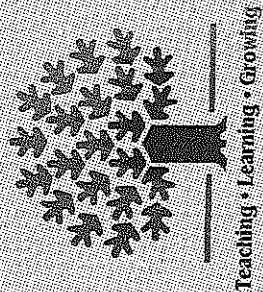


UFM Community Learning Center



**Summer Classes
June-August 1999**

*Something for
Everyone...*

Fencing
7

Sign Language
15

Tae Kwon Do
Self Defense Class for ages
9+ 16

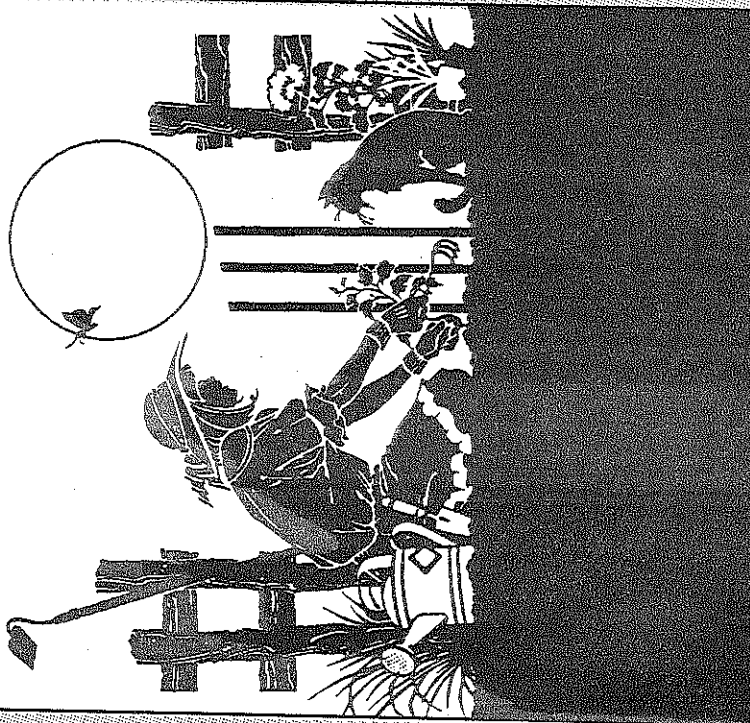
Jin Shin Jyutsu
An ancient Japanese art of
releasing tension using
our energy pathways 17

**Children's
Storytelling**

Take a Saturday off and let
us entertain your kids with
fun stories and arts & crafts
18

**Holistic Health
Directory**
9-12

*Celebrating
Manhattan Community Garden's
25th Anniversary*

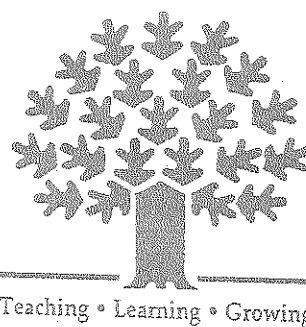


*Celebrating
Manhattan Community Garden's
25th Anniversary*

Plant some seeds
of knowledge
with UFM

Classes for Everyone...

- Ballroom Dance
- The Manhattan Depot
History & Future
- Bowling
- Rock Gardening
- Swimming Lessons
- Scuba Diving
- ...and much more

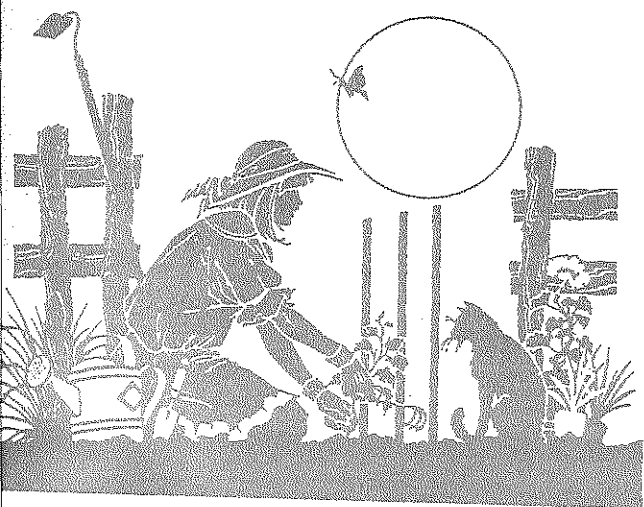


**UFM
Community
Learning
Center**

**1999
Summer Classes**

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

OR CURRENT RESIDENT



Welcome to UFM Community Learning Center...

UFM believes that anyone can teach and anyone can learn. In the last 30 years, over 5000 persons have taken time to share something they know with others. Our instructors have ranged in age from 11 to 94. Many of our instructors volunteer their time to share their skills with others. Some receive a stipend for their efforts. Instructor reimbursement, learning tools, facility costs and UFM overhead expenses determine the fee charged for a class. Since 1991, UFM has been totally self-supporting and class fees make up over 2/3 of our budget.

Classes have run the A to Z of topics. Some of our most popular classes include ballroom dance, golf, taekwondo, cake decorating, and swimming. Our language and gardening classes are also popular. Wellness and personal development are areas that have been growing in recent semesters. We often offer classes you won't find anywhere else.

We rely very much on the interests and involvement of the community to make our

programs work. Without the class ideas and willingness of the community to volunteer to teach our classes, UFM could not exist. We are a unique program where our "faculty" is the entire community. UFM is a special program that truly puts the community in education.

UFM STAFF:

Executive Director - Linda Inlow Teener
Education Coordinator - Charlene Brownson
Swim Coordinator - Karen Leisner
State Outreach Coordinator - Anita Madison
Lou Douglas Lecture Coordinator - Beverly Earles-Law
Office Coordinator - Tabitha Wehl
Plus all the teachers who share their talents!!

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

The UFM office is at 1221 Thurston, Manhattan, KS 66502; (785) 539-8763. Visit our Web Site at ksu.edu/ufm or email us at ufm@ksu.edu.

Welcome New Staff Member...



Karen Leisner joins the UFM staff in May as the coordinator of the Learn to Swim Program. Karen will also handle advertising, marketing and special program development.

Karen received her Bachelor of Science degree in Family Studies and Human Services from KSU in May. She brings swim program experience as well as an excellent understanding of child development needs.




Karen has a big smile and a genuine interest in others. Stop and visit with her at the Pool or around the UFM House!!

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* Hydroaerobics * Scuba Diving		* Safe & Creative Care of Photos	
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* LSAT Prep Course * Investing In Your Future		* Cake Decorating * Sign Language	
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* Hiking Field Trip to the Konza Prairie			
* Rock Gardening * Fall Vegetable Gardening			

BOARD OF DIRECTORS


Tom Fryer <i>Chair</i>	Dick Hayter
Bill Richter <i>Vice Chair</i>	Elaine Johannes
Sandra Flores <i>Treasurer</i>	Migette Kaup
Aubrey Abbott <i>Secretary</i>	Heather Landsdowne
Linda Inlow Teener <i>President & Executive Director, UFM</i>	Sue Maes
	Kim Morgan
	Lynda Spire
	Dean Stramel
	Candace White
	Robert Wilson

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.

Bring a Friend Free!

Watch for specially marked classes throughout the catalog. When you enroll, you may also enroll a friend free of charge for the same class.

Look for this symbol 

ANSWERING MACHINE

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

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.



HANDICAPPED ACCESSIBLE

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

THANK YOU ADVERTISERS for your loyal support

UFM INSTRUCTORS

LaVerne Baker
Scott Benjamin
Michael Bennett
Lynn Bohlenblust
Mike Bonella
Lewis Browder
Erin Cattell
Lorn Clement
Shelly Coleman
Cheryl Collins
Kathy Cook
Nahid Dadger

Randi Dale
Dr. Larry Dall
Karen Davis
Terri Eddy
Enell Foerster
Ana Franklin
Paul Gleue
Jim Gregory
Hai Tao Huang
Colleen Hampton
Jack Hayes
June Hunzeker

Sheila Kamler
Jayson Kaus
Duane Kerr
Sharon Landrith
Dr. F.C. Lanning
Chad Lohman
Bernice Martin
Dr. Richard Mattson
Bill Meyer
David Moore
Shannon Perz
Emilie Rabbat

David Resser
Leo Schell
Pam Schmid
Marlene Sedillos
Tammy Sin
Andy Smith
Karma Smith
Natalie Smith
Sandy Snyder
Paul Sodamann
Stephanie Steward
Stan Stitz

Nancy Stover
Dean Stramel
Diana Tarver
Linda Teener
Mark Tessoroff
Karen Thege
Jayne Thompson
Jeff Wilson
Chae Sun Yi

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

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

DATE	TIME	LOCATION
May 28 Fri	4 - 6 pm	Manhattan Public Library
June 7 Mon	10 am - 2 pm	K-State Union
June 8 Tues	10 am - 2 pm	K-State 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.

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!

SPECIAL THANKS

The UFM staff would like to thank Anita Van Nevel for proof reading the UFM catalog. We appreciate the time donated by Anita to help us.

Thank you, Anita!

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

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.

Instructors Wanted to Teach the

Following:
Interior Design
Upholstery
Beginning Italian
Floral Arranging
Cajun Cooking

UFM Wish List

String Weed Trimmer Card Tables
Folding Chairs

Volunteers to help with:
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.

UFM CANCELLATION POLICY

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

REFUND POLICY

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

PRE-REGISTRATION IS REQUIRED

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

LIABILITY STATEMENT

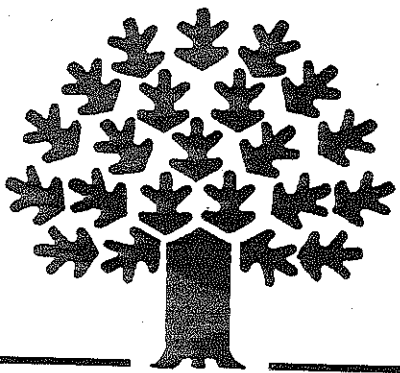
Individual participants should be aware of the risks and hazards involved in recreational sports and fitness activities. They should voluntarily elect to utilize KSU and UFM facilities and participate in programs recognizing present conditions and further agree to voluntarily assume all risks of loss,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

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

SPECIAL POLICIES FOR CREDIT OPTIONAL CLASSES

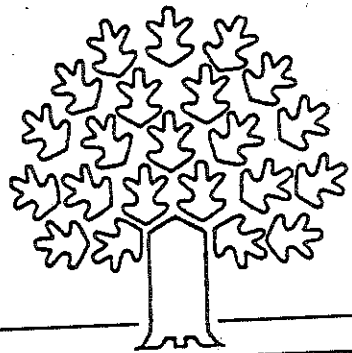
Credit Registration Refunds: After the second credit optional class meeting, but before one-third of the scheduled class sessions have met, fifty percent of the fee may be refunded if requested in writing. No refund is issued if it is requested after one-third of the class meetings have ended. **Credit Enrollment Fees:** Courses taken for credit carry additional fees required for University administration of the credit program. A \$15.00 late fee will be charged for enrollments taken after the second class meeting. A \$35.00 late fee will be charged for enrollments taken after one-third of the class meetings. Additional student activity and health fees may be assessed for students enrolled in 6 or fewer KSU credit hours.

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



• Teaching • Learning • Growing •

USE REGISTRATION FORM on the back cover.



Aquatics

1221 THURSTON

539-8763

Learn to Swim Classes

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

PARENT'S 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.

Parent's Day Dates: Friday, June 11 & 25 and July 9 & 23. 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 cancelled.

BEGINNING & ENDING DATES:

- Session I: Mon-Fri, June 7- June 18
- Session II: Mon-Fri, June 21 - July 2
- Session III: Mon-Fri, July 6 - July 16
- Session IV: Mon-Fri, July 19 - July 30

No lessons on Monday, July 5

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!



- 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, nice people.
- SRS provider, reasonable rates, van transportation available.
- Oak Grove School values diversity and doesn't discriminate on any basis.
- For more information, call LaRhonda Williams, Executive Director, 537-2349 (days) or 636-5189 (evenings).

Parent/Infant and Parent/Tot

This water orientation program is designed to teach you how to work safely and effectively with your child and to teach basic water safety and self-help skills. This program emphasizes water adjustment, preparatory activities for swimming and water enjoyment for you and your child. 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 and be 6 months old. During the 6 meetings the parents will receive instruction and have opportunity to practice water techniques with their children. 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-01 5:00 - 5:30
- AQ-02 5:35 - 6:05

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

- AQ-01 10:45 - 11:20
- AQ-02 4:55 - 5:30
- AQ-03 5:35 - 6:10

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 1, this short class is for them. Emphasis will be on basic water safety and preparatory 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 5:00 - 5:30
- AQ-04T 5:35 - 6:05

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

- AQ-05T 4:55 - 5:30
- AQ-06T 5:35 - 6:10

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 object 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. A student is ready for this level when they are mature enough to participate in a group setting without their parent.

Session I: Monday-Friday (See dates above)

- AQ-08 10:45 - 11:25
- AQ-09 4:10 - 4:50
- AQ-10 6:15 - 6:55

Session II: Monday-Friday(See dates above)

- AQ-08 10:45 - 11:25
- AQ-09 4:10 - 4:50
- AQ-10 6:15 - 6:55

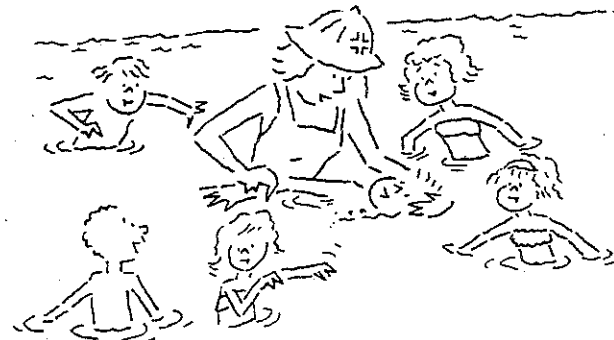
Session III: Monday-Friday (See dates above)

- AQ-08 10:40 - 11:25
- AQ-09 4:05 - 4:50
- AQ-10 6:10 - 6:55

Session IV: Monday-Friday (See dates above)

- AQ-08 10:45 - 11:25
- AQ-09 4:10 - 4:50
- AQ-10 6:15-6:55

Fee: \$38 per session



Level II: Primary Skills

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

Session I: Monday-Friday (See dates above)

- AQ-11 10:45 - 11:25
- AQ-12 4:10 - 4:50
- AQ-13 6:15 - 6:55

Session II: Monday-Friday(See dates above)

- AQ-11 10:45 - 11:25
- AQ-12 4:10 - 4:50
- AQ-13 6:15 - 6:55

Session III: Monday-Friday (See dates above)

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

Session IV: Monday-Friday (See dates above)

- AQ-11 10:45 - 11:25
- AQ-12 4:10 - 4:50
- AQ-13 6:15-6:55

Fee: \$38 per session

Level III: Stroke Readiness

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

Session I: Monday-Friday (See dates above)

- AQ-14 10:45 - 11:25
- AQ-15 4:10 - 4:50
- AQ-16 6:15 - 6:55

Session II: Monday-Friday(See dates above)

- AQ-14 10:45 - 11:25
- AQ-15 4:10 - 4:50
- AQ-16 6:15 - 6:55

Session III: Monday-Friday (See dates above)

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

Session IV: Monday-Friday (See dates above)

- AQ-14 10:45 - 11:25
- AQ-15 4:10 - 4:50
- AQ-16 6:15-6:55

Fee: \$38 per session

Level IV: Stroke Development

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

Session I: Monday-Friday (See dates above)

- AQ-17 10:45 - 11:25
- AQ-18 4:10 - 4:50
- AQ-19 6:15 - 6:55

Session II: Monday-Friday(See dates above)

- AQ-17 10:45 - 11:25
- AQ-18 4:10 - 4:50
- AQ-19 6:15 - 6:55

Session III: Monday-Friday (See dates above)

- AQ-17 10:40 - 11:25
- AQ-18 4:05 - 4:50
- AQ-19 6:10 - 6:55

Session IV: Monday-Friday (See dates above)

- AQ-17 10:45 - 11:25
- AQ-18 4:10 - 4:50
- AQ-19 6:15-6:55

Fee: \$38 per session

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



AQUATICS (Continued)

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 of Level IV.

Session I: Monday-Friday (See dates above)

AQ-20 10:45 - 11:25
AQ-21 4:10 - 4:50
AQ-22 6:15 - 6:55

Session II: Monday-Friday (See dates above)

AQ-20 10:45 - 11:25
AQ-21 4:10 - 4:50
AQ-22 6:15 - 6:55

Session III: Monday-Friday (See dates above)

AQ-20 10:40 - 11:25
AQ-21 4:05 - 4:50
AQ-22 6:10 - 6:55

Session IV: Monday-Friday (See dates above)

AQ-20 10:45 - 11:25
AQ-21 4:10 - 4:50
AQ-22 6:15 - 6:55

Fee: \$38 per session

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. Additional practice is helpful to develop and maintain the strength necessary in Level VII. 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 be able to demonstrate the skills required to complete Level V.

Session I: Monday-Friday (See dates above)

AQ-23 10:45 - 11:25
AQ-24 4:10 - 4:50
AQ-25 6:15 - 6:55

Session II: Monday-Friday (See dates above)

AQ-23 10:45 - 11:25
AQ-24 4:10 - 4:50
AQ-25 6:15 - 6:55

Session III: Monday-Friday (See dates above)

AQ-23 10:40 - 11:25
AQ-24 4:05 - 4:50
AQ-25 6:10 - 6:55

Session IV: Monday-Friday (See dates above)

AQ-23 10:45 - 11:25
AQ-24 4:10 - 4:50
AQ-25 6:15 - 6:55

Fee: \$38 per session

Level VII: Advanced Skills

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

Session I: Monday-Friday (See dates above)

AQ-26 10:45 - 11:25
AQ-27 4:10 - 4:50
AQ-28 6:15 - 6:55

Session II: Monday-Friday (See dates above)

AQ-26 10:45 - 11:25
AQ-27 4:10 - 4:50
AQ-28 6:15 - 6:55

Session III: Monday-Friday (See dates above)

AQ-26 10:40 - 11:25
AQ-27 4:05 - 4:50
AQ-28 6:10 - 6:55

Session IV: Monday-Friday (See dates above)

AQ-26 10:45 - 11:25
AQ-27 4:10 - 4:50
AQ-28 6:15 - 6:55

Fee: \$38 per session

Youth Scholarships are available through the YES! fund.

Call UFM at 539-8763 for details.



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 6:15 - 6:55

Session IV: Monday - Friday (see dates above)

AQ-41 6:15 - 6:55

Fee: \$38 per session

Lap Swimming Ages 13 plus

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

Session I: Monday-Friday (See dates above)

AQ-29 10:45 - 11:25
AQ-30 4:10 - 4:50
AQ-31 6:15 - 6:55

Session II: Monday-Friday (See dates above)

AQ-29 10:45 - 11:25
AQ-30 4:10 - 4:50
AQ-31 6:15 - 6:55

Session III: Monday-Friday (See dates above)

AQ-29 10:40 - 11:25
AQ-30 4:05 - 4:50
AQ-31 6:10 - 6:55

Session IV: Monday-Friday (See dates above)

AQ-29 10:45 - 11:25
AQ-30 4:10 - 4:50
AQ-31 6:15 - 6:55

Fee: \$19 per session

Lap Swimming for Parents

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

Session I: Monday-Friday (See dates above)

AQ-32 10:45 - 11:25
AQ-33 4:10 - 4:50
AQ-34 6:15 - 6:55

Session II: Monday-Friday (See dates above)

AQ-32 10:45 - 11:25
AQ-33 4:10 - 4:50
AQ-34 6:15 - 6:55

Session III: Monday-Friday (See dates above)

AQ-32 10:40 - 11:25
AQ-33 4:05 - 4:50
AQ-34 6:10 - 6:55

Session IV: Monday-Friday (See dates above)

AQ-32 10:45 - 11:25
AQ-33 4:10 - 4:50
AQ-34 6:15 - 6:55

Fee: \$16 per session

Hydroaerobics: Water Exercise

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

Session I:

Mon/Wed/Fri June 7 - July 2 AQ-35 6:05 - 7:00
Tues/Thurs June 8 - July 2 AQ-36 6:05 - 7:00
Mon-Fri June 7 - July 2 AQ-37 6:05 - 7:00

Session II:

Mon/Wed/Fri July 6 - July 30 AQ-35 6:00 - 7:00
Tues/Thurs July 7 - July 30 AQ-36 6:00 - 7:00
Mon-Fri July 6 - July 30 AQ-37 6:00 - 7:00

Fee: \$15 per session Tues/Thurs
\$17 per session Mon/Wed/Fri
\$19 per session Mon-Fri

Private Lessons for Special Populations

AQ-38

For people with special physical or mental needs. Arrangements will be considered for private swimming lessons. A few days after group lessons begin, an instructor will contact the student to arrange 6 classes of 30 minutes each. The facility is equipped with a lift to the lower deck and leading into the pool.

Date/Time: By appointment
Fee: \$42 per session of 6 lessons

Private Lessons

AQ-39

These lessons provide one-on-one instruction for any level of swimmer. A few days after group lessons begin an instructor will contact the student to schedule 6 classes of 30 minutes each.

Date/Time: By appointment
Fee: \$42 per session

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 26 (Saturday)
Time: 1 - 3 pm
Fee: N/C
Location: KSU Natatorium

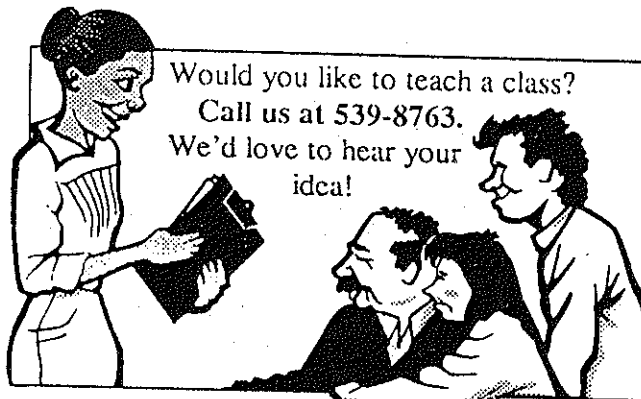
Scuba Diving

AQ-43

This class will prepare students for Open Water certification. Areas to be covered include: introductory information for certification, knowledge of the equipment, physics of diving, medical problems related to diving, use of dive tables, diving environment, and general information. The date of certification will be determined later. The certificate is included in the class fee. However, neither, UFM nor KSU, is responsible for this certification. Travel and lodging are at the students expense. Students must provide their own mask, fins, and snorkel.

Jeff Wilson (485-2624) has been diving for 25 years and instructing scuba for 15 years.

Date: June 14 - July 21 (Mon/Wed)
Time: 5 - 7 pm
Fee: \$235 credit/\$210 non-credit
Location: Ahearn Natatorium



VIDEO GAMES!

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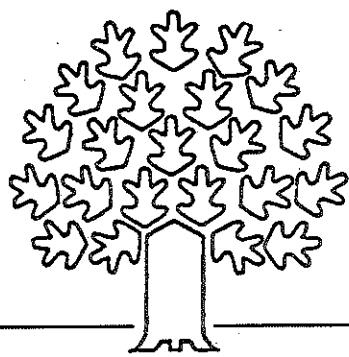
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Business & Professional

1221 THURSTON

539-8763

Basics of Investing

BP-07

This class begins with the very basics of finances, including examining some of the most common reasons people fail to meet their investments goals, money management tips, and rules every investor should know and follow. We will discuss many of the investments available today, including certificates of deposit, bonds, mutual funds, annuities and more.

Jayson Kaus (539-6777) a Manhattan native, is a Creighton University graduate and has been an investment representative with Edward Jones for 7 years.

Date: July 13, 20, 27 (Tuesday)
Time: 7 - 9 pm
Fee: \$23 individual/\$29 couple
Location: UFM Multi-Purpose Room

Communication Skills Analysis (Now You're Talking)

BP-09

Do you need to make a good impression and achieve optimal business and social communication skills? Improve your communication skills in a small group setting. Receive a listener perception analysis and profile of your oral communication skills. Learn which components of your voice (rate, quality, pitch, loudness, pronunciation, grammar) and articulation need improvements. Receive suggestions and activities to improve specific aspects of your oral communication skills.

LaVerne L. Baker (776-3846), Ph.D., CCC/SLP - Director of Communication Competency Services. Before moving to Manhattan, Dr. Baker taught communication disorders at three universities (Phillips University, University of S.W. Louisiana, and Xavier University of Louisiana in New Orleans). She is a speech-language pathologist/communication consultant with an interest in providing services for the improvement of communication skills in personal, social and employment settings.

Date: June 16, 23, 30 (Wednesday)
Time: 7 pm
Fee: \$22
Location: UFM Conference Room

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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! By attending this seminar you will have the option of receiving a complimentary Financial Needs Analysis to help establish a road map for your various goals and dreams.

Karen Thege (776-3666) is a personal financial analyst with Primerica, a member of Citi group. She received a B.S. degree from the University of Nebraska, Lincoln. Karen has been working with Primerica Financial Services for the last two years helping families to attain debt freedom and financial independence, and an overall better quality of life.

Date: June 29 (Tuesday)
Time: 7-9 pm
Fee: \$8 individual/\$12 couple
Series: Gain Control, Debt-Free, & Investing
\$14 individual/\$18 couple
Location: UFM Conference Room

Investing in YOUR Future

BP-06

Karen Thege (776-3666)

Date: August 10 (Tuesday)
Time: 7-9 pm
Fee: \$8 individual/\$12 couple
Series: Gain Control, Debt-Free, & Investing
\$14 individual/\$18 couple
Location: UFM Conference Room

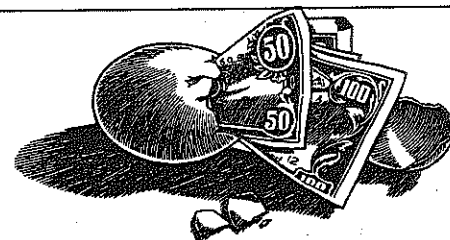
Gain Control of YOUR Money

BP-01

Is there too much month at the end of your paycheck? Do you have a plan to control the money that you make, spend and save? Are you spending too much on insurance and debt? This class will help you identify problem areas in your finances, so that you can start to take control of your money. Learn how to buy wisely and reach your financial dreams.

Lynn Bohnenblust (776-3666) is a recognized leader in the area of financial services. He is Regional Vice President with Primerica Financial Services. He received a B.S. degree from Ft. Hays State University in secondary education. He has been with Primerica Financial Services for 9 years, teaching families how to get ahead in the money games.

Date: June 15 (Tuesday)
Time: 7 - 9 pm
Fee: \$8 individual/\$12 couple
Series: Gain Control, Debt-Free, & Investing
\$14 individual/\$18 couple
Location: UFM Conference Room



Gain Control of YOUR Money

BP-02

Lynn Bohnenblust (776-3666)

Date: July 27 (Tuesday)
Time: 7 - 9 pm
Fee: \$8 individual/\$12 couple
Series: Gain Control, Debt-Free, & Investing
\$14 individual/\$18 couple
Location: UFM Conference Room

Debt-Free Prosperous Living

BP-03

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 of 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. By attending this seminar you will have the option to get an individual consultation to establish your debt-free date.

Shelly Coleman (776-3666), is Primerica's debt specialist for this area. She is a graduate of KSU School of Business Administration with a bachelor's degree in finance. She has 8 years combined experience in the financial services industry. She enjoys teaching others how to get out of debt sooner and free up money.

Date: June 22 (Tuesday)
Time: 7 - 9 pm
Fee: \$8 individual/\$12 couple
Series: Gain Control, Debt-Free, & Investing
\$14 individual/\$18 couple
Location: UFM Conference Room

Debt-Free Prosperous Living

BP-04

Shelly Coleman (776-3666)

Date: Aug 3 (Tuesday)
Time: 7 - 9 pm
Fee: \$8 individual/\$12 couple
Series: Gain Control, Debt-Free, & Investing
\$14 individual/\$18 couple
Location: UFM Conference Room

Bring a Friend Free... Watch for specially marked classes throughout the catalog. When you enroll, you may also enroll a friend free of charge for the same class. Look for this symbol

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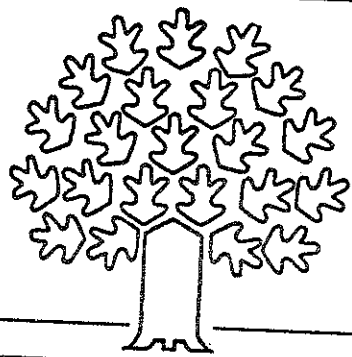
LSAT Preparation Course

BP-08

This is a comprehensive 28-hour review, presented over a 6-week period of meetings on Tuesday and Thursday evenings. A practice test is scheduled on a Saturday morning. This course precedes the October exam. The course features:

- In-class and Home Study Materials
- Low Course Fee (Comparable to course costing \$795)
- Pre-test Exam
- Analytical Lectures
- Experienced Instructor
- Test-taking Strategies
- Sample Writing Assignments With Instructor Critique
- Convenient KSU Campus Location

Date: August 24 - September 30 (Tues/Thurs)
Time: 7 - 9:30 pm
Fee: \$210 (Fee includes in-class & home study materials)
Location: Durland Hall, Room 161, KSU



Recreation & Dance

1221 THURSTON

539-8763

Swing Dance

RH-07

Swing is the thing this summer! Have some fun learning classic, big band swing dance. Learn swing and lindy basics, lifts, spins, and jumps. You will learn to move around the dance floor to lively music and add some special moves as well. Learn closed and open positions, pretzels, drape and yoke, Roman handshakes and other "hot" steps. How about sliding through your partner's legs and flipping over his back? Class emphasis will be on learning the steps clearly and precisely in rhythm to the music. No prior dance experience is required! Wear comfortable clothing and non-stick shoes. Having fun is the only requirement!

Michael Bennett (776-7557) and Nahid Dadgar

Date: June 5 - Aug 7 (Saturday)

Time: 7 - 8:30 pm

Fee: \$33 individual/\$60 couple

Location: ECM Auditorium
1021 Denison Ave.

(No class June 26 & July 31)

Tennis: Junior Beginners Ages 7-16

RH-05

Join us for fun and skill development in this great sport! This class is designed for beginning players and will provide instruction in fundamentals of strokes, basic rules of play and beginning competition. We provide the 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 has an M.S. degree in Kinesiology and 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 - 29 (Tuesday)

Time: 6:30 - 7:30 pm

Fee: \$36

Location: LP Washburn Rec Complex, KSU



Tennis: Beginners Ages 17 and Up

RH-06

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

Mark Tessendorf

Date: June 8 - 29 (Tuesday)

Time: 7:30 - 8:30 pm

Fee: \$36

Location: LP Washburn Rec Complex, KSU

Beginning Bowling for Adults

RH-04

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, tournament play, rules and tips will also be taught.

Instructor: Terri Eddy (532-6562), is the Recreation Manager of K-State Student Union, KSU. She is a very experienced bowler; she held the record for 12 yrs for High Women's Scores for the State of Kansas (812), Manhattan Women Bowler of the year for 6 yrs; and from 1993-1995 Manhattan City Scratch all events champion.

Date: June 9 - July 28 (Mon/Wed)

Time: 1:30 - 2:20 pm

Fee: \$110 credit/\$59 non-credit

Location: K-State Union



Introduction to Golf

RH-01

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

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

Date: June 3 - 24 (Thursday)

Time: 7 - 8 pm

Fee: \$35

Location: Stagg Hill Golf Club
4441 Ft. Riley Blvd.

Introduction to Golf

RH-02

Jim Gregory (539-1041)

Date: July 8 - 29 (Thursday)

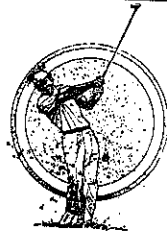
Time: 7 - 8 pm

Fee: \$35

Location: Stagg Hill Golf Club
4441 Ft. Riley Blvd.

A complete MARTIAL ARTS Section
is on page 16.

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



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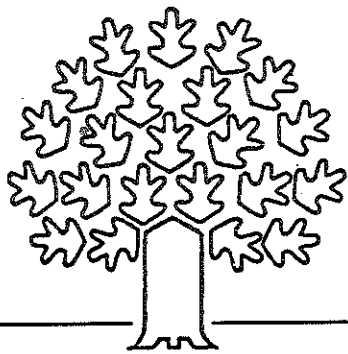


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register and receive \$1 off your
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All participants must register in advance.



Personal Development

1221 THURSTON

539-8763

SHARP Self-Defense for Women SP-01

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

Diana Tarver (785-827-7302) is a black belt in Taekwondo and Hapkido and is a certified instructor with the American Taekwondo Association. She has 14 years experience teaching martial arts, police defensive tactics and Sexual Harassment Assault and Rape Prevention for Women.

Date: July 14 (Wednesday)
Time: 6:30 - 10 pm
Fee: \$18 individual/\$30 mother-daughter
Location: First Lutheran Church (Basement)
930 Poyntz

Intuitive Arts SP-02

We will learn to access our intuitive connection, opening inner doors for answers to our questions about our life paths, relationships and our spiritual quest. Becoming familiar with the more subtle levels of the senses assists in our self-healing and a deeper self-knowing. We will explore and discuss healing, intuitive diagnosis, channeling, receiving information about a personal issue or a creative inspiration. During one of our meetings, Sharon will provide an opportunity to ask your life path questions and receive answers from the intuitive perspective.

Sharon Landrith (468-3531) has been intuitive all of her life. She has been a professional intuitive for 11 years working with individuals and as a group facilitator.

Date: July 7 & 14 (Wednesday)
Time: 7 - 9:30 pm
Fee: \$14
Location: UFM Conference Room

Overcoming Answering Machine Anxiety SP-05

Are you intimidated by answering machines? Do you talk too fast when leaving a message just to get it over with? Overcome your fear of answering machines in just one easy lesson. Learn the keys to leaving good messages—speak slowly and distinctly; leave your name and a clear phone number; keep your message brief and to the point. Sign up early, this class fills up quickly!

Clearly Talking, a local speech and dictation expert, will lead the class.

Date: June 31 (Thursday)
Time: 1 - 3 am
Fee: \$19.95
Location: Clear Speech Academy

Communication Skills Analysis (Now You're Talking) BP-09

Do you need to make a good impression and achieve optimal business and social communication skills? Improve your communication skills in a small group setting. Receive a listener perception analysis and profile of your oral communication skills. Learn which components of your voice (rate, quality, pitch, loudness, pronunciation, grammar) and articulation need improvements. Receive suggestions and activities to improve specific aspects of your oral communication skills.

LaVerne L. Baker (776-3846), Ph.D., CCC/SLP - Director of Communication Competency Services. Before moving to Manhattan, Dr. Baker taught communication disorders at three universities (Phillips University, University of S.W. Louisiana, and Xavier University of Louisiana in New Orleans). She is a speech-language pathologist/communication consultant with an interest in providing services for the improvement of communication skills in personal, social and employment settings.

Date: June 16, 23, 30 (Wednesday)
Time: 7 pm
Fee: \$22
Location: UFM Conference Room

Demystifying Meditation SP-03

This class is an overview in understanding meditation practices. It is aimed at those interested in knowing more about the art of meditation and/or those wanting to take up a path of spiritual meditation practice. It is 70% lecture and discussion, and 30% experimental. Although there can be other objectives, meditation is basically a tool that helps a person reach the higher states of consciousness. There are as many reasons to achieve these states as there are people. Consequently, there are also hundreds of different methods of meditation. How does one choose which is the correct practice for him or herself? This class will touch on some of the more successful methods and attempt to assist the participants in identifying the method that is best for them. Please bring a cushion or blanket and wear loose clothing.

Stan Stitz (1-800-204-4851), is an author and editor of books on meditative spirituality and a long time practitioner/student of a variety of Eastern and Western spiritual meditative practices. Traveling throughout Asia and the Orient, he has trained and practiced with many noted meditation and spiritual teachers.

Date: June 23, 26, 30 (Wed/Sat)
Time: 6:30 - 8 pm (Wed), 9 - 10:30 am (Sat)
Fee: \$12
Location: 631 Levee Rd.
Industrial Park next to the Animal Shelter

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Goodnow House Museum

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For more information, call 565-6490

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UFM's Holistic Health Directory

The Goal of This Directory

To provide information about alternative and complimentary health options that are available in the Manhattan area. Each participant in this directory has a written description of what they offer and services they provide. We hope you will be able to make a connection that will help improve your whole health: mind, spirit and body.

What is Holistic Health?

"The whole person is one's physical, mental, emotional, and spiritual being. Each affects the others. Holistic Health focuses on the whole being and can be complimentary to conventional health practices."

Liability Statement

The Holistic Health Directory provides advertising services. Participants choose to assume all risk of loss, damage, or injury that may be sustained. UFM assumes no responsibility for costs involved with individual injury or property loss incurred. It is recommended that all participants consult a medical physician and have a complete physical before engaging in any physical recreation program or seeking alternative health care. The information in this directory does not constitute medical advice.

Advertising Information

Please call Charlene at UFM, 539-8763, for information about placing an Ad in the Holistic Health Directory.

THANK YOU ADVERTISERS for your loyal support.

UJF's Holistic Health Directory

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Integrative Bodywork

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(785) 776-9804

Jack Windhorst

- Rolfing®
- Massage Therapy

Vera Orlock

- Body - Mind Centering®
- Structural Integration
- Cranial - Sacral Therapy

Chiropractic Natural Health Care

1130 Westport Dr.
Manhattan, KS 66502
(785) 539-9113

Dr. Larry Dall

- Kinesiology
- Total Body Modification
- Neuro Emotional Technique
- Bio-Energetic Synchronization Technique
- Acupuncture
- Nutrition



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Manhattan, KS 66502
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Stacie Blubaugh

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Jane Saxer

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- Chakra Balancing
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- Reflexology
- Infant Massage
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- Licensed Massage Therapist

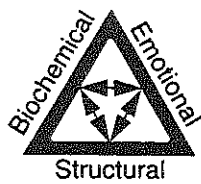
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UFM's Holistic Health Directory

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Please call Charlene at UFM, 539-8763, for information about placing an Ad in the Holistic Health Directory.

WELLNESS/EXERCISE PROGRAMS

UFM Hydroaerobics: Water Exercise

KSU Ahearn Natatorium
K-State Campus
(785) 539-8763

This is a 55-minute water exercise that uses water resistance to give participants a great workout. This class is designed to use water exercises for the development of physical fitness, muscle tone, flexibility, and cardiovascular endurance. Exercises are done in a vertical position with head and shoulders out of the water. Both the swimmer and the non-swimmer will benefit from the class. Classes will be held Monday - Friday from 6:05 to 7:00 pm. To register, please call UFM at 539-8763.

Life Programs

KSU Ahearn Natatorium
K-State Campus
(785) 532-0704

- Affordable prices
- Personal assistance available as requested
- Fitness assessments and consultations
- Two weight rooms
- Cardiovascular equipment
- Aerobics classes
- Swimming pools
- Water aerobics
- Running/walking track
- Basketball courts

For more information call 532-0704.

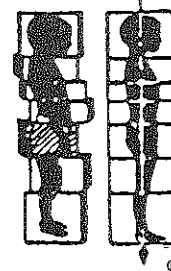
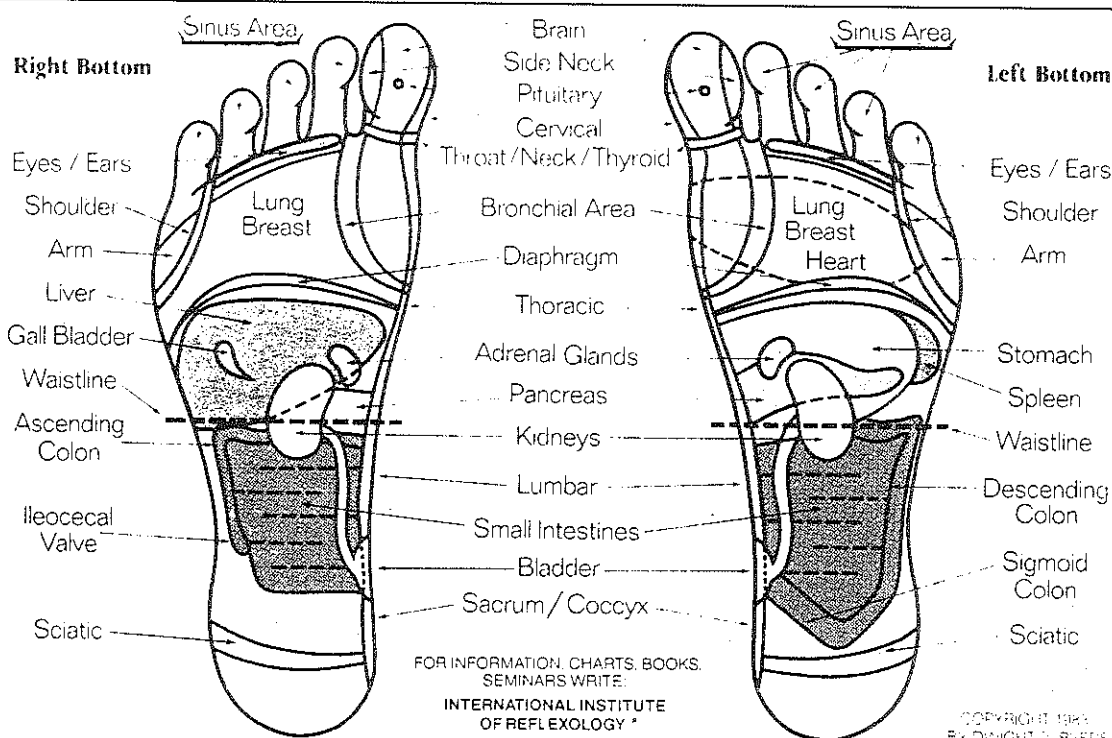


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- reduce stress, tension, aches and pains

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

UFM'S WELLNESS CLASSES

UFM continues to offer a variety of wellness and personal development classes. These classes give individuals opportunities to learn about holistic health and other alternative/complementary health options. The classes also create networking opportunities, where people can meet and share similar interests. Many of the instructors have studied extensively to learn ancient healing arts from different countries and cultures.

Classes offered this summer include the following.

Introducing Jin Shin Jyutsu: A Self Help Class—An ancient art of releasing the tensions which are the causes of various symptoms of discomfort. Our bodies contain energy pathways which become blocked through daily physical, mental, emotional or spiritual stresses, resulting in pain and discomfort. 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.

Demystifying Meditation—There are hundreds of different methods of meditation. This class will touch on some of the more successful meth-

ods and attempt to assist the participants in identifying the meditation technique that is best for them.

Yoga for Everyone—Yoga is a useful tool to help anyone with the physical, mental and emotional challenges we all encounter in our lives. The focus will be on the practice of asana (postures) and pranayam (breathing exercises) as well as developing a personal practice for each individual.

Intro to Reiki—An ancient holistic health practice in which Universal Life Energy supports the body's natural ability to heal itself. These techniques promote the well-being of mind, body and spirit and a sense of peace and relaxation. Reiki involves light hand placement on the body. It can ease pain and relieve stress and tension.

Massage for Couples—Basic principles of therapeutic massage and the role of massage in maintaining health will be covered in this class. (Swedish Style)

Massage for the Individual—Learn the basic principles of the therapeutic massage and a self-

massage routine that can be adapted to meet personal needs.

Massage, Relaxation Techniques for Pain Relief—Learn relaxation techniques and stretching instructions to relive daily tension and pain due to stress. An on-site chair will be used for a five-minute demonstration that concentrates on neck and shoulder relief.

Chi Lei: Chi Gong—A slow exercise that gathers and concentrates the Chi (vital life energy) and moves it through the body. This healing energy helps to balance our inner energies, to improve our health responses and the mind becomes tranquil. The exercises are done standing, but can be practiced while seated.

What's Wrong With Me? "The Aching All Over Disease"—Combating co-existing conditions of Fibromyalgia. Learn the importance of balancing your health triangle.....structural, nutritional and emotional.

Vegetarian Cooking—Basic vegetarian cooking with soy products, beans, lentils, and other nutritious foods. Dinner will be provided.

For Information contact:

Karma Smith	785-539-3733
Ana Franklin	785-537-8224
Leon Rappoport	785-532-0616
Bob and Kay Sinnett	785-539-5748
Christine Van Swaay	785-539-5439
Stan Stitz	voice mail 800-204-4851
or email: dragon@networksplus.net	



The Pure Mind Center has been organized and is being developed through the cooperative efforts of several practitioners and teachers of the meditative arts in Manhattan.

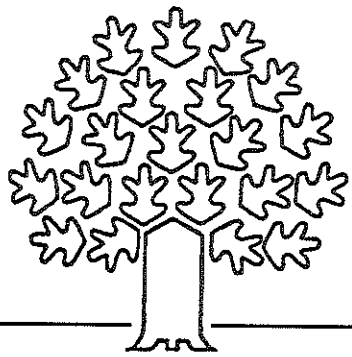
"The Dome" has been donated for this use by the Pure Mind Foundation, 1228 Westloop, Manhattan, KS 66502

Pure Mind Center

for the
Meditative Arts

- ◆ Its purpose is to provide facilities for the study and practice of a variety of spiritual, meditative, and holistic health practices. The Pure Mind Center welcomes practitioners and teachers from different traditions who are seeking space for their practices or would like to offer teachings or workshops.
- ◆ Presently we have scheduled the Manhattan Zen Group; The Yoga Connection with Ana Franklin; Introductory, Beginning and Advanced Meditation Classes; Jin Shin Jyutsu Self-help Classes and Individual Sessions with Karma Smith; Silent Sitting Practice; Tai Chi Practice; Advanced Pure Mind Practice with Stan Stitz.
- ◆ We also host several UFM classes. See the UFM catalogue for information.

631 Levee Drive
next to the Animal Shelter



Earth, Nature & Environment

1221 THURSTON

539-8763

Hiking Field Trip on the Konza Prairie

EN-01

Join UFM for a field trip on the Konza prairie. This will be a hike to a non-public area. Participants will get a chance to learn about and look at the ecology of the Konza, including wildflowers that will be blooming at this time of year. The field trip will end with the viewing of the prairie at sunset.

Date: June 3 (Thursday)
Time: 7 - 9 pm
Fee: \$10 individual/\$14 couple
Location: Konza Prairie on McDowell Creek Rd.

Rock Gardening in Eastern Kansas

EN-02

"If life gives you rocks, make a rock garden"
- Unknown

The dwarfish rock or alpine plants are often the ultimate passion in the addiction called gardening, but for people living in areas with exposed rocks, that should perhaps be the starting point. Those with more topical yards will have to create rockier habitats to make these jewels of the plant world happy. We'll talk about plants: natives to our area and exotics from all over the world. We'll also talk about constructing suitable gardens and utilizing natural features. Included will be a tour of eight different rock-scapes in the instructor's yard. You can see first-hand how to build your own.

Duane Kerr (785-456-2771), is a plant freak with a special interest in plants of the Great Plains and plants which attract birds and butterflies.

Date: June 8 (Tuesday)
Time: 7 pm
Fee: \$8
Location: Call UFM for directions

Rock Gardening in Eastern Kansas

EN-03

Duane Kerr (785-456-2771)

Date: July 6 (Tuesday)
Time: 7 pm
Fee: \$8
Location: Call UFM for directions

Field Trip: Wabaunsee County

Glacial Area

EN-04

Come venture to the glacial area of northwestern Wabaunsee County. We'll search for materials such as agates, quartzite, and fossils left behind by the glaciers. Bring a beverage and a container for your "treasures." Enjoy the pleasure of being a rock hound for a day. Rain Date: July 17

Dr. Lanning (537-7599), Professor Emeritus of Chemistry at K-State, is a long-time member of the Manhattan Mineral, Gem and Fossil Club. He was UFM's Featured Instructor in the Fall of 1998. For many years Dr. Lanning has offered field trips for UFM.

Date: July 10 (Saturday)
Time: 8:30 am - noon
Fee: \$8 individual/\$12 family or couple
Location: Meet at UFM Fireplace Room
For field trip in private cars



Fly Fishing

EN-05

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.

Paul Sodamann (494-2340)

Date: June 14 - June 24 (Mon/Tues/Wed/Thurs)
Time: 6 - 8 pm
Fee: \$144 credit/\$85 non-credit
Location: Eisenhower Middle School
800 Walters Dr.

Fall Vegetable Gardening

EN-06

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: July 31 (Saturday)
Time: 10 am - noon
Fee: \$8
Location: UFM Greenhouse

Grief and Grieving

June 16 12:45 - 3:45 p.m.

Grief is a process. Learn how to help yourself or someone else move through grief to resolution. Three contact hours for nurses and CEU's for social workers and others. Open to the public. Call for details.

P A W N E
Mental Health Services

587-4326

Bring a Friend Free!

Watch for specially marked classes throughout the catalog. When you enroll, you may also enroll a friend free of charge for the same class.

Look for this symbol

Perseid Meteor Shower

EN-07

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 one 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. If clouded out we'll meet Thursday, 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 (Wednesday)
Time: 7:30
Fee: \$8 individual/\$12 family
Location: Meet at UFM parking lot

Field Trip for Geodes & Ancient Shells

EN-08

Join UFM for a field trip to explore the spillway area to find ancient shells, marine creatures, fish scales and geodes. Even after the spillway was filled in, you can still find many rocks that are older than the dinosaurs. The class will start at UFM with a discussion and examples of the rocks that you may find. No digging equipment is allowed in the spillway area. A magnifying glass may be helpful to see the smaller fossils. Wear shoes with tread, be prepared for walking and bring a drink. Don't forget to bring a strong bag or container. You will be amazed and proud of what you can find here in Kansas. Rain date: June 19

David Resser enjoys exploring for rocks, especially for rocks that are thought to be impossible to find in Kansas. As a rock hound he would like to share his knowledge and help participants find their own treasures before the rocks are destroyed.

Date: June 12
Time: 9 am - noon
Fee: \$8 individual/\$12 family or couple
Location: Meet at UFM, field trip in private cars

Sunset on the Prairie

EN-09

Do you enjoy the colors and sounds of the prairie at sunset? Come with all your senses and maybe a poem or two and let's see what the prairie can show us during this special time.

Nancy Stover (776-1368) has arranged poetry making classes for alternative schools and enjoys discovering the magic in nature.

Date: June 17 & June 19 (Thursday/Saturday)
Time: to be announced
Fee: \$8 individual/\$12 family
Location: Meet at UFM

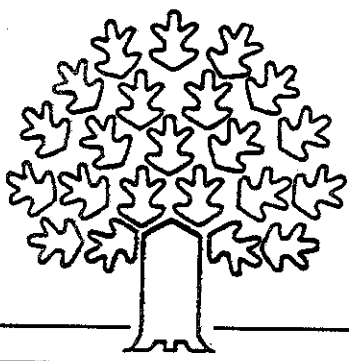
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- Informative monthly newsletter, *The Prairie Falcon*, in your mailbox or on the web at <http://www.ksu.edu/audubon/falcon.html>
- Active involvement in a variety of local, state, national and global conservation issues (we need your help)
- Birdseed sales (Mike Rhodes 539-4863)
- For more information call Dolly Gudder 537-4102

UFM classes make great gifts.



Creative FreeTime

1221 THURSTON

539-8763

The Manhattan Depot - History & Future



CF-01

Would you like to learn about both the history of the Manhattan Depot and its future? Did you know that Theodore Roosevelt stopped in Manhattan at our depot during his Whistle Stop Campaign? What is going to happen to our depot? Attend this class and find answers to these questions and more.

Cheryl Collins (587-2412), is the director of the Riley County Historical Museum. Her interest and knowledge is evident in her lectures. *Karen Davis* (587-2412), is the director of Community Development for the city of Manhattan.

Date: June 14 (Monday)
Time: 7 - 9 pm
Fee: \$8
Location: UFM Fireplace Room

Safe and Creative Care of Family Photos

CF-02

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 photo-journaling. 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 8 (Tuesday)
Time: 7 - 9:30 pm
Fee: \$15 includes some supplies
Location: UFM Fireplace Room

Safe and Creative Care of Family Photos

CF-03

Pam Schmid (1-800-347-2625)

Date: July 13 (Tuesday)
Time: 7 - 9:30 pm
Fee: \$15 includes some supplies
Location: UFM Fireplace Room

Drawing: Ages 8 to 80

CF-04

Learn the fundamentals of drawing still life and landscapes using pencil, crayons, and possibly chalk/pastels or charcoal. Because instruction can be individualized, all ages and ability levels can be accommodated. We'll not only draw but also observe, think, share, appreciate, and learn from the masters, and have "homework."

Leo Schell (539-6540) is a former elementary schoolteacher who taught art for 3 years. He has had a life-long love affair with art. He has drawn all his life and loves to help others to do their best. Leo is the UFM featured Instructor this semester.

Date: June 8, 10, 15, 17 (Tues/Thurs)
Time: 6:30 - 8:00 pm
Fee: \$16
Location: Bluemont Hall, Room 117, K-State

Paper Piecing

CF-05

Paper piecing is a quick and easy way to make virtually perfect pieced blocks for quilting projects. Using a paper foundation pattern, you follow a numbered order of adding fabric. Produce intricate designs, sharp edges and points with this easy guide. Bring your sewing machine and iron. Patterns and fabric will be provided for your sample in-class project.

Linda Teener (539-8763), enjoys swing and quilting. She has done a number of paper piecing projects, some with small and intricate designs.

Date: June 17 (Thursday)
Time: 7 - 8:30 pm
Fee: \$13
Location: UFM Multi-Purpose Room

Beginning Genealogy—

Why? When? Where? How?

CF-06

This class is designed to provide a background to begin a genealogy project. The various categories of source materials and methods of efficiency organizing information about family history will be presented. The third class period will be used for a presentation of how to search for genealogical information on computer database.

Lewis Browder is a retired research plant pathologist at KSU. Although a relative newcomer to genealogical research, he enjoys sharing information in a small group setting.

Date: June 28, July 12, 19 (Monday)
Time: 7 - 9 pm
Fee: \$15
Location: Riley County Genealogy Library
2005 Claflin Rd.



Do you have any BRIGHT
ideas for classes? Call
Charlene at UFM, 539-8763

Family Game Night

CF-07

Games, games, games! From table billiards (carems) to fictionary, a potpourri of possibilities for fun awaits at a family game night. We may even make up our own variations!

Nancy Stover (776-1368) enjoys playing table games. She has been an instructor in alternative schools in Manhattan and is currently a paraprofessional in occupational therapy with USD #383.

Date: July 31 (Saturday)
Time: 7:30 - 9:30 pm
Fee: \$8 individual/\$12 family
Location: UFM Fireplace Room

Introductory Tatting

CF-08

Learn the basics of tatting, a form of lacemaking. This class will cover the double knot, picots, rings, chains, joins, decorative stitches, and pattern reading. Students need to bring a shuttle and a ball of light-colored size 10 thread.

Kathy Cook (456-7815) is a member of the International Ring of Tatters, and has been tatting for 10 years. She has designed quite a few patterns and has published a few of them.

Date: June 1 - July 6 (Tuesday)
Time: 8 - 9 pm
Fee: \$23
Location: UFM Multi-Purpose Room

Bring a Friend Free!

Watch for specially marked classes throughout the catalog. When you enroll, you may also enroll a friend free of charge for the same class.

Look for this symbol

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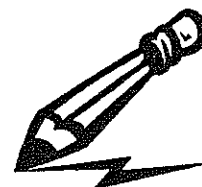
Charles Hostetler • Dan Messelt
Jeff Kruse • Mike Widman



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.

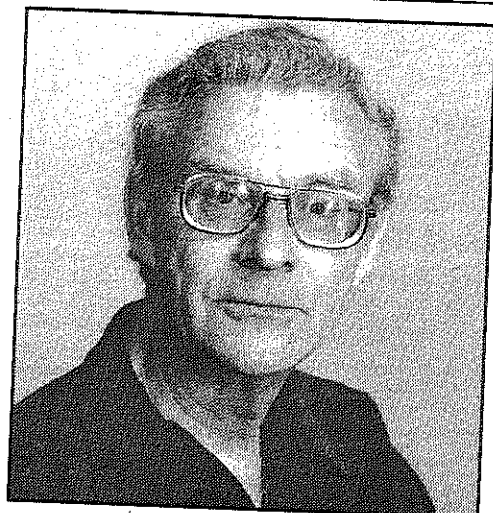
UFM classes are not a forum for selling a product or service from which the instructor might benefit. Materials specifically oriented to an instructor's financial interests are not to be distributed in class. Participants who wish to pursue a relationship with an instructor outside class time do so on 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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Featured UFM Instructor
Leo Schell

Leo Schell has shared his love of teaching and a variety of hobbies with the community since 1973. The first UFM class he offered was Reading for Pre-Schoolers.

Leo has shared his life-long affair with paper airplanes by teaching Folding/Flying Paper Airplanes. He has delighted many with the intricate paper snowflakes that he has made in his classes. He has also taught both classes at UFM Community Learning Center events, most recently at UFM's 25th Anniversary Celebration at Manhattan Town Center.

Leo, along with Paul Miller, is co-instructor of UFM's Fishing Kansas—Ages 8 to 80. "Kid's and Crappie in Kansas—A Primer for Beginning Bankstompers" is a handbook that Leo wrote for class participants.

Leo's background is education, both as a retired KSU professor of Elementary Education, and as a former elementary schoolteacher. He continues to share his knowledge and skills with others through the UFM classes he teaches.

This summer, Leo will be offering a new class: Drawing—Ages 8 to 80.

Food for Fun!

Cake Decorating

FF-01

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

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

Date: July 22, 29, Aug. 5, 12 (Thursday)
Time: 7 pm
Fee: \$26
Location: UFM Kitchen



Chinese Cooking

FF-04

Chinese cooking is fun, flavorful and simpler than it looks. This course will introduce you to the slicing and cooking techniques, and unique sauces that make Chinese food one of the most popular cuisines in the U.S. Both meat and vegetable dishes will be on the menu as well as mild and spicy dishes. Classic dishes such as Kung Pao Chicken, Wonton Soup, and Beef with Peppers will be among the recipes taught. Generous samples will be part of each class.

Hai Tao Huang is a native of southwest China. He cooks all eight of China's regional dishes, but prefers Sichuan and Cantonese. He has lived in Manhattan for three years and enjoys cooking for friends, many of whom have encouraged him to offer a cooking course.

Date: July 6, 13, 20 (Tuesday)
Time: 7 - 8:30 pm
Fee: \$38
Location: UFM Kitchen

Vegetarian Cooking for the Beginner

FF-02

Vegetarian cuisine can be more creative than cheese pizza and grilled cheese sandwiches. This course will expose students to basic vegetarian cooking with soy products, beans, lentils, and other nutritious foods. Make sure you bring your appetite to class. Dinner will be provided.

Mike Bonella (539-4811) is the current manager at the People's Grocery, a natural food store in Manhattan. He is an experienced cook and enjoys preparing vegetarian dishes for his friends.

Date: June 9 & 16 (Wednesday)
Time: 7 - 8:30 pm
Fee: \$32
Location: UFM Kitchen

The Wines of Italy

FF-03

Learn about the wonderful hidden world of Italian vino! The class will discuss each region of Italy and try wines from them, over fifty wines in all. From the vineyards that bank the Alps in Trentino to the rolling hillside vineyards along the coast of Sicily we will try and learn about them all, including the famed wines of Barolo and the awesome "Super-Tuscans." By the end of the class you'll understand why they make wine a part of their daily lives. Alla tua salute! This class is limited to fifteen people, and it fills very quickly, so sign up early.

Chad Lohman (539-9441), is a graduate of K-State and is the owner of Nespor's Wine and Spirits. Scott Benjamin is a wine salesperson with Standard Beverage Vintage Marketing.

Date: June 22, 29, July 13, 20, 27, Aug. 3 (Tuesday)
Time: 7 - 9 pm
Fee: \$82
Location: UFM Fireplace Room

Language

ESL English Conversation

LA-01

This class will focus on conversation casual and some survival English. If you are willing to take a chance on the language, please join us. Feel free to call the instructor for more information.

Andy Smith (776-0969) speaks English, French and Greek. She has a Master's degree in French. Andy enjoys people and likes to help others improve their English skills.

Date: June 1 - 29 (Tues/Thurs)
Time: 7 - 8 pm
Fee: \$36
Location: UFM Multi-Purpose Room

ESL English Conversation

LA-02

Andy Smith (770-0969)

Date: July 1 - 29 (Tues/Thurs)
Time: 7 - 8 pm
Fee: \$36
Location: UFM Multi-Purpose

French

LA-04

Are you planning a trip to France or would you just like to learn the language? This class is an introduction to French. The emphasis will be on conversation, grammar, proper pronunciation, and everyday vocabulary, including greetings, telling time, weather, family, travel, food and restaurant words.

Emilie Rabbat (587-9036) a naturalized citizen was originally from Tanta, Egypt. Her training course, "Stage de Formation Pedagogic," was from the Catholic University of West-Angers, France. She received a French Diploma from the Egyptian Government and the Embassy of France in Cairo Egypt. Her learning experience includes working with adult Egyptian teachers, primary level students and as a librarian at a Jesuit French School in Cairo.

Date: June 7 - June 30 (Mon/Wed)
Time: 11 am - noon
Fee: \$37
Location: UFM

Beginning Sign Language

LA-03

This class is designed for individuals who are interested in learning the basic skills of Sign Language. On the first day of class there will be a discussion of available books and determine which to use for this class.

Stephanie Steward (776-8755) attended her first sign language class at UFM three year ago. Since then, she has studied at Emporia and is now attending KSU. She is looking forward to sharing her knowledge and interest of sign language with others.

Date: July 6 - August 10 (Tuesday)
Time: 7 - 8 pm
Fee: \$43
Location: Justin Hall, Room 256, KSU

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.

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Computers

Personalized Computer Help

CP-01

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

Linda Teener (539-8763), is Executive Director of UFM and likes to help others better understand their computers.

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

Introduction to the Internet

CP-02

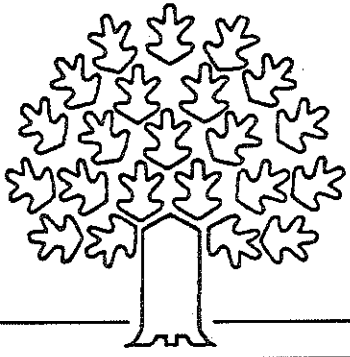
What is the Internet? Why should I use it? How can I get connected? Where do I start? All of these questions and more will be addressed in this short introductory class.

Sheila Kamler (565-0991), MBA, has been a business consultant for 12 years. She has been the owner of Internet Services for 2 1/2 years.

Date: July 13 (Tuesday)
Time: 7 - 9 pm
Fee: \$8

Location: Small Business Development Center
2323 Anderson Ave, Suite 100

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



Martial Arts

1221 THURSTON

539-8763

Tae Kwon Do I

MA-01

Tae Kwon Do is a traditional Korean martial art designed to provide the ultimate in unarmed self-defense. Blocking, punching, and kicking develop balance, flexibility, and agility while improving cardiovascular fitness and self-confidence. Teaching methods include class demonstrations and practice without physical contact. Each student will be given an opportunity to purchase a uniform and belt at the first class. After two months of class an optional testing to advance in the Tae Kwon Do degree ranking is held in Topeka. The cost is not included in the class fee and a uniform is required for testing. Age 9+

**Tuesday, June 8, at 6:30 pm, a Public Demonstration and formal introduction of instructors will be conducted in Ahearn Field House, KSU.



Grandmaster Chae Sun Yi (266-8662) is an 8th degree black belt with over 38 years experience in Tae Kwon Do. He is a former Captain and Chief Instructor of Tae Kwon Do for the ROK Army National Team, and he has held classes at KSU since 1975. Instructor David Moore (539-6786) is a 3rd degree black belt with over 9 years experience in Tae Kwon Do. He has been assisting/teaching for over 4 years.

Date: June 8 - July 29 (Tuesday & Thursday)
Time: 6:30 - 7:30 pm
Fee: \$39
Location: Ahearn Field House, KSU



Tae Kwon Do II Advanced

MA-02

Grandmaster Chae Sun Yi (266-8662), Instructor David Moore (539-6786)

Date: June 8 - July 29 (Tuesday & Thursday)
Time: 7:30 - 8:30 pm
Fee: \$39
Location: Ahearn Field House, KSU

Beginning Aikido

MA-03

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, adults and teens ages 12+.

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 1 - August 12 (Tues/Thurs)
Time: 7 - 8:30 pm
Fee: \$49
Location: Ahearn-East Lobby, KSU

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

Kansas State Student

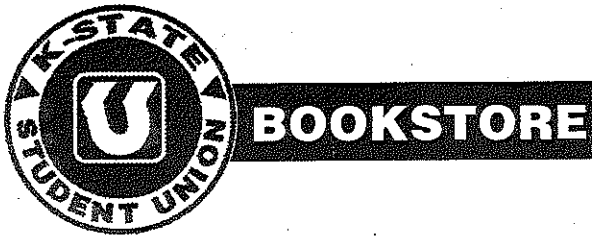
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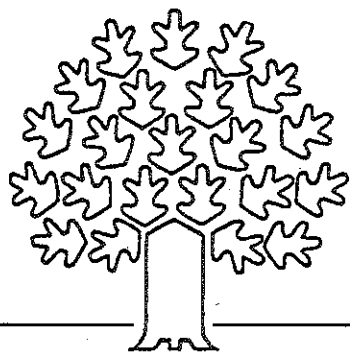
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Wellness

1221 THURSTON

539-8763

Introducing Jin Shin Jyutsu: A Self-Help Class

WE-01

Jin Shin Jyutsu ("jin-shin-JIT-Soo") 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. Jin Shin Jyutsu self-help books will be available for purchase (optional). Please bring a blanket with you to class.

Karma Smith (539-3733) is a Licensed Practical Nurse & Certified Massage Therapist whose avocation during the last twenty years has been to study and practice a variety of bodywork modalities including Swedish/Esalen massage, Therapeutic Touch, and Shiatsu. Since 1995 she has focused on Jin Shin Jyutsu and is a certified Jin Shin Jyutsu practitioner and self-help instructor.

Date: June 7, 14, 21 (Monday)
Time: 7 - 9 pm
Fee: \$14
Location: Industrial Park next to the Animal Shelter
631 Levee Rd

Introduction to Reiki

WE-03

Reiki, pronounced "raykey," is an ancient holistic health practice in which Universal Life Energy supports the body's natural ability to heal itself. We will discuss the concepts of holistic health, Universal Life Energy, subtle body physiology, and Reiki. Please bring a mat or towel and pillow. Two handouts included in fee.

June Hunzeker has been working with holistic health therapies for many years. She is a third degree Reiki practitioner in the Usui System of Natural Healing. She is among the first class of 25 students from around the world to complete Gemisphere Energy Medicine I. Aromatherapy and numerology are additional services she offers. Her studies and work with energy therapies continue to expand. June maintains a private practice, Flint Hills Peacemakers. "My heart sings every time a different holistic health practice is presented for my study/work. They are the peacemakers," she says; "I'm simply the happy assistant."

Date: June 5 (Saturday)
Time: 10 am - noon
Fee: \$11
Location: UFM Greenhouse

Introduction to Reiki

WE-04

June Hunzeker

Date: July 10 (Saturday)
Time: 10 am - noon
Fee: \$11
Location: UFM Greenhouse

Introduction to Reiki

WE-05

June Hunzeker

Date: August 14 (Saturday)
Time: 10 am - noon
Fee: \$11
Location: UFM Greenhouse

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

Introduction to Massage for Couples

WE-06

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

Bernice Martin (539-5919) is a graduate of the Downeast School of Massage and is a licensed massage therapist. Her work is primarily Swedish Massage but incorporates aspects of deep tissue work and energy healing. She has been in practice 6 years and is an active member of the American Massage Therapy Association.

Date: June 8, 15 (Tuesday)
Time: 7 - 9 pm
Fee: \$26 per couple
Location: UFM Banquet Room

Massage for the Individual

WE-07

Regular self-massage can promote relaxation and relieve muscular aches, pains, tension, and stiffness. Participants will learn the basic principles of therapeutic massage and a self-massage routine that can be adapted to meet their personal needs. Participants should bring a blanket and/or pillow and wear loose clothing or shorts and t-shirt.

Bernice Martin (539-5919)

Date: June 1 (Tuesday)
Time: 7 - 9 pm
Fee: \$15
Location: Four Winds, 1114 Laramie

Yoga for Everyone

WE-02

Yoga is a useful tool to help anyone with the physical, mental and emotional challenges we all encounter in our lives. We will focus on the practice of asana (postures) and pranayam (breathing exercises) as well as developing a personal practice which meets each individual's needs. This class is for men, women, couples and teens. 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 three hours before class (a piece of fruit is ok).

Ana Franklin (537-8224) has been practicing yoga for more than 25 years. She teaches in the Tradition of I. 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 22 - July 27 (Tuesday)
Time: 5:30 pm
Fee: \$68
Location: Industrial Park next to the Animal Shelter
631 Levee Rd

Massage & Relaxation Techniques for Pain Relief

WE-08

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 (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 13 (Friday)
Time: 7 pm
Fee: \$13
Location: UFM Fireplace Room

Chi Lei: Chi Gong

WE-09

Chi Lei is a self-healing method prescribed by the world's largest medicineless hospital in Qiu Huangdao, China. Chi Lei is a slow exercise that gathers and concentrates the Chi (vital life energy) and moves it through the body. As we work with this healing energy it helps to balance our inner energies, to improve our health responses and the mind becomes tranquil. The exercises are done standing, but can be practiced while seated.

Enell Foerster (537-0977) has studied under Luke Chan, the only Chi Lei master teacher outside of China. She has taught Jackie Sorensen's Aerobic Dancing, aquatic exercises and is currently a certified CPR Recall exercise instructor. She has taught Red Cross CPR and First Aid, Yoga and other classes for UFM.

Date: June 10 - July 1 (Thursday)
Time: 5:30 - 6:15 pm
Fee: \$28
Location: UFM Conference Room

What's Wrong with Me?

"The Aching All Over Disease" WE-10

COMBATING CO-EXISTING CONDITIONS of FIBROMYALGIA, 3-6 million people have this disease, 86% of these are women and many don't even know they have Fibromyalgia. Your health is a matter of balance. This is a six-part series on combating co-existing conditions of Fibromyalgia. You will learn the importance of balancing your health triangle...structural, nutritional and emotional. Explore ways to "remove the road blocks" and allow the body's own healing wisdom to express itself.

Dr. Larry Dall (539-9113) has practiced chiropractic care in Manhattan for the last 13 years. He believes in assisting the body with the healing process. Dr. Dall has recently done extensive study of Fibromyalgia to find out more about this newly diagnosed disease.

Date: June 7 - July 19 (Monday)
Time: 7 - 8:30 pm
Fee: \$19
Location: 1130 Westport Dr. Suite #5
(No class July 5)



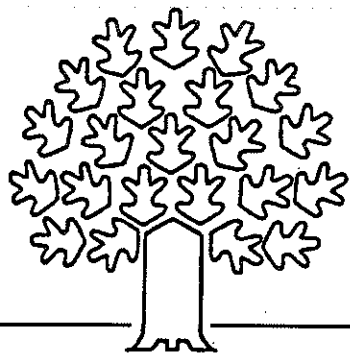
539-5919
1114 Laramie St., Manhattan

Four Winds Therapeutic Massage

Bernice Martin
Licensed Massage Therapist
AMTA Professional Member

Therapeutic Massage
Hot Tub and Sauna
Seated Massage
Business Wellness Programs
Meditation Area
Stress Free Activity Center

USE REGISTRATION FORM on the back cover.



Youth

1221 THURSTON

539-8763

Drawing: Ages 8 to 80

CF-04

Learn the fundamentals of drawing still life and landscapes using pencil, crayons, and possibly chalk/pastels or charcoal. Because instruction can be individualized, all ages and ability levels can be accommodated. We'll not only draw but also observe, think, share, appreciate, and learn from the masters, and have "homework."

Leo Schell (539-6540) is a former elementary schoolteacher who taught art for 3 years. He has had a life-long love affair with art. He has drawn all his life and loves to help others to do their best. Leo is the UFM featured Instructor this semester.

Date: June 8, 10, 15, 17 (Tues/Thurs)
Time: 6:30 - 8:00 pm
Fee: \$16
Location: Bluemont Hall, Room 117, K-State

Intro to Dance - Ballet, Jazz and Tap

YO-02

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 37 years. Her dance choir toured the Midwest and Europe in 1968. She is a certified teacher with a Masters Degree in Education.

Date: June 2, 9 (Wednesday)
Time: 5:30 - 6:30 pm
Fee: \$8
Location: 2416 Rogers Rd
Manhattan, KS 66502



Children's Gardening

YO-01

Children, do you love digging in the soil? Put this interest to work and learn about planting a garden, preparing soil, weeding, harvesting, and maintaining a garden 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

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

Storytelling for Children



YO-03

Parents, do your children love story time? UFM is now offering a class for children ages 4-8 to explore new books and crafts. This class will allow the students to hear a story and to do a craft along with it. Each week we will pick a theme and do "cool stuff" that will enrich the stories told. Let's make story time a more loved time!

Shannon Perz (539-8763), has been involved with children of all ages. She is a K-State student majoring in elementary education. She is currently working with the mentoring program and Kids On Campus at UFM. She is looking forward to this class and has some wonderful ideas. If you have any questions, please call the instructor anytime.

Date: June 5, 12, 19, 26 (Saturday)
Time: 10 - 11:30 am
Fee: \$12
Location: UFM Fireplace Room

Storytelling for Children

YO-04

Shannon Perz (539-8763)

Date: July 10, 17, 24, 31 (Saturday)
Time: 10 - 11:30 am
Fee: \$12
Location: UFM Fireplace Room

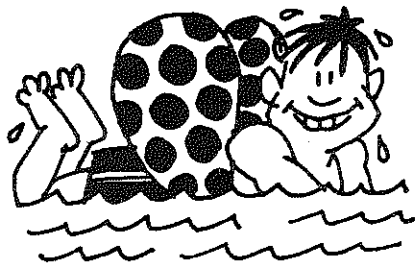
Tennis: Junior Beginners Ages 7-16

RH-05

Join us for fun and skill development in this great sport! This class is designed for beginning players and will provide instruction in fundamentals of strokes, basic rules of play and beginning competition. We provide the 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 has an M.S. degree in Kinesiology and 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 - 29 (Tuesday)
Time: 6:30 - 7:30 pm
Fee: \$36
Location: LP Washburn Rec Complex, KSU



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

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

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.

Bring a Friend Free!

Watch for specially marked classes throughout the catalog. When you enroll, you may also enroll a friend free of charge for the same class.

Look for this symbol



776-5577

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The courses on this page are offered for credit through The Division of Continuing Education with the cooperation of various KSU departments. Register for these at 131 College Court. Fees for these classes differ depending on special instructor and equipment needs. Enrollment, withdrawal and refunds are determined by University policy and han-

dled at the Division of Continuing Education Registration office. Call 532-5566 for questions or information.

*Special and health fees and non-resident fees may also be assessed—contact the Division of Continuing Education, 532-5566 for addition information.

Scuba Diving

RRES-200

This course will prepare students for Open Water certification. Areas of information covered include introductory information for certification, knowledge of the equipment, physics of diving, medical problems related to diving, use of diving tables, diving environment, and general information. The date for certification will be determined at a later date. The certification is included in the class fee, however, neither UFM, nor KSU is responsible for it. Travel and lodging are at the student's expense. Students must provide their own mask, fins, and snorkel.

Instructor: *Jeff Wilson* has been diving for 25 years and instructing scuba for 15 years.

Date: June 14 - July 21 (Monday/Wednesday)
Time: 5:00 am - 7:00 pm
Fee: \$235
Location: KSU Natatorium

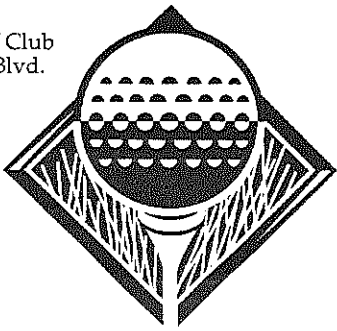
Golf

KIN-140

This course will emphasize the fundamentals of the full golf swing; the short game techniques of chipping, pitching, and sand shots; rules of play, course etiquette, selection and use of equipment.

Instructor: *Jim Gregory*

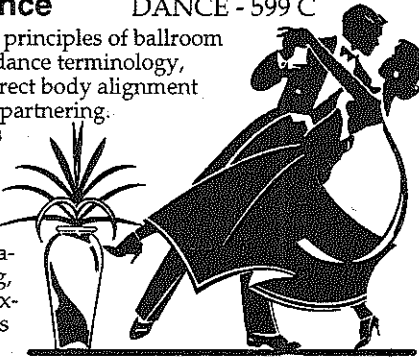
Date: June 8 - July 27 (Tuesday)
Time: 6 - 8 pm
Fee: \$150
Location: Stagg Hill Golf Club
4441 Ft. Riley Blvd.



Ballroom Dance

DANCE - 599 C

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



Instructor: *Michael Bennett*

Date: June 4 - August 6 (Friday)
Time: 6:30 - 8 pm
Fee: \$127
Location: ECM Auditorium
1021 Denison Ave.

Aikido I

DANCE-599A

Aikido is a classical Japanese martial art. An attacker's movement is redirected and his balance controlled by the defender's movements, resulting in a dynamic throw or pin. It's a highly effective form of self-defense. Students learn a cooperative manner, taking turns as defender and attacker in an energetic yet studious atmosphere. The student will learn the fundamental building blocks of Aikido movement and Ukemi (art of falling without harm) and history and ethics.

Jack Hayes Sensei/Jayne Thompson Sensei (537-1317) are members of the United States Aikido Federation (USAF-East) and of the Hombu Dojo of Tokyo, Japan. They began Aikido training in Florida in 1988.

Date: May 19 - June 23 (Mon/Wed)
Time: 7 - 9 pm
Fee: \$102
Location: Nichols Hall

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, tournament play, rules and tips will also be taught.

Instructor: *Terri Eddy*

Date: June 9 - July 28 (Mon/Wed)
Time: 1:30 - 2:20 pm
Fee: \$110
Location: Student Union Bowling Alley

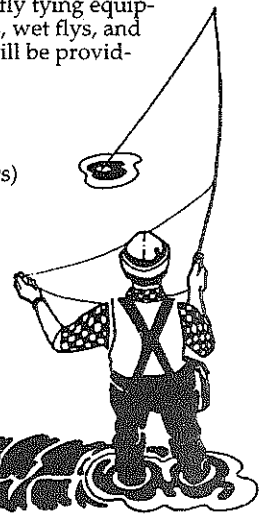
Fly Fishing

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, tippetts, 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 14 - June 24
(Mon/Tues/Wed/Thurs)
Time: 6:00 - 8:00 pm
Fee: \$144
Location: Eisenhower Middle
School
800 Walters Dr.



Community Garden Celebrates 25th Anniversary

A walk through the Community Garden in July is a delight to the senses. Flowers, common vegetables and many exotic varieties speak of the interest and diversity of those who garden there.

This long-standing UFM program is a cooperative effort of UFM volunteers who manage the operation and the City of Manhattan which provides the land and water. Local participants are provided garden space, water, tools and community involvement that supplement food budgets and grow friendships. Each year around 80 families garden over 160 plots at the Garden.

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

Congratulations to those who love the soil for making the Community Garden such a success!!

THANK YOU ADVERTISERS for your loyal support.

REGISTRATION INFORMATION 3 WAYS TO REGISTER



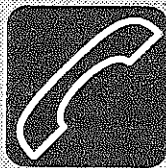
Registration by Mail

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

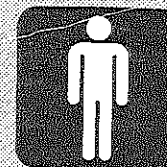
You will be notified if the class is full. All registration is on a first-come, first-served basis. No other class confirmations will be sent out unless requested.

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

UFM 1221 THURSTON 539-8763
 Manhattan, KS 66502

UFM Community Learning Center

Registration Form
 1221 Thurston
 Manhattan, KS 66502 539-8763

Student Name _____ Day Phone _____
 Address _____ Evening Phone _____
 City _____ State Kansas Zip _____
 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 _____
 Card Cardholder's Name (Please Print) _____
 Cardholder's Signature _____

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

Where did you obtain your catalog? _____

A class I would like offered _____

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

Signature** _____ Date _____

**Signature of Parent or Guardian required for minors.

Office Use Only		Amount	Total Paid
Date Received	Date _____ Staff _____	Check _____	Total Paid _____
Entered	_____	Cash _____	
Computer	_____	Visa _____	
	_____	M/C _____	
	_____	Discover _____	

UFM Community Learning Center

Registration Form
 1221 Thurston
 Manhattan, KS 66502 539-8763

Student Name _____ Day Phone _____
 Address _____ Evening Phone _____
 City _____ State Kansas Zip _____
 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 _____
 Card Cardholder's Name (Please Print) _____
 Cardholder's Signature _____

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

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Entered	_____	Cash _____	
Computer	_____	Visa _____	
	_____	M/C _____	
	_____	Discover _____	