Classes 2004 Fall Center Learning Community

Fall into Fun at UFM

Days of summer

After the Dog

UFM Community Learning Center
Teaching • Learning • Growing

2004 Fall Classes

Pilates  Poker
Wine  Harmonica
Knitting  Test Prep Courses

OR CURRENT RESIDENT
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- 26-25

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**WHERE WE’RE LOCATED**

UFM 1221 Thurston
- Bertrand St.
- Thurston St.
- Kearney St.
- Vattier St.
- Anderson Ave.
- Madison Ave.
- Bluestone Ave.

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**BOARD OF DIRECTORS**

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<thead>
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<th>Name</th>
<th>Position</th>
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<td>Share Shanks</td>
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<td>Linda Madden</td>
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<td>Sue Mears</td>
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<td>Nancy Bolten</td>
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<td>Candace White</td>
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<td>Michelle Knebel</td>
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<td>Chuck Havlick</td>
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<td>Lori Martin</td>
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<td>Larry Fry</td>
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**UFM Staff**

- Executive Director - Linda Inlow Teener
- Education Coordinator - Marcia Hormung
- Community Outreach Coordinator - Charlene Brownson
- Lou Douglas Lecture Series Coordinator - Olivia Collins
- Teen Mentoring Program Coordinator - Karen Roesch
- Office Coordinator - Lois Shelton

Swim Supervisor - Abby Schaefer / Jonie Spesard

Plus all the teachers who share their talents!

**HANDICAPPED ACCESSIBLE**

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

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

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**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: ____________________________________________________________

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Crossword Puzzle
Complete this crossword and receive $1.00 off any UFM class.
As you look through the catalog you will find the answers to this puzzle.

Featured Instructor

Kennita Tully

Kennita Tully has been knitting since her mother taught her when she was a young child.
Kennita further developed her love for art and knitting by studying textiles and photography at Murray State University in Kentucky, and also as a graduate student in art at the University of Michigan.
Kennita bought her first knitting machine when her first child was born in 1989 and began selling her knitted sweaters after the Tully family moved to Manhattan in 1991. When she began to submit her designs for publication, Kennita soon returned to hand knitting, and opened a studio in Manhattan. She has since regularly had her work published in every major knitting magazine and was recently featured in Knit 12, a Better Homes and Gardens publication.
Kennita shares her love of knitting by teaching knitting classes to people of all ages and skill levels. She has been an instructor for UFM, teaching an assortment of knitting and crocheting classes since 2000.

Kennita's most recent accomplishment has been opening her store, Wildflower Yarns and Knitwear, in downtown Manhattan on South 8th Street. Her shop features and extensive selection of yarn, knitting supplies, and patterns exclusive to the shop. Visit Wildflower's website at www.wildflowerknits.com and try one of her classes this fall at UFM!

DOWN
1. Name of featured instructor
2. Anniversary of Lou Douglas Lecture Series
3. Location of Nite on October 9
4. Item to be “burned” in this class

ACROSS
5. Type of card game class offered
6. Type of language class
7. Diving class
8. Focus of photography classes
9. Type of country dance listed in catalog
10. The fine art of making black gold

FALL INTO FUN AT UFM
Aquatics

Learn to Swim Classes

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

LOCATION: KSU Natatorium - Adams Complex

Lockers are available for use during class. Participants must supply towels and swimsuits. Showers are required before entering the water. Children over the age of 5 are not permitted in the locker rooms. Towels are available in the men's and women's locker rooms.

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

BEGINNING & ENDING DATES (except Where Noted):

Session A: Mondays, September 13 - November 22
No class October 11

Session B: Tuesdays, September 14 - November 23
No class October 12

Session C: Wednesdays, September 15 - November 17

Session D: Thursdays, September 16 - November 18

Session E: Saturdays, September 11 - November 20
No class October 9

Parent/Infant and Parent/Tot

This water orientation program is designed to teach you how to work safely and effectively with your child and to teach basic water safety and self-help skills. This program emphasizes water adjustment, pre-swimming activities for everyday and water enjoyment for you and your child. Small children should wear appropriate swim diapers. To participate, infants must have the ability to voluntarily raise their heads 80 degrees when lying flat on their stomachs and be 6 months old. During the 3 meetings, parents will receive instruction and input opportunities to practice water techniques with their children. Parent must accompany child.

Monday
6:00pm - 6:30pm
AQ-01T1 September 8 - October 6
AQ-01T2 October 13 - November 10

Tuesday
6:00pm - 6:30pm
AQ-02T1 September 9 - October 7
AQ-02T2 October 14 - November 11

Saturday
9:30am - 10:00am
AQ-03P1 September 6 - October 4
AQ-03P2 October 18 - November 15

Fee: $22 per session

Tot Transition

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

Monday
6:45pm - 7:15pm
AQ-01T1 September 13 - October 18 (No class October 11)
AQ-01T2 October 25 - November 22

Tuesday
6:45pm - 7:15pm
AQ-02T1 September 14 - October 19 (No class October 12)
AQ-02T2 October 26 - November 23

Saturday
10:15am - 10:45am
AQ-02ST1 September 11 - October 16 (No class October 9)
AQ-02ST2 October 23 - November 20

Fee: $25 per session

Level Intro to Water Skills

The object of Level 1 is to help students feel comfortable in water and to enjoy the water safely. Students will be introduced to elementary aquatic skills which will be built on as they progress through the Learn to Swim program. Students are ready for this level when they are mature enough to participate in a group setting without their parents.

AQ-01A Monday 6:00pm - 6:45pm
AQ-01B Tuesday 6:00pm - 6:45pm
AQ-01C Wednesday 6:00pm - 6:45pm
AQ-01D Thursday 6:00pm - 6:45pm
AQ-01E Saturday 9:30am - 10:10am

Fee: $47 per session

Level II: Fundamental Aquatic Skills

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

AQ-04A Monday 6:00pm - 6:45pm
AQ-04B Tuesday 6:00pm - 6:45pm
AQ-04C Wednesday 6:00pm - 6:45pm
AQ-04D Thursday 6:00pm - 6:45pm
AQ-04E Saturday 9:15am - 10:15am

Fee: $47 per session

Level III: Stroke Development

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

AQ-07A Monday 6:00pm - 7:30pm
AQ-07B Tuesday 6:00pm - 7:30pm
AQ-07C Wednesday 6:00pm - 7:30pm
AQ-07D Thursday 6:00pm - 7:30pm
AQ-07E Saturday 9:30am - 10:10am

Fee: $47 per session

Level IV: Stroke Improvement

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

AQ-10A Monday 6:00pm - 7:30pm
AQ-10B Tuesday 6:00pm - 7:30pm
AQ-10C Wednesday 6:00pm - 7:30pm
AQ-10D Thursday 6:00pm - 7:30pm
AQ-10E Saturday 10:15am - 10:55am

Fee: $47 per session

Level V: Stroke Refinement

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

AQ-13A Monday 6:00pm - 7:30pm
AQ-13E Saturday 10:15am - 10:55am

Fee: $47 per session

Level VI: Swimming and Skill Proficiency

The objective of Level VI is to refine swimming skills so students can swim with ease, efficiency, power and smoothness over greater distances. Level VI is designed with "extra" options that focus on strength training. Students enrolling in this course must have a Level V certificate or must be able to demonstrate the skills required to complete Level V.

AQ-16A Monday 6:00pm - 7:30pm
AQ-16E Saturday 10:15am - 10:55am

Fee: $47 per session

Manhattan Marlins

Swim Team

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

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

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

www.ksu.edu/ufm

1221 Thurston

539-8763
Adult Swim Lessons

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

AQ-22A  Monday  6:00pm - 6:40pm
  Fee:  $47 per session
AQ-22B  Saturday  9:30am - 10:15am
  Fee:  $47 per session

Lap Swimming Ages 13 plus

Lap swimming is for individual work-out. The lap pool is available to adults and advanced swimmers to swim regularly and frequently. You may choose your 40 minute block of time during the below scheduled times.

AQ-24A  Mondays  6:00pm - 7:30pm
AQ-24B  Tuesdays  6:00pm - 7:30pm
AQ-24C  Wednesdays  6:00pm - 7:30pm
AQ-24D  Thursdays  6:00pm - 7:30pm
AQ-24E  Saturdays  9:30am - 11:00am
  Fee:  $19 per session

Lap Swimming for Parents

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

AQ-25A  Mondays  6:00pm - 7:30pm
AQ-25B  Tuesdays  6:00pm - 7:30pm
AQ-25C  Wednesdays  6:00pm - 7:30pm
AQ-25D  Thursdays  6:00pm - 7:30pm
AQ-25E  Saturdays  9:30am - 11:00am
  Fee:  $16 per session

Shallow Water Hydroaerobics: Water Exercise

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

Session A: August 23 - September 25
  AQ-26A  (1 Time a week)
  AQ-27A  (3 Times a week)
  AQ-28A  (5 Times a week)

Session B: September 27 - October 30
  AQ-26B  (1 Time a week)
  AQ-27B  (3 Times a week)
  AQ-28B  (5 Times a week)

Session C: November 1 - December 4
  AQ-26C  (1 Time a week)
  AQ-27C  (3 Times a week)
  AQ-28C  (5 Times a week)
  No Classes September 6, October 11 & 12, and November 25 & 26.
  Fee:  $24 for 1 time a week per session
       $29 for 3 times a week per session
       $33 for 5 times a week per session

Deep Water Hydroaerobics

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

Session A: August 26 - September 23
  AQ-100A  Tuesday and Thursday  6:30pm - 7:30pm
  AQ-100B  Tuesday and Thursday  6:30pm - 7:30pm
  AQ-100C  Tuesday and Thursday  6:30pm - 7:30pm
  No classes November 27.
  Fee:  $24 per session

Deep Water Hydroaerobics for the Entire Semester

Session D: August 26 - December 11
  AQ-100D  Tuesday and Thursday  6:30pm - 7:30pm
  No classes October 12 or November 25.
  Fee:  $30 per session

Private Swim Lessons

AQ-303

Beginning and Ending Dates for Private Lessons:

Session A: Monday, September 13 - October 18
  No class October 11.
Session B: Monday, October 25 - November 22
Session C: Tuesday, September 14 - October 19
  No class October 12.
Session D: Tuesday, October 26 - November 23
Session E: Wednesday, September 15 - October 13
Session F: Wednesday, October 20 - November 17
Session G: Thursday, September 16 - October 14
Session H: Thursday, October 21 - November 18
Session I: Saturday, September 11 - October 16
  No class October 9.
Session J: Saturday, October 23 - November 20
Times for Monday, Tuesday, Wednesday, and Thursday sessions:
  6:00pm - 6:30pm
  6:45pm - 7:15pm
Times for Saturday sessions:
  9:00am - 10:00am
  10:15am - 10:45am
  Fee:  $59 per session

Open Swim Appreciation

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

Date:  October 5 (Sunday)
Time:  5:00pm - 7:00pm
Fee:  No charge
Location:  KSU Natatorium

Open Swim Appreciation

Date:  October 23 (Sunday)
Time:  5:00pm - 7:00pm
Fee:  No charge
Location:  KSU Natatorium

Sunday Family Swim

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

Date:  October 21, 26, 23, and 30 (Sunday)
Time:  5:00pm - 7:00pm
810 individuals/family
Location:  KSU Natatorium

WSI - Water Safety Instructor

AQ-121

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 16, or on or before the final session of the course, successfully demonstrate the Freestyle, Breaststroke, Buttery, Elementary Backstroke, Sidestroke and rescue skills. Certification Required: Demonstrate competency in all required skills and achieve 80% on the written test.

Card Status:  (S39-1991)

Date:  September 25 - October 6
  (Mon., Wed., Fri., Sat.)
Time:  Saturdays 9:30 & 11:45 8:00am - 5:00pm
Monday-Friday 4:00pm - 7:30pm
Fee:  $180.00 (Does not include purchase of text material at the American Red Cross office)
Deposit to reserve a spot in the class. a non-refundable deposit of $20.00 is required before the preregistration due date. Deposits are credited toward class fee.

Scuba Diving

AQI05A

This course will prepare students for NAUI Scuba Diver certification. Areas of information covered include introductory information for certification, knowledge of the equipment, physics of diving, medical problems related to diving, use of diving tables, diving environment, and general information. The date for certification will be determined at a later date. A certification fee of $50.00 will be assessed at the time of checkout out dives. However, neither USEC nor KSU is responsible for the certification. Travel and lodging are at the student's expense. Students must provide their own mask, fins and snorkel, which will be available for purchase at the first session, equipment ranges from $100-$175. There is a non-refundable material fee of $20 for withdrawing from the class after the first day.

Jeff Wilson

Date:  August 23 - October 4 (Monday)
Time:  6:00pm - 10:00pm
Fee:  $225.00
Location:  KSU Natatorium
*Available for KSU Credit
  (No class October 11)
Spanish I
The emphasis in this class will be on oral communication and interaction. Classes will be adapted to students' preferences. Topics will cover include: colors, clothing, numbers, greetings, parts of the body, descriptions of people, family members, telling time, activities, sports, etc.

Alberto Lanas was born in Asuncion, Paraguay. S and has a degree in Business Administration and Marketing. He enjoys teaching Latin culture to promote awareness, discussing political issues, and reading.

Date: October 5 - October 25 (Tuesday/Thursday)
Time: 7:00pm - 8:00pm
Fee: $22.30
Location: UFM Conference Room
(Note class October 12)

Beginning Sign Language
This class will build a basic knowledge of American Sign Language including vocabulary used in everyday conversaion. It will also cover a little about the culture of the deaf community. Participants should leave the class with a better understanding of American Sign Language.

Toni Ehrlich (213-5935) has over 11 years of experience with sign language. She graduated with an Associates Degree, ITP, in American Sign Language in 1989. Toni was an interpreter in Washington D.C. for 3 years and was involved with the deaf community. She also worked for seven years in Seattle as an interpreter.

Date: September 7 - October 26 (Tuesday)
Time: 6:30pm - 8:00pm
Fee: $76.30
Location: Justin Hall Room 149
(Note Class October 12)

Chinese Language & Literature
This class will be introducing Chinese language and literature. Students will learn many aspects of Chinese culture from this class.

Jui Jung Huang (Daity) (959-2683) is from Taiwan. She is currently pursuing her PhD in education at KSL.

Date: September 13 - October 18 (Monday)
Time: 6:00pm - 7:00pm
Fee: $48.00
Location: UFM Multipurpose Room
(Note Class October 11)

Chinese Language & Literature

Date: October 25 - November 22 (Monday)
Time: 6:00pm - 7:00pm
Fee: $48.00
Location: UFM Multipurpose Room

French Language
This class is an introduction to the French language. The emphasis will be on reading, grammar, proper pronunciation and everyday vocabulary.

Emilie Rabhi (587-4006), a naturalized citizen, is originally from Tanta, Egypt. Her training course, "Stage de Formation Pedagogique" was from the Catholic University of West-Angers, France. She received a French Diploma from the Egyptian Government and the Embassy of France in Cairo, Egypt. Her teaching experience includes working with adult Egyptian teachers, primary level students and teaching French for 20 years at a Jesuit French School in Cairo.

Date: September 6 - September 30
Time: 10:00am - 11:00am
Fee: $44.00
Location: UFM Fireplace Room

German I
This class will focus on pronunciation, basic expressions, eating out, travel, night sailing, and making friends. Stores and services, and health.

Hannelore Michelson was born in Germany. She has studied Graphics, Arts and Language.

Date: October 18 - November 8 (Monday)
Time: 7:00pm - 8:00pm
Fee: $34.00
Location: UFM Conference Room

German I

Date: October 15 - November 5 (Friday)
Time: 7:00pm - 8:00pm
Fee: $34.00
Location: UFM Conference Room

Everyone's path to growth and healing is unique.
LIVINGWELL is a network of Holistic Health Providers in Manhattan and the surrounding areas.
For a directory of providers and to learn more about us go to:
www.livingwellkansas.org
Personal Safety and Self-Defense for Women

This course has been designed to offer women quick, easy-to-learn, and extremely effective techniques for personal safety and defending themselves in various situations. By empowering women to better protect themselves, they gain confidence in Social and professional environments. Personal issues such as safety when living, traveling and working alone will be covered. Material from this class is taught from a practical approach with physical techniques that are useful to women of all ages and physical conditions. This is a great class for mothers and daughters to take together. Ages 12+. *Enrollment deadline is one week prior to class start date.

Date: October 25 (Monday)
Time: 6:30pm - 9:30pm
Fee: $22.00
Location: First Lutheran Church, Basement

Introduction to Sahaj Meditation

You are invited to explore the infinite potential of the Sahaj Meditation system of Raja Yoga Meditation. Sahaj Meditation offers a unique technique called Sahaj, which can easily be integrated into one's daily life. It progressively leads to a calm, balanced mind making it a perfect instrument, thereby helping us to realize our highest potential. The instructors are practitioners of the Sahaj system of meditation for about 6 years. Their experience is that meditation has brought about a complete change in their outlook towards life. Meditation has brought a balance between the material as well as their spiritual lives.

Chandra Ganda (gckx99@hotmail.com)

Date: September 25 (Saturday)
Time: 10:00am - 12:00pm
Fee: No Charge
Location: UFM Greenhouse
*Additional dates may be scheduled with instructor

Tai Chi Chuan for Beginners

The popular Yang style "Chai Form" of Tai Chi Chuan will be introduced. Advanced students will practice moves to 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 and loose clothing and flat soled shoes.

Karen Timble is an instructor and a Tai Chi Chuan practitioner. She studied under the tutelage of Jane and Reataa Faigo, advanced students of Master Cheng Man-Ching. She has been dedicated to the practice of Tai Chi Chuan for eleven years.

Date: September 18 - November 18 (Saturday)
Time: 9:30am - 10:30am
Fee: $72.00
Location: UFM Fireplace Room

Living the Art: Jin Shin Jyutsu

This class will focus on experiencing this art through self-help techniques, as well as ways to develop and maintain a daily practice. Jin Shin Jyutsu harmonizes the body’s energy by engaging one in self-awareness, enhancing well-being, and recognizing the wisdom of the body.

Kate Cardmore (503-9111) is a certified Jin Shin Jyutsu practitioner and self-help instructor.

Date: September 13 - September 27 (Monday)
Time: 7:00pm - 9:00pm
Fee: $20.00
Location: 811 Colorado

Introduction to Reiki

Reiki is a Japanese technique for stress reduction and relaxation that also promotes healing. It is based on the idea that an unseen "Life Force Energy" flows through us and to what causes us to be ill. A treatment (feels like a wonderful, glowing radiance that flows through and around you). Treats the whole person including body, emotions, mind and spirit, creating many beneficial effects that include relaxation and feelings of peace, security and well being. We will be working in stocking feet. Please bring a towel to each class. Each class member will receive a sample treatment.

Sarah England (539-6396) is a teaching Reiki Master, having received Master Level in 2000. She has been working with subtle energies, Feng Shui, Auras and Chakras since 1974.

Date: September 11 (Saturday)
Time: 12:00pm - 2:00pm
Fee: $22.00
Location: 513 Leavenworth, Suite 2

Introduction to Reiki

Sarah England (539-6396)

Date: October 9 (Saturday)
Time: 9:00am - 12:00pm
Fee: $22.00
Location: 513 Leavenworth, Suite 2

Reiki 1st Level

We will cover the history of Reiki, basic information on personal energy fields, 4 attunements per person as well as how and when to use Reiki. There will be practice sessions and you will receive a certificate when you finish.

Sarah England (539-6396)

Date: November 12 - November 14 (Friday - Sunday)
Time: 7:00pm - 9:00pm (Friday)
9:00am - 7:00pm (Saturday)
(lunch will be on your own)
5:00pm - 8:00pm (Sunday)
Fee: $175.00
Location: 513 Leavenworth, Suite 2

Healing Yoga

Barbara Quistollie

Date: October 20 - November 10 (Wednesday)
Time: 9:30am
Fee: $52.00
Location: Abacom Dance Studio, Room 301

Beginning Yoga

Barbara Quistollie

Date: September 2 - October 26 (Tuesday/Thursday)
Time: 10:00am - 11:00am
Fee: $104.00
Location: Abacom Dance Studio, Room 301
*No class October 12

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 familiar 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/shirt and a t-shirt.

Sandy Snyder (537-3607) is a licensed Massage Therapist with 20 years experience. She is the owner of Life Center Bodywork and is experienced with Deep Tissue Massage, Sports Massage, Reflexology, Baby and Pet Massage.

Date: November 11 (Thursday)
Time: 7:00 pm
Fee: $22.00
Location: UFM Greenhouse

The Iris Cooperative

Acrostem (a) professionals committed to nurturing body, mind, emotion and spirit to promote healing.

BRUCE BALKENHOL
Jin Shin Jyutsu Practitioner
537-1049

HEATHER GRIFFIN
Certified Therapist & National Feng Shui Practitioner
776-0223

PALMA M. HOLDEN
Certified Therapist, Writing Teacher & Artist
539-3183

KRISTINA R. KRAMER
Certified Massage and Neuro-Muscular Therapist
541-9217

MARCIA MCFARLAND
Reiki Teacher & Practitioner
776-1766

SHARON LANDRTH
Medical & Personal Somatics, Healing Touch Practitioner & Meditation Teacher
556-1145

JENNIFER MOONEY, MSN, ARNP-C
Family Nurse Practitioner
776-7808

MARILYN TOMICH
Artistry Consultant
537-6335

539-8763
1221 Thurston
www.ksu.edu/ufm
You and Your Hearing Aid

Dr. M. Milita Marta (539-7161, listenews@bcglobe.net)

Date: October 14 (Thursday)
Time: 7:00 pm - 8:00 pm
Fee: $12.00
Location: 1133 College Ave., Suite 101A

Elements of Speech Reading

Dr. M. Milita Marta (539-7161, listenews@bcglobe.net)

Date: November 9 - November 23 (Tuesday)
Time: 7:30 pm - 8:30 pm
Fee: $12.00
Location: 1133 College Ave., Suite 101A

Responding to Emergencies

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

You and Your Hearing Aid

Family and friends were having problems. It seems you were talked into it. Now you have hearing aids and don’t know what to do with them or what you think about the damn gadgets. There’s a lot you can learn to help yourself hear better, understand more, get more out of the dollars already invested in those electronic marvels. In this class you will learn how hearing aids work, what they can do for you (and what they can’t) and how to keep your hearing aids in peak condition, and how to learn to get the most out of the instruments and hearing you have.

Dr. M. Milita Marta (539-7161, listenews@bcglobe.net)

Date: September 7 (Tuesday)
Time: 7:00 pm - 8:30 pm
Fee: $12.00
Location: 1133 College Ave., Suite 101A

You and Your Hearing Aid

Date: November 12 (Friday)
Time: 7:00 pm
Fee: $22.00
Location: UTM Fireplace Room

Chemicals and Metals in Our Lives

Dr. M. Milita Marta (539-7161, listenews@bcglobe.net) has supported hearing aid users ranging in age from 3 to 103 and has been working with people with hearing loss for more than 2 decades. M. Milita has worked as an audiologist in Kansas since 1985. She is certified by the American Speech Language Hearing Association, board certified by the American Academy of Audiology and licensed by the state of Kansas.

Date: September 8 - 8 October 22 (Wednesday)
Time: 7:30 pm - 8:30 pm
Fee: $12.00
Location: 1133 College Ave., Suite 101A

Check out the "Personal Interest" section on page 20 for more classes such as The Creative Spirit, The Enneagram, Accessing Our Inner Guidance and more!

You and Your Hearing Aid

Date: September 28 (Tuesday)
Time: 7:00 pm - 9:00 pm
Fee: $16.00
Location: 513 Leavenworth, Suite 2

Vitamins, Minerals and Amino Acids

Learn how to determine if you really need additional vitamins, minerals, or amino acids and how to read the labels and determine what is best for you and your family. Learn how to distinguish synthetic from natural. Learn how the body produces vitamins and what foods sources provide what minerals.

Dr. M. Milita Marta (539-1853) has 20 years experience in the field of holistic medicine and 10 years as a licensed massage therapist and private practitioner. She graduated from Schuler’s Institute of Natural Healing in Santa Fe, New Mexico, studied under Hanna Kroeger, a master herbalist in Boulder, Co., and with Dr. Gary Young of Young Living Essential Oils in Utah. She owns Body, Mind, and Spirit in Manhattan.

Date: October 19 (Tuesday)
Time: 7:00 pm - 9:00 pm
Fee: $16.00
Location: 513 Leavenworth, Suite 2

Yoga Connection

2001 Clarin Road, Manhattan
587-4300

- Outpatient mental health services
- Alcohol and drug services
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After office hours, call 587-4342 or 800-609-2002.

Our highly qualified staff of psychiatrists, psychologists, social workers, and case managers work with people of all ages.
Gain Control of Your Money & Become Debt Free

Do you have a plan to control the money that you make, spend and save? Very practical, easy to use steps on debt and insurance? This class will cover tips, strategies to watch out for with credit cards and mortgages. You will learn to identify problems, see solutions so that you can start to take control of your money. Learn to live wisely and reach your financial dreams. Everyone attending this seminar will have the opportunity to get an individual consultation to establish their debt free class.

Charlene Brownson (776-3666) is the instructor for Women's Money, an 8-week program that is offered in the fall for KSU credit and non-credit. She enjoys sharing her knowledge with others to help them develop money skills.

Investing In Your Future

Individuals who are in the accumulation phase of their lives, 25 - 55 years of age, or who need to save for a home and/or college tuition will benefit from this course. Discussion will cover important money management skills that you need to understand and to use effectively.

Topics include investment basics, types of products, and development of a personal financial plan that will help you plan a secure future for you and your family. No matter how much or how little money you have, these principles apply to you. Invest an evening of your time to learn how you can accumulate more wealth and have a better quality of life. Everyone attending this seminar will have the opportunity of receiving a complimentary financial needs analysis to help you establish their investment map for their various goals and dreams.

Charlene Brownson (776-3666)

Women & Money

This program is designed to help women of all ages become better prepared to make informed decisions about financial planning. This is an 8-week money seminar offered in the summer. The class is open to all women interested in learning about money management. Each seminar will focus on a specific area of money management, and will be taught by experienced professionals. Participants will learn about budgeting, saving, investing, and understanding financial statements. The seminar is designed to be interactive, with a combination of lectures, discussions, and hands-on exercises. Participants will receive a comprehensive workbook with materials and exercises, as well as access to a network of other women who are committed to financial literacy. This program is open to both KSU students and non-students.

Charlene Brownson (399-8763)

Date:
September 1 - September 29 (Tuesday)
Time:
7:00pm - 9:30pm
Fee:
$120.00 Individual / $140.00 couples
Location:
KFU Conference Room

ABCs of Grantwriting (Basic Course)

Whether you're a volunteer or staff member in one of the many non-profit organizations in Kansas, grantwriting is a key skill to have in order to ensure the success of your mission. Learn the ins and outs of grant research, prospect research, and the basic types of grants available. (Proposal writing will be covered in another class.)

Linda Harvey (785) 285-9643 has nearly a decade of experience in the non-profit sector. As a fundraiser, she has raised nearly $500,000 through grantwriting. By trade, Ms. Harvey is a writer. She is a graduate of KSU and also holds a Master's Degree in Public Administration from the University of Nebraska.

Date:
September 11 (Saturday)
Time:
9:00am - 11:30am
Fee:
$42.00
Location:
KFU Conference Room

Toymasters

Building confidence! Improve communication skills! Learn to listen effectively! Build leadership skills! A six session class designed to introduce participants to Toymasters-An international program that promotes comfort in speaking and leadership. Participants will advance at their own pace working from the class manual.

Deborah Gourd

Date:
September 13 - November 22
Time:
6:00pm - 7:30pm
Fee:
$28.00
Location:
KFU Conference 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.

539-8763
ABCs of Grantwriting (Basic Course)  FC09B
Linda Harvey (785) 285-0453
Date: October 9 (Saturday)
Time: 9:00am - 11:30am
Fee: $42.00
Location: UFM Conference Room

ABCs of Grantwriting (Basic Course)  FC09C
Linda Harvey (785) 285-0453
Date: November 13 (Saturday)
Time: 9:00am - 11:30am
Fee: $42.00
Location: UFM Conference Room

ABCs of Grantwriting (Advanced Course)  FC10A
This class is an extension of the ABCs of Grantwriting Basic course. Learn how to write effective grant proposals, and even spend time writing a mock proposal during the workshop. ABCs of Grantwriting is suggested before taking this class. Participants need to bring a disk.
Linda Harvey (785) 285-0453 has nearly a decade of experience in the non-profit sector. As a fundraiser, she has raised nearly $500,000 through grantwriting. By trade, Ms. Harvey is a writer. She is a graduate of KSU and also holds a Master's Degree in Public Administration from the University of Nebraska.
Date: September 25 (Saturday)
Time: 9:00am - 11:30am
Fee: $42.00
Location: UFM Conference Room

ABCs of Grantwriting (Advanced Course)  FC10B
Linda Harvey (785) 285-0453
Date: October 22 (Saturday)
Time: 9:00am - 11:30am
Fee: $42.00
Location: UFM Conference Room

ABCs of Grantwriting (Advanced Course)  FC10C
Linda Harvey (785) 285-0453
Date: December 4 (Saturday)
Time: 9:00am - 11:30am
Fee: $42.00
Location: UFM Conference Room

Solutions for Seniors  FC12A
Exploiting solutions to common problems seniors encounter including long term health care, investment options and estate planning.
Donald Montgomery (montgomery@wrdvisors.com) is a fully licensed Financial Advisor with Waddell & Reed Inc. Donald served 9 years in the US Army. He's an active member in the Manhattan Community as a member of the Chamber of Commerce, Military Affairs Committee, Treasurer of the UFM Men's Auxiliary, the Downtown Revitalization Program and also serves as the Financial Representative for Crime Stoppers of Manhattan.
Date: September 7 (Tuesday)
Time: 7:00pm - 8:00pm
Fee: $22.00
Location: 555 Peyton Ave. Suite 28, Waddell & Reed

Computer Classes  FC12B
Intro to HTML CPD9A
Interested in creating your own space on the World Wide Web? Want to get started but are no web where to turn? This class will teach you the basics of how to design, create, and publish your own website for personal or business use. Topics will cover HTML basics, working with images and multimedia, linking web pages and sending email from a web page. This class will discuss some of the more commonly available programs used for the design as well as how to create a page from scratch. No computer programming experience is required but a basic familiarity with using PC's and the Internet is preferred. Additionally, (time permitting) a few intermediate level 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.
Clyv Wilcox (936-1570) or christie@edwarne.com
Date: October 2 (Wednesday)
Time: 6:00pm - 8:00pm
Fee: $32.00
Location: Manhattan Public Library

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

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

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

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

Call 1-800-622-2KSU or visit www.dce.ksu.edu/eveningcollege to learn more today!
Intro to HTML
Chris Wilcox (565-1570 or chris@etjedanse.com)
Date: October 16 (Saturday)
Time: 2:00pm - 4:00pm
Fee: $32.00
Location: Manhattan Public Library

Intro to HTML
Chris Wilcox (556-1570 or chris@etjedanse.com)
Date: December 6 (Saturday)
Time: 2:00pm - 4:00pm
Fee: $32.00
Location: Manhattan Public Library

Intro to HTML
Chris Wilcox (556-1570 or chris@etjedanse.com)
Date: December 9 (Thursday)
Time: 6:00pm - 8:00pm
Fee: $32.00
Location: Manhattan Public Library

Ebay for Everyone
Updated for Fall 2004! Chances are you have heard of the online auction site Ebay. Now join the millions who are taking advantage of this thriving online auction community. There are some incredible bargains to be found online and chances are if you have something to sell somebody out there wants to buy it. We will cover all aspects of Ebay: start to finish, starting with registration and moving through creating your own listings, how to get paid, tips on shipping and how the feedback system works. In addition we will cover setting up an online store using third party tools to manage your auction and what to do when things go wrong.

Chris Wilcox (556-1570 or chris@etjedanse.com) 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 technical support team for one of the largest free CGI script repositories on the Internet for almost 5 years. When not working online, he enjoys the outdoors and spending time with his family.

Date: September 29 (Wednesday)
Time: 6:00pm - 8:00pm
Fee: $32.00
Location: Manhattan Public Library

Ebay for Everyone
Chris Wilcox (556-1570 or chris@etjedanse.com)
Date: October 2 (Saturday)
Time: 2:00pm - 4:00pm
Fee: $32.00
Location: Manhattan Public Library

Ebay for Everyone
Chris Wilcox (556-1570 or chris@etjedanse.com)
Date: November 17 (Wednesday)
Time: 6:00pm - 8:00pm
Fee: $32.00
Location: Manhattan Public Library

Ebay for Everyone
Chris Wilcox (556-1570 or chris@etjedanse.com)
Date: November 20 (Saturday)
Time: 2:00pm - 4:00pm
Fee: $32.00
Location: Manhattan Public Library

PC 101: Getting Started with Your PC and Windows
No experience required! This class is designed for people who would like to learn how to use their computer in a more effective manner and those with some experience who would like some practical tips on how to get the most out of their computer. Topics will include basic computer setup, troubleshooting, things to look for when purchasing a new or used PC, an introduction to working with Windows, how to start and use common programs, how to manage your desktop and files, and how to personalize your computer and change the appearance of Windows. Designed for non-technical individuals, the class will proceed at a comfortable, friendly pace with plenty of time for questions and answers.

Chris Wilcox (556-1570 or chris@etjedanse.com)
Date: September 15 (Wednesday)
Time: 6:30pm - 8:00pm
Fee: $32.00
Location: Manhattan Public Library

PC 101: Getting Started with Your PC and Windows
Chris Wilcox (556-1570 or chris@etjedanse.com)
Date: September 18 (Saturday)
Time: 2:00pm - 4:00pm
Fee: $32.00
Location: Manhattan Public Library

PC 101: Getting Started with Your PC and Windows
Chris Wilcox (556-1570 or chris@etjedanse.com)
Date: November 10 (Wednesday)
Time: 6:00pm - 8:00pm
Fee: $32.00
Location: Manhattan Public Library

PC 101: Getting Started with Your PC and Windows
Chris Wilcox (556-1570 or chris@etjedanse.com)
Date: November 13 (Saturday)
Time: 2:00pm - 4:00pm
Fee: $32.00
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 viewers. 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 fee includes a CD with software and references.

Chris Wilcox (556-1570)
Date: September 1 (Wednesday)
Time: 6:00pm - 8:00pm
Fee: $32.00
Location: Manhattan Public Library

If you build it, will they come?
Tips for Successful Website Marketing and Promotion
Chris Wilcox (556-1570)
Date: September 4 (Saturday)
Time: 2:00pm - 4:00pm
Fee: $32.00
Location: Manhattan Public Library

If you build it, will they come?
Tips for Successful Website Marketing and Promotion
Chris Wilcox (556-1570)
Date: October 27 (Wednesday)
Time: 6:00pm - 8:00pm
Fee: $32.00
Location: Manhattan Public Library

If you build it, will they come?
Tips for Successful Website Marketing and Promotion
Chris Wilcox (556-1570)
Date: October 30 (Saturday)
Time: 2:00pm - 4:00pm
Fee: $32.00
Location: Manhattan Public Library

If you build it, will they come?
Tips for Successful Website Marketing and Promotion
Chris Wilcox (556-1570)
Date: October 30 (Sunday)
Time: 2:00pm - 4:00pm
Fee: $32.00
Location: Manhattan Public Library
Beginning Archery for Youth Y001A
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. Ages 6-
Tom Korte (776-8204) 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: September 27 - October 25 (Monday)
Time: 5:15pm - 6:30pm
Fee: $24.00
Location: 1125 Larnnie Plaza, upstairs
(No class on October 11)

Introduction To Dance: Ballet, Tap, and Jazz Y003A
This is an introductory class designed to provide exposure to basic ballet steps and the story ballet, The Nutcracker Ballet. The second half is an introduction to beginning tap and jazz steps. No dance experience or formal dance attire is needed. For children ages 4-12.
Randi Dale (539-5767) has taught dance for 42 years. Her dance choice toured the Midwest and Europe. She is a certified teacher with a Masters degree in Education. In Spring 2002, her dance students performed Swan Lake Ballet with her original choreography designed for children.
Date: August 24 (Tuesday)
Time: 5:30pm - 6:15pm
Fee: $9.00
Location: 2416 Rogers Blvd.

Introduction To Dance: Ballet, Tap, and Jazz Y006B
Randi Dale (539-5766)
Date: August 30 (Monday)
Time: 5:30pm - 6:15pm
Fee: $9.00
Location: 2416 Rogers Blvd.

Wah Lum Kung Fu - Praying Mantis For Kids! Y007A
Students will learn the basics of Kung Fu which includes kicks, punches, stances and small forms combining moves. As the child progresses, they will also learn applications of moves, more challenging techniques with jumps, and eventually, weapons forms. Kung Fu is great for teaching children balance, coordination, control, and patience.
Caryn Brooks (caryn@ucom.com) is from the Boston area. She has studied Wah Lum Kung Fu for about 15 years and has been teaching for about 5 years. About 3 years ago, before moving to Kansas, Caryn became a certified instructor for the Wah Lum System.
Date: August 23 - October 4 (Monday/Wednesday)
Time: 6:30pm - 7:30pm
Fee: $48.00
Location: Ahearn Fieldhouse
(No class on September 6)

Wah Lum Kung Fu - Praying Mantis For Kids! Y007B
Caryn Brooks (caryn@ucom.com)
Date: October 7 - November 18 (Monday/Wednesday)
Time: 6:30pm - 7:30pm
Fee: $48.00
Location: Ahearn Fieldhouse
(No class on October 11)

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

Find swim classes for youth in the Aquatics Section Pages 4-6

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

CF05A

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

Karen Tully (537-1826) is the proprietor of Wildflower Yarn and Knitwear, 106 S. 4th in Manhattan. She designs to perform for national knitting magazines and yarn companies.

Date: September 2 - September 23 (Thursday)
Time: 7:00pm - 8:30pm
Fee: $31.00
Location: 106 S. 4th St., Wildflower Yarns & Knitwear

Beginning Knitting

CF05B

Karen Tully (537-1826)

Date: October 7 - October 28 (Thursday)
Time: 7:00pm - 8:30pm
Fee: $31.00
Location: 106 S. 4th St., Wildflower Yarns & Knitwear

Writing and Publishing Your Novel

CF34

This six-session class introduces the steps for developing, writing, and selling a popular fiction manuscript. The class will feature lecture elements, class participation, plus voluntary homework assignments and critiques for commercial fiction. Fundamentals addressed will include conflict, character, plot, openings, point of view, tension and conflict, characters development, and pacing. Also covered will be marketing aspects of the querying letter, synopsis, and proposal presentation. For fun and illustration the class will write a class novel.

Linda Malin (770-5263) is a local author of ten novels, eight novellas, several short stories, book reviews and nonfiction articles and newsletters. She is active in the Romance Writers of America (RWA), Novelists Inc., and the Kansas Fiction Writers. She has presented programs and workshops at numerous meetings including the Manhattan Public Library Association and the RWA national conference in Chicago. You can learn more about her at www.lindamalin.com.

Date: October 14 - November 18 (Thursday)
Time: 7:00pm-9:00pm
Fee: $58
Location: UFM Multipurpose Room

Harmonica for Everyone

CF06

Harmonica is for everyone! Kids, parents, and grandparents will laugh and learn as they are led through an introduction to the 10 hole diatonic harmonica. We’ll cover folk, gospel, old-time, blues, country and bluegrass styles along with different songs. All others are included in the fee. Ear protection is recommended.

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

Date: November 11 (Thursday)
Time: 7:00pm - 8:30pm
Fee: $22.00 (Harmonica is included in class fee)
Location: UFM Fireplace Room

Journal Writing

CF39

This two-session workshop will explore, through discussion and example, the variety of ways to journal, the benefits of Journaling, and the long list of published journals available to read. As technology has had its impact on this personal effort to document thoughts and events, blogging, video, audio recording will be discussed as journal mediums, too. Discover the why-and-how to record your thoughts, concerns, ideas, family history, innermost reflections, or just learn about a whole new world of reading.

Michelle Chase-Rex is a local author and artist who teaches at Kansas State University.

Linda Malin (www.lindamalin.com) is a local author and book reviewer.

Date: October 20 - October 27 (Wednesday)
Time: 7:00pm - 9:00pm
Fee: $17.00
Location: UFM Conference Room

Basic Nature Photography

CF13

This class focuses on using 35mm SLR cameras and equipment. Topics that will be covered include basic camera settings and operation, choosing and using different lenses, types of film and an introduction to exposure, compositions, and technique. This class is geared toward beginning photographers and those wishing to know more about camera operation and nature photography. Participants will need their own fully functional 35mm SLR camera at each class. Tripods will also be beneficial. The class will include 3 classroom sessions and 2 field trips. Fee includes 3 rolls of film, developing, plus a framed 8 x 10 picture, and a photography booklet.

Scott Brooks (sbrooks@ksu.edu, 776-9441) has been enjoying the hobby of nature photography for over 20 years. Photography is a wonderful way to enjoy the beauty of nature. Scott's photographs represent a unique view of our world. Scott would love 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 as a beginning photographer and help you get the most out of your camera and avoid being frustrated with your camera.

Date: August 19 - September 2 (Thursday)
August 22 - August 29 (Tuesday)
Time: 7:00pm - 9:00pm (Class time)
6:00pm - 8:00pm (Field trip time)
Fee: $75.00
Location: UFM House

Find Art Exploration for Kids,
Parent Toddler and Hands-on-Hootenanny in the Youth Section Page 12

The Marianna Kistler Beach Museum of Art

Featuring exhibitions and programs for all ages!

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(785)332-7718
Tuesday - Friday 10-5
Saturday and Sunday: 1-5
Free admission
Complimentary parking adjacent to the museum

539-8763
1221 Thurston
www.ksu.edu/ufm
Basic Nature Photography II
CF27
This class will focus on using 35mm SLR cameras and equipment. Participants should be familiar with the operation of their cameras and know how to set exposure and the basics of using aperture and shutter speed for creative effect. This class will build on Basic Nature Photography I and will focus on the creative side of photography rather than the technical. Class topics will include a brief review of basic camera settings and operation, composition and techniques for improving creative vision including working a subject, using different viewpoints, abstracts, etc. Field trips will focus on composition and provide a venue for students to experiment with a venue for students to experiment and ask questions. This class is geared toward beginning photographers who are familiar with their cameras and that have an interest in improving composition and the creative side of photography. Participants will need their own fully functional 35mm SLR cameras to each class. Tripods will also be beneficial. The 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 brochure with color examples covering composition.

Scott Sears
Date: October 3 - October 17 (Sunday)
Date: October 6 - October 14 (Thursday)
Time: 7:00pm - 9:00pm (Sunday Class times)
Time: 3:30pm - 5:30pm (Thursday Field trip time)
Fee: $74.00
Location: UFM House

Chess Workshop: Beginning to Intermediate
CF19A
Open to all ages. The workshop will cover the basics to the specifics on how to play chess. Students will learn all pieces of the board and the rules of the game, how to move the pieces, how to checkmate the opponent, and how to draw and win a game, etc. The class is for both beginner and intermediate level players. No experience necessary.
Raymond Paul (robindale7@yahoo.com) has been an avid chess enthusiast for most of his adult life, teaching and playing chess. He was the KSU chess club's founder and president in the late 90's, and was recently the president of the Fort Hays State chess club. He enjoys writing poetry, mathematics, black and white photography, oil painting, and has a degree in Science.

Date: August 19 - December 9 (Thursday)
Time: 6:00pm - 8:00pm
Fee: $48.00
Location: UFM House (No class on November 25)

Chess Workshop: Intermediate to Advanced
CF19B
Raymond Paul (robindale7@yahoo.com)

Date: August 24 - December 7 (Tuesdays)
Time: 6:00pm - 8:00pm
Fee: $48.00
Location: UFM House (No class on October 12)

Wine 101: Wine Appreciation
CF17
Do you enjoy wine and want to know more about it? If so, then this class is for you! We will step you through different grape varieties, wine regions, proper tasting techniques and wine storage. This class will focus primarily on wines from the West Coast. Six wines will be sampled each evening. Participants must be 21 years of age to enroll in this class. Enrollment is limited and this class fills up quickly, so enroll early! Be ready to come and have some fun while learning about wine!

Jeff Melby is the owner of Candlewood Liquors, a sales representative for Glazer's Distributors of Kansas.
Date: September 16 - September 27 (Monday)
Time: 7:00pm - 9:00pm
Fee: $131.00
Location: UFM Placebo Room

Movie Watching for Fun
CF22
This "class" is about the fun of watching movies, great and not-so-great, color and Black and White, silent and "talkies," American and foreign. It is not about studying the medium, about what which director meant when he did this or that (other than for the pure enjoyment of the moment), nor about hidden symbols and meanings. It's about watching movies for the sake of watching movies. We will watch and discuss a different movie each week. Group interests may decide what movies will be watched.

NOTE: Some of the movies we watch may be rated "R" and contain graphic violence or nudity. If you are offended by this, please enjoy the films at your own risk, but do not enroll.

Douglas Turner is a movie watcher and collector who enjoys watching movies for the simple pleasure of the experience. He has a collection of over 600 films of all types and wants to share the fun. Class is limited to 10.

Dates: September 9 - October 14 (Thursday)
Time: 7:00pm
Fee: $22.00
Location: UFM Conference Room

Tea Tasting Around the Globe
CF26
In this class we will be taking a look at where tea is grown throughout the world. Discussions will center on the growing of tea and various resulting tea types, what a tea is, and finish with tasting sampling of tea.

Linda Lipsett and Stanley Kennedy (785-3277) are both certified tea consultants.
Date: November 11 (Thursday)
Time: 7:00pm
Fee: $21.00
Location: UFM Conference Room

Brain Gym Introduction/Performance
CF29A
Brain Gym Introduction will give participants an opportunity to experience simple movement activities that reduce stress and enhance cognitive skills. In Optimal Performance participants learn the Brain Gym activities and how to apply them to daily life activities including family, business and academic achievement. Information will be available to help you understand how you learn and function, which can make a difference in whether you reach your fullest potential. This class is a must for anyone interested in relating today and learning something useful for tomorrow. For more information: www.braingym.org.

July Matzal (317-3177736, jmatzal44@aol.com) is licensed by Brain Gym International/Educational Kinesthetics Foundation and has been teaching for 30 years. She welcomes opportunities to share her passion about moving to move and invites you to join in life-long learning.

Date: September 23 (Thursday)
Time: 7:30pm - 9:00pm
Fee: $12.00
Location: UFM Placebo Room

Live theatre
*The Winter's Tale
Aug. 12-15, 20-21
*Other People's Money
Oct. 1-3, 7-10
*Moan Over Buffalo
Nov. 12-14, 18-21

Swing City Jazz
*Robby Watson Aug. 27
*Darryl White Sept. 18
*Charles Williams Oct. 22
*Wayne Goins Dec. 10

BirdHouse
*Vance Gilbert Sept. 24
*John Gorka Oct. 12
*Christian Kane Oct. 29
And another concert TBA!

For information, to become a member or to be added to our mailing list, call 537-4220, stop by 1221 Thurstton or e-mail program@kstate.org.

Classes for all ages
Clay Sales
Metal
Suzuki violin
Drawing
Watercolor
Star struck players

Galleries
Exhibits year round
Watercolor studio
Wednesday mornings
9-noon

Red inklings writers group
1st & 3rd Wednesday of every month
Salon concert series
Live music and gourmet refreshments

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English as a Second Language
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1221 Thurstont
539-8763
www.ksu.edu/ufm
CF99
Optimal Performance
Judy Matcel (571-217-7736, jmatcel449@iol.com)
Date: September 25 (Saturday)
Time: 9:00am - 4:30pm
Fee: $62.00
Location: UFM Multipurpose Room

CF60
Poker: Casino Texas Hold 'em for Beginners and Others
Poker is the most popular card game in America and Hold 'em is the Cadillac of American Poker. This class will discuss the basic rules of Texas Hold 'em (and its variations) as well as betting strategies and 'table manners. If you are sick of winning five bucks from your brother-in-law every Wednesday and you want to step up your game to the casino level, then this may be your best bet. Luck will get you so far, but skill will get you further. The final class will include no limit tournament play. A possible road trip to a casino may be scheduled after the class concludes!

Tom Maloney (537-0989) has been working on his gambling skills for many years now and has read many books and attended seminars on the subject.
Date: September 14 - October 5 (Tuesday)
Time: 7:00pm - 8:30pm
Fee: $26.00
Location: UFM Fireplace Room

CF79
Cell Phone Etiquette Workshop
Have you ever found yourself out of order with the new tech-nological advances in communication? Confused over when to answer and when to turn the ringer off? This is the course for you. Recent research into Cell Phone Etiquette Anonymous will be coupled with field trips to various public listings: restaurants, theaters, boxed meetings, and church basars. Clinical settings will be provided to discuss which rings and dial tones annoy the participating individuals most.
Dr. Graham Bell
Date: February 30 (Saturday)
Time: 12:00am
Fee: $4.99 with purchase of contract
Location: Phone Booth on K-Street

CF70
Rubber Stamp Making Basics
Come and learn the basics of rubber stamping. You will learn the differences in inks, papers, stamps and powders. We will cover basic techniques and embossing. Supplies for three cards will be provided, which will be made in class. Please bring the following to class: 3" x 5" paper cutter, adhe-sive, scoring tool, scissors, and a heat tool. (If you don't have them, you can share.)
Hahter Scott (494-2505) is a published rubber stamp artist. She has been stamping for seven years. Let her help you catch the stamping bug, so you can create masterpieces of your own for friends and family.
Date: September 22 (Wednesday)
Time: 7:00pm - 9:00pm
Fee: $19.00
Location: UFM Multipurpose Room

CF1A
Triple Techniques in Stamping
Triple your stamping and scrapbooking fun each time you take this class! You will learn 3 new techniques every session - plus you are invited to come back to the next session and trade cards made with the previous months techniques! What a great way to learn new things and get more examples of how to apply them! We will be learning the following: the next three sessions: 10 stamping, marbling, walnut ink antiquing, kiss-In technique, spotlighting, watercolor spattering, brilliant resist, plus 2 mystery techniques to be announced in class. All supplies and materials are furnished to make 3 samples (one of each technique), plus you will receive a technique sheet on each technique with written instructions and supplies listed - this is a great tool to make a technique binder of your own with samples included! Stamping Basics is required before taking the Triple Technique class please. Come and join the stamping fun!
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: October 6 (Wednesday)
Time: 7:00pm - 9:00pm
Fee: $19.00
Location: UFM Multipurpose Room

CF1B
Triple Techniques in Stamping
Heather Scott (494-2505)
Date: November 6 (Monday)
Time: 7:00pm - 9:00pm
Fee: $19.00
Location: UFM Multipurpose Room

CF3C
Triple Techniques in Stamping
Heather Scott (494-2505)
Date: December 1 (Wednesday)
Time: 7:00pm - 9:00pm
Fee: $19.00
Location: UFM Multipurpose Room

CF32
Christmas Creations
Dazzle your friends and family with your handmade Christmas Creations! Mini works of art with your Holiday greeting is the focus of this class. We will make 3 different Christmas cards - from simple to complex. All supplies and materials provided. You may bring your own supplies if you wish to avoid "sharing" with others in the class.
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: October 18 (Monday)
Time: 7:00pm - 9:00pm
Fee: $19.00
Location: UFM Multipurpose Room

CF42a
Safe & Creative Album Making (family photos & more)
Where are your photos? It's time to turn that box of photos into an album full of pictures, memories and journalized memories. You'll learn 5 easy step-organize, crop, design layout, mount and journal. Your album will give you and your family a lifetime of enjoyment, a priceless heirloom. Bring your last roll of film or 5 - 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.
Fam Schmidt, Creative Memories Senior Director, has been teaching album making classes since 1989 and is dedicated to helping people make safe meaningful albums.
Date: October 5 (Tuesday)
Time: 7:00pm
Fee: $14.00
Location: UFM Fireplace Room

CF42b
Safe & Creative Album Making (family photos & more)
Fam Schmidt
Date: November 4 (Thursday)
Time: 7:00pm
Fee: $14.00
Location: UFM Fireplace Room

CF48a
Burn Baby Burn! (A DVD That Is)!
Have you edited movies on your computer. Now what? Where do you produce a DVD that you can actually play on your DVD player? Learn about some of the issues involved in creating DVD's. A short DVD with chapters will be created (burned) during the class.
Garden Schmidt is from Council Grove and has taught for 35 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: October 5 (Tuesday)
Time: 7:00pm
Fee: $25.00
Location: UFM Greenhouse

CF48b
Burn Baby Burn! (A DVD That Is)!
Garden Schmidt
Date: November 5 (Thursday)
Time: 7:00pm
Fee: $25.00
Location: UFM Greenhouse

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Recreation & Fitness

Introduction to 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, and conduct on the course, registering to play, use of score card and handicaps.

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

Date: August 19 - September 9 (Thursday)
Time: 6:30pm
Fee: $36.00
Location: 4441 Port Riley Blvd., Stagg Hill Golf Club

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. Time allowed for both classroom and golf course play and driving range practice.

Rehda Green
Date: August 19 - October 7 (Thursday)
Time: 5:30pm - 7:30pm
Fee: $140.00
Location: 3142 Scenan Ave., KSU Salina Rec Center
*Available for KSU Credit

Golf in Junction City
This course will emphasize the fundamentals of the full golf swing, the short game techniques of chipping, pitching and sand shots; rules of play, course etiquette, selection and use of equipment. Time allowed for both classroom and golf course play and driving range practice.

Jim Peterson
Date: August 24 - October 19 (Tuesday)
Time: 1:00pm - 3:00pm
Fee: $125.00
Location: 7550 Old Milford Rd., Milford, Rolling Meadow Golf Course
*Available for KSU Credit

Intermediate/Advanced Golf in Salina
This course is designed for students to develop advanced golf skills. Students will practice improving their golf swing and short game both on the driving range and on the golf course.

Rehda Green
Date: August 23 - October 25 (Monday)
Time: 6:30pm - 8:30pm
Fee: $140.00
Location: 3142 Scenan Ave., KSU Salina Rec Center
*Available for KSU Credit

Plates For Beginners
Plates is an energizing and refreshing workout meant to strengthen and condition the "powerhouse" (abdomen, lower back, hips, and glutes). Plates promotes harmony and balance for people of all ages and physical conditions. Please wear comfortable "work out" clothes to enable full range of body motion and bring a towel or yoga mat to class.

James Lebr (539-3563) is a certified teacher and a Fitour certified Plates I instructor and an amateur triathlete.

Date: August 19 - September 16 (Thursday)
Time: 8:30pm
Fee: $44.00
Location: KSU, International Student Center

Plates For Beginners
Plates is an energizing and refreshing workout meant to strengthen and condition the "powerhouse" (abdomen, lower back, hips, and glutes). Plates promotes harmony and balance for people of all ages and physical conditions. Please wear comfortable "work out" clothes to enable full range of body motion and bring a towel or yoga mat to class.

James Lebr (539-3563) is a certified teacher and a Fitour certified Plates I instructor and an amateur triathlete.

Date: September 23 - October 21 (Thursday)
Time: 8:30pm
Fee: $44.00
Location: KSU, International Student Center

Plates For Beginners
Plates is an energizing and refreshing workout meant to strengthen and condition the "powerhouse" (abdomen, lower back, hips, and glutes). Plates promotes harmony and balance for people of all ages and physical conditions. Please wear comfortable "work out" clothes to enable full range of body motion and bring a towel or yoga mat to class.

James Lebr (539-3563) is a certified teacher and a Fitour certified Plates I instructor and an amateur triathlete.

Date: October 28 - December 2 (Thursday)
Time: 8:30pm
Fee: $44.00
Location: KSU, International Student Center

Boxing for Women
Learn to box! Get an incredible workout! Strengthen tone your arms, abs, and lower body. Gain confidence, have fun, and relieve stress. Gloves will be provided. There will be no contact with other participants. Workouts will be on the heavy bag, double end bag, focus bag, jumbo ball and freestanding bags. Learn punches, defensive moves, combos, and how to get awesome abs!

Lorina Ridle (776-6060) has been involved in the fitness industry for 21 years as a certified personal trainer and certified kickboxing instructor. She has been coaching the last five years in Manhattan at Cottonwood Racquet Club. Lorina's class participants have experienced great success through her fitness programs.

Date: August 18 - September 15 (Monday/Wednesday)
Time: 6:45pm - 9:00pm
Fee: $62.00
Location: 3013 Clifton Rd., Cottonwood Racquet Club
*No class on September 6

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Boxing for Women
Lorissa Ridley (776-6600)

Date: September 20 - October 13
Time: 6:40pm - 7:30pm
Fee: $62.00
Location: 3615 Cliff Rd., Cottonwood Racquet Club
No class October 31
RF14B

Boxing for Women
Lorissa Ridley (776-6600)

Date: October 18 - November 10
Time: 6:40pm - 7:30pm
Fee: $62.00
Location: 3615 Cliff Rd., Cottonwood Racquet Club
RF14C

Boxing for Women
Lorissa Ridley (776-6600)

Date: November 15 - December 8
Time: 6:40pm - 7:30pm
Fee: $62.00
Location: 3615 Cliff Rd., Cottonwood Racquet Club
No class November 24
RF14D

Beginning Belly Dance I: for students with no previous experience
RF09A

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

Maya Zahira (797-4681) began studying belly dance in 1999 under the instruction of Sedi-bornd. Perdosa Afani. Maya’s dance performances include birthday parties, baby showers, corporate events, restaurant dancing, “belly-grants”, international fashion, sidewalk sales, and The Kansas City Renaissance Festival. She specializes in American style cabaret nightclub, folkloric, Romany Gypsy, Salsa, fusion, multi-reel, and sword and tray balancing. Maya holds a bachelor’s degree in Education. She has more than eight years of professional teaching experience and more than three years experience teaching belly dance. She is pleased to have the opportunity to share here two great loves: teaching and belly dance. Maya is a patient and encouraging teacher. Her innovative teaching style incorporates extensive breakdown of the body movements combined with creative and challenging combinations and choreography.

Date: September 13 - October 4 (Monday)
Time: 7:25pm - 8:25pm
Fee: $37.00
Location: KSU, International Student Center
RF108

Beginning Belly Dance II:
RF09A

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

Maya Zahira (797-4681) (www.mayazahira.com)

Date: September 13 - October 4 (Monday)
Time: 7:25pm - 8:25pm
Fee: $37.00
Location: KSU, International Student Center
RF108

Intermediate Belly Dance
RF11A

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

Maya Zahira (797-4681) (www.mayazahira.com)

Date: September 13 - October 4 (Monday)
Time: 8:30pm - 9:30pm
Fee: $37.00
Location: KSU, International Student Center
RF11B

Belly Dance Workout
RF12A

Looking for a new and different type of workout? Belly dancing is now a popular trend in exercise! In this class, you’ll get a total body workout. You’ll raise your heart rate, burn fat, and tone your muscles. Class will include warm-up, break-down of basic belly dance movements, travel, shimmies, peracussive hip work, abdominal and rib cage work, and sustained arm movement This class is open to all levels of students from beginner to professional. It is a great way for new students to cover the basics, and for seasoned belly dancers to stay in excellent shape for performance. Please wear comfortable clothing that allows for ease of movement. Bring water and be ready to sweat!

Maya Zahira (797-4681) (www.mayazahira.com)

Date: September 13 - October 4 (Monday)
Time: 6:20pm - 7:20pm
Fee: $37.00
Location: KSU, International Student Center
RF11B

Belly Dance Workout
RF12B

Maya Zahira (797-4681) (www.mayazahira.com)

Date: October 18 - November 15 (Monday)
Time: 6:20pm - 7:20pm
Fee: $37.00
Location: KSU, International Student Center
RF11B

Find Beginning/Intermediate Archery for Youth and Introduction to Dance: Ballet, Tap and Jazz in the Youth Section Page 12
Belly Dance Workout
Jadie Hackett (Phoebe) is a kinesiology major and dance minor at Kansas State University, has been dancing in some way since she could walk. Throughout her life, she has been trained in gymnastics, hip hop, modern dance, martial arts, and belly dance. Phoebe became involved with belly dance in 2003 when she began taking classes through the Maya Zihati School of Belly Dance. She continued her education by involving herself in Maya’s Intermediate classes and attending dance seminars and festivals.

Date: September 16 - October 14 (Thursday)
Time: 6:00pm - 7:30pm
Fee: $30.00
Location: KSU, International Student Center

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

Michael Bennett (766-7957) has trained in Ballroom Dance at U.C. Berkeley, Mandola Ballroom, San Francisco; Allibaba 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 Ballroom Suite, Winter Dance 1998, KSU. He is a member of the United States Amateur Ballroom Dancers Association.

Date: August 27 - December 10 (Friday)
Time: 6:30pm - 7:30pm
Fee: $44.00 individual, $71.00 couple
Location: 1021 Denison Ave., EVM Auditorium
*Available for KSU Credit

Ballroom Dance II
Michael Bennett (dance99@yahoo.com)

Date: August 26 - October 2 (Saturday)
Time: 6:30pm - 7:30pm
Fee: $34.00 individual / $52.00 couple
Location: 1021 Denison Ave., EVM Auditorium

Ballroom Dance III
Michael Bennett (dance99@yahoo.com)

Date: October 6 - November 20 (Saturday)
Time: 6:30pm - 7:30pm
Fee: $34.00 individual / $52.00 couple
Location: 1021 Denison Ave., EVM Auditorium

Ballroom Dance II Class
This class will emphasize dancing with your partner and learning the routines, foxtrot, waltz, rumba, and tango. Prior dance lessons are required.

Michael Bennett (dance99@yahoo.com)

Date: August 27 - December 7 (Friday)
Time: 7:30pm - 8:00pm
Fee: $44.00 individual, $71.00 couple
Location: 1021 Denison Ave., EVM Auditorium
*Available for KSU Credit

Ballroom Dance in Salina
Introduction to the principles of ballroom dancing. Includes dance terminology, dance position, correct body alignment and positioning, and partnering. Techniques such as open and close positions, leading and following, and 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 Recreations Center.
Audrey Umehobo
Date: August 25 - December 8 (Wednesday)
Time: 7:00pm - 8:00pm
Fee: $82.00
Location: 3142 Scanlan Ave., Salina, KSU Recreation Center
*No class on November 24
*Available for KSU Credit

Swing & Salsa Dancing
Learn the swing, salsa and lindy kicks, 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, prelits, drape and yoke, and Latin handshakes and other hot steps. Clazz emphasis will be on learning the steps clearly and precisely. No prior dance experience is required! Wear comfortable clothing and stick shoes. Having fun is the only requirement.

Michael Bennett (dance99@yahoo.com) has trained in Ballroom Dance at U.C. Berkeley, Mandola Ballroom, San Francisco; Allibaba 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 Ballroom Suite, Winter Dance 1998, KSU. He is a member of the United States Amateur Ballroom Dancers Association.

Date: August 27 - October 1 (Friday)
Time: 8:30pm - 9:30pm
Fee: $34.00 individual / $52.00 couple
Location: 1021 Denison Ave., EVM Auditorium

Swing & Salsa Dancing

Michael Bennett (dance99@yahoo.com)

Date: October 15 - November 19 (Friday)
Time: 8:30pm - 9:30pm
Fee: $34.00 individual / $52.00 couple
Location: 1021 Denison Ave., EVM Auditorium

Swing & Salsa Dancing
Michael Bennett (dance99@yahoo.com)

Date: August 28 - October 2 (Saturday)
Time: 7:30pm - 8:30pm
Fee: $34.00 individual / $52.00 couple
Location: 1021 Denison Ave., EVM Auditorium

Swing & Salsa Dancing
Michael Bennett (dance99@yahoo.com)

Date: October 16 - November 20 (Saturday)
Time: 7:30pm - 8:30pm
Fee: $34.00 individual / $52.00 couple
Location: 1021 Denison Ave., EVM Auditorium

Country Cha-Cha
This class will teach you how to lead or follow, by making you aware of your partner at all times.

Michael Bennett has been an independent dance instructor, teaching many kinds of dance including: International Latin Ballroom Dance, Salsa Dance, American Rhythm and American Smooth Ballroom Dance. Country & Western dance such as two-step and wester cha-cha, East Coast and West Coast Swing, and Mexican Folklorico dances. Besides teaching dancing at all skill levels, from beginner to advanced, Rafael works with people of all ages, adults and children. He works with engaged couples planning their wedding dance, so that they excel on the dance floor where they are the center of attention. He also has performed for several years in regional dance competitions both in professional and category and in the pro-amateur category. He offers students the opportunity to learn and enjoy stylish choreography and present it in a dance competition.

Date: October 17 - November 7 (Sunday)
Time: 5:00pm - 6:00pm
Fee: $29.00
Location: KSU, International Student Center

Country Two-Step
A dance that is fun, fast, and slick. Traveling around the floor in a circle with turns and zig zag footwork. You will burn the floor.

Rafael Labrador started teaching ballroom dance in 1995 at a club in North Kansas City where he worked for two years. Since 1998, he has been an independent dance instructor, teaching many kinds of dance including: International Latin Ballroom Dance, Salsa Dance, American Rhythm and American Smooth Ballroom Dance. Country & Western dance such as two-step and wester cha-cha, East Coast and West Coast Swing, and Mexican Folklorico dances. Besides teaching dancing at all skill levels, from beginner to advanced, Rafael works with people of all ages, adults and children. He works with engaged couples planning their wedding dance, so that they excel on the dance floor where they are the center of attention. He also has performed for several years in regional dance competitions both in professional and category and in the pro-amateur category. He offers students the opportunity to learn and enjoy stylish choreography and present it in a dance competition.

Date: September 12 - October 3 (Sunday)
Time: 5:00pm - 6:00pm
Fee: $39.00
Location: KSU, International Student Center

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 spare conversion system. Score keeping, team play, rules and tips will also be taught.

Terr Eddie (532-6562) is an experienced bowler.

Date: August 19 - December 9 (Thursday)
Time: 10:00am
Fee: $77.00
Location: KSU Student Union, Bowling Center
*Available for KSU Credit
*No class on November 25
Bowling Basics  RF20
Want to go bowling with your friends but don’t know how to bowl? This 4-week class is just for you. Learn courtesy, stance, approach, timing, finish position, how to shoot spares, differences in equipment and how to keep score.

Date and Pati Zuck are USA Bowler Certified coaches and will make the learning process fun.

Date: September 14 - October 5 (Tuesday)
Time: 2:00pm
Fee: $40.00
Location: 515 Richards Dr., Zuckay Bowl

Intermediate Fencing  RF22
Intermediate fencing continues with the concepts presented in beginning foil fencing. Emphasis is on technique refinement, theory of attack, and scoring. The course may be repeated for credit.

William Meyer

Date: August 30 - December 6 (Monday)
Time: 7:30pm - 9:00pm
Fee: $50.00 use of instructor equipment
Location: Abner Fieldhouse (No class on September 6 & October 11)

Tennis

The focus of this introductory tennis course is on introducing the proper technique of each tennis stroke. Scoring, rules, singles and doubles formation, shot selection and match play will also be covered. Come enjoy the “Sport of a Lifetime”. All players must wear appropriate tennis shoes (no running shoes) and comfortable workout attire. Tennis raquets will be available if needed.

Bill Frey

Date: September 7 - November 23 (Tuesday)
Time: 1:30pm - 3:00pm
Fee: $60.00
Location: 3615 Clifton Rd., Cottswood Racquet Club (No class on October 12)

*Available for KSU Credit

Beginning Fencing  RF21
Beginning fencing is an introduction to the fundamentals of modern sport fencing. One of the three weapon types (foil, epee, sabre) sanctioned in international competitions, only foil is taught in beginning fencing. Fencing entails progressive conditioning of the shoulders, lower torso and legs along with fine motor enhancement of the fingers and wrists. Understanding fencing has wide application off the strip- integrating diplomacy, aggression, speed and skill. This course may not be repeated for credit.

William Meyer

Date: August 30 - December 6 (Monday)
Time: 6:00pm - 7:30pm
Fee: $44.00 use of own equipment
Location: Abner Fieldhouse (No class on September 6 & October 11)

*Available for KSU Credit

Tennis

Bill Frey

Date: September 8 - October 27 (Wednesday)
Time: 1:30pm - 3:00pm
Fee: $60.00
Location: 3615 Clifton Rd., Cottswood Racquet Club

*Available for KSU Credit

Are you a college student needing volunteer hours or a youth looking for something to do after school?

Come to UFM Community Learning Center for the Team Mentoring Program!

Youth are matched one-on-one with volunteer college students for a variety of fun & educational activities.

Fall group begins September 7th & 8th

New students meet on Wednesdays at UFM from 3:30-5:00 p.m.

Returning students meet on Tuesdays at UFM from 3:30-5:00 p.m.

Transportation to and from group is provided!

Call Karen today at 539-8763 for more information and an applications!

UFM is a sign up location for...

Heartland SHARE

What is Heartland SHARE?

Self Help And Resource Exchange is dedicated to providing monthly basic, consistent, affordable supplemental food packages to those willing to help themselves and others. Open to everyone.

What is a “SHARE”?

A food package consisting of 4-5 meats, a variety of fresh fruits and vegetables and other grocery items. One share costs 2 hours of volunteer service and $16.00. Vision Cards are accepted.

Where does the food come from?

Food is purchased on the open market in bulk by a professional purchasing staff. The bulk buying power (over 12 million pounds of food monthly) and the volunteer distribution network provides savings up to 60%. First quality and brand names like you would find in the grocery store.

Who can participate?

The program is open to everyone in the community regardless of income.

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

SHARE: Good for You and Good for the Community

For more information, call UFM at 539-8763 or sign up at the UFM office, 1221 Thurston Street.

539-8763
1221 Thurston
www.ksu.edu/ufm
Accessing our "Inner Guidance"

Based on principles and guidelines from A Course in Miracles, we will explore how to be still, listen and hear the Voice from the deepest part of ourselves, how to identify and remove the blocks to the awareness of this Voice, and how to "step back" and let this guidance lead the way. From this practice comes inner peace and happiness, two experiences in short supply so much of our busy lives as we so often look outside ourselves for them.

Mary Blake Williams (765-434-9861) has been a student and teacher of A Course in Miracles since 1986 and has looked for meaning/purpose in a variety of places, to include a formal study of comparative religions, and, at various times, practices of existentialism, Zen Buddhism, Fundamentalist Christianity, and for some years just "do what has to be done," A Course in Miracles offered the most comprehensive thought system, the most profound spiritual experiences, and a purposeful and fulfilling way of living in the world. Professionally, Mary is a gifted education teacher and has her own wellness business.

Date: October 16 - October 23 (Saturday)
Time: 10:00am - 12:00am
Fee: $17.00
Location: UFM Multipurpose Room

The Creative Spirit

This class is intended to be an exploration of the creative spirit and process of creating. The early part of the day will examine the human need to create and express ourselves with the rest of the day given over to various creative activities. We will end with a discussion of what we were thinking and feeling as we were working and the emotional impact we attach to our works and why this is important to us.

Alen Hedin (620) 356-7329 is a past high school social studies teacher, educated in Anthropology/History. His interests include ceramics and oil pastels as well as gardening especially with Native plants. Alen was head of a salon group in Dallas for several years. He also lived and taught in Slovakia for 5 years. Dru Clarke (704) 404-2419 is a former high school teacher and is now at KSU (College of Education), she does natural history and "creativity in teaching." Dru is interested in the development of stuidship in children.

Date: November 7 (Saturday)
Time: 9:00am - 5:00pm (lunch will be provided)
Fee: $22.00 for adults and teens.

Bra Fitting

Does your bra fit? 70% of women wear the incorrect bra size.
Patricia Yetzer (539-5956) has owned Patricia's Undercover Lingerie for 26 years. Let her help you with your bra fitting problems. This class is for women only.

Date: September 14 (Tuesday)
Time: 7:00pm
Fee: $10.00
Location: 1223 Moro, Patricia's Undercover

Bra Fitting

Patricia Yetzer (539-5956)

Date: October 12 (Tuesday)
Time: 7:00pm
Fee: $10.00
Location: 1223 Moro, Patricia's Undercover
Lao Hu Pai Kung Fu  MA05

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, coor- dination exercises, and forms, students will soon learn take downs, throws and opponent control (similar to jujitsu and chi na). Animal fighting techniques and forms will also be taught as students advance. Age 14+.

Dr. Michael Tsao (mstcandpm@hotmail.com) has been actively practicing martial arts for the past 17 years and holds a 2nd degree black belt (seisan level) in Lao Hu Pai Kung Fu, 1st degree black belt in Won Ho Loong Chuan Kung Fu, and a 1st degree black belt in Gobat Akikyushu. He has extensive training in other systems including: Vovinam, Shaolin Long Fist and Preying Mantis.

Date: September 15 - December 8 (Wednesday)
Time: 6:45pm - 8:00 pm
Fee: $56.00
Location: Ahearn Fieldhouse (No class on November 24)

Tae Kwon Do I  MA01

Tae Kwon Do is an effective way to unify the mind and body. It helps develop one's health by increasing cardio-vascular abilities, strength, balance and flexibility. The basics of blocking, punching, kicking, self-defense and white belt form will be covered. Class will consist of practicing these skills as a group, working with other classmates and the instructor one on one.

Grand Master Chan Sun Yi (785-266-8662) is the founder, president and chief instructor for Sun Yi Academy. Jr. Master David Moore is the instructor at KSU for Sun Yi Academy.

Date: August 24 - December 9 (Tuesday/Thursday)
Time: 6:30pm - 8:00 pm
Fee: $75.00
Location: Ahearn Fieldhouse (No class on October 12 & November 25)

Tae Kwon Do II  MA02

Tae Kwon Do is an effective way to unify the mind and body. It helps develop one's health by increasing cardio-vascular abilities, strength, balance and flexibility. The Tae Kwon Do II class is for students who have completed Tae Kwon Do I or who have advanced skills. Students will con- tinue to develop the skills of blocking, punching, kicking and self-defense.

Grand Master Chan Sun Yi (785-266-8662) is the founder, president and chief instructor for Sun Yi Academy. Jr. Master David Moore is the instructor at KSU for Sun Yi Academy.

Date: August 24 - December 9 (Tuesday/Thursday)
Time: 6:30pm - 8:00 pm
Fee: $75.00
Location: Ahearn Fieldhouse (No class on October 12 & November 25)

Ninpo Taijitsu  MA05

In this class we will work on basic 6 warmups (tai chi tech- niques) the Goldkoryu kihon hoppo, four element tech- niques, and the 20 jujutsu self-defense techniques. Taijitsu means body art, and it is the unarmed art used by the Ninpa espionage agents of ancient Japan.

Sue Wilson has been doing martial arts for 34 years. He has a second degree black belt in Hakkoryu Jujutsu and back sashes in Pai Lum Kung Fu, Zee Ion Kung Fu, and Mew Hing 18 Taomai Pumma Kung Fu. He is the founder of the White Phoenix System.

Date: September 13 - October 25 (Monday)
Time: 8:00pm - 9:00 pm
Fee: $39.00
Location: Ahearn Fieldhouse

Judo I  MA08

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

Isaac Waheabeyshi

Date: August 24 - December 9 (Tuesday/Thursday)
Time: 8:45pm - 9:45 pm
Fee: $75.00
Location: Ahearn Fieldhouse, Room 301 (No class on October 12 & November 25)

Judo II  MA09

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

Isaac Waheabeyshi

Date: August 24 - December 9 (Tuesday/Thursday)
Time: 9:45pm - 10:45 pm
Fee: $75.00
Location: Ahearn Fieldhouse, Room 301 (No class on October 12 & November 25)

Combat Grappling  MA07

In this class we will work on falling without getting hurt, escaping from the mount, submissions from the mount and guard, working against a standing opponent when you are lying down, and the 20 Jujutsu self-defense techniques. While the emphasis of this class is grounded work, we will also work on self-defense.

Sue Wilson has been doing martial arts for 34 years. He has a second degree black belt in Hakkoryu Jujutsu and back sashes in Pai Lum Kung Fu, Zee Ion Kung Fu, and Mew Hing 18. He is the founder of the White Phoenix System.

Date: November 1 - December 6 (Monday)
Time: 8:00pm - 9:00 pm
Fee: $44.00
Location: Ahearn Fieldhouse

Find Kung Fu for Kids in the Youth Section  Page 12

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

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

Goodnow House Museum
2309 Caplin
* Home of Isaac Goodnow (founder of KSU and Manhattan)
* Free state advocate
* Educator (common school to college)
* A State Historic Site Call 355-6480 for Hours

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

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

For more information, call 355-6490

2309 Caplin
www.ksu.edu/ufm
539-8763
1221 Thurston
21
Composting: The Fine Art of Making Black Gold

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

Colleen Hampton (539-5094) is a seasoned Extension Master Gardener and a member of the Manhattan Community Garden and several local garden clubs.

Date: September 18 (Saturday)
Time: 10:00am - 12:00pm
Fee: $12.00
Location: UFM Greenhouse

STAGG HILL GOLF CLUB
Pro-Shop
K-18 West

For all your golfing needs
Pulled equipped “discount” pro shop
Professional golf instruction available
(Individual & group)
Club regripping & repair

539-1041
Jim Gregory, PGA Professional

Celebrate 150 Years!

COMMUNITY VOLUNTEERS
are still needed to help PLAN and DEVELOP
the area’s biggest Birthday Bash ever!

Join one of these 150! Committees:
Events, Heritage, Publicity, and
Volunteers/Fundraising
FIND OUT MORE ABOUT THE CELEBRATE 150!
and EACH OF THE SUBCOMMITTEES ON THE
WEB at www.celebrate150.org.

CALL 785.313.3623 to leave a voice mail
or email the Celebrate 150! Committee at:
signup@celebrate150.org for more information!
You may also drop a note in CELEBRATE 150!
P.O. Box 825, Manhattan, Kansas 66503

Celebrate150.org

WANTED!
Lifeguards
WSI’s
Hydroaerobic
Instructors

for part-time morning and evening
sessions for the Spring Semester.

For more information or an
application please come by UFM,
1221 Thurston or call 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

Date: September 13 - October 6 (Monday / Wednesday)
Time: 7:00 p.m. - 9:00 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-05
Graduate Management Admission Test Preparation Course

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

Date: September 14 - October 26 (Tuesday/Thursday)
Time: 7:30 p.m. - 9:30 p.m.
Fee: $250 (fee includes all materials)
Location: KSU, Bluemont Hall, Room 5102 (No class on October 12)

LSAT Prep FC-11
Law School Admission Test Review Course

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

Date: September 8 - September 25 (Mon/Wed/Sat)
Time: 6:00 p.m. - 9:00 p.m. (Mon/Wed)
8:00 a.m. - 12:00 p.m. (Sat)
Fee: $250
Location: Bluemont Hall, Room 114, KSU

GRE Prep FC-06
Graduate Record Exam Preparation Course

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

Date: September 14 - October 26 (Tuesday/Thursday)
Time: 7:30 p.m. - 9:30 p.m.
Fee: $250
Location: KSU, Bluemont Hall, Room 5102 (No class on October 12)

*Enrollment deadline is one week before the start date for each of the Test Prep Courses.*
KSU Credit Courses

Recreational courses for KSU credit on this page are offered for credit through the Division of Continuing Education with the cooperation of various KSU departments. Register for these at 131 College Court. Fees for these classes differ depending on special instructor and equipment needs. Enrollment, withdrawal and refunds are determined by University policy and handled at the Division of Continuing Education Registration office. Call 532-5566 for questions or information, or visit www.dce.ksu.edu/courseofferings.html

Golf in Salina

<table>
<thead>
<tr>
<th>Course</th>
<th>CRN</th>
<th>Cost</th>
<th>Date</th>
<th>Time</th>
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Golf in Salina

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<th>Fee</th>
<th>Location</th>
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Scuba Diving

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Bellroom Dance I

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Bellroom Dance II

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<td>$9425</td>
<td>August 15 - October 19 (Monday)</td>
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Archery

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<tbody>
<tr>
<td>Archery</td>
<td>3870</td>
<td>$9426</td>
<td>September 1 - November 25 (Monday - Wednesday)</td>
<td>7:00 AM - 8:00 PM</td>
<td>$3820.00</td>
<td>Home Course</td>
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</tbody>
</table>
Judo

Pre-requisites: KSED 200

280-200

This class is intended for non-competitive performance, but to gain understanding of the techniques of Judo, self-defense, tactics, self-defense and other self-defense techniques. This class will be designed specifically for self-defense and may not be included for full credit.

Date: August 24 - December 9 (Tuesday/Thursday)
Time: 7:00pm - 9:30pm
Location: KSED Asian Multipurpose Room 201

Fitness Swimming

Date: August 24 - December 9 (Tuesday/Thursday)
Time: 5:45pm - 7:00pm
Location: KSED Asian Multipurpose Room 201

Tennis

Date: October 16 - December 9 (Tuesday/Thursday)
Time: 12:00pm - 2:00pm
Location: KSED Asian Multipurpose Room 201

Beginning Bowling

Date: August 24 - December 9 (Tuesday/Thursday)
Time: 9:00pm - 11:00pm
Location: KSED Asian Multipurpose Room 201

Intermediate Bowling

Date: August 24 - December 9 (Tuesday/Thursday)
Time: 9:00pm - 11:00pm
Location: KSED Asian Multipurpose Room 201

Fitness Swimming

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Time: 5:45pm - 7:00pm
Location: KSED Asian Multipurpose Room 201

Tennis

Date: September 16 - December 9 (Tuesday/Thursday)
Time: 9:00pm - 11:00pm
Location: KSED Asian Multipurpose Room 201
"Morning After" Lecture Discussions
Meet others for coffee and thoughtful conversation about the previous night's Lou Douglas Lecture. Everyone is welcomed and encouraged to share their perspectives, all in the spirit of good humor and camaraderie for which Lou Douglas was known. Mix your locations and meet different people, or build an ongoing group. Lou Douglas staff and interns will help facilitate.

Wednesday, September 15
After the Jack DuVall Lecture — 10 a.m. to 12 noon
Radina's Big Rock Table OR Union Station, K-State Student Union

Wednesday, October 6
After the Paul Rogat Loeb Lecture — 10 a.m. to 12 noon
Radina's Big Rock Table OR Union Station

Tuesday, October 26
After the Phyllis Bennis Lecture — 10 a.m. to 12 noon
Radina's Big Rock Table OR Union Station

Wednesday, March 16
After the Jeffrey Hollender Lecture — 10 a.m. to 12 noon
Radina's Big Rock Table OR Union Station

Lecture Chat Room
If you wish to discuss related issues in a more informal setting, log on to the UPJ Community Learning Center website www.upj.edu/afm and participate in the new Lou Douglas Lectures Chat Room. Online chats are scheduled for:

10 p.m. to 12 midnight immediately after each Lou Douglas Lecture

(Sepember 14, October 5, October 25, and March 15, 2005)

7 to 9 p.m. the evening after each Lou Douglas Lecture

(Sepember 15, October 6, October 26, and March 16, 2005)

Lou's Book Club
Join Lou Douglas staff and interns for thought-provoking discussions of books by the 2004-2005 25th anniversary lecturers. Here the lecturers and gain additional insights by reading and discussing their latest works. To enter with planning, please call 785-532-8763 to register.

A Force More Powerful: A Century of Nonviolent Conflict
by Peter Ackerman (founding chair of the International Center on Nonviolent Conflict) and Jack DuVall

Thursday, September 9 — 11 a.m. to 12 noon
Saturday, September 18 — 11 a.m. to 12 noon
UPM Conference Room

UPM Conference Room

The Impossible Will Take A Little While: A Citizen's Guide to Hope in a Time of Fear by Paul Rogat Loeb

Thursday, October 14 — 11 a.m. to 12 noon
UPM Conference Room

What Matters Most: The Next Generation of Responsible, Global-Business Leadership by Jeffrey Hollender

Thursday, October 21 — 11 a.m. to 12 noon
Saturday, October 30 — 11 a.m. to 12 noon
UPM Conference Room

UPM Conference Room

What Matters Most: How a Small Group of Pioneers is Teaching Social Responsibility to Big Business, and Why Big Business is Listening by Jeffrey Hollender and Stephen Petchell

Thursday, March 10 — 11 a.m. to 12 noon
Saturday, March 12 — 11 a.m. to 12 noon
UPM Conference Room

UPM Conference Room

For more information: www.soulsofcitizens.org

Claflin Books and Copies
1814 Claflin Road 774-3771 www.claflinbooks.com
We are fortunate to have so many talented and knowledgeable individuals who are willing to share with others through a UFM class. I would like to acknowledge and applaud the instructors.

ON CAMPUS REGISTRATIONS

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

<table>
<thead>
<tr>
<th>DATE</th>
<th>TIME</th>
<th>LOCATION</th>
<th>Institution</th>
</tr>
</thead>
<tbody>
<tr>
<td>August 23</td>
<td>10 am - 2 pm</td>
<td>UFM House</td>
<td>KSU Union</td>
</tr>
<tr>
<td>August 24</td>
<td>10 am - 2 pm</td>
<td>UFM House</td>
<td>KSU Union</td>
</tr>
</tbody>
</table>

MAILING YOUR REGISTRATION?

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

UFM accepts donations of money and usable office items.

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

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

CRA-Community Resource Act

Who we are: UFM’s State Outreach Program

What we do: Assist Kansas towns in developing community utilization/developer programs

How we assist: Mni grants and free technical assistance

For more information, call UFM

(785) 539-8765

ANSWERING MACHINE

You can leave a message or receive current UFM information by calling 539-8763 between 5:00 pm and 8:30 am.

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 noprofessional 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 CANCELLATION POLICY

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

REUNION POLICY

We will give a full refund if a class is canceled by UFM. If a student decides to withdraw before the class begins, he or she will have penalty and fees before the starting date, we will refund all but a $3 processing fee. Some classes may have material fees which are non-refundable. These 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 you receive your registration fee. A class may be canceled due to insufficient pre-registration.

INCLEMENT WEATHER POLICY

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

SPECIAL POLICIES FOR CREDIT OPTIONAL CLASSES

Credit Registration Refund: A full refund of tuition and fees, less any non-refundable material fee, may be given before 25% of the scheduled class meetings. A 30% refund of tuition and fees may be given after 25% of the scheduled class meetings. A 50% refund of tuition and fees may be given after 65% 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 65% of the scheduled class meetings will have a "W" recorded on the student’s transcript. Students dropping a course must either complete and submit the online drop form located at http://www.dce.ksu.edu/dce/distance/forms.html or send written notification to the DCE Registration Office (785-532-5866) postmarked no later than the deadlines. Students may not drop from a course after 65% of the course has been completed.

Credit Enrolment Fee: Courses taken for credit carry additional fees required for University administration of the credit program. A $25.00 late fee will be charged for enrollments taken after the first day of classes. Additional student activity and health fees may be assessed for students enrolling in a 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 UFM and UFM facilities and participate in programs recognizing present conditions and further agree to voluntarily assume all risks of loss, damage, or injury which may be sustained while using KSU or UFM facilities or participating in programs. KSU Continuing Education/UFM assumes no responsibility for costs involved with individual injury or property loss incurred in connection with the use of University or UFM facilities. Individuals are reminded that they should review their own personal circumstances to determine if they have adequate insurance or protection in 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 or ethnic origin to all UFM classes. Students under age 18 need the permission of a parent or guardian. Some individual classes may have age restrictions. Please call (785) 539-8763 to 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 noprofessional community instructors. Consequently, we cannot guarantee that the course 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.
SIGN UP NOW!!

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

Mail it in: Complete the form below and mail it with your check, money order, or credit card information to: UFM Class Registrations, 1221 Thurston, Manhattan, KS, 66502-5299.

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

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

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

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

FOR YOU... One participant per form, please

UFM 1221 THURSTON
Manhattan, KS 66502
539-8763

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

Student Name
Day Phone
Address
Evening Phone
City
State KS Zip
Email
Age: Under 18 exact age
Parent's Name if Student is Under Age 18
CLASS # Session TITLE FEE LOCATION DATE TIME

Tax Deductible Donation
Total

I hereby authorize the use of my
Visa ☐ MasterCard ☐ Discover ☐
Card Number
Expiration Date
Card Holder's Name (Please Print)
Card Holder's Signature

Participant Statistics: KSU Student ☐ KSU Faculty/Staff ☐ Ft Ray ☐ Other ☐
Where did you obtain your catalog?
A class I would like offered

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

Signature* Date
*(Signature of Parent or Guardian required for minors)

Office Use Only
Date Received
Date
Staff
Amount
Total Paid

Office Use Only
Date Received
Date
Staff
Amount
Total Paid