


**MAKE A SPLASH THIS
SUMMER**

at UFM

**Summer Classes
June.-Aug 2001**

...

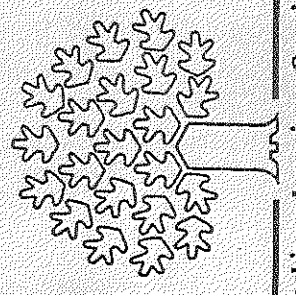
- Swimming Lessons
- ...
- Computer Workshop
- ...
- What Matters Most: Time Management Workshop
by Franklin Covey
- ...
- Genealogy



UFM

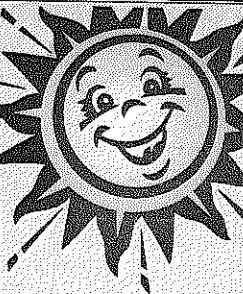
**Community
Learning Center**

2001 Summer Classes



Teaching • Learning • Growing
VOL. 33 EDITION 2

**MAKE A SPLASH THIS
SUMMER**

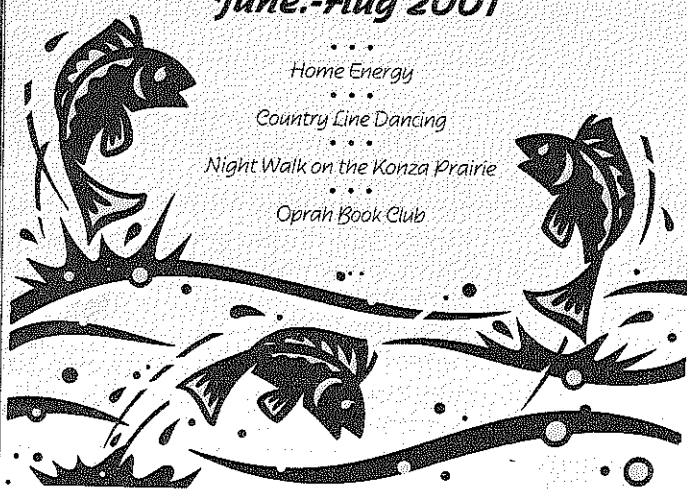
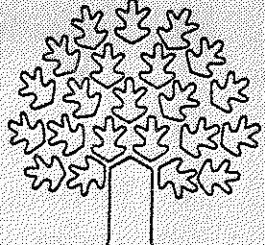


at UFM

**Summer Classes
June.-Aug 2001**

...

- Home Energy
- ...
- Country Line Dancing
- ...
- Night Walk on the Konza Prairie
- ...
- Oprah Book Club

Teaching • Learning • Growing

**UFM
Community
Learning
Center**

**2001
Summer Classes**

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

OR CURRENT RESIDENT

Welcome to UFM Community Learning Center...

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

UFM is a unique program where the "faculty" is the entire community. We rely very much on the interests and involvement of the community to make our programs work. In the past 31 years, over 5000 persons have taken the time to share something they know with others. Our instructors have ranged in age from 11 to 94. Many volunteer their time. Others receive a small 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 two thirds of our budget.

Classes have run the A to Z of topics. Some of our most popular classes include ballroom dance, golf, Tae Kwon Do, cake decorating and swimming. We are also known for offering unique classes you won't find elsewhere. Look through the catalog for what's new this semester.

UFM Staff:

Executive Director—Linda Inlow Teener
 Education Coordinator—Charlene Brownson
 Swim Coordinator—Chris Branton
 State Outreach Coordinator—Anita Madison
 Lou Douglas Lecture Series Coordinator—
 Olivia Collins
 Office Coordinator—Tabitha Smith
 Plus all the teachers who share their talents! !

WHERE WE'RE LOCATED

UFM
1221 Thurston

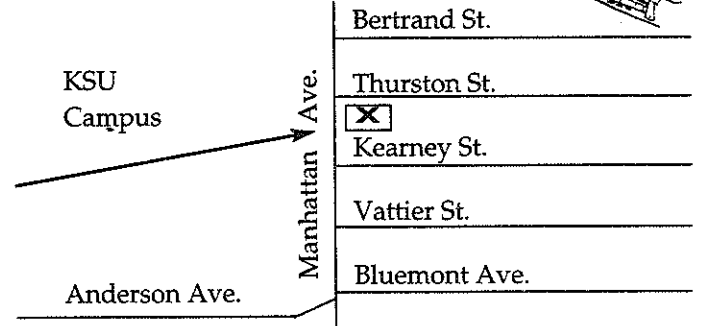
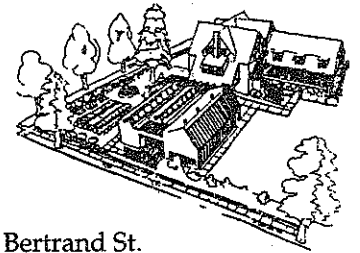






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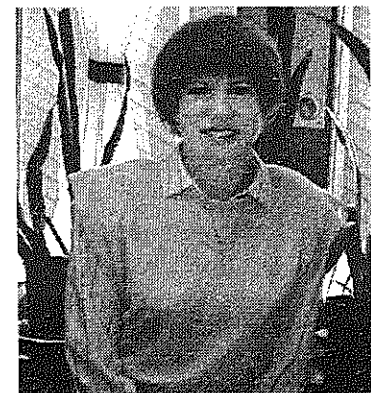
Information

Cancellation of classes 3	General Policies 3
Inclement Weather 3	Registration Forms & Information 20

Classes

 Aquatics 4-6 * Red Cross Learn to Swim * Hydroaerobics * Scuba Diving * Water Fitness Instructor Prep Course
Language 6 *Sign Language *French
Creative FreeTime 7 *Ghostbusters *Basic Dog Obedience *Safe & Creative Care of family Photos
Career & Finance 8-9 *Financial Planning For Women *Investing in YOUR Future *Gaining Control of *Your Money & Become Debt Free
 Martial Arts 10 *Tae Kwon Do I & II *Nippo Tai Jutusu
Personal Development 11 *Self Defense for Women *Conceptual Self-Defense

Recreation and Dance 12-13 * Golf *Fencing * Tennis * Middle Eastern Dance * Beginner Line Dance
Wellness 14-15  *Jin Shin Jyutsu *Tai Chi Chaun *Yoga for Body and Mind
Youth 16 *Children's Gardening *Introduction to Ballet *Start-A-Story with Storycrafters
Computer 17 *Computer Seminars & Workshops *Intro to Internet *Intro to HTML
 Credit Option Classes. . 19 * Scuba Diving * Intermediate * Fencing * Ballroom Dance * Golf * Fitness Swimming



Carol Stites has been a UFM instructor for over 7 years. She teaches several aquatic programs for UFM. The certification courses include: Lifeguard Training, Lifeguard Instructor training, Water Safety Instructor & Aquatic Exercise Instructor. Carol is the KSU/UFM instructor for Fitness Swimming & Swimming I, KSU classes that are available for 1 hour of UG credit. Her certifications include: ARC: Instructor Trainer, Aquatics & First Aid and CPR Programs, Riley County ARC and State of Kansas; USWFA, Instructor Trainer and presenter; ACSM, Health Fitness instructor. Carol is American Red Cross Health & Safety Chair Instructor Trainer State Training Cadre. Along with Aquatic training for UFM, Carol works with The Manhattan Parks & Rec Department, Fort Riley, and KSU. Many people have benefitted from Carol's training and enjoyed her aquatic classes. Carol Enjoys Aquatics!!!! Biking, hiking, (especially with her dogs), skiing, dog grooming, and visiting her son in California.

BOARD OF DIRECTORS

- | | |
|--|-------------------|
| Bill Richter - Chair | Dick Hayter |
| Larry Fry - Vice Chair | Robert Wilson |
| Migette Kaup - Treasurer | Candace White |
| Sharon Brookshire - Secretary | Craig Comas |
| Linda Inlow Teener - President and CEO | Travis Lenkner |
| Mary Kidd | Sharon Brookshire |
| Sue Maes | Aubrey Abbott |
| | Brandy McKenna |

The UFM office is open Monday-Friday 8:30 am - 5 pm (closed 12 Noon - 1 pm). Call if you need to visit the office at lunchtime and we will make arrangements to be open for you.

ANSWERING MACHINE

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

HANDICAPPED ACCESSIBLE

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



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

UFM INSTRUCTORS

Jamie Allen	Cheryl Collins	Jerri Garretson	Dr. Richard Mattson	Pam Schmid	Kennita Tully
Cris Backman	Reita Currie	Jim Gregory	Bill Meyer	Robin Sipp	Ralph Wasmer
Michael Bennett	Randi Dale	Colleen Hampton	David Moore	Karma Smith	Stan Wilson
Dennis Blair	Dr. Larry Dall	Christine Harley	Terry Murray	Grindell	Jeff Wilson
Lewis Browder	Bill Dorsett	Angela Johnston	Barbara Ouellette	Carol Stites	Helen Yetter
Charlene Brownson	Pat Farrel	Wendy Kaus	Emilie Rabbat	Dean Stramel	Chae Sun Yi
Janice Catherine-Freise	Lucia Flower	Karena Kimble	Dr. Royce Resco	Diana Tarver	
Steve Charland	Enell Foerster	Tom Korte	Ashleigh Rogers	Mark Tessendorf	
	Ana Franklin	Toni Kroll	Gordon Schmid	Marilyn Tomich	

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

Charlene Brownson

COMMUNITY REGISTRATIONS

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

DATE	TIME	LOCATION
June 4 Mon	10 am - 2 pm	KSU Union
June 5 Tues	10 am - 2 pm	KSU Union
June 8 Fri	4 - 6 pm	Manhattan Public Library

Registration continues throughout the semester:

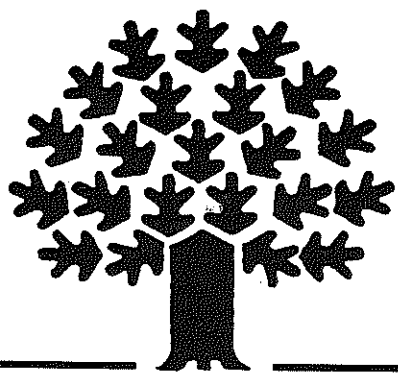
UFM House — 1221 Thurston
8:30 am - 5 pm closed 12 Noon - 1 pm

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!



• Teaching • Learning • Growing •

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.

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.

CRA- Community Resource Act

Who we are: UFM's State Outreach Program

What we do: Assist Kansas towns in developing community education/development programs

How we assist: Mini grants and free technical assistance

For more information, call UFM (785) 539-8763.

INCLEMENT WEATHER POLICY

UFM courses held on campus follow the inclement weather policy of Kansas State University. Courses will be conducted unless all University courses are 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

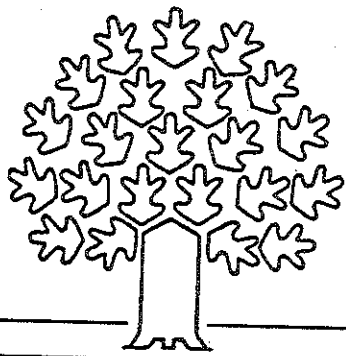
Individual participants should be aware of the risks and hazards involved in recreational sports and fitness activities. They should voluntarily elect to utilize KSU and UFM facilities and participate in programs recognizing present conditions and further agree to voluntarily assume all risks of loss,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

!Wanted! Instructors to Teach:

- Spanish
- African Dance
- Czeck Egg Decoration
- Candle Making
- Bonsai

USE REGISTRATION FORM on the back cover.



Aquatics

1221 THURSTON

539-8763

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 A	Mon - Fri (See dates above)
AQ-13	10 - 10:40 am
AQ-14	10:50 - 11:30 am
AQ-15	6 - 6:40 pm
Session B:	Mon - Fri (See dates above)
AQ-16	10 - 10:40 am
AQ-17	10:50 - 11:30 am
AQ-18	6 - 6:40 pm
Session C:	Mon - Fri (See dates Above)
AQ-19	10 - 10:40 am
AQ-20	10:50 - 11:30 am
AQ-21	6 - 6:40 pm
Session D:	Mon - Fri (See dates above)
AQ-22	10 - 10:40 am
AQ-23	10:50 - 11:30 am
AQ-24	6 - 6:40 pm

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 A:	Mon - Fri (See dates above)
AQ-25	10 - 10:40 am
AQ-26	10:50 - 11:30 am
AQ-27	6 - 6:40 pm

Session B:	Mon - Fri (See dates above)
AQ-28	10 - 10:40 am
AQ-29	10:50 - 11:30 am
AQ-30	6 - 6:40 pm

Session C:	Mon - Fri (See dates above)
AQ-31	10 - 10:40 am
AQ-32	10:50 - 11:30 am
AQ-33	6 - 6:40 pm

Session D:	Mon - Fri (See dates above)
AQ-34	10 - 10:40 am
AQ-35	10:50 - 11:30 am
AQ-36	6 - 6:40 pm

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 A:	Mon - Fri (See dates above)
AQ-37	10 - 10:40 am
AQ-38	10:50 - 11:30 am
AQ-39	6 - 6:40 pm

Session B:	Mon - Fri (See dates above)
AQ-40	10 - 10:40 am
AQ-41	10:50 - 11:30 am
AQ-42	6 - 6:40 pm

Session C:	Mon - Fri (See dates above)
AQ-43	10 - 10:40 am
AQ-44	10:50 - 11:30 am
AQ-45	6 - 6:40 pm

Session D:	Mon - Fri (See dates above)
AQ-46	10 - 10:40 am
AQ-47	10:50 - 11:30 am
AQ-48	6 - 6:40 pm

Fee: \$38 per session

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 swim diapers or 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 in the water.

Session A	Mon/Wed/Fri (See Dates Above)
AQ-01P	10 - 10:30 am
AQ-02P	5:30 - 6 pm

Session B	Mon/Wed/Fri (See Dates Above)
AQ-03P	10 - 10:30 am
AQ-04P	5:30 - 6 pm

Session C	Mon/Wed/Fri
AQ-05P	10 - 10:30 am
AQ-06P	5:30 - 6 pm

Session D	Mon/Wed/Fri
AQ-07P	10 - 10:30 am
AQ-08P	5:30 - 6 pm

Fee: \$19 per session

Tot Transition

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

Session A	Mon/Wed/Fri (See Dates Above)
AQ-01T	9:30 - 10 am
AQ-02T	5 - 5:30 pm

Session B	Mon/Wed/Fri (See Dates Above)
AQ-03T	9:30 - 10 am
AQ-04T	5 - 5:30 pm

Session C	Mon/Wed/Fri (See Dates Above)
AQ-05T	9:30 - 10 am
AQ-06T	5 - 5:30 pm

Session D	Mon/Wed/Fri (See Dates Above)
AQ-07T	9:30 - 10 am
AQ-08T	5 - 5:30 pm

Fee: \$19 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. Students are ready for this level when they are mature enough to participate in a group setting without a parent.

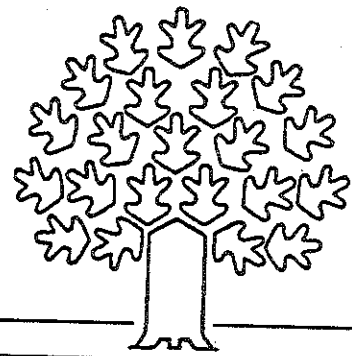
Session A:	Mon - Fri (See dates above)
AQ-01	10 - 10:40 am
AQ-02	10:50 - 11:30 am
AQ-03	6 - 6:40 pm

Session B:	Mon - Fri (See dates above)
AQ-04	10 - 10:40 am
AQ-05	10:50 - 11:30 am
AQ-06	6 - 6:40 pm

Session C:	Mon - Fri (See dates above)
AQ-07	10 - 10:40 am
AQ-08	10:50 - 11:30 am
AQ-09	6 - 6:40 pm

Session D:	Mon - Fri (See dates above)
AQ-10	10 - 10:40 am
AQ-11	10:50 - 11:30 am
AQ-12	6 - 6:40 pm

Fee: \$38 per session



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 8

Friday, June 22

Tuesday, July 13

Friday, July 27

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 A: Mon - Fri, June 4 - June 15

Session B: Mon - Fri, June 18 - June 29

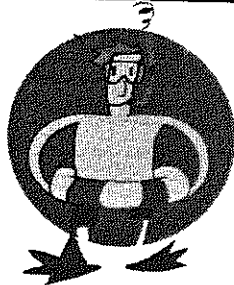
Session C: Mon - Fri, July 9 - July 20

Session D: Mon - Fri, July 23 - August 3

1st day of class, please arrive 10 minutes early to get classes organized.

Youth Scholarships available through the City of Manhattan Social Service Advisory Board.

Applications are due to UFM May 12.



WANTED
Lifeguards
WSI's
Hydroaerobics
Instructors

for part-time morning and evening sessions for the Summer semester. For more information or an application please come by UFM, 1221 Thurston or call 539-8763.

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



Level V: Stroke Refinement

The objective of Level V is coordination and refinement of key strokes. Students will be introduced to the butterfly, open turns, the feet-first surface dive and springboard diving. Participants learn to perform the front crawl and back crawl for increased distances and to front 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 A: Mon - Fri (See dates above)
- AQ-49 10:50 - 11:30 am
- AQ-50 6 - 6:40 pm
- Session B: Mon - Fri (See dates above)
- AQ-51 10:50 - 11:30 am
- AQ-52 6 - 6:40 pm
- Session C: Mon - Fri (See dates above)
- AQ-53 10:50 - 11:30 am
- AQ-54 6 - 6:40 pm
- Session D: Mon - Fri (See dates above)
- AQ-55 10:50 - 11:30 am
- AQ-56 6 - 6:40 pm

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 and demonstrate 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 A: Mon - Fri (See dates above)
- AQ-57 10:50 - 11:30 am
- AQ-58 6 - 6:40 pm
- Session B: Mon - Fri (See dates above)
- AQ-59 10:50 - 11:30 am
- AQ-60 6 - 6:40 pm
- Session C: Mon - Fri (See dates above)
- AQ-61 10:50 - 11:30 am
- AQ-62 6 - 6:40 pm
- Session D: Mon - Fri (See dates above)
- AQ-63 10:50 - 11:30 am
- AQ-64 6 - 6:40 pm

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 A: Mon - Fri (See dates above)
- AQ-65 10:50 - 11:30 am
- AQ-66 6 - 6:40 pm
- Session B: Mon - Fri (See dates above)
- AQ-67 10:50 - 11:30 am
- AQ-68 6 - 6:40 pm
- Session C: Mon - Fri (See dates above)
- AQ-69 10:50 - 11:30 am
- AQ-70 6 - 6:40 pm
- Session D: Mon - Fri (See dates above)
- AQ-71 10:50 - 11:30 am
- AQ-72 6 - 6:40 pm

Fee: \$38 per session

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 B: Mon - Fri (See dates above)
- AQ-73 6 - 6:40 pm
- Session D: Mon - Fri (See dates above)
- AQ-74 6 - 6:40 pm

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 A: Mon - Fri (See dates above)
- AQ-75 10 - 11:30 am
- AQ-76 6 - 7 pm
- Session B: Mon - Fri (See dates above)
- AQ-77 10 - 11:30 am
- AQ-78 6 - 7 pm
- Session C: Mon - Fri (See dates above)
- AQ-79 10 - 11:30 am
- AQ-80 6 - 7 pm
- Session D: Mon - Fri (See dates above)
- AQ-81 10 - 11:30 am
- AQ-82 6 - 7 pm

Fee: \$15 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 A: Mon - Fri (See dates above)
- AQ-83 10 - 11:30 am
- AQ-84 6 - 7 pm
- Session B: Mon - Fri (See dates above)
- AQ-85 10 - 11:30 am
- AQ-86 6 - 7 pm
- Session C: Mon - Fri (See dates above)
- AQ-87 10 - 11:30 am
- AQ-88 6 - 7 pm
- Session D: Mon - Fri (See dates above)
- AQ-89 10 - 11:30 am
- AQ-90 6 - 7 pm

Fee: \$12 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 A: Tues/Thurs or Mon/Wed June 4 - 22
- AQ-91 6:05 - 7 pm
- Mon/Wed/Fri
- AQ-92 6:05 - 7 pm
- Mon - Fri
- AQ-93 6:05 - 7 pm
- Session B: Tues/Thurs or Mon/Wed June 25 - July 13
- AQ-94 6:05 - 7 pm
- Mon/Wed/Fri
- AQ-95 6:05 - 7 pm
- Mon - Fri
- AQ-96 6:05 - 7 pm
- Session C: Tues/Thurs or Mon/Wed July 16 - August 3
- AQ-97 6:05 - 7 pm
- Mon/Wed/Fri
- AQ-98 6:05 - 7 pm
- Mon - Fri
- AQ-99 6:05 - 7 pm

Fee: \$17 per session Tues/Thurs
\$19 per session Mon/Wed/Fri
\$21 per session Mon - Fri

Private Lessons

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. Space is limited.

- Date: By appointment
- Time: 9am - 9:50 am Mon/Wed/Fri
4:30 - 5:50 pm Mon/Wed/Fri
- Fee: \$49 per session

- Scuba Diving
- Fitness Swimming on page 6



VIDEO GAMES!

- BUY
- SELL
- TRADE
- RENT

SAVE AT GAME GUY!

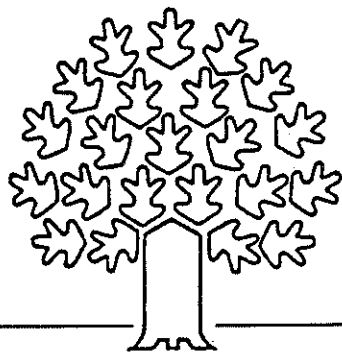
704 N. 11th Manhattan, KS

(785) 537-0989

1-800-895-GAME

www.game-guy.com

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



Language

1221 THURSTON

539-8763

Private Lessons for Special Populations

AQ-100

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: By Appointment
Time: 9 am - 9:50 am Mon/Wed/Fri
4:30 - 5:5 pm Mon/Wed/Fri
Fee: \$49 per session of 6 lessons

Open Swim Appreciation

AQ-102

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: July 29 (Sunday)
Time: 1 - 3 pm
Fee: N/C
Location: KSU Natatorium

Scuba Diving

AQ-103

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 (776-2763) has been diving for 25 years and instructing scuba for 15 years.

Date: June 11 - July 16 (Monday)
Time: 5:30 - 9:30 pm
Fee: \$253 credit/\$210 non-credit
Location: YMCA, 1703 McFarland Junction City, KS

Fitness Swimming

AQ-106

Students interested in this course MUST be able to demonstrate the five basic strokes, using rhythmic breathing. Emphasis will be on analyzing and refining stroke technique and additional competitive skills improving/maintaining physical fitness and endurance through a progressive conditioning swimming program. Students will learn the components of well-balanced training and how to design a workout for conditioning swimming.

Carol Stites

Date: June 5 - July 19 (Tuesday/Thursday)
Time: 3:00 - 4:30 pm
Fee: \$72 non-credit/ \$123 Credit
Location: Fort Riley, Eyster Pool

French Language

LA-02a

This class is an introduction to the French language. The emphasis will be on conversation, grammar, proper pronunciation and every day vocabulary.

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 teaching French for 20 years at a Jesuit French School in Cairo.

Date: June 7 - 29 (Thursday & Friday)
Time: 10 - 11 am
Fee: \$40
Location: UFM Conference Room

French Language

LA-02b

Emilie Rabbat

Date: July 5 - 27 (Thursday & Friday)
Time: 10 - 11 am
Fee: \$40
Location: UFM Conference Room



Beginning Sign Language

LA-03

This class covers the basics of American Sign Language, including vocabulary used in everyday conversation. It will also cover a little about the culture of the deaf community. Participants should leave the class with a better understanding of American Sign Language.

Toni Kroll has over 11 years experience with sign language. She graduated with an Associates Degree, ITP, in American Sign Language in 1989. Toni was an interpreter in Washington D.C. for 3 years, and was involved with the deaf community. She also worked for 7 years in Seattle as an interpreter.

Date: July 10 - August 14 (Tuesday)
Time: 7 - 8:30 pm
Fee: \$49
Location: Justin Hall, Room 149, KSU

Advanced Sign Language

LA-08

This class is for those who have a basic knowledge of sign language and would like to continue learning. The focus will be on everyday conversation and vocabulary. The instructor will adjust class format to meet the students needs.

Toni Kroll

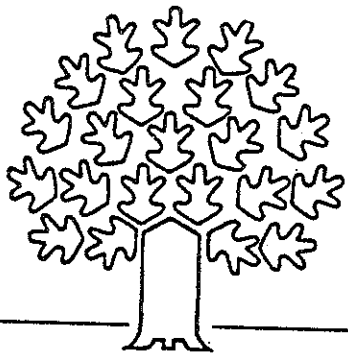
Date: July 12 - August 16 (Thursday)
Time: 7 - 8 pm
Fee: \$49
Location: Justin Hall, Room 149, KSU

Clafflin Books and Copies

Stormy Lee Kennedy, owner • Kevin Snell, manager
1814 Clafflin Road • Manhattan, KS 66502
Tel. (785) 776-3771 • Fax (785) 776-1009
clafflin@interkan.net

Youth Scholarships available through the City of Manhattan Social Service Advisory Board.
Applications are due to UFM May 12.

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!



Creative FreeTime

1221 THURSTON

539-8763

Safe and Creative Care of

Family Photos

CF-02a

Where are your photos? I can give you help for getting all your pictures and memorabilia into unique and lasting photo safe albums. Pam Schmid, Creative Memories Sr. director, has been teaching classes since 1989. I will teach you techniques for organizing, doing page layouts, mounting, journaling, and more. We all have different projects such as personal, family, wedding, baby, school heritage and others that we can address. Your albums will give you and your family a lifetime of enjoyment, a priceless heirloom. Bring 10 - 12 pictures. Fee covers material used in the class.

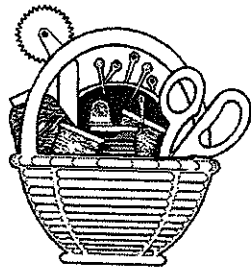
Pam Schmid (1-800-347-2625) has been a consultant with Creative Memories since 1989.

Date: June 18 (Monday)
Time: 7 - 9:30 pm
Fee: \$15 includes some supplies
Location: UFM Fireplace Room

Beginning Knitting

CF-45

Learn the basics of knitting and come away with a headband and hat designed to take you through each step of the process. Materials will be provided for the first project and a list of further materials needed will be available at the 1st class session for the 2nd project.



Kennita Tully is the sole proprietor of Wildflower knitwear and has had her designs published in several national knitting magazines.

Date: June 13, 20 & 27
(Wednesday)
Time: 7 - 9 pm
Fee: \$26
Location: UFM Greenhouse

Basic Dog Obedience

CF-57

In the four week course you will learn basic obedience commands including; sit, down, come, stay and heel. In the last session, we will use the obedience commands to have fun with some basic agility obstacles. A copy of certificate of Health with rabies & other shots MUST BE SUBMITTED with enrollment by June 5, extra time is needed to submit paperwork.



Ashleigh Rodgers (539-6340), has been training dogs through her 4-H project for ten years. She has trained new handlers and their dogs at 4-H regional workshops and project meetings for four years. Ashleigh and her dog Buster have completed successfully at the county and state levels in obedience, agility and showmanship.

Date: June 25, July 2, 9, 16
Time: 6:30 - 7:30 pm
Fee: \$56 per dog & family
Location: TO BE ANNOUNCED

Safe and Creative Care of Family Photos

CF-02b

Pam Schmid (1-800-347-2625)

Date: July 23 (Monday)
Time: 7 - 9:30 pm
Fee: \$15 includes some supplies
Location: UFM Fireplace Room

Intermediate Knitting

CF-46

If you are familiar with the basics, this class can take you further as you learn to read stitch patterns and step by step garment instructions. A simple sweater design will be provided and a list of materials will be available at the 1st class session.

Kennita Tully

Date: July 11, 18 & 25 (Wednesday)
Time: 7 - 9 pm
Fee: \$26
Location: UFM Greenhouse

Ghostbusters

CF-03

Join us for a tour of Sunset Cemetery and meet some past Manhattanites. This class will be an overview of the cemetery, with a discussion of the history of some of the people buried there. Some strategies of using the cemetery for genealogical and historical research will be discussed. Rain Date: July 12

Cheryl Collins is the director of the Riley County Historical Museum.

Date: July 10 (Tuesday)
Time: 7 pm
Fee: \$8 individual/\$12 couple
Location: Sunset Cemetery, by front gate

Beginning Genealogy

CF-19

Would you like to learn more about genealogy? This course will consist of 4 classes: The first class covers introduction and information sources. The second class is organizing your information. The third class is about kinship and the last class is about computing and genealogy. Materials will be presented via computer screen slide shows and class discussion formats. Course outlines and example copies of documents used in genealogy will be provided. Enrollment is limited so please register early.

Lewis Browder is a retired research plant pathologist with the U.S. Department of Agriculture and Kansas State. He is active in the Riley County Genealogical Society and most intrigued by the history of families in Kansas, and our country.

Date: June 5 - 26 (Tuesday)
Time: 7 - 9 pm
Fee: \$19
Location: Riley County Genealogical Library
2005 Claflin Rd.

Home Video Editing Basics

CF-48a

Do you have a stack of video tapes at home? Do you want to make a video for a special occasion... birthday, anniversary, reunion, bon voyage, hobby or vacation? Look no further! Bring a home movie tape (any format) and learn how to produce a finished video project. Learn editing, scanning, adding titles, music background, and voice over. Your finished product will go back to VHS tape; however, CD-ROM and DVD video will be demonstrated and discussed. Bring a blank video tape for your project.

Gordon Schmid is from Council Grove. He has taught for 35 years in public schools with recent experience in Library Media/Technology. Gordon currently is the owner of a mobile digital video editing business, Story2Tell. He has 15 years experience using Mac computers as well as 10 years experience as a hobbyist videographer.

Date: June 18 (Monday)
Time: 7 - 9:30 pm
Fee: \$25
Location: UFM Greenhouse

Home Video Editing Basics

CF-48b

Gordon Schmid

Date: July 23 (Monday)
Time: 7 - 9:30 pm
Fee: \$25
Location: UFM Greenhouse

Oprah Book Club

CF-50

Class members will read the current Oprah book club selection and discuss the book at the once a month meetings. Oprah's book selections are geared toward women, often about overcoming tragedies and other triumphs. The future meeting dates will be determined at the first class.

Terry Murray has enjoyed reading the Oprah book club selections and would love to discuss them with others. Participants may come as many or as few times as they wish.

Date: June 5 (Tuesday)
Time: 7 pm
Fee: \$8
Location: UFM, Conference Room

Protecting The Creative Spirit of Our Children

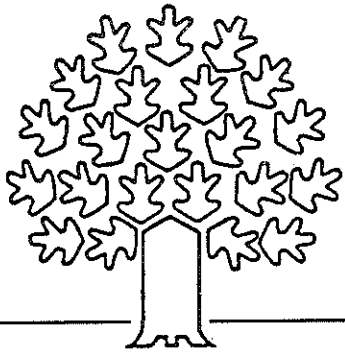
CF-60

How do we protect the creative spirit of our children? What tools can we give them so they become protectors of their talent and creativity. First, we will reawaken our own creativity and imagination. Using improvisation and movement we will explore story and myth; we will continue our exploration in paint. It's fun! Second, we will learn to recognize that shapeshifter, creativity and what it needs to live; we will learn to recognize talent in our children and how to develop it in an organic way; we will understand the role of failure and respect in the creative process; and we will learn how to radiate belief in support of our children's ability to create. This class is appropriate for parents, grand parents day care providers, teachers, students, (age 16 and older), nurses and counselors and anyone involved in the care of children. Handouts and all art supplies will be provided by the instructor; wear loose comfortable clothing that allows for free movement and possible paint drips. (At the beginning of class, we will determine the length of the lunch break.)

Janice Catherine Freise (531-6251) has an art education degree from Kansas State University. She is a writer and painter currently living in Kansas City, Missouri.

Date: June 9 (Saturday)
Time: 9 am - 4 pm
Fee: \$39
Location: UFM Multi-Purpose Room

All participants must register in advance.



Career & Finance

1221 THURSTON

539-8763

Gain Control of Your Money & Become Debt-Free

FC-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 debt and insurances? This class will cover fees and charges to watch out for with credit cards and mortgages. You will learn to identify problem areas in your finances, so that you can start to take control of your money. Learn to buy wisely and reach your financial dreams. Everyone attending this seminar will have the option to get an individual consultation to establish their debt-free date.

Robin Sipp (776-3666) works with a local financial serve company. She has 20 years experience teaching in the public schools. Robin enjoys teaching and helping families take control of their finances.

Date: July 12 (Thursday)
Time: 7 - 8:30 pm
Fee: \$8 individual/\$12 couple
Both: Gain Control & Investing
\$10 individual/\$14 couple
Location: UFM Conference Room

Investing in YOUR Future

FC-02

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

Robin Sipp (776-3666)

Date: July 19 (Thursday)
Time: 7 - 8:30 pm
Fee: \$8 individual/\$12 couple
Both: Gain Control & Investing
\$10 individual/\$14 couple
Location: UFM Conference Room

Financial Planning For Women

FC-06

Women outlive men on average by about seven years, according to the U.S. Department of Labor, and the average age of widowhood in the United States is 56. Since most women will eventually handle finances on their own, it's critical for them to take an active role in managing their money and preparing for the future. What can you do to create the financial future you want? This class is designed to help women of all ages learn how they can achieve their financial goals.

Marilyn Tomich (537-4505) is a financial advisor with Waddell & Reed in Manhattan. She earned her bachelor's degree in chemistry and has done graduate work in counseling. She lives in Manhattan with her husband and children.

Date: June 12 (Tuesday)
Time: 7 - 8:30 pm
Fee: \$8
Location: Waddell & Reed, Suite 280
555 Poyntz Ave.



Women & Money

COMING THIS FALL

FC-04

Women & Money program is designed to help women of all ages become better prepared to make informed decisions about financial planning. This 8 week money seminar will be offered on Tuesdays, September 4 - October 23, from 3 - 5 pm. Guest speakers who are experts in their fields are invited to this seminar. Topics include: Get Organized: Budgeting & Cash Flow; Credit & Debt; Social Security Benefits; Kansas Insurance Department will cover insurances; New Tax Laws; Estate Planning; and Investing. Each presentation will be followed with a group discussion and related activities.

Date: September 4 - October 23 (Tuesday)
Time: 3 - 5 pm
Fee: \$30 non-credit/ \$110 credit
Early Bird fee \$25 if registered before August 7.
Location: UFM Conference Room



Long-Term Care

FC-15

What exactly is it? Should you be covered by long-term care insurance? Can you afford to pay for the expense of a nursing home or in-home care when the need arises? The Census Bureau reports that there are over 34 million Americans ages 65 or older, and the number will increase to 82 million by 2050. The national average yearly cost for nursing home care is \$50,000 and increasing. A healthcare aide providing non-medical assistance in your home costs anywhere from \$12 to \$18 per hour. Medicare supplemental insurance does not cover long-term care expenses. This class is for anyone wanting to learn more about this subject.

Marilyn Tomich (537-4505)

Date: June 21 (Thursday)
Time: 7 - 8:30 pm
Fee: \$8
Location: Waddell & Reed, Suite 280
555 Poyntz Ave.

Estate Planning

FC-17

Don't miss out on this class. This will be an excellent opportunity to get the nuts-and-bolts of information you need on wills, living trusts, powers of attorney, and the probate process. Estate planning 101!

Wendy Kaus (539-2208) is a partner in the Manhattan law firm of Weary, Davis, Henry, Struebing, Troup, Kaus & Ryan, where her primary areas of practice are estate planning and probate law. She received her B.S. and B.A. degrees with honors, and her J.D. degree, from Creighton University, Omaha, NE. She is a member of the American, Kansas, and Riley County Bar Associations, and has lectured before business and professional groups on estate planning law.

Date: July 12 (Thursday)
Time: 7 - 8:30 pm
Fee: \$8
Location: UFM Fireplace Room

What Matters Most

FC-27

THE TIME MANAGEMENT WORKSHOP FOR IMPROVED PRODUCTIVITY & PEACE OF MIND

Expert presenters, thought-provoking videos, group discussions, and plenty of hands-on exercises teach you to:

- *Discover who you are, what you value most, and what you want to do with your life;
- *Plan your weeks and days in harmony with your roles and long-range goals to maintain personal and professional balance;
- *Act according to your plan using the Franklin Planner,™ either paperbased or electronic, as your daily road map.

Productivity, Balance & Inner Peace Are within Your Grasp

Picture a life that's more organized, more peaceful, and more productive. Imagine balancing your roles more successfully - be they spouse, manager, parent, team leader, coach, volunteer, or friend. Envision a workplace that's productive rather than reactive, where focus and direction leave little room for crisis, stress, and frustration. Just a pipe dream? Not any longer.

Improve Your Life At Work & At Home With What Matters Most

Franklin Covey introduces What Matters Most, the new time management workshop for the entire business of living, not just the demands of eight to five. What Matters Most helps you focus your time, energy, and resources on the things that are most important to you. It's an ideal first-time workshop or an excellent renewal course for those who have experienced TimeQuest® or First Things First.®

Invest one day in What Matters Most and discover principles that lead to increased relationships, and peace of mind.

Organizations experience greater results and return on investment through focused employees who are moving forward instead of in circles.

**Revitalize Your Organization With Training That Works
Change Your Personal Life Through Proven Principles**

Date: July 31 (Tuesday)
Time: 8 am - 5 pm
Fee: \$229
Location: Manhattan Area Technical College
3136 Dickens Ave., Room 105

Sponsored by UFM Community Learning Center & Lifelong Learning, Manhattan Area Technical College





KSU Preparation Courses

PPST Prep FC-23 Pre-Professional Skills Test Review Course for Teachers

- Review & practice the three subject areas of reading, mathematics and writing
- Learn strategies for successful test taking, problem solving, and quizzes

Date: Oct. 16 - Nov. 8 (Tue/Thurs)
 Time: 7 - 9 pm
 Fee: \$160 (fee includes Cambridge Test Prep PLUS textbook & the PPST Guide tests with answers and explanations, skill review & practice tests)

Location: Justin Hall, Rm 341, KSU

GMAT Prep FC-22 Graduate Management Admission Test Preparation

- Review Segments
- Reading Comprehension
 - Sentence Correction & Analytical Writing Assessment
 - Discrete Quantitative
 - Data Sufficiency

Date: Sept. 17, 19, 24, 26, Oct 8, 10, 15, 17, 23, 24 (Mon./Wed.)
 Time: 7 - 9 pm
 Fee: \$240 (fee includes Cambridge Test Prep PLUS textbook, the official guide for GMAT review and CD-ROM)

Location: Justin Hall, Room 341, KSU

LSAT Prep FC-11 Law School Admission Test Review Course

- Comprehensive 28-hour Review
- In-Class & At-Home Study Materials
- Analytical Lectures
- Test-Taking Strategies
- Convenient Campus Location

Date: Aug. 28 - Oct. 3 (Tue/Thurs)
 Time: 7 - 9 pm
 Fee: \$210

Location: Justin Hall, Room 256, KSU

GRE Prep FC-10 Graduate Record Exam Preparation Course

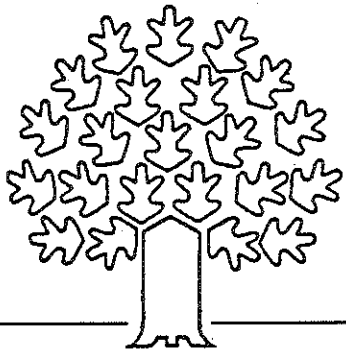
*Be Confident and prepared
to take the GRE*

- 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

Date: Sept. 10, 12, 17, 19, 24, 26, Oct 1, 3, 15, 17, 29, 31 (Mon./Wed.)
 Time: 7 - 9 pm
 Fee: \$240 (fee includes in-class and at-home study books)

Location: Justin Hall, Room 341, KSU

THANK YOU ADVERTISERS for your loyal support.



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 12, at 6:30 pm, a Public Demonstration and formal introduction of instructors will be conducted in Ahearn Room 301, 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 12 - August 9 (Tuesday/Thursday)
Time: 6:30 - 7:30 pm
Fee: \$47
Location: Room 301 Ahearn, KSU



Tae Kwon Do II Advanced

MA-02

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

Date: June 12 - August 9 (Tuesday/Thursday)
Time: 7:30 - 8:30 pm
Fee: \$47
Location: Room 301 Ahearn, KSU

Ninpo Taijutsu

MA-04

Ninpo Taijutsu (body art) is the unarmed self-defense method that is practiced by the modern version of the ninja. In this class we will work on six solo techniques, the four elements, two person techniques, the Gokkoryu basic waza (two person short forms) and 20 self-defense techniques.

Stan Wilson has practiced marital arts for 31 years and has been involved on the fringes of Ninjutsu for over 20 years. He has a black belt in Jujutsu, and black sashes in two styles of Kung Fu. Stan is the founder of the White Phoenix System a style of Shinobijutsu, which is related to Ninjutsu.

Date: June 11 - July 30 (Monday)
Time: 8 - 9 pm
Fee: \$37 fee includes 2 manuals
Location: Ahearn Fieldhouse, East Lobby, KSU



UFM Teen Mentoring Program

- > This is a cool group for all middle and high school students
- > Meet many interesting new people
- > Great opportunity to learn and have fun
- > Lots of fun activities and recreation
- > You can join at any time
- > Make some new friends

Teens are matched with a K-State Student for weekly activities at UFM, 1221 Thurston St.

**Summer Meetings are
Wednesdays from 3:00 - 5 pm
Transportation provided
No cost to participants**

**For more information, call UFM
at 539-8763.**

Funded by City of Manhattan Alcohol Program Fund and
the YES! Fund.

Wanted: Volunteers for Teen Mentoring Program



- ◆ Work with local teens
- ◆ Provide friendship and support
- ◆ Fun and recreation
- ◆ Group and individual activities.

**Summer Program meets
Wednesdays, 3:00 - 5:00 pm
at UFM, 1221 Thurston St.**

For information, call 539-8763.

Make a difference in a teen's life!

Funded by City of Manhattan Alcohol Program and the YES! Fund.

UFM Lou Douglas Lectures Fall 2001 Speakers

Sponsored by Clafin Books and Copies

September 10: Juliette Beck

"Reclaiming Just and Sustainable
Communities in an Age of Corporate
Globalization"

October 1: Carl Rosen

"Putting the Movement Back in the Labor
Movement"

October 22: Olga Davis

"Performing Survival: The Tulsa Race Riot of
1921"

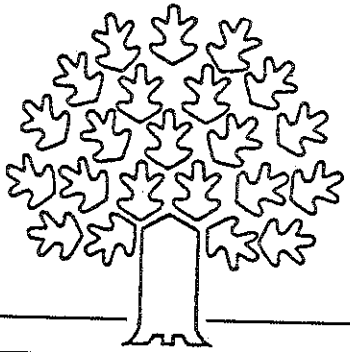
November 5: Steffie Woolhandler

"A National Health Program for the U.S."

Interns Needed

The Lou Douglas Lecture Series Internship is a supervised experience that provides an opportunity for students to interact with nationally and internationally known individuals who are influencing national and world affairs. Students gain practical experience in organizing and implementing educational and public service activities and are involved in making arrangements for and hosting speakers, publicizing the lectures and related events on campus, assisting with fund raising, meeting with community decision makers, and helping with the overall coordination of the series.

To apply, call UFM at 539-8763.



Self & 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 (827-7302) has a black belt in Taekwondo and Hapkido and is a certified instructor with the American Taekwondo Association. She has 17 years experience teaching martial arts, police defensive tactics and Sexual Harassment Assault and Rape Prevention for Women.

Date: June 25 (Monday)
Time: 6:30 - 10 pm
Fee: \$18 individual/\$30 mother-daughter (13+ and older)
Location: UFM

Leading a Balanced Life and Overcoming Defenses:

Two Keys to Mental Health SP-18

In the first meeting we will discuss scales for measuring balance in seven areas of life. Each participant will evaluate the amount of balance in his/her own life in such areas as relationships/being alone and sleep/wakefulness. Then we'll discuss ways to bring our lives into better balance. In the second meeting we will talk about psychological defenses, for example blaming or denial. Each participant will be helped to identify his or her own most prominent defenses and learn ways to replace them with healthier responses. You will learn important things about yourself in these meetings, but they are not therapy sessions.

Dennis Blair addresses these subjects professionally in the work he does, and it occurred to him that everyone should have access to this sort of help without paying professional fees. He has lived in Manhattan for 26 years and has taught guitar for UFM, where he has also studied massage, Zen Meditation, and hypnosis. Being both a teacher and a learner is one way Dennis keeps his own life in balance.

Date: June 5 & 12 (Tuesday)
Time: 7 pm
Fee: \$12
Location: Fireplace Room

Conceptual Self-Defense

SP-15

This is a concept-based class curriculum rather than being technique driven. This means as a student you will have an in-depth study of all aspects of self defense. You will learn the mental and physical disciplines of defending yourself. We will study the psychology of confrontations, how they develop, what signs to watch for, how to use the environment to your advantage, how to deal with attacks at different ranges, and avoiding prey behavior. We will also look at fear management and the difference between physical fear and psychological fear. Participants will learn mental and physical tactics and techniques that are both practical and effective. It is here we cover what to do when and how to do it, including how to defend yourself against weapons. Finally we will learn how to put it all together into your own personal self defense strategic plan.

Steve Charland (564-1192) has been a practitioner of martial arts since 1974 while serving with the United States Marine Corps. He holds 2nd and 3rd degree black belt rankings in Hapkido and Tae Kwon Do and is a certified instructor with the International Combat Hapkido Federation and the North American Black Belt Federation. His self defense experience is based not only on the study of these arts, but also from studies in confrontation psychology and practical tactics combined with operating on marine long range reconnaissance teams for 2 years and four weeks of specialized reconnaissance training with the Navy Seal teams at the Naval Seal station at Coronado Island, San Diego, CA.

Date: June 6 - July 18 (Wednesday)
Time: 6:00 pm - 7:00 pm
Fee: \$49
Location: Green Valley Community Center
3770 Green Valley Rd
No Class July 4



UFM is a sign up location for Heartland SHARE

What is Heartland SHARE? Self Help And Resource Exchange is dedicated to providing a monthly basic, consistent, affordable supplemental food package to those willing to help themselves and others. Open to everyone.

What is a "SHARE"? A food package consisting of 4-5 meats, a variety of fresh fruits and vegetables and other grocery items. One share costs 2 hours of volunteer service and \$16.00. Vision Cards are accepted.

Where does the food come from? Food is purchased on the open market in bulk by a professional purchasing staff. The bulk buying power (over 12 million pounds of food monthly) and the volunteer distribution network provides savings up to 60%.. First quality and brand names like you would find in the grocery store.

Who can participate? The program is open to everyone in the community regardless of income.

Sign up at UFM early in the month. SHARES are distributed the 3rd or 4th Saturday of each month at Blue Valley United Methodist Church, 835 Church Ave.

SHARE: Good for You and Good for the Community.
For more information, call UFM at 539-8763 or sign up at the UFM Office, 1221 Thurston St.

Community Garden for All Ages



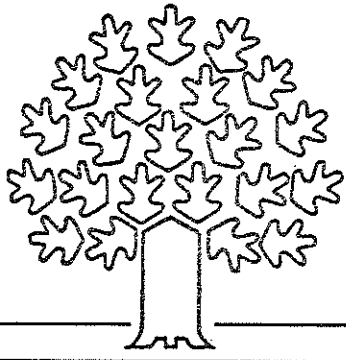
A walk through the Community Garden in July is a delight to the senses. Flowers, common vegetables and many exotic varieties speak of the interest

and diversity of those who garden there. This longstanding UFM program provides garden space, water, tools and community involvement while supplementing food budgets and growing friendships.

Special Children's Garden

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

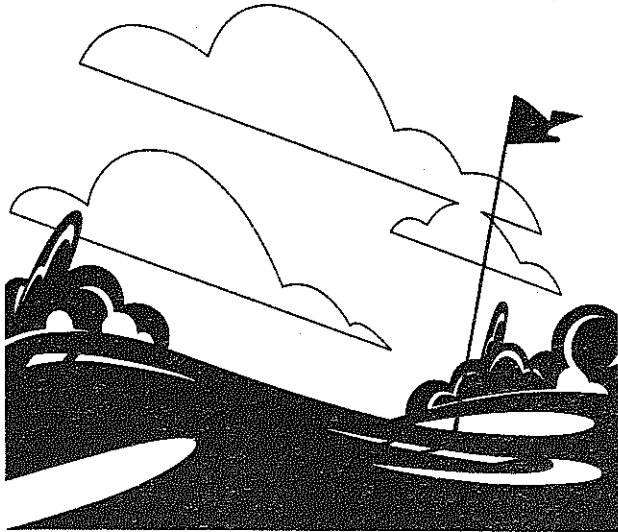
Look for the UFM Catalog on the web at www.ksu.edu/ufm



Recreation & Dance

1221 THURSTON

539-8763



Introduction to Golf

RH-01a

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

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

Date: June 7 - 28 (Thursday)
Time: 7 - 8 pm
Fee: \$36
Location: Stagg Hill Golf Club
4441 Ft. Riley Blvd.

Introduction to Golf

RH-01b

Jim Gregory (539-1041)

Date: July 5 - 26 (Thursday)
Time: 7 - 8 pm
Fee: \$36
Location: Stagg Hill Golf Club
4441 Ft. Riley Blvd.

Swing and Salsa Dancing

RH-02

Have some fun learning classic big band swing dance and salsa. Learn swing, salsa 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. Class emphasis will be on learning the steps cleanly and precisely. No prior dance experience is required! Wear comfortable clothing and non-stick shoes. Having fun is the only requirement.

Michael Bennett (776-7557)

Date: June 1 - August 3 (Friday)
Time: 8 - 9pm
Fee: \$36 individual/\$64 couple
Location: ECM Auditorium
1021 Denison Ave.

Ballroom Dance

RH-03

Come dance with us! If you want to learn to dance with a partner, plan to attend a wedding, or you just want to brush up on your steps, this class is for you. Swing, foxtrot, waltz, and Latin dancing are just a few of the steps you will learn. Come experience the elegant world of Ballroom Dance. Classes fill rapidly. It is advisable to register early.

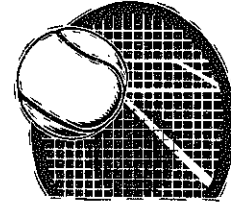
Michael Bennett (776-7557) has trained in Ballroom Dance at U.C. Berkley, Mandola Ballroom, San Francisco; AliBaba Ballroom, Oakland, CA; Chicago Dance Studio, Chicago, IL; and Avenue Ballroom, San Francisco. He was the 1986 San Francisco Avenue Ballroom Jitterbug Champion. He choreographed and performed in Ballroom Suite, Winter Dance 1998, KSU. He is a member of the United States Amateur Ballroom Dancers Association.

Date: June 1 - August 3 (Friday)
Time: 6:30 - 8 pm
Fee: \$36 individual/\$64 couple
Location: ECM Auditorium
1021 Denison Ave.



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. Parking may be a challenge so plan accordingly and come early.

Mark Tessendorf has an M.S. degree in Kinesiology and has played tennis for over 20 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 5 - 26 (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. Parking may be a challenge so plan accordingly and come early.

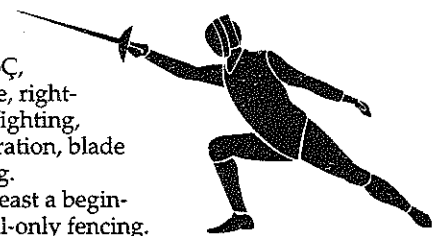
Mark Tessendorf

Date: June 5 - 26 (Tuesday)
Time: 7:30 - 8:30 pm
Fee: \$36
Location: LP Washburn Rec Complex, KSU

Intermediate Fencing

RH-09

This class will focus on bouting. Emphasis is on technique refinement, theory of attack, second intention, flechÇ, coupÇ, glides, flanconade, right-of-way issues, infighting, attack into preparation, blade tuning and wiring. Prerequisites: at least a beginning course in foil-only fencing. Course may be repeated.



Bill Meyer (587-9990)

Date: May 21 - July 30 (Monday)
Time: 6:30 - 8:00 pm
Fee: \$32 if you have your own equipment/\$72 to use instructor's equipment
Location: Room 301, Ahearn, KSU

Golf Class Proudly Sponsored by



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539-1041
Jim Gregory, PGA Professional

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.

**Youth Scholarships available
through the City of Manhattan Social
Service Advisory Board.**
Applications are due to UFM May 12.



RECREATION & DANCE (Continued)

Middle Eastern Dance

(Belly Dance) I

RH-11a

Come have fun learning Middle Eastern Dance, and of the oldest surviving dances in all of history. This class is for females only. You will learn the basics and build core muscles, as you learn to isolate, coordinate, and control your muscles. Hip scarfs are recommended and will be discussed at the class. This class is a fun way to get fit and is good for all ages and sizes. If you have any back or joint problems, please tell the instructor the first class. It won't be a problem but modifications may need to be made.

Christine Harley has been dancing for 7 years and has been teaching for 1 year. She was originally taught by Amira of Wichita, KS prior to moving to Manhattan and participated in public performances. She enjoys Middle Eastern Dancing and is looking forward to sharing her experience with others at the UFM class.

Date: June 6 - 27 (Wednesday)
Time: 6 - 7 pm
Fee: \$24/\$38 both session A & B
Location: Ahearn, Room 301, KSU

Middle Eastern Dance

(Belly Dancing) I

RH-11b

Christine Harley

Date: July 11 - August 1 (Wednesday)
Time: 6 - 7 pm
Fee: \$24/\$38 both sessions A & B
Location: Ahearn, Room 301, KSU

Middle Eastern Dance

(Belly Dancing) II

RH-13a

In level II, you will continue practicing and improving your dance skills. You will learn veil work, a routine or two depending on class speed, as well as how to put all the steps together. Hip scarf and veil are required, and will be discussed at the first class.

Christine Harley

Date: June 6 - 27 (Wednesday)
Time: 7 - 8 pm
Fee: \$24/\$38 both sessions A & B
Location: Ahearn, Room 301, KSU

Middle Eastern Dance

(Belly Dancing) II

RH-13b

Christine Harley

Date: July 11 - August 1 (Wednesday)
Time: 7 - 8 pm
Fee: \$24/\$38 both sessions A & B
Location: Ahearn, Room 301, KSU

Archery For Adults & Youth

RH-17

The main focus of this course will be to introduce youth to Archery. Adults are welcome to enroll and learn the all important basics of the sport. This is a great family sport geared toward individual achievement. Classes will be structured around key points needed for good form, safety, and introduction to the world of archery. All equipment will be provided by the instructor. Ages 9 through Adult.

Tom Korte is a certified national archery instructor NAA level 4. He has many years of coaching experience including Archery Instructor for 4-H. Shooting Sports Director for Boy Scout Camp. He is presently coaching JOAD club, Manhattan Royal Archers.

Date: June 7 - 28 (Thursday)
Time: 6:30 - 8 pm
Fee: \$28
Location: 1125 Laramie Plaza (upstairs)

Introduction to Paintball

RH-21

Want to learn about paintball? In this discussion and demonstration class you will find out what it is, including the equipment players use, the safety equipment and high tech upgrade equipment available. Find out about the basics of the games with a description of paintball fields, and a tour of the fields with hands on firing of a paintball marker and an actual game demonstration by Krazy Kris Highlanders paintball team.

Cris Backman is the owner, operator of Krazy Kris paintball, started in 1986 and has been involved in many tournaments and paintball activities in the past 15 years, he stresses safety and having fun in this fast growing sport.

Date: June 30 (Saturday)
Time: 10 am
Fee: \$13
Location: Krazy Kris Paintball Field
9650 Anderson

Survival: Kansas Style

RH-24

Volunteer as a survivor of the Kansas summer. Test your heat tolerance. Try a tasty snack of gnats, flies, and June bugs as they swarm around your face and food.. Special challenge events include harvesting and processing the wheat to bake your own bread; the paddle boat race across Tuttle Puddle; and cooking eggs on the sidewalk. Prepare for the dangers of shoes that stick to the asphalt, cars as hot as ovens and those blood-sucking mosquitos. The winner of the survival challenge will receive \$1.00 off on a UFM class and the self-satisfaction of having survived the wind, heat and bugs of the Kansas wilderness.

Instructor: *Kansas Clyde* is a lifetime residence of the Kansas Wilderness. He loves the challenge tackling Kansas summers.

Date: May - September
Time: Anytime Day or Night
Fee: Free to all
Location: Look right outside your door.

Beginner Line Dance Lessons

RH-22a

Come have fun and learn two new line dances each night. We will start at a beginning level and move toward intermediate as classes continues. You will learn the moves and the name of each dance move, including Cha Cha dances and some group dances. Emphasis on understanding the beat's, rhythm, and feel of music. Class starts with warm-ups and stretching, then you get a great work-out dancing. Many of the dances that will be taught were created in Nashville, TN and taught at the Wild Horse Saloon. "No black soles on shoes." This class is geared for individuals, not couples.

Lucia Flower (776-7912) has been dancing for several years, she enjoys Line dancing and is excited to help others to learn to have fun dancing. Lucia has a B A in Psychology and is a graduate student at Washburn. She has learned many dances locally, and at Colorado Springs, Co. and Nashville, TN.

Date: June 7 - 28 (Thursdays)
Time: 7 - 9 pm
Fee: \$28 individual/\$48 couple
Location: UFM

Beginner Line Dance Lessons

RH-22b

Lucia Flower (776-7912)

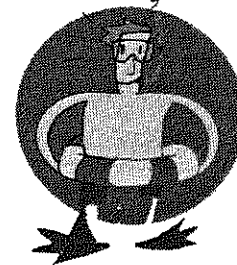
Date: July 5 - 26 (Thursdays)
Time: 7 - 9 pm
Fee: \$28 individual/\$48 couple
Location: UFM

Beginner Line Dance Lessons

RH-22c

Lucia Flower (776-7912)

Date: August 2 - 23 (Thursdays)
Time: 7 - 9 pm
Fee: \$28 individual/\$48 couple
Location: UFM



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1221 Thurston 539-8763
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transformation of
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Worship Service : Sunday 11 a.m.
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537-6120 Everyone is Welcome

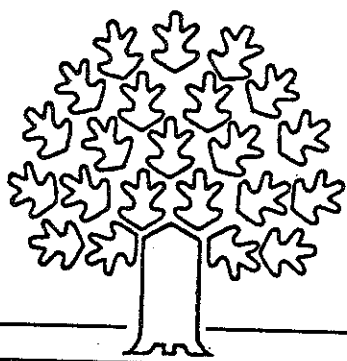
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Wellness

1221 THURSTON

539-8763

Introducing Jin Shin Jyutsu:

A Self-Help Class

WE-01

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



Karma Smith-Grindell (539-3733) is a Licensed Practical Nurse, and Certified Massage Therapist whose avocation during the last twenty years has been to study and practice a variety of bodywork modalities: 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 12, 19 & 26 (Tuesday)
Time: 7 - 9 pm
Fee: \$14
Location: 631 Levee Rd.
Industrial Park next to the Animal Shelter

Continuing Jin Shin Jyutsu

Self-Help

WE-02

(Prerequisite: Introducing Jin Shin Jyutsu)
In this class we will focus on developing a deeper understanding and experience of the Safety Energy Locks and the Depths in order to be better able to release our tensions and support the body/mind's natural healing and harmonizing capacities.

Karma Smith-Grindell (539-3733)

Date: July 10, 17 & 24 (Tuesday)
Time: 7 - 9 pm
Fee: \$14
Location: 631 Levee Rd.
Industrial Park next to the Animal Shelter

Yoga for Body and Mind Introductory Class

WE-03

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. Both new and returning students will benefit from this class. 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 T. Krishnamacharya who was teacher to BKS Iyengar, Patabi Jois and other eminent yoga teachers, including her father Albert Franklin, who taught yoga through UFM in the 1970's. Ana is a student of Gary Kraftsow, who studies under TKV Desikachar, Sri Krishnamacharya's son.

Date: June 7 - July 12 (Thursday)
Time: 5:30 - 7:00 pm
Fee: \$68
Location: 631 Levee Rd.
Industrial Park next to the Animal Shelter

The Yoga Connection



Ana Franklin

Open classes
Private Instruction
Herbal Products
Consultation
Lower Stress
Higher Energy

537-8224

Aromatherapy

WE-16

We will discuss the healing effects of 8 different essential oils, massage blends, diffusers, and making your own cleaning products with oils. Participants will receive one free bath salt sample and lots of recipes.

Barbara Ouelette has been interested in holistic healing for over 10 years. She studies herbs and Aromatherapy. Barbara also volunteers her time at People's Grocery in the herbal department.

Date: July 17 (Tuesday)
Time: 7 - 9 pm
Fee: \$15
Location: UFM Conference Room

Chi Lel - Chi Gong

WE-17

Chi Lel is a self-healing method prescribed by the world's largest medicineless hospital in Qiu Huangdao, China. Chi Lel 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 Lel master teacher outside of China. She has taught Jackie Sorensen's Aerobic Dancing, aquatic exercises and is currently a certified Body Recall exercise instructor. She has taught Red Cross CPR and First Aid, Yoga and other classes for UFM.

Date: June 21 - July 19 (Thursday)
Time: 5:30 - 6:15 pm
Fee: \$31
Location: UFM Multipurpose Room



Now Organizing an HERB Interest Group

- *Learn Cultivation Techniques
- *Right Plant - Right Place
- *Landscaping Possibilities
- *Uses for Herbs
- *Meet Others With Similar Interests

Jeanie DeArmond Day (532-3477)
Night (537-2295)

2nd Saturday of each month, 2 - 3:30 pm at
the UFM Greenhouse.

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Therapeutic Massage

Bernice Martin, Licensed Massage Therapist



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- Improve Circulation
- Decrease Physical & Mental Fatigue
- Relieve Muscle Pain and Tightness

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Manhattan 539-5919



Parish Nursing: A Nurse at Church? WE-23

What is it? How do I become a Parish Nurse? How does my church start a program? These are a few of the many questions that will be covered in this presentation about health ministries and parish nurses in our community. The Nurse Ministry Program is a congregational-based ministry to promote wellness and improved health to members of all denominations. Parish nurses care for the whole person: body, mind and spirit. Reita Currie, RN, Parish Nurse Ministry Coordinator from Mercy Health Center will present this informational program and will assist those interested in becoming parish nurses or starting a program in their churches.

Reita Currie, has worked in the Manhattan community for 27 years. She was commissioned as a Parish Nurse at the Basic Parish Nurse Preparation Program in Carefree, Arizona on November 3, and was commissioned as a Parish Nurse Coordinator at the Basic Parish Nurse Coordinator Program in Techny, Illinois, November 10, 2000. She is excited about sharing this new speciality of nursing with the Manhattan community.

Date: June 12 (Tuesday)
Time: 7 - 9 pm
Fee: N/C
Location: UFM Conference Room

Alternative Diagnosis and Treatment of Allergies WE-24a

Do you have allergies? Join Dr. Larry Dall at Natural Health Care and learn why your body responds unfavorably to certain allergies. Whether those are food or environmental allergies, Dr. Dall will diagnose your particular allergy and recommend the proper treatment to clear the allergy and eliminate those unpleasant reactions so you can enjoy renewed health and a pleasant life.

Dr. Larry Dall (539-9113) has practiced chiropractic care in Manhattan for the last 15 years. His philosophy is to remove the roadblocks and allow the power that made the body to heal the body.

Date: June 11 (Monday)
Time: 7 - 8:30 pm
Fee: \$8
Location: 1130 Westport Dr, Suite 5.

Alternative Diagnosis and Treatment of Allergies WE-24b

Dr. Larry Dall

Date: July 18 (Wednesday)
Time: 7 - 8:30 pm
Fee: \$8
Location: 1130 Westport Dr, Suite 5.

How to Maximize Your Energy & Minimize Stress In Your Life WE-25a

You will learn how to be happier, healthier and more productive in challenging environments, learn three powerful strategies to maximize personal energy and minimize stress. Find out how to avoid the fatal mind set that robs many people of their vital energy, and why we must not mess with Mother Nature - if we are serious about increasing our energy and decreasing stress.

Dr. Royce Resco (537-7500) has practiced chiropractic for 7 years, the last 2 years in a family wellness practice in Manhattan. In addition to practicing, he speaks regularly to help people make positive changes in their lives. His entertaining presentations are filled with exciting, easy-to-use strategies.

Date: June 5 (Tuesday)
Time: 7:00 pm
Fee: \$8
Location: 3230 Kimball Ave
Candlewood Shopping Center

How to Maximize Your Energy & Minimize Stress In Your Life WE-25b

Dr. Royce Resco (537-7500)

Date: July 10 (Tuesday)
Time: 7:00 pm
Fee: \$8
Location: 3230 Kimball Ave
Candlewood Shopping Center

How to Maximize Your Energy & Minimize Stress In Your Life WE-25c

Dr. Royce Resco (537-7500)

Date: August 2 (Thursday)
Time: 7:00 pm
Fee: \$8
Location: 3230 Kimball Ave
Candlewood Shopping Center

Tai Chi Chaun WE-26a

The popular Yang style "Short Form" of Tai Chi Chaun will be introduced. Each class will focus on the strengthening postures of the form. The ancient art of Tai Chi Chaun has proven to be an effective method for achieving relaxation, overall health and well being. Tai Chi Chaun can be practiced by young and old alike. Please wear comfortable and loose clothing and flat soled shoes.

Karena Kimble is an artist and Tai Chi Chaun practitioner. Fortunate to have studied under the tutelage of June and Bataan Faigo, advanced students of Master Cheng Man-Chieng. She has been dedicated to the practice for eight years.

Date: June 4 - July 2 (Mon/Wed)
Time: 5:15 - 6:15 pm (Mon), 5:30 - 6:30 pm (Wed)
Fee: \$63
Location: Pure Mind Center, 631 Levee Rd.

Tai Chi Chaun WE-26b

Karena Kimble

Date: July 9 - August 6 (Mon/Wed)
Time: 5:15 - 6:15 pm (Mon), 5:30 - 6:30 pm (Wed)
Fee: \$63
Location: Pure Mind Center, 631 Levee Rd.

What Matters Most FC-27

THE TIME MANAGEMENT WORKSHOP FOR IMPROVED PRODUCTIVITY & PEACE OF MIND

Expert presenters, thought-provoking videos, group discussions, and plenty of hands-on exercises teach you to:

- *Discover who you are, what you value most, and what you want to do with your life;
- *Plan your weeks and days in harmony with your roles and long-range goals to maintain personal and professional balance;
- *Act according to your plan using the Franklin Planner,™ either paperbased or electronic, as your daily road map.

Productivity, Balance & Inner Peace Are within Your Grasp
Picture a life that's more organized, more peaceful, and more productive. Imagine balancing your roles more successfully - be they spouse, manager, parent, team leader, coach, volunteer, or friend. Envision a workplace that's productive rather than reactive, where focus and direction leave little room for crisis, stress, and frustration. Just a pipe dream? Not any longer.

Improve Your Life At Work & At Home With What Matters Most
Franklin Covey introduces What Matters Most, the new time management workshop for the entire business of living, not just the demands of eight to five. What Matters Most helps you focus your time, energy, and resources on the things that are most important to you. It's an ideal first-time workshop or an excellent renewal course for those who have experienced TimeQuest® or First Things First.®

Invest one day in What Matters Most and discover principles that lead to increased relationships, and peace of mind. **Organizations experience greater results and return on investment through focused employees who are moving forward instead of in circles.**

Revitalize Your Organization With Training That Works
Change Your Personal Life Through Proven Principles

Date: July 31 (Tuesday)
Time: 8 am - 5 pm
Fee: \$229
Location: Manhattan Area Technical College
3136 Dickens Ave., Room 105

Sponsored by UFM Community Learning Center & Lifelong Learning, Manhattan Area Technical College

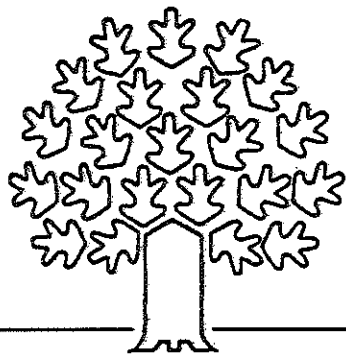


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Look for the UFM Catalog on the web at www.ksu.edu/ufm



Youth

1221 THURSTON

539-8763

Introduction to Ballet, Tap & Jazz

YO-02

Children will learn basic ballet techniques, along with an introductory class designed to expose children ages 4 - 12 to basic tap and jazz steps. Rock-N-Roll music will make learning jazz and tap steps fun. No dance experience or formal dance attire is needed.

Randi Dale has taught dance for 39 years. In 1967 her dance choir toured the Mid-West and Europe. Randi has a B.S. degrees in Elementary and Secondary Education, also a M.S. in Curriculum and Instruction.

Date: June 6 & 13 (Wednesday)
Time: 5:30 - 6:30 pm
Fee: \$8
Location: 2416 Rogers Blvd.
Manhattan, KS 66502



Beginning Ballet

YO-05

This class is designed for children ages 8 -11 with little previous ballet experience. Students will learn basic ballet terminology and techniques. If students do not have their own ballet attire they may wear comfortable clothes to the first class and order a leotard, tights, and ballet slippers then.

Helen Yetter (776-6797) has studied ballet for 13 years, and has been a member of Metropolitan Ballet of Topeka for four years. She has attended classes with some of America's most renowned teachers including Edward Villella, Rebecca Wright, and David Howard. She has performed in numerous ballets including The Nutcracker, Swan Lake, Gisell, and George Balanchine's Stars and Stripes. She would love to share her knowledge of ballet with you.

Date: June 5 - 21 (Tuesday/Thursday)
Time: 4:15 - 5:15 pm
Fee: \$45
Location: Ahearn Dance Studio, Room 301, KSU

Children's Gardening

YO-03

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 - 12 pm
Fee: N/C
Location: Manhattan Children's Garden
8th and Riley Lane

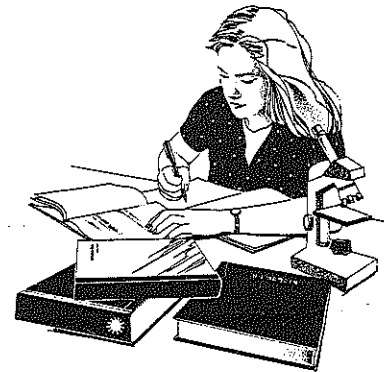
Start-A-Story with Storycrafters

YO-06

If you're a kid who likes to write stories, come join us for a new story-starter game. Learn about what makes good stories and begin an unusual one you just might like to write more on at home. Don't forget your imagination. (Note for parents: this is not a "class" for children who don't like to write, or don't know how to write.) For ages 8 - 12.

Jerri Garretson has had fun doing writing workshops with children as a librarian and an author, in schools and libraries. She is the author of four books and creator of the StoryCrafters storytelling game, which will be used in this "workshop".

Date: July 10 (Tuesday)
Time: 4 - 5 pm
Fee: \$13
Location: UFM



Take a Peek at the Past

(All visits—including peeks, looks & stares—are free.) That's right...free!

Riley County Historical Museum

2309 Claflin

- Exhibits of Riley County history—pioneer days to the present
- Research library by appointment
- Educational programs
- Speakers bureau

8:30-5:00 Tuesday-Friday
2:00-5:00 Saturday-Sunday



Pioneer Log Cabin

Manhattan City Park

- Walnut log cabin built in 1916
- Pioneer home and tool exhibit

Open April-October
Sunday 2:00-5:00
and by appointment

Goodnow House Museum

2309 Claflin

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

Wolf House Museum

630 Fremont

- 1868 stone home also served as a boarding house
 - Furnished with period antiques
 - Special exhibits "Life at the Turn of the Century: 1900 Revisited"
- 1:00-5:00 Saturday 2:00-5:00 Sunday
and by appointment

RILEY COUNTY

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1221 Thurston 539-8763

• Birthdays • Anniversaries • Thank You's

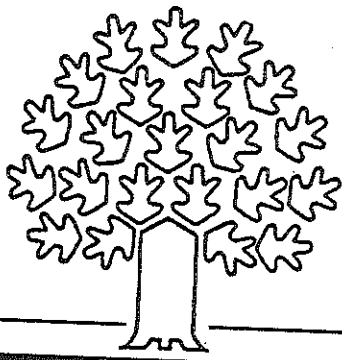
Oak Grove School Summer Enrichment Program How Our Garden Grows



In the World Around Us

2 week sessions June 4 - August 10, 2001 for Ages 3-8
Monday - Friday 8:00 am - 5:00 pm
Full day or 1/2 day; before and after school times available
For more information call: 539-7910

Program Highlights: Gardening; Discovery of plants, animals and outdoor habitats; Preparing and eating healthy food; Community involvement; Art; Science; Games; Picnics; Park and Playground Activities; Swimming; Tennis



Computer

1221 THURSTON

539-8763

Introduction to the Internet:

By Cyber-Street Project

CP-06a

The Internet, the web, the gold watch, and everything. A quick moving non hyped spin around the Internet for those that are new to the use of the Internet. Details about how you can find what you want, and how to move within this new medium. Special topics will include tips for Netscape Communicator and how to select the E-mail program to safely use to know how to get and send messages free over the Internet. Other topics include transfer of data files over the Internet as well as how to send attachments, browsers, Internet Addressing, Internet Directories, Search Engines, Other Resources-Accessing Libraries, finding people, E-mail strategies, survival tips, program choices, file handling and web pages. Supplemental information may be acquired in hard copy form from Copy Co in Aggieville. A list of documents will be available at the class session. Catalogs of technical book vendors will also be available at the class session. Optional handouts, demo software, and other items will be on CD that will be available for purchase from The Great Inland Sea Computer User Group at the class session. (cost \$15.00).

Ralph Wasmer, Jamie Allen & Pat Farrel

Date: June 9 (Saturday)
Time: 10 am - 2 pm
Fee: \$35 individual/\$50 couple
Location: UFM Fireplace Room

Introduction to the Internet:

By Cyber-Street Project

CP-06b

Ralph Wasmer, Jamie Allen & Pat Farrel

Date: August 4 (Saturday)
Time: 10 am - 2 pm
Fee: \$35 individual/\$50 couple
Location: UFM Fireplace Room

Introduction to HTML

CP-07a

Have you always wanted to create your own web page, or would you like to post your resume online? Designed for anyone interested in writing a web page, this class will teach you the fundamentals of HTML (Hyper Text Mark-Up Language) including inserting tables and images. Prior experience with computers is not required. Co-sponsored with Community On-line Resource Exchange (CORE) Manhattan Public Library.

Angela Johnston (539-7925) is a student at Kansas State University working towards a degree in Computer Science. Currently, she works for the Agronomy Department at K-State as a web programmer developing extensive knowledge of most web programming languages including Java, HTML, CSS and Javascript.

Date: June 5 - 14 (Tue/Thurs)
Time: 7 - 8 pm
Fee: \$44
Location: Manhattan Public Library

Introduction to HTML

CP-07b

Date: June 5 - 14 (Tue/Thurs)
Time: 7 - 8 pm
Fee: \$44
Location: Manhattan Public Library

Computer Pre-Purchase Seminars and Workshops

by Cyber-Street

Each seminar will begin with a discussion of a specific topic area. Lunch will be a local Dutch Treat Delivery (usually pizza). A hands-on workshop - The Doctor is IN! Will follow in the afternoon from 2-4 pm. This is an answer time with advice and maintenance tips. (You may bring your computer to the afternoon session. However, neither UFM nor the instructors are responsible for any damage done in transporting your computer.) Each seminar will end with an open discussion from 4-5 pm with coffee, chat, supper, etc. as the group chooses.

Ralph Wasmer (776-5687) is the current ambassador for the Great Inland Sea Computer User's group. He is the founder of the Plane Apple Club in Wichita, KS, and he has worked at call centers for many years providing direct support for users of many computer products. Currently he is employed by Sykes as a team manager. Other instructors include Jamie Allen, and Pat Farrel.

Computer Seminar I CP-03a

Morning Topics: Off the shelf units, BTO, Add-ons, Platform & UpGrades. Afternoon Workshop: Hard Drives, Printer Care, Install HW-SW. Instructors need to know your MAKE & MODEL of computer or what the problem is in advance.

Date: June 16 (Saturday)
Time: 10 am - 5 pm
Fee: \$35 individual/\$50 couple or \$89/\$119 for the series
Location: UFM Fireplace Room

Computer Seminar II CP-03b

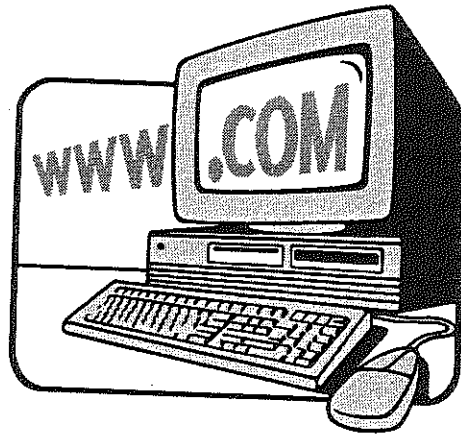
Morning Topics: Software, Printers, Warranty Support, Call Tech Support. Afternoon Workshop: Sound Cards, Clear CMOS, Viruses/hoax. Instructors need to know your MAKE & MODEL of computer or what the problem is in advance.

Date: July 21 (Saturday)
Time: 10 am - 5 pm
Fee: \$35 individual/\$50 couple or \$89/\$119 for the series
Location: UFM Fireplace Room

Computer Seminar III CP-03c

Morning Topics: Modems, Internet, ISP, DSL-ADSN, SPAM. Afternoon Workshop: Video cards, start up disk, BACKUP!, Scanners & CDR-RW. Instructors need to know your MAKE & MODEL of computer or what the problem is in advance.

Date: August 18 (Saturday)
Time: 10 am - 5 pm
Fee: \$35 individual/\$50 couple or \$89/\$119 for the series
Location: UFM Fireplace Room



Introduction to E-Mail Security: How to keep your Electronic Messages Private

CP-05

The world of electronic mail or messages is much like a world of postcards. Between you and who you send the message to lurk potential eavesdroppers and they can, with a bit of work, read everything you send or receive. E-mail Security is about keeping your electronic mail private. You use envelopes and sealed boxes to send hard copy printed mail, so why shouldn't you do the same with your E-mail? A discussion of what E-mail is, and how to protect the privacy of your mail with tools that are available now that are either free or very inexpensive. Topics covered will include but are not limited to the following: PGP (pretty good privacy), PEM (privacy enhanced mail), privacy & electronic mail the problems, encryption, key management, authentication, certificates, keeping your private key private, viruses, EXE attachments, data compression - ZIP files, and vendors of compression software. Supplemental information may be acquired in hard copy form from Copy Co in Aggieville. A list of documents will be available at the class session. Catalogs of technical books will also be available at each class session. Optional hand-outs, demo software, and other items will be on a CD that will be available for purchase from the Great Inland Sea Computer User Group at the class session. (Cost \$15.00)

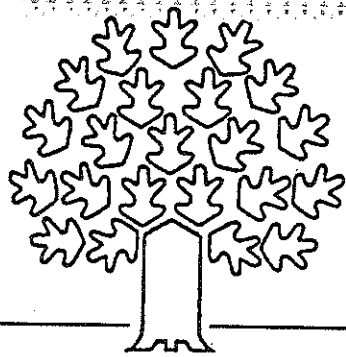
Ralph Wasmer, Jamie Allen & Pat Farrel

Date: July 7 (Saturday)
Time: 10 am - 2 pm
Fee: \$35
Location: UFM Fireplace Room

"Shoot for the moon, even if you miss you'll be among the stars."

—Anonymous

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



Earth, Nature & Environment

1221 THURSTON

539-8763

Perseid Meteor Shower

EN-07

Meet us to view the Perseid Meteors. We can see the summer sky, and hope for a few bright meteors. Dean will explain what meteors are, and why they sometimes come in showers. We will meet at the UFM parking lot at 8 pm to car pool to a good dark spot. Bring a blanket, or lawn chairs. We will stay out as late as people want to stay. If it is cloudy, call UFM for confirmation or call Dean at home that evening, at 770-8311. Rain date will be the next night August 12.

Dean Stramel 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 (Saturday)
Time: 8 pm
Fee: \$8 individual/\$12 family
Location: Meet at UFM Parking Lot

Night Walk on Konza Prairie

EN-08a

We will walk the short nature trail on Konza. Along the way we can sniff for spiders, listen for owls, and watch as night closes in. We will end up on top of a hill, where the night sky will be amazingly dark. I will show you Scorpius, Sagittarius, the Summer Triangle, and the whole summer sky. We will stay out until well past dark. Bring a flashlight, a water bottle, and a jacket. Bug repellent would be a very good idea. Good walking shoes are needed, as the trail may be a little rough in spots. If it is cloudy, call UFM office for confirmation, or call Dean at home that evening at 770-8311.

Dean Stramel

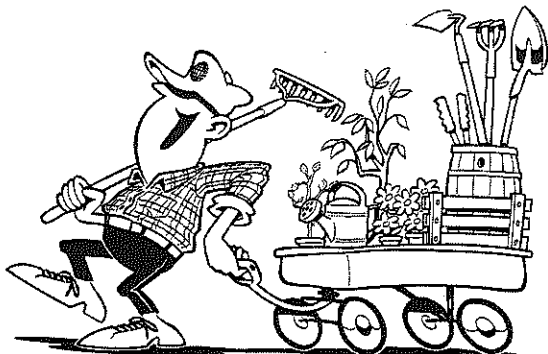
Date: June 1 (Friday)
Time: 7:30 pm
Fee: \$8 individual/\$12 family
Location: Meet at Konza Prairie Entrance
Rain Date: August 10

Night Walk on Konza Prairie

EN-08b

Dean Stramel

Date: August 10 (Friday)
Time: 7:30 pm
Fee: \$8 individual/\$12 family
Location: Meet at Konza Prairie Entrance
Rain Date: August 17



Fall Gardening

EN-09

Successful fall gardening is planned in the heat of summer! 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 (539-5934) has gardened both indoors and outdoors for 27+ years and looks forward to sharing her practical knowledge in her gardening classes.

Date: August 4 (Saturday)
Time: 10am - 12 pm
Fee: \$8 individual/\$12 couple
Location: UFM Conference Room

Solar Greenhouses & Sun Rooms

EN-25

Whether you want to winter greens or just heat adjoining room, sunrooms are certain to add light and enjoyment to your home. With slides, we will look at examples of sunrooms built here in Manhattan, and talk of the various design considerations for both growing plants and exporting warmth.

Bill Dorsett sunrooms have been the speciality of Bill's for nearly 20 years.

Date: July 29 (Sunday)
Time: 1:30 pm
Fee: \$8
Location: UFM Greenhouse

Home Energy Session I: Staying

Comfortable with Less Gas

EN-35a

If you were shocked by your energy bills this winter, this series will discuss what you might do about it. Technology and our understanding of heating and cooling our homes didn't stop with the end of the oil embargo. In the first session, we will discuss the first step anyone should take: making their house more efficient. In the second session, we will discuss solar and wind energy as it might apply to providing you with electricity, and hot water or air. Keeping it simple is the key so don't be bashful about simple questions.

Bill Dorsett has worked with passive and active solar air and water heating and solar electric systems.

Date: July 21 (Saturday)
Time: 1:30 pm
Fee: \$8/\$12 both classes
Location: UFM Greenhouse

Home Energy Session II: Home Brew

Heat & Power

EN-35b

Bill Dorsett

Date: July 28 (Saturday)
Time: 1:30 pm
Fee: \$8/\$12 both classes
Location: UFM Greenhouse

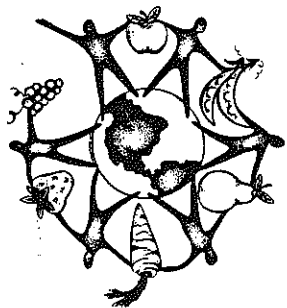
In Memory: Dr. F.C. Lanning

Dr. Francis Lanning, a long time UFM instructor, died this past March. Dr. Lanning was a professor Emeritus of Chemistry at Kansas State University and a long-time member of the Manhattan Mineral, Gem and Fossil Club. He volunteered his time as a UFM instructor for over 14 years. Dr. Lanning was one of our oldest (in age) instructors and was recently listed as a featured instructor in the UFM catalog.

Throughout the years, hundreds of individuals joined Dr. Lanning for the day as a rock hound. He took participants on field trips to choice spots in Pottawatomie and Wabaunsee counties, and to the Gravel Pits in Waterville and Blue Rapids. UFM and the community will miss this great resource and his love of sharing rock hunting with others.

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.

"Age is not important unless you're a cheese."
- Helen Hayes



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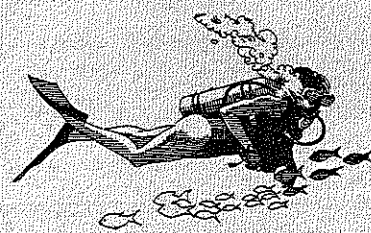


KSU Credit Courses

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*

Date: June 11 - July 16 (Monday)
Time: 5:30 - 9:30 pm
Fee: \$253
Location: YMCA, 1703 McFarland Junction City, KS

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, foxtrot, and Latin steps will be taught.

Instructor: *Michael Bennett*

Date: June 1 - August 3 (Friday)
Time: 6:30 - 8 pm
Fee: \$143
Location: ECM Auditorium
1021 Denison Ave.

Golf

RRES-200

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 6 - August 1 (Wednesday)
Time: 6 - 8 pm
Fee: \$156
Location: Stagg Hill Golf Club, 4441 Ft. Riley Blvd.
No Class July 4

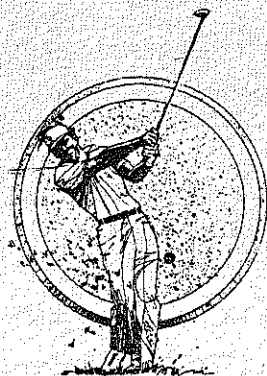
Golf

RRES-200

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: *Steven Hardesty*

Date: June 6 - August 1 (Wednesday)
Time: 1 - 3 pm
Fee: \$145
Location: Salina Municipal Golf Course
2500 East Crawford
Salina, KS
No class July 4



Intermediate Fencing

RRES-200

Intermediate fencing continues with the concepts presented in beginning foil fencing. Emphasis is on technique refinement, theory of attack, and bouts. The course may be repeated for credit.



Instructor: *William Meyer*

Date: May 21 - July 30 (Monday)
Time: 6:30 - 8:00 pm
Fee: \$138
Location: UFM, 1221 Thurston



Fitness Swimming

RRES-200

Students interested in this course MUST be able to demonstrate the five basic strokes, using rhythmic breathing. Emphasis will be on analyzing and refining stroke technique and additional competitive skills improving/maintaining physical fitness and endurance through a progressive conditioning swimming program. Students will learn the components of well-balanced training and how to design a workout for conditioning swimming.



Carol Stites

Date: June 5 - July 19 (Tuesday/Thursday)
Time: 3:00 - 4:30 pm
Fee: \$123 Credit
Location: Fort Riley, Eyster Pool, Building 6940

KSU 1 hour Credit Classes, Fall 2001

- Golf
- Scuba Diving
- Beginning Fencing
- Women & Money
- Judo I
- Fly Fishing
- Intermediate Fencing
- Fitness Swimming
- Judo II
- Ballroom Dance
- Archery
- Swimming I

Special thanks to all UFM INSTRUCTORS who volunteer their time!

REGISTRATION INFORMATION 3 WAYS TO REGISTER



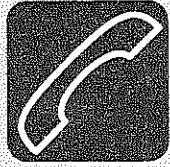
Registration by Mail

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

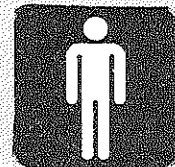
You will be notified if the class is full. All registration is on a first-come, first-served basis. No other class confirmations will be sent out unless requested.

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 KS Zip _____ Email _____
 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	Date	Staff	Amount	Total Paid	
Date Received	_____	_____	Check _____	<table border="1"> <tr><td> </td></tr> </table>	
Entered	_____	_____	Cash _____		
Computer	_____	_____	Visa _____		
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UFM Community Learning Center

Registration Form
 1221 Thurston
 Manhattan, KS 66502
 539-8763

Student Name _____ Day Phone _____
 Address _____ Evening Phone _____
 City _____ State KS Zip _____ Email _____
 Age: Under 18 exact age _____ 19-24 25-59 60+
 Parent's Name if Student is Under Age 18 _____

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 Total _____

I hereby authorize the use of my Visa MasterCard Discover

Card Number _____ Expiration Date _____
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Participant Statistics: KSU Student KSU Faculty/Staff Ft Riley Other

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