



UFM

a University For huMankind

UFM puts the **community** in education.



a look  
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# UFM SUMMER2023 COURSE CATALOG



ufm

COMMUNITY  
LEARNING  
CENTER

# classes



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## UFM SUMMER 2023 INSTRUCTORS

*We are fortunate to have so many talented and knowledgeable individuals who are willing to share with others through a UFM class. UFM would like to acknowledge and applaud the UFM instructors.*

Kirsten Ajax	Angelia Lentz
Ayumi Amama	Minadora Macheret
Robert Auten	Sue Maes
Chris Bailey	Safia Malallah
Caro Barta	Pedro Marquez
Becky Behling	Aliah Mestrovich Seay
Roy Bird	Joel Moots
Tom Boley	Noah Moots
Angie Chae	Naho Nagai
Cary Chappell	Debbie Newton
Melissa Copp	Joshua O'Crowley
Rachelle DeCoud	Robyn O'Crowley
Bea Dennis	Terry Olson
Kate Digby	Jazmin Ramirez
Bill Dorsett	Lisa Rubin
Ana Franklin	Jeff Sackrider
Kaitlyn J. Gebhardt	Elham Salehi
Susanne Glymour	Donovan Seay
Kat Goetting	Lucas Shivers
Bahyyih Grover	Christine Sims
Bruce Grover	Robert Smith
Barbara Hanae Johnson	Chris Sorensen
Sabrina Handy	Kris Springer
Jackie Hernandez	Stan Wilson
Caity Hinnergardt	Kristina Wyatt
David Jones	Kelly Yarbrough
Chase Jordan	Body First Staff
Jane Kim	Voices For All, LLC

## UFM STAFF

Teen Mentoring Coordinator | **ABBY ARTHUR**  
Operations Coordinator | **OLENA CSIZS**  
KSU Credit Coordinator/Lifetime Learning | **ERIN FORD**  
Bilingual Student Assistant | **JACKIE HERNANDEZ**  
Student Office Assistant | **CHASE JORDAN**  
Community Engagement & Education Coordinator | **TAMAS KOWALIK**  
Life Skills Development Coordinator | **DR. LORENZA LOCKETT**  
Marketing & KSU Student Services Administrator | **SAMANTHA LOVITT**  
Manhattan Area Risk Prevention Coalition | **MELISSA RICKEL-MORRILL**  
Executive Director | **DR. ALIAH MESTROVICH SEAY**  
Finance Coordinator | **LINDA INLOW TEENER**

Catalog layout & design by Samantha Lovitt

## BOARD OF DIRECTORS

Chair | Bria Taddiken-Williams  
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Jared Meitler  
Pamela Nealey

Cia Verschelden  
LaBarbara James Wigfall  
Corey Williamson

# Spring has sprung and summer is now here!

Many things have happened over the course of 2023 that I am eager to share with you. I would like to start by thanking our donors for their Grow Green Day donations and all donors over the course of 2023 for helping to fund UFM programming including our pilot programs: the K-6 Tutoring Program and the Helping Hands Scholarship House for youth aging out of foster care. We cannot do this meaningful work without your support, so thank you.

We are purposed to expand youth programmatic opportunities at UFM through math and reading tutoring, STEAM (Science, Technology, Engineering, Art, and Math) options, and educational birthday bashes! The K-6 Tutoring Program was piloted during the Spring of 2023, and we had a high level of engagement from our campus and community partners. We trained over 20 tutors and had many episodic volunteers come to assist us. We find that youth are eager to not just do math and reading but also art, horticulture, and science with us. As such, we are expanding our programming this summer to host a weekly 2-day summer enrichment program focusing on connecting youth to the arts while learning how to strengthen their social-emotional skills. We are excited to have the K-6 Tutoring Program return for a 12-week series in the fall of this year. We are also offering youth birthdays as a new programmatic option. These birthdays are customized for the youth and offer a theme, cake, some decorations, and STEAM programming. In this way, we can continue to serve youth interests while providing educational resources for families to learn together and have fun!

We are also excited about staffing changes. Mr. Tamas Kowalik (pictured right with Aliah Mestrovich Seay) just completed a year of academic training for his Ph.D. program as our Community Engagement and Education Coordinator. Tamas was recognized in April with a community engagement and service award for his exceptional work in raising public awareness regarding the importance of community engagement in protecting individual liberties in the face of growing authoritative regimes worldwide. When we presented this to him, he shared that he was deeply touched and considered it a lifetime achievement after having spent most of his career in the public sector serving people. We are excited about what the future holds for Tamas and are excited he is a part of our team.



Additionally, we welcome Dr. Lorenza Lockett (pictured left), a social worker who will be coordinating our life skills development for youth services at UFM, namely developing the Helping Hands Scholarship House for youth, ages 18-24, who are aging out of foster care and other youth populations experiencing hardship and marginalization. We are pleased that Dr. Lockett is on our team so we can better serve the diverse needs of youth in our community.

We have so many fun, restorative, and engaging summer courses to choose from this summer! Regarding our new programmatic options, we are offering music classes (e.g., piano, guitar, singing), Abstract and Mixed Media Art, Iranian Healthy Foods classes, and Connecting Youth to the Arts: The Planting Peace Program. As for our returning courses, we are pleased to continue offering Wildflower Walk at Tuttle Creek Lake, Edible Wild Plants, American Sign Language, and Summer Dungeons and Dragons. We hope you will enjoy all the catalog options the UFM staff and community have put together for you with care and love.

UFM puts the Community in Education. UFM is about people, and like Dr. Lockett says, "People Matter!" Thank you for making UFM what it is today. See you soon!



a University For huMankind

In Community,

A handwritten signature in black ink that reads "Aliah R. M. Seay".

Dr. Aliah Mestrovich Seay (She/Her/Hers)

# CREATIVE FREETIME

## Introduction to Juggling

**23BCF339**

Juggling improves hand-eye coordination, reflexes, spatial awareness, and according to some research, brain function. Come learn the basics, starting with the normal 3-ball cascade and continuing at a comfortable rate. Learning to juggle (or learning a new pattern if you already know the basics) can be frustrating if you just jump right in, so we will break it down into progressively challenging exercises, and before long, you'll be doing it!

Instructors: Joel Moots, [jammoots@gmail.com](mailto:jammoots@gmail.com) & Noah Moots  
Joel Moots is a KSU math graduate who has known the 3-ball cascade most of his life but did not expand on his juggling skills until discovering the KC Juggling Club, which showed him how much more there is to the art and how fun and social it can be. Noah Moots is a MHS student who attends the KC juggling club weekly. After picking up the 3-ball cascade, he quickly moved on to more difficult patterns, and now even takes time to teach his dad some of them. He has a pretty decent 6-ball fountain, can qualify seven balls, is solid on 5-clubs, can pass 9-clubs with a partner, and is an avid unicyclist (sometimes while juggling).



Introduction to Juggling.

DATE	TIME	FEE
05/23 - 06/20 (T)	5:30 - 6:30 PM	\$26

**Location:** Douglas Community Center, 900 Yuma St  
(i.e, the old gym on the north side of Yuma)



Dungeons and Dragons.

**NEW!**

## Summer Dungeons and Dragons

**23BCF413**

Welcome, intrepid adventurers! Join Dungeon Master Bea Dennis as she takes you on a journey to Icespire Peak, where you will work with your fellow party members and a clan of gnomes to defeat the White Dragon who resides there.

Instructor: Bea Dennis

Bea has been playing tabletop roleplaying games for three years and volunteers as a Dungeon Master/Dungeon Master's assistant with UFM's Project EXCELL.

DATE	TIME	FEE
06/05 - 08/14 (M)	6:00 - 8:00 PM	\$126

**Location:** UFM Fireplace Room, 1221 Thurston St

Interested in  
teaching  
a class for UFM?



Fall 2023  
submission  
deadline is  
June 2, 2023



For more  
information email  
[samantha@tryufm.org](mailto:samantha@tryufm.org)



## Abstract and Mixed Media Art **NEW!** 23BCF416

This class is open to all community members with varying degrees of artistic understanding and skill. We will be exploring composition, color, and abstract techniques including mixed media utilizing materials from nature (e.g. sand, rocks, sticks, metal wire, plastic, wood, paper, cloth, and found objects). A basic, optional supply list will be emailed before the class begins.

Instructor: Christine Sims

Christine Sims has been creating art since her childhood. Her studies and ventures over the past 30 years include textiles, oils, watercolor, pastels, ceramics, metalsmithing, jewelry design, mosaic tiling, acrylics, mixed media, interior design, landscaping, and furniture restoration. She is a K-State graduate and has lived in and worked with the Manhattan community most of her life. Christine has had the immense pleasure of fulfilling many great commissions over the years: A gargantuan Noah's Ark mural, "Cigar" paintings for lounges, "Rockstar" art, furniture refab, and a few adorable pet portraits.

SEC	DATE	TIME	FEE
A	06/10 - 07/01 (Sa)	10:30 AM - Noon	\$121
B	07/06 - 07/27 (Th)	6:30 - 8:00 PM	\$121
C	07/08 - 07/29 (Sa)	1:30 - 3:00 PM	\$121

**Location:** UFM Solar Addition, 1221 Thurston St

## Wood Turning for Beginners 23BPI151

You probably know that wood bowls live in trees. This class will teach you how to get that wood bowl out of the tree through a process we call wood turning: using a wood lathe on which we mount a block of wood and then shave off the part that doesn't look like a bowl while the lathe spins the wood. We'll cover mounting, tools, sharpening, finishing, and, of course, safety. Minimum age is 12 with a parent present during the whole class. Families and couples have enjoyed taking this class together.

Instructor: Tom Boley

Tom has been a hobby woodworker all his life and became a woodturner in about 1995. Tom started a woodturning club called Flint Hills Woodturners ([www.flinthillswoodturners.org](http://www.flinthillswoodturners.org)). For Tom's full bio visit our website and his class.

SEC	DATE	TIME	FEE
A	07/15 (Sa)	8:00 AM - 5:00 PM	\$125
B	08/19 (Sa)	8:00 AM - 5:00 PM	\$125

**Location:** Red Oak Hollow Lathe Works,  
4025 Walnut Creek Dr, Wamego



## Card Making for All Ages **NEW!** 23BCF421

Adults and children will enjoy making three cards using stamping techniques focused on the 4th of July and summer-themed cards. Children should be accompanied by an adult.

Instructor: Melinda Sinn, [kittencreekfarm@gmail.com](mailto:kittencreekfarm@gmail.com)

Melinda has been stamping for over 25 years and loves to share the craft with others.

DATE	TIME	FEE
06/15 (Th)	6:00 - 8:00 PM	\$22

**Location:** UFM Solar Addition, 1221 Thurston St

## Basic Knife-making class 23BCF407

The Basic Knife-making class is designed to introduce students to the craft of knife-making. Students accomplish this through an introduction to all knife-making equipment and their application to both forging techniques and stock removal techniques of making knives. The course will equip students with the basic knowledge, skills, and confidence necessary to successfully design and build their knives utilizing either technique.

Instructors: Joshua O'Crowley & Robyn O'Crowley

Joshua O'Crowley is a bladesmith with 13 years of experience and has been teaching bladesmithing classes for 9 years. He is also a certified instructor with the U.S. Army and a member of the American Bladesmith Society.

**\* Please visit [tryufm.org](http://tryufm.org) for updated class information.**

**Location:** The Ogre's Forge (See welcome letter)

## Leather Project Class 23BCF408

The Leather Project Class is designed to introduce students to leather crafting with an application to the custom leather industry. Students will learn about the different types of leather available, pattern design and construction, and finishing and care of a leather sheath. The course will equip graduates with the basic knowledge, skills, and confidence necessary to successfully design and build their own leather projects. Students will leave the class with an elegant custom-made leather project created with their hands. Ages 13+.

Instructors: Joshua O'Crowley & Robyn O'Crowley

**\* Please visit [tryufm.org](http://tryufm.org) for updated class information.**

**Location:** The Ogre's Forge (See welcome letter)



## Creative Mindful Breath and Movement Class

NEW!

23BCF419

Has it been a long week filled with stress and too many commitments? Join me for a creative journey into movement, relaxation, breathing, reflection, guided imagination work, and community storytelling. Using creative movement techniques, story building, guided mindful reflection work, and diaphragmatic deep breathing practices, this class will explore the bonds we share and connections we need to support ourselves. This class will help you cultivate strategies and tools for the space and awareness you need to de-stress and reset in this crazy time we live in.

Instructor: Kirsten Ajax

Kirsten Ajax is a Graduate Student at K-State studying Drama Therapy. Kirsten is passionate about education and supporting people with equity, equality, communication, and healthy environments for creative success.

SEC	DATE	TIME	FEE
A	06/02 - 07/28 (F)	6:00 - 7:30 PM	\$56
B	06/03 - 07/29 (Sa)	Noon - 1:30 PM	\$56

**Location:** UFM Queer Liberation Commons, 1221 Thurston St

## Flash Fiction

23BCF403

Do you like writing short stories? Are you intimidated by long forms of writing? Do you feel like there are no challenges left in this world? Short stories don't have to be 30 pages of intricate descriptions—they can be two pages, a paragraph, or even a single sentence! Anything can be flash fiction: Romance, Sci-Fi, Horror, Fantasy...the only limitations are the number of words you can use! Students will create and revise a super-short story between 600-800 words and participate in a workshop led by a published flash fiction author. A composition book will be provided to use for the class. Ages 12+ welcome.

Instructor: Kat Goetting

Kat has a Master's Degree in creative writing from K-State and is currently working as an Instructor of English at K-State.

DATE	TIME	FEE
06/21 - 07/26 (W)	6:00 - 7:00 PM	\$41

**Location:** UFM Conference Room, 1221 Thurston St, 2nd fl

## CREATIVE FREETIME

## Creative Writing

NEW!

23BCF417

Do you have a story burning in you? Have you wanted to write a poem? Or maybe write about your favorite childhood camping trip? This course will offer tools, exercises, examples, and support to write creatively through short stories, poetry, and essays. This class will be online, so all you need is a strong internet connection and be prepared to write and play.

Instructor: Minadora Macheret

Dr. Macheret is a published writer. She got a Creative Writing Ph.D. from University of North Texas. She has experience as an instructor for various universities, colleges, and community programs.

DATE	TIME	FEE
07/01 - 07/29 (Sa)	11:00 AM - 12:30 PM	\$58

**Location:** Online - LIVE

## Introduction to Voiceovers

23BCF129

Explore the craft of voiceovers! Discover current trends, opportunities, and tools you need to find success in this growing, remote-working industry. Read a real script and receive coaching from your instructor, a professional voice actor, to improve your delivery. One-time, 90-minute, one-on-one, video-chat class! Upon registration you will be contacted by VFA to schedule your class for a day and time of your convenience. Ages 18+. \*Requirements: Students must have internet access and video chatting capabilities using a method such as Zoom or Skype (for PC/Mac users) or iChat/FaceTime (for Mac users).

Instructor: Voices For All, LLC, info@voicesforall.com

The Voices For All Voice Coaches/Producers/Instructors are known for their fun and informative presenting methods. Our coaches have many years of experience in the voiceover industry and are masters at teaching all of the information pertinent to making it in voice acting. Full bio online with class description.

DATE	TIME	FEE
05/13 - 08/10 (Sa)	TBD	\$49

**Location:** One on One Video Chat



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# MUSIC & DANCE



Yosakoi Japanese Dance Performance.

## Yosakoi Japanese Dance Lesson 23BRF240

"Yosakoi" is a unique style of dance that originated in Kochi, Japan. Performed at festivals and traditional events, the style of dancing is energetic—combining traditional movements with modern music. Let's have fun together and join us for learning a new culture! All ages are welcome. No dance experience needed.

Instructors: Barbara Hanae Johnson & Naho Nagai,  
ksutatsumakiyosakoi@gmail.com

SEC	DATE	TIME	*FEE
A	05/20 - 06/17 (Sa)	1:30 - 2:30 PM	\$25
B	07/22 - 08/19 (Sa)	1:30 - 2:30 PM	\$25

\*One time trial lesson \$5

**Location:** TBD

## Moon Dancing 23BCF420

Begin your astronaut journey today! Learn space ballet and the Cha-Cha Slide. This class brings you one step closer to your moon dream.

DATE	TIME	FEE
08/14 (M)	4:30 - 5:30 PM	\$19

**Location:** UFM Conference Room, 1221 Thurston St, 2nd fl

## Learning to Sing

NEW!

23BCF409

Learning to sing correctly takes knowledge, effort, and guidance. Through a combination of music theory, history, and aural skills, students will leave this class with a thorough knowledge of singing in different genres and will receive instruction and experience singing by themselves and with a group.

Instructor: Kaitlyn J. Gebhardt

DATE	TIME	FEE
05/15 - 08/14 (M)	4:30 - 5:30 PM	\$197

**Location:** UFM Conference Room, 1221 Thurston St, 2nd fl

## Beginner Guitar

NEW!

23BCF410

Have you always wanted to learn the fundamentals of music theory and aural skills applied through guitar? Now is your chance! By the end of this class, you will be able to play chords, simple melodies, read notes, and understand chord charts, tablature, and strumming! Students must provide either an acoustic or electric guitar. If you do not have one, the instructor can provide a few. Please inquire. Price varies; please see note below.

Instructor: Kaitlyn J. Gebhardt

Kaitlyn J. Gebhardt is a Music Graduate from Central Methodist University who has performed professionally at the Lyceum, Salina Community Theater, Worlds of Fun, and Royal Caribbean.

DATE	TIME	*FEE
05/15 - 08/14 (M)	6:30 - 7:30 PM	\$200
		\$160

\* Student has their own guitar the price for the course is \$160, without your own guitar the price for the course is \$200.

**Location:** UFM Conference Room, 1221 Thurston St, 2nd fl



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Student practicing piano.

### Piano for Beginner or Novice **NEW!** 23BCF411

Are you wanting to learn how to read notation, play chords, and learn the history and composition of the Piano? Then this class is for you! Whether you are brand new, picking it back up after decades, or play, you can learn something from this class. Instruments provided.

Instructor: Kaitlyn J. Gebhardt

Kaitlyn J. Gebhardt is a Music Educator and Performance Graduate from Central Methodist University with a decade of teaching experience. Performing in venues such as the Lyceum Theater, Salina Community Theater, Worlds of Fun, and Royal Caribbean.

DATE	TIME	FEE
05/15 - 08/14 (M)	5:30 - 6:30 PM	\$287

**Location:** UFM Solar Addition, 1221 Thurston St

Find the fake class & get  
\$5 off your registration!



### Music Composition with Audio Engineering

**NEW!**

**23BCF412**

Have you ever wanted to write your own songs but lacked the music or software knowledge to do so? Not any longer! Now you can learn the basics of Ableton and Muse Score and start learning to create your own musical masterpieces! Laptop and headphones required to participate. Basic entry level of software provided.

Instructor: Kaitlyn J. Gebhardt

Kaitlyn J. Gebhardt has a Music Minor in Audio Engineering and Proficient in the Software of Ableton and Muse Score. Kaitlyn received her music degree in 2017 from Central Methodist University.

DATE	TIME	FEE
05/15 - 08/14 (M)	7:30 - 8:30 PM	\$297

**Location:** UFM Conference Room, 1221 Thurston St, 2nd fl



## Manhattan Arts Center

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 [www.manhattanarts.org](http://www.manhattanarts.org)  
  785-537-4420 1520 Poyntz Ave




# EARTH & NATURE

## Getting Ready for Solar!

23BEN189

Learn how to assess your home's suitability for solar electricity production. In this session, we will look at your current energy usage, site suitability for panels, and the initial permitting that is required. This class is offered both live online and in-person at the same time.

Instructors: Carol Barta, [snowsage54@hotmail.com](mailto:snowsage54@hotmail.com), FHREEC, Bill Dorsett, [wm.c.dorsett@gmail.com](mailto:wm.c.dorsett@gmail.com)  
Carol Barta is a founding member of the Flint Hills Resilience Coalition and certified permaculturist.

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

DATE	TIME	FEE
06/11 - 06/18 (Su)	1:00 - 3:00 PM	No Charge

\* Enrollment deadline 06/07.

**Location:** Online - LIVE

## Wildflower Walk

### at Tuttle Creek Lake

23BEN69

Join members of the Kansas Native Plant Society, who also serve as Konza Prairie docents, on wildflower walks at Tuttle Creek Lake. We will identify and talk about the incredible variety of wildflowers which grace our local tallgrass prairie environs. You are sure to walk away with a renewed appreciation for Flint Hills flora. Please preregister so that we will know how many persons to expect.

Instructor: Angelia Lentz

SEC	DATE	TIME	FEE
A	06/03 (Sa)	10:00 AM - Noon	No Charge
B	06/24 (Sa)	10:00 AM - Noon	No Charge
C	09/09 (Sa)	10:00 AM - Noon	No Charge

**Location:** Tuttle Creek Lake Visitor Center,  
5020 Tuttle Creek Blvd

Interested in teaching a class for UFM?

Fall 2023 submission deadline is June 2, 2023.

For more information please email [samantha@tryufm.org](mailto:samantha@tryufm.org).

## Flint Hills Solar Co-op

### Neighbors helping Neighbors

Flint Hills Renewable Energy & Efficiency Cooperative Inc. (FHREEC) is a nonprofit group of volunteers dedicated to efficient, clean, and home-grown energy.

[fhreec.org](http://fhreec.org)  
[mail@fhreec.org](mailto:mail@fhreec.org)



## Astronomy Viewing

23BEN191

Join us and explore the night sky using Dr. Sorensen's 8" Newtonian reflecting telescope to view the moon, Mars, and deep-sky objects like the Orion nebula. Jupiter and Mercury are together during this time and will likely be visible just after sunset in the west.

Instructor: Chris Sorensen, [sor@phys.ksu.edu](mailto:sor@phys.ksu.edu)  
Dr. Sorensen is a physics professor and an amateur astronomer with a nice homemade telescope.

DATE	TIME	FEE
06/23 (F)	9:00 - 10:30 PM	\$15

**Location:** Northeast Community Park, 680 Knox Ln, MHK  
(Please meet at the east end of the parking lot in Northeast Community Park)

## Great Gardening: A Month-by-Month Guide to Kansas Vegetable Gardens

23BEN174

Never garden alone! Our month-by-month class is the perfect companion to take the guesswork out of gardening. This course will cover what to do each month to have great vegetable gardening success all year. Sessions will be tailored to the issues that affect your garden the most and find practical ways to support your success! Open to all ages.

Instructor: Lucas Shivers, [lshivers@hotmail.com](mailto:lshivers@hotmail.com)  
Growing up with huge farm gardens in rural Kansas, Lucas has been an avid gardener since his days in 4-H and FFA. He is an educator and cannot wait to work with you to find success as a great gardener.

DATE	TIME	FEE
06/05 - 06/19 (M)	5:00 - 6:00 PM	\$44

**Location:** 9th & Riley Lane, Manhattan Community Gardens

Your Family Tree Guy. ISA Certified Arborist.  
[ Justin Williams ]

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## EARTH & NATURE

## Edible Wild Plants

23BFF151

You will be amazed to discover how many native plants and "weeds" can be incorporated into your culinary adventures! Whether you are new to local foraging or a seasoned pro, there is always more to learn. Summer edibles will include butterfly weed and cattails, garlic mustard, dock, and much more. Hosted with Prairiewood Retreat & Preserve, this class will meet on-site at Prairiewood's Blue Sage Barn. Formal instruction from Terry Olson, Sue Maes, and Kelly Yarbrough will be followed by a plant identification walk on Prairiewood's trails while several edible snacks will be provided to enjoy. Come prepared for some easy prairie hiking with long pants, closed toed shoes, bug spray and water.

Instructor: Sue Maes, Kelly Yarbrough, [priary.kelly@gmail.com](mailto:priary.kelly@gmail.com), & Terry Olson  
Upon retirement as owner of Westside and Eastside markets, Terry has endeavored to learn all of the local wild plants along with numerous recipes to accompany. Sue has taught this class on and off for over 40 years and learns each and every day. Kelly is a local prairie enthusiast who has assisted Terry and Sue with this class for the past several years.

DATE	TIME	FEE
06/20 (T)	5:30 - 7:30 PM	\$10

**Location:** Prairiewood Retreat and Preserve  
(Blue Sage Barn) 1484 Wildcat Creek Road, MHK



# FUN FOODS

## Edible Wild Plants

23BFF151

You will be amazed to discover how many native plants and "weeds" can be incorporated into your culinary adventures! Whether you are new to local foraging or a seasoned pro, there is always more to learn. Summer edibles will include butterfly weed and cattails, garlic mustard, dock, and much more. Hosted with Prairiewood Retreat & Preserve, this class will meet on-site at Prairiewood's Blue Sage Barn. Formal instruction from Terry Olson, Sue Maes, and Kelly Yarbrough will be followed by a plant identification walk on Prairiewood's trails while several edible snacks will be provided to enjoy. Come prepared for some easy prairie hiking with long pants, closed toed shoes, bug spray and water.

Instructor: Sue Maes, Kelly Yarbrough, prairy.kelly@gmail.com, & Terry Olson  
Upon retirement as owner of Westside and Eastside markets, Terry has endeavored to learn all of the local wild plants along with numerous recipes to accompany. Sue has taught this class on and off for over 40 years and learns each and every day. Kelly is a local prairie enthusiast who has assisted Terry and Sue with this class for the past several years.

DATE	TIME	FEE
06/20 (T)	5:30 - 7:30 PM	\$10

**Location:** Prairiewood Retreat and Preserve  
(Blue Sage Barn) 1484 Wildcat Creek Road, MHK

## A Taste of Vietnam

NEW!

23BFF189

Vietnamese food is full of flavor and is very refreshing. Manhattan does not have a Vietnamese restaurant, so we will prepare Vietnamese-inspired restaurant favorites at home! Summer rolls are a great appetizer and with any protein or strictly vegetables, which we will make alongside nuoc cham dipping sauce. We will make shaking beef as our entrée with rice. This meal is dairy free, and can be adapted for gluten-free, vegetarian, and vegan dietary preferences. Ages 18+. Enrollment deadline 06/05/23.

Instructor: Lisa Rubin, lisalevinetx@gmail.com  
Lisa Rubin grew up in her mom's catering business and fell in love with delicious food at an early age. She has taken cooking classes all over the world.

DATE	TIME	FEE
06/08 (Th)	5:30 - 7:30 PM	\$15

\* Enrollment deadline 6/05

**Location:** Online - LIVE

## Iranian Healthy Foods (IHF):

NEW!

### Pastry Session

23BFF207

In this cooking course, healthy and nutritious Persian foods will be taught by an Iranian woman. In five sessions, participants will learn how to bake Iranian bread and pastry and cook Iranian dishes. All members of the Manhattan community are welcome to attend regardless of their level of cooking experience.

Instructor: Elham Salehi

DATE	TIME	FEE
05/25 (Th)	9:00 AM - Noon	\$27

**Location:** UFM Kitchen, 1221 Thurston St

## Iranian Healthy Foods (IHF):

NEW!

### Pastry Session

23BFF208

DATE	TIME	FEE
06/01 (Th)	9:00 AM - Noon	\$25

**Location:** UFM Kitchen, 1221 Thurston St

## Iranian Healthy Foods (IHF):

NEW!

### Iranian Dish

23BFF209

DATE	TIME	FEE
06/15 (Th)	9:00 AM - Noon	\$35

**Location:** UFM Kitchen, 1221 Thurston St

## Iranian Healthy Fast Food

NEW!

23BFF210

DATE	TIME	FEE
06/22 (Th)	9:00 AM - Noon	\$27

**Location:** UFM Kitchen, 1221 Thurston St

## Iranian Healthy Foods (IHF):

NEW!

### Pastry Session

23BFF211

DATE	TIME	FEE
06/29 (Th)	9:00 AM - Noon	\$25

**Location:** UFM Kitchen, 1221 Thurston St





UFM PUTS THE  
COMMUNITY  
IN EDUCATION

## "OBENTO" /OH-BEN-TOH/:

NEW!

### JAPANESE LUNCH BOX

23BFF212

We will learn how to make triangle rice balls with seaweed, sesame, sea salt, and tuna salad. We will also make Japanese style rolled omelet, "Tamago-yaki," octopus-shaped sausage, "Tako-wieners," and decorative vegetables. We will pack everything nicely in a lunch box.

Instructor: Ayumi Amama

Growing up in Osaka, Japan, Ayumi always enjoyed cooking. Since she started making rolled omelets at 7 years old, she has continued learning new techniques and developing new recipes.

SEC	DATE	TIME	FEE
A	05/22 (M)	10:00 - 11:30 AM	\$38
B	05/25 (Th)	5:30 - 7:00 PM	\$38
C	06/06 (T)	10:00 - 11:30 AM	\$38
D	06/09 (F)	5:30 - 7:00 PM	\$38

Location: UFM Kitchen, 1221 Thurston St

## "SHOKU-PAN" - JAPANESE MILK BREAD & MELON PAN

NEW!

23BFF213

We will learn how to make the very fluffy and moist Japanese Shoku-pan, "milk bread", using Yudane method, as well as Melon-pan, a bread roll covered with sweet biscuit crust. Both are very popular bread in Japan, as Shoku-pan is extremely versatile from toasting to various forms of sandwich-making. Each student will make one medium loaf of Shoku-pan and at least a few Melon-pan.

Instructor: Ayumi Amama

SEC	DATE	TIME	FEE
A	05/26 (F)	5:30 - 9:30 PM	\$35
B	05/27 (Sa)	12:30 - 4:30 PM	\$35
C	06/02 (F)	5:30 - 9:30 PM	\$35
D	06/03 (Sa)	12:30 - 4:30 PM	\$35

Location: UFM Kitchen, 1221 Thurston St

## Delicious Desserts:

NEW!

### Pastel de Tres Leches

23BFF215

Create your own personalized and individual size tres leches cake, with Jackie and our community baker Jazmin Ramirez. Instructors: Jackie Hernandez & Jazmin Ramirez

DATE	TIME	FEE
05/18 (Th)	Noon - 3:00 PM	\$45

Location: UFM Kitchen, 1221 Thurston St

## Delicious Desserts:

NEW!

### Churro Cheesecake

23BFF216

Grow your recipe book and learn how to make a traditional creamy and delicious churro cheesecake. Instructor: Jackie Hernandez

DATE	TIME	FEE
05/24 (W)	6:00 - 7:30 PM	\$37

Location: UFM Kitchen, 1221 Thurston St

## Delicious Desserts:

NEW!

### Chocolate Covered Strawberries

23BFF217

We will learn how to dip some yummy strawberries. You will be able to dip and decorate a dozen chocolate covered strawberries for you to enjoy! Instructor: Jackie Hernandez

DATE	TIME	FEE
06/01 (Th)	6:00 - 7:30 PM	\$37

Location: UFM Kitchen, 1221 Thurston St



Strawberries before covered in chocolate.



NEW!

## Dust Off Your Bread Machine or Come and Use Mine! The smell of fresh bread is only a class away...

23BFF214

So many people buy a bread machine or get one as a gift and never end up using it. Bread machine baking is both a science and an art, so here is your chance to dust off yours or come and use mine to discover how you can make fresh bread for your friends and family. Due to time constraints, we will be making a quick bread so you can take your loaf of bread home that day, or you can make a bread that takes longer to bake and pick it up at UFM on Monday morning. Anyone is welcome. Youth 6-13 must be accompanied by an adult.

Instructor: Aliah Mestrovich Seay, [aliah@tryufm.org](mailto:aliah@tryufm.org)

Aliah Mestrovich Seay is the Executive Director of UFM Community Learning Center and recently acquired a Ph.D. in Leadership Communication at the K-State Staley School of Leadership. With over 20 years of experience in higher education and the not-for-profit sectors, Dr. Aliah is enjoying post-Ph.D. life by baking bread using a bread machine and serving fresh coffee to community members that enjoy great conversation.

SEC	DATE	TIME	FEE
A	06/11 (Su)	4:00 - 6:00 PM	\$25
B	07/02 (Su)	4:00 - 6:00 PM	\$25
C	08/13 (Su)	4:00 - 6:00 PM	\$25

**Location:** Papaya's Community Bread Cafe

Show us your creations! Submit your UFM class photos to [samantha@tryufm.org](mailto:samantha@tryufm.org)

## CareerStep

CareerStep provides non-academic technical healthcare offerings to the community. There are a variety of topics and opportunities.

- Caregiver
- CNA
- EKG Technician
- Hemodialysis Technician
- Home Health Aide
- Medical Assistant
- Medical Laboratory Assistant
- Patient Care Technician
- Pharmacy Technician
- Phlebotomy Technician
- Dental Assistant

- Behavioral and Psychiatric Health Technician
- Mental Health Technician
- Peer Support Specialist
- CCNA Routing and Switching
- Certified Healthcare Documentation Specialist
- Clinical Documentation Improvement-Inpatient
- Clinical Documentation Improvement-Outpatient

- Medical Billing
- Medical Coding for Inpatient Services
- Medical Coding and Billing for Outpatient Services
- Medical Records Specialist
- Medical Scribe
- Medical Transcription Editor
- Physician Coding Specialist
- Release of Information Specialist

To learn more, view all offerings, and enroll please visit <https://www.careerstep.com/lp/partner/ap/ufm/>



# Professional Development

Start learning something new today! UFM partners with LERN to expand our educational offerings. These classes offer online, self-paced learning opportunities for professional development, earning CEUs, or certificates. A number of courses and certificates are offered in categories such as Business, Business Communication, Data Science, Human Resources, Leadership, Management, New Media Marketing, Personal Development, Social Media for Business, Technology Skills, Training and Education, and Training for K-12 Teachers. All of these courses are asynchronous (self-paced). There are no live components for these classes. All of the course units are posted from the beginning of the course with a unit designated for each week. Each course has a defined start and end date, but students can finish the class at their own pace between those dates. We are offering these courses to enhance and expand learning opportunities available in and around the Manhattan community.

**Refund Policy:** Students can transfer to a future LERN professional development offering. We will provide a full refund if a class is canceled by UFM. If a student withdraws from a class 48 hours or more before the class begins, a full refund may be given, except for any published non-refundable fees. No refunds will be given once a class has started.



Enroll at [tryufm.org](http://tryufm.org)



## Certificates [online]

### Bookkeeping Certificate

**23BGC149**

How do you manage the finances of a business? Whether you are an entrepreneur, running a family business, or just looking to advance your career and add to your skill set, this Bookkeeping Certificate will provide you with the knowledge needed to measure, and manage, the financial health of your business. This program focuses on cash basis accounting. No one will care more about the financial health of your business than you! It's imperative that you understand how the process works and are able to complete the accounting cycle accurately and in a timely fashion. Even if you plan to outsource your bookkeeping needs, you should still understand how the process works. No one should be clueless when it comes to the finances of their business.

The Bookkeeping Certificate courses must be taken in the below order (the classes build off each other):

- Understanding Debits and Credits
- General Ledger and Month End Procedures
- Closing Procedures a

Instructor: LERN Staff

### Certificate in Mastering Excel

**23BGC25**

A must-have skill to succeed in business, whether an entrepreneur or a valued employee, is the ability to create, edit, and manage spreadsheets. Microsoft Excel is the most used spreadsheet tool in the world. Begin with learning how an Excel worksheet is constructed, populated with content, and edited for delivery. Discover how various menu items, commands, settings, and processes affect the look of your Excel worksheets and workbooks. Then, increase your efficiency by learning how to organize, display, and calculate your data into useful information. Identify different types of data and how data can be best visually represented or formatted by using different data tool techniques. Finally, you'll learn a variety of Excel's most powerful features to analyze data quickly and easily. This Certificate will help you discover how to attractively visualize your data into meaningful information with confidence.

Classes included in certificate:

Mastering Microsoft Excel, Intermediate Excel, & Advanced Excel

Instructor: LERN Staff

DATE	TIME	FEE
06/05 - 09/01	Asynchronous online	\$495

DATE	TIME	FEE
06/05 - 09/01	Asynchronous online	\$495



## Certificate in Accounting and Finance for Non-Financial Managers **23BGC13**

Every successful person in the workplace utilizes financial information to aid effective decision making. The Certificate in Accounting and Finance for Non-Financial Managers explains the financial concepts and accounting processes used in most businesses and will provide practical techniques that will increase your effectiveness and career. First, get a foundation to understand the seven steps in the accounting cycle and use financial information in decision making. Come away with the knowledge to analyze resource allocation and evaluate financial performance. Then find out what you need to know about cash. Cash is the non-financial manager who really makes a difference in the day-to-day cash activities. Discover how to maximize cash flow, learn the importance of cash and find out your role in cash flow success. Finally, acquire advanced knowledge on the financial information that drives your organization. See how business reports are assessed and analyzed. An understanding of this information will help you make smart decisions when it comes to budgeting, setting goals, and assessing performance within your own area of influence.

Classes included in certificate: Accounting and Finance for Non-Financial Managers, Cash is King, & Financial Analysis and Planning for Non-Financial Managers

Instructor: LERN Staff

DATE	TIME	FEE
06/05 - 09/01	Asynchronous online	\$495

## Digital Marketing Certificate **23BGC52**

Get a fundamental, yet advanced, introduction to eMarketing, including improving email promotions, analyzing your website traffic, doing search engine optimization, and how to successfully employ online advertising. Relevant for any type of organization, including businesses, companies, non-profits, and government agencies. No eMarketing experience or expertise is necessary. If you are already at an advanced level, your instructors are experts and can provide the latest most advanced information and answer your questions.

Classes Included in certificate: Improving Email Promotions, Boosting Your Website Traffic, & Online Advertising

Instructor: LERN Staff

DATE	TIME	FEE
06/05 - 09/01	Asynchronous online	\$495

**Find the fake class & get \$5 off your registration!**

**Enroll today!**

For additional certificate and class options, visit [tryufm.org](http://tryufm.org)

## Mastering Video Marketing Certificate **23BGC63**

Video marketing is the latest marketing trend. Shoppers who viewed product videos were 144% more likely to add the product to their cart. Video with good SEO has a 53% higher chance of showing up on page one of Google searches. When done correctly, video can tell a story, and stories connect people. Video can also trigger emotions that plain text cannot. Classes Included in certificate: Video Marketing & YouTube for Business

Instructor: LERN Staff

DATE	TIME	FEE
06/05 - 07/28	Asynchronous online	\$395

## Social Media for Business Certificate **23BGC70**

Get in on this exciting and growing way to communicate, market, and serve your customers and clients. From Facebook to Twitter, blogging, YouTube, LinkedIn, and more, discover the new principles of communication that apply across all networks, how these specific social networks function, and their possible uses for your organization. Learn how social networks are used to develop a two-way communication and marketing strategy for your organization. Then, find out what you can be doing and create a plan to integrate social networks into your communication and marketing. Whether you are new to social networks or already involved, you will come away with both an understanding of social networks and practical, how-to techniques to integrate social networks into your organization or business. Your instructors are outstanding practitioners who also speak, write, and train others on social networks. Classes included in certificate: Introduction to Social Media, Marketing Using Social Media, Integrating Social Media in Your Organization

Instructor: LERN Staff

DATE	TIME	FEE
06/05 - 09/01	Asynchronous online	\$495



## Conflict Management

**23BGC75**

A recent study conducted by the American Management Association (AMA) revealed that the average manager spends more than 20 percent of their day engaged in or reacting to a conflict situation. This study also identified that out of twenty-five management skills, conflict management was the only one positively correlated to higher earnings and promotion. Discover a workable conflict management model, discuss case studies in conflict management, and then take away successful conflict management strategies to apply in your workplace. Certificate available. For additional information please see: Workplace Conflict Solutions Certificate.

Instructor: LERN Staff

DATE	TIME	FEE
06/05 - 06/30	Asynchronous online	\$245

## Integrated Marketing Best Practices

**23BGC167**

Enter the fascinating and emerging field of integrated marketing. Explore how to move potential customers from one media to another, increasing their interest and purchasing. See how different media complement each other. Take home an Integrated Marketing Model to help you choose what's best for your business and industry. Put it all together with a one-year integrated marketing plan that engages your customers, moves inquiries to customers, and projects a positive image for your organization and efforts. Certificate available. See Integrated Marketing Certificate

Instructor: LERN Staff

DATE	TIME	FEE
08/07 - 09/01	Asynchronous online	\$195

## QuickBooks Online Level 1

**23BGC169**

Get a comprehensive understanding of QuickBooks Online, one of the most popular cloud based accounting programs and preferred choice for small business managers, owners, bookkeepers and accounting professionals. In four hands-on units you will learn how to use QuickBooks Online to enter sales, purchases, receive and make payments and add inventory.

Instructor: LERN Staff

DATE	TIME	FEE
06/05 - 06/30	Asynchronous online	\$195

## Mastering Microsoft Excel

**23BGC26**

A must-have skill to succeed in business, whether an entrepreneur or a valued employee, is the ability to create, edit, and manage spreadsheets. Microsoft Excel is the most used spreadsheet tool in the world. Stay current with this class, as it is always up-to-date and will change as the features of Excel change over time. Examine the life of an Excel worksheet and workbook, from creation to presentation. Learn how an Excel worksheet is constructed, populated with content, and edited for delivery. Master the options that can take your Excel worksheet from plain, drab numbers to exciting and engaging multimedia. You will leave class with a set of skills that are in high demand and will be a deciding factor in your future success. Certificate available. For additional information please see: Certificate in Mastering Excel.

Instructor: LERN Staff

DATE	TIME	FEE
TBD	Asynchronous online	\$195

## Beginning Conversational Spanish

**23BGC80**

Designed for beginners, we will have you speaking and reading Spanish in no time. You will practice the basic building blocks of the language and common idiomatic expressions. You will know enough vocabulary and grammar for simple conversations, and you will learn how to ask and answer questions. Whether you speak some Spanish and need a refresher or no Spanish, you will complete the course with the skills to communicate in Spanish.

Instructor: LERN Staff

DATE	TIME	FEE
06/05 - 07/28	Asynchronous online	\$290

## Adobe Photoshop Essentials

**23BGC61**

This fundamental course covers Adobe Photoshop CC most commonly used tools, menus, and panels. You'll learn all the basics of Photoshop to effectively work with selection and editing tools, layers, and masks to edit, retouch, and enhance existing images or create your own composite digital artwork. Impress your business organization, friends, and family by enhancing their photos and create magazine cover quality enhanced images. Access to Adobe Photoshop required.

Certificate available. For additional information please see: Graphic Design Software Essentials Certificate.

Instructor: LERN Staff

DATE	TIME	FEE
07/04 - 07/28	Asynchronous online	\$225



# COMMUNICATION

## Community ESL for Adults

23BLA73

This small-group ESL (English as a Second Language) course is aimed at adults from the community who are interested in learning and improving their English skills! This course will focus on topical readings and engage in informal discussions to improve our abilities. Coaching on vocabulary and pronunciation we will offered.

Instructor: Cary Chappell, [caryc@ksu.edu](mailto:caryc@ksu.edu), Cary has been in the English Language program for 10 years at K-State.

DATE	TIME	FEE
06/05 - 07/31 (M)	7:30 - 8:30 PM	\$20

**Location:** UFM Teaching & Learning Rm, 1221 Thurston St

## American Sign Language (ASL)

NEW!

23BLA75

Open the door to self-expression and a new language! Learn to introduce yourself, ask questions, make new friends, appreciate Deaf culture, and integrate ASL into everyday life! Instructor: Sabrina Handy, Sabrina is enthusiastic about increasing appreciation of Deaf culture and knowledge of ASL. She is currently pursuing her Master's Degree in Drama Therapy at K-State.

SEC	DATE	TIME	FEE
A	05/29 - 06/07 (M/W)	1:30 - 3:30 PM	\$61
B	06/19 - 06/28 (M/W)	1:30 - 3:30 PM	\$61
C	07/11 - 07/20 (T/Th)	1:30 - 3:30 PM	\$61

**Location:** UFM Conference Room, 1221 Thurston St, 2nd fl

## Nonviolent Communication

23BPI214

Communication strategies that help you de-escalate conflict and allow you to connect better with others are useful in every life setting. Come to develop a fresh way of thinking about communication in all kinds of relationships, personal or professional. This class is highly interactive, fast-paced, challenging, and guaranteed to be fun and funny. "Let's face it—we all think we're doing great.... but could we do better?" Instructor: Susanne Glymour, [sglymour@gmail.com](mailto:sglymour@gmail.com), Susanne Glymour is a former social worker with a passion for community engagement and improving lives through better interpersonal communication.

DATE	TIME	FEE
06/08 - 06/29 (Th)	11:30 AM - 1:00 PM	\$45

**Location:** UFM, 1221 Thurston St

## Basic Hangeul (Korean alphabet):

NEW!

## Writing my name in Korean

23BLA76

Hangeul (Korean alphabet) is one of the most logical writing systems in the world. While easy and fun to learn. In this course, you will learn Korean culture, principles of Hangeul, how to read and write in Korean, and basic Korean words/expressions. At the completion of this course, you will be able to write your name in Korean. This course provides the opportunity to learn about Korean language and culture. Instructor: Jane Kim, Jane is a certified Korean language instructor who has a passion for sharing Korean culture.

SEC	DATE	TIME	FEE
A	06/01 - 06/29 (Th)	7:00 - 8:20 PM	\$40
B	07/10 - 08/07 (M)	7:00 - 8:20 PM	\$40

**Location:** UFM Teaching & Learning Rm, 1221 Thurston St

## Queer Liberation

NEW!

## Community Workshops

23BPI215

Join the Manhattan Community in our monthly Queer Liberation Community Workshops! These democratically facilitated meetings are held for you to direct the course of the Queer Liberation Project which includes the community creation of the Queer Closet. From course development and funding procurement to painting the walls and other fun activities, these workshops offer means to directly engage in social activism through education.

Instructors: Aliah Mestrovich Seay, [aliah@tryufm.org](mailto:aliah@tryufm.org), & Chase Jordan, [chase@tryufm.org](mailto:chase@tryufm.org)

SEC	DATE	TIME	FEE
A	05/29 (M)	7:00 PM - 8:30 PM	No Charge
B	06/26 (M)	7:00 PM - 8:30 PM	No Charge
C	07/31 (M)	7:00 PM - 8:30 PM	No Charge
D	08/28 (M)	7:00 PM - 8:30 PM	No Charge

**Location:** UFM Queer Liberation Commons, 1221 Thurston St

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# CAREER & LEADERSHIP

## Grant Writing

23BFC171

This course is an introduction to grant writing and is designed to strengthen one's ability to write competitive proposals. Participants will learn the fundamental practices of proposal development with an emphasis on writing for non-profit organizations. This course is applicable to all professions. Participants will create a mock proposal that will be reviewed at the end of the class. Classes are facilitated via a series of four online modules via Google Classroom.

Instructor: Rachelle DeCoud, [rachelledecoud@gmail.com](mailto:rachelledecoud@gmail.com)  
Rachelle has worked as a grant writer securing funding for nonprofit organizations.

SEC	DATE	TIME	FEE
A	06/05 - 06/26 (M)	TBD	\$46
B	07/10 - 07/31 (M)	TBD	\$46

**Location:** Online - Asynchronous

## College & Career Planning

23BFC170

Through an active and thoughtful process, participants will go through a series of assessments and reflective modules that unveil their career potential while learning how to research programs and pathways that are the best fit for them. At the end of the class, participants will have a 5-year-plan to achieve their educational goals and move toward a satisfying career path with guidance from their instructor. This course is perfect for current high school students and anyone looking to start a new career. Classes are set up in a series of four online modules via Google Classroom.

Instructor: Rachelle DeCoud, [rachelledecoud@gmail.com](mailto:rachelledecoud@gmail.com)  
Rachelle is a college consultant with a Master's Degree in Academic Advising from KSU.

SEC	DATE	TIME	FEE
A	06/05 - 06/26 (M)	TBD	\$46
B	07/10 - 07/31 (M)	TBD	\$46

**Location:** Online - Asynchronous

## How to Write Your

## College Application Essay

NEW!

23BFC174

This course is designed to provide support in college application essay writing. Not sure how to start? Need help brainstorming ideas? Maybe you have a draft started? Maybe you want help with final edits or revisions? This class will meet you wherever you're at in the writing process.

Instructor: Minadora Macheret

Dr. M. has a Creative Writing Ph.D. from the University of North Texas. She has experience as an instructor and writing tutor for various universities, colleges, and community programs.

SEC	DATE	TIME	FEE
A	06/05 - 06/26 (M)	5:00 - 6:00 PM	\$100
B	07/10 - 07/31 (M)	5:00 - 6:00 PM	\$100

**Location:** Online - LIVE

## Teaching & Instruction Workshop

23BFC175

Looking to learn the basics of teaching a course? Or are you wanting to further develop your instructional skills? Come join UFM instructors and community members alike in these teaching workshops designed to cater to your needs! These sessions are democratically structured to allow you to determine the direction of the course. There is no registration deadline, so feel free to enroll anytime!

Instructor: Chase Jordan, [chase@tryufm.org](mailto:chase@tryufm.org)

Chase is a Master's Student in Instructional Communication & Rhetorical Theory at Kansas State University. They are also a Graduate Teaching Assistant for the A.Q. Miller School of Media and Communication and instruct Public Speaking. Chase specializes in Interculturally Responsive Pedagogy and has presented at the Western States Communication Association Research Conference for their academic works in instructional and pedagogical research.

DATE	TIME	FEE
05/30 - 06/22 (T/Th)	5:30 - 7:00 PM	\$30

**Location:** UFM Conference Room, 1221 Thurston St, 2nd fl



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## Improve Your Sales Process:

### The Journey to Sales “Mastery” 23BFC173

New to sales? Seasoned professional? This course is for you! From the basic essentials to understanding your market, your customer, and having a process that challenges the status quo, learn the processes and solutions to help you and your team apply and adopt the strategic and tactical skills needed to grow your sales. We will work on the personal development of skills and techniques related to creating and exploring new sales opportunities as well as closing sales for an organization.

DATE	TIME	FEE
06/12 - 07/17 (M)	8:00 - 9:00 PM	\$100

**Location:** UFM Conference Rm, 1221 Thurston St. & Zoom

\* Class dates/locations: Weeks 1 and 6 will be hosted on-site at UFM. If you reside outside of Manhattan and surrounding areas, Zoom will be available. Weeks 2-4 will be offered only via Zoom video conferencing.

Instructor: Donovan Seay, Donovan Seay is a driven sales professional, leader, business consultant, and account manager with years of top performance. Earned by creating opportunities to exceed customer expectations and sales goals. Donovan prides himself on being a strategic thinker, a passionate motivator, and someone that is always eager to learn and improve. From business to business and cold calling, to in-home and retail sales, Donovan has been a consistent top performer. He has found that building relationships based on longevity and trust create long-lasting partnerships between businesses and clients. Creating this reality is his specialty.

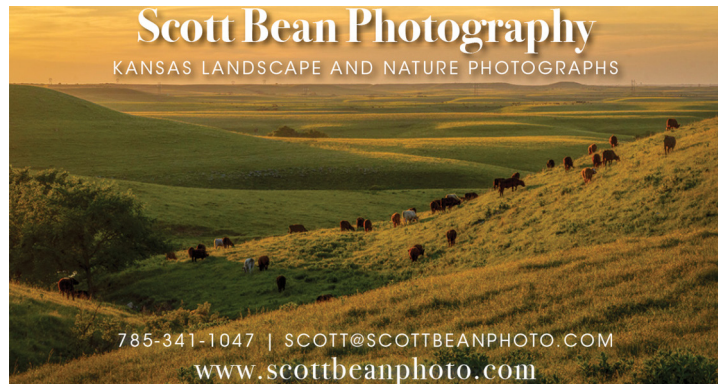


Donovan has consulted businesses, from small to enterprise, nationwide on their sales and marketing process, built and helped to sell a financial product from inception to \$300 million over five years, and has hired, trained, coached, and led top-performing national sales teams while building a quality personal network of B and C level executives throughout the industry.

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# HEALTH & WELLNESS

## Introduction to Feldenkrais

23BHW314

The Feldenkrais Method® of somatic education uses gentle movement and directed attention to help people learn new and more effective ways of living the life they desire. You can increase your ease and range of motion, improve your flexibility and coordination, and rediscover your innate capacity for graceful, efficient movement. Since movement is a critical part of our everyday lives, these improvements will often enhance your thinking, emotional regulation, and problem-solving capabilities. The Feldenkrais Method® is based on principles of physics, biomechanics, and an empirical understanding of learning and human development. Moshe Feldenkrais said, "We move according to our perceived self-image." By expanding your perception and increasing awareness, you will become more aware of your habits and tensions and develop new ways of moving. By increasing sensitivity, the Feldenkrais Method® assists you to live your life more fully, efficiently, and comfortably. Prepare: You'll be on the floor for most of this class. Have folded quilts or a folded moving blanket to lie on. If you choose to bring a yoga mat, please use it as a base layer and cover it with a quilt or moving blanket because of its stickiness. Also, bring towels and/or a stack of padded gardening kneelers to provide support for your head and other parts of your body. Small, firm pillows can also be used to support wrists, knees, or shoulders.

Instructor: Becky Behling, beckybehling@gmail.com  
Becky has taught Awareness Through Movement® lessons for ten years. She is certified as a practitioner by the Feldenkrais Guild of North America. She is also certified by the American Council on exercise as a personal trainer and group exercise instructor and has been teaching a variety of classes since 1987.

DATE	TIME	FEE
06/06 - 06/29 (T/Th)	6:30 - 7:30 PM	\$59

**Location:** Manhattan Mennonite Church Annex,  
1000 Fremont

## Forest Bathing (Shinrin Yoku)

23BHW323

Shinrin Yoku or Forest Bathing helps you experience the healing power of nature. We will start with an explanation of what we will be doing. Next, there will be a 20-30 minute guided meditation while each participant stands next to a tree. You will learn how to connect with the trees and the earth. Forest Bathing relieves stress and relaxes your muscles. We will end with a discussion about the meditation.

Instructor: Kris Springer

Kris Springer is a Chiropractor and Acupuncturist at Rockhill Wellness Center in Manhattan. She has always loved and appreciated nature but especially appreciated being in nature during the pandemic. She believes nature helps us emotionally, spiritually, mentally and physically to heal. She looks forward to sharing what she has learned with you.

DATE	TIME	FEE
06/04 (Su)	8:30 - 10:00 AM	\$20

\* Participants need to wear comfortable walking shoes and dress appropriately for the weather. It will be a standing, outdoor meditation at Wildwood Adventure Park. Park in the parking lot and we will walk to the trees from there. No pets please.

**Location:** Wildwood Adventure Park, 375 Johnson Road

### Becky Behling, MS

Certified by the Feldenkrais Guild of North America® to teach Awareness Through Movement® and Functional Integration® lessons

- Zoom classes are ongoing
- New classes forming in Manhattan, KS, through the UFM Community Learning Center (<https://tryufm.org>)

512.913.9913  
becky@movewitheasenow.com  
www.movewitheasenow.com



**Wolf House Museum**  
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**State Historic Site**  
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Tues - Fri 8:30 - 5:00  
Sat. & Sun. 2:00 - 5:00

**Pioneer Log Cabin**  
Manhattan City Park  
Open Sundays 2:00 - 5:00  
April - October

**Rocky Ford School**  
Tuttle Creek and Barnes Rd.  
By Appointment



## Refuse To Be A Victim®

NEW!

23BHW202

Safety experts agree the single most important step toward ensuring your personal safety is making the conscious decision to Refuse To Be A Victim®. You stand a much better chance of preventing criminal attack if you develop a safety plan before you need it. That is why the National Rifle Association is offering the Refuse To Be A Victim® crime prevention seminar. This seminar teaches easy-to-understand methods you can use to increase awareness and prevent criminal confrontation. In just two to three hours, you will get the tools you need to develop your own personal safety strategy, including information about:

- The Psychology of the Criminal Mind
- Home & Phone Security
- Automobile & Travel Security
- Personal & Technological Security
- Self-Defense Devices and Training Options
- And more!

Instructor: Robert Auten

Robert Auten is full-time staff at Kansas State University as well as an NRA-certified instructor in many disciplines including Refuse To Be A Victim®.

DATE	TIME	FEE
08/05 (Sa)	9:30 AM - 12:30 PM	\$30

**Location:** UFM Conference Room 1221, Thurston St, 2nd fl

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## Blended Learning: FirstAid/CPR/AED 23BHW70

Blended Learning is a CPR, First Aid, and AED training program that combines an online session with a hands-on skills practice and assessment session. Certification in Adult and Pediatric First Aid/CPR/AED is valid for two years. You will be contacted via email by UFM staff with login information and directions. Certification requirements are as follows:

Part I: Complete the online sessions by correctly answering at least 80% of the questions on the final exam, then provide proof you successfully completed the online portion at the hands-on skills practice and assessment session.

Part II: Attend the in-person session and demonstrate competence in the hands-on skills practice and assessment session.

Source: American Red Cross

Classes are subject to cancellation if minimum is not met.

Instructor: Melissa Copp

SEC	DATE	TIME	FEE
A	06/06 (T)	5:30 - 7:30 PM	\$73
B	07/11 (T)	5:30 - 7:30 PM	\$73
C	08/01 (T)	5:30 - 7:30 PM	\$73

**Location:** UFM Conference Room 1221, Thurston St, 2nd fl



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# YOGA

## Chair Yoga

**23BHW156**

Chair Yoga will move your whole body through a complete series of seated and standing yoga poses. Chair support is offered to safely perform a variety of postures designed to increase flexibility, balance, and range of movement. Restorative breathing exercises and a final relaxation will promote stress reduction. Participants will also learn how to develop a home practice. All levels welcome.

Instructor: Debbie Newton, dn72649@gmail.com, Debbie has been a certified yoga teacher (CYT) since 2007.

SEC	DATE	TIME	FEE
A	05/30 - 06/27 (T)	12:15 - 1:15 PM	\$32
B	07/11 - 08/08 (T)	12:15 - 1:15 PM	\$32

**Location:** UFM Solar Addition, 1221 Thurston St

## Evening Yoga

**23BHW88**

Close your day with gentle yoga movements and breathing practices to help you relax, rejuvenate, and restore your energy! Participants will also learn how to develop a home practice. No experience is necessary. Yoga is for everybody.

Instructor: Debbie Newton, dn72649@gmail.com  
Debbie has been a certified yoga teacher (CYT) since 2007.

SEC	DATE	TIME	FEE
A	06/05 - 07/03 (M)	5:45 - 6:45 PM	\$37
B	07/10 - 08/07 (M)	5:45 - 6:45 PM	\$37

**Location:** Unitarian Universalist Fellowship of Manhattan, (UUFM) 481 Zeandale Rd



Chair Yoga.

## Heart Space Online Yoga

**NEW!**

**23BHW324**

This class is for everyone, regardless of experience or ability. Online means you can have your own private space to attend class. "If you're just starting, I hope to inspire your enthusiasm for this amazing art/science of self-observation and meditation. Anyone can practice yoga - anyone! Please join me and learn more about your body/mind and how to use it wisely."

Instructor: Ana Franklin, yogaconnection@gmail.com  
Ana Franklin began practicing yoga in the 1970s and has been teaching since 1984. Ana has decades of teaching experience and loves teaching yoga to beginners as well as long-time yogis.

DATE	TIME	FEE
06/26 - 08/14 (M)	4:30 - 5:45 PM	\$149

**Location:** Online - LIVE

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# LIFETIME LEARNING

Lifetime Learning classes provide life-enrichment opportunities where learning never stops. UFM's Lifetime Learning program's mission is to offer educational programming and activities for learners age 50+ to enrich their social, cultural, and intellectual learning opportunities. All ages are welcome.

## Manhattan Mural Tour

NEW!

23BLL72

Join Jeff Sackrider, co-founder and volunteer chair of Incite MHK, on a journey through the streets of Manhattan to explore some of the town's most stunning murals. Over the past four years, Incite MHK has commissioned talented artists to create unique and inspiring works of art that reflect the spirit of our community. With Jeff as your guide, you'll learn about the stories behind each piece, the techniques used to bring them to life, and the impact they've had on the town's cultural landscape. This tour is sure to leave you with a new appreciation for the power of public art.

**\*Meadowlark Hills residents** see message below.

Instructor: Jeff Sackrider

DATE	TIME	FEE
06/13 (T)	1:30 - 3:00 PM	\$15

**Location:** Meadowlark Hills, 2121 Meadowlark Road  
(Please meet at Meadowlark Hills and we will take a bus to each stop together)

## Songs from the Old West

NEW!

23BLL73

Join us for an hour of period songs and songs inspired by America's West—some cowboy songs, some movie songs, some songs more recent, but all toe-tapping entertainment.

**\*Meadowlark Hills residents** see message below.

Instructor: Roy Bird

DATE	TIME	FEE
06/20 (T)	1:30 - 2:30 PM	\$15

**Location:** Meadowlark Hills Community Room,  
2121 Meadowlark Road

## Three Significant

NEW!

## American Military Campaigns

23BLL71

This class will examine three significant campaigns fought by the United States Army. The first class will focus on George Washington's New York Campaign of 1776. The New York campaign was Washington's first major campaign as leader of the Continental Army. The campaign for control of New York, the colonies' largest city, pitted a British Army of 32,000 troops against Washington's 14,000. The second class will review Sherman's Civil War Atlanta campaign of 1864. In May 1864, General William T. Sherman with over 100,000 Union soldiers campaigned for nearly four months for control over the Confederate city of Atlanta. The campaign became a war of maneuver against Joseph E. Johnston's 60,000 Confederate troops defending the city. The final class will focus on the World War II Battle of the Bulge. The last major German offensive of World War II attempted to drive a wedge between the U.S. Army and the British Army in an attempt by Hitler to bring about a negotiated peace with the Western Allies. The month-long campaign was one of America's costliest battles incurring nearly 61,000 American and 120,000 German casualties. **\*Meadowlark Hills residents** see message below.

Instructor: Robert Smith

Robert Smith was born in Nebraska and attended Nebraska University where he majored in history. Bob has always had a love for history and a particular interest in military history as he comes from a military family. Prior to his return to academia and advanced degrees, Bob managed a family operated business where he learned management and organizational skills. He returned to academia in 1998, attending Kansas State University, receiving a Master of Arts in Military History in 2004, and a Ph.D. in Military History in December 2008. Currently, Bob is the Director of the Fort Riley Museum Complex, Fort Riley, Kansas.

DATE	TIME	FEE
07/27 - 08/10 (Th)	6:30 - 8:00 PM	\$35

**Location:** Meadowlark Hills Community Room,  
2121 Meadowlark Road

Meadowlark Hills residents:

to register for this class, please call UFM at 785-539-8763 and leave a message or email [info@tryufm.org](mailto:info@tryufm.org). All others may register online at [tryufm.org](http://tryufm.org) or by calling UFM.



## Important Legal Documents

### Everyone Should Have

23BLL21

Who will care for your children if you cannot? Who will pay your bills and choose your doctor if you have a stroke and can no longer speak? What if you develop dementia or have a serious accident? Who gets your stuff when you die? Who decides? Should you have a Last Will & Testament? Is Probate required? It could be easier than you think . . . or you may need to make some good decisions now! These, and other fascinating legal questions, along with solutions to resolve common dilemmas, are discussed by experienced Elder Law Attorney Chris Bailey.

Instructor: Chris Bailey, [chris@thompsonbailey.net](mailto:chris@thompsonbailey.net)

Chris Bailey, Attorney at Law with Thompson & Bailey, is a Manhattan native and 1993 graduate of the University of Kansas School of Law. Chris joined the family firm prior in 2016 and concentrates in Adoption, Elder Law, Wills, Trusts, Estate Planning, Civil, and Domestic law. Chris is a proud Rotarian and serves on several local committees and nonprofit boards.

DATE	TIME	FEE
06/06 - 06/27 (T)	5:30 - 6:30 PM	\$20

**Location:** UFM Solar Addition, 1221 Thurston St

## LIFETIME LEARNING

## Understanding Medicare:

### Introduction to the Basics

23BLL27

Medicare presents a surprisingly complicated, and often confusing set of decisions with significant financial consequences for those turning 65, retiring after 65, disabled, or otherwise eligible for this health insurance program that covers over 60 million Americans. Learn about the basic parts of Medicare, what Medicare Supplement plans are and how they can help cover the gaps in Medicare, what services are covered by Medicare, and what options exist to gain protection for services not covered. Also, gain knowledge of how and when to enroll in Medicare to maximize your benefits and avoid penalties.

Instructor: David Jones, [david@medicareadvisor4you.com](mailto:david@medicareadvisor4you.com)

David is an AHIP-certified independent insurance agent focused on Medicare-related products and services.

SEC	DATE	TIME	FEE
A	05/31 - 06/14 (W)	6:00 - 7:00 PM	No Charge
B	08/01 - 08/15 (T)	6:00 - 7:00 PM	No Charge

**Location:** UFM Solar Addition, 1221 Thurston St

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# SELF-DEFENSE

## Adult Beginner Boxing

**23BMA26**

Boxing is a great way to get in shape, learn a form of self-defense, and make exercise FUN! K.O. teaches individuals of all ages & backgrounds the sweet science that is boxing. You are never too young to start and never too old to learn. See you at K.O.! Ages 16+ may participate!

Instructor: Pedro Marquez, koboxingusa@gmail.com  
Golden Gloves winner, Bachelor's Degree in Kinesiology, 10+ years boxing/coaching experience.

DATE	TIME	FEE
06/05 - 06/28 (M/W)	6:30 - 7:30 PM	\$60

**Location:** K.O. Boxing, 2048 Tuttle Creek Blvd.  
(In the basement under Shelter Insurance)



Boxing gloves.

## Women's Boxing 101

**23BRF242**

A beginners boxing class geared for women and led by a female instructor. Learn to box with hands-on exercises, equipment, and teaching. Start your morning off with a great boxing workout to give you the energy you need for the rest of your day!

Instructor: Caity Hinnergardt, koboxingusa@gmail.com

SEC	DATE	TIME	FEE
A	06/06 - 06/29 (T/Th)	4:30 - 5:30 PM	\$60
B	07/06 - 07/27 (T/Th)	4:30 - 5:30 PM	\$60

**Location:** K.O. Boxing 2048 Tuttle Creek Blvd.  
(In the basement under Shelter Insurance)



## Youth Beginner Boxing

**23BYO149**

Boxing is a great way to get in shape, learn a form of self-defense, and make exercise FUN! K.O. teaches individuals of all ages & backgrounds the sweet science that is boxing. You are never too young to start and never too old to learn. See you at K.O.! Ages 6 - 15 years old may participate!

Instructor: Pedro Marquez, koboxingusa@gmail.com

SEC	DATE	TIME	FEE
A	06/05 - 06/28 (M/W)	4:30 - 5:30 PM	\$60
B	07/05 - 07/26 (M/W)	4:30 - 5:30 PM	\$60

**Location:** K.O. Boxing 2048 Tuttle Creek Blvd.  
(In the basement under Shelter Insurance)

**NEW!**

## The Manhattan Self-Defense Project **23BMA30**

The Manhattan Self-Defense Project has three levels. This is the first level and is very basic. There is a book of theory included with this class. We feel the more you know about self-defense, the less likely you will be attacked, and the more likely you will be able to successfully defend against an attack.

Instructor: Stan Wilson, (785) 313-5488

Stan Wilson has studied martial arts since 1970 and has a black belt in Hakkoryu Jujutsu and a black sash in Pai Lum Kung Fu.

DATE	TIME	FEE
06/01 - 06/29 (Th)	7:00 - 8:00 PM	\$59

**Location:** UFM Solar Addition, 1221 Thurston St

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## Minecraft Adventure

23BYO152

Joining the Minecraft club provides opportunities for children to complement schools by learning the same school materials in virtual worlds, allowing them to construct their understanding and learning using problem-solving, self-direction, and collaboration. Playing Minecraft can also develop STEM skills (Science, Technology, Engineering, and Mathematics). Our Minecraft adventure club allows children to play on a safe and private server with their peers using Minecraft Education Edition! Kids get to do awesome things together. Bonus: Snacks are provided. Students earn a badge after completing the whole lessons.

Here are some lessons we do together in the course.

- \* Aquatic Adventures
- \* Mathematics
- \* Language Arts
- \* Science
- \* Social Studies
- \* Visual Arts

Instructor: Safia Malallah

Safia Malallah is a postdoc in the Computer Science Department at Kansas State University working with Vision and Data science projects. She has ten years of experience as a computer analyst and graphic designer. She is passionate about developing curricula for coding, data science, AI, and engineering to young children by modeling playground environments. She tries to expand her experience by facilitating and volunteering for many STEM workshops.

SEC	DATE	TIME	FEE
A	06/03 - 06/24 (Sa)	10:00 AM - Noon	\$148
B	06/04 - 06/25 (Su)	10:00 AM - Noon	\$148
C	07/06 - 07/27 (Th)	5:30 - 7:30 PM	\$148

**Location:** UFM Queer Liberation Commons, 1221 Thurston St

**NEW!**

## Fun Programming with Scratch

23BYO163

This class teaches Scratch and the basic concepts of coding. It gives the opportunity for students to learn different coding techniques and develop a basic understanding of programming concepts. Throughout the session, students will be working on building their knowledge to help create a project that fits their interests such as music, games, art, animation, and math.

Instructor: Angie Chae

DATE	TIME	FEE
07/06 - 07/27 (Th)	6:00 - 7:30 PM	\$21

**Location:** UFM Conference Room, 1221 Thurston St, 2nd fl



## TEEN MENTORING

For more information about or to apply for the mentoring program, visit [www.tryufm.org](http://www.tryufm.org) or email [Abby@tryufm.org](mailto:Abby@tryufm.org)

## Youth Beginner Boxing

23BYO149

Boxing is a great way to get in shape, learn a form of self-defense, and make exercise FUN! K.O. teaches individuals of all ages & backgrounds the sweet science that is boxing. You are never too young to start and never too old to learn. See you at K.O.! Ages 6 - 15 years old may participate!

Instructor: Pedro Marquez, [koboxingusa@gmail.com](mailto:koboxingusa@gmail.com)

SEC	DATE	TIME	FEE
A	06/05 - 06/28 (M/W)	4:30 - 5:30 PM	\$60
B	07/05 - 07/26 (M/W)	4:30 - 5:30 PM	\$60

**Location:** K.O. Boxing 2048 Tuttle Creek Blvd. (In the basement under Shelter Insurance)

**NEW!**

## Youth STEAM Birthday Bash!

We set it up. You have fun!

23BYO164

Have a birthday at UFM Community Learning Center where learning is fun! We can give your child a personalized birthday to remember. Your child can invite up to 15 friends to enjoy a STEAM (Science, Technology, Engineering, Art, and Math) activity in one of our UFM classrooms. UFM will provide a themed sheet cake, tablecloth, and tableware for two hours of birthday fun! Please note: As a community learning space, families are expected to clean up the space after the event. Instructor: Aliah Mestrovich Seay, [aliah@tryufm.org](mailto:aliah@tryufm.org)

DATE	TIME	FEE
TBD	TBD	TBD

**Location:** UFM, 1221 Thurston St



# Connecting Youth to the Arts: The Planting Peace Program

This program is exclusively designed to create a community of peacemakers to empower youth and develop their social, emotional, and community awareness skills. This series is offered on a weekly basis, and youth can sign up for one week or all 10 weeks depending on their interests and scheduling availability. Youth learn art basics using different artistic mediums while communicating about peace in their communities. Youth will have opportunities to work individually and together on project-based learning including murals, textiles, and mixed media. Youth need to wear clothing they can get dirty in! All classes are held at UFM's Solar Addition in our Greenhouse or Peacebuilding Room, 1221 Thurston St.

## Connecting Youth to the Arts:

**NEW!**

### What is Peace? Peace Within

**23BYO165**

Youth use seeds to garden in the UFM greenhouse to learn about Peace Within - planting a seed of peace while exploring 3D social emotional learning and stress management techniques.

Instructors: Aliah Mestrovich Seay, [aliah@tryufm.org](mailto:aliah@tryufm.org), & Jackie Hernandez

DATE	TIME	FEE
05/31 (W/F)	9:00 AM - Noon	\$75

## Connecting Youth to the Arts:

**NEW!**

### Multi-Media Art, Nature, and Environmental Awareness

**23BYO166**

Youth create individual and collective multi-media art with a trained local artist using objects from nature. Youth explore different natural art mediums and how they can be peacebuilders by being kind to the environment.

Instructors: Jackie Hernandez & Christine Sims

DATE	TIME	FEE
06/05 - 06/07 (M/W)	9:00 AM - Noon	\$75

## Connecting Youth to the Arts:

**NEW!**

### Peace Between You and Me

**23BYO167**

Youth go on a nature walk and get to choose their own peace rock to "plant" at UFM. Students learn conflict resolution and mindfulness techniques. Horticulture "planting peace" programming will also be explored in the UFM greenhouse.

Instructors: Aliah Mestrovich Seay, [aliah@tryufm.org](mailto:aliah@tryufm.org), & Jackie Hernandez

DATE	TIME	FEE
06/12 - 06/14 (M/W)	9:00 AM - Noon	\$75

## Connecting Youth to the Arts: Exploring

**NEW!**

### Watercolor and Peaceful Thoughts

**23BYO168**

Youth create individual and collective art by learning watercolor techniques with a trained local artist while exploring how peaceful thoughts lead to peaceful actions.

Instructors: Jackie Hernandez & Christine Sims

DATE	TIME	FEE
06/19 - 06/21 (M/W)	9:00 AM - Noon	\$75

## Connecting Youth to the Arts:

**NEW!**

### Peace Among – Kids Unity Yoga & Building Character Builds Peace

**23BYO169**

Youth get the opportunity to work with Dance and Yoga instructor, Ms. Kate Digby to do kids yoga and learn about unity and human virtues with her daughter, Bahiyyih. This class is focused on creating unity and diversity and learning how youth can make a difference in their community and world.

Bahiyyih Grover will facilitate a youth class centered on learning about basic human virtues/character traits that the youth have to develop leadership and peacebuilding skills. Youth will learn songs related to different essential human virtues.

Instructors: Kate Digby, Bahiyyih Grover, Jackie Hernandez, & Aliah Mestrovich Seay

DATE	TIME	FEE
06/26 - 06/28 (M/W)	9:00 AM - Noon	\$75

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## Connecting Youth to the Arts:

NEW!

### Exploring Acrylics -

#### Youth Peace Mural

23BYO170

With a trained local artist, youth use acrylic paint techniques to create a community art mural at UFM Community Learning Center while exploring the concepts of peace within, peace between, and peace among. Horticulture "planting peace" programming will also be explored in the UFM greenhouse. Instructors: Jackie Hernandez & Christine Sims

DATE	TIME	FEE
07/03 - 07/05 (M/W)	9:00 AM - Noon	\$75

## Connecting Youth to the Arts:

NEW!

### Community Recycling Project

23BYO171

Peace grows when we think about how we can impact our community and our world together. With resources donated by the Conscious Living Foundation, youth will explore their own community recycling project and how to demonstrate random acts of kindness. Horticulture "planting peace" programming will also be explored in the UFM greenhouse. Instructor: Jackie Hernandez

DATE	TIME	FEE
07/10 - 07/12 (M/W)	9:00 AM - Noon	\$75

## Connecting Youth to the Arts:

NEW!

### Youth Community Peace Gallery

23BYO172

Youth create individual and collective multi-media art with a trained local artist to create a youth community peace gallery to share with the local MHK community.

Instructors: Jackie Hernandez & Christine Sims

DATE	TIME	FEE
07/17 - 07/19 (M/W)	9:00 AM - Noon	\$75

## Connecting Youth to the Arts:

NEW!

### Youth Community Peace Gallery

23BYO173

Youth create individual and collective multi-media art with a trained local artist to create a youth community peace gallery at UFM Community Learning Center to share with the local MHK community.

Instructors: Jackie Hernandez & Christine Sims

DATE	TIME	FEE
07/24 - 07/26 (MW)	9:00 AM - Noon	\$75



## CONNECTING YOUTH TO ART



UFM PUTS THE  
**COMMUNITY**  
IN EDUCATION

## Connecting Youth to the Arts: Multi-Media Art and Poetry

NEW!

23BYO174

Youth create individual and collective multi-media art and explore what they have learned about peace within, between, and among and hang up their art at UFM to create a youth community peace gallery. Youth write poetry to accompany their individual and collective art pieces and do a poetry reading in the community.

Instructors: Jackie Hernandez, Christine Sims, & Aliah Mestrovich Seay

DATE	TIME	FEE
07/31 - 08/02 (M/W)	9:00 AM - Noon	\$75

YOUTH  
SCHOLARSHIPS  
AVAILABLE

Contact UFM for  
more information  
and an application at  
info@tryufm.org or  
785.539.8763



# YOUTH TENNIS

## Pre-K Tennis (Age 4 - 6)

Must be ages 4 - 6. This is a fun, engaging program that teaches the fundamentals of tennis including the introduction of eye-hand coordination, motor skills, cooperative activities, and sportsmanship. This class is taught using USTA Net Generation concepts, smaller 36' courts, foam or red balls, and 19" or smaller rackets. Scholarships are available. Please visit [tryufm.org/scholarships](http://tryufm.org/scholarships).

Instructor: Body First Staff

## 23BYT1

## Red Ball Tennis (Kindergarten - Age 8) 23BYT2

This class teaches kids tennis through exciting games and activities. The focus will be on improving on basic tennis and athletic skills while working to develop rally skills. This class is taught using USTA Net Generation concepts, smaller 36' courts, red balls, and 19" rackets. Ages Kindergarten - 8. Scholarships are available. Please visit [tryufm.org/scholarships](http://tryufm.org/scholarships).

Instructor: Body First Staff

**DATES / TIMES / FEES:** TBD - Please visit [tryufm.org](http://tryufm.org)

**DATES / TIMES / FEES:** TBD - Please visit [tryufm.org](http://tryufm.org)

**Location:** Body First, 3615 Claflin Rd

**Location:** Body First, 3615 Claflin Rd



Interested in teaching a class for UFM?  
Fall 2023 submission deadline is June 2, 2023.  
For more information please email [samantha@tryufm.org](mailto:samantha@tryufm.org).



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Pre-K Tennis.

**Intermediate Tennis (Ages 11-17) 23BYT7**

This class is designed for beginner and intermediate level players ages 11-17. Students will build on their athletic base while learning the fundamentals necessary to serve, rally, and score using a rally/game/drill-based curriculum. Two days per week is recommended for best reinforcement and progression of tennis skills. Scholarships are available. Please visit [tryufm.org/scholarships](http://tryufm.org/scholarships).

Instructor: Body First Staff

**DATES / TIMES / FEES:** TBD - Please visit [tryufm.org](http://tryufm.org)

**Location:** Body First, 3615 Claflin Rd

**Orange Ball Tennis (Ages 9-10) 23BYT3**

Using a fun game-based approach to tennis strokes, techniques, and skills. Intermediate players can expect to spend time learning to play and apply rules of individual or doubles play, in addition to refining their technique. All players will also learn to encourage and support others while continuing their development of being a good sport. The main goals of this class are to develop match-play skills and proper technique. This class is taught using Net Generation concepts, 60' courts, orange balls, and 25" rackets. Scholarships are available. Please visit [tryufm.org/scholarships](http://tryufm.org/scholarships).

Instructor: Body First Staff

**DATES / TIMES / FEES:** TBD - Please visit [tryufm.org](http://tryufm.org)

**Location:** Body First, 3615 Claflin Rd

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**Find the fake class & get  
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**CHECK THIS OUT!**

**Scholarship Opportunity!**

Roger Trenary Tennis & Education scholarships are available for any community youth tennis lessons.

Contact UFM

for more information  
and an application at

[info@tryufm.org](mailto:info@tryufm.org) or 785.539.8763.



These Recreation, Dance, and Fitness Credit courses are offered for KSU credit through the K-STATE GLOBAL CAMPUS with the cooperation of various Kansas State University departments.

- Enroll on KSIS at <http://ksis.k-state.edu>. When you find the class you are interested in, write down the class number. You will need this to enroll through KSIS.

- For full class description and information visit [www.tryufm.org](http://www.tryufm.org)

- Student Access Center. A student with a disability who wishes to request accommodations for a credit course should contact the Student Access Center ([k-state.edu/accesscenter](http://k-state.edu/accesscenter), (785)-532-6441, or email [accesscenter@k-state.edu](mailto:accesscenter@k-state.edu)) and their course instructor. Early notification is requested to ensure that accommodations can be provided in a timely manner.

- Kansas State University Tuition and Fees:

Important Notice about Tuition and Fees. Students enrolled in campus-based programs taking a UFM course pay the tuition and fees for their campus. For additional information visit:

<https://www.k-state.edu/finsvcs/cashiers/costs/>

REFERENCE # - TITLE	TIME	DATE	LOCATION
<b><u>DANCE 599</u></b>			
11984 - Yoga	11:00 AM - 12:00 PM	6/05 - 7/28 (M)	Online
<b><u>KIN 101</u></b>			
11067 - Pole Silks	2:30 - 3:30 PM	6/05 - 7/28 (T/Th)	Elevation Studios
<b><u>RRES 200</u></b>			
11055 - Boxing 1	6:30 - 7:30 PM	6/05 - 7/28 (M/W)	K.O. Boxing
11576 - Boxing 2	5:30 - 6:30 PM	6/05 - 7/28 (M/W)	K.O. Boxing
11594 - Boxing 3	5:30 - 6:30 PM	6/05 - 7/28 (M/W)	K.O. Boxing
11595 - Boxing 4	5:30 - 6:30 PM	6/05 - 7/28 (M/W)	K.O. Boxing
12237 - Women's Boxing 1	4:30 - 5:30 PM	6/05 - 7/28 (T/Th)	K.O. Boxing
12238 - Women's Boxing 2	6:30 - 7:30 AM	6/05 - 7/28 (M/W)	K.O. Boxing
12244 - Women's Boxing 2	4:30 - 5:30 PM	6/05 - 7/28 (T/Th)	K.O. Boxing
12239 - Women's Boxing 3	6:30 - 7:30 AM	6/05 - 7/28 (M/W)	K.O. Boxing
12245 - Women's Boxing 3	4:30 - 5:30 PM	6/05 - 7/28 (T/Th)	K.O. Boxing
12240 - Women's Boxing 4	6:30 - 7:30 AM	6/05 - 7/28 (M/W)	K.O. Boxing
12246 - Women's Boxing 4	4:30 - 5:30 PM	6/05 - 7/28 (T/Th)	K.O. Boxing
11063 - First Aid/CPR	12:00 - 7:30 PM	7/08 - 7/09 (Sa/Su)	UFM

#### Addresses:

- Elevation Studios MHK, 1125 Laramie, Suite A
- K.O. Boxing - 2048 Tuttle Creek Blvd. (In the basement under Shelter Insurance)
- UFM - 1221 Thurston St (UFM Community Learning Center), Teaching & Learning Room (basement)





# Information



## ABOUT UFM NONCREDIT CLASSES

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

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

## 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 evening phone number and/or email address where we may reach you or leave a message. We reserve the right to cancel any class.

## REFUND POLICY

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

## DISCLAIMER

UFM Community Learning Center serves as a forum to bring together people who want to share their personal ideas and/or learn skills in a variety of areas. UFM, its staff, and its board of directors do not endorse any particular viewpoint or philosophy presented in classes, activities, or events included in any UFM publication.

## NONDISCRIMINATION POLICY

UFM Community Learning Center is committed to nondiscrimination on the basis of race, gender, national origin, disability, religion, age, sexual orientation, military status or veteran status, political beliefs, or other non-merit reasons, in admissions, educational programs, or activities and employment as required by applicable laws and regulations. Students under age 18 need the permission of a parent or guardian to participate in a class. Some individual classes may have age restrictions or may require instructor permission.

## SPECIAL ASSISTANCE

A participant who needs accessibility for online learning should email [info@tryufm.org](mailto:info@tryufm.org) to make arrangements. Please contact us as soon as possible so that accommodations can be provided in a timely manner.

Limited scholarships are available for adults and children who qualify for established income guidelines.

## DONATIONS

Donations help underwrite the costs of maintaining the UFM building, coordinating the catalog of classes, and special projects such as scholarships, youth projects, or gardening. Tax-deductible contributions may be sent to UFM at 1221 Thurston St., Manhattan, KS, 66502 or given online at [www.tryufm.org/donate/](http://www.tryufm.org/donate/).

## CONTACT US

Phone: (785) 539-8763 • Email: [info@tryufm.org](mailto:info@tryufm.org)

## ABOUT KSU CREDIT COURSES

### CREDIT CLASS ENROLLMENT

K-State students enroll through KSIS. For credit enrollment questions, contact Samantha, [sam246@ksu.edu](mailto:sam246@ksu.edu) or Erin, [eford23@ksu.edu](mailto:eford23@ksu.edu) at UFM.

### KANSAS STATE UNIVERSITY TUITION AND FEES SPRING 2023 RATES

Courses in Kansas State University's new tuition and fees structure charge by program type - campus-based or online - versus by individual course delivery format. Tuition and fee rates are available at [k-state.edu/costs](http://k-state.edu/costs).

Choose your campus at:

<https://www.k-state.edu/finsvcs/cashiers/costs/> then view tuition/fee information specific to your enrollment plans. You may also view the University-wide Fall 2022/Spring 2023/Summer 2023 Comprehensive Fee Schedule for complete details at: <https://www.k-state.edu/finsvcs/cashiers/costs/comprehensive-tuition-fee-schedules/documents/2022-2023/FY23-KSU-Comprehensive-Fee-Schedule.pdf> which includes rates specific to cohort-based programs and specialty programs.

### STUDENT ACCESS CENTER

A student with a disability who wishes to request accommodations for a credit course should notify the course instructor or contact the Student Access Center office: <http://www.k-state.edu/accesscenter/>, (785) 532-6441, or [accesscenter@k-state.edu](mailto:accesscenter@k-state.edu). Early notification is requested to ensure that accommodations can be provided in a timely manner.

### INCLEMENT WEATHER POLICY

UFM courses held on campus follow the inclement weather policy of Kansas State University. Courses will be conducted unless all University courses are cancelled. If the instructor informs his or 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.

### CREDIT AND NONCREDIT LIABILITY STATEMENT

Individual participants should be aware of the risks and hazards involved in recreational sports and fitness activities. They should voluntarily elect to utilize KSU and UFM facilities and participate in programs recognizing present conditions and further agree to voluntarily assume all risks of loss, damage, or injury that may be sustained while using KSU or UFM facilities or participating in programs. K-State Global Campus/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 UFM or University facilities or participation in programs. It is recommended that all participants have a complete physical before engaging in any physical recreation program.

Follow UFM



# REGISTRATION FORM



**UFM REGISTRATION FORM**  
1221 Thurston St | Manhattan, KS 66502  
785.539.8763 | [www.tryufm.org](http://www.tryufm.org) | [info@tryufm.org](mailto:info@tryufm.org)



Student Name \_\_\_\_\_ Email \_\_\_\_\_  
Address \_\_\_\_\_ City \_\_\_\_\_ State \_\_\_\_\_ Zip \_\_\_\_\_  
Day Phone (\_\_\_\_\_) \_\_\_\_\_ Evening Phone (\_\_\_\_\_) \_\_\_\_\_  
Parent's name if student is under age 18 \_\_\_\_\_ Age if under 18 \_\_\_\_\_  
Participant Statistics: K-State Student \_\_\_\_\_ K-State Faculty/Staff \_\_\_\_\_ Fort Riley \_\_\_\_\_ Other \_\_\_\_\_  
Age Group: 18-24 \_\_\_\_\_ 25-59 \_\_\_\_\_ 60+ \_\_\_\_\_

23BLA75	C	American Sign Language (ASL)	\$61.00

Tax Deductible Donation \$ \_\_\_\_\_

Total \$ \_\_\_\_\_

## Method of Payment *(All fees must be paid at the time of registration)*

Check or Money Order (Make check payable to UFM) \_\_\_\_\_ Cash \_\_\_\_\_

I hereby authorize the use of my Visa \_\_\_\_\_ Mastercard \_\_\_\_\_ Discover \_\_\_\_\_

Card number \_\_\_\_\_ Exp. Date \_\_\_\_/\_\_\_\_/\_\_\_\_

Name on card (please print) \_\_\_\_\_

Where did you obtain your catalog? \_\_\_\_\_

A class I would like offered \_\_\_\_\_

## UFM Liability Participant Statement

I hereby agree, for myself and/or for the enrollee, to UFM Community Learning Center's liability statement. I acknowledge, understand, and assume the potential risk(s) associated with participation in UFM classes or activities. I hereby release and hold harmless the State of Kansas, Kansas State University, UFM Community Learning Center, and their officers, agents, employees, and instructors from any and all liability for personal injury, death, or property damage arising out of, or related to, my participation in UFM classes or activities, including liability for negligence.

\_\_\_\_\_  
Signature *(Signature of Parent or Guardian required for minors)*

\_\_\_\_\_  
Date

## UFM Refund and Cancellation Policies

UFM will provide a full refund when a class is canceled by UFM. If a student withdraws from a class 48 hours before the class begins, a full refund may be given except for any published non-refundable material fees. No refunds will be given once class has started. UFM will notify participants when a class is canceled or rescheduled. Please ensure you provide a daytime and evening phone number where you may be reached for these notifications. UFM reserves the right to cancel any class.



# UFM Community Learning Center

## Vision

Connecting people and ideas for unlimited learning.

## Mission

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

## Values

### **Community and Collaboration**

We value collaboration and cooperation to create community.

### **Patron Satisfaction and Support**

We value a friendly, patron-centered approach to service.

### **Purposeful Relationships**

We value teamwork, open communication, diversity, and inclusion.

### **Integrity and Enjoyment**

We value a foundation of honesty, trust, and understanding that fosters a positive environment for enthusiasm, happiness, and fun.

### **Creativity and Inspiration**

We value adaptability, opportunities for growth, and a creative approach to lifelong learning.



UFM puts the community in education.



ufm

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LEARNING  
CENTER

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Manhattan, KS 66502

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## Summer 2023 Catalog



To enroll please visit [tryufm.org](https://tryufm.org) or call (785) 539-8763.