) and Saturday (11:00am - 11:40am)

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

**Session B:** February 6 - March 4  
Monday - Thursday (6:30pm - 7:30pm) and Saturday (11:00am - 11:40am)

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

**Session C:** March 6 - April 8  
Monday - Thursday (6:30pm - 7:30pm) and Saturday (11:00am - 11:40am)

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

**Session D:** April 10 - May 6 (No class April 15)  
Monday - Thursday (6:30pm - 7:30pm) and Saturday (11:00am - 11:40am)

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

**Deep Water Hydroaerobics**

**For the Entire Semester**

**Session E:** January 9 - May 4  
Monday - Thursday (6:30pm - 7:30pm) and Saturday (11:00am - 11:40am)

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

**Private Swim Lessons**

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

**Lap Swimming for Parents**

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

**AQ-25A**  
Monday 6:00pm - 7:30pm

**AQ-25B**  
Tuesday 6:00pm - 7:30pm

**AQ-25C**  
Wednesday 6:00pm - 7:30pm

**AQ-25D**  
Thursday 6:00pm - 7:30pm

**AQ-25E**  
Saturday 9:30am - 11:00am

**Deep Water Hydroaerobics**

During deep water hydroaerobics participants will be issued an aquajogger belt to help provide buoyancy in the water. The structure for this class will be similar to regular hydroaerobics classes but will be taught in the deep well. 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:** January 10 - February 2  
AQ-100A  
Tuesday/Thursday 6:30pm - 7:30pm

**Session B:** February 7 - March 2  
AQ-100B  
Tuesday/Thursday 6:30pm - 7:30pm

**Session C:** March 7 - April 6  
No classes March 16-25  
AQ-100C  
Tuesday/Thursday 6:30pm - 7:30pm

**Deep Water Hydroaerobics**

**For the Entire Semester**

**Session E:** January 10 - May 4  
AQ-100E  
Tuesday/Thursday 6:30pm - 7:30pm

No classes February 4, March 18-25, April 15.

**Private Swim Lessons**

**For the Entire Semester**

**Session A1:** Monday  
February 6 - March 6  
No class March 26

**Session A2:** Monday  
March 15 - April 17  
No class April 21

**Session B1:** Tuesday  
February 7 - March 7  
No class March 22

**Session B2:** Tuesday  
March 14 - April 18  
No class March 21

**Session C1:** Wednesday  
February 8 - March 8  
No class March 20

**Session C2:** Wednesday  
March 15 - April 19  
No class March 21

**Session D1:** Thursday  
February 9 - March 9  
No class March 22

**Session D2:** Thursday  
March 15 - April 19  
No class March 20

**Session E1:** Saturday  
February 11 - March 11  
No class March 18, 25  
April 1 - May 6

**Session E2:** Saturday  
(No class April 15)

Times for Monday - Thursday sessions:  
6:00pm - 6:30pm

Times for Saturday sessions:  
9:30am - 10:00am

**Fee:** $69 per session (5 thirty minute lessons)  
$85 per session for six private lessons  
(2 students per teacher)  
(5 thirty minute lessons)

**Everyone's path to growth and healing is unique.**

LIVINGWELL is a network of Holistic Health Providers in Manhattan and the surrounding areas.  
For a directory of Providers and to learn more about us go to:  
www.livingwellkansas.org
Scuba Diving
This course will prepare students for NAU Scuba Dive 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 $50 will be assessed at the time of check out dives. However, if a NAU Scuba Diver is responsible for the certification. Travel and lodging are at the student's expense. Students must provide their own masks, fins and snorkels which will be available for purchase at the first session, the purchase of equipment ranges from $100 to $175. There is a non-refundable material fee of $50 for withdrawing from the class after the first day.

Jeff Wilson
Date: January 23 - February 27 (Monday)
Time: 6:00pm - 10:00pm
Fee: $275
Location: KSU Natatorium
(Available for KSU Credit)

AQUATICS (Continued)

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

Date: April 2 (Sunday)
Time: 6:00pm - 7:00pm
Fee: No charge
Location: KSU Natatorium

Open Swim Appreciation
Date: April 23 (Sunday)
Time: 5:30pm - 7:00pm
Fee: No charge
Location: KSU Natatorium

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

Date: April 3 - April 24 (Sunday) (No swim April 16)
Time: 5:00pm - 7:00pm
Fee: $10 student/$25 family
Location: KSU Natatorium

Scuba Diving
This course will prepare students for NAU 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 $50 will be assessed at the time of check out dives. However, if a NAU Scuba Diver is responsible for the certification. Travel and lodging are at the student's expense. Students must provide their own masks, fins and snorkels which will be available for purchase at the first session, the purchase of equipment ranges from $100 to $175. There is a non-refundable material fee of $50 for withdrawing from the class after the first day.

Jeff Wilson
Date: January 23 - February 27 (Monday)
Time: 6:00pm - 10:00pm
Fee: $275
Location: KSU Natatorium
(Available for KSU Credit)

AQUATICS (Continued)

Scuba Diving
This course will prepare students for NAU Scuba Dive 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 $50 will be assessed at the time of check out dives. However, if a NAU Scuba Diver is responsible for the certification. Travel and lodging are at the student's expense. Students must provide their own masks, fins and snorkels which will be available for purchase at the first session, the purchase of equipment ranges from $100 to $175. There is a non-refundable material fee of $50 for withdrawing from the class after the first day.

Jeff Wilson
Date: March 27 - May 1 (Monday)
Time: 6:00pm - 10:00pm
Fee: $275
Location: KSU Natatorium
(Available for KSU Credit)

Water Safety Instructor (WSI)
This course is dedicated to developing the skills you will need to instruct and plan courses in the American Red Cross Swimming and Water Safety Program. Instruction includes Parent/Preschool classes: Learn to Swim Levels I - VI; Basic Water Rescue; WSI Aide; Basic Aquatic Exercise; Special Populations; and Competitive Swim team preparation. Other training that may be available with additional prerequisites and additional training, is Safety training for Coaches. Please note: The WSI course is NOT designed to teach you the required strokes/skills. Fainting practice, coaching and drills are used to refine skills. Be prepared for reading and homework.

Prerequisites: 1) Minimum age of 17 on or before the final testing session. 2) Successfully demonstrate 50 yard swim of each of the following: front crawl, back crawl, breaststroke, elementary backstroke, sidestroke and 10 yards butterfly; 3) perform standing front dive; 4) perform long shallow dive in a maximum of 9 ft of water. perform a face down dive, retrieve a 10 lb brick in 6 to 8 ft of water and bring it to the surface; 5) perform Wading Assay w/equipment; 6) perform throwing assy with equipment; 7) perform reaching assy with equipment; 8) correctly answer 80% of questions on pre test exam. Requirements: 2 and 13 of 'Swimming and Diving' or read 'Community Water Safety' to prepare for the pre-course written and skills tests.

Certification requirements: Attend all sessions, correctly answer at least 85% on final exam, and successfully perform the activities required in the course. Questions regarding above information may be directed to the instructor.

Carol Sites
Date: April 22 - April 29 (Tues/Thurs/Sat)
Time: 5:00pm - 9:30pm (Tues/Thurs)
9:00am - 1:00pm (Sat)
Fee: $185
Location: KSU Natatorium
(Available for KSU Credit) Books available for purchase at Red Cross Office.

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

Carol Sites
Date: January 31 - March 16 (Tues/Thurs)
Time: 5:00am - 11:00am
Fee: $76
Location: KSU Natatorium
(Available for KSU Credit)

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

Carol Sites
Date: January 31 - March 16 (Tues/Thurs)
Time: 5:00am - 7:30am
Fee: $76
Location: KSU Natatorium
(Available for KSU Credit)

Aquatic Fitness Instructor
This course is an in-depth educational and training program for individuals interested in advancing their knowledge and skills in designing and leading different types of water exercise. It will prepare instructors to become certified to organize, develop, teach, administer and market safe, fun and effective water exercise programs for various populations. Certification Requirements: Attend all sessions, score at least 85% on final written exam, successfully demonstrate ability to plan a class for various populations and effectively teach a class from deck.

Carol Sites
Date: April 22 - April 29 (Tues/Thurs/Sat)
Time: 5:00pm - 9:30pm (Tues/Thurs)
9:00am - 1:00pm (Sat)
Fee: $185
Location: KSU Natatorium
(Available for KSU Credit) Books available for purchase at Red Cross Office.

www.tryufm.org

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Lifeguard Training

The American Red Cross Lifeguard 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. Prerequisites: candidates must
1) be 15 years of age or before the last scheduled day of class;
2) be able to swim 500 yards continuously using these strokes in the following order:
   * 200 yards of front crawl using rhythmic breathing and a stabilizing, propellant kick
   * 100 yards of breaststroke; and
   * 200 yards of either front crawl or breaststroke; or a mixture of both;
3) Swim 20 yards using front crawl or breaststroke, surface dive to a depth of 7 to 10 feet, retrieve a 10 lb. object, return to the surface, and swim 20 yards back to starting point with both hands on the object and face above the water at all times. This is a 2-hour KSU credit class.

Carol Stites
Preconference: March 14 - 6:00pm - 7:30pm.
Dates: March 14 - May 1 (Mon - Fri)
Time: 4:12/4/4:30 - 6:00pm - 8:30pm
5:30pm - 9:30pm
Fee: $139
Location: KSU Natatorium
(Available for KSU Credit)

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   * 200 yards of front crawl using rhythmic breathing and a stabilizing, propellant kick
   * 100 yards of breaststroke; and
   * 200 yards of either front crawl or breaststroke; or a mixture of both;
3) Swim 20 yards using front crawl or breaststroke, surface dive to a depth of 7 to 10 feet, retrieve a 10 lb. object, return to the surface, and swim 20 yards back to starting point with both hands on the object and face above the water at all times.

Dates: Tues(Sun-Sat)
Time: 5:00pm - 10:00pm (Sun) Prerequisites
         5:00pm - 10:00pm (Mon - Fri)
         9:00am - 12:00pm (Sat)
Fee: $139
Location: KSU Natatorium
(*This session is only available as a NON-CREDIT Course) Books are available for purchase at Red Cross.

Lifeguard Challenge

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

Date: March 7 - March 9 (Tues/Thurs)
Time: 5:00pm - 8:00pm
Fee: $44
Location: KSU Natatorium
Book available for purchase at Red Cross Office, 2601 Anderson Ave.

Intermediate Kayak Chapter Workshop

For experienced Touring and White Water Kayakers only. Bring your boats and practice self and assisted rescues.

Instructors will be on hand to:
1. Discuss bracing techniques
2. Critique & observe kayak rolls
3. Offer help in assisted rescues
4. Discuss & demonstrate equipment and gear

EQUIPMENT AND LOCATION NEEDS:
Bring your own Touring or Whitewater Kayak, PFD, paddle, flstex, paddle boat, pump, towel, swimsuit, change of clothes, goggles, dive mask or nose clips. Come with your swimsuit and be prepared to get wet.

NOTE:
1. Your boats must be washed and cleaned ahead of the class.
2. Boats and gear must be out of the Natatorium by 12:00 noon.

TJ was the first American Red Cross Canoe & Kayak Instructor-Trainer in Kansas, having taught well over 350 kayaking and canoeing students since 1979. During his travels, on nearly 200 rivers and streams across seven Central, South, & North American countries, he has accumulated over 9,000 river miles. TJ has documented the greatest number of river miles in the history of the Kansas Canoe Association. He is also the creator and Webmaster for the KANSAS PADDLER Home Page at: www.kansas.net/~jthlake/.

Intermediate Kayak Chapter Workshop

Date: January 22 (Saturday)
Time: 8:30am - 12:30pm
Fee: $16
Location: KSU Natatorium
Park in west parking lot. Drop boats off in the Natatorium Alley.

Intermediate Kayak Chapter Workshop

Date: February 5 (Sunday)
Time: 8:30am - 12:30pm
Fee: $16
Location: KSU Natatorium
Park in west parking lot. Drop boats off in the Natatorium Alley.

Swim I

Swim I is designed for students who have a fear of the water and/or those with little or no water experience. It will address the needs of the beginning swimmer. Students will be presented with the skills, knowledge and attitudes necessary to become safe in, on and around the water; to learn basic strokes and survival skills; and be able to assist others in an aquatic emergency using elementary forms of rescue.

Carol Stites
Dates: April 30 - May 6 (Sun-Sat)
Time: 5:00pm - 6:00pm (Sun) Prerequisites
         5:00pm - 10:00pm (Mon - Fri)
         9:00am - 12:00pm (Sat)
Fee: $139
Location: KSU Natatorium
(*This session is only available as a NON-CREDIT Course) Books are available for purchase at Red Cross.

Register for your next UFM Class ONLINE at www.tryumf.org!
Beginning Spanish 06ALA02
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.

Marie Corcino
Date: 02/07/2006 to 03/14/2006 (Tu)
Time: 6:30 PM to 7:45 PM
Fee: $30.00
Location: KSU, Seaton Hall

Introduction to Spanish for Kids (ages 6-10) 06AY02
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.

Marie Corcino
Date: 02/06/2006 to 03/13/2006 (Mo)
Time: 5:30 PM to 6:30 PM
Fee: $18.00
Location: KSU, Seaton Hall

French Language 06AL04A
This is an introduction to the French language. The emphasis will be on conversation, grammar, proper pronunciation and every day vocabulary.

Emilie Rabett (785) 387-9036. Emilie Rabett is a naturalized citizen, originally from Egypt. Her training course, "Stage de Formation Pédagogique" was from the Catholic University of West-Argentina, France. She received a French Diploma from the Egyptian Government and the Embassy of France in Cairo, Egypt. Her learning experience includes working with adult Egyptian teachers and teaching French for 20 years at a Jesuit French School in Cairo.

Date: 01/18/2006 to 02/10/2006 (W & F)
Time: 10:00 AM to 11:00 AM
Fee: $44.00
Location: UFM Conference Room

Latin Crash Course 06ALA14
French, Spanish, Italian, Portuguese and Romans. - gain a deeper understanding of modern romance languages by learning Classical Latin. In this intensive course the student will learn basic Latin Grammar and become familiar with basic Latin phrases. Students who wish to learn Church Latin should also take this class. This class is also perfect for current or former Latin students who need a refreshers.

Rosina Catalano Email: rcatelano@msnattice.com. Rosina (Rosina Eileen Catalano) has been dancing for over twenty years. She began her dance career in classical ballet and at the age of 12, was accepted into the Kent State University Ambrosia Dance Club. Rosina became interested in belly dance when she studied the Classics at the Ohio State University. It was in Ancient Greek, Greece that she fell in love with Mediterranean music and the varieties of dance.

Date: 01/18/2006 to 02/22/2006 (W)
Time: 6:30 PM to 7:45 PM
Fee: $60.00
Location: UFM Conference Room

BASIC ARABIC 06ALA51
Learn the basics of the Arabic language. This class is for non-native Arabic speakers, we will study and learn how to pronounce some simple Arabic words, and how to formate basic sentences. The history of Arabic language and different accents will also be discussed.

Imahin Sadiq Email: imahiniz@kansas.edu
Date: 02/03/2006 to 03/06/2006 (F)
Time: 5:30 PM to 6:30 PM
Fee: $32.00
Location: UFM Conference Room

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Sahej Marg Meditation 06AHW002
Sahej Marg translates to "The Natural Path." It is a natural, simple system of Raja Yoga meditation and spiritual practice that helps one realize the ultimate potential within oneself. Regular spiritual practice under capable guidance enables aspirants to progressively experience the sublime presence of the divine in their daily lives. The Sahej Marg system is freely offered to seekers worldwide, and it is effectively practiced by individuals from all walks of life—diverse nationalities, religious backgrounds, and various social conditions.

Guggalith Kanti Bhaskari
Date: 01/28/2006 to 03/18/2006 (Saturday)
Time: 10:00 AM to 12 N
Fee: No fee
Location: UFM Conference Room

Community CPR and First Aid (Red Cross) 06AHW25B
Date: 02/04/2006 (Saturday)
Time: 9:00am to 5:00pm
Fee: $50.00
Location: UFM Conference Room

Community CPR and First Aid (Red Cross) 06AHW25C
Date: 02/11/2006 (Saturday)
Time: 9:00am to 5:00pm
Fee: $50.00
Location: UFM Conference Room

CPR and First Aid (Medic First Aid) 06AHW25A
This course trains 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, babysitters, and new parents. Upon completion of this course, the student will be able to approach and manage a basic emergency situation. This course qualifies as Level I training for Girl Scouts. No matter if you are a novice or experienced provider this course is taught in a low stress, informative environment.

Skep! Cornwall Email: corn@bioletmail.net. Skep! has been training First Aid and CPR for USD 385 for more than six years.
Date: 05/20/2006 (Saturday)
Deadline is the Monday before the class starts.
Time: 8:00 AM to 3:00 PM
Fee: $49.00
Location: UFM Banquet Room

Beginning Yoga 06AHW15AZ
This course will cover the basic fundamentals of yoga. Silbust breathing and breath ratios, coordination of movement and breath, proper sequencing of exercises, ten or more basic exercises and introduction to yoga philosophy.
Ana Franklin (785) 537-8212 Email: yogasconnect@gmail.com
Ana has been teaching Yoga since 1986. She began her own practice of Yoga in the early 1970’s. “My purpose is to give people a way that they can improve all areas of their lives so that they become happier, healthier and more relaxed.”
Date: 01/12/2006 to 03/07/2006 (Th/Tu)
Time: 10:00 AM to 11:00 AM
Fee: $104.00
Location: KSU, Abraham Dance Studio, Room 301

Community CPR and First Aid (Red Cross) 06AHW15AZ
Date: 02/04/2006 (Saturday)
Time: Deadline is the Monday before the class starts.
Fee: $50.00
Location: UFM Conference Room

Community CPR and First Aid (Red Cross) 06AHW25A
Date: 02/11/2006 (Saturday)
Time: Deadline is the Monday before the class starts.
Fee: $50.00
Location: UFM Conference Room

Beginning Yoga 06AHW15E2
Ana Franklin
Date: 01/18/2006 to 03/13/2006 (W/M)
Time: 11:00 AM to 12 N
Fee: $104.00
Location: KSU, Abraham Dance Studio, Room 301

Intermediate Yoga 06AHW21Z
This course will increase the student’s understanding of how to use the practice of yoga creatively to enhance all aspects of human life. Practice areas will include adapting asanas and movement, using various breathing techniques, creating an individualized practice, and in-depth study of Yoga Sutras. Students will learn breathing methods and continue to refine the asanas while learning to adapt them to the individual body-type. Please bring a yoga/exercise mat and wear comfortable clothing that allows a full range of movement. It is best not to eat for at least two hours before the class. This course is for those who have taken at least sixteen yoga classes and practiced yoga on a regular basis for not less than eight weeks.
Ana Franklin (785) 537-8224 H (785) 341-9908 Email: yogasconnect@gmail.com. Ana has been teaching Yoga since 1986. 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 live so that they become happier, healthier and more relaxed.”
Date: 03/09/2006 to 05/04/2006 (Tu/Th)
Time: NO CLASS 3/21 AND 3/28
Fee: $104.00
Location: KSU, Abraham Dance Studio, Room 301

Living the Art: Jin Shin Jyutsu Self Help 06AHW00A
Jin Shin Jyutsu, the creator's art of living, awakens us to the concept that all one needs for harmony and balance lies within. Disharmonies and tensions are the result of our daily habits, mental & emotional anxieties, heredity, and injuries. Through Jin Shin Jyutsu we can harmonize the body's energy, increase self-awareness, enhance well-being, and reconnect to our innate wisdom. This class emphasizes experiencing this art with simple, yet powerful self help practices.
Kate A Cashman D. (785) 537-1911. Kate is a certified Jin Shin Jyutsu practitioner and self-help instructor.
Date: 01/12/2006 to 01/26/2006 (Thursday)
Time: 7:00 PM to 9:00 PM
Fee: $26.00
Location: 811 Colorado Street

Living the Art: Jin Shin Jyutsu Self Help 06AHW00B
Kate A Cashman
Date: 03/04/2006 (Saturday)
Deadline is the Monday before the class starts.
Time: 9:00am to 5:00pm
Fee: $50.00
Location: UFM Banquet Room

Living the Art: Jin Shin Jyutsu Self Help 06AHW00B
Date: 04/04/2006 to 04/18/2006 (Tuesday)
Time: 7:00 PM to 9:00 PM
Fee: $26.00
Location: 811 Colorado Street

Intermediate Yoga 06AHW21Z
Date: 01/28/2006 to 03/18/2006 (Saturday)
Time: 10:00 AM to 12 N
Fee: $104.00
Location: KSU, Abraham Dance Studio, Room 301

Living the Art: Jin Shin Jyutsu Self Help 06AHW00B
Date: 02/04/2006 (Saturday)
Deadline is the Monday before the class starts.
Time: 9:00am to 5:00pm
Fee: $50.00
Location: UFM Conference Room
**HEALTH & WELLNESS (Continued)**

**Responding to Emergencies** 06AHW19AZ

This class will provide the citizen responder with the knowledge and skills necessary in an emergency to help sustain life and minimize pain and the consequences of injury or sudden illness until medical help arrives, thereby acting as the first link in the Emergency Medical Services system (EMS). The course also emphasizes prevention of injuries and illness with a focus on personal safety and health. AED Essentials will teach individuals the skills and knowledge needed to provide care for victims of sudden cardiac arrest through the use of an automated external defibrillator (AED).

**Carol Stites**

- **Date:** 01/30/2006 to 03/15/2006 (MV)
- **Time:** 2:00 PM to 4:00 PM
- **Fee:** $182.00
- **Location:** American Red Cross Office, 2601 Anderson Ave.

**Responding to Emergencies** 06AHW19BRZ

- **Date:** 01/31/2006 to 03/16/2006 (TB)
- **Time:** 3:00 PM to 5:00 PM
- **Fee:** $182.00
- **Location:** American Red Cross Office, 2601 Anderson Ave.

**First Aid/CPR/AED Instructor** 06AHW20

The First Aid/CPR/AED Instructor Course will provide candidates with the knowledge and skills necessary to teach the First Aid, CPR, and AED courses and modules. These courses include Workplace Training: Standard First Aid; Adult/Child/CPR; AED Essentials; and combinations thereof as well as six Injury Control Modules. Certification to the Community Program materials is also included in the training. Instructor candidates will also receive an introduction to the history, structure, activities, and policies and procedures of the Red Cross through Fundamentals of Instructor Training, a prerequisite module which will prepare instructor candidates to teach to a diverse population and ensure course consistency, quality and appropriate training.

**Pre-requisites:** 1. Correctly answer at least 80% of questions in each section of written pre-course exams, covering material contained in the basic level First Aid, and Adult, Child and Infant CPR courses. 2. Demonstrate ability to perform First Aid, and Adult, Child and Infant CPR skill in accordance with Red Cross standards. 3. Have current First Aid, and Adult, Child Infant CPR certificates issued within last 6 months.

Certification requirements: Successfully complete pre-course session, attend and successfully participate in all course sessions, successfully complete the required number of practice teaching assignments, demonstrate acceptable level of maturity and responsibility consistent with Red Cross standards, correctly answer at least 80% on final instructor course written exams. Questions regarding course information may be directed to the instructor.

**Carol Stites**

- **Date:** 02/06/2006 to 03/13/2006 (M)
- **Time:** 4:00 PM to 8:00 PM
- **Fee:** $121.00
- **Location:** American Red Cross Office, 2601 Anderson Ave.

**Scholarships are available to assist with class fees for both adults & children**

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**CPR Challenge** 06AHW27A

This class for those already certified in CPR, but their certification is coming due or is within 30 days of expiration. Participants must demonstrate all skills involved with CPR.

- **Date:** 02/16/2006 to 02/16/2006 (Th)
- **Time:** 6:00 PM to 9:00 PM
- **Fee:** $56.00
- **Location:** X-State Natatorium

**CPR Challenge** 06AHW27B

- **Date:** 04/22/2006 to 04/12/2006 (V)
- **Time:** 6:00 PM to 9:00 PM
- **Fee:** $56.00
- **Location:** Natatorium

**Beginning Ashtanga Yoga** 06AHW28A

Ashtanga yoga is an awesome form of yoga originally - taught by Sri K. Pattabhi Jois in India. It is a dynamic and invigorating type of yoga which involves synchronizing the breath with a progressive series of challenging postures. The process produces intense internal heat along with strength and flexibility which detoxify the muscles, give fluidity to the body and create a calm and peaceful mind. This class is intended for beginners to intermediate students. What to bring/Suggestions:

- Yoga Mat (if you have one otherwise a limited # of class mats will be available)
- Towel (be prepared to sweat)
- Wear clothing something you can move in easily (i.e. t-shirts, shorts, leotards, leggings etc.)
- An empty stomach is highly recommended
- Please be on time so as not to disturb the class!

Michal Sharp H: (788) 530-6389, Email: msrpbytovl@k.edu

Michal is a second year vet student at K-State. She loves riding horses, running, playing piano, and of course, doing yoga. She has practiced with the Soma Studio in Salt Lake and has done yoga for over 7 years. This is her second year of teaching.

- **Date:** 01/23/2006 to 03/09/2006 (M, Th)
- **Time:** 5:30 PM to 6:30 PM
- **Fee:** $85.00
- **Location:** American Room 303

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Beginning Ashtanga Yoga
06AHW2B

Maha Sharip
Date: 10/13/2006 to 04/27/2006 (M-Th)
Time: 5:30 PM to 6:30 PM
Fee: $85.00
Location: Ahsem Room 303

Personal Safety and Self Defense for Women
06AHW01

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, travelling 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+

Shen Tou
Date: January 30 (Monday)
Time: 6:00 PM to 8:00 PM
Fee: $29.00
Location: UFM Banquet Room

Beginning Tai Chi Chuan
06AHW31

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

Mei Hua (Tina) Tsehne D: (785) 539-4277, Mei Hwa Tsehne (Tina) is a Native of China where she acquired her knowledge of Tai Chi Chuan while attending MingChang University in Taipeh, Taiwan. She specializes in 24 movement Seiling style, and "Cheng Man-Ching" Yang style short form, she also is a certified instructor for Tai Chi for Arthritis.

Date: 02/13/2006 to 03/13/2006 (M)
Time: 5:30 PM to 6:30 PM
Fee: $45.00
Location: UFM Fireplase Room

Tai Chi Chuan II
06AHW35

Students will learn additional movements and correct position, the focus will be on strengthening the legs and relaxing the body.

Mei Hua (Tina) Tsehne D: (785) 539-4277, Mei Hwa Tsehne (Tina) is a Native of China where she acquired her knowledge of Tai Chi Chuan while attending MingChang University in Taipeh, Taiwan. She specializes in 24 movement Seiling style, and "Cheng Man-Ching" Yang style short form, she also is a certified instructor for Tai Chi for Arthritis.

Date: 04/05/2006 to 04/26/2006 (W)
Time: 5:30 PM to 6:30 PM
Fee: $43.00
Location: UFM Banquet Room

Wu Style Tai Chi
06AHW46

This long version of Tai Chi was developed by Wu Chen Chuan and has been very popular in Southeast Asia, Europe, and the United States. The exercise sessions will consist of Chi Gong exercise warm-up and study on the Long form (108 forms). Wear loose clothing and flat shoes for a low impact type of exercise.

Mark Atlas
Mark began his study of Tai Chi while in the Peace corps in Malaysia in the early 1970's. While living in the Chinese community of Ipoh, he received his diploma from the Long See Gymnastic Institute. Upon returning to the United States, he taught Tai Chi for the Wichita Free University and many other places.

Date: 05/05/2006 to 06/12/2006 (W)
Time: 7:00 PM to 8:00 PM
Fee: N/A
Location: UFM Fireplase Room

Meditation & Relaxation: Developing Intuition
06AHW55

In this class, we'll utilize meditation and relaxation exercises which include guided imagery, breathwork and journaling to strengthen our body, mind, spirit, and develop greater awareness of our interconnectedness to all beings.

Palma Holman D: (785) 539-1183, Palma Holman, (785) 539- 1183, began her spiritual journey in earnest eight years ago (fall 1998) as a student of Sharon Lendahl's local meditation classes. Palma is a member of the Iris Cooperative and LivingWell communities and offers personal/pet intuitive sessions in person and by phone. She is also a writing tutor/consultant with an M.S. in Education, a B.A. in Education & English, and experience teaching, counseling and running a small business.

Date: 01/17/2006 to 02/28/2006 (T)
No Class on February 14, 2006
Time: 7:00 PM to 8:00 PM
Fee: $44.00
Location: 103 S. 4th St. Suite 28, Ulrich Building (upstairs)-Iris Cooperative

Emotional Eating
06AHW51A

This class is for anyone who wishes to deal with their issues about food and emotional eating. Diets are about restricting and policing one's self, and furthering mistrust of our ability to make nourishing choices. We will be examining and re-interpreting our thoughts and attitudes about eating and eating behaviors.

Kelley Carey H: (785) 410-0333, Kate Cashman D: (785) 537- 1964. Kelley Carey, LDCS, is a psychotherapist practicing in the Manhattan community since 2000. Specializes include Family/Relationship issues, chronic health symptoms and behavioral symptoms. Kate Cashman is a long time body worker, her experience includes teaching exercise classes since 1984, practicing massage therapy since 1991 and Jim Shinji Jitsus since 1998.

Date: 01/16/2006 to 03/10/2006 (M)
Time: 6:30 PM to 8:00 PM
Fee: N/A
Location: 811 Colorado Street

Emotional Eating
06AHW51B

Kelley Carey, Kate Cashman
Date: 04/10/2006 to 04/24/2006 (M)
Time: 6:30 PM to 8:00 PM
Fee: N/A
Location: 811 Colorado Street

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.

Meditation & Relaxation: Creating Peace
06AHW55

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

Palma Holman D: (785) 539-1183, Palma began her spiritual journey in earnest eight years ago (fall 1998) as a student of Sharon Lendahl's local meditation classes. Palma is a member of the Iris Cooperative and LivingWell communities and offers personal/pet intuitive sessions in person and by phone. She is also a writing tutor/consultant with an M.S. in Education, a B.A. in Education & English, and experience teaching, counseling and running a small business.

Date: 03/15/2006 to 04/27/2006 (Th)
No Class March 23, 2006
Time: 7:00 PM to 8:00 PM
Fee: $44.00
Location: 103 S. 4th St. Suite 28, Ulrich Building (upstairs)

Living with your head in the clouds and your feet firmly planted in the ground:

Beginner Class
06AHW76A

This class is for those who have little experience with meditation or with applying meditation to a variety of life situations. We will begin with learning how to sit, both comfortably and effectively, for meditation, clearing the mind, and learning how to breathe during meditation. Using music and music as tools, we will explore methods to facilitate the meditative experience. Meditation comes in many forms and not all of them require sitting in a cross-legged position. Together we will explore moving meditations. Through the use of color in meditation, we will develop the art of visualization, including a brief introduction to animating the chakras (energy centers of the body). To complete the introductory level, we will teach the importance of grounding ourselves during meditation and using group meditation. Taking meditation into ordinary life will be a central theme of the class.

Joe Foy Email: jofy@cox.net; Mary Ray Email: lightsoncows@cox.net. Joedyn K. Foy and Joyce Mary Ray are ordained ministers local meditation classes. They have been members of the same interdenominational religious order in the 1970's. They have worked with the ministering of all faiths and all traditions and have been instrumental in fostering the experience of their clients-centered work. Jo and Mary have each been meditating more than 30 years. They are looking forward to sharing their experience with others.

Date: 01/25/2006 to 02/27/2006 (M)
Time: 7:00 PM to 8:00 PM
Fee: $25.00
Location: UFM Greenhouse

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Living with your head in the clouds and your feet firmly planted in the ground: Beginner Class
Jo Fay Email: jofoy@cox.net; Mary Ray Email: lightmoon@cox.net.
Date: 03/27/2006 to 05/01/2006 (M)
Time: 1:30 PM to 3:30 PM
Fee: $28.00
Location: UFM Greenhouse

Living with your head in the clouds and your feet firmly planted in the ground: Intermediate
Jo Fay Email: jofoy@cox.net; Mary Ray Email: lightmoon@cox.net.
Date: 03/27/2006 to 05/04/2006 (Th)
Time: 12:00 PM to 2:00 PM
Fee: $28.00
Location: UFM Greenhouse

Introduction to Reiki
Jo Fay Email: jofoy@cox.net
Date: 03/28/2006 (Saturday)
Time: 10:00 AM to 12 N
Fee: $25.00
Location: 513 Leavenworth Street, Suite B

Heartland SHARE
Heartland SHARE is a pre-tasting grocery package of fresh fruits and vegetables, frozen meats and convenience foods at up to 50% off retail prices in exchange for volunteer share. SHARE is dedicated to providing a monthly, basic, consistent, affordable supplemental food package to those willing to help themselves and others. Each SHARE includes 4-5 meats, a variety of vegetables, fruits and other grocery items.

A professional purchasing staff buys from growers, manufacturers and producers. The food is distributed trucked from the Topeka warehouse to a network of community host sites. There is NO government funding. The SHARE program is open to all that wish to participate. "If you eat, you qualify!"

One SHARE costs $18.00 plus two hours of community service. More than one SHARE may be purchased and often there are monthly specials on meat items.

Everyone who participates in SHARE contributes volunteer time as their commitment to SHARE. Any service freely given to non-household members counts as volunteer service. Examples include helping at your local SHARE Host Site, mowing lawn, house-sitting or pet sitting for someone that is on vacation or hospitalized. Visiting or calling the homebound. Volunteer involvement in community service organizations such as: Volunteer Fire Department, Rescue Squad, Hospice, church groups, Scouting, 4-H, picking up trash in the parks or along roadways, coaching little league, organist for your church, teaching Sunday School, prayer chains, board members, mentoring. Anything that you do out of the goodness of your heart is volunteer service.

Sign up early in the month at UFM. SHARES are distributed on the 3rd or 4th Saturday morning of each month at Blue Valley United Methodist Church, 835 Church Ave.

SHARE: Good for You and good for the community.

Introduction to Reiki
Jo Fay Email: jofoy@cox.net
Date: 03/28/2006 (Saturday)
Time: 10:00 AM to 12 N
Fee: $25.00
Location: 513 Leavenworth Street, Suite B

Reiki: Level One
Jo Fay Email: jofoy@cox.net
Date: 04/06/2006 to 04/09/2006 (Th/Fr/Su)
Deadline Wed, April 5th, 2006
Time: Sun 2-5pm, Th & Fr 7-9pm, and Sat 9am-6pm
Fee: $165.00
Location: 513 Leavenworth Street, Suite B

For more information, call UFM at 539-8763 or sign up at UFM, 1221 Thurston St.
Introduction to Microsoft Word 06AF025
This course introduces you to Word and will help you use the program and some of its basic functions. Learn to create letters, faxes, family newsletters for family living in other areas of the states or stationed overseas.
Carl Brown D: (785) 341-9371 Email: carl@reddragonz.com.
Date: 01/14/2006 to 02/04/2006 (Sa)
Time: 7:00 PM to 9:00 PM
Fee: $30.00
Location: Cloud County Community College, Geary County Campus
631 Caroline Avenue, Junction City Computer Lab

Introduction to Microsoft Access 06AF027
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 investments, recipes, video tapes, and CDs.
Carl Brown D: (785) 341-9371 Email: carl@reddragonz.com.
Date: 04/08/2006 to 04/29/2006 (Sa)
Time: 1:00 PM to 3:00 PM
Fee: $55.00
631 Caroline Avenue, Junction City, Computer Lab

"Safer" - Internet Dating/Chatting 06AF028
This course introduces you to the world of internet chatting and dating. You will learn how to protect yourself from the "bad element" and how to set up your sites for these internet services. Learn the Do's and Don'ts of chatting and Internet dating as well as the Pros and Cons of each of these services.
Carl Brown D: (785) 341-9371 Email: carl@reddragonz.com.
Date: 01/25/2006 to 04/07/2006 (Sa)
Time: 3:00 PM to 5:00 PM
Fee: $29.00
Location: Cloud County Community College, Geary County Campus
631 Caroline Avenue, Junction City Computer Lab

Introduction to Photoshop 06AF026
Learn to fix photos by removing red-eye, changing backgrounds of the pictures. Learn the basics of the program so you can make changes for photo albums or for your personal web page.
Date: 02/14/2006 to 02/04/2006 (Sa)
Time: 1:00 PM to 3:00 PM
Fee: $29.00
Location: Cloud County Community College, Geary County Campus
631 Caroline Avenue, Junction City, Computer Lab

Introduction to Microsoft Publisher 06AF027
Learn to use another program where you can make flyers, brochures, web pages, newsletters and more!
Carl Brown D: (785) 341-9571 Email: carl@reddragonz.com.
Date: 02/25/2006 to 03/18/2006 (Sa)
Time: 1:00 PM to 3:00 PM
Fee: $29.00
Location: Cloud County Community College, Geary County Campus
631 Caroline Avenue, Junction City, Computer Lab

Purchasing a Digital Camera 06AF029
Do you want to purchase a digital camera, but feel overwhelmed with all of the choices available? Learn how to decide what type of camera is best for you. Learn about the different types of cameras and their features and what questions to ask when purchasing a digital camera.
Carl Brown D: (785) 341-9371 Email: carl@reddragonz.com.
Date: 02/11/2006 to 02/19/2006 (Sa)
Time: 1:00 PM to 3:00 PM
Fee: $29.00
Location: Cloud County Community College, Geary County Campus
631 Caroline Avenue, Junction City, Computer Lab
DanceNastics
An exciting gymnastic class that combines dance and cheerleading. At the end of the session, students will perform their routine. Ages 7-12 (5 to 6 years old can enroll with permission from the instructor.)
Lorisa Ridley D: (785) 776-6060, Lorisa Ridley has been teaching in the field of fitness for over 23 years. At the age of 2, Lorisa began dance and gymnastics and martial arts at the age of 10. At age 14, Lorisa began her own gymnastic business at the YMCA in Junction City. After graduating from High School, Lorisa attended Wichita State University, majoring in dance. She then went on to teach with the KSU Body Building Champion. After WSU, Lorisa continued to coach and study emergency medicine. In 1999, Lorisa opened CATTs, a children’s gymnastics and dance gym in Wamego, Kansas, where she also began teaching adult fitness classes and personal training. Lorisa has danced professionally in various performances, including the Phoenix Suns, Country Music Television, NBC, and much more. In 1998 Lorisa began boxing with a golden glove trainer. In 1999, Lorisa continued her own business, K.O. Boxing & Fitness in the Manhattan and Junction City area.
Date: 01/05/2006 to 01/26/2006 (Th)
Time: 1:30 PM to 2:00 PM
Fee: $57.00 individual, $42 additional family member
Location: 2303 Turtle Creek Blvd.

Sportsnastics
This will be a fun class for 4-5 year olds that will introduce many different sports including: baseball, volleyball, tennis, football, bowling and more, combined with gymnastics. Obstacle courses and games that involve sports and gymnastics will be played at the end of each class. (3 years old may be allowed into the class with instructor’s permission – they may be required to be accompanied by a parent).
Lorisa Ridley D: (785) 776-6060, Lorisa Ridley has been teaching in the field of fitness for over 22 years. At the age of 2, Lorisa began dance and gymnastics and martial arts at the age of 10. At age 14, Lorisa began her own gymnastics business at the YMCA in Junction City. After graduating from High School, Lorisa attended Wichita State University, majoring in dance. She then went on to teach with the KSU Body Building Champion. After WSU, Lorisa continued to coach and study emergency medicine. In 1999, Lorisa opened CATTs, a children’s gymnastics and dance gym in Wamego, Kansas, where she also began teaching adult fitness classes and personal training. Lorisa has danced professionally in various performances, including the Phoenix Suns, Country Music Television, NBC, and much more. In 1998 Lorisa began boxing with a golden glove trainer. In 1999, Lorisa continued her own business, K.O. Boxing & Fitness in the Manhattan and Junction City area.
Date: 01/10/2006 to 01/31/2006 (Th)
Time: 1:30 PM to 2:00 PM
Fee: $29.00
Location: 2303 Turtle Creek Blvd.

Swim lessons are available in the Aquatics section

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 4061 S POYNTZ 537-2099
Jazz and Tap Dancing (Ages 4-13) 06AYO18A

This tap and jazz dancing class is designed for beginners as well as for children that have had some experience. A fun short dance routine will be taught as well as learning basic steps. Formal dance attire is not necessary.

Randi Dale D. (785) 539-5767. Randi Dale has taught dance for 42 years. Her dance crew toured the Midwest and Europe. She is a certified teacher with a Master's Degree in Education. May 13, 2006 her regular students will perform the story ballet "Sleeping Beauty". In the past her dancers her dancers have performed Coppelia, Alice in Wonderland and Swan Lake. Her original choreography is designed for children.

Date: 01/18/2006 to 02/01/2006 (W)
Time: 6:30 pm - 6:45 pm
Fee: $16.00
Location: 2414 Rogers Blvd.

Jazz and Tap Dancing (Ages 4-13) 06AYO19B

Randi Dale D. (785) 539-5767.

Date: 02/02/2006 to 02/24/2006 (F)
Time: 6:30 PM to 6:45 PM
Fee: $24.00
Location: 2414 Rogers Blvd.

Children's Cooking Corner 06AYO20

In the five weeks of this class, food safety in the home, breakfast, lunch, supper, and desserts/snacks will be the topic for each week. The class will be geared to prepare healthy alternatives to children to allow their children to create snacks and meals with minimal parental help giving an added sense of responsibility to each participant. The class will be fast paced and energetic so to be prepared to have lots of fun and eat some awesome treats.

Date: 05/27/2006 to 06/03/2006 (M)
Time: 6:00 PM to 7:30 PM
Fee: $14.00
Location: UFM Kitchen

No class Monday, April 3

Toddler Twist 06AYO21A

Toddler Twist is a fun opportunity for your toddlers to get up and move! If you can't stop them from wriggling then this is the perfect class for you. Class activities will include sing alongs to Classic kid songs, like the Wheels on the Bus, as well as learning basic dance steps like knee bends, and step touches. Each class will include a "stretch" time and at the end of class we will share what we learned. Fun for any child who can't sit still!

Date: 02/05/2006 to 03/05/2006 (Su)
Time: 2:00 PM to 3:00 PM
Fee: $8.00
Location: UFM Banquet Room

Toddler Twist 06AYO21B

Date: 02/05/2006 to 03/05/2006 (Su)
Time: 8:00 PM to 9:00 PM
Fee: $15.00
Location: UFM Banquet Room

Toddler Twist 06AYO21C

Date: 02/05/2006 to 03/05/2006 (Su)
Time: 4:00 PM to 5:00 PM
Fee: $18.00
Location: UFM Banquet Room
Tae Kwon Do I
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 classmate and the instructor one on one.

David Moore

Date: 01/21/2004 to 05/04/2004 (Thu)
Time: 6:30 PM to 7:30 PM
Fee: $72.00
Location: KSU, Abearn Fieldhouse

Wah Lum Kung Fu (Adult Class)
Wah Lum Kung Fu is a classic Chinese martial art that teaches the student to become proficient in combat techniques and self-defense. It is a combination of What's Kung Fu, which is a traditional system of Kung Fu, and the modern-day techniques of Tae Kwon Do. The class is taught by Ceren Brooks, who is a certified instructor.

Ceren Brooks
Date: 01/27/2004 to 05/01/2004 (M)
Time: 7:40 PM to 8:45 PM
Fee: $20.00
Location: KSU, Abearn Fieldhouse

Judo I
Judo is a martial art that involves techniques for self-defense, including throws, takedowns, and groundwork. It is a sport that is popular around the world and is a part of the Olympic Games. The class is taught by N. Walaagkrai.

N. Walaagkrai
Date: 01/21/2004 to 05/04/2004 (Thu)
Time: 8:45 PM to 9:45 PM
Fee: $75.00
Location: KSU, Abearn Dance Studio, Room 301

Judo II
Judo II is a continuation of Judo I and focuses on advanced techniques and training for competition. It is taught by N. Walaagkrai.

N. Walaagkrai
Date: 01/21/2004 to 05/04/2004 (Thu)
Time: 9:45 PM to 10:45 PM
Fee: $75.00
Location: KSU, Abearn Dance Studio, Room 301

Ground Grappling
In this class, students will learn the techniques of grappling, which is a form of combat that involves grappling and ground fighting. The class is taught by Michael Tran.

Michael Tran
Date: 01/15/2004 to 05/03/2004 (W)
Time: 6:00 PM to 8:00 PM
Fee: $50.00
Location: KSU, Abearn Fieldhouse
Basic Photography I: Fundamentals and Camera Operation 06ACF13
This class will focus on basic concepts of using film and digital cameras. To get the most out of the class, participants should have either a film or a digital camera that users can take complete manual control of settings such as aperture(f/stop) and shutter speed, such as SLR's or advanced compact cameras. People with other types of cameras are welcome to take the class, but if you don't have the ability to manually control camera settings you won't get as much from the class. Topics that will be covered include basic camera settings and operation; how f-stop and shutter speed affect your photos, how to select the right settings, choosing and using different lenses, types of film and an introduction to exposure, composition, and technique. Discussion of issues relevant to digital photography such as white balance and resolution will also be covered. The class will emphasize landscape and nature photography, but anyone interested in photography will benefit. This class is geared toward beginning photographers and those wishing to know more about camera operation and nature photography.

For the most out of the class, participants are encouraged to bring their camera to each class. Tripods will also be beneficial.
The class will include three classroom meetings (Thursday evenings 7-9) and 2 field trips (Saturdays, approximately 4-5). Field trips are designed to reinforce what is learned in the class and will include shooting together as a group and a chance for individuals to photograph on their own. Exact times of the field trips will be discussed at the first class, but will be in the evenings a couple of hours before sunset. Participants will be responsible for their own film and development. In addition, participants are encouraged to bring photographs from the field trips to the following class session for discussion.

Scott Bean, (785) 776-8411, bean@kou.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 with a 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 the world being framed with your camera.

Date: 04/22/2006 to 05/12/2006 (Th, 5x)
Thursdays (Class Time) 7-9PM
(Field Trips) To Be Announced
Time: 7:00 PM to 9:00 PM and Sat 1:15 PM
Fee: $55.00
Location: UFM Conference Room

Basic Photography II: Composition and Learning to See 06ACF27
This class will focus on photographic composition and creativity. Information on basic compositional rules, elements of design, and the effect of light on photographs will be discussed. Controlling and using light to maximize your success will also be discussed. Class sessions will include examples and discussion of photographs and review of students' pictures. Field trips will be designed to help students think about composition and the idea of "creating" a photograph rather than simply taking a snapshot. The class will include three classroom meetings (Thursday evenings 7-9) and two field trips (Saturday's with the exact time to be announced). Exact times of the field trips will be discussed at the first class, but will be in the evenings a couple of hours before sunset. Field trips will be both group activities as well as time for students to photograph on their own. Participants will be responsible for their own film and development costs. In addition, participants are encouraged to bring prints from the field trips to the following class session for discussion. Any type of camera is appropriate for this class, film or digital.

Date: 04/06/2006 to 04/20/2006 (Th, 5x)
Thursday (Class Time) 7-9PM
Saturday (Field Trips) To Be Announced in 1st class
Time: 7:00 PM to 9:00 PM and Sat 1:15 PM
Fee: $52.00
Location: UFM Fireplace Room

Beginning Knitting 06ACF95
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 sweater 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.

Kenneth Tully, (785) 537-1826
Date: 02/07/2006 to 03/07/2006 (T)
Time: 7:30 PM to 9:30 PM
Fee: $31.00
Location: 300 Foty Ave. Wildflower Yarns and Knitwear

Fleece Blankets 06ACF98
Have you ever wanted to make a fleece blanket but didn't know exactly how to make it, well here is the class for you! You will need your favorite fleece fabric, and a good pair of scissors.

Ritu Schepner
Date: 01/21/2006 (Sa)
Time: 1:00 AM to 11:00 AM
Fee: $18.00
Location: UFM Multipurpose room

Stained Glass 06ACF10
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. Stained glass is an interesting hobby that you can do at home and that can lead to making Tiffany lamps, 3-D creations, windows and more. A supply list will be provided when you enroll.

Patricia Barnett
Date: Saturday, TBA - please visit our website for current class information
Time: 9:00 AM to 12 N
Fee: $56.00
Location: 3466 Stonebenge Drive

Take a Peek at the Past
(All visits—including peaks, looks & stores—are free.) That's right... free!

Riley County Historical Museum 2309 Clifton
- Exhibits of Riley County history—pioneer days to the present
- Research library by appointment
- Educational programs
- Speakers bureau
- Monday-Friday 8:00-5:00 Saturday-Sunday 2:00-5:00

Goodnow House Museum 2309 Clifton
- Home of Jesse Goodnow
- Free state advocate
- Educational programs (adults)
- Educational programs (children)
- Free state advocate
- A State Historic Site
- Call 356-6490 for hours

Pioneer Log Cabin
- Canyon City Park
- Walnut log cabin built in 1916
- Home and school exhibit
- Pioneer home and school exhibit
- Open April-October Sunday 2:00-5:00 and by appointment

Wolf House Museum 433 Forest
- 1868 stone home also served as a boarding house
- Furnished with period antiques
- Special exhibits
- Victorian Manhattan: Life in 1885
- 1:00-3:00 Saturday 2:00-5:00 Sunday and by appointment

For more information, call 565-6490

www.tryufm.org
The Digital Darkroom for Photographers: Introduction to Photoshop, Image Processing & Printing

064CF95

Digital imaging is becoming increasingly popular and the demand for those with digital darkrooms has grown. This class will introduce basic information & techniques for those starting out with Adobe Photoshop. We will discuss the pros & cons of digital vs. film, look at some tips & tricks for using Photoshop, and teach you the basics of image manipulation & retouching. This class will be taught by a professional photographer and will provide you with the knowledge and skills you need to take your photography to the next level. There will be plenty of hands-on experience with Photoshop & the opportunity to get your questions answered. This class is perfect for anyone interested in learning more about digital photography & image processing. Join us and start creating professional-quality images today! (2:00-5:00 PM)

Funky Flicks with Doug and Tony

064CF76

Unique, funny, classic, bizarre, foreign, musical, fantasy, sci fi, drama, adventure. Here's your chance to experience the best in film making with two of the genre's greatest buffs. Doug and Tony love the movies, and they want to share that love with you. How can you lose with great movies, great conversation about them, and endless bowls of popcorn? Join Doug and Tony for two nights of movie magic. The first night they pick the flick after that, who knows? (7:00 PM)

Brain Gym Core Course Series

Optimal Performance

064CP40

Learn the 12 movements that are considered the Brain Gym Activities. This set of simple activities enhances whole brain function when used with awareness and intention, participants often experience improvements in concentration, memory, creativity, and overall mental clarity. The activities have a physiological basis, are simple, and can be done in less than five minutes. Brain Gym is a movement technique that offers a broad insight into the physiological basis of the body and provides a framework for understanding how the brain works. Brain Gym is a body awareness program that can be used by individuals of all ages in a variety of settings. Brain Gym activities are designed to help people of all ages improve their physical, mental, and emotional well-being. Brain Gym can be used as a supplement to other health and wellness programs or on its own as a tool for personal growth and development. Brain Gym is also used in schools, hospitals, and other settings to help people of all ages achieve their goals and improve their quality of life. (4:00 PM)

Manhattan Arts Center

GALLERIES

* Armim Mitham
  * Replacement Landscapes
  * Lawrence Still Life
  * Objection Common and Uncommon
  * Clay Open Studio
  * Acoustic Music & Jazz
  * Swing City Jazz

Clay Open Studio

Shop by our clay open studio on Sun, and Thurs., evenings 4-9 PM. Bring a friend and get creative! Cost: $5/session or $30/month plus clay and firing fees.

Manhattan Arts Center

1221 Thurston
539-8763

www.tryufm.org
Triple Techniques in Stamping 06ACF31C
Triple your stamping and scrapbooking fun each time you take this class! Learn how to use old favorites, some new gotta havens, and even some things you probably have lying around the house. You will learn 3 new techniques every session and create a sample swatch of each. Plus you will receive a technique sheet to keep with your swatch for future reference. Techniques we will be learning this semester will be twist and drag, embossed lid, crinkled chakra, mother of pearl, acetate and tissue, spotted backgrounds, plus 2 mystery techniques! Please register one week prior to class date. All supplies will be provided - but you can bring your own basics (coffee, scissors, adhesive) if you prefer!
Heather Scott
Date: 04/10, 2006 to 04/17, 2006 (M)
Time: 7:00 PM to 9:00 PM
Fee: $16.00
Location: UFM Multipurpose Room
1221 Thurston St.

Rubber Stamping Basics 06ACF33A
Come and learn the basics of rubber stamping. You will learn differences in inks, papers, stamps and powders. We will cover basic techniques and embossing. Supplies for these cards will be provided, which will be made in class. Please bring the following to class: 12' paper cutter, adhesive, scoring tool, scissors and a heat tool. (If you don't have them, you can share) Please register one week prior to class.
Heather Scott D. (785) 494-2585 Email: heather@ice-some-stamps.com
Date: 02/27, 2006 to 03/17, 2006 (M)
Time: 7:00 PM to 9:00 PM
Fee: $16.00
Location: UFM Conference Room
1221 Thurston St.

Rubber Stamping Basics 06ACF33B
Date: 04/24/2006 to 04/24/2006 (M)
Time: 7:00 PM to 9:00 PM
Fee: $16.00
Location: UFM Conference Room, 1221 Thurston St.

Tic Tac Toetally 06ACF300
Do you think that three X's in a row sounds like a bad marriage discussion on a daily talk show? Thank again. There X's will make you say OOOOH in this class designed to discuss the intricacies and strategy of Tic-Tac-Toe. This is no game of feline fancy as cat's games will not be tolerated. The instructor, Trey Davis, is an avid and certified tic-tac-toologist who has studied at the "feet" of Brewer the Booster the famed poultry player from Pike's Peak. This class acquires all the way up to nearly professional. Players who have ever received monetary compensation for their play are ineligible.
Date: 04/01, 2006 (Sa)
Time: 10:00 AM to 12:00 AM
Fee: $1.00
Location: UFM

Plano I 06ACF35Z
This is a group keyboard class designed for beginners with no previous keyboard experience. This popular class teaches basic concepts which include note reading, rhythm reading, sight reading and group and individual playing. Outside practice is essential for progress in this class. 15 MINUTE REGISTRATION
Stacey Register
Date: 03/06, 2006 to 05/15, 2006 (MW)
NO CLASS 3/20 AND 4/22
Time: 6:30 PM to 7:20 PM
Fee: $35.00
Location: McCain, Room 127, KSU

Plano II 06ACF37Z
This group keyboard class is designed for adults with limited previous keyboard experience. Ideal follow up for Plano I. The focus will be on theory and practical skills, group and individual performance. A skill assessment will be conducted first class. If you are unsure if your level of experience is appropriate for this class, please contact the instructor.
Stacey Register
Date: 03/06, 2006 to 05/05, 2006 (MW)
NO CLASS 3/20 AND 4/22
Time: 6:30 PM to 7:20 PM
Fee: $135.00
Location: McCain, Room 127, KSU

Beginning Spinning 06ACF74
Learn the basics of spinning yarn. Experience different fibers, Spindles and fleece provided. No experience necessary.
Marie Burgett, mariecicox.net has been weaving and spinning since 1973. She has taught UFM classes in the past and has been designated a Kansas Master Weaver. She belongs to the Manhattan Weavers Guild, Kansas Affiliation of Weavers, Midwest Weavers, and Handweavers Guild of America.
Date: 02/23, 2006 to 05/23, 2006 (Th)
Time: 7:00 PM to 9:00 PM
Fee: $37.00
Location: 801 Hall Court

WANT TO GO BACK TO SCHOOL, BUT BETWEEN YOUR FAMILY AND YOUR JOB YOU NEVER SEEM TO FIND THE TIME?
K-State Evening College makes it simple for working adults to earn their degrees. Through night classes or a combination of night classes and distance education courses, you can earn a bachelor's degree or enhance your skills without quitting your day job.

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

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

Call 1-800-622-2KSU or visit www.dce.ksu.edu/eveningcollege to learn more today!
Juice Packet Puruses

What do you do with those colorful juice packets? Well, here is an idea. Take those juice drinks and sew them together to make a juice pouch. You don't even have to know how to sew; this class will teach you everything you need to know to put together your very own juice pouch. When you are done making your pouch you personalize it by adding your favorite accessories. Fun for all ages! Great gift idea!

Rita Schepker
Date: 02/04/2006 (Sa)
Time: 9:00 AM to 11:00 AM
Fee: $20.00
Location: UFM Multipurpose Room

Ukulele Night

This class features both demonstration and participation. You will learn about scales and chords for Tin Pan Alley and Roaring 20's style songs in the key of C. You can bring your own ukulele; there will also be 5 loaner ukuleles available for use that night. Ages 8+.

Brad Schiff, a full time musician since 1988, has worked as an "Artist in Education" through Arts Commission Programs in Kansas, Iowa, North Carolina and South Carolina. He performs at schools, libraries and festivals across Kansas. An experienced, organized, creative and humorous teacher, Brad has conducted harmonica classes in Abilene, Salina, McPherson, Newton, Hays and Winfield.

Date: 03/07/2006 to 03/09/2006 (T)
Time: 6:30 PM to 8:00 PM
Fee: $15.00
Location: UFM Fireplace Room
1221 Thurston St.
Recreation & Fitness

Archery for Adults
This course provides men and women instruction in target
used in Olympic sports. Participants will learn safety rules,
score, release of arrow, and execution of follow-through. Information on basic equipment selection and set-
up will also be taught. The equipment will be provided by
the instructor. Techniques will be tailored to fit individual
levels of experience.

Tom Korte, (785) 494-8889
Date: 01/02/2006 to 03/06/2006 (M)
Time: 7:00 PM to 8:00 PM
Fee: $35.00
Location: 1125 Laramie Plaza, upstairs

Archery Instructor Training & Certification
In this Level I Basic Training and Certification course, you will learn how to set up and operate a safe shooting
area with your equipment, and how to create fun games for your
new archers. The required NASDA textbook will be available for purchase for the instructor at the first class
meeting.

Tom Korte-H, (785) 494-8889
Date: 01/23/2006 to 03/13/2006 (M)
Time: 7:00 PM to 8:45 PM
Fee: $190.00
Location: 1125 Laramie Plaza, upstairs

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

Greg Greer, (785) 529-1014, is a PGA professional at the
Stagg Hill Golf Course.
Date: 04/06/2006 to 06/27/2006 (Th)
Time: 6:00 PM to 7:00 PM
Fee: $36.00
Location: Stagg Hill Golf Club
441 Fort Riley Blvd.

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

Greg Greer, (785) 529-1014, is a PGA professional at the
Stagg Hill Golf Course.
Date: 04/06/2006 to 06/27/2006 (Th)
Time: 6:00 PM to 7:00 PM
Fee: $36.00
Location: Stagg Hill Golf Club
441 Fort Riley Blvd.

Golf in Junction City
This course is designed for students to develop advanced
Golf skills. Students will practice improving their golf swing
and short game both on the driving range and on the golf
course. Students are responsible for one round of golf and
additional baskets of balls - $5.00/basket.

Ronda Greer
Date: 03/05/2006 to 04/26/2006 (W)
Time: 5:30 PM to 7:30 PM
Fee: $160.00
Location: 3142 Scam'l Avenue, KSU at Salina, Rec Center

Golf in Junction City
This course is designed for students to develop advanced
Golf skills. Students will practice improving their golf swing
and short game both on the driving range and on the golf
course. Students are responsible for one round of golf and
additional baskets of balls - $5.00/basket.

Ronda Greer
Date: 03/02/2006 to 04/27/2006 (Th)
Time: 5:30 PM to 7:30 PM
Fee: $160.00
Location: 3142 Scam'l Avenue, KSU at Salina, Rec Center

Golf in Salina
This course is designed for students to develop advanced
Golf skills. Students will practice improving their golf swing
and short game both on the driving range and on the golf
course. Students are responsible for one round of golf and
additional baskets of balls - $5.00/basket.

Ronda Greer
Date: 03/02/2006 to 04/27/2006 (Th)
Time: 5:30 PM to 7:30 PM
Fee: $160.00
Location: 3142 Scam'l Avenue, KSU at Salina, Rec Center

Golf in Junction City
This course is designed for students to develop advanced
Golf skills. Students will practice improving their golf swing
and short game both on the driving range and on the golf
course. Students are responsible for one round of golf and
additional baskets of balls - $5.00/basket.

Ronda Greer
Date: 03/02/2006 to 04/27/2006 (Th)
Time: 5:30 PM to 7:30 PM
Fee: $160.00
Location: 3142 Scam'l Avenue, KSU at Salina, Rec Center

Golf in Salina
This course is designed for students to develop advanced
Golf skills. Students will practice improving their golf swing
and short game both on the driving range and on the golf
course. Students are responsible for one round of golf and
additional baskets of balls - $5.00/basket.

Ronda Greer
Date: 03/02/2006 to 04/27/2006 (Th)
Time: 5:30 PM to 7:30 PM
Fee: $160.00
Location: 3142 Scam'l Avenue, KSU at Salina, Rec Center

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"Stretching Body, Breath & Mind"

Beginning Belly Dance
In this dance technique class, you'll learn all the
funds of this ethnic dance form and get some great exercise.
This class will cover the basics of hip, rib, cape, and arm
movements, as well as simple turns, traveling steps, compo-
nenting, and choreography. Please wear comfortable cloth-
ing that allows for ease of movement. Come join us for cre-
ative movement and exercise in a positive and fun setting!

Roxie Catlin, crusilas@kansamet.net
Roxie has been dancing for over twenty years. She began her dance career
in classical ballet and at the age of 12, was accepted into the
Kendall State University Ashtanga Dance Club. Roxie
became interested in belly dance when she studied the
Clasics at the Ohio State University. It was in Ancient
Corinth, Greece that she fell in love with Mediterranean
music and the varieties of dance. She continued her studies
at John Carroll University in Cleveland, Ohio and at the
American University in Cairo, Egypt. Roxie holds a B.A.
in Mediterranean Studies. Roxie is an AFAA Certified Fit-
ness instructor who stresses proper body alignment and
form. She has a M.A. in Mediterranean Studies and a B.A.
in Classics (Ancient Greek and Latin). She studied in
India, Greece and Cairo, Egypt.

Beginning Belly Dance
Roxie Catlin
Date: 01/02/2006 to 01/30/2006 (M)
Time: 6:30 PM to 7:30 PM
Fee: $48.00
Location: K-State International Center

Beginning Belly Dance
Roxie Catlin
Date: 04/03/2006 to 04/30/2006 (M)
Time: 6:30 PM to 7:30 PM
Fee: $48.00
Location: K-State International Center

Yoga Connection
301 Poyntz, Suite A.
Manhattan, Kansas
785-537-6204 or 785-341-9008

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"Stretching Body, Breath & Mind"

www tryufm.org
Intermediate Belly Dance

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

Maya Zahra, (785) 979-6468, bellydance@mayazahra.com. Maya began studying belly dance in 1999 under the instruction of Saudi-born Feroza Alani. Maya’s dance performances include birthday parties, baby showers, corporate events, restaurant dancing, “belly-guests”, international fairs, sidewalk sales, and The Kansas City Renaissance Festival. She specializes in American style cabaret night-club, folkloric, Romany Gypsy, Sals, 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 share her love for belly dance and her passion for the art. Her innovative teaching style incorporates extensive break-downs of the body movements combined with creative and challenging combinations and choreography.

Date: 01/12/2006 to 02/09/2006 (Th)
Time: 5:30 PM to 6:30 PM
Fee: $48.00
Location: KSU, Ahearn Dance Studio, Room 301

Intermediate Belly Dance

Maya Zahra

Date: 02/16/2006 to 03/16/2006 (Th)
Time: 5:30 PM to 6:30 PM
Fee: $48.00
Location: KSU, Ahearn Dance Studio, Room 301

Advanced Belly Dance

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

Maya Zahra

Date: 01/12/2006 to 02/09/2006 (Th)
Time: 7:40 PM to 8:40 PM
Fee: $48.00
Location: KSU, Ahearn Dance Studio, Room 301

Advanced Belly Dance

Maya Zahra

Date: 02/16/2006 to 03/16/2006 (Th)
Time: 7:40 PM to 8:40 PM
Fee: $48.00
Location: KSU, Ahearn Dance Studio, Room 301

The Marianna Kistler Beach Museum of Art

Featuring exhibitions and programs for all ages!
For more information, visit our Web site at www.ksu.edu/bma
RECREATION & FITNESS (Continued)

Belly Dance Conditioning Workout 06ARF192C
Maya Zahira
Date: 03/30/2006 to 05/04/2006 (Th)
Time: 7:30-8:30 PM
Fee: $48.00
Location: K-State, Alumni Dance Studio, Room 301

Big and Beautiful Belly Dance: Belly Dance for Full-Figured Women 06ARF291A
Learn what it means to be a big and beautiful goddess! In this begins a level Belly Dance class you will learn the fundamentals of Middle Eastern Dance while attaining an hour of physical activity. The class is designed for those who are intermixed by traditional dance/exercise classes. No dance experience necessary. This class will follow the Beginning Belly Dance curriculum for the Maya Zahira School and will also incorporate belly dance conditioning movements. Intensity, impact and stomach combinations will vary based on student ability.

Rezina Catalan
Date: 01/09/2006 to 02/13/2006 (M)
Time: 7:30-8:30 p.m.
Fee: $48
Location: K-State International Center

Professional Dance Troupe 06ARF152B
Gatiri, Assisted by Rezina
Dates: 02/21/2006 to 03/28/2006 (Tu)
Time: 6:30-7:30 p.m.
Fee: $30
Location: UFM Banquet Room

Professional Dance Troupe 06ARF152C
Gatiri, Assisted by Rezina
Dates: 04/06/2006 to 05/09/2006 (Tu)
Time: 6:30-7:30 p.m.
Fee: $30
Location: UFM Banquet Room

Boxing for Men 06ARF414AW
Learn to box! Train like a pro! Get an incredible workout!

Lourisa Ridley
Date: 02/13/2006 to 03/06/2006 (M/W)
Time: 6:30 PM to 7:30 PM
Fee: $74.00
Location: 2803 Tuttle Creek Blvd.
Blue Hills Shopping Center

Boxing for Men 06ARF414A
Learn to box! Train like a pro! Get an incredible workout!

Lourisa Ridley
Date: 04/11/2006 to 05/02/2006 (Tu/Th)
Time: 6:30 PM to 7:30 PM
Fee: $74.00
Location: 2803 Tuttle Creek Blvd.
Blue Hills Shopping Center

Boxing for Women 06ARF414AW
Learn to box! Train like a pro! Get an incredible workout!

Lourisa Ridley
Date: 02/13/2006 to 03/06/2006 (M/W)
Time: 6:30 PM to 7:30 PM
Fee: $74.00
Location: 2803 Tuttle Creek Blvd.
Blue Hills Shopping Center

Boxing for Women 06ARF414A
Learn to box! Train like a pro! Get an incredible workout!

Lourisa Ridley
Date: 04/11/2006 to 05/02/2006 (Tu/Th)
Time: 6:30 PM to 7:30 PM
Fee: $74.00
Location: 2803 Tuttle Creek Blvd.
Blue Hills Shopping Center

Professional Dance Troupe 06ARF152A
Entrance into the professional dance troupe is by invitation/exclusion only. To request an audition, or to discuss candidate qualifications, please contact the school's artistic director, Maya Zahira at maya@mayazahira.com.

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

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

Dates: 01/10/2006 to 02/14/2006 (Tu)
Time: 6:30-7:30 p.m.
Fee: $30
Location: UFM Banquet Room

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For your golfing needs
Fully equipped "discount" pro shop
Professional golf instruction available (individual & group)
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M.S. Group February 8 - May 3 (Wednesday)
H.S. Group February 7 - May 2 (Tuesday)
For Middle/High School youth With Outdoor Recreation and Fun!
U FM Teen Mentoring Program
www.tryufm.org

339-8763

1221 Thurstom
RECREATION & FITNESS (Continued)

No Contact Boxing for Men 06ARF942
Learn to box! Train like a pro! Get an incredible workout strength and tone your arms, abs, and lower body. Gain confidence, fun have, and relieve stress. Gloves will be provided and are also available for purchase. There will be no contact with other participants. Workouts will be on the heavy bag, double end bag, punch bag, jumbl bag and freestanding bag. Learn punches, defensive moves, combos, and how to get awesome cards! Open to men and women.
Lewish Ridley
Date: 03/08/2006 to 05/03/2006 (M/W)
Time: NO CLASS 3/28 & 4/22
Fee: $240.00
Location: 2303 Tuttle Creek Blvd. Blue Hills Shopping Center

Intermediate Boxing 06ARF54Z
Participants in boxing must protect themselves at all times. A hour must be able to move easily with speed, power and agility, while thinking on their feet. Pre-requisites for this class is to have completed Boxing for Men or have at least one year of boxing training. This does not include aerobic boxing classes. Students will continue working on their punches, execute combos and participate in bag training. They will train their bodies and discipline their minds. In this no contact boxing class, students will not spar. There will be intensive "Catch Mitt" training. Boxing conditioning in this class will include: Power and speed drills, agility, hand-eye coordination exercises, balance and footwork drills, upper and lower body strength training, hard core, and strengthening physical endurance. Endurance is pushing your body past your mind’s desire to stop. Gloop, protect yourself and be ready to move!
Lewish Ridley
Date: 01/12/2006 to 03/07/2006 (Tu/Th)
Time: 10:00 AM to 11:00 AM
Fee: $120.00
Location: 2303 Tuttle Creek Blvd. Blue Hills Shopping Center

Intermediate Boxing 06ARF54Z
Lewish Ridley
Date: 01/12/2006 to 03/07/2006 (Tu/Th)
Time: 10:30 AM to 11:30 AM
Fee: $240.00
Location: 2303 Tuttle Creek Blvd. Blue Hills Shopping Center

Tennis
The focus of this introductory tennis course is on introducing the proper technique of each tennis stroke. Scoring, rules, single and doubles formation, shot selection and match play will also be covered. Come enjoy the "Spirit of a Lifetime." All players must wear appropriate tennis shoes (no running shoes) and comfortable workout attire. Tennis racquets will be available if needed.
Bill Flayley
Date: 02/14/2006 to 05/02/2006 (Tu)
Time: NO CLASS 3/21
Fee: $240.00
Location: 3615 Clifton Road, Cotton Wood Racquet Club

A Little More Than Beginning Line Dance 06ARF52A
In this class you will have fun learning some basic line dances. We will start each class with some basic stretching exercises, then learn and practice the dance steps necessary to dance some easy line dances. We will end the class with more stretching exercises. No need to have a partner, but be sure to wear non-skid shoes!
Joyce Kuhler, juhler121@earthlink.net, is a licensed dance instructor. She has been teaching dance and exercise classes since 1980. She moved here from Omaha, NE where she was employed at University of Lincoln at Omaha. She is a member of the Universal Round Dance Council and Roundable and has held several various office positions at these and other dance organizations while teaching at dance festivals and conventions in cities such as Omaha, Nashville, ND, San Jose, CA, Sioux City, IA, and many others.
Date: 1/26/2006 to 4/15/2006 (Wed & 4th Thurs)
Time: 6:00pm to 8:00pm
Fee: $30.00
Location: UFM Ballroom Room 1221 Thurnan St.

Beginning Dance for Couples 06ARF93
For Couples Only! Bring your partner and/or have fun learning how to dance to rhythms of Footstep, Swing, and Latin. This class is designed for beginning dancers who wish to learn how to dance with their partners for intermediate or experienced dancers who wish to spend time dancing with that "special someone." A partner is required for this class.
Michal Bennett, dance899@yahoo.com, has trained in Ballet, Dance at U.C. Berkeley; Mandalay Ballroom, San Francisco; AllBella Ballroom, Odda, CA; Chicago Dance Studio, Chicago, IL and Avenue Ballroom, San Francisco. He was the 1966 San Francisco Avenue Ballroom Jitterbug Champion. He choreographed and performed in Ballroom Suite, Winter Dance 1969, EU. He is a member of the United States Amateur Ballroom Dancers Association.
Date: 01/13/2006 to 03/03/2006 (F)
Time: 6:00 PM to 7:00 PM
Fee: $50.00 per couple
Location: Cross Roads, ECM 1021 Denison Ave.

Beginning Dance for Couples 06ARF93
Michal Bennett
Date: 03/10/2006 to 05/02/2006 (F)
Time: 6:00 PM to 7:00 PM
Fee: $50.00 per couple
Location: Cross Roads, ECM 1021 Denison Ave.

Worried about pregnancy after unprotected SEX? 06ARF93
EC Emergency Contraceptive Pills Prevent Pregnancy Up to 72 Hours after Sex
Contact your health care provider, health department, or If the information center for more information or contact:
National EC Hotline 1-888-No1-2 Late (1-888-668-2528) http://ec.princeton.edu

www.tryufm.org
1221 Thurnan 539-8763
Yogilates
Diane Knut
Date: 03/08/2006 to 03/09/2006 (M/W)
Time: 10:00 AM to 11:00 AM
Location: 1125 Laramie St., Lower Level
Pro Fitness in Aggieville

Yogilates
Diane Knut
Date: 01/12/2006 - 07/06/2006
Time: 7:00PM - 8:00PM (T-Th)
Fee: $72.00
Location: 1125 Laramie St., Lower Level
Pro Fitness in Aggieville

Yogilates
Diane Knut
Time: 7:00PM - 8:30PM (T-Toh)
Fee: $72.00
Location: 1125 Laramie St., Lower Level
Pro Fitness in Aggieville

Yogilates
Diane Knut
Date: 03/09/2006 to 05/04/2006 (Tu-Th)
Time: 12 N to 1:00 PM
Fee: $72.00
Location: 1125 Laramie St., Lower Level
Pro Fitness in Aggieville

International Folk Dance
Mark Mauer
Date: 01/18/2005 to 02/23/2005 (Tu)
Time: 7:30 PM to 8:30 PM
Fee: $26.00
Location: UFM Banquet Room
1221 Thornton St.

International Folk Dance
Mark Mauer
Date: 01/18/2005 to 02/23/2005 (Tu)
Time: 7:30 PM to 8:30 PM
Fee: $26.00
Location: UFM Banquet Room
1221 Thornton St.

Canoe Camping
Steve Spencer
Date: 03/04/2006 to 03/05/2006 (Sa/Su)
Time: 8:00 AM to 5:00 PM
Fee: STD
Location: KSU Natchez Point

Fitnastics for Adults
Have you always wanted to learn some gymnastic skills, ballet or dance? Workout and be on your way to having the flexibility, strength and body of a gymnast. Instructor Lorissa Ridley with over 20 years of teaching dance, gymnastics and fitness has created a fun and exciting new way to get in shape. This class is for beginners to advanced. In Lorissa's classes you will always work at your own level. Burn fat by getting your heart rate up with energizing dance moves, lengthen your muscles, gain flexibility and tone and tighten up your body while you gain strength with gymnastic training exercises. Move your body - it'll move your mind.

Lorissa Ridley (785) 776-0600, Lorissa Ridley has been teaching in the field of fitness for over 22 years. At the age of 2, Lorissa began dance and gymnastics and mental arts at the age of 10. At age 16, Lorissa began her own gymnastics business at the YMCA in Junction City. After graduating from High School, Lorissa attended Wichita State University, majoring in dance. She went to Mr. K, 1986 Body Building Champion. After WSU, Lorissa continued to coach and facilities in the area. In 1992, Lorissa opened CATT'S, a children's gymnastics and dance gym in Wamego, Kansas, where she also began teaching adult fitness classes and personal training. Lorissa has danced professionally in various performances, including the Phoenix Suns, Country Music Televison, NBC and much more. In 1995 Lorissa began boxing with a golden glove trainer. In 1999, Lorissa continued her own business, "K.O. Boxfit & Fitness" in the Manhattan and Junction City area.

Fitnastics for Adults
Lorissa Ridley
Date: 02/06/2006 to 02/22/2006 (W)
Time: 5:30 PM to 6:30 PM
Fee: $56.00
Location: 2303 Turtle Creek Blvd.
Blue Hills Shopping Center

Canoe Camping
Steve Spencer
Date: 03/04/2006 to 03/05/2006 (Sa/Su)
Time: 8:00 AM to 5:00 PM
Fee: STD
Location: KSU Natchez Point

Fitnastics for Adults
Take all three Fitnastics Classes for a discounted rate!

Date: 01/04/2006 to 01/25/2006 (W)
Time: 5:30 PM to 6:30 PM
Fee: $154.00
Location: 2303 Turtle Creek Blvd.
Blue Hills Shopping Center

Register for your next UFM Class
ONLINE at
www.tryufm.org!

539-3763
1221 Thornton

www.tryufm.org

25
Earth & Nature

Fly Fishing 06AEN04AZ
This course will cover the proper techniques for performing basic fly casting techniques: roll casting, pick up and put down, false casting and shooting a line. We will also cover tying flies, and fly fishing equipment. The class will be broken into two sections. The first section will cover casting, fly rods, reels, lines, tippets, and leaders. The second section will cover fly tying equipment and techniques to tie dry flies, wet flies, and nymphs. All equipment needed will be provided by the instructor. There is a non-refundable material fee of $50 for withdrawing from the class after the first day.

Paul Sodemann, (785) 494-2340
Date: 02/06/2006 to 02/16/2006 (M, Tu, W, Th)
Time: 6:00 PM to 8:00 PM
Fee: $50.00
Location: MHS East Campus, 901 Poyntz Ave., Room 108

Fly Fishing 06AEN04BZ
Date: 02/20/2006 to 03/02/2006
Time: M, Tu, W and Th from 6:00 PM to 8:00 PM
Fee: $50.00
Location: MHS East Campus, 901 Poyntz Ave., Room 108

Annual & Perennial Flowers 06AEN12
Kansas has a climate that can be difficult for flowering plants. Find out which perennials can not only tolerate but do well in our sun and wind. We'll also review the Prairie Star Collection — research-proven annual flowers that out perform others for our region.

Colleen Hampton, Email: cmhampton@418@global.net, Colleen Hampton is a seasoned Riley County Extension Master Gardener who has a passion for all types of gardening. She has taught UFM gardening classes for over 10 years. She is a member of the Manhattan Community Garden and several local garden clubs. Colleen welcomes your questions and class participation.

Date: 03/11/2006 (Sa)
Time: 10:00 AM to 12 N
Fee: $12.00
Location: UFM Greenhouse

Container Gardening 06AEN16
Container gardening is increasing in popularity because its less physically demanding and gives us more places to put plants! This class will cover the science and art of growing plants in containers — the pots, soil, maintenance, plant selection (annuals & perennials), and design.

Colleen Hampton, Email: cmhampton@418@global.net, Colleen Hampton is a seasoned Riley County Extension Master Gardener who has a passion for all types of gardening. She has taught UFM gardening classes for over 10 years. She is a member of the Manhattan Community Garden and several local garden clubs. Colleen welcomes your questions and class participation.

Date: 04/15/2006 (Sa)
Time: 10:00 AM to 12 N
Fee: $12.00
Location: UFM Greenhouse

Home Landscape Design 06AEN20
Learn the basics of landscaping your home! Locally available resources will be presented. Property values can be increased by as much as 10-20% by smart landscape design. This course is a must for new residents to the Manhattan community or those of us with "brown thumbs."

Gregg Eyestone
Date: 02/01/2006 to 02/15/2006 (W)
Time: 6:30 PM to 8:30 PM
Fee: $50.00
Location: 110 Courthouse Plaza, Extension Office

See Youth and Aquatics sections for recreation and swim classes

Introduction to Outdoor Skills 06AEN92
This class is designed to provide practical skills needed to enjoy the great outdoors. Skills and topics selected for the class are those which have applications across many outdoor activities. Course content includes equipment, shelter, fire and navigation. Additional meetings may be scheduled with the instructor outside of the class.

Date: 01/17/2006 to 02/07/2006 (Tu)
Time: 7:00 PM to 8:00 PM
Fee: $38.00
Location: UFM conference Room

Spring Plant Swap 06AEN38
As the perennials you have multiple, do you wish you had less of them and more of something else? Rejuvenate your flower garden by divvying your perennials and bring them to trade! Enhance your color and variety! This is a great opportunity to expand your garden with new and different plants as well as meet old and new friends. Ideas for plants to swap include bulbs, perennials, herbs, vines, native plants, small trees, or evergreen seeds. If you have gardening questions you are welcome to bring them to share as well! You may drop all your plants at UFM on April 19. Participation in UFM's Spring Plant Swap.

Date: 04/19/2006 (Su)
Time: 10:00 AM to 12 N
Fee: No Charge
Location: UFM Greenhouse

Manhattan Community Garden Plot Sign Up Time!
The Manhattan Community Garden is a UFM sponsored cooperative project located on 3 acres in the south Carroll neighborhood at 9th and Riley Lane. Over 160 plots are available on an annual basis. Rent per plot charge is on a sliding scale basis. Water, tools, mulch and advice are provided. Plot rental fees range from 2.5 to 6 cents per square foot. Plots are available in various sizes. A $10 plot deposit is also required.

Spring 2006 sign up dates are:
Returning Gardeners: February 1, Wednesday, 7:30 pm, UFM February 11, Saturday, 10 am, UFM
New Gardeners: March 1, Wednesday, 7:30 pm at UFM March 11, Saturday, 10 am at UFM April 1, Saturday, 10 am at UFM as needed

Call 539-8763 for more information.

www.tryufm.org

1221 Thurston 539-8763
Life On Earth, Is That All? 06AF31
Life is a process leading to an end or a continuum? This class will present a process of development from conception to fulfillment.
Barbara Karnowsky, (765) 535-4514, barbkarn@kasas.net and Mary Helen Robbins, (765) 536-8566. Barbara is a registered nurse and has been volunteering in youth and family education for 20 years in her respective community and abroad. Mary Helen has a B.A. in Occupational Therapy and has been volunteering her time in youth and family education for the past 20 years.
Date: 02/02/2006 (Th)
Time: 7:00 PM to 9:00 PM
Fee: $12.00
Location: UFM Conference Room

Introduction to Feng Shui 06FA32
Feng Shui is the Chinese system of design and placement as applied to one's home and workplace. The objective is to promote a harmonious living environment and a feeling of well-being. We will discuss ways to enhance your career, family, life, health, prosperity and the mysteries of this ancient tradition. Feng Shui will appeal to all those who wish to live in harmony with nature and achieve their fullest potential.
Don Thompson, (765) 539-4277, Don is a Feng Shui practitioner and Tai Chi instructor in Manhattan, KS. He is schooled in Taichi (T'ai Chi) Sect Feng Shui as taught by professor Lin Yun, Grand Master of Feng Shui in Berkeley, CA. He received in-depth training at a professional level from the nationally known Feng Shui consultants writers and video producers, Helen and James Jay at Feng Shui Designs Learning Center in Nevada City, CA.
Date: 02/25/2006 (Sat)
Time: 1:00 PM to 3:00 PM
Fee: $22.00
Location: UFM Greenhouse

Architecture of Egypt 06AF34
Architecture of Egypt is a land of beauty and wonder. Its architectural space centuries, from the mastabas of the pharaohs to the minarets of the Ottomans. In this class you will explore Egypt through its beautiful architecture.
Rosina Catalani, rocatalani@att.net, Rosina has been dancing for over twenty years. She began her dance career in classical ballet and at the age of 12, was accepted into the Kent State University Ashakala Dance Club. Rosina became interested in belly dance when she studied the Classics at the Ohio State University. It was in Ancient Corinth, Greece that she fell in love with Mediterranean music and the varieties of dance. She continued her studies at John Carroll University in Cleveland, Ohio and at the American University in Cairo, Egypt. Rosina holds a M.A. in Mediterranean Studies. Rosina is an AFAPA Certified fitness instructor who stresses proper body alignment and form. She has a B.A. in Mediterranean Studies and a B.A. in Classics (Ancient Greek and Latin). She studied in Istanbul, Greece and Cairo, Egypt.
Date: 03/08/2006 to 03/15/2006 (W)
Time: 6:20 PM to 7:05 PM
Fee: $14.00
Location: UFM Conference Room

FREE Tax Preparation Help is Available!!
FREE Income Tax Preparation Assistance for low-income workers will be available from February 6 to April 15 at the following locations:

UFM Community Learning Center—1221 Thurston Tuesday & Thursday—4:00-7:00 p.m. Saturday—1:00-5:00 p.m.
Appointments are encouraged. Call 539-8792 for an appointment.

Ogden Community Center—220 Willow, Ogden (City Park) Monday & Wednesday—4:00-7:00 p.m.
Saturday 1:00-5:00 p.m.
Appointments are encouraged. Call 537-0151 for an appointment.

These sites will be unable to prepare returns for members of the military or international students.

Gardens and Sacred Spaces 06AE35A
From Paradise Gardens of the Middle East, the Garden of Eden or Zen Gardens, gardens have a long tradition of being sacred spaces and a place of renewal. Spring is a time of renewal. In this class you will learn some basic design principles to create your own Sacred Space: be it a 10 inch square on your dresser or a 10 acre plot. One Sacred Space we will experience is a Labyrinth. While Labyrinths are found in almost every culture, in European Middle Ages they were often built as Exterior Meditation Gardens next to the Great Cathedrals. Being ideas: the type of space you want to create; how you are going to use the space; how much area you are going to devote to it; what items do you want to include.
Sarah England, (765) 539-6536, koreaole@bglobal.net, Sarah is a certified Reiki Teaching Master. She has studied and worked with Reiki, Energies, Feng Shui, Auras and Chakras since 1974. She is a certified Wholistic Life Coach and a Diplomate in Core Star Energy Healing. She is also certified in Reconnection and Intentional Reiki Healing.
Date: 03/20/2006 to 03/25/2006 (M TuTh)
Time: 6pm to 7pm
Fee: $43.00
Location: 2124 Fox Meadow

Gardens and Sacred Spaces 06AE35B
Sarah England
Date: 03/27/2006 to 04/17/2006 (M)
Time: 6pm to 8pm
Fee: $43.00
Location: 2124 Fox Meadow

The Relationship of Science to Religion 06AF35
This class will attempt to address the following questions: Are religion and science, by nature, adversaries? Are religion and science unrelated fields of study? Or, are religion and science formed in a common quest for truth?
John Carlin, Ph.D.
Date: 1/23/2006 to 1/30/2006 (M)
Time: 7:00 PM to 8:30 PM
Fee: $12.00
Location: UFM Conference Room

Pet First Aid & Safety 06AF35
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 owners. This course provides detailed instructions for 90 injuries and illnesses, plus practical pet health tips. Pet First Aid presents: Symptoms and care for common ailments and emergen- cies -Instructions for creating a pet first aid kit -Tips on maintaining your pet's health and well-being
Cari Boelini, Cari is a three-year vet student at Kansas State University. Cari teaches several classes for the American Red Cross, including LifeGuard Training, Swim lessons, CPR and First Aid, Water Safety Instructor, and Pet First Aid and Safety.
Date: 7/31/2006
Time: 7:00 PM to 9:00 PM
Fee: $30.00
Location: UFM Conference Room

Please contact UFM for more information about this class.

539-8763 1221 Thurston www.truyufm.org
Fun Foods

Wine 101: Wine Appreciation 06AFF20
Do you enjoy wine and want to know more about it? If so, this class is for you. Bob and Jeff M. will take you through different grape varietals, major wine regions, proper tasting techniques and wine storage. Six wines will be sampled each evening. Included will be food pairings provided by Mercado Gourmet Grocery. Jeff P. will be on hand to discuss food pairings with the wines. Participants must be 21 years of age to enroll in this class. Enrollment is limited and this class fills up quick- ly, so enroll early! Be ready to come and have some fun while learning about wine.

Date: 03/29/2006 to 04/19/2006 (W)
Time: 7:00 PM to 9:00 PM
Fee: $110.00
Location: UFM Kitchen

Chinese Cooking 06AFF10A
Learn the 5 principles involved in making a wonderful Chinese meal. Everyone will learn some basic skills to create several traditional and delicious dishes. In the first class we will have a question and answer session as well as a demonstration and explanation of Chinese cooking. In the second class we will continue this adventure into the mysterious allure of Oriental Cooking and enjoy a meal together.

Date: 02/26/2006 to 03/14/2006 (T)
Time: 7:00 PM to 9:00 PM
Fee: $42.00
Location: UFM Kitchen

Beer Making 101 (for beginners) 06AFF12
This course will teach would-be beer enthusiasts how to brew their own beer at home. The course will cover how to brew a beer using an extract kit, bottle the beer, and drink it. The course also includes discussions and samplings of the major brewing styles.

Little Apple Brew Crew
Date: 2/13/2006 to 2/27/2006 (Monday)
Time: 7:00 PM to 9:00 PM
Fee: $32.00
Location: UFM Kitchen

The Legend of the Dancing Goats (Coffee) 06AFF13
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.

Wide Awake
Date: 03/10/2006 to 03/28/2006 (W)
Time: 7:00 PM to 9:00 PM
Fee: $14.00
Location: UFM Kitchen

Tea Tasting Around the Globe 06AFF19
In this class we will be talking about where tea is grown throughout the world. Discussion will center on the processing of tea and various resulting tea types, what a tea is, and finish with taste sampling of teas.

Stormy Kennedy
Date: TBA
Time: 7:00 PM to 9:00 PM
Fee: $12.00
Location: UFM Kitchen

Cooking in German - no Sauerkraut and Wurst! 06AFF21
Cooking and baking of Southern German (Swabian) foods with a quick introduction to the German language. Emphasis on food and cooking related terms. After each class, we will eat what we have prepared. Three of the four sessions will be vegetarian and the other will include pork products. Recipes will be provided along with food ingredients. Materials, including mixing bowls and basic cooking tools will need to be brought by the student (list will be emailed to students). Also, bring along an apron and a good appetite! No German language experience required!

Tilman Schoder, 537-5105 and Crystal Dixon. Tilman Schoder is a native of Southern Germany. He studied Food Technology in Stuttgart, Germany. He loves cooking and baking. Tilman would love to share his heritage with you.

Crystal Dixon is a K-State student from New Jersey. She is also dedicated to cooking and baking.

Date: 02/09/2006 to 02/22/2006 (W)
Time: 6:30 PM to 9:00 PM
Fee: $58.00
Location: UFM Kitchen

Indian Cooking 06AFF22A
This class will consist of a short talk/demonstration of the list of key and unique ingredients that go into the making of an Indian 'curry'. Following will be in-class preparation of one typical North Indian non-vegetarian dish, one South Indian vegetarian dish, and one dessert. The participants can relish the preparations at the end of the class!

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

Date: 02/17/2006 (F)
Time: 5:30 PM to 7:30 PM
Fee: $22.00
Location: UFM Kitchen

Indian Cooking 06AFF22B
Pradeep Malreddy
Date: 03/17/2006 (F)
Time: 5:30 PM to 7:30 PM
Fee: $22.00
Location: UFM Kitchen

Indian Cooking 06AFF22C
Pradeep Malreddy
Date: 04/14/2006 (F)
Time: 5:30 PM to 7:30 PM
Fee: $22.00
Location: UFM Kitchen

RADINA'S
coffeehouse & bakery
Manhattan's original coffeehouse.
Coffee in the European Tradition
Loose Leaf Tea
Fresh Squeezed Juices
Fruit Smoothies
Fresh Baked Pastries
Artisan Breads
Soups, Salads, Sandwiches
616 N. Manhattan Ave. Applesville, USA 785-537-0345
1221 Thurston 539-8763

www.tryufm.org
**Test Preparation Courses**

*Be Confident and Prepared to take the PPST, GMAT, GRE, and LSAT*

**LSAT Prep FC-24**

*Law School Admission Test Review Course*

- Comprehensive 28-hour Review
- In-Class & At-Home Study Materials
- Analytical Lectures
- Test-Taking Strategies

**Date:** Please visit our website for current information: www.tryufm.org (Mon/Wed/Sat)

**Time:** 6:00 p.m. - 9:00 p.m. (Mon/Wed)

8:00 a.m. - 12:00 p.m. (Sat)

**Fee:** $250

**Location:** KSU, Bluemont Hall, Room 114

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**GRE Prep FC-06**

*Graduate Record Exam Preparation Course*

- Review and practice the three GRE subject areas of Math, Logic and Verbal Skills
- Learn strategies for successful test taking
- Analyze the reasons for correct responses

**Date:** January 24 - March 7

(Tuesday/Thursday)

**Time:** 7:30 p.m. - 9:30 p.m.

**Fee:** $250

**Location:** KSU, Bluemont Hall, Room 5102

(No class on October 12)

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*Enrollment deadline is one week before the start date for each of the Test Prep Courses. Students who enroll after the deadline will be charged an additional $20 as materials will have to be express ordered.*

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**Spring Plant Swap!!!**

As the perennials you have multiplied, do you wish you had less of them and more of something else? Beautify your flower garden by dividing your perennials and bring them to trade to enhance your color and variety!!!

Participate in UFM's Spring Plant Swap!!!

Contact UFM for more info:

(785) 539-8763

ufm@ksu.edu

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**UFM Wordsearch**

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**UFM Community Learning Center**

1221 Thurston

Manhattan, KS 66502

Visit our website for more information and to view our complete Spring Catalog:

www.tryufm.org

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**Spring 2023 Course Calendar**

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**March 2023**

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**April 2023**

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**Contact Information**

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**Try u FM**

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539-8763

1221 Thurston

www.tryufm.org
Raise Your Voice

National Issues Forum
News Media & Society: How to Restore the Public Trust

Date: Thursday, March 9, 2006
Time: 3:30 PM to 5:00 PM
Location: K-State Student Union
Fee: No Charge for this event
Contact UFM or visit our website for more information: www.tryufm.org

Communicating as Constituents

Experienced legislators will share information on how to best advance legislation at the state level. Learn the most effective ways to make sure that your voice is heard. Gain insight into how the state legislature functions and how to facilitate change on issues that matter to you.

Date: March 2, 2005
Time: 7:00 PM
Fee: No Charge
Location: Manhattan Chamber of Commerce
501 Poyntz Avenue
Facilitated by Lana Oleen

David Eisenhower
Director of the Institute for Public Service
Annenberg School for Communication
University of Pennsylvania

- Public Policy Fellow at the Annenberg School for Communication
- Fellow of the American Society of Historians, New York City
- Editor of ORBIS magazine, published by the Foreign Policy Research Institute in Philadelphia, 2001-2003
- As Director of the Institute for Public Service, coordinates the Annenberg Fellowship program
- As IPS Director, chairman of a new academic concentration offered to Communications majors at the Annenberg School
- Author of numerous articles and reviews including his regular editor’s column for ORBIS and a two-volume work on the Allied leadership in the pursuit phase of WWII entitled Eisenhower at War: 1945-1948 (Random House, New York)
- Eisenhower at War was a New York Times best seller and was one of three history jury nominees for the Pulitzer Prize in History and was named by Time magazine as one of the five best nonfiction works published in 1986
- Sits on numerous non-profit boards and advisory commissions. Recipient of seven honorary degrees, the Golden Slipper Award for community service in Philadelphia, admitted to Golden Key Society membership and given the Poinc Award for Citizenship by the ASC, University of Pennsylvania, 2002
- In May 2003, named the winner of Pennsylvania’s University-wide annual Provost’s Award for Excellence in University teaching
- Former Naval Officer, former syndicated sports columnist and front office employee of the Washington Senators and Philadelphia Phillies

www.tryufm.org 1221 Thurston 539-8763
**Professional Certification Courses**

UFM offers a wide variety of professional certification courses ranging from CPR and First Aid to Lifeguard Training, Water Safety Instructor Training, Responding to Emergencies, and many others. If you are interested in taking a class, but are unable to enroll in one of the published sessions, please contact our office. In many cases, we are able to set up additional classes upon request. To view the most current list of classes, visit our website, www.tryufm.org, click on non-credit classes, enter the catalog, and click on Professional Certification Courses. Classes that can be taken for UFM Credit are denoted with an asterisk (*).

*Archery Instructor Training & Certification* 06AHF28Z

This three day course is designed for the person who has never shot a bow and arrow before. Participants will receive instruction in the fundamentals of archery, wildlife conservation and safety, and will have the opportunity to shoot at targets.

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<td>06AHF28Z</td>
<td>06/20/2023 07/18/2023</td>
<td>8:00 AM to 4:30 PM</td>
<td>Location: UFM Banquet Room</td>
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**CPR and First Aid (Medic First Aid)** 06AHF29B

This course trains students in basic life support, adult CPR, adult, infant, and child CPR, 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, babysitters, and new parents. Upon completion of this course, the student will be able to approach and manage a basic emergency situation. This course qualifies as Level I Training for Group Scouting. No matter if you are a novice or experienced provider, this class is taught in a low stress, informative environment.

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**Community CPR and First Aid (Red Cross)** 06AHF25A

This course trains students in adult and child 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, babysitters, and new parents. Upon completion of this course, the student will be able to approach and manage a basic emergency situation. This course qualifies as Level I Training for Group Scouting. No matter if you are a novice or experienced provider, this class is taught in a low stress, informative environment.

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**Community CPR and First Aid (Red Cross)** 06AHF22B

This course trains students in adult and child 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, babysitters, and new parents. Upon completion of this course, the student will be able to approach and manage a basic emergency situation. This course qualifies as Level I Training for Group Scouting. No matter if you are a novice or experienced provider, this class is taught in a low stress, informative environment.

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*Responding to Emergencies* 06AHF19Z

This course will provide the citizen responder with the knowledge and skills necessary in responding to an emergency to save a life and provide medical care during a mass-casualty event. Students will participate in a variety of hands-on activities to familiarize them with responding to mass-casualty events including, but not limited to, sewage treatment, rescue in a flood, and fire suppression.

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*Lifeguard Training* AQ112

The American Red Cross program provides entry-level Lifeguard courses with the skills and knowledge needed to prepare, recognize, and respond to emergencies in, on, around, and under the water, and provide care for injuries and sudden illnesses until advanced-medical personnel arrive and take over.

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**First Aid/CPR/AED Instructor** 06AHF19Z

This course trains instructors to teach the First Aid, CPR, and AED courses and modules. This course includes: First Aid, CPR, and AED techniques; adult, child, and infant CPR; adult, child, and infant AED techniques; adult, child, and infant choking techniques; and the use of the AED during training sessions.

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**Water Safety Instructor (WSI)** AQ112

This course is designed to develop the skills you need to instruct and plan courses in the American Red Cross Swim, Water Safety, and Water Safety Program. Instructors must have a Parent/Preschool Swimming Instructor I - V, and a Basic Water Safety Instructor (WSI). Assistant WSI-Aides: Basic Aquatic Exercise; Special Populations; and Competitive Team Swim Preparatory. This training is intended to be available with additional prerequisites and additional requirements to be completed in the training. The course is NOT designed to teach you the required stitches/skills. Prior swimming, water safety, and water skills are used to refine skills, be prepared for teaching, and homework.

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*Aquatic Fitness Instructor* AQ122

This course is an in-depth educational and training program for individuals interested in advancing their knowledge and skills in designating and teaching different levels of water exercise. It will prepare instructors to become certified to organize, develop, teach, administer, and direct fun and effective aquatic exercise programs for various populations. Certification Requirement: Any shall meet the skills and knowledge needed to provide care for victims of sudden cardiac arrest through the use of an automated external defibrillator (AED).

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For more information on these courses, or to register, please visit www.tryufm.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.dee.ksu.edu/de/reach/recreationscourses.html

Scuba Diving (CRS 200)

This course is designed for individuals who wish to learn the principles of swimming, diving, and underwater exploring. Students will learn basic swimming techniques, recognize marine life, and explore underwater environments. The course is designed for ages 12 and older. Students must provide their own gear. Fees range from $200 to $250. For information, call 532-5566.

Scuba Diving (CRS 210)

This course is designed for individuals who wish to learn the principles of swimming, diving, and underwater exploring. Students will learn basic swimming techniques, recognize marine life, and explore underwater environments. The course is designed for ages 12 and older. Students must provide their own gear. Fees range from $200 to $250. For information, call 532-5566.

Scuba Diving (CRS 220)

This course is designed for individuals who wish to learn the principles of swimming, diving, and underwater exploring. Students will learn basic swimming techniques, recognize marine life, and explore underwater environments. The course is designed for ages 12 and older. Students must provide their own gear. Fees range from $200 to $250. For information, call 532-5566.

Ballroom Dance (DANCE 300)

This course introduces the principles of Ballroom dancing, including dances such as the tango, foxtrot, waltz, and samba. Students will learn the basic steps and terminology of each dance. The emphasis is on posture, balance, and musicality. The course is designed for ages 12 and older. Students must provide their own gear. Fees range from $200 to $250. For information, call 532-5566.

Ballroom Dance (DANCE 310)

This course introduces the principles of Ballroom dancing, including dances such as the tango, foxtrot, waltz, and samba. Students will learn the basic steps and terminology of each dance. The emphasis is on posture, balance, and musicality. The course is designed for ages 12 and older. Students must provide their own gear. Fees range from $200 to $250. For information, call 532-5566.

Golf in Junction City (Golf 200)

These classes are designed for individuals who wish to learn the principles of golf. Students will learn basic golf techniques, recognize the course layout, and explore the golf course environment. The course is designed for ages 12 and older. Students must provide their own gear. Fees range from $200 to $250. For information, call 532-5566.

Golf in Junction City (Golf 300)

These classes are designed for individuals who wish to learn the principles of golf. Students will learn basic golf techniques, recognize the course layout, and explore the golf course environment. The course is designed for ages 12 and older. Students must provide their own gear. Fees range from $200 to $250. For information, call 532-5566.

Archery (Archery 200)

These classes are designed for individuals who wish to learn the principles of archery. Students will learn basic archery techniques, recognize the course layout, and explore the archery course environment. The course is designed for ages 12 and older. Students must provide their own gear. Fees range from $200 to $250. For information, call 532-5566.

Archery (Archery 300)

These classes are designed for individuals who wish to learn the principles of archery. Students will learn basic archery techniques, recognize the course layout, and explore the archery course environment. The course is designed for ages 12 and older. Students must provide their own gear. Fees range from $200 to $250. For information, call 532-5566.

Archery Instructor Training and Certification: Level I (Archery 200)

This course is designed for individuals who wish to learn the principles of archery. Students will learn basic archery techniques, recognize the course layout, and explore the archery course environment. The course is designed for ages 12 and older. Students must provide their own gear. Fees range from $200 to $250. For information, call 532-5566.

Archery Instructor Training and Certification: Level II (Archery 300)

This course is designed for individuals who wish to learn the principles of archery. Students will learn basic archery techniques, recognize the course layout, and explore the archery course environment. The course is designed for ages 12 and older. Students must provide their own gear. Fees range from $200 to $250. For information, call 532-5566.

www.tryufm.org

1221 Thurston 539-8763
Beginning Fencing

(BRS-920)  9241

Beginning fencing is designed to provide an introduction to the fundamentals of modern sport fencing. The three major types (foil, épée, saber) are covered in the study of form, motion, and strategy. Development of the mental approach to the sport is emphasized. (For more information contact: Dr. Alexander Mason, 3160 Anderson.)

Date: January 17 - April 26 (Monday & Wednesday)
Time: 7:00 - 9:00 pm
Location: 3160 Anderson Clubhouse

Tennis

(BRS-920)  9243

Tennis

The above course is introductory tennis classes are to introduce the proper techniques of grip, stance, backhand, forehand, and footwork, including basic rules and strategies. This course is open to men and women of all ages. Participants will be divided into three groups based on skill level.

Date: February 12 - May 15 (Monday)
Time: 7:30 - 9:30 pm
Location: 3160 Anderson Clubhouse

Water Safety Instructor

(BRS-920)  9245

The above course is designed to provide the skills necessary to perform the necessary techniques to rescue a drowning victim. The course is open to those who are at least 16 years old. The course will cover topics such as first aid, CPR, and water safety techniques.

Date: June 5 - 15 (Monday & Wednesday)
Time: 9:00 - 11:00 am
Location: 8160 Anderson Clubhouse

First Aid/CPR/AED Instructor

(BRS-920)  9247

The course is designed to provide an introduction to the techniques and skills necessary to perform basic first aid and CPR. The course is open to those who are at least 16 years old. The course will cover topics such as first aid, CPR, and AED techniques.

Date: January 20 - March 15 (Monday & Wednesday)
Time: 5:30 - 7:30 pm
Location: 3160 Anderson Clubhouse

Swim I

(BRS-920)  9249

Swim I

This course is designed for those who are already comfortable in the water and can swim a distance of 50 yards. The course will cover topics such as freestyle swimming, kick, and breath control.

Date: January 26 - March 15 (Monday & Wednesday)
Time: 9:00 - 10:00 am
Location: 8160 Anderson Clubhouse

Fitness Swimming

(BRS-920)  9251

Fitness Swimming

This course is designed to provide an introduction to the techniques of freestyle swimming, kick, and breath control.

Date: January 26 - March 15 (Monday & Wednesday)
Time: 5:30 - 7:30 pm
Location: 8160 Anderson Clubhouse

Lifeguard Instructor

(BRS-920)  9253

Lifeguard Instructor

The course is designed to provide the skills necessary to perform the necessary techniques to rescue a drowning victim. The course is open to those who are at least 16 years old. The course will cover topics such as first aid, CPR, and water safety techniques.

Date: March 19 - April 15 (Monday & Wednesday)
Time: 9:00 - 11:00 am
Location: 8160 Anderson Clubhouse

KISU CREDIT COURSES (Cont'd)
**Lifeguard Training**

The Los Angeles Fire Department is seeking interested students to participate in their Lifeguard Training Program. This program is designed to teach individuals the necessary skills to become certified lifeguards and work in a variety of aquatic environments. The training will cover topics such as water safety, rescue techniques, and first aid. Those interested are encouraged to attend the informational meeting on [date and location].

**Essentials to River Canoeing**

In this workshop, you will learn the basics of river canoeing, including safety precautions, river reading, and basic paddling techniques. The workshop will be led by experienced guides and will take place on-site. Participants will also have the opportunity to practice paddling and navigation under the guidance of experienced instructors. For more information, please visit the [website].

**Canoe Camping**

Join us for an exciting canoe camping trip! This experience is open to both experienced and novice canoeists and will include a guided tour, campfire, and overnight stay at a beautiful campsite. Participants must bring their own canoe, though rental options are available. For more information, please contact [Contact Information].

**Beginning Yoga**

This class is ideal for beginners. Yoga is a practice for body and mind, focusing on physical alignment, breath control, and relaxation. Through a series of postures and breathing exercises, participants will learn to connect with their bodies and improve their overall health and well-being. For more information, please visit the [website].

**Fly Fishing**

Enjoy a half-day fly fishing trip on beautiful Lake Kaweah. You will learn about the art of fly fishing, including selecting the right gear and casting techniques. The trip includes lunch and a guide to ensure a safe and enjoyable experience. For more information, please contact [Contact Information].

**Fundamentals of Canoeing**

This class is designed for beginners who want to learn the basics of canoeing safely. Participants will learn about canoe equipment, safety measures, and basic paddling techniques. The class will take place at a convenient location and is suitable for ages 12 and up. For more information, please visit the [website].

**Yogalates**

Yogalates is a unique blend of yoga and Pilates that combines the strength and flexibility of both disciplines. This class is suitable for all fitness levels and will take place on [date and location]. For more information, please visit the [website].

**Tae Kwon Do I**

Tae Kwon Do I is for beginners who want to learn the basics of self-defense. This class will focus on developing physical strength, coordination, and awareness. For more information, please visit the [website].

**Tae Kwon Do II**

Tae Kwon Do II is for students who have completed Tae Kwon Do I and want to continue their training. This class will focus on advanced techniques and sparring. For more information, please visit the [website].

**Location Information**

- CUPATEC (11984 W. 131st St.)
- CUPATEC (11984 W. 131st St.)
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- CUPATEC (11984 W. 131st St.)
- CUPATEC (11984 W. 131st St.)
- CUPATEC (11984 W. 131st St.)
Intermediate Boxing

February 20 - March 24, 9:00am-10:00am

Activity: Boxing
Description: Intermediate level boxing. Focus on technique and form.
Location: RO Boxing, 2001 East Creek Boulevard

Golf - Salina

January 23 - May 12

Activity: Golf
Description: Intermediate/Advanced golf lessons. Focus on improving skills.
Location: The K-State at Salina Golf Center, 3402 South St.

Intermediate/Advanced Golf - Salina

January 23 - May 12

Activity: Golf
Description: Advanced golf lessons. Focus on improving skills.
Location: The K-State at Salina Golf Center, 3402 South St.

Boxing for Women

January 14 - March 10

Activity: Boxing
Description: Women's boxing. Focus on technique and form.
Location: RO Boxing, 2001 East Creek Boulevard

SALINA CLASSES

Scuba Diving - Salina

January 14 - March 10

Activity: Scuba Diving
Description: Basic scuba diving course. Focus on safety and technique.
Location: RO Swimming Pool, 2001 East Creek Boulevard

Beginning Fencing - Salina

February 20 - May 24, $20 per class

Activity: Fencing
Description: Beginner fencing classes. Focus on technique and form.
Location: RO Fencing Center, 2001 East Creek Boulevard

No Contact Boxing for Men

January 14 - March 10

Activity: Boxing
Description: No contact boxing for men. Focus on technique and form.
Location: RO Boxing, 2001 East Creek Boulevard

Ballroom Dance - Salina

January 14 - March 10

Activity: Ballroom Dance
Description: Ballroom dance lessons. Focus on technique and form.
Location: RO Ballroom, 2001 East Creek Boulevard

Tar Kwon Do In Salina

January 14 - March 10

Activity: Martial Arts
Description: Tae Kwon Do lessons. Focus on technique and form.
Location: RO Tae Kwon Do, 2001 East Creek Boulevard

Piano I

January 14 - March 10

Activity: Piano
Description: Beginner piano lessons. Focus on technique and form.
Location: RO Piano, 2001 East Creek Boulevard

Boxing for Women

January 14 - March 10

Activity: Boxing
Description: Women's boxing. Focus on technique and form.
Location: RO Boxing, 2001 East Creek Boulevard

Intermediate Boxing

February 20 - March 24, 9:00am-10:00am

Activity: Boxing
Description: Intermediate level boxing. Focus on technique and form.
Location: RO Boxing, 2001 East Creek Boulevard

Golf - Salina

January 23 - May 12

Activity: Golf
Description: Intermediate/Advanced golf lessons. Focus on improving skills.
Location: The K-State at Salina Golf Center, 3402 South St.

Intermediate/Advanced Golf - Salina

January 23 - May 12

Activity: Golf
Description: Advanced golf lessons. Focus on improving skills.
Location: The K-State at Salina Golf Center, 3402 South St.
Grassroots Community Education Award

The Grassroots Community Education Award is an annual recognition by UFM of someone who has made an outstanding contribution to grassroots community education and learning. This year celebrates the 26th time UFM has presented this award.

This year’s recipient is Marcie Penner from Inman. Marcie is being recognized for the work she has done to educate Kansans about Kansas, to support rural communities and to promote events that showcase Kansas activities and tourism.

Marcie is the co-founder and executive director of the Kansas Sampler Foundation. The mission of the foundation is to help preserve and sustain rural culture.

In her position at the Kansas Sampler Foundation, Marcie is dedicated to helping Kansans see Kansas with new eyes and to keeping our communities alive and healthy. Marcie oversees the Kansas Sampler Festival, speaks on a variety of Kansas topics, acts as a liaison for rural communities with state agencies and the media and promotes networking among rural leaders and supporters through a newsletter and conference.

She and her father have also authored three guidebooks on Kansas: Kansas Weekend Guide, Kansas Event Guide and Kansas Weekend Guide II.

Marcie has just published a new book, The Kansas Guidebook for Explorers.

Manhattan Community Youth Scholarship Fund

UFM administers the Community Youth Scholarship Fund as a special community service project. Funding for the scholarships is provided through the City of Manhattan, Social Services Advisory Board.

This fund is available for Manhattan youth be used for any activity in Manhattan.

Guidelines: The scholarship fund provides scholarships for Manhattan youth activities. Family income for eligibility has generally been based on 150% of federal poverty guidelines. The scholarship pays 50% of program cost to a maximum of $100 or $250 per family. Applications are accepted for spring, summer and fall as long as allocated funds are available. Scholarships for spring activities are available immediately.

Because of the number of summer scholarship requests, those applications are processed together. Applications for summer scholarships, will be accepted at UFM until April 17, 2006.

Awards will be made in the form of vouchers to present to the program in which the child is enrolling. The program will return the voucher to UFM for payment. No cash awards are made except by prior approval as reimbursement for enrollment. A receipt for the paid enrollment fee is required for reimbursement. Awards will be made as soon as possible after application deadlines. Summer vouchers should be available by May 3, 2006.

Applications will be accepted after the deadline if funds continue to be available. A copy of the application form and general guidelines are available on the UFM website, www.tryufm.org.

If you have questions, contact UFM at 539-8763 or stop by 1221 Thurston St.
Featured Instructor: T.J. Hittle

T.J. Hittle is UFM’s featured instructor for the spring 2006 semester. T.J. has volunteered his time teaching classes at UFM and has offered a variety of classes beginning in 1987. Classes include: Landscaping, a Tour of Mercy Hospital's Healing Garden, and various kayaking classes. This semester, T.J. will be conducting several kayak workshops at the K-State Nematodon.

T.J. has extensive experience and training in both Landscape Architecture as well as kayaking. He was the first American Red Cross Canoe & Kayak Instructor-Trainer in Kansas. During his travels, on nearly 200 rivers and streams across seven Central, South, & North American countries, he has accumulated over 9,000 river miles. T.J has documented the greatest number of river miles in the history of the Kansas Canoe Association. He is also the creator and Webmaster for the KANSAS PAD-DLER Home Page at: www.kansas-net/htittle.

A 1975 graduate of Kansas State University, Thomas Hittle is President of Hittle Landscape Architects. He has over 20 years experience in Landscape Architecture, the design-build industry, and in teaching at Kansas State University (KSU). Mr. Hittle taught in the Department of Horticulture at KSU from 1979-81.

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

Have experience kayaking? Try one of UFM’s kayak workshops this spring! Our thanks to T.J. for volunteering his time and expertise to provide unique learning opportunities for residents of the Manhattan area.

Spring 2006 Kayak Workshops

Intermediate Kayak Chapter Workshop-AQ109A
For experienced Tandem and White Water Kayakers only. Bring your own boat and practice self and assisted rescue. Instructor & Instructor Aides will be on hand from the Kansas Canoe Association (KCA) Kayak Chapter. Instruction will be on land to:

1. Demonstration techniques
2. Dive into & observe kayaks
3. Offer help in minimal rescue
4. Discuss & demonstrate equipment and gear

Date: January 22 (Sunday)
Time: 8:30am - 12:30pm
Fee: $14
Location: KSU Nematodon

Intermediate Kayak Chapter Workshop-AQ109B
Date: January 19 (Sunday)
Time: 8:00am - 12:00pm
Fee: $10
Location: KSU Nematodon

Intermediate Kayak Chapter Workshop-AQ109C
Date: February 19 (Sunday)
Time: 8:00am - 12:30pm
Fee: $16
Location: KSU Nematodon

Sidewalk Project Completed!

We are very thankful for the broad support for UFM in the community. In addition to the donations of cash to fund the materials, many thanks go to the following groups who provided the volunteer time and energy to make the project possible:

- Removal of the old sidewalk was completed by the Civilan Group with the support of the K-State Rowing Association.
- Equipment was provided by Martin Tractor
- Bayer Construction disposed of the old concrete.
- The new sidewalk was formed and poured by students in the Concrete Masonry trade at the Flint Hills Job Corps Center.
- Special thanks go to Larry Fry for coordinating the project on behalf of UFM.

539-8763 1221 Thurston www.tryufm.org
Thanks for Your Support!

We wish to thank the following contributors to UFM and the Lou Douglas lecture Series for their financial contributions during 2015. These donations help underwrite general operating costs, lecture expenses and scholarships to make UFM programs and the Lou Douglas lectures possible.

LIFELONG LEARNER
Acaware Systems
Bayer Construction
Kate Cashman & Jerry Bays
Civitas Group
Stephen Douglas
Doris Grash
John and Kathryn Douglas-Hodge
Jean Hubert
Rhonda Jarke and Raad Al-Ari
K-State Rowing Association
Sam & Yvonne Lacy
Eugene Laughlin
Little Apple Pilots Club
Dorothy Lloyd
Manhattan Alliance for Peace and Justice
Manhattan Mercury
Charles and Nancy Perkins
Christopher Remer
Martin Tractor Rental
Karen & John McColly
Wayne and Efrieda Nalziger
Jerry and Betty Phares
Bill and Linda Richter
Nancy and Mary Swies
Dean Zollman and Jacqueline Spears

LEADER
Concave
Larry and Penny Fry
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Don and Artie Hedrick
Ernest Hotter
Don & Joyce Hoyt
Grace Huang
The Iris Cooperative
Jeune & Philip Kinzie
Bobbie & Dave Kromm
Kelly A. Landes
Manhattan Farmer's Market
Manhattan Friends Meeting
Joseph & Julie Merkin
Morningstar Bead and Breakfast
NOW
Michael and Kathleen Ogdanner
Owens Family
The Pathfinder
Pamela Pettis
Jerry & Betty Phares
Karen Rappaport
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Alan and Amy Renz
Faith Roach
Leo & Joy Schell
Strecker-Nelson Gallery
McDonald Stallman & Paul
Weidhaas
Michael Suleiman
S. Lee Taylor
Lloyd and Sally Thomas
Joseph and Shirley Uneke
Wildflower Yarn and Knitwear
Van and Barbara Withe

LEADER
Bettie Anderson
Bill & Shirley Anck
Mimi Balderson
James & Terry Carpenter
Mary and Mel Cotton
Keill Cox
Nelda J. Eber
F. Gene Ernst
L.T. & Eva Fieh
Clyde & Marlene Ferguson
Bonnie Hanson
Mary Jorg
C. Clyde & Margaret Jones
Carol Keetle
Barb & Tina Koch
Stacy & Lowell Kohlmeyer
Mr. & Mrs. Charles Kramer
Robert & Jan Krueh
Bill & Heather Lanesdowne
Dorothy Lloyd
Linda Madl
Melinda Marshall
Beth A. Mantelone
Linda Morse
John & Ann Murray
Harold Orbach
Barbara & Emie Peck
Fritz & Ann Pyle
Bruce & Leslie Sneed
Bradley Shaw
Stephen Slover
Daniel & Katherine Swenson
Dwight and Mary Hair Tolar
Krishna Tummala
Ray Wiensburger
Sharon Wells
Allied & Phyllis Wegiers
Tom and Ronnie Whalen
Van and Barbara Withe
Lelia Gonzalez
William and Elise Orthude
Steve & Elaine Johannes
Allie Louash
Yvonne McDonald
Bruce McMillan
Emile Rabat
Margaret Saller
Dan Schrauph
Bryan Shepard
Rodney Shanfield
John & Joan Strickler
Ann Taylor
Cara & Stephanie Vrana

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Department of Mathematics
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Department of Political Science
Department of Psychology
Department of Sociology
Department of Anthropology and Social Work
Department of Speech Communication, Theater and Dance
Women's Studies

It's not too late to become a UFM Sponsor. Return the coupon below with your deductible contribution.

YES! I WANT TO SUPPORT UFM!

I wish to donate: $10 $25 $50 $100 Other
I would like to be billed in __________ installments.
Call me regarding a gift to UFM.
Name: __________________ Home Phone: __________
Address: __________________ Work Phone: __________
City: __________ State: __________ Zip: __________

1221 Thurston, Manhattan, KS 66502 (785) 539-8763
www.tryufm.org

1221 Thurston 539-8763
ON CAMPUS REGISTRATIONS

The following dates and locations have been scheduled for making registration for a UFM class easier.

DATE TIME LOCATION
Jan. 18 10 am - 2 pm KSU Union
Jan. 19 10 am - 2 pm KSU Union

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 you 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.

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 umfksu@ksu.edu to share your ideas!

About UFM Classes

UFM adheres to the philosophy that everyone comes and goes, and every course is the beginning of a new munity learning program which contracts with professional 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 participants to 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 see any concerns you may have about class material or an instructor by calling Marcia at 539-8763.

UFM CANCELLATION POLICY

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

REFUND POLICY

We will give a full refund if a class is 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.

INCREMENT WEATHER POLICY

UFM reserves the right to cancel classes if weather conditions make outdoor collections unsafe or if snow or ice makes parking or walking hazardous.

Special Policies for Credit Optional Classes

Credit Registration Refund: 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 than 20% of the scheduled class meetings. No refund is issued after 25% of the scheduled class meetings. A course dropped between 25% to 30% of the scheduled class meetings will have no "W" recorded on the students transcript. A course dropped between 30% to 50% 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 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 a course after 65% of the class begins. Credit Enrollment fee: Courses taken for credit carry additional fees required for University administration of the credit program. A $127.00 fee will be charged for enrollments taken after the first day of classes. Additional credit 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 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 or UFM facilities. Individuals are reminded that they should review their own personal circumstances to determine if they have adequate insurance or protection in cases of injury from participation 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 participants of any race, color, religion, or national or tribal origins 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) 539-8765 to make arrangements for room accessibility.

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.

For more information, call UFM

(785) 539-8765

www.tryumf.org

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## FOR YOU... One participant per form, please

**UFM Community Learning Center**  
1221 Thurston  
Manhattan, KS 66502  
539-8763

**Registration Form**  
Manhattan, KS 66502  
539-8763

**Student Name:**  

**Day Phone:**  

**Address:**  

**Evening Phone:**  

**City:**  

**State KS Zip:**  

**Email:**  

**Age Under 18 exact age:**  

**19-24 25-59 60+**  

**Parent's Name if Student is Under Age 18:**  

**CLASS # Session TITLE FEE LOCATION DATE TIME**  

**Tax Deductible Donation**  

**Total**  

**Needly authorize the use of my VISA MasterCard Discover**  

**Card Number Expiration Date**  

**Card Holder'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 resulting 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**  

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**Office Use Only**  

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