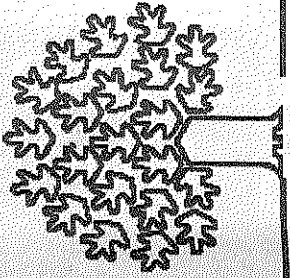


# UFM

## Community Learning Center

2002 Spring Classes



Teaching • Learning • Growing  
Vol. 34 Edition 2

### Summer Classes May-August 2002

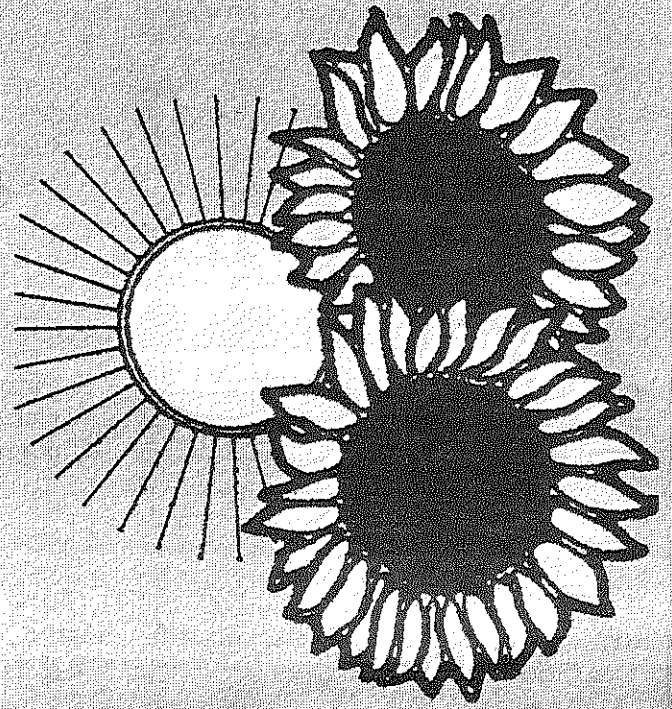
Beginning Sewing • Language Classes  
• • •

Swim Lessons • Yoga for Everybody  
• • •

Pinochle • Spinning  
• • •

Tai Chi Chuan • Clearing Clutter  
• • •

*and much more...*

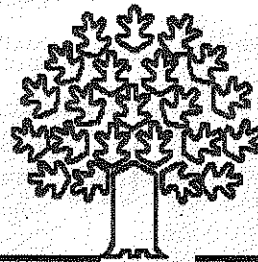
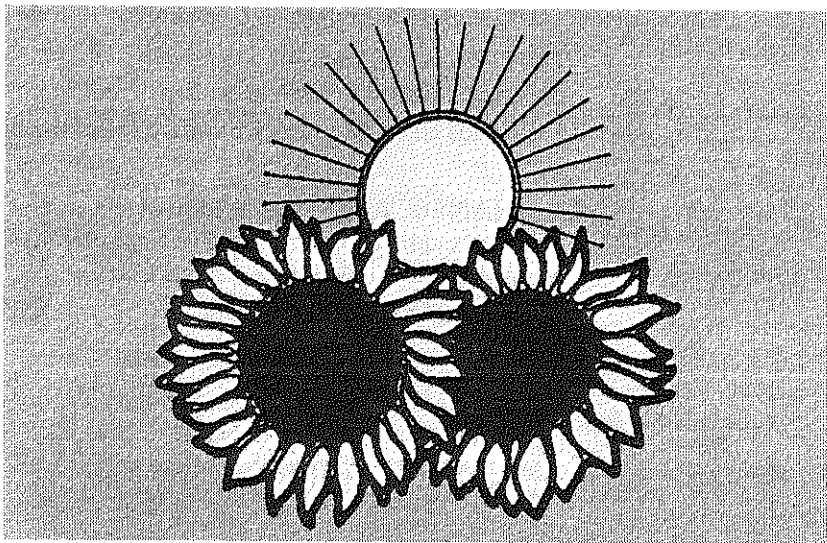


*Turn a New Leaf on Learning this Summer!*

### Summer Classes May-August 2002

• • •  
Slipcovers • Chinese • Fountain Building

• • •  
Tennis • Children's Art Classes •



Teaching • Learning • Growing

## UFM Community Learning Center

### 2002 Summer Classes

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

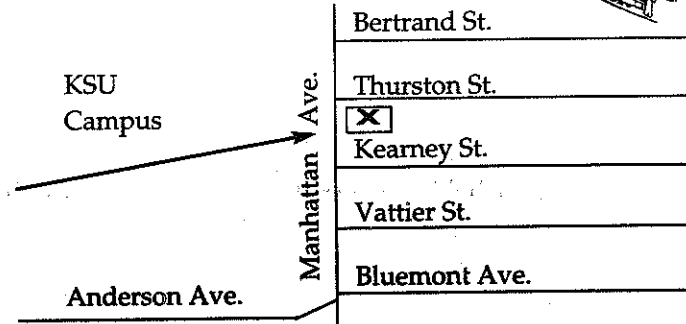
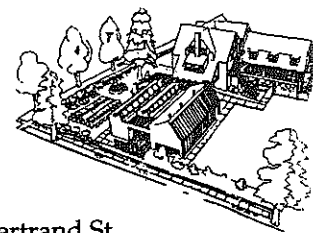
OR CURRENT RESIDENT

# 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. Call us with your ideas.

## WHERE WE'RE LOCATED

**UFM**  
1221 Thurston




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#### Special Events and Activities

- Historical Tour of Aggieville
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- Youth Art Classes
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## Featured Instructor



**DAVID  
MOORE**

David Moore was born and raised in Manhattan and is a business owner as well as a Tae Kwon Do instructor. David started training in Tae Kwon Do in 1990 with Sun Yi's academy at KSU through UFM. Over the years, David has trained with several very good instructors from Sun Yi's academy and is still training with the chief instructor Grand Master Yi from Topeka. Grand Master Yi has held Tae Kwon Do classes at KSU for the last 27 years with UFM sponsoring classes for the past few years. Every year David and a few of the students from KSU travel throughout Kansas, Nebraska, and Missouri to compete in tournaments. They also participate in Tae Kwon Do demonstrations for other Sun Yi's academy schools.

In 1998, David received his 3rd degree black belt and his international instructors certificate. He received his 4th degree Jr. Master rank December 2001. At Sun Yi's, they teach traditional Tae Kwon Do and the focus is on self-defense and self-improvement. UFM's Tae Kwon Do can begin at age 9 and it is never too late to start. One day David would like to open a Sun Yi's branch school in Manhattan.

#### UFM Staff:

- Executive Director - Linda Inlow Teener
- Education Coordinator - Kristen Johnston
- Community Outreach Coordinator: Charlene Brownson
- Swim Coordinator - Chris Branton
- Lou Douglas Lecture Series Coordinator - Olivia Collins
- Teen Mentoring Program Coordinator - Karen Roesch
- Office Coordinator - Rusty Smith
- Plus all the teachers who share their talents!

#### HANDICAPPED ACCESSIBLE

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



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.

Look for the UFM Catalog on the web at [www.ksu.edu/ufm](http://www.ksu.edu/ufm)

# UFM INSTRUCTORS

Petra Barnes  
 Scott Bean  
 Barbara Beck  
 Michael Bennett  
 Charlene Brownson  
 Judy Boyer  
 Marie Burgett  
 Kate Cashman  
 Randi Dale  
 Enell Foerster  
 Ana Franklin  
 Rachel Greenwood

Jim Gregory  
 Colleen Hampton  
 Steven Hardesty  
 Bob Hayes  
 Erik Holeman  
 Jui Jung Huang  
 Elizabeth Jankord  
 Karena Kimble  
 Tom Korte  
 Toni Koil  
 Richard Mattson  
 Keith Miller

Judy Metcalf  
 David Moore  
 Terry Murray  
 Barbara Ouellette  
 Emilie Rabbat  
 Ashleigh Rogers  
 Gordon Schmid  
 Pam Schmid  
 Cheryl Sieben  
 Mary Kay Siefers  
 Karma Smith-Grindell  
 Carol Stites

Diana Tarver  
 Mark Tessendorf  
 William Trieb  
 Annette Trieb  
 Bernadette Trieb  
 Haidi Tu  
 Ralph Wasmer  
 Jeff Wilson  
 Stan Wilson  
 Chae Sun Yi  
 Marge Younger  
 Wei Zou

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.

*Kristen Johnston*

## COMMUNITY REGISTRATIONS

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

DATE	TIME	LOCATION
June 4 Tues	10 am - 2 pm	KSU Union
June 5 Wed	10 am - 2 pm	KSU Union
June 8 Sat	2 - 4 pm	Manhattan Town Center

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 when we receive payment 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 Kristen at UFM 539-8763.

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

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

## BOARD OF DIRECTORS

Larry Fry - *Chair*  
 Robert Wilson - *Vice Chair*  
 Migette Kaup - *Treasurer*  
 Sharon Brookshire -  
*Secretary*  
 Linda Inlow Teener -  
*President and CEO*

Sue Maes  
 Dick Hayter  
 Candace White  
 Robert Schaeffer  
 Irmie Fallon  
 Jim Hardy  
 Shane Shanks  
 Tyler Adams  
 Brandy Porter  
 Jonas Stewart  
 Elaine Johannes  
 Bill Richter

## ANSWERING MACHINE

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

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](mailto:ufm@ksu.edu) to share your ideas!

## 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 Kristen at 539-8763.

## 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.

## 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.

## SPECIAL POLICIES FOR CREDIT OPTIONAL CLASSES

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

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

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

## 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:

- Languages
- Beginning Ballet for Adults
- Cooking Classes
- Guitar
- Outdoor Fishing

USE REGISTRATION FORM on the Back Cover.



# Aquatics

1221 Thurston

539-8763

## Learn to Swim Classes

UFM and the Division of Continuing Education are pleased to present the American Red Cross Learn to Swim Program Levels I-VII plus Adult Swim classes, Parent/Infant & Parent/Tot, Tot Transition, and Mini Team. 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.

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.

Children over the age of 5 are not permitted in restrooms/locker rooms of the opposite sex.

### BEGINNING & ENDING DATES FOR SWIM LESSONS:

Session A: Mon - Fri, June 3 - June 14

Session B: Mon - Fri, June 17 - June 28

Session C: Mon - Fri, July 8 - July 19

Session D: Mon - Fri, July 22 - August 2

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

## 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 Beginning & Ending Dates for Swim Lessons)  
AQ-01P 10 - 10:30 am  
AQ-02P 5:30 - 6 pm

Session B Mon/Wed/Fri  
(See Beginning & Ending Dates for Swim Lessons)  
AQ-03P 10 - 10:30 am  
AQ-04P 5:30 - 6 pm

Session C Mon/Wed/Fri  
(See Beginning & Ending Dates for Swim Lessons)  
AQ-05P 10 - 10:30 am  
AQ-06P 5:30 - 6 pm

Session D Mon/Wed/Fri  
(See Beginning & Ending Dates for Swim Lessons)  
AQ-07P 10 - 10:30 am  
AQ-08P 5:30 - 6 pm

Fee: \$21 per session

## Tot Transition

If your 3 - 4 year old toddler is ready to try the water without a parent, but not ready for Level 1, this short class is for them. Emphasis will be on basic water safety and preparation activities for swimming. Some parent participation may be allowed.

Session A Mon/Wed/Fri  
(See Beginning & Ending Dates for Swim Lessons)  
AQ-01T 9:30 - 10 am  
AQ-02T 5:30 - 6 pm

Session B Mon/Wed/Fri  
(See Beginning & Ending Dates for Swim Lessons)  
AQ-03T 9:30 - 10 am  
AQ-04T 5:30 - 6 pm

Session C Mon/Wed/Fri  
(See Beginning & Ending Dates for Swim Lessons)  
AQ-05T 9:30 - 10 am  
AQ-06T 5:30 - 6 pm

Session D Mon/Wed/Fri  
(See Beginning & Ending Dates for Swim Lessons)  
AQ-07T 9:30 - 10 am  
AQ-08T 5:30 - 6 pm

Fee: \$21 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 Beginning & Ending Dates for Swim Lessons)  
AQ-01 10 - 10:40 am  
AQ-02 10:50 - 11:30 am  
AQ-03 6:15 - 6:55 pm

Session B: Mon - Fri  
(See Beginning & Ending Dates for Swim Lessons)  
AQ-04 10 - 10:40 am  
AQ-05 10:50 - 11:30 am  
AQ-06 6:15 - 6:55 pm

Session C: Mon - Fri  
(See Beginning & Ending Dates for Swim Lessons)  
AQ-07 10 - 10:40 am  
AQ-08 10:50 - 11:30 am  
AQ-09 6:15 - 6:55 pm

Session D: Mon - Fri  
(See Beginning & Ending Dates for Swim Lessons)  
AQ-10 10 - 10:40 am  
AQ-11 10:50 - 11:30 am  
AQ-12 6:15 - 6:55 pm

Fee: \$43 per session

## Level II: Primary Skills

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

Session A: Mon - Fri  
(See Beginning & Ending Dates for Swim Lessons)  
AQ-13 10 - 10:40 am  
AQ-14 10:50 - 11:30 am  
AQ-15 6:15 - 6:55 pm

Session B: Mon - Fri  
(See Beginning & Ending Dates for Swim Lessons)  
AQ-16 10 - 10:40 am  
AQ-17 10:50 - 11:30 am  
AQ-18 6:15 - 6:55 pm

Session C: Mon - Fri  
(See Beginning & Ending Dates for Swim Lessons)  
AQ-19 10 - 10:40 am  
AQ-20 10:50 - 11:30 am  
AQ-21 6:15 - 6:55 pm

Session D: Mon - Fri  
(See Beginning & Ending Dates for Swim Lessons)  
AQ-22 10 - 10:40 am  
AQ-23 10:50 - 11:30 am  
AQ-24 6:15 - 6:55 pm

Fee: \$43 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.

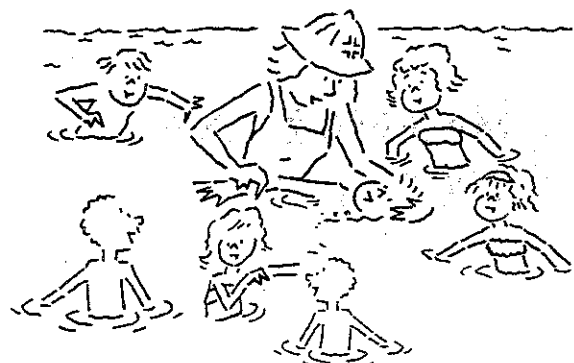
Session A: Mon - Fri  
(See Beginning & Ending Dates for Swim Lessons)  
AQ-25 10 - 10:40 am  
AQ-26 10:50 - 11:30 am  
AQ-27 6:15 - 6:55 pm

Session B: Mon - Fri  
(See Beginning & Ending Dates for Swim Lessons)  
AQ-28 10 - 10:40 am  
AQ-29 10:50 - 11:30 am  
AQ-30 6:15 - 6:55 pm

Session C: Mon - Fri  
(See Beginning & Ending Dates for Swim Lessons)  
AQ-31 10 - 10:40 am  
AQ-32 10:50 - 11:30 am  
AQ-33 6:15 - 6:55 pm

Session D: Mon - Fri  
(See Beginning & Ending Dates for Swim Lessons)  
AQ-34 10 - 10:40 am  
AQ-35 10:50 - 11:30 am  
AQ-36 6:15 - 6:55 pm

Fee: \$43 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 Beginning & Ending Dates for Swim Lessons)  
AQ-37 10 - 10:40 am  
AQ-38 10:50 - 11:30 am  
AQ-39 6:15 - 6:55 pm

**Session B:** Mon - Fri  
(See Beginning & Ending Dates for Swim Lessons)  
AQ-40 10 - 10:40 am  
AQ-41 10:50 - 11:30 am  
AQ-42 6:15 - 6:55 pm

**Session C:** Mon - Fri  
(See Beginning & Ending Dates for Swim Lessons)  
AQ-43 10 - 10:40 am  
AQ-44 10:50 - 11:30 am  
AQ-45 6:15 - 6:55 pm

**Session D:** Mon - Fri  
(See Beginning & Ending Dates for Swim Lessons)  
AQ-46 10 - 10:40 am  
AQ-47 10:50 - 11:30 am  
AQ-48 6:15 - 6:55 pm

Fee: \$43 per session

**Level V: Stroke Refinement**

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

**Session A:** Mon - Fri  
(See Beginning & Ending Dates for Swim Lessons)  
AQ-49 10:50 - 11:30 am  
AQ-50 6:15 - 6:55 pm

**Session B:** Mon - Fri  
(See Beginning & Ending Dates for Swim Lessons)  
AQ-51 10:50 - 11:30 am  
AQ-52 6:15 - 6:55 pm

**Session C:** Mon - Fri  
(See Beginning & Ending Dates for Swim Lessons)  
AQ-53 10:50 - 11:30 am  
AQ-54 6:15 - 6:55 pm

**Session D:** Mon - Fri  
(See Beginning & Ending Dates for Swim Lessons)  
AQ-55 10:50 - 11:30 am  
AQ-56 6:15 - 6:55 pm

Fee: \$43 per session

**Level VI: Skill Proficiency**

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

**Session A:** Mon - Fri  
(See Beginning & Ending Dates for Swim Lessons)  
AQ-57 10:50 - 11:30 am  
AQ-58 6:15 - 6:55 pm

**Session B:** Mon - Fri  
(See Beginning & Ending Dates for Swim Lessons)  
AQ-59 10:50 - 11:30 am  
AQ-60 6:15 - 6:55 pm

**Session C:** Mon - Fri  
(See Beginning & Ending Dates for Swim Lessons)  
AQ-61 10:50 - 11:30 am  
AQ-62 6:15 - 6:55 pm

**Session D:** Mon - Fri  
(See Beginning & Ending Dates for Swim Lessons)  
AQ-63 10:50 - 11:30 am  
AQ-64 6:15 - 6:55 pm

Fee: \$43 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 Beginning & Ending Dates for Swim Lessons)  
AQ-65 10:50 - 11:30 am  
AQ-66 6:15 - 6:55 pm

**Session B:** Mon - Fri  
(See Beginning & Ending Dates for Swim Lessons)  
AQ-67 10:50 - 11:30 am  
AQ-68 6:15 - 6:55 pm

**Session C:** Mon - Fri  
(See Beginning & Ending Dates for Swim Lessons)  
AQ-69 10:50 - 11:30 am  
AQ-70 6:15 - 6:55 pm

**Session D:** Mon - Fri  
(See Beginning & Ending Dates for Swim Lessons)  
AQ-71 10:50 - 11:30 am  
AQ-72 6:15 - 6:55 pm

Fee: \$43 per session

**Lifeguard Challenge/Review Course (ECC 2000)**

This class provides an update and recertification for someone who has previously held certifications in lifeguard training and CPR for the professional rescuer. American Red Cross Lifeguard Training teaches lifeguards the skills and knowledge needed to prevent and respond to aquatic emergencies. This course will certify you in Lifeguard Training, CPR for the Professional Rescuer, and First Aid.

- Prerequisites:
1. Minimum age 15.
  2. Swim 500 yards continuously, using these strokes in the following order: 200 yard front crawl with rhythmic breathing and stabilizing, propellant kick, 100 yard breaststroke, and 200 yards of either front crawl using rhythmic breathing or breaststroke. These 200 yards may be a mixture of front crawl and breaststroke.
  3. Swim 20 yards using front crawl or breaststroke, surface dive to a depth of 7 - 10 feet, retrieve a 10-pound brick, return to surface, and swim 20 yards back to the starting point with the object.
- Certification Requires: Demonstrate competency in all required skills, demonstrate competency in the three final skill scenarios, and correctly answer at least 80 percent of the written tests.

Carol Stites

Prerequisites: May 24 (Friday)  
Date: May 28 - May 31 (Tuesday - Friday)  
Time: 1 - 5:30 pm (Prerequisites)  
5:30 - 9 pm (Tuesday - Friday)

Fee: \$116  
Deposit: To reserve a spot in the class a deposit of \$20.00 needs to be paid before the prerequisite date. This deposit is non-refundable (even if you do not pass the prerequisites) and will go toward the cost of the class. You will pay for the class and books in the UFM office after successful completion of the prerequisites. There is a maximum of 12 people per class.

Location: Prerequisites are at the KSU Natatorium. Classes on Tuesday - Thursday are at the Red Cross Office. Class on Friday is at the KSU Natatorium.

**Introduction to Competitive Swimming - Mini Team**

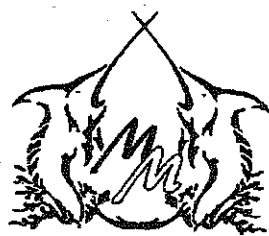
This class will focus on the four competitive strokes: butterfly, backstroke, breaststroke, and freestyle, as well as, competitive starts and turns. The goal of stroke refinement and endurance will be the main objectives. Swimmers on average will swim between 500 and 1000 yards each lesson. This class is designed for participants who have completed Level VII of the Learn to Swim program or those who would like preparation for a swim team. While enrolled in this class individuals can practice with the Manhattan Marlins Swim Team at no charge. Prior to participating with the Marlins, contact Kathy Musch 776-1742 or Jerry Carpenter 539-1384. For more information concerning Manhattan Marlins, see brochure near pool entrance.

**Session B:**  
(See Beginning & Ending Dates for Swim Lessons)  
AQ-107B Mon - Fri 6:15 - 6:55 pm

**Session D:**  
(See Beginning & Ending Dates for Swim Lessons)  
AQ-107D Mon - Fri 6:15 - 6:55 pm

Fee: \$43 per session

**MANHATTAN  
MARLINS  
SWIM TEAM**



A non-profit organization dedicated to providing children the chance of participating in competitive swimming. Primary emphasis in on positive self image, physical conditioning and development to the child's fullest potential.

Ages: 5 years thru College level

Four Practice Groups: ♦ Developmental ♦ Bronze ♦ Silver ♦ Gold

For more information contact: Kathy Musch at 776-1742 or Jerry Carpenter at 539-1384



**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 Beginning & Ending Dates for Swim Lessons)  
AQ-75 10 - 11:30 am  
AQ-76 6 - 7 pm

**Session B:** Mon - Fri  
(See Beginning & Ending Dates for Swim Lessons)  
AQ-77 10 - 11:30 am  
AQ-78 6 - 7 pm

**Session C:** Mon - Fri  
(See Beginning & Ending Dates for Swim Lessons)  
AQ-79 10 - 11:30 am  
AQ-80 6 - 7 pm

**Session D:** Mon - Fri  
(See Beginning & Ending Dates for Swim Lessons)  
AQ-81 10 - 11:30 am  
AQ-82 6 - 7 pm

Fee: \$19 per session

**Lap Swimming for Parents**

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

**Session A:** Mon - Fri  
(See Beginning & Ending Dates for Swim Lessons)  
AQ-83 10 - 11:30 am  
AQ-84 6 - 7 pm

**Session B:** Mon - Fri  
(See Beginning & Ending Dates for Swim Lessons)  
AQ-85 10 - 11:30 am  
AQ-86 6 - 7 pm

**Session C:** Mon - Fri  
(See Beginning & Ending Dates for Swim Lessons)  
AQ-87 10 - 11:30 am  
AQ-88 6 - 7 pm

**Session D:** Mon - Fri  
(See Beginning & Ending Dates for Swim Lessons)  
AQ-89 10 - 11:30 am  
AQ-90 6 - 7 pm

Fee: \$16 per session

**Hydroaerobics: Water Exercise**

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

**Session A:** Mon - Fri June 3 - 21  
AQ-91 6:05 - 7 pm (2 Times a week) Mon - Fri  
AQ-92 6:05 - 7 pm (3 Times a week) Mon - Fri  
AQ-93 6:05 - 7 pm (5 Times a week)

**Session B:** Mon - Fri June 24 - July 12  
AQ-94 6:05 - 7 pm (2 Times a week) Mon - Fri (3 Times a week)  
AQ-95 6:05 - 7 pm Mon - Fri (5 Times a week)  
AQ-96 6:05 - 7 pm

**Session C:** Mon - Fri July 15 - August 2  
AQ-97 6:05 - 7 pm (2 Times a week) Mon - Fri (3 Times a week)  
AQ-98 6:05 - 7 pm Mon - Fri (5 Times a week)  
AQ-99 6:05 - 7 pm

Fee: \$18 for 2 Times a week per session  
\$20 for 3 Times a week per session  
\$22 for 5 Times a week per session

**Deep Water Hydroaerobics**

This semester we will be offering a deep water hydroaerobics class. This will be in the diving well of the Natatorium. The participants of the class will be issued an aquajogger belt to help provide buoyancy in the water. The structure for this class will be similar to regular hydroaerobics classes. This class is intended to add variety to your work out. Only swimmers who can tread water without a floatation device are allowed to participate in the class.

**Session A:** Mon - Fri June 3 - June 21  
AQ-100A 5:30 - 6 pm (5 Times a week)

**Session B:** Mon - Fri June 24 - July 12  
AQ-100B 5:30 - 6 pm (5 Times a week)

**Session C:** Mon - Fri July 15 - August 2  
AQ-100C 5:30 - 6 pm (5 Times a week)

Fee: \$12 per session

**Private Swim Lessons**

Private lessons provide one-on-one instruction for any level of swimmer. There are 5 lessons of 30 minute each that occur in consecutive days excluding Saturday and Sunday. To improve scheduling and better serve our families, you will be able to reserve specific sessions and times for private lessons when you enroll. Please make sure you record these times and dates when you register, because THERE WILL BE NO OPPORTUNITY FOR MAKE UP LESSONS.

Beginning and Ending Dates for Morning and Evening Privates:

**Session A1:** Mon - Fri June 3 - June 10  
**Session A2:** Mon - Fri June 10 - June 14

**Session B1:** Mon - Fri June 17 - June 21  
**Session B2:** Mon - Fri June 24 - June 28

**Session C1:** Mon - Fri July 8 - July 12  
**Session C2:** Mon - Fri July 15 - July 19

**Session D1:** Mon - Fri July 22 - July 26  
**Session D2:** Mon - Fri July 29 - August 2

Times for all morning sessions:  
9:30 - 10 am 10:15 - 10:45 am

Times for all evenings sessions:  
5:30 - 6 pm 6:15 - 6:45 pm

Fee: \$47 per session

**Scuba Diving**

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 the certification. Travel and lodging are at the student's expense. Students must provide their own mask, fins, and snorkel.

Instructor: Jeff Wilson

Date: June 3 - July 8 (Monday)  
Time: 6:00 - 10:00 pm  
Fee: \$230  
Location: YMCA 1703 McFarland, Junction City

**Fitness Swimming**

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 11 - July 30 (Tuesday/Thursday)  
Time: 6 - 7 pm  
Fee: \$72 non-credit  
Location: KSU Natatorium

**Open Swim Appreciation**

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

Date: June 30 (Sunday)  
Time: 5 - 7 pm  
Fee: N/C  
Location: KSU Natatorium

**Open Swim Appreciation**

For UFM swim participants and their parents.

Date: August 4 (Sunday)  
Time: 5 - 7 pm  
Fee: N/C  
Location: KSU Natatorium

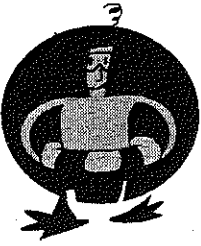
**Adult Swim Lessons**

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 Beginning & Ending Dates for Swim Lessons)  
AQ-73 6:15 - 6:55 pm

**Session D:** Mon - Fri  
(See Beginning & Ending Dates for Swim Lessons)  
AQ-74 6:15 - 6:55 pm

Fee: \$43 per session

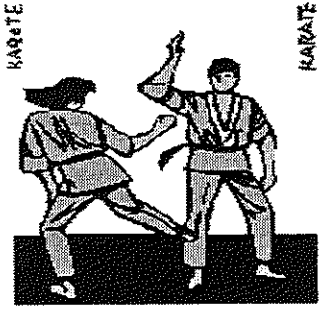


**!WANTED!**  
**Lifeguards**  
**WSI's**  
**Hydroaerobic**  
**Instructors**

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.

KARATE KARATE KARATE



# Martial Arts

1221 THURSTON

539-8763

## Ninpo Taijutsu

MA-04

In this class we will work on basic techniques of unarmed Ninjutsu. We will do six solo techniques, basic two person techniques, both striking and grappling, and basic Jujutsu self-defense techniques. While some of these techniques are taken from Bujinkan Budo Taijutsu, they are part of the White Phoenix system.



Stan Wilson (539-7723) has been in the martial arts field for 32 years, and involved with Ninjutsu for 25 years. He is the founder of the White Phoenix system. He is a second degree black belt in Hakkoryu Jujutsu, a third degree black sash in Pai Te

Lung Fung Fu, a first degree black sash in Mew Hing 18 Taoist Palms Kung Fu, and an eighth degree black sash in Zee Lu Lum Kung Fu.

Date: June 3 - August 5 (Monday)  
Time: 8 - 9 pm  
Fee: \$39 fee includes 2 manuals  
Location: Ahearn, Rm. 301, KSU

## Tae Kwon Do II Advanced

MA-02

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

Date: June 4 - August 1 (Tuesday/Thursday)  
Time: 7:30 - 8:30 pm  
Fee: \$47  
Location: Ahearn, Rm. 301, KSU  
No class July 4.)



## 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 4, at 6:30 pm, a Public Demonstration and formal introduction of instructors will be conducted in Ahearn, Rm. 301, KSU.

Grandmaster Chae Sun Yi (266-8662) is an 8th degree black belt with over 41 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 4th degree black belt with over 11 years experience in Tae Kwon Do. David is the featured instructor for the Summer 2002 Catalog on page 2.

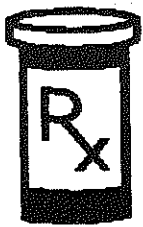
Date: June 4 - August 1 (Tuesday/Thursday)  
Time: 6:30 - 7:30 pm  
Fee: \$47  
Location: Ahearn, Rm. 301, KSU  
No class July 4.

**Are you uninsured? Does your insurance cover your health care needs?**

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Transportation      Mental Health Services

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Call (785) 539-1610 or toll free 1-888-216-0198

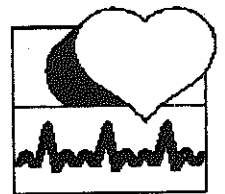


**Community Access Program (CAP)**

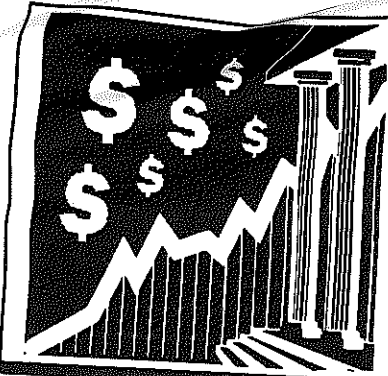
A collaborative program offered through the



**Community Health Council**



All participants must register in advance.



# Career & Finance

1221 THURSTON

539-8763

## Gain Control of Your Money And 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.

Charlene Brownson (776-3666) is the instructor for Women & Money, an 8-week program that is offered in the fall for KSU credit and non-credit. She enjoys sharing her knowledge with others to help them develop money skills. Charlene works with a local financial service company.

Date: August 1 (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.

Charlene Brownson (776-3666)

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

## Sunday Afternoon and the Internet: By Cyber-Street

FC-27

This class is an introduction to the Internet for those who 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 will be discussed. Special topics will include tips from Netscape Communicator and how to select the E-mail program, knowing safely 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, people, E-mail strategies, survival tips, program choices, file handling, searches, and web pages.

Ralph Wasmer is the current outreach ambassador for the Great Inland Sea Computer User's Group [gis@flinthills.com]. 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.

Date: July 21 (Sunday)  
 Time: 1 - 5 pm  
 Fee: \$29  
 Location: Manhattan Public Library  
 Computer Lab



## Club and Users Group Direct Mail Game Plans by Cyber-Street

FC-31

Overview of what Direct Mail is and is not. For this class it does not matter if you are new to direct mail or an experienced hand with it. There is something for everyone. From creating your direct mail copy to designing an attractive mail order piece. How to choose the right paper and ink, as well as understanding the whole process all done with dash of humor and fun. Clubs, user groups, entrepreneurs, small business owners, retailers, sale managers, ad managers, marketing managers, professionals, and fund-raisers all can find ideas that will be of help. Different software and options for mailings will be explained.

Ralph Wasmer

Date: June 23 (Sunday)  
 Time: 2 - 4 pm  
 Fee: \$29  
 Location: Manhattan Public Library  
 Computer Lab

## PPST Prep 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

## GRE Prep 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.

## LSAT Prep Law School Admission Test Review Course

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

## GMAT Prep Graduate Management Admission Test Preparation

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

Would you like a positive, relaxed, but deeply spiritual experience? If so, join us at the



**UNITY Church of Manhattan**

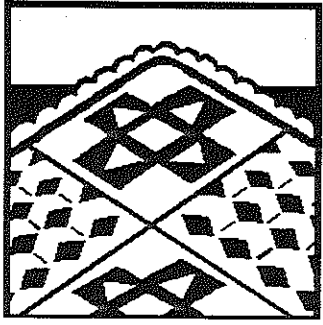
1021 Denison Ave.  
 537-6120

Sunday Service 11:00 am



UFM classes make great gifts, ask about a gift certificate.





# Creative Free Time

1221 THURSTON

539-8763

## Safe and Creative Care of Family Photos

CF-02a

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

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

Date: June 10 (Monday)  
Time: 7 - 9:30 pm  
Fee: \$15  
Location: UFM Fireplace Room

## Safe and Creative Care of Family Photos

CF-02b

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

Date: July 16 (Tuesday)  
Time: 7 - 9:30 pm  
Fee: \$15  
Location: UFM Fireplace Room

## Historical Walking Tour of Aggieville

CF-16a

Come join us for a relaxing summer's evening as we stroll back in time through the historic Aggieville District of Manhattan. Find out how it all started and where it is all going. Learn the origins and occupants of some of the older buildings and visit some of the newer construction. From its origins in 1889 to the present this area is crammed with history and fun. The tour will take approximately one hour.

This tour will be hosted by one or more of Aggieville's leading historical experts. To schedule a tour for a group, club, or organization if the listed dates and times do not work, please contact Cheryl Sieben at 776-8050.

Date: June 4 (Tuesday)  
Time: 6 - 7 pm  
Fee: \$8 individual/\$12 couple  
Location: Meet under the marquee at Varney's.

## Historical Walking Tour of Aggieville

CF-16b

This tour will be hosted by one or more of Aggieville's leading historical experts.

Date: July 9 (Tuesday)  
Time: 6 - 7 pm  
Fee: \$8 individual/\$12 couple  
Location: Meet under the marquee at Varney's.

## Historical Walking Tour of Aggieville

CF-16c

This tour will be hosted by one or more of Aggieville's leading historical experts.

Date: August 6 (Tuesday)  
Time: 6 - 7 pm  
Fee: \$8 individual/\$12 couple  
Location: Meet under the marquee at Varney's.

## Paper Baskets

CF-23

Woven baskets from recycled paper bags are fun to make. Decoration of the finished baskets is the maker's choice. These sturdy baskets can be used for plant containers, goodie-giving, desk accessories or for wherever a container is needed. Students need to pick up instructions for strips at the UFM office.

*Marie Burgett* taught this class previously for UFM. She is a weaver and teacher who is fascinated with finding ways to reuse paper.

Date: July 10 (Wednesday)  
Time: 8:30 - 11 am  
Fee: \$13  
Location: UFM Fireplace Room

## Drawing

CF-26a

Drawing, from still life, nature, cityscape, and personal expression will be explored. Art media such as charcoal, India ink, and pencil will be used. Drawing, is the basis for all of the two and three dimensional arts. The basic skills in drawing will be introduced as well as free expression and play with drawing. This class will focus on the individual goals of each student. It is open to beginner and advanced students alike.

*Karena Kimble* is a painter and M.F.A. candidate. She has drawn and painted for over fifteen years. She believes that art is for everyone and will encourage the participants individual expression in drawing.

Date: June 1 - 22 (Saturday)  
Time: 6 - 8 pm  
Fee: \$36  
Location: UFM Conference Room

## Drawing

CF-26b

*Karena Kimble*

Date: July 6 - 27 (Saturday)  
Time: 6 - 8 pm  
Fee: \$36  
Location: UFM Conference Room

### Win \$1 off any UFM Class...

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

## 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

### Goodnow House Museum

2309 Claflin

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



### 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

### Wolf House Museum

630 Fremont

- 1868 stone home also served as a boarding house
  - Furnished with period antiques
  - Special exhibits
- New Exhibit opening June 200s  
1:00-5:00 Saturday 2:00-5:00 Sunday  
and by appointment

For more information, call 565-6490

## Outdoor Adventures

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Serving Northeast Kansas since 1975



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All participants must register in advance.



**Slipcovering - A Dress for Your Chair** CF-28

Dress up your old furniture with slip covers and give your home the look that makes your friends say "Wow!" One pattern lets you create a new look every time you feel like it. You can also match different types of chairs to look like a set by choosing the same fabric. Slip covering is easier than you think but the results are far more impressive than store bought covers!

*Petra Barnes (537-7576)* Petra Barnes has a Bachelors Degree in Fashion Design and Pattern Drafting and has worked in the textile industry for almost 15 years as a Drafter, Designer, Image Consultant, and Instructor. She has earned the title CPF (Certified Picture Framer) and has won various art contests.

Date: May 23, 30, and June 6 (Thursday)  
Time: 5 - 8 pm  
Fee: \$52  
Location: UFM Fireplace Room

**Weaving Introduction** CF-37

This class is for beginning weavers or wanna-be weavers. Students will explore the use of color in weaving using pre-warped looms, and will have four to six usable samples to take home along with plenty of handouts. All materials and equipment will be supplied. Enrollment is limited to 4, so sign up early!

*Marie Burgett* has been weaving since 1973, and has taught various weaving classes through the years. She is the Handweaver's Guild of America representative for Kansas and secretary for Kansas Alliance of Weavers.

Date: June 12 (Wednesday)  
Time: 9 - 11:30 am  
Fee: \$18  
Location: 801 Haid Ct.

**Beginning Spinning** CF-38

This class will cover the basics of fiber preparation and spinning on a drop spindle. Students will receive their own drop spindle and fleece to learn with and plenty of handouts. Enrollment is limited to 4, so sign up early!

*Marie Burgett (539-2049)* has been spinning for several years on both the drop spindle and on wheels. She is the Kansas representative for Handweaver's Guild of America.

Date: June 5 (Wednesday)  
Time: 9:30 - 11:30 am  
Fee: \$18 includes supplies  
Location: 801 Haid Ct.  
Deadline to enroll in this class is June 3.

**Create a DVD or Video Tape** CF-48a

You have a stack of video tapes at home? Old 8 mm tapes? Lots of slides? You want to transfer these to a video? Cd-rom? DVD? Want to make a movie of a special occasion such as a birthday, anniversary, wedding, reunion, bon voyage, hobby, vacation? Look no further. Bring any content and learn how to produce a finished video project. Learn editing, scanning, adding titles, music background, and voice over. Your finished product will also 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 10 (Monday)  
Time: 7 - 9:30 pm  
Fee: \$25  
Location: UFM Greenhouse

**Create a DVD or Video Tape** CF-48b

*Gordon Schmid*  
Date: July 16 (Tuesday)  
Time: 7 - 9:30 pm  
Fee: \$25  
Location: UFM Greenhouse

**Beginning Sewing** CF-49

This class is designed to make sewing simple! Have you ever wanted to learn how to sew or do you have questions that need answering? Bring a new project or something you would like to finish. Our motto is "Everybody can sew!"

*Petra Barnes (537-7576)*  
Date: May 21, 28, and June 4 (Tuesday)  
Time: 12 - 3 pm  
Fee: \$48  
Location: UFM Fireplace Room

**Book Club for Women** CF-50

The women's book club members will choose a book to discuss once a month. Meeting locations will vary. Women of all ages are welcome. We will be reading books of all kinds.

*Terry Murray* has enjoyed reading books from a variety of authors. She has facilitated book clubs for UFM for the past several semesters.

Date: June 12 (Wednesday)  
Time: 6:30 pm  
Fee: \$8  
Location: UFM Conference Room

**Stained Glass** CF-53

Learn the basics of stained glass. Cutting, grinding, foiling, and soldering are some of the techniques you will learn. Take home a piece of window art that you created yourself. Stained glass is an interesting hobby that you can do at home and that can lead you to making tiffany lamps, 3D creations, windows, and more. A supply list will be provided when you enroll.

*Petra Barnes (537-7576)*  
Date: May 25, and June 1, 8 (Saturday)  
Time: 10 - 1 pm  
Fee: \$48  
Location: 3446 Stonehenge Drive

**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 May 21st. Extra time is needed to submit paperwork.

*Ashleigh Rogers (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 competed successfully at the county and state levels in obedience, agility and showmanship.

Date: May 28, and June 4, 11, and July 2 (Tuesday)  
Time: 6 - 6:45 pm  
Fee: \$46 per dog & family  
Location: Outside of Potorff Hall in Cico Park

**Temari** CF-59

Students will learn the art of Japanese stitching on thread balls. Te means hand, mari means ball. A kit will be provided. Students need to bring scissors, and a thimble.

*Marie Burgett* has been making temari since 1992 when she learned Temari from a Master. She has been teaching temari for the past year.

Date: June 26 (Wednesday)  
Time: 8 - 11 am  
Fee: \$23  
Location: UFM Fireplace Room

**Handmade Books - Workshop** CF-62

In this class the students will learn step-by-step instructions on how to craft his or her own book. The books will be hard-bound and functional. Supplies will be provided for each student to create an original book of their own. Great as journals! Bring a sack lunch.

*Judy Boyer* has her MFA in painting from KSU. She has been living in Manhattan for five years and has worked as a teacher and an artist.

Date: May 25 (Saturday)  
Time: 10 - 2:30 pm  
Fee: \$37  
Location: UFM Fireplace Room

**Plein Air Painting in Pastel & Oil** CF-69a

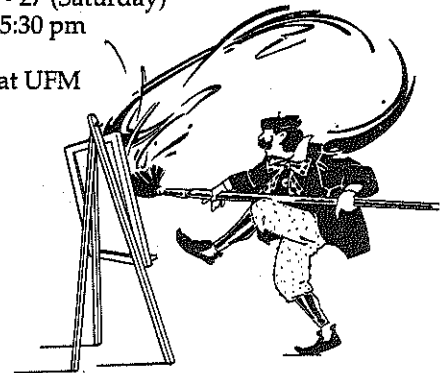
This class will be held outside. We will explore areas of the beautiful flint hills and local gardens and parks. Painting in the impressionistic and expressionistic styles will be introduced. Plein air painting is a traditional painting style in which the artist takes in the natural surroundings and paints from life. Techniques in pastel and oil painting will be introduced. Each individual unique style will be emphasized. This class is geared for the novice and advanced artist alike. Bring a sketchpad and vine charcoal to the first class, a materials list will be provided.

*Karena Kimble* is a painter and M.F.A. candidate. She began painting her studies in traditional oil painting in Colorado. She studied the John Singer Sargent method as well as Plein air painting with Chuck Forsman. She is inspired by the flint hill area and believes that Plein air painting can be a significant method to learn for the beginner as well as advanced painter.

Date: June 1 - 22 (Saturday)  
Time: 3:30 - 5:30 pm  
Fee: \$41  
Location: Meet at UFM

**Plein Air Painting in Pastel & Oil** CF-69b

*Karena Kimble*  
Date: July 6 - 27 (Saturday)  
Time: 3:30 - 5:30 pm  
Fee: \$41  
Location: Meet at UFM





## CREATIVE FREETIME (Continued)

### Fun With Rabbits!

CF-70

Have you ever wanted to own a rabbit? Do you own a rabbit and have questions about rabbit care? Would you like to learn more about rabbits? Did you know there are 45 breeds recognized in the Rabbit Standards book? We will cover basic rabbit care, breed identification, and uses for various breeds. We will teach you rabbit showmanship and give you a chance to try it out for yourself. You will learn about selection and how rabbits are judged. Rabbits are one of the healthiest and most enjoyable pets to own. Come to our workshop just to watch, or to get as much hands on experience as you would like. We promise you...Fun with RABBITS!

*William, Annette, and Bernadette Trieb* jointly own their rabbits as Trieb Tribe WABbitry. They each raise varieties of Rex and Satin rabbits, plus New Zealand and Himalayan rabbits. They show rabbits at the county, area, state, and national levels, including the 2001 National Convention in San Diego, California. William is the current Kansas ARBA Rabbit Prince and 1st Runner-Up National Prince. Annette is the 1st Runner-Up Kansas Rabbit Lady and 3rd Runner-Up at the National level. They earned these titles for their knowledge of rabbits and their performance in showmanship. They have been taught by their older sister, Bernadette, who has been showing rabbits for 8 years.

Date: July 8 (Monday)  
Time: 6 - 8 pm  
Fee: \$8  
Location: UFM Fireplace Room

### Learning Pinochle

CF-71a

Need to relax? Try a card game called pinochle for cheap entertainment and a great stress reliever. We will cover the basics of pinochle, learn how to figure your meld, and learn how to bid. We will have hands-on pinochle games and the opportunity to form pinochle groups.

*Marge Younger* is a budget technician employed at Ft. Riley for the past 21 years. Her hobbies include a love of sports (especially football), gardening, reading, playing various card games, and spending time with her baby granddaughter.

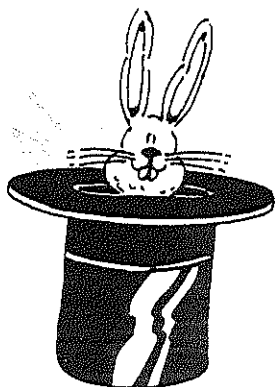
Date: May 22, 29, and June 5 (Wednesday)  
Time: 7 - 8 pm  
Fee: \$14  
Location: UFM Multipurpose Room

### Learning Pinochle

CF-71b

*Marge Younger*

Date: June 19, 26, and July 3 (Wednesday)  
Time: 7 - 8 pm  
Fee: \$14  
Location: UFM Multipurpose Room



### Learning Pinochle

*Marge Younger*

Date: July 17, 24, 31 (Wednesday)  
Time: 7 - 8 pm  
Fee: \$14  
Location: UFM Multipurpose Room

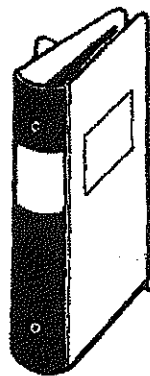
### Journaling: More Than Just a Diary

CF-71c

There are no rules! Writing in your journal can be creative, it can be eye opening, it can help you organize and make decisions. This four-session class will explore many ways to use a journal and explore even more ways to inspire you to write! Bring your own journal, paper, and pens or pencils.

*Barbara Beck, Ph.D.* is new to Manhattan but brings many years of experience teaching. Barbara owns her own consulting business where she provides both hospital and school staff with life enhancing skills. Barbara's past experience includes directing a hospital based wellness center and teaching at the university level.

Date: June 5, 12, 19, 26 (Wednesday)  
Time: 7 - 8:30 pm  
Fee: \$34  
Location: UFM Conference Room



### Beginning Nature Photography

CF-73

The focus of this class will be on learning the basics of landscape/nature photography. Information will be primarily centered around 35mm SLR cameras and equipment. Some topics include camera settings and operation, choosing and using different lenses, types of film and an introduction to exposure, composition, and technique. This class is geared toward beginning photographers. Participants will need their own fully functional 35mm SLR camera. The class will include one photo field trip (June 6th) followed by discussion and evaluation of slides (June 13th). Class fees include one roll of slide film and development.

*Scott Bean* has been enjoying the hobby of nature photography for the past 5 years. Photography is a wonderful way to enjoy the beauty of nature. Each photograph represents a unique view of our world. Scott started trying to capture these views 5 years ago and would like the chance to help others get started in this wonderful hobby. His goal is to help you avoid some of the common mistakes he experienced as a beginning photographer.

Date: May 23, 30, and June 6, 13 (Thursday)  
Time: 7 - 9 pm  
Fee: \$37  
Location: UFM Conference Room

### TEEN MENTORING PROGRAM

Starts June 5th 2002

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- ☆ Learn and improve life skills
- ☆ Have fun

Summer group meets every Wednesday from 3:00-5:00 p.m.

Call UFM at 5329-8763 for an application or more information

### Lou Douglas Lecture Series on Public Issues

Fall 2002

Human Rights, Social Justice, World Peace, International Development

### "Dead Man Walking: The Journey Continues"

**Sister Helen Prejean, C.S.J.**

Author of "Dead Man Walking:

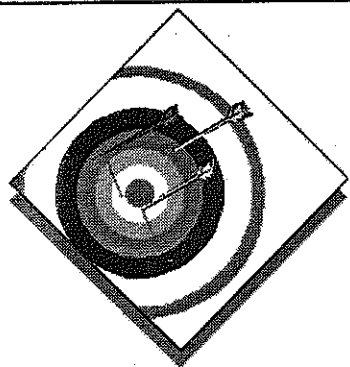
An Eye Witness Account of the Death Penalty in the U.S."

**Monday, September 9, 2002**

**7:00 p.m., K-State Student Union**

Book Signing in the Union Immediately Following Sister Helen's Lecture

Sponsored by UFM Community Learning Center  
Additional Speakers Will Be Announced in the Fall UFM Catalog



# Recreation & Dance

1221 THURSTON

539-8763

## Introduction to Golf

RH-01a

Get some fresh air and find out if golf is the sport for you. This is a short course geared for beginning and intermediate players. The fundamentals of the full swing, short game, pitching, chipping, and putting will be covered. 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 6, 13, 20, 27 (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 11, 18, 25, and August 1 (Thursday)  
Time: 7 - 8 pm  
Fee: \$36  
Location: Stagg Hill Golf Club  
441 Ft. Riley Blvd.

## 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 4 - 25 (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 4 - 25 (Tuesday)  
Time: 7:30 - 8:30 pm  
Fee: \$36  
Location: LP Washburn Rec Complex, KSU

## Archery for Adults

RH-17

This course provides men and women with instruction in target style archery. Emphasis is on the archery form currently used in Olympic sports. Participants will learn safety rules, scoring, stance, release of arrow, and execution of follow through. Information on basic equipment selection and set-up will also be taught and all equipment will be provided by the instructor. Techniques will be tailored to fit individual levels of advancement.

*Tom Korte*

Date: May 30 - July 18 (Thursday)  
Time: 7:45 - 9:45 pm  
Fee: \$63  
Location: 1125 Laramie Plaza (upstairs)  
No class July 4.

## Basic West Coast Swing

RH-20

West Coast Swing is a couple dance to music in 4/4 time and between 60 to 120 beats per minute. All types of music will be used (pop, RCB, Rock, Country, etc) This is a beginner level class as no prior dance experience is required. Class size is small and fun.

*Erik Holeman* has been involved in West Coast Swing since 1995, including competition level dancing. He feels dancing is to be enjoyed.

Date: June 21 - August 2 (Friday)  
Time: TBA - evenings  
Fee: \$26 individual/\$42 couple  
Location: UFM Fireplace Room  
No Class July 5

## Golf in Salina

RH-26

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.

*Steven Hardesty*

Date: May 22 - July 17 (Wednesday)  
Time: 1 - 3 pm  
Fee: \$115  
Location: Salina Municipal Golf Course  
2500 East Crawford, Salina  
No class July 3.

## Ballroom Dance

RH-27a

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 7 - August 9 (Friday)  
Time: 6:30 - 8 pm  
Fee: \$39 individual/\$72 couple  
Location: ECM Auditorium  
1021 Denison Ave.

## Ballroom Dance

RH-27b

*Michael Bennett* (776-7557)


Date: June 7 - August 9 (Friday)  
Time: 8 - 9:30 pm  
Fee: \$39 individual/\$72 couple  
Location: ECM Auditorium  
1021 Denison Ave.

## Ballroom Dance

RH-27c

*Michael Bennett* (776-7557)

Date: June 4 - August 6 (Tuesday)  
Time: 7 - 8:30 pm  
Fee: \$39 individual/\$72 couple  
Location: ECM Auditorium  
1021 Denison Ave.




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# Wellness

1221 THURSTON

539-8763

## Yoga for Body and Mind

WE-03

If you have any medical considerations, please contact the instructor before registering for the class.

"India's great gift to humanity is an accessible, practical approach to happiness. This is the gift of YOGA." T.K.V. Desikacher This class is open to everyone. We will use the breath and the body to help focus the mind. The student will participate in developing a personal practice which meets her/his unique needs. Please wear comfortable clothing that allows for full range of movement. It is best not to eat within two hours of class (a piece of fruit is ok). Bring a towel.

Ana Franklin (537-8224) has been practicing yoga for more than 25 years. Her parents were both students of T. Krishnamacharya and his son, T.K.V. Desikacher. Ana has been teaching since 1984. She took Teacher Training from Gary Kraftsow, also a student of T.K.V. Desikacher and author of Yoga for Wellness.

Date: June 5 - July 10 (Wednesday)  
Time: 8 - 9:30 am  
Fee: \$77  
Location: 520 North Juliette, Apartment 2

## Yoga for Pregnancy

WE-34

Expectant mothers will find this class helpful in several important areas: lowering stress, maintaining peace-of-mind, strengthening all the muscles needed during and after pregnancy, and increasing flexibility. Yoga can also stimulate the endocrine and other systems to keep you healthy. Experience the joy of moving your body and connecting with your feelings. Please wear comfortable clothing that allows free movement. Bring a towel.

Ana Franklin (537-8224)  
Date: June 4 - July 9 (Tuesday)  
Time: 4 - 5:30 pm  
Fee: \$77  
Location: 520 North Juliette, Apartment 2

## Yoga for Peace of Mind

WE-35

This is a restorative, relaxing class for everyone. The movements will be easy and we will be addressing such things as over-stress, insomnia and workaholicism. Bring a towel.

Ana Franklin (537-8224)  
Date: June 5 - July 10 (Wednesday)  
Time: 6 - 7:30 pm  
Fee: \$77  
Location: 520 North Juliette, Apartment 2

## Yoga After Forty

WE-36

It is never too late to learn how to care for yourself. People in this age group have wisdom on their side, and since we all are living longer these days, it is wise to maintain our body/mind. You will learn postures and breathing techniques and their proper use. Our goal is to establish a regular daily practice that is perfectly suited to each individual. Bring a towel.

Ana Franklin (537-8224)  
Date: June 6 - July 11 (Thursday)  
Time: 11 - 12:30 pm  
Fee: \$77  
Locations: 520 North Juliette Apartment 2

## Yoga for Wellness

WE-37a

This class is open to those who have had at least 6 weeks of yoga with an instructor. Refine your understanding of how to use asana and pranayama to improve specific areas, purify the body, and clear the mind. This knowledge will help you to be more spontaneous and creative with your personal practice. Bring a towel.

Ana Franklin (537-8224)  
Date: June 4 - July 9 (Tuesday)  
Time: 5:30 - 7 pm  
Fee: \$77  
Locations: 520 North Juliette Apartment 2

## Yoga for Wellness

WE-37b

Ana Franklin (537-8224)  
Date: June 5 - July 10 (Wednesday)  
Time: 4:30 - 6 pm  
Fee: \$77  
Locations: 520 North Juliette Apartment 2

## Yoga for New Moms

WE-38

New moms, more than most of us, have trouble finding time for themselves. This class will inspire new moms to take better care of themselves, the care-giver. It will also be a much needed mini-vacation from your busy day. Find someone to stay with the baby for just 90 minutes and please join us! Bring a towel.

Ana Franklin (537-8224)  
Date: June 6 - July 11 (Thursday)  
Time: 5:30 - 7 pm  
Fee: \$77  
Location: 520 North Juliette, Apartment 2

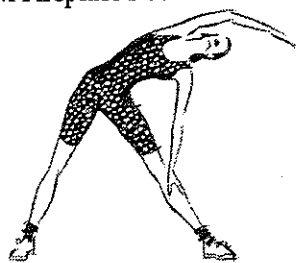
## Intermediate & Advanced Tai Chi Chuan

WE-40a

The popular Yang style "Short Form" of Tai Chi Chuan will be introduced. Each class will focus on the strengthening postures of the form. The ancient art of Tai Chi Chuan has proven to be an effective method for achieving relaxation, health, and well being. Tai Chi Chuan 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 Chuan practitioner. She studied under the tutelage of Jane and Bataan Faigo, advanced students of Master Cheng Man-Ching. She has been dedicated to the practice for nine years.

Date: June 3 - July 1 (Monday and Wednesday)  
Time: 6:30 - 7:30 pm  
Fee: \$63  
Location: UFM Fireplace Room



## Intermediate & Advanced Tai Chi Chuan

WE-40b

Karena Kimble

Date: July 3 - 31 (Monday and Wednesday)  
Time: 6:30 - 7:30 pm  
Fee: \$63  
Location: UFM Fireplace Room

## More Yoga to Heal the Body

WE-15

This class is a good way to continue Yoga for returning as well as new students. We will learn restorative asanas (poses) for back and shoulder pain, headaches and digestive problems. Barbara will assist you with your physical needs and help you to develop your personal practice. We do Flow/Iyengar style practice, breathing and have more time to meditate. This is a great way to relax and heal your body.

Barbara Ouelette (776-4396) has been a Yoga student for 6 years. She uses Hatha Iyengar Style. Barbara has been teaching for 2 years. In her free time she studies to become an herbalist and helps out at the herbal department at People's Grocery.

Date: June 5 - 26 (Wednesday)  
Time: 7 - 8:15 pm  
Fee: \$38  
Location: First Congregational Church  
700 Poyntz

## Intro to Yoga with Barbara

WE-28

This is a great way to learn about Yoga. You will be introduced to basic poses, breath exercises, and meditation. Yoga can be used to relieve back and shoulder pain, headaches, and for relaxation. Required for class: Wear comfortable clothing, bring a exercise mat or bath towel, and a firm blanket for sitting.

Barbara Ouelette

Date: June 5 - 26 (Wednesday)  
Time: 10 - 11:15 am  
Fee: \$38  
Location: First Congregational Church  
700 Poyntz Avenue

## Beginning Tai Chi Chuan


WE-18a

The popular Yang style "Short Form" of Tai Chi Chuan will be introduced. Each class will focus on the strengthening postures of the form. The ancient art of Tai Chi Chuan has proven to be an effective method for achieving Relaxation, Health, and well being. Tai Chi Chuan 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 Chuan practitioner. She studied under the tutelage of Jane and Bataan Faigo, advanced students of Master Cheng Man-Ching. She has been dedicated to the practice for nine years.

Date: June 3 - July 1 (Monday and Wednesday)  
Time: 5:30 - 6:30 pm  
Fee: \$63  
Location: UFM Fireplace Room

### The Yoga Connection



Ana Franklin

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537-8224



WELLNESS (Continued)

**Beginning Tai Chi Chuan**

WE-18b

*Karena Kimble*

Date: July 3 - 31 (Monday and Wednesday)  
Time: 5:30 - 6:30 pm  
Fee: \$63  
Location: UFM Fireplace Room

**Mind and Body Treat**

WE-39

A day to treat yourself to yoga and tai chi for the beginner or advanced student. The instructors will guide the participants in yoga in the morning session and tai chi in the afternoon session. Tai chi and yoga are ancient techniques for achieving relaxation and health.

*Barbara Ouelette and Karena Kimble*

Date: June 1 (Saturday)  
Time: 11 - 1 pm  
Fee: \$40  
Location: UFM Fireplace Room



**Enneagram: Nine Ways of Being in the World**

WE-32

The Enneagram (pronounced ANY-a-gram and meaning 9 models, or world views) is a system of personality typing from sacred psychology which helps us to identify the central motivations of our own character, the particular patterns of how we think, feel, and act. It also is a tool for helping us enter the realities of people different from ourselves, to see the world as they see it. Thus it is a tool for compassion as well as self-knowledge. The system is dynamic, explaining the nuances of personality as well as the relationships among types. Knowledge of the Enneagram can bring positive change into our life and relationships. The class will provide an overview of this profound system.

*Karma Smith-Grindell* has been studying and using the Enneagram since she was first introduced to it when a student at Pendle Hill (a Quaker center for study and contemplation) in 1984-85 and has found it helpful in her personal and professional life. She has studied with several preeminent teachers in the newly emerging field of Enneagram Studies, most intensively with Helen Palmer; also with Riso and Hudson; Beesing and O'Leary and others. She attended the first International Enneagram Conference at Stanford University in 1994. She has, by request, taught to small groups in private settings several times over the last ten years.

Date: June 3, 10, 17 (Monday)  
Time: 7 - 9 pm  
Fee: \$14  
Location: UFM Conference Room

**Jin Shin Jyutsu: A Self-Help Class Part I**

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). Part II may be taken before Part I.

*Karma Smith-Grindell* (539-3733) is retired from professional careers in teaching and homecare and hospice nursing. Her avocation for more than twenty-five years has been the study of a variety of mind-body practices including Alexander Technique Swedish/Esalen massage, Therapeutic Touch, and Jin Shin Jyutsu. Since 1995 her main focus has been Jin Shin Jyutsu. She is a certified Jin Shin Jyutsu practitioner and self-help instructor.

Date: June 8 (Saturday)  
Time: 9 - 4 pm (12 - 1 pm lunch break)  
Fee: \$14  
Location: UFM Conference Room

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## WELLNESS (Continued)

### Jin Shin Jyutsu Self -Help Part II WE-02

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. Part II may be taken before part I.

Karma Smith-Grindell (539-3733)

Date: June 15 (Saturday)  
Time: 9 - 4 pm (12 - 1 pm lunch break)  
Fee: \$14  
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.

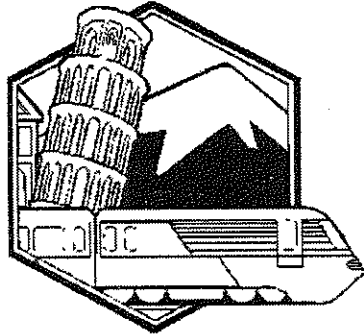
Date: June 6, 13, 27 and July 11, 18 (Thursday)  
Time: 5:30 - 6:15 pm  
Fee: \$31  
Location: UFM Multipurpose Room

### Falun Dafa WE-20

Falun Dafa is a meditation system to improve spirit, mind and body. Since its introduction in 1992, Falun Dafa has attracted more than 100 million people over the world for its powerful mechanism in healing, stress relief, and health improvement. Falun Dafa has a set of five exercises. Four involve physical movements and one is a meditation exercise. The exercises are exceptionally powerful and effective even though they are simple and easy to learn. New students are welcome to attend any of the ongoing classes. No prior experience is necessary.

Haidi Tu (395-5593) haidy\_tu@hotmail.com  
Wei Zou (532-0168) weiazou@ksu.edu

Date: May 20 - August 9 (Mon - Thurs & Sun)  
Time: 7:30 - 8:30 pm  
Fee: N/C  
Location: Justin Hall, Room 341, KSU



# Language

1221 THURSTON

539-8763

### ESL: English as a Second Language LA-01a

This class is designed for beginners with a minimal knowledge of English or intermediate level students who wish to develop skills in speaking, reading, and writing. Emphasis will be on conversation and everyday situations such as making an appointment or speaking with a doctor.

Rachel Greenwood has 25 years teaching experience and has taught ESL for 10 years. She has a Masters degree in Adult Education from K-State and has taught in the U.S. and in Latin America.

Date: July 8 - July 31 (Monday & Wednesday)  
Time: 5 - 6:30 pm  
Fee: \$50  
Location: UFM Multipurpose Room

### Beginning Chinese LA-12

This course teaches the basic knowledge of Chinese. Students will learn some skills in speaking, reading, and listening. Students will learn the Chinese culture from this course.

Jui Jung Huang (Daisy) is from Taiwan. She is a graduate student at KSU. She is currently pursuing her PhD in Technology Education. She has experience in teaching Chinese at a church in Manhattan. She likes to share the Chinese culture with people, and she is enthusiastic in teaching Chinese.

Date: May 31 - June 28 (Friday)  
Time: 7:30 - 8:30 pm  
Fee: \$33  
Location: UFM Conference Room

### 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, is 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 4 - June 26 (Tuesday & Wednesday)  
Time: 10 - 11 am  
Fee: \$40  
Location: UFM Greenhouse

### French Language LA-02b

Emilie Rabbat

Date: July 9 - July 31 (Tuesday & Wednesday)  
Time: 10 - 11 am  
Fee: \$40  
Location: UFM Greenhouse

### 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.

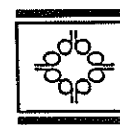
Date: June 4 - June 27 (Tuesday and Thursday)  
Time: 7:30 - 8:30 pm  
Fee: \$56  
Location: Justin Hall, Room 149, KSU

### 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 30 - August 15 (Tuesday and Thursday)  
Time: 7:30 - 8:30 pm  
Fee: \$41  
Location: Justin Hall, Room 149, KSU



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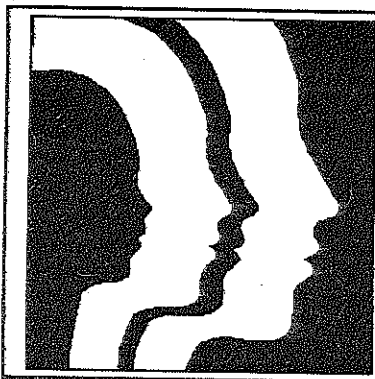
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# Personal Development

1221 THURSTON

539-8763

## SHARP Self-Defense for Women SP-01

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

*Diana Tarver* (827-7302) has a black belt in Taekwondo and Hapkido and is a certified instructor with the American Taekwondo Association. She has 18 years experience teaching martial arts, police defensive tactics and Sexual Harassment Assault and Rape Prevention for Women.

Date: July 11 (Thursday)  
Time: 6:30 - 9:30 pm  
Fee: \$18 individual/\$30 mother-daughter (additional \$10 per child) (13+ and older)  
Location: First Lutheran Church basement  
930 Poyntz (Enter at North Door)

## SHARP "ER" SP-27

A Second Class in Self-Defense for Women. Announcing...by popular demand...a continuation of the SHARP Sexual Harassment, Assault and Rape prevention class for Women. This class will review information learned in the first session and allow more practice time on the physical techniques already introduced as well as introducing new techniques. In addition, there will be discussion of personal safety issues including date rape, living alone and travel concerns. Techniques for verbal self-defense will also be practiced. This class is open to any woman who has taken the first session in any previous semester or who is enrolled and attends the July 11th class.

*Diana Tarver* (827-7302)

Date: July 18 (Thursday)  
Time: 6:30 - 9:30 pm  
Fee: \$18 individual/\$30 mother-daughter (additional \$10 per child) (13+ and older)  
Location: First Lutheran Church basement  
930 Poyntz (Enter at North Door)

## Optimal Performance SP-19

Optimal Performance is an introduction to Educational Kinesiology. It teaches participants the Brain Gym activities for reducing stress. This experiential class gives you an understanding of the way you organize to learn and how to manage stress with tools for use immediately in your daily life activities. Learn to manage your own stress in the fast PACE of life and you can model these stress reduction techniques for those around you, young and old. This class is a must for anyone wanting to relax today and learn something useful for tomorrow. For more information go to [www.braingym.org](http://www.braingym.org)

*Judy Metcalf* has been certified to teach Brain Gym by the International Brain Gym organization since 1989. A physical educator in the public schools for 25 years, she has spent the past few years exploring the importance of movement to "life long learners". She loves sharing Brain Gym and what she has learned about the latest brain research, with students of all ages. She welcomes this opportunity to share and invites your participation in this May 25th introductory class.

Date: May 25 (Saturday)  
Time: 9:30 - 4:30 pm  
Fee: \$64  
Location: UFM Conference Room

## Women and Leadership SP-25

This class is designed for those who want to develop their leadership potential. You don't have to be 'in charge' of other people, have a title or have an official position to take this class. All you need is a desire to learn more about your own awareness and understanding of women's leadership. Some topics include women's styles of leadership, gender differences in communication, historical view of women and leadership, how self-esteem and body image influence leadership development, and social expectations of women's leadership.

*Mary Kay Siefers* (532-6099) is an assistant professor in Leadership Studies and Programs where she teaches Introduction to Leadership Concepts, Leadership Practice, and Women and Leadership. In addition to her classroom teaching, Mary Kay is co-developing a leadership camp for K-State students as well as co-advising a leadership development program for middle-school girls in the Manhattan area. Prior to earning her PhD from Kansas State University, Mary Kay taught English, speech, and journalism in the Kansas public school system for nine years.

Date: June 4, 6, 11, 13 (Tuesday and Thursday)  
Time: 7 - 9 pm  
Fee: \$16  
Location: Leadership Studies and Programs  
914 N. Manhattan Avenue

Look for children's art classes in the Youth Section of the catalog of page 18.

## Balance Your Busy Life SP-26

This workshop is for anyone who feels days go by too fast and accomplishments are too few. Going beyond time management to purpose, mission, and priorities, participants will discover what means most in life. During this time in our lives, we are all taking a second look at the meaning of life and how we fit into this new world. This workshop will take you through the process of identifying personal goals and objectives, setting life priorities and then exploring how to spend more meaningful time - not just more efficient time. You will be challenged to think as well as search your heart. You will leave with a useful tool you can use for a lifetime. You will need a notebook, paper, and a pen or pencil.

*Barbara Beck, Ph.D.*

Date: June 4, 11, 18, 25 (Tuesday)  
Time: 6:30 - 8:30 pm  
Fee: \$54  
Location: UFM Conference Room

## Clearing Clutter SP-12

Learn to clear your space to enhance your life. We'll examine the energetics of clutter and talk about the attitudes and ideas that enable us to let go. Liberate yourself! Recommended reading: *Clear Your Clutter with Feng Shui* by Karen Kingston.

After struggling for years with clutter, *Elizabeth Jankord* and *Kate Cashman* have been enjoying the effects of space clearing. They operate a consulting business, Clutter Busters.

Date: May 21, 28, and June 4 (Tuesday)  
Time: 7 - 9 pm  
Fee: \$24  
Location: 811 Colorado Street

Look for Language Classes for Children in the Youth Section of the catalog on page 18.

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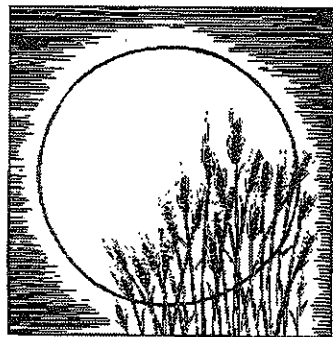


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The Manhattan Arts Center is funded in part by the Kansas Arts Commission, a state agency, and the National Endowment for the Arts, a federal agency. Additional funding comes from the City of Manhattan and MAC members and friends. MAC is a member of the Manhattan Area Arts & Humanities Coalition.







# Earth, Nature & Environment

1221 THURSTON

539-8763

## Fall Gardening

EN-09

Get extra mileage out of your garden space this year! Take advantage of Kansas' great autumn weather to plant a fall vegetable garden. The cooler temperatures result in better quality produce and less stress on you. Learn what to plant and when to plant for best results. We'll also discuss soil preparation, fertilizer needs, and give helpful tips for obtaining maximum seed germination and crop yields. Fall is the best time to grow vegetables!

Colleen Hampton (539-5934) is a seasoned Extension Master Gardener and a member of the Manhattan Community Garden and several local garden clubs.

Date: August 3 (Saturday)  
Time: 10 - 12 pm  
Fee: \$8  
Location: UFM Greenhouse

## Composting

EN-30

Composting: The Fine Art of Making "Black Gold" Instead of sending those bags of grass, lawn debris, and kitchen scraps to the landfill, compost them! This class will cover everything you need to know to create a successful compost pile. You choose how long you want the process to take and we'll show you the method. Finally, we'll discuss how to use your "black gold" to enhance your yard or garden.

Colleen Hampton (539-5934)

Date: June 22 (Saturday)  
Time: 10 - 12 pm  
Fee: \$8  
Location: UFM Greenhouse

## Reading Ancient History from the Rocks of Kansas

EN-38

Have you ever wondered how geologists reconstruct Earth's past history? Have you ever looked at the variety of rocks and fossils found in the Flint Hills (and perhaps in your backyard) and wondered what processes or events placed them there? This field trip to outcrops around Manhattan will introduce you to the concepts and principles that enable us to read ancient history from the rocks. You will not only learn about the geologic history of Kansas, but also learn to see fossils and rocks as pages in a history book.

Keith Miller (537-5066) is a research assistant professor in geology at K-State. His interests are in the history of life and in reconstructing how the Earth's environment and climate have changed over time. He has been studying the rocks of the Flint Hills for over 10 years and continues to learn new and exciting things. He enjoys nature and nature photography.

Date: June 15 (Saturday)  
Time: 9 - 12 pm  
Fee: \$8 individual/ \$12 family  
Location: Meet at UFM

## Fountain Building: Build Your Own Fountain

EN-39c

Barbara Beck, Ph.D.

Date: August 3 (Saturday)  
Time: 9 - 12 pm  
Fee: \$52 per fountain  
Location: UFM Greenhouse

## How to Grow Your Own Money Tree

EN-84

Have you heard about growing a money tree? Have you tried in the past, but failed despite your best efforts? Well, now you can learn how to grow your very own money tree in your own backyard. Learn the best time to plant and what growing conditions are needed for the best crop.

Buck Billionaire has studied trees for over 20 years and in his spare time he has been growing money trees for years.

Date: July 11 (Sunday)  
Time: 10 - 12 am  
Fee: \$29.95 per tree  
Location: Your own backyard

## Patio Gardening

EN-40

Don't have space or can't tear up the grass for a garden? Garden on your patio, porch, or deck! We'll discuss the best types of containers, soil, and fertilizers to help you grow many different flowers and vegetables with ease. Bring a 3 gallon pot and a bag of potting soil (enough to fill your pot) and we'll get you started with a zucchini or cucumber to take home. We'll discuss the easiest type of patio garden WATER gardens in containers. Find out everything you need to know to put together a container water garden in an evening.

Colleen Hampton

Date: May 21 (Tuesday)  
Time: 7 - 9 pm  
Fee: \$8  
Location: UFM Greenhouse

## Fountain Building: Build Your Own Fountain

EN-39a

A unique way to use those "found objects" you or your family have at home and make them into a creative and beautiful fountain you can use at home. So round-up all the rocks, shells, and other objects you have collected. Find a container that is around 2 inches deep and join us. We will provide the pump, tubing, adhesive, instruction, water, and fun! This is a great family project.

Barbara Beck, Ph.D. is new to Manhattan but brings many years of experience teaching. Barbara owns her own consulting business where she provides both hospital and school staff with life enhancing skills. Barbara's past experience includes directing a hospital based wellness center and teaching at the university level.

Date: June 8 (Saturday)  
Time: 9 - 12 pm  
Fee: \$52 per fountain  
Location: UFM Greenhouse

## Fountain Building: Build Your Own Fountain

EN-39b

Barbara Beck, Ph.D.

Date: July 13 (Saturday)  
Time: 9 - 12 pm  
Fee: \$52 per fountain  
Location: UFM Greenhouse

## Oak Grove School Summer Enrichment Program

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# Youth

1221 THURSTON

539-8763

## Introduction to Dance Ballet, Tap, and Jazz

YO-02

This is an introductory class designed to provide exposure to ballet, jazz, and tap steps for children ages 4-12. No dance experience or formal dance attire is needed.

*Randi Dale* (539-5767) has taught dance for 40 years. Her dance choir toured the Midwest and Europe. She is a certified teacher with a Masters degree in Education. In Spring 2002, her dance students performed Swan Lake Ballet with her original choreography designed for children.

Date: June 19, 26 (Wednesday)  
Time: 5:30 - 6:30 pm  
Fee: \$8  
Location: 2416 Rogers Blvd

## Children's Garden

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

## Art From Around the World (6 - 9 year-olds)

YO-10a

This class will introduce the cultural background of several art traditions from around the world through drama and storytelling. Each session everyone will create an art piece that explores the creative possibilities of various art forms. Each session will be focused on one of the creative arts, such as Indonesian puppetry, South American mask making, and more! The fun and exploration of various cultures and materials will be emphasized.

*Karena Kimble* is an artist and M.F.A. candidate. She has taught art to children in private and classroom settings for over twelve years. She has taught in Europe and the United States.

Date: June 1 - 22 (Saturday)  
Time: 9:30 - 11 am  
Fee: \$32  
Location: UFM Banquet Room

## Art From Around the World (6 - 9 year-olds)

YO-10b

*Karena Kimble*

Date: July 6 - 27 (Saturday)  
Time: 9:30 - 11 am  
Fee: \$32  
Location: UFM Banquet Room

## Art From Around the World (9 - 14 year-olds)

YO-11a

This class will introduce the cultural background of several art traditions from around the world through drama and storytelling. Each session everyone will create an art piece that explores the creative possibilities of various art forms. Each session will be focused on one of the creative arts, such as Indonesian puppetry, South American mask making, and more! The fun and exploration of various cultures and materials will be emphasized.

*Karena Kimble*

Date: June 3 - 26 (Monday and Wednesday)  
Time: 3:30 - 5 pm  
Fee: \$52  
Location: UFM Conference Room



## Art From Around the World (9 - 14 year-olds)

YO-11b

*Karena Kimble*

Date: July 1 - 24 (Monday and Wednesday)  
Time: 3:30 - 5 pm  
Fee: \$52  
Location: UFM Conference Room

## Clay Masks (6 year olds and up)

YO-12

This is a class for kids to explore their creative side. Several examples from other cultures will be shown to get creative juices flowing. The students will be using "Mexican" clay to mold their masks. The work will dry overnight and on Sunday the students will be provided paint and other objects to decorate these creations!

*Judy Boyer* has a BFA in Ceramics from Texas Tech University and an MFA in Painting from KSU. She has taught children's ceramics classes before in Manhattan.

Date: June 8 and 9 (Saturday and Sunday)  
Time: 10 - 12 pm (Saturday)  
2 - 3 pm (Sunday)  
Fee: \$28  
Location: UFM Fireplace Room

Historical Walking Tour of Aggieville is on page 9 of the catalog.

## Italian for Kids (Grades 3 - 6)

YO-13

It is common knowledge that children learn quickly, and especially in foreign languages. They may not remember all their vocabulary, but the foundation for proper pronunciation has been laid. Knowing one or more foreign languages has been proven to be helpful in other fields as well, such as music and science. In either class we will sing songs, play games, and learn some basic sentences. The purpose of this class is to introduce the children to the pronunciation of the Italian language.

*Petra Barnes* (537-7576) was born and raised in Germany and has a degree in Fashion Design and Drafting. She is fluent in English, Italian, and of course her native language German. She has earned a "Diploma di Profitto" at "Universita degli Studi di Firenze" in Italy.

Date: May 30, and June 6, 13 (Thursday)  
Time: 10 - 11:30 am  
Fee: \$21  
Location: UFM Conference Room

## German for Kids (Grades 3 - 6)

YO-14

It is common knowledge that children learn quickly, and especially in foreign languages. They may not remember all their vocabulary, but the foundation for proper pronunciation has been laid. Knowing one or more foreign languages has been proven to be helpful in other fields as well, such as music and science. In either class we will sing songs, play games, and learn some basic sentences. The purpose of this class is to introduce the children to the pronunciation of the German language.

*Petra Barnes* (537-7576)

Date: May 31, and June 7, 14 (Friday)  
Time: 10 - 11:30 am  
Fee: \$21  
Location: UFM Conference Room

## Drawing for Kids (Grades 3 - 6)

YO-15

Learn how simple rules can help you draw faces and achieve 3-D perspectives. We will also have some fun with optical illusions and make a flipbook/thumb movie.

*Petra Barnes* (537-7576)

Date: May 29, and June 5, 12 (Wednesday)  
Time: 10 - 11:30 am  
Fee: \$19  
Location: UFM Conference Room

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

## Golf in Salina RRES-200

**#89100**  
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.

*Steven Hardesty*

Date: May 22 - July 17 (Wednesday)  
Time: 1 - 3 pm  
Fee: \$147  
Location: Salina Municipal Golf Course  
2500 East Crawford, Salina  
No class July 3.

## Ballroom Dance DANCE 599

**#90400**  
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 are emphasized. The jitterbug, American waltz, foxtrot, and Latin steps will be taught.

*Instructor: Michael Bennett*

Date: June 7 - August 9 (Friday)  
Time: 6:30 - 8 pm  
Fee: \$145  
Location: ECM Auditorium  
1021 Denison Ave.

## Golf RRES-200

**#90404**  
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 5 - July 24 (Wednesday)  
Time: 6 - 8 pm  
Fee: \$158  
Location: Stagg Hill Golf Club  
4441 Ft. Riley Blvd.

## Archery RRES-200

**#90402**  
This course provides men and women with instruction in target style archery. Emphasis is on the archery form currently used in Olympic sports. Participants will learn safety rules, scoring, stance, release of arrow, and execution of follow through. Information on basic equipment selection and set-up will also be taught and all equipment will be provided by the instructor. Techniques will be tailored to fit individual levels of advancement.

*Instructor: Tom Korte*

Date: May 30 - July 18 (Thursday)  
Time: 7:45 - 9:45 pm  
Fee: \$140  
Location: 1125 Laramie Plaza  
No class July 4.

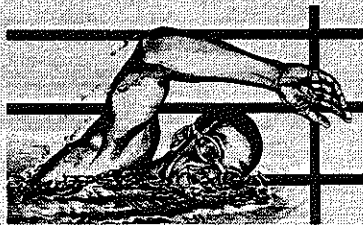


## Fitness Swimming

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 11 - July 30 (Tuesday/Thursday)  
Time: 6 - 7 pm  
Fee: \$125 Credit  
Location: TBA  
No class July 4.



## Scuba Diving RRES-200

**#90408**  
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 the certification. Travel and lodging are at the student's expense. Students must provide their own mask, fins, and snorkel.

*Instructor: Jeff Wilson*

Date: June 3 - July 8 (Monday)  
Time: 6:00 - 10:00 pm  
Fee: \$275  
Location: TBA

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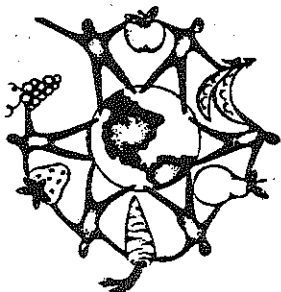
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**Register by Mail:** Complete the form below and mail it with your check, money order, or credit card to: UFM Class Registrations, 1221 Thurston, Manhattan, KS, 66502-5299.



**Register in Person:** Stop by the UFM house, 1221 Thurston between 8:30-12 & 1:00-5:00 (Monday thru Friday).

✓ **Flexible registration--**register by phone, mail, or in person

✓ **Discounts--**find the fake class and win \$1.00 off any UFM class. Youth scholarships are also available.

✓ **Enrollment office hours are between 8:30 & 12:00 and 1:00 & 5:00, Monday thru Friday.**

FOR YOU... One participant per form, please

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

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

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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
Check	_____	_____	_____	_____
Cash	_____	_____	_____	_____
Entered	_____	_____	_____	_____
Computer	_____	_____	_____	_____

**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 \_\_\_\_\_

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

Where did you obtain your catalog? \_\_\_\_\_  
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Signature\*\* \_\_\_\_\_ Date \_\_\_\_\_  
\*\*Signature of Parent or Guardian required for minors.

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Check	_____	_____	_____	_____
Cash	_____	_____	_____	_____
Entered	_____	_____	_____	_____
Computer	_____	_____	_____	_____