

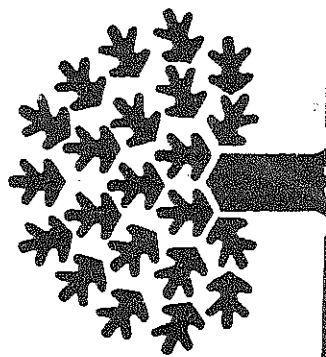
It's going to be a Great Summer!

UFM

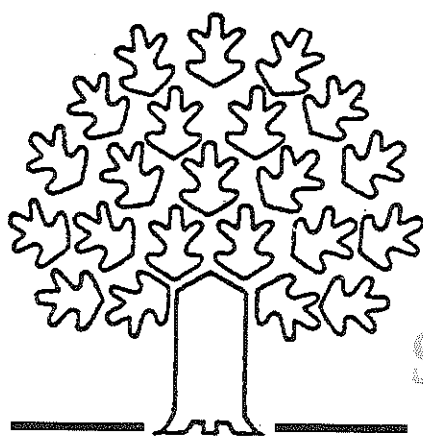
1997

Summer Classes

(June-August)



Teaching • Learning • Growing



Teaching • Learning • Growing

UFM

1997

Summer Classes

(June-August)

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

OR CURRENT RESIDENT

Welcome to UFM...

UFM is an unusual organization, sometimes hard to define, but important to the quality of life at KSU and in Manhattan. For 29 years, UFM has made it possible for diverse people to come together to learn from each other and to organize projects that improve our lives.

This catalog of classes is UFM's best known activity. Enjoy looking at the wide array of classes made possible by the persons who spend their time teaching for us.

A lesser known role has been in initiating community projects. Through the years, UFM has helped launch nineteen different community activities from the nationally award-winning community garden, Women's Resource Center, Fone Crisis Center and Lou Douglas Lecture Series to the Downtown Farmer's Market, People's Grocery Cooperative, Home Owner's Maintenance and Energy Program and others as well.

If you've not experienced UFM first-hand, give it a try. Take a class, teach a class, or stop by and learn about UFM's special campus and community projects.

UFM Staff:

Executive Director - Linda Inlow Teener
 Education Coordinator - Charlene Brownson
 Swim Coordinator - Andrea Parr
 State Outreach Coordinator - Anita Madison
 Lou Douglas Lecture Coordinator - Victoria Choitz
 Office Coordinator - Rhonda Smartt

WHERE WE'RE LOCATED



UFM
 1221 Thurston

KSU
 Campus

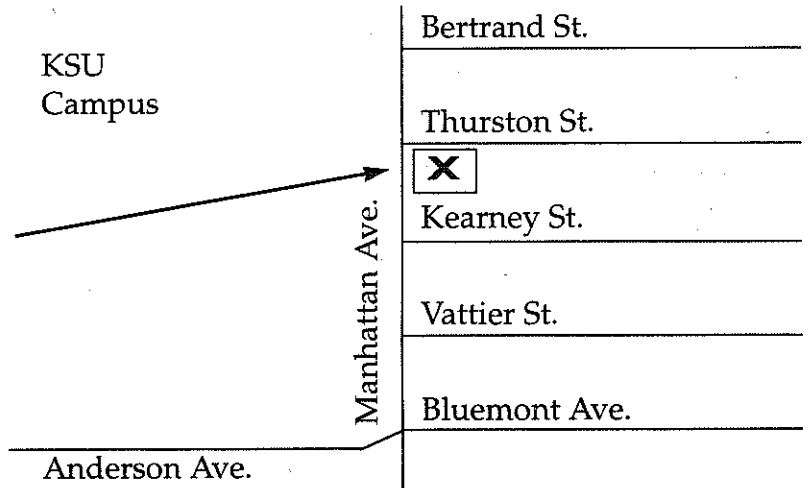


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Classes

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*Clay Critters <i>and more</i>		*Introduction to Zen	
Fun Foods	10	*Spiritual Psychology <i>and more</i>	
*Cake Decorating *Russian Piroshki		Youth	21-22
Language	10	*Martial Arts *Creative Movement	
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Arts Center Classes	11-14	*Self Defense for Preteens	
*Clay *Visual Arts		*Beginning Ultimate-Flying Disc <i>and more</i>	

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.

ANSWERING MACHINE

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

HANDICAPPED ACCESSIBLE



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

BOARD OF DIRECTORS

Kim Morgan <i>Chair</i>	Lynda Spire
Steve Scheneman <i>Vice Chair</i>	Frank Spikes
Paula Walawender <i>Treasurer</i>	Sue Maes
Heather Lansdowne <i>Secretary</i>	Marjorie Morse
Linda Inlow Teener <i>Executive Director UFM</i>	Migette Kaup
	Elaine Johannes
	Aubrey Abbott
	Tom Fryer
	Bill Richter
	Gabrielle Thompson
	Dean Stramel



MANHATTAN/K-STATE

587-0103

JUNCTION CITY/FT. RILEY

238-1035

STUDIO LINE

776-1035

CONCERT INFO

587-0000

Current Hits ~ Classic Favorites

UFM INSTRUCTORS

Kris Barnard
Brent Benkelman
Michael Bennett
Daniel Berkow
Leonard Bishop
Harriet Black
Lynn Bohnenblust
Shirley Bramhall

Charlene Brownson
Paul Bruegger
Randi Dale
Larry Dall
Enell Foerster
Dena Fox
Paul Gleue
Jim Gregory
Colleen Hampton

Chuck Havlicek
Eric E. Henricks
Colette Hernandez
Jayson Kaus
Karen Kemp
F.C. Lanning
D.C. Lehman
Corey Lewis
J. Harvey Littrell

Kathy Lyman
Rich Markle
Bernice Martin
Sarah McDaniel
Andrea Parr
Elizabeth Portwine
Liuba Ramm
Leon Rappoport
Sara Saunders

Kacy Sawyer
Pam Schmid
Douglas Sellers
Donna Shortland
Tammy Sinn
Shannon Sjogren
Natalie Smith
Madonna Stallman
Dean Stramel

Sun Yi Academy
Diana Tarver
Linda Teener
Don L. Terhune
Mei Hwa Terhune
Mark Tessororf
Jeff Wilson
Stan Wilson

UFM is able to offer a wide variety of both interesting and worthwhile classes because of so many talented instructors who are willing to share their time and talents with others. I appreciate their interest and cooperation and would like to say thank you.

Charlene Brownson

COMMUNITY REGISTRATIONS

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

DATE	TIME	LOCATION
May 22, Th	10am - 2pm	KSU Union
May 22, Th	5pm - 6:30pm	Manhattan Public Library
May 24, Sat	10am-2pm	Wal-Mart Manhattan
June 9, M	10am - 2pm	KSU Union

Registration continues throughout the semester:

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

MAILING YOUR REGISTRATION?

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

Wanted—Instructors to teach the following:

Stained Glass
Basic Auto Mechanics
Interior Decorating
Upholstery

To advertise your business or organization in the next UFM catalog, contact the UFM Office (539-8763) by June 20.

UFM is always looking for new ideas and new projects. Let us hear from you!
UFM, 1221 Thurston, Manhattan, KS 66502
(913)539-8763 email: ufm@ksu.ksu.edu

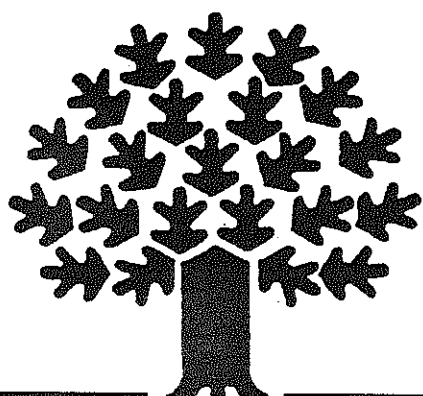
About UFM Classes

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.

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

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



• Teaching • Learning • Growing •

UFM Wish List

Upholstery Fabric Office Chairs
Paint Carpeting
Folding Chairs

Volunteers to help with:
Gardening
Office Work
Rebuilding the cold frame
General Building Maintenance

Thanks to those who responded to our wish list last semester!

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

INCLEMENT WEATHER POLICY

UFM courses held on campus follow the inclement weather policy of Kansas State University. Courses will be conducted unless all University courses are cancelled. If the instructor informs his/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. During electrical storms, swim classes will be asked to leave the water.

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.**

PRE-REGISTRATION IS REQUIRED

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

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

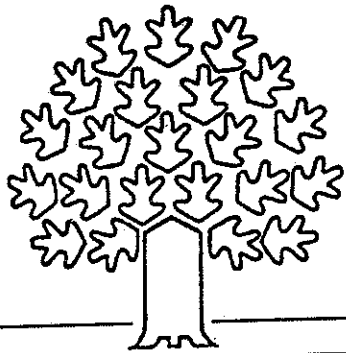
Credit Registration Refunds: After the second credit optional class meeting, but before one-third of the scheduled class sessions have met, fifty percent of the fee may be refunded if requested in writing. No refund is issued if it is requested after one-third of the class meetings have ended.

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 of \$16.50 will be assessed for students enrolled in 12 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.

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 2 and 23 & July 7 and 21. 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:

Session I:	Mon-Fri	June 2 - June 13
Session II:	Mon-Fri	June 16 - June 27
Session III:	Mon-Fri	June 30 - July 11
Session IV:	Mon-Fri	July 14 - July 25
No class Friday, July 4		

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-01	10:45 - 11:15
AQ-02	5:00 - 5:30
AQ-03	5:35 - 6:05
Session II:	Mon/Wed/Fri (see dates above)
AQ-02	5:00 - 5:30
AQ-03	5:35 - 6:05
Session III:	Mon/Wed/Fri (see dates above)
AQ-01	10:45 - 11:20
AQ-02	4:55 - 5:30
AQ-03	5:35 - 6:10
No class July 4	
Session IV:	Mon/Wed/Fri (see dates above)
AQ-02	5:00 - 5:30
AQ-03	5:35 - 6:05
Fee:	\$16 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-04T	5:00 - 5:30
AQ-05T	5:35 - 6:05
Session IV:	Mon/Wed/Fri (see dates above)
AQ-06T	5:00 - 5:30
AQ-07T	5:35 - 6:05
Fee:	\$16 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-08	10:45 - 11:25
AQ-09	4:10 - 4:50
AQ-10	6:15 - 6:55
Session II:	Monday - Friday (see dates above)
AQ-08	10:45 - 11:25
AQ-09	4:10 - 4:50
AQ-10	6:15 - 6:55
Session III:	Monday - Friday (see dates above)
AQ-08	10:40 - 11:25
AQ-09	4:05 - 4:50
AQ-10	6:10 - 6:55
Session IV:	Monday - Friday (see dates above)
AQ-08	10:45 - 11:25
AQ-09	4:10 - 4:50
AQ-10	6:15 - 6:55
Fee:	\$38 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-11	10:45 - 11:25
AQ-12	4:10 - 4:50
AQ-13	6:15 - 6:55
Session II:	Monday - Friday (see dates above)
AQ-11	10:45 - 11:25
AQ-12	4:10 - 4:50
AQ-13	6:15 - 6:55
Session III:	Monday - Friday (see dates above)
AQ-11	10:40 - 11:25
AQ-12	4:05 - 4:50
AQ-13	6:10 - 6:55
Session IV:	Monday - Friday (see dates above)
AQ-11	10:45 - 11:25
AQ-12	4:10 - 4:50
AQ-13	6:15 - 6:55
Fee:	\$38 per session

Youth Scholarships are available through the YES! fund.

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-14	10:45 - 11:25
AQ-15	4:10 - 4:50
AQ-16	6:15 - 6:55
Session II:	Monday - Friday (see dates above)
AQ-14	10:45 - 11:25
AQ-15	4:10 - 4:50
AQ-16	6:15 - 6:55
Session III:	Monday - Friday (see dates above)
AQ-14	10:40 - 11:25
AQ-15	4:05 - 4:50
AQ-16	6:10 - 6:55
Session IV:	Monday - Friday (see dates above)
AQ-14	10:45 - 11:25
AQ-15	4:10 - 4:50
AQ-16	6:15 - 6:55
Fee:	\$38 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-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-17	10:45 - 11:25
AQ-18	4:10 - 4:50
AQ-19	6:15 - 6:55
Session III:	Monday - Friday (see dates above)
AQ-17	10:40 - 11:25
AQ-18	4:05 - 4:50
AQ-19	6:10 - 6:55
Session IV:	Monday - Friday (see dates above)
AQ-17	10:45 - 11:25
AQ-18	4:10 - 4:50
AQ-19	6:15 - 6:55
Fee:	\$38 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-20	10:45 - 11:25
AQ-21	4:10 - 4:50
AQ-22	6:15 - 6:55
Session II:	Monday - Friday (see dates above)
AQ-20	10:45 - 11:25
AQ-21	4:10 - 4:50
AQ-22	6:15 - 6:55
Session III:	Monday - Friday (see dates above)
AQ-20	10:40 - 11:25
AQ-21	4:05 - 4:50
AQ-22	6:10 - 6:55
Session IV:	Monday - Friday (see dates above)
AQ-20	10:45 - 11:25
AQ-21	4:10 - 4:50
AQ-22	6:15 - 6:55
Fee:	\$38 per session

We now have E mail access: ufm@ksu.ksu.edu





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-23 10:45 - 11:25
 AQ-24 4:10 - 4:50
 AQ-25 6:15 - 6:55
Session II: Monday - Friday (see dates above)
 AQ-23 10:45 - 11:25
 AQ-24 4:10 - 4:50
 AQ-25 6:15 - 6:55
Session III: Monday - Friday (see dates above)
 AQ-23 10:40 - 11:25
 AQ-24 4:05 - 4:50
 AQ-25 6:10 - 6:55
Session IV: Monday - Friday (see dates above)
 AQ-23 10:45 - 11:25
 AQ-24 4:10 - 4:50
 AQ-25 6:15 - 6:55
 Fee: \$38 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-26 10:45 - 11:25
 AQ-27 4:10 - 4:50
 AQ-28 6:15 - 6:55
Session II: Monday - Friday (see dates above)
 AQ-26 10:45 - 11:25
 AQ-27 4:10 - 4:50
 AQ-28 6:15 - 6:55
Session III: Monday - Friday (see dates above)
 AQ-26 10:40 - 11:25
 AQ-27 4:05 - 4:50
 AQ-28 6:10 - 6:55
Session IV: Monday - Friday (see dates above)
 AQ-26 10:45 - 11:25
 AQ-27 4:10 - 4:50
 AQ-28 6:15 - 6:55
 Fee: \$38 per session

**Lap Swimming
Ages 13 plus**

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

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-29 10:45 - 11:25
 AQ-30 4:10 - 4:50
 AQ-31 6:15 - 6:55
Session III: Monday - Friday (see dates above)
 AQ-29 10:40 - 11:25
 AQ-30 4:05 - 4:50
 AQ-31 6:10 - 6:55
Session IV: Monday - Friday (see dates above)
 AQ-29 10:45 - 11:25
 AQ-30 4:10 - 4:50
 AQ-31 6:15 - 6:55
 Fee: \$21 per session

Lap Swimming 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 Lap Swimming for Parents class for a special parent's rate of \$16. 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-32 10:45 - 11:25
 AQ-33 4:10 - 4:50
 AQ-34 6:15 - 6:55
Session II: Monday - Friday (see dates above)
 AQ-32 10:45 - 11:25
 AQ-33 4:10 - 4:50
 AQ-34 6:15 - 6:55
Session III: Monday - Friday (see dates above)
 AQ-32 10:40 - 11:25
 AQ-33 4:05 - 4:50
 AQ-34 6:10 - 6:55
Session IV: Monday - Friday (see dates above)
 AQ-32 10:45 - 11:25
 AQ-33 4:10 - 4:50
 AQ-34 6:15 - 6:55
 Fee: \$16 per session

Private Lessons for Special Populations

AQ-37

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: \$42 per session of 6 lessons.

Private Lessons

AQ-38

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: \$42.00 per session of 6 lessons

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-39 6:15 - 6:55
Session IV: Monday - Friday (see dates above)
 AQ-40 6:15 - 6:55
 Fee: \$38 per session

Properties and Principles of Water

AQ-43

This aquatic exercise workshop will cover Water Physics. By using the properties and principles of water, participants can increase the intensity and get a more effective water workout. Learn some basic techniques to make your workout safe and more interesting. Have fun and get some new ideas for your class! This workshop can be used as a continuing education course for AEA Certified Instructors.

Terri Elders
 Date: July 26 (Saturday)
 Time: 9 am - 12:30 pm
 Fee: \$45
 Location: KSU Natatorium

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/Fri June 2 - June 27
 AQ-35 6:05 - 7:00
Tues/Thurs June 3 - June 26
 AQ-36 6:05 - 7:00
 No class July 4
Session II: Mon/Wed/Fri June 30 - July 25
 AQ-35 6:05 - 7:00
Tues/Thurs July 1 - July 24
 AQ-36 6:05 - 7:00
 No class July 4
 Fee: \$15 per session Tues/Thurs
 \$17 per session Mon/Wed/Fri

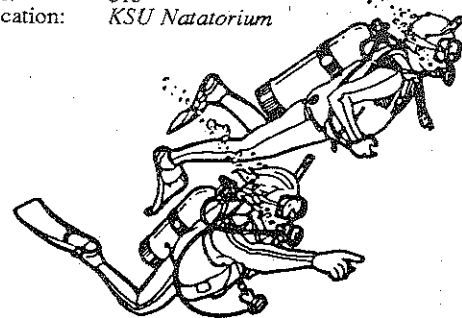
Community Water Safety

AQ-41

The water can provide opportunity for a lifetime of fitness and fun especially if you know how to recognize and prevent aquatic emergencies, understand what to do in an aquatic emergency and understand self-help skills for aquatic emergencies. It is appropriate for anyone who has the ability to swim at level IV. If you have completed level VII, this class will challenge your aquatic skills and prepare you for Lifeguard Training. This is a perfect Scout badge opportunity! You will receive American Red Cross Certification.

Andi Parr (776-2443), is a KSU student, majoring in Math. She is the UFM Swim Coordinator and has taught swim lessons for UFM for over two years.

Date: July 18 and 25 (Friday)
 Time: 5 - 7 pm
 Fee: \$15
 Location: KSU Natatorium



Scuba Diving

AQ-42

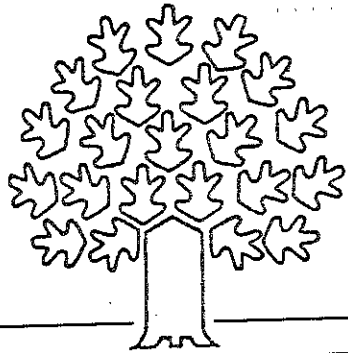
This class will prepare students for Open Water One certification. The certificate is included in the class fee, however neither UFM nor KSU is responsible for this certification. Travel and lodging are at the student's expense. The certification dates will be explained at the first class meeting. Students must provide their own mask, fins, and snorkel. The class 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.

Free Scuba Demonstration will be held in the KSU Natatorium on Friday, June 6, 5 pm. This session will acquaint participants with the skills and techniques of safe underwater diving. Bring swimsuits and be prepared to enter the water.

Jeff Wilson, has been diving for 25 years and instructing scuba for 15 years.

Date: June 9 - July 16 (Mon/Wed)
 Time: 5 - 7 pm
 Fee: \$210
 Location: KSU Natatorium

Self-Defense for Preteens
 is offered in the Youth section



Business & Professional

1221 THURSTON

539-8763

Personal Budgeting Basics BP-05

Are your finances out of control? Learn how to determine if you are a spender or a saver; establish your financial goals and incorporate these goals into a projected budget. Learn how to reduce some of your expenses. Participants are asked to bring all sources of income and expense documentation such as pay statements, checkbook registers, and credit card statements. A 30 minute video on credit card will be shown. One lucky participant will receive a door prize.

Harriet Black (762-6230), is a 1985 KSU graduate with a Bachelors in Business Administration. She has been a Debt Liquidation counselor at Fort Riley and currently owns and operates her own personal budget counseling business called MONEY MINDERS. She works at Fort Riley in Environmental Compliance and Training Division.

Date: June 26 (Thursday)
Time: 7 - 9 pm
Fee: \$23.50
Location: UFM Banquet Room

Basics of Investing BP-04

This class begins with the very basics of finances including: examining some of the most common reasons people fail to meet their investment goals, money management tips that can help make sure you don't fall into those traps, and rules every investor should know and follow. We will discuss many of the investments available today, including certificates of deposit, bonds, mutual funds, annuities and more.

Jayson Kaus (539-6777), is a Manhattan native, a Creighton University graduate, and has been an investment representative with Edward Jones for 5 years.

Date: July 15, 22, and 29
Time: 7 - 9 pm (Tuesday)
Fee: \$20 individual/\$26 couple
Location: UFM Conference Room

Planning and Conducting Successful Conferences BP-08

Successful conferences don't just happen—they are the result of careful planning, effective organization, and attention to detail. This practical course helps you understand the total conference planning process and helps you become a more knowledgeable and successful conference planner. You will also discover a few of the many resources available to conference planners.

Chuck Havlicek is the President of ACEware System, Inc., former Assistant Director, KSU Conference Office, with over 16 years of conference planning experience. Chuck has planned conferences for groups from 6 to 2,500.

Date: June 26 (Thursday)
Time: 9 am - 4:30 pm
12 - 1 pm lunch break
Fee: \$47
Location: First Congregational Church
700 Poyntz Avenue

Personal Budgeting Basics BP-06

Harriet Black

Date: July 24 (Thursday)
Time: 7 - 9 pm
Fee: \$23.50
Location: UFM Multipurpose Room

Personal Budgeting Basics BP-07

Harriet Black

Date: August 7 (Thursday)
Time: 7 - 9 pm
Fee: \$23.50
Location: UFM Multipurpose Room

Consumer Beware: Learn How To Make Your Money Work For You BP-01

Learn how money works. Your money can work for the middle man or it can work for you. This class will cover "bad" debt versus "good" debt, credit cards (cash advance and %, and over the limit fees), home mortgages, equine loans, PMI, escrow, APR versus %. Learn how life insurance really works; what your agent might not have told you.

Lynn Bohnenblust (776-3666), is Regional Vice President with Primerica Financial Services. He received a B.S. degree from Fort Hays State University in secondary education. Lynn has been with Primerica Financial Services for 6 years, teaching families how to get ahead in the money game.

Date: June 9 (Monday)
Time: 7 - 9 pm
Fee: \$8 individual/\$12 couple
Location: UFM Conference Room

Consumers Beware: Learn How To Make Your Money Work For You BP-02

Lynn Bohnenblust

Date: July 8 (Tuesday)
Time: 7 - 9 pm
Fee: \$8 individual/\$12 couple
Location: UFM Conference Room

Consumers Beware: Learn How To Make Your Money Work For You BP-03

Lynn Bohnenblust

Date: August 5 (Tuesday)
Time: 7 - 9 pm
Fee: \$8 individual/\$12 couple
Location: UFM Conference Room

Women and Money

(Coming in the Fall)

The Women's Financial Information Program is designed to help women of all ages better prepare to make informed financial decisions. This program is co-sponsored by UFM and AARP.

WIN \$1 off any UFM Class...
by finding the "FAKE CLASS" included in this catalog!!! Identify it when you register and receive \$1.00 off your registration for one class.



SINCE 1968

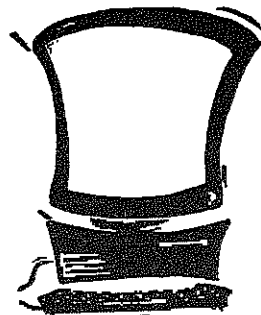
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776-6742

Special THANKS TO THE UFM INSTRUCTORS who volunteer their time.





Funding Your Programs

BP-09

Join us for a one day workshop on funding strategies. Gain new skills and look at the possibilities of adding or improving the fundraising efforts of your organization. Topics will include:

Special Event Fundraising:

Learn the secrets to creating successful special events for your organization. Special events attract publicity, gain supporters, educate the public and raise money. They are also a lot of work and can create negative impressions if not successful. Learn how to set a time line, develop action steps, involve others and create publicity for your event.

Direct Mail Fundraising:

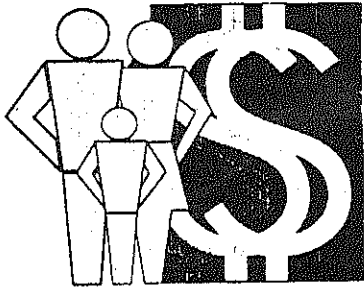
Direct mail is a very common way to raise funds for an organization. With the deluge of solicitations received by the public these days, it is important that the mailing your organization sends is noticed, opened and gets a response. We will look at how to organize for a direct mail campaign, how to write your appeal letter, how to handle mailing issues and other related topics.

Personal Solicitation:

Requesting funds for your organization in person is a very effective way to enlist support from people outside your organization. It is an effective, simple and economic approach to fundraising. However, a built-in reluctance keeps us from being as effective as we could be with this technique. Learn proven techniques to approach individuals for funding requests. Practice the skills to make you successful. Leave this class with more confidence, prepared to tackle this new fundraising challenge.

Presenters: Linda Teener, UFM Executive Director, has been involved in fundraising activities for many years. Shirley Bramhall, Executive Director of the Flint Hills Breadbasket, has ten years experience with volunteerism and administration of in-kind, cash and volunteer solicitation.

Date: July 11 (Friday)
Time: 8:30 am - 5 pm
Fee: \$55 (lunch, snack, & handouts included)
Location: Manhattan Country Club, 1531 North 10th Street



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!



Stigge Vision Care

DR. DOUGLAS STIGGE
DR. NORBERT STIGGE
Optometrists

(913) 539-6051

1202 Moro Manhattan, Kansas 66502

Computer



Computer Shopping/Computer Basics

CP-01

Do you feel overwhelmed by all the types of computers? Is it a PC or a MAC? What software should you get? This class will focus on the most critical factors in making a smart purchase decision, because buying a computer that is just right for you is not an easy task. You will also learn terms and understand how a basic computer system works in easy-to-understand language.

Donna Shortland recieved a B.S. degree in Information Systems and Computer Science at BYU-Hawaii. Her pastimes include checking out the Net and computer magazines on the latest, best buy on PCs, and spending time with her family.

Date: June 9 and 11
Time: 6:30 - 7:30 pm (Mon/Wed)
Fee: \$15
Location: UFM Fireplace Room

Computer Shopping/Computer Basics

CP-02

Donna Shortland

Date: June 23 and 25
Time: 6:30 - 7:30 pm (Mon/Wed)
Fee: \$15
Location: UFM Conference and Fireplace Room

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

Unlearning Depression
Personal Development section

UFM is on the Web!
Our address is www.ksu.edu/ufm

TAKE A PEEK AT THE PAST

(All visits—including peeks, looks & stares—are free.)

Riley County Historical Museum
2309 Claflin

- 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

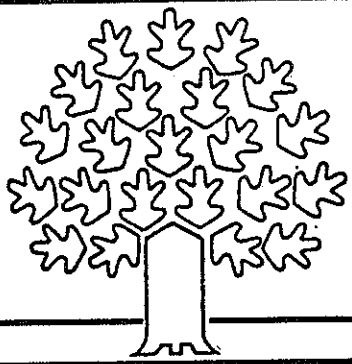
Pioneer Log Cabin
Manhattan City Park

- 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.





Creative FreeTime

1221 THURSTON

539-8763

Professional Novel and Story Writing

CF-01

This class covers all phases of writing (nonfiction and fiction). Learn how to develop character, dialogue, long scenes, short scenes, documentation, foreshadowing, time transition, flashbacks, recollections, introspection, action and other topics. The book Dare To Be A Great Writer, written by the instructor, will be used in class.

Leonard Bishop has taught writing courses for over 26 years, has published nine novels, and has written two professional books on writing entitled How to Get Published and Write Best Sellers (and lose weight), and Dare To Be a Great Writer.

Date: June 11, 18, and 25
Time: 7 - 9:30 pm (Wednesday)
Fee: \$20
Location: UFM Conference Room

Let's Play Cards

CF-02

If you have avoided joining the fun or dreaded learning a new card game because everyone at the table knew how to play but you, this class is for you. Card games are a great leisure activity. Don't miss this opportunity to learn to play pitch, spades, and hearts. Bring a deck of cards.

Natalie Smith learned to play cards when she was in college. She has received a lot of enjoyment from this activity.

Date: June 12, 19, and 26
Time: 7:30 pm (Thursday)
Fee: \$14
Location: UFM Fireplace Room

Discover Wamego

CF-03

Tour the Columbian Theatre where the past meets the future in celebration of arts and history. Tour the Historic Museum Complex which includes the one room school house, jail, log cabin and the museum. Step back in time and watch them grind flour in the Old Dutch Mill. The beautiful city park was picked as one of the top ten places in Kansas to picnic. After lunch, shop in the unique shops in Wamego which include the western store, and several antique and gift stores. Other points of interests are: Birthplace of Walter P. Chrysler, Historic Victoria Ditto/Leach Home, Oregon Trail and Louis Vieux Cemetery.

The Wamego Chamber of Commerce organized this tour of Wamego. Charlene Brownson, UFM Education Coordinator, will be the hostess.

Date: June 14 (Saturday)
Time: 10 am
Fee: \$8 individual/\$12 couple or family
Location: meet at the Columbian Theatre
521 Lincoln, Wamego

Safe and Creative Care of Family Photos

CF-04

Are your photos stuffed in shoeboxes, or worse, in albums that are chemically destroying them? This workshop covers how to organize 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 (Tuesday)
Fee: \$15
Location: UFM Fireplace Room

Safe and Creative Care of Family Photos

CF-05

Pam Schmid

Date: July 22 (Tuesday)
Time: 7 - 9:30 pm
Fee: \$15
Location: UFM Fireplace Room

Intermediate Jazz/Funk for Teens

RH-08

This dance class is geared toward teens. They will learn intermediate level jazz technique and combinations. Participants will be having fun while increasing coordination and imagination!

Dena Fox (565-0645), is a Junior at KSU majoring in Dance Therapy with a secondary in Gerontology. She has been a member of the KSU Classy Cats Dance Team for 3 years and been active in and taught dance at both Paula's School of Dance in Holton, KS for the past 15 years and Gyll Bates School of Dance for 2 years. *Sarah McDaniel* is a junior in apparel marketing at KSU. She will be a 3rd year member of the KSU Classy Cats after dancing with Pittsburg State University for 2 years. She attended the Becky Nalevanko School of Dance in Des Moines, IA where she studied ballet, tap, and jazz.

Date: June 4 - July 2 (Wednesday)
Time: 7 - 8:30 pm
Fee: \$42
Location: ECM Student Center
1021 Denison Avenue

Intermediate Jazz/Funk for Teens

RH-09

Dena Fox and Sarah McDaniel

Date: July 9 - Aug 6 (Wednesday)
Time: 7 - 8:30 pm
Fee: \$42
Location: ECM Student Center
1021 Denison Avenue

You and Your Birthmark

CF-18

Is your birthmark unique, original? Is it shaped in a special way? What might it symbolize by being on a particular part of your body? Your birthmark could have a special meaning. In this class you will learn exactly what special meaning your birthmark indeed has!

Dr. Elizabeth T. Portwine, retired pediatrician, started this research as a hobby. While treating her patients, she noticed a lot of original and unique birthmarks. In researching their family backgrounds, she found that there were significant meanings related to their birthmarks.

Date: July 4 (Friday)
Time: 7 am
Fee: \$30
Location: UFM Laboratory

Looking for a book that sparks your interests?



Crafts...
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and much more!

K-State Student Union
Bookstore 532-6583



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Do you have a skill or interest you would like to share?

Become a UFM instructor!
Call the UFM office, 539-8763.

CREATIVE memories

Creative Memories™ classes teach people to organize, preserve and display their photos and memorabilia in a way that is not only entertaining and informative to view, but also fun to do, and will last for generations!

Creative Memories™ instructors provide:

- Classes/workshops
- Speakers to clubs and organizations
- Career opportunities (full or part-time)
- Photo safe albums and supplies

For more information call:
Pam Schmid (Creative Memories Director)
1-800-347-2625 Council Grove



Welcome Signs

These "Monthly Welcome Signs" will provide years of enjoyment month after month. They are made out of 1" X 12" pine wood that is already cut and sanded. We will paint, antique, and decorate each monthly woodcut to fit your decor. Just come, relax, create and enjoy. Class projects will be displayed at "The Farmer's Daughter" at 423 Poyntz to preview. There is no experience necessary and all supplies and materials are furnished.

Kathy Lyman (539-2002), has been involved in the craft business for over a dozen years. She is an elementary school teacher but has been teaching craft classes full time, for the past 6 years. Having recently moved to Manhattan, she owns and operates her own business called "The Farmer's Daughter". She enjoys helping people create their own craft keepsake that they can say "I made it myself!"

"Melon" Welcome Sign CF-06

Date: June 5 (Thursday)
Time: 9 - 11 am
Fee: \$16
Location: The Farmer's Daughter
423 Poyntz Avenue, Manhattan

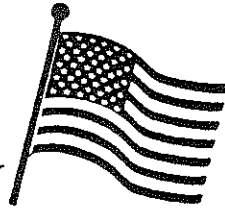
"Melon" Welcome Sign CF-07

Kathy Lyman
Date: June 5 (Thursday)
Time: 6:30 - 8:30 pm
Fee: \$16
Location: The Farmer's Daughter
423 Poyntz Avenue



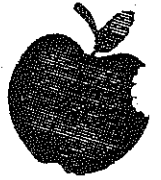
"Flag" Welcome Sign CF-08

Kathy Lyman
Date: June 19 (Thursday)
Time: 9 - 11 am
Fee: \$16
Location: The Farmer's Daughter
423 Poyntz Avenue



"Apple" Welcome Sign CF-12

Kathy Lyman
Date: July 24 (Thursday)
Time: 9 - 11 am
Fee: \$16
Location: The Farmer's Daughter
423 Poyntz Avenue



"Flag" Welcome Sign CF-09

Kathy Lyman
Date: June 19 (Thursday)
Time: 6:30 - 8:30 pm
Fee: \$16
Location: The Farmer's Daughter
423 Poyntz Avenue

"Apple" Welcome Sign CF-13

Kathy Lyman
Date: July 24 (Thursday)
Time: 6:30 - 8:30 pm
Fee: \$16
Location: The Farmer's Daughter
423 Poyntz Avenue

"Sunflower" Welcome Sign CF-10

Kathy Lyman
Date: July 10 (Thursday)
Time: 9 - 11 am
Fee: \$16
Location: The Farmer's Daughter
423 Poyntz Avenue

"Pumpkin" Welcome Sign CF-14

Kathy Lyman
Date: August 7 (Thursday)
Time: 9 - 11 am
Fee: \$16
Location: The Farmer's Daughter
423 Poyntz Avenue



"Sunflower" Welcome Sign CF-11

Kathy Lyman
Date: July 10 (Thursday)
Time: 6:30 - 8:30 pm
Fee: \$16
Location: The Farmer's Daughter
423 Poyntz Avenue



"Pumpkin" Welcome Sign CF-15

Kathy Lyman
Date: August 7 (Thursday)
Time: 6:30 - 8:30 pm
Fee: \$16
Location: The Farmer's Daughter
423 Poyntz Avenue

Have a hard time finding the right art supplies?
whether you like acrylics, watercolor or drawing we have all the supplies you'll need to create your own masterpieces.
K-State Student Union Bookstore 532-6583

The Manhattan Center for the Arts Theatre Company
ends its 1996-97 season with a laugh:
"THEY'RE PLAYING OUR SONG" - musical: book by Neil Simon, music by Marvin Hamlisch, lyrics by Carol Bayer Sager
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For more information, call 539-4420 or visit our Web page at http://www.flinthills.com/~arts/



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

CF-16

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. J Harvey Littrell (539-2646), 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 23 and 30
Time: 2 - 4 pm (Monday)
Fee: \$13
Location: Riley County Genealogy Library
2005 Claflin Road

**Clay Critters-Pigs Sitting
on a Couch**

CF-17

Have you seen the clay miniatures at craft shows? Learn how to make them yourself! In this class participants will be making pigs sitting on a couch watching TV, using Sculpey clay. These "clay critters" are so cute, you can keep them for yourself or give them as gifts. Supply list available at time of registration.

Karen Kemp enjoys arts and crafts. She has 16 years experience working with Sculpey clay both making and selling her clay critters.

Date: June 11 (Wednesday)
Time: 7:15 - 8:30 pm
Fee: \$13
Location: UFM Banquet Room

**Beginning Ultimate-A Team
Sport (flying disc)**

RH-07

Ultimate is a fast moving field sport played with a flying disc. The game combines the passing and scoring of football, the cutting and guarding of basketball, and the non-stop movement of soccer. However, Ultimate's unique use of the flying disc adds a dimension not seen in ball games. Class meetings will include chalk talks covering basic offense, defense, and disk skills, and outdoor sessions covering skills, drills, and an Ultimate game.

Paul Bruegger (776-7724), is a former high school teacher and coach and has 10 years of collegiate and club Ultimate experience. *Rich Markle* has been playing college and club Ultimate in Manhattan for 5 years.

Date: June 15, 22, and 29
Time: 5 pm (Sunday)
Fee: \$14
Location: UFM Conference Room/Ahearn Fieldhouse Lawn

Language

Beginning Sign Language

LA-01

This course is for anyone interested in Sign Language. The class is intended to introduce a basic understanding of Sign Language and the deaf community. Students will develop a vocabulary of approximately 300 signs. The textbook, *Stories from Gina and American Sign Language Concise Dictionary* are available at Varney's Bookstore.

Collette Hernandez has studied deafness and sign language for 16 years. She has an Associate degree from Johnson County Community College in Sign Language Interpreting and a Bachelor degree in psychology. Collette lived and worked at Kansas School for the Deaf for two years. She has been a professional interpreter for 6 years. Her parents-in-law are deaf and she has a deaf family member. Collette is inspired to work to bridge the gap between hearing and deaf people.

Date: June 4 - July 23 (Wednesday)
Time: 6 - 7 pm
Fee: \$43
Location: Justin Hall 149, KSU

**Intermediate Sign
Language**

LA-02

This intermediate class is for those who have a basic understanding and knowledge of Sign Language. Students will build on their existing sign language vocabulary and learn conversational skills using sign language. The textbook *Stories from Gina and American Sign Language Concise Dictionary* are available at Varney's Bookstore.

Collette Hernandez

Date: June 4 - July 23 (Wednesday)
Time: 7 - 8 pm
Fee: \$43
Location: Justin Hall 149, KSU

Introduction to Russian

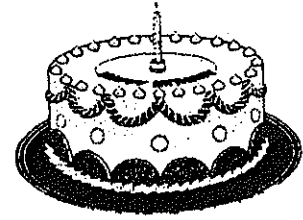
LA-03

Participants will learn how to read Russian, to introduce themselves in Russian, to ask simple questions about the other person, directions, how to order food in a restaurant, and how to send a letter home. During the last lesson there will be an opportunity to prepare and taste Russian Piroshki. There will also be introductions to Russian culture, dance, music, literature, and everyday life.

Lyuba Ramm (539-0959), received a BS in teaching foreign languages in Irkutsk (the city close to Lake Baikal) and an MS in Saint Petersburg. She taught in Russia for many years. She has also taught Russian at Fort Riley to soldiers and has been an instructor at UFM for many years. It will delight her if some people acquire modest Russian language skills and broaden their knowledge about Russia.

Date: June 2 - June 6 (M - F)
Time: 6:30 - 8:30 pm
Fee: \$27
Location: UFM Conference Room

Food for Fun!



Cake Decorating

FF-02

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: July 10, 17, 24, 31 (Thursday)
Time: 7 - 8:30 pm
Fee: \$24
Location: UFM Kitchen

Russian Piroshki

FF-01

Learn how to make Russian Piroshki. Russian Piroshki is a oblong yeast dough pastry that can be stuffed with cabbage, meat, meat w/rice, eggs or fish. The instructor, *Lyuba Ramm*, is teaching Introduction to Russian and the last class will cover preparing and tasting Russian Piroshki. *Lyuba* has opened this class to others who want to learn how to make Russian Piroshki and have an introduction to the Russian culture.

Lyuba Ramm (539-0959), has taught Russian language and cooking classes at UFM for many years. She will be sharing her knowledge and skills of the Russian culture in this class.

Date: June 6 (Friday)
Time: 6:30 - 9:00 pm
Fee: \$9.50
Location: UFM Kitchen

Basic Home Brewing

FF-03

Learn how to get started making homemade beer, from ingredients to finished product. Participants will make and bottle their own beer. **Participants must be 21 years of age. Fee includes ingredients needed to make your own beer.**

Brent Benkelman has been brewing beer for a number of years and will be sharing his knowledge with others at this UFM class.

Date: June 12, 26, and Aug 7
Time: 6:30 - 9:30 pm (Thursday)
Fee: \$29
Location: UFM Kitchen

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Co-op**

Open to everyone
Organic Produce
Large Selection of Cheeses
Vegetarian Food
Have a Food Allergy? Come see us!
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MON.-SAT. 9:30 TO 6

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Manhattan Center for the Arts

1997 Summer Classes



1520 Poyntz Ave.,
Manhattan, Ks.

The Manhattan Center for the Arts will handle registration for all classes (clay, visual arts, and theater) at:

(913) 537-4420.

Advance registration to reserve your spot is recommended.

Children and Youth classes at the Manhattan Center for the Arts 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. Students who qualify for the "free or reduced school lunch program" will receive a 100% fee deferment.

MAKE IT

COMMUNITY OUTREACH CLAY CLASSES

The Manhattan Clay Coalition would like to bring a clay class to you! If your group (any age) would like to experience a hand building class taught by a professional and enthusiastic instructor please contact Karen Lauseng, Program Director, 537-4420 to discuss your group's needs. Fees and dates will be set on an individual basis. Enjoy the clay experience—while everything is brought to you!

CLASSES FOR PRESCHOOL STORY TELLING IN CLAY

FEE: \$23
(limit 8 students, minimum 4)

In this class, children will listen to a story, draw a picture and be guided in the making of a clay object inspired by the stories they hear.

INSTRUCTOR: Susan Denson-Guy

Ages 3-6 Children must be the minimum age at the time of enrollment.

CC 329	T	9:00-10:15 am	June 3 - June 24
CC 429	T	9:00-10:15 am	July 1 - July 29
CC 320	T	10:30-11:45 am	June 3 - June 24
CC 420	T	10:30-11:45 am	July 1 - July 29
CC 349	TH	9:00-10:15 am	June 5 - June 26
CC 449	TH	9:00-10:15 am	July 3 - July 31
CC 340	TH	10:30-11:45 am	June 5 - June 26
CC 440	TH	10:30-11:45 am	July 3 - July 31

CLAY DISCOVERY SERIES FOR CHILDREN AND YOUTH

Come and discover the fun and the joy of making clay pots. Special projects will be taught to stimulate creativity and teach the basics of hand and wheel built clay construction. All materials included; no additional tools needed. (A small tool deposit may be required for some classes.)

(limit 10 students, minimum 4)

CRITTERS IN CLAY

FEE: \$36 A YES! Fund class youth pay \$12 or \$0

CC	321	T	1:30 - 3:00 pm
CC	421	T	1:30 - 3:00 pm

CC	333	W	3:30 - 5:00 pm
CC	433	W	3:30 - 5:00 pm

WHEEL THROWING FOR KIDS

FEE: \$36 A YES! Fund class youth pay \$12 or \$0

CC	313	M&W	3:30 - 5:00 pm
CC	413	M&W	3:30 - 5:00 pm

CC	353	Th&F	3:30 - 5:00 pm
CC	453	Th&F	3:30 - 5:00 pm

CLAY ADVENTURE SERIES I HAND BUILT CREATIONS

FEE: \$31

CC	330	W	10:00 - 11:30 am
CC	430	W	10:00 - 11:30 am

CC	331	W	1:30 - 3:00 pm
CC	431	W	1:30 - 3:00 pm

OUTDOOR ADVENTURE

FEE: \$31

CC	350	F	10:00-11:30 am
CC	450	F	10:00-11:30 am
CC	360	S	10:00-11:30 am
CC	460	S	10:00-11:30 am



IN CLAY!

Grades 1 - 5
Grades 1 - 5

June 3 - June 24
July 1 - July 22

Grades 4 - 8
Grades 4 - 8

June 4 - June 25
July 2 - July 23

Grades 5 - 12
Grades 5 - 12

June 2 - June 25
July 7 - July 30

Grades 5 - 12
Grades 5 - 12

June 5 - June 27
July 10 - Aug 1

CHILDREN AND YOUTH

Grades 1 - 6
Grades 1 - 6

June 4 - June 25
July 2 - July 23

Grades 4 - 8
Grades 4 - 8

June 4 - June 25
July 2 - July 23

Grades 1 - 4
Grades 1 - 4

June 6 - June 27
July 11 - Aug 1

Grades 4 - 7
Grades 4 - 7

June 7 - June 28
July 12 - Aug 2



MCC DAYTIME CLASSES FOR ADULTS

INTRODUCTION TO POTTERY: WHEEL THROWN

FEE: \$56
(limit 8 students, minimum 4)

Yes, you can make a pot on the wheel! Enroll and we will help you "find your hands in clay" as you learn the basics of functional wheel thrown pottery. No experience necessary. Those wanting to hone their skills are also welcome.

INSTRUCTORS: Ester Ikeda & Fran Bellucci-Johnson

CC 319 M 9:30-11:30am June 2-July 14
CC 341 Th 1:00-3:00pm June 5-July 17

THE JOY OF HAND BUILDING

FEE: \$56
(limit 10 students, minimum 4)

If you have time on your hands then come get them "dirty". Explore your wide range of creativity! Create things such as a birdhouse, chimes, or dishes that you can eat from when finished. No prior experience necessary!

Instructor: Fran Bellucci-Johnson

CC 311 M 1:00-3:00pm June 2-July 14

CLAY FOR SPECIAL NEEDS POPULATIONS

FEE: \$61 (SCHOLARSHIPS ARE AVAILABLE)
This class is designed to meet the needs of adults with developmental or physical challenges.

INSTRUCTOR: Aaron Hinrich

CC 351 F 1:00-3:00 pm June 6-July 25

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

MCC EVENING CLASSES FOR ADULTS AND CHILDREN

BEGINNING AND INTERMEDIATE WHEEL THROWING

FEE: \$50 (limit 8 students, minimum 4)

Yes, you can make a pot on the wheel! Enroll and we will help you "find your hands in clay" as you learn the basics of functional wheel thrown pottery. No experience necessary. Those wanting to hone their skills are also welcome.

INSTRUCTOR: Ester Ikeda

CC 316 M&W 6:00-7:30pm June 2-June 25
CC 416 M&W 6:00-7:30pm July 7-July 30

INTERMEDIATE AND ADVANCED WHEEL THROWING

FEE: \$60! (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 317 M&W 7:30-9:30pm June 2-June 25
CC 417 M&W 7:30-9:30pm July 7-July 30

OPEN STUDIO NIGHT

FEE: \$30 Lab Fee (minimum 4)

Open studio night provides studio time for experienced potters to work on their own projects. This is the ideal time to develop new ideas and obtain feed back from others. (Open studio members must enroll in this lab time separate from their studio enrollment, this provides a small break in lab fees!)

FACILITATOR: Melissa Peritte

CC 326 T 6:00-9:00pm June 3 - July 29

FAMILY CLAY ADVENTURE

FEE: \$49 first adult family member/ \$12 each additional

A YES! fund class: youth pay \$4 or \$0

(limit 10, minimum 4)

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

CC 346 Th 6:00-8:00pm June 5-July 24

CERAMIC SCULPTURE

FEE: \$61 (limit 10, minimum 4)

Create a focal point for your garden in this unique sculpture class. In this class you will have the opportunity to create a large form that you will work on for the entire class. Bring your imagination and ideas!

CC 347 Th 7:00-9:00pm June 5-July 24

PAINTING

FEE: \$42; a YES! fund class, you pay \$14 or \$0

(limit 10 students)

In a series of 10 sessions, students will explore a variety of painting styles and methods. Art History and Art Biographies will be incorporated into each lesson for inspiration.

INSTRUCTOR: Karen Lauseng

VA 334 T&Th 1:00-3:00pm July 8-Aug 7

OPEN STUDIO

(Facility use only, no instruction)

Open studio enrollment is available for people who need no instruction, but wish to have the 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 specific times and/or work whenever the studio is not being used by other classes.

Times reserved for Open Studio are:

Sat. 3:00 - 9:00 and Sun. noon - 9 pm

CC 390

Registration Fee: \$35, paid at enrollment

Studio Use Fee: \$2.75/use hr., billed monthly

Clay Fee: \$6.25/25 lbs. clay, billed monthly, Clay Fee is subject to change.

To be eligible for Open Studio use one must:

1. Enroll in Open Studio and agree to pay relevant fees
2. Agree to adhere to all studio policies and procedures
3. Arrange to meet with the Studio Manager (see below)
4. Keep "Open Studio Use Card" and turn it in on time

Hourly fee includes: use of the wheels, slab roller, tools, glazes, and kiln space. Each person who enrolls in Open Studio is required to call Melissa Peritte, 776-3334 to arrange an initial meeting time. This required meeting is designed to go over appropriate use, safety policies and procedures, and to answer any questions you may have. You may be required to bring several clay pieces that you have made to determine eligibility. Open Studio privileges may be revoked if studio policies are not followed.

THEATER & CLAY CLASS FOR YOUTH REFLECTIONS OF THE INNER CEREMONY:

A workshop on Theater, Clay, & Masking

FEE: \$81: a YES! fund class, you pay \$27 or \$0

(limit 12 students)

Working closely with the Beach Museum of Art and their Native American Exhibition, this workshop will explore customs and rituals of Native Americans. Students will create artworks and develop dramatic presentations based on customs from their daily lives. Grades 3-6.

INSTRUCTOR: Suzanne Hale & Susan Kubli

TC 333 M - F 1:00-4:00pm June 9-June 20

VISUAL ARTS CLASSES FOR YOUTH TWO DIMENSIONAL MIXED MEDIA

FEE: \$42: a YES! fund class, you pay \$14 or \$0

(limit 10 students)

In a series of 10 sessions, students will explore a variety of 2D Media including watercolor, pastels, and collage. A goal of this class will be learning to mix materials and methods to create 2D works of art.

INSTRUCTOR: Jan Neal

VA 333 T&Th 1:00-3:00pm June 3-July 3

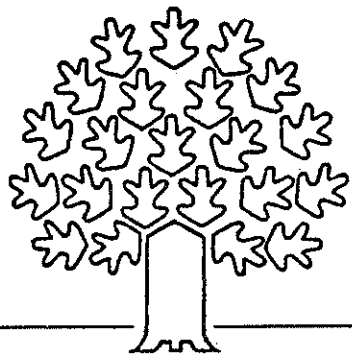
Funding provided in part by The City of Manhattan, Private Business Donors, the Kansas Arts Commission, a state agency, and the National Endowment for the Arts, a federal agency.



National
Endowment
for the Arts

Washington
D.C. 20506





Earth, Nature & Environment

1221 THURSTON

539-8763



Exploring Science and Nature

YO-08

Exploring Science and Nature is a hands-on class for 5th through 7th graders that will show how simple concepts of science apply to nature. Students will spend time both in and out of doors observing and learning about commonly found animals and their habitats. In class experiments will provide practical applications for the concepts presented. A few crafts, take home tasks and projects will also be involved. On the last meeting, June 27th, students will meet at the zoo to celebrate and use their knowledge as they "go on safari" in small group scavenger hunts. Parents are encouraged to observe at anytime and to help chaperone the zoo affair. **Fee includes science kits and trip to the zoo.**

Shannon Sjogren (395-3878), will be a Senior in Secondary Education at KSU in the fall, with emphasis in social studies. She hopes to one day be certified to teach science as well. She has supervised, worked in, or run summer riding camps since age 15 and looks forward to teaching the UFM class. She believes enthusiasm for life and learning is contagious and hopes to infect future students with "the learning bug". Interests include: History, Science, critters, strange facts, and smiles.

Date: June 9 - June 25 (Mon/Wed)
Time: 2:30 - 5 pm
Fee: \$16
Location: UFM Kitchen (Friday, June 27th meet at Sunset Zoo)

Making Compost

EN-01

Yes, you can compost! Composting can be as simple as letting a pile of yard waste rot, or burying your table scraps in a shallow hole in your top soil. The system you choose will depend on your lifestyle. Let's talk about the different methods used. Then put on your work gloves. We'll be making a basic 3' X 3' pile to demonstrate the basic concepts of compost. **Please bring a garden fork, shovel and gloves if you have them.**

Madonna Stallmann (539-4805), has an extensive background in horticulture with emphasis on sustainable approaches to food production and backyard gardening. She loves to share what she has learned.

Date: June 14 (Saturday)
Time: 10 - noon
Fee: \$8
No charge for Community Garden members
Location: Manhattan Community Gardens
9th and Riley Lane



Making Compost

EN-02

Madonna Stallmann

Date: July 26 (Saturday)
Time: 10 - noon
Fee: \$8
No charge for Community Garden members
Location: Manhattan Community Gardens
9th and Riley Lane

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 has gardened both indoors and outdoors for 25+ years and looks forward to sharing her practical knowledge in her gardening classes.

Date: July 22 (Tuesday)
Time: 7 - 9 pm
Fee: \$8
Location: UFM Greenhouse

Exploring Science & Nature
Youth section

Beginning Genealogy
Creative Freetime section

Gravel Pits at Waterville and Blue Rapids

EN-03

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 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 12 (Saturday)
Rain Date: July 19 (Saturday)
Time: 8:30 - 12 noon
Fee: \$8 individual/\$12 couple or family
Location: Meet at UFM Fireplace Room



EN-06

Care of Pet Birds/Introduction To Breeding Parrots

In this class participants will learn about the care of pet birds. Areas of discussion include: Basic needs of Parrots in captivity, caging, nutrition, and activities. An Introduction to Breeding Parrots will also be covered. Participants will learn about the needs of breeding birds additional nutritional requirements, nest boxes, banding and hand raising.

Eric Henricks (784-2562), has had pet birds since childhood. He has been breeding Parrot for 3 years. He currently has 11 species of birds and would like to share information with others who have pet birds or are interested in breeding birds.

Date: July 12 (Saturday)
Time: 7pm
Fee: \$8
Location: UFM Conference Room

Do you have a skill or interest you would like to share?

Become a UFM instructor!
Call the UFM office, 539-8763.

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).

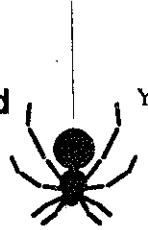
WE NEED YOU!

Exploring Science and Nature

YO-09

Shannon Sjogren

Date: June 10 - June 26 (Tues/Thur)
Time: 2:30 - 5 pm
Fee: \$16
Location: UFM Kitchen (Friday, June 27th meet at Sunset Zoo)



Perseid Meteor Shower

EN-04

August is the time for the Perseid Meteor Shower. Join us for a stargazing trip to watch for meteors. We'll point out summer constellations, talk about what meteors are and why they sometimes come in "showers". Hopefully we'll catch a few bright ones while we are out. Meet at UFM parking lot. We'll then caravan to a good dark site. Bring a jacket, binoculars, lawn chairs or a blanket. We'll stay out as long as people are interested. If clouded out, we'll meet Tuesday, August 12, same time and place.

Dean Stramel (539-1931), teaches Earth Science classes at Manhattan H.S. He has been sharing his knowledge of the sky for years, and loves to meet people who share his interest in the night sky.

Date: August 11 (Monday)
Time: 7:30 pm
Fee: \$8 individual/\$12 family
Location: Meet at UFM parking lot

JOIN THE NEW FLINT HILLS GROUP OF THE SIERRA CLUB

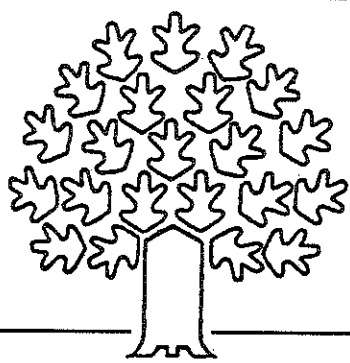


(here in Manhattan!)
FOR A SPRING PICNIC SATURDAY, MAY 31 AT WARNER PARK (look for signs). Bring a basket full and a blanket. 4:00-8:00 p.m.

FOR INFO: CALL 539-3162

Look for the UFM Catalog on UNICORN.





Recreation

1221 THURSTON

539-8763

Tennis: Junior Beginners RH-05 Ages 7 - 16

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 9, 16, 23, 30
Time: 6:30 - 7:30 pm (Monday)
Fee: \$36
Location: LP Washburn Rec Complex, KSU

Tennis: Beginners RH-06 Ages 17 and Up

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

Mark Tessendorf

Date: June 9, 16, 23, 30
Time: 7:30 - 8:30 pm (Monday)
Fee: \$36
Location: LP Washburn Rec Complex, KSU

Beginning Ultimate-A Team RH-07 Sport (flying disc)

Ultimate is a fast moving field sport played with a flying disc. The game combines the passing and scoring of football, the cutting and guarding of basketball, and the non-stop movement of soccer. However, Ultimate's unique use of the flying disc adds a dimension not seen in ball games. Class meetings will include chalk talks covering basic offense, defense, and disk skills, and outdoor sessions covering skills, drills, and an Ultimate game.

Paul Bruegger (776-7724), is a former high school teacher and coach and has 10 years of collegiate and club Ultimate experience. Rich Markle has been playing college and club Ultimate in Manhattan for 5 years.

Date: June 15, 22, and 29
Time: 5 pm (Sunday)
Fee: \$14
Location: UFM Conference Room/Ahearn Fieldhouse Lawn

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.

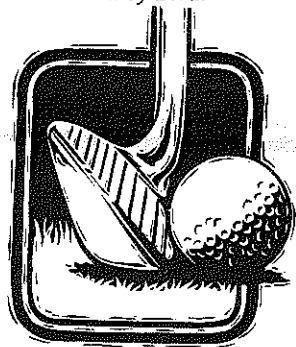
Jim Gregory (539-1041), PGA Professional, is the golf pro at Stagg Hill Golf Course.

Date: June 5, 12, 19, 26
Time: 7-8 pm (Thursday)
Fee: \$34
Location: Stagg Hill Golf Club
4441 Ft. Riley Blvd.

Introduction to Golf RH-02

Jim Gregory

Date: July 10, 17, 24, 31
Time: 7 - 8 pm (Thursday)
Fee: \$34
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.

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

Date: June 10 - July 29
Time: 6 - 8 pm (Tuesday)
Fee: \$93 non-credit
\$128 credit
Location: Stagg Hill Golf Club
4441 Ft. Riley Blvd.

Golf RH-04

*One hour optional KSU credit available.

Jim Gregory

Date: June 11 - July 30 (Wednesday)
Time: 6 - 8 pm
Fee: \$93 non-credit
\$128 credit
Location: Stagg Hill Golf Club
4441 Fort Riley Blvd.

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

Intermediate Jazz/Funk for Teens RH-08

This dance class is geared toward teens. They will learn intermediate level jazz technique and combinations. Participants will be having fun while increasing coordination and imagination!

Dena Fox (565-0645), is a junior at KSU majoring in Dance Therapy with a secondary major in Gerontology. She has been a member of the KSU Classy Cats Dance Team for 3 years and has been active in and taught dance at both Paula's School of Dance in Holton, KS, for the past 15 years and Gyll Bates School of Dance for 2 years. Sarah McDaniel is a junior in Apparel Marketing at KSU. She will be a 3rd year member of the KSU Classy Cats after dancing with Pittsburg State University for 2 years. She attended the Becky Nalevanko School of Dance in Des Moines, IA, where she studied ballet, tap, and jazz.

Date: June 4 - July 2 (Wednesday)
Time: 7 - 8:30 pm
Fee: \$42
Location: ECM Student Center
1021 Denison Avenue

Intermediate Jazz/Funk for Teens RH-09

Dena Fox and Sarah McDaniel

Date: July 9 - Aug 6 (Wednesday)
Time: 7 - 8:30 pm
Fee: \$42
Location: ECM Student Center
1021 Denison Avenue

Ballroom Dance I RH-10

Come dance with us! If you want to learn to dance with a partner, if you're planning your wedding, or plan to attend someone's wedding, or you just want to brush up your steps, this class is for you. The Swing, Foxtrot, Waltz, and Latin dancing are just a few of the steps you will learn. Come experience the elegant world of Ballroom Dance. **Partners are not required and single people are encouraged to attend. 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. He has taught for UFM for nearly a decade. Sara Sanders is a dance student at Kansas State University. She has danced Ballet nearly all her life and has taught at the Arthur Murray School of Dance. She has taught for UFM for three years.

Date: June 6 - August 8
Time: 7:30 - 8:30 pm (Friday)
No class July 4
Fee: \$26 individual/\$48 couple
Location: ECM Auditorium
1021 Denison

Ballroom Dance I RH-11

Michael Bennett & Sara Sanders

Date: June 6 - August 8
Time: 8:30 - 9:30 pm (Friday)
No class July 4
Fee: \$26 individual/\$48 couple
Location: ECM Auditorium
1021 Denison

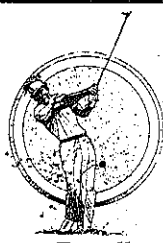


The Surgeon General has determined that lack of physical activity is detrimental to your health.

Try Hydroaerobics!

(water exercise)

See page 5



STAGG HILL GOLF CLUB

K-18 West

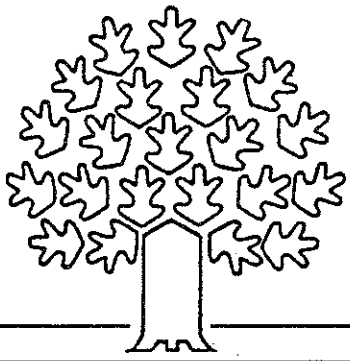
For all your golfing needs
Fully equipped pro shop
Professional golf instruction available
(individual & group)

Club regripping & repair

539-1041

Jim Gregory, PGA Professional





Martial Arts

1221 THURSTON

539-8763

Taekwondo Karate I

MA-01

Taekwondo 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 Taekwondo 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 Taekwondo. Former Captain and Chief instructor of Taekwondo for the ROK Army during Vietnam, he has held classes at KSU since 1975. Corey Lewis is a 4th degree black belt with over 13 years experience in Taekwondo.

Date: June 3 - August 7 (Tuesday/Thursday)
Time: 6:30 - 7:30 pm
Fee: \$47
Location: Ahearn Dance Studio, Room 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, Taekwondo, and Jujitsu self defense, as well as mental training from Ninjitsu. Class fee includes 3 manuals.

Stan Wilson has been practicing martial arts for 29 years, has black belts in 3 different styles and is the founder of the White Phoenix System.

Date: June 3, 10, 17, 24 (Tuesday)
Time: 7 - 8:30 pm
Fee: \$36
Location: Ahearn Fieldhouse KSU, East Lobby

Taekwondo Karate II Advanced

MA-02

Grandmaster Chae Sun Yi/ Corey Lewis

Date: June 3 - August 7 (Tuesday/Thursday)
Time: 7:30 - 8:30 pm
Fee: \$47
Location: Ahearn Dance Studio, Room 301

Beginning Aikido

MA-04

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 (565-0554), 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 2 - August 11 (Mon/Wed)
Time: 7 - 8:30 pm
Fee: \$36
Location: Ahearn Fieldhouse KSU, East Lobby

Taekwondo for Adults

MA-05

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 Taekwondo 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 (539-0499), is a first degree black belt in the American Taekwondo Association and is an instructor with the K-State/Manhattan Taekwondo Club. She also has extensive experience in weight training, stretching, and adaptive stretching (for those with physical limitations).

Date: June 2, 4, 6, 9, 11, and 13
Time: 7 - 7:45 pm (Mon/Wed/Fri)
Fee: \$33
Location: First Lutheran Church (Parish Basement)
930 Poyntz Avenue

UFM is on the Web!
Our address is
www.ksu.edu/ufm

Taekwondo classes
for children ages 4-5, 6-8, 9-14
are found on page 21.

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

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



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Bicycle Repair

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Fax 913/537-1657
555 Poyntz Avenue, Suite 205
P.O. Box 1989 Manhattan, Kansas 66505
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Charles Hostetler
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Fast...Anywhere in Manhattan

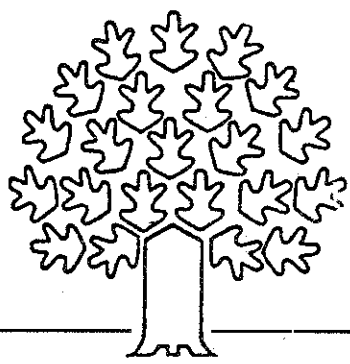
"NO COUPON" SPECIAL
EVERYDAY TWO-FERS **\$9.75**
2 Pizzas
2 Toppings 2 Cokes

"We Deliver During Lunch"

Hours: Mon.-Thur. 11 am-2 am
Fri.-Sat 11 am-3 am • Sun. 11 am-1 am
1800 Claffin Rd. • Manhattan • First Bank Center

Special THANKS TO THE UFM INSTRUCTORS who volunteer their time.





Wellness

1221 THURSTON

539-8763

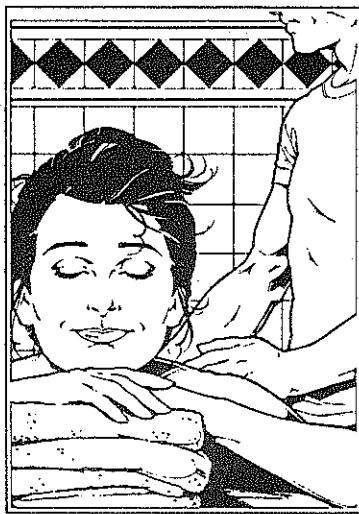
Basic Massage for the Curious

WE-01

Learn proper body position, technique, and types of massage. Discover how massage can improve your health and state of mind. Gain an understanding of the history and future of massage. This "hands-on" course involves practicing new-found massage skills on fellow classmates. Participants should wear clothes according to personal comfort level (shorts, T-shirt, bathing suits, and bring a standard pillow and body lotion).

Doug Sellers (587-8300), graduated from the Florida School of Massage and has a national certification in massage bodywork. He has varied and specialized experience within the field of therapeutic massage, including Swedish, neuromuscular, connective tissue, hydrotherapy, structural, reflexology, and acupressure. Doug has recently relocated to Kansas from Georgia where he was coordinating care for clients with specialized needs, including individuals with migraines, arthritis, and terminal diagnoses.

Date: June 3 - June 26 (Tues/Thurs)
Time: 7 - 9 pm
Fee: \$32
Location: UFM Multipurpose Room



Intermediate Massage for the Curious

WE-02

Learn a different aspect of therapeutic massage each week. Explore and experience the varied benefits of reflexology, acupressure, hydrotherapy and neuromuscular massage. Understand when and why to apply these distinctive techniques. This "hands-on" course involves practicing new-found massage skills on fellow classmates. Participants should wear clothes according to personal comfort level (shorts, T-shirts, bathing suits), and bring a standard pillow, and body lotion.

Doug Sellers

Date: June 2 - June 27 (Mon/Fri)
Time: 7 - 9 pm
Fee: \$32
Location: UFM Multipurpose Room

Introduction to Massage for Couples

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), 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 3 and 10 (Tuesday)
Time: 7 - 9 pm
Fee: \$26/couple
Location: UFM Banquet Room

Feng Shui

WE-03

Feng Shui is the Chinese system of design and placement as applied to one's home and workplace. The objective is to promote a harmonious living environment and a feeling of well-being. We will discuss ways to enhance your career, family, life, health, prosperity, and the mysticisms of this ancient tradition. Feng Shui will appeal to all those who wish to live in harmony with nature and achieve their fullest potential.

Don L. Terhune (539-4277), is a Feng Shui practitioner with Feng Shui Design Studio of Manhattan, Kansas. He is schooled in Tantric Black Sect Feng Shui as taught by professor Lin Yun, Grand Master of Feng Shui in Barkely, California. Mr. Terhune received in-depth training at a professional level from the nationally-known Feng Shui consultants, writers, and video producers, Helen and James Jay at the Feng Shui Designs Learning Center in Nevada City, California.

Date: June 11 (Wednesday)
Time: 7 - 9 pm
Fee: \$13
Location: UFM Greenhouse

Feng Shui

WE-04

Don L. Terhune

Date: July 9 (Wednesday)
Time: 7 - 9 pm
Fee: \$13
Location: UFM Greenhouse

Beginning Tai Chi Ch'uan Peking Form

WE-05

Tai Chi Ch'uan is an Ancient Chinese exercise to increase the balance and harmony of the body, mind and spirit. The practice of Tai Chi Ch'uan will improve health and provide a positive social outlet. It is a system of physical exercise based on the principal of effortless breathing, rhythmic movement and weight distribution. In this class we will learn the basic movement and techniques of Tai Chi Ch'uan Yang style, the most popular form of Tai Chi Ch'uan inside and outside of China today, and can be practiced by young and old, any time, any place.

Mei Hwa Terhune (539-4277), is a native of China where she acquired her knowledge of Tai Chi Ch'uan while attending Ming Chuang College, Taipei, Taiwan. Her interest in Tai Chi Ch'uan has been ongoing and she has studied with several of today's prominent Chinese practitioners of the art.


Date: June 10 - July 29 (Tuesday)
Time: 6:30 - 7:30 pm
Fee: \$40
Location: ECM Student Center
1021 Denison Avenue

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HEALTH, HEALING AND HARMONY SERIES

Introduction to Aromatherapy

WE-10

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 has been a Licensed Practical Nurse for 20 years. She has practiced and used Meditation and Therapeutic Touch for many years. She owns her own business, Health and Harmony Pathways

Date: June 26 (Thursday)
Time: 6:30 - 7:30 pm
Fee: \$9 for one class/\$20 for series
Location: UFM Conference Room

Introduction to Aromatherapy

WE-11

Kris Barnard
Date: July 24 (Thursday)
Time: 6:30 - 7:30 pm
Fee: \$9 for one class/\$20 for series
Location: UFM Conference Room

Introduction to Therapeutic Touch

WE-12

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 10 (Thursday)
Time: 6:30 - 7:30 pm
Fee: \$9 for one class/\$20 for series
Location: UFM Conference Room

Introduction to Therapeutic Touch

WE-13

Kris Barnard
Date: July 31 (Thursday)
Time: 6:30 - 7:30 pm
Fee: \$9 for one class/\$20 for series
Location: UFM Conference Room

Introduction to 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 benefits are: increased energy, improved sleep patterns, improved memory and decreased stress level.

Kris Barnard
Date: July 17 (Thursday)
Time: 6:30 - 7:30 pm
Fee: \$9 for one class/\$20 for series
Location: UFM Conference Room

Introduction to Meditation

WE-15

Kris Barnard
Date: August 7 (Thursday)
Time: 6:30 - 7:30 pm
Fee: \$9 for one class/\$20 for series
Location: UFM Conference Room



Self Treatment with Acupressure

WE-09

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 13 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 9 - July 14 (Monday)
Time: 7 - 9 pm
Fee: \$27.50
Location: 1130 Westport Drive, Suite 5 Manhattan

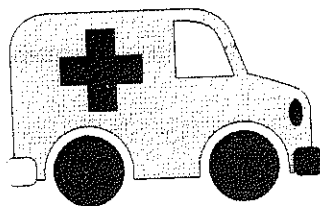
CPR Review

WE-16

Is your Red Cross Adult or Community CPR certifications about to expire or has recently expired? This class is for those individuals who have taken CPR before and now just need a review. The exams are given after the review session. Books are available for purchase from the Red Cross office if needed.

Enell Foerster (537-0977), has taught yoga, first aid and CPR, swimming and aerobic classes for UFM. She has worked with the American Red Cross office for many years teaching CPR classes.

Date: June 5 (Thursday)
Time: 6 - 10 pm
Fee: \$28 adult CPR/\$37 community CPR
Location: American Red Cross office
1014 Poyntz Avenue



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Try Hydroaerobics! (water exercise) See page 5

WANTED Instructors to teach: Stained Glass, Basic Auto Mechanics, Interior Decorating, Upholstery

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

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

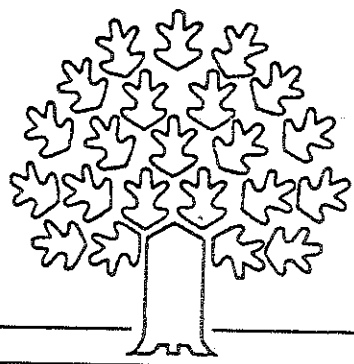
How to Watch a Good Program Die Nothing kills a UFM class faster than participants who wait until the last minute to enroll. Classes will be canceled if there is a low enrollment. PLEASE REGISTER EARLY!

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Personal Development

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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 Taekwondo and Hapkido and is a certified instructor with the American Taekwondo Association. She has thirteen years experience teaching martial arts, police defensive tactics and Sexual Harrassment Assault and Rape Prevention for Women.

Date: June 19 (Thursday)
Time: 6:30 - 10 pm
Fee: \$18
Location: First Lutheran Church
930 Poyntz Avenue

Introduction to Zen Buddhist Philosophy and Practice

SP-02

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: June 25, July 2 and 9 (Wednesday)
Time: 7:30 - 9 pm
Fee: \$16
Location: 121A South 4th Street, Room 211

Spiritual Psychology

SP-03

Spiritual psychology includes the enhancement and development of awareness as a primary aspect of human growth. This class will use an open discussion format to explore the development of spiritual awareness in the life path of each student. Concepts presented in this class will be derived from Buddhism, Jungian psychology, self psychology, and Judeo-Christian mysticism. Meditation will be included as part of each class.

Dan Berkow (532-6927), is a practicing psychologist and meditator. He has pursued various avenues of exploration on the path of spiritual development including the work of C.G. Jung, Zen and Tibetan Buddhism, Taoism, Jewish, and Christian mystics. His approach to this class is eclectic, flexible, relaxed, but focused.

Date: June 2 - Aug 11 (Monday)
No class July 7
Time: 7:30 - 9 pm
Fee: \$21
Location: UFM Greenhouse

Unlearning Depression

SP-04

Although we naturally try to eliminate depression from our lives, it often finds ways to rebound, resurface, and return. Thus, useful goals are learning to recognize and manage depression, reestablish equilibrium, and maintain constructive directions. Rather than making depression a feared enemy, we can accept it. By accepting it, we can learn how to move through and beyond it. We will address a range of factors that maintain depression, ways to work with them, and ways to "unlearn" the beliefs that support them. We will see how exercises, interpersonal support, and feedback, imagery, and discussion can be used as tools enhancing change.

Dan Berkow (532-6927), is a psychologist who works in private practice and at KSU. His work has given him the opportunity to work with individuals on a wide range of problems and concerns. He has explored existential, cognitive, interpersonal, and biophysical approaches. In the process of this work, he has learned to respect the unique developmental paths of individuals as well as the universality that connects individuals. He believes that workshops can be places where individuals can take in new information, give and take feedback with others, and support each other's growth in an atmosphere of acceptance.

Date: June 7 (Saturday)
Time: 1 - 4 pm
Fee: \$8
Location: UFM Conference Room

Anxiety and Choice

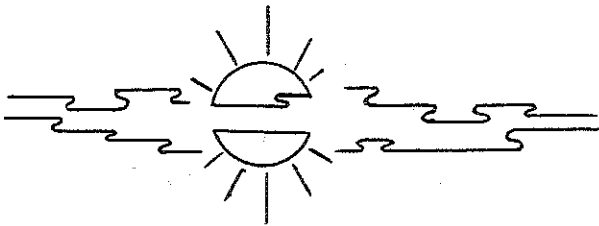
SP-05

Anxiety is a state that everyone has experienced, although in differing degrees. This state has survival value and is connected with psychological growth. Anxiety is likely to be experienced along with change, and may be present with positive changes as well as negative. Excessive anxiety is known to interfere with task performance, equilibrium in relationships, and psychological well-being. Thus, anxiety has the potential to interfere with work life, academic achievement, self confidence, and worthwhile relationships. In this single session seminar, we will learn how to differentiate positive and negative aspects of anxiety. Exercises will be offered that will help participants learn how to recognize and accept anxiety, as well as to regulate and constructively direct this state of consciousness. The link between creativity, choice and anxiety will be explored with a focus on the role of our awareness of future possibilities.

Dan Berkow

Date: June 21 (Saturday)
Time: 1 - 4 pm
Fee: \$8
Location: UFM Conference Room

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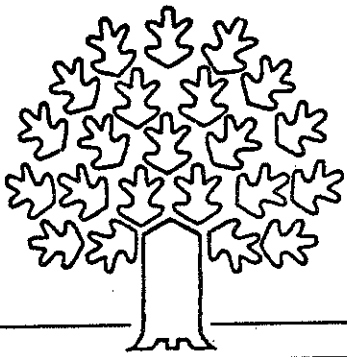
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Youth

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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" for a preteen audience 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. **Parents are encouraged to sign up with their child and learn about self defense together.**

Diana Tarver (823-5315), has been teaching women's self defense classes for 10 years. She has adapted the program for teens and young girls. She is a 4th degree Black Belt in Taekwondo and has taught police defense tactics, but for this class she takes a very practical approach.

Date: June 28 (Saturday)
Time: 1 - 3 pm
Fee: \$12 child/\$17 parent and child
Location: First Lutheran Church
930 Poyntz Avenue

Ballet Class

YO-03

This ballet class is geared for children 4 - 12. Teens are welcome. Students will be placed in the appropriate level depending upon experience. Beginning and experienced students welcome. Classic ballet music will be used to teach the students ballet steps using correct body alignment. The student will also learn a ballet dance. Classes can continue if interested.

Randi Dale (539-5767), has taught dance for 35 years. Her dance choir toured the Midwest and Europe in 1968. She is a certified teacher with a masters degree in education.

Date: June 11 and 18 (Wednesday)
Time: 6:00 - 6:30 pm
Fee: \$9
Location: 2416 Rogers Blvd.

Jazz Class

YO-04

The Jazz class is geared for children 7 and up. Teens welcome. Various Rock and Roll and contemporary music will be used to learn jazz steps.

Randi Dale

Date: June 11 and 18 (Wednesday)
Time: 6:30 - 7:30 pm
Fee: \$9
Location: 2416 Rogers Blvd

Introduction to Tap Dance

YO-05

An introductory class designed to provide exposure to tap for children 5-12 years old. Emphasis will be on tap steps performed to popular music. This is a good opportunity to try tap to see if you like it. Formal dance attire is not required, wear tennis shoes or tied shoes to class.

Randi Dale

Date: June 11 and 18 (Wednesday)
Time: 7:00 - 7:30 pm
Fee: \$9
Location: 2416 Rogers Blvd.



Exploring Science and Nature

YO-08

Exploring Science and Nature is a hands-on class for 5th through 7th graders that will show how simple concepts of science apply to nature. Students will spend time both in and out of doors observing and learning about commonly found animals and their habitats. In class experiments will provide practical applications for the concepts presented. A few crafts, take home tasks and projects will also be involved. On the last meeting, June 27th, students will meet at the zoo to celebrate and use their knowledge as they "go on safari" in small group scavenger hunts. Parents are encouraged to observe at anytime and to help chaperone the zoo affair. **Fee includes science kits and trip to the zoo.**

Shannon Sjogren (395-3878), will be a Senior in Secondary Education at KSU in the fall, with emphasis in social studies. She hopes to one day be certified to teach science as well. She has supervised, worked in, or run summer riding camps since age 15 and looks forward to teaching the UFM class. She believes enthusiasm for life and learning is contagious and hopes to infect future students with "the learning bug". Interests include: History, Science, critters, strange facts, and smiles.

Date: June 9 - June 25 (Mon/Wed)
Time: 2:30 - 5 pm
Fee: \$16
Location: UFM Kitchen (Friday, June 27th meet at Sunset Zoo)

Exploring Science and Nature

YO-09

Shannon Sjogren
Date: June 10 - June 26 (Tues/Thur)
Time: 2:30 - 5 pm
Fee: \$16
Location: UFM Kitchen (Friday, June 27th meet at Sunset Zoo)



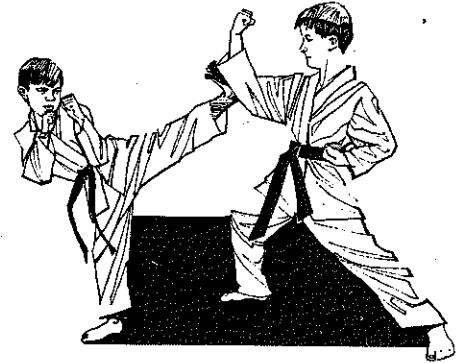
Beginning Taekwondo for Youth 4-5

YO-10

Taekwondo 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 Taekwondo self defense techniques will be taught in a safe, fun, and age-appropriate atmosphere by experienced instructors.

DC Lehman (539-0499) is a first degree black belt in the American Taekwondo Association and is an instructor with the K-State/Manhattan Taekwondo Club. She also has extensive experience in weight training, stretching, and adaptive stretching (for those with physical limitations).

Date: June 2, 4, 6, 9, 11, 13
Time: 6 - 6:30 pm (Mon/Wed/Fri)
Fee: \$31
Location: First Lutheran Church (Parish Basement)
930 Poyntz Avenue



Beginning Taekwondo for Youth 6-8

YO-11

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

DC Lehman

Date: July 9, 11, 16, 18, 23, 25, 30 and Aug 1
Time: 6 - 6:45 pm (Wed/Fri)
Fee: \$39
Location: First Lutheran Church (Parish Basement)
930 Poyntz Avenue

Care of Pet Birds/
Introduction to Breeding Parrots
See page 15

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



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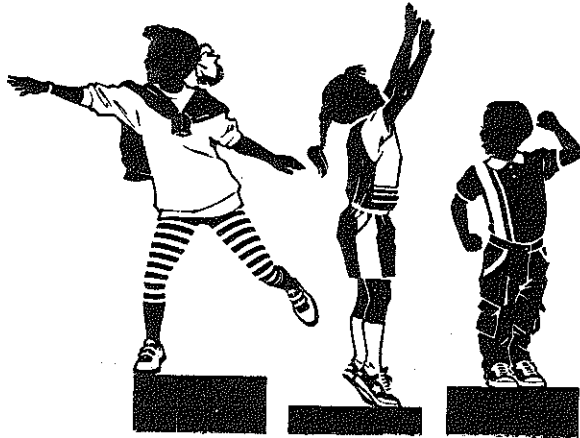
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Creative Movement for Children

YO-06

Through Creative Movement children can let their imagination be broadened and expressed. We will help your child nurture personality and ideas to greater growth by using various creative movement experiences. Activities include using music and the beat of music, drawing and shapes to develop into movement.

Dena Fox (565-0645), is a junior at KSU, majoring in Dance Therapy with a secondary in Gerontology. She will be a third year member of the KSU Classy Cats Dance Team and has been active in and taught dance at both Paula's School of Dance in Holton, KS for the past 15 years and Gyll Bates School of Dance for 2 years. *Kacy Sawyer* is currently attending KSU as a junior majoring in Philosophy Pre-Law and minoring in Dance. Kacy has been involved in dance since she was 5 years old and has previously taught ballet, tap and jazz classes for children.

Date: June 3 - July 1 (Tuesday)
Time: 7 - 8 pm
Fee: \$31.50
Location: UFM Fireplace Room

Creative Movement for Children

YO-07

Dena Fox and Kacy Sawyer

Date: July 8 - Aug 5 (Tuesday)
Time: 7 - 8 pm
Fee: \$31.50
Location: UFM Fireplace Room

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. This class will help young people and their parents feel safer by discussing and practicing topics such as staying home alone, stranger danger, using 911, how to escape from an abductor, how to get help in an emergency. Parents are encouraged to sign up with their child and learn how children can stay safe. Boys and girls ages 5-9.

Diana Tarver teaches the SHARP self defense classes for UFM.

Date: June 28 (Saturday)
Time: 9 - 11 am
Fee: \$12 child/\$17 parent and child
Location: First Lutheran Church
930 Poyntz Avenue

Intermediate Jazz/Funk for Teens

RH-08

This dance class is geared toward teens. They will learn intermediate level jazz technique and combinations. Participants will be having fun while increasing coordination and imagination!

Dena Fox (565-0645), is a junior at KSU majoring in Dance Therapy with a secondary major in Gerontology. She has been a member of the KSU Classy Cats Dance Team for 3 years and has been active in and taught dance at both Paula's School of Dance in Holton, KS, for the past 15 years and Gyll Bates School of Dance for 2 years. *Sarah McDaniel* is a junior in Apparel Marketing at KSU. She will be a 3rd year member of the KSU Classy Cats after dancing with Pittsburg State University for 2 years. She attended the Becky Nalevanko School of Dance in Des Moines, IA, where she studied ballet, tap, and jazz.

Date: June 4 - July 2 (Wednesday)
Time: 7 - 8:30 pm
Fee: \$42
Location: ECM Student Center
1021 Denison Avenue

Intermediate Jazz/Funk for Teens

RH-09

Dena Fox and Sarah McDaniel

Date: July 9 - Aug 6 (Wednesday)
Time: 7 - 8:30 pm
Fee: \$42
Location: ECM Student Center
1021 Denison Avenue

Clay Critters-Cat with Yarn Ball

YO-12

Have you seen the clay miniatures at craft shows? Learn how to make them yourself! In this class participants will make a cat holding a yarn ball. Parents are invited to sign up with their children and learn together. Supply list available at time of registration.

Karen Kemp enjoys arts and crafts. She has 16 years experience with Sculpey clay, both making and selling her clay critters.

Date: July 14 (Monday)
Time: 7:15 - 8:30 pm
Fee: \$13 individual/\$16 parent and child
Location: UFM Banquet Room

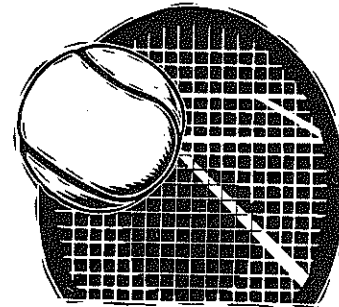
Beginning Ultimate-A Team Sport (flying disc)

RH-07

Ultimate is a fast moving field sport played with a flying disc. The game combines the passing and scoring of football, the cutting and guarding of basketball, and the non-stop movement of soccer. However, Ultimate's unique use of the flying disc adds a dimension not seen in ball games. Class meetings will include chalk talks covering basic offense, defense, and disk skills, and outdoor sessions covering skills, drills, and an Ultimate game.

Paul Bruegger (776-7724), is a former high school teacher and coach and has 10 years of collegiate and club Ultimate experience. *Rich Markle* has been playing college and club Ultimate in Manhattan for 5 years.

Date: June 15, 22, and 29
Time: 5 pm (Sunday)
Fee: \$14
Location: UFM Conference Room/Ahearn Fieldhouse Lawn




Tennis: Junior Beginners

RH-05

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 9, 16, 23, 30
Time: 6:30 - 7:30 pm (Monday)
Fee: \$36
Location: LP Washburn Rec Complex, KSU



Community Garden for All Ages

A walk through the Community Garden in July is a delight to the senses. Flowers, common vegetables and many exotic varieties speak of the interest and diversity of those who garden there. This year, 78 families have signed up to garden 168 plots. This longstanding UFM program provides garden space, water, tools and community involvement while supplementing food budgets and growing friendships.

A special section of the garden is set aside as a Children's Garden. Children work in individual or group plots. Join the free fun on Saturday mornings 10-noon at the Manhattan Children's Garden, 8th and Riley Lane. No registration needed.

Win \$1 off any UFM Class...
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PERSEID METEOR SHOWER
See Earth & Nature section

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



UFM News in Brief

Summer 1997



UFM's 30th Anniversary is Coming

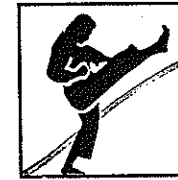
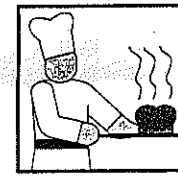
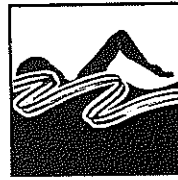
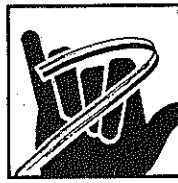
1998 will be UFM's 30th anniversary. We are looking for stories about UFM and celebration ideas. Call or write us with your thoughts and stories. Call at (913)539-8763, send letters to 1221 Thurston, Manhattan, KS 66502, or E-mail us at ufm@ksu.edu.

Professional Workshops

UFM will be offering several professional development workshops in the coming months geared, especially for not-for-profit-organizations. This summer we are offering *Funding Your Organization*, a fundraising how-to workshop and *Planning and Conducting Successful Conferences*. Watch for future offerings on grant writing, office skills and other timely topics.

How is UFM Funded?

UFM is a self-supporting community education and resource program. Primary funding for UFM comes through class fees and private donations. Special grants and facility use fees also provide some income. Without the generous support of the community, however, UFM would be unable to continue to provide the number and variety of classes and programs currently offered to the community. UFM uses local donations to help underwrite class expenses and scholarships that cannot be funded in other ways. Donations are matched with grants and fee income to keep UFM programs as accessible as possible for the entire community. If you would like to become a UFM supporter, please complete the form below. All contributions to UFM are fully tax deductible.



Volunteers are the Heart of UFM

Volunteers are the heart of UFM programs. Without the interest and dedication of our volunteers, most of the classes offered in our catalogs could not happen. For 29 years, UFM has maintained the philosophy that anyone can teach and anyone can learn. Through the years, well over 5,000 individuals have given their time to teach others about a skill or interest they enjoy. Our youngest instructor to date was 11 and the oldest 94. Countless other volunteers assist UFM through internships, serving on boards, helping with special projects, yard work, facility maintenance and many other ways. Without this help, UFM could not exist. Thanks you to all who help make it happen!

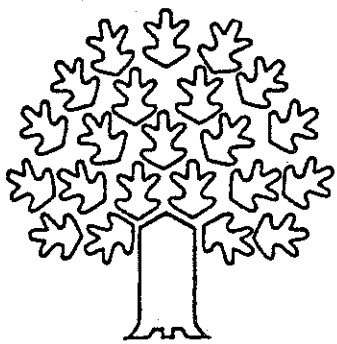


•Teaching•Learning•Growing•

How UFM Classes Get Organized

Class ideas come to UFM from many sources. Sometimes classes are convened to pass on specific knowledge or skills and at other times to share ideas and interest among participants. Classes may originate from the interest of the instructors, at the request of current students or from others in the community who call with an idea. UFM provides the vehicle to bring teachers and learners together. The power of UFM's mission is seen when past students become motivated to become instructors themselves.

UFM staff works with a prospective instructor to assist with meeting place, class structure, handouts, and other logistics of making a class work. New instructors are asked to provide some demonstration that they are able to convene and facilitate the learning process. UFM tries, within the volunteer framework and philosophy, to provide a catalog of quality classes and instruction each semester.



1221 Thurston, Manhattan, KS 66502
(913) 539-8763

YES!
I WANT TO
SUPPORT
UFM!

I wish to donate: _____ \$10 _____ \$25 _____ \$50 _____ \$100 _____ Other

Charge to my: _____ MasterCard _____ VISA Card # _____

Signature: _____ Expiration Date: _____

Name: _____

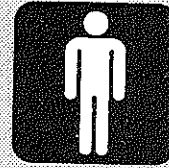
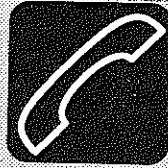
Address: _____

City: _____ State: _____ Zip: _____

VISIT UFM on the Web at www.ksu.edu/ufm



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.

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.

FOR YOU... One participant per form, please

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

UFM 1221 THURSTON
Manhattan, KS 66502 **539-8763**

UFM 1221 THURSTON
Manhattan, KS 66502 **539-8763**

1221 Thurston

UFM Class Registration

Manhattan, KS 66502

539-8763

Student Name _____

Day Phone _____

Address _____

Evening 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

Card Number

Expiration Date

Cardholder's Name (Please Print) _____

Cardholder's Signature _____

Participant/Family 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	Staff	Check		
Entered	_____	Cash	_____	
Computer	_____	Visa	_____	
	_____	M/C	_____	
	_____	Discover	_____	
			Date _____	

1221 Thurston

UFM Class Registration

Manhattan, KS 66502

539-8763

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	_____	Discover	_____	
			Date _____	