2004 Spring Classes
Learning Center
Community

Spring Classes January-May 2004

Billiards
Lifeguarding
Dance
Tai Chi Chuan
Kayaking
Tae Kwon Do

OR CURRENT RESIDENT
**TABLE OF CONTENTS**

Information

<table>
<thead>
<tr>
<th>Topic</th>
<th>Page</th>
</tr>
</thead>
<tbody>
<tr>
<td>About UFM</td>
<td>27</td>
</tr>
<tr>
<td>Cancellation of classes</td>
<td>27</td>
</tr>
<tr>
<td>General Policies</td>
<td>27</td>
</tr>
<tr>
<td>Non-enlist Weather</td>
<td>27</td>
</tr>
<tr>
<td>KSU Test Preparation Courses</td>
<td>23</td>
</tr>
</tbody>
</table>

Classes

<table>
<thead>
<tr>
<th>Topic</th>
<th>Page</th>
</tr>
</thead>
<tbody>
<tr>
<td>Make a Splash</td>
<td>6-7</td>
</tr>
<tr>
<td>Swim Lessons</td>
<td></td>
</tr>
<tr>
<td>Swim Appreciation Dates</td>
<td></td>
</tr>
<tr>
<td>Scuba</td>
<td></td>
</tr>
<tr>
<td>Fitness Swimming</td>
<td></td>
</tr>
<tr>
<td>Professional Certification Courses</td>
<td></td>
</tr>
<tr>
<td>Take It Easy</td>
<td>7-8</td>
</tr>
<tr>
<td>Jin Shin Jutsu</td>
<td></td>
</tr>
<tr>
<td>Massage</td>
<td></td>
</tr>
<tr>
<td>Yoga</td>
<td></td>
</tr>
<tr>
<td>Tai Chi Chuan</td>
<td></td>
</tr>
<tr>
<td>Reiki</td>
<td></td>
</tr>
<tr>
<td>and more</td>
<td></td>
</tr>
<tr>
<td>Sharpen Your Skills</td>
<td>17-18</td>
</tr>
<tr>
<td>Writing Classes</td>
<td></td>
</tr>
<tr>
<td>Rubber Stamping</td>
<td></td>
</tr>
<tr>
<td>Juggling</td>
<td></td>
</tr>
<tr>
<td>Harmonica</td>
<td></td>
</tr>
<tr>
<td>Knitting</td>
<td></td>
</tr>
<tr>
<td>Photography</td>
<td></td>
</tr>
<tr>
<td>Zucchari</td>
<td></td>
</tr>
<tr>
<td>and much more</td>
<td></td>
</tr>
<tr>
<td>Grab Your Gear</td>
<td>19</td>
</tr>
<tr>
<td>Tennis</td>
<td></td>
</tr>
<tr>
<td>Golf</td>
<td></td>
</tr>
<tr>
<td>Bowling</td>
<td></td>
</tr>
<tr>
<td>Archery</td>
<td></td>
</tr>
<tr>
<td>Fly Fishing</td>
<td></td>
</tr>
<tr>
<td>Fencing</td>
<td></td>
</tr>
<tr>
<td>Expand Your Horizons</td>
<td>20-22</td>
</tr>
<tr>
<td>First Aid &amp; Safety</td>
<td></td>
</tr>
<tr>
<td>Modifying Home</td>
<td></td>
</tr>
<tr>
<td>Responding to Emergencies</td>
<td></td>
</tr>
<tr>
<td>Eneregram</td>
<td></td>
</tr>
<tr>
<td>Cleaning Clutter</td>
<td></td>
</tr>
<tr>
<td>Discussion Groups</td>
<td></td>
</tr>
</tbody>
</table>

Imagine the Possibilities

<table>
<thead>
<tr>
<th>Topic</th>
<th>Page</th>
</tr>
</thead>
<tbody>
<tr>
<td>KSU Credit Courses</td>
<td>23-25</td>
</tr>
</tbody>
</table>

**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: _____________________

**BOARD OF DIRECTORS**

<table>
<thead>
<tr>
<th>Name</th>
<th>Position</th>
</tr>
</thead>
<tbody>
<tr>
<td>Shane Shanks</td>
<td>Chair</td>
</tr>
<tr>
<td>Linda Medl</td>
<td>Executive Director</td>
</tr>
<tr>
<td>Sue Moore</td>
<td>Education Coordinator</td>
</tr>
<tr>
<td>Nancy Boiser</td>
<td>Community Outreach Coordinator</td>
</tr>
<tr>
<td>Candace White</td>
<td>Social Worker</td>
</tr>
<tr>
<td>Irina Falson</td>
<td>FInancial Advisor</td>
</tr>
<tr>
<td>Brandy Porter</td>
<td>Treasurer</td>
</tr>
<tr>
<td>Heath Harding</td>
<td>Secretary</td>
</tr>
<tr>
<td>Michelle Kneis</td>
<td>Board Member</td>
</tr>
<tr>
<td>Chuck Hlavac</td>
<td>Board Member</td>
</tr>
<tr>
<td>Lori Martin</td>
<td>President</td>
</tr>
</tbody>
</table>

**UFM Staff**

- Executive Director - Linda Inlow Teener
- Education Coordinator - Marcia Horning
- Community Outreach Coordinator - Charlene Brownson
- Lou Douglas Lecture Series Coordinator - Olivia Collins
- Teen Mentoring Program Coordinator - Karen Roesch
- Office Coordinator - Lora Shelton
- Swim Supervisor - Jorie Speasrd

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 from 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.
COLD OUTSIDE? WARM UP IN THE NATATORIUM! YOU CAN LEARN AND DO SCUBA DIVING, FITNESS SWIMMING, LAP SWIMMING AND MORE!!

SPRING FORWARD WITH UFM

EXERCISE YOUR MIND AND BODY WITH

* TEST PREP AND FINANCE COURSES
* FLY FISHING
* FENCING
* YOGA
* BELLY, SWING & SALSA AND BALLROOM DANCE

* LEARN SOMETHING NEW
* HAVE FUN
* CHALLENGE YOURSELF

UFM...
Something for U and For Me
Learn To Swim Classes

UFM proudly teaches the American Red Cross Swim Class.

Level I - Parent/Infant

Level II - Parent/Child

Level III - Tot Transition

Level IV - Stroke Development

Level V: Stroke Refinement

Level VI: Skill Proficiency

Level VII: Advanced Skills

Adult Swim Lessons

WANTED! Lifeguards and Lesson Instructors

Needed for part-time evening sessions for the Summer Semester.
Lap Swimming Ages 13+
Lap swimming is for individual work-out. The lap pool is available to adults and advanced swimmers to swim regularly and frequently. You may choose your 40 minute block of time during the below scheduled times.

AQ-24A Monday 6:00-7:30 pm
AQ-24B Tuesday 6:00-7:30 pm
AQ-24C Wednesday 6:00-7:30 pm
AQ-24D Thursday 6:00-7:30 pm
AQ-24E Saturday 9:30 - 11:00 am
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, and enroll in Lap Swimming at a special price. This class will meet every day your child is enrolled in swimming lessons. In this class you will be able to swim laps to meet your own needs and goals.

AQ-25A Monday 6:00-7:30 pm
AQ-25B Tuesday 6:00-7:30 pm
AQ-25C Wednesday 6:00-7:30 pm
AQ-25D Thursday 6:00-7:30 pm
AQ-25E Saturday 9:30 - 11:00 am
Fee: $16 per session

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

Beginning and Ending Dates for Private Lessons:
(No lessons February 21)

Session A1: Monday February 16 - March 15
Session A2: Monday March 29 - April 26
Session B1: Tuesday February 17 - March 16
Session B2: Tuesday March 30 - April 27
Session C1: Wednesday February 18 - March 17
Session C2: Wednesday March 31 - April 28
Session D1: Thursday February 19 - March 18
Session D2: Thursday April 1 - April 29
Session E1: Saturday April 10 - May 8

Times for Monday, Tuesday, Wednesday, and Thursday sessions:
6:00 - 6:30 & 6:45 - 7:15 pm

Times for Saturday sessions:
9:30 - 10:00 & 10:15 - 10:45 am
Fee: $52 per session

Open Swim Appreciation
AQ-31a
For UFM swim participants and their parents. Parents are invited to join their children in the water and practice swimming together. Though there is no charge for this activity, registration with the number of participants planning to attend is needed so we can provide adequate pool staffing. This session may be cancelled if no pre-registration is received.

Date: April 4 (Sunday)
Time: 5:00 - 7:00 pm
Fee: N/C

Open Swim Appreciation
AQ-31b
Date: April 18 (Sunday)
Time: 5:00 - 7:00 pm
Fee: N/C

Sunday Family Swim
AQ-32
Bring the family out for a refreshing evening of swimming. Take advantage of the indoor pool at K-State on Sunday evenings. You must register in advance so we can plan for adequate lifeguards.

Date: April 4 - April 25
Time: 5:00 - 7:00 pm
Fee: $10 individual/$25 family

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

Session A: January 5 - February 7
Monday - Thursday (6:30 - 7:30 pm)
Saturday (10:05 - 11:00 am)
AQ-26A (1 Time a week)
AQ-26B (3 Times a week)
AQ-26C (5 Times a week)

Session B: February 9 - March 13
Monday - Thursday (6:30 - 7:30 pm)
Saturday (10:05 - 11:00 am)
AQ-26B (1 Time a week)
AQ-27B (3 Times a week)
AQ-27C (5 Times a week)

Session C: March 15 - April 24
Monday - Thursday (6:30 - 7:30 pm)
Saturday (10:05 - 11:00 am)
AQ-26C (1 Time a week)
AQ-27C (3 Times a week)
AQ-28C (5 Times a week)

Session D: April 26 - May 29
Monday - Thursday (6:30 - 7:30 pm)
Saturday (10:05 - 11:00 am)
AQ-26D (1 Time a week)
AQ-27D (3 Times a week)
AQ-28D (5 Times a week)
Fee per Session: $15 for 1 time a week
$22 for 3 times a week
$26 for 3 times a week
No classes January 19, February 7 & 21, March 20 - 27 or May 22.

Shallow Water HydroAerobics For The Entire Semester
AQ-32a
Date: January 5 - May 29
Monday - Thursday (6:30 - 7:30 pm)
Saturday (10:05 - 11:00 am)
AQ-26E (1 Time a week)
AQ-27E (3 Times a week)
AQ-28E (5 Times a week)
Fee per semester: $70 for 1 time a week
$114 for 3 times a week
$166 for 5 times a week
No classes January 19, February 7 & 21, March 20 - 27 or May 22.

Deep Water HydroAerobics:
Water Exercise
 Held in the diving well of the Natatorium, participants will be issued an aqua-jogger belt to help provide buoyancy in the water. The structure for this class will be similar to regular hydroaerobics classes and is intended to add variety to your workout. Only swimmers who can tread water without a flotation device are allowed to participate in the class.

Session A: January 6 - February 5
AQ-101A Tuesday/Thursday 6:35 - 7:30 pm
AQ-101B Thursday 6:35 - 7:20 pm

Session B: February 10 - March 11
AQ-101C Tuesday/Thursday 6:35 - 7:30 pm
AQ-101D Thursday 6:35 - 7:30 pm

Session C: March 16 - April 22
AQ-101C Tuesday/Thursday 6:35 - 7:30 pm

Session D: April 27 - May 27
AQ-101D Tuesday/Thursday 6:35 - 7:30 pm
Fee per session: $20
No class January 19, March 23 or March 25

Deep Water HydroAerobics For The Entire Semester
AQ-101E
Date: January 6 - May 27
AQ-101E Tuesday/Thursday 6:35 - 7:30 pm
Fee per semester: $56
No Class January 19, March 23 or 25

WSI - Water Safety Instructor
AQ-34a
Receive a WSI certification to teach the American Red Cross Learn to Swim and Water Safety Courses. This course includes the fundamentals of the Instructor Training Course.

Prerequisites: Minimum age 17, on or before the final session of the course, successfully demonstrate the Freestyle, Backstroke, Butterfly, Elementary Backstroke, Sidestroke and rescue skills.

Certification Required: Demonstrate competency in all required skills and achieve 80 % on the written test.

Carol Stiles 539-1991

Prerequisites: February 5 (Tuesday)
Date: February 5 - May 13 (Tuesday/Thursday)
Time: 9:30 - 11:15 am
Fee: $195 (Includes text books available at UFM)
Deposit: To reserve a spot in the class, a non-refundable deposit of $20.00 is required before the prerequisite date. Deposits are credited toward class fee. Class fee and books charges are due for payment at the UFM Office after successful completion of the prerequisites.

WSI - Water Safety Instructor
AQ-34b
Prerequisites: April 12 (Saturday)
Date: April 19 - May 1 (Monday - Friday)
Time: 5:30 - 7:30 pm (prerequisites)
4:00 - 7:30 pm (Monday - Friday)
9:00 am - 1:30 pm (Saturday)
Fee: $195 (Includes text books available at UFM)
Deposit: To reserve a spot in the class, a non-refundable deposit of $20.00 is required before the prerequisite date. Deposits are credited toward class fee. Class fee and books charges are due for payment at the UFM Office after successful completion of the prerequisites. There is a maximum of 15 students per class.
MAKING A SPLASH (Continued)

Lifeguard Challenge

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

Mandy Mertes

| Prerequisites: | April 18 (Sunday) |
| Date: | April 28 (Wednesday) |
| Time: | 5:00 - 6:00 pm (Prerequisites) 5:30 - 7:30 pm |
| Fee: | $46 (Required LG book and pocket mask are not included, but can be purchased at UFM) |
| Deposit: | To reserve a spot in the class, a non-refundable deposit of $20.00 is required before the prerequisite date. Deposits are credited toward class fee. Class fee and book/mask charges are due for payment at the UFM Office after successful completion of the prerequisites. |

Lifeguard Training

American Red Cross Lifeguard Training teaches the skills/knowledge needed to prevent and respond to aquatic emergencies. This course will certify you in Lifeguard Training, CPR for the Professional Rescuer, and First Aid.

| Prerequisites: | Minimum age of 15, swim 500 yards continuously, using the strokes in the following order: 200 yard front crawl with rhythmic breathing and stabilizing and propellant kick, 100 yard breaststroke and 200 yard others (front crawl using rhythmic breathing or the breaststroke). These 200 yards may be a mixture of the front crawl and the breaststroke. Swim 20 yards using front crawl or breaststroke. Office dive to a depth of 7-10 ft, remove a 10 pound brick, return to surface, and swim 50 yards back to the starting point with the object. |
| Certification required: | Competency in all required skills, in the three final skill scenarios, and achieve 80% on the written tests. |

Carol Sillies

| Prerequisites: | March 29 (Monday) 30 - April 8 (Monday - Friday) |
| Date: | March 30 - April 8 (Monday - Friday) |
| Time: | 5:00 - 7:30 pm (Prerequisites) 6:00 - 7:30 pm (Monday - Friday) |
| Fee: | $145 (Includes text book and pocket mask) |
| Deposit: | To reserve a spot in the class, a non-refundable deposit of $20.00 is required before the prerequisite date. Deposits are credited toward class fee. Class fee and books charges are due for payment at the UFM Office after successful completion of the prerequisites. There is a maximum of 16 students per class. |

Aquatics Fitness Instructor

Love to work out and get paid? This course sponsored by the American Red Cross covers how to be a Water Aerobics Instructor. This course is an educational/training program for individuals interested in advancing their knowledge/skills in designing and leading different types of water exercise. It will prepare instructors to become certified to organize, develop, teach, and administer and market safe, fun and effective water exercise programs. Prerequisites: Minimum age 17, or before the final session of the course. Must have current Adult CPR and First Aid certificate/equivalent. If you do not have a current Adult CPR and First Aid certificate/equivalent, you must obtain them within 30 days of the class, in order to receive your Aquatic Fitness Instructor Certification. Swim continuously for 200 yards demonstrating 50 yards Freestyle, 50 yards Breaststroke, and 50 yards of any stroke. (Not timed and can be done with head out of water.) Basic rescue techniques will be reviewed in class.

Carol Sillies 3/19-19

| Date: | March 6 and 13 (Saturday) March 9 and 11 (Tuesday/Thursday) |
| Time: | 9 am - 5 pm (Saturday) 9:30 - 9:30 pm (Tuesday/Thursday) |
| Fee: | $109 (Includes gloves and test book) |
| Deposit: | To reserve a spot in the class, a non-refundable deposit of $20.00 is required before the prerequisite date. Deposits are credited toward class fee. Class fee and books charges are due for payment at the UFM Office after successful completion of the prerequisites. |

Lifeguard Instructor Training

American Red Cross Lifeguard Instructor Training teaches the skills/knowledge needed to teach Lifeguarding Training, First Aid, Instructor Aide, CPR for the Professional Rescuer, Lifeguarding, First Aid, Instructor Aide, Oxygen Administration, Automated External Defibrillation, Preventing Disease Transmission, Community Water Safety, and Basic Water Rescue. Selected Lifeguarded Instructors may be eligible to teach Safety Training for Swim Coaches. Fundamentals of Instructor Training course will be included in the Lifeguard Instructor Training course.

| Prerequisites: | Minimum age 17, or before the final session of the instructor course. |
| Fundamentals of Instructor Training: | Pass a pre-course written exam 80% or better, successful completion of swimming, Lifeguarding, First Aid, and CPR for the Professional Rescuer. |
| Certification required: | Demonstrable competency in all required skills and achieve 80% on the written tests. |

Carol Sillies 3/19-19

| Date: | March 15 - 18 (Monday - Thursday) March 29 - April 9 (Monday - Friday) |
| Time: | 4:00 - 7:30 pm (Monday - Friday) |
| Fee: | $125 (Includes text book) |
| Deposit: | To reserve a spot in the class, a non-refundable deposit of $20.00 is required before the prerequisite date. Deposits are credited toward class fee. Class fee, book charges, and pocket mask are due for payment after successful completion of the prerequisites. There is a maximum of 12 students per class. |

Fitness Swimming

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

Carol Sillies 3/19-19

| Date: | February 2 - March 17 (Monday/Wednesday) |
| Time: | 9:00 - 10:30 am |
| Fee: | $74 non-credit (USU credit also available) |
| Location: | Natatorium, KSU |

Scuba Diving

This course will prepare students for NAUI Scuba Diver certification. Areas of instruction covered include introductory information for certification, knowledge of the equipment, physics of diving, dive tables, diving environment and provide general information. The date for certification will be determined at a later date. Travel and lodging for final certification are the student's expense, and neither USU nor KSU is responsible for the cost certification. Students must provide their own mask, fins, and snorkel which will be available for purchase at the first session.

Jill Wilson 3/19-19

| Date: | February 2 - March 8 (Monday) |
| Time: | 6:00 - 10:00 pm |
| Fee: | $210 non-credit (USU credit also available) |
| Location: | Natatorium, KSU |

See page 7 for additional Scuba Classes
Advanced Self-Rescue for Touring Kayakers

Self-Rescue for touring kayakers will introduce several self-rescue and assisted-rescue techniques developed especially for touring kayakers. These will include advanced bracing techniques, T-Rescue, Assisted Re-Entry, Hand of God Rescue and Paddle Float Rescue/Re-entry. We will also cover several self-rescue techniques that can be used by touring kayakers with varying skills, abilities and boat types including the Screw Roll, C-C Roll, Extended Paddle Roll and Bottom Fry Roll. Bring your own touring kayak, PE paddle, foamie, paddle float, pump, towel, swimsuit, change of clothes and nose clips. Come with your swimsuit and be prepared to get wet! Your boats must be washed and cleaned ahead of class and a swimming test will be given at the start of class.

T.J. Hittle (535-7772) taught UFM kayaking from 1979 - 1990. He was one of the first American Red Cross Canoe and Kayak Instructor-Trainers in Kansas, having taught well over 250 students during that time. During his canoeing and kayaking travels over the past 25 years, he has paddled over 20 rivers and streams across seven Central, South and North American countries, he has accumulated nearly 9,000 river miles. T.J. has documented the greatest number of river miles in the 28 year history of the Kansas Canoe Association. He is also the creator and Webmaster for the Kansas Paddler home page at: www.kanza.net/-hittle/. He has served as an officer on the boards of the Friends of the Kaw, Kansas Canoe Association and the Flint Hills Sierra Club and is actively involved in twelve Regional, State, and National environmental and natural resource organizations that impact rivers and streams.

Advanced Self-Rescue for Touring Kayakers

T.J. Hittle (535-7772)

Date: February 22 (Sunday)
Time: 8:30 - 11:30 am
Fee: $28
Location: KSU Natatorium

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: February 5, 12, 19, 26 (Thursday)
Time: 7:30 - 9:00 pm
Fee: $28
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/shorts and a T-shirt.

Sandy Snyder (537-3607) 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: May 6 (Thursday)
Time: 7:00 pm
Fee: $15
Location: UFM Fireplace Room

Tai Chi Chuan

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

Karen Kimbler is an artist and Tai Chi Chuan practitioner.

Date: February 7 - 28 (Saturday)
Time: 10:30 - 11:30 am
Fee: $16
Location: UFM Fireplace Room

Tai Chi Chuan

Karen Kimbler

Date: April 3 - 24 (Saturday)
Time: 10:30 - 11:30 am
Fee: $16
Location: UFM Fireplace Room

Wildflower

yarns & knitwear by Kentina Tully

105 S. 4th St.
Manhattan, KS 66502
(785) 537-1826
wildflowerknits.net
www.wildflowerknits.com

People’s Grocery
Natural, Organic, Ethical Foods

Hormone-Free
Pesticide-Free
Herbicide-Free

17th & Yuma, Manhattan, KS
(785) 539-4811
organic@kansas.net

Anyone can shop & buy, but members receive discounts

539-8763

1221 Thurston

www.ksu.edu/ufm
Essential Oils Raindrop Therapy
Are you interested in finding out about the use and application of essential oils? How can this ancient knowledge improve our health and lifestyle today? A demonstration of the Raindrop Therapy will be given and the lymphatic pump procedure will be taught.

Emu Foister (539-0797) has studied and used essential oils for several years. She has taught Chi Lei - Chi Gong, Red Cross CPR & First Aid, Yoga, Aquatic exercise, Aerobic Dancing classes and a certified Body Relaxation exercise instructor. Joe Long has used the Raindrop Therapy for many years and learned it from Gary Young.

Date: March 13 (Saturday)
Time: 9:30 am - 1:00 pm
Fee: $22
Location: UFUM Conference Room

Yoga for Beginners
"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. Each class will meet four times. 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 jeans please). Please refrain from eating two hours prior to class to allow the body to adjust.

Ana Franklin (539-8224) has been practicing yoga for more than 30 years. She received teacher training from Gary Kraftob, author of the books Yoga for Wellness and Yoga for Transformation. She has been teaching yoga since 1964.

Date: April 1 - 22 (Thursday)
Time: 9:30 - 10:30 am
Fee: $22
Location: 321 Poyntz, Over SPRINT

Yoga for Beginners
After being from being stable and somewhat predictable to being fast-paced, impersonal, and constantly evolving. When a person hits a bump in the road of life, it can cause havoc in all areas of life. A life coach helps a person connect to their life's purpose and establish a working model to live their life purposefully. The fundamental background for a working relationship with a life coach will be provided.

Sarah English (539-6586) is a certified Wholistic Coach and the Director of Kansas Life Enhancement Center.

Date: January 21 (Wednesday)
Time: 7:00 - 9:00 pm
Fee: $8
Location: 513 Leavenworth, Suite 2

Introduction to Life Coaching
Wholistic Life Coaching Mini Course
We will discuss areas that are commonly a problem such as clutter, organization, time management or personal relationships. Using general solutions, each student will be given an assignment to be completed before the next class. Start the process of finding your purpose in life and how to achieve it.

Sarah English (539-6586)
Date: February 11, 25, March 10, April 7, 21 (Wednesday)
Time: 7:00 - 9:00 pm
Fee: $72
Location: 513 Leavenworth, Suite 2
Tae Kwon Do I

Tae Kwon Do is an affective 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 in their present condition and enjoy continued success through Tae Kwon Do. Tae Kwon Do I is for beginners age 9+.

Grand Master Cho Sun Yi (785-256-8662) is the founder, president and chief instructor of Sun Yi Academy, and the Traditional Tae Kwon Do Association. As a 9th degree Black Belt, and an internationally certified instructor, he has been instructing students for over 40 years. The classes at Kansas State University have been held since 1976. Daniel Moore is a 4th degree Black Belt, and a nationally certified instructor. He has been studying TKD for over 12 years, and teaching at KSU for over 4 years.

*February 17, at 7:00 pm, a public demonstration and formal introduction of instructors will be conducted in Abearn Fieldhouse, KSU.

Date: January 27 - May 6 (Tuesday/Thursday)
Time: 6:30 - 8:00 pm
Fee: $72
Location: Abearn Fieldhouse, KSU
No class March 23 & 25

Tae Kwon Do II

Grand Master Cho Sun Yi & Instructor [r: Master Daniel Moore

Date: January 27 - May 6 (Tuesday/Thursday)
Time: 7:30 - 9:00 pm
Fee: $72
Location: Abearn Fieldhouse, KSU
No class March 23 & 25

Ninpo Taijutsu

Ninpo Taijutsu (Body art) is an unarmed method of self-defense taken from Ninjutsu. This class works on six solo techniques and Gokudoyn basic two-person techniques and self-defense techniques. Age 16+.

State Wilson (539-7725) has been practicing martial arts for 34 years, involved with Ninjutsu for over 20 years and is the founder of the White Phoenix System of martial arts. He has a 2nd degree black belt in Hakkoryu Jujutsu, a third degree black sash in Pai Lum Kung Fu, an eight degree black sash in Zen Lu Lum Kung Fu, and a first degree black sash in Moon Flung's Taoist Palmu Kung Fu.

Date: March 26 - May 3 (Monday)
Time: 8:00 - 10:00 am
Fee: $59 (includes 2 manuals)
Location: Abearn Fieldhouse, KSU

Judo I

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

Isaac Wakabapyrus

Date: January 27 - May 13 (Tuesday/Thursday)
Time: 8:45 - 9:45 pm
Fee: $75 non-credit, also available for KSU credit
Location: Abearn Fieldhouse, Rm. 301, KSU
No class March 23 & 25

Judo II

In Judo II participants continue to gain understanding of the principles of dynamics. 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.

Isaac Wakabapyrus

Date: January 27 - May 13 (Tuesday/Thursday)
Time: 9:45 - 10:45 pm
Fee: $75 non-credit, also available for KSU credit
Location: Abearn Fieldhouse, Rm. 301, KSU
No class March 23 & 25

Lao Hu Pi Kang Fu

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

Dr. Michael Trew has been actively practicing martial arts for the past 15 years and holds a 2nd degree black belt (seni level) in Lao Hu Pi Kang Fu. He currently teaches at the Kansas State University. He is a 1st degree black belt in Goshin Aikijutsu. He has extensive training in other systems including: Vovinam, Shaolin, Long Fist and Yinghyang Matrix.

Date: January 21 - May 5 (Wednesday)
Time: 6:00 - 8:00 pm
Fee: $51
Location: Abearn Fieldhouse, KSU

Modern Aikijutsu

This class covers the Hakkoryu basic waza (techniques), falling safely, the Hakkoryu walking exercises and self-defense Jujutsu techniques. This system is related to Aikido, but is meant to be simpler and easier to learn. It is a self-defense oriented method. Age 16+.

State Wilson

Date: January 26 - March 1 (Monday)
Time: 8:00 - 9:00 pm
Fee: $30 (Includes 3 manuals)
Location: Abearn Fieldhouse, KSU

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! Classes fill rapidly. It is advisable to register early.

Michael Bennett

Date: January 30 - March 5 (Friday)
Time: 8:30 - 9:30 pm
Fee: $25 (individual)/$49 couple
Location: ECM Auditorium
1021 Denison Avenue

Ballroom Dance

Michael Bennett

Date: April 3 - May 8 (Saturday)
Time: 6:30 - 7:30 pm
Fee: $28 individual/$49 couple
Location: ECM Auditorium
1021 Denison Avenue

Ballroom Dance

Michael Bennett

Date: January 31 - March 6 (Saturday)
Time: 6:30 - 7:30 pm
Fee: $28 individual/$49 couple
Location: ECM Auditorium
1021 Denison Avenue

Swing & Salsa Dancing

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

Michael Bennett has trained in Ballroom Dance at U.C. Berkley, Mendola Ballroom, San Francisco; Alik/Balboa Ballroom, Oakland, CA; Chicago Dance Studio, Chicago, IL; and Avenue Ballroom, San Francisco. He was the 1986 San Francisco Avenue Ballroom Jitterbug Champion. He choreographed and performed in Balloon Suite, Winter Dance 1998, KSU. He is a member of the United States Amateur Ballroom Dancers Association.

Date: January 31 - March 6 (Saturday)
Time: 7:30 - 8:30 pm
Fee: $28 individual/$49 couple
Location: ECM Auditorium
1021 Denison Avenue

STAGHILL GOLF CLUB

K-18 West

For all your golfing needs

Fully equipped "discount" pro shop

Professional golf instruction available

(Individual & group)

Club regrinding & repair

539-1041

Jim Gregory, PGA Professional
KICK UP YOUR HEELS (Continued)

Swing & Salsa Dancing
Michael Bennett
Date: April 3 - May 6 (Saturday)
Time: 7:30 - 8:30 pm
Fee: $28 individual/$49 couple
Location: BCM Auditorium
1021 Denison Avenue

Belly Dance Basics (Level I) RH-11a
Learn all the foundations of this ethnic dance form and get some great exercise. Class will cover basics of hip, rib cage, arm movements, simple turns, traveling steps, combinations and choreography. Wear comfortable clothing that allows for ease of movement. Class will join us for creative movement and exercise in a positive and fun setting! Minimum age 14.
Maya Zahira (785-979-4681, www.geocities.com/zillardancer) began studying belly dance in 1999 under the instruction of Sandie Bowman Temple Allen. Shortly thereafter, Maya traveled to New York City where she studied at Serena Studio in the Theater District. Maya regularly receives workshop instruction from Sahila Salimonjoo, Karen Barenbe, Heidi, Amsuya, Sahara and many others. Her dance performances include birthday parties, baby showers, corporate events, restaurant dancing, international tours, sidewalk sales and the K.C. Renaissance Festival. Having a degree in Education, with more than eight years of professional teaching experience, she is patient, encouraging, innovative, and structured.
Date: February 10 - March 16 (Tuesday)
Time: 5:00 - 6:20 pm
Fee: $47
Location: UFM Banquet Room

Belly Dance Basics (Level I) RH-11b
Maya Zahira (785-979-4681, www.geocities.com/zillardancer)
Date: March 30 - May 4 (Tuesday)
Time: 5:20 - 6:20 pm
Fee: $47
Location: UFM Banquet Room

Foundations of Belly Dance (Belly Dance II) RH-12a
This class is for those students who have taken at least one session of Level I Belly Dance Basics or equivalent. Students will be taught additional dance movements, combinations, choreography and veil work.
Maya Zahira (785-979-4681)
Date: February 17 - March 16 (Tuesday)
Time: 6:25 - 7:25 pm
Fee: $47
Location: UFM Banquet Room

Foundations of Belly Dance (Belly Dance II) RH-12b
Maya Zahira (785-979-4681, www.geocities.com/zillardancer)
Date: March 30 - May 4 (Tuesday)
Time: 6:25 - 7:25 pm
Fee: $47
Location: UFM Banquet Room

Intermediate Belly Dance (Belly Dance III) RH-14a
This class is for students who have taken at least TOO sessions of Continuing Belly Dance or equivalent. A different topic will be covered every week, including veil work, drum solos, folklors, cane dancing, floor work, and choreography. Required materials: hip scarf, veil and finger cymbals. Performance opportunities are provided, but not required.
Maya Zahira (785-979-4681, www.geocities.com/zillardancer)
Date: February 10 - March 16 (Tuesday)
Time: 7:30 - 8:30 pm
Fee: $47
Location: UFM Banquet Room

Intermediate Belly Dance (Belly Dance III) RH-14b
Maya Zahira (785-979-4681, www.geocities.com/zillardancer)
Date: March 30 - May 4 (Tuesday)
Time: 7:30 - 8:30 pm
Fee: $47
Location: UFM Banquet Room

Belly Dance Workout RH-15
Looking for a new and different type of workout? Belly dancing is now a popular trend in exercise. You'll get a total body workout. You'll raise your heart rate, burn fat and tone your muscles. Wear comfortable clothing that allows for ease of movement. Open to adults, Level I, II, and III students as well as those without previous dance experience.
Maya Zahira (785-979-4681, www.geocities.com/zillardancer)
Date: January 20 - February 3 (Tuesday)
Time: 5:20 - 6:20 pm
Fee: $26
Location: UFM Banquet Room

Ballroom Dance in Salina RH-25
This class is an introduction to the principles of ballroom dancing. Class includes dance terminology, dance positions, correct body alignment and positions and partnering techniques such as open and close positions, leading and following, and a variety of steps will be emphasized. The jitterbug, American waltz, foxtrot, and Latin steps will be taught. Partners are not necessary. Class is co-sponsored with KSU at Salina Recreation Center.
Audrey Utehckai (825-1339)
Date: January 28 - May 12 (Wednesday)
Time: 7:00 - 8:00 pm
Fee: $80
Location: RSU Salina, Rec.Center, Tullis Building 3342 Stetson Avenue, Salina No class March 24

Ballroom Dance I RH-27
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, Postot, Waltz, and Latin dancing are just a few of the steps you will learn. Come experience the elegant world of Ballroom Dance. Since classes fill rapidly, it is advisable to register early.
Michael Bennett
Date: January 23 - May 7 (Friday)
Time: 6:30 - 7:30 pm
Fee: $50 individual/$89 couple
Location: BCM Auditorium, 1021 Denison No class March 26

Look for these classes the family can enjoy together:
Sunday Family Swim SHARP Women’s Self Defense Tae Kwon Do Pet First Aid and Safety Parent/Tot Hands on Hootenanny Harmonica

Intermediate Ballroom Dance RH-04
Emphasizing dancing with your partner, learning the routines for the foxtrot, waltz, rumba, and tango are tentatively scheduled. However, specific dances will depend on the interests of the class and these dances may change. These weeks will be spent on each step and participants will be provided with a choreographed dance routine. Prior dance lessons are required. Students who have taken classes from Mikes are encouraged to enroll.
Michael Bennett
Date: January 23 - May 7 (Friday)
Time: 7:30 - 8:30 pm
Fee: $51 individual/$89 couple
Location: BCM Auditorium 1021 Denison
No class March 26

Floor Work And Sword Dancing RH-16
This special three-week seminar will introduce the mysterious and hypnotic art of sword dancing. Classes will cover the basic balancing tips, floor work, standing techniques, combinations and choreography. It is appropriate for most fitness levels. A towel, kneeling pad or soft knee pads are helpful for those with sensitive knees.
Prerequisites: At least one session of Belly Dance Level II or equivalent. Required materials include a hard-back book or walking cane to practice heel balancing OR one unsharpened, specially balanced dancing sword. Please contact instructor for information about swords. No sharpened swords will be allowed in class.
Maya Zahira (785-979-4681, www.geocities.com/zillardancer)
Date: January 20 - February 3 (Tuesday)
Time: 6:25 - 7:25 pm
Fee: $26
Location: UFM Banquet Room

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 NORTHERN FLINT HILLS AUDUBON FOR CHAPTER ACTIVITIES THIS SPRING:
Lee Allison, Kansas Geological Survey, "The Ogallala aquifer: is it sustainable?" January 21, 7:30 p.m.
1014 Throckmorton Hall, KSU

Nature Writer, Merrill Gillilan (co-sponsored by KSU English Department) April 21, 7:30 p.m.
Beach Museum of Art, KSU

Beginning Birding: Second Saturday Every Month. Meet at 8 a.m. in Ackert/Durand Hall parking lot, KSU, and carpool to local birding spots with birding experts. Children encouraged!
KICK UP YOUR HEELS (Cont'd)

African Style Dance/Aerobics RH-2A
This class is designed for those seeking a fun, rhythmic style of dance to tone and condition their bodies. Let the sound of the drum take over your body, and watch and feel your body move to the beat. You will be amazed at how great you will feel. African Dance is a great low impact way to burn calories. Don't worry! You do not need rhythm, or a dance background, just enthusiasm! Please bring a water bottle, towel, and spandex.

Denise Watson has studied jazz and other cultural styles of dance since age 12. She now teaches dance, 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: February 4 - March 17 (Wednesday)
Time: 5:00 - 6:30 pm
Fee: $41
Location: UFM Banquet Room

African Style Dance/Aerobics RH-2B
Denise Watson

Date: March 31 - May 12 (Wednesday)
Time: 5:00 - 6:30 pm
Fee: $41
Location: UFM Banquet Room

Beginning Ballet plus a little Nutcracker Ballet YO-02
This is a beginning ballet class with classical ballet steps being introduced. A special feature will be dancing to some music from the Nutcracker Ballet. No dance experience or formal dance attire is needed. Geared for children aged 4-13.

Randi Dale (539-5767) has taught dance for over 40 years. Her dance studio toured the Midwest and Europe. She is a certified teacher with a Master's Degree in Education. In the Spring of 2003 her dance students performed in the Don Qixote Ballet. Over the past six years she has had her ballet students perform in numerous story ballets. Her original choreography is danced by children.

Date: January 16 - January 23 (Friday)
Time: 6:00 - 6:30 pm
Fee: $4
Location: 2416 Rogers Blvd.

SHARP: Self-Defense for Women SP-01
This course has been designed to offer women quick, easy-to-learn, and extremely effective 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 conditions. Ages 13+

Diane Turner (820-5851) 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.

NOTE: MUST enroll by February 26
Date: March 1 (Monday)
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) 900 Poyntz Ave.

Residential Landscape Design EN-02A
Learn the basics of landscaping your home. Locally available resources will be presented with limited discussion on advantages and disadvantages of various plant material. This course is a must for new residents to the Manhattan community or those of us with "brown thumbs."

Alan Ladd (537-6550) is the Riley County Extension Director and coordinates the horticulture program in Riley County. He believes that education is a lifelong process and everyone needs to keep updated on areas of interest to them. Gregg Eyestone has used his horticultural degree from KSU as a County Extension Agent for 9 years. He has presented many landscaping classes and is looking forward to working with individuals who have landscaping challenges.

Date: January 14 - 28 (Wednesday)
Time: 6:30 - 8:00 pm
Fee: $32 per household
Location: Pottorf Hall, Cico Park

Residential Landscape Design EN-02B
Alan Ladd and Gregg Eyestone

Date: January 26 - February 9 (Monday)
Time: 1:30 - 3:30 pm
Fee: $32 per household
Location: Courthouse Plaza Meeting Room

Butterfly Gardens EN-05
Learn which flowers attract butterflies and are suitable as host plants. The class illustrates the life cycle of butterflies, the process of installing a new garden, and showcases local and exotic butterflies.

Andrew Ray Chandler is a horticulturist and author of Growing Giant Vegetables in the Heartland plus numerous articles on gardening, published in local and national magazines. She received her training through the Extension Master Gardener program, has a BS in Horticulture from KSU, has taught gardening classes at Johnson County Community College and has given presentations to a variety of audiences in both Kansas and Missouri. Andrew is a Zone 5 Trial Variety Tester for Organic Gardening (OG) magazine and evaluates new plant materials yearly in her own gardens.

Date: March 10 (Wednesday)
Time: 7:00 - 9:00 pm
Fee: $15
Location: UFM Conference Room

Flower Bed Design EN-06
Do you find that your flower beds are just miscellaneous collections of plants, rather than the exciting display you were hoping for? Learn how to use color, plant shape and texture, proper quantities of plants and accents to maximize your bed impact. We'll use a slide program to see great combinations of perennials, annuals, using silver and gold plants, and handouts with useful notes, and a bibliography.

Andrea Ray Chandler

Date: April 7 (Wednesday)
Time: 7:00 - 9:00 pm
Fee: $15
Location: UFM Conference Room

Shape Your Space
Spring Plant Swap
EN-17
As the perennials you have multiply, do you wish you had less of them and more of something else? Rejuvenate your flower garden by dividing your perennials and bringing them to trade for other varieties to enhance your color and variety. Call and register to let us know what you have to swap. Examples include Iris, peony, herbs, vines, columbine, etc. Note: Divide bulblets only if they have already bloomed. You may drop off your plants at UFM on April 30. For more information visit www.ksu.edu/ufm.

Connie Carlson
Date: May 1 (Saturday)
Time: 10:00 am - 1:00 pm
Fee: N/C
Location: UFM Greenhouse & Fireplace Room

Lou Douglas Lecture

Dr. Cornelia Butler Flora
Director, North Central Regional Center for Rural Development and Charles F. Curtiss Distinguished Professor of Agriculture and Sociology
Iowa State University
"Corn and Capital: The Global Connection"

Monday, March 1, 2004
7:00 p.m., Forum Hall
K-State Student Union

There will be a public reception in the Union Courtyard after the lecture.

Jointly sponsored with the Donald J. Ademchak
Distinguished Lecture Series in Sociology

539-8763
1221 Thurston
www.ksu.edu/ufm
Perfect Perennials & Awesome Annuals  
EN-20  
Perennials are sometimes advertised as "just plant and that's all!" Well, not quite. What we have here is a plan for pruning, planting and pruning. The average garden needs only 15 minutes a day to keep your flowers blooming, tidy and healthy. Learn the different kinds of care, see a slide show illustrating the principles, and get a handout detailing how you can keep your garden "in the pink" with a minimum of fuss.

Andrea Ray Chandler  
Date: April 14 (Wednesday)  
Time: 7:30 - 9:00 pm  
Fee: $15  
Location: UFM Conference Room

Xeriscaping  
EN-24  
That's pronounced "ZERI-SCAPING", not "zero-landsaping". You don't have to pave the yard to enjoy the benefits of flower gardening and landscaping adapted to less water usage. Learn how to get the best results out of your landscaping and keep it neat, tidy, and even more beautiful with a low water use. Andrea Ray Chandler will be your guide. 

Andrea Ray Chandler  
Date: February 18 (Wednesday)  
Time: 7:00 - 9:00 pm  
Fee: $15  
Location: UFM Conference Room

Sunrooms: Design Thoughts For Plants & Warmth  
EN-25  
Whether you want greens or just to heat adjoining rooms, sunrooms are certain to add light and enjoyment to your home. With slides, we will discuss examples of sunrooms built here in Manhattan and indicate some of the design considerations for both growing plants and exporting warmth. Bring your blueprints and we can discuss your particular home plans. 

Bill Dowsett (539-1956) has been in the solar energy/sunroom business for 20 years.

Date: March 6 (Saturday)  
Time: 1:30 pm  
Fee: $8  
Location: UFM Greenhouse

Growing Cool and Warm-Season Vegetables  
EN-18  
"Would you like to grow more of your own vegetables?" It's a growing trend across the nation and you can get all the how-to's in this class. We'll discuss all the popular veggies like tomatoes, lettuce and beans as more unique ones like bokchoi, winter squash and sweet potatoes. You'll take home a lot of information on what to plant when and the various requirements of each.

Colleen Hampton  
Date: March 15 (Monday)  
Time: 7 - 9 pm  
Fee: $8  
Location: UFM Greenhouse

Space-Efficient Gardening: Get More in Less Space  
EN-29  
Let's face it most of us don't have an unlimited space to grow herbs and vegetables. But there are techniques that will take only a few of space, but can actually reduce weedling, watering, and other chores. Learn these techniques and you're on your way to increased harvests in a small amount of space. We will also discuss patio gardening and how you can grow many varieties in pots right outside your door.

Colleen Hampton  
Date: April 12 (Monday)  
Time: 7 - 9 pm  
Fee: $8  
Location: UFM Greenhouse

Cottage Garden In Suburbia  
EN-41  
Love that lush, romantic look? Learn what annuals and perennials are appropriate for your soil and are also suitable for your climate. See how a new garden is put together, learn about basic garden design concepts and get some tips about planting the most popular perennials. 

Andrea Ray Chandler  
Date: March 3 (Wednesday)  
Time: 7:00 - 9:00 pm  
Fee: $15  
Location: UFM Conference Room

Were These Plants Framed?  
Gardening with Hot and Cold Frames  
EN-16  
Would you like to start your own plants but don't have space indoors? Would you like to begin harvesting earlier in the spring? Learn about the various types of hot and cold frames, their proper use and what and when to plant utilizing this technique. Take home plans for building garden frames and get a head start on gardening.

Colleen Hampton (539-5934) is a seasoned Riley County Extension Master Gardener who has a passion for all types of gardening. She has taught UFM gardening classes for over 10 years. She is a member of the Manhattan Community Garden and several garden clubs. Colleen welcomes your questions and class participation.

Date: February 16 (Monday)  
Time: 7 - 9 pm  
Fee: $8  
Location: UFM Greenhouse

Gardening 101: The Basics  
EN-19a  
Welcome to America's #1 hobby! More and more people are doing it. Here we'll talk about the start of the garden, the seeds, soil and care necessary to grow a beautiful garden. Then we'll talk about planting a vegetable or flower garden. Your specific questions are welcome, too.

Colleen Hampton  
Date: March 8 (Monday)  
Time: 7 - 9 pm  
Fee: $8  
Location: UFM Greenhouse

Gardening 101: The Basics  
EN-19b  
Welcome to America's #1 hobby! More and more people are doing it. Here we'll talk about the start of the garden, the seeds, soil and care necessary to grow a beautiful garden. Then we'll talk about planting a vegetable or flower garden. Your specific questions are welcome, too.

Colleen Hampton  
Date: April 3 (Saturday)  
Time: 10 - 12 pm  
Fee: $8  
Location: UFM Greenhouse

Energy Efficiency  
EN-26  
This class is designed to be the base of your energy bill this winter. This series will discuss what you might do about it. How to use more efficient appliances and try to affect the amount of energy you use in your home. 

Bill Dorsett (539-1956)  
Date: February 7 & 14 (Saturday)  
Time: 1:30 pm  
Fee: $8  
Location: UFM Greenhouse

Herb Gardening  
EN-33  
This class is full of sensory experiences. We will have a full slide show of different herbs and herb gardens, explore the differences between annual/perennial herbs and discuss seed starting. Learn how to make herbal oils, vinegars and more. Class is devoted to culinary herbs and those suitable for adding into flower landscapes.

Andrea Ray Chandler  
Date: April 21 (Wednesday)  
Time: 7:30 - 9:00 pm  
Fee: $15  
Location: UFM Conference Room

The Morning Star Bed & Breakfast  
789-587-9013  www.morningstarthebury.com

Manhattan Community Garden  
Plot Sign up Time!  
The Manhattan Community Garden is a UFM sponsored cooperative project located on 3 1/2 acres in the south part of Manhattan at 9th and Riley Lane. Over 160 plots are available on an annual basis. Rent per plot is charged on a sliding scale basis. Water, tools, mulch and advice are provided. Plot rental fees range from 2.5 to 6 cents per square foot. Plots are available in various sizes. A $10 plot deposit is also required.

Spring 2004 sign up dates are:  
Returning Gardeners:  
February 4, Wednesday, 7:30 pm, UFM February 14, Saturday, 10 am, UFM

New Gardeners:  
March 3, Wednesday, 7:30 pm at UFM March 13, Saturday, 10 am at UFM April 7, Saturday, 10 am at UFM

Call 539-8763 for more information.
Where the Sun Doesn’t Shine...
Shade Gardening

Tired of having plants die because they didn’t get enough sun? Tired of that spot on the side of the house where nothing seems to grow? Perhaps you need to plant some shade-tolerant species. We’ll discuss types of shade and what plants do well or even flourish in a shady site. Annuals, perennials, shrubs and trees will be covered.

Colleen Hampton

Date: April 19 (Monday)
Time: 7 - 9 pm
Fee: $8
Location: UFM Greenhouse

Perennial Flowers

Are you tired of buying and planting new flowers year after year? Why not invest in some perennial flowering plants that will return every year? We will discuss the best perennial flowers for the Manhattan area and when each blooms, how to get season-long color and other planting and growing tips. Be the envy of your neighborhood with minimal effort.

Colleen Hampton

Date: March 9 (Monday)
Time: 7 - 9 pm
Fee: $8
Location: UFM Greenhouse

Water Gardens: Pond Building 101

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. Learn how to install this type of pond with easy step-by-step instructions that will result in a pond that doesn’t require much care on your part for the rest of the summer. Get your other spring planting out of the way and then build that pond you’ve always dreamed of!

Colleen Hampton

Date: April 26 (Monday)
Time: 7 - 9 pm
Fee: $8
Location: UFM Greenhouse

Water Gardens: Stocking and "Planting"

Backyard ponds are more enjoyable if you can watch the fish and see the flowers blooming along with hearing the rushing water! In order to maintain the ecological balance of your pond, you mini-ecosystem needs fish and certain plants, and this class will discuss which are the desirable ones. Find out what and how many to put where! We’ll also plan for a "fieldtrip" to view the instructor’s water garden.

Colleen Hampton

Date: March 3 (Monday)
Time: 7 - 9 pm
Fee: $8
Location: UFM Greenhouse

Reading the Landscape

The object is to teach the student to see the land, to understand what he sees, and enjoy what he understands." — Aldo Leopold. This workshop will be based on activities that have evolved from each of Leopold’s essays in Sand Almanac. They are holistic in nature, experiential, “place” based and can be modified for any and all ages. This workshop is for anyone who is concerned about the human need for “connectedness” with our landscapes, both built and natural. It is for anyone who wants to gain insight into how to introduce and sustain the wonder and strangeness of our common environment for our children and community members.

Dru Clarke was a public school teacher for 31 years and now is keeper of a parcel of land in the Flint Hills where she and her husband raise quarter horses. Dru is passionate about place-based education, natural landscapes, and the “unsung” values of the commonplace.

Date: March 6 (Saturday)
Time: 9 - 4:30 pm
Fee: $48 (includes lunch & snacks)
Location: Possum Hollow Ranch
7810 Hopkins Creek Road, St. George

Expanded Hours. Expanded Learning. Expanded Opportunities.

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

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

Evening College 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.cce.ksu.edu/eveningcollege to learn more today!

KANSAS STATE UNIVERSITY
EVENING College

559-8763
1221 Thurston
www.ksu.edu/ufm

13
Safe & Creative Album Making (family photos & more) CF-02a
Where are your photos? It's time to turn that box of photos into an album full of pictures, memorabilia and memories. You'll learn 5 easy steps: organize, crop, design layout, monte and journal. Your albums will give you and your family a lifetime of enjoyment, a priceless heirloom. Bring your last roll of film or 8-10 pictures of a theme. If you have scrapbooked and have existing supplies, bring them and I can teach you how to make quick simple borders for your pages.

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

Date: February 3 (Tuesday)
Time: 7:00 pm
Fee: $14
Location: UFM Fireplace Room

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

Date: March 1 (Monday)
Time: 7:00 pm
Fee: $14
Location: UFM Fireplace Room

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

Date: April 5 (Monday)
Time: 7:00 pm
Fee: $14
Location: UFM Fireplace Room

Rubber Stamping Basics CF-02a
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 these cards will be provided, which will be made in class. Please bring the following to class: 12" paper cutter, adhsive, 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: February 9 (Monday)
Time: 7:00 - 9:00 pm
Fee: $16
Location: UFM Fireplace Room

Rubber Stamping Basics CF-02b
Heather Scott

Date: April 12 (Monday)
Time: 7:00 - 9:00 pm
Fee: $16
Location: UFM Fireplace Room

Rubber Stamping Basics CF-02c
Heather Scott (494-2505)

Date: May 15 (Monday)
Time: 7:00 - 9:00 pm
Fee: $16
Location: UFM Fireplace Room

Take a Peek at the Past
(All visits—including peeks, looks & distant—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
- Open April-October Sunday 2:00-5:00 and by appointment

Goodnow House Museum
2309 Clifton
- Home of Isaac Goodnow (first mayor of KSU 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

Wolf House Museum
1668 stone home also served as a boarding house
- Furnished with period antiques
- Special exhibits
- Victorian Manhattan: Life in 1885
- 1:00-5:00 Saturday 2:00-5:00 Sunday and by appointment

For more information, call 565-6490
Black & White Film Developing for the Beginner
Covering the basics of black/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 135-400 ISO film to class. This film may be purchased at Walgreens or Kinko. All other materials are included in the class fee.

Harold Wolfleimer has a degree in Commercial and Industrial Photography and enjoys black and white photography and processing his own film.

Date: March 2 (Tuesday)
Time: 7:00 pm
Fee: $17
Location: UFM Darkroom
Sign up deadline is February 24

Black & White Developing for the Beginner

Date: April 13 (Tuesday)
Time: 7:00 pm
Fee: $17
Location: UFM Darkroom
Sign up deadline is April 6

Black & White Printing
Feel the satisfaction of turning your own black and white negatives into prints. Each student will gain hands-on darkroom experience in print procedures. Bring 2 black and white negatives of your choice to process and print in class. Processing and printing materials included in class fees.

Harold Wolfleimer
Date: March 23 (Tuesday)
Time: 7:00 pm
Fee: $17 No refunds as the instructor must purchase unreturnable chemicals.
Location: UFM Darkroom

Juggling: For Wellness, For Fun

Date: January 20 - February 19 (Tuesday/Thursday)
Time: 6:30 - 8:00 pm
Fee: $39 (Includes 3-ball kit)
Location: UFM Fireplace Room

Juggling: For Wellness, For Fun

Date: April 24 - April 1 (Tuesday/Thursday)
Time: 6:00 - 8:00 pm
Fee: $39 (Includes 3-ball kit)
Location: UFM Fireplace Room

Juggling: For Wellness, For Fun

Date: April 6 - May 6 (Tuesday/Thursday)
Time: 6:00 - 8:00 pm
Fee: $39 (Includes 3-ball kit)
Location: UFM Fireplace Room

Parent Toddler Hands-on Hootenanny

Date: March 2 (Tuesday)
Time: 1:00 - 2:15 pm
Fee: $13 (parent & tot)
Location: UFM Fireplace Room

Parent Toddler Hands on Hootenanny

Date: March 2 (Tuesday)
Time: 1:00 - 2:15 pm
Fee: $13 (parent & tot)
Location: UFM Fireplace Room

Harmonica for Everyone

Date: March 2 (Tuesday)
Time: 6:30 - 8:00 pm
Fee: $20 (Includes harmonica and handout)
Location: UFM Fireplace Room

Burn Baby Burn! (A DVD That Is!)

You have added movies on your computer. Now what? How do you produce a DVD that you can actually play on your DVD player? Learn about some of the issues involved in creating DVDs. A short DVD with chapters will be created (burned) during the class.

Gordon Schmidt is from Council Grove and has taught for 33 years in the public schools with recent experience in Library Media/Technology. He is the owner of a mobile digital video editing business, Story 2 Tell, and has 15 years experience using Mac Computers as well as 10 years experience as a hobbyist videographer.

Date: February 3 (Tuesday)
Time: 7:00 pm
Fee: $25
Location: UFM Greenhouse

Burn Baby Burn! (A DVD That Is!)

Date: March 1 (Monday)
Time: 7:00 pm
Fee: $25
Location: UFM Greenhouse

Burn Baby Burn! (A DVD That Is!)

Date: April 5 (Monday)
Time: 7:00 pm
Fee: $25
Location: UFM Greenhouse

Tatting - The Return of a Lost Art!
Learn the basics of this portable lace-making technique that your grandmother may have done. It's back, with many new techniques and patterns. Bring a tatting shuttle.

Ronnie Robertson (770-8305) has been tatting for 35 years and teaching classes since 1971.

Date: March 4 & 11 (Thursday)
Time: 7:00 - 9:00 pm
Fee: $25
Location: 1717 Kingwood Dr.

Beginning Knitting

Two projects (a headband and hat) will be completed as you learn to cast-on, the knit stitch, binding off and weaving. Bring short size 10 needles and a light colored bulky weight yarn.

Kensuta Tally (557-8261) is the proprietor of Wildflower Yarns and Knitwear, 106 S. 6th St. in Manhattan. She designs knitwear for national knitting magazines and yarn companies.

Date: February 5, 12, 19, 26 (Thursday)
Time: 7:30 - 9:00 pm
Fee: $37
Location: 106 S. 6th St.

Beginning Knitting

Date: April 1, 8, 15, 22 (Thursday)
Time: 7:30 - 9:00 pm
Fee: $37
Location: 106 S. 6th St.
Knitting With Beads
Knit a beaded sock-cuff or wrist warmer using yarn/threads which will be provided. Bring size US2 or US3 knitting needles. Students must know how to knit before attending.
Kenza Tully (537-1826) is the proprietor of Wildflower Yarns and Knitwear, 106 S. 4th in Manhattan. She designs knitwear for national knitting magazines and yarn companies.
Date: April 18 (Sunday)
Time: 1:00 - 4:00 pm
Fee: $30
Location: 106 S. 4th St.

Add Color to Your Knits
Learn to add color to your knits with several techniques, including stripes, fairisle, rib stitch, intarsia and duplicate stitch. Students should bring 2-3 colors of worsted weight yarn, size US7 or US8 needles. Students should know how to knit prior to attending this class.
Kenza Tully (537-1826)
Date: March 4 (Sunday)
Time: 1:00 - 4:00 pm
Fee: $30
Location: 106 S. 4th St.

Basic Nature Photography
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 beginners and photographers whose work is not motivated by camera operation and nature photography. Participants will need their own fully functional 35mm SLR camera to each class. Tripsods will also be beneficial. This class will include 3 classroom meetings and 2 field trips. Fee includes 2 rolls of film, developing, plus a framed 8 x 10 picture, and a photography booklet.
Scott Reen 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 scenes 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 experienced being a beginning photographer and help you get the most out of your camera.
Date: April 15, 22, 29 (Thursday)
Time: 7:00 - 9:00 pm (Thursday)
Fee: $66
Location: UFM Conference Room

Kid's Beginning Knitting
Students will learn how to cast on, bind off, and the two most important stitches of knitting: knit and purl. A small project will be completed in the class and an instruction book of projects, yarn and needles will be provided. Age 8+.
Kenza Tully (537-1826) is the proprietor of Wildflower Yarns and Knitwear in Manhattan, and designs knitwear for national knitting magazines and yarn companies.
Date: January 17 & 24 (Saturday)
Time: 9:00 - 10:30 am
Fee: $25
Location: 106 S. 4th St.

Kid's Beginning Knitting
Kenza Tully (537-1826)
Date: April 10 & 17 (Saturday)
Time: 9:00 - 10:30 am
Fee: $22
Location: 106 S. 4th St.

Kid's Introduction to Crochet
Students will learn the foundation of crochet and will receive a book of instructions for fun projects, a crochet hook and yarn to get started. Age 8+
Kenza Tully (537-1826)
Date: February 21 (Saturday)
Time: 9:00 - 10:30 am
Fee: $25
Location: 106 S. 4th St.

Zucchini, zucchini, zucchini... Bring your favorite or strangest recipe for using zucchini. Several recipes will be demonstrated and adapated. Together we'll try to get ahead of next summer's zucchini avalanche.
Ann Westerhoff (279-5565) has been teaching cooking classes since 1997.
Date: February 12 (Thursday)
Time: 7:00 - 9:00 pm
Fee: $15
Location: 1777 Kingswood Dr.
(Start Hill to 11th to Kingswood)

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.

Look for youth classes throughout the catalog
Archery for Youth
Kid's Crochet
Kid's Knitting
Parent/Tot Hands on Hotenanny
Beginning Ballet plus a little Nutcracker
Swim Lessons
Tae Kwon Do

For information, to become a member or to be added to our mailing list, call 335-1422, stop by 1520 Powyz or e-mail programa@manhattarts.org

Manhattan Arts Center | 1520 Powell St. | www.manhattarts.org
The Manhattan Arts Center is funded in part by the Kansas Arts Commission, a state agency, and the National Endowment for the Arts, a federal agency. Additional funding comes from the City of Manhattan and MAC donors and friends. MAC is a member of the Manhattan ArtsKids & Humanities Coalition.
Gain Control of Your Money & Become Debt Free

Is there too much month at the end of your paycheck? Do you have a plan to control the money that you make and spend? In this class, you will learn to identify your financial goals and develop a plan to control your spending. You will learn how to create a budget, save money, and make smart financial decisions. This class is designed to help you take control of your money and achieve financial peace.

Date: March 10 (Monday)
Time: 7:00 – 9:30 pm
Fee: $30
Location: University Conference Room

Investing In Your Future

Participants will learn about the basics of investing and how to create a diversified investment portfolio. This class will cover the fundamentals of investing, including stocks, bonds, mutual funds, and real estate. You will learn how to develop a financial plan that fits your goals and risk tolerance.

Date: March 10 (Monday)
Time: 7:00 – 9:30 pm
Fee: $12
Location: University Conference Room

Before Happily Ever After: The Financial Impact of a Marriage

Get the financial basics for marriage as we discuss the costs of a wedding, managing your finances, and planning for the future. We will explore the impact of marriage on your personal finances and discuss strategies for managing your financial future together.

Date: February 2 & March 1 (Monday)
Time: 7:00 – 9:00 pm
Fee: $12
Location: Caltech Institute, KSU

Before Happily Ever After: The Financial Impact of a Marriage

Are You Searching For The Key To Investment Success?

Did you know...? * Investors tend to be influenced more by the prospect of loss than by the opportunity for gain? * There is a strategy that can help you prepare your portfolio for potential success, even in volatile markets. * How you choose to combine your investments should depend on your investment goals.

Rob Hayes (776-9382) graduated from Kansas State University with a degree in Family Financial Planning. Before finishing his education, he and his wife owned and operated a supermarket. He has more than 20 years experience in management, is a member of The Financial Planning Association, has served on their board of directors, and has served as treasurer for People’s Grocery Coop. Rob has lived in the Manhattan area for over 44 years and is a life insurance agent with Farmers Insurance Group and registered representative of Farmers Financial Solutions, Inc., here in Manhattan.

Date: February 23 (Tuesday)
Time: 7:00 pm
Fee: $12
Location: 2044 Tuttle Creek Blvd

Before Happily Ever After: The Financial Impact of a Marriage

Are You Searching for the Key to Investment Success?

Rob Hayes (776-9382)

Emotions, Expectations, Economics and Your Investment Decision

Did you know...? * Investment decisions are 89% based on emotion. * Only 20% of the population feels comfortable with higher levels of investment risk.

With constantly changing market conditions, now may be the best time to determine how you will react and what effect your actions may have on your financial plan. Many people have questions about their investment strategy yet they never find the time to get them answered. We’ll discuss the benefits of investing, how emotions affect investment decisions, market expectations of three investor types, an overview of the last few decades of U.S. economic history and investment tools and strategies to help fine tune your financial plans.

Rob Hayes (776-9382)

Emotions, Expectations, Economics and Your Investment Decision

Rob Hayes (776-9382)

Emotions, Expectations, Economics and Your Investment Decision

Rob Hayes (776-9382)

Growing Your Money

Do you have more debt than wealth? Do you want to take control of your financial future? Growing your money can help you develop critical skills for financial independence. We will cover developing a spending plan, checking/saving accounts, understanding credit, your credit report and getting a loan. This is a basic financial education.

Jennifer Wilson (537-6150) has been an Extension Agent in Riley County for 8 years. She has her B.S. and M.S. degrees from KSU and has significant training/experience in basic family finance and budgeting.

Date: February 5, 12, 19, 26 (Thursday)
Time: 7:00 – 9:00 pm
Fee: $25
Location: UFM Multipurpose Room
**Focus on Financial Management**  
PC-14a

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 financially by 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 the direction of 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
- Increase your net worth
- Reduce your taxes

What’s important is that what’s tailored to your needs and changes as you do

Have more overall control of your financial affairs

Just for attending this 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 (776-9382)

**Date:** March 16 (Tuesday)  
**Time:** 7:00 pm  
**Fee:** $8  
**Location:** 204 Tuttle Creek Blvd

---

**Focus on Financial Management**  
PC-14b

**Rob Hayes** (776-9382)

**Date:** April 13 (Tuesday)  
**Time:** 7:00 pm  
**Fee:** $8  
**Location:** 204 Tuttle Creek Blvd

---

**Beginners 101: Getting Started with Your PC and Windows**  
PC-05a

No experience required! This class is designed for people who would like to learn how to use their computer in a more effective and efficient manner and those with some experience who would like some practical tips on how to get the most from your computer. Topics will include basic computer setup and troubleshooting, things to look for when purchasing a new or used PC, an introduction to Windows with hands-on practice, 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, this class will proceed at a comfortable, friendly pace with plenty of time for questions and answers.

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 John 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:** February 4 (Wednesday)  
**Time:** 6:00-8:00 pm  
**Fee:** $28  
**Location:** Manhattan Public Library

---

**Introduction to HTML and Basic Web Page Design**  
PC-06b

**Chris Wilson** (556-1570) is 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 create, design, 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. This class will discuss some of 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. Registration fee includes a CD with software and references.

**Date:** February 25 (Wednesday)  
**Time:** 6:00-8:00 pm  
**Fee:** $28  
**Location:** Manhattan Public Library

---

**Introduction to HTML and Basic Web Page Design**  
PC-05b

**Chris Wilson** (556-1570)

**Date:** April 24 (Wednesday)  
**Time:** 2:00-4:00 pm  
**Fee:** $28  
**Location:** Manhattan Public Library

---

**If you build it, will they come?: Tips for Successful Website Marketing and Promotion**

A website is nothing without visitors. Whether you are selling products or services online or just publishing information, there are certain techniques you can use to make sure your site has maximum visibility to prospective visitors. This course is geared for individuals who already have a website or for those who are considering getting started online. Bring your dot com and your questions for a lively discussion that will provide something for everyone from novices to web veterans. Registration for includes a CD with software and references.

**Date:** February 1 (Saturday)  
**Time:** 2:00-4:00 pm  
**Fee:** $28  
**Location:** Manhattan Public Library

---

**Beginners 101: Getting Started with Your PC and Windows**  
PC-06b

Chris Wilson (556-1570)

**Date:** April 10 (Saturday)  
**Time:** 2:00-4:00 pm  
**Fee:** $28  
**Location:** Manhattan Public Library

---

**Long Term Care: How to Secure Your Financial Independence Today**

The cost of long-term care is a major risk to your assets. So how do we prepare ourselves? Do we need insurance? The average cost of a year in a nursing home is $50,000 and home health care average $15,000 an hour. This class is designed to help you protect your financial future and independence.

Matthew Mofet (816-246-2079) and Brad Beddow

**Date:** February 17 (Thursday)  
**Time:** 7:00-9:00 pm  
**Fee:** $8  
**Location:** Justin Hall, Room 341

---

**Buy or Build? How to Build your Own Computer and Save Big**  
PC-05a

It's easier than you think! This class will cover how to build your own computer from the ground up. Why spend thousands of dollars for a computer when you can build one yourself? This class will cover buying your parts, where to get components, the actual assembly process, configuration and troubleshooting. A complete system will be assembled during the class so you can see firsthand just how easy it is. This class is also good for those who are interested in upgrading their existing computers.

**Date:** March 17 (Wednesday)  
**Time:** 6:30-9:30 pm  
**Fee:** $30  
**Location:** Manhattan Public Library

---

**Buy or Build? How to Build your Own Computer and Save Big**  
PC-06b

Chris Wilson (556-1570)

**Date:** April 17 (Saturday)  
**Time:** 2:00-4:00 pm  
**Fee:** $20  
**Location:** UMF Fireman Room

---

**Ebay for Everyone!**

**Chris Wilson** (556-1570)

**Date:** February 7 (Saturday)  
**Time:** 2:30-5:30 pm  
**Fee:** $20  
**Location:** Manhattan Public Library

---

**Ebay for Everyone!**

**Chris Wilson** (556-1570)

**Date:** March 17 (Wednesday)  
**Time:** 6:30-9:30 pm  
**Fee:** $30  
**Location:** Manhattan Public Library

---

**www.ksu.edu/sfm**

**1221 Thurston**

539-8763
Grab Your Gear

Golf

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

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

Date: April 1, 8, 15, 22 (Thursday)
Time: 6:00 pm
Fee: $37
Location: Stagg Hill Golf Club
4441 Pl Riley Blvd.

Intermediate Fencing

Class continues with the concepts presented in beginning foil fencing. Emphasis is on technique refinement, theory of attack and countering. Course may be repeated.

Bill Meyer (597-9990)

Date: February 9 - May 10 (Monday)
Time: 7:30 - 9:00 pm
Fee: $44 (no own equipment/$74 with instructor's equipment)
Location: South end of indoor track, Abearn Fieldhouse, KSU
Enter west side of Abearn off of Dension St.

Beginning Bowling

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

Terri Kiddy (320-6652) is the Recreation Manager of the K-State Student Union. She is an experienced bowler and has held the record for 12 years as the Kansas High Women's Scores (102). She was the Manhattan Woman Bowler of the Year for six years and was the Manhattan Scratch All Event Champion from 1993-1995.

Date: January 29 - May 13 (Thursday)
Time: 10:30 - 12:00 am
Fee: $59 non-credit, also available for KSU credit
Location: Student Union Bowling Alley, KSU

Pocket Billiards

This class will help you develop your skills including stance, stroke, position play and the "mental game." We will cover eight ball, nine ball, straight pool, and even a few trick shots. Jerry Rigs grew up playing pool and played professionally for 12 years. During that time he qualified and played in four world open championship tournaments in New York City, finishing in the top 10.

Jerry lives in Manhattan with his wife and son and is an agent with Farmers Insurance Group.

Date: January 8 - February 12 (Thursday)
Time: 7:30 pm
Fee: $20.00
Location: K-State Student Union

Golf in Salina

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.

Kenda Green (639-4653) is a professional golf instructor.

Date: March 1 - April 26 (Monday)
Time: 2:30 - 4:30 pm
Fee: $120
Location: TBA

Fly Fishing

This course will cover the proper techniques for performing four basic fly casting techniques: roll casting, pick up/put down, false casting, and shooting a line. We will also cover tying flies, and fly fishing equipment. The class will be broken into two sections. The first section will cover casting, fly rods, reels, lines, tippets, and leaders. The second section will cover fly tying equipment and techniques to tie dry flies, wet flies, nymphs. All equipment needed will be provided by the instructor.

Paul Swalm (694-2540)

Date: February 16 - 26
(Mon., Tue., Wed., Thurs.)
Time: 6:00 - 8:00 pm
Fee: $48 non-credit, also available for KSU credit
Location: Susan B. Anthony Middle School
2501 Browning

Archery for Youth

The main focus of this class 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 and safety. All equipment will be provided. Age 8-

Tom Korte (587-4555) is a certified national archery instructor NAA level 4. He has helped his students compete at a national level, produced a national champion, and has many years of coaching experience, including Archery Instructor for 4-H, and Shooting Sports Director for Boy Scout Camp. Tom is presently coaching JOAD club, Manhattan Royal Archers.

Date: February 2 - 23 (Monday)
Time: 6:00 - 7:00 pm
Fee: $20
Location: 1125 Laramie Plaza, upstairs

Archery for Adults

This class provides an opportunity to 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. Techniques will be tailored to fit individual levels of advancement.

Tom Korte (587-4555)

Date: April 5 - May 10 (Monday)
Time: 6:00 - 9:00 pm
Fee: $38
Location: 1125 Laramie Plaza, upstairs

Archery for Women

Join other women in this opportunity to learn Olympic Style Recurve archery. Students will learn how archery can be a simple, life-long sport that anyone can enjoy. The instructor will provide all the equipment and gear the class towards individual needs.

Ronda Polak began learning archery in 1992 through a similar course for women. After being introduced to the National Archery Association, she started to compete and is currently a JOAD Coach and a 4-H instructor.

Date: April 5 - 26 (Monday)
Time: 6:00 - 8:30 pm
Fee: $26 individual

Location: 1125 Laramie Plaza, upstairs

Fly Fishing

This course will cover the proper techniques for performing four basic fly casting techniques: roll casting, pick up/put down, false casting, and shooting a line. We will also cover tying flies, and fly fishing equipment. The class will be broken into two sections. The first section will cover casting, fly rods, reels, lines, tippets, and leaders. The second section will cover fly tying equipment and techniques to tie dry flies, wet flies, nymphs. All equipment needed will be provided by the instructor.

Paul Swalm (694-2540)

Date: February 16 - 26
(Mon., Tue., Wed., Thurs.)
Time: 6:00 - 8:00 pm
Fee: $48 non-credit, also available for KSU credit
Location: Susan B. Anthony Middle School
2501 Browning

Fly Fishing

This course will cover the proper techniques for performing four basic fly casting techniques: roll casting, pick up/put down, false casting, and shooting a line. We will also cover tying flies, and fly fishing equipment. The class will be broken into two sections. The first section will cover casting, fly rods, reels, lines, tippets, and leaders. The second section will cover fly tying equipment and techniques to tie dry flies, wet flies, nymphs. All equipment needed will be provided by the instructor.

Paul Swalm (694-2540)

Date: February 16 - 26
(Mon., Tue., Wed., Thurs.)
Time: 6:00 - 9:00 pm
Fee: $50 non-credit, also available for KSU credit
Location: Susan B. Anthony Middle School
2501 Browning

GO-09

Archery for Youth

The main focus of this class 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 and safety. All equipment will be provided. Age 8-

Tom Korte (587-4555) is a certified national archery instructor NAA level 4. He has helped his students compete at a national level, produced a national champion, and has many years of coaching experience, including Archery Instructor for 4-H, and Shooting Sports Director for Boy Scout Camp. Tom is presently coaching JOAD club, Manhattan Royal Archers.

Date: February 2 - 23 (Monday)
Time: 6:00 - 7:00 pm
Fee: $20
Location: 1125 Laramie Plaza, upstairs

Archery for Adults

This class provides an opportunity to 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. Techniques will be tailored to fit individual levels of advancement.

Tom Korte (587-4555)

Date: April 5 - May 10 (Monday)
Time: 6:00 - 9:00 pm
Fee: $38
Location: 1125 Laramie Plaza, upstairs

Archery for Women

Join other women in this opportunity to learn Olympic Style Recurve archery. Students will learn how archery can be a simple, life-long sport that anyone can enjoy. The instructor will provide all the equipment and gear the class towards individual needs.

Ronda Polak began learning archery in 1992 through a similar course for women. After being introduced to the National Archery Association, she started to compete and is currently a JOAD Coach and a 4-H instructor.

Date: April 5 - 26 (Monday)
Time: 6:00 - 8:30 pm
Fee: $26 individual

Location: 1125 Laramie Plaza, upstairs

Fly Fishing

This course will cover the proper techniques for performing four basic fly casting techniques: roll casting, pick up/put down, false casting, and shooting a line. We will also cover tying flies, and fly fishing equipment. The class will be broken into two sections. The first section will cover casting, fly rods, reels, lines, tippets, and leaders. The second section will cover fly tying equipment and techniques to tie dry flies, wet flies, nymphs. All equipment needed will be provided by the instructor.

Paul Swalm (694-2540)

Date: February 16 - 26
(Mon., Tue., Wed., Thurs.)
Time: 6:00 - 8:00 pm
Fee: $48 non-credit, also available for KSU credit
Location: Susan B. Anthony Middle School
2501 Browning

Fly Fishing

This course will cover the proper techniques for performing four basic fly casting techniques: roll casting, pick up/put down, false casting, and shooting a line. We will also cover tying flies, and fly fishing equipment. The class will be broken into two sections. The first section will cover casting, fly rods, reels, lines, tippets, and leaders. The second section will cover fly tying equipment and techniques to tie dry flies, wet flies, nymphs. All equipment needed will be provided by the instructor.

Paul Swalm (694-2540)

Date: February 16 - 26
(Mon., Tue., Wed., Thurs.)
Time: 6:00 - 9:00 pm
Fee: $50 non-credit, also available for KSU credit
Location: Susan B. Anthony Middle School
2501 Browning
Meditation and Spiritual Discussion Group

SP-11a

What is spirituality to you? In our busy lives it's easy to forget this very important part of ourselves. This class will be an open environment for exploring. Each class will begin with a guided meditation followed by a discussion of spirituality in our own lives. We will discuss the many different aspects of spiritual experience.

Tim Sidorky (539-9955) has been a spiritual seeker for many years and has come into contact with a wide variety of useful tools and concepts in assisting the spiritual journey. He enjoys sharing and learning with others.

Date: February 3 - March 16 (Tuesday)
Time: 7:00 - 9:00 pm
Fee: $21
Location: UFM Greenhouse

Meditation and Spiritual Discussion Group

SP-11b

Tim Sidorky (539-9955)

SP-12

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. Liberate yourself! Recommended reading: Clear Your Clutter with Feng Shui by Karen Kingston.

Elizabeth Janklow and Kate Cashman (537-1911) have been enjoying the effects of space clearing after struggling for years with clutter. They operate a consulting business, Clutter Busters.

Date: April 12, 19, 26 (Monday)
Time: 7:00 pm
Fee: $24
Location: 811 Colorado

TEEN MENTORING PROGRAM

Spring Program

* Program is open to middle and high school students
* Opportunities to make new friends
* Activities to enhance leadership skills and group interaction
* Learn and improve life skills
* Have Fun

Group meets every Wednesday from 3:30-5:00 p.m.

Call UFM at 539-8763 for more information
A Course in Miracles

This class is a self-study program in retaining the mind for inner peace through the practical application of principles such as forgiving others and allowing love into our lives and the lives of others. It has been described as a divinely inspired road map for one's own spiritual journey. The daily application of the lessons provides opportunities for experiencing peace, happiness and fulfillment as we come to see us with the challenges and changes of life.

Mary Williams (755-654-9882) has been seeking inner peace for many 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 Topka and has her own wellness business.

Date: April 10, 17, 24 (Saturday)
Time: 10:30 am - 12:00 pm
Fee: $14
Location: UFM Conference Room

Leadership Lounge

Have you ever felt "different" at work because of your gender, race, sexual orientation, philosophy & values, or leadership style? In her engaging book The Perpetual Radicals: How Everyday Leaders Inspire Change at Work, Dr. Debra Meyerson reveals how progressive work places are not built by "revolutionaries," but by "perpetual radicals" - people who want to succeed in their organizations, yet want to live by principles that are different. In this class we will explore how you can be a leader who inspires change in your organization.

Date: February 26 (Tuesday)
Time: 12:00 pm - 1:30 pm
Location: UFM Conference Room

How To Arrange Your Dresser Drawers: SP-26

Level I

Tired of opening your sock drawer and feeling overwhelmed by the mountain of socks? We will focus on the organization of your sock drawer by dividing them into groups and labels, keeping them together, and creating a system for organizing your dresser. This class will be just like your dresser and the beginning of trial drawer management.

Date: April 3 (Saturday)
Time: 8:00 am
Location: 1254 Hanes Dr.

Grandma's Home: Modifying Homes SP-08

SP-08
For the Aging

"Grandma's home" is a concept that she can still live independently or too often a concept that she has returned to medical help. Every family will face aging, hearing, mobility or frailty. Home problems range from inconvenient to dangerous and our solutions range from simple to complicated. In this class we will discuss how you can modify "Grandma's home" to allow her to live independently as long as possible.

Date: February 24 & 26 (Monday & Wednesday)
Time: 6:30 - 8:00 pm
Fee: $8
Location: Senior Center, 412 Lebanon St.

French Language LA-02a

LA-02a

As an introduction to the French language, this class will emphasize conversation, grammar, proper pronunciation, and every-day vocabulary.

Emile Ribat (387-9036).

Date: April 7 - 29 (Wednesday/Thursday)
Time: 10:00 - 11:00 am
Location: UFM Parking Room

French Language LA-02b

Emile Ribat (387-9036).

Date: April 7 - 29 (Wednesday/Thursday)
Time: 10:00 - 11:00 am
Location: UFM Parking Room

Spanish I LA-11

LA-11

The class emphasis will be on oral communication and interaction. Classes adapted to student's preferences.

Date: March 2 - 26 (Tuesday/Thursday)
Time: 5:30 - 7:30 pm
Fee: $122
Location: American Red Cross Office

Basic Conversational Chinese LA-12

In this class students will learn basic Mandarin Chinese including listening, speaking, and grammar skills. Upon completion of this class students should be able to converse in basic Chinese, and recognize some Chinese characters.

Instructor: Yingzhao Huang
Date: January 26 - March 15 (Monday)
Time: 7:00 - 8:30 pm
Fee: $43
Location: UFM Multipurpose Room

2004 Season for Nonviolence Movie - Discussion - Celebrative Walk SP-20

Movie and Discussion
Theater will be a showing of "Bowling for Columbine" and a group discussion to follow. "Bowling for Columbine" is an alternately humorous & horrifying film about the United States. It asks the questions Why do 11,000 people die in the U.S. annually at the hands of gun violence? How will we become the master and victim of such enormous amounts of violence? and more. From a look at the Columbine High School security camera tapes to a visit with the NEA (National Riflemen's Association) President Charlton Heston, to the murder of a six-year-old girl by another six-year-old, this movie is a journey with hopes of discovering why our pursuit of happiness is so riddled with violence. This is a documentary of real life violent situations and is rated "R." Children should be accompanied by a parent, please register if you wish to attend the movie so we can make sure we have proper accommodations.

Madonna Stahlman (587-4805)
Date: April 4 (Sunday)
Time: 2:30 - 5:00 pm
Fee: Free and open to public
Location: Manhattan Public Library Auditorium

Walk for Nonviolence
After the movie, Manhattan area community members will walk together from a sidewalk in front of the public library, up Poyntz Ave, around city park and back to the library in a peaceful and fun call for nonviolence in our community. Walkers, runners, skaters and pets are welcome.

You may wear a favorite t-shirt and/or carry a sign to make a statement about any nonviolence related theme. While keeping in mind, this is not a protest, it's a celebrative walk. The goal is to create awareness for our commitment to build a safe and just community in our own lives. We'll enjoy a beautiful early spring evening stroll.

These activities are the last of a number of activities planned for the 2004 Season of Nonviolence to a visit by the NEA between January 30th and April 4th (assassination anniver- saries of assassins Martin Luther King Jr., and Mahatma Gandhi). Sponsors of the activities are The K-State Campaign for Nonviolence and the Manhattan Montessori Church.

Madonna Stahlman (587-4805)
Date: April 4 (Sunday)
Time: 6:00 - 6:30 pm
Fee: Free and open to public
Location: Sidewalk in front of Manhattan Public Library

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@alstartdj.com, 776-1350.

www.ksu.edu/ufm
Women's Book Club
The women's book club was started 4 years ago. Members will choose a book to discuss once a month. Meeting locations will vary. All types of books are eligible and women of all ages are welcome.
Cindy Murray (776-3029) has enjoyed reading books from a variety of authors. She started the book club 4 years ago and enjoys the group discussions.

Date: January 26 (Monday)
Time: 7:00 pm
Fee: $5
Location: To Be Announced

Eat Less, Sleep More
Based on a Ph.D. dissertation on relationships among education-related fears, anxiety, self-esteem and attitude, plus a method of time management, eating and dieting, this class will give you self-directed intra-personal and interpersonal techniques for basic and enhanced habit change. Please bring your favorite book with you to the first class.

C.L. Wong (clwang5@hotmail.com)

Date: January 28, February 4 & 11 (Wednesday)
Time: 12 pm
Fee: $14
Location: UFM Greenhouse

A Young Adult's Legal Rights

SP-31

and Responsibilities

Mary Beth Wilson

Date: April 8 (Thursday)
Time: 7 pm
Fee: $25
Location: UFM Multipurpose Room

A Good Judge comes from experience, and experiences come from bad judgement.
—Barry LaPatrope

Pet First Aid & Safety
The American Red Cross has a new 5 hour First Aid and CPR course for animal lovers. The course will teach you how to:
- Protect all and your pet from injury
- Perform rescue breathing and what to do when your pet is choking
- Stop bleeding, splint broken bones and treat for shock
- Prevent and handle poisoning
- Take care of your pet if bitten by a snake
- Handle sudden illnesses, including car sickness
- Treat your pet for exposure to extreme heat or cold, and more!
Please bring a stuffed animal to class (no live animals).

Lora Stakes has been an American Red Cross Health and Safety Instructor since 1997. A resident of Geary County since 1988, she has been involved with the Manhattan Kennel Club since 1999 and is currently their Public Education Coordinator.

Date: February 12 (Thursday)
Time: 7 pm
Fee: $35
Location: UFM Greenhouse

A Young Adult's Legal Rights

SP-14b

and Responsibilities

Mary Beth Wilson

Date: March 11 (Thursday)
Time: 7 pm
Fee: $25
Location: UFM Multipurpose Room

Teach a Class at UFM
Teaching a Class at UFM can enhance your business, be an instructional opportunity for students, be an opportunity to network with those who share your interests or be a nice way to meet people. Call UFM (539-8763) to offer a class in the summer catalog.

www.ksu.edu/ufm
1221 Thurston
539-8763
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

**Dates & Times:**
- **Date:** February 23 - March 17 (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:** Bluemont Hall, Room 114, KSU

**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

**Dates & Times:**
- **Date:** Feb. 3 - March 11 (Tue/Thur)
- **Time:** 7 - 9 p.m.
- **Fee:** $240 (fee includes all materials)

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

**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

**Dates & Times:**
- **Date:** April 19 - May 8 (Mon/Wed/Sat)
- **Time:** 6 - 9 pm (Mon/Wed) 8 - 12 (Sat)
- **Fee:** $250

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

**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

**Dates & Times:**
- **Date:** Feb. 3 - March 11 (Tue/Thur)
- **Time:** 7 - 9 p.m.
- **Fee:** $240 (fee includes study books)

**Location:** KSU, Bluemont Hall, Room 5102
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 532-5856 for questions or information, or visit www.dee.ksu.edu/dce/outreach/recreationcourses.html.

**Scuba Diving**  
R3ES-200  
$92.00
Tuesdays and Thursdays  
Time: 6:00 - 8:00 p.m.  
Fee: $92.00  
Location: KU Waterfront  
Open to students with a minimum Diving Certification and a valid certification card.

**Water Safety Instructor (WSI)**  
R3ES-200  
$245.00
This course is designed to develop the skills you will need to instruct people in water safety. The course includes training in CPR, First Aid, and the American Red Cross’ Water Safety Instructor course.

**Ballroom Dance**  
DANCE-999  
$230.00
Introduction to the principles of ballroom dancing. Includes dance terminology, dance position, correct body alignment and position, and partnering. Technique and proper arm and leg positions, and a variety of social dance styles will be taught. The student will learn and partner and dance, and will be taught and learn how to perform a variety of social dances.  
Instructor: Brenda Russell  
Date: January 29 - May 22 (Wednesday)  
Time: 6:30 - 8:30 p.m.  
Fee: $120.00  
Location: RCM Auditorium 802  
No class March 24

**Golf**  
R3ES-200  
$92.00
This course will emphasize the fundamentals of the full swing, the short game, and rules of play.  
Instructor: Mike Greggs  
Date: April 3 - April 20 (Monday)  
Time: 9:30 - 11:30 a.m.  
Fee: $92.00  
Location: Kids Golf Club, 4641 W. 84th Blvd.  
No Class March 24

**Scuba Diving II**  
DANCE-200  
$92.00
This course will develop skills in diving.  
Instructor: Brenda Russell  
Date: January 29 - May 22 (Wednesday)  
Time: 6:30 - 8:30 p.m.  
Fee: $120.00  
Location: RCM Auditorium 802  
No class March 24

**Golf - in Salina**  
R3ES-200  
$92.00
This course will involve the fundamentals of the full swing, the short game, and rules of play.  
Instructor: Mike Greggs  
Date: March 4 - April 20 (Monday)  
Time: 9:30 - 11:30 a.m.  
Fee: $92.00  
Location: Kids Golf Club, 4641 W. 84th Blvd.  
No Class March 24

**Golf - in Salina II**  
DANCE-200  
$92.00
This course will involve the fundamentals of the full swing, the short game, and rules of play.  
Instructor: Mike Greggs  
Date: March 4 - April 20 (Monday)  
Time: 9:30 - 11:30 a.m.  
Fee: $92.00  
Location: Kids Golf Club, 4641 W. 84th Blvd.  
No Class March 24
Fly Fishing  R02S-200  #92415
This course will cover the proper techniques for performing
two basic fly casting techniques: roll casting. Zigt and put
and false casting and shooting line. We will also
cover tying flies, and fly fishing equipment: The class
will be broken into sections. The last day everyone
will cover casting, fly rods, reels, lines, tippets, and leader.
The second section will cover tying the aquatic insects and
water techniques to live dry, wet, dry and nymphs. All
equipment needed will be provided by the instructor.
There is a recommended materials fee of $40 for all
students.
Instructor: Paul Salamone
Date: February 10 - March 30 (M, T, W, TH)
Time: 6:00 - 9:00 pm
Fee: $196 Also available for noncredit
Location: Susan & Anthony Middle School
2901 Browning

Intermediate Fly Fishing  R02S-200  #92416
Beginning fishing: an introduction to the fundamentals of
modern sport fishing. Basic knowledge of the types of
fly fishing rods, reels, fly lines, leaders, and tippets. The
second section will cover fly tying techniques and
equipment. The class will be broken into sections.
Instructor: William Mayer
Date: February 9 - May 10 (Monday)
Time: 6:00 - 7:00 pm
Fee: $196 Also available for noncredit
Location: Abraham Baldwin
No class March 22

Judo I  R02S-200  #92425
Judo is an ancient form of Japanese martial arts. This
class will cover the principles of Judo including
self-defense, techniques for striking, and Partnering.
Instructor: Issac Wongshige
Date: January 27 - May 17 (Th/Tu)
Time: 7:45-9:45 pm
Fee: $180 Also available for noncredit
Location: Abraham Room 301, KSU
No class March 23 and 25

Judo II  R02S-200  #92426
In Judo II participants continue to gain understanding of
how principles of Judo are used to gain physical
advantages. Advanced aerial skills are taught along
with safety techniques. In preparation for competitive
activities, techniques will be tailored to fit the indi-
vidual's physical ability.
Instructor: Issac Wongshige
Date: January 27 - May 17 (Th/Tu)
Time: 7:45-9:45 pm
Fee: $180 Also available for noncredit
Location: Abraham Room 301, KSU
No class March 23 and 25

Archery  R02S-200  #92404
This course provides men and women with instruction
in target style archery. Emphasis is on the archer's form
and technique used in archery. Participants will learn
safety rules, scoring, scoring, release of arrow, and execu-
tion of follow through. Information on basic archery
selection and set-up will also be taught and all equip-
ment will be provided by the instructor. Techniques will
be taught to the individual levels of advancement.
Instructor: Tony Korte
Date: January 26 - March 15 (Monday)
Time: 8:00 - 9:45 pm
Fee: $60
Location: 1120 Lamar Plaza, suite

Aquatic Fitness Instructor  R02S-200  #92448
This course is designed for individuals interested in
advancing their knowledge and skills in designing and
leading different types of water exercises. It will
prepare the instructor to become certified in aquatic
development, teach, administer, and perform safe and
effective water exercise programs. Prerequisites: Must
be at least 18 years old and be a swimmer. Certification:
Equivalent to the American Red Cross Aquatic Fitness
Instructor certification. Swim continuously for 200 yards
without swimming in 50 yards Breaststroke, 50 yards
Backstroke, and 50 yards your choice. Not timed and
must be done with head out of water. Basic water moves
will be reviewed in class. Certification requirements:
Must demonstrate ability to pass a class for various
populations and effectively teach a class from deck.
Instructor: Cheryl James
Date: March 6 - March 13
Time: Thursday, Thursday, Thursday
Fee: $75 Also available for noncredit
Location: KSU Natatorium

Fundamental Canoeing  R02S-200  #92449
This course will cover the proper techniques for perform-
ing four basic paddling strokes. Emphasis will be on
learning and practicing various techniques such as:
sculling, single and double braces, stroke selection and
match play will also be covered. Come enjoy the "Spirit of
A Lifetime"! All paddlers must wear appropriate flotation
vests (no meaning shoes) and comfortable workout attire.
Tennis racquets will be used if needed.
Instructor: Richard Haisley
Date: January 31 - March 17 (Wednesday)
Time: 5:30 - 7:00 pm
Fee: $95 Also available for noncredit
Location: Covington Racquet Club
3945 Creek Blvd

Tennis  R02S-200  #92455
The focus of this introductory tennis course is on intro-
ducing the proper technique of each tennis stroke. Stroke-
to-stroke, single and doubles formation, shot selection and
match play will also be covered. Come enjoy the "Spirit of
A Lifetime"! All paddlers must wear appropriate flotation
vests (no meaning shoes) and comfortable workout attire.
Tennis racquets will be used if needed.
Instructor: Richard Haisley
Date: January 31 - March 17 (Wednesday)
Time: 5:30 - 7:00 pm
Fee: $95 Also available for noncredit
Location: Covington Racquet Club
3945 Creek Blvd

Ballroom Dance in Salina  DANCE-599  #92451
A dance party in the traditions of ballroom dancing, inclu-
ding: dance terminology, dance position, correct body
alignment and posture, and partnering. Techniques such as
openn and closed formation, lower torso and upper body
will be emphasized. The jitterbug, American Waltz, fox-
step, foxtrot, and tango are also taught. Class is grouped
with KSU at Salina Recreation Center.
Instructor: Andy Dolezal
Date: January 26 - May 12 (Wednesday)
Time: 7 - 9 pm
Fee: $56 credit, Also available noncredit
Location: K-State Rec credit class at 55th Recreation
Center (785) 826-8094
Location: KSU at Salina, Recreation Center,
304 San elle Avenue, Salina
No class March 24

Beginning Bowling  R02S-200  #9448
This course will cover the basic fundamentals of bowling
such as choosing the right ball, stance, four-step approach,
and running, proper release, and spare formation system.
Some Keeping, tournament play, lanes, and rules will also
be taught.
Instructor: Terri Ladd (785) 826-8552
Date: January 29 - March 15 (Thursday)
Time: 7:30 - 9:00 pm
Fee: $59
Location: Student Union Bowling Alley
Northwest March 23

Frisbee & Ultimate  R02S-200  #92487
Close to the center of Lawrence, you will be able to prac-
tice some of the more basic techniques used in Frisbee and
Ultimate. Whether you are interested in the competitive
level, or in the fun and exercise of this sport, you will
find a group that suits your needs.
Instructor: Carol Neve
Date: February 2 - March 27 (Monday/Wednesday)
Time: 7:00 - 8:15 pm
Fee: $55 Also available for noncredit
Location: KSU Natatorium

KSU CREDIT (Continued)
**Thanks for Your Support!**

We wish to thank the following contributors to UFM and to the Lee Douglas Lecture Series for their financial assistance during 2003. These donations help fund the general operating costs and scholarships that make other program services possible, as well as supporting the Lee Douglas lectures.

**Lifelong Learner**
- Glenn Stibory
- Linda and Doug Teener
- Chuck and Carolyn Thompson
- Frank and Barbara Tillman
- Dean Zillman and Jackie Spears

**Educator**
- Andrew Blair
- Steve and Dorothy Bolman
- Forrest Bulher
- Victoria Gregg
- Monica Kleinert
- Anne Crow
- Leila Dukhlan
- John and Judy Eddle
- Fred and Pat Freeman
- Clyde and Marlene Ferguson
- Larry and Penny Fry
- Jan Gerton
- Dolly Giddens
- Rozzi and Ron Harris
- Ernst Horber
- Don and Joyce Hoyt
- Jean and Philip Kermer
- Bobbie and Dave Kronm
- Kelly Landau
- Eugene Laughlin
- Dorothy Lloyd
- Manhattan Friends Meeting
- Joseph and Julie Merkin
- Wayne and Elaida Motziger
- Kathleen and Michael Oldfather
- Martin and Omenheimer
- Susan and Jack Ottav
- Jerry and Berry Pheas
- John and Barbara Rest
- Lou and Joyce Sholl
- Gari and Todd Simon
- Bruce and Leslie Staud
- Michael and Pheobe Sulman
- Lloyd and Sally Thomas
- Krina Trimntala
- Madelina Stulman and Paul Weidt
- S. Lee Taylor
- L.V. and Barbara Withee

**Leader**
- Loren and Don Alexander
- Bill and Shirley Arax
- Mimi Balderston
- Bruce Balkenhoff
- Doug Beech
- Elaine Bogue
- Terry and Jim Carpenter
- Kell Cox
- France Dorst
- Nelke Edler
- Leon and Archie Edwards
- F. Gene Ernst
- Don and Innie Fenton
- L.T. and Eva Han
- Brown and Gary Fees
- Kent Forrest
- Nancy Franklin
- Amy and Fred Gatschet
- Katharine and Orin Grunewald
- Gretchen Holden
- Joan Hubert
- Mary Joerg
- Steve and Elaine Johannes
- C. Clyde and Margaret Jones
- Albert and June Kibler
- Carol Kellett
- Stacey and Lowell Kelmier
- Beryl and Tina Koch
- Mr. and Mrs. Charles Kramer
- Bob and Jan Kruh
- Heather and Bill Landis
- Dorothy Llord
- Helen Long
- Dan Lyons
- Melanie Marshall
- Linda McCann
- Ann McDonald
- James Mitchell
- Beth Montaluce
- Linda More
- Gracia Munguba
- John and Ann Murray
- Rod and Sue Olen
- Harold Oteros
- Barbara and Ernie Pek
- Paul and Jane Pelletier
- Robert and Gayle Pohlen
- Fritz and Ann Pike
- Herm Roehl
- Bradley Shaw
- George and Julie Stecker
- John and Jo Ann Smidler
- Katherine and Daniel Swenson
- Joe and Shirley Stenks
- Ray Wehnerburger
- Sharon Werle
- Alfred and Phyllis Wayers
- Tom and Ronnie Whalen
- Phyllis Whiteside

**Benefactor**
- B&G Construction Co.
- Commerce Bank Foundation
- Tracy Fraser
- Richard and Barbara Hayter
- Karen Kinble
- Little Apple Pilot Club
- Jo Muro
- McClelland's Employee Group
- McClelland's Company
- Sue Moss & Dennis Hennemanliger
- Karen Myers-Boose
- Debbie Nast
- Carol Oka
- Don and Norma Robertson
- Jane and Bill Ray
- Franz and Phoebe Samelton
- Neil and Ruth Schum
- Edward Seaton

**UFM Can Accept Donations in Many Forms**

We will be glad to find a way to make a UFM donation fit your budget and convenience.

- **Teach a Class**—Donating your time to teach a UFM class can be deducted from your taxes at a dollar value.
- **Stocks and Securities**—UFM has a brokerage account that can accept donations of appreciated stock and other securities.
- **Put Us in Your Will** for future assistance.
- **Equipment, Supplies or Services**—UFM often has need for carpentry, yard care, miscellaneous equipment and specialty supplies. A donation in the area is also tax deductible.
- **Cash**—One-time payments, monthly or quarterly installments, credit card, billed or direct deposit.

Call Linda at 539-8763 for details.

**What will a donation buy?**

Gifts to UFM may be designated in several ways.

- **General Operations**—Keeps the catalog coming with a wide array of class choices and supports service projects.
- **Endowment Fund**—Supports long-term program success.
- **Scholarship Fund**—Provides scholarships to adults and/or children with financial challenges.
- **Program/Series Sponsorship**—Sponsor a class, a series, or an entire section of the catalog that interests you.
- **Program/Series Endowment**—A gift of $5,000 or more can ensure a regular series of classes or lectures around a topic of your interest.

Call Linda at 539-8763 to discuss these options.

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

**YES! I WANT TO SUPPORT UFM!**

I wish to donate: [ ] $10 [ ] $25 [ ] $50 [ ] $100 [ ] Other

[ ] I would like to be billed in __________ installments.

[ ] Call me regarding a gift to UFM.

Name: _____________________________ Home Phone: _____________________________

Address: ___________________________ Work Phone: _____________________________

City: __________________ State: ______ Zip: ______

1221 Thunton, Manhattan, KS 66502 (785) 539-8763
ON CAMPUS REGISTRATIONS

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

**DATE** | **TIME** | **LOCATION**
--- | --- | ---
January 20 | 10 am - 2 pm | KSU Union
January 21 | 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.

ON CAMPUS

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

About UFM Classes

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

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

UFM CANCELLATION POLICY

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

REFUND POLICY

We will give a full refund if a class is canceled by UFM. If a student decides to withdraw before the class begins, and gives 48 hours notice before the starting date, we will refund all but a $5 processing fee. Some class materials 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.

INCEMENT 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.

STUDENT REGISTRATION INFORMATION

Students under age 18 need the permission of a parent or guardian. Some individual classes may have age restrictions. Please call (785) 539-8763 to make arrangements for classroom accessibility.

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.

SPECIAL POLICIES FOR CREDIT OPTIONAL CLASSES

Credit Registration Refunds: A full refund of tuition and fees, less any non-refundable material fee, may be given before 25% of the scheduled class meetings. A 50% refund of tuition and fees may be given after 25% but less any non-refundable material fee, between 20% and 25% of the scheduled class meetings. No refund is issued after 25% of the scheduled class meetings. A course dropped between 25% to 30% of the scheduled class meetings will have no "W" recorded on the students transcript. A course dropped between 30% to 63% of the scheduled class meetings will have a "W" recorded on the students transcript. Students dropping a course must either complete and submit the online drop form located at: http://www.doc.ksu.edu/dos/distance/forms.html or send written notification to the DCE Registration Office (785-532-5566) postmarked no later than the deadline. Students may not drop from a course after 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 class. Additional student activity and health fees may be assessed for students enrolled in 6 or fewer KSU credit hours. There is a non-refundable material fee for withdrawing from some classes after the first day.

LIABILITY STATEMENT

Individual participants should be aware of the risks and hazards involved in recreational sports and fitness activities. They should voluntarily elect to utilize KSU and UFM facilities and participate in programs recognizing present conditions and further agree to voluntarily assume all risks of loss, damage, or injury that may be sustained while using UFM or University facilities or participating in programs. KSU Continuing Education/UFM assumes no responsibility for costs involved with individual injury or property loss incurred in conjunction with the use of University or UFM facilities. Individuals are reminded that they should review their own personal health history 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, national origin, sex, age, or disability to all UFM classes. Students under age 18 need the permission of a parent or guardian. Some individual classes may have age restrictions. Please call (785) 539-8763 to make arrangements for classroom accessibility.

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.

CRA-Community Resource Act

Who we are: UFM's State Outreach Program
What we do: Assist Kansas towns in developing community education/development programs
How we assist: Mini grants and free technical assistance
For more information, call UFM
(785) 539-8763
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).

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

UFM 1221 THURSTON
MANHATTAN, KS 66502 539-8763

UFM Community Learning Center
Registration Form

Student Name: ____________________
Day Phone: _________
Address: _________________________
Evening Phone: ________
City: _____________________________
State: KS Zip: _______ Email: _____________
Age: Under 18 exact age: ______
19-24: □ 25-59: □ 60+: □
Parent's Name if Student is Under Age 18: __________________________

CLASS # Session TITLE FEE LOCATION DATE TIME

<table>
<thead>
<tr>
<th>Class #</th>
<th>Session</th>
<th>Title</th>
<th>Fee</th>
<th>Location</th>
<th>Date</th>
<th>Time</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

Tax Deductible Donation
Total

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

Card Number: ___________________________ Expiration Date: _______/_______
Card Holder's Name (Please Print): ________________________________
Cardholder's Signature: _________________________________________

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

A class I would like offered:

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

Signature: __________________________ Date: _______/_______
Signature of Parent or Guardian required for minors.

Office Use Only
Amount Total Paid
Date Received Date Staff
Cash $______
Visa $______ Date
MAC $______
Discover $______

Office Use Only
Amount Total Paid
Date Received Date Staff
Cash $______
Visa $______ Date
MAC $______
Discover $______

FOR A FRIEND... One participant per form, please:

UFM 1221 THURSTON
MANHATTAN, KS 66502 539-8763

UFM Community Learning Center
Registration Form

Student Name: ____________________
Day Phone: _________
Address: _________________________
Evening Phone: ________
City: _____________________________
State: KS Zip: _______ Email: _____________
Age: Under 18 exact age: ______
19-24: □ 25-59: □ 60+: □
Parent’s Name if Student is Under Age 18: __________________________

CLASS # Session TITLE FEE LOCATION DATE TIME

<table>
<thead>
<tr>
<th>Class #</th>
<th>Session</th>
<th>Title</th>
<th>Fee</th>
<th>Location</th>
<th>Date</th>
<th>Time</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

Tax Deductible Donation
Total

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

Card Number: ___________________________ Expiration Date: _______/_______
Card Holder's Name (Please Print): ________________________________
Cardholder's Signature: _________________________________________

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

A class I would like offered:

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

Signature: __________________________ Date: _______/_______
Signature of Parent or Guardian required for minors.

Office Use Only
Amount Total Paid
Date Received Date Staff
Cash $______
Visa $______ Date
MAC $______
Discover $______

Office Use Only
Amount Total Paid
Date Received Date Staff
Cash $______
Visa $______ Date
MAC $______
Discover $______