Hello! Welcome to UFM

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

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SCRAPBOOKING BASICS

Enroll Online AT www.tryufm.org

UFM OFFICE HOURS
Monday - Friday | 8:30 am - 5 pm
(Closed Noon - 1 pm)
1221 Thurston St. | Manhattan, KS 66502
785.539.8763 | 785.539.9460 (fax)
*Call if you need to visit the office at lunchtime and we will make arrangements to be open for you.

UFM will celebrate its KSU origins Nov. 3-7 in the K-State Union. Join us for one or all of our 40th anniversary events. See page 3.

Celebrate UFM's 40th Anniversary
1968-2008

www.tryufm.org
1968-2008 Celebrating 40 years

1221 Thurston St.
785.539.8763

INFORMATION
ABOUT UFM
CANCELLATION POLICIES
GENERAL_POLICIES
UNIVERSITY CREDIT INFORMATION
REGISTRATION INFORMATION
INCREMENT WEATHER POLICY
CLASS REGISTRATION FORMS

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

UFM STAFF
Executive Director | LINDA TEEGER
Education Coordinator | MARCIA HORNUNG
Community Outreach Coordinator | CHARLENE BROWNSON
Special Projects Coordinator | VAL COLTHARP
Registrar/Media Coordinator | ANNETTE SWEET

PLUS ALL THE TEACHERS WHO SHARE THEIR TALENTS!

BOARD OF DIRECTORS
Chair | ROBERT WILSON
Vice Chair | BETTY MINSHALL
Secretary | MITZI FRELING
Treasurer | PAULA WALAWENDER
President & CEO | LINDA INLOW TEENER

NANCY ROSEN
CRISTAL DANCE
IMMIE FALLON
CHEER HARVEE
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LINDA RAMMEN
KAREN SCHROEDER

Kearney St.
Vattier St.
Bluemont St.

Anderson Ave.
Bertrand St.
1221 Thurston St.
1221 Thurston St.

www.tryufm.org
UFM Community Learning Center 40th Anniversary Celebration
November 3 - 7, 2008

- **Monday, November 3** - "1968":
  A documentary about a very memorable year in US history.
  7:00 pm, KSU Forum Hall, Co-sponsored with UPC

- **Tuesday, November 4** - UFM Lou Douglas Lecture:
  Paula Allen: "Women Around the World Demand Justice"
  7:00 PM, KSU Forum Hall

- **Wednesday, November 5**
  Displays and information about UFM
  10:00 - 2:00, KSU Student Union

- **Thursday, November 6**
  UFM Birthday party!!
  Music and cake to the first 150 attendees
  12-1 PM, KSU Union Courtyard

- **Friday, November 7** - UPC Friday After Hours
  Entertainment, activity and a "Green" craft starting at 7 PM
  Movie at 8 PM
  Co-sponsored with UPC

Join us for one or all of these campus events.
LEARN TO SWIM CLASSES

UFM proudly offers 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 each 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. 8 to Nov. 3
Session B: Tuesday, Sept. 9 to Oct. 28
Session C: Wednesday, Sept. 10 to Oct. 29
Session D: Thursday, Sept. 11 to Oct. 30
Session E: Saturday, Sept. 6 to Sept. 27

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.

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. Student are ready for this level when they are mature enough to participate in a group setting without their parents.

Level I: Introduction to Water Skills
The object of Level I is to try the water without a parent, but not yet ready for Level I.

Tuesday 6:00 PM to 6:35 PM
AQ-01A Sept. 9 to Sept. 30
AQ-01B Oct. 7 to Oct. 28
AQ-01C Nov. 4 to Nov. 25

Wednesday 6:00 PM to 6:35 PM
AQ-02A Sept. 10 to Oct. 1
AQ-02B Oct. 8 to Oct. 29

Saturday 10:10 AM to 10:45 AM
AQ-05E Sept. 6 to Sept. 27

Fees: $29.00 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 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 gained 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.

Monday 6:00 PM to 6:35 PM
AQ-01A Monday 6:45 PM to 7:30 PM
AQ-01B Tuesday 6:45 PM to 7:30 PM
AQ-01C Wednesday 6:45 PM to 7:30 PM
AQ-01D Thursday 6:45 PM to 7:30 PM

Fees: $54.00 per session (8 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 backstroke 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.

Monday 6:00 PM to 6:35 PM
AQ-02A Monday 6:45 PM to 7:30 PM
AQ-02B Tuesday 6:45 PM to 7:30 PM
AQ-02C Wednesday 6:45 PM to 7:30 PM
AQ-02D Thursday 6:45 PM to 7:30 PM

Fees: $54.00 per session (8 lessons)

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

Friday 6:00 PM to 6:35 PM
AQ-04A Monday 6:45 PM to 7:30 PM
AQ-04B Tuesday 6:45 PM to 7:30 PM
AQ-04C Wednesday 6:45 PM to 7:30 PM
AQ-04D Thursday 6:45 PM to 7:30 PM

Fees: $54.00 per session (8 lessons)

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

Tuesday 6:00 PM to 6:35 PM
AQ-05A Monday 6:45 PM to 7:30 PM
AQ-05B Tuesday 6:45 PM to 7:30 PM

Fees: $54.00 per session (8 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.

Monday 6:00 PM to 6:35 PM
AQ-06A Monday 6:45 PM to 7:30 PM
AQ-06B Tuesday 6:45 PM to 7:30 PM

Fees: $54.00 per session (8 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.

Tuesday 6:00 PM to 6:35 PM
AQ-06A Monday 6:45 PM to 7:30 PM
AQ-06B Tuesday 6:45 PM to 7:30 PM

Fees: $54.00 per session (8 lessons)

UFM would like to thank SAE, Sigma Alpha Epsilon Fraternity House for use of its parking lot during summer 2008 swim lessons.

www.tryufm.org
1968-2008 Celebrating 40 years
1221 Thurston St.
785.539.8763
### 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.

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**Fee:** $19.00 per session (8 times)

### Lap Swimming for Parents
Are you tired of being just an observer at your child’s swimming lesson? If so, then take advantage of the time you spend watching and enroll in Lap Swimming at a special price. 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.

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**Fee:** $16.00 per session (8 times)

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

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**Fee:** $24.00 per session

### Shallow Water Exercise Continued

#### Session C:
- **Time:** 10/20/2008 to 11/13/2008
- **Day:** Monday - Thursday
- **Fee:** $29 for 3 times a week per session
- **Notes:** No classes 11/26-11/27

#### Session D:
- **Time:** 11/17/2008 to 12/11/2008
- **Day:** Monday - Thursday
- **Fee:** $24 for 2 times a week per session
- **Notes:** No classes 11/26-11/27

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

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**Fee:** $24.00 per session

### Deep Water Aerobics Continued

#### Session D:
- **Time:** 11/18/2008 to 12/11/2008
- **Day:** Monday - Thursday
- **Fee:** $29 for 3 times a week per session

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

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<td>10/11/2008</td>
<td>9:30 AM to 11:30 AM</td>
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<td>10/19/2008</td>
<td>5:00 PM to 7:00 PM</td>
<td>No charge</td>
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AQUATICS CONTINUED

Sunday Family Swim 08CAQ32
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: 10/12/2008 to 11/02/2008 (Su)
Time: 5:00 PM to 7:00 PM
Fee: $8.00/Individual; $20.00/Family
Location: Natatorium, KSU Campus

Scuba Diving 08CAQ105AZ
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
wheatian@kansas.net
Date: 09/08/2008 to 10/20/2008 (M)
Time: 6:00 PM to 10:00 PM
Fee: $232.00 (Available for KSU Credit)
Location: Natatorium, KSU Campus

Fitness Swimming 08CAQ108AZ
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: 09/30/2008 to 11/13/2008 (Tu/Th)
Time: 6:00 PM to 7:30 PM
Fee: $82.00 (Available for KSU Credit)
Location: Natatorium, KSU Campus

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

AFI Aquatics Fitness Instructor 08CAQ104Z
This course is an in-depth educational and training program for individuals interested in advancing their knowledge and skills in designing and delivering different types of water exercise. It will prepare instructors to become certified to organize, develop, teach, administer and market safe, fun and effective water exercise programs for various populations. Certification Requirements: Attend all sessions; score at least 80% on final written exam; successfully demonstrate ability to plan a class for various populations and effectively teach a class from deck. Class fees include textbooks, supplies and American Red Cross AFI certification. Accreditation option is also available through AAHPERD/ AAPAR ($40.00) for those who complete required materials.Students will have a minimum amount of time to complete the study questions and assignments and are encouraged to purchase materials several weeks prior to the workshop. Address any questions or concerns to the instructor trainer.
Lecture/lab twice weekly. Enrollment requirements, topics to be addressed and instructor certification option for this class are listed at www.tryufm.org.
Instructor: Carol Stites, clsswim@cox.net
Date: 11/07/2008 to 11/15/2008 (F/Sa)
Time: 4:00 PM to 8:00 PM (F);
9:00 AM to 6:00 PM (Sa)
Fee: $118.00
(Available for 2 hours KSU Credit)
Location: Natatorium, KSU Campus

Touring Kayak-Rescues and Recoveries 08CAQ37A
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. Required Equipment: Clean Touring kayak, PFD, Spray skirt, Bilge pump, Paddle float and Dry change of clothes.
Instructor: Larry Storer, (765) 292-4561
larry@theyellowkayak.com
Date: 10/26/2008 (Su)
Time: 9:00 AM to Noon
Fee: $50.00
Location: Natatorium, KSU Campus

Scuba Diving 08CAQ105BZ
Instructor: Jeff Wilson, (785) 313-4231
wheatian@kansas.net
Date: 11/03/2008 to 12/08/2008 (M)
Time: 6:00 PM to 10:00 PM
Fee: $232.00 (Available for KSU Credit)
Location: Natatorium, KSU Campus

Fitness Swimming 08CAQ109AZ
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: 09/30/2008 to 11/13/2008 (Tu/Th)
Time: 6:00 PM to 7:30 PM
Fee: $82.00 (Available for KSU Credit)
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
Gain Control of Your Money and Become Debt Free 08CFC01
Learn about how debt works and the basics of investing. Do you have too much month at the end of your paycheck? Do you have a plan to control the money that you make, spend and save? Are you spending too much on debt and insurance? This class will cover questions to ask so that you better understand credit cards and mortgages. You will learn to identify problem areas in your finances, so that you can start to take control of your money. Learn to buy wisely and reach your financial dreams. The investing section of class will cover important money management concepts with practical, easy-to-understand language. Topics include investment basics, types of products, and development of a personal financial game plan that will help you plan a secure future for you and your family.
Instructor: Charlene M. Brownson, (785) 776-3666 cmbr@ksu.edu
Charlene has worked with financial services for over 12 years and enjoys sharing her knowledge with others to help them develop money skills.
Date: 10/09/2008 to 10/16/2008 (Th)
Time: 7:00 PM to 8:30 PM
Fee: Individual $12.00, Couple $16.00
Location: UFM Conference Room 1221 Thurston St., 2nd floor

GRE Prep Course 08CFC06
Graduate Record Exam Preparation Course. Review and practice the three GRE subject areas of Math, Logic and verbal skills, learn strategies for successful test-taking and analyze the reason for correct responses. Deadline one week prior to class or $20 extra fee to order materials.
Date: View website for updated information.
Time: TBA
Fee: $270.00
Location: TBA

LSAT Prep Course 08CFC24
Law School Admission Test Review Course. Comprehensive 28-hour review, in-class & at-home study materials, analytical lectures and test-taking strategies. Deadline one week prior to class or $20 extra class fee to order materials.
Date: View website for updated information.
Time: TBA
Fee: $270.00
Location: TBA

Basic Computer Skills 08CFC51
Fear to turn on a computer? This is the class for you! You will learn how to identify the basic parts of the computer, how to use the mouse, explore some of the programs on your computer, and how to navigate your way through your computer. Once you have the basics down, you will learn how to manage your free email account and how to perform a basic Internet search.
Instructor: Amy Trujillo
Amy Trujillo works for USD-475 as an English Language Learner (ELL) teacher, writes technology articles for a national publication, and is certified to teach Microsoft Office. She has taught computer classes from kindergarten to the community college level.
Date: 08/23/2008 (Sa)
Time: 9:30 AM to 11:30 AM
Fee: $12.00
Location: Manhattan Public Library - Computer Classroom, 629 Poyntz Ave.

Excel and Word 08CFC54
Learn the basics of Excel and Word. You will learn how to use the toolbars, the basics of each program, basics functions in Excel, how to save, print, and email your work. These programs can be lifesavers and you can create professional looking documents to save time and impress your boss. It is recommended that you have basic mouse skills before taking this course.
Instructor: Amy Trujillo
Date: 10/08/2008 (W)
Time: 6:00 PM to 8:00 PM
Fee: $12.00
Location: Manhattan Public Library - Computer Classroom, 629 Poyntz Ave.

PowerPoint and Publisher 08CFC55
Learn the basics of PowerPoint and Publisher. You will learn how to use the toolbars, the basics of each program, how to save, print, and email your work. Both of these programs have templates that you can work from and enhance to create professional presentations and documents for your work and your hobbies. It is recommended that you have basic mouse skills before taking this course.
Instructor: Amy Trujillo
Date: 11/08/2008 (Sa)
Time: 9:30 AM to 11:30 AM
Fee: $12.00
Location: Manhattan Public Library - Computer Classroom, 629 Poyntz Ave.

Community Economic Development 08CFC58
This course is designed for those interested in an introduction to economic development at the local level. Please purchase and read the book “Deep Economy”. David Darling’s CD “Understanding Your Community’s Economy” is included in fee. If you have a laptop, please bring to class. There will be handouts including Extension bulletins. Come prepared to learn and to contribute.
Instructor: David Darling
David Darling worked as an adult educator with the K-State Extension Service. He uses adult education teaching techniques.
Date: 10/13/2008 to 11/03/2008 (M)
Time: 7:00 PM to 8:30 PM
Fee: $28.00
Location: UFM Conference Room 1221 Thurston St., 2nd floor

Check Out Youth Section for Computer Classes on Pages 31-32
Beginning Knitting 08CCF05A
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

Intermediate Jewelry Making 08CCF13
In this class the students will learn more advanced techniques of fabricating fine jewelry through a series of 3 planned projects. All projects will be in sterling silver and include forged bangle bracelet, raised earrings and a basket style pendant. Techniques learned will include forging, forming, raising, advanced soldering and faceted stone setting in a prong setting. Students must have taken a Basic Jewelry Making class or have experience soldering silver. 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

Counted Cross Stitch 08CCF32A
This class will teach the basics of counted cross-stitch including reading a pattern, changing color and backstitching. Materials will be provided.
Instructor: Jocelyn Bishop, bishopj@ksu.edu

Paper Play 08CCF25
Join us for "Paper Play" and learn to use paper for many decorative things like a photo album in a box, your family name in a plaque and cards created and designed by you! Materials are included in the fee. Please contact instructor if you have any special color scheme requests.
Instructor: Donna Wilkins, (785) 539-1753
gtmmz@juno.com

Counted Cross Stitch 08CCF32B
Instructor: Jocelyn Bishop, bishopj@ksu.edu

Counted Cross Stitch 08CCF32C
Instructor: Jocelyn Bishop, bishopj@ksu.edu
Advanced Crochet 08CCF85A
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: 09/11/2008 to 10/02/2008 (Th)
Time: 6:30 PM to 7:30 PM
Fee: $28.00
Location: UFM Fireplace Room
1221 Thurston St.

Advanced Crochet 08CCF85B
Instructor: Jocelyn Bishop, bishopj@ksu.edu
Date: 10/16/2008 to 11/06/2008 (Th)
Time: 6:30 PM to 7:30 PM
Fee: $28.00
Location: UFM Fireplace Room
1221 Thurston St.

Advanced Crochet 08CCF85C
Instructor: Jocelyn Bishop, bishopj@ksu.edu
Date: 11/13/2008 to 12/11/2008 (Th)
Time: 6:30 PM to 7:30 PM
Fee: $28.00
Location: UFM Fireplace Room
1221 Thurston St.

Learning to Write and Sell Fiction 08CCF36
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
Glenn 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: 09/15/2008 to 09/29/2008 (M)
Time: 7:30 PM to 9:30 PM
Fee: $20.00
Location: UFM Fireplace Room
1221 Thurston St.

Instructor: Amy Hervey
Amy Hervey is an Independent Consultant with Close To Tor Publishing.
Date: 12/02/2008 to 12/11/2008 (Tu/Th)
Time: 7:00 PM to 9:00 PM
Fee: $48.00
Location: UFM Computer Lab,
1221 Thurston St., 2nd floor

Enroll online at www.tryufm.org
Introduction to Photography 08CCF78
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. To get the most out of the class, participants are encouraged to bring their camera to each trip. Tripods will also be beneficial. The class will include 5 class room meetings and 4 field trips. Participants will be responsible for their own film and development costs. In addition, participants are encouraged to bring photographs from the field trips to the following class session for discussion.
Instructor: Scott Bean, (785) 776-2725, srbean@ksu.edu
Date: 10/23/2008 to 11/20/2008 (Th/Sa)
Time: 7:00 PM to 9:00 PM; Sat-6:30 PM to dark
Fee: $68.00
Location: UFM Conference Room 1221 Thurston St., 2nd floor

How to Document Home Inventory 08CCF91A
Learn the importance of completing a home inventory, the benefits of having a home inventory and how to properly complete one. Free inventory sheets will be provided to attendees via email. Recommend attendees bring their home insurance policy to better follow along with the instructor. Attendees will also need to have a valid email address to receive inventory forms. Asking no kids be brought to class, and no recording devices allowed. Please arrive 15 minutes prior to start of class for roll call. Any questions (beyond registration) will be addressed by an Eagles Home Inventory representative. Registration deadline is Sept 1.
Instructor: Kevin Wilson, (785) 238-8946 eagleshomeinventory@juno.com
Date: 09/08/2008 (M)
Time: 6:00 PM to 7:30 PM
Fee: $12.00
Location: UFM Multipurpose Room 1221 Thurston St.

How to Document Home Inventory 08CCF91B
Registration deadline is Sept 15.
Instructor: Kevin Wilson, (785) 238-8946 eagleshomeinventory@juno.com
Date: 09/22/2008 (M)
Time: 6:00 PM to 7:30 PM
Fee: $12.00
Location: UFM Multipurpose Room 1221 Thurston St.

How to Document Home Inventory 08CCF91C
Registration deadline is Oct 6.
Instructor: Kevin Wilson, (785) 238-8946 eagleshomeinventory@juno.com
Date: 10/13/2008 (M)
Time: 6:00 PM to 7:30 PM
Fee: $12.00
Location: UFM Multipurpose Room 1221 Thurston St.

How to Document Home Inventory 08CCF91D
Registration deadline is Oct 13.
Instructor: Kevin Wilson, (785) 238-8946 eagleshomeinventory@juno.com
Date: 10/20/2008 (M)
Time: 6:00 PM to 7:30 PM
Fee: $12.00
Location: UFM Multipurpose Room

People’s Coop Grocery & Deli Education Committee
523 S. 17th | (17th and Ft. Riley Blvd) | 785/539-4811
info@peoplesgrocery.biz | www.peoplesgrocery.biz

Upcoming classes:
• Stress Management with KSU Instructor Art Rathbun
  Sunday, Sept. 14, 4-6 pm
  Tubman/Douglass Room, Douglass Center Annex on Yuma St.
  Also: Wed, Sept 10, 6:30-8 pm at Bramlage Public Library in Junction City
• Five educational tours on Liu Yin:
  Identifying pathogenic factors and learning how to bring balance to your system with Rhonda Bathhurst, National Board Certified Acupuncturist and Chinese Herbalist
  TBA-Late Fall
• Gail Masinton on Reducing Dietary Salt-TBA
  These classes are FREE to the public.
FORGET THE MOVIE LINES. GIVE THE TV A REST.
LEAVE THE FAST FOOD BEHIND.
MAKE UFM PART OF YOUR FRIDAY NIGHT FUN!

<table>
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<tr>
<th>Date</th>
<th>Event Details</th>
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<tr>
<td>SEPTEMBER 19</td>
<td>EVENING OF SOUTHERN ITALIAN COOKING 6:30 to 8:30 PM</td>
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<td>SEPTEMBER 26</td>
<td>INDIAN COOKING NIGHT 6:30 to 8:30 PM</td>
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<td>OCTOBER 10</td>
<td>POKER NIGHT 6:00 to 9:00 PM</td>
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<td>OCTOBER 17</td>
<td>DANCING GOATS (COFFEE CLASS) 7:00 to 9:00 PM</td>
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<td>OCTOBER 17</td>
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<td>OCTOBER 24</td>
<td>BEER TASTING 6:30 to 8:30 PM</td>
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<td>OCTOBER 31</td>
<td>FESTIVAL OF THE DAY OF THE DEAD (DIA DE LOS MUERTOS) 7:00 to 9:00 PM</td>
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<td>NOVEMBER 7</td>
<td>LIVING BETTER WITH MASSAGE 7:00 to 8:30 PM</td>
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<td>NOVEMBER 14</td>
<td>AUTHENTIC MEXICAN COOKING 6:00 to 9:00 PM</td>
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**REFRESHMENTS WILL BE PROVIDED AT ALL CLASSES**

ENROLL AT WWW.TRYUFM.ORG OR CALL 539.8763
Fly Fishing 08CEN04AZ
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: Barry Phillips
Barry (Craig) Phillips enjoys sharing the joy in fly fishing with others through teaching, guiding and writing. Along with providing guiding service in Kansas he has developed and is a lead presenter to groups throughout in Midwest. Barry has written a number of articles on fly fishing subjects that have been published in American Angler. He is on the Professional Staff for Temple Fork Outfitters Fly Rods and is a member of the Federation of Fly Fishers, the Coastal Conservation Association Texas Chapter, and the International Game Fish Association.

Date: 09/08/2008 to 09/18/2008 (M-Th)
Time: 6:00 PM to 8:00 PM
Fee: $95.00
Location: KSU Durland Hall Room 1061

Fly Fishing 08CEN04BZ
Instructor: Barry Phillips

Date: 10/13/2008 to 10/23/2008 (M-Th)
Time: 6:00 PM to 8:00 PM
Fee: $95.00
Location: KSU Durland Hall Room 1061

Home Landscape Design 08CEN08
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: 09/10/2008 to 09/24/2008 (W)
Time: 6:30 PM to 8:30 PM
Fee: Individual/$21.00, Couple/$30.00
Location: Cico Park-Pottorf Hall

Herb Garden Design 08CEN15
Incorporate herbs into your existing beds and learn how to use the plants you grow in your home. Learn to use plants in a natural way using no chemicals. Grow your own food and medicine in your flower beds.

Instructor: Jeanie DeArmond

Date: 09/13/2008 & 09/27/2008
Time: 10:00 AM to Noon
Fee: $26.00
Location: UFM Multipurpose Room, 1221 Thurstin

Wildland Fire Management 08CEN26
This introductory course is designed to train 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 fireline job performance. Scenario-based and field exercises (as weather permits) 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. Prerequisites: 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: 09/03/2008 to 12/10/2008 (W)
Time: 4:30 PM to 7:00 PM
Fee: $94.00
Location: UFM Banquet Room
1221 Thurstin St.

Trees: Hate 'Em 08CEN27
Pick a Saturday and visit the Konza and other prairies. Discuss how to bring quail and prairie chickens back to the Flint Hills area. You will also learn about wildflowers and prairie grasses. Upland bird hunters are welcome. Contact UFM or instructor for directions to class and which Saturday you would like to attend. Class meets only once on Saturday.

Instructor: Carroll A. Lange, CWB
(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: 09/06/2008 to 12/06/2008 (Sa)
Time: Noon to 4:00 PM
Fee: $12.00
Location: 7102 Abbott Drive,
Cedar Creek Ranch

Make a Difference Workshop 08CEN40
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. You will receive a canvas tote and a water bottle to take home.

Instructor: Rachel Soash, (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 toward preserving our planet.

Date: 11/08/2008 (Sa)
Time: 10:00 AM to 1:00 PM
Fee: $40.00
Location: Sunset Zoo, 2333 Oak St

Is Local Food or Organic Food Best? 08CEN41
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.

Instructors: Jennifer Guilford, jguilfo@ksu.edu & Rhonda Janke, (785) 532-0409, rjanke@ksu.edu

Date: 10/09/2008 (Th)
Time: 5:30 PM to 7:00 PM
Fee: No Charge
Location: UFM Fireplace Room
1221 Thurstin St.

How to Choose, Use and Prepare Local Fruits & Vegetables 08CEN58
The class will cover some fruit and vegetable basics. We will answer questions while strolling through the farmers’ market and observing vegetables in their natural habitat (the field) at the K-State Student farm (transportation provided). No prior knowledge is required. Attendees and their family and friends are invited to cook-out pot-luck lunch at the student farm after class.

Instructors: Jennifer Guilford, jguilfo@ksu.edu & Rhonda Janke, (785) 532-0409, rjanke@ksu.edu

Date: 09/20/2008 (Sa)
Time: 9:30 AM to 1:00 PM
Fee: No Charge
Location: Manhattan Farmer’s Market 5th and Humboldt St.

Autumn on the Tallgrass Prairie 08CEN45
Join Mike Haddock, author of 2006 Kansas Notable Book “Wildflowers and Grasses of Kansas: A Field Guide”, as he leads a fall wildflower walk at the Konza Prairie. Mike will discuss autumn wildflowers and grasses. Meet at the Konza Prairie Biological Station trail head parking area. The walk will last 90 minutes. Please wear clothing and footwear appropriate for walking in heavy vegetation.

Instructor: Mike Haddock, haddock@ksu.edu

Date: 09/22/2008 (M)
Time: 5:30 PM to 7:00 PM
Fee: No Charge
Location: Konza Prairie Trail Head
**Landscaping with Kansas Native Plants 08CEN51**

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

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

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

Date: 09/24/2008 (W)
Time: 6:00 PM to 8:00 PM
Fee: *No Charge
Location: UFM Conference Room
1221 Thurston St., 2nd floor

**Introduction to Kansas Wildflowers 08CEN52**

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

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

Nancy Goulden

Date: 09/25/2008 (Th)
Time: 6:00 PM to 8:00 PM
Fee: *No Charge
Location: UFM Conference Room
1221 Thurston St., 2nd floor

**Class Sponsored by Grassland Heritage Foundation, www.grasslandheritage.org**

**Cloud Bunnies 08CEN533**

Do you see interesting cloud shapes in the sky? Use your imagination to visualize and find creative shapes among the clouds.

Instructor: Strat O. Cumulus is a professional cloud expert extraordinaire.

Date: Sunday through Saturday
Time: Any day without rain
Fee: Priceless
Location: Your own front lawn.

**The UFM Solar Electric System: An Exploration of Your Possibilities 08CEN53**

Whether you are concerned about energy independence, climate change, national security or just your own pocketbook; renewable energy is enormously popular for people from all political parties and backgrounds. We will discuss the different parts of the system at UFM's Solar Addition.

We are expanding this class to two distinct parts: Independent Power Supplies and Connected to the Power Lines (electric systems connected to the powelines in KS). We'll discuss both choices as well as the hardware required to do either.

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

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

Date: 09/14/2008 (Su)
Time: 1:00 PM to 3:00 PM
Fee: No Charge
Location: UFM Solar Addition
1221 Thurston St.

**Honey, I Shrunk the Trash 08CEN56**

Go green as you shrink the 5 lbs. of solid waste you generate each day (according to the EPA) by learning how to make the most of the stuff you haul out to the curb every week. We're talking about more than recycling newspapers and aluminum cans. Chances are you are throwing away plastic containers, cardboard, glass and office supplies that can be recycled and reused. We'll also discuss disposal of hazardous household items. By taking the time to learn more about the recycling resources available in Manhattan, you can cut your trash generation by a third. Make trash count for something by recycling.

Instructors: Linda Madl, lsmadl@interkan.net & Ron Madl, (785) 770-9363

Linda is formerly a technical writer for the Dept. of Environment and Safety at Ft. Riley. Ron is a member of the Recycle Committee at KSU.

Date: 11/13/2008 (Th)
Time: 7:00 PM to 8:30 PM
Fee: No Charge
Location: UFM Multipurpose Room
1221 Thurston St.

**Local Manhattan Geology 08CEN57**

Go on a local fieldtrip, visit local rock exposures in the Manhattan area, and use them to see how geologists reconstruct past Earth history. You will be given the thinking tools to reconstruct geologic history for yourself. Please meet at UFM for the fieldtrip to car pool.

Instructor: Keith B. Miller

Date: 09/27/2008 (Sa)
Time: 9:00 AM to 11:00 AM
Fee: $10.00
Location: UFM, 1221 Thurston St.
Thai Cooking  08CFF2A
Learn how to cook traditional Thai food. This includes how to cook Thai jasmine rice, sticky rice, an appetizer, main dish, Thai curry, dessert and a soft drink. The instructor will provide ingredients and condiments and also give students the opportunity to learn how to prepare dishes on their own in class and at home. NOTE: Fee does not include main food ingredients such as meat and vegetables. Students will need to purchase these items separately depending on how much they want to cook.
Instructor: Chulee Yaege, (785) 537-0656
cyaege@hotmail.com
Date:  09/13/2008 to 09/20/2008 (Sa)
Time:  9:00 AM to Noon
Fee:  $64.00
Location:  UFM Kitchen, 1221 Thurston St.

Dancing Goats (Coffee class)  08CFF13
Did you know that coffee only grows within 30 degrees of the equator, it is native only to Ethiopia, and is the second most traded commodity on the planet? Spend a few hours with Wade Radina discussing the history of coffee, the fundamentals of roasting and cupping, and current issues in the industry. Course price includes a bag of fresh roasted coffee from Radina’s Coffeehouse and Roastery.
Instructor: Wade Radina
Date:  10/17/2008 (F)
Time:  7:00 PM to 9:00 PM
Fee:  $14.00
Location:  Radina’s Coffeehouse, Aggieville 616 N. Manhattan

Indian Cooking  08CFF22
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 exotic Indian spices.
Instructor: Pradeep Malreddy
Pradeep is a graduate student with the Anatomy and Physiology department at the KSU College of Veterinary Medicine.
Date:  09/26/2008 (F)
Time:  6:30 PM to 8:30 PM
Fee:  $22.00
Location:  UFM Banquet/Kitchen 1221 Thurston St.

Home Brewing 101 (for beginners)  08CFF32
This course will teach would-be beer enthusiasts how to brew their own beer at home. The course will cover how to brew a beer using an extract kit, bottle the beer, and drink it. The course also includes discussions and samplings of the major brewing styles. 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, (785) 532-6998 davis@us.army.mil; Joe Callaghan, fjc2947@networksplus.net
The instructors are all members of the Little Apple Brew Crew Club. A club that consists of over 50 home brewers in Manhattan and surrounding communities. They have a combined brewing experience of over 40 years.
Date:  10/13/2008 to 10/27/2008 (M)
Time:  7:00 PM to 9:00 PM
Fee:  $30.00
Location:  UFM Kitchen

Evening of Southern Italian Cooking  08CFF35
Italians love the summer and the bounty it brings in fresh tomatoes, beans, eggplant, peppers, fresh greens and basil. Meats are grilled and often the kitchen moves to the back porch to keep the house cool in the summer heat. Join us for an opportunity to have a traditional Southern Italian summer fare prepared. Wine will also be provided for participants age 21 and older.
Instructor: 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.
Date:  09/26/2008 (F)
Time:  6:30 PM to 8:30 PM
Fee:  $25.00
Location:  UFM Banquet/Kitchen

Beer Tasting  08CFF39
Tallgrass Brewing Company’s Brewmaster will guide students during a beer tasting of various beer styles from around the world. Students will learn about the influence of barley, wheat, hops, water, and yeast on the flavor of beer, and how to recognize those flavors in fine beers. Class will be held at Tallgrass Brewing Company. Participants must be 21 years and older.
Instructor: Jeff Gill
Date:  10/24/2008 (F)
Time:  6:30 PM to 8:30 PM
Fee:  $12.00
Location:  Tallgrass Brewing Company 8845 Quail Lane, Suite 1
Directions: East on US-24, Left on Dempsey Road, Continue on Green Valley Road then turn right on Quail Lane.

Organic & Natural Foods!
Come check out our wide variety of Fresh, Healthy, and Organic foods that are sure to help you achieve a healthier Lifestyle!
- Produce
- Bulk Grains & Flour
- Dairy Products
- Vegetarian Items
- Gluten-Free Foods
- Huge Variety of Herbs and Spices
- Fresh Ground Peanut Butter
- Organic Meats
- Full Service Deli
- Wide selection of Vitamins & Supplements
- Cruelty Free Health & Beauty Aids

Organic Clothing
- Locally Owned / low co-op prices
- Always happy to take special orders
Going Greek Part II 08CFF43
We would like to change the menu by going Greek part II. From appetizers to entrees this class will give you a passport to the Greek Isles without ever leaving Manhattan. All recipes are simple and easy to do. This is a continuation of the Going Greek Part I with more new recipes.
Instructor: David Espenoza, (785) 341-3410
gablelewis@cox.net

Date: 10/17/2008 (F)
Time: 7:00 PM to 9:00 PM
Fee: $30.00
Location: UFM Solar Addition
1221 Thurston St.

Festival of the Day of the Dead
(Dia de los Muertos) 08CFF44
Celebrate the day founded to honor all the faithful departed along with the offerings for the dead. The menu will consist of traditional Mexican delicacies. Come in costume or come as you are. Drinks will be served for those 21 and over.
Instructor: David Espenoza, (785) 341-3410
gablelewis@cox.net

Date: 10/31/2008 (F)
Time: 7:00 PM to 9:00 PM
Fee: $30.00
Location: UFM Solar Addition
1221 Thurston St.

Authentic Mexican Cooking 08CFF45
These recipes are rooted from regions in Mexico such as Oaxacan. We will create traditional Mexican recipes, not from your every day Tex-Mex. Drinks will be served for those 21 and over.
Instructor: David Espenoza, (785) 341-3410
gablelewis@cox.net

Date: 11/14/2008 (F)
Time: 6:00 PM to 9:00 PM
Fee: $30.00
Location: UFM Solar Addition
1221 Thurston St.
**Health & Wellness**

**Sahaj Marg Meditation**  08CHW02

Sahaj Marg translates to “The Natural Path.” It is a natural, simple system of Raja Yoga meditation and spiritual practice that helps one realize the ultimate potential within one’s self. Regular spiritual practice under capable guidance enables aspirants to progressively experience the sublime presence of the divine in their daily lives. The Sahaj Marg system is freely offered to seekers worldwide, and is effectively practiced by individuals from all walks of life, diverse nationalities, religious backgrounds, and various social conditions. The class involves three introductory one-on-one training sessions followed by weekly group meditation sessions. *PLEASE NOTE: All classes offered at no charge have been sponsored by the instuctor or an organization.*

Instructor: Gayathri Kambhampati

Date:  09/21/2008 to 11/30/2008 (Su)

Time:  10:00 AM to Noon

Fee:  No Charge

Location:  UFM Solar Addition

1221 Thurston St.

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**Living the Art: Jin Shin Jyutsu**  08CHW08A

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 when she took a self-help class with UFM in 1998! She is a certified Jin Shin Jyutsu practitioner and Self-Help instructor.

Date:  09/15/2008 to 09/29/2008 (M)

Time:  7:00 PM to 9:00 PM

Fee:  $26.00

Location:  1421 Colorado Street

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**Beginning Yoga**  08CHW15AZ

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

Instructor: Ana Franklin, (785) 537-8224

yogaconnection@gmail.com

Date:  08/25/2008 to 10/22/2008 (M/W)

(No class 9/1, 9/29, 10/6)

Time:  10:30 AM to 11:30 AM

Fee:  $99.00

Location:  KSU Ahearn Room 302

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**Beginning Yoga**  08CHW15AZ

This class 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.

Instructor: Ana Franklin, (785) 537-8224

yogaconnection@gmail.com

Date:  09/07/2008 to 09/21/2008 (Su/Sa)

Time:  1:00 PM to 7:00 PM

Fee:  $138.00

Location:  UFM Multipurpose Room

1221 Thurston St.

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**Beginning Yoga**  08CHW15BZ

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."

Instructor: Ana Franklin, (785) 537-8224

yogaconnection@gmail.com

Date:  08/25/2008 to 10/22/2008 (M/W)

(No class 9/1, 9/29, 10/6)

Time:  6:00 PM to 7:00 PM

Fee:  $99.00

Location:  KSU Ahearn Room 302

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**Beginning Yoga**  08CHW15CZ

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."

Instructor: Ana Franklin, (785) 537-8224

yogaconnection@gmail.com

Date:  09/07/2008 to 09/21/2008 (Su/Sa)

Time:  1:00 PM to 7:00 PM

Fee:  $138.00

Location:  UFM Multipurpose Room

1221 Thurston St.

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**Intermediate Yoga**  08CHW21Z

This class will provide the citizen responder with the knowledge and skills necessary in an emergency to help sustain life and minimize pain and the consequences of injury or sudden illness until medical help arrives, thereby acting as the first link in the Emergency Medical Services system (EMS). The course also emphasizes prevention of injuries and illness with a focus on personal safety and health. AED Essentials will teach individuals the skills and knowledge needed to provide care for victims of sudden cardiac arrest through the safe use of an automated external defibrillator (AED). Materials not included in fee; need to buy books at UFM, 1221 Thurston St.

Instructor: Henry Brown

Date:  09/07/2008 to 09/21/2008 (Su/Sa)

Time:  1:00 PM to 7:00 PM

Fee:  $138.00

Location:  UFM Multipurpose Room

1221 Thurston St.

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**Responding to Emergencies**  08CHW19AZ

This class will provide the citizen responder with the knowledge and skills necessary in an emergency to help sustain life and minimize pain and the consequences of injury or sudden illness until medical help arrives, thereby acting as the first link in the Emergency Medical Services system (EMS). The course also emphasizes prevention of injuries and illness with a focus on personal safety and health. AED Essentials will teach individuals the skills and knowledge needed to provide care for victims of sudden cardiac arrest through the safe use of an automated external defibrillator (AED). Materials not included in fee; need to buy books at UFM, 1221 Thurston St.

Instructor: Henry Brown

Date:  09/07/2008 to 09/21/2008 (Su/Sa)

Time:  1:00 PM to 7:00 PM

Fee:  $138.00

Location:  UFM Multipurpose Room

1221 Thurston St.

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**Beginning Yoga**  08CHW15AZ

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

Instructor: Ana Franklin, (785) 537-8224

yogaconnection@gmail.com

Date:  08/25/2008 to 10/22/2008 (M/W)

(No class 9/1, 9/29, 10/6)

Time:  10:30 AM to 11:30 AM

Fee:  $99.00

Location:  KSU Ahearn Room 302

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**Beginning Yoga**  08CHW15BZ

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

Instructor: Ana Franklin, (785) 537-8224

yogaconnection@gmail.com

Date:  08/25/2008 to 10/22/2008 (M/W)

(No class 9/1, 9/29, 10/6)

Time:  6:00 PM to 7:00 PM

Fee:  $99.00

Location:  KSU Ahearn Room 302

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**Beginning Yoga**  08CHW15CZ

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

Instructor: Ana Franklin, (785) 537-8224

yogaconnection@gmail.com

Date:  09/07/2008 to 09/21/2008 (Su/Sa)

Time:  1:00 PM to 7:00 PM

Fee:  $138.00

Location:  UFM Multipurpose Room

1221 Thurston St.

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**Intermediate Yoga**  08CHW21Z

This class will provide the citizen responder with the knowledge and skills necessary in an emergency to help sustain life and minimize pain and the consequences of injury or sudden illness until medical help arrives, thereby acting as the first link in the Emergency Medical Services system (EMS). The course also emphasizes prevention of injuries and illness with a focus on personal safety and health. AED Essentials will teach individuals the skills and knowledge needed to provide care for victims of sudden cardiac arrest through the safe use of an automated external defibrillator (AED). Materials not included in fee; need to buy books at UFM, 1221 Thurston St.

Instructor: Henry Brown

Date:  09/07/2008 to 09/21/2008 (Su/Sa)

Time:  1:00 PM to 7:00 PM

Fee:  $138.00

Location:  UFM Multipurpose Room

1221 Thurston St.

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**You Can Be Tobacco Free!**

**Call the Kansas Tobacco Quitline**

Toll Free 1-866-KAN-STOP

1-866-526-7867

www.tryufm.org

1968-2008 Celebrating 40 years

1221 Thurston St.

785.539.8763
**HEALTH & WELLNESS CONTINUED**

### Community CPR & First Aid 08CHW25A

This course includes training in Adult, Child, and Infant CPR and First Aid. Participants will learn to recognize and care for breathing and cardiac emergencies in adults, infants, and children; controlling bleeding; and many other useful skills. Fee does not include materials. They can be purchased at UFM, 1221 Thurston St. There will be a $20 non-refundable deposit for this class.

Instructor: Abby Thrash, abbythrash@gmail.com

- **Date:** 08/30/2008 (Sa)
- **Time:** 8:30 AM to 1:30 PM
- **Fee:** $43.00
- **Location:** UFM Conference Room
  1221 Thurston St., 2nd floor

### Community CPR & First Aid 08CHW25B

- **Date:** 08/31/2008 (Su)
- **Time:** 8:30 AM to 1:30 PM
- **Fee:** $43.00
- **Location:** UFM Conference Room
  1221 Thurston St., 2nd floor

### Community CPR & First Aid 08CHW25C

- **Date:** 09/06/2008 (Sa)
- **Time:** 8:30 AM to 1:30 PM
- **Fee:** $43.00
- **Location:** UFM Conference Room
  1221 Thurston St., 2nd floor

### Community CPR & First Aid 08CHW25D

- **Date:** 09/07/2008 (Su)
- **Time:** 8:30 AM to 1:30 PM
- **Fee:** $43.00
- **Location:** UFM Conference Room
  1221 Thurston St., 2nd floor

### Community CPR & First Aid 08CHW25E

- **Date:** 09/12/2008 to 09/13/2008 (F/Sa)
- **Time:** 6:30 PM to 9:30 PM; Noon to 1:30 PM
- **Fee:** $43.00
- **Location:** UFM Conference Room
  1221 Thurston St., 2nd floor

### Community CPR & First Aid 08CHW25F

- **Date:** 09/13/2008 (Sa)
- **Time:** 8:30 AM to 1:30 PM
- **Fee:** $43.00
- **Location:** UFM Conference Room
  1221 Thurston St., 2nd floor

### Community CPR & First Aid 08CHW25G

- **Date:** 09/13/2008 to 09/14/2008 (Sa/Su)
- **Time:** 3:00 PM to 6:00 PM; Noon to 1:30 PM
- **Fee:** $43.00
- **Location:** UFM Banquet Room, 1221 Thurston St.

### Community CPR & First Aid 08CHW25H

- **Date:** 09/14/2008 (Su)
- **Time:** 8:30 AM to 1:30 PM
- **Fee:** $43.00
- **Location:** UFM Conference Room
  1221 Thurston St., 2nd floor

### Community CPR & First Aid 08CHW25I

- **Date:** 09/27/2008 (Sa)
- **Time:** 8:30 AM to 1:30 PM
- **Fee:** $43.00
- **Location:** UFM Conference Room
  1221 Thurston St., 2nd floor

### Community CPR & First Aid 08CHW25J

- **Date:** 09/28/2008 (Su)
- **Time:** 8:30 AM to 1:30 PM
- **Fee:** $43.00
- **Location:** UFM Conference Room
  1221 Thurston St., 2nd floor

### Community CPR & First Aid 08CHW25K

- **Date:** 09/29/2008 (Su)
- **Time:** 8:30 AM to 1:30 PM
- **Fee:** $43.00
- **Location:** UFM Conference Room
  1221 Thurston St., 2nd floor

### Community CPR & First Aid 08CHW25L

- **Date:** 09/30/2008 (Sa)
- **Time:** 8:30 AM to 1:30 PM
- **Fee:** $43.00
- **Location:** UFM Conference Room
  1221 Thurston St., 2nd floor

### Community CPR & First Aid 08CHW25M

- **Date:** 09/30/2008 (Su)
- **Time:** 8:30 AM to 1:30 PM
- **Fee:** $43.00
- **Location:** UFM Conference Room
  1221 Thurston St., 2nd floor

### Community CPR & First Aid 08CHW25N

- **Date:** 10/01/2008 (Su)
- **Time:** 8:30 AM to 1:30 PM
- **Fee:** $43.00
- **Location:** UFM Conference Room
  1221 Thurston St., 2nd floor

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**Art’s Up!**

BLAB! A Retrospective
1 August – 2 November 2008

First Person: National Geographic Society Photographs
12 September – 7 December 2008

outdoor/indoor/outdoor
September 2008 – August 2009

Sandzén from the Sandzén
7 November 2008 – 22 February 2009

21 November 2008 – 1 February 2009

Marianna Kistler Beach Museum of Art
14th & Anderson, Manhattan, KS 785.532.7718 www.ksu.edu/bma
TUESDAY, WEDNESDAY, FRIDAY, SATURDAY 10-5; THURSDAY 10-8; SUNDAY 1-5
Peace Meditations: Global Prayer Project 08CHW71
Weekly live or recorded guided meditations focused on creating peace in our lives and the world. Featuring global peace meditations by James & Salie Redfield of celestinevision.com.

Date: 09/16/2008 to 10/28/2008 (Tu)
Time: 6:45 PM to 8:15 PM
Fee: $36.00
Location: UFM Fireplace Room
1221 Thurston St.

Advanced Protocols for Healing and Protection 08CHW93
This class is for participants who have taken the first level protocols class. Instructor: Kathleen Casey

Date: 10/11/2008 (Sa)
Time: 10:00 AM to 11:30 AM
Fee: $36.00
Location: UFM Fireplace Room
1221 Thurston St.

Self Defense, Self Awareness, Self Confidence (Ages 13+) 08CHW72
Learn how to defend yourself in a safe comfortable and non-threatening environment with USA certified boxing coaches. Along with the volunteer assistance of RCPD officers and military personnel, individuals will gain strength, power, speed, and agility, in conjunction with self-defense tactics and practicing self-awareness. NOTE: Equipment needed for course: Boxing gloves and 180° hand wraps. Contact KO Boxing for rental or purchase of equipment. 180° hand wraps are included with the course fees. Instructor: Lorissa Ridley-Fink, (785) 341-1708 koboxer@sbcglobal.net

Date: 11/07/2008 (F)
Time: 7:00 PM to 8:30 PM
Fee: $10.00
Location: UFM Banquet Room, 1221 Thurston St.

Living Better with Massage 08CHW67
Explore the benefits of massage related to stress, athletic performance and headache relief. Learn how stress negatively affects your body and how massage can help decrease stress. Discover how massage provides relief for headache sufferers. Hands-on demonstrations, instructions on self massage for headache and pain relief; and information on partner massage will be an important part of the class. Dress comfortably and come ready to learn and have a fun time. Instructors: Mandy Ebert & LaResa Johnson

Originally from Wamego Kansas, Mandy Ebert has wanted to be a massage therapist since she was in the seventh grade. In addition to her experience working with athletes and chronic pain sufferers, she also has experience working with individuals with spinal cord injuries and limited mobility.

LaResa Johnson is skilled in a variety of modalities including Trigger Point Therapy, Deep tissue, Swedish Massage, Sports Massage, Aromatherapy, and Hot Stone Massage. LaResa has provided effective treatment to clients with various musculoskeletal dysfunctions, chronic pain, and stress related conditions.

Date: 11/07/2008 (F)
Time: Noon to 1:00 PM
Fee: $70.00
Location: K.O. Boxing, 2303 Tuttle Creek Blvd, Blue Hills Shopping Center

Acupuncture and Chinese Herbology: Round Table Conversations on Theory of Application 08CHW92
Bring your lunch and a cup of tea to the UFM Solar Addition. Relax while learning about ancient health/wellness theories and applications via round-table impromptu style conversations. Come with an open mind and questions to explore aspects of reality from a different paradigm of function. Instructor: Rhonda Bathurst, (785) 280-0817

Rhonda graduated from K-State in ’96. After pursuing over a decade of professional acupuncture study and practice (in New York and California) as a National Board Certified Acupuncturist, she has returned to practice privately in Abilene, KS.

Date: 11/08/2008 to 11/30/2008 (M)
Time: 12:00 PM to 1:00 PM
Fee: $36.00
Location: KSU Ahearn Room 302

Morning Yoga 08CHW89A
Greet the new day with breath and body-opening, stretching and energizing through yoga. No experience necessary. Yoga is for everybody.
Instructor: Debbie Newton, (785) 539-8973 dnewton@flinthills.com

Date: 09/13/2008 to 10/04/2008 (Sa)
Time: 9:30 AM to 11:00 AM
Fee: $36.00
Location: KSU Ahearn Room 302

Morning Yoga 08CHW89B
Instructor: Debbie Newton, (785) 539-8973 dnewton@flinthills.com

Date: 11/10/2008 to 12/01/2008 (M)
Time: 9:30 AM to 11:00 AM
Fee: $36.00
Location: KSU Ahearn Room 302

Morning Yoga 08CHW89C
Instructor: Debbie Newton, (785) 539-8973 dnewton@flinthills.com

Date: 11/08/2008 to 12/06/2008 (Sa)
Time: Noon to 12:30 PM
Fee: $36.00
Location: KSU Ahearn Room 302

Evening Yoga 08CHW88A
Close your day with gentle yoganic movements and breath practices to help you relax, rejuvenate and restore your energy! No experience necessary. Yoga is for everybody.
Instructor: Debbie Newton, (785) 539-8973 dnewton@flinthills.com

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

Date: 09/08/2008 to 09/29/2008 (F)
No class 11/28
Time: 7:15 PM to 8:45 PM
Fee: $168.00
Location: K.O. Boxing, 2303 Tuttle Creek Blvd, Blue Hills Shopping Center

Evening Yoga 08CHW88B
Instructor: Debbie Newton, (785) 539-8973 dnewton@flinthills.com

Date: 10/13/2008 to 11/03/2008 (M)
Time: 7:15 PM to 8:45 PM
Fee: $36.00
Location: KSU Ahearn Room 302
Beginning Spanish for Adults 08CLA02
This introductory class will emphasize basic written and oral communication in Spanish. Classes are adapted to students’ preferences and pace, with main topics including greetings, numbers, colors, clothing and common adjectives.

Date: 09/09/2008 to 09/25/2008 (Tu/Th)
Time: 7:00 PM to 8:00 PM
Fee: $35.00
Location: UFM Multipurpose Room
1221 Thurston St.

French Language 08CLA04A
This class is an introduction to the French language. The emphasis will be on conversation, grammar, proper pronunciation and every day vocabulary.
Instructor: Emilie Rabbat, (785) 587-9036
Emilie Rabbat is a naturalized citizen and is originally from Egypt. Her training course, “Stage de Formation Pedagogique” 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: 09/03/2008 to 09/28/2008 (W/F)
Time: 10:00 AM to 11:00 AM
Fee: $46.00
Location: UFM Fireplace Room
1221 Thurston St.

French Language 08CLA04B
Instructor: Emilie Rabbat D: (785) 587-9036
Date: 10/01/2008 to 10/24/2008 (W/F)
Time: 10:00 AM to 11:00 AM
Fee: $46.00
Location: UFM Fireplace Room
1221 Thurston St.

French Language 08CLA04C
Instructor: Emilie Rabbat, (785) 587-9036
Date: 10/29/2008 to 11/21/2008 (W/F)
Time: 10:00 AM to 11:00 AM
Fee: $46.00
Location: UFM Fireplace Room
1221 Thurston St.

Elementary Arabic 08CLA18
This Arabic class is designed for students with little or no prior knowledge of Arabic language. The class will introduce the fundamental skills of standard Arabic speaking, writing and reading.
Instructor: Sorkel Kadir, Ph.D, (785) 341-6532
skadir@cox.net
Date: 09/08/2008 to 11/03/2008 (M)
(No class 10/6)
Time: 7:00 PM to 8:00 PM
Fee: $45.00
Location: UFM Fireplace Room
1221 Thurston St.

Beginning Conversational Sign Language 08CLA23
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. This class will not cancel.
Instructor: Toni Kroll, (785) 313-5555
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 now interprets at KSU and does freelancing.
Date: 09/04/2008 to 10/23/2008 (Th)
Time: 6:00 PM to 7:30 PM
Fee: $54.00
Location: KSU-Justin Hall Room 341

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.
Fewer topics have concentrated our attention like today’s cost of gasoline. Getting better mileage with better driving techniques will allow us to increase the number of miles we get on each gallon of gas. We will discuss existing and near future possibilities.

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

**Saturday, 1-3 pm | UFM Solar Addition**

**THE UFM SOLAR ELECTRIC SYSTEM:**

**AN EXPLORATION OF YOUR POSSIBILITIES | SEPTEMBER 14**

Whether you are concerned about energy independence, climate change, national security or just your own pocketbook; renewable energy is enormously popular for people from all political parties and backgrounds. We will discuss the different parts of the system at UFM’s Solar Addition.

We are expanding this class to two distinct parts: Independent Power Supplies and Connected to the Power Lines (electrics systems connected to the powelines in KS). We’ll discuss both choices as well as the hardware required to do either.

**Instructor:** Bill Dorsett

**Saturday, 1-3 pm | UFM Solar Addition**

**HOW TO CHOOSE, USE AND PREPARE LOCAL FRUITS & VEGETABLES | SEPTEMBER 20**

The class will cover some fruit and vegetable basics. We will answer questions while strolling through the farmers’ market and observing vegetables in their natural habitat (the field) at the K-State Student Farm (transportation provided).

No prior knowledge is required. Attendees and their family and friends are invited to cook-out pot-luck lunch at the student farm after the class.

**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.

**Saturday, 9:30 am-1pm | Manhattan Farmer’s Market, 5th and Humboldt**

**AUTUMN ON THE TALLGRASS PRAIRIE | SEPTEMBER 22**

Join Mike Haddock, author of 2006 Kansas Notable Book “Wildflowers and Grasses of Kansas: A Field Guide”, as he leads a fall wildflower walk at the Konza Prairie. Mike will discuss autumn wildflowers and grasses. Meet at the Konza Prairie Biological Station trail head parking area. The walk will last 90 minutes. Please wear clothing and footwear appropriate for walking in heavy vegetation.

**Monday, 5:30-7 pm | Konza Prairie Trail Head**

**LANDSCAPING WITH KANSAS NATIVE PLANTS | SEPTEMBER 24**

Landscaping with Kansas native plants saves money and is good for the environment. These native plants are well adapted to Kansas environments and make beautiful additions to our home landscapes. In this class you will learn to plan your native landscape, select plants to match your site’s characteristics, prepare the site, plant it, and maintain it. Seeds and plants will be available for purchase.

**Instructor:** Jeff Hansen has been a gardener all of his life and a native plant enthusiast for the past ten years. He landscapes with native plants, makes paper from them, and leads wildflower walks around the state.

**Wednesday, 6-8 pm | UFM Conference Room**

**INTRODUCTION TO KANSAS WILDFLOWERS | SEPTEMBER 25**

Have you ever seen a wildflower but couldn’t identify it? A slideshow presentation will provide the foundation for learning identifying characteristics of plants. You will learn how plants are named and divided into family, genus, and species. Furthermore, you will learn about historical connections, interdependence of flowers and insects, medicinal and horticultural uses, and plant use by wildlife and livestock. After the presentation, we will venture to Marlatt Park on Seth Child Road to do some “hands on” prairie wildflower identification.

**Instructor:** Jeff Hansen

**Thursday, 6-8 pm | UFM Conference Room**

**IS LOCAL FOOD OR ORGANIC FOOD BEST? | OCTOBER 7**

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.

**Instructors:** Rhonda Janke & Jennifer Guilford

**Thursday, 5:30-7 pm | UFM Solar Addition**

**MAKE A DIFFERENCE WORKSHOP | NOVEMBER 8**

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. You will receive a canvas tote and a water bottle to take home.

**Instructor:** 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.

**Saturday, 2-3:30 pm | Sunset Zoo, 2333 Oak St.**

**HONEY, I SHRUNK THE TRASH | NOVEMBER 13**

Go green as you shrink the 5 lbs. of solid waste you generate each day (according to the EPA) by learning how to make the most of the stuff you haul out to the curb every week. We’re talking about more than recycling newspapers and aluminum cans. Chances are you are throwing away plastic containers, cardboard, glass and office supplies that can be recycled and reused. We’ll also discuss disposal of hazardous household items. By taking the time to learn more about the recycling resources available in Manhattan, you can cut your trash generation by a third. Make trash count for something by recycling.

**Instructors:** Ron and Linda Madl. Ron is a member of the Recycle Committee at KSU. Linda is formerly a technical writer for the Dept. of Environment and Safety at Ft. Riley.

**Thursday, 7-8:30 pm | UFM Multipurpose Room**

Classes are free unless fee noted in description. Please notify UFM if you are unable to attend class.
UFM SOLAR ADDITION: RENEWING OUR COMMITMENT TO CREATING ALTERNATIVE RENEWABLE ENERGY

UFM has just completed the installation of a 15 PV array. This number of solar cells will generate up to 3,000 watts of electricity. That is enough to provide enough energy to completely power an average home. UFM’s array will be the first small organization to be grid-connected in the state of Kansas. That means that if UFM’s array produces more energy than the organization can use, the extra will flow back into the electrical lines for use by others in the community.

Photovoltaic cells, also known as solar cells, convert energy from the sun into electricity. Solar cells are constructed of silicon layered between glass. Charged particles in the cell create the energy. Generally photovoltaics (PV) are connected in multiples to form an array.

Solar cells produce direct current electricity from light, which can be used to power equipment or to recharge a battery. The solar cells produce DC current. An inverter is required to convert the power to AC current for use in a home.

UFM’s 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 with facilities that can accommodate special populations; and to provide community meeting and classroom space.

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 12 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. DON’T RUN WATER WHILE BRUSHING TEETH
11. TURN OFF LIGHTS WHEN YOU LEAVE THE ROOM
12. ALWAYS REDUCE, REUSE AND RECYCLE!!!
Paula Allen has been an ‘activist with a camera’ for more than two decades. She has concentrated on photographing women around the world in their courageous and often invisible confrontations with violence and oppression. Allen has documented women’s determination in the pursuit of freedom, truth and justice. Her photographs have been widely published in The New York Times Magazine, Newsweek, U.S. News and World Report, The London Independent Magazine, Paris Match, Art in America, Mother Jones, O, The Oprah Magazine, People, and Marie Claire, among others.

For more information on Lou Douglas Lectures, call UFM at 539.8763 or visit UFM’s website: www.tryufm.org

Movies on the Grass

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 24 and September 7, 14 and 21 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.

For more information contact Donna Schenck-Hamlin at 532.7454 or donnash@ksu.edu

- MOVIES ON THE GRASS -

Aug. 24  Hacking Democracy
Sept. 7   I Know I’m Not Alone
Sept. 14  King Corn
Sept. 21  Darwin’s Nightmare

Will Your Vote Count on November 4, 2008?
Follow up to “Hacking Democracy”
Sept. 15 & 22 (Mon), 7-9 pm
UFM Solar Addition, 1221 Thurston
Class participants will learn a little bit about and discuss the following: the history of electronic voting and issues associated with it.
Facilitator: Debbie Nuss

How Sweet It Is!
Sept. 17 (Wed), 6:30-8 pm
UFM Solar Addition, 1221 Thurston
Watch “King Corn” at Movies on the Grass on Sept. 14, then join the discussion of “King Corn”, plus an informational tour and sampling of sweetener alternatives with Martha Seaton & Cathy Benco.
Tae Kwon Do 08CMA01Z
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: 08/26/2008 to 12/11/2008 (Tu/Th)
Time: 7:00 PM to 8:00 PM
Fee: $72.00
Location: KSU-Ahearn Fieldhouse

Basic White Phoenix Systems 08CMA03
The White Phoenix System is a self-defense oriented martial art. In this class we will work on basic Kung Fu solo techniques such as stances, blocks, kicks, punches and strikes plus 20 Jujutsu two-person self-defense techniques. This is a basic class that will give the student a foundation for further study.
Instructor: Stan Wilson

Stan Wilson has been doing martial arts for 38 years. He has black sashes in Pai Lum Kung Fu, Zee Do Lum Kung Fu, and Mew Hing’s 19 Taist Palm Kung Fu. He has a black belt in Hakkoryu Jujutsu. He has been writing books and produced videos dealing with the martial arts for 20 years and has a massive library dealing with the martial arts and self-defense. He is the founder of the White Phoenix System.

Date: 09/09/2008 to 11/17/2008 (M)
Time: 6:30 PM to 7:30 PM
Fee: $58.00
Location: KSU-Ahearn Fieldhouse

Advanced White Phoenix System 08CMA06
This class is open to anyone who has some experience in both the striking and grappling aspects of the martial arts. What we will work on depends on the needs of the students who sign up for the class. Advanced work in the WPS includes dynamic tension forms to build strength, two-person techniques for self-defense knowledge and solo forms for both exercise and self-defense skill.
Instructor: Stan Wilson

Date: 09/09/2008 to 11/17/2008 (W)
Time: 7:30 PM to 8:30 PM
Fee: $58.00
Location: KSU-Ahearn Fieldhouse

Aikijutsu and Self-Defense 08CMA11
This class will work on falling without getting hurt, the basic waza (techniques) of Hakkoryu (aiki) Jujutsu. Hakkosen solo walking exercises, and 20 Jujutsu self-defense techniques. Aikijutsu is a method of self-defense that uses the extension of the defenders energy in executing the techniques. The student should wear loose comfortable clothing.
Instructor: Stan Wilson

Date: 09/10/2008 to 11/19/2008 (W)
Time: 7:00 PM to 8:00 PM
Fee: $62.00
Location: KSU-Ahearn Fieldhouse

Lao Hu Pai Kung Fu 08CMA05
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 china) 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 22 years. He has black certificates in Lao Hu Pai Kung Fu, Won Hop Loong Chuan Kung Fu and Goshin Aikijutsu. He has other trainings in Vovinam Viet Vo Dao, Shaolin Long Fist and Praying Mantis Kung Fu.

Date: 09/03/2008 to 12/10/2008 (W)
Time: 6:00 PM to 8:00 PM
Fee: $62.00
Location: KSU-Ahearn Fieldhouse

Karate & Self-Defense (Adults & Youth) 08CMA10
Classes are structured to provide mental and physical coordination. Training is divided into 3 major areas: basic motion (“Kihon”) with study of the fundamental technique, forms and pattern of movements and techniques that demonstrate physical/combative principles and sparring (“Kumite”). No matter your current situation, you will be guided by step-by-step and shown exactly how to achieve Karate success. Class is for both adults and youth (ages 4+). Class will meet on the north end of Ahearn Fieldhouse, close to College Heights St.
Instructor: Habib Diop, hdio@ksu.edu

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

Date: 09/23/2008 to 10/16/2008 (Tu/Th)
Time: 6:00 PM to 7:00 PM
Fee: $51.00
Location: KSU-Ahearn Fieldhouse

Karate I 08CMA08Z
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: 08/26/2008 to 12/11/2008 (Tu/Th)
Time: 8:00 PM to 9:00 PM
Fee: $72.00
Location: KSU-Ahearn Room 302

Karate II 08CMA09Z
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: 08/26/2008 to 12/11/2008 (Tu/Th)
Time: 9:00 PM to 10:00 PM
Fee: $72.00
Location: KSU-Ahearn Room 302

Lao Hu Pai Kung Fu 08CMA05
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Instructor: Dr. Michael Tran, mtrandpm@hotmail.com

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Date: 09/03/2008 to 12/10/2008 (W)
Time: 6:00 PM to 8:00 PM
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Judo I 08CMA08Z
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Instructor: Isaac Wakabayashi

Date: 08/26/2008 to 12/11/2008 (Tu/Th)
Time: 9:00 PM to 10:00 PM
Fee: $72.00
Location: KSU-Ahearn Room 302

Karate & Self-Defense (Adults & Youth) 08CMA10
Classes are structured to provide mental and physical coordination. Training is divided into 3 major areas: basic motion (“Kihon”) with study of the fundamental technique, forms and pattern of movements and techniques that demonstrate physical/combative principles and sparring (“Kumite”). No matter your current situation, you will be guided by step-by-step and shown exactly how to achieve Karate success. Class is for both adults and youth (ages 4+). Class will meet on the north end of Ahearn Fieldhouse, close to College Heights St.
Instructor: Habib Diop, hdio@ksu.edu

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

Date: 09/23/2008 to 10/16/2008 (Tu/Th)
Time: 6:00 PM to 7:00 PM
Fee: $51.00
Location: KSU-Ahearn Fieldhouse

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Philosophy of Gurdjieff & Ouspensky 08CPI08

Explore the psychological system of the two Russian philosophers and teachers: Gurdjieff and Ouspensky. Their philosophy seeks to join Eastern traditions with Western needs by emphasizing a system of self-development grounded in verification through personal exercises, discussion and reading aloud from Ouspensky’s Psychology of Man’s Possible Evolution.

Instructor: David Seamon

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

Date: 09/11/2008 to 10/30/2008 (Th)
Time: 7:30 PM to 9:00 PM
Fee: $19.00
Location: UFM Solar Addition 1221 Thurston St.

Sound, Recording and Production 08CPI15

The second training FHCR project course will focus on the technical side of producing a segment for broadcast, how to interview using a recording, editing and sound effects. Participants will need to download freeware Audacity to their computers (Mac or PC platforms). Students must have taken Intro to Citizen Journalism.

Instructor: Dave MacFarland

Date: 09/03/2008 to 09/24/2008 (W)
Time: 7:00 PM to 10:00 PM
Fee: No Charge
Location: UFM Conference Room 1221 Thurston St., 2nd floor

Will Your Vote Count on November 4, 2008? 08CPI16

Are you losing faith in our electoral process? Do you wonder whether your vote counts? Do you think our elections are as accurate as they should be? Class participants will learn a little bit about and discuss the following: the history of electronic voting and issues associated with it. Please attend Movies on the Grass series movie, “Hacking Democracy” on August 24 at Hale Library, then come to class for further discussion.

Instructor: Debbie Nuss, (785) 537-7519
deb@debnuss.net
Debbie has been a member of the League of Women Voters since 1991 and served as president of the League of Women Voters of Manhattan/Riley County from 2002-2004.

Date: 09/15/2008 to 09/22/2008 (M)
Time: 7:00 PM to 9:00 PM
Fee: No Charge
Location: UFM Solar Addition 1221 Thurston St.

Flashback to Manhattan & Riley County in 1968 08CPI48

1968 was a most momentous year, locally and nationally. Join us for a discussion of the pivotal happenings of that year. Learn about the events that influence us even today. Incidentally, UFM was founded in 1968; we are celebrating our 40th anniversary this year. Participants may bring items from this period or wear clothing from this era if you wish!

Instructor: Cheryl Collins

Date: 11/10/2008 (M)
Time: 7:00 PM to 9:00 PM
Fee: No Charge
Location: Riley Co. Historical Museum 2309 Clflain Rd.

How Sweet It Is! 08CPI49

Watch “King Corn” at Movies on the Grass on Sept. 14, then join the discussion of “King Corn”, plus an informational tour and sampling of sweetener alternatives.

Instructor: Martha Seaton & Cathy Benco

Martha Seaton is a life-time educator, currently substitute teaching for USD 383. She is a former graduate of KSU and is currently serving on the Education Committee for PGDC.

Cathy Benco is a KSU student finishing degrees in Dietetics and Public Health. She is evening store manager at People’s Grocery and has served on the Education Committee for People’s Grocery & Deli Cooperative.

Date: 09/17/2008 (W)
Time: 6:30 PM to 8:00 PM
Fee: No Charge
Location: UFM Solar Addition 1221 Thurston St.

Clutter Clearing 08CPI22

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

Instructors: Kate Cashman, (785) 537-1911 & Elizabeth Jankord

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

Date: 09/03/2008 to 09/17/2008 (W)
Time: 7:00 PM to 9:00 PM
Fee: $35.00
Location: 1421 Colorado Street

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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Ballroom Dance 08CRF13A
Come dance with us! If you want to learn to dance with a partner, plan to attend a wedding, or you just want to brush up on your steps, this class is for you. Swing, foxtrot, waltz, and Latin dancing are just a few of the steps you will learn. Come experience the elegant world of Ballroom Dance. Learn something new each time you enroll! Partners are not necessary; however if enrolling as couple, each partner needs to register and pay individually for both names to appear on the roster.
Instructor: Rebecca Hickert
rebeccaschippers@gmail.com
Date: 09/05/2008 to 10/10/2008 (F)
Time: 7:15 PM to 8:15 PM
Fee: Individual/$42.00
Location: Cross Roads, ECM, 1021 Denison Ave. across from KSU Engineering complex

Ballroom Dance 08CRF13B
Instructor: Rebecca Hickert
rebeccaschippers@gmail.com
Date: 10/17/2008 to 11/21/2008 (F)
Time: 7:15 PM to 8:15 PM
Fee: Individual/$42.00
Location: Cross Roads, ECM, 1021 Denison Ave.

Swing & Salsa Dance 08CRF27A
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. No prior dance experience is required! Having fun is the only requirement. Wear comfortable clothing and non-stick shoes. Learn something new each time you enroll! Partners are not necessary; however if enrolling as couple, each partner needs to register and pay individually for both names to appear on the roster.
Instructor: Rebecca Hickert
rebeccaschippers@gmail.com
Date: 09/05/2008 to 10/10/2008 (F)
Time: 8:30 PM to 9:30 PM
Fee: Individual/$42.00
Location: Cross Roads, ECM, 1021 Denison Ave.

Swing & Salsa Dance 08CRF27AZ
Instructor: Rebecca Hickert
rebeccaschippers@gmail.com
Date: 08/26/2008 to 12/09/2008 (Tu)
Time: 7:00 PM to 8:00 PM
Fee: Individual/$72.00
Location: Cross Roads, ECM, 1021 Denison Ave.

Beginning Dance for Couples 08CRF38A
"For Couples Only!" Bring your partner and HAVE FUN learning how to dance to rhythms of Foxtrot, Swing, and Latin. This class is designed for beginning dancers who wish to learn how to dance with their partners and for intermediate or experienced dancers who wish to spend time dancing with that "special someone". Learn something new each time you enroll! A partner is required for this class. Each partner needs to register and pay individually for both names to appear on the roster.
Instructor: Rebecca Hickert
rebeccaschippers@gmail.com
Date: 09/05/2008 to 10/10/2008 (F)
Time: 6:00 PM to 7:00 PM
Fee: Individual/$42.00
Location: Cross Roads, ECM, 1021 Denison Ave. across from KSU Engineering complex

Beginning Dance for Couples 08CRF38B
Instructor: Rebecca Hickert
rebeccaschippers@gmail.com
Date: 10/17/2008 to 11/21/2008 (F)
Time: 6:00 PM to 7:00 PM
Fee: Individual/$42.00
Location: Cross Roads, ECM, 1021 Denison Ave.

Introduction to Golf 08CRF04A
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: 08/28/2008 to 09/18/2008 (Th)
Time: 6:30 PM to 7:30 PM
Fee: $36.00
Location: Stagg Hill Golf Club
4441 Fort Riley Blvd.

Swing & Salsa Dance 08CRF27B
Instructor: Rebecca Hickert
rebeccaschippers@gmail.com
Date: 10/17/2008 to 11/21/2008 (F)
Time: 8:30 PM to 9:30 PM
Fee: Individual/$42.00
Location: Cross Roads, ECM, 1021 Denison Ave.

Zumba Dance 08CRF08A
Zumba is a fusion of Latin and other International music - a dance theme that creates a dynamic, exciting, effective fitness system! It is based on the principle that a workout should be "FUN AND EASY TO DO" allowing Zumba participants to stick to the Zumba Fitness program and achieve long-term health benefits. Ages 13 and up.
Instructor: Elsa Toburen, (785) 494-2836
elsatob@hotmail.com
Elsa Toburen was born and raised in Tarapoto, Peru. She grew up listening to Latin music. Her mother is a Peruvian folk dancer. She became a Zumba instructor in 2007. She loves Zumba because it gives her a way to express her passion for Latin dance and at the same time, teach others her passion and help them get fit.
Date: 09/02/2008 to 09/26/2008 (Tu/F)
Time: 5:30 PM to 6:30 PM
Fee: $54.00
Location: KSU Aheim Room 302

Zumba Dance 08CRF08B
Instructor: Elsa Toburen, (785) 494-2836
elsatob@hotmail.com
Date: 09/30/2008 to 10/24/2008 (Tu/F)
Time: 5:30 PM to 6:30 PM
Fee: $54.00
Location: KSU Aheim Room 302

Zumba Dance 08CRF08C
Instructor: Elsa Toburen, (785) 494-2836
elsatob@hotmail.com
Date: 11/05/2008 to 12/03/2008 (W/M)
(Time class 11/26)
Time: 5:30 PM to 6:30 PM
Fee: $54.00
Location: KSU Aheim Room 302

Introduction to Golf 08CRF04B
Instructor: Jim Gregory, (785) 539-1041
Date: 09/25/2008 to 10/16/2008 (Th)
Time: 6:00 PM to 7:00 PM
Fee: $36.00
Location: Stagg Hill Golf Club
4441 Fort Riley Blvd.

Zumba Dance 08CRF08A
Instructor: Elsa Toburen, (785) 494-2836
elsatob@hotmail.com
Elsa Toburen was born and raised in Tarapoto, Peru. She grew up listening to Latin music. Her mother is a Peruvian folk dancer. She became a Zumba instructor in 2007. She loves Zumba because it gives her a way to express her passion for Latin dance and at the same time, teach others her passion and help them get fit.
Date: 09/02/2008 to 09/26/2008 (Tu/F)
Time: 5:30 PM to 6:30 PM
Fee: $54.00
Location: KSU Aheim Room 302

Zumba Dance 08CRF08B
Instructor: Elsa Toburen, (785) 494-2836
elsatob@hotmail.com
Date: 09/30/2008 to 10/24/2008 (Tu/F)
Time: 5:30 PM to 6:30 PM
Fee: $54.00
Location: KSU Aheim Room 302

Zumba Dance 08CRF08C
Instructor: Elsa Toburen, (785) 494-2836
elsatob@hotmail.com
Date: 11/05/2008 to 12/03/2008 (W/M)
(Time class 11/26)
Time: 5:30 PM to 6:30 PM
Fee: $54.00
Location: KSU Aheim Room 302

Recreation Classes for Children are listed in Youth & Aquatics Sections
Intermediate Belly Dance 08CRF10
Come and get your shimmy on! This class will take you beyond the basics of Belly Dance by teaching you how to layer moves together and to find grace and fluidity in your dancing. New skills will also be covered, such as zills (or finger cymbals) and dancing with a veil. Student must have at least one session of Beginning Belly Dance or equivalent.
Instructor: Lisa (Gaitri) McNeil, (785) 565-3466 bellydancerbarbie@hotmail.com
Lisa “Gaitri” McNeil has been teaching belly dance for the past 8 years. In 2001, she joined the dance department at K-State and spent 4 years studying modern dance, various forms of improvisation, and choreography. In that time she also began to informally study Belly Dancing and has since immersed herself in this ancient art form by studying with national starts such as Morocco, Jillina, Meera and Sharon Khaira. Lisa has been teaching belly dance for 4 years and is dedicated to sharing her passion with others.
Date: 09/08/2008 to 12/08/2008 (M) (No class 10/6, 11/24)
Time: 6:00 PM to 7:00 PM
Fee: $96.00
Location: International Student Center, KSU
Corner of Midcampus Drive and Claflin

Professional Dance Troupe 08CRF152
This is a rehearsal time for the Eyes of Bastet Belly Dance Troupe. We will review choreographies in order to prepare for upcoming performances. Students must contact instructor to receive permission to enroll for this course.
Instructor: Lisa (Gaitri) McNeil, (785) 565-3466 bellydancerbarbie@hotmail.com
Date: 09/08/2008 to 12/08/2008 (M) (No class 10/6, 11/24)
Time: 8:10 PM to 8:40 PM
Fee: $48.00
Location: International Student Center, KSU
Corner of Midcampus Drive and Claflin

Bicycling for Transportation, Fitness & Fun 08CRF13
Cycling is one of the most basic and efficient forms of transportation, and a fantastic form of exercise. With the price of gasoline climbing higher and higher, more people are looking to their bicycles for short trips around town. This class will help you gain the skill and knowledge to feel confident using a bike to commute, increase your fitness, and to have a great time no matter what the weather is doing. Classes will take place on and off the bike, and will cover safety considerations, rules of the road, basic mechanical skills, equipment considerations, bike handling skills, best routes of travel, and training for fitness. At a minimum, participants need a bicycle in good working condition, a helmet, a spare tube, and tire levers.
Instructor: Ric Rosenkranz, (785) 317-5751 trirosenkranz@hotmail.com
Ric Rosenkranz has been a bicycling commuter for over 5 years, owns four bikes, and prefers cycling over driving any day. Ric is also a former professional triathlete and triathlon coach holding a Level III elite license with USA Triathlon.
Date: 09/03/2008 to 09/17/2008 (W) (No class 10/6, 11/24)
Time: 6:00 PM to 7:30 PM
Fee: $40.00
Location: UFM Fireplace Room
1221 Thurston St.

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

Goodnow House Museum 2309 Clflnin
• Home of Issac Goodnow (founder of KSU and Manhattan)
• Free state advocate
• Educator (common school to college)
• A State Historic Site
Call 565-6490 for Hours

Wolf House Museum 630 Fremont
• 1868 stone home also served as a boarding house
• Furnished with period antiques
• Special exhibits Victorian Manhattan: Life in 1885 1:00-5:00 Saturday 2:00-5:00 Sunday and by appointment

For more information, call 565-6490

Recreation & Fitness Continued

Beginning Belly Dance 08CRF09A
This course will cover the fundamentals of Middle Eastern Dance, more commonly known as Belly Dance. It will include basic moves such as hip and rib isolations, traditional arm moves, undulations and traveling steps. You will also learn a fun choreography to put all the moves together! Please wear comfortable clothing and be prepared to have fun!
Instructor: Michelle (Mahlika) Selm, (785) 643-9287 mikeselm@gmail.com
Michelle “Mahlika” Selm was introduced to Belly Dance during high school, but truly immersed herself in the art as an alternative form of physical therapy. She also loves the stress relief inherent in this art form and dances for fun and relaxation.
Date: 09/10/2008 to 12/03/2008 (W) (No class 11/26)
Time: 8:00 PM to 9:00 PM
Fee: $96.00
Location: International Student Center, KSU
Corner of Midcampus Drive and Claflin

Beginning Belly Dance 08CRF09B
Instructor: Amanda “Inara” Ratziaff, (620) 664-4152 aireland@ksu.edu
Amanda “Inara” Ratziaff has been dancing since she was in grade school and has studied many different forms. She has been studying Belly Dance formally for 3 years and wants to share her passion for it with everyone around her.
Date: 09/11/2008 to 12/04/2008 (Th) (No class 11/27)
Time: 7:30 PM to 8:30 PM
Fee: $96.00
Location: International Student Center, KSU Corner of Midcampus Drive and Claflin

Advanced Belly Dance 08CRF11
In this class, we will not only learn advanced moves, but will also delve into more specialized areas of Belly Dance. Topics may include: Gypsy, drum solos, advanced zills, double veil, sword balancing, and oh so much more! Be prepared to challenge yourself as we explore the many sides of Belly Dance! Student must have at least one session in Intermediate Belly Dance or equivalent.
Instructor: Lisa (Gaitri) McNeil, (785) 565-3466 bellydancerbarbie@hotmail.com
Date: 09/08/2008 to 12/08/2008 (M) (No class 10/6, 11/24)
Time: 7:05 PM to 8:05 PM
Fee: $96.00
Location: International Student Center, KSU Corner of Midcampus Drive and Claflin

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Yoga-Pilates 08CRF142AZ
Yoga-Pilates is a hybrid class combining both yoga and pilates. You will learn about the different types of yoga and various poses with their beginner and more advanced positions. Pilates is a series of exercises or poses that are connected in a particular way to increase circulation and flexibility. Learn what the “powerhouse” is as we strengthen our backs and abdominals. A sticky mat is recommended but not required. Please wear comfortable clothes that will not restrict movement and try not to eat 2 hours before class (a small snack is OK).
Instructor: Diana Knox, (785) 539-7095, dknox@ksu.edu

Yoga-Pilates 08CRF142AZ
Instructor: Diana Knox, (785) 539-7095, dknox@ksu.edu
Date: 08/25/2008 to 10/15/2008 (M/W)
Time: Noon to 1:00 PM
Fee: $75.00
Location: Pro Fitness, 1125 Laramie St.

Pilates 08CRF153AZ
This course is designed to introduce the student to the background, terminology, poses, principles and benefits of pilates. Emphasis will be on how to correctly practice this discipline safely for all levels of experience.
Instructor: Diana Knox, (785) 539-7095
Date: 08/25/2008 to 10/15/2008 (M/W)
Time: 10:30 AM to 11:40 AM
Fee: $75.00
Location: Pro Fitness, 1125 Laramie St.

Boxing 08CRF14AZ
Intermediate Boxing 08CRF54B
Intermediate Boxing is physically and mentally demanding. Students will train in the sport of USA Olympic Style Boxing. It is a continuation of Boxing. Instructor permission required.
Instructor: Lorissa Ridley-Fink, (785) 341-1708
Date: 08/25/2008 to 10/15/2008 (M/W)
Time: 7:30 PM to 8:30 PM
Fee: $148.00
Location: K.O. Boxing, 2303 Tuttle Creek Blvd
Blue Hills Shopping Center

Intermediate Boxing 08CRF54C
Instructor: Lorissa Ridley-Fink, (785) 341-1708
Date: 08/26/2008 to 10/16/2008 (Tu/Th)
Time: 7:30 PM to 8:30 PM
Fee: $148.00
Location: K.O. Boxing, 2303 Tuttle Creek Blvd
Blue Hills Shopping Center

Intermediate Boxing 08CRF54D
Instructor: Lorissa Ridley-Fink, (785) 341-1708
Date: 08/26/2008 to 10/16/2008 (Tu/Th)
Time: 8:30 PM to 9:30 PM
Fee: $148.00
Location: K.O. Boxing, 2303 Tuttle Creek Blvd
Blue Hills Shopping Center

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Intermediate Boxing  08CRF54E
Instructor: Lorissa Ridley-Fink D: (785) 341-1708
koboxer@sbcglobal.net
Date:  10/20/2008 to 12/10/2008 (MW)
Time:  7:30 PM to 8:30 PM
Fee:   $148.00
Location:  K.O. Boxing, 2303 Tuttle Creek Blvd
Blue Hills Shopping Center

Intermediate Boxing  08CRF54F
Instructor: Lorissa Ridley-Fink, (785) 341-1708
koboxer@sbcglobal.net
Date:  10/20/2008 to 12/10/2008 (MW)
Time:  8:30 PM to 9:30 PM
Fee:   $148.00
Location:  K.O. Boxing, 2303 Tuttle Creek Blvd
Blue Hills Shopping Center

Intermediate Boxing  08CRF54G
Instructor: Lorissa Ridley-Fink, (785) 341-1708
koboxer@sbcglobal.net
Date:  10/21/2008 to 12/11/2008 (Tu/Th)
Time:  7:30 PM to 8:30 PM
Fee:   $148.00
Location:  K.O. Boxing, 2303 Tuttle Creek Blvd
Blue Hills Shopping Center

Intermediate Boxing  08CRF54H
Instructor: Lorissa Ridley-Fink, (785) 341-1708
koboxer@sbcglobal.net
Date:  10/21/2008 to 12/11/2008 (Tu/Th)
Time:  8:30 PM to 9:30 PM
Fee:   $148.00
Location:  K.O. Boxing, 2303 Tuttle Creek Blvd
Blue Hills Shopping Center

Abso “Glutely” Hard Core Fit (Ages 16+)
  08CRF63A
Learn how to transform your glutes, thighs, hips and abs. Train in a safe comfortable and non-threatening environment with K.O. professional trainers. K.O. trainers are dedicated to helping individuals of all ages, shapes and sizes transform their bodies, minds, hearts and self-confidence into a healthy state. Weight Lifting, Kickboxing, Core Ball, Athletic Yoga and more. The fitness program is designed to pursue excellence in the fitness industry with the most creative and advanced techniques. Work at your own level and propel your personal fitness goals as far as you wish to go.
Instructor: Lorissa Ridley-Fink, (785) 341-1708
koboxer@sbcglobal.net
Date:  08/26/2008 to 10/16/2008 (Tu/Th)
Time:  6:30 PM to 7:30 PM
Fee:   $148.00
Location:  K.O. Boxing, 2303 Tuttle Creek Blvd
Blue Hills Shopping Center

Abso “Glutely” Hard Core Fit (Ages 16+)
  08CRF63B
Instructor: Lorissa Ridley-Fink, (785) 341-1708
koboxer@sbcglobal.net
Date:  10/21/2008 to 12/11/2008 (Tu/Th)
Time:  6:30 PM to 7:30 PM
Fee:   $148.00
Location:  K.O. Boxing, 2303 Tuttle Creek Blvd
Blue Hills Shopping Center

Choreography L.A. (Ages 16+)
  08CRF74A
Choreography Lyric Association is for women and men alike who have the desire to learn how to dance in a comfortable environment. Whether you are a beginner or advanced dancer, this course will allow you to discover your creative side. Pursue your dance and fitness goals thru hip hop, line dance, funk and creative style movement.
Instructor: Lorissa Ridley-Fink, (785) 341-1708
koboxer@sbcglobal.net
Date:  08/27/2008 to 10/15/2008 (W)
Time:  5:30 PM to 6:30 PM
Fee:   $98.00
Location:  K.O. Boxing, 2303 Tuttle Creek Blvd
Blue Hills Shopping Center

Choreography L.A. (Ages 16+)
  08CRF74B
Instructor: Lorissa Ridley-Fink, (785) 341-1708
koboxer@sbcglobal.net
Date:  10/22/2008 to 12/17/2008 (W)
Time:  5:30 PM to 6:30 PM
Fee:   $98.00
Location:  K.O. Boxing, 2303 Tuttle Creek Blvd
Blue Hills Shopping Center

Tennis
  08CRF19AZ
The focus of this tennis class will be to introduce the proper technique of each tennis stroke. Scoring, rules, single and doubles formations, shot selection, and match play will also be covered. Come enjoy the “Sport of a Lifetime.” All players must wear appropriate tennis shoes (no running shoes) and comfortable workout attire. Students must provide their own tennis rackets.
Instructor: Bill Fraley
Date:  09/09/2008 to 11/18/2008 (Tu)
Time:  1:30 PM to 3:00 PM
Fee:   $82.00
Location:  3615 Claflin Road
Cotton Wood Racquet Club

Tennis
  08CRF19BZ
Instructor: Bill Fraley
Date:  09/10/2008 to 11/19/2008 (W)
Time:  1:30 PM to 3:00 PM
Fee:   $82.00
Location:  3615 Claflin Road
Cotton Wood Racquet Club

Beginning Fencing
  08CRF21Z
Beginning fencing is an introduction to the fundamentals of modern sport fencing. Of the three weapon types (foil, epee, sabre) sanctioned in international competitions, only foil is taught in beginning fencing. Fencing entails progressive conditioning of the shoulders, lower torso and legs along with fine motor enhancement of the fingers and wrists. Understanding fencing has wide application off the strip-integrating diplomacy, aggression, speed and skill.
Instructor: Jeff Gwirtz
Date:  08/25/2008 to 12/01/2008 (M)
Time:  6:00 PM to 7:30 PM
Fee:   Own equipment/ $52.00
Use instructors/$82.00
Location:  KSU Ahearn Room 302

Tennis
  08CRF19BZ
Instructor: Bill Fraley
Date:  09/09/2008 to 11/18/2008 (Tu)
Time:  1:30 PM to 3:00 PM
Fee:   $82.00
Location:  3615 Claflin Road
Cotton Wood Racquet Club

BEGINNING FENCING

Begining fencing is an introduction to the fundamentals of modern sport fencing. Of the three weapon types (foil, epee, sabre) sanctioned in international competitions, only foil is taught in beginning fencing. Fencing entails progressive conditioning of the shoulders, lower torso and legs along with fine motor enhancement of the fingers and wrists. Understanding fencing has wide application off the strip-integrating diplomacy, aggression, speed and skill.
Instructor: Jeff Gwirtz
Date:  08/25/2008 to 12/01/2008 (M)
Time:  6:00 PM to 7:30 PM
Fee:   Own equipment/ $52.00
Use instructors/$82.00
Location:  KSU Ahearn Fieldhouse

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!
Intermediate Fencing 08CRF22Z
Intermediate fencing continues with the concepts presented in beginning foil fencing. Emphasis is on technique refinement, theory of attack, and scoring.
Instructor: Jeff Gwirtz
Date: 08/25/2008 to 10/28/2008 (M)
Time: 7:30 PM to 9:00 PM
Fee: Own equipment $52.00 Use instruction $32.00
Location: KSU-Ahearn Fieldhouse

Marathon Training 08CRF68
If you have ever wanted to finish a marathon or run a personal best, but didn't know how to begin or train, this is the class for you! This class will cover setting a marathon goal, designing a marathon schedule, selecting a marathon, nutrition, hydration, weather, prerace routines and postrace recovery. The course structure will consist of classroom lectures, discussions and some running. This course is recommended for individuals that have been running at least 30 minutes per day, 4-7 days per week for 6 weeks. You must be able to run at least 6 miles the first week of class. Classroom will meet Tuesday from 6-7 pm at UFM's Multipurpose Room, 1221 Thurston and work outs will be Thursday from 6-7 pm at Ahearn Field House Indoor Track.
Instructor: Dan Boyle, (785) 352-6647, dboyle@ksu.edu

Let's Get Running! 08CRF72
If you have ever wanted to start running, but didn't know how to begin, this is the class for you! This training program is designed for people who have never run before, those who may have tried to run, then stopped, and those who used to run and want to begin again. The program starts with walking/running workouts with a goal to run continuously for 30 minutes or 5 km by the end of the 6 week program. The overall objective of this course is to provide a running environment where you are encouraged, inspired, and learn how to incorporate a running program into your lifestyle. You must have the physical ability to begin a program based on walking and running.
Instructor: Dan Boyle, (785) 352-6647, dboyle@ksu.edu

Canoe Camping 08CRF53Z
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 will cover topics like planning, wet-condition packing, navigation, specialized gear requirements, how paddling changes when paddling loaded canoes, focused safety issues, etc - all topics that people need to be proficient in before venturing out on their own canoe camping trips.
Instructor: Steve Spencer, quietwater@wildblue.net
Date: 11/09/2008 to 11/09/2008 (Sa/Su)
Time: 8:00 AM to 5:00 PM
Fee: $101.00
Location: Natatorium, KSU campus

Golf in Junction City 08CRF30AZ
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: 08/26/2008 to 10/14/2008 (Tu)
Time: 5:00 PM to 7:00 PM
Fee: $132.00
Location: Rolling Meadows Golf Course
6514 Old Millford Rd., Junction City

Golf in Junction City 08CRF30BZ
Instructor: Jim Peterson
Date: 08/27/2008 to 10/15/2008 (W)
Time: 5:00 PM to 7:00 PM
Fee: $132.00
Location: Rolling Meadows Golf Course
6514 Old Millford Rd., Junction City

Archery Instructor Training & Certification 08CRF37Z
In this Level I Basic Training and Certification archery program you will learn how to set up and operate a safe short-term archery program, how to teach new archers, how to maintain your equipment, and how to create fun games for your new archers. The required NADA textbook will be available for purchase for the instructor at the first class meeting.
Instructor: Tom Korte, (785) 494-8889
Date: 09/29/2008 to 11/24/2008 (M)
Time: 7:00 PM to 8:45 PM
Fee: $96.00
Location: Archery Range, 8330 East HWY 24

Adult Ballet 08CRF71A
This is a ballet class that is challenging and fun for teens or adults looking to learn or refresh an enjoyment of classical ballet. Intermediate and advanced students welcome! We'll work on body placement, technique at the barre, and center exercises including turns, jumps and leaps. Ballet slippers are recommended, but socks are fine.
Instructor: Alison Watson, (816) 522-5028 awatson421@gmail.com
Alison has studied dance and performed her own dance choreography in Siracusa, Sicily and in Times Square in New York. After graduating with a Bachelor of Arts degree, she enrolled in a professional dance program in Kansas City.
Date: 10/06/2008 to 10/29/2008 (Tu/Th)
Time: 4:30 PM to 5:30 PM
Fee: 1 time per week $46.00 2X per week for $82.00
Location: UFM Banquet Room
1221 Thurston St.

Adult Ballet 08CRF71B
Instructor: Alison Watson, (816) 522-5028 awatson421@gmail.com
Date: 11/16/2008 to 10/09/2008 (Tu/Th)
Time: 4:30 PM to 5:30 PM
Fee: 1 time per week $46.00 2X per week for $82.00
Location: UFM Banquet Room
1221 Thurston St.

Adult Ballet 08CRF71C
Instructor: Alison Watson, (816) 522-5028 awatson421@gmail.com
Date: 11/11/2008 to 12/11/2008 (Tu/Th)
Time: 4:30 PM to 5:30 PM
Fee: 1 time per week $46.00 2X per week for $82.00
Location: UFM Banquet Room
1221 Thurston St.

Let's Get Running! 08CRF72
If you have ever wanted to start running, but didn't know how to begin, this is the class for you! This training program is designed for people who have never run before, those who may have tried to run, then stopped, and those who used to run and want to begin again. The program starts with walking/running workouts with a goal to run continuously for 30 minutes or 5 km by the end of the 6 week program. The overall objective of this course is to provide a running environment where you are encouraged, inspired, and learn how to incorporate a running program into your lifestyle. You must have the physical ability to begin a program based on walking and running.
Instructor: Dan Boyle, (785) 352-6647, dboyle@ksu.edu
Date: 09/03/2008 to 10/15/2008 (W/F/M)
Time: 6:00 PM to 7:00 PM
Fee: $145.00
Location: KSU-Ahearn Field House Indoor Track

The Morning Star Bed & Breakfast
“Exceptional Accommodations in the Heart of Manhattan”
785-587-9703 www.morningstaronthepark.com
Full Body Jams  
08CRF77A
Simple dance combinations guaranteed to challenge your brain and your feet. The movements in this up-beat, rhythm-based class also target abdominals, arms, thighs, and gluts to activate fat burning in these areas that will last long after the class is over! So much fun, you'll forget you're getting in shape! Recommended for at least teen or college-aged students, but all ages and levels are welcome.
Instructor: Alison Watson, (816) 522-5028
awatson421@gmail.com

Date: 09/15/2008 to 10/08/2008 (M/W)
Time: 4:00 PM to 5:00 PM
Fee: 1 time per week $46.00
2X per week for $82.00
Location: KSU Ahearn Room 302

Full Body Jams  
08CRF77B

Instructor: Alison Watson, (816) 522-5028
awatson421@gmail.com

Date: 10/13/2008 to 11/05/2008 (M/W)
Time: 4:00 PM to 5:00 PM
Fee: 1 time per week $46.00
2X per week for $82.00
Location: KSU Ahearn Room 302

Full Body Jams  
08CRF77C

Instructor: Alison Watson, (816) 522-5028
awatson421@gmail.com

Date: 11/10/2008 to 12/10/2008 (M/W)
(No class 11/24, 11/26)
Time: 4:00 PM to 5:00 PM
Fee: 1 time per week $46.00
2X per week for $82.00
Location: KSU Ahearn Room 302

Handwalking  
08CRF78A
Yes, you can learn to walk on your hands! This class will have three components: upper body strength drills, learning to balance your whole body, and combining the upper body strength with the balancing to actually walk on your hands. All ages are welcome to come and enjoy this class!
Instructor: Alison Watson, (816) 522-5028
awatson421@gmail.com

Date: 09/15/2008 to 10/08/2008 (M/W)
Time: 5:15 PM to 6:00 PM
Fee: 1 time per week $46.00
2X per week for $82.00
Location: KSU Ahearn Room 302

Handwalking  
08CRF78B

Instructor: Alison Watson, (816) 522-5028
awatson421@gmail.com

Date: 10/13/2008 to 11/05/2008 (M/W)
Time: 5:15 PM to 6:00 PM
Fee: 1 time per week $46.00
2X per week for $82.00
Location: KSU Ahearn Room 302

Handwalking  
08CRF78C

Instructor: Alison Watson, (816) 522-5028
awatson421@gmail.com

Date: 11/10/2008 to 12/10/2008 (M/W)
(No class 11/24, 11/26)
Time: 5:15 PM to 6:00 PM
Fee: 1 time per week $46.00
2X per week for $82.00
Location: KSU Ahearn Room 302

Intermediate/Advanced Golf in Salina  
RRES-200
This course is designed for the intermediate/advanced golfer, and will allow students to improve their existing golf skills, both physically and mentally. Students will practice improving their golf swing and short game both on the driving range and on the golf course. The first round of golf and first basket of balls are included in class fees. Students will be responsible for one round of golf and additional baskets of balls, $5.00/basket.
Instructor: Ronda Green, (785) 819-4653

Date: 08/28/2008 to 10/16/2008 (Th)
Time: 5:00 PM to 7:00 PM
Fee: $299
(Available for noncredit, RF31Z)
Location: The K-State at Salina Rec Center, 3142 Scanlan Ave.

Reference Number: 16066

Intermediate/Advanced Golf in Salina  
RRES-200

Date: 08/25/2008 to 10/27/2008 (M)
(No class 9/1, 10/6)
Time: 4:30 PM to 6:30 PM
Fee: $299
(Available for noncredit, RF06AZ)
Location: The K-State at Salina Rec Center, 3142 Scanlan Ave.

Reference Number: 16064

Intermediate/Advanced Golf in Salina  
RRES-200

Date: 09/04/2008 to 10/16/2008 (Th)
Time: 6:00 PM to 10:00 PM
Fee: $414
(Available for noncredit, AQ107Z)
Location: Salina YMCA, 570 YMCA Dr.

Reference Number: 16063

Scuba Diving in Salina  
RRES-200
This course will prepare students for NAUI Scuba Diver certification. Areas of information covered include introductory information for certification, knowledge of the equipment, physics of diving, medical problems related to diving, use of diving tables, diving environment, and general information. The date for certification will be determined at a later date. A certification fee of $75.00 will be assessed at the time of check out dives. However, neither UFM nor KSU is responsible for the certification. Travel and lodging are at the student’s expense. Students must provide their own masks, fins and snorkels which will be available for purchase at the first session, 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: 09/04/2008 to 10/16/2008 (Th)
Time: 6:00 PM to 10:00 PM
Fee: $414
(Available for noncredit, AQ107Z)
Location: Salina YMCA, 570 YMCA Dr.

Reference Number: 16063
Introduction to Nutcracker Ballet and Tap Dancing 08CY006
This beginner class is designed to teach students basic ballet steps and a dance from the Nutcracker Ballet. Basic tap steps will be introduced with a peppy routine. After the 3 lessons, students may continue dance lessons through private instruction. No dance experience or formal dance attire necessary. For girls and boys ages 4-12. NOTE: Children can be divided by age if needed. Tennis shoes can be used as tap shoes.
Instructor: Randi Dale, (785) 539-5767
Randi Dale has taught dance for 46 years. Her dance choir toured the Midwest and Europe. She is a certified teacher with a Master’s Degree in Education. In May 2008 her regular students performed the story “Nutcracker Ballet”. In the past her dancers have performed Coppelia, Alice in Wonderland and Swan Lake. Her original choreography is designed for children.
Date: 09/11/2008 to 09/25/2008 (Th)
Time: 6:15 PM to 6:45 PM
Fee: $18.00
Location: 2416 Rogers Blvd.

Karate & Self-Defense (Adults & Youth) 08CMA10
Classes are structured to provide mental and physical coordination. Training is divided into 3 major areas: basic motion (“Kihon”) with study of the fundamental technique, forms and pattern of movements and techniques that demonstrate physical/combative principles and sparring (“Kumite”). No matter your current situation, you will be guided by step-by-step and shown exactly how to achieve Karate success. Class is for both adults and youth (ages 4+). Class will meet on the north end of Ahearn Fieldhouse, close to College Heights St.
Instructor: Habib Diop, hdiop@ksu.edu
As a martial art instructor, Habib has spent 9 years teaching people how to control their environment, properly breathe, 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 Federation of Karate in Senegal. He has also won awards from the National Federation of Karate in Senegal. He has also won awards from the National Federation of Karate in Senegal. He has also won awards from the National Federation of Karate in Senegal. He has also won awards from the National Federation of Karate in Senegal.
Date: 09/23/2008 to 10/16/2008 (Tu/Th)
Time: 6:00 PM to 7:00 PM
Fee: $51.00
Location: KSU-Ahearn Fieldhouse

DanceNastics (Ages 4-12) 08CYO14A
Girls will learn how to tumble (floor gymnastics) in a safe comfortable and non-competitive environment with K.O. professional coaches. Through this program, youth may propel as far as they wish to go. Performances are themed and every 6-8 weeks. Please wear comfortable workout clothing. Prior to enrolling, student MUST meet with Lorissa Ridley-Fink for an evaluation to determine day of week for class placement.
Instructor: Lorissa Ridley-Fink, (785) 341-1708
koboxer@sbcglobal.net
Lorissa, founder and CEO of K.O. Boxing, Inc., USA certified boxing coach and holds over 25 years experience coaching athletes.
Date: 09/01/2008 to 10/20/2008 (M)
Time: 4:00 PM to 5:00 PM
Fee: $98.00
Location: K.O. Boxing, 2303 Tuttle Creek Blvd Blue Hills Shopping Center

DanceNastics (Ages 4-12) 08CYO14B
Instructor: Lorissa Ridley-Fink, (785) 341-1708
koboxer@sbcglobal.net
Youth Boxing (Ages 7-15) 08CYO29A
Youth will learn boxing terminology along with executing boxing skills with proper form and technique. Youth will hit the heavy bags, train like a boxer on the catch mitts, work on hand-eye coordination and rhythm on the double end and speed bags, jump rope, and lift weights like a boxer. All K.O. classes encourage teamwork and confidence, and are fun and exciting. Mitts, gloves, jump rope and hand wraps can be purchased or rented at first day of class or before. The 180° hand wraps are included in fee. (Ages 12-16 may enroll in Boxing - the Adult Intro Course - following evaluation with Coach L)
Instructor: Lorissa Ridley-Fink, (785) 341-1708
koboxer@sbcglobal.net
Date: 10/26/2008 to 10/16/2008 (Tu/Th)
Time: 5:30 PM to 6:30 PM
Fee: $148.00
Location: K.O. Boxing, 2303 Tuttle Creek Blvd Blue Hills Shopping Center

Youth Boxing (Ages 7-15) 08CYO29B
Youth will learn boxing terminology along with executing boxing skills with proper form and technique. Youth will hit the heavy bags, train like a boxer on the catch mitts, work on hand-eye coordination and rhythm on the double end and speed bags, jump rope, and lift weights like a boxer. All K.O. classes encourage teamwork and confidence, and are fun and exciting. Mitts, gloves, jump rope and hand wraps can be purchased or rented at first day of class or before. The 180° hand wraps are included in fee. (Ages 12-16 may enroll in Boxing - the Adult Intro Course - following evaluation with Coach L)
Instructor: Lorissa Ridley-Fink, (785) 341-1708
koboxer@sbcglobal.net
Date: 10/26/2008 to 10/16/2008 (Tu/Th)
Time: 5:30 PM to 6:30 PM
Fee: $148.00
Location: K.O. Boxing, 2303 Tuttle Creek Blvd Blue Hills Shopping Center

Crochet for Kids 08CYO33A
During this class you will learn how to chain, single crochet and 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: 09/08/2008 to 09/29/2008 (M)
Time: 4:30 PM to 5:30 PM
Fee: $28.00
Location: UFM Fireplace Room
1221 Thurston St.

FALL MENTORING BACK IN ACTION!!
Beginning
Tue., Sept. 16 -- High School
Thur., Sept. 18 -- Middle School
Transportation Provided!!
For more info call or email Jill Thien at 539-8763 jillian@tryufm.org
www.tryufm.org
1221 Thurston St.
785.539.8763
1968-2008 Celebrating 40 years

1968-2008 Celebrating 40 years
YOUTH CONTINUED

Crochet for Kids 08CYO33B
Instructor: Jocelyn Bishop, bishopj@ksu.edu
Date: 10/13/2008 to 11/03/2008 (M)
Time: 4:30 PM to 5:30 PM
Fee: $28.00
Location: UFM Fireplace Room
1221 Thurston St.

Crochet for Kids 08CYO33C
Instructor: Jocelyn Bishop, bishopj@ksu.edu
Date: 11/10/2008 to 12/01/2008 (M)
Time: 4:30 PM to 5:30 PM
Fee: $28.00
Location: UFM Fireplace Room
1221 Thurston St.

Youth Ballet 08CYO41A
A class designed for beginning and intermediate level dancers 7-12 years old. We'll work on the ballet basics of learning to move with music, correct body posture and alignment, basic exercises at the ballet barre such as plies (leg bends), tendus (toe points), degages (small leg lifts), and battements (leg kicks), and center exercises including turns, jumps and leaps. Ballet slippers are recommended, but socks are fine.
Instructor: Alison Watson, (816) 522-5028
awatson421@gmail.com

Youth Ballet 08CYO41B
Instructor: Alison Watson, (816) 522-5028
awatson421@gmail.com
Date: 10/14/2008 to 11/06/2008 (Tu/Th)
Time: 3:30 PM to 4:15 PM
Fee: 1 time per week $46.00, 2X per week for $82.00
Location: UFM Banquet Room
1221 Thurston St.

Youth Ballet 08CYO41C
Instructor: Alison Watson, (816) 522-5028
awatson421@gmail.com
Date: 11/11/2008 to 12/11/2008 (Tu/Th)
(No class 11/25, 11/27)
Time: 3:30 PM to 4:15 PM
Fee: 1 time per week $46.00, 2X per week for $82.00
Location: UFM Banquet Room
1221 Thurston St.

Computers and Kids 08CYO43
Children in kindergarten through 5th grade will have the opportunity to learn how to use Word, PowerPoint, and access kid friendly websites on the Internet. Students will create a flyer in Word, a presentation about themselves in PowerPoint, and visit pbskids.org and aaamath.com. Parents are welcome but not necessary. This class is taught by a certified elementary school teacher.
Instructor: Amy Trujillo
Amy Trujillo works for USD-475 as an English Language Learner (ELL) teacher, writes technology articles for a national publication, and is certified to teach Microsoft Office. She has taught computer classes from kindergarten to the community college level.
Date: 09/13/2008 (Sa)
Time: 9:30 AM to 11:30 AM
Fee: $12.00
Location: Manhattan Public Library - Computer Classroom, 629 Poyntz Ave.

Sound and Recording 08CYO44
FHCR Youth Radio Project is offering two training courses this fall. For this class we will cover the principles of sound recording, field recording, digital recording and editing. Participants will need to download a freeware audio editor called "Audacity" to their computers (Mac or PC platforms).
NOTE: You will be required to complete two of three training courses before they can be on-air personalities.
Instructor: Dave MacFarland
Date: 09/02/2008 to 09/11/2008 (Tu/Th)
Time: 6:00 PM to 9:00 PM
Fee: No Charge
Location: UFM Banquet Room
1221 Thurston St.

Youth Ballet 08CYO41
Introduction to the Arts for Ages 9-12 08CYO46A
This 12-week class is an opportunity to explore a taste of a variety of the fine arts. Drawing, painting, simple sculpture, poetry and creative writing will be offered in a structured yet playful manner. Music and movement will also be incorporated. This is not a simplistic craft class. Emphasis will be on encouraging individual creative expression while learning basic tools and technique. No experience necessary. ALL materials provided. Please bring your best attitude, wear your worst clothes, and come to learn and have fun!
Instructor: Linda Rae, (785) 456-2504
lindarae@lindaraestudio.com
Linda received a Bachelors Degree in Fine Art from Fort Hays State University and a Masters Degree in Art Therapy from Southern Illinois University at Edwardsville. Linda has taught children’s and adult art classes and workshops in formal educational settings as well as private instruction.
Date: 09/09/2008 to 11/25/2008 (Tu)
Time: 4:15 PM to 5:15 PM
Fee: $124.00
Location: UFM Solar Addition
1221 Thurston St.

Content Development and Script Writing 08CYO45
The second class of the FHCR Youth Radio Project will focus on developing a story, script writing, journalism ethics, different writing formats for web and radio, developing a "beat" (music, sports, fine arts, organizations/clubs, special interests, etc), and production. Students must have taken Sound and Recording.
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.
Date: 09/10/2008 to 10/07/2008 (Tu)
Time: 3:30 PM to 5:00 PM
Fee: No Charge
Location: UFM Conference Room
1221 Thurston St., 2nd floor
Creating Service Projects for Episodic Volunteer 08CPI50
Each fall new students are introduced to our community, many with a history of volunteering and service. Learn how to introduce students to your organization, your mission and how your organization helps the community. Participants will receive information and materials on how to plan and manage episodic (one time) volunteers for the short and long term. Hear from others who have successfully used student volunteers, interns, and classes in their ongoing programs.

Date: 09/4/2008 (Th)
Time: 6:30 – 8 p.m.
Fee: None
Location: UFM Solar Addition

Recruit and Market through Social Networks 08CPI51
Explore how your organization can use social networking to improve volunteer management efforts. This online interactive session will show how Facebook, My Space, Flickr, and blogs can be linked to your website. Know how YouTube, RSS, and Twitter can connect you to new volunteers as well as maintain communication with your current volunteers. You will also be introduced to 1-800-Volunteer.org which is a volunteer management database which matched volunteers to volunteer opportunities and offered free through the Volunteer Center.

Date: 10/2/2008 (Th)
Time: 6:30 – 8 p.m.
Fee: None
Location: UFM Multipurpose Room

Supporting Volunteer Managers 08CPI52
This informal session will provide an opportunity for area volunteer managers to share ideas, practices and learn from other volunteer managers. This may be a first for many part time volunteer managers who have "other duties" besides managing volunteers. For many, volunteer management is not their "primary" responsibility and more are not paid for their volunteer management work and expertise. Paid and unpaid volunteer managers are encouraged to attend.

Date: 11/6/2008 (Th)
Time: 6:30 – 8 p.m.
Fee: None
Location: UFM Solar Addition

To Enroll call 539.8763 or online at www.tryufm.org

VOLUNTEER MANAGEMENT SERIES
This is an introductory series to assist community organizations, businesses and governmental agencies in effectively managing and supporting an existing (or proposed) volunteer management program. This series hopes to engage organizations and volunteers in meaningful opportunities to serve, to provide and share effective practices in volunteer engagement and mobilize campus and community volunteers to address community needs. Primary instructors for the series will be Lynda Bachelor and Kim Frazier. Visit www.tryufm.org for additional class and instructor information.

Are you interested in…
Serving Your Community?
Volunteer Management?
Connecting Campus and Community?

CONTACT US!!!!
K-State Volunteer Center of Manhattan
2323 Anderson Ave. Suite 125
Manhattan, KS 66502
(785)532-3670

An Affiliate of
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. Pre-requisites: Ballroom dance I or a minimum of 6 months of social level dance classes or significant training in Ballet, Jazz, or Modern dance is strongly recommended before entering this swing and salsa dance course.

Instructor: Rebecca Hickert

Reference Number: 15473
Date: 08/26/2008 to 12/09/2008 (Tu)  
No class 9/1, 10/6
Time: 7:00 PM to 8:00 PM
Fee: $294 (Available for noncredit partner through UFM RF27AZ)
Location: ECM Auditorium, 1021 Denison

Beginning Middle Eastern Dance (Belly Dance)  DANCE-599

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

Instructor: Cathia Bailey

Reference Number: 15587
Date: 09/04/2008 to 11/20/2008 (Th)  
No class 11/13
Time: 6:00 PM to 7:30 PM
Fee: $265.47
Location: KSU Ahearn Dance Room 302

Beginning Yoga  DANCE-599

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

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

Reference Number: 15475
Date: 08/25/2008 to 10/22/2008 (MW)  
No class 9/1, 9/29, 10/6
Time: 10:30 AM to 11:30 AM
Fee: $265.47 (Available for noncredit, HW15AZ)
Location: KSU Ahearn Dance Room 302

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, fox trot, and Latin steps will be taught.

Instructor: Rebecca Hickert

Reference Number: 15468
Date: 08/26/2008 to 12/09/2008 (Tu)  
No class 11/25
Time: 8:00 PM to 9:00 PM
Fee: $294 (Available for noncredit partner through UFM RF27AZ)
Location: ECM Auditorium, 1021 Denison

Beginning Yoga Continued  DANCE-599

Reference Number: 15490
Date: 08/25/2008 to 10/22/2008 (MW)  
No class 9/1, 9/29, 10/6
Time: 6:00 PM to 7:00 PM
Fee: $265.47 (Available for noncredit, HW15BZ)
Location: KSU Ahearn Room 302

Intermediate Yoga  DANCE-599

This course will increase the student's understanding of how to use the practice of yoga creatively to enhance all aspects of human life. Practice 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.

Pre-requisite: 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 785-341-9906 or yogaconnection@gmail.com.

Instructor: Ana Franklin

Reference Number: 15489
Date: 10/27/2008 to 12/10/2008 (MW)  
No class 11/26
Time: 10:30 AM to 11:45 AM
Fee: $264.57 (Available for noncredit, HW15CZ)
Location: KSU Ahearn Room 302

Golf in Junction City  RRES-200

In this golf course, students will learn 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: 15496
Date: 08/26/2008 to 10/14/2008 (Tu)  
Time: 2:30 PM to 4:30 PM
Fee: $313
Location: 4411 Fort Riley Blvd. Stagg Hill Golf Club

Reference Number: 15498
Date: 08/27/2008 to 10/15/2008 (W)  
Time: 1:30 PM to 3:30 PM
Fee: $313
Location: 4411 Fort Riley Blvd. Stagg Hill Golf Club

Reference Number: 15499
Date: 08/27/2008 to 10/15/2008 (W)  
Time: 5:30 PM to 7:30 PM
Fee: $313
Location: 4411 Fort Riley Blvd. Stagg Hill Golf Club

Reference Number: 15500
Date: 08/28/2008 to 10/16/2008 (Th)  
Time: 9:30 AM to 11:30 AM
Fee: $313
Location: 4411 Fort Riley Blvd. Stagg Hill Golf Club

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: 15563
Date: 08/29/2008 to 11/24/2008 (M)  
No class 10/6
Time: 7:00 PM to 8:45 PM
Fee: $298 (Available for noncredit, RF100Z)
Location: Archery Range, 8330 E. HWY 24

Beginning Bowling  RRES-200

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

Instructor: Terri Eddy

Reference Number: 15491
Date: 08/25/2008 to 12/08/2008 (M)  
No class 9/1, 10/8
Time: 10:30 AM to 11:20 AM
Fee: $245.47
Location: K-State Union Recreation Center

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: 15582
Date: 08/29/2008 to 11/24/2008 (M)  
No class 10/6
Time: 8:00 PM to 9:45 PM
Fee: $298
Location: Archery Range, 8330 E. HWY 24

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: 15496
Date: 08/26/2008 to 10/14/2008 (Tu)  
Time: 2:30 PM to 4:30 PM
Fee: $313
Location: 4411 Fort Riley Blvd. Stagg Hill Golf Club

Reference Number: 15498
Date: 08/27/2008 to 10/15/2008 (W)  
Time: 1:30 PM to 3:30 PM
Fee: $313
Location: 4411 Fort Riley Blvd. Stagg Hill Golf Club

Reference Number: 15499
Date: 08/27/2008 to 10/15/2008 (W)  
Time: 5:30 PM to 7:30 PM
Fee: $313
Location: 4411 Fort Riley Blvd. Stagg Hill Golf Club

Reference Number: 15500
Date: 08/28/2008 to 10/16/2008 (Th)  
Time: 9:30 AM to 11:30 AM
Fee: $313
Location: 4411 Fort Riley Blvd. Stagg Hill Golf Club
Total Body Toning

Gaining strength and toning the body are the focus of this class. Exercises for all muscle groups (upper, lower, core) will be used, with safety taught and stressed. Hand weights, tubing, stability balls and steps will be utilized to help develop the body. Come away with some new ways to stay fit. Open to men & women. Instructor: Diana Knox, (785) 539-7095
dknox@ksu.edu

Reference Number: 15514
Date: 08/26/2008 to 10/16/2008 (Tu/Th)
Time: 9:00 AM to 10:00 AM
Fee: $294
Location: Pro Fitness, 1125 Laramie St.

Reference Number: 15515
Date: 10/21/2008 to 12/11/2008 (Tu/Th)
Time: 9:00 AM to 10:00 AM
Fee: $294
Location: Pro Fitness, 1125 Laramie St.

Reference Number: 15516
Date: 08/26/2008 to 10/16/2008 (Tu/Th)
Time: 1:30 PM to 2:30 PM
Fee: $294
Location: Pro Fitness, 1125 Laramie St.

Reference Number: 15517
Date: 10/21/2008 to 12/11/2008 (Tu/Th)
Time: 1:30 PM to 2:30 PM
Fee: $294
Location: Pro Fitness, 1125 Laramie St.

Reference Number: 15518
Date: 08/26/2008 to 10/16/2008 (Tu/Th)
Time: Noon to 1:00 PM
Fee: $294
Location: Pro Fitness, 1125 Laramie St.

Reference Number: 15519
Date: 10/20/2008 to 12/10/2008 (M/W)
Time: Noon to 1:00 PM
Fee: $294
Location: Pro Fitness, 1125 Laramie St.

Reference Number: 15520
Date: 08/26/2008 to 10/16/2008 (Tu/Th)
Time: Noon to 1:00 PM
Fee: $294
Location: Pro Fitness, 1125 Laramie St.

Reference Number: 15521
Date: 08/26/2008 to 10/16/2008 (Tu/Th)
Time: Noon to 1:00 PM
Fee: $294
Location: Pro Fitness, 1125 Laramie St.

Reference Number: 15522
Date: 10/20/2008 to 12/10/2008 (M/W)
Time: Noon to 1:00 PM
Fee: $294
Location: Pro Fitness, 1125 Laramie St.

Reference Number: 15523
Date: 10/21/2008 to 12/11/2008 (Tu/Th)
Time: Noon to 1:00 PM
Fee: $294
Location: Pro Fitness, 1125 Laramie St.

Yoga-Pilates

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

Reference Number: 15518
Date: 08/26/2008 to 10/15/2008 (M/W)
Time: 9:00 AM to 10:10 AM
Fee: $294 (Available for noncredit, RF142AZ)
Location: Pro Fitness, 1125 Laramie St.

Reference Number: 15521
Date: 08/26/2008 to 10/15/2008 (M/W)
Time: 1:30 PM to 2:40 PM
Fee: $294 (Available for noncredit, RF142BZ)
Location: Pro Fitness, 1125 Laramie St.

Reference Number: 15522
Date: 08/26/2008 to 10/15/2008 (M/W)
Time: 1:30 PM to 2:30 PM
Fee: $294 (Available for noncredit, RF142CZ)
Location: Pro Fitness, 1125 Laramie St.

Reference Number: 15523
Date: 08/26/2008 to 10/15/2008 (M/W)
Time: 1:30 PM to 2:30 PM
Fee: $294 (Available for noncredit, RF142DZ)
Location: Pro Fitness, 1125 Laramie St.

Reference Number: 15524
Date: 10/20/2008 to 12/10/2008 (M/W)
Time: 1:30 PM to 2:30 PM
Fee: $294 (Available for noncredit, RF142EZ)
Location: Pro Fitness, 1125 Laramie St.

Reference Number: 15525
Date: 10/20/2008 to 12/10/2008 (M/W)
Time: 1:30 PM to 2:30 PM
Fee: $294 (Available for noncredit, RF142FZ)
Location: Pro Fitness, 1125 Laramie St.

Reference Number: 15526
Date: 10/20/2008 to 12/10/2008 (M/W)
Time: 1:30 PM to 2:30 PM
Fee: $294 (Available for noncredit, RF142GZ)
Location: Pro Fitness, 1125 Laramie St.

Pilates

This course is designed to introduce the student to the background, terminology, poses, principles and benefits of pilates. Emphasis will be on how to correctly practice this discipline safely for all levels of experience. Instructor: Diana Knox

Reference Number: 15527
Date: 08/26/2008 to 10/15/2008 (M/W)
Time: Noon to 1:00 PM
Fee: $294 (Available for noncredit, RF153AZ)
Location: Pro Fitness, 1125 Laramie St.

Reference Number: 16139
Date: 10/20/2008 to 12/10/2008 (M/W)
Time: 10:30 AM to 11:30 AM
Fee: $294 (Available for noncredit, RF153BZ)
Location: Pro Fitness, 1125 Laramie St.
Zumba

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

Instructor: Jenni Brewer

Reference Number: 16154
Date: 08/25/2008 to 10/15/2008 (MW)
(Time: No class 9/1, 10/8)
(Fee: $294)
(Location: Pro Fitness, 1125 Laramie St.)

Boxing

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

Instructor: Jenni Brewer

Reference Number: 16155
Date: 10/20/2008 to 12/10/2008 (MW)
(Time: 4:30 PM to 5:30 PM)
(Fee: $294)
(Location: Pro Fitness, 1125 Laramie St.)

Judo I

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: 15564
Date: 08/26/2008 to 12/11/2008 (Tu/Th)
(Time: No class 11/27)
(Fee: $226.47)
(Location: KSU Ahearn Fieldhouse)

Judo II

In Judo II participants continue to gain understanding of how principles of dynamics 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: 15565
Date: 08/26/2008 to 12/11/2008 (Tu/Th)
(Time: No class 11/27)
(Fee: $226.47)
(Location: KSU Ahearn Room 302)

Scuba Diving

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.

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 fee of $75 will be assessed at the time of check out dives. However neither UFM nor KSU is responsible for the skills and knowledge needed to provide care for victims of sudden cardiac arrest through the safe use of an automated external defibrillator (AED). This is a two hour credit course.

Instructor: Isaac Wakabayashi

Reference Number: 16140
Date: 09/08/2008 to 09/22/2008 (M/W)
(Time: 1:00 PM to 2:00 PM)
(Fee: $262)
(Location: UFM Conference Room, 1221 Thurston St.)

Reference Number: 16145-Instructor: Carol Stites
Date: 09/07/2008 to 09/21/2008 (Su/Sa)
(Time: 6:00 PM to 9:00 PM)
(Fee: $262)
(Location: UFM Conference Room, 1221 Thurston St.)

Reference Number: 16147-Instructor: David Moore
Date: 09/13/2008 to 09/14/2008 (Su/Sa)
(Time: 1:00 PM to 4:00 PM)
(Fee: $262)
(Location: UFM Conference Room, 1221 Thurston St.)

Reference Number: 16152-Instructor: Henry Brown
Date: 10/11/2008 to 10/12/2008 (Sa/Su)
(Time: 1:00 PM to 7:30 PM)
(Fee: $262)
(Location: UFM Conference Room, 1221 Thurston St.)

Reference Number: 16458-Instructor: Henry Brown
Date: 08/26/2008 to 08/29/2008 (Tu/Th)
(Time: 6:00 PM to 9:00 PM)
(Fee: $262)
(Location: UFM Conference Room, 1221 Thurston St.)

Reference Number: 16459-Instructor: Henry Brown
Date: 08/08/2008 to 09/22/2008 (M/W)
(Time: 6:00 PM to 9:00 PM)
(Fee: $262)
(Location: UFM Conference Room, 1221 Thurston St.)

Reference Number: 16457-Instructor: Carol Stites
Date: 09/13/2008 to 09/14/2008 (Su/Sa)
(Time: 1:00 PM to 4:00 PM)
(Fee: $262)
(Location: UFM Conference Room, 1221 Thurston St.)

Reference Number: 16460-Instructor: Carol Stites
Date: 09/08/2008 to 09/22/2008 (M/W)
(Time: 6:00 PM to 9:00 PM)
(Fee: $262)
(Location: UFM Conference Room, 1221 Thurston St.)

Reference Number: 16461-Instructor: Henry Brown
Date: 11/04/2008 to 11/18/2008 (Tu/Th)
(Time: 6:00 PM to 9:00 PM)
(Fee: $262)
(Location: UFM Conference Room, 1221 Thurston St.)

Reference Number: 16153-Instructor: Henry Brown
Date: 11/08/2008 to 11/09/2008 (Sa/Su)
(Time: 1:00 PM to 7:30 PM)
(Fee: $262)
(Location: UFM Conference Room, 1221 Thurston St.)

Responding to Emergencies

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

Books are available to purchase at UFM, 1221 Thurston St.
Instructor: Henry Brown

Reference Number: 16140
Date: 09/07/2008 to 09/21/2008 (Su/Sa)
(Time: 1:00 PM to 7:30 PM)
(Fee: $254 for 2 Hours KSU Credit
(Available for noncredit, HW19AZ)
(Location: UFM Multipurpose room, 1221 Thurston St.)
Fitness Swimming RRES-200

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

Instructor: Melissa Haug

Reference Number: 15524
Date: 09/02/2008 to 11/13/2008 (Tu/Th)
Time: 6:00 PM to 7:30 PM
Fee: $251.47 (Available for noncredit, AQ108AZ)
Location: Natatorium, KSU Campus

AFI: Aquatics Fitness Instructor RRES-200

This course is an in-depth educational and training program for individuals interested in advancing their knowledge and skills in designing and leading different types of water exercise. It will prepare instructors to become certified to organize, develop, teach, administer and market safe, fun and effective water exercise programs for various populations. Certification Requirements: Attend all sessions; score at least 80% on final written exam; successfully demonstrate ability to plan a class for various populations and effectively teach a class from deck. Class fees include textbooks, supplies and American Red Cross AFI certification. Accreditation option is also available through AAHPERD/AAPAR ($40.00) for those who complete required materials. Students will have a minimum amount of time to complete the study questions and assignments and are encouraged to purchase materials several weeks prior to the workshop. Address any questions or concerns to the instructor-trainer. Lecture/lab twice weekly. Enrollment requirements, topics to be addressed and instructor certification option for this class are listed at www.tryufm.org.

Instructor: Craig Phillips

Reference Number: 15890
Date: 09/08/2008 to 09/18/2008 (M-TH)
Time: 6:00 PM to 8:00 PM
Fee: $255.47 (Limited noncredit space is available, EN04AZ)
Location: KSU Durland Hall Room 1061

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: Carol Stites

Reference Number: 15891
Date: 10/13/2008 to 10/23/2008 (M-TH)
Time: 6:00 PM to 8:00 PM
Fee: $255.47 (Limited noncredit space is available, EN04BZ)
Location: KSU Durland Hall Room 1061

Reference Number: 15892
Date: 11/03/2008 to 11/13/2008 (M-TH)
Time: 6:00 PM to 8:00 PM
Fee: $255.47 (Limited noncredit space is available, EN04CZ)
Location: KSU Durland Hall Room 1061

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Fundamentals of Canoeing  RRES-200
This class will help students learn to travel safely and efficiently by canoe. The class provides an in-depth introduction to the sport of touring canoeing (not whitewater or sprint canoeing). This class will emphasize tandem canoeing with an exposure to solo paddling. The students will have a chance to paddle a variety of canoes. The course includes a strong emphasis on stroke and paddle mechanics and a complex stroke/maneuver list. The course will start with a classroom session at the UFM Building in the morning. Students will car pool to Tuttle Creek State Park, River Pond in the afternoon.
Instructor: Steve Spencer
Reference Number: 15601
Date: 09/13/2008 to 09/14/2008 (Sa/Su)
Time: 8:00 AM to 5:00 PM
 Fee: $294
Location: UFM Banquet room, 1221 Thurston

Intermediate/Advanced Golf in Salina  RRES-200
This course is designed for the intermediate/advanced golfer, and will allow students to improve their existing golf skills, both physically and mentally. Students will practice improving their golf swing and short game both on the driving range and on the golf course. The first round of golf and first basket of balls are included in class fees. Students will be responsible for one round of golf and additional basket of balls, $5.00/basket.
Instructor: Ronda Green, (785) 819-4653
Reference Number: 16066
Date: 08/25/2008 to 10/16/2008 (Th)
Time: 5:00 PM to 7:00 PM
 Fee: $299 (Available for noncredit, RF312Z)
Location: The K-State at Salina Rec Center, 3142 Scanlan Ave.

Golf in Salina  RRES-200
This course is designed for the beginning golfer. It will emphasize the fundamentals of the full golf swing; the short game techniques of chipping, pitching and sand shots; mental aspects, rules of play, course etiquette, selection and use of equipment. Time allowed for both classroom and golf course play and driving range practice. Students are responsible for one round of golf and additional basket of balls, $5.00/basket.
Instructor: Ronda Green, (785) 819-4653
Reference Number: 16064
Date: 08/25/2008 to 10/27/2008 (M)
Time: 4:30 PM to 6:30 PM
 Fee: $299 (Available for noncredit, RF06AZ)
Location: The K-State at Salina Rec Center, 3142 Scanlan Ave.

Scuba Diving in Salina  RRES-200
This course will prepare students for NAUI Scuba Diver certification. Areas of information covered include introductory information for certification, knowledge of the equipment, physics of diving, medical problems related to diving, use of diving tables, diving environment, and general information. The date for certification will be determined at a later date. A certification fee of $75.00 will be assessed at the time of check out dives. However, neither UFM nor KSU is responsible for the certification. Travel and lodging are at the student’s expense. Students must provide their own masks, fins and snorkels which will be available for purchase at the first session, 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
Reference Number: 16063
Date: 09/04/2008 to 10/16/2008 (Th)
Time: 6:00 PM to 10:00 PM
 Fee: $414 (Available for noncredit, AQ107Z)
Location: Salina YMCA, 570 YMCA Dr.

Canoe Camping  RRES-200
This class covers the interface between canoeing and camping, how canoeing changes when adapting to the camping environment. The instruction will not be related to basic canoeing (putting up tents, building fires, etc). Instead, the class will cover topics like planning, wet-condition packing, navigation, specialized gear requirements, how paddling changes when paddling loaded canoes, focused safety issues, etc - all topics that people need to be proficient in before venturing out on their own canoeing camping trips.
Instructor: Steve Spencer
Reference Number: 15599
Date: 11/08/2008 to 11/09/2008 (Sa/Su)
Time: 8:00 AM to 5:00 PM
 Fee: $280.47 (Available for noncredit, RF532Z)
Location: KSU Natatorium

Retrieval of Your Keepsakes
UFM and Bear Computer Systems are consolidating mementos recovered after the June 11 tornado. Collection will be displayed Saturday, August 23 from 9-Noon at UFM, 1221 Thurston St.
ON CAMPUS REGISTRATIONS
The following dates and locations have been scheduled to make registering for a UFM class even easier!

DATE: August 27 & 28 (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
(at 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. Class confirmations will not be sent unless requested.

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.

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

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

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

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

NONDISCRIMINATION POLICY
UFM Community Learning Center is committed to nondiscrimination on the basis of race, gender, national origin, disability, religion, age, sexual orientation, political beliefs or other non merit reasons, in admissions, educational programs or activities and employment (including employment of disabled veterans and veterans of the Vietnam Era) as required by applicable laws and regulations. Students under age 18 need the permission of a parent or guardian. Some individual classes may have age restrictions or may require instructor permission. Please call (785/539.8763) to make arrangements for classroom accessibility.
Complete the form below and mail it with your check, money order or credit card information to:
UFM Class Registrations, 1221 Thurston Manhattan, KS 66502-5299.

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

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

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.

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Fall Classes

~IN Inside~

Community Learning Center

2008

with UFM!!
new & fun
learn something

vol. 46 edition 1

Computer Classes
Hypermiling
Paper Play
Beer Tasting
Scrapbooking Basics
Sign Language
Community Economic Development
Handwalking
Intro to Arts for Ages 9-12