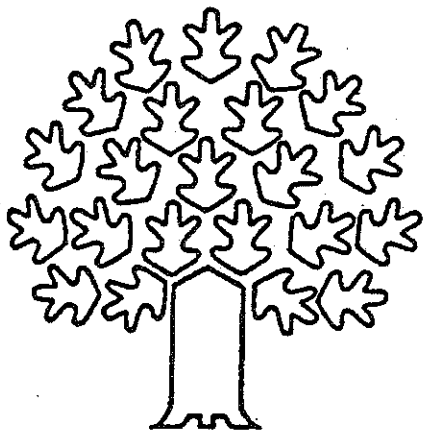


Searching for an adventure?



UFM
1996
Summer Classes
June-August

Nonprofit Organization
U.S. POSTAGE PAID
Permit No. 134
Manhattan, Kan. 66502

OR CURRENT RESIDENT

What is UFM?

UFM is a multi-faceted community education and resource program serving K-State, Manhattan and the surrounding area. UFM is dedicated to providing opportunities for life-long learning and self-development in ways that enrich the quality of our lives.

UFM is best known for our leisure learning classes represented in this catalog. Over 200 classes are presented each semester for your review and participation. UFM also sponsors the Lou Douglas Lecture Series, hosts the Manhattan Community Garden and assists other Kansas towns in starting their own community education programs.

The Clay Coalition and Arts Council classes, listed in the center of the catalog, are an example of UFM's commitment to cooperation with other organizations. The Clay Coalition and Arts Council organize the classes and UFM serves as the registrar. UFM works with the Manhattan Emergency Shelter and the Crisis Center to provide life skills and literacy improvement to homeless families. We have partnered with the Flint Hills Breadbasket to create the SHARE youth leadership project. The Wonder Workshop works with us to provide School's Out activities for elementary school youth.

UFM is the concept of lifelong learning in action, making connections among those who want to share ideas and learn together all for the joy of gaining new ideas, making new friends, and improving our community.

UFM Staff:

Executive Director - Linda Inlow Teener
 Education Coordinator - Charlene Brownson
 Associate Education Coordinator - Kathy Chandler
 State Outreach Coordinator - Anita Madison
 Lou Douglas Lecture Coordinator - Victoria Choitz
 Family Literacy Coordinator - Michael Cody
 Office Coordinator - Rhonda Smartt

UFM is always looking for new ideas and new projects. Let us hear from you!

WHERE WE'RE LOCATED



UFM
 1221 Thurston

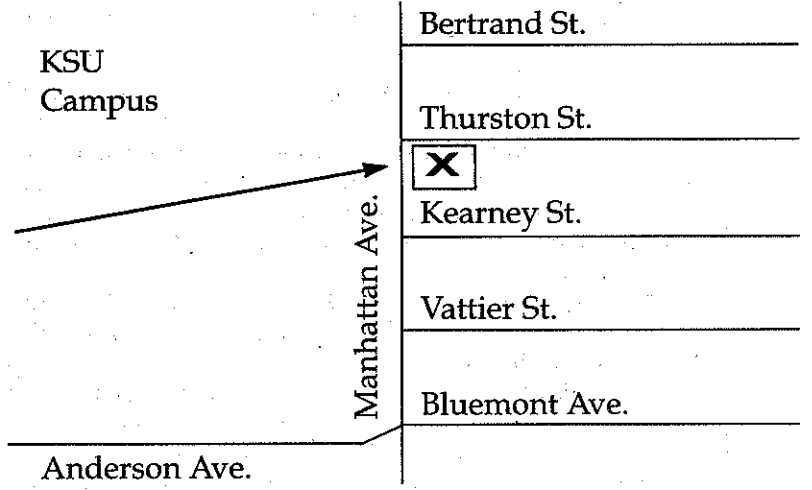


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Classes

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*Red Cross Learn to Swim		*Gardening *Fly Tying	
*Scuba		*The Spillway: One Last Time	
Creative FreeTime	6-8	*Archaeology and more	
*Bicycle Repair *Poetry *Fun Foods		Personal Development ...	18-19
*Successful Money Management		*Self Defense for Women	
*Beginning Genealogy *French for Fun		*Personal Growth and more	
*Sign Language and more		Wellness	20-21
Computer	9	*Tai Chi *Acupressure	
*"User Friendly" classes *Internet		*Massage *Stress Management	
Martial Arts	10	*Yoga and more	
*Wide variety of classes		Youth	22-23
Arts Center Classes	11-14	*Tumbling *Dance *Monster Bubbles	
*Make it in Clay Clay Coalition		*Martial Arts *Self Defense for Preteens	
Recreation and Dance	15	*Yoga for kids and more	
*Golf *Tennis *Dance			

UFM is committed to a policy of nondiscrimination on the basis of race, sex, national origin, handicap, religion, age, sexual preference, or other non-merit reasons, in relation to admissions, educational programs or activities, and employment, all as required by applicable laws and regulations.

UFM provides a neutral site to discuss community needs. The views expressed by course instructors or those groups utilizing our meeting space are not necessarily those held by UFM programs, Board members, or staff.

About UFM Classes:

UFM adheres to the philosophy that anyone can teach and anyone can learn. We rely on the credentials provided by instructors, class observation and participant feedback as tools for evaluating a class and an instructor's abilities.

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

BOARD OF DIRECTORS

Kim Morgan <i>Chair</i>	Richard Johnson
Tom Fryer <i>Vice Chair</i>	Sue Maes
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Linda Inlow Teener <i>Executive Director UFM</i>	Garry Patterson
Nancy Blaine	Bill Richter
	Heather Riley
	Steve Scheneman
	Gabrielle Thompson
	Dean Stramel

The Hottest Mix in Kansas

MANHATTAN/K-STATE	JUNCTION CITY/FT. RILEY
587-0103	238-1035
STUDIO LINE	CONCERT INFO
776-1035	587-0000

Current Hits ~ Classic Favorites



UFM INSTRUCTORS

Kris Barnard
Michael Bennett
Dan Berkow
Glen Bloomstrom
Carl Boger
Dan Brown
Steve Brown
Charlene Brownson
Charles Chandler
Laura Clark
Randi Dale
Larry Dall

Karen Davis
Caroline Domenico
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Safety Extension Corp
Karen Kemp
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F.C. Lanning
Claudette Laurie
DC Lehman

Corey Lewis
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Sue Maes
Tippi Magid
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Center
Bernice Martin
Keith Miller
Beverly Page
John Pickrell
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Leon Rappoport

Carol Regehr
Sharon Rice
Donna Roper
Sara Sanders
Nate Scaritt
Pam Schmid
Phyllis Searles
James Shanteau
Tammy Sinn
J. Edgar Spencer
Paul Sodamann
Diane Stoddard

Dean Stramel
Sun Yi Academy
Diana Tarver
Linda Teener
Mark Tessendorf
Andrea Timberlake
Monty Wedel
Ping Wei
Annette White
Jeff Wilson
Stan Wilson
Steven Zinser



Manhattan Military Wives



-a program for all military families in the Manhattan area-

MILITARY WIVES programs facilitate new friendships and mutual support, emotional and intellectual growth, and lots of group fun. Weekly program topics include information about Manhattan and Ft. Riley, home management, cooking, parenting, self-improvement, communication, career planning, educational opportunities, potluck luncheons, crafts and more.

Meetings during the months of June through August are held the 2nd and 4th Wednesday morning, 10-noon. Check at the First Presbyterian Church, 8th and Leavenworth, Manhattan for a schedule of summer programs. Summer meetings will include children so they will be held at various parks, Sunset Zoo, etc. No reservations are needed. Dress is casual and newcomers are always welcome!

Monthly calendars of MILITARY WIVES activities are available at ACS, the Manhattan Public Library and First Presbyterian Church. Weekly activities are published in the Manhattan Mercury, COPE calendar and Ft. Riley Post.

BABYSITTING CO-OP

Women who attend MILITARY WIVES meetings on Wednesdays are eligible for membership in the Manhattan Military Wives Babysitting Co-op.

TRANSPORTATION

Transportation to Wednesday meetings, special workshops, and to medical, mental health and social services on post and in Manhattan can be arranged for Manhattan military families.

COMMUNITY NETWORKING

The MILITARY WIVES program brings together the needs of military families with resources available in the civilian and military communities.

For more information, please call Carol Dodderidge - 539-1077

COMMUNITY REGISTRATIONS

For your convenience the following dates and locations have been scheduled for on-site registrations.

DATE	TIME	LOCATION
May 11 Sat	11:30am-1:30pm	Dorothy Bramlage Library, Junction City
May 15 W	11:30am-1:00pm	ACS Library (Custer Hill), Ft. Riley
May 22 W	11:30am-1:30pm	ACS Library (Custer Hill) Ft. Riley
May 30 Th	5pm - 6:30pm	Public Library Manhattan
June 5 Th	10am - 2pm	KSU Union Manhattan

Registration continues throughout the semester:

UFM House - 1221 Thurston
8:30 am - 5 pm closed 12 Noon - 1 pm

MAILING YOUR REGISTRATION?

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

A special thanks to the businesses and organizations who show support to UFM through their advertisements. We hope that the community of Manhattan will reinforce our thanks through their patronage of our advertisers!

HANDICAPPED ACCESSIBLE



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

UFM Wish List

Plain Paper Fax Printer Stand
Office Chairs Folding Chairs
Typewriter

Volunteers to help with:
Gardening
Office Work
General Building Maintenance

INCLEMENT WEATHER POLICY

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

UFM CANCELLATION POLICY

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

REFUND POLICY

We will give a full refund if a class is canceled by UFM. If a student decides to withdraw before the class begins, and gives 48 hours notice before the starting date, we will refund all but a \$3 processing fee. **NO REFUND AFTER THE CLASS BEGINS.**

REGISTRATION IS REQUIRED

All participants must be registered before attending a UFM class. This allows for adequate handouts and materials. A class may be canceled due to insufficient pre-registration.

LIABILITY STATEMENT

Individual participants should be aware of the risks and hazards involved in recreational sports and fitness activities. They should voluntarily elect to utilize KSU and UFM facilities and participate in programs recognizing present conditions and further agree to voluntarily assume all risks of loss, damage, or injury that may be sustained while using KSU or UFM facilities or participating in programs.

KSU Continuing Education/UFM assumes no responsibility for costs involved with individual injury or property loss incurred in connection with the use of University or UFM facilities. Individuals are reminded that they should review their own personal circumstances to determine if they have adequate insurance or protection in case of injury resulting from the use of University facilities or participation in programs. It is recommended that all participants have a complete physical before engaging in any physical recreation program.

SPECIAL POLICIES FOR CREDIT OPTIONAL CLASSES

Credit Registration Refunds: After the second credit optional class meeting, but before one-third of the scheduled class sessions have met, fifty percent of the fee may be refunded if requested in writing. No refund is issued if it is requested after one-third of the class meetings have ended.

Credit Enrollment Fees: Courses taken for credit carry additional fees required for University administration of the credit program. A \$15.00 late fee will be charged for enrollments taken after the second class meeting. A \$35.00 late fee will be charged for enrollments taken after one-third of the class meetings. Additional student activity and health fees may be assessed for students enrolled in 6 or fewer KSU credit hours.

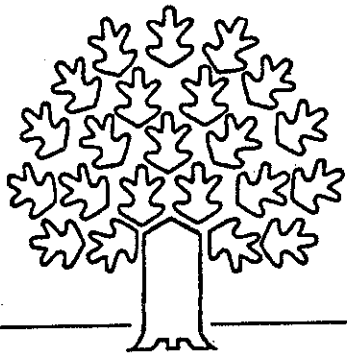
Withdrawals: A student may withdraw from a credit option class by written request prior to the completion of one-third of the scheduled class meetings without a grade being recorded on the student's transcript. If a student withdraws after one-third, but before two-thirds of the scheduled class meetings, a grade of W (withdrawn) will be issued. No withdrawals will be accepted after two-thirds of the scheduled classes have been completed.

ANSWERING MACHINE

You can leave a message or receive current UFM information, between 5:00 pm and 8:30 am, by calling 539-8763.
You can E-Mail UFM at ufm@ksu.ksu.edu

USE REGISTRATION FORM on the back cover.





Aquatics

1221 THURSTON

539-8763

Learn to Swim Classes

UFM and the Division of Continuing Education are pleased to present the American Red Cross Learn to Swim Program Levels I - VII plus adult swim classes. Small classes allow for carefully guided instruction in stroke technique and water safety. Water Safety is reinforced with tips and practice each day. The first day of class each student is evaluated to assure they are in the proper class. Students advance through the levels at their own rate and are moved to different class levels as space permits and skill advancement demands.

PARENTS' DAY is scheduled to allow Parents on deck to observe their child's progress. Each child will receive a written report at this time as well as at the end of class.

Parents' Day Dates: Monday, June 10, 24, July 8, 22
Check to see which date applies to your session.

LOCATION: KSU Natatorium - Ahearn Complex

Lockers are available for use during class. Participants must supply towels and swimsuits. Showers are required before entering the water.

Note: Minimum enrollment for all classes is 5. If less than 5 enroll, classes of the same level may be combined or canceled.

BEGINNING & ENDING DATES

Learn to Swim classes

Session I:	Mon-Fri	June 3 - June 14
Session II:	Mon-Fri	June 17 - June 28
Session III:	Mon-Fri	July 1 - July 12
Session IV:	Mon-Fri	July 15 - July 26

No Classes: Thursday and Friday, July 4 and July 5

Parent/Infant and Parent/Tot

This water orientation program is designed to teach you how to work safely and effectively with your child and to teach basic water safety and self-help skills. The program emphasizes water adjustment, preparatory activities for swimming and water enjoyment for you and your child. Parent-Infant and Parent-Tot class fees include the ARC Aquatic Program Parent's Guide. Small children should wear snug-fitting lightweight pants covered by rubber pants. To participate, infants must have the ability to voluntarily raise their heads 90 degrees when lying flat on their stomachs. **Parent must accompany child.**

Session I:	Mon/Wed/Fri (see dates above)
AQ-09	10:45 - 11:15
AQ-10	5:00 - 5:30
AQ-11	5:35 - 6:05
Session II:	Mon/Wed/Fri (see dates above)
AQ-50	10:45 - 11:15
AQ-51	5:00 - 5:30
AQ-52	5:35 - 6:05
Session III:	Mon/Wed/Fri (see dates above)
AQ-90	10:45 - 11:20
AQ-91	4:55 - 5:30
AQ-92	5:35 - 6:10
Session IV:	Mon/Wed/Fri (see dates above)
AQ-129	10:45 - 11:15
AQ-130	5:00 - 5:30
AQ-131	5:35 - 6:05
Fee:	\$15 per session

Tot Transition

If your 3 - 4 year old toddler is ready to try the water without a parent, but not ready for Level I, this short class is for them. Emphasis will be on basic water safety and preparation activities for swimming. Some parent participation may be allowed.

Session II:	Mon/Wed/Fri (see dates above)
AQ-50T	5:00 - 5:30
AQ-52T	5:35 - 6:05
Session IV:	Mon/Wed/Fri (see dates above)
AQ-129T	5:00 - 5:30
AQ-131T	5:35 - 6:05
Fee:	\$15 per session

Level I: Water Exploration

The objective of Level I is to help students feel comfortable in water and to enjoy the water safely. Students will be introduced to elementary aquatic skills which will be built on as they progress through the Learn to Swim program. There are no prerequisites for this course.

Session I:	Monday - Friday (see dates above)
AQ-13	10:45 - 11:25
AQ-14	4:10 - 4:50
AQ-15	6:15 - 6:55
Session II:	Monday - Friday (see dates above)
AQ-54	10:45 - 11:25
AQ-55	4:10 - 4:50
AQ-56	6:15 - 6:55
Session III:	Monday - Friday (see dates above)
AQ-94	10:35 - 11:25
AQ-95	4:05 - 4:55
AQ-96	6:05 - 6:55
Session IV:	Monday - Friday (see dates above)
AQ-133	10:45 - 11:25
AQ-134	4:10 - 4:50
AQ-135	6:15 - 6:55
Fee:	\$35 per session

Level II: Primary Skills

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

Session I:	Monday - Friday (see dates above)
AQ-17	10:45 - 11:25
AQ-18	4:10 - 4:50
AQ-19	6:15 - 6:55
Session II:	Monday - Friday (see dates above)
AQ-58	10:45 - 11:25
AQ-59	4:10 - 4:50
AQ-60	6:15 - 6:55
Session III:	Monday - Friday (see dates above)
AQ-98	10:35 - 11:25
AQ-99	4:05 - 4:55
AQ-100	6:05 - 6:55
Session IV:	Monday - Friday (see dates above)
AQ-137	10:45 - 11:25
AQ-138	4:10 - 4:50
AQ-139	6:15 - 6:55
Fee:	\$35 per session

SCHOLARSHIPS for YOUTH

Apply at UFM, 1221 Thurston
539-8763

Level III: Stroke Readiness

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

Session I:	Monday - Friday (see dates above)
AQ-21	10:45 - 11:25
AQ-22	4:10 - 4:50
AQ-23	6:15 - 6:55
Session II:	Monday - Friday (see dates above)
AQ-62	10:45 - 11:25
AQ-63	4:10 - 4:50
AQ-64	6:15 - 6:55
Session III:	Monday - Friday (see dates above)
AQ-102	10:35 - 11:25
AQ-103	4:05 - 4:55
AQ-104	6:05 - 6:55
Session IV:	Monday - Friday (see dates above)
AQ-141	10:45 - 11:25
AQ-142	4:10 - 4:50
AQ-143	6:15 - 6:55
Fee:	\$35 per session

Level IV: Stroke Development

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

Session I:	Monday - Friday (see dates above)
AQ-25	10:45 - 11:25
AQ-26	4:10 - 4:50
AQ-27	6:15 - 6:55
Session II:	Monday - Friday (see dates above)
AQ-66	10:45 - 11:25
AQ-67	4:10 - 4:50
AQ-68	6:15 - 6:55
Session III:	Monday - Friday (see dates above)
AQ-106	10:35 - 11:25
AQ-107	4:05 - 4:55
AQ-108	6:05 - 6:55
Session IV:	Monday - Friday (see dates above)
AQ-145	10:45 - 11:25
AQ-146	4:10 - 4:50
AQ-147	6:15 - 6:55
Fee:	\$35 per session

Level V: Stroke Refinement

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

Session I:	Monday - Friday (see dates above)
AQ-29	10:45 - 11:25
AQ-30	4:10 - 4:50
AQ-31	6:15 - 6:55
Session II:	Monday - Friday (see dates above)
AQ-70	10:45 - 11:25
AQ-71	4:10 - 4:50
AQ-72	6:15 - 6:55
Session III:	Monday - Friday (see dates above)
AQ-110	10:35 - 11:25
AQ-111	4:05 - 4:55
AQ-112	6:05 - 6:55
Session IV:	Monday - Friday (see dates above)
AQ-149	10:45 - 11:25
AQ-150	4:10 - 4:50
AQ-151	6:15 - 6:55
Fee:	\$35 per session

NEED A SUMMER JOB?

UFM needs lifeguards, WSI teachers and teaching assistants. Apply at UFM 539-8763



Level VI: Skill Proficiency

The objective of Level VI is to polish strokes so students swim them with more ease, efficiency, power, and smoothness over greater distances. Students develop considerable endurance by the end of this course. Participants will be introduced to additional turns as well as the pike and tuck surface dives. Students entering this course must have a Level V certificate or must be able to demonstrate all the skills required to complete Level V.

- Session I: Monday - Friday (see dates above) AQ-33 10:45 - 11:25 AQ-34 4:10 - 4:50 AQ-35 6:15 - 6:55 Session II: Monday - Friday (see dates above) AQ-74 10:45 - 11:25 AQ-75 4:10 - 4:50 AQ-76 6:15 - 6:55 Session III: Monday - Friday (see dates above) AQ-114 10:35 - 11:25 AQ-115 4:05 - 4:55 AQ-116 6:05 - 6:55 Session IV: Monday - Friday (see dates above) AQ-153 10:45 - 11:25 AQ-154 4:10 - 4:50 AQ-155 6:15 - 6:55 Fee: \$35 per session

Level VII: Advanced Skills

The objective of Level VII is to perfect strokes and to develop good fitness habits. Participants are urged to use aquatic activities throughout life to maintain their physical condition. They will be taught springboard diving and advanced rescue skills. They will be introduced to other aquatic activities such as water polo, synchronized swimming, skin diving and competition. Participants entering this course must have a Level VI certificate or must be able to demonstrate all the completion requirements in Level VI.

- Session I: Monday - Friday (see dates above) AQ-37 10:45 - 11:25 AQ-38 4:10 - 4:50 AQ-39 6:15 - 6:55 Session II: Monday - Friday (see dates above) AQ-78 10:45 - 11:25 AQ-79 4:10 - 4:50 AQ-80 6:15 - 6:55 Session III: Monday - Friday (see dates above) AQ-118 10:35 - 11:25 AQ-119 4:05 - 4:55 AQ-120 6:05 - 6:55 Session IV: Monday - Friday (see dates above) AQ-157 10:45 - 11:25 AQ-158 4:10 - 4:50 AQ-159 6:15 - 6:55 Fee: \$35 per session

Swim and Stay Fit Ages 13 plus

Swim and Stay Fit is a planned activity to encourage adults and advanced swimmers to swim regularly and frequently. Participants receive individual work-outs planned and supervised by instructor daily. You may choose your 40 Minute block of time during the below scheduled times.

- Session I: Monday - Friday (see dates above) AQ-40 10:45 - 11:25 AQ-41 4:10 - 4:50 AQ-42 6:15 - 6:55 Session II: Monday - Friday (see dates above) AQ-81 10:45 - 11:25 AQ-82 4:10 - 4:50 AQ-83 6:15 - 6:55 Session III: Monday - Friday (see dates above) AQ-121 10:35 - 11:25 AQ-122 4:05 - 4:55 AQ-123 6:05 - 6:55 Session IV: Monday - Friday (see dates above) AQ-160 10:45 - 11:25 AQ-161 4:10 - 4:50 AQ-162 6:15 - 6:55 Fee: \$20 per session

Youth Scholarships are available through the YES! fund.



Swim and Stay Fit for Parents

Are you tired of being just an observer at your child's swimming lessons? If so, then take advantage of the time you spend watching and enroll in our Parent's Swim and Stay Fit Class for a special parent's rate of \$15. You will meet everyday your child is enrolled in swimming lessons. In this class you will set your own goals and the instructor will help monitor your program.

- Session I: Monday - Friday (see dates above) AQ-43 10:45 - 11:25 AQ-44 4:10 - 4:50 AQ-45 6:15 - 6:55 Session II: Monday - Friday (see dates above) AQ-84 10:45 - 11:25 AQ-85 4:10 - 4:50 AQ-86 6:15 - 6:55 Session III: Monday - Friday (see dates above) AQ-124 10:35 - 11:25 AQ-125 4:05 - 4:55 AQ-126 6:05 - 6:55 Session IV: Monday - Friday (see dates above) AQ-163 10:45 - 11:25 AQ-164 4:10 - 4:50 AQ-165 6:15 - 6:55 Fee: \$15 per session

Private Lessons for Special Populations AQ-01

For people with special physical or mental needs. Arrangements will be considered for private swimming lessons. The Swim Coordinator will contact individuals during the second week of each session to arrange 6 classes of 30 minutes each, if conditions can be met. The facility is equipped with a lift and a set of stairs leading into the pool.

Date/Time: By appointment Fee: \$38 per session of 6 lessons

Private Lessons AQ-02

These lessons provide one on one instruction for any level or age of swimmer. Participants will be contacted to schedule 6 classes of 30 minutes each.

Date/Time: By appointment Fee: \$38.00 per session of 6 lessons



Oak Grove School is a secular, nonprofit school for children between the ages of 3-10 years. We offer an innovative option to traditional education.

Oak Grove School encourages and assists children in their quest for knowledge. Subjects are taught the way children learn best - by doing.

Low student-teacher ratio, flexible scheduling, affordable tuition. For more information, call Oak Grove School at 537-2349 or Shawn Bunch at 494-2830.

Summer program available

Adult Swim Lessons

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

- Session II: Monday - Friday (see dates above) AQ-46 6:15 - 6:55 Session IV: Monday - Friday (see dates above) AQ-127 6:15 - 6:55 Fee: \$35 per session

Hydroaerobics Ages 16 plus

This class is designed to use water exercises for the development of physical fitness, muscle tone, flexibility, and cardiovascular endurance. Open to non-swimmers and swimmers alike.

- Session I: Mon/Wed June 3 - June 26 AQ-47 6:05 - 7:00 Tues/Thurs June 4 - June 27 6:05 - 7:00 Session II: Mon/Wed July 1 - July 24 AQ-87 6:05 - 7:00 Tues/Thurs July 2 - July 25 AQ-88 6:05 - 7:00 Fee: \$15 per session

Scuba Diving AQ-35

This class will prepare students for Open Water One certification. The certificate is included in the class fee, however neither UFM nor KSU is responsible for this certification. Travel and lodging are at the student's expense. The certification dates will be explained at the first class meeting. Students must provide their own mask, fins, and snorkel. The fee includes instruction, the dive manual and equipment rental during class. Students will practice with air tanks a minimum of five classes. (Estimated cost for mask, \$60-\$90; snorkel, \$30-\$35; fins, \$40-\$70). Limit: 10 students. Minimum age: 12. Parents of 12-15 year olds must accompany children at poolside. A complete physical is required for participants aged 45 and up.

Jeff Wilson has been diving for 24 years and instructing scuba for 14 years.

Date: June 10 - July 17 (Mon/Wed) Time: 5 - 7 pm Fee: \$195 Location: KSU Natatorium

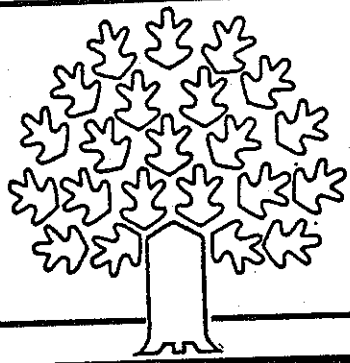
E mail address: ufm@ksu.ksu.edu

HOW DO I TALK TO MY KIDS ABOUT THE RISKS OF USING ALCOHOL AND OTHER DRUGS?

Call the regional Prevention Center! 587-4372



The regional Prevention Center, a program of Pawnee Mental Health Services



Creative FreeTime

1221 THURSTON

539-8763

Safe and Creative Care of Family Photos

CF-01

Are your photos stuffed in shoeboxes, or worse, in albums that are chemically destroying them? The workshop covers organizing your photos, photo safe materials, ideas for creative cropping and photojournaling. You will receive assistance in helping you create a unique and lasting photo album. **Bring a packet of pictures (12) and memorabilia plus a pair of scissors. The fee includes 1 acid-free album page and the use of photo-safe materials and supplies. Additional pages are available for purchase from the instructor.**

Pam Schmid (1-800-347-2625), has been a consultant with Creative Memories since 1989.

Date: June 17
Time: 7 - 9:30 pm (Monday)
Fee: \$14 includes some supplies
Location: UFM Fireplace Room

Hand Beaded Earrings

CF-11

Learn how to make imported glass seed beads earrings. Several beading techniques will be taught. Participants will make two different styles of earrings: Triangle Dangles and Wind Chime. You will also learn how to design your own earrings. For practicing techniques, please bring to class: 2 yarn needles, 1 small skein of yarn and 250 plastic pony beads.

Karen Garra (776-0359)

Date: June 29, July 13 and 20
Time: 2 - 4:30 pm (Saturday)
Fee: \$31
Location: UFM Conference Room

Beginning Genealogy-- Why? When? Where? How?

CF-03

This class is designed to help individuals learn methods of organizing genealogical materials for efficient use and how to locate and use sources for genealogical research (other than the computer).

Dr. Littrell, a retired professor from the College of Education, has been active in genealogical research, publication, and teaching for several years. He has received awards from the state genealogical societies of both Kansas and Kentucky.

Date: June 24 and July 1 (Monday)
Time: 7 - 9 pm
Fee: \$13
Location: Riley County Genealogy Library
2005 Claflin Road

Clay Critters

CF-07

Learn how to make miniature clay figures using oven-baked sculpey clay. Participants will make a standing cat, dinosaurs, a chicken with chicks, and pigs sitting on a couch. These "clay critters" are so cute to keep or to give as gifts. Supply list available at time of registration.

Karen Kemp is a K-State student majoring in Family Studies. She enjoys arts and crafts and has 15 years experience creating with sculpey clay.

Date: July 8, 10, 15, 17
Time: 5:30 - 6:45 pm (Mon/Wed)
Fee: \$25
Location: UFM Conference Room

Outlander: Days of Auld Lang Syne

CF-02

The fourth book in the popular *Outlander* series of historical novels by Diana Gabaldon is scheduled for publication late this summer. Enhance your enjoyment of this series with some historical background on 18th century Scotland. We'll view several interesting and informative videos, including a rare BBC documentary re-enactment of the battle of Culloden. We'll sample several different kinds of shortbread and bannock. Each participant will receive a resource list of books, videos, websites, and recipes. If you're just interested in Scottish history, you don't have to have read *Outlander* to enjoy this class!

Carol Regehr loves historical fiction that gets the facts right, and she is a big fan of the *Outlander* series.

Date: July 9, 16, 23 (Tuesday)
Time: 7:00 - 9:00 pm
Fee: \$14
Location: UFM Fireplace Room

The Essence of Poetry

CF-04

The Essence of Poetry is a class that conveys the substance of poetry and the people that create the poems. This class will explore the beauty of poetry and its reality and existence in our lives. The class will also discuss poetry as a therapy, a healing, and a source of energy and strength. Reader's workshops will be offered as part of the class.

Reverend J. Edgar Spencer (537-1496), published poet and playwright, hails from Macon, Georgia. He is an ordained minister and businessman. He is the owner of Occasion Poetry. He has been published in American Poetry Journal and Poetic Essence. He has written two plays and is working on a third. He has conducted a multiplicity of poetry workshops.

Date: June 27, July 11, 18, and 25
Time: 7 - 8:30 pm (Thursday)
Fee: \$16
Location: UFM Fireplace Room

Bicycle Repair and Maintenance

CF-08

Most of us know how to ride--but we don't know the first thing about repairing a flat tire! No problem. We'll soon have you comfortably dealing with basic bike repairs and maintenance. This class is designed for those who are not mechanical wizards but who nevertheless want to learn basic bike repair. Simple repairs such as tube patching and front or rear derailleur adjustment and repair will be covered in this informative seminar. Also learn how to adjust your brakes and clean the chain.

Waid Davis and Staff (776-2372) at Aggie Bike Station are all cyclists and have many years of bike repair experience.

Date: July 16 (Tuesday)
Time: 7 - 8 pm
Fee: \$8
Location: Aggie Bike Station
1207 Moro

Be a Successful Grant Writer

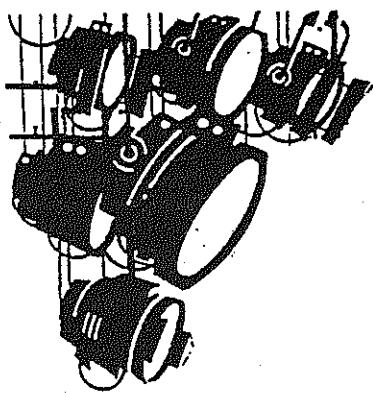
Page 19

ATTENTION!

The following is a list of frequently requested classes that UFM would like to include in the next catalog.

Beginning Photography Chinese
Calligraphy Stained glass

Please help us find instructors --
Call UFM, 539-8763.



MANHATTAN CIVIC THEATRE

Proudly Presents the 1996-1997 Season

"How the Other Half Loves"—Rollicking comedy
by Alan Ayckbourn—August 16-18 & 22-25, 1996

"Night Must Fall"—Intriguing mystery
by Emlyn Williams—October 4-6 & 10-13, 1996

"The Glass Menagerie"—Classic drama by Tennessee Williams
November 8-10 & 14-17, 1996

"Sylvia"—The story of a man, his dog and his wife by A.R. Gurney
February 7-9 & 13-16, 1997

"Carnival"—Love makes the world go round
in this beloved musical—April 4-6, 10-13 & 18-19, 1997

Season memberships on sale now
For information, call 776-8591

<http://www.flinthills.com/~arts/>

The Manhattan Civic Theatre is supported in part by the Kansas Arts Commission, a state agency, the National Endowment for the Arts, a federal agency, the Southwestern Bell Foundation, and the City of Manhattan/



Special THANKS TO THE UFM INSTRUCTORS who volunteer their time.





Learn to Fly

CF-09

Explore the idea of becoming a private pilot! Learn about the requirements to obtain a private pilot certificate including eligibility requirements, aeronautical knowledge, flight proficiency, aeronautical experience, private pilot privileges and limitations. Time will be allowed for your questions and to provide miscellaneous information. We will also discuss the options for ground school and flight training available in Manhattan.

Hugh Irvin (539-3128), has been a pilot and K-State Flying Club member since 1976. He has been a flight instructor since 1983 and teaches single-engine, multi-engine, instrument, commercial, ATP, and private pilot students. He has 6,000 hours and an Airline Transport Pilot (ATP) certificate.

Date: June 22
Time: 10 - 11:30 am (Saturday)
Fee: \$8
Location: UFM Conference Room

Sewing or Crafts Instruction for Individuals

CF-10

Are you stuck in the middle of a sewing or craft project, and can't finish it because you can't solve the problem? Well, Karen can assist you in solving those SNAFU's with a private lesson. She can help with sewing and fitting, as well as a variety of beginner needle arts or crafts like: knitting, crocheting, cross-stitch, embroidery, yo-yo quilting, clothing decoration and costuming.

Karen Garra (776-0359), studied Home Economics Education at Bluffton College, in Bluffton, Ohio. She has free-lanced from her home. While living in Louisiana, Karen served as the In-house Designer for a Fine Fabrics, Bridal and Formalwear Boutique. While in Arizona she taught at the local community college and at both the local civilian and military recreation centers. Karen is a sewing enthusiast who enjoys designing and teaching others that sewing can be Fast, Easy, and Fun!

Date/Time by appointment
Instructor will contact you after you register
Fee: \$15
Location: Student's home

"Indian Country"

CF-13

Learn about the Central Plains Native Americans, past and present. Throughout the six sessions Native American guest speakers will be invited to tell about their experiences with the various issues. This session will provide a historical backdrop including the original areas of indigenous occupation in the Central Plains.

Annette White (532-7750), is a Native American liaison and has worked and lived in "Indian Country" for 10 years. She has traveled along the pow-wow trail dancing and organizing Native American activities throughout Kansas and Oklahoma.

Date: June 24, (Monday)
Time: 7 - 9 pm
Fee: \$10 for one class/\$45 for series
Location: UFM Fireplace Room

"Indian Country"

CF-14

This session will introduce issues of government policy related to relocation and displacement which created the reservation system and resulted in the "bureaucratic" extinction of entire nations.

Annette White

Date: July 1 (Monday)
Time: 7 - 9 pm
Fee: \$10 for one class/\$45 for series
Location: UFM Fireplace Room

"Indian Country"

CF-15

In this session we will discuss issues related to the United States "Assimilation Policy" including the role "Indian Schools" played in the governments' attempt to destroy Native American identity and tradition.

Annette White

Date: July 15 (Monday)
Time: 7 - 9 pm
Fee: \$10 for one class/\$45 for series
Location: UFM Fireplace Room



"Indian Country"

CF-16

This session will introduce policies related to the continued attempts to dissolve reservations and how all of this affects Native Americans today.

Annette White

Date: July 22 (Monday)
Time: 7 - 9 pm
Fee: \$10 for one class/\$45 for series
Location: UFM Fireplace Room

"Indian Country"

CF-17

In this session we will discuss the resilient nature of Native American people and introduce issues related to maintaining national identity.

Annette White

Date: July 29 (Monday)
Time: 7 - 9 pm
Fee: \$10 for one class/\$45 for series
Location: UFM Fireplace Room

"Indian Country"

CF-18

This session will describe the various ways Native Americans are preserving and protecting tradition today.

Annette White

Date: Aug 5 (Monday)
Time: 7 - 9 pm
Fee: \$10 for one class/\$45 for series
Location: UFM Fireplace Room

TENNIS ** TENNIS ** TENNIS

Tennis classes for Youth... See the RECREATION section.

Teaching a class at UFM can enhance your business, be an instructional opportunity for education students, an opportunity to network with those who share your interest or a nice way to make friends. Call the UFM office (539-8763) by June 14 to offer a class in the fall catalog.

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

Goodnow House Museum
2301 Claflin

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

Wolf House Museum
630 Fremont

- 1868 stone house served as a boarding house and private home
Furnished with period antiques
Special exhibits
1:00-5:00 Saturday
2:00-5:00 Sunday
and by appointment

Pioneer Log Cabin
Manhattan City Park

- Walnut log cabin built in 1916
Pioneer home and tool exhibit
Open April-October
Sunday 2:00-5:00
and by appointment

For more information, call 565-6490

All participants must register in advance.





Money Matters

Successful Money Management

BP-01

How do I get started?? What will I have to do to get my affairs in order?? How will I provide for my children's education?? Will I have enough money when I want to retire?? Do I need a will?? These questions and many more will be addressed and a financial plan will be provided for each person attending the seminar.

Fred Freeby (537-4505), has been a District Manager, a Division Manager and now is a Senior Account Executive with Waddell & Reed Inc. Fred has 19 years experience in financial planning.

Date: June 11 (Tuesday)
Time: 7 - 9 pm
Fee: \$8 individual/\$12 couple
Location: Waddell & Reed Conference Room
555 Poyntz Avenue, Suite 280

Language

Beginning Sign Language

LA-01

This class is designed for individuals who are interested in learning the basic skills of American Sign Language. Students will be instructed in the Manual Alphabet and a vocabulary of about 200 functional signs. Fee includes book *Gallaudet's Survival Guide to Signing*.

Janet Goodenow learned ASL at the age of 10, and has continued to use ASL whenever possible. She especially enjoys interpreting songs for hearing impaired audiences.

Date: June 5 - July 17 (Wednesday)
Time: 7:30 - 8:30 pm
Fee: \$45
Location: 149 Justin Hall, KSU

French for Fun

LA-02

In this introductory French class we will learn words and phrases that will be useful for traveling in France, understanding French that is a part of English (like "a certain je ne sais quoi."), and even impressing your friends. The class will also be geared to what the students want to learn about France and the French language.

Emilie Johnson is a student at K-State. She has studied French for seven years and also speaks German and Latin. She has taught French at UFM once before and is very excited about teaching it again.

Date: June 10 - July 22 (Monday)
Time: 7 - 9 pm
Fee: \$21
Location: UFM Banquet Room

Food for Fun!

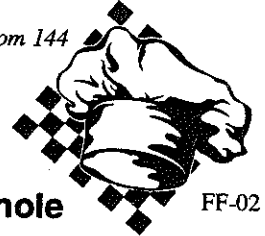
Cake Decorating

FF-01

Learn to add an icing decoration and a pretty border to impress your family and friends. Icing will be provided for practice in class. Bring your own cake to a later class and take home a masterpiece. Supply list available at time of registration.

Tammy Sinn began decorating cakes several years ago as a hobby. Her first lessons were at UFM cake decorating class. She currently decorates cakes for Dillons.

Date: June 6, 13, 20, 27 (Thursday)
Time: 7 - 8:30 pm
Fee: \$21
Location: Justin Hall Room 144



Introduction to Whole Foods Cooking

FF-02

A wonderfully informative introduction to whole foods and how to prepare them. Whole foods are just that, foods in their whole form with as little processing as possible and free of chemical additives and preservatives. This class will cover nutritional information, and time management for a healthy lifestyle. We will spend a lot of time trying new recipes and sharing ideas. We will even touch on whole grain baking. So come ready to share what you know, try some new food, and have a good time! **Instruction booklet and all ingredients for recipes are included in class fees.**

Caroline Domenico's interest in whole foods cooking began some three years ago when she realized that the best thing she could do for her health and the health of this planet was to feed herself without polluting the environment. She began reading every article and cookbook on whole foods she could find, and has not stopped yet. She is extremely excited to share what she has learned with anyone interested and hopes to learn something herself.

Date: June 3 - 26 (Mon/Wed)
Time: 7 - 9 pm
Fee: \$30
Location: Room 144, Justin Hall

Whole Foods Recipe Swap

FF-03

In this meeting we will share information on whole foods cooking over a glass of tea and some whole grain muffins. Hope you can join us in the fun!

Caroline Domenico is eager to share recipes and information about whole foods with fellow cooks!

Date: June 8 - July 13 (Saturday)
Time: 2 - 3 pm
Fee: \$12
Location: UFM Fireplace Room

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Early Fall Class

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- Learn strategies for successful test taking
- Analyze the reasons for correct responses

For more information, call
UFM 539-8763

Check the Earth & Nature section for classes on Gardening



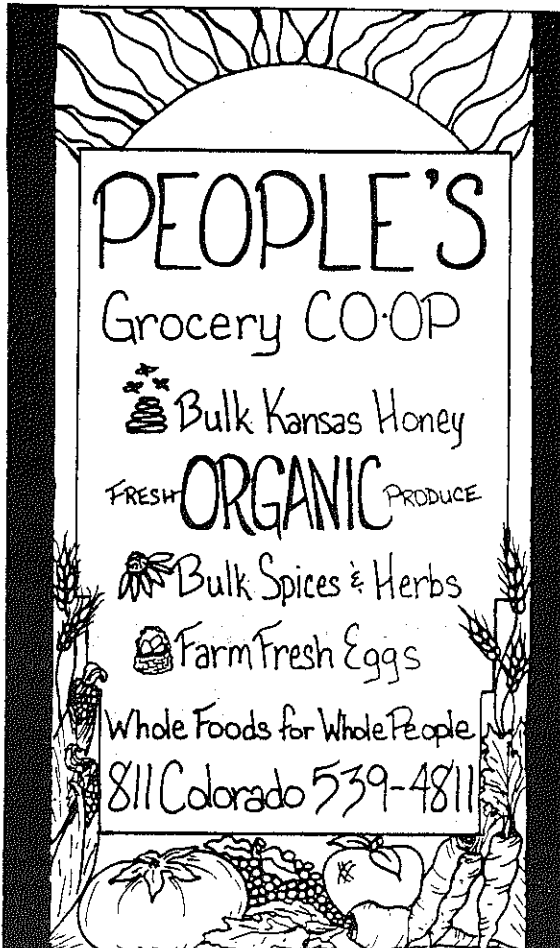
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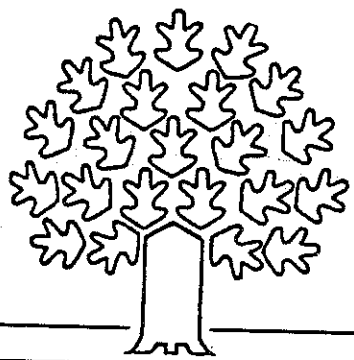
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Computer

1221 THURSTON

539-8763

Beginning WordPerfect

CP-01

Learn how to use this popular word processing program. Create documents, set up margins and other page formatting, print and save documents. Learn features such as copy, move and how to use multiple documents at once. Reveal Codes, Spell Check, Repeat and other special features will be included. Available for 5.1, DOS 6 and Windows 6 versions. Hands-on computer time is provided. **Please indicate which version of WP you are interested in learning when you enroll.**

Linda Teener (539-8763), takes an easy to understand, practical approach to learning how to make your computer work for you.

Date: June 12 and 19 (Wednesday)
Time: 3 - 5 pm
Fee: \$26
Location: UFM Computer Lab

Advanced WordPerfect

CP-02

Use WordPerfect to become more productive and improve the appearance of your documents. Try your hand at designing a newsletter. Learn how to create tables, program macros and run mail merge. Create an attractive table of contents and other specialized activities. Available for 5.1, DOS 6 and Windows 6 versions. Hands-on computer time is provided. **Please indicate the version of WP you are interested in learning when you enroll.**

Linda Teener (539-8763), takes an easy to understand, practical approach to learning how to make your computer work for you.

Date: June 25, July 2, 9 (Tuesday)
Time: 3 - 5 pm
Fee: \$44
Location: UFM Computer Lab



The World Wide Web

CP-05

During classroom and hands-on instruction, we will learn how to use the Internet's hottest protocols. These newest web browsers integrate all the functions you previously had to do with separate programs, like e-mail and newsgroups. Find out the best places for exploration, where to find and download software and other great stuff! We'll also go over the basics of HTML authoring and building "home pages". Anyone with little or no experience on the Internet and is interested in access can attend. **(Suggested but not required is a basic understanding of computer use)**

Gil Hopson

Date: June 19 (Wednesday)
Time: 7 - 9 pm
Fee: \$24
Location: UFM Computer Lab

The World Wide Web

CP-06

Gil Hopson

Date: June 22 (Saturday)
Time: 10 am - 12 noon
Fee: \$24
Location: UFM Computer Lab

Overview of the Internet

CP-03

Lurkers and hackers and flaming, oh my! If you're wondering what all the fuss is about or just afraid your computer will bite you, worry no longer. We will demystify the secrets of this global network, explore its history and learn how to talk terminology like a native. Find out what equipment, software and "geek speak" is essential. This introductory course will cover all the basic food groups: e-mail, telnet, ftp,archie, gopher and more! Classroom instruction, hands-on experience and information about access providers will give you the skills, knowledge and confidence to start exploring on your own. Anyone with little or no experience on the Internet and is interested in access can attend. **Basic understanding of computer use is suggested but not required.**

Gil Hopson, (gil@hopson.com) is a graduate student in Journalism/Mass Communication. He is an Internet entrepreneur and has been surfing for five years.

Date: June 12 (Wednesday)
Time: 7 - 9 pm
Fee: \$24
Location: UFM Computer Lab

Overview of the Internet

CP-04

Gil Hopson

Date: June 15 (Saturday)
Time: 10 am - 12 noon
Fee: \$24
Location: UFM Computer Lab

Individual Computer Help

CP-07

Having trouble figuring out how your computer works? Need help translating those manuals or interpreting the screens? Get some help understanding how to make your computer work for you. Schedule a private tutoring session to answer your personal questions. This service is directed toward users with IBM compatible computers.

Linda Teener (539-8763), is Executive Director of UFM and is extremely knowledgeable about computers.

Date/Time: By appointment
Fee: \$20 per hour
Location: as arranged

On-site small group computer instruction for your employees. Call UFM 539-8763 to schedule.
Corporate Rates

f o n e

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Center

537-0999

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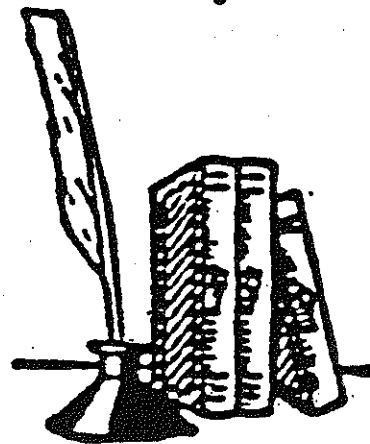
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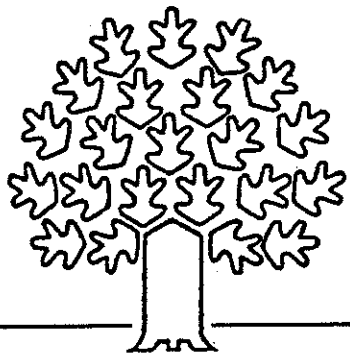
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Martial Arts

1221 THURSTON

539-8763

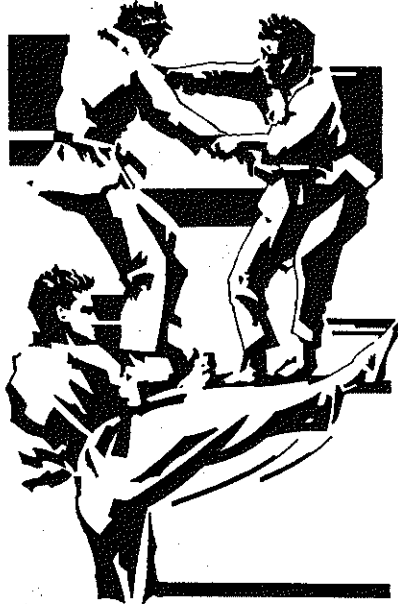
Tae Kwon Do Karate I

MA-01

Tae Kwon Do is a traditional martial art designed to provide the ultimate in unarmed self-defense. Blocking, punching, and kicking develop balance, flexibility, and agility while improving cardiovascular fitness and self-confidence. Teaching methods include class demonstrations and practice without physical contact. Each student will be given an opportunity to purchase a uniform and belt at the first class. After two months of class an optional testing to advance in the Tae Kwon Do degree ranking is held in Topeka. The cost is not included in the class fee and a uniform is required for testing. Age 7+

Grandmaster Chae Sun Yi (266-8662), is an 8th degree black belt with over 38 years experience in Tae Kwon Do. Former Captain and Chief instructor of Tae Kwon Do for the ROK Army during Vietnam, he has held classes at KSU since 1975. Corey Lewis is a 3rd degree black belt with over 12 years experience in Tae Kwon Do.

Date: June 4 - July 25 (Tuesday/Thursday)
No class July 4
Time: 6:30 - 7:30 pm
Fee: \$36
Location: Ahearn Dance Studio 301



Introduction to the White Phoenix System

MA-03

The introductory level of the White Phoenix System is composed of basic techniques from Kung Fu, Karate, Kempo, Tae Kwon Do, and Jujitsu self defense; as well as mental training from Ninjitsu. Class fee includes 3 manuals.

Stan Wilson has been practicing martial arts for 28 years, has black belts in 3 different styles and is the founder of the White Phoenix System.

Date: June 6, 13, 20, 27 (Thursday)
Time: 6:30 - 8:00 pm
Fee: \$36
Location: Ahearn Fieldhouse, KSU

The Chinese Tai Chi class is in the WELLNESS section of the catalog on page 20.

Oops! Did you get more than one copy of this catalog? Please let the UFM office, 539-8763, know and pass the extra copy to a friend. Thanks.



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Beginning Aikido

MA-06

Aikido is a martial art in which one trains to be calm and lead a conflict to a peaceful resolution. This is a beginning class intended to introduce Aikido. We will learn Aikido techniques of defense, and develop the movement qualities to perform them. The techniques can also be easily combined into a short performance program called "Taigi" which we will learn. Instruction will consider the spontaneous interests and needs of the participants. This class is for men and women, young and old.

Paul Gleue (539-3868), began practicing Aikido in 1988 at Cloud County Community College. He assisted the instructor and worked with beginners before leaving the area in 1992. His training is Ki Society Aikido. He has passed testing for three levels of Aikido and Ki development with Kashiwaya Sensei, chief instructor in the United States for Ki Society Aikido.

Date: June 4 - July 25 (Tues/Thurs)
No class July 4
Time: 7 - 8:30 pm
Fee: \$26
Location: Ahearn Fieldhouse KSU, East Lobby

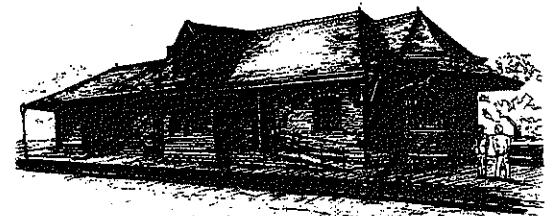
Tae Kwon Do for Adults

MA-07

Have you always wanted to try martial arts but aren't sure that it's for you? Do you need to work on your flexibility and coordination? This class is designed for people who 1) want to learn Tae Kwon Do in a non-threatening environment, 2) are not sure they are physically capable of being a martial artist, 3) want to work on flexibility and basic self-defense, or 4) just want a great way to get in shape. Are you up to the challenge?

D C Lehman (532-6340), is a first degree black belt in the American Tae Kwon Do Association and is an instructor with the K-State/Manhattan Tae Kwon Do Club. She also has extensive experience in weight training, stretching, and adaptive stretching (for those with physical limitations).

Date: June 4, 7, 11, 14, 18, and 21
Time: 8 - 8:45 pm (Tue/Fri)
Fee: \$32
Location: First Lutheran Church (Parish Basement)
930 Poyntz Avenue



Union Pacific Depot Rehabilitation Project.

See page 23 for more information.

Tae Kwon Do classes for children ages 4-5, 6-8 are found on page 22.

776-5577

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Manhattan Arts Center 1996 Summer Classes

Sponsored by the Manhattan Arts Council and Clay Coalition

June 3 - August 3

at the

Arts Center Annex Pottery Studio

1508 Poyntz Ave., Manhattan, KS

**Children and Youth classes at the
Manhattan Arts Center are underwritten
in part by the
YES! Fund,**

a fund of the Robert R. McCormick Tribune Foundation.

All children and youth through the 12th grade will receive
a **67% reduction in class fees.** Those students who
qualify for the "free or reduced school lunch program" will
receive a **100% fee deferment.**

FREE BUSING

The Manhattan YES! Fund has provided a grant to
work in partnership with USD 383 in providing free
busing. Students requiring busing will be picked up at
home or their area school, transported to the Arts
Center for classes and returned back to their pick-up
point. Depending upon final registration for each
class, busing may or may not be available. When reg-
istering for classes at UFM (539-8763) please indicate
the need for transportation .

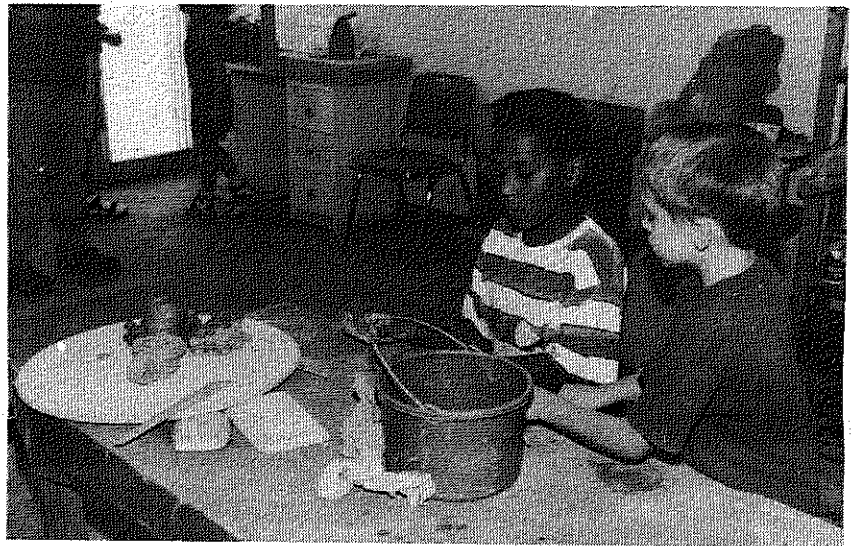
The Manhattan Arts Center, Inc. is a joint project of
The Arts Council & Manhattan Civic Theatre,
with funding provided in part by
The City of Manhattan;
Private and Business Donors;
the Kansas Arts Commission, a state agency;
and the National Endowment for the Arts,
a federal agency.



YES! Fund,
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NATIONAL
ENDOWMENT
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MAKE IT IN CLAY!

Manhattan Clay Coalition Classes

Dragons, Myths and Fairy Tales
Whistles & Bells
Critter Sculptures
Handbuilt Clay Discovery
Intro to Wheel Thrown Pottery
Open Studio
Family Clay Adventure
Intermediate and Advanced Wheel Throwing
Clay for Special Needs Populations
Raku & You
Raku Firing Day Seminar
The Joy of Hand Building for "Seniors"
Children Making Murals
Story Telling in Clay

REGISTRATION INFORMATION:

- UFM will handle registration for all classes at 539-8763.
- Advance registration to reserve your spot is recommended.
- See the back of the UFM catalog for registration information and instructions.

1996 SUMMER

*Scholarships for children & youth classes are available through the YES! Fund, a fund of the Robert R. McCormick Tribune Foundation.

MAKE IT IN CLAY!

Manhattan Clay Coalition Classes

All clay coalition classes held at the Arts Center Annex unless specified elsewhere. Please call 539-8763 for registration.

MCC Classes for Pre-School Children

DRAGONS, MYTHS AND FAIRY TALES

FEE: \$21 a YES! Fund Class: youth pay \$7 or \$0*
(limit 8 students, minimum 4)

In this class the children will listen to a story read to them by the teacher. Each child will be guided in the making of clay objects inspired by the stories they heard.

Instructor: Susan Denson-Guy

CC 414 Ages 4 - 5 yrs.

Th. 1:00-2:30 pm June 6,13,20,27

Instructor: Jane Wegscheider

CC 514 Ages 4 - 5 yrs.

Th. 1:00-2:30 pm July 11,18, 25, Aug. 1



MCC Classes for Children

STORY TELLING IN CLAY

FEE: \$39 a YES! Fund class: youth pay \$13 or \$0*

Imagine your special story. That's what you will do in this class first. Then, build your story as you want it told.

Instructor: Susan Denson-Guy

CC 404 grades 1-8 Th. 10:00-Noon June 6,13,20,27

Instructor: Jane Wegscheider

CC 504 grades 1-8 Th. 10:00-Noon July 11,18,25, Aug. 1



HAND BUILT CLAY DISCOVERY:

FEE: \$39 a YES! Fund class: youth pay \$13 or \$0*
(limit 10 students, minimum 5)

Come and discover the fun and the joy of your hands making clay pots. Special projects will be taught to stimulate creativity and teach the basics of handbuilt clay construction. All materials included; no additional tools needed.

Instructor: Bee Dunn

CC 431 grades 3-6 M 3:00-5:00 pm June 3,10,17,24

Instructor: Ester Ikeda

CC 432 grades 1-4 T 3:00-5:00 pm June 4,11,18,25

CC 532 grades 1-4 T 3:00-5:00 pm July 9,16,23,30

Instructor: Stan Walt

CC 433 grades 5-8 W 3:00-5:00 pm June 5,12,19,26

CHILDREN MAKING MURALS:

FEES: \$39 a YES! Fund youth class: youth pay \$13 or \$0*
(limit 10 students, minimum 5)

Clay tiles, put together, make a mural. Learn to work as a group on a mural project.

Instructor: Susan Denson-Guy

CC 434 grades 3-12 Th. 3:00-5:00 pm June 6,13,20,27

Instructor: Jane Wegscheider

CC 534 grades 3-12 Th. 3:00-5:00 pm July 11,18,25, Aug. 1

CRITTER SCULPTURES

FEE: \$39 a YES! Fund class: youth pay \$13 or \$0*
(limit 10 students, minimum 5)

Learn how to sculpt clay critters and other fun things.

Instructor: Stan Paskiewicz

CC 493 grade 6 and up W 9:30-11:30 am June 5,12,19,26

Instructor: James Taylor

CC 593 grade 6 and up W 9:30-11:30 am July 10,17,24,31

WHISTLES AND BELLS

FEE: \$39 a YES! Fund class: youth pay \$13 or \$0*
(limit 10, minimum 4 students)

Learn how to make whistles that toot and Bells that chime.

Instructors: Kay Hummull and Bee Dunn

CC 515 All ages Sat. 1:00-3:00 pm July 13,20,27, Aug. 3

ER CLASSES

MCC Classes for Adults and Youth

INTRODUCTION TO WHEEL THROWN POTTERY: YOUTH AND ADULTS

FEE: \$75 a YES! Fund class: youth pay \$25 or \$0*

Adult Fee \$75 or \$70/MCC members.

(limit 8 students, minimum of 6)

This class will focus on teaching the basic skills and techniques of using the potter's wheel to create vessels you can use. All skill levels are welcome.

High School-Adult Age Level

Instructor: Gene Sievers

CC 491 M&T 9:00-Noon June 3,4,10,11,17,18,24,25

Instructor: Joyce Furney

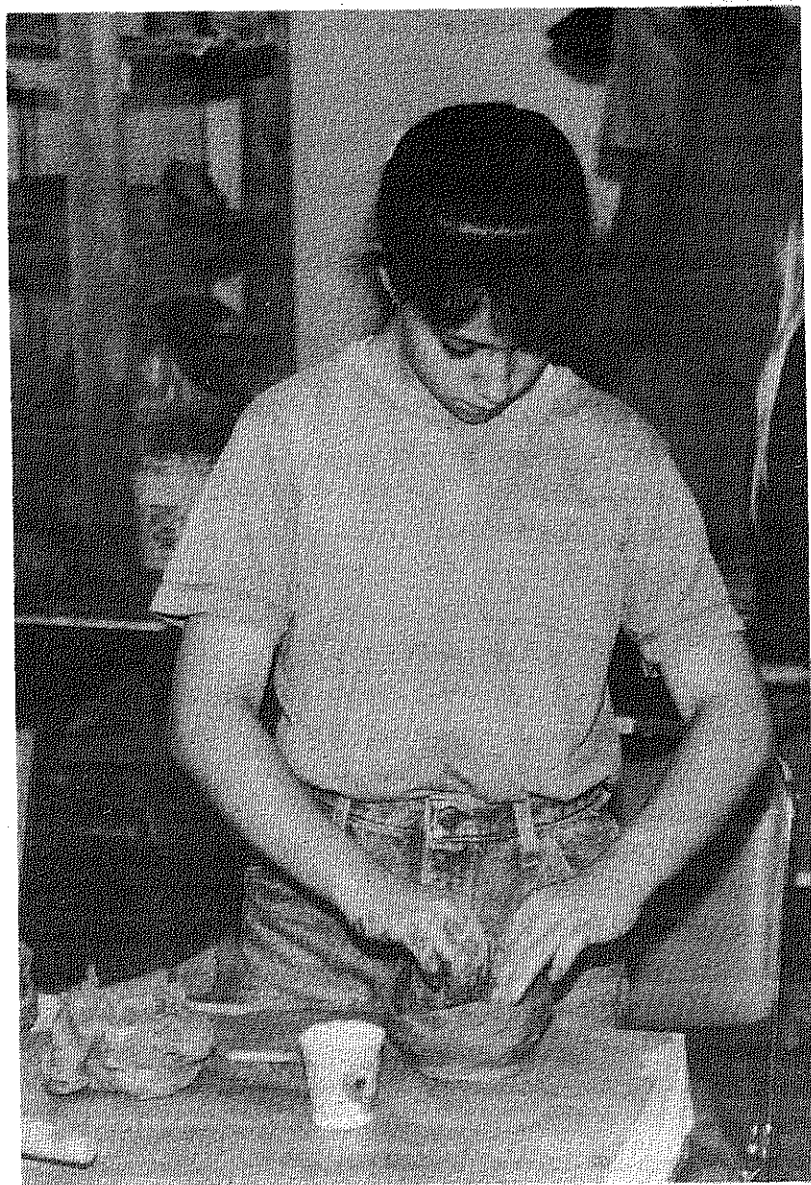
CC591 M&T 9:00-Noon July 8, 9, 15,16,22,23,29,30

Youth: Grades 4-12

FEE: \$63 a YES! Fund class: youth pay \$21 or \$0*

Instructor: Gary Tyson

CC 531 M&W 3:00-5:00 pm July 8,10,15,17,22,24,29,31



THE JOY OF HANDBUILDING FOR "SENIORS"

FEE: \$56 (non-member) or \$51 (MCC member)

(limit 10, minimum 4 students)

Are you retired and have time on your hands? Then come get them dirty with Bee. Explore your wide range of creative whimsy as you design and make diverse things such as a bird house or dishes you can eat off when finished. No prior experience necessary!

Instructor: Bee Dunn

CC 411 M&T 1:00-2:30 pm June 3,4,10,11,17,18,24,25

CC 511 M&T 1:00-2:30 pm July 8, 9, 15,16,22,23,29,30



FAMILY CLAY ADVENTURE

**Fee: \$48 for 1st adult family member, \$12 for each thereafter
a YES! Fund class: youth pay \$4 or \$0***

(limit 10 students, minimum 6)

Discover the joy of clay creation with a special family member or mentor. Wheel or hand building.

Handbuilt:

Instructor: Ester Ikeda

CC 462 T 6:30-8:30 pm June 4,11,18,25

CC 562 T 6:30-8:30 pm July 9,16,23,30

Wheel Thrown:

Instructor: Ester Ikeda

CC 464 Th. 6:30-8:30 pm June 6,13,20,27

CC 564 Th. 6:30-8:30 pm July 11,18,25, Aug.1

INTERMEDIATE AND ADVANCED WHEEL THROWING

FEE: \$63 a YES! Fund class: youth pay \$21 or \$0*

ADULT FEE: \$63 or \$58/MCC members.

(Limit 8 students, minimum 4)

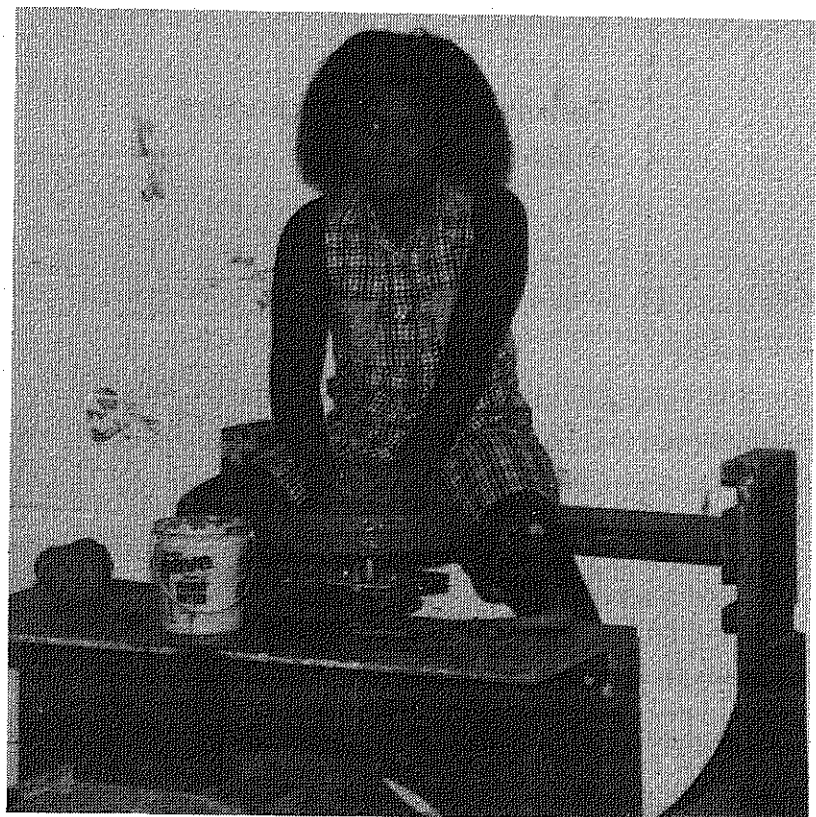
You have the basics and now are ready for the really "tough stuff": handles, lids that fit, and the Tea Pot you always thought you would make. Whatever your next point of discovery goal is, come throw and explore.

Instructor: Ester Ikeda

CC 471 M&W 7:00-9:00 pm June 3,5,10,12,17,19,24,26

Instructor: Gary Tyson

CC 571 M&W 7:00-9:00 pm July 8, 10, 15,17,22,24,29,31



OPEN STUDIO

(Facility use only, no instruction)

Open Studio enrollment is available for people who need no instruction but wish to have use of a well equipped studio, access to glazes and knowledge that their work will be fired with professional care and attention. Individuals enrolling in Open Studio may sign up for specified times and/or work whenever the studio is not being used by classes.

Times reserved for Open Studio are :

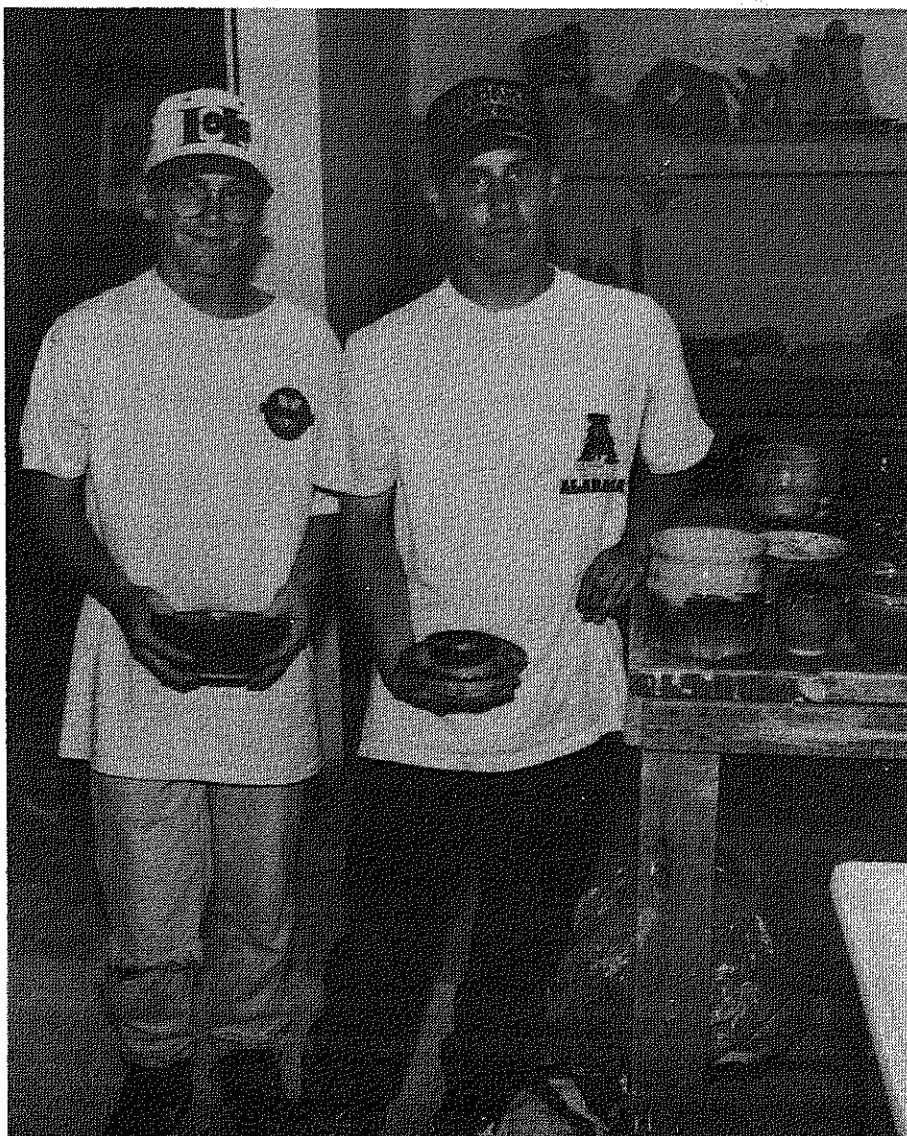
Sat. 3-9 pm. & 12-9 pm.

CC 390 Registration Fee: \$10, paid at time of enrollment
 Studio Use Fee: \$2.75 / use hour, billed monthly
 Clay Fee: \$6.25 / 25 lbs. clay used, billed monthly

To be eligible for Open Studio Use one must:

1. Be a current member of the Clay Coalition,
 (Annual membership: \$15 for an individual; \$25 for a family; \$5 for students)
2. Agree to adhere to all studio policies & procedures,
3. Enroll in Open Studio and agree to pay relevant fees
4. Arrange to meet with the Studio Manager, (see below)
5. Keep "Open Studio Monthly Use Card" and turn it in on time.

Hourly fee includes: use of the wheels, slab roller, tools, shelf area, glazes and kiln space. Each person who enrolls in Open Studio is responsible to call the studio manager, Ronna Tyson at 539-0187, to arrange an initial meeting time. This required meeting is designed to go over appropriate use and safety policies and procedures and to answer any questions you may have.



TILE MAKING - TO A MURAL:

FEE:\$62 (MCC member \$57)

(limit 6 students, minimum 3)

Basic tile construction from design through installation techniques will be taught. Class will meet at Joyce's studio.

Call 539-4064 for directions.

Instructor: Joyce Furney

CC 473 M&W 7:00-9:00 pm June 3,5,10,12,17,19, July 8,10

CLAY FOR SPECIAL NEEDS POPULATIONS

FEE: \$32 (scholarships are available)

class meets for 5 weeks. Maximum 8 students.

This class is designed to meet the needs of persons with developmental or physical challenges.

Instructor: Joyce Furney

CC 513 W 1:00-2:30 pm July 10,17,24,31, Aug. 7

RAKU AND YOU:

YOUTH FEE: \$57 a YES! Fund class: youth pay \$19 or \$0*

ADULT FEE: \$57 or \$52 (MCC member)

(limit 10 students, 4 minimum)

Construct vessels that will be glazed and fired using the ancient method of RAKU.

Instructor: Joyce Furney

CC 496 All Ages Sat. 9:00-Noon June 8,15,22

firing day @ Joyce's studio on July 13

Instructor: Gary Tyson

CC 596 All Ages Sat. 9:00-Noon July 13, 20, 27

firing day @ Gary's studio, Aug. 3

RAKU FIRING DAY SEMINAR:

FEE: \$20

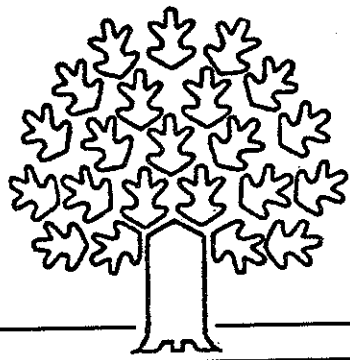
Bring your own bisque pottery (limit 3 small, 1 large) or not, to the day long firing and participate in the ancient art of firing RAKU. Est. time start: 9:00-Noon, glazing (lunch break) 3:00-11:00pm firing.

Instructor: Joyce Furney 539-4064 @ Joyce's studio

CC 497 Sat. 9:00 am-11:00 pm July 13

Instructor: Gary Tyson 539-9331 @ Gary's studio

CC 597 Sat. 9:00 am-11:00 pm Aug. 3



Recreation

1221 THURSTON

539-8763

Introduction to Golf

RH-01

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

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

Date: June 6, 13, 20, 27
Time: 7-8 pm (Thursday)
Fee: \$31
Location: Stagg Hill Golf Club
4441 Ft. Riley Blvd.



Introduction to Golf

RH-02

Jim Gregory

Date: July 11, 18, 25, and Aug 1
Time: 7-8 pm (Thursday)
Fee: \$31
Location: Stagg Hill Golf Club
4441 Ft. Riley Blvd.

Golf

RH-03

*One hour optional KSU credit available.
This course emphasizes fundamentals of the full golf swing, short game techniques of chipping, pitching, putting and sand shots. Rules of play, course etiquette, and selection of equipment will also be covered. Clubs, balls and tees are provided. You may bring your own clubs if you prefer. Limit 15

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

Date: June 4 - July 23
Time: 6-8 pm (Tuesday)
Fee: \$89 non-credit
\$119 credit
Location: Stagg Hill Golf Club
4441 Ft. Riley Blvd.

Climbing Your Family Tree
Genealogy class page 6

Bicycle Repair
Creative FreeTime section

Massage for the Individual or Couples
can be found in the WELLNESS section.

Ballroom Dance I

RH-05

Ballroom dancing is back! Time, Newsweek and Smithsonian report that ballroom dancing is popular throughout the U.S. Manhattan is no exception. Join the hundreds of people who have learned to dance through UFM. You will learn to Foxtrot, Waltz, Swing, and more. You will be dancing around the expansive floor. So, sign up with a friend, or two, and learn how to dance with someone in your arms. **Classes fill rapidly. It is advisable to register early. No Street Shoes.**

Michael Bennett (776-7557), has trained in Ballroom Dance at U.C. Berkley; Mandola Ballroom, San Francisco; AliBaba Ballroom, Oakland, CA; Chicago Dance Studio, Chicago, IL; and Avenue Ballroom, San Francisco. He was the 1986 San Francisco Avenue Ballroom Jitterbug Champion. Sara Sanders is a dance student at Kansas State University. She has danced Ballet nearly all her life and recently attended the Arthur Murray School of Dance.

Date: June 7 - July 26
Time: 6:30 - 7:30 pm (Friday)
Fee: \$22 individual/\$40 couple
Location: ECM Auditorium
1021 Denison

Ballroom Dance I

RH-06

Michael Bennett & Sara Sanders

Date: June 7 - July 26
Time: 8:30 - 9:30 pm (Fridays)
Fee: \$22 individual/\$40 couple
Location: ECM Auditorium
1021 Denison

Ballroom Dance II

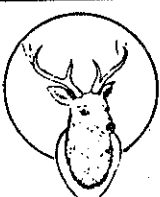
RH-07

This course is for those who would like to attempt more challenging ballroom dance variations. Couples are encouraged to attend so that they may learn to dance as one. Waltz, Foxtrot, and Jitterbug will be taught. Routines will be given. **Prerequisite: Must have completed Ballroom Dance I with Michael Bennett.**

Michael Bennett & Sara Sanders

Date: June 7 - July 26
Time: 7:30 - 8:30 pm (Friday)
Fee: \$22 individual/\$40 couple
Location: ECM Auditorium
1021 Denison

Youth scholarships are available.




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539-1041

Jim Gregory, PGA Professional



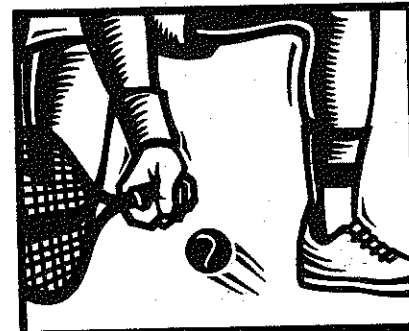
Tennis: Junior Beginners Ages 7 - 16

RH-08

Join us for fun and skill development in this great sport! This class is designed for beginning players and will provide instruction in fundamentals of strokes, basic rules of play and beginning competition. We provide balls. **Students provide their own rackets.** If you don't have a racket, give us a call and we may be able to help you locate one.

Mark Tessendorf, M.S. Kinesiology, has played tennis for over twenty years including varsity at Coe College, Cedar Rapids, Iowa. He recently served as an instructor at Manitou-Wabing Sports and Arts Center in Ontario.

Date: June 10, 17, 24, July 1
Time: 6:30 - 7:30 pm (Monday)
Fee: \$35
Location: LP Washburn Rec Complex, KSU



Tennis: Beginners Ages 17 and Up

RH-09

This class will focus on fundamentals of strokes, basic rules of play and beginning competition.

Mark Tessendorf

Date: June 10, 17, 24, and July 1
Time: 7:30 - 8:30 pm (Monday)
Fee: \$35
Location: LP Washburn Rec Complex, KSU

Tennis: Intermediate Ages 17 and Up

RH-10

This class is designed to develop your strokes and strengthen your game. We will work on singles and doubles strategy and competition.

Mark Tessendorf

Date: June 10, 17, 24, and July 1
Time: 8:30 - 9:30 pm (Monday)
Fee: \$40
Location: LP Washburn Rec Complex, KSU

Learn to Fly
Creative FreeTime section

The PATHFINDER

Headquarters for
Bicycle Repair

OUTDOOR EQUIPMENT SPECIALISTS

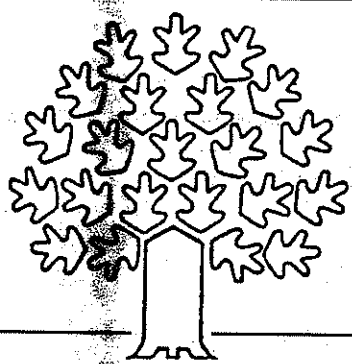
Bicycles *Backpacks *Boots
*Outdoor Clothing & Accessories
*Tents *Sleeping Bags *Canoes
*Climbing Equipment
*Camping Equipment
*Fly Fishing




304 Poyntz 539-5639
Downtown - Manhattan
Hours: Mon.-Sat. 9-6; Thurs. 9-8

UFM CLASSES make great gifts!





Earth, Nature & Environment

1221 THURSTON

539-8763

Fall Gardening

EN-05

Get more mileage out of your garden space by planting a fall garden this year. Many vegetables actually produce and taste better when grown in the cool days of autumn. Find out what, when, and how to plant fall vegetables in July and August that you'll harvest in September, October, and even beyond!

Colleen Hampton

Date: July 13 (Saturday)
Time: 1 - 3 pm
Fee: \$8
Location: UFM Greenhouse

Beginning Fly Tying

EN-01

Learn the basics of tying your own flies for that next fishing trip. We will cover hooks, tying tools, and the materials necessary to create flies to catch fish from trout to bass. Materials will be provided to tie dry flies, wet flies, and nymphs. Keep the flies you tie and give them a try!

Paul Sodamann (494-2340) is a seventh grade science teacher who likes to escape to cool running waters from time to time to get away from it all. He has been fly fishing waters from Georgia to Montana, building his own rods and tying his own flies for four years. Paul primarily fishes for trout, but local outings for bass and pan fish help keep his fly fishing skills sharp.

Date: June 10, 11, 12, 13, 14 (Mon-Fri)
Time: 6:30 - 8:30 pm
Fee: \$36
Location: UFM Conference Room

Growing Your Own Herbs

EN-03

Enjoy the fragrance of herbs in your garden this summer. Feel and smell various types of potted herbs and see why their cultivation is growing in popularity. We'll discuss types of herbs and how to grow, harvest, preserve and enjoy them for use in cooking and around your home.

Colleen Hampton

Date: June 8 (Saturday)
Time: 10 am - 12 noon
Fee: \$8
Location: UFM Greenhouse



Composting: The Fine Art of Making "Black Gold"

EN-02

Almost all plant material is compostable! But there are efficient and inefficient ways of composting. This class will cover everything you need to know to have a successful compost pile. You just choose how long you want the process to take. We'll also discuss how to use this "black gold" to enhance your yard or garden.

Colleen Hampton is a 1994 Riley County Extension Master Gardener and a member of the Manhattan Community Gardens. She enjoys sharing what she has learned in all her 25+ years of gardening with other gardeners or hope-to-be-gardeners.

Date: June 8 (Saturday)
Time: 1 - 3 pm
Fee: \$8
Location: UFM Greenhouse

Archaeology of Northeast Kansas

EN-06

This class will introduce participants to the people who lived in our state during the last 12,000 years. A classroom session will review the artifacts and other types of evidence left by earlier populations. The second meeting will carpool to selected sites in the general Manhattan area. Information will be provided on how to learn more and how to become involved in studying the past, while also joining our effort to preserve the past for the future. Participants who have artifact collections and would like to learn more about them are encouraged to bring them to the class. Children 8 years and up welcome.

Donna C. Roper has been involved in archaeological investigations in the Central Plains and Midwest for over 25 years. She currently works as researcher and consultant in the Kansas-Nebraska area. She has taught archaeology at K-State and holds an adjunct faculty appointment at the university.

Date: June 19 and 29
Time: 7 - 9 pm (Wed)
9 am - 5 pm (Sat)
Fee: \$13 individual/\$20 couple
Location: UFM Conference Room

Growing The Beauty of African Violets

EN-04

Do you enjoy the beauty and wide array of colors and blooms of African Violets but find that you seem to have a purple (or black !!) thumb when it comes to growing them? Learn the relatively simple techniques of growing and propagating African Violets and enjoying blooms most of the year.

Colleen Hampton has grown African Violets in her home for 25+ years.

Date: June 22 (Saturday)
Time: 1 - 3 pm
Fee: \$8
Location: UFM Greenhouse



Solar Electricity: For Cabin, RV, Boat, or Campsite

EN-07

Recharge your cabin, RV or boat batteries with no noxious fumes, messy fuels or moving parts! Solar electric panels slowly charge your battery for longer life and free your campsites from extension cords, hookup fees and generator noise. And the fuel is free - sunlight! In the first class we will talk about solar electric (photovoltaic or PV) modules and batteries; in the second class: wiring, controls and putting the system together. There's no cleaner way to make electricity.

Bill Dorsett has been teaching and working with photovoltaics since the early 1980's. He has taken advanced PV's in Colorado, worked with pumping, radio and power systems and is particularly interested in renewable energy for developing countries.

Date: June 22 and 29 (Saturday)
Time: 10 am - 12 noon
Fee: \$13
Location: 1715 Leavenworth

Whole Foods Cooking Creative Freetime section

How to Get Organized Without Really Trying???

See the Self & Personal Development section.

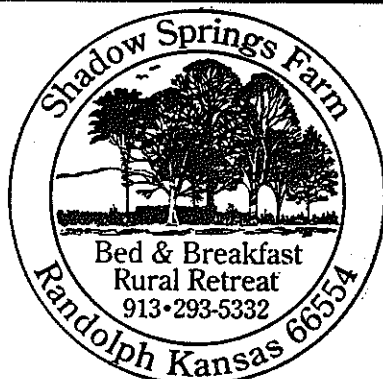
Reduce, Reuse, Recycle & Join... Northern Flint Hills Audubon

Your local Audubon chapter invites members and the public to join us in learning about and helping protect the environment. Here are some highlights:

- Bird Seed Sales (To order, call Mike Rhodes at 539-4863)
- Field Trips to local natural areas
- Programs on topics ranging from anti-environmental radio shows to family camping. Look for details in our newsletter!
- Member actions on environmental issues

Watch for information on all these activities in *The Prairie Falcon*, the chapter's newsletter. For more information, call Chris Cokinos (537-4143).

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Write: 319 Knoxberry Dr.
Manhattan, KS 66502



Gravel Pits at Waterville and Blue Rapids

EN-08

How do we know that glaciers visited Kansas--by the rocks they left behind. We'll visit the gravel pits near Waterville and Blue Rapids, Kansas to collect glacial material including agate, jasper, quartzite, petrified wood as well as other fossils. Participants will drive their own cars, or carpool.

Dr. F.C. Lanning (537-7599), Professor Emeritus of Chemistry at K-State, is a long-time member of the Manhattan Mineral, Gem and Fossil Club.

Date: July 13 (Saturday)
Rain Date: July 20 (Saturday)
Time: 8:30 - 12 noon
Fee: \$8 individual/\$12 couple or family
Location: Meet at UFM Fireplace Room

Meteor Shower/Star Gazing

EN-11

Join us to look at the beautiful night sky. We'll learn to identify the constellations and observe whatever planets are up. This will be a great year for the Perseid Meteor shower, since it will be the dark of the moon! Bring a jacket, binoculars, if you have them, and a small flashlight. If you have star-finders or maps, bring them, although maps will be available at class. We'll stay out as long as there is interest.

Dean Stramel (539-1931), teaches astronomy at Manhattan High School.

Date: August 11 (Sunday)
Time: 8 pm
Fee: \$8 individual/\$12 family
Location: meet at UFM to car pool to location

The Spillway "Canyon": One Last Time

EN-09

Imagine yourself walking an ancient seafloor or an ancient landscape! On a three hour field trip we will explore the spillway together. You will be introduced to some of the methods and principles used by geologists to reconstruct Earth history. We will walk through geologic time and see what events and environments are recorded in the rocks. This will be a great time to identify fossils found at the spillway. Participants should be prepared for moderate walking and climbing. Children 8 years and up welcome. * Don't miss seeing the spillway before it gets filled in this summer.

Keith Miller is a paleontologist and sedimentologist doing postdoctoral research with the geology department at K-State. His interest is in using information recorded in the rocks to reconstruct ancient environments and understand how they changed with time. He is fascinated by the dynamic history of the Earth, and enjoys telling the stories written in its rocks. He also enjoys observing and learning from the natural world around us.

Date: June 15 (Saturday)
Time: 9 am - 12 noon
Fee: \$8 individual/\$12 couple or family
Location: call UFM for directions to meeting place

Lawns: Equipment, Maintenance and Safety

EN-12

Learn the how tos of caring for your lawn. Find out what and when to apply fertilizers and get suggestions on other lawn maintenance needs. This class will also cover the proper use and maintenance of common lawn care equipment.

Larry Johnson has 20 years experience in lawn mowing (commercial and residential). He is certified by over 10 Outdoor Power Equipment Manufacturers. He is the owner of Johnson Lawn and Leisure and BloomingDales Lawn and Garden.

Date: June 5 (Wednesday)
Time: 7 - 8 pm
Fee: \$8
Location: Blooming Dales
1105 Waters, Manhattan

The Spillway "Canyon": One Last Time

EN-10

Keith Miller
Date: June 15 (Saturday)
Time: 2 - 5 pm
Fee: \$8 individual/\$12 couple or family
Location: call UFM for directions to meeting place

NEED A SUMMER JOB?
UFM needs lifeguards, WSI teachers and teaching assistants. Apply at UFM 539-8763

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To advertise your business or organization in the next UFM catalog, contact the UFM Office (539-8763) by June 21.

GRE Preparation Course

Early Fall Class

Be confident and prepared to take the GRE!



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

For more information, call UFM 539-8763

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Catherine L. Fung, PhD
hosts
UFM
on Channel 19
6:00 p.m. Tuesdays & 5:30 p.m. Wednesdays

June 4, 5	Esoteric Sounds
June 11, 12	Public Speaking
June 18, 19	Community Health
June 25, 26	Aromatherapy
July 2, 3	Pumpkin Pie & Pasta
July 9, 10	Sausage Making
July 16, 17	Francis & Maria Cooking
July 23, 24	Visitor - Susan
July 30, 31	Visitor - Vincent
Aug 6, 7	Southern France
Aug 13, 14	Cassoulet
Aug 20, 21	Occupational Therapy I (R)
Aug 27, 28	Occupational Therapy II (R)

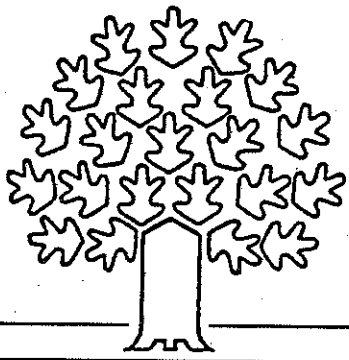
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Personal Development

1221 THURSTON

539-8763

SHARP-Self Defense for Women

SP-01

This course has been designed to offer women quick, easy to learn, and extremely effective techniques for defending themselves against violent physical assault and rape. By empowering women to better protect themselves, they gain confidence in social and professional environments. All material is taught from a practical approach with techniques that require little physical strength and therefore are useful to women of all ages and physical condition.

Diana Tarver (823-5315), is a black belt in Tae Kwon Do and Hapkido and is a certified instructor with the American Tae Kwon Do Association. She has twelve years experience teaching martial arts, police defensive tactics and Sexual Harrassment Assault and Rape Prevention for Women.

Date: June 24 (Monday)
Time: 6:30 - 10 pm
Fee: \$17
Location: First Lutheran Church
930 Poyntz Avenue

Survival Skills for Women

SP-04

Survival Skills for Women is a competency-based life skills program which provides training, support, and empowerment. Participants will gain self assurance and motivation, and work toward personal and economic independence. The series is for women only.

Sharon Rice and Andrea Timberlake are trained Survival Skills for Women facilitators.

Date: June 11 - July 18 (Tues/Thurs)
No class July 4
Time: 9 am - 12 noon
Fee: \$45
Location: UFM Conference Room

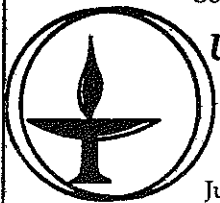
Self-Defense for Pre-teens Youth section

SEXUAL HARASSMENT ASSAULT RAPE PREVENTION

SHARP self-defense workshops are available for organization, groups or schools. Contact UFM, 539-8763 to coordinate a workshop.

JOIN US Sundays at 10:45

- Stimulating programs
- Liberal religious education classes for children
- Centuries-old tradition
- Childcare for those too young for classes
- Refreshments after programs
- Social events



Unitarian-Universalist Fellowship

481 Zeandale Rd.
537-2349

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Public Speaking Made Easy

SP-02

This workshop will provide instruction and practice in basic techniques of organizing and presenting a dynamic and effective speech. Using the techniques of impromptu speaking, prepared speeches, and constructive evaluations, Public Speaking Made Easy will help develop confidence and ability for anyone who has ever wanted to be able to talk in front of an audience. A must for career development! Let us show you how easy (and how much fun) it can be.

Steve Brown is an Able Toastmaster (ATM) through Toastmasters International, and currently serves as a district officer for the organization. A computer programmer with Kansas Farm Bureau Services, Steve has spent the last 13 years learning, and helping others to learn, effective speaking techniques. He has a Masters degree in Operations Research from Southern Illinois University at Edwardsville and a Bachelor's degree in Mathematics from Kansas Wesleyan. Steve will be joined by other officers of the Manhattan Toastmasters Club in providing this workshop.

Date: June 4 - July 23 (Tuesday)
Time: 8 pm
Fee: \$27
Location: UFM Multipurpose Room

Introduction to Zen Buddhist Philosophy and Practice

SP-03

Zen Buddhist philosophy aims for enlightenment by direct intuition through meditation. Join us for discussion and practice of Zen meditation (*Zazen*) with a major focus on the soto tradition or "school." Other traditions will also be discussed. Please bring a cushion to sit on in class.

Leon Rappoport (532-6850), is a professor of Psychology at KSU and has been a student of Zen Buddhism for approximately 20 years, practicing under the direction of Soto masters Dainin Katagiri and Shohaku Okumura. He is affiliated with the Minneapolis Zen Meditation Center.

Date: July 9, 16, 23 (Tuesday)
Time: 7:30 - 9 pm
Fee: \$14
Location: UFM Conference Room

Beginning Sign Language Creative Freetime section

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Meditation and Creativity

SP-05

Meditation is a means to attune oneself to the source of awareness and life. Creativity flows from this same source. The link between meditation and creativity will be explored experientially. Poetry and art will be used to express meditational awareness. Qabala, or Jewish mysticism, will be used to provide a conceptual framework.

Dan Berkow is a professional psychotherapist. He has studied various meditational practices including Buddhist, Taoist, Christian, and Jewish. Additionally, Dan has studied art and also enjoys drama, poetry, and music. He hopes to assist students' personal explorations of self and universe in this class.

Date: June 6 - July 25 (Thursday)
No class July 4
Time: 7:30 - 9 pm
Fee: \$18
Location: UFM Greenhouse

Creative Problem Solving and Idea Generation

SP-06

The class will have an informal format. We will have open discussions of what creativity means for people, so everybody is teaching everybody else. We will also practice some well-known creativity exercises such as brainstorming, mind-mapping, and challenging one's assumptions. The most important goal is to have fun! If it isn't fun, creativity will never become useful.

Ben Lai has experience in a variety of creative fields; he has worked as a computer programmer, a patent writer, an entrepreneur, and an English teacher, and he likes to write short fiction. He thinks creativity is fun and useful, and everybody can learn some simple techniques for better creativity.

Date: June 4 and 6 (Tues and Thurs)
Time: 7 - 9 pm
Fee: \$12
Location: UFM Fireplace Room

Creative Problem Solving and Idea Generation

SP-07

Ben Lai

Date: June 10 and 12 (Mon and Wed)
Time: 7 - 9 pm
Fee: \$12
Location: UFM Fireplace Room

Creative Problem Solving and Idea Generation

SP-08

Ben Lai

Date: June 18 and 20 (Tues and Thur)
Time: 7 - 9 pm
Fee: \$12
Location: UFM Fireplace Room

Learn to Fly Creative Freetime section



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For the Love of Music

SP-09

This class is ideal for parents or teachers with children from the womb to early school age. We will explore why music is instrumental in our lives and how to cultivate a lifelong love of music in your child. You will be provided with songs and games to share with your children and hands-on practice in making your own instruments. We will also discuss different instrument methodologies, such as suzuki.

Jennifer Finlayson (776-1592), is a recent graduate of Ithaca College in Ithaca, NY where she studied music education with a voice emphasis. She has taught Pre-kindergarten through 12th grade general music classes and choirs. She has also worked with groups of young women, grades 1-6, through Girl Scouting for 6 years. In the past year she has begun to compile information for a book with the same topic as this class.

Date: June 4 - July 23 (Tuesday)
Time: 7:30 - 8:30 pm
Fee: \$28
Location: UFM Greenhouse

Exploring the Esoteric Nature of Sound and Music

SP-13

Ancient cultures were in touch with the transforming and healing power of sound. In this workshop, we will explore the effect of sound on our perception of the world and ourselves through sonic meditation, vibratory patterns, pure musical tones and group toning - getting in touch with places in the body that are "in resonance" or "out of resonance". Please bring a cushion to sit on. Chairs will be available.

Nate Scarritt has explored Sacred Sound and Eastern Wisdom traditions for the last 15 years.

Date: June 5 and 12 (Wednesday)
Time: 7 - 9:30 pm
Fee: \$13
Location: UFM Banquet Room

How to Get Organized without Really Trying?? Just Do It!!

SP-10

Spend a few hours developing proven strategies to help you organize work, family, career, exercise, errands, paperwork and much, much more. We'll develop lists, ideas, and easy skills to help you get organized and stay that way. Participants should bring their personal or family/household calendars with them to classes. Each participant will receive a "50 Timesaving Tips" handout. Bring your biggest project to class with you and we'll start tackling it.

Phyllis Searles (238-8292), is a former public information officer for the Denver Housing Authority. In 1994, she organized her wedding long distance using organizational and time management techniques. She has professional experience organizing special events, household moves and family reunions. Phyllis is currently a military spouse at Fort Rilea and working on freelance projects.

Date: June 15 (Saturday)
Time: 9 am - 12 noon
Fee: \$18
Location: UFM Conference Room

How to Get Organized without Really Trying?? Just Do It!!

SP-11

Phyllis Searles

Date: June 18 and 20 (Tues/Thurs)
Time: 7 - 9 pm
Fee: \$18
Location: UFM Conference Room

Building Self Esteem in Families

SP-15

This class will briefly review specific theories of personality development including family of origin themes that strengthen or inhibit "healthy" emotional growth. Learn alternatives as a means for enriching family functioning and discuss how traditions can enrich family functioning and cohesiveness. Explore traditions and rituals in families that create a sense of connectedness and distinctiveness. Learn suggestions for developing a broader base of family traditions.

Charles Chandler is a chaplain in the United States Army. He has a Masters in Educational Psychology and has trained extensively in Family Life Education. He is a former school Psychologist and Middle School Counselor. He has taught many parent education classes.

Date: June 3 and 5 (Mon/Wed)
Time: 7 - 8:30 pm
Fee: \$12 individual/\$16 couple
Location: UFM Conference Room

Parents in Healthy Families

SP-16

This class deals with the issues of leadership and rules in healthy families. It is broadly applicable to a wide variety of family types. Entire families, including children are encouraged to attend. The material stands strongly behind the notion that parents should be (lovingly) in charge of families. Derived from the "Family Wellness" program by Scott & Doub.

Steven Zinser received his Bachelor of Arts degree in Sociology from the University of Cincinnati. He received his Master of Divinity from Asbury Theological Seminary in Wilmore, Kentucky. He was a pastor for 6 years and has been an Army chaplain for 10 years. He has conducted marriage enrichment, stress management, suicide prevention and intervention, and parenting classes.

Date: June 10 (Monday)
Time: 7 - 8:30 pm
Fee: \$8 individual/\$12 couple
Location: UFM Multipurpose Room

Managing Your Stress

SP-14

Participants will learn the nature of stress, its results, and how to cope effectively. Methods will be given to prevent stress from becoming counterproductive. Strategies will be presented on ways to cope more effectively.

Glen Bloomstrom received his Bachelor of Arts degree in Biblical Theological Studies from Bethel College, St. Paul, Minnesota. He received his Master of Divinity from Bethel Theological Seminary. He entered active duty in the United States Army in 1982. He has taught stress management and marriage enrichment classes and is a graduate student in Family Life Education at Kansas State University.

Date: June 17 (Monday)
Time: 7 - 8:30 pm
Fee: \$8
Location: UFM Multipurpose Room

The Chinese Tai Chi class is in the WELLNESS section of the catalog on page 20.

How to Watch a Good Program Die

Nothing kills a UFM class faster than participants who wait until the last minute to enroll. Classes will be canceled if there is a low enrollment.

PLEASE REGISTER EARLY!

Couples in Healthy Families

SP-17

This class places a strong emphasis on equalitarian leadership and communication. Both are important issues in any family. The program is designed for healthy families looking for additional skills to enhance family living. The communication sessions offer valuable information to spouses on "knowing and saying what you want." Derived from the "Family Wellness" program by Scott & Doub, this class is designed for adult attendees.

Steven Zinser

Date: June 13 (Thursday)
Time: 7 - 8:30 pm
Fee: \$8 individual/\$12 couple
Location: UFM Banquet Room

Metaphysics Discussion

SP-12

The purpose of this group is to provide a place for those on the path of spiritual enlightenment; to share ideas, experiences and growth. Topics of discussion will depend on the current needs and interests of the collective. All religious, traditional, and methodical paths will be honored as equal and valid. Participants under the age of eighteen are encouraged to enroll with an adult mentor.

Tracy Mahoney is a student of Esoteric Studies at Sancta Sophia Seminary with an emphasis in the Healing Arts.

Date: June 5 - July 24 (Wednesday)
Time: 7:30 pm
Fee: \$15
Location: UFM Greenhouse

Grant Writing: Inside Tips

SP-18

This course is designed to acquaint students, volunteers, and agency professionals with basic skills and knowledge relating to grant writing. Topics that will be covered include: finding the sources, communicating on the internet, what is needed before you write the proposal, finesse of writing the grant, and reviews and reviewers.

Faculty and Staff from KSU, USD #383, the City of Manhattan, Riley County and community grant writers will be sharing their experiences, knowledge, and expertise at this UFM Grant Writing class. Speakers will include: *Sue Maes, Beverly Page, Carl Boger, James Shanteau, John Pickrell, Monty Wedel, Karen Davis, Laura Clark, Diane Stoddard, Ellen Egert and Anita Fahrny.*

Date: June 12, 19, and 26 (Wednesday)
Time: 4:30 - 7:30 pm
Fee: \$16
Location: KSU Justin Hall 149

School-based Health Services

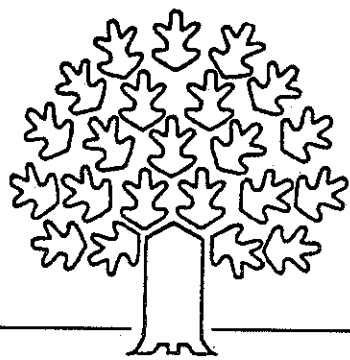
A discussion sponsored by the Flint Hills MAINstream Coalition

DATE: Tuesday, June 11
TIME: 7-8 p.m.
PLACE: UFM House, 1221 Thurston, Fireplace Room

The program will cover issues and services that are involved with School-based Health Services: health education, social services, prevention and public health dept clinics located in the public schools.

The Flint Hills MAINstream Coalition is a local group devoted to preserving traditional political values and freedoms. The Coalition was organized in 1995 in response to an increasing trend of negativism and intolerance in local and state politics.

This announcement is funded by an anonymous donor.



Wellness

1221 THURSTON

539-8763

Chinese Tai Chi

WE-01

Tai Chi, known as Joy through Movement, is a popular Chinese tradition. The purpose of Tai Chi is to circulate the vital force and balance the Yin-Yang of this Intrinsic Energy. It is relaxing and energizing in a gentle manner. This class is designed for beginners. Students will learn basic movements through demonstration and practice. You'll like Tai Chi and enjoy practicing it.

Ping Wei (539-4147), is a graduate student in the Department of Biochemistry at KSU. When he was in China he taught many foreign students Tai Chi in Nanjing University. (The foreign students were from the USA, Japan, Germany, Russia, the Netherlands, and other countries). Ping is very interested in introducing Tai Chi to this area. Ping has been teaching Tai Chi for UFM since fall 1992.

Date: June 6 - July 25 (Tuesday/Thursday)
No class July 4
Time: 6:30 - 7:30 pm
Fee: \$42
Location: ECM Auditorium
1021 Denison

Let's Talk About Tai Chi

WE-02

Tai Chi is a Chinese discipline as both healing and martial art. What does Tai Chi mean? What can Tai Chi do for you? What is the relation between Tai Chi and Traditional Chinese Medicine? We will discuss a variety of topics: stress, back problems, high blood pressure, balance, etc. Bring your questions and come to learn about Tai Chi. Some slides of China will be shown.

Ping Wei (539-4147)

Date: June 4 (Tuesday)
Time: 7 pm
Fee: \$9
Location: UFM Conference Room

Safety Awareness Class for Youth

Youth section

Self-Defense for Pre-teens

Youth section

SHARP—SELF DEFENSE FOR WOMEN is offered in the PERSONAL DEVELOPMENT section of this catalog.

Reflections Photography

* Families * Children * Seniors
* Couples * Weddings

Call
539-1550

Healing Methods of the White Phoenix System

WE-03

Topics that will be covered include: Herbs and medications, first aid, theory of acupuncture, massage, quick cures for headaches, theory of Chi Kung and simple exercises. All participants will receive a videotape of the 4 classes.

Stan Wilson has done 28 years of researching martial arts and related areas. He is the founder of the White Phoenix System.

Date: July 3, 10, 17, 24 (Wednesday)
Time: 6:30 - 7:30 pm
Fee: \$56
Location: UFM Conference Room

Self Treatment with Acupressure

WE-04

This class is designed to teach basic acupressure techniques that can be used for treatment of minor ailments. The main focus will be on the effects of acupressure using the body's macrosystem. Class fee includes book and handouts.

Dr. Larry Dall has practiced chiropractic care in Manhattan for the last 12 years. He believes in assisting the body with the healing process, which is why he has expanded his treatment techniques to include acupuncture/acupressure. He is a Fellow in the Acupuncture Society of America.

Date: June 10 - July 15 (Monday)
Time: 7 - 9 pm
Fee: \$27.50
Location: 1130 Westport Drive, Suite 5 Manhattan

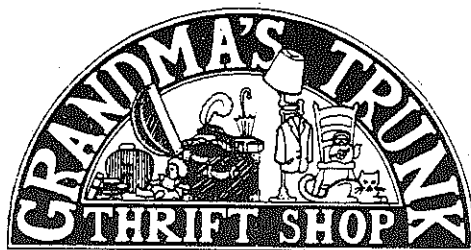
Self Treatment with Acupressure

WE-05

Dr. Larry Dall

Date: June 12 - July 17 (Wednesday)
Time: 7 - 9 pm
Fee: \$27.50
Location: 1130 Westport Drive, Suite 5, Manhattan

E mail address: ufm@ksu.ksu.edu



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Massage for the Individual

WE-06

Learn the basic principles of therapeutic massage that will enable you to relieve muscular aches and pains, tension, and stiffness, as well as create relaxation for you. Participants will learn a self-massage routine that they can adapt to their personal needs. Participants should bring a blanket and/or pillow and wear loose clothes or shorts and t-shirt.

Bernice Martin (587-9382), is a graduate of the Downeast School of Massage and is a registered massage therapist in the state of Maine. Her work is primarily Swedish Massage but incorporates aspects of deep tissue work and energy healing.

Date: June 4 (Tuesday)
Time: 7 - 9 pm
Fee: \$15
Location: UFM Banquet Room



Introduction to Massage

WE-07

Learn the basic principles of therapeutic massage and the role of massage in maintaining health. Swedish style massage uses long, flowing strokes and is the most common style of massage. Emphasis will be placed on the neck and back. Participants should wear bathing suits under loose fitting clothing. We will be working in pairs. Each pair will need a sleeping bag/thick blanket or comforter and 2 flat sheets.

Bernice Martin (587-9382)

Date: June 11 and 18 (Tuesday)
Time: 7 - 9 pm
Fee: \$26/couple
Location: UFM Banquet Room

Foot and Face Massage

WE-08

Participants will learn to do a relaxing facial massage while enjoying a warm herbal foot bath. Students will then learn foot massage techniques to revitalize tired, aching feet. Please bring 2 towels and bowl/container large enough for your feet to rest comfortably inside.

Bernice Martin

Date: June 25 (Tuesday)
Time: 7 - 8:30 pm
Fee: \$15
Location: UFM Banquet Room

School-Based Health Services

A discussion sponsored by Flint Hills MAINstream Coalition—See page 22

American Red Cross
Learn to Swim classes
are found on pages 4-5.



HEALTH, HEALING AND HARMONY SERIES

Stress Management

WE-09

Stress is part of our lives. Dealing with stress in a positive way promotes good health. During this mini-workshop, you will learn what stress can do to your health, identify your stressors, and learn a variety of ways you can deal with the effects of stress. Dealing with your stress does not have to be a difficult task. Small changes over a period of time can work miracles.

Kris Barnard and Eunice Dorst are partners of Health and Harmony Pathways. They have both taught classes privately and for UFM for many years.

Date: June 5 (Wednesday)
Time: 7 - 8:30 pm
Fee: \$8 for one class/\$25 for series of six classes
Location: UFM Fireplace Room

Aromatherapy

WE-11

Aromatherapy is the art of using essential oils for healing. The olfactory membrane is the only place in the human body where the central nervous system is directly exposed to the environment. Through the sense of smell, we tap into the limbic portion of the brain where emotions, imagination, memory, and our sexual drive are evoked. Essential oils can soothe, relax, energize or stimulate the body, mind and spirit. Known for their pleasing aromas, they also have antiseptic, antibacterial, and antiviral properties.

Kris Barnard

Date: June 19 (Wednesday)
Time: 6:30 - 7:30 pm
Fee: \$8 for one class/\$25 for series of six classes
Location: UFM Fireplace Room

Therapeutic Touch

WE-13

Therapeutic Touch is the subtle balancing of the human energy field used to promote wound healing, reduce stress and decrease pain. Therapeutic Touch is a unique relaxation technique where the practitioner uses hands three to five inches away from the client to assess, then balance the energy field, thus helping the client tap into his or her own natural healing ability.

Kris Barnard

Date: July 3 (Wednesday)
Time: 6:30 - 7:30 pm
Fee: \$8 for one class/\$25 for series of six classes
Location: UFM Fireplace Room

The Chakra System

WE-10

Chakras are the energy centers of the body. There are seven chakras, each corresponding to the nerve ganglia and the glands of the endocrine system. Each chakra identifies with a particular aspect of your life. Blockages are created by negative emotions, fears and beliefs, creating dysfunction in the body and our lives.

Eunice Dorst

Date: June 12 (Wednesday)
Time: 7 - 8:30 pm
Fee: \$8 for one class/\$25 for series of six classes
Location: UFM Multipurpose Room

Visualization

WE-12

Many people never reach their goals because of a lack of focus. Visualization is a powerful tool used to focus on and help achieve goals in any area of your life. This technique is also used to promote good health, and to improve performance at work or in sports. It is easy to learn and simple to use.

Eunice Dorst

Date: June 26 (Wednesday)
Time: 7 - 8:30 pm
Fee: \$8 for one class/\$25 for series of six classes
Location: UFM Fireplace Room

Meditation

WE-14

Meditation does not have to be difficult, painful or stressful. Learning to quiet our minds helps to instill a feeling of calm and inner peace. Some the benefits are: increased energy, improved sleep patterns, improved memory and decreased stress level.

Kris Barnard

Date: July 10 (Wednesday)
Time: 6:30 - 7:30 pm
Fee: \$8 for one class/\$25 for series of six classes
Location: UFM Fireplace Room

Yoga

WE-16

Meeting twice a week, this is an intensive and thorough way to begin your yoga practice. Class emphasis will be on postures and breathing.

Tippi Magid's yoga career started at age 8 watching her mother and friends stand on their heads. Since then she has studied extensively across the U.S. Her teachers include: Susan Gillespie, Margaret Hahn, Richard Schactel, Ganga White and Tracy Rich. She has also studied at the Himalayan Institute and has taken intensive classes with advanced Iyengar teachers John Friend and Aadil Palkhivala.

Date: June 4 - July 2 (Tues/Thurs)
Time: 7 - 8:30 am
Fee: \$108
Location: ECM Student Center 1021 Denison

Stress Management Through Aromatherapy

WE-15

This class serves as an introduction to Aromatherapy, specifically how it relates to Stress Management. Learn the benefits of Aromatherapy and how to incorporate it into your life.

Claudette Laurie is owner/operator of the Country Gift Shop. She is beginning her 12th year in business.

Date: June 17 (Monday)
Time: 7 - 9 pm
Fee: \$8
Location: Country Gift Shop 2206 Ft. Riley Blvd.

Yoga

WE-17

Tippi Magid

Date: June 4 - July 2 (Tues/Thurs)
Time: 9 - 10:30 am
Fee: \$108
Location: ECM Student Center 1021 Denison

*GOLF *GOLF *GOLF *GOLF
Listed in the RECREATION AND DANCE section of the catalog

How to Watch a Good Program Die

Nothing kills a UFM class faster than participants who wait until the last minute to enroll. Classes will be canceled if there is a low enrollment.

PLEASE REGISTER EARLY!

Don't miss MARTIAL ARTS for adults section on page 10

Health & Harmony Pathways
ESSENTIAL OILS as used in AROMATHERAPY
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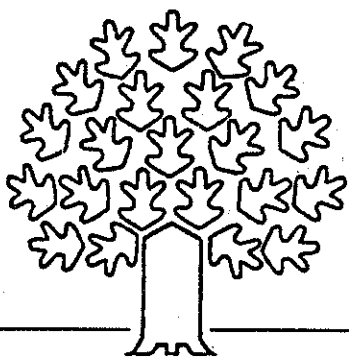
Whole Foods Cooking Class Page 8

"Parents Who Care" Personal Development section

Don't miss seeing the Spillway before it gets filled in this summer. See the Earth & Nature section.

Oops! Did you get more than one copy of this catalog? Please let the UFM office, 539-8763, know and pass the extra copy to a friend. Thanks.

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Youth

1221 THURSTON

539-8763

Tumbling Tots

YO-05

Children ages 3 to 5 are in a very active growing stage. In this tumbling class participants will develop strength, flexibility, and coordination in a fun atmosphere. The class meets 45 minutes once a week.

Dan Brown (539-3613), has had 10 years of gymnastics coaching experience, is Safety certified by USA Gymnastics, and is a certified instructor of USA Gymnastics Professional Development Program.

Date: June 5, 12, 19, 26, July 3, 10 (Wed)
Time: 6 pm
Fee: \$32
Location: Manhattan Gymnastics Center
2305 SkyVue Lane

Preschool Dance

YO-06

This is a fun pre-ballet class for children aged 3 to 5. The class meets once a week for 45 minutes.

LaShawna Harrison (539-3613), has been involved in dance for 15 years. She has three years experience as a teaching assistant and three years as a dance instructor.

Date: June 3, 10, 17, 24, July 1, 8 (Mon)
Time: 6 pm
Fee: \$32
Location: Manhattan Gymnastics Center
2305 SkyVue Lane

Beginning Dance

YO-07

Beginning dancers will learn a combination of ballet and jazz dance while they improve their coordination and balance. In this class the child must be 6 years old or must have the instructor's permission. The class will meet for 45 minutes once a week.

LaShawna Harrison

Date: June 5, 12, 19, 26, July 3, 10
Time: 6 pm (Wednesday)
Fee: \$32
Location: Manhattan Gymnastics Center
2305 SkyVue Lane

SHARP-Self Defense for Preteens

YO-01

This self defense program is adapted from a national program designed specifically for women. The terminology and approach have been "softened" but the focus remains to empower females to better protect themselves and gain confidence in their social environments. There will be discussion dealing with situations from sexual harassment through actual attack. Appropriate for girls 10 - 13.

Diana Tarver (823-5315), has been teaching women's self defense classes for 9 years. She has adapted the program for teens and young girls. She is a 3rd degree Black Belt in Tae Kwon Do and has taught police defense tactics, but for this class she takes a very practical approach.

Date: July 8 (Monday)
Time: 7 - 9 pm
Fee: \$11
Location: First Lutheran Church
930 Poyntz Avenue

SASSY/Safety Awareness and Street Smart Youth

YO-02

This program teaches children personal safety in an increasingly dangerous society. The program helps build self confidence, increases awareness and teaches effective defense techniques as well as reinforcing safety precautions taught at home and school. This is a fun, safe program for children that teaches very important skills. Ages 10 and under.

Diana Tarver teaches the SHARP self defense classes for UFM.

Date: June 18 (Tuesday)
Time: 9 - 11 am
Fee: \$11
Location: First Lutheran Church
930 Poyntz Avenue

SASSY/Safety Awareness and Street Smart Youth

YO-03

Diana Tarver

Date: July 15 (Monday)
Time: 7 - 9 pm
Fee: \$11
Location: First Lutheran Church
930 Poyntz Avenue

Beginning Tae Kwon Do for Youth 4-5

YO-08

Tae Kwon Do is a Korean martial art form which teaches discipline and self confidence at the same time participants are learning new athletic skill and self defense techniques. These classes are designed to introduce young children to the fun and excitement of martial arts while they begin learning the basics of hand-eye coordination, balance and self discipline. Beginning Tae Kwon Do self defense techniques will be taught in a safe, fun, and age-appropriate atmosphere by experienced instructors.

DC Lehman (532-6340) is a first degree black belt in the American Tae Kwon Do Association and is an instructor with the K-State/Manhattan Tae Kwon Do Club. She also has extensive experience in weight training, stretching, and adaptive stretching (for those with physical limitations).

Date: June 4, 7, 11, 14, 18, 21
Time: 7 - 7:30 pm (Tues/Fri)
Fee: \$28
Location: First Lutheran Church (Parish Basement)
930 Poyntz Avenue

Beginning Tae Kwon Do for Youth 6-8

YO-09

This class is designed for 6-8 years olds or 5 years olds who have taken Tae Kwon Do before.

DC Lehman

Date: June 25, 28, July 5, 9, 12, 16, 23, 26
Time: 7 - 7:45 pm (Tues/Fri)
Fee: \$38
Location: First Lutheran Church
930 Poyntz Avenue

Introduction to Tap

YO-12

An introductory class designed to provide exposure to tap steps performed to popular music. This a good opportunity to try tap to see if you like it. Formal dance attire is not necessary, wear tennis shoes or tied shoes to class.

Randi Dale

Date: June 12 and 19 (Wednesday)
Time: 6:30 - 7:00 pm
Fee: \$9
Location: 2416 Rogers Blvd.

Pre-Ballet Class

YO-10

A beginning ballet class for children 4-7 years old with no dance experience. Emphasis will be on beginning ballet techniques. Formal dance attire is not necessary.

Randi Dale has taught dance for 34 years. Her dance choir toured the midwest and Europe in 1968. She is a certified teacher with a Masters Degree in Education.

Date: June 12 and 19 (Wednesday)
Time: 5:30 - 6:00 pm
Fee: \$9
Location: 2416 Rogers Blvd.

Ballet Class

YO-11

This ballet class is geared for children 8 and up. Teens are welcome. Students will be placed in the appropriate level depending upon experience. Beginning and experienced students welcome.

Randi Dale

Date: June 12 and 19 (Wednesday)
Time: 6:00 - 6:30 pm
Fee: \$9
Location: 2416 Rogers Blvd.

Youth Scholarships are available through the YES! fund.

School-based Health Services

A discussion sponsored by the Flint Hills MAINstream Coalition

DATE: Tuesday, June 11

TIME: 7-8 p.m.

PLACE: UFM House, 1221 Thurston, Fireplace Room

The program will cover issues and services that are involved with School-based Health Services: health education, social services, prevention and public health dept clinics located in the public schools

The Flint Hills MAINstream Coalition is a local group devoted to preserving traditional political values and freedoms. The Coalition was organized in 1995 in response to an increasing trend of negativism and intolerance in local and state politics.

This announcement is funded by an anonymous donor.



VIDEO GAMES!

BUY • SELL • TRADE

- Sega
- Super Nintendo
- Computer CD-Rom
- Game Gear ➤ Game Boy
- Sony Playstation
- Lots of Regular Nintendo Games

SAVE AT GAME GUY!

709 N. 12th Manhattan, KS
(913) 537-0989



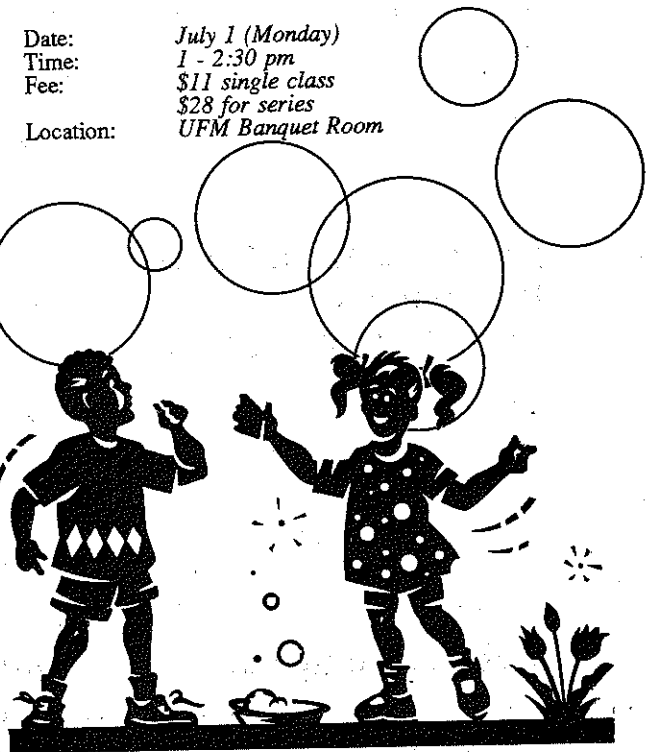
Bubbles, Beads, and Firecrackers!! Painted Wooden Firecrackers

YO-13

Learn how to paint stars and stripes on wooden firecrackers to use as a 4th of July decoration. Different techniques with both paint and glitter will be used.

Charlene Brownson is the educational coordinator at UFM and has a teaching certificate in Art Education K-12.

Date: July 1 (Monday)
Time: 1 - 2:30 pm
Fee: \$11 single class
\$28 for series
Location: UFM Banquet Room



Monster Bubbles!

YO-14

Learn the art of making soap bubbles on a grand scale. You have to see it to believe it. Participants in this class will make a monster bubble wand and learn how to make gigantic bubbles. We will talk about making bubble solution and other tools for making bubbles.

Linda Teener is the director at UFM and a monster bubble convert.

Date: July 8 (Monday)
Time: 1 - 2:30 pm
Fee: \$11 single class
\$28 for series
Location: UFM House

Beads and Necklaces

YO-15

Have fun learning how to make beads from oven-baked clay. Everyone will get to make their own necklace and bracelet.

Charlene Brownson is the educational coordinator at UFM and has a teaching certification in Art Education K-12.

Date: July 15 (Monday)
Time: 1 - 2:30 pm
Fee: \$11 single class
\$28 for series
Location: UFM Banquet Room

Clay Critters

YO-16

Learn how to make miniature clay figures with oven-baked Sculpey. We will be making a pig, a cat, vegetables, a chicken and a fried egg. These "critters" make great magnets for yourself or as gifts. The "critters" are on display at UFM. Supply list available at the time of registration.

Karen Kemp is a K-State student majoring in Family Studies and Human Services. She has over 40 credits in the field of art at K-State. She does many crafts and has been working on "clay critters" for more than 15 years.

Date: June 3, 5, 10, 12
Time: 5:30 - 6:45 pm (Mon/Wed)
Fee: \$25
Location: UFM Conference Room

Clay Critters

YO-17

Karen Kemp

Date: June 17, 19, 24, 26
Time: 5:30 - 6:45 pm (Mon/Wed)
Fee: \$25
Location: UFM Conference Room

Yoga for Kids

YO-04

A fun combination of physical and mental exercise taught by a veteran yoga instructor and ex-camp counselor. Yoga teaches kids how to move with confidence, relax and concentrate. It is a non-competitive, enjoyable exercise your child will love. Ages 6 and up. *Children should bring a sack lunch.

Tippi Magid's yoga career started at age 8 watching her mother and friends stand on their heads. Since then she has studied extensively across the U.S. Her teachers include: Susan Gillespie, Margaret Hahn, Richard Schactel, Ganga White and Tracy Rich. She has also studied at the Himalayan Institute and has taken intensive classes with advanced Iyengar teachers, John Friend and Aadil Palknivala.

Date: June 4 - July 2 (Tues)
Time: 11 am - 12:30 am
Fee: \$63
Location: ECM Student Center
1021 Denison

Basic First Aid Training Certification

YO-18

This is a American Red Cross certification workshop for youth ages 8 - 12 years. Participants will learn standard first aid techniques, personal safety, emergency action plans and will receive a American Red Cross certification for basic first aid training.

Kansas Health and Safety Extension Corp is an Americorps Kansas program. Their staff will teach this course.

Date: June 10 - 21 (Mon/Fri)
Time: 9 - 10 am
Fee: \$16
Location: will be notified of location

Basic First Aid Training Certification

YO-19

Kansas Health and Safety Extension Corp

Date: July 8 - 19 (Mon/Fri)
Time: 9 - 10 am
Fee: \$16
Location: will be notified of location

Basic First Aid Training Certification

YO-20

Kansas Health and Safety Extension Corp

Date: July 22 - Aug 2 (Mon/Fri)
Time: 10 - 11 am
Fee: \$16
Location: will be notified of location

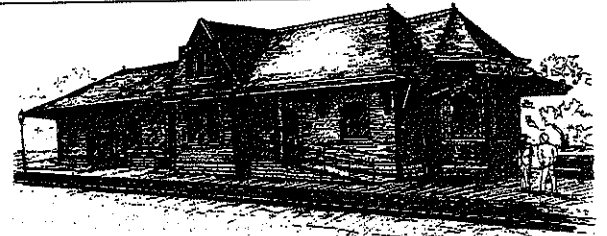
Basic First Aid Training Certification

YO-21

Kansas Health and Safety Extension Corp

Date: Aug 5 - 16 (Mon/Fri)
Time: 10 - 11 am
Fee: \$16
Location: will be notified of location

Union Pacific Depot Rehabilitation Project



The City of Manhattan, in a joint effort with the Manhattan\Riley County Preservation Alliance, University for Mankind, and the College of Architecture, Planning and Design at KSU, has requested two State grants to rehabilitate the Union Pacific Depot. The City of Manhattan, in full support of the rehabilitation, has provided matching funds for both grants. UFM will coordinate part this historic structure as a meeting place for community groups and for small displays or as a focal point for community events. The College of Architecture, Planning and Design envisions using the remaining part of this structure as space for a studio and associated display, conference, and review space. UFM and the Manhattan/Riley County Preservation Alliance are coordinating public awareness and fundraising efforts to bring the historic Union Pacific Depot back to public use. Two grants, if received, will pay for exterior work. Funds are still needed for interior rehabilitation and furnishings. Community support is needed to make this dream become a reality.

To get involved, or to learn more about this project, call UFM at 539-8763.

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

NEED A SUMMER JOB?
UFM needs lifeguards, WSI teachers and teaching assistants. Apply at UFM 539-8763

REGISTRATION INFORMATION 3 WAYS TO REGISTER



Registration by Mail

Complete the registration form and mail the form with your check, money order, or credit card number to:

UFM Class Registrations
1221 Thurston

Manhattan, Kansas 66502-5299

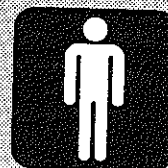
You will be notified if the class is full. All registration is on a first-come, first-served basis. No other class confirmations will be sent out unless requested.

FOR YOU...



Registration by Phone

With your VISA, Discover or MasterCard number and expiration date ready, call (913) 539-8763 during regular business hours.



Registration in Person

Stop by the UFM House, 1221 Thurston

HOURS: 8:30 am - 12 Noon

1:00 pm - 5:00 pm

Monday through Friday

Youth Scholarships are available.

This catalog printed on recycled paper

FOR A FRIEND...

UFM 1221 THURSTON 539-8763
Manhattan, KS 66502

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Manhattan, KS 66502

1221 Thurston **UFM Class Registration** 539-8763
Manhattan, KS 66502

Student Name _____ Evening Phone _____
Address _____ Day Phone _____
City _____ State Kansas Zip _____
Social Security No. _____ Credit _____ Non Credit _____
Age: Under 18 exact age _____ 19-24 25-59 60+
Parent's Name if Student is Under Age 18 _____

CLASS #	Session	TITLE	FEE	LOCATION	DATE	TIME

Tax Deductible Donation
Total _____

I hereby authorize the use of my Visa MasterCard Discover

Signature _____

Card Number _____ Expiration Date _____

Card Cardholder's Name (Please Print) _____

Participant Statistics: KSU Student KSU Faculty/Staff Ft Riley Other

Where did you obtain your catalog? _____

A class I would like offered _____

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

Signature** _____ Date _____

**Signature of Parent or Guardian required for minors.

Office Use Only			Amount	Total Paid
Date Received	Date	Staff	Check _____	<input type="text"/> Date _____
Entered	_____	_____	Cash _____	
Computer	_____	_____	Visa _____	
			M/C _____	
			Discover _____	

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