Fall 2007 Classes

INSIDE

Living GREEN
Zumba Dance
Friday Night Out!
Duplicate Bridge
Intro to Voiceovers
Hip Hop for Kids
Conversational Italian
Holiday Table Decorating

UFM Solar Addition
Open House

Learn something new & fun with UFM!!

UFM Community Learning Center
1221 Thurston St.
www.tryufm.org

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

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

**Aquatics**
- Swim Lessons
- SCUBA Diving
- Hydroaerobics
- Fitness Swimming

**Career & Finance**
- Gain Control of Your Money
- ID Theft and Building Credit
- Sustaining Progress - A Change Model
- Talking to Your Kids About Money

**Creative Free Time**
- Introduction to Duplicate Bridge
- Caring for Your Collections
- Digital Darkroom for Photographers
- Holiday Table Decorating

**Earth & Nature**
- Wildland Fire Management Is Local Food or Organic Best?
- Introduction to Solar Energy
- Gardening Organically

**Fun Foods**
- Miami Cuban Heat!
- Wine Tasting
- Tea Tasting
- Italian Cooking

**Health & Wellness**
- CPR/First Aid
- Living Full: Examining Emotional Eating
- Progressive Relaxation for Personal Use
- Living the Art: JIN SHIN JYUTSU

**Language**
- French
- Spanish for Adults
- Conversational Italian
- Sign Language

**Martial Arts**
- Judo I & II
- Tae Kwon Do I & II
- Karate Self-Defense
- White Phoenix Systems Basics

**Recreation & Fitness**
- Boxing
- Canoe Camping
- Zumba
- Basic Step for Fitness
- Hip Hop Dance

**Youth**
- Crochet for Kids
- Ballet
- Tap & Jazz Dance
- Hip Hop for Kids
- Karate

**Ksu Credit & Salina Classes**
- SCUBA Diving
- Golf
- Swing & Salsa
- Advanced YOGILATES
- Basic Step for Fitness

**About UFM**
- Cancellation Policies
- General Policies
- University Credit Information
- Registration Information
- Inclement Weather Policy

**Class Registration Forms**

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**Enroll Online at www.tryufm.org**

**UFM Office Hours**
Monday - Friday: 8:30 am - 5 pm
(Closed 12 Noon - 1 pm)
1221 Thurston St. | Manhattan, KS
785.539.8763

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

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**Tips on Energy Conservation, Recycling & Reusing**

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**Living Green Section | Pages 22-25**

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**Staff**
- Executive Director | LINDA TEENER
- Education Coordinator | MARCIA HORNING
- Community Outreach Coordinator | CHARLENE BROWNSON
- Lou Douglas Lecture Series Coordinator | OLIVIA COLLINS
- Special Projects Coordinator | VAL COLTHRAP
- Teen Mentoring Coordinator | JILL THIEN
- Registrar/Media Coordinator | ANNETTE SWEET
- PLUS ALL THE TEACHERS WHO SHARE THEIR TALENTS!!

**Board of Directors**
- Chair | NANCY BOLSEN
- Vice Chair | ROBERT WILSON
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- Treasurer | PAULA WALLENDOR
- President & CEO | LINDA INLOW TEENER
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- LINDA RAWDON
- CHUCK HAVLICEK
- SHAHE SHANKS
- LINDA MADL
- CHARLOTTE SHOUP OLSEN

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UFM's Education Program offers diverse credit and noncredit classes as well as test preparation courses. Classes are taught by people who want to share their interest with others. Participants range from students, Manhattan area residents and KSU faculty/staff.

UFM's state outreach program provides consultation, technical assistance and mini-grants to Kansas communities interested in starting their own community education and development programs.

The Manhattan Community Garden is a cooperative gardening project with over 170 plots. Plot sign-ups occur in February and March each year.

The Teen Mentoring Program was developed as a way to provide support and positive interaction to youth who have trouble relating to traditional youth programs. A varied curriculum is planned with opportunities for recreation and learning experiences. Middle and high school group meets two days a week after school.

For more information on any of these programs, call UFM at 539.8763 or visit our website: www.tryufm.org
Aquatics

LEARN TO SWIM CLASSES

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

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

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

BEGINNING & ENDING DATES (*Except Where Noted:)

Session A: Monday, Sept. 10 to Nov. 19
Session B: Tuesday, Sept. 11 to Nov. 13
Session C: Wednesday, Sept. 12 to Nov. 14
Session D: Thursday, Sept. 13 to Nov. 15
Session E: Saturday, Sept. 8 to Nov. 17

*Saturday group swim lessons will meet 8 times for 45 minutes.

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

Monday 6:00 PM to 6:30 PM
AQ-01P1 Sept. 10 to Oct. 15 (No class 10/01)
AQ-01P2 Oct. 22 to Nov. 19

Thursday 6:00 PM to 6:30 PM
AQ-04P1 Sept. 13 to Oct. 11
AQ-04P2 Oct. 18 to Nov. 15

Saturday 9:30 AM to 10:05 AM
AQ-05P1 Sept. 8 to Oct. 13
(No class 9/29, 10/06)
AQ-05P2 Oct. 20 to Nov. 10 (No class 10/27)

(*Saturday Parent/Infant and Parent/Tot classes will meet 4 times for 35 minutes.

Fee: $25.00 per session (4 lessons)

Level I: Introduction to Water Skills
The objective 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.

AQ-01A Monday 6:45 PM to 7:25 PM
AQ-01B Tuesday 6:45 PM to 7:25 PM
AQ-01C Wednesday 6:45 PM to 7:25 PM
AQ-01D Thursday 6:45 PM to 7:25 PM
AQ-01E Saturday 10:15 AM to 11:00 AM

Fee: $25.00 per session (4 lessons)

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

AQ-02A Monday 6:45 PM to 7:25 PM
AQ-02B Tuesday 6:45 PM to 7:25 PM
AQ-02C Wednesday 6:45 PM to 7:25 PM
AQ-02D Thursday 6:45 PM to 7:25 PM
AQ-02E Saturday 10:15 AM to 11:00 AM

Fee: $49.00 per session (10 lessons)

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

AQ-03A Monday 6:45 PM to 7:25 PM
AQ-03B Tuesday 6:45 PM to 7:25 PM
AQ-03C Wednesday 6:45 PM to 7:25 PM
AQ-03D Thursday 6:45 PM to 7:25 PM
AQ-03E Saturday 10:15 AM to 11:00 AM

Fee: $49.00 per session (10 lessons)

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

AQ-04A Monday 6:45 PM to 7:25 PM
AQ-04B Tuesday 6:45 PM to 7:25 PM
AQ-04C Wednesday 6:45 PM to 7:25 PM
AQ-04D Thursday 6:45 PM to 7:25 PM
AQ-04E Saturday 10:15 AM to 11:00 AM

Fee: $49.00 per session (10 lessons)

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

AQ-05A Monday 6:45 PM to 7:25 PM
AQ-05B Tuesday 6:45 PM to 7:25 PM
AQ-05E Saturday 10:15 AM to 11:00 AM

Fee: $49.00 per session (10 lessons)

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

AQ-06A Monday 6:45 PM to 7:25 PM
AQ-06B Tuesday 6:45 PM to 7:25 PM
AQ-06E Saturday 10:15 AM to 11:00 AM

Fee: $49.00 per session (10 lessons)

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

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

Fee: $42.00 per session (8 lessons for 40 meters)
Lap Swimming: Ages 13+
Lap Swimming is for individual work-out. The lap pool is available to adults and advanced swimmers to swim regularly and frequently. You may choose your 40-minute block of time during the scheduled times below.

AQ-LSA Monday 6:00 PM to 7:30 PM
AQ-LSB Tuesday 6:00 PM to 7:30 PM
AQ-LSW Wednesday 6:00 PM to 7:30 PM
AQ-LSD Thursday 6:00 PM to 7:30 PM
AQ-LSH Saturday 9:30 AM to 11:00 AM

Fee: $19.00 per session (10 times)

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

AQ-LOA Monday 6:00 PM to 7:30 PM
AQ-LOB Tuesday 6:00 PM to 7:30 PM
AQ-LOC Wednesday 6:00 PM to 7:30 PM
AQ-LOD Thursday 6:00 PM to 7:30 PM
AQ-LOH Saturday 9:30 AM to 11:00 AM

Fee: $16.00 per session (10 times)

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

Session A: 08/20/07 to 09/15/07
AQ-26A (1 time per week)
AQ-27A (3 times a week)
AQ-28A (5 times a week)

Fee: $19.00 per session (10 times)

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

Session A: 08/21/07 to 09/13/07
AQ-100A 6:35 PM to 7:30 PM (Tu/Th)
AQ-100B 6:35 PM to 7:30 PM (Tu/Th)
AQ-100C 6:35 PM to 7:30 PM (Tu/Th)
AQ-100D 6:35 PM to 7:30 PM (Tu/Th)

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

Deep Water Hydroaerobics for the Entire Semester
Session E: 08/21/07 to 12/11/07 (No class 11/22)
AQ-100E 6:35 PM to 7:30 PM (Tu/Th)

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

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 LESSONS.

Beginning and Ending Dates for Private Lessons:
Session A1: Monday Sept. 10 to Oct. 15 (No class 10/01)
Session A2: Monday Oct. 22 to Nov. 19
Session B1: Tuesday Sept. 11 to Oct. 9
Session B2: Tuesday Oct. 16 to Nov.13
Session C1: Wednesday Sept. 12 to Oct. 10
Session C2: Wednesday Oct. 17 to Nov. 14
Session D1: Thursday Sept. 13 to Oct. 11
Session D2: Thursday Oct. 18 to Nov. 15
Session E1: Saturday Sept. 8 to Oct. 13 (No class 10/01)
Session E2: Saturday Oct. 20 to Nov. 17 (No class 10/27)

Times for Monday - Thursday sessions:
6:00 PM to 6:30 PM
Times for Saturday sessions:
9:30 AM to 10:05 AM

*Session E1 & E2 will meet 4 times for 35 minutes.

Fee: $69 per session
(5 thirty minute lessons)
$55 per student for semi-private lessons:
(2 students per teacher) (30 minute lessons)

Win $1 off any UFM Class....
by finding the "Fake Class" included in this catalog!! Identify it when you register and receive $1 off your registration for one class.
Aquatics Continued

Open Swim Appreciation 07CAQ31A
For UFM swim participants and their parents. Parents are invited to join their children in the water and practice swimming together. There is no charge for this activity. However, registration with the number of participants planning to attend is required so that KSU can provide adequate lifeguards. The session may be cancelled if no pre-registration is received.

Date: 10/14/2007 (Su)
Time: 5:00 PM to 7:00 PM
Fee: No charge
Location: Natatorium, KSU Campus

Open Swim Appreciation 07CAQ31B

Date: 10/28/2007 (Su)
Time: 5:00 PM to 7:00 PM
Fee: No charge
Location: Natatorium, KSU Campus

Sunday Family Swim 07CAQ32

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

Date: 10/07/2007 to 10/28/2007 (Su)
Time: 5:00 PM to 7:00 PM
Fee: $8.00/Individual; $20.00/Family
Location: Natatorium, KSU Campus

Fitness Swimming 07CAQ108AZ
Students interested in this course MUST be able to demonstrate the five basic strokes, using rhythmic breathing. Emphasis will be on analyzing and refining stroke technique and additional competitive skills, improving/maintaining physical fitness and endurance through a progressive conditioning swimming program. Students will learn the components of well-balanced training and how to design a workout for conditioning swimming.

Instructor: Melissa Haug

Date: 09/11/2007 to 10/25/2007 (Tu/Th)
Time: 6:00 PM to 7:30 PM
Fee: $82.00 (Available for KSU Credit)
Location: Natatorium, KSU Campus

Water Polo Conditioning 07CAQ123Z

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

Instructor: Scott Smith

Date: 10/30/2007 to 12/06/2007 (Tu/Th)
(Time class 11/23)
Fee: $82.00 (Available for KSU Credit)
Location: Natatorium, KSU Campus

Scuba Diving 07CAQ105AZ

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

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

Date: 09/10/2007 to 10/22/2007 (M)
Time: 6:00 PM to 10:00 PM
Fee: $232.00 (Available for KSU Credit)
Location: Natatorium, KSU Campus

Scuba Diving 07CAQ105BZ

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

Date: 10/29/2007 to 12/03/2007 (M)
Time: 6:00 PM to 10:00 PM
Fee: $232.00 (Available for KSU Credit)
Location: Natatorium, KSU Campus

Water Polo Conditioning 07CAQ123Z

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

Instructor: Scott Smith

Date: 10/30/2007 to 12/06/2007 (Tu/Th)
(Time class 11/23)
Fee: $82.00 (Available for KSU Credit)
Location: Natatorium, KSU Campus

Touring Kayak-Rescues and Recoveries 07CAQ37A
This class is perfect for those starting out in kayaking or just wishing to brush-up on their kayaking skills. After some brief instructions on land we will work on being comfortable in the water with wet exits, assisted rescues, and self rescues. The Touring Kayaks: Rescues and Recoveries class will give you the invaluable tools needed to practice and refine your strokes and rescues. Learning the skills presented in this class will significantly increase your enjoyment and safety in a touring kayak. This is a fun class and I guarantee you will paddle away knowing something new and feeling more confident. This class will be followed up by a bonus class, so don't miss out.

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

*Required Equipment: Clean Touring kayak, PFD, Spray skirt, Bilge pump, Paddle float and Dry change of clothes.

Larry Storer has been an avid touring kayaker for several years. He has taught beginning skills and self-rescue kayak classes at local lakes and for the Kansas Canoe & Kayak Association for the last few years. Larry is an enthusiastic paddler and instructor who enjoys sharing his love of the sport.

Date: 09/09/2007 (Su)
Time: 9:00 AM to Noon
Fee: $50.00
Location: Natatorium, KSU Campus

Touring Kayak-Rescues and Recoveries 07CAQ37B

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

Date: 10/07/2007 (Su)
Time: 9:00 AM to Noon
Fee: $50.00
Location: Natatorium, KSU Campus

Touring Kayak-Rescues and Recoveries 07CAQ37C

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

Date: 11/04/2007 (Su)
Time: 9:00 AM to Noon
Fee: $50.00
Location: Natatorium, KSU Campus

Manhattan Marlins Swim Team

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

Ages: 5 years through college

www.manhattanmarlins.org

For more information contact: Todd Kramer at 785-317-0545 or Helena Grinter at 785-776-0681
<table>
<thead>
<tr>
<th>Event Title</th>
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<td>10 Steps to Prepare for GRE</td>
<td>07CFC04A</td>
<td>09/18/2007 (Tu)</td>
<td>7:00 PM to 8:30 PM</td>
<td>UFM Conference Room, 2nd floor</td>
<td>$12.00</td>
<td>Georgette Miller, <a href="mailto:gemiller@ksu.edu">gemiller@ksu.edu</a></td>
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<td>Create Learning Opportunities Through Work &amp; Life Experience</td>
<td>07CFC08</td>
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<td>Top Ten Ways to Stop Identity Theft</td>
<td>07CFC22</td>
<td>08/29/2007 to 11/14/2007 (W)</td>
<td>6:30 PM to 8:00 PM</td>
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<td>FICO Factor: The Good, the Bad and the Ugly of Credit Building</td>
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<td>09/10/2007 to 10/01/2007 (M)</td>
<td>7:00 PM to 8:00 PM</td>
<td>UFM Conference Room, 2nd floor</td>
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<td>Robert Wilson (<a href="mailto:mwilson@k-state.edu">mwilson@k-state.edu</a>)</td>
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<td>Top Ten Ways to Stop Identity Theft</td>
<td>07CFC22</td>
<td>08/29/2007 to 11/14/2007 (W)</td>
<td>6:30 PM to 8:00 PM</td>
<td>UFM Conference Room, 2nd floor</td>
<td>$12.00</td>
<td>Marcia Hornung</td>
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<tr>
<td>FICO Factor: The Good, the Bad and the Ugly of Credit Building</td>
<td>07CFC21</td>
<td>09/10/2007 to 10/01/2007 (M)</td>
<td>7:00 PM to 8:00 PM</td>
<td>UFM Conference Room, 2nd floor</td>
<td>$12.00</td>
<td>Marcia Hornung</td>
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<td>Sustaining Progress - A Change Model</td>
<td>07CFC49</td>
<td>10/02/2007 (Tu)</td>
<td>7:00 PM to 8:30 PM</td>
<td>UFM Conference Room, 2nd floor</td>
<td>$12.00</td>
<td>Nancy Hetzler</td>
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<td>6:30 PM to 8:00 PM</td>
<td>UFM Conference Room, 2nd floor</td>
<td>$12.00</td>
<td>Marcia Hornung</td>
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<td>LSAT Prep Course</td>
<td>07CFC24</td>
<td>09/10/2007 to 10/01/2007 (M)</td>
<td>7:00 PM to 8:00 PM</td>
<td>UFM Conference Room, 2nd floor</td>
<td>$12.00</td>
<td>Marcia Hornung</td>
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Beginning Knitting 07CCF05A
Two projects (headband and hat) will be completed as you learn to cast-on, the knit stitch, the purl stitch, binding off, shaping and seaming. Materials for the first class project are short size 10 needles and a light colored bulky weight smooth yarn. These materials will be available for purchase at the first class. A materials list for the second project will be given in the first class.
Instructor: Kennita Tully, (785) 537-1826

Date: 08/14/2007 to 09/04/2007 (Tu)
Time: 7:00 PM to 8:30 PM
Fee: $31.00
Location: 300 Poyntz Ave.
Wildflower Yarns and Knitwear

Introduction to Duplicate Bridge 07CCF08
ACBL Life Masters Amit Chakrabarti and Elizabeth Jankford will instruct. Elementary knowledge of the Bridge card game required.
Instructors: Amit Chakrabarti, (785) 537-6893
amitc@phys.ksu.edu & Elizabeth Jankford

Date: 09/04/2007 to 12/11/2007 (Tu)
Time: 7:30 PM to 9:30 PM
Fee: $26.00
Location: UFM Banquet Room
1221 Thurston St.

Caring For Your Collections 07CCF09A
This class will provide you with handouts about the basic knowledge for caring for your personal collections of photographs, documents, newspaper clippings, scrapbooks, artifacts, clothing & textiles, etc.
Instructor: Cindy Harris, (785) 313-5383
charris@ksu.edu

Outside of work, Cindy is a researcher, historian, writer, and consultant on preservation issues.

Date: 09/06/2007 (Th)
Time: 5:30 PM to 7:00 PM
Fee: $14.00
Location: UFM Multipurpose Room
1221 Thurston St.

Basic Jewelry Making 07CCF11
Students will learn the basic techniques of fabricating fine jewelry through a series of 3 planned projects. All projects will be in sterling silver and include a bezel rid with a genuine semi-precious gem and pierced earrings. Techniques learned will include sawing, bending, soldering, forming, filing, sanding, polishing, furnishing, piercing (metal, not ears), etc.
NOTE: Fee covers materials for all projects including silver and gemstones. Recommended tools list will be sent to all participants and can be purchased at cost through the instructor.
Instructor: Daniel Bostrom
daniel_j_bostrom@sbcglobal.net

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

Date: 09/08/2007 to 11/03/2007 (Sa)
(No class 09/29 or 10/6)
Time: 9:00 AM to Noon
Fee: $125.00
Location: UFM Solar Addition
1221 Thurston St.
Learning to Write and Sell Fiction 07CCF36
Whether you’ve just thought of your first story idea or you have three unpublished novels already finished, this class will give you the tools you need to write great fiction and become a published author. Combining both lecture and workshop, students will have the opportunity to improve a piece they’ve already started or receive feedback on something new. General techniques on writing will be covered along with examples that demonstrate the ideas presented. Students will also learn constructive ways to critique their own writing and the writing of others.
Instructor: Glenn Sixbury

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

Date: 09/15/2007 to 09/29/2007 (Sa)
Time: 2:00 PM to 4:00 PM
Fee: $20.00
Location: UFM Multipurpose Room
1221 Thurston St.

The Digital Darkroom for Photographers:
Introduction to Photoshop, Image Processing & Printing 07CCF65
Digital imaging is becoming increasingly popular and the development of the “digital darkroom” has made it possible for people to make high quality prints of photographs or other artwork at home. This class will introduce basic information on management of your digital image processing using Adobe Photoshop Elements 5 as well as inkjet printing. The class will be geared to those new to image processing and Photoshop. Some of the topics to be covered include introduction to the idea of a constant workflow, multiple exposures will also be introduced. This class will include an introduction to layers, making prints with inkjet printers, and organizing and archiving your digital photos. Special topics such as assembling panoramas and combining multiple exposures will also be introduced. This class will benefit anyone wishing to get the most out of the photographs. Photographers will be processed in real time using Photoshop during the class and students will get a chance to work on some of their own photos. An example print will also be made during class.
Instructor: Scott Bean, (785) 776-2725, srbean@ksu.edu

Introduction to Photography 07CCF78
This class will focus on basic concepts of photography and is a combination of the previously separate Photography I and II classes. To get the most out of this class, participants should have either a film or digital camera that users can take complete manual control of settings such as aperture (f-stop) and shutter speed; such as SLR’s or advanced compact cameras. Topics that will be covered include basic camera settings and operation, how f-stop and shutter speed affect your photos, how to select the right settings, choosing and using different lenses. The class will also cover an introduction to exposure, metering and controlling light, composition and learning to see creatively. Discussion of issues relevant to digital photography such as white balance and image resolution will also be covered.
The class will emphasize landscape and nature photography, but anyone interested in photography will benefit. This class is geared toward beginning photographers and those wishing to know more about camera operation and nature photography. To get the most out of the class, participants are encouraged to bring their camera to each class. Tripods will also be beneficial. The class will include 5 class room meetings and 4 field trips. Field trips are designed to reinforce what is learned in the class and will include shooting together as a group and a chance for individuals to photograph on their own. Exact times of the field trips will be discussed at the first class, but will be in the evenings a couple of hours before sunset. Participants will be responsible for their own film and development costs. In addition, participants are encouraged to bring photographs from the field trips to the following class meeting for discussion.
Instructor: Scott Bean, (785) 776-2725, srbean@ksu.edu

Date: 10/18/2007 to 11/15/2007 (Th/Su)
Time: 2:00 PM to 4:00 PM
Fee: $48.00
Location: UFM Multipurpose Room
1221 Thurston St., 2nd floor

Poker Night 07CCF30
This class will discuss the basic rules of Texas Hold’em (and its variations) as well as betting, strategies and ‘table’ manners. If you are sick of winning five bucks from your friends every Wednesday and you want to step up your manners. If you are sick of winning five bucks from your friends every Wednesday and you want to step up your manners.
Instructor: Adam Durur, (785) 317-1845
durar@ksu.edu

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

Date: 09/14/2007 (F)
Time: 8:00 PM to 9:30 PM
Fee: $17.00
Location: UFM Multipurpose Room
1221 Thurston St.

Church of Manhattan
Awaken your Spirit!!
Positive Message & Joyful Music
A Growing Spiritual Community Dedicated to the Transformation of Consciousness through Meditation, Prayer, Support & Service

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Sundays 11:00 A.M.
People of All Ages, Nationalities & Lifestyles Welcome!
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unitycm@gmail.com | revholder.mypodcast.com
Rev. Jennifer Holder, Minister | 785.537.6120

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.
Digital Scrapbooking for the 21st Century  
07CCF79A  
 Shoot It! Store It! Share It! Save It! This class will show you how to organize, enhance, and store your digital photos from a digital camera, CD, or scanner onto a laptop. We will then use our photos to create a hardbound 20+ page storybook. The software is specially created for the album maker who loves to take pictures. Bring your laptop, as they will be demonstrating wireless internet access to help you send and retrieve your pictures from computer to computer. Please let us know if you need to use. A laptop is not required for taking this class.  
 Instructors: Pamela Schmid & Gordon Schmid

Pam Schmid, Creative Memories Senior Director, has been teaching album making classes since 1989 and is dedicated to helping people make meaningful albums.

**Date:** 10/08/2007 (M)  
**Time:** 7:00 PM to 9:00 PM  
**Fee:** $14.00  
**Location:** UFM Fireplace Room  
1221 Thurston St.

Digital Scrapbooking for the 21st Century  
07CCF79B  
Instructors: Pamela Schmid & Gordon Schmid

**Date:** 11/06/2007 (Tu)  
**Time:** 7:00 PM to 9:00 PM  
**Fee:** $14.00  
**Location:** UFM Fireplace Room  
1221 Thurston St.

Scrapbooking for the Busy Person  
07CCF81A  
Create 12 picture-ready pages for your scrapbook in 3 hours! Using both printed and solid 12x12 paper, background sheets, embellishments and basic scrapbooking tools, you will finish 6, 12”x12”, two-page layouts for your pictures. Each month we will do different layouts. The paper and embellishments will be provided; you will need to bring a 12-inch paper trimmer (there will be one available if you don’t have one), scissors, a black pen, a 12-inch ruler and adhesive of choice. Deadline for registration is Sept. 19.  
 Instructors: Pamela Schmid & Gordon Schmid

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

**Date:** 09/26/2007 (W)  
**Time:** 6:30 PM to 9:30 PM  
**Fee:** $36.00  
**Location:** UFM Multipurpose Room  
1221 Thurston St.

Scrapbooking for the Busy Person  
07CCF81B  
Deadline for registration is Oct. 17.

**Date:** 10/24/2007 (W)  
**Time:** 6:30 PM to 9:30 PM  
**Fee:** $36.00  
**Location:** UFM Multipurpose Room  
1221 Thurston St.

Scrapbooking for the Busy Person  
07CCF81C  
Deadline for registration is Nov. 21.

**Date:** 11/28/2007 (W)  
**Time:** 6:30 PM to 9:30 PM  
**Fee:** $36.00  
**Location:** UFM Multipurpose Room  
1221 Thurston St.

Abundance Flag Book  
07CCF20  
Create a hand bound flag book album ready for your Thanksgiving memories or as a gift, using great fall colored cardstock and paper, stamps and embellishments. All materials will be provided. Please register one week prior to class.

Instructor: Dona Deam, ddeam@ksu.edu

**Date:** 10/17/07 (W)  
**Time:** 6:30 PM to 9:30 PM  
**Fee:** $25.00  
**Location:** UFM Multipurpose Room  
1221 Thurston St.

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**Prairie Land Food: Good for You and Good for the Community**

For more information, call UFM at 539-8763 or website: [www.prairielandfood.com](http://www.prairielandfood.com)
Coffee Table Star Tree Book  07CCF21
Create a three tier star book from cardstock, stamps and embellishments. The book will be a great way to display your holiday photo or use it as a table decoration. We will decorate a tin to fit the book for storage or gift giving. All materials will be provided. Please register one week prior to class.
Instructor: Dona Dean, ddeam@ksu.edu
Date: 12/03/07 (M)  
Time: 6:30 PM to 9:30 PM  
Fee: $36.00  
Location: UFM Conference Room  
1221 Thurston St.

Rubber Stamping Basics  07CCF33
Come and learn the basics of rubber stamping. You will learn the differences in inks, papers, stamps and powders. We will cover basic techniques and embossing. Supplies for three cards will be provided, which will be made in class. Please bring the following to class: 12" paper cutter, adhesive, scoring tool, scissors and a heat tool. (If you don’t have them, you can share). Please register one week prior to class.
Instructor: Dona Dean, ddeam@ksu.edu
Date: 10/03/07 (W)  
Time: 7:00 PM to 9:00 PM  
Fee: $16.00  
Location: UFM Multipurpose Room  
1221 Thurston St.

Beginning Crochet  07CCF84A
During this class you will learn how to chain, single crochet, double-crochet, change colors and read patterns while completing fun projects. Materials needed include a size G crochet hook, a plastic canvas needle and acrylic yarn. These materials will be available for purchase at the first class. Must know how to single crochet and double crochet.
Instructor: Jocelyn Bishop, bishopj@ksu.edu
Date: 08/27/2007 to 09/24/2007 (M)  
(No class 9/3)  
Time: 6:00 PM to 7:00 PM  
Fee: $28.00  
Location: UFM Fireplace Room  
1221 Thurston St.

Advanced Crochet  07CCF85A
During this class you will learn more advanced stitches and techniques while completing fun projects. Materials for first project are size G crochet hook, a plastic canvas needle and acrylic yarn. These materials will be available for purchase at the first class. Must know how to single crochet and double crochet.
Instructor: Jocelyn Bishop, bishopj@ksu.edu
Date: 08/27/2007 to 09/24/2007 (M)  
(No class 9/3)  
Time: 6:00 PM to 7:00 PM  
Fee: $28.00  
Location: UFM Fireplace Room  
1221 Thurston St.

Beginning Crochet  07CCF84B
Instructor: Jocelyn Bishop, bishopj@ksu.edu
Date: 10/01/2007 to 10/22/2007 (M)  
Time: 5:00 PM to 6:00 PM  
Fee: $28.00  
Location: UFM Fireplace Room  
1221 Thurston St.

Beginning Crochet  07CCF84C
Instructor: Jocelyn Bishop, bishopj@ksu.edu
Date: 11/05/2007 to 11/26/2007 (M)  
Time: 5:00 PM to 6:00 PM  
Fee: $28.00  
Location: UFM Fireplace Room  
1221 Thurston St.

Advanced Crochet  07CCF85B
Instructor: Jocelyn Bishop, bishopj@ksu.edu
Date: 10/01/2007 to 10/22/2007 (M)  
Time: 6:00 PM to 7:00 PM  
Fee: $28.00  
Location: UFM Fireplace Room  
1221 Thurston St.

Advanced Crochet  07CCF85C
Instructor: Jocelyn Bishop, bishopj@ksu.edu
Date: 11/05/2007 to 11/26/2007 (M)  
Time: 6:00 PM to 7:00 PM  
Fee: $28.00  
Location: UFM Fireplace Room  
1221 Thurston St.

Begining Beaded Jewelry  07CCF87A
Instructor: Jill Nixon  
Date: 09/17/2007 (M)  
Time: 7:00 PM to 8:30 PM  
Fee: $30.00  
Location: UFM Multipurpose Room  
1221 Thurston St.

Beginning Beaded Jewelry  07CCF87B
Instructor: Jill Nixon  
Deadline registration on Oct. 10.
Date: 10/15/2007 (M)  
Time: 7:00 PM to 8:30 PM  
Fee: $30.00  
Location: UFM Multipurpose Room  
1221 Thurston St.

Beginning Beaded Jewelry  07CCF87C
Instructor: Jill Nixon  
Deadline registration on Nov. 14.
Date: 11/19/2007 (M)  
Time: 7:00 PM to 8:30 PM  
Fee: $30.00  
Location: UFM Multipurpose Room  
1221 Thurston St.

Holiday Table Decorating  07CCF14
Balance...Simple-Elegant Tabletops and more...Learn tips and ideas for holiday designing. There will be hands-on floral designing such as table and vase arrangements. Get ideas on how to extend the life of your fresh flowers, color combinations and old and new trends of table scapes. Bring your container(s), knife and clippers, you will need them. It will be a hands on workshop.
Instructor: Hildegard Bembry, AIFD
Hildegard Bembry, AIFD (American Institute of Floral Design) was born in Sogel, Germany. She is a qualified International Designer with 36 years of experience at floral designing and teaching both in Europe and the United States. She has decorated events for Rosalyn Carter’s home and President George H.W. Bush, and a ballroom for Sammy Davis Jr. Last year she received the award for Valley Wholesale Top Designer of the Year out of 80 designers in Kansas. She is currently the manager at Steve’s Floral.
Date: 11/06/2007 (Tu)  
Time: 7:00 PM to 9:00 PM  
Fee: $12.00  
Location: UFM Kitchen  
1221 Thurston St.
Solar Energy For Your Home 07CEN44
Discussion will include solar thermal systems for heating your home and providing domestic hot water. These are the most cost-effective applications of solar energy and can be well within the skills and tools of you and your neighbors.
Instructor: Bill Dorsett, (785) 539-1956
wmdorsett@aboglobal.net
Date: 10/06/2007 (Sa)
Time: 1:00 pm to 3:00 PM
Fee: No charge
Location: UFM Solar Addition
1221 Thurston St.

Wildland Fire Management 07CEN26
This introductory course is designed to train the entry-level firefighter. You will be introduced to and gain knowledge of the basic incident management organization, firefighting techniques, suppression equipment, safety, strategy/tactics along with fire behavior, and establish an awareness of human performance issues that impact firefighting. Grading will be performed for valuable hands-on training. 100% attendance of this course meets training requirements to receive an Incident Qualification Card (a.k.a. Red Card), required for individuals to participate in suppression activities on federal wildland fires.
Requisites: None (NOTE: Students will need to bring work clothing, leather lace-up boots, work gloves and hardhat to this class)
Instructor: Jason Hartman, (785) 532-3316
hartmanj@ksu.edu
Date: 08/23/2007 to 11/29/2007 (Th)
Time: 6:00 PM to 8:30 PM (No class 11/22)
Fee: $94.00
Location: KSU-Throckmorton Hall Room 1023

Fly Fishing 07CEN04AZ
This course will cover the proper techniques for performing four basic fly casting techniques: roll casting, pick up and put down, false casting and shooting a line. We will also cover tying flies, and fly fishing equipment. The class will be broken into two sections. The first section will cover casting, fly rods, reels, lines, tippets, and leaders. The second section will cover fly tying equipment and techniques to tie dry flies, wet flies, and nymphs. All equipment needed will be provided by the instructor. There is a non-refundable material fee of $40 for withdrawing from the class after the first day.
Instructor: Paul Sodamann, (785) 494-2340
Date: 10/11/2007 to 10/25/2007 (M-Th)
Time: 6:00 PM to 8:00 PM
Fee: $95.00
Location: UFM Fireplace Room
1221 Thurston St.

Fly Fishing 07CEN04BZ
Instructor: Paul Sodamann, (785) 494-2340
Date: 10/15/2007 to 10/25/2007 (M-Th)
Time: 6:00 PM to 8:00 PM
Fee: $95.00
Location: MHS East Campus, 901 Poyntz Ave., Room 108

Fly Fishing 07CEN04CZ
Instructor: Paul Sodamann, (785) 494-2340
Date: 11/05/2007 to 11/15/2007 (M-Th)
Time: 6:00 PM to 8:00 PM
Fee: $95.00
Location: MHS East Campus, 901 Poyntz Ave., Room 108

Home Landscape Design 07CEN08
Learn the basics of landscaping your home! Locally available resources will be presented. Property values can be increased by as much as 10-20% by smart landscape design. This course is a must for new residents to the Manhattan community or those of us with “brown thumbs.” Single-home owner and/or couples are encouraged to enroll.
Instructor: Gregg Eyestone
Date: 09/12/2007 to 09/26/2007 (W)
Time: 6:00 PM to 8:00 PM
Fee: $30.00/individual
$30.00/couple
Location: KSU Campus-Pottorf Hall

Understanding Solar Electricity 07CEN23
We can use our abundant sunlight to cook our food, heat our homes and water and provide electricity and even make ice. This is an informal discussion of your and my thoughts on the sun’s wide ranging possibilities. We’ll discuss the goods and bads of both possibilities as well as the hardware required to do either.
Instructor: Bill Dorsett, (785) 539-1956
wmdorsett@aboglobal.net
Bill has been working in solar energy since 1975, both in passive and active thermal systems and in solar electric applications.
Date: 10/06/2007 (Sa)
Time: 10:00 AM to Noon
Fee: No Charge
Location: UFM Solar Addition
1221 Thurston St.

Is Local Food or Organic Food Best? 07CEN41
You may have heard the new slogan, “local is the new organic”. Is it really? What are the trade-offs? What if you want both? This class will provide a forum for you to meet local farmers, learn about differences in nutritional quality due to production techniques, decide if food really needs to travel an average of 1200 miles and learn about fair trade vs. free trade, an implication of a local food economy. Class will meet three times with three different topics.

Topic 1- Meet local farmers, Oct. 11
Instructors: Rachel Soash, (785) 587-2737
rsoash@ci.manhattan.ks.us & Becky Clark
Rachel Soash, has been teaching people around the world how to make a difference. Rachel has taught teachers and community members how to make small changes that make big impacts towards preserving our planet.

Topic 2-Fair trade and pricing, Oct. 18
Instructor: Jennifer Guilford, jguilfo@ksu.edu
Jennifer Guilford, a leadership studies major, has been active in the K-State and Manhattan community regarding environmental issues for the past 5 years. She co-directs the recycling program for the Waka-rusa Festival and knows how to make sustainable living tangible and easy for everyone.

Topic 3-How local food impacts the local community, Oct. 25
Instructor: Rhonda Janke, (785) 532-0409
rjanke@ksu.edu and
Jennifer Guilford, jguilfo@ksu.edu
Rhonda Janke teaches sustainable agriculture at KSU and co-owns an organic farm in Wamego.

Trees: Hate ‘Em 07CEN27
Pick a Saturday this fall and visit the Konza and other prairies. Discuss how to bring quail and prairie chickens back to the Flint Hills area. You will also learn about wildlife and prairie grasses. Upland bird hunters are welcome. Contact UFM or instructor for directions to class. NOTE: Fees under workshop listings. All classes meet once on Saturday.
Instructor: Carroll A. Lange, CBW, (785) 776-3944
Carroll Lange is a Certified Wildlife Biologist, with a Master’s Degree in Range Management. He has nearly 25 years experience in the field of Wildlife Biology; much of his time has been spent studying Kansas Prairies.
Date: 09/08/2007 to 12/08/2007 (Sa)
Time: 8:00 AM to Noon
Fee: $12.00
Location: 7102 Abbott Drive, Cedar Creek Ranch

Make a Difference Workshop 07CEN40
Sunset Zoo staff will teach you little things you can do that will make big impacts for our planet. You will receive materials you can take home and immediately put into use. Join our team as we learn how to protect our world and all the creatures that inhabit it. Deadline for registration is Nov. 14.
Instructors: Rachel Soash, (785) 587-2737
rsoash@ci.manhattan.ks.us & Becky Clark
Becky Clark has been active in the K-State and Manhattan community regarding environmental issues for the past 5 years. She co-directs the recycling program for the Waka-rusa Festival and knows how to make sustainable living tangible and easy for everyone.

Outdoor Recreation & Leadership Studies.
Jennifer Guilford is a student in Horticulture with a minor in Environmental Education. Jennifer has been teaching people around the world how to make a difference. Rachel has taught teachers and community members how to make small changes that make big impacts towards preserving our planet.

1221 Thurston St. 785.539.8763 www.fryufm.org
Earth & Nature Continued

Gardening Organically 07CEN42
Considering a more healthful way of gardening? Have you considered the harmful impact of chemical fertilizers on the soil and environment? Maybe you’ve thought of “going organic” but didn’t know where or how to begin. This class can help! We’ll discuss soil fertility and preparation, pest management, and reasonable options and alternatives to chemicals for weed, disease, and pest control in your garden.

Instructor: Colleen Hampton
champton314@sbcglobal.net

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

Date: 09/10/2007 (M)
Time: 7:00 PM to 9:00 PM
Fee: No Charge
Location: UFM Solar Addition
1221 Thurston St.

It Is Easy Being Green!! 07CEN43
Bring your ideas for “Greening” Manhattan to save the environment and $$$$. Karen McCulloh has worked on sustainable Manhattan projects, chaired Earth Day 20 and tries to consume as lightly as possible. She has also served on the Riley County Solid Waste Committee, looking at waste disposal concerns, particularly household hazardous waste, for decades. This evening will be a chance to share ideas and learn some new ways of thinking about individual energy use.

Instructor: Karen McCulloh

Date: 09/27/2007 (Th)
Time: 6:00 PM to 7:30 PM
Fee: No Charge
Location: UFM Solar Addition
1221 Thurston St.

Autumn on the Tallgrass Prairie 07CEN45
Join Mike Haddock, author of 2006 Kansas Notable Book “Wildflowers and Grasses of Kansas: A Field Guide”, as he leads a fall wildflower walk. Mike will discuss late blooming autumn wildflowers and discuss some of our major species of tallgrass. Meet at the south parking lot of Washington Marlatt Park, west of Seth Childs Road (113) on Marlatt Avenue. The parking area is on the north side of Marlatt Avenue, which is a gravel road at that point. The walk will last one hour. Please wear clothing and footwear appropriate for walking in heavy vegetation.

*NOTE: In the event of rain, the walk will not be held.

Instructor: Mike Haddock, (785) 292-4561
mike@theyellowkayak.com

Date: 09/24/2007 (M)
Time: 5:30 PM to 6:30 PM
Fee: No Charge
Location: Washington Marlatt Park, South parking lot

Meteorology Basics 07CEN46
Air masses, cold fronts, squall lines. What does it all mean? Investigate the natural forces that shape our weather and climate. Discover how natural processes and human activities affect our atmosphere. Learn how we may be changing the climate and other global systems by putting pollutants into the environment. Find out how you can help make a difference for your children and grandchildren, while learning money saving tips and strategies.

Instructor: Dean Stramel

Date: 10/04/2007 (Th)
Time: 7:00 PM to 9:00 PM
Fee: No Charge
Location: UFM Solar Addition
1221 Thurston St.

Living Green... SIMPLIFIED! 07CEN47
Many people have joined the “Green Movement” by doing their part to protect the environment. But what happens when you don’t know where to start? This lecture will show you easy ways to reduce your impact on the environment by making simple changes to everyday decisions. You will learn how to incorporate sustainability in your life with easy-to-do tips and tricks without breaking the bank! Topics discussed: myths about “living green”, earth-friendly products, adopting greener buying habits, simple solutions to an eco-friendly lifestyle.

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

Julia recently graduated from K-State with a degree in Interior Design. In August, she will begin graduate school at K-State and work towards a Master of Science in Architecture with an emphasis in Ecological and Sustainable Design.

Date: 10/13/2007 (Sa)
Time: 10:00 AM to Noon
Fee: No Charge
Location: UFM Fireplace Room
1221 Thurston St.

Canoe Camping 07CRF53Z
This class covers the interface between canoeing and camping, how canoeing changes when adapting to the camping environment. The instruction will not be related to basics of camping (putting up tents, building fires, etc.). Instead, the class would cover topics like planning, wet-weather parking, navigation, specialized gear requirements, how paddling changes when paddling loaded canoes, focused safety issues, etc—all topics that people need to be proficient in before venturing out on their own canoeing camping trips.

Instructor: Steve Spencer

Date: 11/03/2007 to 11/10/2007 (Sa)
Time: 10:00 AM to Noon
Fee: $50.00
Location: Natatorium, KSU Campus

Touring Kayak-Rescues and Recoveries 07CAQ37B
This class is perfect for those starting out in kayaking or just wishing to brush-up on their kayaking skills. After some brief instructions on land we will work on being comfortable in the water with wet suits, assisted rescues, and self rescues. The Touring Kayaks: Rescues and Recoveries class will give you the invaluable tools needed to practice and refine your strokes and rescues. Learning the skills presented in this class will significantly increase your enjoyment and safety in a touring kayak. This is a fun class and I guarantee you will paddle away knowing something new and feeling more confident. This class will be followed up by a bonus class, so don’t miss out.

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

*Required Equipment: Clean touring kayak, PFD, spray skirt, bilge pump, paddle float and dry change of clothes.

Date: 09/09/2007 (Su)
Time: 9:00 AM to Noon
Fee: $50.00
Location: Natatorium, KSU Campus

Touring Kayak-Rescues and Recoveries 07CAQ37C

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

Date: 11/04/2007 (Su)
Time: 9:00 AM to Noon
Fee: $50.00
Location: Natatorium, KSU Campus

Canoe Camping 07CRF53Z

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785.539.8763
Dancing Goats (Coffee class) 07CFF13
Did you know that coffee only grows within 30 degrees of the equator, it is native only to Ethiopia, and is the second most traded commodity on the planet? Spend a few hours with Wade Radina discussing the history of coffee, the fundamentals of roasting and cupping, and current issues in the industry. Course price includes a bag of fresh roasted coffee and desserts from the Radina’s Coffeehouse.
Instructor: Wade Radina
Date: 10/19/2007 (F)
Time: 7:00 PM to 9:00 PM
Fee: $14.00
Location: Radina’s Coffeehouse, Aggieville 616 N. Manhattan

Tea Tasting Around the Globe 07CFF19
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.
Instructor: Stormy Kennedy
Date: 11/15/2007 (Th)
Time: 6:00 PM to 8:00 PM
Fee: $12.00
Location: UFM Kitchen 1221 Thurston St., lower level

Wine 101: Wine Appreciation 07CFF20
Do you enjoy wine and want to know more about it? If so, this class is for you. Bob Campbell, owner of Candlewood Liquor, Grant Holthaus, wine sales for Standard Beverage and Jeff Mosburg, wine sales for Glazer’s of Kansas will help demystify wine. They will discuss different grape varieties, major wine regions, proper tasting techniques and wine storage. Six wines will be sampled each evening. Food will be provided to showcase wine and food combinations. Participants must be 21 years of age to enroll in this class. Enrollment is limited and this class fills up quickly, so enroll early! Be ready to come and have some fun while learning about wine!
Instructor: Bob Campbell
Date: 09/19/07 to 10/10/07 (W)
Time: 7:00 PM to 9:00 PM
Fee: $95.00
Location: UFM Banquet Room 1221 Thurston St.

Indian Cooking 07CFF22
Rice is the staple food of India, especially of the ‘Southies’ and in this class, you shall know why. We will start with an appetizer, then the main ‘entree’ and finally with a dessert, all made out of with rice and the exotic Indian spices.
Instructor: Pradeep Malertddy
Pradeep is a graduate student with the Anatomy and Physiology department at the KSU College of Veterinary Medicine.
Date: 10/26/2007 (F)
Time: 6:30 PM to 8:30 PM
Fee: $22.00
Location: UFM Kitchen 1221 Thurston St., lower level

Recipes from the “Garden of Eden”- Ancient Foods from Iraq and Syria 07CFF26
This class will cover the basics of how to cook several traditional foods, including dolma (stuffed grape leaves and vegetables), shish-kebab (beef and lamb), tabouli (salad), hummus (chick peas), baba ghanouj (egg plant) and baklava (dessert). Each evening will focus on a different dish. Course fee will cover cost of ingredients and instruction.
Instructor: Raad Al-Ani
Date: 10/24/2007 to 12/05/2007 (W)
(No class 11/21)
Time: 6:30 PM to 8:00 PM
Fee: $75.00
Location: UFM Kitchen 1221 Thurston St., lower level

Miami Cuban Heat! 07CFF27
Enjoy a night of easy-to-prepare delicious recipes good conversation and music. This class introduces students to the world of Cuban cuisine, which blends the spices of Spain, the tropical tastes of the Caribbean and influences of Miami cooking. Daqui’s will be served for those 21 and over.
Instructor: David Espenoza, (785) 341-3410 gablewesi@cox.net
David is a Theory Instructor for Crum’s Beauty College. He has had over 20 years of restaurant experience and also works as a part-time caterer specializing in Latino Cuisine. He would love to share his culinary skills with you.
Date: 09/21/2007 (F)
Time: 6:00 PM to 9:00 PM
Fee: $24.00
Location: UFM Kitchen 1221 Thurston St., lower level

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Traditional Indian Cuisine 07CFF29
Discover Indian flavors! Enjoy an experience with traditional Indian dishes reserved for special occasions that are easy to make and can be shared with friends. Recipes will include a dish called Chicken Korma with rice vegetable pulao.
Instructor: Sangeeta Nath
sangeeta.nath@rediffmail.com
Sangeeta enjoys cooking and sharing with others. She was born in India and moved to Kansas with her husband who is attending K-State.
Date: 10/05/2007 (F)
Time: 6:30 PM to 8:30 PM
Fee: $15.00
Location: UFM Kitchen
1221 Thurston St., lower level

Home Brewing 102 07CFF33
This is a class for homebrewers who have used kits and are now ready to take the next step to all grain brewing. Prerequisite: Home Brewing 101 or previous extract brewing experience. In order to participate, you must be 21 and over with a copy of current ID for UFM’s records. You may bring copy into office at 1221 Thurston or mail in before class begins.
Instructors: Little Apple Brew Crew
Date: 11/03/2007 to 11/17/2007 (Sa)
Time: 9:00 AM to 4:00 PM
Fee: $30.00
Location: Call UFM for directions

Evening of Southern Italian Cooking 07CFF35
With the arrival of the Fall harvest, Italian cooking traditionally changes in taste and aroma. Chickpeas, pumpkins, broccoli, beans and cabbage begin to dominate the kitchen as Fall gardens begin to produce a new crop. Basil is replaced with rosemary and oregano; fresh tomatoes with “pillata.” Join us for an evening of exploring some traditional recipes from Southern Italy as Christopher Renner teaches us some traditional dishes from Naples and Cilento.
Instructor: Christopher Renner, (785) 341-9459 rennerchristopher@yahoo.com
Christopher E. Renner is a Ph.D candidate at Kansas State University in Curriculum and Instruction and in the Graduate Certificate program in Women’s Studies. He holds a Master of International Education from Framingham (MA) State College and has done graduate work through Cambridge University (UK), Teachers College - Columbia University, St. John’s University, and Mt. St. Joseph College. In addition to his formal academic studies, Mr. Renner holds numerous Trainer of Trainer Certificates in multicultural studies from English as a Second Language curricula, Dr. Payne’s “A Framework for Understanding Poverty”, and the Generating Expectations for Student Achievement (GESA) curriculum. He has presented at numerous national and regional conferences.
Date: 09/28/2007 (F)
Time: 6:30 PM to 8:30 PM
Fee: $19.00
Location: UFM Kitchen
1221 Thurston St., lower level

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*Times, dates and locations
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Sahaj Marg Meditation 07CHW02
Sahaj Marg translates to “The Natural Path.” It is a natural, simple system of Raja Yoga meditation and spiritual practice that helps one realize the ultimate potential within one’s self. Regular spiritual practice under capable guidance enables aspirants to progressively experience the sublime presence of the divine in their daily lives. The Sahaj Marg system is freely offered to seekers worldwide, and is effectively practiced by individuals from all walks of life - diverse nationalities, religious backgrounds, and various social conditions. The class involves three introductory one-on-one training sessions followed by weekly group meditation sessions. Sept. 22-23 will be all day from 8-5 pm. *PLEASE NOTE: All classes offered at no charge have been sponsored by the instructor or an organization.
Instructor: Gayathri Kambhampati
Date: 09/22/2007 to 12/01/2007 (Sa) (Sept. 22-23 from 8-5)
Time: 10:00 AM to Noon
Fee: No charge
Location: UFM Conference Room
1221 Thurston St., 2nd floor

Living the Art: Jin Shin Jyutsu 07CHW08
Jin Shin Jyutsu is the art of harmonizing ourselves with the creator. It is simple, powerful and profound. The body intuitively works toward balance and always communicates its needs. Jin Shin Jyutsu is a way for us to interpret those messages and help ourselves. Healing is often a side effect of the art. Almost all of our class time will be spent practicing self help. Wear comfortable clothes and bring a smile.
Instructor: Kate Cashman, (785) 537-1911
Kate Cashman has been studying Jin Shin Jyutsu since she took a self-help class from UFM nine years ago! She is a certified Jin Shin Jyutsu practitioner and Self-help instructor.
Date: 10/08/2007 to 10/22/2007 (M)
Time: 7:00 PM to 9:00 PM
Fee: $26.00
Location: 1421 Colorado Street

Beginning Yoga 07CHW15AZ
This course will cover the basic fundamentals of yoga. Sibilant breathing and breath ratios, coordination of movement and breath, proper sequencing of exercises, ten or more basic exercises and introduction to yoga philosophy.
Instructor: Ana Franklin, (785) 537-8224
yogaconnection@gmail.com
Ana has been teaching Yoga since 1984. She began her own practice of Yoga in the early 1970’s. “My purpose is to give people a way that they can improve all areas of their lives so that they become happier, healthier and more relaxed.”
Date: 08/21/2007 to 10/11/2007 (Tu/Th)
Time: 10:00 AM to 11:00 AM
Fee: $99.00
Location: KSU Ahearn Room 302

Intermediate Yoga 07CHW21Z
This course will increase the student’s understanding of how to use the practice of yoga creatively to enhance all aspects of human life. Practice areas will include adapting asanas and movement, using various breathing techniques, creating an individualized practice, and study of Yoga Sutras. Students will learn breathing methods and continue to refine the asanas while learning to adapt them to the individual body-type. Please bring a yoga/exercise mat and wear comfortable clothing that allows a full range of movement. It is best not to eat for at least two hours before the class. Prerequisite: Eligibility for this course requires a personal interview with Ana Franklin. Students must make arrangements to meet with Ana to receive permission to enroll for this course. Please call or email her at 785-341-9096 or yogaconnection@gmail.com.
Instructor: Ana Franklin, (785) 537-8224
yogaconnection@gmail.com
Date: 10/16/2007 to 12/06/2007 (Tu/Th)
Time: From 6:30 to 9:30 PM; Sa from 12:30 to 2:30 PM
Fee: $99.00
Location: KSU Ahearn Room 302

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Health & Wellness Continued

Community CPR & First Aid 07CHW25D
Instructor: Abby Thrash, abbythrash@gmail.com
Date: 09/23/2007 (Su)
Time: 8:30 AM to 2:30 PM
Fee: $43.00
Location: UFM Conference Room, 1221 Thurston St., 2nd floor

Community CPR & First Aid 07CHW25E
Instructor: Abby Thrash, abbythrash@gmail.com
Date: 10/19/2007 to 10/20/2007 (F/Sa)
Time: Fri from 6:30 to 9:30 PM; Sa from 12:30 to 2:30 PM
Fee: $43.00
Location: UFM Conference Room, 1221 Thurston St., 2nd floor

Community CPR & First Aid 07CHW25F
Instructor: Abby Thrash, abbythrash@gmail.com
Date: 10/20/2007 (Sa)
Time: 8:30 AM to 2:30 PM
Fee: $43.00
Location: UFM Conference Room, 1221 Thurston St., 2nd floor

Community CPR & First Aid 07CHW25G
Instructor: Abby Thrash, abbythrash@gmail.com
Date: 10/20/2007 to 10/21/2007 (Sa/Su)
Time: Sa from 3:00 to 6:00 PM; Su from 12:30 to 2:30 PM
Fee: $43.00
Location: UFM Conference Room, 2nd floor

Community CPR & First Aid 07CHW25H
Instructor: Abby Thrash, abbythrash@gmail.com
Date: 10/21/2007 (Su)
Time: 8:30 AM to 2:30 PM
Fee: $43.00
Location: UFM Conference Room, 2nd floor

Beginning Tai Chi Chaun 07CHW31
Practiced by millions of people around the world, the ancient and gentle Chinese martial art of tai chi offers the perfect balance of mind and body, strength and flexibility, grace and agility. Its smooth, fluid movements offer exercisers of all ages improved fitness, stress reduction, and total relaxation. In this class we will introduce the Yang style short form, which can be practiced by young and old, anytime, any place.

Instructor: Mei Hwa (Tina) Terhune, (785) 539-4277
Date: 10/03/2007 to 10/24/2007 (W)
Time: 5:30 PM to 6:30 PM
Fee: $39.00
Location: 1421 Colorado Street

Tai Chi for Arthritis 07CHW62
This class is based on the Sun Lu-Tang style as developed by Dr. Paul Lam and supported by the American Arthritis Foundation. It is also an excellent way to get started in Tai-Chi. We will learn the 12 basic movements and some Qigong exercises, these will help improve balance and mobility, relieve pain through exercise and promote calmness.

Instructor: Don Terhune, (785) 539-4277
Date: 09/08/2007 to 09/22/2007 (M)
Time: 5:30 PM to 6:30 PM
Fee: $39.00
Location: 1221 Thurston St.

Yoga Lite 07CHW65
This is for people beginning their yoga practice. In this class you will learn gentle yoga poses, connecting transition and breathing meditation. This will help strengthen the muscles and improve flexibility. Please wear comfortable clothes, bring yoga mat or large towel.

Instructor: Mei Hwa (Tina) Terhune, (785) 539-4277
Date: 09/05/2007 to 09/19/2007 (W)
Time: 5:30 PM to 6:15 PM
Fee: $26.00
Location: UFM Banquet Room, 1221 Thurston St.

Living Full: Examining Emotional Eating 07CHW51
This class is for anyone who wishes to deal with their issues about food without dieting. Diets are about restricting and policing one’s self, and furthering mistrust of our ability to make nurturing choices. We will be examining and re-interpreting our thoughts and attitudes about eating and eating behaviors.

Instructors: Kelley Casey & Kate Cashman (785) 537-1911
Date: 10/08/2007 to 10/22/2007 (M)
Time: 5:30 PM to 6:30 PM
Fee: $39.00
Location: 1421 Colorado Street

Community CPR & First Aid 07CHW53
Instructor: Abby Thrash, abbythrash@gmail.com
Date: 09/23/2007 (Su)
Time: 8:30 AM to 2:30 PM
Fee: $43.00
Location: UFM Conference Room, 1221 Thurston St., 2nd floor

Community CPR & First Aid 07CHW54
Instructor: Abby Thrash, abbythrash@gmail.com
Date: 10/19/2007 to 10/20/2007 (F/Sa)
Time: Fri from 6:30 to 9:30 PM; Sa from 12:30 to 2:30 PM
Fee: $43.00
Location: UFM Conference Room, 1221 Thurston St., 2nd floor

Community CPR & First Aid 07CHW55
Instructor: Abby Thrash, abbythrash@gmail.com
Date: 10/20/2007 (Sa)
Time: 8:30 AM to 2:30 PM
Fee: $43.00
Location: UFM Conference Room, 2nd floor

Community CPR & First Aid 07CHW56
Instructor: Abby Thrash, abbythrash@gmail.com
Date: 10/21/2007 (Su)
Time: 8:30 AM to 2:30 PM
Fee: $43.00
Location: UFM Conference Room, 2nd floor

Exhibitions:
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Copper Truck by Elliot Pujol
Selections from the museum’s permanent collection
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TEACH a Class at UFM
Meditation & Relaxation: Guided Meditation—Journey to the Seven Directions 07CHW66A

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

Instructor: Palma Holden, (785) 539-1183

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

Date: 11/10/2007 (Sa)
Time: 12:15 PM to 2:15 PM
Fee: $28.00
Location: UFM Conference Room
1221 Thurston St., 2nd floor

Meditation & Relaxation: Introduction to Guided Meditation 07CHW69

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

Instructor: Palma Holden, (785) 539-1183

Date: 11/03/2007 (Sa)
Time: 12:15 PM to 2:15 PM
Fee: $28.00
Location: UFM Conference Room
1221 Thurston St., 2nd floor

THE SECRET & Beyond 07CHW18A

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

Instructor: Palma Holden, (785) 539-1183

Date: 09/12/2007 to 10/03/2007 (W)
Time: 7:15 PM to 9:00 PM
Fee: $38.00
Location: UFM Fireplace Room
1221 Thurston St.

Progressive Relaxation for Personal Use 07CHW68

This course will cover the techniques and uses of progressive relaxation. It will include a demonstration and practice sessions with a partner where you can receive feedback from the instructor. NOTE: Partner not required to register. Deadline for registration Sept. 9.

Instructor: Amanda Barr, (816) 341-2992
ambarr@ksu.edu

Amanda is a Spanish Literature graduate student at K-State. Her many talents include speaking not only Spanish, but French, Irish Dance, theatre and hypnosis. The latter is a surprise talent that makes for interesting conversation, fun parties and possibly a back-up career plan!

Date: 09/12/2007 to 09/19/2007 (W)
Time: 7:00 PM to 9:00 PM
Fee: $29.00
Location: International Student Center, KSU
Corner of Midcampus Drive and Claflin

Got an idea for a UFM class or interested in teaching a class? UFM is always looking for new ideas and new projects. We want to hear from you! Call us at 539.8763 or email UFM@KSU.EDU to share your ideas!

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Nancy Pickard
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Beginning Spanish for Adults 07CLA02
This introductory class will emphasize basic written and oral communication in Spanish. Classes are adapted to students' preferences and pace, with main topics including greetings, numbers, colors, clothing and common adjectives.
Instructor: Maria Coscia
Date: 10/02/2007 to 10/18/2007 (Tu/Th)
Time: 7:00 PM to 7:45 PM
Fee: $35.00
Location: UFM Multipurpose Room
1221 Thurston St.

Spanish II 07CLA05
This is a continuation of Beginning Spanish for Adults. The student should have knowledge or be familiar with Spanish language.
Instructor: Maria Coscia
Date: 10/30/2007 to 11/15/2007 (Tu/Th)
Time: 7:00 PM to 7:45 PM
Fee: $35.00
Location: UFM Multipurpose Room
1221 Thurston St.

French Language 07CLA04A
This class is an introduction to the French language. The emphasis will be on conversation, grammar, proper pronunciation and every day vocabulary.
Instructor: Emilie Rabbat, (785) 587-9036
Emilie Rabbat is a naturalized citizen and is originally from Egypt. Her training course, "Stage du Formation Pedagogic" was from the Catholic University of West-Angers, France. She received a French Diploma from the Egyptian Government and the Embassy of France in Cairo, Egypt. Her learning experience includes working with adult Egyptian teachers and teaching French for 20 years at a Jesuit French School in Cairo.
Date: 09/05/2007 to 09/28/2007 (W/F)
Time: 10:00 AM to 11:00 AM
Fee: $46.00
Location: UFM Fireplace Room
1221 Thurston St.

French Language 07CLA04B
Instructor: Emilie Rabbat, (785) 587-9036
Date: 10/03/2007 to 10/26/2007 (W/F)
Time: 10:00 AM to 11:00 AM
Fee: $46.00
Location: UFM Fireplace Room
1221 Thurston St.

Conversational Italian 07CLA17
Taken Italian 101? Been to Italy and struggled to get your point across? This class will focus on speaking and listening skill development for learners of Italian as an additional language with emphasis on vocabulary acquisition and use. The instructor lived in Italy for 17 years and has over 20 years experience in foreign language instruction. Designed to be a fun event, drink your expresso before you come to class and be ready to converse!
Instructor: Christopher Renner, (785) 341-9459
rennerchristopher@yahoo.com
Christopher E. Renner is a Ph.D candidate at Kansas State University in Curriculum and Instruction and in the Graduate Certificate program in Women's Studies. He holds a Master of International Education from Framingham (MA) State College and has done graduate work through Cambridge University (UK), Teachers College - Columbia University, St. John's University, and Mt. St. Joseph College. In addition to his formal academic studies, Mr. Renner holds numerous Trainer of Trainer Certificates in multicultural studies from English as a Second Language curricula, Dr. Payne's "A Framework for Understanding Poverty", and the Generating Expectations for Student Achievement (GESAT) curriculum. He has presented at numerous national and regional conferences.
Date: 09/08/2007 to 10/27/2007 (Sa)
Time: 10:00 AM to Noon
Fee: $46.00
Location: UFM Multipurpose Room
1221 Thurston St.

Beginning Conversational Sign Language 07CLA23
This class will build a basic knowledge of American Sign Language including vocabulary used in everyday conversation. It will also cover a little about the culture of the deaf community. Participants should leave the class with a better understanding of American Sign Language.
Instructors: Toni Kroll, (785) 313-5555 & Maleah Ullmer
Toni Kroll is a Certified Interpreter who has over 15 years of experience with sign language. She graduated with an Associates Degree, ITP, in American Sign Language in 1989. Toni was an interpreter in Washington D.C. for 3 years and was involved with the deaf community. She also worked for seven years in Seattle as an interpreter. She now interprets at KSU and does freelancing.
Maleah Ullmer is in her second year as an interpreter at K-State. She is KQUAS certified level III and has worked in the Junction City school district as well as Wichita. She completed ITP (Interpreter Training Program) at Cowley Community College in Wichita.
Date: 09/11/2007 to 10/18/2007 (Tu/Th)
Time: 6:30 PM to 7:30 PM
Fee: $69.00
Location: KSU-Justin Hall Room 341
GARDENING ORGANICALLY | SEPTEMBER 10
Considering a more healthful way of gardening? Have you considered the harmful impact of chemical fertilizers on the soil and environment? Maybe you’ve thought of “going organic” but didn’t know where or how to begin. This class can help! We’ll discuss soil fertility and preparation, pest management, and reasonable options and alternatives to chemicals for weed, disease, and pest control in your garden.

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

Monday, 7-9 pm | UFM Solar Addition

AUTUMN ON THE TALLGRASS PRAIRIE | SEPTEMBER 24
Join Mike Haddock, author of 2006 Kansas Notable Book “Wildflowers and Grasses of Kansas: A Field Guide”, as he leads a fall wildflower walk. Mike will discuss late blooming autumn wildflowers and discuss some of our major species of tallgrass. Meet at the south parking lot of Washington Marlatt Park, west off Seth Childs Road (113) on Marlatt Avenue. The parking area is on the north side of Marlatt Avenue, which is a gravel road at that point. The walk will last one hour. Please wear clothing and footwear appropriate for walking in heavy vegetation.

*NOTE: In the event of rain, the walk will not be held.

Monday, 5:30-6:30 pm | Washington Marlatt Park, south parking lot

IT IS EASY BEING GREEN! | SEPTEMBER 27
Bring your ideas for “Greening” Manhattan to save the environment and $$$$.
Karen McCulloh has worked on sustainable Manhattan projects, chaired Earth Day 20 and tries to consume as lightly as possible. She has also served on the Riley County Solid Waste Committee looking at waste disposal concerns, particularly household hazardous waste for decades. This evening will be a chance to share ideas and learn some new ways of thinking about individual energy use.

Instructor: Karen McCulloh

Thursday, 7-8:30 pm | UFM Solar Addition

METEOROLOGY BASICS | OCTOBER 4
Air masses, cold fronts, squall lines. What does it all mean? Investigate the natural forces that shape our weather and climate. Discover how natural processes and human activities affect our atmosphere. Learn how we may be changing the climate and other global systems by putting pollutants into the environment. Find out how you can help make a difference for your children and grandchildren, while learning money saving tips and strategies.

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

Thursday, 7-9 pm | UFM Solar Addition

SOLAR ENERGY FOR YOUR HOME | OCTOBER 6
Discussion will include solar thermal systems for heating your home and providing domestic hot water. These are the most cost-effective applications of solar energy and can be well within the skills and tools of you and your neighbors.

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

Saturday, 10-Noon | UFM Solar Addition

UNDERSTANDING SOLAR ELECTRICITY | OCTOBER 6
We can use our abundant sunlight to cook our food, heat our homes and water and provide electricity and even make ice. This is an informal discussion of thoughts on the sun’s wide ranging possibilities. We’ll discuss the goods and bads of both possibilities as well as the hardware required to do either.

Instructor: Bill Dorsett

Saturday, 1-3 pm | UFM Solar Addition

IS LOCAL FOOD OR ORGANIC FOOD BEST?
You may have heard the new slogan, “local is the new organic”. Is it really? What are the trade-offs? What if you want both? This class will provide a forum for you to meet local farmers, learn about differences in nutritional quality due to production techniques, decide if food really needs to travel an average of 1200 miles and learn about fair trade vs free trade, an implication of a local food economy. Class will meet three times with three different topics.

Topic #1- Meet local farmers, Oct. 11
Topic #2- Fair trade and pricing, Oct. 18
Topic #3- How local food impacts the local community, Oct. 25

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

Thursday, 5:30-7:30 pm | UFM Fireplace Room

LIVING GREEN...SIMPLIFIED! | OCTOBER 13
Many people have joined the “Green Movement” by doing their part to protect the environment. But what happens when you don’t know where to start? This lecture will show you easy ways to reduce your impact on the environment by making simple changes to everyday decisions. You will learn how to incorporate sustainability in your life with easy-to-do tips and tricks...without breaking the bank!! Topics discussed: myths about “living green”, earth-friendly products, adopting greener buying habits, simple solutions to an eco-friendly lifestyle.

Instructor: Julia Bonney recently graduated from K-State with a degree in Interior Design. In August, she will begin graduate school at K-State and work towards a Master of Science in Architecture with an emphasis in Ecological and Sustainable Design.

Saturday, 10-Noon | UFM Fireplace Room

MAKE A DIFFERENCE WORKSHOP | NOVEMBER 18
Sunset Zoo staff will teach you little things you can do that will make big impacts for our planet. You will receive materials you can take home and immediately put into use. Join our team as we learn how to protect our world and all the creatures that inhabit it. Registration deadline is Nov. 14.

Instructors: Rachel Soash has been teaching people around the world how to make a difference. Rachel has taught teachers and community members how to make small changes that make big impacts towards preserving our planet. Becky Clark has been active in the K-State and Manhattan community regarding environmental issues for the past 5 years. She co-directs the recycling program for the Wakarusa Festival and knows how to make sustainable living tangible and easy for everyone.

Sunday, 2:30-4:30 pm | Sunset Zoo, 2333 Oak St.
UFM Solar Addition: Renewing Our Commitment to Creating Alternative Renewable Energy

UFM is completing an extensive rehabilitation on our solar addition, generally known as the Green House. The original facility was contracted, furnished and equipped through grants from the U. S. Department of Energy, City of Manhattan, and the Association for Community Based Education, with labor subsidies from the Kansas Department of Human Resources.

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

Many university and community groups have taken advantage of the facility for a wide array of projects, meeting space and educational activities. K-State horticultural therapy, horticulture and architecture students have conducted research on organic food production and have assisted in horticultural therapy activities. Architecture students have monitored the thermal performance aspects of the building and have developed educational programs on low-cost, sustainable alternative energy. The building was designed for convenient access by both disabled and elderly citizens. Big Lakes Developmental Center and Pawnee Mental Health Services have both used the facility for plant production and horticulture therapy.

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

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

**Tips on Recycling, Reusing 15 Ways to Start Living Green**

1. Recycle this Catalog
2. Bring your own bags to grocery store (Save 5 cents per bag at Dillons)
3. Adjust thermostat for the season
4. Ride your bike or carpool
5. Plant a garden
6. Switch to compact fluorescent light bulbs
7. Check your tire air pressure (Underinflated tires reduce fuel efficiency)
8. Buy organic or local food
9. Get a library card
10. Donate household goods to local churches
11. Start composting
12. Have a garage sale
13. Don’t run water while brushing teeth
14. Turn off lights when you leave the room
15. Always reduce, reuse and recycle!!!
**Bill Dorsett**

Bill has been working in solar energy since 1975, both in passive and active thermal systems and in solar electric applications. He has taught as a visiting instructor at KSU and KU and at UFM for more than 10 years.

"Whether you are concerned about energy independence, climate change, national security or just your own pocketbook, renewable energy is enormously popular across all political parties and nationalities. We have some of the best solar resources in our nation, yet most states in the United States are leading Kansas. By using solar energy in our own homes, each of us are in a position to start changing that."

**Why is solar energy important now?**

It has become painfully obvious to everyone from the White House to local homeowners that we need to find and use clean, reliable sources of energy that are available locally. Sunshine is available everywhere in Kansas. From OPEC’s boycott in the 1970’s, we recognized that one basic design goal is to keep things simple. The fewer parts, the less there is to go wrong and generally the less costly the system. If there is a question about the future supply of oil, the uncertainty for natural gas should alarm everyone. Solar energy is as available as it has always been. We need just the individual decision to make use of it.

**In what ways can solar energy benefit me?**

Sunlight can easily provide the heat to give you hot showers and warm your home. We’ve known how to do this for decades. Solar Electricity can also run your computer and light your home.

**Can I afford it?**

Like any technology, some solar applications are fancy and expensive. But the ones we are interested in can be easily affordable by most of us.
Tae Kwon Do I 07CMA01Z
Tae Kwon Do is an effective way to unify the mind and body. It helps develop one’s health by increasing cardiovascular abilities, strength, balance and flexibility. The basics of blocking, punching, kicking, self-defense and white belt form will be covered. Class will consist of practicing these skills as a group, working with other classmates and the instructor one on one.
Instructor: David Moore
Date: 08/21/2007 to 12/06/2007 (Tu/Th)
Time: 6:30 PM to 7:30 PM
Fee: $72.00
Location: KSU-Ahearn Fieldhouse

Tae Kwon Do II 07CMA02Z
The Tae Kwon Do II class is for students who have completed Tae Kwon Do I or who have at least 6 months of martial arts training. Students will continue to develop the skills of blocking, punching, kicking and self-defense.
Instructor: David Moore
Date: 08/21/2007 to 12/06/2007 (Tu/Th)
(No class 11/22)
Time: 7:30 PM to 8:30 PM
Fee: $72.00
Location: KSU-Ahearn Fieldhouse

White Phoenix Systems Basics 07CMA03
The WPS is a martial art that teaches the students to defend and develop themselves to be a better person on the physical, mental and spiritual levels. It does not spend time working on sport, modern hand to hand combat or police methods. The mental methods used in the WPS are taken from various sources and much of the strategy is from the method of Ninjutsu. The physical techniques of the WPS “per se” are 40% Kung Fu, 40% (Japanese) Jujutsu and 20% from other sources. The aerobic training of the WPS is doing solo techniques and forms and the strength training is by dynamic tension is by exercises and forms. Students will receive one book and two mini-manuals.
Instructor: Stan Wilson
Stan Wilson has been doing martial arts for 37 years. He has written over 20 books and manuals and produced a number of video tapes. He has a second degree black belt in Hakkyoju Jujutsu, a first degree black sash in Mew Hing’s 18 Daoist Palm’s Kung Fu, a third degree black sash in Pai Lum Kung Fu, an eight degree black sash in Zee Do Lum Kung Fu and is the founder of the White Phoenix System.
Date: 09/10/2007 to 11/19/2007 (M)
(No class 10/01)
Time: 7:00 PM to 8:00 PM
Fee: $60.00
Location: KSU-Ahearn Fieldhouse

White Phoenix System Advanced 07CMA06
Any person that signs up for this class should have experience in striking and grappling techniques. The students will receive a book containing all the required material for black belt in the White Phoenix System.
Instructor: Stan Wilson
Date: 09/12/2007 to 11/14/2007 (W)
Time: 7:00 PM to 8:00 PM
Fee: $60.00
Location: KSU-Ahearn Fieldhouse

Lao Hu Pai Kung Fu 07CMA05
Students will learn and be promoted in a unique system where the original founder mastered the Chinese (Tibetan) kung fu and Japanese (Okinawan) karate. Students will learn basic stances, blocks, punches, kicks, exercises, forms and fighting techniques. Students will soon learn opponent control (jujutsu and chi na) and take downs. Animal forms and animal fighting techniques will be taught as students advance. This class is for students age 14+
Instructor: Dr. Michael Tran, mtrandpm@hotmail.com
Dr. Michael Tran has been in martial arts for 21 years. He has black certificates in Lao Hu Pai Kung Fu, Won Hop Loong Chuan Kung Fu and Goshin Aikijutsu. He has other training in Vovinam Viet Vo Dao, Shaolin Long Fist and Praying Mantis Kung Fu.
Date: 09/05/2007 to 12/12/2007 (W)
Time: 6:00 PM to 8:00 PM
Fee: $62.00
Location: KSU-Ahearn Fieldhouse

Judo I 07CMA08Z
Judo I is intended not for gaining proficiency, but to gain understanding of how principles of dynamics are used to gain physical advantage. New and advanced skills are taught along with safety techniques. In preparation for competitive effectiveness, techniques will be tailored to fit the individual’s physique.
Instructor: Isaac Wakabayashi
Date: 08/21/2007 to 12/06/2007 (Tu/Th)
(No class 11/22)
Time: 8:00 PM to 9:00 PM
Fee: $72.00
Location: KSU Ahearn Room 302

Judo II 07CMA09Z
In Judo II participants continue to gain understanding of how principles of dynamics are used to gain physical advantage. New and advanced skills are taught along with safety techniques. In preparation for competitive effectiveness, techniques will be tailored to fit the individual’s physique.
Instructor: Isaac Wakabayashi
Date: 08/21/2007 to 12/06/2007 (Tu/Th)
(No class 11/22)
Time: 9:00 PM to 10:00 PM
Fee: $72.00
Location: KSU Ahearn Room 302

Karate & Self-Defense (Adults & Youth) 07CMA10
Classes are structured to provide mental and physical coordination. Training is divided into 3 major areas: basic motion (“Kihon”) with study of the fundamental technique, forms and pattern of movements and movements that demonstrate physical/combative principles and sparring (“Kumite”). No matter your current situation, you will be guided by the hand step-by-step and shown exactly how to achieve Karate success. Class is for both adults and youth (ages 4+).
Instructor: Habib Diop, hdiop@ksu.edu
As a martial art instructor, Habib has spent 9 years teaching people how to control their environment, properly breathe and to relax as you breathe and to overcome stress. He is a champion and member of the Karate National team in Senegal. He has also won awards from the National Federation of Karate in Senegal. He has worked with the Japanese most known “Sensei”, Sensei Ayashi, Sensei Yoshinao Nambu. His own Sensei was directly formed by Sensei Elji Ogahahara.
Date: 08/23/2007 to 10/11/2007 (Th)
Time: 6:00 PM to 7:00 PM
Fee: $51.00
Location: KSU-Ahearn Fieldhouse
Parenting the Second Time Around 07CPI42

These workshops are geared to Grandparents and Kinship caregivers who are responsible for providing the day-to-day care of children. The workshops will focus on issues such as:

- Confusing feelings about the new parenting role
- Getting to know the children
- Rebuilding the family
- Disciplining in the modern world
- Planning the child’s future
- Standing up for grandparents’ and other kinship caregivers’ rights
- Nutritional, physical and emotional health issues
- How to work with the school system
- How to discuss family concerns with your children

Instructor: Brandy James, (785) 317-2272
bdjames@ksu.edu

Brandy’s education background is in Psychology and Human Development, B.S., from Ball State University in Muncie, IN. She has since added to her vita, a Masters in Counseling and Higher Education, from Chapman University, in Sacramento, CA, with specialization certificate in Gerontology, from the University of Missouri, St. Louis. She is working on her doctorate in Family Life Education and Consultation.

Date: 09/06/2007 to 10/04/2007 (Th)
Time: 7:00 PM to 8:30 PM
Fee: $20.00
Location: UFM Fireplace Room
1221 Thurston St.

Hypnosis Workshop 07CPI03

Hypnosis has many functions, the least of these being for entertainment. This seminar will take a brief look at the history and uses of hypnosis, both therapeutic and the more famous. We will do a demonstration, a full-class hypnosis, and then we will work on techniques. What you see may blow your mind! Deadline for registration is Oct. 7.

Instructor: Amanda Barr, (816) 341-2992
ambarr@ksu.edu

Amanda is a Spanish Literature graduate student at K-State. Her many talents include speaking not only Spanish, but French, Irish Dance, theatre and hypnosis. The latter is famous. We will do a demonstration, a full-class hypnosis, grounded in verification through personal exercises, discussion and reading aloud from Ouspensky’s A Psychology of Man’s Possible Evolution.

Instructor: David Seamon
David Seamon has been active with Gurijeff’s work for 24 years. He has studied with J.G. Bennett, a pupil of both Gurijeff and Ouspensky.

Date: 09/06/2007 to 10/11/2007 (Th)
Time: 7:30 PM to 9:00 PM
Fee: $19.00
Location: UFM Conference Room
1221 Thurston St., 2nd floor

Introduction to Voiceovers 07CPI47

Have you ever wanted to be the voice everyone hears on commercials and documentaries? You too can become a Professional Voiceover Artist! In this fun and interactive class, you will learn some of the details of the industry. Your instructor will coach you while recording your voice.

Instructor: The Voices For All

Professional Voiceover Artist! In this fun and interactive commercials and documentaries? You too can become a real, bona-fide professional Voice Actors! This class is taught by a professional voice actor from the voice acting training company, Voices For All.

Instructor: The Voices For All

Date: 12/02/2007 (Su)
Time: Noon to 2:00 PM
Fee: $30.00
Location: UFM Conference Room,
1221 Thurston St., 2nd floor

Make a Difference Workshop 07CEN40

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

Instructors: Rachel Soash & Becky Clark, (785) 587-2737
soash@ci.manhattan.ks.us

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

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

Date: 11/18/07 (Su)
Time: 2:30 PM to 4:30 PM
Fee: No charge
Location: Sunset Zoo, 2333 Oak St.

Dances of Universal Peace 07CPI45

Enter a sacred space with us. In this sacred space we dedicate ourselves to peace within and without. The dances are meditative movements sometimes described as “body prayers,” the movements are simple. Dances are done in a circle as we sing and chant sacred phrases from the world’s spiritual and religious traditions. It is said that music poetry and movement are the “language of the soul.” Ease of movement, song, and words make for an uplifting, light experience. Join us for a sense of flight and freedom. More information about the Dances of Universal Peace, begun in 1971 in San Francisco by Samuel Lewis, can be found at www.dancesofuniversalpeace.org/about.htm. NOTE: This class meets Saturday in September, then the third Friday in October and November.

Instructors: Kathleen Erickson & Paul Zehr
(785) 271-2378, kaepz@sbcglobal.net

Kathleen Erickson has been leading the Dances of Universal Peace for over 15 years, in Wichita, Lawrence, Topeka and Manhattan. She will be joined by her husband, Paul Zehr, who will be accompanying the Dances on guitar. Both Kathleen and Paul are supervised dance leaders studying with Allaudin Ottinger from Kansas City.

Date: 10/10/2007 (W)
Time: 7:00 PM to 10:00 PM
Fee: $27.00
Location: International Student Center, KSU
Corner of Midcampus Drive and Clifflin
**Recreation & Fitness**

**Ballroom Dance 07CRF13A**

Come dance with us! If you want to learn to dance with a partner, plan to attend a wedding, or you just want to brush up on your steps, this class is for you. Swing, foxtrot, waltz, and Latin dancing are just a few of the steps you will learn. Come experience the elegant world of Ballroom Dance. Classes fill rapidly and it is advisable to register early. Each person needs to register individually for both names to appear on the roster.

**Instructor:**
**Date:** 09/07/2007 to 10/12/2007 (F)  
**Time:** 7:15 PM to 8:15 PM  
**Fee:** $42.00  
**Location:** Cross Roads, ECM, 1021 Denison

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**Swing & Salsa Dance 07CRF27A**

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

**Instructor:**
**Date:** 09/07/2007 to 10/12/2007 (F)  
**Time:** 8:30 PM to 9:30 PM  
**Fee:** $42.00  
**Location:** Cross Roads, ECM, 1021 Denison

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**Beginning Dance for Couples 07CRF38A**

"For Couples Only!" Bring your partner and HAVE FUN learning how to dance to rhythms of Foxtrot, Swing, and Latin. This class is designed for beginning dancers who wish to learn how to dance with their partners and for intermediate or experienced dancers who wish to spend time dancing with that "special someone". A partner is required for this class. Each partner needs to register individually for both names to appear on the roster.

**Instructor:**
**Date:** 09/07/2007 to 10/12/2007 (F)  
**Time:** 6:00 PM to 7:00 PM  
**Fee:** $42.00  
**Location:** Cross Roads, ECM, 1021 Denison

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**Beginning Dance for Couples 07CRF38B**

**Instructor:**
**Date:** 10/19/2007 to 11/30/2007 (F)  
(No class 11/23)  
**Time:** 6:00 PM to 7:00 PM  
**Fee:** $42.00  
**Location:** Cross Roads, ECM, 1021 Denison

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**Introduction to Golf 07CRF04A**

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

**Instructor:** Jim Gregory, (785) 539-1041  
**Date:** 08/23/2007 to 09/13/2007 (Th)  
**Time:** 6:30 PM to 7:30 PM  
**Fee:** $36.00  
**Location:** Stagg Hill Golf Club, 4441 Fort Riley

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**Introduction to Golf 07CRF04B**

**Instructor:** Jim Gregory, (785) 539-1041  
**Date:** 09/20/2007 to 10/11/2007 (Th)  
**Time:** 6:00 PM to 7:00 PM  
**Fee:** $36.00  
**Location:** Stagg Hill Golf Club, 4441 Fort Riley

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**Golf in Junction City 07CRF30AZ**

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

**Instructor:** Jim Peterson  
**Date:** 09/21/2007 to 10/9/2007 (Tu)  
**Time:** 5:00 PM to 7:00 PM  
**Fee:** $132.00  
**Location:** Rolling Meadows Golf Course, 7550 Old Milford Road

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**Golf in Junction City 07CRF30BZ**

**Instructor:** Jim Peterson  
**Date:** 08/22/2007 to 10/10/2007 (W)  
**Time:** 5:00 PM to 7:00 PM  
**Fee:** $132.00  
**Location:** Rolling Meadows Golf Course, 7550 Old Milford Road

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Enroll online at our website:  
**www.tryufm.org**

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

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11 Thurston St.  
785.539.8763
Beginning Belly Dance 07CRF09A

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

Instructor: Keegan Schroeder

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

Date: 08/21/2007 to 09/25/2007 (Tu)
Time: 6:30 PM to 6:30 PM
Fee: $54.00
Location: International Student Center, KSU, Corner of Midcampus and Claflin Rd.

Intermediate Belly Dance 07CRF10A

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

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

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

Date: 08/20/2007 to 10/08/2007 (M)
Time: 6:00 PM to 7:00 PM
Fee: $54.00
Location: International Student Center, KSU, Corner of Midcampus and Claflin Rd.

Intermediate Belly Dance 07CRF10B

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

Date: 10/22/2007 to 11/26/2007 (M)
Time: 6:00 PM to 7:00 PM
Fee: $54.00
Location: International Student Center, KSU, Corner of Midcampus and Claflin Rd.

Date: 08/20/2007 to 10/08/2007 (M)
(No class 9/3, 10/1)
Time: 6:00 PM to 7:00 PM
Fee: $54.00
Location: International Student Center, KSU, Corner of Midcampus and Claflin Rd.

Advanced Belly Dance 07CRF11A

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

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

Date: 08/20/2007 to 10/08/2007 (M)
(No class 9/3, 10/1)
Time: 7:05 PM to 8:05 PM
Fee: $54.00
Location: International Student Center, KSU, Corner of Midcampus and Claflin Rd.

Advanced Belly Dance 07CRF11B

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

Date: 10/22/2007 to 11/26/2007 (M)
Time: 7:05 PM to 8:05 PM
Fee: $54.00
Location: International Student Center, KSU, Corner of Midcampus and Claflin Rd.

Recreation & Fitness Continued

Intermediate Belly Dance 07CRF09B

Instructor: Keegan Schroeder

Date: 10/09/2007 to 11/13/2007 (Tu)
Time: 5:30 PM to 6:30 PM
Fee: $54.00
Location: International Student Center, KSU, Corner of Midcampus and Claflin Rd.

Advanced Belly Dance 07CRF11A

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

Date: 10/22/2007 to 11/26/2007 (M)
Time: 7:05 PM to 8:05 PM
Fee: $54.00
Location: International Student Center, KSU, Corner of Midcampus and Claflin Rd.

Take a Peek at the Past
(All visits—including peeks, looks & stares—are free.) That’s right...free!

Riley County Historical Museum

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

Goodnow House Museum

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

Pioneer Log Cabin

- Walnut log cabin built in 1916
- Pioneer home and tool exhibit
- Open April-October
- Sunday 2:00-5:00 and by appointment

Wolf House Museum

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

For more information, call 565-6490

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539-1041
Jim Gregory, PGA Professional

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www.tryufm.org
1221 Thurston St.
785.539.8763
Recreation & Fitness Continued

Belly Dance Conditioning Workout 07CRF12A
This dance technique course will cover advanced level Middle Eastern dance movements, including layering of multiple movements, advanced zills technique, advanced veil work and double veil, beginning floorwork, basic balancing techniques, combinations, and choreography. Students will also delve deeper into the fundamentals of Middle Eastern music and rhythms, history, culture, and costuming, as they apply to the dance. Prerequisite: Beginning Middle Eastern Dance
Instructor: Lisa McNeil, lisajean.mcneil@gmail.com
Date: 08/28/2007 to 11/06/2007 (Tu)
Time: 6:00 PM to 7:30 PM
Fee: $102.00
Location: KSU Ahearn Room 302

Yogilates 07CRF142AZ
Yogilates is a hybrid class combining both yoga and Pilates. You will learn about the different types of yoga and all the various poses with their beginner and more advanced poses. Pilates is a series of exercises or poses that are connected in a particular way to increase circulation and flexibility. Learn what the “powerhouse” is as we strengthen our backs and abdominals. A sticky mat is recommended but not required. Please wear comfortable clothes that will not restrict movement and try not to eat 2 hours before class (a small snack is OK).
Instructor: Diana Knox, (785) 539-7095
Date: 08/20/2007 to 10/10/2007 (M/W)
Fee: $75.00
Location: Pro Fitness, 1125 Laramie St.

Professional Dance Troupe 07CRF152A
Middle Eastern Dance Choreography will be taught and rehearsed in preparation for a variety of public performances. Performances may include: professional belly dance productions, birthday parties, baby showers, wedding showers, wedding receptions, family gatherings, women’s retreats, festivals, sidewalk sales, corporate events, fundraisers, school assemblies, and more. Prerequisite: Advanced Belly Dance
Instructor: Lisa McNeil, lisajean.mcneil@gmail.com
Date: 08/21/2007 to 09/25/2007 (Tu)
Time: 8:00 PM to 9:00 PM
Fee: $54.00
Location: International Student Center, KSU, Corner of Midcampus and Claflin Rd.

Yogilates 07CRF142BZ
Instructor: Diana Knox, (785) 539-7095
Date: 10/15/2007 to 12/05/2007 (M/W)
Time: 9:00 AM to 10:00 AM
Fee: $75.00
Location: Pro Fitness, 1125 Laramie St.

Yogilates 07CRF142AZ
Instructor: Diana Knox, (785) 539-7095
Date: 08/20/2007 to 10/10/2007 (M/W)
Fee: $54.00
Location: Pro Fitness, 1125 Laramie St.

Professional Dance Troupe 07CRF152B
Instructor: Lisa McNeil, lisajean.mcneil@gmail.com
Date: 10/09/2007 to 11/13/2007 (Tu)
Time: 8:00 PM to 9:00 PM
Fee: $54.00
Location: International Student Center, KSU, Corner of Midcampus and Claflin Rd.

Yogilates 07CRF142CZ
Instructor: Diana Knox, (785) 539-7095
Date: 08/20/2007 to 10/10/2007 (M/W)
Time: 10:30 AM to 11:30 AM
Fee: $75.00
Location: Pro Fitness, 1125 Laramie St.

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

www.tryufm.org
121 Thurston St.
785.539.8763

708x45 to 756x89
Recreation & Fitness Continued

Introductory Course to Boxing for Women & Men (Ages 16+)
07CRF14A
Instructor: Lorissa Ridley-Fink, owner and operator of K.O. Boxing, USA certified boxing coach and holding over 25 years coaching fitness has created a boxing program that will appeal to men and women alike who have the desire to learn to box. Although this desire may be for several different personal reasons the K.O. boxing training program is professionally designed to appeal to all ages, shapes and sizes. Beginners are encouraged to take this course due to its personal training style instruction. Whether you are interested in losing weight, getting in great shape, stress relief, self-protection, gaining boxing knowledge, and even wish to become an amateur boxer, this is where your training begins. This 5-week introductory course will introduce students to the sport of boxing by learning boxing terminology along with executing boxing skills with proper form and technique. Students will hit the heavy bags, work on their hand-eye coordination and rhythm on the double end bags and speed bags, strength train like a boxer to gain muscle strength and endurance, train to work the catch mitts, participate in fitness training including core-abdominal workouts, footwork drills that build balance and shadow-boxing workouts that will kick start your heart. Best of all make new friends and be a part of a team! This is a no contact, no sparring course. NOTE: Fee includes the required 180 hook and elastic hand-wraps.
Instructor: Lorissa Ridley-Fink, (785) 341-1708
koboxer@sbcglobal.net
Lorissa Ridley is the owner and operator of K.O. Boxing Gymnastics, Dance & Fitness. Lorissa has been instructing gymnastics, dance and fitness for over 20 years. She began dancing in 1989 and has continued her lifelong journey in the field to bring Manhattan incredible fitness classes in cluding: boxing, kickboxing, self-defense, hip hop dance, Dancenastics, Sportnastics for boys, K-State credit box ing classes and much more. For Lorissa’s detailed bio and more class information, call Lorissa at 785-341-1708.

Date: 09/05/2007 to 10/08/2007 (W/M)
Time: 6:30 PM to 7:30 PM
Fee: $98.00
Location: K.O. Boxing, 2303 Tuttle Creek Boulevard

Introductory Course to Boxing for Women & Men (Ages 16+)
07CRF14B
Instructor: Lorissa Ridley-Fink, (785) 341-1708
koboxer@sbcglobal.net
Date: 10/10/2007 to 11/12/2007 (W/M)
Time: 6:30 PM to 7:30 PM
Class fee: $98.00
Location: K.O. Boxing, 2303 Tuttle Creek Boulevard

Introductory Course to Boxing for Women & Men (Ages 16+)
07CRF14C
Instructor: Lorissa Ridley-Fink, (785) 341-1708
koboxer@sbcglobal.net
Date: 11/14/2007 to 12/19/2007 (W/M)
Time: 6:30 PM to 7:30 PM
Class fee: $98.00
Location: K.O. Boxing, 2303 Tuttle Creek Boulevard

No Contact Boxing for Men
07CRF49AZ
Learn to box! Train like a pro! Get an incredible workout! Strengthen and tone your arms, abs, and lower body. Gain confidence, have fun, and relieve stress. Gloves will be provided and also are available for purchase. There will be no contact with other participants. Workouts will be on the heavy bag, double end bag, funnel bag, jumbo ball and freestanding bags. Learn punches, defensive moves, combos, and how to get awesome abs! Open to men and women.
Instructor: Lorissa Ridley-Fink, (785) 341-1708
koboxer@sbcglobal.net
Date: 08/20/2007 to 10/10/2007 (M/W)
(No class 9/3, 10/1)
Time: 2:00 PM to 3:10 PM
Fee: $129.00
Location: K.O. Boxing, 2303 Tuttle Creek Boulevard

No Contact Boxing for Men
07CRF49BZ
Instructor: Lorissa Ridley-Fink, (785) 341-1708
koboxer@sbcglobal.net
Date: 10/15/2007 to 12/05/2007 (M/W)
(No class 11/21)
Time: 10:30 AM to 11:30 AM
Fee: $129.00
Location: K.O. Boxing, 2303 Tuttle Creek Boulevard

Intermediate Boxing
07CRF54AZ
Participants in boxing must protect themselves at all times. A boxer must be able to move easily with speed, power and agility, while thinking on their feet. Prerequisite for this class is to have completed Boxing for Women/No Contact Boxing for Men or have at least one year of boxing training. This does not include aerobic boxing classes. Students will continue working on their punches, execute combos and participate in bag training. They will train their bodies and discipline their minds. In this no contact boxing class, students will not spar. There will be intense “Catch Mitt” training. Boxing conditioning in this class will include: Power and speed drills, agility, hand-eye coordination exercises, balance and footwork drills, upper and lower body strength training, hard core abs, and strengthening physical endurance. Endurance is pushing your body past your mind’s desire to stop. Glove up, protect yourself and be ready to move!
Instructor: Lorissa Ridley-Fink, (785) 341-1708
koboxer@sbcglobal.net
Date: 08/20/2007 to 10/10/2007 (M/W)
(No class 9/3, 10/1)
Time: 2:00 PM to 3:10 PM
Fee: $129.00
Location: K.O. Boxing, 2303 Tuttle Creek Boulevard

Intermediate Boxing
07CRF54BZ
Instructor: Lorissa Ridley-Fink, (785) 341-1708
koboxer@sbcglobal.net
Date: 10/15/2007 to 12/05/2007 (M/W)
(No class 11/21)
Time: 7:30 PM to 8:40 PM
Fee: $129.00
Location: K.O. Boxing, 2303 Tuttle Creek Boulevard

Intermediate Boxing
07CRF54CZ
Instructor: Lorissa Ridley-Fink, (785) 341-1708
koboxer@sbcglobal.net
Date: 08/21/2007 to 10/11/2007 (Tu/Th)
(No class 11/21)
Time: 10:30 AM to 11:30 AM
Fee: $129.00
Location: K.O. Boxing, 2303 Tuttle Creek Boulevard
Intermediate Boxing 07CRF54DZ
Instructor: Lorissa Ridley-Fink, (785) 341-1708
koboxer@sbcglobal.net
Date: 10/16/2007 to 12/06/2007 (Tu/Th)
(No class 11/22)
Time: 10:30 AM to 11:30 AM
Fee: $129.00
Location: K.O. Boxing,
2303 Tuttle Creek Boulevard

Tennis 07CRF19AZ
The focus of this tennis class will be to introduce the proper technique of each tennis stroke. Scoring, rules, singles and doubles formations, shot selection, and match play will also be covered. Come enjoy the “Sport of a Lifetime.” All players must wear appropriate tennis shoes (no running shoes) and comfortable workout attire. Students must provide their own tennis rackets.
Instructor: Bill Fraley
Date: 09/04/2007 to 11/13/2007 (Tu)
Time: 1:30 PM to 3:00 PM
Fee: $82.00
Location: 3615 Claffin Road,
Cotton Wood Racquet Club

Tennis 07CRF19BZ
Instructor: Bill Fraley
Date: 09/05/2007 to 11/14/2007 (W)
Time: 1:30 PM to 3:00 PM
Fee: $82.00
Location: 3615 Claffin Road,
Cotton Wood Racquet Club

Beginning Fencing 07CRF21Z
Beginning fencing is an introduction to the fundamentals of modern sport fencing. Of the three weapon types (foil, épée, sabre) sanctioned in international competitions, only foil is taught in beginning fencing. Fencing entails progressive conditioning of the shoulders, lower torso and legs along with fine motor enhancement of the fingers and wrists. Understanding fencing has wide application off the strip-integrating diplomacy, aggression, speed and skill.
Instructor: Jeff Gwirtz
Date: 08/27/2007 to 12/03/2007 (M)
(No class 9/3, 10/1)
Time: 6:00 PM to 7:30 PM
Fee: $52.00/ Has equipment
$82.00/ Use instructor
Location: KSU-Ahearn Fieldhouse

Intermediate Fencing 07CRF22Z
Intermediate fencing continues with the concepts presented in beginning foil fencing. Emphasis is on technique refinement, theory of attack, and bouting.
Instructor: Jeff Gwirtz
Date: 08/27/2007 to 12/03/2007 (M)
(No class 9/3, 10/1)
Time: 7:30 PM to 9:00 PM
Fee: $52.00/ Has equipment
$82.00/ Use instructor
Location: KSU-Ahearn Fieldhouse

Hip Hop Dance 07CRF43
A high-energy class that uses the latest Hip Hop moves and sounds of R&B, Rap, and Pop music to get you moving and dancing the day’s stress away. In this class, students will learn basic rhythm and develop their own sense of style. Everyone is invited to come and take part in this fun-filled hip hop class. You will be dancing circles around people when you’re done!
Instructor: Malaika Tate-Scott, mscott7@ksu.edu
Date: 11/13/2007 to 12/04/2007 (Tu/Th)
(No class 11/22)
Time: 6:00 PM to 7:00 PM
Fee: $52.00
Location: KSU Ahearn Room 302

Zumba Dance 07CRF08A
Zumba is a fusion of Latin and International music - dance theme that creates a dynamic, exciting, effective fitness system! It is based on the principle that a workout should be “FUN AND EASY TO DO” allowing Zumba participants to stick to the Zumba Fitness program and achieve long-term health benefits.
Instructor: Elsa Toburen, (785) 494-2836
elsatob@hotmail.com
Elsa was born and raised in Tarapoto, Peru. She grew up listening to Latin music. Her mother is a Peruvian folk dancer. With her Peruvian heritage and her passion for dance, Elsa is the right person to teach Zumba!
Date: 09/10/2007 to 10/08/2007 (M/W)
(No class 10/01)
Time: 6:00 PM to 7:00 PM
Fee: $54.00
Location: KSU Ahearn Room 302

Zumba Dance 07CRF08B
Instructor: Elsa Toburen, (785) 494-2836
elsatob@hotmail.com
Date: 10/15/2007 to 11/07/2007 (M/W)
Time: 6:00 PM to 7:00 PM
Fee: $54.00
Location: KSU Ahearn Room 302
Canoe Camping 07CRF53Z
This class covers the interface between canoeing and camping. Learn how canoeing changes when adapting to the camping environment. The instruction will not be related to basics of camping (putting up tents, building fires, etc). Instead, the class would cover topics like planning, wet-condition packing, navigation, specialized gear requirements, how paddling changes when paddling loaded canoes, focused safety issues, etc - all topics that people need to be proficient in before venturing out on their own canoe camping trips.
Instructor: Steve Spencer

Date: 11/03/2007 to 11/10/2007 (Sa)
Time: 8:00 AM to 5:00 PM
Fee: $101.00
Location: Natatorium, KSU campus

Golf in Salina 07CRF06AZ
This course will emphasize the fundamentals of the full golf swing, the short game techniques of chipping, pitching and sand shots; rules of play, course etiquette, selection and use of equipment. Time is allowed for both classroom and golf course play and driving range practice. Students are responsible for one round of golf and additional basket of balls - $5.00/basket.
Instructor: Ronda Green, (785) 819-4653

Date: 08/27/2007 to 10/29/2007 (M)
(No class 9/3, 10/1)
Time: 12:45 PM to 2:45 PM
Fee: $140.00
Location: 3142 Scanlan Ave,
KSU Salina Rec Center

Golf in Salina 07CRF06BZ
Instructor: Ronda Green, (785) 819-4653

Date: 08/27/2007 to 10/29/2007 (M)
(No class 9/3, 10/1)
Time: 9:30 PM to 7:30 PM
Fee: $140.00
Location: 3142 Scanlan Ave,
KSU Salina Rec Center

Golf in Salina 07CRF06CZ
Instructor: Ronda Green, (785) 819-4653

Date: 08/29/2007 to 10/17/2007 (W)
Time: 12:45 PM to 2:45 PM
Fee: $140.00
Location: 3142 Scanlan Ave,
KSU Salina Rec Center

Intermediate/Advanced Golf in Salina 07CRF31Z
This course is designed for students to develop advanced skills. Students will practice improving their golf swing and short game both on the driving range and on the golf course. Students are responsible for one round of golf and additional basket of balls - $5.00/basket.
Instructor: Ronda Green, (785) 819-4653

Date: 08/30/2007 to 10/18/2007 (Th)
Time: 5:30 PM to 7:30 PM
Fee: $140.00
Location: 3142 Scanlan Ave, Salina Rec Center

Scuba Diving in Salina 07CAQ017Z
This course will prepare students for NAUI Scuba Diver certification. Areas of information covered include introductory information for certification, knowledge of the equipment, physics of diving, medical problems related to diving, use of diving tables, diving environment, and general information. The date for certification will be determined at a later date. A certification fee of $75 will be assessed at the time of check out dives. However, neither UFM nor KSU is responsible for the certification. Travel and lodging are at the student’s expense. Students must provide their own masks, fins and snorkels which will be available for purchase at the first session, the purchase of equipment ranges from $100 to $175. There is a non-refundable material fee of $50 for withdrawing from the class after the first day.
Instructor: Jeff Wilson, (785) 313-4231
wheatlaw@kansas.net

Date: 09/06/07 to 10/18/07 (Th)
Time: 6:00 PM to 10:00 PM
Fee: $265
Location: Salina YMCA, 570 YMCA Dr.
Introduction to Ballet with the Nutcracker Ballet 07CYO06
This beginning class is designed to teach students basic ballet steps and a dance from the Nutcracker Ballet. After the 3 lessons, students can continue and be part of a performance of the Nutcracker Ballet. No dance experience or formal dance attire necessary. For girls and boys ages 4-12. NOTE: Children can be divided by age if needed.
Instructor: Randi Dale, (785) 539-5767

Randi Dale has taught dance for 45 years. Her dance choir toured the Midwest and Europe. She is a certified teacher with a Master’s Degree in Education. May 2007 her regular students performed the story ballet “Sleeping Beauty”. This spring her dance students are performing Cinderella. In the past her dancers have performed Coppelia, Alice in Wonderland and Swan Lake. Her original choreography is designed for children.

Date: 09/11/2007 to 09/25/2007 (Tu)
Time: 6:00 PM to 6:30 PM
Fee: $16.00
Location: 2416 Rogers Blvd.

Introduction to Tap/Jazz 07CYO19
Students will learn basic Tap with a little jazz technique. A dance routine will be taught combining both styles of dance. No formal dance attire needed. Wear comfortable shoes that will stay on the foot. For girls & boys ages 4-12.
Instructor: Randi Dale, (785) 539-5767

Date: 09/11/2007 to 09/25/2007 (Tu)
Time: 6:30 PM to 7:00 PM
Fee: $16.00
Location: 2416 Rogers Blvd.

Kids Hip Hop for Ages 6 to 12 07CYO18
Looking for a little something to expand your child’s interest? What better way than a little dancing? Choreography is suited for kids ages 6-12 and parents are welcome to dance too! Dance is a great way to release some of that abundant energy, give kids a focus and a chance to make some new friends.
Instructor: Malaika Tate-Scott Email: mscott7@ksu.edu

Date: 11/13/2007 to 12/04/2007 (Tu/Th)
No class 11/22
Time: 5:15 PM to 6:00 PM
Fee: $47.00
Location: KSU Ahearn Room 302

Enroll online at our website: www.tryufm.org
* View class descriptions
* Times, dates and locations
* Get information about UFM’s other programs
During this class you will learn how to chain, single crochet and how to read patterns while completing fun projects. Materials needed include a size G crochet hook, a plastic canvas needle and acrylic yarn (varigated colors work well). These materials will be available for purchase at first class.

Instructor: Jocelyn Bishop, bishopj@ksu.edu

Date: 08/27/2007 to 09/24/2007 (M)
(No class 09/3)
Time: 4:00 PM to 5:00 PM
Fee: $28.00
Location: UFM Fireplace Room
1221 Thurston St.

Instructor: Jocelyn Bishop, bishopj@ksu.edu

Date: 10/01/2007 to 10/22/2007 (M)
Time: 4:00 PM to 5:00 PM
Fee: $28.00
Location: UFM Fireplace Room
1221 Thurston St.

Instructor: Jocelyn Bishop, bishopj@ksu.edu

Date: 11/05/2007 to 11/26/2007 (M)
Time: 4:00 PM to 5:00 PM
Fee: $28.00
Location: UFM Fireplace Room
1221 Thurston St.

Fall Mentoring
Starting September 11 & 13
3-5pm
High school
Tuesday
Middle school
Thursday
Transportation Provided
For more Info call or e-mail
Jill Thien
539.8763
jillian@tryufm.org
This series offers students and faculty, and community an opportunity to engage in social issues, while socializing on the attractive Coffman Commons outside of Hale Library.

Movies will be shown free of charge Sunday evenings at 8 pm, August 19, 26 and September 9, 16 on a 26’ wide outdoor projection system. From 7pm, live music, refreshments, booths for nonprofit groups and sales of items for social fund-raising will be featured before each film.

The following films were selected by an organizing committee representing KSU Libraries, the Dow Chemical Multi-Cultural Resource Center, KSU Women’s Center, the Campaign for Non-Violence, Crossroads Ecumenical Christian Ministry, the Progressive Coalition, and Students for Environmental Action.

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<tr>
<th>Aug. 19</th>
<th>Who Killed the Electric Car?</th>
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<td>Aug. 26</td>
<td>Favela Rising</td>
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<td>Sept. 9</td>
<td>Maxed Out</td>
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<td>Sept.16</td>
<td>Yesterday</td>
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For more information contact Donna Schenck-Hamlin at 532.7454 or donnash@ksu.edu

**TEST PREPARATION CLASSES**

**BE PREPARED & BE CONFIDENT**

**GRE Prep Course**

**07AFC06**
Graduate Record Exam Preparation Course. Review and practice the three GRE subject areas of Math, logic and verbal skills, learn strategies for successful test taking and analyze the reason for correct responses. Deadline one week prior to class or $20 extra fee to order materials.
Instructor: Gayla Adams-Wright, gayla@ksu.edu

- **Date:** 08/29/07 to 11/14/07 (W)
- **Time:** 6:30 PM to 8:00 PM
- **Fee:** $139.00
- **Location:** TBA

**LSAT Prep Course**

**07AFC24**
Law School Admission Test Review Course. Comprehensive 28-hour review, in-class & at-home study materials, analytical lectures and test-taking strategies. Deadline one week prior to class or $20 extra fee to order materials.

- **Date:** Visit UFM’s website for updated information.
- **Time:** TBA
- **Fee:** $270.00
- **Location:** TBA

**ONE NIGHT ONLY!**

**GRE CRASH COURSE!!**

**10 Steps to Prepare for GRE**

**07CFC04A**
Needing to take the GRE and dreading it? This brief workshop provides an overview of the GRE and test taking strategies. Textbook included.
Instructor: Georgette Miller gemiller@ksu.edu

- **Date:** 10/04/2007 (Th)
- **Time:** 6:00 PM to 8:00 PM
- **Fee:** $49.00
- **Location:** UFM Conference Room 1221 Thurston St.

**10 Steps to Prepare for GRE**

**07CFC04B**

Date: 11/01/2007 (Th)
Time: 6:00 PM to 8:00 PM
Fee: $49.00
Location: UFM Conference Room 1221 Thurston St.

View our catalog online at [www.tryufm.org](http://www.tryufm.org) for fun and interesting classes!!
Recreational courses for KSU credit on this page are offered for credit through the DIVISION OF CONTINUING EDUCATION with the cooperation of various KSU departments. Register at 131 College Court St. on Anderson Ave. Fees for these classes differ depending on special instructor and equipment needs. Enrollment, withdrawal, and refunds are determined by University policy and handled at the DCE Registration office. Call 785.532.5566 for questions or information, or visit http://www.dce.ksu.edu/courses/recreational.shtml

**Ballroom Dance I**

**DANCE-599**

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

Instructor: Cathia Bailey

Reference Number: 91403
Date: 09/06/2007 to 11/15/2007 (Th)
Time: 6:00 PM to 7:30 PM
Fee: $254.50
Location: KSU Ahearn Room 302

**Advanced Middle Eastern Dance (Belly Dance)**

**DANCE-599**

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

Instructor: Lisa "Gabi" McNeil, lisaJean mcneil@gmail.com

Reference Number: 91408
Date: 08/28/2007 to 11/06/2007 (Tu)
Time: 6:00 PM to 7:30 PM
Fee: $254.50
(Also available for noncredit, RF32Z)
Location: KSU Ahearn Room 302

**Golf**

**RRES-200**

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

Instructor: Jim Gregory, (785) 539-1041

Reference Number: 91433
Date: 08/21/2007 to 10/09/2007 (Tu)
Time: 2:30 PM to 4:30 PM
Fee: $299
Location: 4441 Fort Riley Blvd. Stagg Hill Golf Club

**Archery**

**RRES-200**

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

Instructor: Tom Korte, (785) 494-8889

Reference Number: 91410
Date: 10/08/2007 to 11/20/2007 (M)
Time: 8:00 PM to 9:45 PM
Fee: $284
Location: 1125 Laramie Plaza, upstairs

**Beginning Yoga**

**DANCE-599**

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

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

Reference Number: 91404
Date: 08/21/2007 to 10/11/2007 (Tu/Th)
Time: 10:00 AM to 11:00 AM
Fee: $254.50
(Also available for noncredit, HW15AZ)
Location: KSU Ahearn Room 302

**Advanced Yoga**

**DANCE-599**

This course will increase the student's understanding of how to use the practice of yoga creatively to enhance all aspects of human life. Practice areas will include adapting asanas and movement, using various breathing techniques, creating an individualized practice, and study of Yoga Sutras. Students will also be introduced to the fundamentals of Middle Eastern music and rhythms, history, culture, and costuming, as they apply to the dance. This class is open to both men and women, however all students are expected to participate. Please wear comfortable clothing that allows for ease of movement. Form-fitting clothing allows you and the instructor to check for proper alignment and technique. Footwear: bare feet, stocking feet, ballet slippers or dance sandals.

Instructor: Cathia Bailey

Reference Number: 91405
Date: 09/17/2007 to 11/19/2007 (MW)
Time: 10:00 AM to 11:00 AM
Fee: $254.50
(Also available for noncredit, HW15BZ)
Location: KSU Ahearn Room 302

**Swing and Salsa Dance**

**DANCE-599**

This is an intermediate course on swing dancing that emphasizes technique and style of Jitterbug, Lindy, and West Coast swing. The emphasis will be on partnering and rhythmic articulation. Demonstrations, performances, and videos will supplement the course. Prerequisites: Ballroom dance I or a minimum of 6 months of social level dance classes or significant training in Ballet, Jazz, or Modern dance is strongly recommended before entering this swing and salsa dance course.

Instructor: Ana Franklin

Reference Number: 91402
Date: 08/22/2007 to 12/05/2007 (W)
Time: 9:00 PM to 10:00 PM
Fee: $280 (Also available for noncredit partner through UFM RF26AZ)
Location: ECM Auditorium, 1021 Denison

Reference Number: 91401
Date: 08/22/2007 to 12/05/2007 (W)
Reference Number: 91407
Date: 08/22/2007 to 12/05/2007 (W)
Time: 5:00 PM to 6:00 PM
Fee: $254.50
(Also available for noncredit, HW21Z)
Location: KSU Ahearn Room 302

**Intermediate Yoga**

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

Instructor: Ana Franklin

Reference Number: 91406
Date: 09/17/2007 to 11/19/2007 (MW)
Time: 7:00 PM to 8:00 PM
Fee: $254.50
(Also available for noncredit, HW15CZ)
Location: KSU Ahearn Room 302

**Golf in Junction City**

**RRES-200**

This course will cover the fundamental techniques of golfing, including swings, and sand shots; rules of play, course etiquette, selection and use of equipment.

Instructor: Jim Peterson

Reference Number: 91436
Date: 08/23/2007 to 10/11/2007 (Th)
Time: 9:30 AM to 11:30 AM
Fee: $299
Location: 4441 Fort Riley Blvd. Stagg Hill Golf Club

**Archery**

**RRES-200**

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

Instructor: Tom Korte, (785) 494-8889

Reference Number: 91410
Date: 10/08/2007 to 11/20/2007 (M)
Time: 8:00 PM to 9:45 PM
Fee: $284
Location: 1125 Laramie Plaza, upstairs

**Swing and Salsa Dance**

**DANCE-599**

This is an intermediate course on swing dancing that emphasizes technique and style of Jitterbug, Lindy, and West Coast swing. The emphasis will be on partnering and rhythmic articulation. Demonstrations, performances, and videos will supplement the course. Prerequisites: Ballroom dance I or a minimum of 6 months of social level dance classes or significant training in Ballet, Jazz, or Modern dance is strongly recommended before entering this swing and salsa dance course.

Instructor: Ana Franklin

Reference Number: 91402
Date: 08/22/2007 to 12/05/2007 (W)
Time: 9:00 PM to 10:00 PM
Fee: $280 (Also available for noncredit partner through UFM RF26AZ)
Location: ECM Auditorium, 1021 Denison

Reference Number: 91401
Date: 08/22/2007 to 12/05/2007 (W)
Reference Number: 91407
Date: 08/22/2007 to 12/05/2007 (W)
Time: 5:00 PM to 6:00 PM
Fee: $254.50
(Also available for noncredit, HW21Z)
Location: KSU Ahearn Room 302

**Beginning Yoga**

**DANCE-599**

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

Instructor: Ana Franklin

Reference Number: 91406
Date: 09/17/2007 to 11/19/2007 (MW)
Time: 7:00 PM to 8:00 PM
Fee: $254.50
(Also available for noncredit, HW15CZ)
Location: KSU Ahearn Room 302

**Intermediate Yoga**

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

Instructor: Cathia Bailey

Reference Number: 91403
Date: 09/06/2007 to 11/15/2007 (Th)
Time: 6:00 PM to 7:30 PM
Fee: $254.50
Location: KSU Ahearn Room 302
Archery Instructor Training and Certification - Level I  RRES-200
In this Level I Basic Training and Certification archery program you will learn how to set up and operate a safe short-term archery program, how to teach new archers, how to maintain your equipment, and how to create fun games for your new archers. The required NADA textbook will be available for purchase from the instructor at the first class meeting.
Instructor: Tom Korte

Reference Number: 91411
Date: 08/20/2007 to 10/23/2007 (M)
Time: 9:30 AM to 10:30 AM
Fee: $280 (Also available for noncredit, RF142CZ)
Location: Pro Fitness, 1125 Laramie St.
Location: (Also available for noncredit, RF142AZ)
Fee: $280 (Also available for noncredit, RF142BZ)

Date: 08/20/2007 to 10/10/2007 (M/W)
Time: 6:00 PM to 7:00 PM
Fee: $280 (Also available for noncredit, RF142CZ)
Location: Pro Fitness, 1125 Laramie St.

Date: 10/15/2007 to 12/05/2007 (M/W)
Time: 6:00 PM to 7:00 PM
Fee: $280 (Also available for noncredit, RF142BZ)
Location: Pro Fitness, 1125 Laramie St.

Reference Number: 91452
Date: 08/20/2007 to 10/10/2007 (M/W)
Time: 6:00 PM to 7:00 PM
Fee: $280 (Also available for noncredit, RF142BZ)
Location: Pro Fitness, 1125 Laramie St.

Reference Number: 91451
Date: 08/02/2007 to 10/10/2007 (M/W)
Time: 6:00 PM to 7:00 PM
Fee: $280 (Also available for noncredit, RF142AZ)
Location: Pro Fitness, 1125 Laramie St.

Reference Number: 91453
Date: 08/02/2007 to 10/10/2007 (M/W)
Time: 6:00 PM to 7:00 PM
Fee: $280 (Also available for noncredit, RF142AZ)
Location: Pro Fitness, 1125 Laramie St.

Reference Number: 91454
Date: 08/02/2007 to 10/10/2007 (M/W)
Time: 6:00 PM to 7:00 PM
Fee: $280 (Also available for noncredit, RF142AZ)
Location: Pro Fitness, 1125 Laramie St.

Reference Number: 91455
Date: 10/05/2007 to 12/05/2007 (M/W)
Time: 6:00 PM to 7:00 PM
Fee: $280 (Also available for noncredit, RF142AZ)
Location: Pro Fitness, 1125 Laramie St.

Reference Number: 91456
Date: 10/05/2007 to 12/05/2007 (M/W)
Time: 6:00 PM to 7:00 PM
Fee: $280 (Also available for noncredit, RF142AZ)
Location: Pro Fitness, 1125 Laramie St.

Reference Number: 91448- Jenni Brenner
Date: 08/20/2007 to 10/10/2007 (M/W)
Time: 6:00 PM to 7:00 PM
Fee: $280 (Also available for noncredit, RF142AZ)
Location: Pro Fitness, 1125 Laramie St.

Reference Number: 91449
Date: 08/21/2007 to 10/10/2007 (M/W)
Time: 6:00 PM to 7:00 PM
Fee: $280 (Also available for noncredit, RF142AZ)
Location: Pro Fitness, 1125 Laramie St.

Reference Number: 91450- Jenni Brenner
Date: 10/15/2007 to 12/05/2007 (M/W)
Time: 6:00 PM to 7:00 PM
Fee: $280 (Also available for noncredit, RF142AZ)
Location: Pro Fitness, 1125 Laramie St.

Reference Number: 91451
Date: 10/15/2007 to 12/05/2007 (M/W)
Time: 6:00 PM to 7:00 PM
Fee: $280 (Also available for noncredit, RF142AZ)
Location: Pro Fitness, 1125 Laramie St.
### Boxing for Women

**RRES-200**

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

Instructor: Lorissa Ridley, (785) 341-1708

**Reference Number:** 91414

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### Intermediate Boxing

**RRES-200**

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

Instructor: Lorissa Ridley

**Reference Number:** 91420

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### No Contact Boxing for Men

**RRES-200**

Learn to box! Train like a pro! Get an incredible workout! Strengthen and tone your arms, abs, and lower body. Gain confidence, have fun, and relieve stress. Gloves will be provided and also are available for purchase. There will be no contact with other participants. Workouts will be on the heavy bag, double end bag, funnel bag, jumbo ball and freestanding bags. Learn punches, defensive moves, combos, and how to get awesome abs! Open to men and women.

Instructor: Lorissa Ridley

**Reference Number:** 91417

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### Judo I

**RRES-200**

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

Instructor: Isaac Wakabayashi

**Reference Number:** 91439

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### Judo II

**RRES-200**

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

Instructor: Isaac Wakabayashi

**Reference Number:** 91440

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### Scuba Diving

**RRES-200**

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

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

**Reference Number:** 91441

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Enroll for KSU Credit courses through Division of Continuing Education at 785.532.5566
KSU Credit Courses Continued

First Aid/CPR/AED RRES-200
American Red Cross First Aid/CPR/AED/Bloodborne Pathogens: Preventing Disease Transmission Course. This course is designed to give individuals the knowledge and skills necessary to recognize and provide basic care for breathing and cardiac emergencies, injuries and sudden illnesses, including how to use an automated external defibrillator (AED) for victims of sudden cardiac arrest, until advanced medical personnel arrive and take over. Certification requirements include: 1) attend all course sessions; 2) demonstrate competency in all skill sessions in the course and pass all written examinations with a score of 80% or better in each section. Certificates include “First Aid Basics”, “Adult, Child, and Infant CPR”, “AED Essentials for Adult and Child”, and “Bloodborne Pathogens: Preventing Disease Transmission”. There are no prerequisites for this course. Books are available to purchase at the Red Cross office.

Instructor: Marcia Hornung, ufm@ksu.edu
Reference Number: 91458
Date: 09/25/2007 to 10/25/2007 (Tu/Th)
Time: 3:00 PM to 4:30 PM
Fee: $248
Location: UFM Conference Room

Fitness Swimming RRES-200
Students will learn how to apply principles of physical fitness, hydrodynamics, and training techniques to design goal-based personal workouts. Emphasis will be on refining stroke technique for the four competitive strokes, addressing turns; improving endurance, strength, efficiency, and flexibility; exploring various types of aquatic workouts; and, using a weekly point system, understanding the role of activity in maintaining lifetime wellness. Enrollment requirements for this class are listed at www.tryufm.org.

Reference Number: 91460
Date: 09/11/2007 to 10/25/2007 (Tu/Th)
Time: 6:00 PM to 7:30 PM
Fee: $240.50
(Also available for noncredit, AQ123Z)
Location: Natatorium, KSU Campus

Fly Fishing RRES-200
This course will cover the proper techniques for performing four basic fly casting techniques: roll casting, pick up and put down, false casting and shooting a line. We will also cover tying flies, and fly fishing equipment. The class will be broken into two sections. The first section will cover casting, fly rods, reels, lines, tippets and leaders. The second section will cover fly tying equipment and techniques to tie dry flies, wet flies and nymphs. All equipment needed will be provided by the instructor. There is a nonrefundable materials fee of $40 for withdrawing from the class after the first day.

Instructor: Paul Sodamann, (785) 494-2340
Reference Number: 91424
Date: 09/10/2007 to 09/20/2007 (M-TH)
Time: 6:00 PM to 8:00 PM
Fee: $290
(Also available for noncredit, EN04AZ)
Location: Manhattan High School East Campus, 901 Poyntz

Water Polo Conditioning RRES-200
Water Polo Conditioning will offer beginning participants an opportunity to learn the basics of this popular water sport, while providing those already familiar with this fun and often times demanding activity a chance to hone their skills and get a workout as well! Students will learn and apply the rules and regulations of the game during practice and build and improve technique through drills, exercises and scrimmages. General principles of fitness and conditioning will also be addressed through written material, lecture and assignments. This course is not for the inexperienced or beginner swimmer! Enrollment requirements for this class listed at www.tryufm.org.

Reference Number: 91465
Date: 10/30/2007 to 12/06/2007 (Tu/Th)
Time: 9:30 AM to 11:00 AM
Fee: $240.50
(Also available for noncredit, AQ123Z)
Location: Natatorium, KSU Campus

Fitness Swimming RRES-200
Please see above for course description.

Reference Number: 91460
Date: 09/11/2007 to 10/25/2007 (Tu/Th)
Time: 6:00 PM to 7:30 PM
Fee: $240.50
(Also available for noncredit, AQ108AZ)
Location: Natatorium, KSU Campus

Water Polo Conditioning RRES-200
Please see above for course description.

Reference Number: 91465
Date: 10/30/2007 to 12/06/2007 (Tu/Th)
Time: 9:30 AM to 11:00 AM
Fee: $240.50
(Also available for noncredit, AQ123Z)
Location: Natatorium, KSU Campus

Fly Fishing RRES-200
Please see above for course description.

Reference Number: 91424
Date: 09/10/2007 to 09/20/2007 (M-TH)
Time: 6:00 PM to 8:00 PM
Fee: $290
(Also available for noncredit, EN04AZ)
Location: Manhattan High School East Campus, 901 Poyntz

Water Polo Conditioning RRES-200
Please see above for course description.

Reference Number: 91465
Date: 10/30/2007 to 12/06/2007 (Tu/Th)
Time: 9:30 AM to 11:00 AM
Fee: $240.50
(Also available for noncredit, AQ123Z)
Location: Natatorium, KSU Campus

Expanded Hours. Expanded Learning. Expanded Opportunities.

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

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

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

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

Enroll now at www.dce.k-state.edu/courses/eveningcollege
Fundamentals of Golfing RRES-200
This course is designed for the intermediate/advanced golfer, and will allow students to improve their existing golf skills, both physically and mentally. Students will practice improving their golf swing and short game both on the driving range and on the golf course. The first round of golf and first basket of balls are included in class fees. Students will be responsible for one round of golf and additional baskets of balls, $5.00/basket.
Instructor: Ronda Green
Reference Number: 89013
Date: 08/30/2007 to 10/18/2007 (Th)
Time: 5:30 PM to 7:30 PM
Fee: $287.78
(Also available for noncredit, RF312)
Location: The K-State at Salina Rec Center

Intermediate/Advanced Golf in Salina RRES-200
This course is designed for the beginner golfer. It will emphasize the fundamentals of the full golf swing; the short game techniques of chipping, pitching and sand shots; mental aspects, rules of play, course etiquette, selection and use of equipment. Time allowed for both classroom and golf course play and driving range practice. Students are responsible for one round of golf and additional basket of balls, $5.00/basket.
Instructor: Ronda Green
Reference Number: 91427
Date: 09/15/2007 to 09/22/2007 (Sa)
Time: 8:00 AM to 5:00 PM
Fee: $280
Location: The K-State at Salina Rec Center

Introduction to the principles of ballroom dancing includes dance terminology, dance position, correct body alignment and positions, and partnering. Techniques such as open and close positions, leading and following, and a variety of steps will be emphasized. The jitterbug, American waltz, foxtrot, and Latin steps will be taught. Partners are not necessary.
Instructor: Audrey Umekudo, (785) 452-8372
thedancelady@cox.net
Reference Number: 89010
Date: 08/21/2007 to 11/27/2007 (Tu)
Time: 7:00 PM to 8:00 PM
Fee: $241.63
(Also available for noncredit, RF232)
Location: The K-State at Salina Rec Center, 3142 Scanlan Ave.
ON CAMPUS REGISTRATIONS
The following dates and locations have been scheduled to make registering for a UFM class even easier!

DATE: August 29 & 30 (Wed/Thurs)
TIME: 10:00 AM to 2:00 PM
LOCATION: KSU Student Union

Registration continues throughout the semester:
UFM 1221 Thurston St. | 8:30 AM to 5:00 PM
Closed Noon to 1:00 PM
(after office hours, you can leave a message between 5:00 PM and 8:30 AM at 785.539.8763)

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

Enroll online at our website: www.tryufm.org
*View class descriptions
*Times, dates and locations
*Get information about UFM's other programs

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

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

CRA-Community Resource Act
Who we are: UFM's State Outreach Program
What we do: Assist Kansas towns in developing community education programs
How we assist: Mini-grants and free technical assistance
For more information: call UFM at 785.539.8763

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

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

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

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

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

SPECIAL POLICIES FOR KSU CREDIT CLASSES
CREDIT REGISTRATION REFUNDS: A full refund of tuition and fees, less any non-refundable material fee, may be given before 20% of the scheduled class meetings. A 50% refund of tuition and fees may be given, less any non-refundable material fee, between 20% and 25% of the scheduled class meetings. No refund is issued after 25% of the scheduled class meetings. A course dropped between 30% to 60% of the scheduled class meetings will have no “W” recorded on the students transcript. A course dropped between 30% to 63% of the scheduled class meetings will have a “W” recorded on the students transcript. Students dropping a course must either complete and submit the online drop form located at: http://www.dce.ksu.edu/dce/distance/forms.html or send written notification to the DCE Registration Office (785.532.5566) postmarked no later than the deadline. Students may not drop from a course after 63% of the course has been completed.

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

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

LIABILITY STATEMENT
Individual participants should be aware of the risks and hazards involved in recreational sports and fitness activities. They should voluntarily utilize K-State, KSU or 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 K-State, KSU or UFM facilities or participating in programs. K-State Continuing Education/UFM assumes no responsibility for costs involved with individual injury or property loss incurred in connection with the use of University of UFM facilities. Individuals are reminded that they should review all written material and an instructor's ability.

NONDISCRIMINATION POLICY
UFM Community Learning Center is committed to nondiscrimination on the basis of race, gender, national origin, disability, religion, age, sexual orientation, political beliefs or other non merit reasons, in admissions, educational programs or activities and employment (including employment of disabled veterans and veterans of the Vietnam Era) as required by applicable laws and regulations. Students under 18 need the permission of a parent or guardian. Some individual classes may have age restrictions or may require instructor permission. Please call (785-539-8763) to make arrangements for classroom accessibility.

Got an idea for an UFM class?
Call UFM at 539.8763 or email ufm@ksu.edu

Marcia Horning~

785.539.8763

www.tryufm.org

1221 Thurston St.
Register Now!!

UFM Community Learning Center Registration Form

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

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I hereby authorize the use of my Visa □ MasterCard □ Discover □

Card Number ________________________ Expiration Date ________________________
Card Cardholder’s Name (Please Print) ________________________
Cardholder’s Signature ________________________________________

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

Where did you obtain your catalog? ______________________________________
A class I would like offered ____________________________________________

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

Signature** Date ______________________________________
**Signature of Parent or Guardian required for minors.

Office Use Only
Date Staff
Date Received ____________
Entered ____________
Computer ____________

Amount
Check ________
Cash ________
Visa ________ Date______
MC ________
Discover ________

Total Paid ____________

UFM Community Learning Center Registration Form

Student Name ________________________ Day Phone ________________________
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UFM Community Learning Center Registration Form

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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

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<th>Session</th>
<th>TITLE</th>
<th>FEE</th>
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I hereby authorize the use of my Visa □ MasterCard □ Discover □

Card Number ________________________ Expiration Date ________________________
Card Cardholder’s Name (Please Print) ________________________
Cardholder’s Signature ________________________________________

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

Where did you obtain your catalog? ______________________________________
A class I would like offered ____________________________________________

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

Signature** Date ______________________________________
**Signature of Parent or Guardian required for minors.

Office Use Only
Date Staff
Date Received ____________
Entered ____________
Computer ____________

Amount
Check ________
Cash ________
Visa ________ Date______
MC ________
Discover ________

Total Paid ____________