

**Summer Classes May-August 2003**

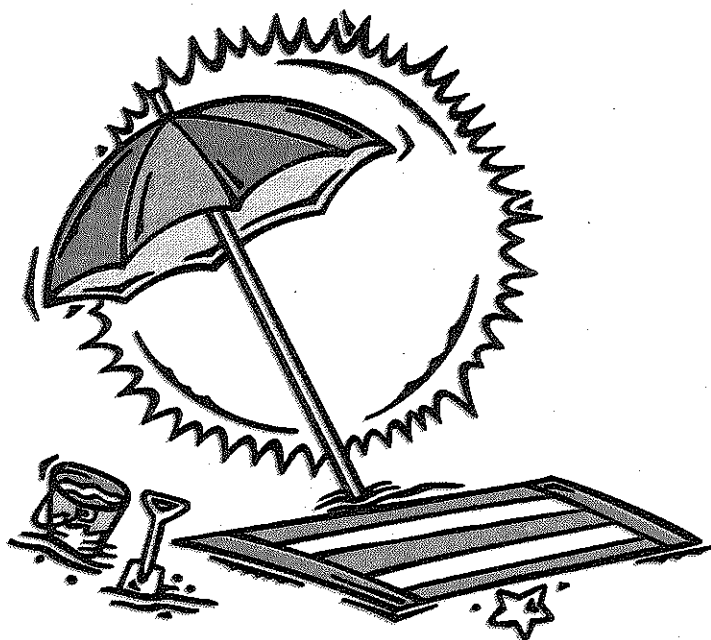
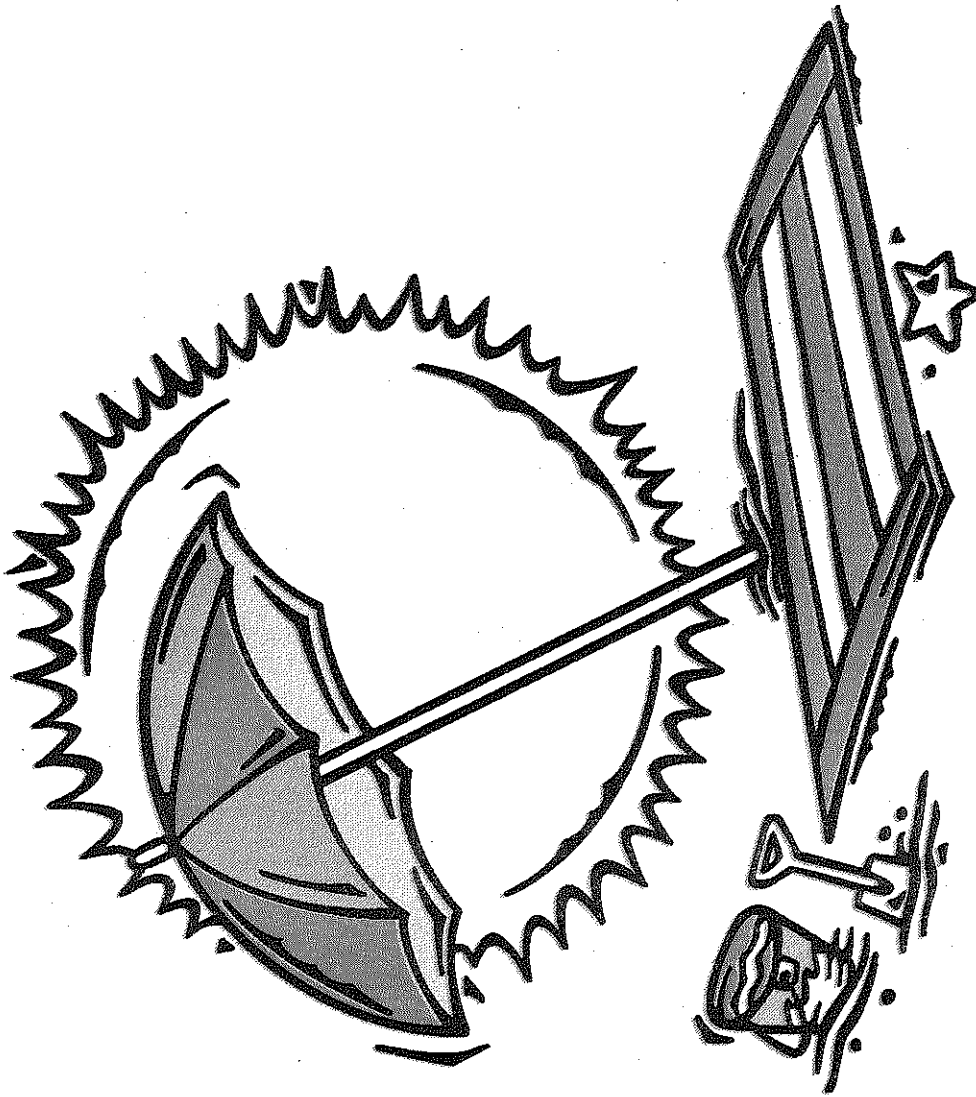
Martial Arts  
 . . .  
 Stained Glass  
 . . .  
 Swim Lessons  
 . . .  
 Golf

Tai Chi Chuan

. . .  
 Stamping

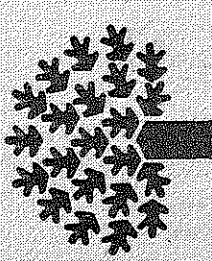
Middle Eastern Dance  
 . . .

and much more...




**Summer Classes May-August 2003**

Archery . . .	Doll Making . . .
Scrapbooking . . .	Screenwriting . . .
	Sewing Class



**UFM**  
**Community Learning Center**  
 2003 Summer Classes

Teaching • Learning • Growing  
 Vol. 35 Edition 2



Teaching • Learning • Growing

**UFM Community Learning Center**

2003 Summer Classes

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

OR CURRENT RESIDENT

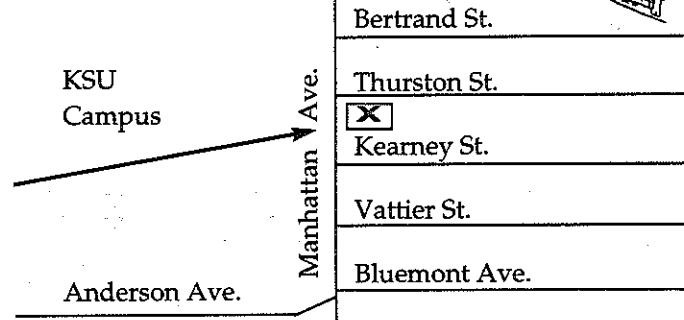
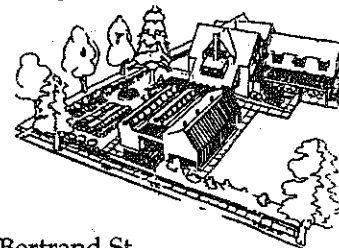
# Welcome to UFM Community Learning Center...

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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Adult Lessons	Rubber Stamping
Private Lessons	Stained Glass
Lap Swimming	Sew Basic
Hydroaerobics	Digital Video
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Archery	
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Golf	
Gardening	

### BOARD OF DIRECTORS

- |   |                   |
|---|-------------------|
| Larry Fry - <i>Chair</i>                      | Sue Maes          |
|   | Dick Hayter       |
| Shane Shanks - <i>Secretary</i>               | Candace White     |
|   | Robert Schaeffer  |
|   | Irmie Fallon      |
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|   | Heath Harding     |
|   | Michelle Krehbiel |
| Linda Inlow Teener - <i>President and CEO</i> | Chuck Havlicek    |
|   | Ronna Robertson   |
|   | Pat Fultz         |

### UFM Staff:

- Executive Director - Linda Inlow Teener
- Education Coordinator - Kristen Johnston
- Community Outreach Coordinator - Charlene Brownson
- Lou Douglas Lecture Series Coordinator - Olivia Collins
- Teen Mentoring Program Coordinator - Karen Roesch
- Office Coordinator - Calista Wilson
- 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.

## **!WANTED!** **Instructors to Teach**

- Tea Class
- Cooking Classes
- Fielded Trips
- Cultural Dance Classes
- Guitar

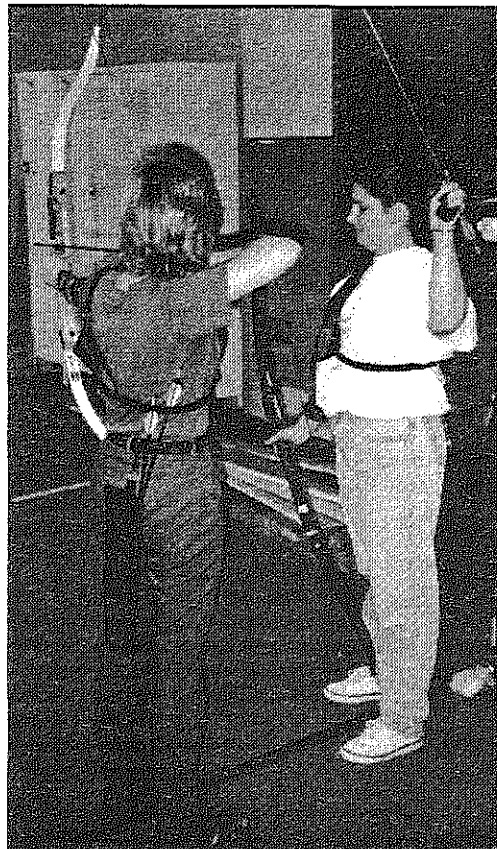
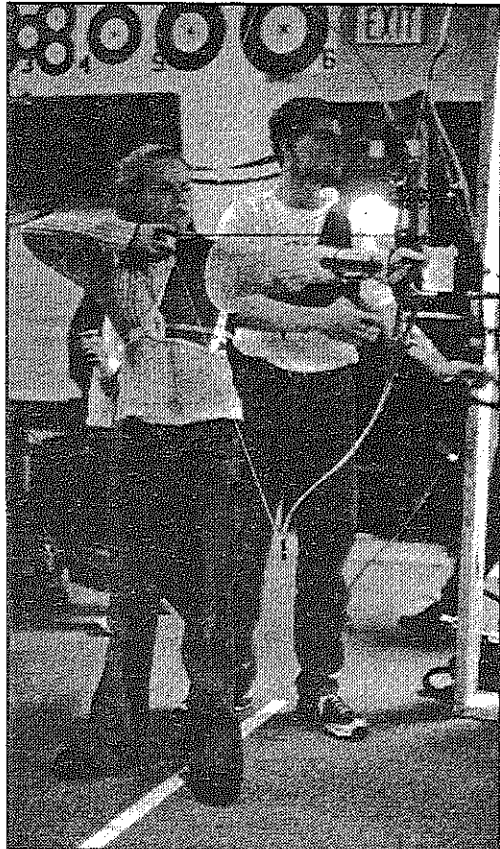
## Teach a Class at UFM

Teaching a class at UFM can enhance your business, be an instructional opportunity for students, be an opportunity to network with those who share your interests and be a nice way to meet people.

Call Kristen at UFM (539-8763) for more information.



# Featured Class



## Featured Instructor



**Tom  
Korte**

Tom Korte has lived in Manhattan since 1985. He has been involved with archery for 31 years and has competed at state and national tournaments. While looking to improve his technique, he became interested in sports pedagogy. He started coaching for 4-H Archery in 1991. Since then he has advanced to a Level Four National Coach through the National Archery Association. He is a Coaching Instructor for the NAA and travels to different states putting on coaching seminars. He has taught youth camps at the Olympic Training Centers in Chula Vista, CA, Colorado Springs, CO, and Lake Placid, NY and has attended seminars at these locations.

Tom teaches Olympic-style archery emphasizing simplicity and intrinsic motivation. He wants the student to become an archer first and winning to be a side effect. Tom especially enjoys seeing the moment the student stops struggling and lets the process flow. Tom has taught archery credit and noncredit classes at UFM for over three years. He is grateful for the wonderful response to sharing such a graceful sport.

Tom feels he is blessed with excellent mentors as well as devoted students in the archery club. Tom says, "They have made great game pigs." He also thanks fellow coaches, Rhonda Polak (NAA Level 4) and Lynn Schlegel (NAA Level 2) for their assistance in making classes flow smoothly.

## UFM INSTRUCTORS

Mohammad Alawin  
Petra Barnes  
Michael Bennett  
Charlene Brownson  
Kate Cashman  
Jody Church  
Sarah English  
Ana Franklin  
Jim Gregory  
Emme Hackney  
Colleen Hampton

Heath Harding  
Rob Hayes  
Tom Korte  
Mark Miller  
David Moore  
Emilie Rabbat  
Lori Randall  
Gordon Schmid  
Pam Schmid  
Heather Scott  
Karma Smith-Grindell

Sandy Snyder  
Carol Stites  
Dean Stramel  
Diana Tarver  
Mei Hwa Terhune  
Michael Tran  
Jeff Wilson  
Stan Wilson  
Chae Sun Yi  
Maya Zahira

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*

### ON CAMPUS REGISTRATIONS

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

DATE	TIME	LOCATION
June 2	10 am - 2 pm	KSU Union
June 3	10 am - 2 pm	KSU Union

Registration continues throughout the semester:  
UFM House — 1221 Thurston  
8:30 am - 5 pm closed 12 Noon - 1 pm

### MAILING YOUR REGISTRATION?

Class confirmations will not be sent unless requested. Consider yourself registered 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.

#### ANSWERING MACHINE

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

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.



# Make a Splash

## Learn to Swim Classes

UFM proudly teaches the American Red Cross Swim Lessons Levels 1 - 7, Parent/Infant and Parent/Tot, and Tot Transition. UFM also offers Private, Mini-Team, and adult swim classes. Small classes allow for carefully guided instruction in stroke technique and water safety. Water safety is reinforced with tips and practice each day. The first day of class each student is evaluated to assure that they are in the proper class. Students advance through the levels at their own rate and are moved to different class levels as space permits and skill advancement demands.

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.

Note: Minimum enrollment for all classes is 4. If less than 4 enroll, classes of the same level may be combined or cancelled.

PARENT'S DAY is scheduled to allow parents on deck to observe their child's progress. Each child will receive a progress report at this time as well as at the end of class.

### Parent's Day Dates:

- Session A: Friday, June 6
- Session B: Friday, June 20
- Session C: Friday, July 11
- Session D: Friday, July 25

## BEGINNING & ENDING DATES FOR SWIM LESSONS:

- Session A: Mon - Fri, June 2 - June 13
- Session B: Mon - Fri, June 16 - June 27
- Session C: Mon - Fri, July 7 - July 18
- Session D: Mon - Fri, July 21 - August 1

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  
AQ-01P 10 - 10:30 am  
AQ-02P 5:30 - 6 pm
- Session B: Mon/Wed/Fri  
AQ-03P 10 - 10:30 am  
AQ-04P 5:30 - 6 pm
- Session C: Mon/Wed/Fri  
AQ-05P 10 - 10:30 am  
AQ-06P 5:30 - 6 pm
- Session D: Mon/Wed/Fri  
AQ-07P 10 - 10:30 am  
AQ-08P 5:30 - 6 pm
- Fee: \$22 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  
AQ-01T 9:30 - 10 am  
AQ-02T 5:30 - 6 pm
- Session B: Mon/Wed/Fri  
AQ-03T 9:30 - 10 am  
AQ-04T 5:30 - 6 pm
- Session C: Mon/Wed/Fri  
AQ-05T 9:30 - 10 am  
AQ-06T 5:30 - 6 pm
- Session D: Mon/Wed/Fri  
AQ-07T 9:30 - 10 am  
AQ-08T 5:30 - 6 pm
- Fee: \$22 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  
AQ-01 10 - 10:40 am  
AQ-02 10:50 - 11:30 am  
AQ-03 6:15 - 6:55 pm
- Session B: Mon - Fri  
AQ-04 10 - 10:40 am  
AQ-05 10:50 - 11:30 am  
AQ-06 6:15 - 6:55 pm
- Session C: Mon - Fri  
AQ-07 10 - 10:40 am  
AQ-08 10:50 - 11:30 am  
AQ-09 6:15 - 6:55 pm
- Session D: Mon - Fri  
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  
AQ-13 10 - 10:40 am  
AQ-14 10:50 - 11:30 am  
AQ-15 6:15 - 6:55 pm
- Session B: Mon - Fri  
AQ-16 10 - 10:40 am  
AQ-17 10:50 - 11:30 am  
AQ-18 6:15 - 6:55 pm
- Session C: Mon - Fri  
AQ-19 10 - 10:40 am  
AQ-20 10:50 - 11:30 am  
AQ-21 6:15 - 6:55 pm
- Session D: Mon - Fri  
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  
AQ-25 10 - 10:40 am  
AQ-26 10:50 - 11:30 am  
AQ-27 6:15 - 6:55 pm
- Session B: Mon - Fri  
AQ-28 10 - 10:40 am  
AQ-29 10:50 - 11:30 am  
AQ-30 6:15 - 6:55 pm
- Session C: Mon - Fri  
AQ-31 10 - 10:40 am  
AQ-32 10:50 - 11:30 am  
AQ-33 6:15 - 6:55 pm
- Session D: Mon - Fri  
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  
AQ-37 10 - 10:40 am  
AQ-38 10:50 - 11:30 am  
AQ-39 6:15 - 6:55 pm
- Session B: Mon - Fri  
AQ-40 10 - 10:40 am  
AQ-41 10:50 - 11:30 am  
AQ-42 6:15 - 6:55 pm
- Session C: Mon - Fri  
AQ-43 10 - 10:40 am  
AQ-44 10:50 - 11:30 am  
AQ-45 6:15 - 6:55 pm
- Session D: Mon - Fri  
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  
AQ-49 10:50 - 11:30 am  
AQ-50 6:15 - 6:55 pm
- Session B: Mon - Fri  
AQ-51 10:50 - 11:30 am  
AQ-52 6:15 - 6:55 pm
- Session C: Mon - Fri  
AQ-53 10:50 - 11:30 am  
AQ-54 6:15 - 6:55 pm
- Session D: Mon - Fri  
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
- AQ-57 10:50 - 11:30 am
- AQ-58 6:15 - 6:55 pm
- Session B:** Mon - Fri
- AQ-59 10:50 - 11:30 am
- AQ-60 6:15 - 6:55 pm
- Session C:** Mon - Fri
- AQ-61 10:50 - 11:30 am
- AQ-62 6:15 - 6:55 pm
- Session D:** Mon - Fri
- 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
- AQ-65 10:50 - 11:30 am
- AQ-66 6:15 - 6:55 pm
- Session B:** Mon - Fri
- AQ-67 10:50 - 11:30 am
- AQ-68 6:15 - 6:55 pm
- Session C:** Mon - Fri
- AQ-69 10:50 - 11:30 am
- AQ-70 6:15 - 6:55 pm
- Session D:** Mon - Fri
- AQ-71 10:50 - 11:30 am
- AQ-72 6:15 - 6:55 pm
- Fee: \$43 per session

**Adult Swim Lessons**

Are you tired of sitting on the sidelines watching everyone else swim? Well, you don't need to anymore. Now's your chance to learn how to swim. This class is for adults who want to become comfortable in the water, add to their knowledge of personal safety, and increase enjoyment of their leisure time. No prerequisites. If enrollment is low, this class will be moved to private or semi-private lessons.

- Session B:** Mon - Fri
- AQ-73 6:15 - 6:55 pm
- Session D:** Mon - Fri
- AQ-74 6:15 - 6:55 pm
- Fee: \$43 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 2 - June 6
- Session A2:** Mon - Fri June 9 - June 13
- Session B1:** Mon - Fri June 16 - June 20
- Session B2:** Mon - Fri June 23 - June 27
- Session C1:** Mon - Fri July 7 - July 11
- Session C2:** Mon - Fri July 14 - July 18
- Session D1:** Mon - Fri July 21 - July 25
- Session D2:** Mon - Fri July 28 - August 1

- 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: \$52 per session

**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 21 (Sunday)
- Time: 5 - 7 pm
- Fee: N/C
- Location: KSU Natatorium

**Open Swim Appreciation**

For UFM swim participants and their parents.

- Date: July 26 (Sunday)
- Time: 5 - 7 pm
- Fee: N/C
- Location: 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 David Sexton 313-4572. For more information concerning Manhattan Marlins, see brochure near pool entrance.

- Session A:** Mon - Fri 6:15 - 6:55 pm
- AQ-107A
- Session C:** Mon - Fri 6:15 - 6:55 pm
- AQ-107C
- Fee: \$43 per session

**Lap Swimming Ages 13 plus**

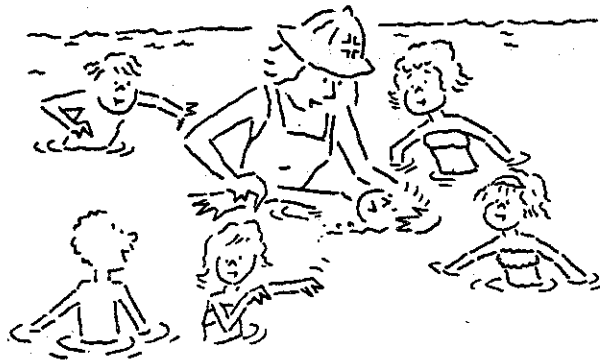
Lap swimming is for individual work-out. The lap pool is available to adults and advanced swimmers to swim regularly and frequently. You may choose your 40 minute block of time during the below scheduled times.

- Session A:** Mon - Fri
- AQ-75 10 - 11:30 am
- AQ-76 6 - 7 pm
- Session B:** Mon - Fri
- AQ-77 10 - 11:30 am
- AQ-78 6 - 7 pm
- Session C:** Mon - Fri
- AQ-79 10 - 11:30 am
- AQ-80 6 - 7 pm
- Session D:** Mon - Fri
- 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
- AQ-83 10 - 11:30 am
- AQ-84 6 - 7 pm
- Session B:** Mon - Fri
- AQ-85 10 - 11:30 am
- AQ-86 6 - 7 pm
- Session C:** Mon - Fri
- AQ-87 10 - 11:30 am
- AQ-88 6 - 7 pm
- Session D:** Mon - Fri
- AQ-89 10 - 11:30 am
- AQ-90 6 - 7 pm
- Fee: \$16 per session



**MANHATTAN MARLINS SWIM TEAM**



A non-profit organization dedicated to providing children the chance of participating in competitive swimming. Primary emphasis is 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 David Sexton 313-4572





**Shallow Water 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: June 2 - June 20**  
Monday-Friday (6:05-7:00 pm)  
AQ-91 (2 Times a week)  
AQ-92 (3 Times a week)  
AQ-93 (5 Times a week)

**Session B: June 23 - July 11**  
Monday-Friday (6:05-7:00)  
AQ-94 (2 Times a week)  
AQ-95 (3 Times a week)  
AQ-96 (5 Times a week)

**Session C: July 14 - August 1**  
Monday-Friday (6:05-7:00 p.m.)  
AQ-97 (2 Times a week)  
AQ-98 (3 Times a week)  
AQ-99 (5 Times a week)

**Fee:** \$16 for 2 Times a week per session  
\$18 for 3 Times a week per session  
\$22 for 5 Times a week per session

**Session D: June 2 - August 1**  
Monday - Friday (6:05-7:00 p.m.)  
AQ-101 (2 Times a week)  
AQ-102 (3 Times a week)  
AQ-103 (5 Times a week)

**Fee:** \$44 for 2 Times a week per semester  
\$50 for 3 Times a week per semester  
\$62 for 5 Times a week per semester

**Deep Water Hydroaerobics**

This semester we will be offering a deep water hydro aerobic class. This will be in the diving well of the Natatorium. The participants of the class will be issued an aqua-jogger belt to help provide buoyancy in the water. The structure for this class will be similar to regular hydro aerobic 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: June 3 - June 19**  
AQ-100A Tuesday & Thursday 6:05 - 7 pm

**Session B: June 24-July 10**  
AQ-100B Tuesday & Thursday 6:05-7 pm

**Session C: July 14 - July 31**  
AQ-100C Tuesday & Thursday 6:05 - 7 pm

**Fee:** \$16 per session

**Session D: June 3 - July 31**  
AQ-100D Tuesday & Thursday 6:05 - 7 pm

**Fee:** \$44 per semester

**Bookkeeping & Computer Services**

- ◆ Computerized Bookkeeping ◆ Newsletters
- ◆ Brochures ◆ Flyers

Call for brochure

Eunice Dorst

Tel/Fax (785)293-5690 Cell: 1-785-313-2549

E-mail: edorst@direcway.com

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

AQ-101

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 19 (Monday)  
Date: May 27, 28, 29 (Tuesday - Thursday)  
(Need only attend one of these dates)  
May 31 (Saturday)  
Time: 4 - 8 pm (Prerequisites)  
5:30 - 9:30 pm (Tuesday - Thursday)  
9 am-1 pm (Saturday)  
Fee: \$96

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.

**Scuba Diving**

AQ-103

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 masks, fins and snorkels.

There is a non-refundable material fee of \$50 for withdrawing from the class after the first day.

Jeff Wilson

Date: June 2 - July 7 (Monday)  
Time: 6 -10 pm  
Fee: \$230  
Location: YMCA, 1703 McFarland, Junction City



Look for classes for youth and families throughout the catalog

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# Take It Easy

## Living the Art: Jin Shin Jyutsu

**Self Help** WE-01  
The art of Jin Shin Jyutsu is a simple and powerful tool available to all. This class will focus on experiencing this art through self-help techniques and developing a daily practice to enhance well being. The ancient art of harmonizing the body's energy engages one in self awareness and recognizes the body's wisdom.

*Kate Cashman (537-1911) is a certified Jin Shin Jyutsu practitioner and self-help instructor.*

Date: June 9, 16, 30 (Monday)  
Time: 7:00 pm  
Fee: \$24  
Location: 811 Colorado

## Living the Art: The Jin Shin Jyutsu Specialists

WE-02  
This class focuses on "the specialists", the safety energy locks. In Jin Shin Jyutsu theory these are specific areas on the energetic pathways of the body. These specialists help deepen our understanding and awareness. Emphasis is on experiencing the art of Jin Shin Jyutsu and maintaining a daily practice.

*Kate Cashman (537-1911)*

Date: July 14, 21, 28 (Monday)  
Time: 7:00 pm  
Fee: \$24  
Location: 811 Colorado

## Self Massage for Pain Relief

WE-07  
Learn some self-massage routines to help with promotion of relaxation and relief of muscular aches, pains and tension. You will become familiarized with basic principles of therapeutic massage that can be adapted to meet your personal needs. Bring a blanket and/or pillow and wear loose clothing or shorts and a T-shirt.

*Sandy Snyder (537-3607) is a licensed Massage Therapist with 26 years experience. She is the owner of Lifecenter Bodywork and is experienced with Deep Tissue Massage, Sports massage, Reflexology, Baby and Pet Massage.*

Date: August 8 (Friday)  
Time: 7:00 pm  
Fee: \$15  
Location: UFM Fireplace Room

## Massage for Two

WE-08  
Come and learn the basic principles of therapeutic massage and understand how massage can help maintain health. Swedish-style massage, the most common style of massage, uses long glowing strokes. Emphasis of the class will be on the neck and back. Wear sports shorts and t-shirt. Each pair will need to bring a sleeping bag or thick blanket and 2 flat sheets. Pair may include mother-daughter, friends or couples.

*Sandy Snyder (537-3607)*

Date: August 7 (Thursday)  
Time: 8:00 pm  
Fee: \$26  
Location: UFM Fireplace Room

## Introduction to Reiki

WE-09a  
Reiki is a Japanese technique for stress reduction and realization that also promotes healing. It is based on the idea that an unseen "life force energy or Chi" flows through us and is what causes us to be alive. A treatment feels like a wonderful glowing radiance that flows through and around you. Reiki treats the whole person including body, emotions, mind and spirit, creating many beneficial effects that include relaxation and feelings of peace, security and well being. We will be working in stocking feet. Please bring a towel to class. Each class member will receive a sample treatment.

*Sarah English (539-4127) is a teaching Reiki Master, having received Master Level in 2000. She has been working with subtle energies, Feng Shui, Auras, and chakras since 1974.*

Date: May 19 (Monday)  
Time: 7 - 9:30 pm  
Fee: \$8  
Location: UFM Greenhouse

## Introduction to Reiki

WE-09b  
Date: June 21 (Saturday)  
Time: 9 - 11:30 am  
Fee: \$8  
Location: UFM Greenhouse

## Introduction to Reiki

WE-09c  
Date: July 21 (Monday)  
Time: 9 - 11:30 am  
Fee: \$8  
Location: UFM Greenhouse

## Introduction to Reiki

WE-09d  
Date: August 9 (Saturday)  
Time: 12 - 2:30 pm  
Fee: \$8  
Location: UFM Greenhouse

## Tai Chi Chaun for Beginners

WE-12  
Tai Chi Chaun is an ancient Chinese exercise to increase the balance and harmony of the body, mind, and spirit. The practice of Tai Chi Chaun will improve health and provide a positive social outlet. It is a system of physical exercise based on the principle of effortless breathing, rhythmic movement, and weight distribution. In this class we will learn the 24 movement Beijing style Tai Chi Chaun, the most popular form of Tai Chi inside and outside of China today. This exercise can be practiced by young and old, anytime, anyplace.

*Mei Hua Terhune is a native of China where she acquired her knowledge of Tai Chi Chaun while attending Ming Chuang University in Taipei, Taiwan. Her interest in Tai Chi Chaun has been ongoing and she has studied with several of today's prominent Chinese practitioners of the art.*

Date: May 21 - 28, June 4 - 25, July 2 - 9 (Wednesday)  
Time: 5:45 - 6:45 pm  
Fee: \$79  
Location: ECM Auditorium, 1021 Denison



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## Yoga for Beginners

WE-35a  
"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. You will participate in developing a personal practice which meets your 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. She received Teacher Training from Gary Kraftsow, the world renowned teacher of Viniyoga and author of the books Yoga for Wellness and Yoga for Transformation. Ana has been teaching yoga since 1984.*

Date: June 4 - 25 (Wednesday)  
Time: 6 - 7 pm  
Fee: \$48  
Location: 520 North Juliette, Apt.2

## Yoga for Beginners

WE-35b  
*Ana Franklin (537-8224)*


Date: July 9 - 30 (Wednesday)  
Time: 11:45 am - 12:45 pm  
Fee: \$48  
Location: 520 North Juliette, Apt.2

## Yoga for Wellness

WE-37  
This class is open to those who have had at least 4 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 be more spontaneous and creative with your personal practice. Bring a towel.

*Ana Franklin*

Date: May 21 - June 25 (Wednesday)  
Time: 11:45 am - 12:45 pm  
Fee: \$68  
Location: 520 North Juliette, Apt 2



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- ◆ Community support services
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# Kick Up Your Heels

## Ballroom Dance

RH-27b

Michael Bennett

Date: June 3 - August 5 (Tuesday)  
Time: 7:00 - 8:30 pm  
Fee: \$51 individual / \$92 couple  
Location: ECM Auditorium, 1021 Denison  
Available for KSU credit



## Middle Eastern Dance (Belly Dance) Level I

RH-11

Belly dance is an ancient ethnic dance form that supports creativity, fitness, healing and fun. It is effective in connecting individuals with their own bodies, with their inner strength and self-esteem. Belly dance is also excellent exercise for flexibility, strength, endurance and weight loss. It is appropriate for people of all ages, shapes and sizes and it is gentle enough for people of all fitness levels, including those with previous injuries or physical limitations. Come join us for creative movement and exercise in a positive and fun setting! Geared toward ages 14+.

Maya Zahira began studying belly dance in 1999 under the instruction of Saudi-born Ferdoas Afani. Shortly thereafter, Maya traveled to New York City, where she studied at Serena Studio in the Theater District. Maya has taken Middle Eastern classes and workshops from several well-known teachers in the Kansas City area, including Masani Azura, Jemira Ali, Roya, Zada al Gaziye, Siham Ali, and Zaina Ali. In addition, Maya regularly travels to workshops taught by world-renowned belly dancers including Suhaila Salimpour, Ansuya, and Sahra. Maya's dance performances include restaurant dancing, international fairs, sidewalk sales and The K.C. Renaissance Festival. Maya also teaches weekly belly dance classes in Lawrence and Kansas City.

Date: May 29 - July 3 (Thursday)  
Time: 5:30-6:30 pm  
Fee: \$40  
Location: Ahearn Fieldhouse, Room 303, KSU

## Middle Eastern Dance Level II

RH-12

This class is for those students who have taken at least one session of Level I Middle Eastern Dance. Students in this class will be taught additional dance movements and combinations, choreography and veil work. Class size is limited to provide more individualized attention.

Maya Zahira

Date: May 29 - July 3 (Thursday)  
Time: 6:45-7:45 pm  
Fee: \$40  
Location: Ahearn Fieldhouse, Room 303, KSU

## Middle Eastern Dance Level III

RH-14

This class is for students who love to belly dance and are ready for a challenge. Students in this class will be taught additional dance movements and combinations, choreography, veil work, finger cymbals and floor work. Class size is limited to provide more individualized attention.

Maya Zahira

Date: May 29 - July 3 (Thursday)  
Time: 8-9 pm  
Fee: \$40  
Location: Ahearn Fieldhouse, Room 303, KSU

## SHARP Self Defense for Women SP-01a

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. 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. 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 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 24 (Thursday)  
Time: 6:30 - 9:30 pm  
Fee: \$18 individual / \$30 mother/daughter  
Location: 1st Lutheran Church, 930 Poyntz Avenue

## SHARP Self Defense for Women SP-01b

Diana Tarver

Date: July 25 (Friday)  
Time: 6:30 - 9:30 pm  
Fee: \$18 individual / \$30 mother/daughter  
Location: 1st Lutheran Church, 930 Poyntz Avenue

## Ballroom Dance

RH-27a

This class is an introduction to the principles of ballroom dancing which includes dance terminology, dance position, correct body alignment and positions, and partnering. Techniques such as open and close positions, leading and following, and a variety of steps will be emphasized. The jitterbug, American waltz, foxtrot, and Latin steps will be taught. Partners are not necessary.

Michael Bennett

Date: May 30 - August 8 (Friday)  
Time: 6:30 - 8:00 pm  
Fee: \$51 individual / \$92 couple  
Location: ECM Auditorium, 1021 Denison  
No class July 4  
Available for KSU credit

## Honorable Tiger Society (Lao Hu Pai) Kung Fu

MA-09

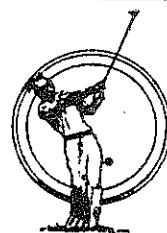
Students will learn and be promoted in a unique system that has its origin from China (Tibet) and Japan (Okinawa). Students start out with basic stances, blocks, punches, kicks, coordination exercises, and forms. Students will soon learn take downs, throws and opponent control (similar to jujutsu and chi na). Animal fighting techniques and forms will also be taught as students advance. Age 14+

Dr. Michael Tran (341-1573) has been actively practicing martial arts for the past 15 years. He holds a 2nd degree black belt (sensei level) in Lao Hu Pai Kung Fu, 1st degree black in Won Hop Loong Chuan Kung Fu, and a 1st degree black in Goshin Aikijutsu. He has extensive training in other systems including: Vovinam, Shaolin Long Fist and Preying Mantis.

Date: May 21 - August 6 (Wednesday)  
Time: 6 - 8 pm  
Fee: \$41  
Location: Ahearn Fieldhouse, Room 303, KSU

## More "Kick Up Your Heels"

classes can be found on page 9



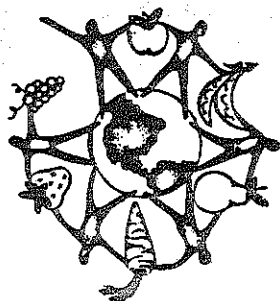
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## KICK UP YOUR HEELS (Cont'd)

### Tae Kwon Do I

MA-01

Tae Kwon Do is an effective way to unify the mind and body. It helps develop one's health by increasing cardiovascular ability, strength, balance and flexibility. Along with these benefits one can gain more self-confidence, self-discipline, respect, and better focus. Together, they combine into a powerful self-defense against any attacker. Anyone can begin from their present condition and enjoy continued success through Tae Kwon Do. TKD I is for beginners.

Age 9 +

\*\*Tuesday, May 27, at 7:00 pm, a public demonstration and formal introduction of instructors will be conducted in Ahearn Field House, KSU.

*Grand Master Chae Sun Yi (785-266-8662) is the founder, president and chief instructor of Sun Yi's Academy and the Traditional Tae Kwon Do Association. He is a 9th Degree Black Belt and an internationally certified instructor. For over 40 years he has been instructing students of all ages and races. The classes at Kansas State University have been held since 1975.*

*Instructor Jr. Master David Moore is a 4th degree Black Belt and a nationally certified instructor. He has been studying TKD for over 12 years. He has also been teaching at KSU for over 4 years.*

Date: May 27 - August 7 (Tuesday & Thursday)

Time: 6:30 - 7:30 pm

Fee: \$48

Location: Ahearn Field house Room 301, KSU

### Tae Kwon Do II

MA-02

TKD II is for advanced learners.

*Grand Master Chae Sun Yi (785-266-8662) Instructor Jr. Master David Moore*

Date: May 27 - August 7 (Tuesday & Thursday)

Time: 7:30 - 8:30 pm

Fee: \$48

Location: Ahearn Field House, Room 301, KSU

### White Phoenix System

MA-07

In this class we will go over basic Kung Fu solo techniques and 20 two person Jujutsu self-defense techniques. These techniques are the foundation of the White Phoenix System. This class will give you an overview of striking and kicking and grappling defenses. The White Phoenix System is a self-defense oriented martial art. Ages 16+

*Stan Wilson (539-7723) has been practicing martial arts since 1970. He is the founder of the White Phoenix System and has a black belt in Hakkoryu Jujutsu and black sashes in White Dragon Kung Fu, Mew Hing's 18 Taoist Palms Kung Fu and Zee Dolum Kung Fu.*

Date: June 2 - July 21 (Monday)

Time: 8 - 9 pm

Fee: \$42 includes 3 manuals

Location: Ahearn Field house, Room 303, KSU

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# Get Up & GO

### Archery for Adults

RH-17

This course provides men and women 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. All equipment will be provided by the instructor. Techniques will be tailored to fit individual levels of advancement.

Tom Korte

Date: June 16-August 11 (Monday)

Time: 7:45 - 9:45 pm

Fee: \$38

Location: 1125 Laramie Plaza, upstairs

No class on 7/28

### Archery for Families

RH-13

Join us for some fun for the whole family! Archery can be a simple, life-long sport that anyone in the family can enjoy. The instructor will provide all equipment and gear the class toward each individual's needs. Come and have fun with your family and learn a new sport together. Ages 8+

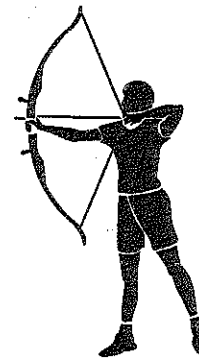
Tom Korte

Date: June 22, 29 and July 13, 20 (Sunday)

Time: 6 - 7:00 pm

Fee: \$42 Family

Location: 1125 Laramie Plaza, upstairs



### Archery for Youth

YO-09

The main focus of this course will be to introduce youth to Archery and learn the important basics of the sport. This is a great sport geared toward individual achievement. Classes will be structured around key points needed for good form, safety and introduction to the world of archery. All equipment will be provided by the instructor. Ages 8+

*Tom Korte is a certified national archery instructor NAA level 4. Tom has helped his students compete at a national level and has produced a national champion. He has many years of coaching experience including Archery Instructor for 4-H and shooting Sports Director for Boy Scout Camp. He is presently coaching JOAD club, Manhattan Royal Archers.*

Date: June 23-July 14 (Monday)

Time: 6:00-7:00 pm

Fee: \$18

Location: 1125 Laramie Plaza, upstairs

## More "Get Up & Go"

classes can be found on page 10

## 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
- Victorian Manhattan: Life in 1885  
• 1:00-5:00 Saturday 2:00-5:00 Sunday and by appointment

For more information, call 565-6490



**Night Walk on the Konza**

EN-08a

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

Dean Stramel

Date: June 6 (Friday)  
Time: 7:30 pm  
Fee: \$8 individual/ \$12 family  
Location: Meet at Konza Prairie Entrance  
Rain Date: June 7

**Night Walk on the Konza**

EN-08b

Dean Stramel

Date: August 15 (Friday)  
Time: 7:30 pm  
Fee: \$8 individual/ \$12 family  
Location: Meet at Konza Prairie Entrance  
Rain Date: August 16



**Perseid Meteor Shower**

EN-07

Meet us to view the Perseid Meteors. We can see the summer sky, and hope for a few bright meteors. Dean will explain what meteors are and why they sometimes come in showers. We will meet at the parking lot on the east end of Tuttle Dam. Bring a blanket or lawn chairs. We will stay out as late as people want to stay. If it is cloudy, call UFM for confirmation or call Dean at his home that evening at 770-8311. This is not a good year for the Perseids since they come at a full moon, but we'll have fun anyway.

Dean Stramel teaches Earth Science classes at Manhattan High School, East Campus. He has been sharing his knowledge of the sky for years and loves to meet people who share his interest in the night sky.

Date: August 11 (Monday)  
Time: 8:00 pm  
Fee: \$8 individual/ \$12 Family  
Location: East parking lot of Tuttle Dam  
Rain Date: August 12

*To have lost is to have dared; to have dared is to have succeeded!*  
—Anonymous

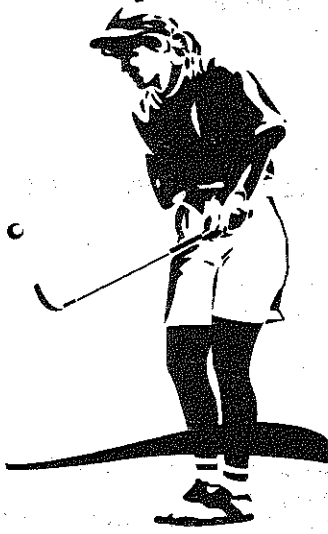
**Golf**

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 score card and handicaps.

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

Date: June 5, 12, 19, 26 (Thursday)  
Time: 7:00 pm  
Fee: \$36  
Location: Stagg Hill Golf Club



**Golf**

RH-01b

Jim Gregory (539-1041)

Date: July 10, 17, 24, 31 (Thursday)  
Time: 7:00 pm  
Fee: \$36  
Location: Stagg Hill Golf Club

**Golf**

RH-28

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.

Jim Gregory

Date: June 4 - July 23 (Wednesday)  
Time: 6 - 8 pm  
Fee: \$120  
Location: Stagg Hill Golf Club, 4441 Ft. Riley Blvd.  
Also Available for KSU Credit

**Fall Gardening and Beyond**

EN-09

Fall is the best time to grow many vegetables! Get extra mileage out of your garden space this year and take advantage of Kansas's 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. Discussion includes soil preparation, fertilizer needs, and helpful tips for obtaining maximum seed germination and crop yields. Finally, we'll discuss growing and harvesting some vegetables beyond the end of October! Imagine fresh veggies in the middle of winter and it can be accomplished without a greenhouse!

Colleen Hampton (539-5934) is a seasoned Riley County Extension Master Gardener who has a passion for all types of gardening. She has taught UFM gardening classes for over 10 years. She is a member of the Manhattan Community Garden and several local garden clubs. Colleen welcomes your questions and class participation.

Date: August 2 (Saturday)  
Time: 10:00 am - 12:00 pm  
Fee: \$8  
Location: UFM Greenhouse

**Composting: The Fine Art of Making "Black Gold"**

EN-30

Grass clippings piling up? Still have fallen leaves in the corners of your yard? Instead of sending those bags of grass, lawn debris and kitchen scraps to the landfill, compost them! Both your soil and plants will reap tremendous benefits with the addition of compost. And chances are, you either have all the tools and ingredients you need to make your own "black gold" or have access to some very affordable ones! 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. We'll also discuss the benefits of compost and the different ways to use it in your yard or garden.

Colleen Hampton

Date: May 31 (Saturday)  
Time: 10:00 am - 12:00 pm  
Fee: \$8  
Location: UFM Greenhouse

**Northern Flint Hills Audubon Chapter Summer Events**

"Kansas Amphibians: Are they in Decline?" by Joe Collins, University of Kansas Natural History Museum. Wednesday, May 21st, 7:30 p.m., 1014 Throckmorton Hall, KSU

"Grassland Grouse" by Paul Johnsgard, author of "Great Wildlife of the Great Plains" and more than 40 other books. Wednesday, June 18th, 7:30 p.m., 1014 Throckmorton Hall, KSU. A book signing at Claflin Books will accompany the talk.

Beginning Birdwatching:  
The second Saturday of each month.  
Meet in Ackert/Durland Hall parking lot, KSU, at 8 a.m. and an experienced birder will lead a carpool to a local birding spot. All ages welcome.

the chapter at NFHAS, P.O. Box 1932, Manhattan, KS 66505.

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# Imagine the Possibilities

## Safe and Creative Care of Family Photos CF-02a

Where are your photos? We all have everyday photos, heritage and special event photos and memorabilia and I will teach you quick, unique and fun ways to organize your photo projects. I can help you get your projects started. You will learn how to mount and journal your photos and memorabilia. Your albums will give you and your family a lifetime of enjoyment and a priceless heirloom to leave to future generations. Bring 10-15 of your latest pictures, preferably of one event for hands on practice. The fee covers materials used in class.

*Pam Schmid, Creative Memories Sr. Director, has been teaching classes since 1989.*

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

## Safe & Creative Care of Family Photos CF-02

*Pam Schmid*

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

## Rubber Stamping Basics CF-03a

Come and learn the basics of Rubber Stamping. You will learn the differences in inks, papers, stamps, and powders. We will cover basic techniques and embossing. (Supplies for three cards will be provided, which will be made in class.) Please bring the following to class; 12" paper cutter, adhesive, scoring tool, scissors and a heat tool. (if you don't have them you can share)

*Heather Scott (494-2505) is a published rubber stamp artist. She has been stamping for seven years. Let her help you catch the stamping bug, so you can create masterpieces of your own for friends and family.*

Date: May 27 (Tuesday)  
Time: 7 - 9 pm  
Fee: \$18  
Location: UFM Fireplace Room

## Rubber Stamping Basics CF-03b

*Heather Scott*

Date: August 4 (Monday)  
Time: 7 - 9 pm  
Fee: \$18  
Location: UFM Fireplace 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.

## Rubber Stamping: Beyond Basics II CF-04a

Want to take your stamping to the next level? In this class you will learn advanced stamping techniques such as Masking, Resist, using a stamp positioner, and various embellishment ideas! Learn to cover up your mistakes, and make several projects while learning new techniques.

*Heather Scott*

Date: June 16 (Monday)  
Time: 7 - 9 pm  
Fee: \$18  
Location: UFM Fireplace Room

## Rubber Stamping: Beyond Basics II CF-04b

*Heather Scott*

Date: August 5 (Tuesday)  
Time: 7 - 9 pm  
Fee: \$18  
Location: UFM Fireplace Room

## Rubber Stamping: Beyond Basics III CF-08

Add more stamping techniques to your repertoire with this class! We will learn to use a Brayer and a rainbow pad, learn Resist methods, do some Ultra Thick Embossing, Layer a card with vellum and even learn a little shading! You can never have too many stamping techniques!

*Heather Scott*

Date: July 21 (Monday)  
Time: 7 - 9 pm  
Fee: \$18  
Location: UFM Fireplace Room

## Dust Bunny Earmuffs CF-11

It's summertime and now that you have completed your Spring cleaning, let's recycle those wonderful dust bunnies by making earmuffs for next winter. The first session will be to design your earmuffs and the second session will cover advanced techniques including difficult stitches and adding color.

*Jean Clean has come up with tons of projects for dust bunnies and is very excited to share her newest creation with you.*

Date: July 7 - 15 (Saturday)  
Time: 9 - 11 pm  
Location: Your Home

## Christmas in July CF-14

Start making your Christmas gifts early this year! We will make a treasure box, glitter ornament, and notebook set with a beaded pen. These gifts will be sure to please your friends and family.

*Heather Scott*

Date: July 22 (Tuesday)  
Time: 7 - 9 pm  
Fee: \$22  
Location: UFM Fireplace 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, 3-D creations, windows and more. A supply list will be provided when you enroll.

*Petra Barnes*

Date: TBA (July) Saturday  
Time: 10:00 am - 1:00 pm  
Fee: \$49  
Location: 3446 Stonehenge Drive

## LIVE THEATRE

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the Swing Machine

Bird House  
Acoustic music series



## Salon Concert Series

Live music, gourmet food & beverages  
in private homes.



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OUTREACH



## GALLERIES

## The Red Inklings

(writers' group) 1st & 3rd Wednesday, 6:30 pm



Watercolor Studio  
Wednesday morning, 9-noon

## CLASSES

for all ages  
Star Struck Players  
Suzuki Violin  
Drawing  
Watercolor  
Show choir



FOR INFORMATION on any of our programs, to become a member or to be added to our mailing list, please call 537-4420, stop by 1520 Poyntz Ave. or e-mail [programs@manhattanarts.org](mailto:programs@manhattanarts.org)

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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.







**Sew Basic**

CF-49

This is an introductory sewing class for the complete beginner. No prior knowledge of sewing is required. If you have a sewing machine, but don't know where to begin, this is the class for you. We will cover basic machine operation, straight stitch, seam finishing, choosing a pattern and fabric, preparing fabric, layout and cutting, garment construction, sewing a lined bodice, hem stitching and much more. You will go home with a completed pullover jumper and the ability to sew simple skirts, sleeveless tops and jumpers. All material including fashion fabric and notions will be provided. Sewing machines will be available but you may bring your own. Please bring a notebook to class. Come early to set up. Please enroll early so that class materials can be ordered for you. The course fee is non-refundable within two weeks of class start. Optional wrap up class is scheduled for June 28th for those who need extra help.

*Emme Hackney is the owner of www.emmes\_garden.com. She sews dolls and dresses for mothers and daughters and others. She loves to help others get started on this wonderful pastime.*

Date: June 7 - 28 (Saturday)  
Time: 12:00 pm - 2:30 pm  
Fee: \$56  
Location: UFM Multipurpose Room

**Digital Video Disk (DVD) Editing Basics**

CF-48a

Do you have a stack of video tapes at home? Old 8mm tapes? Lots of slides? You will learn how to transfer these to an edited video or better yet put them on a DVD. A DVD will hold up to two hours of video. You will have the opportunity to make an edited movie with a menu that will take you right to that special occasion, kid's championship game, your parent's anniversary, the vows of your wedding, or Uncle Bob at the last reunion. Learn the basics necessary to produce a finished DVD project. The archival benefits of DVD for your precious video will be demonstrated and discussed.

*Gordon Schmid is from Council Grove. He has taught for 35 years in the 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 (Tuesday)  
Time: 7 - 9:30 pm  
Fee: \$25  
Location: UFM Greenhouse

**Digital Video Disk (DVD) Editing Basics**

CF-48b

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

**Fearless Singing**

CF-52a

Have you ever wished you could join in the singing at the ball game, karaoke, church or even in the car with the radio, but you were just too shy to do it? Then come join us for five fun, low-key sessions in which you'll learn how to talk about the notes, follow the notes and sing the notes with others or alone. Ages 12 + are welcome. This is a great family activity!

*Although currently a graduate student in the German department at the University of Wisconsin at Madison, Lori A. Randall has nine years experience working as a music/choir director and accompanist for various churches and even for a monastery in both her native Kansas and her adopted home, Wisconsin. Lori firmly believes that everyone can sing and takes great delight in helping others awaken the gift of music within themselves. In her spare time, she enjoys reading, biking, needlework, and singing duets with her technicolor parakeet, Bob Marley.*

Date: June 3 - July 1 (Tuesday)  
Time: 7 - 8 pm  
Fee: \$28  
Location: UFM Fireplace Room

**Fearless Singing**

CF-52b

*Lori A. Randall*  
Date: July 8 - 22 (Tuesday/Thursday)  
Time: 7 - 8 pm  
Fee: \$28  
Location: UFM Multipurpose Room

**Screen Writing: Tools of the Screen Writing Trade**

CF-68

You will learn how to turn your story idea into a professional screenplay and how to market it to the Hollywood community. This class centers on the business of being a screen writer. During the final class you will be encouraged to participate in a dramatic reading of students screenplays (excerpts), with refreshments and invited guests.

*Esther Luttrell is the author of "Tools of the Screen Writing Trade", which is the teaching material used exclusively by Harvard Square Screen Writers, Boston and in nearly every state. Ester learned screen writing during her time with CBS and MGM Studios, where she formerly worked in development and was the head of the Los Angeles based Star Craft agency's literary department.*

Date: June 5 - August 7 (Thursday)  
Time: 7 - 9 pm  
Fee: \$79  
Location: Multipurpose Room

**Waldorf Doll Making**

CF-61

Have you wanted to buy a Waldorf doll from Magic Cabin, but were put off by the \$120 price? Waldorf dolls are associated with the Waldorf educational movement led by Rudolf Steiner. Originally made in Germany, these dolls are part of the return to natural toys for children. You will learn construction techniques for an 18" soft fabric doll, including wrapping heads, inner and outer body construction, face embroidery, and wig making. A prior knowledge of basic hand sewing techniques is required. Please enroll early so that class materials can be ordered for you. The course fee is non-refundable within two weeks of class start. All materials will be provided, including Ironstone yarns in your choice of hair color, cotton knot skin in your choice of skin color and natural wool batting.

*Emme Hackney*  
Date: July 12 & 19 (Saturday)  
Time: 12 - 3  
Fee: \$87  
Location: UFM Fireplace Room

**Sew Frillies - an Introduction to Heirloom Sewing**

CF-66

This is an heirloom sewing class for the beginner. We will be making a lovely Victorian Era lingerie set, which retails for over \$150.00. Prior knowledge of clothing construction and machine operation is required. If you can sew a basic dress, you can take this class. We will cover lace insertion, tucks, french seams, hand sewn buttonholes and more as we construct a camisole (corset cover) and petticoat out of very fine cotton muslin and using Martha Pullens' laces. Basic fitting and pattern alteration techniques will be covered. Please bring a sewing machine to class. All materials including pattern included in class fee. Optional wrap up class scheduled for June 28th. Please enroll early so class supplies can be ordered. Course fee non-refundable 2 weeks prior to the beginning of class.

*Emme Hackney*  
Date: June 7 - 28 (Saturday)  
Time: 3 - 5:30 pm  
Fee: \$90  
Location: UFM Fireplace Room

**Sewing For Fun- Intro to Sewing for Children ages 7 - 12**

YO-05

We will learn basic hand sewing techniques in this fun class for children. We will complete a victorian box in two class sessions. We'll learn pinning, design layout and cutting, and raw edge applique. All materials will be provided. If you have an extra cookie tin, please bring it to class.

*Emme Hackney*  
Date: June 12 & 19 (Thursday)  
Time: 2 - 4 pm  
Fee: \$29  
Location: UFM Fireplace Room

**Introduction to Scrapbooking**

CF-17a

Scrapbooking has become one of the most popular hobbies in the US because you can preserve your memories while using your own style and creativity. In this class you will learn the basics of scrapbooking including tools, terminology and how to get started. Please bring 8 - 10 pictures from the same event to use on a 2 page layout, scissors, acid-free adhesive and a paper trimmer (if you have one). Card stock and basic tools will be provided in class, as well as extra supplies for birthday or Christmas theme layouts. If you have any special supplies or tools you would like to use, bring them along also.

*Jody Church has been scrapbooking for five years and has taught classes locally.*

Date: June 5 (Thursday)  
Time: 7 - 9 pm  
Fee: \$19  
Location: UFM Fireplace Room

**Introduction to Scrapbooking**

CF-17b

*Jody Church*  
Date: July 17 (Thursday)  
Time: 7 - 9 pm  
Fee: \$19  
Location: UFM Fireplace Room

**Scrapbooking: A Year of Titles**

CF-18

Make a unique layout title for each month of the year and learn a variety of scrapbook techniques in this class. January through June will be done in the first session and July through December in the second session. Please bring a 12" paper trimmer, scissors, adhesive and a black pen. The rest of the supplies will be provided at class. You will complete 12 layout titles in this two-session class.

*Jody Church*  
Date: June 11 & 18 (Wednesday)  
Time: 7 - 9 pm  
Fee: \$30  
Location: UFM Multipurpose Room



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# Sharpen Your Skills



## Learn How to Protect One of Your Most Important Financial Assets

**FC-12a**  
Life insurance. Do you have enough? Most people think they do but in reality many people are under-insured. In fact, one study showed that one out of every four widows spent their husband's death benefit within two months. This workshop will address some of the myths of life insurance and help you understand why it is so important to insure one of your most important assets: your income. We will look at several different ways to calculate how much life insurance is enough, which kind of insurance will be right for you and how to fit the cost of life insurance into your family budget.

*Rob Hayes (776-9382) graduated from Kansas State University with a Bachelor's degree in Family Financial Planning. Before finishing his education, he and his wife owned and operated a supermarket. He has over 20 years experience in management. Rob is a member of The Financial Planning Association and serves on the board of directors and as treasurer for People's Grocery Coop. Rob has lived in the Manhattan area for over 44 years. Rob is a Life Insurance Agent with Farmers Insurance Group and Registered Representative of Farmers Financial Solutions, LLC. His office is located in Manhattan, KS.*

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

## Learn how to Protect one of Your Most Important Financial Assets

**FC-12b**

*Rob Hayes (776-9382)*

Date: June 24 (Tuesday)  
Time: 7 pm  
Fee: \$8  
Location: UFM Conference Room

## Focus on Spending Plans

**FC-13a**

Are you interested in knowing how your money is being spent and how to measure your financial net worth? This workshop will help you examine the need to produce and follow a family budget, how to produce one and how often to review it. We will also address some of the potential barriers your family might encounter when producing a budget. We will discuss ways to remove these barriers to achieve your goals. This workshop will also help you and your family create a sound record keeping system to track your income and expenditures. If time permits, we will also help you produce a family net worth statement and look at some financial ratios that can help you track your financial health.

*Rob Hayes (776-9382)*

Date: June 17 (Tuesday)  
Time: 7 pm  
Fee: \$8  
Location: UFM Conference Room

## Focus on Spending Plans

**FC-13b**

*Rob Hayes (776-9382)*

Date: July 15 (Tuesday)  
Time: 7 pm  
Fee: \$8  
Location: UFM Conference Room

## Focus on Financial Management

**FC-14a**

Are you achieving all the financial goals and objectives you've set for yourself? Unfortunately for many people, the answer is no. Today, especially, it's easy to get set back, simply because of daily living expenses and paying bills. But identifying your goals and designing strategies to help meet those goals are key elements in a successful financial approach. Putting your money to work through careful planning can create a number of additional possibilities for success. It also gives you greater control over directing your financial future. Simply stated, a sound financial education could help you:

- Expand your world of opportunities and your potential for rewards
- Overcome the obstacles to financial success
- Make your money work smarter and harder for you
- Increase your net worth
- Reduce your taxes
- Design a plan that is tailored to your needs and changes as you do

Have more overall control of your financial affairs  
Just for attending the workshop, you'll receive a full-color, 20 page workbook on financial management. This invaluable resource consists of easy-to-understand work-sheets, exercises and questions designed to help you identify your needs and evaluate your options.

*Rob Hayes (776-9382)*

Date: June 3 (Tuesday)  
Time: 7 pm  
Fee: \$8  
Location: UFM Conference Room

## Focus on Financial Management

**FC-14b**

*Rob Hayes (776-9382)*

Date: July 10 (Thursday)  
Time: 7 pm  
Fee: \$8  
Location: UFM Conference Room

## Saving for Your Children's Education; Is it Out of Reach?

**FC-25**

Would you like to find out about the different plans available to fund your children or grandchildren's college or vocational education? Have you heard about the upromise program? When you make purchases (groceries, Real Estate, automobiles, and various services) a percent of your purchase may go into your upromise account. Learn the pros and cons about 529 plans, Coverdell IRA (educational IRA) and UGMA/ UTMA. Find out why many people don't start planning.

*Charlene Brownson*

Date: July 28 (Monday)  
Time: 7 - 8 pm  
Fee: \$8  
Location: UFM Conference Room

## Gain Control of Your Money & Become Debt-Free

**FC-01**

Is there too much money at the end of your pay-check? Do you have a plan to control the money that you make, spend and save? Are you spending too much on debt and insurance? This class will cover fees 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: July 14 (Monday)  
Time: 7 - 8:30 pm  
Fee: \$8 individual / \$12 couple  
Both Gain Control and 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*

Date: July 21 (Monday)  
Time: 7 - 8:30 pm  
Fee: \$8 individual / \$12 couple  
Both Gain Control and Investing  
\$10 individual / \$14 couple  
Location: UFM Conference Room

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# Expand Your Horizons

## Introduction to Arabic

LA-05  
This is a basic introduction to the Arabic Language. The class will include beginning reading, writing and speaking.

*Mohammad Alawin is a Ph.D. candidate in economics at KSU and is an international student from Jordan.*

Date: May 27 - July 3 (Tuesday/Thursday)  
Time: 7 - 8 pm  
Fee: \$46  
Location: UFM Conference Room

## Practical German

LA-06a  
This eight session course is designed for travelers and arm-chair travelers alike. Grammar lectures and exercises will provide students with the basic understanding of the language necessary to express themselves. Conversational activities will provide students with the opportunity to practice pronunciation and vital vocabulary items. Activities and exercises are also designed to increase the student's knowledge and appreciation of modern German culture. Ages 12 + are welcome.

*Lori A. Randall, a Manhattan native, graduated from KSU in 1996 and worked for six years as a musician before returning to school. She is currently a graduate student at the University of Wisconsin at Madison, working towards an MA and Ph.D. in German Linguistics and Second Language Acquisition. Her teaching experience includes two courses similar to "Practical German" at UW-Madison. Lori's special area of interest is reading as a means of culture and language acquisition, but she also has a great deal of expertise in the art of incurring and paying medical bills in foreign countries!*

Date: June 2 - 25 (Monday & Wednesday)  
Time: 7 - 8:15 pm  
Fee: \$39  
Location: UFM Multipurpose Room

## Practical German

LA-06b

*Lori A. Randall*  
Date: June 30 - July 23 (Monday & Wednesday)  
Time: 7 - 8:15 pm  
Fee: \$39  
Location: UFM Multipurpose Room

## French Language

LA-02a  
This class is an introduction to the French language. The emphasis will be on conversation, grammar, proper pronunciation and everyday 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 - 26 (Wednesday/Thursday)  
Time: 10 - 11 am  
Fee: \$41  
Location: UFM Fireplace Room.

## French Language

LA-02b

*Emilie Rabbat*  
Date: July 9 - 31 (Wednesday/Thursday)  
Time: 10-11 am  
Fee: \$41  
Location: UFM Fireplace Room

## Exploring the Wheels of Light

SP-06  
Is there more to us than the physical body? Are we greater than the sum of our parts? What is the body/mind connection? Are we connected to the Universal Mind and what the heck is it anyway? We will explore these questions and more by learning about the Wheels of Light. (Chakras and Auras)

*Sarah English (539-4127)*  
Date: May 28 - June 18 (Wednesday)  
Time: 7 - 9 pm  
Fee: \$16  
Location: UFM Conference Room

## Enneagram: Nine Ways of Being in the World

SP-02  
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 is also 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 (539-3733) has been studying and using the Enneagram since she was first introduced to it as 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; Beising and O'Leary and others. Karma 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: May 21, 28, June 4 (Wednesday)  
Time: 7 - 9 pm  
Fee: \$15  
Location: UFM Multipurpose Room

## Religion, Philosophy and the Occult

SP-07  
This class will be participant driven. Participants will determine the topics we will discuss. These topics will include religion, magick, occult, Wicca, parapsychology, metaphysics, philosophy and any other like topics of interest.

*Mark Miller (485-0169) is a Kansas native, born and raised. He is married with a child. He promotes religious freedom and has founded The Church of Religious Freedom. He has officiated many weddings and handfastings and has also done religious healing and cleansings. He has studied many faiths, the occult, magick, Wicca, and many other theologies since high school.*

Date: June 4 - August 6 (Wednesday)  
Time: 7 - 9 pm  
Fee: \$21  
Location: UFM Fireplace Room

## Men and Masculinity

SP-05  
This discussion based course will explore the construction of masculinity and its effect on men, women and society. We will explore topics such as: What does it mean to be a man?; How do boys and men prove they're "men"?; The impact of bullying; etc... This course will be open to men and women.

*Heath Harding has been interested in gender issues for many years. He is currently teaching in Leadership Studies and Programs at Kansas State University.*

Date: May 29 - June 26 (Thursday)  
Time: 7 - 8 pm  
Fee: \$28  
Location: Leadership Studies House, 914 N. Manhattan

## 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

RRES-200 #90407  
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.

*Jim Gregory*

Date: June 4 - July 23 (Wednesday)  
Time: 6 - 8 pm  
Fee: \$178  
Location: Stagg Hill Golf Club, 4441 Ft Riley Blvd

### Ballroom Dance

DANCE599 #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 will be emphasized. The jitterbug, American waltz, foxtrot, and Latin steps will be taught. Partners are not necessary.

*Michael Bennett*

Date: May 30 - August 8 (Friday)  
Time: 6:30 - 8:00 pm  
Fee: \$159  
Location: ECM Auditorium, 1021 Denison  
No class July 4

### Scuba Diving

RRES-200 #90411  
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.

There is a non-refundable material fee of \$50 for withdrawing from the class after the first day.

*Jeff Wilson*

Date: June 2 - July 7 (Monday)  
Time: 6 - 10 pm  
Fee: \$290  
Location: YMCA, 1703 McFarland, Junction City

### Archery for Adults

#92404  
This course provides men and women instruction in target style archery. Emphasis is on the archery form current safety rules, scoring, stance, release of arrow, and execution of follow through. Information on basic equipment selection and set-up will also be taught. All equipment will be provided by the instructor. Techniques will be tailored to fit individual levels of advancement.

*Tom Korte*

Date: June 16-August 11 (Monday)  
Time: 7:45 - 9:45 pm  
Fee: \$38  
Location: 1125 Laramie Plaza, upstairs  
No class on 7/28



**"Left Out of History: What your history book didn't tell you."**

Unitarian-Universalist Fellowship of  
Manhattan  
UU Fellowship Hall  
481 Zeandale Road  
7:00 p.m.

In its on-going mission to affirm the dignity and worth of all people, the Unitarian-Universalist Fellowship of Manhattan is offering a film series designed to provide historical perspectives to the contributions of Bisexual, Gay, Lesbian, and Transexual people.

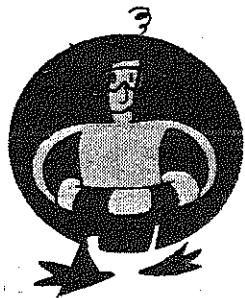
**Films to be shown:**

- May 5 DIFFERENT FROM THE OTHERS
- May 12 PARAGRAPH 175
- May 19 COMING OUT UNDER FIRE
- May 27 BEFORE STONEWALL
- June 2 THE TIMES OF HARVEY MILK
- June 9 I AM MY OWN WOMEN
- June 16 LIVING WITH PRIDE
- June 23 WORD IS OUT
- June 30 TONGUES UNITED
- July 7 THE CELLOLID CLOSET
- July 14 TREMBLING BEFORE G-d

Each film will be first set in an historical perspective and a guided discussion will occur after the films.

\*\*For full descriptions of each film, please visit [www.ksu.edu/ufm/sponsors.htm](http://www.ksu.edu/ufm/sponsors.htm)

The films are all free and open to the public.



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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

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 everyone can teach and everyone can learn. UFM is a community learning program which contracts with nonprofessional community instructors. Consequently, we cannot guarantee that the courses offered are accurate or complete in content and quality of instruction. We rely on the credentials provided by instructors, class observation and participant feedback as tools for evaluating a class and an instructor's ability.

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. Some classes have material fees which are non-refundable. Those classes are marked. **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:** A full refund of tuition and fees, less any non-refundable material fee, may be given before 20% of the scheduled class meetings. A 50% refund of tuition and fees may be given, less any non-refundable material fee, between 20% and 25% of the scheduled class meetings. No refund is issued after 25% of the scheduled class meetings. A course dropped between 25% to 30% of the scheduled class meetings will have no "W" recorded on the students transcript. A course dropped between 30% to 63% of the scheduled class meetings will have a "W" recorded on the students transcript. Students dropping a course must either complete and submit the online drop form located at: <http://www.dce.ksu.edu/dce/distance/forms.html> or send written notification to the DCE Registration Office (785-532-5566) postmarked no later than the deadline. Students may not drop from a course after 63% of the course has been completed.

**Credit Enrollment fee:** Courses taken for credit carry additional fees required for University administration of the credit program. A \$25.00 late fee will be charged for enrollments taken after the first day of classes. Additional student activity and health fees may be assessed for students enrolled in 6 or fewer KSU credit hours. There is a non-refundable material fee for withdrawing from some classes after the first day.

#### 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.

#### NONDISCRIMINATION POLICY

UFM welcomes participants of any race, color, religion, or national or ethnic origin to all UFM classes. Students under age 18 need the permission of a parent or guardian. Some individual classes may have age restrictions. Please call (785) 539-8763 to make arrangements for classroom accessibility.

*UFM adheres to the philosophy that everyone can teach and everyone can learn. UFM is a community learning program which contracts with nonprofessional community instructors. Consequently, we cannot guarantee that the courses offered are accurate or complete in content and quality of instruction. We rely on the credentials provided by instructors, class observation and participant feedback as tools for evaluating a class and an instructor's ability.*

# SIGN UP NOW!!



**Call it in:** Call 539-8763 during business hours and use your Mastercard, Discover, or Visa. Please have your card number and expiration date ready.

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



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

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



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

✓ **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

Tax Deductible Donation  
Total \_\_\_\_\_

I hereby authorize the use of my Visa  MasterCard  Discover

Card Number \_\_\_\_\_ Expiration Date \_\_\_\_\_  
Card Cardholder's Name (Please Print) \_\_\_\_\_  
Cardholder's Signature \_\_\_\_\_

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

Where did you obtain your catalog? \_\_\_\_\_

A class I would like offered \_\_\_\_\_

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

Signature\*\* \_\_\_\_\_ Date \_\_\_\_\_  
\*\*Signature of Parent or Guardian required for minors.

Office Use Only	Date	Staff	Amount	Total Paid
			Check _____	
Date Received			Cash _____	
Entered				Date _____
Computer				

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1221 Thurston Manhattan, KS 66502 539-8763

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