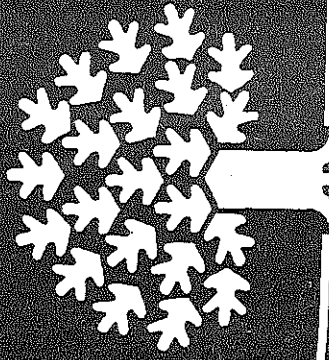
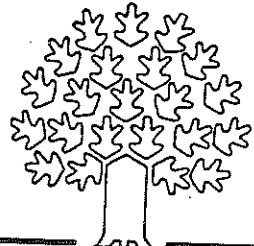


UFM

1998
Summer Classes
(May-August)



Teaching • Learning • Growing



Teaching • Learning • Growing

UFM

1998 Summer Classes

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Permit No. 134
Manhattan, Kan. 66502

OR CURRENT RESIDENT

Welcome to UFM Community Learning Center...

UFM Community Learning Center is a multi-faceted education and resource program serving KSU, Manhattan, the surrounding area and communities across Kansas. For 30 years, UFM has been uniting people of diverse backgrounds around common interests and causes. Our education program organizes over 200 classes each semester, taught by people of all ages. In the last 30 years, 4,674 people have taught at least one class for UFM with an age range of 11 to 94.

In addition to the classes, UFM sponsors the Lou Douglas Lecture Series on World Affairs, the Manhattan Community Garden and the Adolescent Mentoring Program. UFM serves communities across Kansas by providing consultation, training and mini grants to help them start their own education programs using UFM's volunteer model. Anyone can learn... anyone can teach... an approach that unites us all for lifelong learning and community development.

UFM Staff:

- Executive Director - Linda Inlow Teener
- Education Coordinator - Charlene Brownson
- Swim Coordinator - Andi Parr
- State Outreach Coordinator - Anita Madison
- Lou Douglas Lecture Coordinator - Beverly Earles-Law
- Office Coordinator - Rhonda Smartt
- Plus all the teachers who share their talents!!

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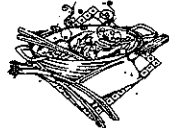
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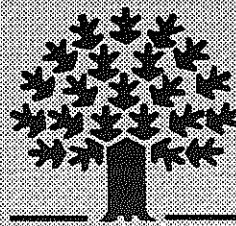
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UFM Community Learning Center



1968

1998

Celebrating 30 Years
of
Lifelong Learning
and
Community Service

BOARD OF DIRECTORS

Steve Scheneman
Chair
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Aubrey Abbott
Migette Kaup
Kim Morgan

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.

...Clip and Save...

We got lost in the telephone book this year. Save this for future reference.

UFM Community Learning Center
1221 Thurston St.
Manhattan, KS 66502
(785) 539-8763

UFM INSTRUCTORS

Michael Bennett	Jeff Endacott	Rhonda Janke	Wade Phillips	Dean Stramel
Cindy Chard-Bergstrom	Paula Ford	Claudia Jones	Kerry Powers	Sun Yi Academy
Daniel Berkow	Ana Franklin	Jayson Kaus	Lyuba Ramm	Diana Tarver
Lynn Bohnenblust	Diane Freeby	F.C. Lanning	Leon Rappoport	Linda Teener
Kim Budd	Paul Gleue	Mary Levin	Randy Rundle	Don L. Terhune
Vicki Buening	Jim Gregory	Corey Lewis	Sara Saunders	Mei Hwa Terhune
Kathlene Casey	Colleen Hampton	J. Harvey Littrell	Pam Schmid	Mark Tessendorf
Michael Cody	Sue Haas	Donald Longbottom	Tammy Sinn	Anita Van Nevel
Janna Croley	Gloria Heiberger	Kathy Lyman	Karma Smith	Monica Ward
Ranae Cushing	Leobardo Hernandez	Fay Shanti Maria	Sandy Snyder	Jeff Wilson
Randi Dale	June Hunzeker	Richard Mattson	Jim Spencer	Stan Wilson
Larry Dall	Kirk Ives	Joyce McConnell	Madonna Stallman	

For 30 years UFM has offered opportunities for teaching, learning, and growing. I would like to recognize and thank the UFM Instructors who continue to make this possible.

Charlene Brownson

COMMUNITY REGISTRATIONS

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

DATE	TIME	LOCATION
June 4, TH	4 - 6 pm	Manhattan Public Library
June 9, Tu	10 am - 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.

Instructors Wanted to teach the following:

Beginning Italian	Belly Dancing
Interior Decorating	Upholstery

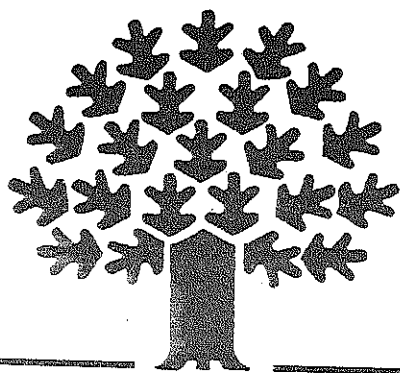
Please share any concerns you may have about class material, an instructor, or any other problems by calling Charlene at UFM 539-8763.

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



HANDICAPPED ACCESSIBLE

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



• Teaching • Learning • Growing •

Come take a look at the UFM Fireplace Room! Thanks to United Way of Riley County for their Flex Funding contribution to the UFM Fireplace Room redecorating.

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

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

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

UFM can also accept donations of office and household items. Our current wish list includes items listed below.

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.

UFM Wish List

String Weed Trimmer	Carpeting
Window Air Conditioners	Couch

Volunteers to help with:
Rebuilding the Cold frame
Lawn and Garden Care
Creating Signage for UFM

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

INCLEMENT WEATHER POLICY

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

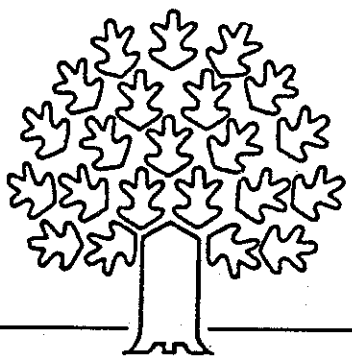
All participants must pay registration fees before attending a UFM class. This allows for adequate handouts and materials. You are not registered until we receive your registration fee. A class may be canceled due to insufficient pre-registration.

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.

USE REGISTRATION FORM on the back cover.



Aquatics

1221 THURSTON

539-8763

Learn to Swim Classes

UFM offers 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: Friday, June 12 and 26 & July 10 and 24. Check to see which date applies to your session.

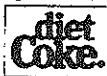
LOCATION: KSU Natatorium - Ahearn Complex
Lockers are available for use during class.
Participants must supply towels and swimsuits.
Showers are required before entering the water.

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

BEGINNING & ENDING DATES:

Session I: Mon-Fri June 8 - June 19
Session II: Mon-Fri June 22 - July 2
Session III: Mon-Fri July 6 - July 17
Session IV: Mon-Fri July 20 - July 31
No classes July 3

776-5577



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 Claflin Rd. • Manhattan • First Bank Center

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 4:55 - 5:30
AQ-03 5:35 - 6:10

Session III: 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 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 I: Mon/Wed/Fri (see dates above)

AQ-01T 5:00 - 5:30
AQ-02T 5:35 - 6:05

Session II: Mon/Wed/Fri (see dates above)

AQ-03T 4:55 - 5:30
AQ-04T 5:35 - 6:10

Session III: Mon/Wed/Fri (see dates above)

AQ-05T 5:00 - 5:30
AQ-06T 5:35 - 6:05

Session IV: Mon/Wed/Fri (see dates above)

AQ-07T 5:00 - 5:30
AQ-08T 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 10:40 - 11:25
AQ-09 4:05 - 4:50
AQ-10 6:10 - 6:55

Session III: Monday - Friday (see dates above)

AQ-08 10:45 - 11:25
AQ-09 4:10 - 4:50
AQ-10 6:15 - 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

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!

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 10:40 - 11:25
AQ-12 4:05 - 4:50
AQ-13 6:10 - 6:55

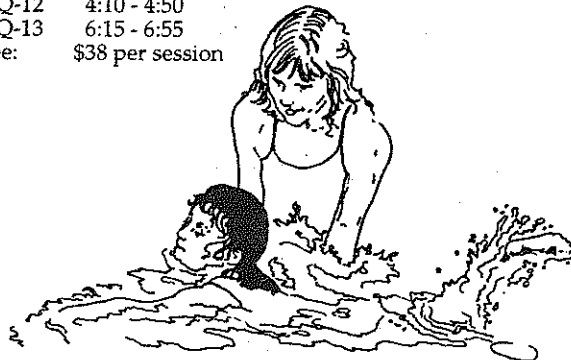
Session III: Monday - Friday (see dates above)

AQ-11 10:45 - 11:25
AQ-12 4:10 - 4:50
AQ-13 6:15 - 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



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 10:40 - 11:25
AQ-15 4:05 - 4:50
AQ-16 6:10 - 6:55

Session III: Monday - Friday (see dates above)

AQ-14 10:45 - 11:25
AQ-15 4:10 - 4:50
AQ-16 6:15 - 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 10:40 - 11:25
AQ-18 4:05 - 4:50
AQ-19 6:10 - 6:55

Session III: Monday - Friday (see dates above)

AQ-17 10:45 - 11:25
AQ-18 4:10 - 4:50
AQ-19 6:15 - 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

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



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 10:40 - 11:25
AQ-21 4:05 - 4:50
AQ-22 6:10 - 6:55
Session III: Monday - Friday (see dates above)
AQ-20 10:45 - 11:25
AQ-21 4:10 - 4:50
AQ-22 6:15 - 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

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 10:40 - 11:25
AQ-24 4:05 - 4:50
AQ-25 6:10 - 6:55
Session III: Monday - Friday (see dates above)
AQ-23 10:45 - 11:25
AQ-24 4:10 - 4:50
AQ-25 6:15 - 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 10:40 - 11:25
AQ-27 4:05 - 4:50
AQ-28 6:10 - 6:55
Session III: Monday - Friday (see dates above)
AQ-26 10:45 - 11:25
AQ-27 4:10 - 4:50
AQ-28 6:15 - 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 10:40 - 11:25
AQ-30 4:05 - 4:50
AQ-31 6:10 - 6:55
Session III: Monday - Friday (see dates above)
AQ-29 10:45 - 11:25
AQ-30 4:10 - 4:50
AQ-31 6:15 - 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 Parent's Swim and Stay Fit 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 supervisor can 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 10:40 - 11:25
AQ-33 4:05 - 4:50
AQ-34 6:10 - 6:55
Session III: Monday - Friday (see dates above)
AQ-32 10:45 - 11:25
AQ-33 4:10 - 4:50
AQ-34 6:15 - 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-38

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

Advertisement for Game Guy Video Games. Includes logo, text 'VIDEO GAMES! BUY • SELL • TRADE', list of consoles (Sega, Super Nintendo, Computer CD-Rom, Game Gear, Game Boy, Sony Playstation, Nintendo Games), and 'SAVE AT GAME GUY!' with address and phone number.

Private Lessons

AQ-39

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 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-40 6:10 - 6:55
Session IV: Monday - Friday (see dates above)
AQ-41 6:15 - 6:55
Fee: \$38 per session

Hydroaerobics Ages 16 plus

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

Session I: Mon/Wed/Fri June 8 - July 1
AQ-35 6:00 - 7:00
Session II: Mon/Wed/Fri July 6 - July 31
AQ-35 6:00 - 7:00
Session III: Tues/Thurs July 7 - July 30
AQ-36 6:00 - 7:00
Session IV: Mon - Fri July 6 - July 31
AQ-37 6:00 - 7:00
Fee: \$15 per session Tues/Thurs
\$17 per session Mon/Wed/Fri
\$19 per session Mon - Fri

Open Swim Appreciation

AQ-42

*For UFM swim participants and their parents. Parents are invited to join their children in the water and practice swimming together. There is no charge for this activity, however, registration with the number of participants planning to attend is requested so that we can provide adequate lifeguards.

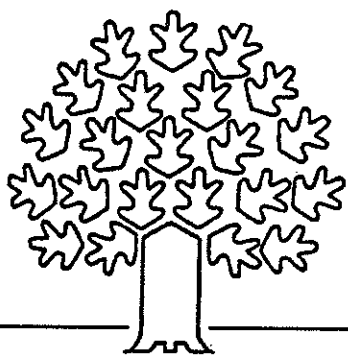
Date: June 27 (Saturday)
Time: 1-3 pm
Fee: \$N/C
Location: KSU Natatorium

Advertisement for The Futon Store. Includes logo, text 'THE Futon STORE', 'Manhattan's Futon Manufacturers Made by hand in Manhattan, Kansas!', 'Best Futons, Largest Selection, Best Service, Lowest Prices. Guaranteed.', and address/phone number.

The best and most beautiful things in the world cannot be seen or even touched. They must be felt with the heart.

- Helen Keller

Look for the UFM Catalog on the web at www.ksu.edu/ufm



Business & Professional

1221 THURSTON

539-8763

How to Become A U.S. Citizen BP-01

This class is for individuals wanting to become United States citizens. Participants will learn about the process of citizenship. This is a preparation course to help individuals understand the procedures, paperwork, and knowledge involved with becoming a citizen of the U.S.

Leo Hernandez (539-7431), is a graduate student at K-State in the College of Architecture Landscape and Regional Urban Planning. He is a graduate of the University of California, Riverside, with a BS in Sociology and minor in Chicano Bicultural Studies. Leo has been involved with the advocacy of his community. He is a former student representative of UCSA, chair of Student Life and Concerns and represented 167,000 students.

Date: June 3 - July 29
Time: 7 - 10 pm (Wednesday)
Fee: \$16
Location: Douglass Center
901 Yuma Street

Protect Your Assets: Understanding Long-Term Care BP-02

Long-Term Care—What is it? How much does it cost? Do you need insurance? What does Medicare cover? Would you like the answers to these questions and others? Learn about different kinds of policies: how they work; what's covered; what's not; and tax qualified/non qualified policies. Participants will learn how to protect their assets.

Vicki Buening is the Consumer Education Coordinator for Kansas Insurance Department. She has helped publish shopper guides for Medicare supplement insurance, long-term care, auto and homeowner insurance. Representatives from Area Agency on Aging and Flint Hills Legal Services will also be sharing their expertise about this subject.

Date: June 23 and 30 (Tuesday)
Time: 7 - 9 pm
Fee: \$8
Location: UFM Fireplace Room

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.



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

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 16 (Tuesday)
Time: 7 - 9 pm
Fee: \$8 individual/\$12 couple series \$16 individual/\$20 couple
Location: UFM Conference Room

Debt-Free and Prosperous Living BP-04

Anyone—that means YOU—can become debt-free. You can pay off all debts, including your mortgage, with the money you're currently earning! This class teaches a simple, livable system for eliminating ALL your debts. You can achieve financial independence as you discover how to operate 100% on cash. Never need credit again and quickly and safely build retirement wealth. You will complete this class knowing you can become debt-free! Everyone attending this seminar will have the option to get an individual consultation to establish their debt-free date.

Lynn Bohnenblust

Date: July 14 (Tuesday)
Time: 7 - 9 pm
Fee: \$8 individual/\$12 couple series \$16 individual/\$20 couple
Location: UFM Conference Room

Investing In YOUR Future BP-05

Individuals who are in the accumulation phase of their lives - at 25 to 55 years of age, or those who need to save for a home or future college tuition will benefit from this course. Discussion will cover important money management concepts with practical, easy-to-understand language, using examples you can put into practice. Topics include investment basics, types of products, and developing a personal financial game plan that will help you plan a secure future for you and your family. No matter how much or how little money you have, these principles apply to you. Invest an evening of your time to learn how you can accumulate more wealth and have a better quality of life! Everyone attending this seminar will have the option of receiving a complimentary Financial Needs Analysis to help establish their roadmap for the various goals and dreams.

Lynn Bohnenblust

Date: August 11 (Tuesday)
Time: 7 - 9 pm
Fee: \$8 individual/\$12 couple series \$16 individual/\$20 couple
Location: UFM Conference Room

Financial Planning for Women BP-06

Ninety percent of women become wholly responsible for their own financial welfare sometime during their lifetimes. It's critical for women to take an active role in managing their money and preparing for the future. This class will cover basic information to provide structure in planning and managing your finances. A financial plan will be available for each participant at no additional cost.

Diane Freeby (537-4505), is a graduate of Kansas State University. She holds a degree in education and business management. She is a Financial Advisor with Waddell and Reed Financial, Inc.

Date: June 22 (Monday)
Time: 7 - 8:30 pm
Fee: \$8
Location: Waddell and Reed Conference Room
555 Poyntz Avenue, Suite 280

Financial Planning for Women BP-07

Diane Freeby

Date: July 13 (Monday)
Time: 7 - 8:30 pm
Fee: \$8
Location: Waddell and Reed Conference Room
555 Poyntz Avenue, Suite 280

Financial Planning for Women BP-08

Diane Freeby

Date: August 10 (Monday)
Time: 7 - 8:30 pm
Fee: \$8
Location: Waddell and Reed Conference Room
555 Poyntz Avenue, Suite 280

So, You Think You'd Like to Have a Bed and Breakfast? BP-09

"I just love staying at a Bed and Breakfast." "What a fun and romantic way to earn a living—I know I'd love it!" Maybe so, but you need to know more. What are the different kinds of Bed and Breakfasts? How, where and what do you do to get started? How do you research your market and forecast sales? We will watch a video by Innkeeping Consultants, addressing the question "Is the Innkeeping lifestyle for you?" On this video we will hear several successful Innkeepers from around the United States and Canada as they talk about their experiences and what they have learned as it relates to the "10 steps to successful Innkeeping." After the video and a question and answer period, we will have a relaxed time to have some refreshments and visit with local Bed and Breakfast owners about their establishments and lifestyles. Setting is NOT appropriate for children.

Michael Cody (776-7500), is the owner and manager of the Colt House Inn. Gloria and Michael Heiberger own and operate the Guest Haus. Michael and Gloria are active in the KBBA (Kansas Bed and Breakfast Association) and great proponents of this unique business and lifestyle.

Date: June 17 (Wednesday)
Time: 6:55 pm
Fee: \$25 individual/\$40 couple
Location: Colt House Inn
617 Houston Street

Locating Your Any Key BP-10

Are you frustrated with the command to use your any key? Are you having trouble finding it? Gain insight into the workings of this mystic computer command. Find out where it is and how it works courtesy of UFM and Fox Business Systems.

MS. Winnie Dos will teach this class. She was personally trained by Jim Lund at Fox Business Systems who is an expert on the any key command.

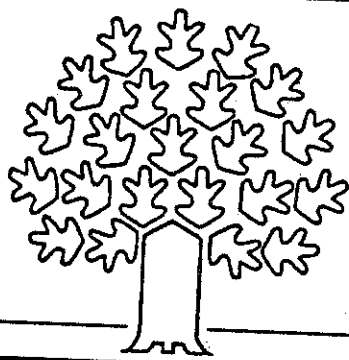
Date: Any Day
Time: Any Time
Fee: Anything you want to pay
Location: Anywhere you like

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.

Special THANKS TO THE UFM INSTRUCTORS who volunteer their time.



Personal Development

1221 THURSTON

539-8763

SHARP Self-Defense for Women SP-01

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

Diana Tarver (827-7302), is a black belt in Taekwondo and Hapkido and is a certified instructor with the American Taekwondo Association. She has twelve years experience teaching martial arts, police defensive tactics and Sexual Harassment Assault and Rape Prevention for Women.

Date: August 7 (Friday)
Time: 6:30 - 10 pm
Fee: \$18
Location: First Lutheran Church Basement
930 Poyntz Avenue

Taize/Christian Meditation SP-02

Taize is an ecumenical form of Christian prayer and meditation employing candlelight, silence, chant, and scripture. This class will practice the art of meditation and prayer utilizing the Taize approach.

Rev. Donald Longbottom (537-7006), is a graduate of Arizona State University and Golden Gate Seminary where he received a Masters of Divinity degree. In addition, he has done doctoral studies in social ethics at the Graduate Theological Union and the University of California at Berkeley.

Date: June 4, 11, 18 and 25
Time: 7 pm (Thursday)
Fee: \$8
Location: First Congregational Church
700 Poyntz Avenue
(Pioneer Hall)

Taize/Christian Meditation SP-03

Rev. Donald Longbottom

Date: July 2, 9, 16, 23 and 30
Time: 7pm (Thursday)
Fee: \$8
Location: First Congregational Church
700 Poyntz Avenue
(Pioneer Hall)

Taize/Christian Meditation SP-04

Rev. Donald Longbottom

Date: Aug 6, 13, 20, and 27
Time: 7 pm (Thursday)
Fee: \$8
Location: First Congregational Church
700 Poyntz Avenue
(Pioneer Hall)

Spiritual Psychology SP-05

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 1 - Aug 10 (Monday)
Time: 7:30 - 9 pm
Fee: \$21
Location: UFM Greenhouse

Introduction to Zen Buddhist Philosophy and Practice SP-06

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 21 years, practicing under the direction of Soto masters Dainin Katagiri and Shonhaku Okumura. He is affiliated with the Minneapolis Zen Meditation Center.

Date: June 17 and 24
Time: 7:30 - 9 pm (Wednesday)
Fee: \$14
Location: 121A South 4th Street, Room 211

The Power of Race Unity SP-07

Racism is the most challenging issue confronting America. At this critical moment in America's history, the will to work towards race unity with firm resolve is more important than ever before. America's peace and prosperity depend upon healing the wounds of racism and building a society in which people of diverse backgrounds live as members of one family. The power to make the vision of race unity a reality is within our grasp. Come learn more about the Baha'i Faith and its commitment to racial unity. The video "The Power of Race Unity" will be shown, followed by discussion.

Sue Haas and *Anita Van Nevel* are Baha'is and have been active in promoting the oneness of humanity in Manhattan.

Date: June 11 (Thursday)
Time: 7 pm
Fee: \$N/C
Location: UFM Multipurpose Room

Parents Together SP-08

Are you being pushed to the limit by your teen? Do you think you are alone? Is your teen behaving in a disruptive way? Talk with other parents who have been in your shoes. Parents Together is a free group for parents who may have teens experiencing problems with truancy, alcohol and/or drugs, pregnancy and legal issues. If your teen is having a problem with any of these issues, you may want to attend. Meetings are held the 2nd and 4th Thursday of each month.

Funded by the City of Manhattan. For questions about the group, call Linda at 539-8763.

Date: June 11 (First Meeting)
2nd and 4th Thursday of each month
Time: 7 - 8:30 pm (Thursday)
Fee: \$N/C
Location: UFM House

Advice is least heeded when most needed.
— English Proverb



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

Try Hydroaerobics!

(water exercise)
See page 5.

The Goddess Workshop SP-09

The Goddess Workshop is a way to connect you to the heart of your own strength. This course provides a warm, safe environment which awakens the deepest values of womanhood. It's learning how to truly appreciate your joyous, playful, and innocent nature. It's an experience of fun, laughter, and heartfelt connections. Find out what real feminine energy is. You deserve to feel good in life. Come have fun and experience the exhilaration of true Sisterhood. Women want to be valued and appreciated. We all have veils around our hearts and we are afraid to shed them. Fay provides a safe environment that supports, cherishes, and shows you who you really are! This experience restores the deep strength of feminine energy within women. It gives direct experience of the feminine energy which has been lost for thousands of years. As a result of the Goddess Workshop, women everywhere have discovered a renewed sense of self-worth, inner strength, and confidence.

Fay Shanti Maria is known throughout the world as a spiritual teacher, counselor and healer. She also teaches workshops on her transformational Angelic Bodyworks. Fay is an incredible woman and is affectionately called Mother of Love by all who know her. Her qualities of compassion, warmth, wisdom, inspiration, and pure love encompass all who meet her.

Date: June 27 (Saturday)
Time: 9:30 am - 4:30 pm
Fee: \$94
Location: UFM Conference Room

Swimming with the Dolphins...in Kansas! SP-10

Dolphins have the loving ability to connect us to our deeper nature. In this class we will learn to relax into a dolphin meditation, explore dolphin-facilitated healing and learn to experience the spiritual presence of these joyous beings more directly. Information on wild dolphin encounters will also be shared. A portion of class fees will be donated to making a child's dream of experiencing a wild dolphin encounter come true this summer.

Monica Ward is a massage therapist and owner of Manhattan Bodyworks. She has spent time swimming and meditating with dolphins in Florida, Hawaii, and Kansas. She offers this class as a preparation for the Kansas Dolphin Swim Program for interested participants as well as those wanting to explore the human-dolphin connection and possibilities for dolphin-facilitated healing.

Date: June 17 (Wednesday)
Time: 7 - 9 pm
Fee: \$10
Location: Manhattan Bodyworks
823 Bertrand Street

No one is without knowledge except him who asks no questions.
— West African Proverb



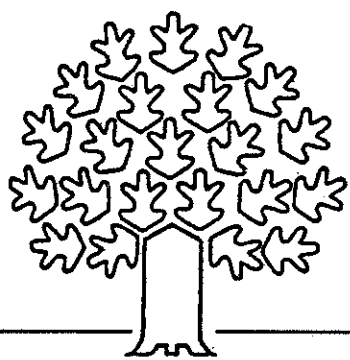
REGIONAL AIDS PROJECT

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Helping people infected and affected with HIV/AIDS and providing education to groups and individuals

All participants must register in advance.



Creative Free Time

1221 THURSTON

539-8763

Soap Making

CF-01

Soap: it cleans, soothes and helps heal the body's largest organ - the skin. Homemade herbal soaps can be made simply, as you'll discover in this step-by-step class. Everyone will make their own personalized soap.

Ranae Cushing (776-2350), is a Health Educator with a Masters in Clinical Holistic Health Education. She has over 10 years teaching experience and her goal is to help people help themselves with informed choices.

Date: July 11 (Saturday)
Time: 1:30 - 3:30 pm
Fee: \$20
Location: UFM Kitchen

Poetic Appreciation

CF-03

Poetic Appreciation is a class that gives an analogy of what poetry does, physically, mentally, and poetically. It expounds upon the necessity of expressing oneself through poetry. It also scrutinizes the therapeutic concept of poetry, as an elixir and a healer. One of the main focuses is sharing styles and forms of poetry and writing.

Jim Spencer (537-1496), is a published poet and playwright from Macon, GA. He has published poems in poetry journals, magazines, yearbooks, and public display. He is a minister, a very busy businessman and community leader. He also owns "All Occasion Poetry," where he does poems for weddings, graduations, and funerals, etc.

Date: June 4, 18, July 2, 16, 30 and Aug 13
Time: 7 pm (Thursday)
Fee: \$19
Location: UFM Conference Room

You can discover more about a person in an hour of play than in a year of conversation. — Plato

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 organizing your photos, photo-safe materials, ideas for creative cropping and photojournaling. You will receive assistance in helping you create a unique and lasting photo album. Bring a packet of pictures (12) and memorabilia plus a pair of scissors. The fee includes 1 acid-free album page and the use of photo-safe materials and supplies. Additional pages are available for purchase from the instructor.

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

Date: June 9
Time: 7 - 9:30 pm (Tuesday)
Fee: \$15 includes some supplies
Location: UFM Fireplace Room

Safe and Creative Care of Family Photos

CF-05

Pam Schmid

Date: July 9
Time: 7 - 9:30 pm (Thursday)
Fee: \$15 includes some supplies
Location: UFM Fireplace Room

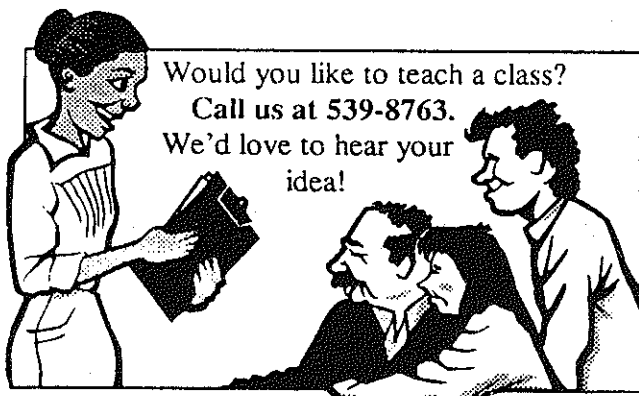
Introduction to Crocheting

CF-06

Learn the basics of this easy fiber art. You will learn the basic stitches, how to read a pattern, and will start a simple project. Bring a size H or I crochet hook and a skein of light colored 4-ply yarn. The group will meet two weeks in a row, then skip a week so you can practice.

Linda Teener (539-8763), started crocheting in college. She enjoys the versatility of this fiber art and has created many projects from afghans to sculpture.

Date: June 17, 24, and July 8
Time: 5:30 pm (Wednesday)
Fee: \$16
Location: UFM Conference Room



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

KATHY'S CUTOUTS

Split Americana Heart

CF-07

This "Country" Heart woodcut is cut down the middle into two pieces. Participants will paint the two pieces red, white, and blue to resemble a flag, then wire them back together to form a Heart. A message sign will be added, such as "Freedom" or "Liberty For All!" etc., and it will be ready to hang.

Kathy Lyman (539-2002), has been involved in the craft business for the last 15 years. She has been teaching craft classes for the past 8 years. 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!"

Date: June 1 (Monday)
Time: 6:30 - 8:30 pm
Fee: \$14 includes all supplies & materials
Location: The Farmer's Daughter
423 Poyntz Avenue

Split Americana Heart

CF-08

Kathy Lyman

Date: June 2 (Tuesday)
Time: 9 - 11 am
Fee: \$14 includes all supplies & materials
Location: The Farmer's Daughter
423 Poyntz Avenue

Sunflower Post Birdhouse

CF-09

This birdhouse is made out of a landscape timber with a shingle roof and it sits on a base. We will paint then stencil sunflowers on it. It can be decorated with a "picket fence" and crow watching over the sunflowers growing in the tin watering can. "Sunflowers for sale— 5 cents each."

Kathy Lyman

Date: July 6 (Monday)
Time: 6:30 - 8:30 pm
Fee: \$16 includes all supplies & materials
Location: The Farmer's Daughter
423 Poyntz Avenue

Sunflower Post Birdhouse

CF-10

Kathy Lyman

Date: July 7 (Tuesday)
Time: 9 - 11 am
Fee: \$16 includes all supplies & materials
Location: The Farmer's Daughter
423 Poyntz Avenue

Apple Door Hanging

CF-11

This apple woodcut is painted a "delicious" red and decorated with green leaves, raffia bows, country patches and buttons. Add a shingle sign message and a wire hanger. Great gift for a special teacher or hang up in your kitchen.

Kathy Lyman

Date: August 3 (Monday)
Time: 6:30 - 8:30 pm
Fee: \$14 includes all supplies & materials
Location: The Farmer's Daughter
423 Poyntz Avenue

Apple Door Hanging

CF-12

Kathy Lyman

Date: August 4 (Tuesday)
Time: 9 - 11 am
Fee: \$14 includes all supplies & materials
Location: The Farmer's Daughter
423 Poyntz Avenue

Having a Hard Time Finding the Right Art Supplies?

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Win \$1 off any UFM Class...

by finding the "Fake Class" included in this catalog!! Identify it when you register and receive \$1 off your registration for one class.

UFM classes make great gifts.



CREATIVE FREETIME (Continued)

Personalize Your Home with Wallpaper!

CF-02

Do you envy your friend's home that is all decorated with wallpaper and coordinating borders and paint? Take the fear out of decorating with wallpaper by attending this class. See how easy it is to find wallcoverings that will jazz up your home and reflect your interests and personality as well as making your home a "quiet refuge" or a "perky palace."

Claudia Jones (776-4442), has a degree in Interior Design from Kansas State University. She has been working with customers for 10 years at Crown Decorating and is a certified Wallpaper Consultant.

Date: June 25 (Thursday)
Time: 7 - 8:30 pm
Fee: \$10
Location: Crown Decorating
501 Fort Riley Blvd.

Tea Time at Lillie's

CF-13

Imagine tea time at Lillie Colt's home on "Cut Glass Avenue." What time would be appropriate? What would you wear? What would she serve? How would her maid Verona brew the tea and what is a Tisane anyway? At Lillie's tea party all your questions will be answered in the most civilized manner - over a cup of tea, of course. A booklet of favorite tea time recipes and information about the various teas and their brewing methods will be yours to take home. You will also receive a diploma proclaiming you to be a graduate of the "Lillie Colt Tea Party Course," which proves your eligibility to join the newly formed Manhattan Tea Society. Setting is NOT appropriate for children.

Michael Cody (776-7500), is the owner and Innkeeper of the Colt House Inn, built by Dr. James Dennison Colt IV and his wife Lillie in 1906. Michael is the self-proclaimed historian of the Colt family, a prominent socially elite Manhattan family during the turn of the last century. She is dedicated to renewing some of the niceties and Victorian customs which made life subtly elegant during Lillie Colt's hey day.

Date: July 9 (Thursday)
Time: 3 - 4:30 pm
Fee: \$20
Location: Colt House Inn
617 Houston Street

Buying and Owning an Antique/Classic Car

CF-14

Many people have fond memories of the car they drove to high school and have often thought of trying to find one again. But, where do you begin to search for a classic car and how much should you pay for it once you find it? This class will highlight practical things to consider before purchasing a collector vehicle. Where do you buy insurance and how much is it? What about repairs? We will also discuss some of the things that determine the value of a collector car, what things affect the collector car market and investment potential.

Randy Rundle has been collecting and working on antique and collector vehicles since 1973 and is the owner of Fifth Avenue Antique Auto Parts located in Clay Center, KS. He works closely with the participants entered in the Great American Race where he helps to prepare the pre 1942 cars for the 4,500 mile trip across the United States. He also provides technical assistance to movie studios. His fourth and most recent project was the movie *L.A. Confidential* where the entire fleet of vintage cars used in the movie were equipped with 6 volt alternators Rundle designed and manufactured. Randy writes monthly technical columns for the automotive press and has also written a how-to book entitled *Wired for Success*, that explains how an antique automobile electrical system works and how to upgrade the system by making much needed repairs. He is currently working on his second book (on automotive cooling systems) that will be released in the Spring 1999.

Date: June 9 (Tuesday)
Time: 7 - 9 pm
Fee: \$14
Location: UFM Conference Room

Buying and Owning an Antique/Classic Car

CF-15

Randy Rundle

Date: June 18 (Thursday)
Time: 7 - 9 pm
Fee: \$14
Location: UFM Fireplace Room

Introduction to Rubber Stamp Art

CF-16

Rubber stamps are not just for children! Discover the artist within and enter the unique world of "mail art." Learn basic stamping techniques such as embossing and masking, along with the many tools used in this craft. Create your own unique hand-stamped cards and gifts. Students will complete several cards and be introduced to stamping on fabric, furniture and walls. Students are encouraged to bring at least one rubber stamp (or set) of their choice to experiment with. All the stamp pads, papers, and extra stamps and accessories will be provided by the instructor. Students will also learn about various stamping publications and rubber stamp clubs and card exchanges across the country.

Mary Levin has been "messing around" with rubber stamps for about 6 years. She actively began creating mail art 2 years ago and owns over 500 rubber stamps. She is a member of the Snail Mail Stamp Club based in Topeka, KS, and participates in various mail art exchanges. She also teaches classes in scrapbooking and writes for Manhattan's music magazine, the *Whirligig*.

Date: June 15 (Monday)
Time: 7 - 9 pm
Fee: \$15
Location: UFM Conference Room

Introduction to Rubber Stamp Art

CF-17

Mary Levin

Date: July 20 (Monday)
Time: 7 - 9 pm
Fee: \$15
Location: UFM Fireplace Room

The only way to keep your health is to eat what you don't want, drink what you don't like, and do what you'd rather not.

— Mark Twain

Every oak tree started out as a couple of nuts who decided to stand their ground.

— Anonymous

Nothing great was ever achieved without enthusiasm.

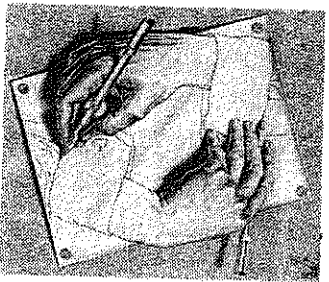
— Ralph Waldo Emerson

...Clip and Save...

We got lost in the telephone book this year. Save this for future reference.

UFM Community Learning Center
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Manhattan, KS 66502
(785) 539-8763

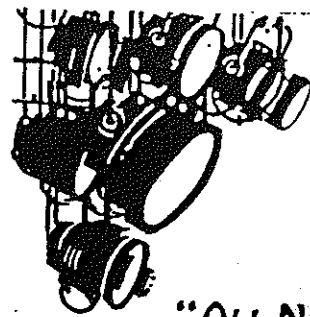
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DECORATE
YOUR WALLS

"Drawing Hands"
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"ALL NIGHT STRUT"

A classy, sassy musical celebration of the 1930s and 40s.

Sept 18-20, 24-27

"BEDROOM FARCE"

A first-rate, gleeful comedy by Alan Ayckbourn - pure fun...a lark.

Oct 30, 31, Nov 1, 5-8

"BUTTERFLIES ARE FREE"

A heartwarming romantic comedy that enjoyed a long run on Broadway.

Feb 19-21, 25-28

FAMILY MUSICAL TO BE ANNOUNCED

Apr 23-25, 29-30, May 1-2, 7-8

And don't miss **HEAR & NOW** our one-hour staged readings of works by local and nationally known playwrights. Presented informally at 7 p.m. on intermittent Sundays. Readers also welcomed.

For more information on theatre activities and other activities at the Center, or to be added to our mailing list, call 537-4420 or visit our Web page at <http://www.flnhills.com/-arts/>



This program is supported in part by the Kansas Arts Commission, a state agency, the National Endowment for the Arts, a federal agency. Additional funding comes from the City of Manhattan.



THANK YOU ADVERTISERS for your loyal support.



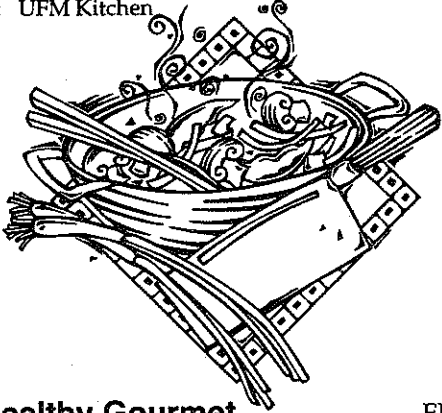
Food for Fun!

Cake Decorating FF-03

Turn your plain cakes into festive treats! Learn to add an icing decoration and a pretty border to impress your family and friends. Cake decorating is fun and easy to do. Icing will be provided for practice in class. Bring your own cake to a later class and take home a masterpiece. Supply list available from UFM.

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

Date: July 9, 16, 23, and 30
Time: 7 - 8:30 pm (Thursday)
Fee: \$24
Location: UFM Kitchen



The Healthy Gourmet FF-01

Learn how to prepare a complete gourmet-style meal using only low fat, health-filled foods! One of the main ingredients is Tofu. Learn how to use this super food in interesting, flavor-filled ways, then everyone will eat their lessons!

Ranae Cushing, MA, (776-2350), is a Health Educator with a Masters in Clinical Holistic Health Education. She has taught for over 10 years. Ranae has also worked in some fine cuisine restaurants in the San Francisco Bay area. She has a passion for food and flavor.

Date: July 18 (Saturday)
Time: 1:30 - 3:30 pm
Fee: \$22
Location: UFM Kitchen

Herbs in the Kitchen FF-02

Herbs—what goes with what? What flavors do they have? How can they enhance cooking? These are some of the lessons we will cover. Taste and smell for yourself many different common and not so common herbs. Samples of foods enriched with herbs will be provided to help you taste the difference. Recipes and other handouts will also be provided.

Ranae Cushing
Date: August 15 (Saturday)
Time: 1:30 - 3 pm
Fee: \$20
Location: UFM Kitchen

Low Fat Cooking for Real Life FF-04

Modify your cooking to make everyday food lower in fat and calories. Learn to make tasty low fat meals. Come ready to sample a full course meal including entrees, side dishes and dessert each night.

Kerry Powers (539-1442), is a junior in Dietetics at KSU. She has cooked for 2 years in a restaurant. Cooking has been a hobby for Kerry for over 10 years.

Date: June 4 - June 25
Time: 7 - 8:30 pm (Thursday)
Fee: \$23
Location: UFM Kitchen

Russian Piroshki FF-05

Learn how to make Russian Piroshki. Russian Piroshki is an 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: August 6 (Thursday)
Time: 6:30 - 9 pm
Fee: \$9.50
Location: UFM Kitchen

Language

Introduction to Russian LA-01

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: July 29, 30, August 3, 4, 5, and 6
Time: 6:30 - 8:30 pm (M/T/W/Th)
Fee: \$27
Location: UFM Conference Room

Win \$1 off any UFM Class...

by finding the "Fake Class" included in this catalog!! Identify it when you register and receive \$1 off your registration for one class.

Just for Fun!!

In these puzzles, one set of letters has been substituted for another. The words are in the right order and spaced correctly. To break the code, begin by watching for the frequency of certain letters or the way they are grouped. A single letter is usually A or I. Very common words in English are THE and AND. Try IS, TO, IT or OF for two letter words.

CryptoQuote: Answer on page 21.

RT YDT MDUFVT KNW IUFY YN PTT SF YDT INEXZ.

—VUFZDS

Cryptoquiz: A cryptoquiz is a list of related words or phrases put into a simple code. Use the substitution rules above to solve. Answers on page 16.

Summer Fun

AGZPPZOR

GTVHB AXZZOR

JZFOZFA

LIFTVZDO

ETAHETUU RTPHA

RTBKHOZOR

UFM Activities

IEHWPSJ

JKVU RPJJFSJ

RVTPRFSI RPEHSVSI

KPRRSPJJ

RPXDGHP JPHVPJ

UPSPDFHVSII CHFIHEU

GRE PREPARATION COURSE

Early Fall Class

Be confident and prepared to take the GRE!

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

For more information, call
UFM 539-8763



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Manhattan Center for the Arts



1520 Poyntz Ave., Manhattan, KS 66502
(785) 537-4420
www.flinthills.com/~arts

Summer 1998 Classes June 2 - July 30



Registration

- Fee payment reserves class places.
- Advance registration is highly recommended.
- Registration can be done by mail or call 537-4420.
- Please indicate the need for scholarships when enrolling.

Scholarships

Children and youth classes at the Manhattan Center for the Arts are underwritten, in part, by a grant from the YES! Fund – a fund of the Robert R. McCormick Tribune Foundation. All children and youth through the 12th grade will receive a reduction in class fees. Students who qualify for the free and reduced lunch program will receive up to a 95-percent fee deferment. The minimum charge is \$5.00 per family.

Questions – Contact the Manhattan Center for the Arts at 537-4420.



National
Endowment
for the Arts

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.



The City of
Manhattan
The Little Apple

Preschool

Story Telling in Clay

FEE: \$22

(limit 8 students, minimum 4)

Age: 3-6 (Children must be the minimum age at enrollment!)

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.

CC 529 T	9:00 - 10:15 am	June 2 - June 23
CC 520 T	10:30 - 11:45 am	June 2 - June 23
CC 629 T	9:00 - 10:15 am	July 7 - July 28
CC 620 T	10:30 - 11:45 am	July 7 - July 28

Instructor: staff

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.

Wheel Throwing for Kids

Fee: \$26, a YES fund class, you pay \$18, \$9, or \$5.

(limit 8, minimum 4)

Age: Grades 5 and up

Have fun making functional stoneware pottery on the wheel. All tools and supplies are included in this class.

CC 513 MW	1:00 - 3:00 pm	June 1 - June 24
CC 613 MW	1:00 - 3:00 pm	July 6 - July 29

Instructor: Scott Dooley

Clay Creature's

Fee: \$26, a YES Fund Class, You Pay \$18, \$9, or \$5

(limit 10, minimum 4)

Have fun making all kinds of creepy crawlers in this class.

Grades 1-4

CC 521 T	1:00 - 2:30 pm	June 2 - June 23
CC 621 T	1:00 - 2:30 pm	July 7 - July 28

Grades 4-6

CC 523 T	3:00 - 4:30 pm	June 2 - June 23
CC 623 T	3:00 - 4:30 pm	July 7 - July 28

Instructor: Scott Dooley

Outside In!

Fee: \$26, a YES fund class, you pay \$18, \$9, or \$5

(limit 10, minimum 4)

During this class students will collect texture samples (i.e. bricks, plants, tires) from the grounds of the Arts Center then incorporate them in to their class projects.

Grades 1-4

CC 541 Th	1:00 - 2:30 pm	June 4 - June 25
CC 641 Th	1:00 - 2:30 pm	July 9 - July 30

Grades 4-6

CC 543 Th	3:00 - 4:30 pm	June 4 - June 25
CC 643 Th	3:00 - 4:30 pm	July 9 - July 30

Instructor: Scott Dooley

Evening and Weekend Classes for All Ages

Beginning through Advanced Wheel Throwing

Fee: \$56, two nights, \$38 one night

(limit 8, minimum 5)

This class is designed to meet the needs of everyone interested in creating wheel thrown pottery. Whatever your next point of discovery goal is, come throw and explore. Depending on your individual preferences you may enroll in this class for one or two nights a week - Please be sure to give the correct class number.

CC 516 M W	7:00 - 9:00 pm	June 1 - June 24
CC 616 M W	7:00 - 9:00 pm	July 6 - July 29

CC 517 M	7:00 - 9:00 pm	June 1 - June 22
CC 617 M	7:00 - 9:00 pm	July 6 - July 27

Instructor: Staff

Hand Built Ceramic Sculpture and Surface Design

Fee: \$39

(limit 10, minimum 4)

Create a focal point for you home or garden in this unique sculpture class. Begin with the basics of hand building and advance to sophisticated surface design techniques such as sgraffito, mishi-ma, and carving. In this class you will have the opportunity to create a single large form or several smaller pieces. No prior experience is necessary!

CC 527 T	7:00 - 9:00 pm	June 4 - June 25
CC 628 T	7:00 - 9:00 pm	July 9 - July 30

Instructor: Scott Dooley

Family Clay Adventure

Fee: \$32 (1st family member, \$5 each additional)

(limit 10, minimum 4)

Discover the fun of clay creation with a special family member or mentor. Everyone over the age of 4 is welcome to participate with an adult. Wheel and/or Hand building.

CC 546 Th	7:00 - 8:30 pm	June 4 - June 25
CC 647 Th	7:00 - 8:30 pm	July 9 - July 30

Instructor: Scott Dooley

Design Your Own Pottery

Fee: \$10 - \$30/finished piece

You don't have to be an artist to design or glaze your own set of dishes. Create your own personal set that is microwave and dishwasher safe. We offer ready made stoneware cups, plates, and bowls that you can decorate for your everyday dishes or special occasions (wedding, birthdays, etc.) Preserve those special memories by capturing the hand, foot, or paw print of your favorite little one. These items will make great gifts!

For this class you pay by the piece - so you can come only one week or as many as you would like. This is great fun for the entire family. Please call the center to let us know in advance that you plan to attend.

CC 726 T 7:15 - 9:00 pm June 2 - June 23
CC 826 T 7:15 - 9:00 pm July 7 - July 28
Instructors: Staff

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 the Arts Center, 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.

Open Studio (Facility use only, no instruction)

Fee: \$20/month plus clay

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. For more information contact the studio at 776-3334 or call the Arts Center to leave a message 537-4420

Theater Class

Adventures in Theatre

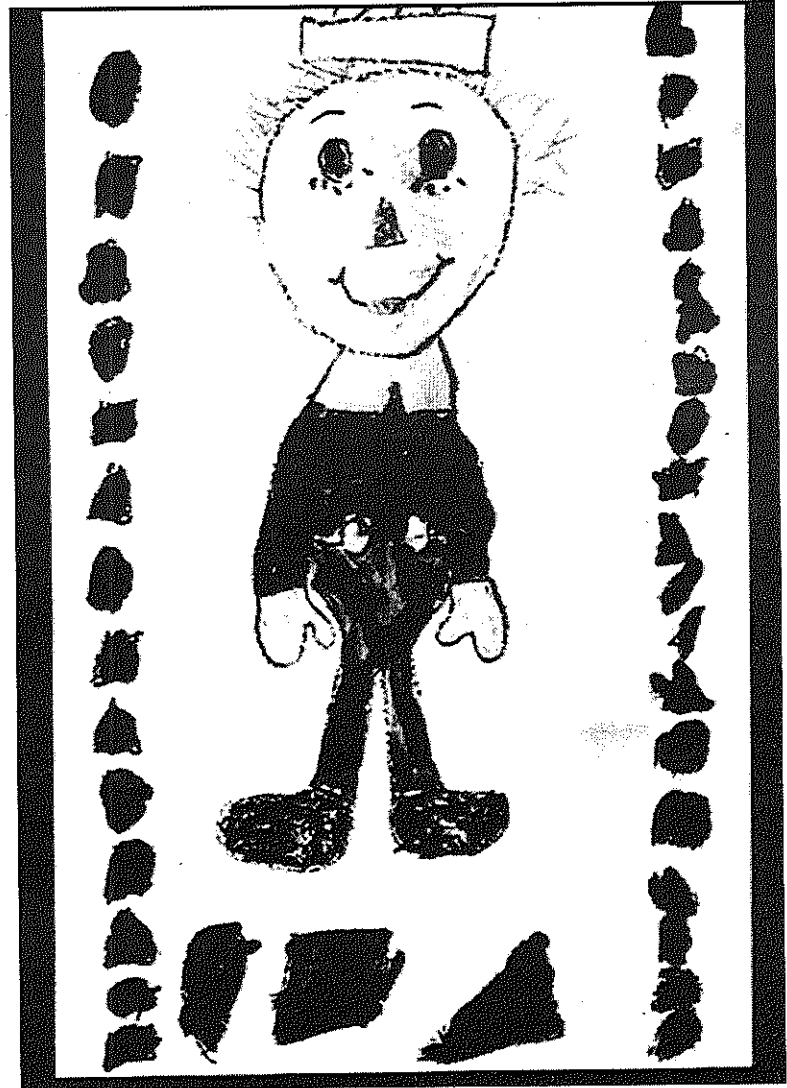
Fee: \$48, a YES Fund class, you pay \$20, \$8, or \$5 (minimum 6 students)

Age: Grades 1-6

Explore the adventures in theatre in stories like Peter Pan and Alice in Wonderland, and make your own new adventures.

TC 131 M/W 10:00-12:00 pm

June 1 - June 24



Manhattan Center for the Arts Enrollment Form

Student Name: _____

Address: _____

City: _____ Zip Code: _____

School Year/Age: _____

School: _____

Class Numbers: _____

My payment of \$_____ is enclosed.
(Checks payable to Manhattan Center for the Arts)

OR

Please bill my VISA/MC \$ _____

Account Number: _____

Expiration: _____/_____

Signature: _____

Parent Name: _____

Telephone (daytime): _____

Telephone (evening): _____

I am interested in scholarships: _____

I am eligible for free lunch _____

or reduced lunch _____

(If eligible, please call for scholarship rates.)

Cut out and mail to:
Manhattan Center for the Arts
Summer Classes
1520 Poyntz Ave.
Manhattan, KS 66502

Volunteer Opportunities at the Manhattan Center for the Arts

The Manhattan Center for the Arts always has room for more volunteers.

We run workshops to train our volunteers. If you are interested in an area but don't have experience, **we will train you!** How can you put your time and talents to use?

Public Relations: Designing and distributing fliers for Center events, writing press releases and contributing to *City Arts Magazine*.

Lights: Designing and running sound for plays and concerts at the center.

Set Work: Design, construction, painting and general backstage help.

Programming: Both visual and performing. Contacting artists, making arrangements for events and helping hang and take down gallery shows .

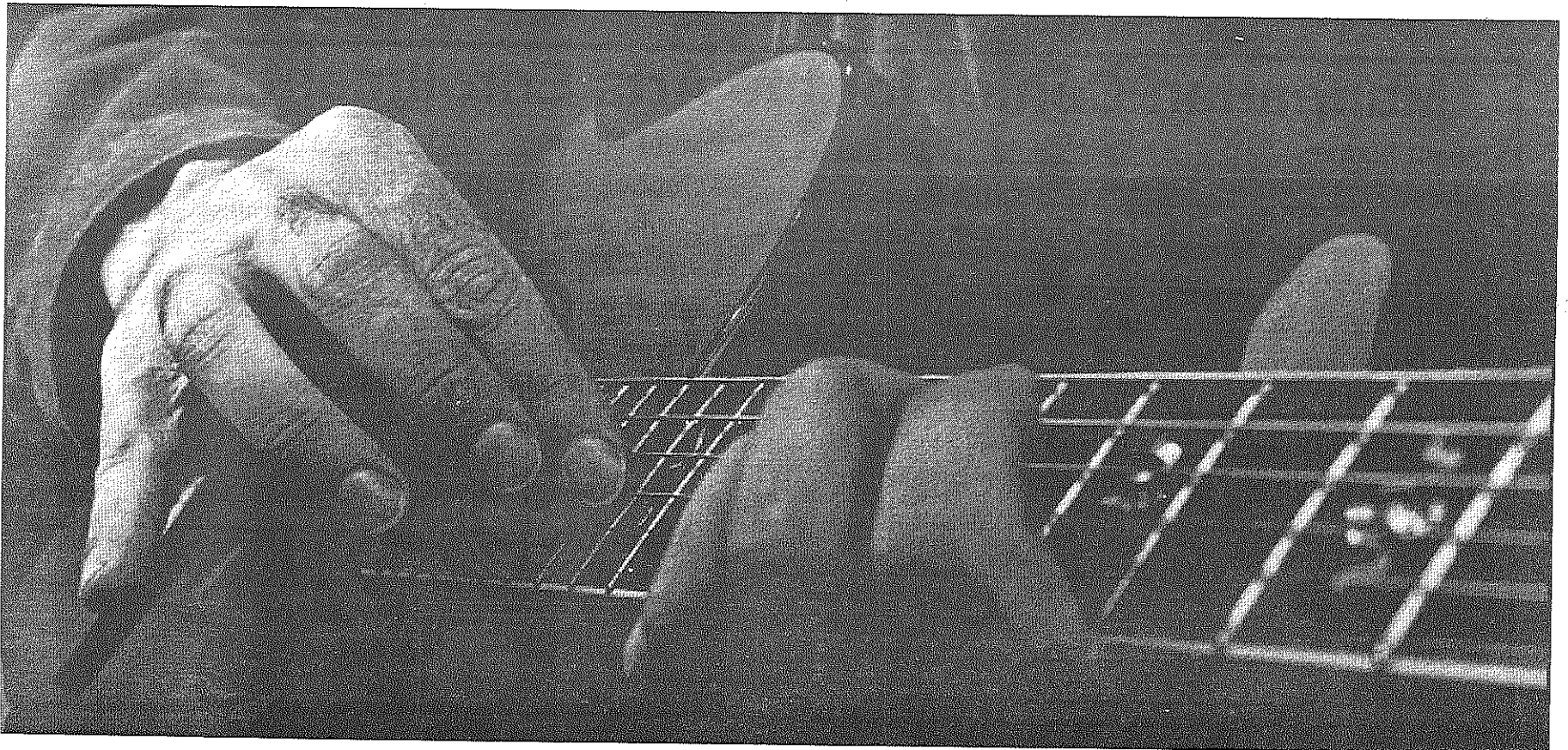
Hospitality: Greeting and facilitating at center events. Set up and take down special events paraphernalia.

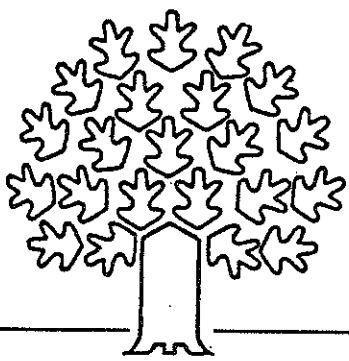
Office Work: Mailing information to members, *City Arts Magazine* distribution and general office work.

Construction: The center is always improving itself. We need help painting, hanging dry wall and running electrical connections.

Others: There are always special skills we need. Please consider helping the center grow.

**Interested? Contact the Manhattan Center for the Arts.
Call 537-4420 or stop by, 1520 Poyntz, Manhattan, KS 66502.**





Recreation & Dance

1221 THURSTON

539-8763

Introduction to Weightlifting RH-05

Introduction to Weightlifting is a five week workshop that will focus on a comprehensive weightlifting program. Each workshop session will be on Tuesday evenings at 7:30 pm. Each weekly session will consist of exercises and their proper forms for one particular body part or body parts. The final session will consist of putting all the exercises together to form a workout program and a test on proper exercise form.

Wade Phillips

Date: June 2 - June 30
Time: 7:30 pm (Tuesday)
Fee: \$15
Location: ProFitness Weight Room
1125 Laramie Street

Ballroom Dance I RH-08

Come dance with us! If you want to learn to dance with a partner, plan to attend a wedding, or you just want to brush up 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.



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

Date: June 5 - August 14
Time: 8 - 9 pm (Friday)
Fee: \$33 individual/\$60 couple
Location: ECM Auditorium
1021 Denison Avenue

No Exercise Equipment? No Problem RH-09

This class shows you how to strength train in your own home using little or no equipment. You will learn short, time-efficient workouts to build strength. A progression format will be taught from beginning to advanced. Wear loose clothing. Dress in layers to avoid overheating or chilling.

Joyce McConnell is a Certified Personal Fitness Trainer by the American Council on Exercise (A.C.E.). She has been in private practice in Michigan for 6 years. She has recently moved to Manhattan with her family. She has worked with clients and their physical therapists for post-rehabilitation training as well as athletes and general population.

Date: June 1 - June 12
Time: 5:30 - 6:30 pm (M/W/F)
Fee: \$25
Location: UFM Banquet Room

A complete MARTIAL ARTS section is on page 21.



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Downtown - Manhattan

Hours: Mon-Wed 10-7; Thur 10-8; Fri-Sat 10-6

Introduction to Step Aerobics RH-04

This is a basic step class designed for beginners. If you have ever wanted to participate in a step aerobics class but did not want to "embarass" yourself, this is definitely the class to use as your springboard to step aerobics classes. This program is geared for teens and adults.

Kim Budd (539-7095), is a 1994 graduate in Exercise Physiology from Kansas State University. She has taught aerobics for 7 years and is currently the director of Cardiac Rehab at Wamego City Hospital. In her free time she enjoys running, biking, and hanging out with friends and family.

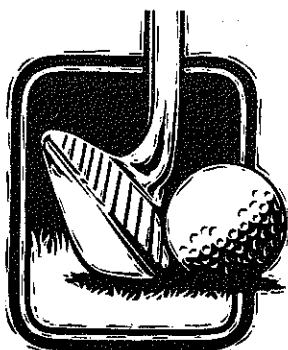
Date: June 3, 17, July 1, 15, 29 and Aug 12
Time: 7:30 - 8:30 pm (Wednesday)
Fee: \$15
Location: ProFitness Aerobic Room
1125 Laramie Street

Introduction to Golf RH-06

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

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

Date: June 4, 11, 18, 25
Time: 7-8 pm (Thursday)
Fee: \$35
Location: Stagg Hill Golf Club
4441 Ft. Riley Blvd.

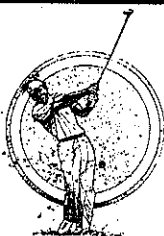


Introduction to Golf RH-07

Jim Gregory

Date: July 2, 9, 16, 23
Time: 7 - 8 pm (Thursday)
Fee: \$35
Location: Stagg Hill Golf Club
4441 Ft. Riley Blvd.

KSU has several recreation classes for credit. See page 23 for details.



STAGG HILL GOLF CLUB

K-18 West

For all your golfing needs
Fully equipped "discount" pro shop
Professional golf instruction available (individual & group)
Club regripping & repair



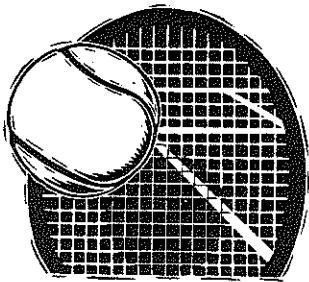
539-1041

Jim Gregory, PGA Professional

Tennis: Junior Beginners RH-01 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 8, 15, 22, 29
Time: 6:30 - 7:30 pm (Monday)
Fee: \$36
Location: LP Washburn Rec Complex, KSU

Tennis: Beginners RH-02 Ages 17 and Up

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

Mark Tessendorf

Date: June 8, 15, 22, 29
Time: 7:30 - 8:30 pm (Monday)
Fee: \$36
Location: LP Washburn Rec Complex, KSU

Youth Conditioning RH-03

Parents, get your kids pointed in the right direction to a healthy lifestyle. Youth Conditioning will teach the proper form and technique of various SAFE exercises your children can perform. Each one hour session will consist of a weight training session and athletics outside at City Park. Your kids definitely will get a hard, safe workout with adult supervision at all times.

Wade Phillips has been working in health club type settings since he was a senior in high school. He has been employed as a head football coach and worked in three different health clubs including the one he now owns, ProFitness. He is currently a senior in pre-Physical Therapy and is a Certified Personal Trainer.

Date: June 2 - June 30
Time: 9 - 10 am (Tues/Thurs)
Fee: \$25
Location: ProFitness Weight Room
1125 Laramie Street

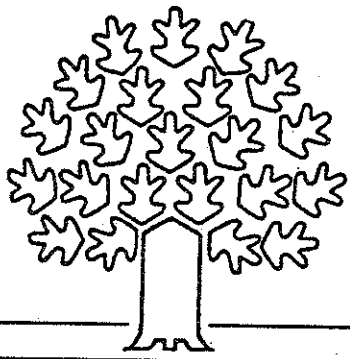
Never look back unless you are planning to go that way. — Anonymous

Recharge your RV or boat batteries quietly, with no fumes, messy fuels or moving parts

SunwrightS PV

539-1956

Look for the UFM Catalog on the web at www.ksu.edu/ufm



Earth, Nature & Environment

1221 THURSTON

539-8763

Gravel Pits at Waterville and Blue Rapids

EN-01

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 and other fossils. Participants will drive their own cars, or carpool.

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

Date: July 11 (Saturday)
Rain Date: July 18 (Saturday)
Time: 8:30 - 12 noon
Fee: \$8 individual/\$12 couple or family
Location: Meet at UFM Fireplace Room

An Introduction to Wildlife Rehabilitation

EN-02

"What to do if you find a baby bird"

This class will be an introduction to wildlife rehabilitation. Topics include the types of animals that are encountered and the types of care required, how to recognize an animal orphan and what steps are required to insure it's well-being and how to prevent "Good Sam" orphans. An explanation of the permit requirements for the possession of wildlife in the state of Kansas will be discussed along with how to become involved with your local wildlife rehabilitation program.

Cindy Chard-Bergstrom (537-0681), is the director of Wildlife Rehabilitation Coop. She has been involved in wildlife rehabilitation for 8 years. Cindy has lived in Kansas her entire life and enjoys working with songbirds, migratory water fowl, mammals and raptors, and somehow manages to stay sane.

Date: June 11 (Thursday)
Time: 7 pm
Fee: \$8
Location: UFM Conference Room

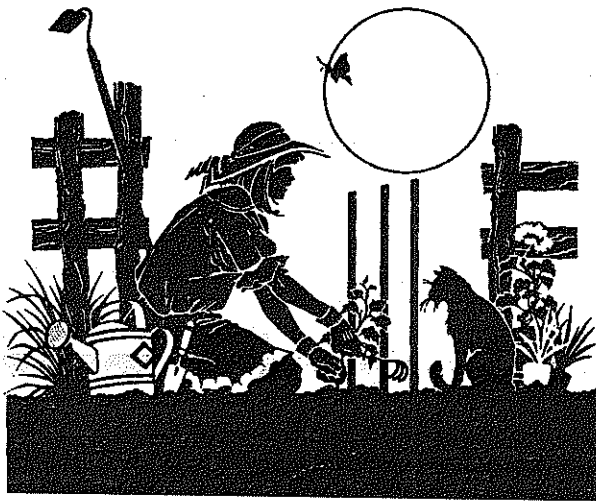
Perseid Meteor Shower

EN-08

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 Wednesday, August 12, same time and place.

Dean Stramel (539-1931) teaches Earth Science classes at Manhattan High School, East Campus. 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 (Tuesday)
Time: 8 pm
Fee: \$8 individual/\$12 family
Location: Meet at UFM Parking Lot



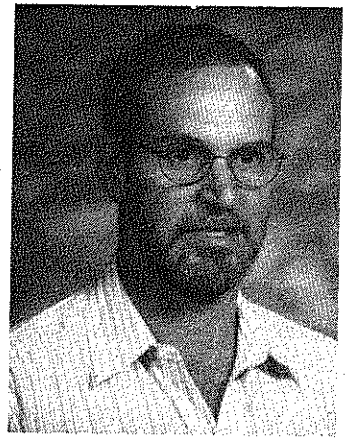
Fall Gardening

EN-09

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 August that you'll harvest in September, October, and even beyond!

Colleen Hampton has gardened both indoors and outdoors for 26+ years and looks forward to sharing her practical knowledge in her gardening classes.

Date: August 1 (Saturday)
Time: 10 - Noon
Fee: \$8
Location: UFM Greenhouse



Featured UFM Instructor

Dean Stramel—The Sky Guy

Dean Stramel has been a UFM instructor since 1986. His special interest is star gazing. He has taught classes such as the Winter Sky, the Hale-Bopp Comet, Meteor Shower, the Summer Sky, and telescope viewing. He has also coordinated a perennial plant swap. Dean, known as the "sky guy", has been a sky watcher for many years. You can often find him out in the middle of the night with his telescope and camera handy; or out on the lawn for a neighborhood star show. He loves to photograph the constellations and talk about the sky with anyone who will listen.

He has shared his slide show of the evening sky at science camps, with elementary and high school students, and with the community. Dean also enjoys weather and its patterns. He has been known to chase after tornadoes to get "that perfect photo".

Dean had a beautiful photograph of the Comet Hale-Bop published in the Kansas Magazine. This photo is on sale in several locations, including the Kansas Cosmosphere in Hutchinson. The photo is also for sale at UFM, call the office for details.

Answer to Cryptoquizzes:

Summer Fun:
Swimming
water skiing
picnics
vacation
baseball games

UFM Activities:
gardens
swim lessons
lifelong learning
lecture series
mentoring program

Looking for a Whole New World to Explore?

• BOOK CLUB

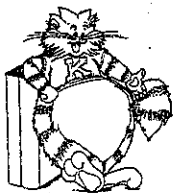
• CRAFTS

• POETRY

• NATURE

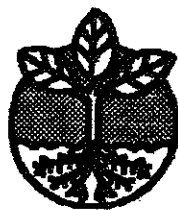
• GARDENING

• PHOTOGRAPHY & ART



Bookstore

<http://union.ksun.ksu.edu/bookstor/main.htm> 785 532-6583



Community Garden for All Ages

A walk through the Manhattan 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. Each year around 80 families garden over 160 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 fun on Saturday mornings 10 a.m. till noon at the Children's Garden, 8th and Riley Lane. No registration needed. KSU Horticulture students assist with this project.



Sustainable Manhattan Round Table Series

This series of three round table discussions is a continuation of the process begun in spring 1997, under the umbrella of Sustainable Manhattan. The goal is to get community involvement and input into projects and processes that

help Manhattan move toward a sustainable future. These sessions are offered at no cost and you may sign up for any that interest you. All three discussions during the summer session will focus on different aspects of our food system.

Mapping Your Food System

EN-05



Our community enjoys food from a diversity of locations, including our own local farmer's market, the community gardens, local crop and livestock farmers, as well as from national and international sources. Food is more than a simple commodity; presenters will lead a discussion designed to orient us and help us map where our food comes from, and where it goes. This class will be held on a local farm. Kids are welcome. Call for a location map, and if you need a ride.

Rhonda Janke (532-5776), is an Associate Professor in the Dept. of Agronomy at KSU, with research and extension responsibilities in the area of sustainable agriculture. Prior to moving back to Kansas, she worked for eight years at the Rodale Institute Research Center, in Kutztown, PA, and completed her graduate work at Cornell, in Ithaca, NY. Paula Ford currently works for the Wetlands Conservancy/Coalition. She has conducted workshops on community food security around the U.S., and worked for the organization "Public Voice for Food and Health Policy" in Washington, D.C. She obtained her Master's degree in Agronomy from the University of Georgia, and recently moved to Manhattan.

Date: June 18
Time: 7 - 9 pm (Thursday)
Fee: \$N/C
Location: call for map location

Community Food Security After Welfare Reform: Food Banks and Food Sheds

EN-06

Community food security is defined as the state in which all persons obtain a nutritionally adequate, culturally acceptable diet at all times through local non-emergency sources. With more holes in the social services "safety net" than ever before, what can a community like Manhattan do to feed its citizens, in addition to providing emergency food? Are there solutions based on greater cooperation of local resources and efforts, that become more apparent from using a systems approach? Location will be the Douglass Center.

Rhonda Janke and Paula Ford

Date: July 9
Time: 7 - 9 pm (Thursday)
Fee: \$N/C
Location: Douglass Center
901 Yuma Street



Where Do We Go From Here? Looking at Sustainable Food System Models in Other Communities

EN-07



A sustainable food system needs a blueprint. A community can create this blueprint through the creation of a Community Food Council. This class will look at examples of Food Councils that have developed in other cities in the U.S., and discuss the possible role of a Food Council in Manhattan. Examples of sustainable food production systems, and of ways that communities can support farmers and provide affordable food to local citizens, will be presented and scrutinized.

Rhonda Janke and Paula Ford

Date: July 23
Time: 7 - 9 pm (Thursday)
Fee: \$N/C
Location: UFM Conference Room

Making Compost

EN-03

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 concept of compost. Please bring a garden fork, shovel and gloves.

Madonna Stallman (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 27 (Saturday)
Time: 10 - noon
Fee: \$8
no charge for Community Garden members
Location: Manhattan Community Gardens
9th and Riley Lane

If ignorance is bliss, why aren't more people happy?
— Anonymous

Home is the place where, when you have to go there, they have to take you in.

CHILDREN'S GARDENING

See Youth Section
on Page 22

Do you have a skill or interest
you would like to share?
Become a UFM instructor!
Call the UFM office, 539-8763.

Making Compost

EN-04

Madonna Stallman

Date: July 25 (Saturday)
Time: 10 - noon
Fee: \$8
no charge for Community Garden members
Location: Manhattan Community Gardens
9th and Riley Lane

Reduce, Reuse, Recycle & Join...

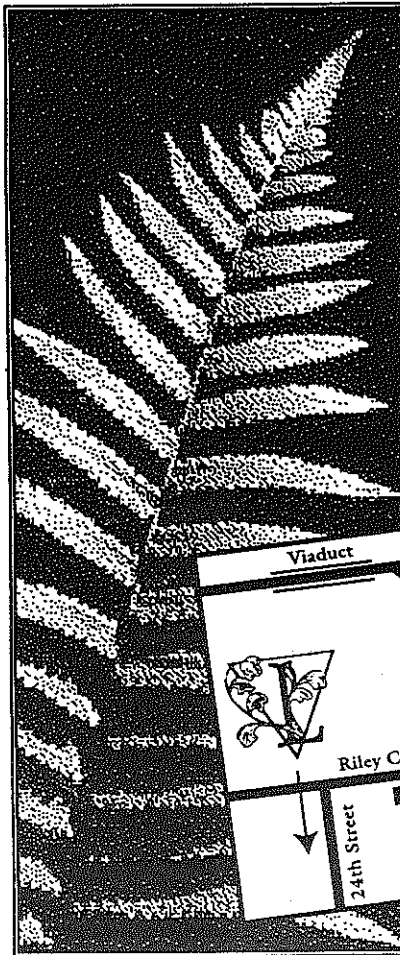
Northern Flint Hills Audubon

Your local Audubon protects you 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. (For more information, call Patricia Yeager 776-9593.)
- Programs on topics ranging from environmental preservation shows to local wildlife. Look for details in our newsletter!
- Action on environmental issues

Watch for information on all these activities in *The Prairie Falcon*, the chapter's newsletter. For more information, call Dolly Gudder (537-4102).

WE NEED YOU!



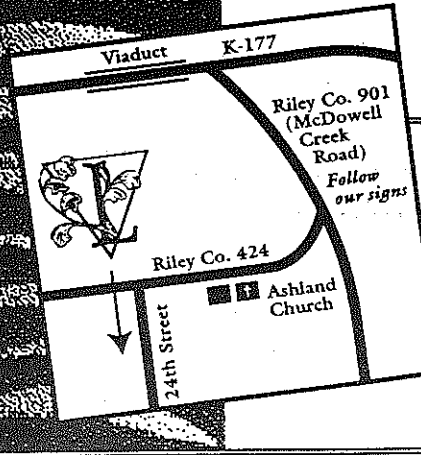
Lee Creek Gardens

a different style of nursery

Take a walk through our three acres of display gardens and see what our plants look like integrated into an established landscape.

We have a large selection of reasonably priced unique plants and garden accessories. We specialize in perennials and ornamental shrubs for both sun and shade, as well as old-fashioned and Euro-select annuals. Dreaming of an English-style perennial border or cottage garden full of blooms, birds and butterflies? We make dreams come true..

Watch for our specials throughout the season. You'll see our ads starting March 25, on page A2 in the Mercury.



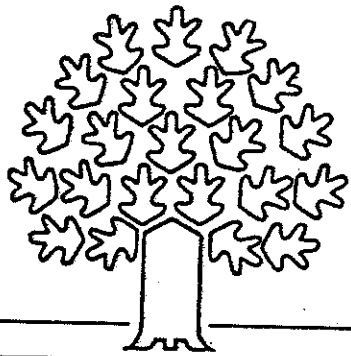
Open Wednesday-Sunday
10 a.m. to 5 p.m.
April 1-October 31
Other times by appointment

3400 South 24th Street
785-537-8262

Lee Creek Gardens is a member of the Western Association of Nurserymen, Kansas Association of Nurserymen, and Kansas Greenhouse Growers Association.



LEE CREEK
GARDENS



Wellness

1221 THURSTON

539-8763

Natural Force Healing

WE-06

Natural Force Healing is a truly unique and revolutionary energetic therapy designed to create optimal well-being in the body, mind, and spirit. This allows the evolutionary process and the conscious noetic mind to transform on the deepest level. Participants must complete the first session before enrolling in the second session.

Kathlene Casey (539-2622), is a licensed Massage Therapist and certified N.F.H. practitioner. She has studied intensively over the past 8 years in Native American healing, subtle body frequencies, energy vortices and the philosophy of mysticism.

Date: June 8, 15, 22, and 29
Time: 7 - 9 pm (Monday)
Fee: \$75
Location: UFM Banquet Room

Natural Force Healing

WE-07

Kathlene Casey

Date: July 6, 13, 20 and 27
Time: 7 - 9 pm (Monday)
Fee: \$75
Location: UFM Banquet Room

ABC's (Vitamins) of the Slimmer You!

WE-05

A healthy body is a slender body. Learn how simple nutrition can be. Design a nutritional plan customized to your individual body type.

Dr. Larry Dall (539-9113), has practiced chiropractic care in Manhattan for the last 13 years.

Date: June 8 - July 13
Time: 7 - 8:30 pm (Monday)
Fee: \$18
Location: 1130 Westport Drive, Suite 5



Yoga For Women

WE-01

Yoga can be a useful tool to help with the physical, mental and emotional challenges (of being a woman). We will focus on the practice of asana (postures) and pranayama (breath) as well as developing a personal practice which meets each individual's needs. This class is for women of all ages. Please bring a mat or towel, and wear comfortable clothes that do not restrict movement. For your safety and comfort please do not eat for at least 3 hours before class.

Ana Franklin (537-8224), has been practicing yoga for more than 25 years. She teaches in The Tradition of T. Krishnamacharya who was teacher to BKS Iyengar, Patabi Jois and other eminent yoga teachers, including her father Albert Franklin who taught yoga through UFM in the 1970's. Ana is a student of Gary Kraftsow, who studies under TKV Desikachar, Sri Krishnamacharya's son.

Date: June 6, 13, 20 and 27
Time: 5:30 pm (Saturday)
Fee: \$46
Location: 121-A South 4th Street, Room 211

Woman's Way—Natural Choices

WE-02 for Menopause

Millions of women between 35 and 55 are entering menopause. This class will provide information that helps answer questions about symptoms and choices for treatments. The focus will be on a holistic approach, including information on homeopathy, nutrition, herbs and natural hormone balancing. Related sources and handouts will be provided.

Ranae Cushing, M.A. (776-2350), is a Health Educator with a Masters in Clinical Holistic Health Education and over 10 years teaching experience. Her goal is to help people help themselves with informed choices.

Date: June 20 (Saturday)
Time: 1:30 - 3 pm
Fee: \$18
Location: UFM Conference Room

Chi Gong: Chinese Energy

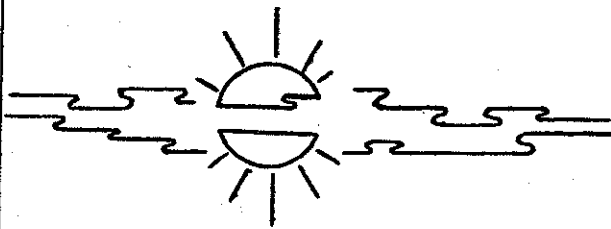
WE-II

Chi Gong is the art and science of using posture, exercise, breathing and concentration to gather Chi (vital life energy) and heal the body and mind. It is the preventive and self-healing aspect of Chinese medicine. As one works with balancing internal energies, health improves and the mind becomes tranquil. Chi Gong has been widely researched in controlled scientific experiments and clinical trials. It has been found to be effective for the same range of illnesses treated by acupuncture. It is also a powerful form of complementary medicine that can be effectively combined with Western medicine to lessen side effects from medication, speed recovery time and greatly reduce medical costs.

Mary Ash has studied and practiced Chi Gong since 1987. She has been a student of a number of Chi Gong teachers throughout this country, both Asian and American. Mary maintains a private practice in massage and bodywork and is currently teaching Chi Gong at Mercy Health Center as part of their Wellness Program.

Date: June 20 and 27 (Saturday)
Time: 9:30 - 11:30 am
Fee: \$15
Location: ECM Student Center
1021 Denison Avenue

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. . . to breaking through

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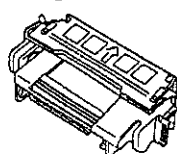
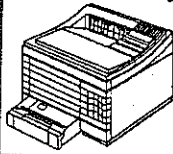
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About UFM Classes

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.

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Mental Health Services

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Introducing Jin Shin Jyutsu: A Self-Help Class WE-08

Jin Shin Jyutsu translates as the "Art of the Creator through knowing and compassionate person." It is an ancient art of releasing the tensions which are the causes of various symptoms of discomfort. In Jin Shin Jyutsu philosophy, our bodies contain energy pathways which become blocked through daily physical, mental, emotional or spiritual stresses, resulting in pain and discomfort. We can unblock these pathways through non-forceful application of the hands to various locations on the body, giving ourselves renewed vitality, deep relaxation, pain relief, easier breathing and decreased stress. This course will introduce you to hands-on techniques for self and others, and to the history, philosophy and theory of Jin Shin Jyutsu. You will learn the meaning and location of the 26 "safety energy locks." Jin Shin Jyutsu self-help books will be available for purchase (optional).

Karma Smith (539-3733), a Licensed Practical Nurse and a graduate of the McKinnon Institute of Professional Massage and Body Work in Oakland, CA, is a skilled touch practitioner whose avocation during the last twenty years has been to study and practice a variety of bodywork modalities: Alexander Technique, Tai Chi, Swedish and Esalen Massage, Shiatsu, Chi Gong, Geriatric Massage, Therapeutic Touch, Skilled Touch for the Dying. Since her retirement from home health and hospice nursing in 1995, she has been studying and practicing Jin Shin Jyutsu intensively and is certified as a practitioner and a self-help instructor.

Date: July 13, 20, and 27
Time: 7 - 9 pm (Monday)
Fee: \$14
Location: UFM Conference Room



Natural Remedies for Cats and Dogs WE-03

Learn how to help your pet heal simply and naturally by using homeopathy, herbs, nutrition and other holistic remedies. Bring your questions and concerns and we will explore possible treatments. Recipes, resources, sample products and handouts will be available.

Ranae Cushing, M.A. (776-2350), is a Health Educator with a Masters in Clinical Holistic Health Education. She has taught for over 10 years. Ranae is also the "parent" to three cats and two dogs who continually teach her.

Date: August 8 (Saturday)
Time: 1:30 - 3 pm
Fee: \$18
Location: UFM Conference Room

Manhattan Bodyworks Therapeutic Massage

- Swedish & Sports Massage
- Energy Balancing

Gift Certificates Available

Monica Ward

(785) 539-5992 by appointment

Baby Massage WE-09

Baby Massage is an ancient tradition in many cultures which has been rediscovered in the West. Clinical evidence shows that loving, touching, nurturing contact between caregiver and infant has a positive impact upon subsequent development. Many studies reveal the benefits of positive interactive contact as an integral part of a baby's early life, and the unfortunate results when this early attention is lacking. Baby Massage is one of the easiest and most pleasant methods of providing this early positive interaction. Many newborn nurseries are now adopting Baby Massage as a regular part of their parent education programs, to help promote well-being and the loving bonds between parents and their babies. Bring a pad or mat to lay your child on and either or both parents.

Sandy Snyder (537-3607), is a licensed Massage Therapist with 25 years experience. She is the owner of Lifecenter Bodywork and is experienced with Deep Tissue Massage, Sports Massage, Reflexology and Baby and Pet Massage.

Date: August 15 (Saturday)
Time: 2 pm
Fee: \$13
Location: UFM Conference Room

Massage & Relaxation Techniques for Pain Relief WE-10

In this class participants will learn relaxation techniques and stretching instruction to relieve daily tension and pain due to stress. An on-site massage chair will be used for a five-minute demonstration that concentrates on neck and shoulder relief.

Sandy Snyder
Date: August 13 (Thursday)
Time: 7 pm
Fee: \$13
Location: UFM Fireplace Room

Herbs in the Kitchen FF-02

Herbs—what goes with what? What flavors do they have? How can they enhance cooking? These are some of the lessons we will cover. Taste and smell for yourself many different common and not so common herbs. Samples of foods enriched with herbs will be provided to help you taste the difference. Recipes and other handouts will also be provided.

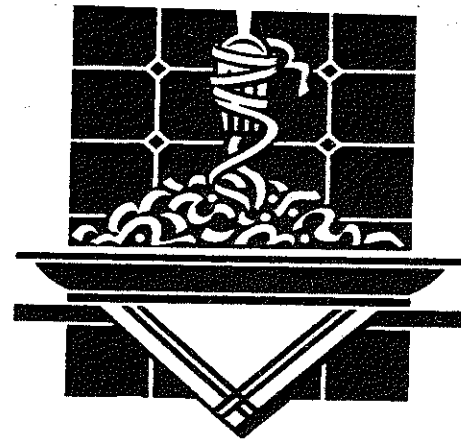
Ranae Cushing
Date: August 15 (Saturday)
Time: 1:30 - 3 pm
Fee: \$20
Location: UFM Kitchen

The Healthy Gourmet FF-01

Learn how to prepare a complete gourmet-style meal using only low fat, health-filled foods! One of the main ingredients is Tofu. Learn how to use this super food in interesting, flavor-filled ways, then everyone will eat their lessons!

Ranae Cushing, MA, (776-2350), is a Health Educator with a Masters in Clinical Holistic Health Education. She has taught for over 10 years. Ranae has also worked in some fine cuisine restaurants in the San Francisco Bay area. She has a passion for food and flavor.

Date: July 18 (Saturday)
Time: 1:30 - 3:30 pm
Fee: \$22
Location: UFM Kitchen



Low Fat Cooking for Real Life FF-04

Modify your cooking to make everyday food lower in fat and calories. Learn to make tasty low fat meals. Come ready to sample a full course meal including entrees, side dishes and dessert each night.

Kerry Powers (539-1442), is a junior in Dietetics at KSU. She has cooked for 2 years in a restaurant. Cooking has been a hobby for Kerry for over 10 years.

Date: June 4 - June 25
Time: 7 - 8:30 pm (Thursday)
Fee: \$23
Location: UFM Kitchen

...Clip and Save...

We got lost in the telephone book this year. Save this for future reference.

UFM Community Learning Center
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(785) 539-8763

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



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Manhattan Kansas

Depression in the older adult

- It's not a normal part of aging.
- It's an illness that can be treated.

Learn how to recognize symptoms in older adults at this workshop for health and helping professionals, volunteers, and others. June 17, 12:45-3:45 p.m., at Houston Street Center, 5th and Houston.

Call for information.

P A W N E E
Mental Health Services

587-4326

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Manhattan's first
**Holistic Health &
 Bodywork Fair**
 Saturday, June 13, 1998
ECM Building
 1021 Denison
 10 am to 6 pm

Manhattan's Holistic Health and Bodywork Fair offers you a chance to explore options for wellness, global consciousness, natural health, and spirituality. Professionals are providing 15 and 30 minute introductory sessions on a variety of subjects.

RESERVATIONS ARE REQUIRED.

Call UFM at 539-8763 to reserve the sessions of your choice, \$1 per session.

Meditation by Kris Barnard (15 minutes) #02
 In this session participants will learn about meditation for relaxation.

Reflexology by Stacie Blubaugh (15 minutes) #03
 Reflexology is a science which deals with the principle that there are reflexes in the foot relative to each internal organ and all parts of the body. Stimulating this reflex property can help many health problems in a natural way, a type of preventative maintenance.

Natural Force Healing by Kathlene Casey (15 minutes) #04
 Natural Force Healing is a vibrational and Energetic Therapy.

Relaxation Massage by Becky Currin (15 minutes) #05
 Swedish massage will be used for relaxation.

Acupressure by Dr. Larry Dall (30 minutes) #06
 The main focus will be on the effects of acupressure using the body's macrosystem.

Chiropractic by Dr. Lisa Eastman & Dr. Craig A. Lamb (15 minutes) #07
 A gentle chiropractic technique using an activator & S.O.T.

Chi Lel by Enell Foerster (15 minutes) #08
 A slow exercise of healing Chi Gong. When practicing Chi Lel, we use the inner Chi of our bodies and the outer Chi surrounding the space around our bodies. We amplify the natural exchange process as we practice.

Body Recall by Enell Foerster (15 minutes) #09
 A proven, tested method of easy exercise for all adults. Isolated exercises for each part of the body. Program designed by Dorothy Chrisnas of Berea, Kentucky.

Yoga by Ana Franklin (30 minutes) #10
 Yoga is an ancient system, which is still very useful to us today, for bringing peace and harmony to the body/mind and ultimately to bring total physical, mental and emotional well-being. This class will focus on the body and breath, with some information on various other practices.

Reiki by June Hunzeker (15 minutes) #11
 Reiki is Pure Energy. It supports the body's natural ability to heal itself and assists in maintaining health and wellness. It can ease pain and relieve stress and tension. The session involves light hand placements on the body. Shoes, eyeglasses, jewelry, and belt must be removed before treatment.

Intuitive Arts by Sharon Landrith (30 minutes) #12
 Learn to access your intuitive connection, opening inner doors for answers to your questions about life paths, relationships, and your spiritual quest.

Psychic Readings by Fay Shanti Maria (15 minutes) #13
 Directing people on their path (through Angels).

Neuromuscular Re-education by Patti Massed #14

Zen Therapy by Erika Morgan (15 minutes) #15
 Combining the best of several proven therapies into a unique form of deep Bodywork, Zen therapy promotes greater health, more vitality, better physical performance, and enhanced mental and emotional attributes.

Jin Shin Jyutsu by Karma Smith (15 minutes) #16
 Jin Shin Jyutsu is an art that involves the application of hands for gently balancing the life flow energy of the body, giving ourselves renewed vitality, deep relaxation, pain relief, easier breathing, and decreased stress. More generally it is the art of reawakening awareness and self understanding.

Massage and Relaxation Techniques by Sandra Snyder (15 minutes) #17
 Participants will learn relaxation techniques & stretching instructions to relieve daily tension and pain due to stress. An on-sight massage chair will be used, the concentration will be on neck and shoulder relief.

Massage Therapy by Monica Ward (15 minutes) #18
 Experience the healing touch of therapeutic massage! Massage is one of the best-known antidotes for stress. Massage can relieve many types of muscle tightness and soreness; sprains, or strains; and relieve pain from arthritis or injury, headaches, shoulders and back. Massage can help you recharge and restore the energy and creativity you need to live life with joy. Monica Ward's integrative method of therapeutic massage with energy therapy.

Neuromuscular Therapy by Wildfire Owlflower (15 minutes) #19
 Neuromuscular Therapy (NMT) has provided many cases of successful treatment for "arthritis," low back pain, headaches (including migraines), stiff neck or shoulders, joint immobility, fatigue & other conditions. Pain is not normal. The more pain we have, the more the body learns about & perpetuates its own pain. Overstimulation in the nervous system (such as from holding shoulders hunched up, poor posture resulting in muscle tissues taking over the job of bones, emotional & mental anxiety, and high caffeine intake) leads to overconstriction (hypertonus—too much tone!), resulting in chronic or intermittent pain cycles (such as on & off headaches that follow stress patterns of the individual). The goal of NMT, by physically interrupting the pain cycle & allowing of body to relearn how to relax, is the long-term correction of muscular pain & normalization of stimuli along the nervous system's pathways. Deep tissue work, NMT, does not go beyond the tolerance level of the individual.

Rolfing by Jack Windhorst (30 minutes) #20
 This session includes a video of RolEmg, with a brief discussion, questions and answers, and a brief demonstration of Rolfing Structural integration.

Information Stations

Herbs - Renae Cushing (15 minutes) #21
 Herbs for everyday: This session covers some multiple uses of some everyday herbs & spices.

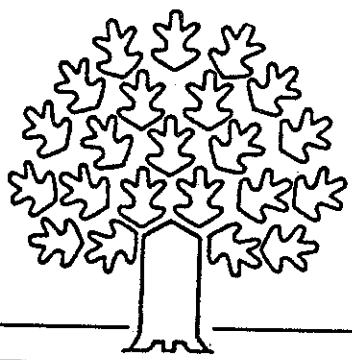
Essential Oils - Kathleen Fischer (15 minutes) #22
 Kathleen will have essential oils & blends to demonstrate. There will be a discussion of applications for essential oils along with suggestions for "starter" oils with emphasis on stress-reduction.

Feng Shui - Don Terhune (30 minutes) #23
 Feng Shui is the Chinese system of design and placement as applied to one's home and work place. The objective is to promote a harmonious living environment and a feeling of well-being.

Human-Dolphin Institute - (30 minutes) #24
 Orson Ward will be presenting information about the Human-Dolphin Institute based in Panama City Beach, Florida, and the Atlantic bottle-nosed dolphins who invite you to swim with them there. The Human-Dolphin Institute is a bridge between the two worlds of human and dolphin. Orson will provide a video showing dolphin interactions, information on monofin swimming, and articles on dolphins and healing. You can also sign up for our Kansas Dolphin Swim Program as we head for Panama City as a group to share in the adventure of wild dolphin encounters this summer.

Information
 Birth and Women's Centers Topeka, Sunflower Homeopathic Study Group - Lisa Costlow will have printed information to hand out explaining homeopathy and the local study group, Nutrition For Life - Keith Stelting & Maurie Blick, KSU L.I.F.E. Program: free blood pressure check

We thank ECM, Darla Whipple Frain, and the following businesses for their support of the event: It's Greek To Me, Java, Juice Stop, People's Grocery, & Streetside Records.



Martial Arts

1221 THURSTON

539-8763

Kung Fu

MA-04

Get a taste of Chinese Martial Arts. This class affords an opportunity to learn the basics of Pai Lum Kung Fu, one of the oldest fighting systems. Kung Fu teaches self-defense and discipline while providing challenging physical exercises. This class will teach the basic stances, punches, kicks, and strikes of the styles, plus one-step sparring and self-defense techniques. Rank is attainable in the White Phoenix System.

Jeff Endacott (537-1928), has studied marital arts for six years. He has a First Degree Black Sash in Pai Lum Kung Fu. Stan Wilson has participated in martial arts for 28 years and this style for 16 years. He has a Third Degree Black Sash in Pai Lum Kung Fu and a First Degree Sash in Mew Hing 18 Taoist Palms Kung Fu plus a Black Belt in Jujutsu. He is the founder of The White Phoenix System, a combination of nine different methods of martial arts.

Date: June 3 - August 5
Time: 6:30 - 8 pm (Wednesday)
Fee: \$34 includes manual
Location: Ahearn Fieldhouse, KSU

Beginning Aikido

MA-05

Aikido is a martial art in which one trains to be calm and lead a conflict to a peaceful resolution. In this beginning class, 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 also 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 13
Time: 7 - 8:30 pm (Tues/Thurs)
Fee: \$49
Location: Ahearn Fieldhouse, KSU East Lobby



The secret of health for both mind and body is not to mourn for the past, not to worry about the future, or not to anticipate troubles, but to live in the present moment wisely and earnestly.
— Buddha

SELF-DEFENSE FOR WOMEN — SHARP —
is offered in the PERSONAL DEVELOPMENT
Section of this Catalog.

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+

**Tuesday, June 2, 6:30 pm, Public Demonstration and formal introduction of instructors in Ahearn Dance Studio

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 3rd degree black belt with over 13 years experience in Taekwondo.

Date: June 2 - August 13
Time: 6:30 - 7:30 pm (Tues/Thurs)
Fee: \$53
Location: Ahearn Dance Studio 301, KSU



Taekwondo Karate II Advanced

MA-02

Grandmaster Chae Sun Yi

Date: June 2 - August 13
Time: 7:30 - 8:30 pm (Tues/Thurs)
Fee: \$53
Location: Ahearn Dance Studio 301

USA Goju Karate

MA-03

Goju Karate offers students the chance to learn the oriental art of Karate. Karate also gives students a sense of self-confidence and a goal to obtain. Martial arts teaches strength in the mind and body through discipline and coordination. Also, students obtain flexibility, balance, conditioning, and fighting skills. All equipment and uniform are provided and included in class fees.

Kirk Ives has been involved with martial arts for nine years and is very familiar with two styles, Taekwondo and Goju. Kirk has been described as very outgoing and strong-minded.

Date: June 2 - June 30
Time: 7:45 pm (Tues/Thur)
Fee: \$27
Location: Profitness Aerobics Room
1125 Laramie Street

Answer to CryptoQuote:

Be the change you want to see in the world.

—Gandi

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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

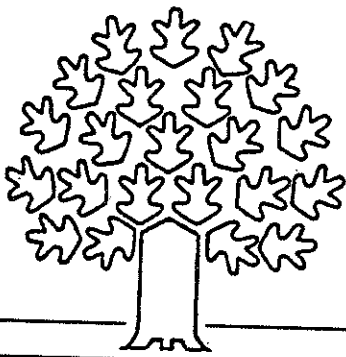
Pioneer Log Cabin

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

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



Youth

1221 THURSTON

539-8763



Youth Conditioning

RH-03

Parents, get your kids pointed in the right direction to a healthy lifestyle. Youth Conditioning will teach the proper form and technique of various SAFE exercises your children can perform. Each one hour session will consist of a weight training session and athletics outside at City Park. Your kids definitely will get a hard, safe workout with adult supervision at all times.

Wade Phillips has been working in health club type settings since he was a senior in high school. He has been employed as a head football coach and worked in three different health clubs including the one he now owns, ProFitness. He is currently a senior in pre-Physical Therapy and is a Certified Personal Trainer.

Date: June 2 - June 30
Time: 9 - 10 am (Tues/Thurs)
Fee: \$25
Location: ProFitness Weight Room
1125 Laramie Street

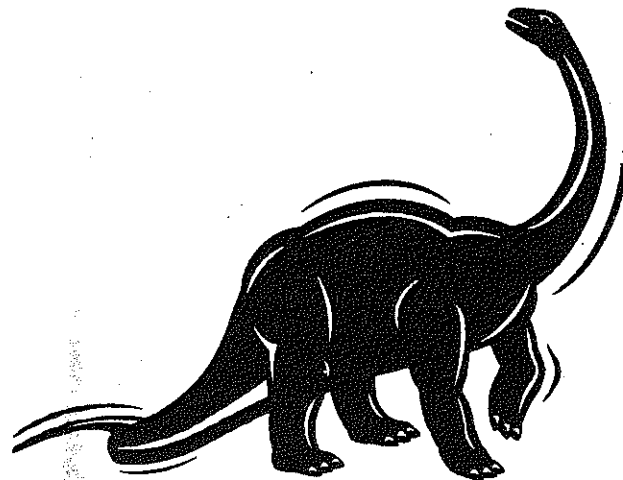
Introduction to Ballet, Jazz and Tap Dance

YO-03

This is an introductory class designed to provide exposure to ballet, jazz and tap steps for children ages 4-12. No dance experience or formal dance attire is needed. Rock and Roll and popular music will make learning jazz and tap techniques fun.

Randi Dale (539-5767), has taught dance for 36 years. Her dance choir toured the Midwest and Europe in 1968. She is a certified teacher with a Masters degree in Education.

Date: June 4 (Thursday)
Time: 5:30 - 7 pm
Fee: \$8
Location: 2416 Rogers Blvd.



Hands-On/Minds-On Science Activities for Kids

YO-02

Students will use their hands and minds to help them understand science concepts through fun and exciting activities. Children will learn about: the properties of matter during the Gobstopper Experiment; dinosaurs and fossils while making their own "fossil"; interesting facts about the human body; surface tension while working with bubbles; and more! These activities allow children hands-on opportunities to explore science and enhance overall knowledge and have fun while doing it! All materials needed for the projects are provided.

Janna Croley (395-3734), is a 5th year senior in elementary-middle level education and will graduate in December of 1998. She has worked as a teacher's aide/paraprofessional in an elementary school and has gained practical experience in a real classroom setting. She plans to use her experiences both in and out of the classroom to help children understand and enjoy science in a fun and relaxed setting.

Date: July 1 - July 22
Time: 7 - 8:15 pm (Wednesday)
Fee: \$19
Location: UFM Kitchen

SASSY/Safety Awareness for Street Smart Youth

YO-04

Could your child get away from a strong adult? Would your 5-year-old open the door to a stranger? Does your 10-year-old always tell you where he is playing? Does your 8-year-old know the tricks that could be used to lure her? This 2-hour program helps build your child's confidence, increases awareness and teaches effective defense techniques as well as reinforcing safety precautions taught at home and school. The seminar provides a fun, safe program for children while teaching very important skills. Parents may take this class with their child for a fun and useful family activity.
Ages 10 and under.

Diana Tarver (827-7302), is a black belt in Taekwondo and Hapkido and a certified instructor with the American Taekwondo Association. She has 14 years experience teaching martial arts, police defensive tactics and women's self-defense classes.

Date: June 20 (Saturday)
Time: 10am - Noon
Fee: \$12 child/\$17 parent and child
Location: First Lutheran Church
930 Poyntz Avenue
(Parish Hall Basement, enter by North door)



Children's Gardening

YO-05

Children, do you love digging in the soil? Put this interest to work and learn about planting a garden, soil preparation, weeding, harvesting, and garden maintenance throughout the growing season. Children (ages 5-12) will be assigned individual and group gardens. No registration necessary. Join us at the garden on Saturday mornings.

Dr. Richard Mattson, coordinator

Date: April - October
Time: 10 am - Noon (Saturday)
Fee: \$N/C
Location: Manhattan Children's Garden
8th and Riley Lane

Youth Scholarships

The YES! Fund is providing partial scholarships for summer youth activities.

Scholarships are available to help pay the cost of any youth program activity in Manhattan.

Local youth, aged 18 and under can qualify.

One application per child for one activity will be accepted.

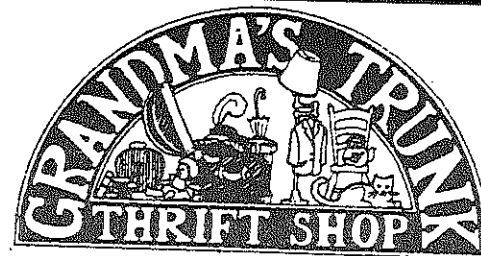
Not limited to free and reduced lunch recipients. Any family that feels it needs assistance will be considered.

Applications are available at local schools or at the UFM Office, 1221 Thurston. Call 539-8763 for more information.

Deadline for first round consideration: May 15



Oak Grove School is a private arts and science magnet school for children ages 3-8. Parent-run, non-profit, non-religious, state licensed, certified teachers, SRS provider, reasonable rates, nice people. Oak Grove School values diversity and doesn't discriminate on any basis. For more information, call 537-2349 or Shawn Bunch at 494-2830.



1304 Pillsbury Dr. Manhattan, KS 66502

(785) 537-2273

HOURS: 10 a.m. to 6 p.m. Mon.-Sat.

1/4 mile south of viaduct on 177

The courses on this page are offered for credit through DCE with the cooperation of various KSU departments. Register for these at 131 College Court. Fees for these classes differ depending on special instructor and equipment needs.

Enrollment, withdrawal and refunds are determined by University policy and handled at the Division of Continuing Education Registration office. Call 532-5566 for questions or information.

Ballroom Dance

DANCE 599C

Introduction to the principles of ballroom dancing. Includes dance terminology, dance positions, correct body alignment, positions, and partnering. Techniques such as open and closed positions, leading and following, and a variety of steps will be emphasized. The jitterbug, American waltz, foxtrot, and Latin steps will be taught.

Instructor: *Michael Bennett*

Date: June 5 - August 7
Time: 6:30 - 8:00 pm (Friday)
Fee: \$125
Location: ECM Auditorium
1021 Denison Ave.



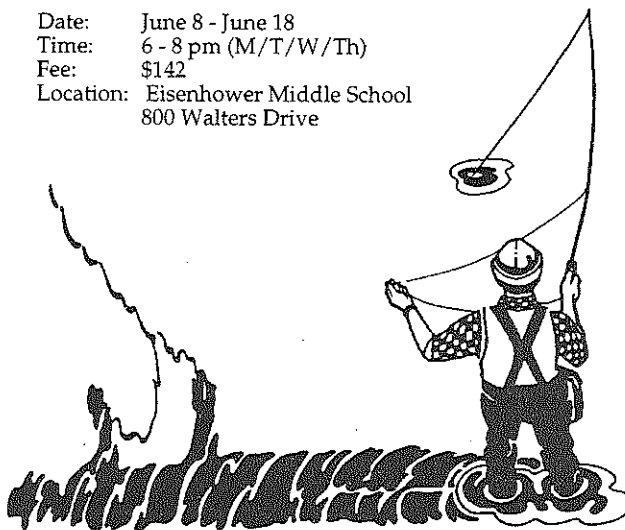
Fly Fishing

RRES 200

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

Instructor: *Paul Sodamann*

Date: June 8 - June 18
Time: 6 - 8 pm (M/T/W/Th)
Fee: \$142
Location: Eisenhower Middle School
800 Walters Drive



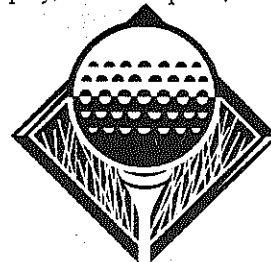
Golf

KIN 140A

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.

Instructor: *Jim Gregory*

Date: June 9 - July 28
Time: 6 - 8 pm (Tuesday)
Fee: \$148
Location: Stagg Hill Golf Club
4441 Ft. Riley Blvd



Beginning Bowling

RRES 200

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

Instructor: *Terri Eddy*

Date: June 10 - July 29
Time: 1:30 - 2:20 pm (Mon/Wed)
Fee: \$108
Location: KSU Student Union

Coming this Fall!! Fall 98 Credit Classes

Kinesiology

Judo I	KIN 144
Judo II	KIN 145
Swimming I	KIN 104
Fitness Swimming	KIN 107A
Fitness Swimming	KIN 107B
Fitness Swimming	KIN 107C
Water Exercise/Water Fitness Instructor	KIN 398
Golf	KIN 140A
Golf	KIN 140B
Golf	KIN 140C

Horticulture, Forestry and Recreation Resources

Fly Fishing	RRES 200
Scuba Diving	RRES 200
Bowling	RRES 200
Bowling	RRES 200

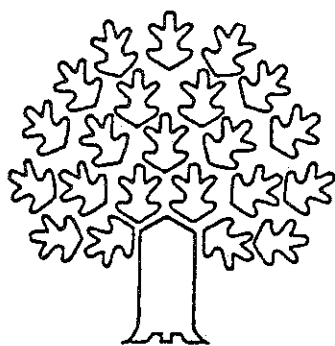
DANCE

Ballroom Dance	DANCE 599C
Ballroom Dance	DANCE 599D

Women's Studies

Women and Money	WOMST 500
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Become a UFM Sponsor. Just return the coupon below with your contribution. Your donation is tax deductible.



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: _____

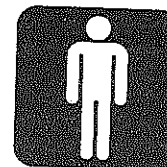
Name: _____

Address: _____

City: _____ State: _____ Zip: _____

E mail ideas to: ufm@ksu.edu

REGISTRATION INFORMATION 3 WAYS TO REGISTER



Registration by Mail

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

UFM Class Registrations
1221 Thurston
Manhattan, Kansas 66502-5299

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

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

Registration by Phone

With your VISA, Discover or MasterCard number and expiration date ready, call (785) 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 A FRIEND... *One participant per form, please*

UFM 1221 THURSTON 539-8763
 Manhattan, KS 66502

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 Manhattan, KS 66502

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	_____	Discover	_____	

1221 Thurston

UFM Class Registration

Manhattan, KS 66502

539-8763

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