2003 Fall Classes

Learning Center
Community

Fall Classes August-December 2003

Bowling

Dazzling Jewelry

African Dance

Harmonica

Massage

2003 Fall Classes

UFM Community Learning Center

Teaching • Learning • Growing

NON-PROFIT ORG
U.S. POSTAGE PAID
Permit No. 194
Manhattan, KS 66502
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WHERE WE'RE LOCATED

UFM
1221 Thurston
Bertrand St.
KSU
Campus
Thurston St.
Kearney St.
Vollney St.
Anderson Ave.
Manhattan Ave.

BOARD OF DIRECTORS

Larry Fry - Chair
Sue Mass
Dick Hayter
Candace White
Robert Schuetter
Imrie Falcon
Brandy Porter
Heath Harding
Michelle Kreibiel
Chuck Harkness
Ronna Robertson
Pat Fultz

UFM Staff:
Executive Director - Linda Inlow Teener
Education Coordinator - Kristen Johnston
Community Outreach Coordinator - Charlene Brownson
Lou Douglas Lecture Series Coordinator - Olivia Collins
Teen Mentoring Program Coordinator - Karen Roesh
Swim Supervisor - Mandy Mertes
Plus all the teachers who share their talents

HANDICAPPED ACCESSIBLE

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

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

I WANTED!
Instructors to Teach
- International Dances
- Fielded Trips
- Real Estate
- Car Maintenance
- Upholstery
- Basic Home Repair

Teach a Class at UFM

Teaching a Class at UFM can enhance your business, be an instructional opportunity for students, be an opportunity to network with those who share your interests or be a nice way to meet people. Call Kristen at UFM
(539-8763) by October 24th to offer a class in the spring catalog.
MAKE A SPLASH INTO FALL

Swim Classes

Lap Swimming • Hydroaerobics

Scuba Diving

Fitness Swimming

Sunday Family Swim

UFM’s Sidewalk Fund!!!

Help UFM raise funds for a new sidewalk... You may have noticed our new paint job and the new landscaping. The next project is replacing the crumbling sidewalk. We need your help to fund this project. A donation in any amount for this special project is appreciated. For $150, you can buy one square section and you can write your name in your section on the day it is poured!!!

Please help with this special need.

Thanks for your donation amount of: ____________

Name: ___________________________ Phone: ___________________________

Address: ________________________________________
Learn to Swim Classes

UFM proudly teaches the American Red Cross Swim lessons Levels 1-7, Parent/Infant and Parent/Tot, and Tot Transition. UFM also offers private and adult swim classes. Small classes allow for carefully guided instruction in stroke technique and water safety. Water safety is reinforced with tips and practice each day. The first day of class each student is evaluated to ensure that they are in the proper class. Students advance through the levels at their own rate and are moved to different class levels as space permits and skill advancement demands.

LOCATION: KSU Natatorium - Abearn Complex
Lockers are available for use during class. Participants must supply towels and swimsuits. Showers are required before entering the water. Children over the age of 2 are not permitted in washrooms/locker rooms of the opposite sex.

Note: Minimum enrollment for all classes is 4. If less than 4 enroll, classes may be combined or cancelled.

BEGINNING & ENDING DATES
(Except Where Noted):

Session A: Mondays, September 8 - November 10
Session B: Tuesdays, September 9 - November 11
Session C: Wednesdays, September 10 - November 12
Session D: Thursdays, September 11 - November 13
Session E: Saturdays, September 6 - November 15 (No Class October 11)

Parent/Infant and Parent/Tot
This water orientation program is designed to teach you how to work safely and effectively with your child and to teach basic water safety and self-help skills. This program emphasizes water adjustment, preparatory activities for swimming, and water enjoyment for you and your child. Small children should wear appropriate swim diapers. To participate, infants must have the ability to voluntarily raise their heads 90 degrees when lying flat on their stomachs and be 6 months old. During the 5 meetings, parents will receive instruction and have opportunity to practice water techniques with their children. Parent must accompany child.

Monday 6-630 pm
AQ-01P1 September 8 - October 6
AQ-01P2 October 13 - November 10
Tuesday 6 - 630 pm
AQ-02P1 September 9 - October 7
AQ-02P2 October 14 - November 11
Saturday 9:30 - 10:00 am
AQ-02P1 September 6 - October 4
AQ-02P2 October 18 - November 15
Fee: $18 per session

Tot Transition
If your toddler is ready to try the water without a parent, but not ready for Level 1, this short class is for them. Emphasis will be on basic water safety and preparation activities for swimming. Some parent participation may be allowed.

Monday 6:45 - 7:15 pm
AQ-01T1 September 8 - October 6
AQ-01T2 October 13 - November 10
Tuesday 6:45 - 7:35 pm
AQ-02T1 September 9 - October 7
AQ-02T2 October 14 - November 11
Saturday 10:15 - 10:45 am
AQ-03T1 September 6 - October 4
AQ-03T2 October 18 - November 15
Fee: $43 per session

Level I: Water Exploration
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 must be ready for this level when they are mature enough to participate in a group setting without their parents.

AQ-01A Monday 6 - 640 pm
AQ-01B Tuesday 6 - 640 pm
AQ-01C Wednesday 6 - 640 pm
AQ-01D Thursday 6 - 640 pm
AQ-01E Saturday 9:30 - 10:10 am
Fee: $43 per session

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

AQ-04A Monday 6 - 640 pm
AQ-04B Tuesday 6 - 640 pm
AQ-04C Wednesday 6 - 640 pm
AQ-04D Thursday 6 - 640 pm
AQ-04E Saturday 10:15 - 11:20 am
Fee: $43 per session

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

AQ-07A Monday 6:30 - 7:30 pm
AQ-07B Tuesday 6:30 - 7:30 pm
AQ-07C Wednesday 6:30 - 7:30 pm
AQ-07D Thursday 6:30 - 7:30 pm
AQ-07E Saturday 9:30 - 10:10 am
Fee: $43 per session

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

AQ-10A Monday 6:30 - 7:30 pm
AQ-10B Tuesday 6:30 - 7:30 pm
AQ-10C Wednesday 6:30 - 7:30 pm
AQ-10D Thursday 6:30 - 7:30 pm
AQ-10E Saturday 10:15 - 11:10 am
Fee: $43 per session

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

AQ-13A Monday 6:30 - 7:30 pm
AQ-13E Saturday 10:15 - 11:10 am
Fee: $43 per session

WANTED!

Lifeguards and Lesson Instructors

Needed for part-time evening sessions for the Fall Semester.

For more information or an application please come by UFM, 1221 Thurston or call 539-8763
Level VI: Skill Proficiency
The objective of Level VI is to polish strokes so students swim them with more ease, efficiency, power, and smoothness over greater distances. Students develop considerable endurance by the end of this course. Additional practice is helpful to develop and maintain the strength necessary in Level VII. Participants will be introduced to additional turns as well as the pike and surface dives. Students entering this course must have a Level V certificate or be able to demonstrate the skills required to complete Level V.

Level VII: Advanced Skills
The objective of Level VII is to perfect strokes and to develop good fitness habits. Participants are urged to use aquatic activities throughout life to maintain their physical condition. They will be taught springboard diving and advanced rescue skills. Participants entering this course must have a Level VI certificate or must be able to demonstrate all the completion requirements in Level VI.

Lap Swimming Ages 13 plus
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 below scheduled times.

<table>
<thead>
<tr>
<th>Date</th>
<th>Time</th>
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<tbody>
<tr>
<td>AQ-24A</td>
<td>Monday 6:30 - 7:30 pm</td>
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<tr>
<td>AQ-24B</td>
<td>Tuesday 6:30 - 7:30 pm</td>
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<tr>
<td>AQ-24C</td>
<td>Wednesday 6:30 - 7:30 pm</td>
</tr>
<tr>
<td>AQ-24D</td>
<td>Thursday 6:30 - 7:30 pm</td>
</tr>
<tr>
<td>AQ-24E</td>
<td>Saturday 9:30 - 11:00 am</td>
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</table>

Fee: $19 per session

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.

<table>
<thead>
<tr>
<th>Date</th>
<th>Time</th>
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<tbody>
<tr>
<td>AQ-25A</td>
<td>Monday 6:30 - 7:30 pm</td>
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<tr>
<td>AQ-25B</td>
<td>Tuesday 6:30 - 7:30 pm</td>
</tr>
<tr>
<td>AQ-25C</td>
<td>Wednesday 6:30 - 7:30 pm</td>
</tr>
<tr>
<td>AQ-25D</td>
<td>Thursday 6:30 - 7:30 pm</td>
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<tr>
<td>AQ-25E</td>
<td>Saturday 9:30 - 11:00 am</td>
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Fee: $36 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.

<table>
<thead>
<tr>
<th>Date</th>
<th>Time</th>
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<tbody>
<tr>
<td>AQ-31A</td>
<td>October 5 (Sunday) 5 - 7 pm</td>
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Fee: N/C Please call to register
Location: KSU Natatorium

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

Beginning and Ending Dates for Private Lessons:
- Session A1: Mondays - September 8 - October 6
- Session A2: Mondays - October 13 - November 10
- Session B1: Tuesdays - September 9 - October 7
- Session B2: Tuesdays - October 14 - November 11
- Session C1: Wednesdays - September 10 - October 8
- Session C2: Wednesdays - October 16 - November 12
- Session D1: Thursdays - September 11 - October 9
- Session D2: Thursdays - October 16 - November 13
- Session E1: Saturdays - September 6 - October 4
- Session E2: Saturdays - October 18 - November 15

Times for Monday, Tuesday, Wednesday, and Thursday sessions:
- 6:30 pm
- 6:45 - 7:15 pm

Times for Saturday sessions:
- 9:30 - 10:00 am
- 10:15 - 10:45 am

Fee: $52 per session

Sunday Family Swim
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 adequate lifeguards.

<table>
<thead>
<tr>
<th>Date</th>
<th>Time</th>
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<tbody>
<tr>
<td>AQ-32</td>
<td>October 5, 19, 26, and November 2 (Sunday) 5 - 7 pm</td>
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</tbody>
</table>

Fee: $10 individual, $25 family
Location: KSU Natatorium

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.

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<tr>
<th>Date</th>
<th>Time</th>
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<tr>
<td>AQ-22A</td>
<td>Monday 6:00 - 6:40 pm</td>
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<tr>
<td>AQ-22B</td>
<td>Saturday 9:30 - 10:10 am</td>
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Fee: $43 per session

Check out www.ksu.edu/redcross for CPR and First Aid Courses this Fall

MANHATTAN MARLINS
SWIM TEAM
A non-profit organization dedicated to providing children the chance of participating in competitive swimming. Primary emphasis is on positive self image, physical conditioning and development to the child's fullest potential

Ages: 5 years thru College level
Four Practice Groups: Developmental, Bronze, Silver, Gold

For more information contact: Kathy Musch at 776-1742 or David Sexton 313-4572

539-8763
1221 Thurston
www.ksu.edu/ufm
Shallow Water Hydroaerobics:
Water Exercise
This is a 35 minute water exercise class that uses water resistance to give participants a great workout. This class is designed to use water exercises for the development of physical fitness, muscle tone, flexibility, and cardiovascular endurance. Exercises are done in a vertical position with head and shoulders out of the water. Both the swimmer and the non-swimmer will benefit from this class.

Session A: August 25 - September 27
Monday - Thursday (6:35 - 7:30 pm)
and Saturday (10:05 - 11 am)
AQ-26A (1 Time a week)
AQ-27A (3 Times a week)
AQ-28A (5 Times a week)

Session B: September 29 - November 1
Monday - Thursday (6:35 - 7:30 pm)
and Saturday (10:05 - 11 am)
AQ-26B (1 Time a week)
AQ-27B (3 Times a week)
AQ-28B (5 Times a week)

Session C: November 3 - December 13
Monday - Thursday (6:35 - 7:30 pm)
and Saturday (10:05 - 11 am)
AQ-26C (1 Time a week)
AQ-27C (3 Times a week)
AQ-28C (5 Times a week)

No Classes September 1, October 11, and November 26 - 29.

Fee: $18 for 1 time a week per session
$22 for 3 times a week per session
$26 for 5 times a week per session

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

Session A: August 26 - September 25
AQ-100A Tuesday and Thursday 6:35 - 7:30 pm

Session B: September 30 - October 30
AQ-100B Tuesday and Thursday 6:35 - 7:30 pm

Session C: November 4 - December 11
AQ-100C Tuesday and Thursday 6:35 - 7:30 pm
No classes November 27.

Fee: $20 per session

Deep Water Hydroaerobics for the Entire Semester
Session D: August 26 - December 11
AQ-100D Tuesday and Thursday 6:35 - 7:30 pm
No classes November 27.

Fee: $56 per session

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

Card Stiles
Date: September 16 - October 30
(Tuesday/Thursday)
Time: 6 - 7:30 pm
Fee: $72 (KSU credit also available.)
Location: KSU Natatorium

Scuba Diving
AQ-103
This course will prepare students for Open Water 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. The certification is included in the class fee; however, neither UFM nor KSU is responsible for the certification. Travel and lodging are at the student's expense. Students must provide their own mask, fins, and snorkel.

Jeff Wilson
Date: September 15 - October 20 (Monday)
Time: 6:00 - 10:00 pm
Fee: $230 (KSI credit also available.)
Location: KSU Natatorium

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

Riley County Historical Museum
2309 Clifton
- Exhibits of Riley County history—pioneer days to the present
- Research library by appointment
- Educational programs
- Speakers bureau
- 8:30-5:00 Tuesday-Friday 2:00-5:00 Saturday-Sunday

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

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

Wolf House Museum
630 Front
- 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

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.

For more information, call 565-6490

www.ksu.edu/ufm
1221 Thurston
539-0763
Seven Causes of Ill Health

Prevention of illness can be a result of life choices. Preventing illness is not only easier and less costly, but it will also help you live a longer and higher quality life. Learn how you can fortify your body’s natural immunity to ward off disease, slow down the degenerative process and keep you healthier.

Patricia Castelli (541-1451) is a graduate of Schenck’s Institute of Natural Healing in Santa Fe, New Mexico, and has studied under several holistic health prosth. She is a licensed massage therapist and owner of Body, Mind and Spirit here in Manhattan.

Date: October 28 and November 4 (Tuesday)
Time: 7 - 9 pm
Fee: $12
Location: UFM Multipurpose Room

Awareness of Chemicals & Heavy Metals & How They Affect Us

Raise your awareness and discover clues and possible answers for hyperventilation, mental depression, brain fog, fatigue, lethargy, allergies, lymphoma, excessive tooth decay, etc. Where are the poisons? What harm do they do? How can they be eliminated?

Patricia Cassielli (541-1451)
Date: October 14 (Thursday)
Time: 7 - 9 pm
Fee: $8
Location: UFM Conference Room

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Living the Art: Jin Shin Jyutsu Self Help

The art of Jin Shin Jyutsu is a simple and powerful tool available to all. This class will focus on experiencing this art through self-help techniques and developing and maintaining a daily practice to enhance well-being. The ancient art of harmonizing the body's energy engages one in self-awareness and recognizes the body's wisdom.

Kate Cashman (537-1911) is a certified Jin Shin Jyutsu practitioner and self-help instructor.

Date: October 13, 20, 27 (Monday)
Time: 7:00 pm
Fee: $24
Location: 811 Colorado

Living the Art: The Jin Shin Jyutsu Specialists

This class focuses on 'the specialist'; the safety energy locks. In Jin Shin Jyutsu theory these are specific areas on the energetic pathways of the body. These specialists help deepen your understanding and awareness. Emphasis is on experiencing the art of Jin Shin Jyutsu and developing and maintaining a daily practice.

Kate Cashman (537-1911)
Date: October 4 (Saturday)
Time: 1 - 4 pm
Fee: $15
Location: 811 Colorado

Self Massage for Pain Relief

Learn some self-massage routines to help with promotion of relaxation and relief of muscular aches, pains and tension. You will become familiarized with basic principles of therapeutic massage that can be adapted to meet your personal needs. Bring a blanket and/or pillow and wear loose clothing or shorts and a T-shirt.

Sandy Snyder (537-5607) is a licensed Massage Therapist with 26 years experience. She is the owner of Lifecenter Bodywork and is experienced with Deep Tissue Massage, Sports Massage, Reflexology, Baby and Pet Massage.

Date: November 14 (Friday)
Time: 7:00 pm
Fee: $15
Location: UFM Fireplace Room

Massage for Two

Come and learn the basic principles of therapeutic massage and understand how massage can help maintain health. Swedish-style massage, the most common style of massage, uses long flowing strokes. Emphasis of the class will be on the neck and back. Wear sports shorts and t-shirt. Each pair will need to bring a sleeping bag or thick blanket and 2 flat sheets. Pair may include mother-daughter, friends or couples.

Sandy Snyder (537-5607)
Date: November 13 (Thursday)
Time: 7:00 pm
Fee: $26
Location: UFM Fireplace Room

Yoga Connection

Manhattan, Kansas

Workshops, Retreats, Private lessons & Classes

With Ana Franklin
Teaching Yoga since 1964
www.yogacommunionbyregions.net
yogacommunion@kansas.net
785-537-8224

759-8763
1221 Thurston
www.ksu.edu/ufm

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UFM Sidewalk Fund

Help UFM raise funds for a new sidewalk. You may have noticed our new paint job and the new landscaping. The next project is replacing the crumbling sidewalk. We need your help to fund this project. A donation in any amount for this special project is appreciated. See page 3 for details.

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Help is only a phone call away
Call for information 587-4300

- Outpatient mental health services
- Alcohol and drug services
- Community support services
- Community-based services for children and adolescents
- 24-hour emergency services

After office hours, call 587-4342 or 800-609-2002

Our highly qualified staff of psychiatrists, psychologists, social workers, and case managers work with people of all ages.

2001 Cliffion Road Manhattan
**Yoga for Beginners**  
**WE-35a**  
India’s great gift to humanity is an accessible, practical approach to happiness. This is the gift of YOGA. T.K.V. Desikachar This class is open to everyone. We will use the breath and the body to help focus the mind. You will participate in developing a personal practice which meets your unique needs. Please wear comfortable clothing that allows for full range of movement. No prior experience is necessary. Bring a towel.

**Date:** October 1 - 22 (Wednesday)  
**Time:** 6:00 - 7:30 pm  
**Fee:** $48  
**Location:** 520 North Juliette, Apt.2

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**Yoga for Beginners**  
**WE-35b**  
Anna Franklin (537-8224)

**Date:** October 6 - 27 (Monday)  
**Time:** 6:00 - 7:30 pm  
**Fee:** $48  
**Location:** 520 North Juliette, Apt.2

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**Yoga for Beginners**  
**WE-35c**  
Anna Franklin (537-8224)

**Date:** October 2 - 23 (Thursday)  
**Time:** 9:30 - 11:00 am  
**Fee:** $48  
**Location:** 520 North Juliette, Apt.2

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**Yoga for Beginners**  
**WE-35d**  
Anna Franklin (537-8224)

**Date:** October 29 - November 19 (Wednesday)  
**Time:** 6:00 - 7:30 pm  
**Fee:** $48  
**Location:** 520 North Juliette, Apt.2

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**Yoga for Beginners**  
**WE-35e**  
Anna Franklin (537-8224)

**Date:** October 30 - November 20 (Thursday)  
**Time:** 9:30 - 11:00 am  
**Fee:** $48  
**Location:** 520 North Juliette, Apt.2

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**Yoga for Beginners**  
**WE-38**  
Anna Franklin (537-8224)

**Date:** November 3 - 24 (Monday)  
**Time:** 6:00 - 7:30 pm  
**Fee:** $48  
**Location:** 520 North Juliette, Apt.2

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**Check out www.ksu.edu/redcross for CPR and First Aid Courses this Fall**

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**Expanded Hours. Expanded Learning. Expanded Opportunities.**

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

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

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

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

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

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**KANSAS STATE UNIVERSITY**  
**EVENING College**

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**www.ksu.edu/ufm**  
1221 Thurston  
539-8763
SHARP Self-Defense for Women
This course has been designed to offer women quick, easy-to-learn, and effective self-defense techniques for defending themselves against violent physical assault and rape. By empowering women to better protect themselves, they gain confidence in social and professional environments. All material is taught from a practical approach with techniques that require little physical strength and therefore are useful to women of all ages and physical condition. Ages 13 +

Diana Tarrer has a black belt in Taekwondo and Hapkido and is a certified instructor with the American Taekwondo Association. She has 18 years experience teaching martial arts, police defensive tactics and Sexual Harassment Assault and Rape Prevention for Women.

Date: October 2 (Thursday)
Time: 6:30 - 9:30 pm
Fee: $18 individual / $30 mother-daughter (additional $10 per child)
Location: First Lutheran Church basement
(Enter at North Door)
$30 Payzn

Belly Dance Basics
Belly dance is an ancient ethnic dance form that supports creativity, fitness, healing and fun. It is effective in connecting individuals with their own bodies, with their inner strength and improving self-esteem. Belly dance is an excellent exercise for flexibility, strength, endurance and weight loss. It is appropriate for people of all ages, sizes and levels. It is gentle enough for people of all fitness levels, including those with previous injuries or physical limitations. Please wear comfortable clothing and bring your own shoes if you have them for ease of creation and movement. Contact the instructor for more details.

Media Zaira (785-979-4681) began studying belly dance in 1999 under the instruction of Saudi-born Ferdos Afnan. Shortly thereafter, Media traveled to New York City where she studied at Serena Studio in the Theater District. Media has taken Mid Egyptian classes and workshops from several well-known teachers in the Kansas City area, including Masami Azuma, Jemira Ali, Roya, Zada al Gaziev, Siam Ali, and Zaina Ali. In addition, Media regularly travels to workshops taught by world-renowned belly dancers including Sahila Salimpour, Ansuya, and Sahara. Media’s dance performances include restaurant dancing, international fairs, sidewalk sales and The K.C. Renaissance Festival. Media also teaches weekly belly dance classes in Lawrence and the Kansas City area. She holds a Bachelor’s Degree in Education and has more than eight years of professional teaching experience.

Date: September 2 - October 7 (Tuesday)
Time: 7:25 - 8:25 pm
Fee: $40
Location: UFM Banquet Room

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

Michael Bennett (776-7557) has trained in Ballroom Dance at U.C. Berkeley, Mandalia Ballroom, San Francisco; Allibaba Ballrooms, Oakland, CA; Chicago Dance Studio, Chicago, IL, and Avenue Ballroom, San Francisco. He was the 1996 San Francisco Avenue Ballroom jitterbug Champion. He choreographed and performed in Ballroom Suits, Winter Dance 1996, K-State. He is a member of the United States Amateur Ballroom Dancers Association.

Date: August 29 - October 3 (Friday)
Time: 8:30 - 9:30 pm
Fee: $29 / individual / $49 couple
Location: ECM Auditorium
1021 Denison Avenue

Ballroom Dance

Michael Bennett (776-7557)
Date: October 31 - December 12 (Friday)
Time: 8:30 - 9:30 pm
Fee: $28 / individual / $49 couple
Location: ECM Auditorium
1021 Denison Avenue

Ballroom Dance

Michael Bennett (776-7557)
Date: August 30 - October 4 (Saturday)
Time: 6:30 - 7:30 pm
Fee: $28 / individual / $49 couple
Location: ECM Auditorium
1021 Denison Avenue
No class November 29

Ballroom Dance

Michael Bennett (776-7557)
Date: November 1 - December 13 (Saturday)
Time: 6:30 - 7:30 pm
Fee: $28 / individual / $49 couple
Location: ECM Auditorium
1021 Denison Avenue
No class November 29

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1221 Thurston
539-8763

STAGG HILL GOLF CLUB
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K-18 West
Honorable Tiger Society (Lao Hu P'ai) Kung Fu

MA-09

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

Dr. Michael Tree (341-1579) has been actively practicing martial arts for the past 15 years. He holds a 2nd degree black belt (sensei level) in Lao Hu Pai Kung Fu, 1st degree black belt in Won Hoop Loong Chuan Kung Fu, and a 1st degree black belt in Gooshin Aikijujutsu. He has extensive training in other systems including: Vovinam, Shaolin, Long Fist and Freestyle Mandarin.

**Tue., Aug 27 - Dec. 10 (Wednesdays)**
**Time:** 6:00 - 6:30 pm
**Fee:** $24
**Location:** Abram Fieldhouse, Rm 303, KSU

Tae Kwon Do I

MA-01

Tae Kwan Do is an effective way to unify the mind and body. It helps develop one's health by increasing cardiovascular ability, strength, balance and flexibility. Along with these benefits one can gain more self-confidence, self-discipline, respect, and better focus. Together, they combine into a powerful self-defense against any attacker. Anyone can begin from their present condition and enjoy continued success through Tae Kwan Do. TKD I is for beginners. Age 9+

**Tuesday, Aug 27, at 7 pm, a Public Demonstration and formal introduction of instructors will be conducted in Abram Field House, KSU.**

Grand Master Chee Sun Yi (785-266-8662) is the founder, president and chief instructor of Sun Yi's Academy and the Traditional Tae Kwan Do Association. He is a 9th Degree Black Belt and an internationally certified instructor. For over 40 years he has been instructing students of all ages and races. The classes at Kansas State University have been held since 1975.

**Instructor Jr. Master David Moore is a 6th degree Black Belt and nationally certified instructor. He has been studying TKD for over 12 years. He has also been teaching at KSU for over 4 years.**

**Date:** Aug 26 - Dec. 9 (Tuesday/Thursday)
**Time:** 6:30 - 7:30 pm
**Fee:** $12
**Location:** Abram Fieldhouse, KSU

No class November 27

Tae Kwan Do II Advanced

MA-02

Grandmaster Chee Sun Yi (266-8662), Instructor David Moore

**Date:** Aug 26 - Dec. 9 (Tuesday/Thursday)
**Time:** 7:30 - 8:30 pm
**Fee:** $27
**Location:** Abram Fieldhouse, KSU

No class November 27.

White Phoenix Kung Fu

MA-07

In this class we will work on four basic stances, blocks, punching, kicking and striking and two person step spacing. We may do some two person drills. This is a modification of Pai Lum Kung Fu. This method has elements of northern and southern Chinese arts and Japanese arts.

Stan Wilson (539-7772)

**Date:** Oct 20 - Dec 1st (Monday)
**Time:** 8 - 9 pm
**Fee:** $22 for includes 3 manuals
**Location:** Abram Fieldhouse, KSU

Swing and Salsa Dancing

RH-02

Swing and Salsa Dancing

RH-02b

Swing & Salsa Dancing

Mike Bennett (775-7557)

**Date:** Sept 27 - Oct 22 (Wednesday)
**Time:** 8:30 - 9:00 pm
**Fee:** $6
**Location:** UMF Fireplac Room

Intermediate Ballroom Dance

RH-04

Ballroom Dance in Salina

RH-25

Ballroom Dance

RH-26

African Style Dance/ Aerobics

RH-23

This class is designed for those seeking a fun, rhythmic style of dance to tone and condition their bodies. Let the sound of the drums take over your body and watch and feel your body move to the beat of the drums. You will be amazed at how great you will feel. African Dance is a great low impact way to burn calories, let your body take over through dance. Don't worry! You do not need rhythm or a dance background, just enthusiasm! Please bring a water bottle, towel and sneakers.

Doree Winter has studied jazz and other cultural styles of dance since age 12. She now teaches jazz, African and two-step Chicago style dance. She believes that no matter what age you are, African dance will definitely keep you fit while having fun.

**Date:** Sept 17 - Oct 22 (Wednesday)
**Time:** 8:30 - 9:00 pm
**Fee:** $6
**Location:** UMF Fireplac Room

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, fox- trot, waltz, and Latin dancing are just a few of the steps you will learn. Come experience the elegant world of Ballroom Dance. Classes fill rapidly. It is advisable to register early.

**Date:** Aug 29 - Dec 12 (Friday)
**Time:** 6:30 - 7:30 pm
**Fee:** $35 individual/$60 couple
**Location:** EGM Auditorium

No class October 17 and November 28

Audrey Unkule

**Date:** Aug 27 - Dec 10 (Wednesday)
**Time:** 7 - 8 pm
**Fee:** $80
**Location:** KSU Salina, Recreation Center

No class November 26

African Style Dance/ Aerobics

RH-23

This class is designed for those seeking a fun, rhythmic style of dance to tone and condition their bodies. Let the sound of the drums take over your body and watch and feel your body move to the beat of the drums. You will be amazed at how great you will feel. African Dance is a great low impact way to burn calories, let your body take over through dance. Don't worry! You do not need rhythm or a dance background, just enthusiasm! Please bring a water bottle, towel and sneakers.

Doree Winter has studied jazz and other cultural styles of dance since age 12. She now teaches jazz, African and two-step Chicago style dance. She believes that no matter what age you are, African dance will definitely keep you fit while having fun.

**Date:** Sept 17 - Oct 22 (Wednesday)
**Time:** 8:30 - 9:00 pm
**Fee:** $6
**Location:** UMF Fireplac Room

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, fox- trot, waltz, and Latin dancing are just a few of the steps you will learn. Come experience the elegant world of Ballroom Dance. Classes fill rapidly. It is advisable to register early.

**Date:** Aug 29 - Dec 12 (Friday)
**Time:** 6:30 - 7:30 pm
**Fee:** $35 individual/$60 couple
**Location:** EGM Auditorium

No class October 17 and November 28

Community Services

www.ksu.edu/ufm

1221 Thurston

539-8763
Surf & Turf

Fly Fishing

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 the dry flies, wet flies, and

Fly Fishing

Paul Sodemann

Date: September 8 - 18 (Mon, Tues, Wed, Thurs)
Time: 6 - 8 pm
Fee: $68, KSU credit also available
Location: Susan B. Anthony Middle School
2501 Browning

Composting: The Fine Art of Making "Black Gold"

Soon the leaves will be falling and you'll be spending the day raking! And the lawn needs cutting more frequently with the cooler weather! What can you do with all this stuff? Compost it! Making and then adding compost to your garden is the best single thing you can do for both your plants and soil. We'll discuss the tremendous benefits that compost provides and then cover the biological, chemical and physical components of a successful compost pile. You simply choose how long you want the process to take and we'll show you the method. Finally, we'll discuss how to use your "black gold" to enhance your yard or garden.

Callias Hampton (539-5934) is a seasoned Extension Master Gardener and a member of the Manhattan Community Garden and several local garden clubs.

Date: September 20 (Saturday)
Time: 10 am - 12 pm
Fee: $8
Location: UFM Greenhouse

Water Gardens 101: Construction and Maintenance

Water gardening is the fastest growing sector in the gardening world. Once you have a water feature, you'll understand why! Water gardens are simple to care for if they are built and maintained with some basic ecological principles in mind. Autumn, with its drier and cooler weather, is one of the best times to construct your pond (and no, it's not too late in the year either)! We will give you detailed instructions for each step of the construction. After that, we'll discuss how to stock and "plant" your pond whether you decide to do it this fall or next spring. Soon you'll be on your way to enjoying the relaxing sound of water in your garden - even during the winter!

Callias Hampton

Date: September 6 (Saturday)
Time: 10:00 am - 12:30 pm
Fee: $8
Location: UFM Conference Room

Introduction to Dance Ballet, Tap, and Jazz for Kids

This is an introductory class designed to provide exposure to different dance styles. Students will learn the basic steps. No dance experience or formal dance attire is needed. Music from the Nutcracker ballet will help students learn new ballet steps. Rock and Roll music will make learning jazz and tap steps fun.

Randi Dale (539-5767) has taught dance for 41 years. Her dance choreographed six story ballets and this spring her dancers performed Don Quixote.

Date: August 26 (Thursday)
Time: 6:00 - 6:45 pm
Fee: $8
Location: 2416 Rogers Blvd., enter by back door.

MA-05
Judo I is intended not to gain 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 Watabayashi
Date: August 26 - December 11
(Time/Day/Thursday)
Time: 8:45 - 9:45 pm
Fee: $73, KSU credit also available
Location: Ahearn Fieldhouse, Room 301 KSU
No class November 25 and 27.

MA-06
Judo II
Isaac Watabayashi
Date: August 26 - December 11
(Time/Day/Thursday)
Time: 9:45 - 10:45 pm
Fee: $73, KSU credit also available
Location: Ahearn Fieldhouse, Room 301 KSU
No class November 25 and 27.

Combat Grappling

In this class we will spend (more or less) 50 percent of our time on ground techniques and the rest on stand up defense. On the ground we will work on defense against the mount (the attacker sitting on you as you are lying on the ground) passing the guard, and submissions. Stand up defense is mostly against wrist grabs, chokes, etc. In the White Phoenix System, which is a self-defense method, we teach these methods because of their popularity in mixed martial arts. This is a beginning level class.

Star Williams (539-7723) has been doing martial arts since 1970. He has a 2nd degree black belt in Hakkkoryu Jujutsu, a 2nd degree black belt in 18 Tsotai Palms Kung Fu, a 3rd degree black belt in White Dragon Kung Fu, an 8th degree black belt in Zo Lu Lum Kung Fu, and is the founder of the White Phoenix System. He has been involved in Ninjutsu for 25 years. Stan has also produced a book, The Theory of Self-Defense, and several manuals and videos. He has done research into dojos of martial arts and has taken lessons in several as well.

Date: September 8 - October 13 (Monday)
Time: 8 - 9 pm
Fee: $92 fee includes 3 manuals
Location: Ahearn Fieldhouse, KSU

MA-03
Introduction to Dance Ballet, Tap, and Jazz for Kids

This is an introductory class designed to provide exposure to different dance styles. Students will learn the basic steps. No dance experience or formal dance attire is needed. Music from the Nutcracker ballet will help students learn new ballet steps. Rock and Roll music will make learning jazz and tap steps fun.

Randi Dale (539-5767) has taught dance for 41 years. Her dance choreographed six story ballets and this spring her dancers performed Don Quixote.

Date: August 26 (Thursday)
Time: 6:00 - 6:45 pm
Fee: $8
Location: 2416 Rogers Blvd., enter by back door.

Paul Sodemann

Paul Sodemann started fishing as a kid sitting next to his Grandpa with a cane pole, bobber, and worm fishing for bluegills. About fifteen years ago, he decided to try his hand at fly fishing. Having been from Kansas, he realized the lack of fly fishing in the state. He decided to try fly fishing and has not looked back. He took a fly fishing course and picked up the basics of the art. He became involved enough to start the Federation of Fly Fishers Basic Instructor rating and passed. Two years later he tested for the Master Instructor rating and passed. This rating allows him to work with local educational organizations and teach other instructors. At the same time he was one of only story (fly fishing) masters in the North American continent. He served as vice president of competition for the Federation of Fly Fishers Southern Council and served on the national EFF awards committee and conservation committee. He is a certified fly guide in the state of Kansas. He received his U.S. Coast Guard Captain’s license in 2002 and has guided saltwater fly fishing trips in the Florida Keys. He is a representative for the International Trout Fly Fishers Association and is a past world record holder in fly rod category.

Although not currently active, he is rated as a NAFU master instructor, a fly-fishing instructor (he jumps in as a named, a fly-fishing guide, and a fly-fishing instructor), he has fished in the Grand Canyon. He is a private pilot and owns a 1976 Avionica Cock which is a cloth-covered airplane. He has a Ph.D. in education and has taught sixth-grade science in the Manhattan Schools for 25 years.

Enrollment:

EN-01a

EN-01b

EN 30

EN 40

11

1221 Thurston
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359-8763
Imagine the Possibilities

Safe & Creative Album Making (family photos and more) CF-02a
1. Where are your photos? It's time to turn that box of photos into an album full of pictures, memorabilia and journals. You'll learn 5 easy steps: organize, crop, design layout, mount and journal. Your albums will give you and your family a lifetime of enjoyment, priceless heirloom. Bring your last roll of film or 8-10 pictures of a theme.
2. If you have scrapbooked and have existing supplies, bring them and I can teach you how to make quick simple borders for your pages.
The fee covers material used in class.

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

Date: September 2 (Tuesday)
Time: 7 - 9 pm
Fee: $15
Location: UFM Fireplace Room

Burn Baby Burn! (A DVD That Is!) CF-40a
You have edited movies on your computer. Now what? How do you produce a DVD that you can actually play on your DVD player? Learn about the issues involved in creating DVD's. A short DVD with chapters will be created (burned) during the class.

Gordon Schmidt

Date: September 2 (Tuesday)
Time: 7:00 pm
Fee: $25
Location: UFM Greenhouse

Safe & Creative Album Making (family photos and more) CF-02b

Pam Schmidt
Date: October 15 (Wednesday)
Time: 7 - 9 pm
Fee: $15
Location: UFM Fireplace Room

Christmas Creations CF-19
Dazzle your friends and family with your handmade Christmas creations! Mini works of art to send with your Holiday Greetings will be the focus of this class. We will make 3 different Christmas cards - simple to complex. All supplies will be provided. You may bring your own scissors, adhesive, cutting mat with a craft knife, and a ruler or 12" paper cutter if desired.

Heather Scott (494-2505)
Date: November 11 (Tuesday)
Time: 7 - 9 pm
Fee: $15
Location: UFM Fireplace Room

Home Decorating with CDs CF-67
Have you wondered what to do with all those free CDs you receive in the mail? This class will give you practical ideas on turning those free CDs into useful items to use around the house. Ideas that will be introduced include candle holders, coasters, mosaic tiles and tile a hacherow. You will also come way from the class with a unique mosaic piece. Come and learn how to put those CDs to use, save them from the landfill and have an interesting conversation piece. Bring any ideas you might have with you.

Paul Piotrowski is an expert in turning junk mail into useful objects. He also enjoys exchanging ideas with others.

Date: November 5 (Saturday)
Time: 10:00 a.m.
Fee: $8.99
Location: UFM Living Room

Rubber Stamping Basics CF-03a
Come and learn the basics of Rubber Stamping. You will learn the differences in inks, papers, stamps, and powders. We will cover basic techniques and embossing. Supplies for three cards will be provided, which will be made in class. Please bring the following to class: 2" paper cutter, adhesive, scoring tool, scissors, and a heat tool. (if you don't have them you can share).

Heather Scott (494-2505) is a published rubber stamp artist. She has been stamping for seven years. Let her help you catch the stamping bug, so you can create masterpieces of your own for friends and family.

Date: September 16 (Tuesday)
Time: 7 - 9 pm
Fee: $18
Location: UFM Fireplace Room

Digital Video Disk (DVD) Editing Basics (CF-48)
Create permanent family memories from those old film clips or that stack of VHS tapes. Learn the steps involved in getting these memories ready for DVD. Bring still pictures to scan and your favorite video to edit. Bring a blank VHS tape and you will create a short digital movie.

Gordon Schmidt is from Council Grove. He has taught for 35 years in the public schools with recent experience in Library Media Technology. Gordon currently is the owner of a mobile digital video editing business. Story 2 Tell. He has 15 years experience using Mac Computers as well as 10 years experience as a hobbyist videographer.

Date: October 15 (Wednesday)
Time: 7 - 9:30 pm
Fee: $25
Location: UFM Greenhouse

Dazzling Designs in Jewelry CF-14
Create beautiful jewelry pieces to keep or give to friends and family! You will learn to make 3 different pieces of stylish jewelry with rubber stamps and mixed media in this class. All supplies will be provided. You do not want to miss this one!

Heather Scott (494-2505)
Date: October 22 (Wednesday)
Time: 7 - 9 pm
Fee: $25
Location: UFM Fireplace Room

Safe & Creative Album Making (family photos and more) CF-02c

Pam Schmidt
Date: November 10 (Monday)
Time: 7 - 9 pm
Fee: $15
Location: UFM Fireplace Room

Rubber Stamping Basics CF-03b

Heather Scott (494-2505)

Date: October 14 (Tuesday)
Time: 7 - 9 pm
Fee: $18
Location: UFM Fireplace Room

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**Sew Basic**

**CT-49**

Sew Basic is for beginning seamstresses. We will cover measuring, fitting, preparing your pattern and fabric, layout and cutting, basic straight stitching, seam finishing, lined bodices, sewing without facings, side and patch pockets, and much more. Emme will teach many of the short cuts and quick sewing techniques that will make your sewing easier, more professional, and more fun. Our class project will be your choice of a simple jumper or pullover dress. We will have 4 sewing machines in class, but would like you to bring your own if you have one. All class materials will be provided except scissors and basic sewing supplies (seam ripper, etc.) Please contact Emme at least one week prior to class with your basic size and to get the list of supplies needed. Please bring a good quality pair of dressmaker scissors (scissors), a 3-ring binder, and a snack to share to class.

Emme Hackney (494-2882) has been sewing for more than 30 years. She is the owner of www.ennemsgarden.com and does contracts for local businesses and women and children. She also gives private sewing lessons.

Date: September 27, October 11, October 25, November 8 (Saturday)
Time: 1:30 pm
Fee: $47 (includes some supplies)
Location: UFM Multipurpose Room

**Stained Glass**

**CP-53**

Learn the basics of stained glass. Cutting, grinding, fitting, and soldering are some of the techniques you will learn. Take home a piece of window art that you will create yourself. Stained glass is an interesting hobby that you can do at home and that can lead you to making Tiffany lampshades, crossings and more. A supply list will be provided when you enrol.

Peta Barnes

Date: October 4 – 18 (Saturday)
Time: 10:00 am - 1:00 pm
Fee: $49
Location: 3446 Stonehenge Drive

**Creative Cross Stitch**

**CP-47**

Cross stitch is a counted thread needlework easy to learn with creative potential and impressive results. This class is for the beginner as well as those looking for new ideas. We will create a bookmark using a variety of stitches and drawn threads.

Kansas Robertson (770-8305) has been teaching needlework classes since 1997.

Date: October 15 (Wednesday)
Time: 7 - 9 pm
Fee: $12
Location: 1717 Kingwood Drive

**Traveling on Your Own**

**CT-22**

P包装 your own suitcase! Do you want to travel but don't like the idea of going with a group of strangers on a rigid schedule? Then learn how to travel independently! This class will focus on traveling alone in big cities and other countries. It will also help beginning travelers with questions about airlines, passports, finding hotels and other helpful information.

Joyce Britz (537-7027) has traveled independently both in the U.S. and abroad.

Date: October 21 (Tuesday)
Time: 7 pm
Fee: $5
Location: UFM Multipurpose Room

**Fun With Rabbits**

**EN-03**

Have you ever wanted to own a rabbit? Do you own a rabbit and have questions about rabbit care? Did you know there are 45 breeds recognized in the Rabbit Standards book? We will cover basic rabbit care, breed identification and uses for various breeds. We will teach you rabbit showmanship and give you a chance to try it out for yourself. You will learn about selecting and how rabbits are judged. Rabbits are one of the healthiest and most enjoyable pets to own. Come to our workshop just to watch or to get as much hands on experience as you would like. We promise you...Fun with Rabbits!

William, Amore, and Bernadette Tick (785-456-2280) jointly own their rabbits at Tick Tock Farm. They raise various varieties of Rex and Sixth rabbits, plus New Zealand and Himalayan rabbits. They show rabbits at the county, area, state, and national levels, including the 2000, 2001, and 2002 National conventions. William is the current Kansas ABA Rabbit Prince and 3rd Runner-Up National Director. Amorette is the Kansas Rabbit Lady and 3rd Runner-Up at the National level. Bernadette is the 2nd Runner-up Kansas Rabbit Queen. They earned these titles for their knowledge of rabbits and their performance in showmanship. They have been taught by their older sister, Bernadette, who has been showing rabbits for 9 years.

Date: October 21 (Tuesday)
Time: 7 - 9 pm
Fee: $8
Location: UFM Greenhouse

**Basic Nature Photography**

**CF-73**

Information will be primarily centered around 35mm SLR cameras and equipment in this class. Some topics include camera settings and operation, choosing and using different lenses, types of film and an introduction to exposure, composition, and technique. This class is geared toward beginning photographers and those wishing to know more about camera settings and natural light. Participants will need their own fully functional 35mm SLR camera. Tripods will also be available for use. Participants are encouraged to bring their cameras to each class for maximum benefit. The class will include 4 classroom meetings and 2 field trips. Class fees include 2 rolls of film and developing plus a framed picture and a photography booklet.

Scott Bonn has been enjoying the hobby of nature photography for the past 8 years. Photography is a wonderful way to enjoy the beauty of nature. Each photograph represents a unique view of our world. Scott started trying to capture these views 8 years ago and would like the chance to help others get started in this wonderful hobby. His goal is to help you avoid some of the common mistakes he has experienced as a beginning photographer and help you get the most out of your camera.

Date: October 16, 25, 30, November 6 (Thursday)
Time: 7 - 9 pm
Fee: $70
Location: UFM Conference Room
Note: Field Trips are October 26 and November 2 (Sundays) and will be discussed at the first class.

**Black & White Film Developing for the Beginner**

**CF-09a**

This class will cover the basics of black and white film processing and darkroom procedures. We will limit the class size to provide hands-on experience. Each student will develop their own roll of black and white film. Note: Student needs to bring an exposed roll of 135 X 400 ISO film to class. This film may be purchased at Walgreens or Ace. Also all materials are included in the class fee.

Herald Woolwine has a degree in Commercial and Industrial Photography. He enjoys black and white photography and enjoys processing his own film.

Date: September 23 (Tuesday)
Time: 7 pm
Fee: $17
Location: UFM Darkroom
Deadline for sign up is September 16.

**Black & White Film Developing for the Beginner**

**CF-09b**

Herald Woolwine

Date: November 4 (Monday)
Time: 7 pm
Fee: $17
Location: UFM Darkroom
Deadline for sign up is October 28

**Black and White Printing**

**CF-10a**

Feel the satisfaction of turning your own black and white negatives into prints. Each student will gain hands-on darkroom experience in print processing. Bring 2 black and white negatives of your choice to process and print in class.

Herald Woolwine

Date: October 14 (Tuesday)
Time: 7:00 pm
Fee: $17 No refunds on class. Instructor must buy chemicals that can't be used if students bring their own.

Location: UFM Darkroom

**JOIN THE NORTHERN FLINT HILLS AUDUBON FOR CHAPTER ACTIVITIES THIS FALL:**

Annual Bird and Butterfly Tour & Ice Cream Social Sept 13 (Saturday).
Meet at 11:30 a.m. in Howie's Recycling parking lot for a tour of the Cecil Best Birding Trail, the Michel-Rossi Nature Preserve, and the Sojozturner Butterfly Garden.
Ice Cream Social begins at 2:00 p.m. in the Sojozturner Park at 10th & Pottowatomie. Learn about how we work in the community.
Everyone is welcome.
For more details call 785-494-2556.

“Organic Gardening” program by Dan Nagenagat, Kansas Rural Center.
Wed. Oct. 15, 7:30 p.m., 1014 Throckmorton Hall, KSU, NE corner of Claffin and Denison.
Beginning Birding the Second Saturday of every month at 8:00 a.m. Meet at the Acker/Darland parking lot on KSU campus. Birders of all experience levels welcome, especially children.

The chapter at NFAHS, P.O. Box, 1932, Manhattan, KS 66506.

539-8763

1221 Thurston

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13
Harmonica for Everyone
Harmonica is for everyone! Kids, parents, and grandparents will laugh and learn as they are led through an introduction to the 10 hole diatonic harmonica. This class covers folk, gospel, old-time, bluegrass and country-blue styles along with different songs than were offered last spring. Learn proper care of your instrument and the essentials to play by ear or from harmonica notation. Harmonica and handout included in the fee. Ages 8+

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

Date: November 3 (Monday)
Time: 6:30 - 8:00 pm
Fee: $20
Location: UFM Fireplace Room

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

Thad Beck
Date: November 4 (Tuesday)
Time: 6:30 - 8:00 pm
Fee: $16
Location: UFM Fireplace Room

Cream Puffs
Cream puffs are a wonderfully rich pastry filled with a delightful cream filling sometimes topped with glaze. Come learn how to make this classic dessert for your next party. Recipes for cream puff pastry and fillings will be demonstrated and sampled.

Ron Holtsen (770-8303) has been teaching cooking classes since 1997.

Date: October 29 (Wednesday)
Time: 7 - 9 pm
Fee: $12
Location: 1717 Kingwood (Bagg Hill Road to Sumac to Kingwood)

Let's Have a Tea Party
Let's plan a tea party. Recipes for scones and lemon curd will be demonstrated. Choosing and preparing tea will be discussed and then we'll have a tea party.

Micki Cady, former owner of the Colt House Inn is back in the tea scene and is the originator of the Manhattan Tea Society.

Date: October 26 (Sunday)
Time: 2 - 4 pm
Fee: $13
Location: 1717 Kingwood (Bagg Hill Road to Sumac to Kingwood)

Introduction to Scrapbooking
Scrapbooking has become one of the most popular hobbies in the US. You can preserve your memories using your own style and creativity. In this class you will learn the basics of scrapbooking including tools, albums, terminology and how to get started. Please bring scissors, acid free adhesive, a paper trimmer if you have one and 8 - 10 pictures from the same event to use on a two page layout. Card stock and basic tools will be provided in class as well as extra supplies for birthday or Christmas theme layouts. If you have any special supplies or tools you would like to use bring them along also.

Jody Church (276-5605) has been scrapbooking for five years and has also taught classes locally.

Date: September 17 (Wednesday)
Time: 7 - 9 pm
Fee: $18
Location: UFM Multipurpose Room

Dr. William F. Schulz
Executive Director
Amnesty International USA

"Terror, Torment, and Tyrranny: The State of Human Rights Today"
8 p.m., Monday, October 6, 2003
Forum Hall, K-State Student Union
Co-sponsored by the Manhattan Alliance for Peace and Justice and Amnesty International Group 254

Honoring the memory of distinguished professor of political science Lou Douglas and his commitment to human rights, social justice, world peace and international development

Announcement Sponsored by

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Imagining the Possibilities

Introduction to Scrapbooking
Judy Church (776-3065)
Date: October 21 (Tuesday)
Time: 7 - 9 pm
Fee: $18
Location: UFM Multipurpose Room

Introduction to Scrapbooking
Judy Church (776-3065)
Date: November 12 (Wednesday)
Time: 7 - 9 pm
Fee: $18
Location: UFM Multipurpose Room

Poker: Casino Texas Hold’em
For Beginners and Others
CF-70
Poker is the most popular card game in America and Hold’em is the Cadillac of American Poker. This class will discuss the basic rules of Texas Hold’em (and its variations) as well as betting, strategies and ‘table’ manners. If you are sick of winning five bucks from your brother or lawyer every Wednesday and you want to step up your game to the casino level then this may be your best bet. Luck will get you so far, but skill will get you further.

Tom Mahoney (535-0989) has been working on his gambling skills for many years now and has read many books and attended seminars on the subject.

Date: October 8 (Wednesday)
Time: 7:00 - 9:30 pm
Fee: $20
Location: UFM Fireplace Room

BlackJack Basics: Casino Blackjack
For Beginners and Others
CF-71
BlackJack seems so simple. Get as close as you can to 21 without going over. If it’s so simple why don’t more people win? This class will teach the basics of Blackjack strategy, betting and some simplified card counting/card observation techniques. Strategies for doubling down, splitting, and insurance will also be discussed. The one thing the casinos fear most is the informed player.

Tom Mahoney (537-0989)
Date: October 15 (Wednesday)
Time: 8:00 - 9:30 pm
Fee: Free
Location: UFM Multipurpose Room

Casino Craps for Beginners
CF-72
Craps is the most exciting game in the casino and the most intimidating. This class will take some of the mystery out of the game. We will discuss the history of the game, basic bets and strategies as well as dice etiquette and ‘table’ manners. This class may not make you a winner but it will let you get a taste of the action. The best bet is always knowledge.

Tom Mahoney (537-0989)
Date: October 3 (Wednesday)
Time: 8:00 - 9:30 pm
Fee: $20
Location: UFM Fireplace Room

Focus on Spending Plans
Rob Hayes (776-9832)
Date: November 11 (Tuesday)
Time: 7 pm
Fee: $8
Location: UFM Conference Room

Learn How To Protect Your Most Important Financial Assets
CF-12
Life insurance: Do you have enough? Most people think they do, but in reality many people are under-insured. In fact, one study showed that one out of every four widows spent their husband's death benefit within two months. This workshop will address some of the myths of life insurance and help you understand why it is so important to insure one of your most important assets, your income. We will look at several different ways to calculate how much life insurance is enough, which kind of insurance is right for you and how to fit the cost of life insurance into your family budget.

Rob Hayes (776-9832) graduated from Kansas State University with a Bachelor's degree in Family Financial Planning. Before finishing his education, he and his wife opened and operated a supermarket. He has over 20 years experience in management and is a Certified Family Financial Planner. Rob is a member of The Financial Planning Association and serves on the board of directors as Treasurer for Peoples Grocery Coop. Rob has lived in the Manhattan area for over 46 years. Rob is a Life Insurance Agent with Farmers Insurance Group and Registered Representative of Farmers Financial Solutions, LLC. His office is located in Manhattan, KS.

Date: September 23 (Tuesday)
Time: 7 pm
Fee: $8
Location: UFM Conference Room

Focus on Spending Plans
Rob Hayes (776-9832)
Date: October 21 (Tuesday)
Time: 7 pm
Fee: $8
Location: UFM Conference Room

Focus on Financial Planning
CF-14
Are you achieving all the financial goals and objectives you’ve set for yourself? Unfortunately for many people the answer is no. Today, especially, it’s easy to get set back simply by of daily living expenses and paying bills. Identifying your goals and designing strategies to help meet those goals are key elements in a successful financial approach. Putting your money to work through careful planning can create a number of additional possibilities for success. It also gives you greater control over your financial future. Simply stated, a sound financial education could help you: expand your world of opportunities and your potential for rewards. Overcome the obstacles to financial success. Make your money work smarter and harder for you, and increase your net worth. Reduce your taxes. Design a plan that is tailored to your needs and changes as you go.

Have more overall control of your financial affairs.

Just for attending the workshop, you’ll receive a full-color, 20 page workbook on financial management. This invaluable resource consists of easy-to-understand worksheets, exercises and questions designed to help you identify your needs and evaluate your options.

Rob Hayes (776-9832)
Date: September 9 (Tuesday)
Time: 7 pm
Fee: $8
Location: UFM Conference Room

Focus on Financial Planning
CF-14b
Rob Hayes (776-9832)
Date: October 14 (Thursday)
Time: 7 pm
Fee: $8
Location: UFM Conference Room

Saving for your Children’s Education: Is it out of Reach?
CF-25
Would you like to find out about the different plans available to fund your children’s or grandchildren’s college or vocational education? Have you heard about the 529 plan? When you make purchases (groceries, real estate, automobiles, and various services) a percent of your purchase may go into your upromise account. Learn the pros and cons of 529 plans, Coverdell IRA (educational IRA) and UGMA/UTMA. Find out why many people don’t start planning.

Charlotte Brommon (776-3666)
Date: October 16 (Thursday)
Time: 7 - 8 pm
Fee: $8
Location: UFM Multipurpose Room

539-8763
1221 Thurston
Surfing with Confidence: An Introduction to Practical Internet Use and Applications CP-02a
Surf's up! With the bewildering amount of information available on the internet these days, it takes a certain amount of skill to filter through the hype and hoopla in order to productively use the internet. This class will cover search engine basics and how to plan your search in order to get the most relevant results. In addition, we will cover the essential mailing lists, directories and online discussion forums - giving practical tips that you can put to use right away.
Chris Wilson (556-1570) has been providing training, consulting, programming and technical support on a contract basis since 1995 and has worked for dozens of small and large businesses including Johns Hopkins University, Chubb Insurance Corporation, Toyota Motor Corporation, and the State of Kansas. He also led the support team for one of the largest free CGI script repositories on the internet for almost 5 years. When not working online, he enjoys the outdoors and spending time with his family.
Date: September 15 (Monday)
Time: 7 - 8 pm
Fee: $28
Location: Manhattan Public Library

Surfing with Confidence CP-02b
Chris Wilson (556-1570)
Date: October 4 (Saturday)
Time: 1 - 2 pm
Fee: $28
Location: Manhattan Public Library

Surfing with Confidence CP-02c
Chris Wilson (556-1570)
Date: November 3 (Monday)
Time: 7 - 8 pm
Fee: $28
Location: Manhattan Public Library

Introduction to HTML and Basic Web Page Design CP-05a
Interested in creating your own space on the World Wide Web? Want to get started but are not sure where to turn? This class will teach you the basics of how to design, create, and publish your own website for personal or business use. Topics will cover HTML basics, working with images and multimedia, linking web pages and sending email from a web page. The class will discuss the more commonly available programs used for site design as well as how to create a page from scratch. No computer programming experience is required but a basic familiarity with using PCs and the internet is preferred. Additionally (time permitting) a few intermediate topics will be covered including domain name registration, choosing a web host, site promotion and e-commerce for business.
Chris Wilson (556-1570)
Date: September 22 (Monday)
Time: 6 - 8 pm
Fee: $23
Location: Manhattan Public Library

Introduction to HTML and Basic Web Page Design CP-05b
Chris Wilson (556-1570)
Date: October 18 (Saturday)
Time: 1 - 3 pm
Fee: $23
Location: Manhattan Public Library

Gain Control of Your Money & Become Debt-Free FC-01
Is it too much month at the end of your pay-check? 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 fees and charges to watch out for with credit cards and mortgages. You will learn to identify areas where you can cut costs and to take control of your money. Learn to buy wisely and reach your financial goals. Everyone attending this seminar will have the option to get an individual consultation to establish their debt-free date. 
Charlene Breunnon (778-3666) is the instructor for Women & Money, an 8-week program that is offered in the fall for KSU credit and non-credit. She enjoys sharing her knowledge with others to help them develop money skills. Charlene works with a local financial service company.
Date: October 2 (Thursday)
Time: 7 - 8:30 pm
Fee: $8 individual/$12 couple
Both: Gain Control & Investing
$10 individual/$14 couple
Location: UFM Conference Room

Investing in YOUR Future FC-02
Individuals who are in the accumulation phase of their lives, at 25 to 55 years of age, or those who need to save for a home or future college tuition will benefit from this course. Discussion will cover important money management concepts with practical, easy-to-understand language using examples you can put into practice. Topics include investment basics, types of products and development of a personal financial plan that will help you plan a secure future for yourself and your family. No matter how much or how little money you have these principles apply to you. Invest an evening of your time to learn how you can accumulate more wealth and have a better quality of life. Everyone attending this seminar will have the option of receiving a complimentary Financial Needs Analysis to help establish their road map for their various goals and dreams.
Charlene Breunnon (778-3666)
Date: October 9 (Thursday)
Time: 7 - 8:30 pm
Fee: $8 individual/$12 couple
Both: Gain Control & Investing
$10 individual/$14 couple
Location: UFM Conference Room

Beginners 101: Getting Started with Your PC and Windows CP-12a
No experience required! This class is designed for people who would like to learn how to use their computer in a more effective manner and those with some experience who would like some practical tips on how to get the most out of their computer. Topics will include basic computer setup and troubleshooting, things to look for when purchasing a new or used PC, an introduction to working with Windows, how to start and use many common programs, how to manage your desktop and files, and how to personalize your computer and change the appearance of Windows. Designed for non-technical individuals, the class will proceed at a comfortable, friendly pace with plenty of time for questions and answers.
Chris Wilson (556-1570)
Date: September 10 (Wednesday)
Time: 6 - 8 pm
Fee: $28
Location: Manhattan Public Library

Beginners 101: Getting Started with Your PC and Windows CP-12b
Chris Wilson (556-1570)
Date: October 11 (Saturday)
Time: 1 - 3 pm
Fee: $28
Location: Manhattan Public Library

Beginners 101: Getting Started with Your PC and Windows CP-12c
Chris Wilson (556-1570)
Date: October 15 (Wednesday)
Time: 6 - 8 pm
Fee: $28
Location: Manhattan Public Library

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**Archery for Families**

Join us for some fun for the whole family! Archery can be a simple, lifetime sport that anyone in the family can enjoy. The instructor will provide equipment and gear the class toward each individual’s needs. Come have fun with your family and learn a new sport together. Ages 8+

**Tom Korte**

- Date: November 9, 16, 23 (Sunday)
- Time: 6-7 pm
- Fee: $27 Family
- Location: 1125 Laramie Plaza, upstairs

**Archery for Adults**

This course provides men and women instruction in target style archery. Emphasis is on the form of archery currently used in Olympic sports. 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. All equipment will be provided by the instructor. Techniques will be tailored to fit individual levels of advancement.

**Tom Korte**

- Date: November 3 - December 8 (Monday)
- Time: 8 - 9:45 pm
- Fee: $41
- Location: 1125 Laramie Plaza, upstairs

**Archery for Youth**

The main focus of this course will be to introduce youth to archery and learn the important basics of the sport. This is a great sport geared toward individual achievement. Classes will be structured around key points needed for good form, safety and introduction to the world of archery. All equipment will be provided by the instructor. Ages 8+

**Tom Korte**

- Date: September 8 - 29 (Monday)
- Time: 6 - 8 pm
- Fee: $20
- Location: 1125 Laramie Plaza, upstairs

**Archery for Youth**

**YO-99b**

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.

**Join the Manhattan/Riley County Sesquicentennial Celebration!**

Join in the fun — Help plan our 150th birthday party in 2005. A whole year of activities and celebrations for everyone!

Volunteers needed! Contact Dave Lewis, dlewis@alilstardj.com, 776-1350.
A Young Adult's Legal Rights and Responsibilities

Mary Beth Wilson (539-2708)

Date: November 13 (Thursday)
Time: 7 - 9 pm
Fee: $22 includes textbook
Location: UFM Multipurpose Room

Clearing Clutter

Learn to clear your space to enhance your life. We'll examine the energetics of clutter and talk about the attitudes and ideas that enable us to let go. Liberating your self!! Recommended reading: Clear Your Clutter with Feng Shui by Karen Kingston.

Date: September 15, 22, and 29 (Monday)
Time: 7 - 9 pm
Fee: $24
Location: 811 Colorado

Leadership Lounge

Is your family or workplace about "knowing" or "learning"? What does it mean to "know yourself, choose yourself, give yourself"? How can the secret of Einstein's hairdo enhance your creativity? Are you willing to reclaim time to think? Does it mean to "invent oneself"? Is your "to do" list focused on completing tasks or multiplying your efforts? How does a leader practice the art of "framing possibilities"? What's the difference between "content" and "process" and how can it help make you a better communicator? Have you experienced good listening? What can Leonardo da Vinci teach us about leadership? You're invited to share your experiences and insights as we answer these questions and more as part of a monthly discussion group for people interested in advancing their personal and professional development.

Robert Wilson (mwilson@ksu-edu) is an environmental planner with K-State Research and Extension where he helps communities take a proactive role in protecting natural resources. Robert has served on the boards of several organizations, including UFM, the Kwa Valley Heritage Alliance, Sustainable Manhattan and the K-State Leadership Seminar Committee.

Date: September 4, October 16 and November 13 (Thursday)
Time: 7 - 9 pm
Fee: $6
Location: Radina's Coffeehouse, Aggieville

Responding to Emergencies

This class will provide the citizen responder with the knowledge and skills necessary in an emergency to help, assist to life and maintain peace and the consequences of injury or sudden illness until medical help arrives. Thereby acting as the first link in the Emergency Medical Services System (EMSS). The course will emphasize prevention of injuries and illness with a focus on personal safety and health. AEMT essentials will teach individuals the skills and knowledge needed to make a difference for victims of sudden medical illness or injury through the safe use of an automated external defibrillator (AED).

Case study (539-9913)

Date: October 7 - November 26 (Tuesday and Thursday)
Time: 7 - 9 pm
Fee: $180.00 Credit card also available
Locations: American Red Cross Office, 2001 Anderson Avenue

A Young Adult's Legal Rights and Responsibilities

Mary Beth Wilson (539-2708)

Date: October 9 (Thursday)
Time: 7 - 9 pm
Fee: $36
Location: UFM Multipurpose Room

A Young Adult's Legal Rights and Responsibilities

Mary Beth Wilson (539-2708)

Date: October 9 (Thursday)
Time: 7 - 9 pm
Fee: $32 includes textbook
Location: UFM Banquet Room

Expand Your Horizons

Philosophy of Gurdjieff & Ouspensky

Explore the psychological system of the two Russian philosophers and theosophists who created the 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 drawn from Ouspensky's A Psychology of Man's Possible Evolution.

David Szymon has been active with Gurdjieff's work for 23 years. He has studied with J. G. Bennett, a pupil of both Gurdjieff and Ouspensky.

Date: September 17 - October 22 (Wednesday)
Time: 7:30 - 9 pm
Fee: $20
Location: UFM Conference Room

Out of the Ashes, New Life

This course provides you the opportunity and tools to learn about your eternal composition, to examine your personal spiritual journey, and to chart a positive course of balanced spiritual growth. As a participant you will learn how to perform self-evaluation and use the results to set short, medium and long-range strategies for personal transformation. You will study the definitions, functions, and connectivity of the basic building blocks the Creator used to construct the eternal human being. You will examine in detail the purpose, process and result of being "born again" described by the Bible. Then you will learn, practice, and master the process of absorbing specific Scripture segments. This class content is non-denominational but with the Bible as the primary reference.

The class format is a 25-minute facilitator presentation followed by 25 minutes of small group interaction and discussion.

Dr. Richard Miller (770-8995) is educated as an engineer and has completed a successful military career as a research engineer, leader and mentor. He holds a Doctor of Strategic Leadership at Regent University with research emphasis on personal spiritual development. Dick is a certified facilitator for other seminars such as Investment in Excellence and Experiencing God.

Date: September 11 - December 11 (Thursday)
Time: 6:30 - 9:00 pm
Fee: $106 includes workbook
Location: UFM Conference Room

No class November 27

Pursuit of Goals

Setting goals is an integral part of living to the fullest. Make the most of goal setting by developing a personal mission statement, getting organized, putting an end to procrastination and following the tried and true steps for successful goal setting. You will learn where your time goes during a typical workday and how to set priorities.

Shannon Thomas (620-886-1703) has been educating and entertaining Kansas for over 10 years. Her realistic approach is both refreshing and informative. Though experienced in the grant writing field, she has broadened her teaching to include project development, goal setting and time management. Shannon holds a Master's degree in education from Pittsburg State University and lives in Pratt, Kansas.

Date: October 9 (Thursday)
Time: 7 - 9 pm
Fee: $36
Location: UFM Multipurpose Room

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1221 Thurston
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ESL - English as a Second Language  
LA-34  
This class is for beginning speakers of English. The class will be devoted to developing skills in reading, writing and conversation. 
Jannie Stone (552-7324) has over 30 years of experience working with adults in ESL instruction. She received her BS in ESL from the University of Illinois at Chicago. She has taught ESL at various schools in the area and is currently teaching ESL at the Kansas State University. 
Date: September 17 - October 8  
Time: 5:45 - 7:15 pm  
Fee: $20  
Location: UFM Multipurpose Room  

ESL - English as a Second Language  
LA-40  
This class is for advanced speakers of English. The emphasis will be on conversation, grammar, paraphrasing and expanding vocabulary. 
Jannie Stone (552-7324) has over 30 years of experience working with adults in ESL instruction. She received her BS in ESL from the University of Illinois at Chicago. She has taught ESL at various schools in the area and is currently teaching ESL at the Kansas State University. 
Date: September 17 - October 8  
Time: 5:45 - 7:15 pm  
Fee: $20  
Location: UFM Multipurpose Room  

French Language  
LA-02  
This class is an introduction to the French language. The emphasis will be on conversation, grammar and expanding vocabulary. 
Eliane Rabois (552-7324) has been teaching French for over 10 years in Kansas State University. She received a degree in French Language and Literature from the University of Grenoble in France. 
Date: September 17 - October 8  
Time: 5:45 - 7:15 pm  
Fee: $20  
Location: UFM Multipurpose Room  

Beginning Sign Language  
LA-03  
This class will build a basic knowledge of American Sign Language. The class will introduce vocabulary used in everyday conversation. 
Amy Kress (552-7324) has been working as an interpreter in Kansas City for four years. For the past two years she has worked for the Manhattan school system. 
Date: September 17 - October 8  
Time: 5:45 - 7:15 pm  
Fee: $20  
Location: UFM Multipurpose Room  

Ethics: Establishing a Common Ground  
LA-14  
This group is a meeting of the minds to attempt to establish a common ground for ethical discussion outside of the various religious perspectives and using reason in the natural law tradition to make ethical decisions. 
John Carlin has a BS in philosophy, a BA and MA in theology and a PhD in organizational development. 
Date: September 16 - 30 (Tuesday)  
Time: 7 - 8 pm  
Fee: $10  
Location: UFM Greenhouse  

A Course in Miracles  
SP-18a  
This class is a self-study program in retraining the mind for inner peace through the practical application of principles such as forgiveness, eliminating fear and bringing more love into our lives and the lives of others. It has been described as a divinely inspired road map for one's own inner spiritual journey. The daily application of the lessons provides opportunities for experiencing peace, happiness and fulfillment - not so easy to come by as we struggle with the challenges and changes of life. 
Mary Williams (654-9882) has been seeking inner peace for years. She has been a student and a teacher of A Course in Miracles since 1985. Professionally, Mary is a K-12 gifted education teacher in rural schools south of Topeka and has her own wellness business. 
Date: September 27 - October 11 (Saturday)  
Time: 10:30 am - 12:00 pm  
Fee: $16  
Location: UFM Conference Room  

A Course in Miracles  
SP-18b  
Mary Williams (654-9882) has been seeking inner peace for years. She has been a student and a teacher of A Course in Miracles since 1985. Professionally, Mary is a K-12 gifted education teacher in rural schools south of Topeka and has her own wellness business. 
Date: November 8 - 22 (Saturday)  
Time: 10:30 am - 12:00 pm  
Fee: $16  
Location: UFM Conference Room  

Women's Book Club  
CP-00  
The women's book club members will choose a book to discuss once a month. Meeting locations will vary. We will read books of all kinds and women of all ages are welcome. 
Terry Murray (776-3029) has enjoyed reading books from a variety of authors. She started the club about a year ago and enjoys the group discussions. 
Date: September 15 (Monday)  
Time: 7:30 pm  
Fee: $8  
Location: To Be Announced  

Religion and Philosophy  
SP-97  
This class will be participant driven. Participants will determine the topics we will discuss relating to religion and philosophy. 
Randy Kent Miller (485-0169) is a Kansas native. He promotes religious freedom and has founded the Church of Religious Freedom. He has studied many faiths and theologies. 
Date: September 3 - December 10 (Wednesday)  
Time: 7 - 9 pm  
Fee: $8  
Location: UFM Multipurpose Room  
No class November 26  

LIVE THEATRE  
LA-03  
Later Life  
Oct 5, 6-12  
Hate Famlet  
Nov 14-15, 20-23  
The Heavens Sept 5  
Kaper Sense & Pete Heitzman Sept 27  
Darrell Scott Nov 1  
Mark Selby Dec 6  

Swing City Jazz  
Jazz meets Regina Aug 29  
Wayne's Birthday Jazz Jam Sept 19  
Female vocalist TBA Oct 17  
KSU Jazz Combos Nov 7  

MAC TRUCK OUTREACH  
For information, to become a member or to be added to our mailing list, call 537-4420, stop by 1620 Poyntz or e-mail programs@manhattanarts.org  

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The Manhattan Arts Center is a fundee of the Kansas Arts Commission, a state agency, and the National Endowment for the Arts, a federal agency. Additional funding comes from the City of Manhattan and MAC members and friends. MAC is a member of the Manhattan Arts Arts & Humanities Coalition.
Test Preparation Courses
Be Confident and Prepared to take the PPST, GMAT, GRE, and LSAT

PPST Prep FC-23
Pre-Professional Skills Test Review Course for Teachers

- Review & practice the three subject areas of reading, mathematics and writing
- Learn strategies for successful test taking, problem solving, and quizzes

Date: October 20-November 12 (M/W)
Time: 7 - 9 pm
Fee: $160 (includes Cambridge Test Prep Plus textbook, and The PPST Guide test with answer explanations, skill review and practice test)
Location: Justin Hall, Rm 341, KSU
* Dates may be subject to change.

GMAT Prep FC-22
Graduate Management Admission Test Preparation Course

Review Segments
- Reading Comprehension
- Sentence Correction & Analytical Writing Assessment
- Critical Reasoning
- Discrete Quantitative
- Data Sufficiency

Date: Sept. 23, 25, 30, Oct. 2, 7, 9, 14, 16, 21, 23 (Tue/Thur)
Time: 7 - 9 p.m.
Fee: $240 (fee includes Cambridge Test Prep PLUS textbook, the official guide for GMAT review and CD-ROM)
Location: KSU, Justin Hall, Room 256
* Dates may be subject to change.

LSAT Prep FC-11
Law School Admission Test Review Course

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

Date: August 25, 27, September 3, 6, 8, 9, 10, 13, 15, 17, 20 (M/W/Sat)
Time: 7 - 9 p.m. (M/W); 8-12 (Sat)
Fee: $250
Location: KSU, Justin Hall, Room 149, KSU
* Dates may be subject to change.

GRE Prep FC-10
Graduate Record Exam Preparation Course

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

Date: Sept. 16, 18, 23, 25, 30
Oct. 2, 9, 14, 16, 21, 23 (Tue/Thur)
Time: 7 - 9 p.m.
Fee: $240 (fee includes in-class and home study books)
Location: KSU, Justin Hall, Room 256
* Dates may be subject to change.
ON CAMPUS REGISTRATIONS

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

DATE: TIME: LOCATION
August 25 10 am - 2 pm KSU Union
August 26 10 am - 2 pm KSU Union

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

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

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

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

CRA-Community Resource Act
Who we are: UFM's State Outreach Program
What we do: Assist Kansas towns in developing community education/development programs
How we assist: Md grants and free technical assistance
For more information, call UFM (785) 539-8705

ANSWERING MACHINE
You can leave a message or receive current UFM information by calling 539-8703, between 5:00 pm and 8:30 am.

UFM INSTRUCTORS

Petra Barnes
Thad Beach
Scott Bean
Michael Bennett
Joyce Britó
Charlene Brownson
Jessica Burch
John Carlin
Kate Cashman
Patricia Cassinelli
Jody Church
Michael Cody
Randi Dale
Terri Edidy
Sarah English
Jolie Flavin
Enell Foerster
Ana Franklin
Ronda Green
Jim Gregory
Colleen Hampton
Rob Hayes
Donna Hayes
Elizabeth Jankord
Tom Korte
Aimée Kraus
Tori Kroll
Tormahoney
Bill Meyer
Rev. Mark Miller
Richard Miller
David Moore
Terry Murray
Emmie Rabbit
Romona Robertson
David Soaman
Pam Schmid
Gordon Schmid
Heather Scott
Karma Smith
Sandy Snyder
Paul Sodemann
Carol Stiles
Jessica Stover
Chae Sun Yi
Elana Tarver
Shannon Thom
Michael Tran
Audrey Umedoko
Isaac Wakabayashi
Donna Wehner
Mike Webb
Harold Wellmeier
Mary Williams
Chris Wilson
Jeff Wilson
Mary Beth Wilson
Robert Wilson
Stan Wilson
Maya Zahiru

Got an idea for a UFM class? UFM is always looking for credit ideas. If you have an idea, let us know it. Let us hear from you! Call us at 539-8763 or e-mail ufm85sksu.edu to share your ideas!

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

UFM classes are not a forum for selling a product or service from which the instructor might benefit. Materials specifically oriented to an instructor's financial interest are not to be distributed in class. Participants who wish to pursue a relationship with an instructor outside class time do so on their own responsibility. Please share any concerns you may have about class material or an instructor by calling Kristin at 539-8763.

UFM CANCELLATION POLICY
When we cancel or reschedule a class, you will be notified. Therefore, please verify the telephone number where we may reach you or leave a message. We reserve the right to cancel any class.

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

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

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

SPECIAL POLICIES FOR CREDIT OPTIONAL CLASSES
Credit card registration: Refunds: A full refund of tuition and fees, less any non-refundable material fee, may be given before 20% of the scheduled class meetings. A 50% refund of tuition and fees may be given, less any non-refundable material fee, between 20% and 25% of the scheduled class meetings. No refund after 25% of the scheduled class meetings. A course dropped between 25% to 30% of the scheduled class meetings will have a "W" recorded on the students transcript. A course dropped after 30% of the course has been completed will have a "W" recorded on the students transcript. Students dropping a course must either complete and submit the online drop form located at: http://www.doc.ksu.edu/doe/distance/forms.html or send written notification to the DCE Registration Office (785-532-5560) postmarked no later than the deadline. Students may not drop from a course after 65% of the course has been completed.

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

LIABILITY STATEMENT
Individual participants should be aware of the risks and hazards involved in recreational sports and fitness activities. Participants should voluntarily elect to utilize Kansas State University 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 property. UFM assumes no responsibility for losses involved with individual injury. Property loss incurred in connection with use of KSU or UFM facilities. Individuals are reminded that they should review their own personal circumstances to determine if they have adequate insurance or protection in case of injury resulting from the use of University facilities or participation in programs. It is recommended that all participants have a complete physical before engaging in any physical recreation program.

NONDISCRIMINATION POLICY
UFM welcomes participants of any race, color, religion, or national or ethnic origin to all UFM classes. Students under age 18 need the permission of a parent or guardian. Some individual classes may have age restrictions. Please call (785) 539-8763 to arrange for 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.
Recreational courses for KSU credit on this page are offered for credit through the Division of Continuing Education with the cooperation of various KSU departments. Register for these at 131 College Court. Fees for these classes differ depending on special instructor and equipment needs. Enrollment, withdrawal and refunds are determined by University policy and handled at the Division of Continuing Education Registration office. Call 532-5566 for questions or information, or visit www.dce.ksu.edu/dce/outreach/recreation.courses.html

**Ballroom Dance in Salina** DANCE 599 18010
Introduction to the principles of ballroom dancing. Includes dance terminology, dance position, correct body alignment and positions, and partnering techniques such as open and close positions, leading and following and a variety of steps will be emphasized. The jitterbug, American waltz, foxtrot, and Lonely? step will be taught. Partners are not necessary. Class is accompanied with KSU at Salina Recreation Center.

**Instructor**: Michael Bennett

**Date**: August 27 - December 12 (Wednesday)
**Time**: 7:00 - 8:30 pm
**Fee**: $38
**Location**: ECM Auditorium
1021 Denison Ave.
No class October 5 and November 28

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**Ballroom Dance II** DANCE 599 91401

**Instructor**: Michael Bennett

**Date**: August 27 - December 12 (Friday)
**Time**: 7:00 - 8:30 pm
**Fee**: $38
**Location**: ECM Auditorium
1021 Denison Ave.
No class October 17 and November 28

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**Scuba Diving in Salina** RRES 200 69800
This course will prepare students for Open Water 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. The certification is included in the class fee. However, neither UFM nor KSU is responsible for the certification. Travel and lodging are at the student's expense. Students must provide their own mask, fins, and snorkel. There is a non-refundable material fee of $50 for withdrawing from the class after the first day.

**Instructor**: Jeff Wille

**Date**: September 11 - October 23 (Thursday)
**Time**: 6:30 - 9:00 pm
**Fee**: $249
**Location**: YMCA
507 YMCA Dr SW, Salina

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**Archery** RRES 200 61401
This course provides men and women with instruction in target-style archery. Emphasis is on the archery form currently used in Olympic sports. 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. Techniques will be tailored to individual levels of advancement.

**Instructor**: Tom Korte

**Date**: September 8 - October 27 (Monday)
**Time**: 6:30 - 8:30 pm
**Fee**: $196
**Location**: 125 Lamarie Phone, upstairs

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**Beginning Fencing** RRES 200 91407
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 the enhancement of the finesse and warmth. Understanding fencing has wide application off the gear-assessing diplomacy, aggression, speed and skill. This course may not be repeated for credit.

**Instructor**: William Meyer

**Date**: September 9 - December 13 (Wednesday)
**Time**: 6:30 - 7:30 pm
**Fee**: $18
**Location**: Allen Field House

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**Intermediate Fencing** RRES 200 61409
Intermediate fencing continues with the concepts presented in a beginning (foil) fencing. Emphasis is on technique refinement, theory of attack, and butting. Course may be repeated for credit.

**Instructor**: William Meyer

**Date**: September 8 - December 1 (Monday)
**Time**: 7:30 - 9:30 pm
**Fee**: $184
**Location**: Allen Field House

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**Fly Fishing** RRES 200 61410
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 flies, wet flies, and nymphs. All equipment needed will be provided by the instructor. There is a non-refundable material fee of $40 for withdrawing from the class after the first day.

**Instructor**: Paul Solomon

**Date**: September 8 - 18 (Mon, Tues, Wed, Thu)
**Time**: 6:30 - 8:30 pm
**Fee**: $196
**Location**: Susan B. Anthony Middle School
2501 Browning

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**Fly Fishing** RRES 200 91411

**Instructor**: Paul Solomon

**Date**: October 8 - 18 (Mon, Tues, Wed, Thu)
**Time**: 6:30 - 8:30 pm
**Fee**: $196
**Location**: Susan B. Anthony Middle School
2501 Browning
**Golf in Junction City**  
**RRS-220**  
**#91417**

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: Mike Welch**

- **Date:** August 27 - October 15 (Wednesday)
- **Time:** 4:00 - 6:00 pm
- **Fee:** $205
- **Location:** Rolling Meadows Public Golf Course, 7557 Old Mill Road, Malard

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**Judo I**  
**RRS-220**  
**#91419**

Judo I is intended not for gaining proficiency, but to gain understanding of how principles of dynamics (force, acceleration, momentum, work, rotation, momentum 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: Jacee Wohlgemuth**

- **Date:** August 26 - December 11
- **Time:** 8:30 - 9:35 am
- **Fee:** $215
- **Location:** Theatre, Room 301
- **No class November 25 and 27**

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**Judo II**  
**RRS-220**  
**#91423**

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: Jacee Wohlgemuth**

- **Date:** August 26 - December 11
- **Time:** 9:45 - 10:45 am
- **Fee:** $140
- **Location:** Theatre, Room 301
- **No class November 25 and 27**

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**Beginning Bowling**  
**RRS-300**  
**#91427**

This course will cover the basic fundamentals of bowling; how to choose a ball, stance, foot-step approach, aim, spot bowling, proper release and spare scoring. Active participation in tournaments, scoring, tournament play, rules and tips will also be taught.

**Instructor: Terri Early (SS-650)**

- **Date:** August 26 - December 11
- **Time:** 10:30 - 11:20 am
- **Fee:** $197
- **Location:** Student Union Bowling Alley
- **No class November 27**

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**Scuba Diving**  
**RRS-200**  
**#91425**

This course will prepare students for Open Water 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 test for certification will be determined at a later date.

**Instructor:** Jeff Wilson

- **Date:** September 15 - October 20 (Monday)
- **Time:** 6 - 10 pm
- **Fee:** $292
- **Location:** KSU Natorium

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**Fitness Swimming**  
**RRS-200**  
**#91428**

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 water safety training and how to design a workout for conditioning swimming.

**Instructor:** Carol Styles

- **Date:** September 16 - October 30
  - (Tuesday/Thursday)
- **Time:** 6:00 - 6:30 pm
- **Fee:** $165
- **Location:** KSU Natorium

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**Women & Money**  
**WOMST-500**  
**#14134**

This course is designed specifically to enable women to manage their finances today and plan for a secure financial future. The goal of this course is to empower women to make informed decisions about their finances. Topics include: getting organized, budgeting and cash flow, debt/credit, insurance, social security, legal matters, taxes, trusts, and investing.

**Instructor:** Charlette Brownson

- **Date:** September 16 - November 4 (Tuesday)
- **Time:** 6:00 - 8:00 pm
- **Fee:** $25
- **Location:** UFM Conference Room, 1221 Houston Street

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**Responding to Emergencies**  
**RRS-200**  
**#91428**

This class will provide the citizens responder with the knowledge and skills necessary in an emergency to help sustain life and minimize pain and the consequences of injury. The course includes basic first aid, life support, and commonly needed skills in an emergency. The course includes prevention of injuries and illnesses, with a focus on personal safety and health.

**Instructor:** Carol Styles

- **Date:** October 7 - November 20 (Tuesday)
- **Time:** 12:00 - 1:00 pm
- **Fee:** $243 (Fee includes textbook, supplies & certification)
- **Location:** American Red Cross Office, 3001 Addison Avenue

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**Golf in Salina**  
**RRS-220**  
**#91520**

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:** Edna Green (452-9333)

- **Date:** August 26 - October 14
- **Time:** 6 - 8 pm
- **Fee:** $214
- **Location:** River Bend Golf Course, 4805 S. Ohio Street, Salina

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**Golf in Salina**  
**RRS-220**  
**#91521**

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:** Edna Green (452-9333)

- **Date:** August 26 - October 16
- **Time:** 6 - 8 pm
- **Fee:** $214
- **Location:** River Bend Golf Course, 4805 S. Ohio Street, Salina

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**Golf in Salina**  
**RRS-220**  
**#91522**

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:** Edna Green (452-9333)

- **Date:** August 26 - October 16
- **Time:** 11 am - 1 pm
- **Fee:** $214
- **Location:** River Bend Golf Course, 4805 S. Ohio Street, Salina
SIGN UP NOW!!

Call it in: Call 539-8763 during business hours and use your Mastercard, Discover, or Visa. Please have your card number and expiration date ready.

Mail it in: 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.

Walk it in: Stop by the UFM house, 1221 Thurston between 8:30-12 & 1:00-5:00 (Monday thru Friday).

Flexible registration—register by phone, mail, or in person.

Discounts—find the fake class and win $1.00 off any UFM class. Youth scholarships are also available.

Enrollment office hours are between 8:30 & 12:00 and 1:00 & 5:00, Monday thru Friday.

FOR YOU... One participant per form, please

UFM 539-8763
1221 Thurston
Manhattan, KS 66502

UFM Community Learning Center
Registration Form
Manhattan, KS 66502
539-8763

Student Name: ____________________________  Day Phone: ____________________________
Address: ____________________________ Evening Phone: ____________________________
City: ____________________________ State: KS Zip: 66502  Email: ____________________________
Age: Under 18 exact age: 19-24 ☐ 25-59 ☐ 60+ ☐
Parent’s Name If Student is Under Age 18: ____________________________

Class # Session TITLE FEE LOCATION DATE TIME

Tax Deductible Donation Total

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

Card Number: ____________________________ Expiration Date: __________/________
Card Holder’s Name (Please Print): ____________________________

Signature: ____________________________ Date: __________/________

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

Participant Statistics: KSU Student ☐ KSU Faculty/Staff ☐ Ft. Riley ☐ Other ☐
Where did you obtain your catalog? ____________________________

A class I would like offered ____________________________

Signature: ____________________________ Date: __________/________

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

Card Number: ____________________________ Expiration Date: __________/________
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Participant Statistics: KSU Student ☐ KSU Faculty/Staff ☐ Ft. Riley ☐ Other ☐
Where did you obtain your catalog? ____________________________

A class I would like offered ____________________________

Signature: ____________________________ Date: __________/________

Office Use Only

Date Received: __________ Date Staff: __________
Check: ________ Cash: ________ Visa: ________ M/C: ________ Discover: ________

Total: ________

Amount: ________ Total Paid: ________