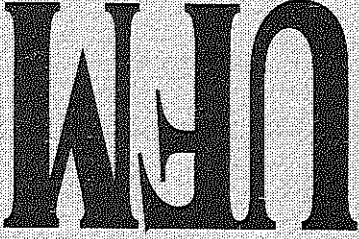
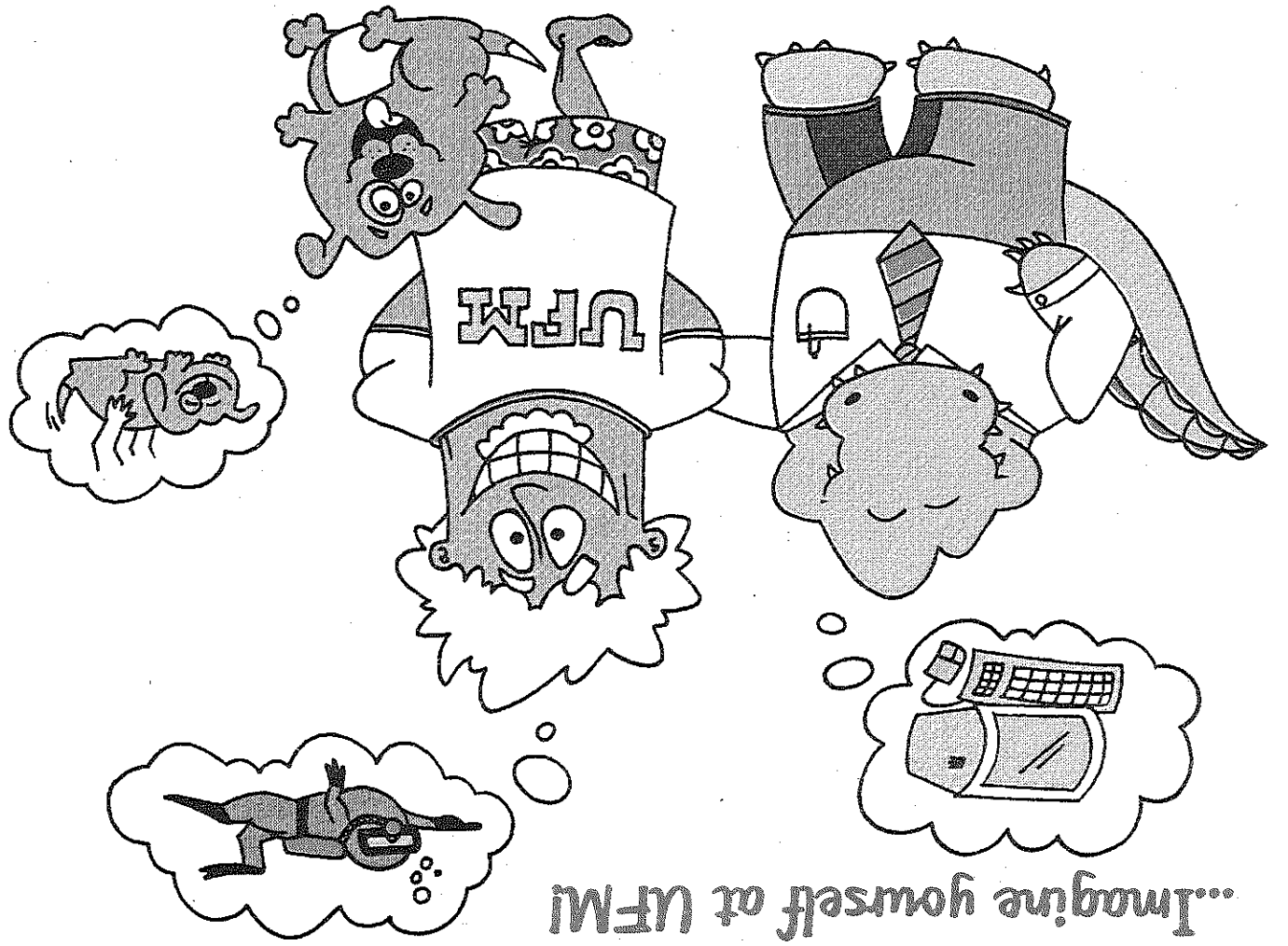
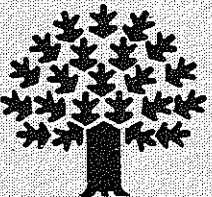


Classes
2004 Summer
Center
Learning
Community



Teaching • Learning • Growing
Vol. 36 Edition 2

Teaching • Learning • Growing

**UFM
Community
Learning
Center**

2004
Summer Classes

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

OR CURRENT RESIDENT

Summer Classes June-August 2004

Billiards	Piano
• • •	• • •
Wine	Kayaking
• • •	• • •
Juggling	Kids Web

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

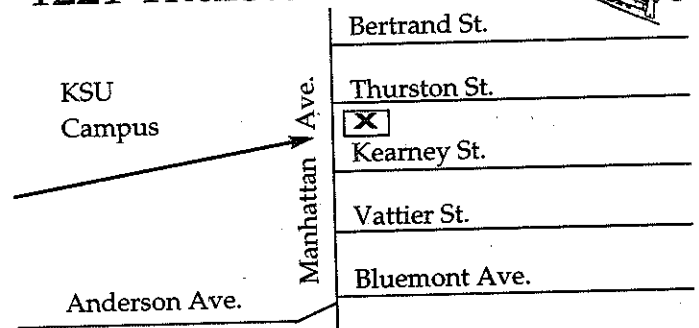
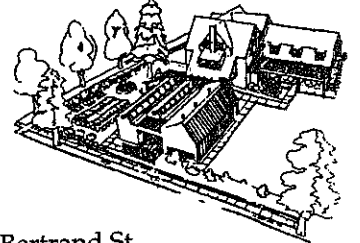


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and others		and much more	
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BOARD OF DIRECTORS

Shane Shanks - <i>Chair</i>	Linda Madi
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	Nancy Bolsen
Ronna Robertson - <i>Secretary</i>	Candace White
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Sharon Brookshire - <i>Treasurer</i>	Michelle Krehbiel
	Chuck Havlicek
	Lori Martin
	Larry Fry
Linda Inlow Teener - <i>President and CEO</i>	

UFM Staff:

Executive Director - Linda Inlow Teener
 Education Coordinator - Marcia Hornung
 Community Outreach Coordinator - Charlene Brownson
 Lou Douglas Lecture Series Coordinator - Olivia Collins
 Teen Mentoring Program Coordinator - Karen Roesch
 Office Coordinator - Lora Shelton
 Swim Supervisor - Abby Scheopner
 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.



UFM's Sidewalk Fund!!!

Help UFM raise funds for a new sidewalk.... You may have noticed our new paint job and the new landscaping. The next project is replacing the crumbling sidewalk. We need your help to fund this project. A donation in any amount for this special project is appreciated. For \$150, you can buy one square section and you can write your name in your section on the day it is poured!!!

Please help with this special need.

Thanks for your donation amount of: _____

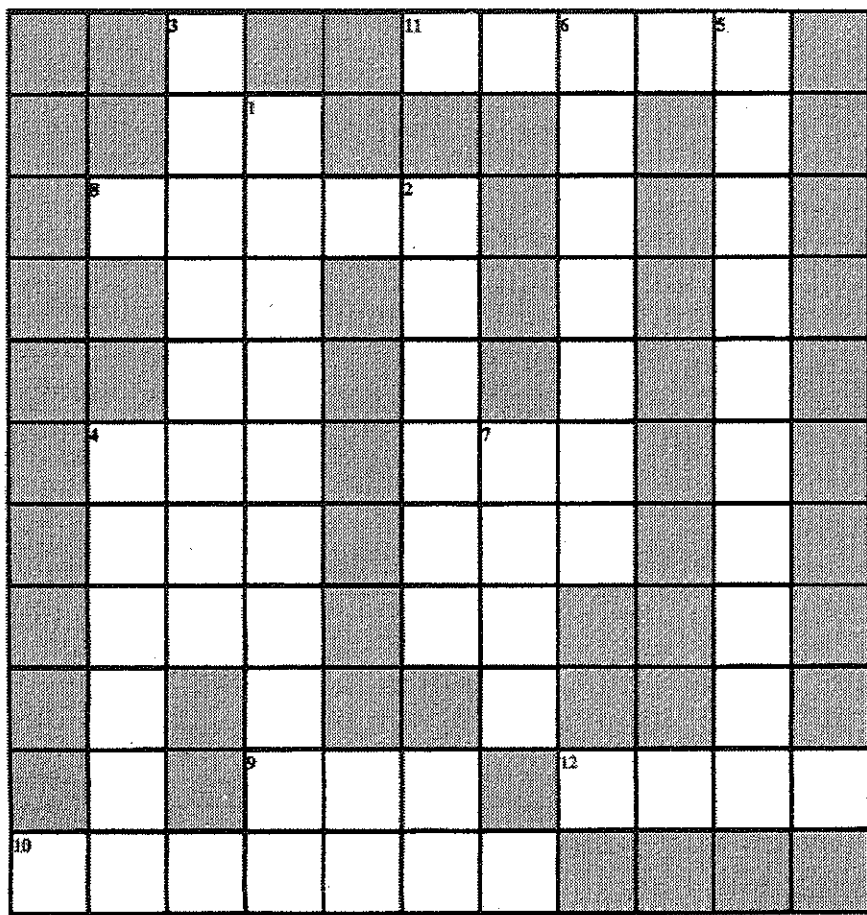
Name: _____ Phone: _____

Address: _____

Crossword Puzzle

Complete this crossword and receive \$1.00 off any UFM class!

As you look through the catalog you will find the answers to this puzzle.



Down

1. Name of Lecture Series sponsored by UFM
2. The Community Garden is celebrating this birthday.
3. A course in ____ (Class Name)
4. Temporary Tattoos
5. Class that involves a jawharp, ukulele, mandolin, and banjo-uke
6. This class hits the spot!
7. ____ For Everyone! (Name of a class)

Across

8. End time for the Children's Garden
9. First name of the featured instructor
10. Computer Class just for Kids!
11. Everyone can ____ (Part of UFM's Philosophy)
12. First name of belly dance teacher.

UFM would like to give a special thanks to Shawn Hornung who designed the cover art for this catalog!



Welcome Lora!! Lora is our new Office Coordinator. In November she joined our UFM staff. She is responsible for overseeing the front office for whatever need you may have. Whether you need help with registrations, questions, attendance rosters, appointments with staff, community service work, scholarships, UFM room reservations, payments, or just a simple smile; Lora will be there to assist you.

Lora is currently majoring in Accounting through education Direct and plans on furthering her education in computers. She resides in Fostoria and enjoys time spent with her family.

Come and enroll or just stop by and say Hi to our new friendly face here at UFM.

Featured Instructor



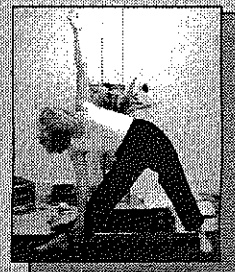
Ana Franklin

Ana Franklin has been practicing yoga for over thirty years, and teaching yoga to people of all ages for the last 20 years. Ana has taught yoga to men, women and children, members of the Kansas State University Track team, as well as many others. She began teaching at UFM about six years ago. In addition to her many yoga classes such as Beginning Yoga, Yoga for Moms, and Yoga for Wellness, Ana has also shared other skills through UFM, such as vegetarian cooking and Vedic chant.

Ana grew up with a love for yoga as both of her parents practiced yoga from the time she was very young. Some of Ana's earliest memories of yoga include her father standing on his head in the living room when people came to visit. Ana's father lived in India for several years, and had the privilege to study under T. Krishnamacharya and T.K.V. Desikacher, two of yoga's great teachers. He later returned to Manhattan, where he was a professor and shared his love for yoga by teaching at UFM in its early days.

Ana received her training from Gary Kraftsow, author of the books Yoga for Wellness and Yoga for Transformation. She is currently a member of the International Yoga Association and member of the local organization of holistic healthcare providers, Livingwell. Ana describes yoga as a "way of personal integration" and tailors her classes to meet the individual needs of each student.

Look for Ana's summer yoga classes in the Health and Wellness section of the catalog!



Marcia joined the UFM staff January 2004 as Education Coordinator. Marcia is responsible for UFM's non-credit classes and aquatics program. Marcia has experience in training coordination and also as a victim advocate. When she was a student at KSU, she worked as a lifeguard and swim instructor for UFM.

Marcia enjoys taking various UFM classes, yoga, traveling, taking walks with her dog, and visiting with friends and family. If you

are interested in teaching for UFM or have an idea for a class, give Marcia a call at the UFM office!

Scholarships are available to assist with class fees for both adults & children

Aquatics



Learn to Swim Classes

UFM proudly teaches the American Red Cross Swim Lessons Levels 1-6, Parent and Child Aquatics, and Tot Transition. UFM also offers private 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. Changing tables are available in both the men's and women's locker rooms.

PARENT'S DAY will be 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.

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

BEGINNING & ENDING DATES

Session A: Monday - Friday, June 7th - June 18th

Session B: Monday - Friday, June 21st - July 2nd

Session C: Monday - Friday, July 6th - July 16th

Session D: Monday - Friday, July 19th - July 30th

No class Monday, July 5

Parent and Child Aquatics

This water orientation program is designed to teach you how to work safely and effectively with your child aged 6 months to 5 years. This class is geared to children with no or limited water experience 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

AQ01P 10:00am - 10:30am

AQ02P 5:30pm - 6:00pm

Session B: Mon/Wed/Fri

AQ03P 10:00am - 10:30am

AQ04P 5:30pm - 6:00pm

Session C: Mon/Wed/Fri

AQ05P 10:00am - 10:35am

AQ06P 5:30pm - 6:05pm

Session D: Mon/Wed/Fri

AQ07P 10:00am - 10:30am

AQ08P 5:30pm - 6:00pm

Fee: \$22.00 per session

*Ability is what you're capable of doing;
Motivation determines what you do;
Attitude determines how well you do it.*

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

AQ01T 10:00am - 10:30am

AQ02T 5:30pm - 6:00pm

Session B: Mon/Wed/Fri

AQ03T 10:00am - 10:30am

AQ04T 5:30pm - 6:00pm

Session C: Mon/Wed/Fri

AQ05T 10:00am - 10:35am

AQ06T 5:30pm - 6:05pm

Session D: Mon/Wed/Fri

AQ07T 9:30am - 10:00am

AQ08T 5:30pm - 6:00pm

Fee: \$22.00 per session

Level I: Introduction to Water Skills

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: Monday - Friday

AQ01 10:00am - 10:40am

AQ02 10:50am - 11:30am

AQ03 6:15pm - 6:55pm

Session B: Monday - Friday

AQ04 10:00am - 10:40am

AQ05 10:50am - 11:30am

AQ06 6:15pm - 6:55pm

Session C: Monday - Friday

AQ07 9:55am - 10:40am

AQ08 10:45am - 11:30am

AQ09 6:15pm - 7:00pm

Session D: Monday - Friday

AQ10 10:00am - 10:40am

AQ11 10:50am - 11:30am

AQ12 6:15pm - 6:55pm

Fee: \$43.00 per session

Level II: Fundamental Aquatic 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: Monday - Friday

AQ13 10:00am - 10:40am

AQ14 10:50am - 11:30am

AQ15 6:15pm - 6:55pm

Session B: Monday - Friday

AQ16 10:00am - 10:40am

AQ17 10:50am - 11:30am

AQ18 6:15pm - 6:55pm

Session C: Monday - Friday

AQ19 9:55am - 10:40am

AQ20 10:45am - 11:30am

AQ21 6:15pm - 7:00pm

Session D: Monday - Friday

AQ22 10:00am - 10:40am

AQ23 10:50am - 11:30am

AQ24 6:15pm - 6:55pm

Fee: \$43.00 per session

Level III: Stroke Development

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: Monday - Friday

AQ25 10:00am - 10:40am

AQ26 10:50am - 11:30am

AQ27 6:15pm - 6:55pm

Session B: Monday - Friday

AQ28 10:00am - 10:40am

AQ29 10:50am - 11:30am

AQ30 6:15pm - 6:55pm

Session C: Monday - Friday

AQ31 9:55am - 10:40am

AQ32 10:45am - 11:30am

AQ33 6:15pm - 7:00pm

Session D: Monday - Friday

AQ34 10:00am - 10:40am

AQ35 10:50am - 11:30am

AQ36 6:15pm - 6:55pm

Fee: \$43.00 per session

Level IV: Stroke Improvement

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: Monday - Friday

AQ37 10:00am - 10:40am

AQ38 10:50am - 11:30am

AQ39 6:15pm - 6:55pm

Session B: Monday - Friday

AQ40 10:00am - 10:40am

AQ41 10:50am - 11:30am

AQ42 6:15pm - 6:55pm

Session C: Monday - Friday

AQ43 9:55am - 10:40am

AQ44 10:45am - 11:30am

AQ45 6:15pm - 7:00pm

Session D: Monday - Friday

AQ46 10:00am - 10:40am

AQ47 10:50am - 11:30am

AQ48 6:15pm - 6:55pm

Fee: \$43.00 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: Monday - Friday

AQ49 10:50am - 11:30am

AQ50 6:15pm - 6:55pm

Session B: Monday - Friday

AQ51 10:50am - 11:30am

AQ52 6:15pm - 6:55pm

Session C: Monday - Friday

AQ53 10:45am - 11:30am

AQ54 6:15pm - 7:00pm

Session D: Monday - Friday

AQ55 10:50am - 11:30am

AQ56 6:15pm - 6:55pm

Fee: \$43.00 per session



Level VI: Swimming & Skill Proficiency

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

- Session A: Monday - Friday
AQ57 10:50am - 11:30am
AQ58 6:15pm - 6:55pm
Session B: Monday - Friday
AQ59 10:50am - 11:30am
AQ60 6:15pm - 6:55pm
Session C: Monday - Friday
AQ61 10:45am - 11:30am
AQ62 6:15pm - 7:00pm
Session D: Monday - Friday
AQ63 10:50am - 11:30am
AQ64 6:15pm - 6:55pm
Fee: \$43.00 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 semiprivate lessons.

- Session B: Monday - Friday
AQ65 6:15pm - 6:55pm
Session D: Monday - Friday
AQ66 6:15pm - 6:55pm
Fee: \$43.00 per session

Lap Swimming Ages 13 plus

Lap swimming is for individual workout. 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: Monday - Friday
AQ67 10:00am - 11:30am
AQ68 6:00pm - 7:00pm
Session B: Monday - Friday
AQ69 10:00am - 11:30am
AQ70 6:00pm - 7:00pm
Session C: Monday - Friday
AQ71 10:00am - 11:30am
AQ72 6:00pm - 7:00pm
Session D: Monday - Friday
AQ73 10:00am - 11:30am
AQ74 6:00pm - 7:00pm
Fee: \$19.00 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: Monday - Friday
AQ75 10:00am - 11:30am
AQ76 6:00pm - 7:00pm
Session B: Monday - Friday
AQ77 10:00am - 11:30am
AQ78 6:00pm - 7:00pm
Session C: Monday - Friday
AQ79 10:00am - 11:30am
AQ80 6:00pm - 7:00pm
Session D: Monday - Friday
AQ81 10:00am - 11:30am
AQ82 6:00pm - 7:00pm
Fee: \$16.00 per session

Shallow 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 7th - June 18th
Monday - Friday (6:05pm - 7:00pm)
AQ83 (1 time a week)
AQ84 (3 times a week)
AQ85 (5 times a week)
Session B: June 21st - July 2nd
Monday - Friday (6:05pm - 7:00pm)
AQ86 (1 time a week)
AQ87 (3 times a week)
AQ88 (5 times a week)
Session C: July 6th - July 16th
Monday - Friday (6:05pm - 7:00pm)
AQ89 (1 time a week)
AQ90 (3 times a week)
AQ91 (5 times a week)
Session D: July 19th - July 30th
Monday - Friday (6:05pm - 7:00pm)
AQ92 (1 time a week)
AQ93 (3 times a week)
AQ94 (5 times a week)
Fee: \$12.00 for 1 Time a week per session
\$18.00 for 3 Times a week per session
\$22.00 for 5 Times a week per session

Shallow Water Hydro aerobics for the entire summer

- (June 7 - July 30)
AQ95 (1 Time a week)
AQ96 (3 Times a week)
AQ97 (5 Times a week)
Fee: \$44.00 for 1 Time a week
\$62.00 for 3 Times a week
\$62.00 for 5 Times a week

Deep Water Hydro aerobics

This semester we will be offering a deep water hydro aerobics 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 aerobics 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 8th - June 17th
AQ98 Tuesday & Thursday 6:05pm - 7:05pm
Session B: June 22nd - July 1st
AQ99 Tuesday & Thursday 6:05pm - 7:05pm
Session C: July 6th - July 15th
AQ100 Tuesday & Thursday 6:05pm - 7:05pm
Session D: July 20th - July 29th
AQ101 Tuesday & Thursday 6:05pm - 7:05pm
Fee: \$16.00 for 2 Times a week per session

Deep Water Hydro aerobics for the entire summer

- AQ102 (June 8th - July 29th)
(Tuesday/Thursday)
Fee: \$44.00 per semester

Private Swim Lessons

Private lessons provide one-on-one instruction for any level of swimmer. There are five 30 minute lessons 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: June 7th - June 11th (Monday - Friday)
Session A2: June 14th - June 18th (Monday - Friday)
Session B1: June 21st - June 25th (Monday - Friday)
Session B2: June 28th - July 2nd (Monday - Friday)
Session C1: July 6th - July 9th (Monday - Friday)
Session C2: July 12th - July 16th (Monday - Friday)
Session D1: July 19th - July 23rd (Monday - Friday)
Session D2: July 26th - July 30th (Monday - Friday)

- Times for all morning classes:
9:30am - 10:00am & 10:15am - 10:45am
Times for all evening classes:
5:30pm - 6:00pm & 6:15pm - 6:45pm
Fee: \$57.00 per session

Session C1 lessons will be 40 minutes long, due to July 5 holiday.

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 27th (Sunday)
Time: 5:00pm - 7:00pm
Fee: No Charge
Location: Natatorium

More Aquatics Classes on Page 6!

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



Open Swim Appreciation

AQ104B

For UFM swim participants and their parents.

Date: July 25th (Sunday)
Time: 5:00pm - 7:00pm
Fee: No Charge
Location: Natatorium

Scuba Diving

AQ105

This course will prepare students for NAUI Scuba Diver 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. A certification fee of \$50 will be assessed at the time of check-out dives. 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, which will be available for purchase at the first session, equipment ranges from \$100-\$175.

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

Jeff Wilson

Date: June 7th - July 19th (Monday)
Time: 6:00pm - 10:00pm
Fee: \$236 (also available for KSU credit)
Location: KSU Natatorium
(No class on July 5th)

Lifeguard Training

AQ106A

American Red Cross Lifeguard Training teaches the skills/knowledge needed to prevent and respond to aquatic emergencies. This class will certify you in Lifeguard Training, CPR for the Professional Rescuer, and First Aid.

Mandy Mertes (mandy38@hotmail.com)

Date: June 5th - June 19th
(Monday-Thursday & Saturday)
Time: 5:30pm-7:00pm (Monday-Thursday)
9:30am-11:00am (Saturday)
Fee: \$162.00
Location: Natatorium

Lifeguard Training

AQ106B

American Red Cross Lifeguard Training teaches the skills/knowledge needed to prevent and respond to aquatic emergencies. This class will certify you in Lifeguard Training, CPR for the Professional Rescuer, and First Aid.

Mandy Mertes (mandy38@hotmail.com)

Date: July 31st - August 12th
(Monday-Thursday & Saturday)
Time: 5:30pm-7:00pm (Monday-Thursday)
9:30am-11:00am (Saturday)
Fee: \$162.00
Location: Natatorium

Kayak/Canoe Workshop

AQ107

Have you ever wondered what the secret is for having everything you need on those overnight kayak or canoe trips when space is limited? Probably everyone has made the comment "I wish I could have brought this or jeez I forgot that". Wouldn't it be nice to be prepared for single or multiple overnight trips confident that all your needs will be met? Worry no more! Learn how to make your overnight camping trip on the river an enjoyable experience. You will learn how to plan for the trip, what to bring, how to pack, and how to organize your trip to gain the most from the experience. The class will cover planning and organizing, shuttles, timing and logistics, essential gear, packing techniques, waterproofing, protecting and caring for your gear, food preparation, first aid kit essentials, and basic and advanced overnight camping techniques. Following the classroom instruction an overnight trip may be scheduled by instructors.

Keith Ratzloff (klr@ksu.edu), Richard Seaton, Jr., and T.J. Hittle (539-7772)

Date: June 1st & 3rd (Tuesday/Thursday)
Time: 6:30pm-8:30pm
Fee: \$20.00
Location: Manhattan Fire Station - Meeting Room
2000 Denison Avenue
(Park on the north side. Enter the north door.)

Language

Beginning Sign Language

LA03

This class will build a basic knowledge 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.

Aimee Kraus has worked as an interpreter in Kansas City for four years. For the past two years she has worked for the Manhattan schools. She has an ITP degree in American Sign Language.

Toni Krull (313-5555) has over 11 years of 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 seven years in Seattle as an interpreter.

Date: June 22nd - August 3rd (Tuesday)
Time: 6:30pm - 8:00 pm
Fee: \$76.00
Location: UFM Multipurpose Room

French Language

LA-04

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: July 7-29 (Wednesday and Thursday)
Time: 10 - 11 am
Fee: \$44
Location: UFM Fireplace Room

Chinese Language & Literature

LA01A

This class will be introducing Chinese language and literature. Students will learn many aspects of Chinese culture from this class.

Jui Jung Huang (Daisy) (395-2632) is from Taiwan. She is currently pursuing her PhD in education at KSU.

Date: July 12th - August 9th (Monday)
Time: 5:00pm - 6:00pm
Fee: \$44.00
Location: UFM Conference Room

Chinese Language & Literature

LA01B

Jui Jung Huang (Daisy) (395-2632)

Date: July 7th - August 11th (Wednesday)
Time: 5:00pm - 6:00pm
Fee: \$48.00
Location: UFM Conference Room

Chinese Language & Literature

LA01C

Jui Jung Huang (Daisy) (395-2632)

Date: July 9th - August 13th (Friday)
Time: 5:00pm - 6:00pm
Fee: \$48.00
Location: UFM Conference Room

Spanish I

LA02

The emphasis in this class will be on oral communication and interaction. Classes will be adapted to students' preferences. Topics covered include: colors, clothing, numbers, greetings, parts of the body, descriptions of people, family members, telling time, activities, sports, etc.

Alberto Levera was born in Asuncion, Paraguay, S.A. and has a degree in Business Administration and Marketing. He enjoys teaching Latin culture to promote awareness, discussing political issues, and reading.

Date: July 10th - July 31st (Saturday)
Time: 9:00am - 11:00am
Fee: \$22.00
Location: UFM Conference Room

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Introduction to Reiki

HW09B

Sarah English (539-6386)

Date: August 2nd (Monday)
 Time: 7-9pm
 Fee: \$22
 Location: UFM Multipurpose Room



SHARP: Self-Defense for Women

HW01

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. Ages 13+.

Diana Tarver (820-8551) 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 23rd (Friday)
 Time: 6:30pm - 9:30 pm
 Fee: \$22.00
 Location: College Avenue Methodist Church—
 Fellowship Hall in Basement

Sahaj Marg Meditation

HW02

You are invited to explore the infinite potential of the Sahaj Marg system of Raja Yoga Meditation. Sahaj Marg offers Meditation practice and a Unique Technique called Cleaning, which can easily be integrated into one's daily life. It progressively leads to a calm, balanced mind, making it a perfect instrument, there by helping us to realize our Highest potential. The instructors are the practitioners of the Sahaj Marg system of meditation for several years. They believe that the daily practice of the "Meditation" and the "Cleaning" has immensely benefitted them over a period of time.

William Biddle (gkam_99@hotmail.com)

Date: June 5th (Saturday)
 Time: 10:00am - 12:00pm
 Fee: No Charge
 Location: UFM Conference Room

CPR and First Aid

HW03A

This course trains students in child, infant and adult CPR, first aid and emergency care skills. Designed to meet Kansas regulatory requirements for CPR and first aid for day care providers, school personnel, bus drivers, sport coaches, babysitters, and new parents. Upon completion of this course, the student will receive certification cards and attendance record. Level I for Girl Scouts. Participants will need to bring a floor mat or a knee board)

Sheryl Cornell (cornell@saintmail.net) has been training First Aid and CPR for USD 383 for more than five years.

Date: June 5th (Saturday)
 Time: 8:00am - 4:00pm
 Fee: \$42.00
 Location: College Avenue Methodist Church,
 Fellowship Hall in Basement

CPR and First Aid

HW03B

Sheryl Cornell (cornell@saintmail.net)

Date: July 24th (Saturday)
 Time: 8:00am - 4:00pm
 Fee: \$42.00
 Location: College Avenue Methodist Church
 Fellowship Hall in Basement

CPR and First Aid

HW03C

Sheryl Cornell (cornell@saintmail.net)

Date: August 7th (Saturday)
 Time: 8:00am - 4:00pm
 Fee: \$42.00
 Location: College Avenue Methodist Church
 Fellowship Hall in Basement

Pet First Aid & Safety

HW04

The American Red Cross has a new 5 hour First Aid and CPR course for animal lovers! The course will teach you how to: Protect both you and your pet from injury; Perform rescue breathing and what to do when your pet is choking; Stop bleeding, splint broken bones and treat for shock; Prevent and handle poisoning.

Date: TBA
 Time: TBA
 Fee: \$28
 Location: UFM
 * Contact UFM for details about this class

Introduction to Reiki

HW09A

Reiki is a Japanese technique for stress reduction and relaxation 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 (539-6386) 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: June 7th (Monday)
 Time: 7-9pm
 Fee: \$22
 Location: UFM Conference Room

Yoga for Everyone

HW06A

"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. Each class will meet four times. 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 (no jeans please). Please refrain from eating two hours prior to class (a piece of fruit is ok). Bring a towel.

Ana Franklin (537-8224) has been practicing yoga for more than 30 years. She received teacher training from Gary Kraftsow, author of the books Yoga for Wellness and Yoga for transformation. She offers lectures, workshops and private lessons in the area. Ana has been teaching yoga since 1984.

Date: June 1st - June 22nd (Tuesday)
 Time: 5:15PM - 6:15PM
 Fee: \$66.00
 Location: 321 Poyntz, Over SPRINT Store

More Yoga Classes on Page 8!



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Yoga for Everyone

HW06B

Ana Franklin (537-8224)

Date: July 6th - July 27th (Tuesday)
Time: 5:15PM - 6:15PM
Fee: \$66.00
Location: 321 Poyntz, Over SPRINT Store

Tai Chi Chaun for Beginners

HW07

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.

Karena Kimble is an artist and Tai Chi Chuan practitioner.

Date: June 19th - July 31st (Saturday)
Time: 10:30AM-11:30AM
Fee: \$46.00
Location: UFM



Living the Art: Jin Shin Jyutsu

HW08

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 and maintaining 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 14th - June 28th (Monday)
Time: 7:00pm - 9:00 pm
Fee: \$20.00
Location: 811 Colorado

Career & Finance

Gain Control of Your Money & Become Debt Free

FC-01

Is there too much month at the end of your paycheck? Do you have a plan to control the money that you make, spend and save? Are you spending too much on debt and insurance? This class will cover fees/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 2nd (Monday)
Time: 7:00pm - 8:30 pm
Fee: \$12.00 individual / \$16 couple
Location: UFM Conference Room

Investing in Your Future

FC-02

Individuals who are in the accumulation phase of their lives, 25 -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 development of 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 9th (Monday)
Time: 7:00pm - 8:30 pm
Fee: \$12.00 individual / \$16 couple
Location: UFM Conference Room

*Take both classes and receive a discounted rate!
Fee: \$16 individual / \$20 couple

Are You Searching For The Key To Investment Success?

FC03A

Did you know

* Investors tend to be influenced more by the prospect of loss than by the opportunity for gain?

* There is a strategy that can help prepare your portfolio for potential success, even in volatile markets?

* How you choose to combine your investments should depend on your investment goal?

Given continuing market volatility, it may be wise to take a second look at how your investments are allocated. Many people have questions about their investment strategy yet they never find the time to get them answered. We'll discuss what asset allocation is and what it can do for you, how to set the right allocation plan, and how to stay on track to meet your financial goals.

Rob Hayes (776-9382) graduated from Kansas State University with a degree in Family Financial Planning. Before finishing his education, he and his wife owned and operated a supermarket. He has more than 20 years experience in management, is a member of The Financial Planning Association, has served on their board of directors, and has served as treasurer for Peoples Grocery Coop. Rob has lived in the Manhattan area for over 44 years and is a life insurance agent with Farmers Insurance Group and registered representative of Farmers Financial Solutions, LLC. here in Manhattan.

Rob Hayes (776-9382)

Date: June 9th (Wednesday)
Time: 7:00 pm
Fee: \$12.00
Location: UFM Conference Room

Are You Searching For The Key To Investment Success?

FC03B

Rob Hayes (776-9382)

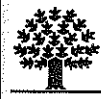
Date: July 14th (Wednesday)
Time: 7:00 pm
Fee: \$12.00
Location: UFM Conference Room

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Images in Time The "Underground Railroad" Facing images of African-Americans, Native Americans and European Americans: An "Illumination of a proud moment in our past." The year is 1858. The Fugitive Slave Law was passed 8 years ago - bad news for you and your small group who have just managed a narrow escape from slavery landing in Manhattan, Kansas. Alas, you thought your adventure was over. Now you're going to have to carefully navigate your way through Kansas to get to Canada with the help of the Underground Railroad. Richard Pitts & Wonder Workshop is proud to present the 2004, "Juneteenth" journey through the Underground Railroad. This tour will travel to various sites within a fifteen-mile radius of Manhattan. Each site will be presented with information regarding its historical significance. When: June 20, 2004 Time: 5 p.m. to 8 p.m. Departing from: UFM 1221 Thurston Cost: \$15 per adult and \$10 per student (check made payable to Wonder Workshop)



Emotions, Expectations, Economics and Your Investment Decision FC04A

Did you know
* Investment decisions are 89% based on emotion?
* Only 20% of the population feels comfortable with higher levels of investment risk?

With constantly changing market conditions, now may be the best time to determine how you will react and what effect your actions may have on your financial plan. Many people have questions about their investment strategy yet they never find the time to get them answered. We'll discuss the benefits of interest income, how emotions affect investment decisions, market expectations of three investor types, an overview of the last seven decades of U.S. economic history and investment tools and strategies to help fine tune your financial plans.

Rob Hayes (776-9382)

Date: June 16th (Wednesday)
Time: 7:00 pm
Fee: \$12.00
Location: UFM Conference Room

Emotions, Expectations, Economics and Your Investment Decision FC04B

Rob Hayes (776-9382)

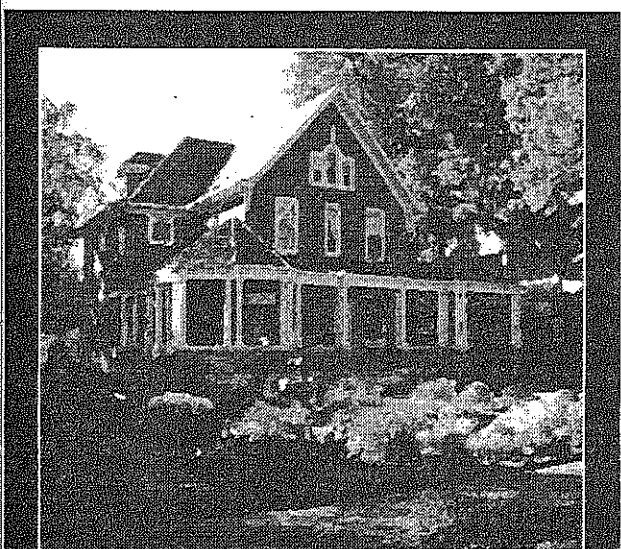
Date: August 11th (Wednesday)
Time: 7:00 pm
Fee: \$12.00
Location: UFM Conference Room

Before Happily Ever After: The Financial Impact of Marriage FC07

Get the financial basics for marriage as we discuss the costs of a wedding, marital budgeting, saving and checking accounts and planning for the cost of raising children.

Theresa Foster (532-5493) is a graduate of the KSU Personal Financial Planning Program and currently serves as the coordinator for the Financial Life Planning Clinic on campus.

Date: June 7th - June 14th (Monday)
Time: 7:00 pm
Fee: \$14.00
Location: Galichia Institute, KSU



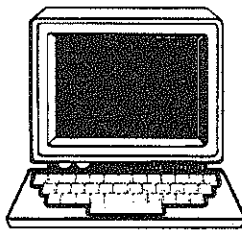
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A Young Adult's Legal Rights and Responsibilities FC08A

Do you know your legal rights and responsibilities? Do you realize the full impact of how your responsibilities affect getting a job or renting? This workshop will help you examine your knowledge of the current laws, the effects on job hunting and applying for college loans and housing. Various topics covered include background checks, curfew violations, default on paying bills, expungement, search and seizure, sexually transmitted diseases and unlawful use of a driver's license. The textbook is collaboration from various professionals (police officers, university counselors, district attorneys, military and government personnel, and private agencies) all contributing to the culmination of this pertinent information.

Mary Beth Wilson is the found and owner of Pro-Search Investigations and Mediation Services, a pre-employment screening and family mediation agency. Not only is she an author but also an educator, mediator, experienced public speaker, entrepreneur and holds a degree in Social Work from KSU. Mary has been married for over 22 years, has two sons and has resided in Manhattan since 1972.

Date: June 24th (Thursday)
Time: 7:00pm
Fee: \$12.00
Location: UFM Multipurpose Room



A Young Adult's Legal Rights and Responsibilities FC08B

Mary Beth Wilson

Date: July 22nd (Thursday)
Time: 7:00pm
Fee: \$12.00
Location: UFM Multipurpose Room

Ebay for Everyone CP01A

Chances are you have heard of the online auction site Ebay. Now join the millions who are taking advantage of this thriving online auction community. There are some incredible bargains to be found online and there are if you have something to sell somebody out there wants to buy it. We will cover all aspects of Ebay from start to finish starting with registration and moving through creating your own listings, how to get paid, tips on shipping and how the feedback system works. In addition we will cover setting up an online store using third party tools to manage your auction and what to do when things go wrong.

Chris Wilson (556-1570) chris@etjedanse.com has been providing training, consulting, programming and technical support on a contract basis since 1995 and has worked for dozens of small and large businesses including John Hopkins University, Chubb Insurance Corporation, Toyota Motor Corporation, and the State of Kansas. He also led the support team for one of the largest free CGI script repositories on the internet for almost 5 years. When not working online, he enjoys the outdoors and spending time with his family.

Date: June 2nd (Wednesday)
Time: 6:00pm - 8:00pm
Fee: \$32.00
Location: Manhattan Public Library

Ebay for Everyone CP01B

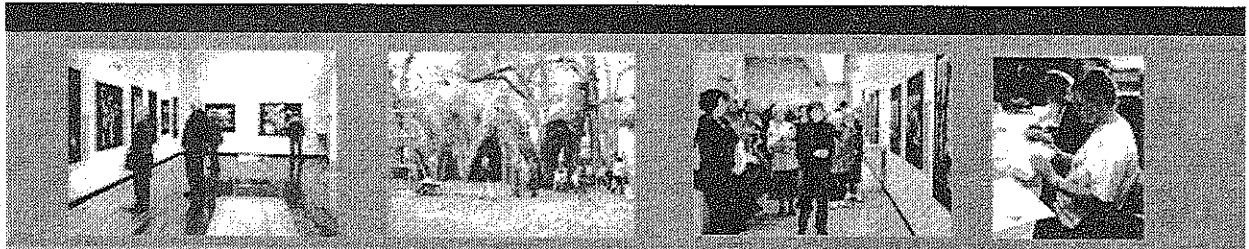
Chris Wilson (556-1570), chris@etjedanse.com

Date: July 10th (Saturday)
Time: 2:00pm - 4:00pm
Fee: \$32.00
Location: Manhattan Public Library

Ebay for Everyone CP01C

Chris Wilson (556-1570), chris@etjedanse.com

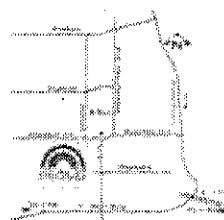
Date: August 4th (Wednesday)
Time: 6:00pm - 8:00pm
Fee: \$32.00
Location: Manhattan Public Library



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Beginners 101: Getting Started with Your PC and Windows

CP03A

No experience required! This class is designed for people who would like to learn how to use their computer in a more effective manner and those with some experience who would like some practical tips on how to get the most out of their computer. Topics will include basic computer setup and troubleshooting, things to look for when purchasing a new or used PC, an introduction to working with Windows, how to start and use many common programs, how to manage your desktop and files, and how to personalize your computer and change the appearance of Windows. Designed for non-technical individuals, the class will proceed at a comfortable, friends pace with plenty of time for questions and answers.

Chris Wilson (556-1570), chris@etjedanse.com

Date: June 12th (Saturday)
Time: 2:00pm - 4:00pm
Fee: \$32.00

Location: Manhattan Public Library

Beginners 101: Getting Started with Your PC and Windows

CP03B

Chris Wilson (556-1570), chris@etjedanse.com

Date: July 7th (Wednesday)
Time: 2:00pm - 4:00pm
Fee: \$32.00

Location: Manhattan Public Library

Beginners 101: Getting Started with Your PC and Windows

CP03C

Chris Wilson (556-1570), chris@etjedanse.com

Date: August 18th (Wednesday)
Time: 6:00pm - 8:00pm
Fee: \$32.00

Location: Manhattan Public Library

Kids Web-Create your own Web Page - For Kids!

CP04A

Now your child can create a web page of their own in this fun and safe class. Geared for ages 6 and up, only basic mouse and keyboard skills are required. Each student should bring 1-2 color photographs that they will scan and put online as part of a web page that they create by themselves. Web space will be provided by the instructor, and space IS limited for this class, so sign up early! Parents are welcome (but not required) to attend.

Chris Wilson (556-1570), chris@etjedanse.com

Date: June 16th (Wednesday)
Time: 2:00pm - 3:30pm
Fee: \$22.00

Location: Manhattan Public Library



Kids Web-Create your own Web Page - For Kids!

CP04B

Chris Wilson (556-1570), chris@etjedanse.com

Date: June 19th (Saturday)
Time: 2:00pm - 3:30pm
Fee: \$22.00

Location: Manhattan Public Library



Kids Web-Create your own Web Page - For Kids!

CP04C

Chris Wilson (556-1570), chris@etjedanse.com

Date: July 21st (Wednesday)
Time: 2:00pm - 3:30pm
Fee: \$22.00

Location: Manhattan Public Library



Kids Web-Create your own Web Page - For Kids!

CP04D

Chris Wilson (556-1570), chris@etjedanse.com

Date: July 24th (Saturday)
Time: 2:00pm - 3:30pm
Fee: \$22.00

Location: Manhattan Public Library



Intro to HTML

CP02A

Interested in creating your own space on the World Wide Web? Want to get started but are no sure where to turn? This class will teach you the basics of how to design, create, and publish your own website for personal or business use. Topics will cover HTML basics, working with images and multimedia, linking web pages and sending email from a web page. This class will discuss some of the more commonly available programs used for site design as well as how to create a page from scratch. No computer programming experience is required but a basic familiarity with using PC's and the Internet is preferred. Additionally, (time permitting) a few intermediate topics will be covered including domain name registration, choosing a web host, site promotion and e-commerce for business. Registration fee includes a CD with software and references.

Chris Wilson (556-1570), chris@etjedanse.com

Date: July 17th (Saturday)
Time: 2:00pm - 4:00pm
Fee: \$32.00

Location: Manhattan Public Library

Intro to HTML

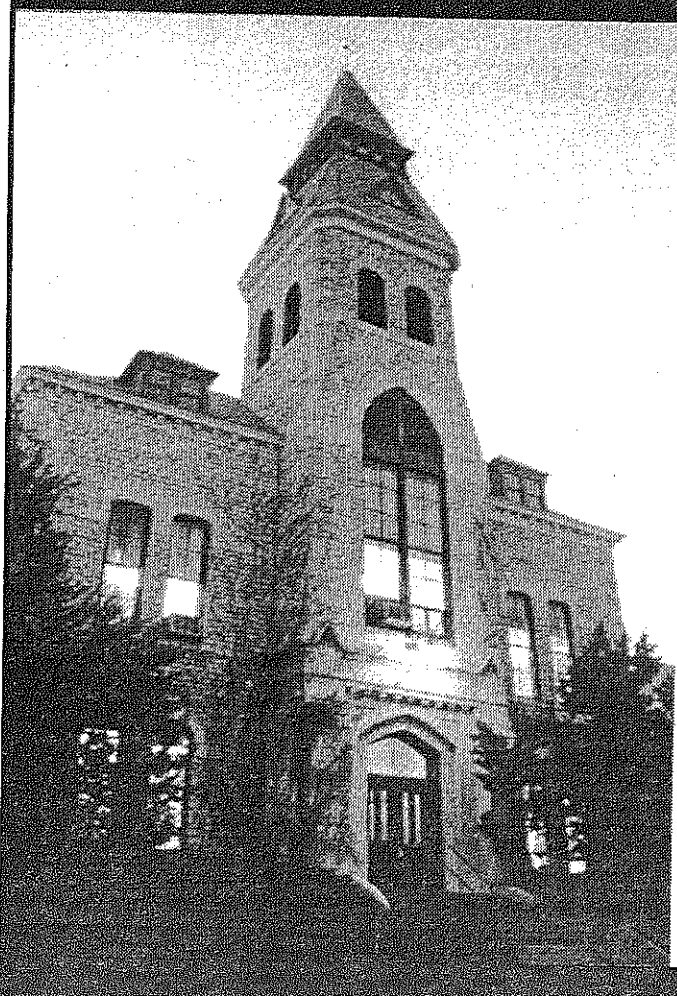
CP02B

Chris Wilson (556-1570), chris@etjedanse.com

Date: August 14th (Saturday)
Time: 2:00pm - 4:00pm
Fee: \$32.00

Location: Manhattan Public Library

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Creative Free Time



Parent Toddler Hands-on Hootenanny CF07B

Thad Beach

Date: June 24th (Thursday)
Time: 1:30pm - 2:15pm
Fee: \$16.00
Location: UFM Fireplace Room



Writing Popular Fiction CF08

This six-session class introduces the steps for developing, writing, and selling a popular fiction manuscript. The class will feature lecture elements, class participation, plus voluntary homework assignments and critiques. Fundamentals addressed will include conflict, character, plot, openings, point of view, anatomy of scene and chapters, dialog, and pacing. Also covered will be marketing aspects of the query letter, synopsis, and proposal preparation. For fun and illustration the class will write a class novel.

Linda Madl is a local author of ten novels, eight novellas, several short stories, book reviews and nonfiction articles and newsletters. She is active in the Romance Writers of America (RWA), Novelists Inc., and the Kansas Fiction Writers. She has presented programs and workshops at numerous meetings including the Manhattan Library Association and the RWA national conference in Chicago. You can learn more about her at www.lindamadl.com.

Date: June 8th - July 13th (Tuesday)
Time: 7:00pm - 9:00pm
Fee: \$58.00
Location: UFM Conference Room

Journal Writing CF09

This two session workshop will explore, through discussion and example, the variety of ways to journal, the benefits of journaling, and the long list of published journals available to read. Blogging, video cam, audio recording-technology has had its impact on this personal effort to document thoughts and events. Discover the why-and-how to record your thoughts, concerns, ideas, family history, innermost reflections, or just learn about a whole new world of reading.

Michaeline Chance-Reay is a local author and artist who teaches at Kansas State University.

Linda Madl (www.lindamadl.com) is a local author and book reviewer.

Date: July 20th - July 27th (Tuesday)
Time: 7:00pm - 9:00pm
Fee: \$18.00
Location: UFM Conference Room

People's Press 101: An Introduction to Journalism and the Newsroom CF25A

Everyone from the community, regardless of whether they have taken a journalism class before, is invited. Topics of discussion will include: news/feature writing, news judgment, ethics and production. Students will write stories of their choice to be printed in Manhattan's newest publication, People's Press.

Patrice Holderbach (patrice@ksu.edu) is a junior in print journalism, international studies and leadership studies at KSU. She has been a reporter for the Kansas State Collegian, the Topeka Capital-Journal and the Scripps-Howard Foundation Wire in Washington, D.C. She is editor in chief of the fall 2004 Collegian.

Corbin Crable is a graduate student in mass communications. He has a B.A. in English literature from KSU and has worked as a copy editor/designer for The Packer newspaper, The Olathe Daily News, and the Marysville Advocate. He is the editor in chief of the summer 2004 Collegian.

Dates: June 1st - June 11th (Monday - Friday)
Time: 7p.m.-9p.m.
Fee: \$24
Location: Kedzie Hall, KSU, Room 107

People's Press 101: An Introduction to Journalism and the Newsroom CF25B

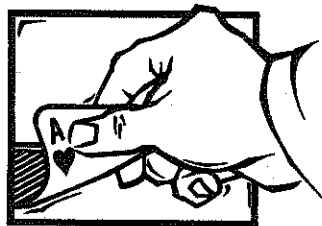
Dates: June 14th - June 25th (Monday - Friday)
Time: 7pm. - 9p.m.
Fee: \$24
Location: Kedzie Hall, KSU, Room TBA

Introduction to Duplicate Bridge CF01

If you know the rudimentaries of the card game Bridge, but have not yet competed in an official form of the game (i.e. Duplicate Bridge), this is the course for you. In ten sessions, you will learn the basics of Duplicate Bridge, so that you will be ready to compete in both Duplicate club games (which meets every Thursday at 7pm at the Senior Center) and in Duplicate Bridge Tournaments.

Both Amit Chakrabarti (amitc@ksu.edu) and Elizabeth Jankord (532-1625) are Life Masters of American Contract Bridge League (ACBL).

Date: June 2nd - July 7th (Monday & Wednesday)
Time: 7:00pm - 10:00pm
Fee: \$24.00
Location: UFM
No class on July 5th



Basket Weaving - Quilter's Tote CF02

The quilter's tote is a large sturdy basket with unique woven handles of both round and flat reed. There will be several color choices for the design on this basket. It is practical yet attractive enough to carry anywhere. This basket is for weavers of all levels.

Joyce Resnick (232-3511) and Vicki Arnett have been weaving for 8 years and teaching for more than 2 years. They are members of weaving guild in Kansas City, Lawrence, Topeka, and Wichita. Both instructors stay up to date with current information, design, and trends by attending basket weaving conventions and retreats throughout the Midwest. Both Vicki & Joyce love to share their basket weaving passion with students who are interested in exploring this heirloom craft that combines history, service and decorative elements in a fun atmosphere. Joyce was named Kansas Arts Commission Fellow for basket weaving in 2004.

Date: June 4th & 5th (Friday & Saturday)
Time: 6:00pm - 10:00pm Friday, 9am-1pm Saturday
Fee: \$45.00
Location: UFM Multipurpose Room

Basket Weaving-Flower Garden Cracker Basket CF03

The Cracker basket is oblong and narrow with handles and colorful flowers on the basket front. Great for holding snacks or soup crackers.

Joyce Resnick, Kansas Arts Commission Fellow - 2004, has been weaving for 8 years and teaching for 2 years. She is a member of several weaving guilds, helping to form the guild in Topeka. Joyce attends many conventions and retreats throughout the midwest to learn new techniques and keep her skills current. This will be a fun learning experience.

Date: July 24th (Saturday)
Time: 9:00am - 2:00pm
Fee: \$25.00
Location: UFM Multipurpose Room

Basket Weaving-Wine Basket / Tall Market Basket CF04

The Wine Basket/Tall Market basket is compressed with a solid wood handle, that maybe decorated with both natural and dyed flat reed and decorative leaves and grapes to carry out the wine basket theme. Will hold 2 bottles of wine, bread or other treasures.

Joyce Resnick (232-3511)

Date: August 28th (Saturday)
Time: 9:00am - 2:00pm
Fee: \$35.00
Location: UFM Multipurpose Room

Beginning Knitting CF05A

Two projects (headband and hat) will be completed as you learn to cast-on, the knit stitch, binding off and seaming. Bring short size 10' needles and a light colored bulky weight yarn.

Kennita Tully (537-1826) is the proprietor of Wildflower Yarns and Knitwear, 106 S. 4th in Manhattan. She designs knitwear for national knitting magazines and yarn companies.

Date: June 9th - June 30th (Wednesday)
Time: 7:00pm - 8:30 pm
Fee: \$31

Location: Wildflower Yarns & Knitwear, 106 S. 4th St.

Beginning Knitting CF05B

Kennita Tully (537-1826)

Date: July 7th - July 28th (Wednesday)
Time: 7:00pm - 8:30 pm
Fee: \$31

Location: Wildflower Yarns & Knitwear, 106 S. 4th St.

Harmonica for Everyone CF06

Harmonica is for everyone! Kids, parents, and grandparents will laugh and learn as they are led through an introduction to the 10 hole diatonic harmonica. We'll cover folk, gospel, old-time, bluegrass and country-blues styles along with different songs than those offered last fall. Learn proper care of your instrument and the essentials to play by ear or from harmonica notation. Ages 8+.

Thad Beach, a full time musician since 1988, has worked as an "Artist in Education" through Arts Commission Programs in Kansas, Iowa, North Carolina and South Carolina. He performs at schools, libraries and festivals across Kansas. An experienced, organized, creative, and humorous teacher, Thad has conducted harmonica classes in Abilene, Salina, McPherson, Newton, Hays and Winfield.

Date: June 24th (Thursday)
Time: 6:30pm - 8:00 pm
Fee: \$24.00
Location: UFM Fireplace Room

Parent Toddler Hands-on Hootenanny CF07A

Music appreciation and participation! Parents and their toddlers ages 2-5 will hear Thad perform using the guitar, harmonica, jawharp, ukulele, mandolin, fiddle, and banjo-uke plus hands-on playing from Thad's "Band in a Bucket."

Thad Beach

Date: June 24th (Thursday)
Time: 11:00am - 11:45 am
Fee: \$16.00
Location: UFM Fireplace Room





Stained Glass

CF10A

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 to making Tiffany lamps, 3-D creations, windows and more. A supply list will be provided when you enroll.

Petra Barnes

Date: June 8th - June 22nd (Tuesday)
Time: 1:00pm - 4:00pm
Fee: \$56.00
Location: 3446 Stonehenge Dr.

Mehndi for All

Calista Wilson (494-2752)

Date: July 10th (Saturday)
Time: 1:00pm
Fee: \$15.00
Location: UFM Banquet Room

Mehndi for All

Calista Wilson (494-2752)

Date: July 15th (Thursday)
Time: 1:00pm
Fee: \$15.00
Location: UFM Banquet Room

Stained Glass

CF10B

Petra Barnes

Date: June 12th - June 26th (Saturday)
Time: 9:00am - 12:00pm
Fee: \$56.00
Location: 3446 Stonehenge Dr.

Fun with Foundation Piecing

CF11A

You will learn the basics of foundation quilting. In this class you will begin a small four square pieced wall hanging quilt, learn about sashing, binding and stitch in a ditch. Basic sewing knowledge is necessary. Bring your own machine. A supply list will be provided at registration.

Elizabeth Allen is a long time quilter and artisan. She loves to create quilts and share this time honored craft. *Calista Wilson (494-2752)* Costumer and quilter.

Date: June 19th (Saturday)
Time: 1:00pm - 4:00pm
Fee: \$34.00
Location: UFM Multipurpose Room

Fun with Foundation Piecing

CF11B

Elizabeth Allen and Calista Wilson (494-2752)

Date: July 31st (Saturday)
Time: 1:00pm - 4:00pm
Fee: \$34.00
Location: UFM Multipurpose Room

Fun with Foundation Piecing

CF11C

Elizabeth Allen and Calista Wilson (494-2752)

Date: August 14th (Saturday)
Time: 1:00pm - 4:00pm
Fee: \$34.00
Location: UFM Multipurpose Room

Mehndi for All

CF12A

Come and explore art and history as we learn the ancient tradition of Mehndi (temporary henna tattoos). Please come dressed to participate, it can get messy. Products may be purchased at the Aggieville Wild Side or through the instructor.

Calista Wilson (494-2752)

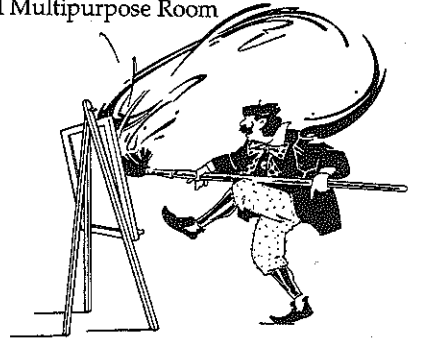
Date: June 12th (Saturday)
Time: 1:00pm
Fee: \$15.00
Location: UFM Banquet Room

Art Exploration for Kids

CF14B

Karena Kimble

Date: July 10th - 31st (Saturday)
Time: 11:35am - 12:30pm
Fee: \$46.00
Location: UFM Multipurpose Room



CF12C

Basic Nature Photography

CF13

Information will be primarily centered around 35MM SLR cameras and equipment in this class. 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 and those wishing to know more about camera operation and nature photography. Participants will need their own fully functional 35MM SLR camera at each class. Tripods will also be beneficial. The class will include 3 classroom meetings and 2 field trips. Fee includes 2 rolls of film, developing, plus a framed 8 x 10 picture, and a photography booklet.

Scott Bean (srbean@ksu.edu) has been enjoying the hobby of nature photography for the past 8 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 8 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 and help you get the most out of your camera.

Date: June 3rd -17th (Thursday) Class at UFM
June 5th & 12th (Saturday) Field trips
Time: 7:00pm - 9:00pm (Class time)
6:00pm - 8:00pm (Field trip time)
Fee: \$86.00
Location: UFM Multipurpose Room

Art Exploration for Kids

CF14A

Attention kids! Come have some fun creating works of art at UFM! In this class, kids will explore water media, collage, drawing, paper mache and clay. Wear clothing that can get dirty and be ready to have some fun!

Karena Kimble has a MFA from Kansas State University in Painting. She has taught art classes to people of all ages (preschool through college level) for several years.

Date: June 5th - June 26th (Saturday)
Time: 11:35am - 12:30pm
Fee: \$46.00
Location: UFM Multipurpose Room



Pet Massage

CF15

Have you ever gotten out of bed and felt a little stiff in the joints? Have you ever worked out so vigorously that your muscles need a little rub later in the day? Have you ever just wanted to be pampered? These are all questions that your pet can say "yes" to as well! Pet massage techniques can create better circulation, establish trust and relaxes the muscles after a long day of exercise. Massage can also be helpful for pets who are recovering from surgery. It is simple and easy to use, and these massage techniques have been doing wonders for our furry friends for years! *Bring a stuffed animal to class-no live animals, please.

Sandy Snyder (537-3607), is a licensed Massage Therapist with 30 years experience. She is the owner of Life center Bodywork and is experienced with Deep Tissue Massage, Sports Massage, Reflexology, Baby and Pet Massage and Reiki.

Date: July 23rd (Friday)
Time: 7:30pm
Fee: \$22.00
Location: UFM Multipurpose Room

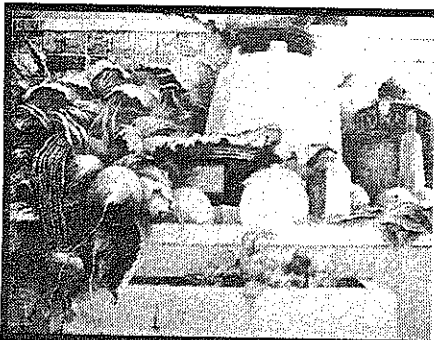
Baby Massage

CF16

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

Sandy Snyder (537-3607)

Date: July 22nd (Thursday)
Time: 7:30pm
Fee: \$27.00
Location: UFM Multipurpose Room



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Wine 101: Wine Appreciation

CF17

Do you enjoy wine and want to know more about it? If so, this class is for you. Bob and Jeff will step you through different grape varieties, major wine regions, proper tasting techniques and wine storage. This class will focus primarily on wines from the West Coast. Six wines will be sampled each evening. Participants must be 21 years of age to enroll in this class. Enrollment is limited and this class fills up quickly, so enroll early! Be ready to come and have some fun while learning about wine!

Bob Campbell is the owner of Candlewood Liquor. Jeff Mosling is a sales representative for Glazer's Distributors of Kansas.

Dates: June 7, 14, and 21 (Monday)
Time: 7-9p.m.
Fee: \$110
Location: UFM Fireplace Room

Community Drum Circle

CF18

Why: In honor of Manhattan's Juneteenth Celebration!

Where: UFM
When: Friday June 18, 2004
Time: 7:00pm to 8:30pm

Fee: Donation
Ages: Families, but all kids under 12 years old must be with an adult.

Who is the leader? Richard Pitts the director of the Wonder Workshop Children's Museum. He started drum circles here in Manhattan three years ago and has been leading workshops all over Kansas.

What is a drum circle? Is a group of intergenerational, multiracial, and multicultural people coming together with the purpose of making music and enjoying this percussive event. There are no judgments - come with or without experience. If you have a drum please bring it and any other percussion instrument and if you do not have one you may use one of ours. This event will take place outside on the UFM grounds so if you have a lawn or camping chair you may want to bring it. For more information or if you have questions please call the Wonder Workshop Children's Museum 785-776-1234 or email him at wonder@kansas.net.

Watercolor Workshop

CF20

Watercolor basics will be introduced from washes to masking to exploration of color. All materials will be provided by the instructor and are included in class fee.

Karena Kimble has an MFA in painting from Kansas State University. She has taught art for several years to people of all ages.

Date: August 7th (Saturday)
Time: 9:00am - 12:00pm
Fee: \$32.00
Location: UFM Multipurpose Room

Keyboard Kids

CF21

An introductory piano class for children, ages 4-8, and their parents. We invite you to explore this exciting piano class for beginners as young as four years old who express an interest in learning about music. The great advantage of taking piano lessons at an early age is that the habits and skills developed will carry over into every aspect of a child's life as he or she matures. This class will be using Bastiens' "Piano Party" materials. Students who follow "Bastiens' Invitation to Music" will learn to be critical listeners as well as readers and performers of music.

Summer Special - 6 lessons will be offered for the price of 5. This allows parents to take a one-week vacation at any time without having to pay for the week they are gone.

Note: There will be a \$10.00 non-refundable deposit for this class because materials will need to be ordered in advance.

Sibylle Kuder studied Piano Performance and Pedagogy in Germany at Trossingen Hochschule für Musik. She also attended the Graduate Program at Kansas State University. She is certified to teach "Family Music" and "The Cycle of Seasons," both of which are early childhood music and movement education programs of the Musikgarten Curriculum. Ms. Kuder has been teaching in this area for about 12 years, serving piano students from 4 years of age through adult. For more information about her experience and class offerings, visit her website at www.stonehousemusic.com. This class is for 4-5 year old children.

Dates: June 8th - July 13 (Tuesdays)
Time: 10:00a.m. - 10:50a.m.
Cost: \$72.00
Location: Mid-America Piano, 241 Johnson Rd.



Keyboard Kids

CF21B

This class is for 6-7 year old children.

Dates: June 8th - July 13 (Tuesdays)
Time: 11:00a.m. - 11:50a.m.
Cost: \$72.00

Location: Mid-America Piano, 241 Johnson Rd.



Keyboard Kids

CF21C

This class is for 8 year old children.

Dates: June 9 - July 14 (Wednesday)
Time: 11:00a.m. - 11:50 a.m.

Location: Mid-America Piano, 241 Johnson Road



Juggling: For Wellness, For Fun

CF24A

This exercise works at many levels including entertainment and as a mental and physical stimulant. Varieties of juggling are used in grade schools to focus the energy of attention deficit students, calm temperaments of behavioral disorders as well as stimulate the minds of gifted students. All levels of juggling may be a useful tool for self-improvement and above all it's fun!

Ryan Bradburn (rmb4466@ksu.edu, 317-0929) has been juggling for about 4 years and currently works with clubs and balls for props. He re-founded the KSU Juggling Club in March 2003 and will use it as a source of extra instruction Thursday nights.

Date: June 9 (Wednesday)
Time: 6:00 - 8:00 pm
Fee: \$12
Location: UFM Fireplace Room

Juggling: For Wellness, For Fun

CF24B

Ryan Bradburn (rmb4466@ksu.edu, 317-0929)

Date: June 23 (Wednesday)
Time: 6:00 - 8:00 pm
Fee: \$12
Location: UFM Fireplace Room

Chess Instruction Workshop

CF19

Open to all ages. The workshop will cover from the basics to the specifics on how to play chess. Students will learn all phases of the game from opening organization to middle game development, end game techniques, how to checkmate the King, some chess tactics, how to draw and win lost positions, etc. The class is for both beginner and intermediate level game players. No equipment necessary.

Raymond Paul (robindale7@yahoo.com) has been an avid chess enthusiast for most of his adult life, teaching and playing chess. He was the KSU chess club's founder and president in the late 90's, and was recently the president of the Fort Hays State chess club. He enjoys writing poetry, mathematics, b/w photography, oil painting, and has a degree in Science.

Date: June 3rd - July 29th (Thursday)
Time: 6:00PM - 8:00PM
Fee: \$48
Location: UFM House

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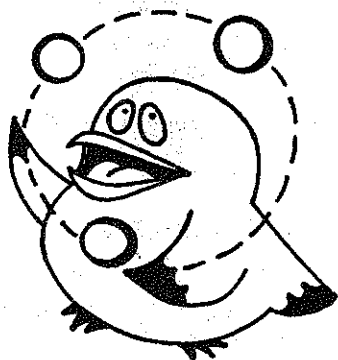


Juggling: For Wellness, For Fun

CF24C

Ryan Bradburn (rmb4466@ksu.edu, 317-0929)

Date: July 7 (Wednesday)
Time: 6:00 - 8:00 pm
Fee: \$12
Location: UFM Fireplace Room



Juggling: For Wellness, For Fun

CF24D

Ryan Bradburn (rmb4466@ksu.edu, 317-0929)

Date: July 21 (Wednesday)
Time: 6:00 - 8:00 pm
Fee: \$12
Location: UFM Fireplace Room

Movie Watching for Fun

CF22

This "class" is about the fun of watching movies, great and not-so-great, color and Black and White, silent and "talkies", American and foreign. It is not about studying the medium, about what which director meant when he did this or that (other than for the pure enjoyment of the moment), about hidden symbols and meanings. It's about watching movies for the sake of it. We will watch and discuss a different movie each week.

NOTE: Some of the movies we watch may be rated "R" and contain graphic violence or nudity. If you are offended by this, please do not enroll.

Douglas Teener is a movie watcher and collector who enjoys watching movies for the simple pleasure of the experience. He has a collection of over 600 films of all types and wants to share the fun. Class is limited to 10.

Dates: June 3rd - July 22nd (Thursday)
Time: 7 PM
Fee: \$32
Location: UFM Conference Room

The Art of Lunchmeat

CF23

In this class we will use pimiento loaf, bologna, and Spam as artistic mediums. Using their distinct textures, we will sculpt works of art that will be fun for the whole family and entirely edible!

Dr. Reuben Sandwich

Dates: June 1 June 30 (Monday Friday)
Time: Lunchtime
Fee: \$2.99/pound
Location: A deli counter near you

Recreation & Fitness

Archery for Adults

RF01

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 (776-8204) is a certified national archery instructor NAA level 4. He has helped his students compete at a national level, produced a national champion, and has many years of coaching experience, including Archery Instructor for 4-H, and Shooting Sports Director for Boy Scout Camp. Tom is presently coaching JOAD club, Manhattan Royal Archers.

Date: June 7th - June 28th (Monday)
Time: 7:45pm - 9:00 pm
Fee: \$40.00
Location: 1125 Laramie Plaza, upstairs

Archery for Youth

RF02

The main focus of this class 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 and safety. All equipment will be provided. Ages 8+.

Tom Korte (776-8204)

Date: June 7th - June 28th (Monday)
Time: 6:00pm - 7:00 pm
Fee: \$32.00
Location: 1125 Laramie Plaza, upstairs



Pocket Billiards

RF03

This class will help you develop your skills including stance, stroke, position play and the "mental game." We will cover eight ball, nine ball, straight pool, and even a few trick shots.

Jerry Riggs grew up playing pool and played professionally for 12 years. During that time he played and qualified in four world open championship tournaments in New York City, finishing in the top 10. He has won numerous state and regional tournaments and titles. Jerry thinks the game should be fun and enjoys teaching the game. Jerry lives in Manhattan with his wife and son and is employed with Farmers Insurance Group.

Date: June 17th - July 22nd (Thursday)
Time: 7:30pm - 9:00pm
Fee: \$20
Location: K-State Student Union

Introduction to Golf

RF04A

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 3rd - June 24th (Thursday)
Time: 7:00PM
Fee: \$36.00
Location: 4441 Fort Riley Blvd. Stagg Hill Golf Club

Introduction to Golf

RF04B

Jim Gregory (539-1041)

Date: July 1st - July 22nd (Thursday)
Time: 7:00PM
Fee: \$36.00
Location: 4441 Fort Riley Blvd. Stagg Hill Golf Club

Golf

RF05

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

Date: June 9th - July 28th (Wednesday)
Time: 6:00pm - 8:00pm
Fee: \$120.00
Location: 4441 Fort Riley Blvd. Stagg Hill Golf Club

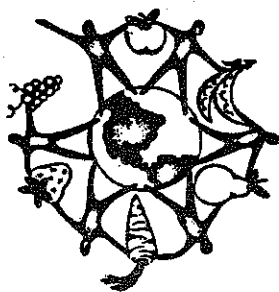
Golf in Salina

RF06

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. Time allowed for both classroom and golf course play and driving range practice.

Ronda Green

Date: June 10th - July 29th (Thursday)
Time: 6:00pm - 8:00pm
Fee: \$140.00 (also available for KSU credit)
Location: Salina Municipal Golf Course



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Pilates For Beginners

RF07A

Pilates is an energizing and refreshing workout meant to strengthen and condition the "powerhouse" (abdomen, lower back, and buttocks). Pilates promotes harmony and balance for people of all ages and physical conditions. Please wear comfortable clothes to enable full range of body motion and bring a towel or yoga mat to the first session.

James Lehr II (341-4778) is a certified teacher and a Fitour certified Pilates I instructor.

Date: June 8th - July 6th (Tuesday)
Time: 8:30pm - 9:20pm
Fee: \$44.00
Location: Ahearn Room 301

Pilates For Beginners

RF07B

James Lehr II (341-4778)

Date: June 11th - July 9th (Friday)
Time: 7:00pm - 7:50pm
Fee: \$44.00
Location: Ahearn Room 301

Pilates For Beginners

RF07C

James Lehr II (341-4778)

Date: July 13th - August 3rd (Tuesday)
Time: 8:30pm - 9:20pm
Fee: \$44.00
Location: Ahearn Room 301



Beginning Belly Dance I: for students with no previous experience

RF09A

In this dance technique class, you'll learn all the foundations of this ethnic dance form and get some great exercise. This class will cover the basics of hip, rib cage, and arm movements, as well as simple turns, traveling steps, combinations, and choreography. Please wear comfortable clothing that allows for ease of movement. Come join us for creative movement and exercise in a positive and fun setting!

Maya Zahira (979-4681) (www.mayazahira.com) began studying belly dance in 1999 under the instruction of Saudi-born Ferdoas Afani. Maya's dance performances include birthday parties, baby showers, corporate events, restaurant dancing, "belly-grams", international fairs, sidewalk sales, and The Kansas City Renaissance Festival. She specializes in American style cabaret nightclub, folkloric, Romancing Gypsy, Saidi, fusion, multi-veil, and sword and tray balancing. Maya holds a bachelor's Degree in Education. She has more than eight years of professional teaching experience and more than three years experience teaching belly dance. She is pleased to have the opportunity to fuse here two great loves: teaching and belly dance. Maya is a patient and encouraging teacher. Her innovative teaching style incorporates extensive break-down of the body movements combined with creative and challenging combinations and choreography.

Date: June 14th - July 12th (Monday)
Time: 5:15pm - 6:15pm
Fee: \$42.00
Location: Ahearn dance studio Room 301

Beginning Belly Dance I: for students with no previous experience

RF09B

Maya Zahira (979-4681) (www.mayazahira.com)

Date: July 19th - August 16th (Monday)
Time: 5:15pm - 6:15pm
Fee: \$42.00
Location: Ahearn dance studio Room 301

To have lost is to have dared; to have dared is to have succeeded!

—Anonymous

Beginning Belly Dance II:

RF10A

This class is for those students who have taken at least one session of Beginning Belly Dance I or equivalent. Students in this class will learn additional dance movements, combinations, and choreography. Veil dancing will also be introduced.

Maya Zahira (979-4681) (www.mayazahira.com)

Date: June 14th July 12th (Monday)
Time: 7:25pm - 8:25pm
Fee: \$42.00
Location: Ahearn dance studio Room 301

Beginning Belly Dance II:

RF10B

Maya Zahira (979-4681) (www.mayazahira.com)

Date: July 19th - August 16th (Monday)
Time: 7:25pm - 8:25pm
Fee: \$42
Location: Ahearn Dance Studio Room 301

More Belly Dance Classes on Page 16!

Classes with this handprint



offered just for kids!

Introduction To Dance:

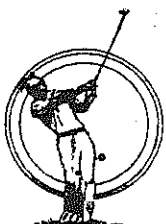
Ballet, Tap, and Jazz

RF08

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 42 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 10th - 17th (Thursday)
Time: 5:30pm - 6:15pm
Fee: \$14.00
Location: 2416 Rogers Blvd.



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**A Winter's Tale*

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**Other People's*

Money

Oct. 1-3, 7-10

**Moon Over Buffalo*

Nov. 12-14, 18-21



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537-4420, stop by 1520 Poyntz or email programs@manhattanarts.org

Manhattan Arts Center, 1520 Poyntz * Smoke-free * Wheelchair accessible * www.manhattanarts.org

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.





Intermediate Belly Dance

RF11A

This class is for students who have taken at least two sessions of Beginning Belly Dance I or equivalent. In this class, we'll cover intermediate and advanced topics such as finger cymbals, veil dancing, drum solos, folkloric dance, gypsy belly dance, floorwork, stage dynamics, and more. We'll also learn how to work with props such as tambourines, canes, swords, baskets, and candles. Required materials: hip scarf, veil, and finger cymbals. Performance opportunities are provided, but not required.

Maya Zahira (979-4681) (www.mayazahira.com)

Date: June 14th - July 12th (Monday)
Time: 8:30pm - 9:30pm
Fee: \$42.00
Location: Ahearn Dance Studio Room 301

Intermediate Belly Dance

RF11B

Maya Zahira (979-4681) (www.mayazahira.com)

Date: July 19th - August 16th (Monday)
Time: 8:30pm - 9:30pm
Fee: \$42.00
Location: Ahearn Dance Studio Room 301

Belly Dance Workout

RF12A

Looking for a new and different type of workout? Belly dancing is now a popular trend in exercise! In this class, you'll get a total body workout. You'll raise your heart rate, burn fat, and tone your muscles. Class will include warm-up, break-down of basic belly dance movements, traveling steps, shimmys, percussive hip work, abdominal and rib cage work, and sustained arm movements. This class is open to all levels of students from beginner to professional. It is a great way for new students to cover the basics, and for seasoned belly dancers to stay in excellent shape for performance. Please wear comfortable clothing that allows for ease of movement. Bring water and be ready to sweat!

Maya Zahira (979-4681) (www.mayazahira.com)

Date: June 14th - July 12th (Monday)
Time: 6:20pm - 7:20pm
Fee: \$42.00
Location: Ahearn Dance Studio Room 301

Belly Dance Workout

Maya Zahira (979-4681) (www.mayazahira.com)

Date: July 19th - August 16th (Monday)
Time: 6:20pm - 7:20pm
Fee: \$42.00
Location: Ahearn Dance Studio Room 301

Ballroom Dance

RF13

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. Berkeley, 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 11th - July 30th (Friday)
Time: 6:25pm - 8:00pm
Fee: \$51 individual / \$89 couple
Location: ECM Auditorium, 1021 Denison



RF12B

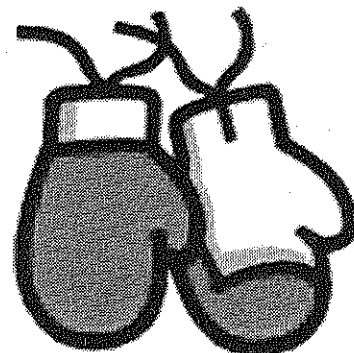
Boxing for Women

RF14A

Learn to box! Get an incredible workout! Strengthen and tone your arms, abs, and lower body. Gain confidence, have fun, and relieve stress. Gloves will be provided. There will be no contact with other participants. Workouts will be on the heavy bag, double end bag, funnel bag, jumbo ball and freestanding bags. Learn punches, defensive moves, combos, and how to get awesome abs!

Lorissa Charowhas (776-6060) has been involved in the fitness industry for 22 years. As a certified personal trainer and certified kickboxing instructor she has been coaching the last five years in Manhattan at Cottonwood Racquet Club. Lorissa's class participants have experienced great success through her fitness programs.

Dates: June 7 - June 30 (Monday and Wednesday)
Time: 7:00pm - 7:45pm
Fee: \$62
Location: Cottonwood Racquet Club, 3615 Claflin Rd.



Boxing for Women

RF14B

Lorissa Charowhas (776-6060)

Dates: July 7 - July 28 (Monday and Wednesday)
Time: 7:00 - 7:45pm
Fee: \$57
Location: Cottonwood Racquet Club, 3615 Claflin Rd.

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Date With A Side

May 22, 2004
A Silent Gathering

The Coalition for Community Action invites you to get involved!

Join us at 8:00am in front of Bramlage Coliseum on May 22, 2004. Let's make sure Fred Phelps and his cohorts know that his message is not welcome at K-State or the Manhattan community.

Mon., May 10 @ 5:00pm Union Rm. 205
Visit our website: www.ksu.edu/nonviolence
Questions? E-mail at jrs6655@ksu.edu

Celebrate 150 Years!

COMMUNITY VOLUNTEERS are still needed to help PLAN and DEVELOP the area's Biggest Birthday Bash ever!

Join one of these C150! Committees: Events, Heritage, Publicity, and Volunteers/Fundraising

FIND OUT MORE ABOUT THE CELEBRATE 150! and EACH OF THE SUBCOMMITTEES ON THE WEB at www.celebrate150.org.

CALL 785.313.3623 to leave a voice mail or email the Celebrate 150! Committee at: signmeup@celebrate150.org for more information! You may also drop a note to CELEBRATE 150!, P.O. Box 825, Manhattan, Kansas 66505

www.celebrate150.org

Martial Arts



Tae Kwon Do I

MA01

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 in their present condition and enjoy continued success through Tae Kwon Do. Tae Kwon Do I is for beginners age 9+.

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. As a 9th Degree Black Belt, and an internationally certified instructor, he has been instructing students for over 40 years. The classes at Kansas State University have been held since 1975.

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

Date: June 1 - August 12 (Tuesday/Thursday)
Time: 6:30pm - 7:30 pm
Fee: \$72
Location: Ahearn Fieldhouse, KSU



Lao Hu Pai Kung Fu

MA05

Students will learn and be promoted in a unique system that has its origin from China (Tibet) and Japan (Okinawa). Starting 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 (mtrandpm@hotmail.com) has been actively practicing martial arts for the past 17 years and holds a 2nd degree black belt (sensei level) in Lao Hu Pai Kung Fu, 1st degree black belt in Won Hop Loong Chuan Kung Fu, and a 1st degree black belt in Goshin Aikijutsu. He has extensive training in other systems including: Vovinam, Shaolin Long Fist and Preying Mantis.

Date: June 2nd - August 11th (Wednesday)
Time: 6:00pm - 8:00 pm
Fee: \$52.00
Location: 301 Ahearn Fieldhouse, KSU

White Phoenix System Basics

MA03

In this class we will work on solo Kung Fu basics and Jujutsu Self-defense two person techniques. The White Phoenix System of martial arts consists of 40% Kung Fu, 40% Jujutsu and 20% techniques and forms from other methods. The idea of the White Phoenix System is that it blends traditional training and modern self-defense.

Stan Wilson is the founder of the White Phoenix System. He has been involved with martial arts for 34 years. He has a third degree black sash in Pai Lum Kung Fu, a first degree black sash in Mew Hing Taoist Palms Kung Fu, a eight degree black sash in Zee Do Lum Kung Fu, and a second degree black belt in Hakko Ryu (Aiki) Jujutsu. He has studied over fifteen different martial arts, and has a library of hundreds of martial arts instructional books, videos, and magazines.

Stan Wilson (539-7723)

Date: June 7th - July 26th (Monday)
Time: 8:00pm - 9:00pm
Fee: \$42.00
Location: Ahearn Field House

Wah Lum Kung Fu - Praying Mantis- For Kids!



MA04

Students will learn applications of moves and will learn forms. There are a variety of levels to progress through. Everyone learns at their own pace and level. The work-out includes: 20 minutes of stretching, kicking, warmups and 15-20 minutes walking drills, kicks, punches and combos.

Caryn Brooks (carynfu@juno.com) is from the Boston area. She has studied Wah Lum Kung Fu for about 13 years and has been teaching for about 5 years. About 3 years ago, before moving to Kansas, Caryn became a certified instructor for the Wah Lum System.

Date: June 9th - July 21st (Wed)
(No class July 7)
Time: 5:00pm - 6:00pm
Fee: \$34.00
Location: Ahearn Dance Studio, Room 301, KSU

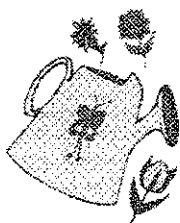
Tae Kwon Do II

MA02

Grand Master Chae Sun Yi & Instructor Jr. Master David Moore

Date: June 1 - August 12 (Tuesday/Thursday)
Time: 7:30pm - 8:30 pm
Fee: \$72
Location: Ahearn Fieldhouse, KSU

Congratulations Manhattan Community Garden 30th Anniversary Celebration



June 12, 5:30 pm



Garden Community Potluck

and Celebration. Please come!

for all your Outdoor Adventures



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Earth & Nature

Fall Gardening and Beyond

EN01

Fall is the best time to grow many vegetables! Get extra mileage out of your garden space this year and 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. 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: July 24th (Saturday)
Time: 10:00am - 12:00pm
Fee: \$12.00
Location: UFM Greenhouse

Children's Gardening

EN02A

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

Date: June 5th - until Frost (Saturday)
Time: 10:00am - 12:00pm
Fee: NO COST
Location: 8th and Riley Lane



Children's Gardening

EN02B

Date: June 7th - until Frost (Monday)
Time: 4:00pm - 6:00pm
Fee: NO COST
Location: 8th and Riley Lane



A Day in the Country

EN03

Possum Hollow Ranch has prairie, woods, streams and ponds to explore on sunny days, and an 1873 limestone house that loves company when it rains. Join others who enjoy nature and engage in some planned creative activities as well as some which provide solitude. A day to refresh and reflect in a rustic and charming environment. Lunch and interpreter/naturalist provided. Families as well as individuals welcome.

Dru and Mike Clarke, stewards of Possum Hollow Ranch

Date: Saturday June 26
Time: 9:30 a.m. - 4:30 p.m.
Location: Possum Hollow Ranch
(Foundation Quarter Horses)
7810 Hopkins Creek Road,
St. George, Ks. 66535
Fee: \$20 adults; \$5 children



Test Preparation Courses

Be Confident and Prepared to take the PPST, GMAT, GRE, and LSAT

GMAT Prep FC-05 Graduate Management Admission Test Preparation Course

Review Segments

Reading Comprehension
Sentence Correction & Analytical
Writing Assessment
Critical Reasoning
Discrete Quantitative
Data Sufficiency

Date: June 29th - August 3rd
(Tue/Thur)

Time: 7 p.m. - 9 p.m.

Fee: \$250

Location: KSU, Bluemont Hall, Room 5102
(No class on July 29th)

GRE Prep FC-06 Graduate Record Exam Preparation Course

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

Date: June 29th - August 3rd
(Tue/Thur)

Time: 7 p.m. - 9 p.m.

Fee: \$250

Location: KSU, Bluemont Hall, Room 5102
(No class on July 29th)

Personal Interest



Bread 101

PI05B

Calista Wilson (494-2752)

Date: July 17 (Saturday)
Time: 1:00pm
Fee: \$28.00
Location: UFM Kitchen

Core Communication

PI06A

Communication impacts every area of your life. How you communicate with people either opens or limits your opportunities, and can strengthen or harm your relationships. Core communication is for any individual who believes effective communication is important to his or her well being. It is an engaging, positive program that teaches you practical communication concepts and skills for connecting with others and creating constructive interactions. It is taught using brief presentations, interesting demonstrations, practice skills with helpful coaching and feedback. Core communication is theoretically grounded, well researched and over 200,000 individuals have participated in it since its development at the University of Minnesota.

Renee Martin (395-6186, srm6333@ksu.edu) is an instructor for USD 383 of Communication Skills and Conflict Resolution at Flint Hills Job Corps. She holds a BA in Education, MS in Special Education and is currently working on a Doctorate in Special Education. She received training in Core Communications from the creators of the program and has been teaching it for two years.

Date: June 2nd - June 30th (Wednesday)
Time: 7:00pm - 9:00pm
Fee: \$56.00
Location: UFM

Core Communication

PI06B

Renee Martin (395-6186, srm6333@ksu.edu)

Date: July 24th - August 7th (Saturday)
Time: 1:00pm - 4:30pm
Fee: \$52.00
Location: UFM

A Course in Miracles

PI07

This class is a self-study program in retraining the mind for inner peace through the practical application of principles such as forgiveness, eliminating fear and bringing more love into our lives and the lives of others. It has been described as a divinely inspired road map for one's own inner spiritual journey. The daily application of the lessons provides opportunities for experiencing peace, happiness and fulfillment - not so easy to come by as we struggle with the challenges and changes of life.

Mary Williams (785-654-9882) has been seeking inner peace for years! She has been a student and a teacher of A Course in Miracles since 1985. Professionally, Mary is a K-12 gifted education teacher in rural schools south of Topeka and has her own wellness business.

Date: June 12th & 19th (Saturday)
Time: 10:00am - 12:00pm
Fee: \$14.00
Location: UFM Conference Room

Understanding Islam

PI01A

This class will focus on the basic aspects of the Islamic religion: The message of peace, love and the grace of God to the whole world. Included will be a thorough explanation of the five pillars of Islam, the Islamic concept of family, social life and other principles of Islam, while highlighting certain misconceptions such as the view on women, terrorism, fundamentalism etc. Participants will learn how Islam blends into the American Society.

Quentin Gamble is a member and former vice-president of the Islamic Center of Manhattan.

Date: June 7th - June 11th
(Monday, Wednesday, Friday)
Time: 7:00PM - 8:00PM
Fee: \$16.00
Location: UFM Multipurpose Room

Understanding Islam

PI01B

Quentin Gamble

Date: July 12th - July 16th
(Monday, Wednesday, Friday)
Time: 7:00PM - 8:00PM
Fee: \$16.00
Location: UFM Multipurpose Room

Understanding Islam

PI01C

Quentin Gamble

Date: August 2nd - August 6th
(Monday, Wednesday, Friday)
Time: 7:00PM - 8:00PM
Fee: \$16.00
Location: UFM Multipurpose Room

Religion and Spirituality

PI02

This course will discuss many things that deal with religion or spirituality nothing within those two topics will be taboo. Participants will discuss the different religions of the world and the nature of spirituality. This course will be uplifting and informative.

Rev. Mark Miller (485-0169) is a Kansas native who promotes religious freedom and he founded the Church of Religious Freedom. He has studied many faiths and theologies for over 20 years.

Date: June 9th - August 11th (Wednesday)
Time: 7:00 - 9:00 pm
Fee: \$28.00
Location: UFM Conference Room

Introduction to Feng Shui

PI03

Make your house happy! Discover how to enhance your home for optimum health through the application of Feng Shui principles. You will learn how to apply the basic concepts of Feng Shui in such a way as to create harmony and well being in your own personal environment.

Sarah English (539-6386)

Date: July 12th (Monday)
Time: 7:00pm-9:00pm
Fee: \$22
Location: UFM Conference Room

Vegetarian Cooking

PI04A

Learn the basics of vegetarian cooking for a healthy and wholesome way of eating. Meat alternatives, lacto and ovo vegetarianism as well as vegan will be covered. Class fee includes: handouts, supplies, and tasty snacks.

Calista Wilson (494-2752)

Date: June 26th (Saturday)
Time: 1:00pm
Fee: \$38.00
Location: UFM Kitchen

Vegetarian Cooking

PI04B

Calista Wilson (494-2752)

Date: July 24th (Saturday)
Time: 1:00pm
Fee: \$38.00
Location: UFM Kitchen

Bread 101

PI05A

Learn the basics of breadmaking and you will have a foundation to 'rise' from! White, wheat, sour dough, rye, vegetable and fruited breads will be discussed. We will make tortillas to eat and dough to take home and bake.

Calista Wilson (494-2752)

Date: June 10 (Thursday)
Time: 7:00pm
Fee: \$28.00
Location: UFM Kitchen

The Iris Cooperative

A consortium of professionals committed to nurturing body, mind, emotion and spirit to promote healing.
103 South 4th, Suite 28,
Manhattan, Kansas.

BRUCE BALKENHOL
Jin Shin Jyutsu Practitioner
537-1049

HEATHER GRITTON
Craniosacral Therapist &
Natural Force Healing Practitioner
776-0523

PALMA M. HOLDEN
Spiritual Intuitive, Writing Tutor
& Pet Consultant
539-1183

KRISTINA R. KRAMER
Certified Massage and
Neuro-Muscular Therapist
341-9217

MARCIA MCFARLAND
Reiki Teacher & Practitioner
776-1766

SHARON LANDRITH
Medical & Personal Intuitive, Healing Touch
Practitioner & Meditation Teacher
556-1145

JENNIFER MOONEY, MSN, ARNP-C
Family Nurse Practitioner
776-7808

MARILYN TOMICH
Astrology Consultant
537-8335

EVERYTHING YOU EVER WANTED TO KNOW ABOUT UFM

WHAT IS UFM?

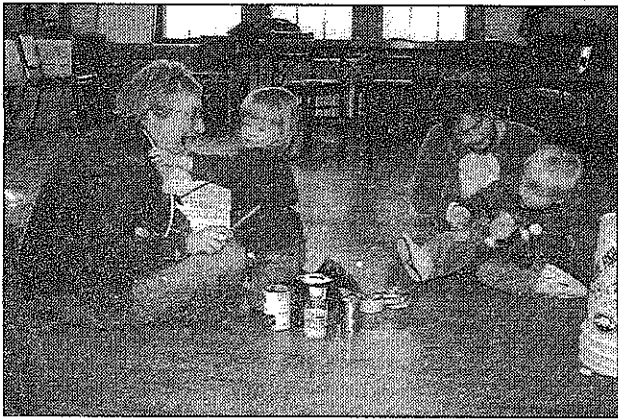
UFM Community Learning Center is a creative educational program serving Kansas State University, the Manhattan area and the state of Kansas. Based on the philosophy that everyone can learn and everyone can teach, UFM provides opportunities for lifelong learning and personal development. UFM serves as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

WHEN WAS UFM FOUNDED AND WHAT EXACTLY DOES UFM STAND FOR?

UFM was founded in 1968 by a group of K-State students and faculty. UFM originally stood for University for Man. It was later changed to University for Mankind, and most recently, changed to UFM Community Learning Center.

WHAT KINDS OF THINGS DOES UFM OFFER?

In 2003, UFM programs served 12,698 people locally. UFM serves people of all ages and with varied backgrounds and interests. Programs offered by UFM include the Education Program of credit and noncredit classes, the Community Outreach Program, Lou Douglas Lecture Series, Manhattan Community Garden, Teen Mentoring Program and other special projects such as coordinating state and regional swim meets and collaborating on projects with other agencies.



UFM's education program is the largest project in the organization. It offers a wide variety of classes for people of all ages. Aquatics, creative free time, recreation and fitness, language, wellness, computer, career and finance, earth and nature, personal interest and youth are the subject areas covered.

WHAT KINDS OF CHILDREN'S SERVICES ARE OFFERED AT UFM?

UFM offers a variety of youth programs. 1,214 youth were served last year. Activities included the Red Cross' Learn-to-Swim Program, other class activities, and the teen mentoring program. UFM also administers the Community Youth Scholarship Program funded by the City of Manhattan Social Services Advisory Board.

WHAT EXACTLY IS THE TEEN MENTORING PROGRAM?

In Fall, 1997, UFM began developing a mentoring program for high risk teens as a way to address juvenile justice issues arising from use of alcohol and/or drugs, truancy, shoplifting and other delinquent behaviors. The City of Manhattan Alcohol Fund, the YES! Fund, The McCormick Foundation and the Kansas Department of

Health and Environment have provided funding to continue this program to the present time. Middle and high school aged youth are matched with college student mentors. A structured program of support and life skills is provided with opportunity for both one-on-one and small group activities. The group offers a safe environment for recreation, learning, and community service.

ARE THERE OTHER PLACES LIKE UFM IN KANSAS?

UFM is the largest community learning center in Kansas, but due to the Community Resource Outreach Program, there are many smaller community education/development programs throughout Kansas. UFM has helped over 80 communities across the state start their own community education programs.

WHAT ELSE DOES UFM OFFER?

UFM provides many other educational opportunities and community services. Most notably are the Lou Douglas Lecture Series and the Manhattan Community Garden.

Both of these programs are celebrating special birthdays this year the Lou Douglas Lecture Series is in its 25th year, and the Community Garden is celebrating its 30th birthday.

The Lou Douglas Lecture Series on Public Issues serves as a forum for dialog on issues of human rights, social justice, world peace and international development. Watch for our upcoming lineup of speakers and events in the Fall Catalog. We will have many special activities this year to celebrate 25 years of excellent lectures.

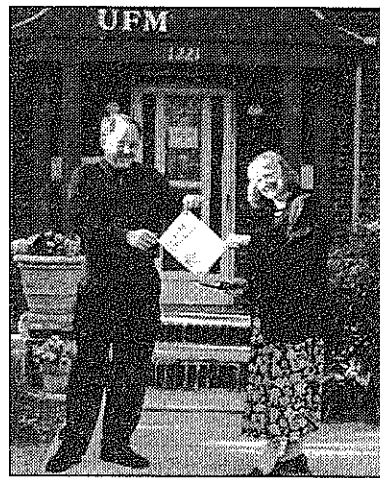
The Manhattan Community Garden is a long-standing UFM tradition. The garden began as a nutritional enhancement program for low income families in the community.

Through the years, it has grown and expanded to a true community garden allowing people throughout the community to share the gardening experience, to supplement food budgets, relieve stress and foster new

friendships. UFM also offers a children's garden. Look at the Earth and Nature Section of the Catalog for additional information.

WHAT'S NEW AT UFM?

Lots of things! Most notably, UFM has recently entered the 21st century through the usage of a computer network and high-speed Internet service! A big thanks goes to Chuck Havlicek and the staff of Aceware Systems,



Inc. for making this possible. UFM staff is working to improve the website, www.ksu.edu/ufm, and have future plans to offer online classes and registrations.

Thanks also to an anonymous donor, UFM has been able to pay off the mortgage of the UFM house! Thanks to generous donations such as this, UFM will be able to continue providing educational activities to the Manhattan community at an affordable price.

HOW CAN I GET INVOLVED AT UFM?

There are so many ways that you and your family can become involved at UFM! You can try out one of our many classes UFM offers activities for families, couples, kids and individuals of all ages. Do you have a skill or interest that you would like to share?

UFM is always looking for new class ideas and people to teach all types of classes.

People ages 6 to 98 have been instructors for various classes. If you would like more information about teaching at UFM, or about any of our other programs or services, please contact our office! At UFM the philosophy is "Everyone Can Learn and Everyone Can Teach," so get involved today!

Take a Peek at the Past

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

Riley County Historical Museum

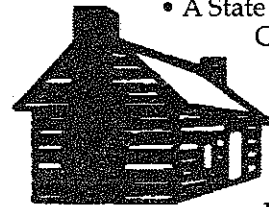
2309 Claflin

- 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

Community Garden Celebrates 30 Years

The Manhattan Community Garden is a long-standing UFM program celebrating its 30th anniversary this summer. The garden began as a nutritional enhancement program for low income families in the community. Through the years, it has grown and expanded to a true community garden allowing people throughout the community to share the gardening experience, to supplement food budgets, relieve stress and foster new friendships.

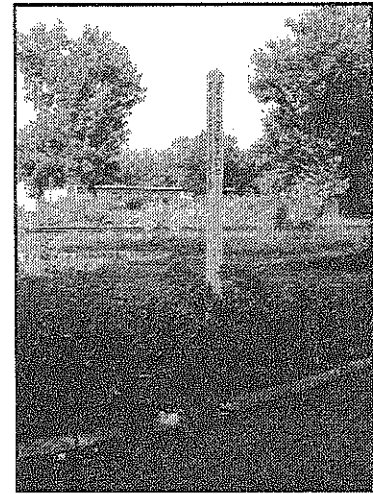
85 families gardened 161 plots in 2003. KSU students, faculty/staff, retired persons and others from Manhattan utilized space. A volunteer advisory board governs the garden operation. The land for the garden

is leased at no charge from the City of Manhattan. The City also provides water assistance. A KSU Horticulture student served as the garden coordinator.

A small plot rental fee is charged to cover the costs of garden supervision, equipment, supplies, a garden newsletter, mulch and some seeds. In addition to the regular garden, a section is set aside as a Children's

new building allows secure storage and work area for gardeners.

The 6th grade class at Theodore Roosevelt Elementary School, used the Community Garden as an oral history project, visiting with new and long time gardeners to better understand their motivation for gardening and the community spirit. They produced a paper gardening quilt that is on display at the UFM House.



Visiting the Garden is always a relaxing and educational tour of diverse plants and growing methods in a friendly and supportive atmosphere. Congratulations to the oldest community garden in Kansas.

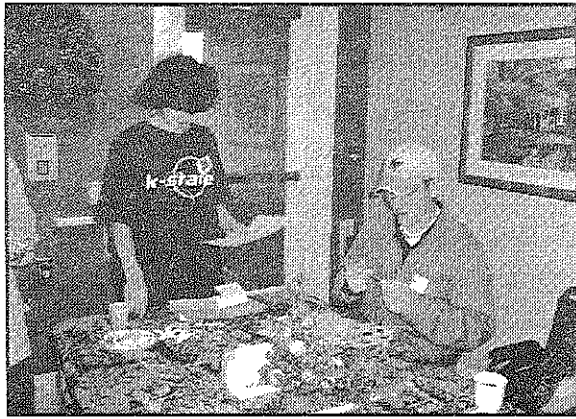


Garden.

A new equipment building has been constructed as a donation from D&R Construction. All supplies and labor were donated by Don Crubel and his crew. This

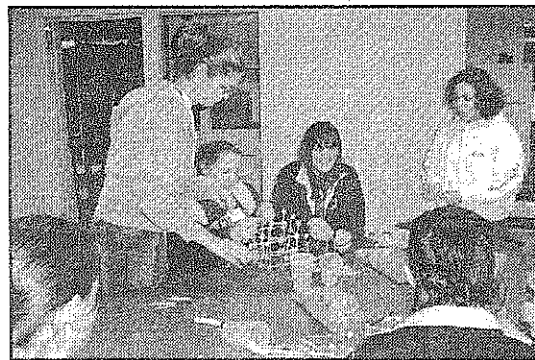
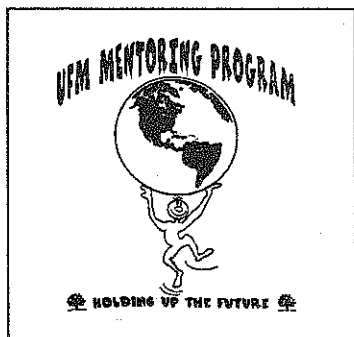
— Teen Mentoring Program —

UFM's Teen Mentoring Program has expanded its activities this year. Beginning in January, the program met two days a week. Teens in grades 8 through 12 are



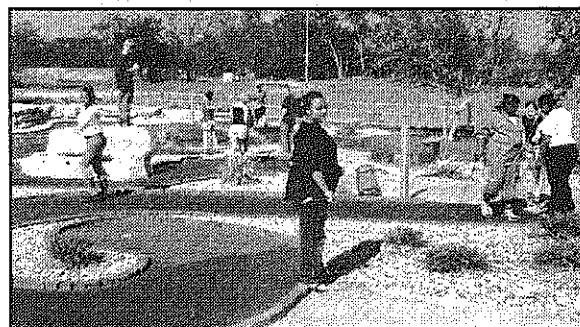
assigned a K-State student mentor who participates with them in organized activities at UFM. We try to plan a varied curriculum with opportunities for recreation as well as learning experiences. The more

informal recreation time often leads to productive discussion about issues as well as providing opportunities to model and practice positive social skills.



Topics have ranged from alcohol and drug education to leadership, problem solving and communication skills.

Community service is emphasized by asking the group to choose a Youth As Resources project to complete during the year. During the winter, the group hosted a party for residents at Meadowlark Hills. Last summer group planted a small garden and shared the produce with the Manhattan Emergency Shelter. Most



recently they participated in National Youth Service Day and helped with landscape projects at UFM.



Mentoring meets year round. The summer program generally focuses on prolonged projects and community outings. Last summer the group worked on a photography project and produced a public service announcement called "Think Before You Drink." This year's summer program will begin the first week in June.

Participation is open to any teen in the community. During the school year, transportation is provided to group and home afterward. For more information about this program, call 539-8763 and ask for Karen.



KSU Credit Courses

Recreational courses for KSU credit 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

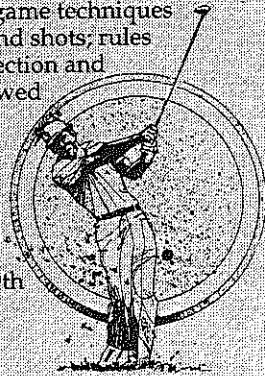
equipment needs. Enrollment, withdrawal and refunds are determined by University policy and handled at the Division of Continuing Education Registration office. Call 532-5566 for questions or information, or visit www.dce.ksu.edu/dce/outreach/recreationcourses.html

Golf in Salina RRES 200 #89020

This course will emphasize on 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. Time allowed for both classroom and golf course play and driving range practice.

Ronda Green

Date: June 10th - July 29th (Thursday)
Time: 6:00pm - 8:00pm
Fee: \$214.00 (also available for non-credit)
Location: Salina Municipal Golf Course



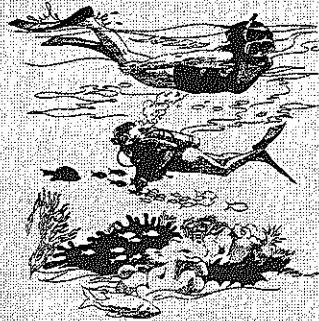
Scuba Diving RRES 200 #90406

This course will prepare students for NAUI Scuba Diver 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 which will be available for purchase at the first session, the purchase of equipment ranges from \$100 to \$175.

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

Jeff Wilson

Date: June 7th - July 19th (Monday)
Time: 6:00pm - 10:00pm
Fee: \$292.00 (Also available for non-credit)
Location: KSU Natatorium (No class on July 5th)

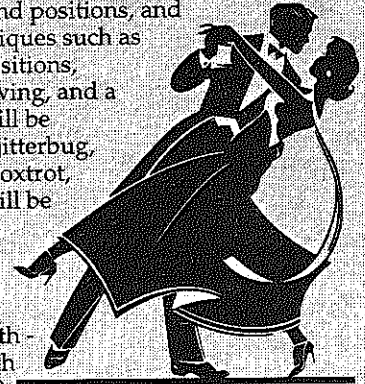


Ballroom Dance DANCE 599 #90400

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 will be emphasized. The jitterbug, American waltz, foxtrot, and Latin steps will be taught.

Michael Bennet

Date: June 11th - July 30th (Friday)
Time: 6:25pm - 8:00pm
Fee: \$186.00 (Also available for noncredit)
Location: ECM Auditorium, 1021 Denison



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.

Jim Gregory

Date: June 9th - July 28th (Wednesday)
Time: 6:00pm - 8:00pm
Fee: \$205.00 (Also available for non-credit)
Location: 4441 Fort Riley Blvd. Stagg Hill Golf Club

KSU Credit Classes Coming this Fall include:

- * Archery • Ballroom Dance I & II • Bowling
- * Beginning Fencing • Intermediate Fencing
- * Fly Fishing • Golf • Judo I & II
- * Responding to Emergencies • Scuba Diving
- * Fitness Swimming • Tennis • Women • Money

UFM is a sign up location for...

Heartland SHARE

What is Heartland SHARE?

Self Help And Resource Exchange is dedicated to providing monthly basic, consistent, affordable supplemental food packages to those willing to help themselves and others. Open to everyone.

What is a "SHARE"?

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

Where does the food come from?

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

Who can participate?

The program is open to everyone in the community regardless of income.

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

SHARE: Good for You and Good for the Community

For more information, call UFM at 539-8763 or sign up at the UFM office, 1221 Thurston Street.

UFM INSTRUCTORS

Abby Knigge	Douglas Teener	Joyce Resnick	Mary Williams	Richard Pitts	Stan Wilson
Aimee Kraus	Dr. Richard Mattson	Jui Jung Huang (Daisy)	Maya Zahira	Richard Seaton, Jr.	T.J. Hittle
Alberto Levera	David Moore	Karena Kimble	Michaeline Chance-Reay	Rob Hayes	Thad Beach
Amit Chakrabarti	Dr. Michael Tran	Kate Cashman	Michael Bennett	Ronda Green	Theresa Foster
Ana Franklin	Dru Clarke	Keith Ratzloff	Mike Clarke	Ryan Bradburn	Tom Korte
Bob Campbell	Elizabeth Allen	Kennita Tully	Petra Barnes	Sandy Snyder	Toni Kroll
Calista Wilson	Elizabeth Jankord	Lara Staker	Quentin Gamble	Sarah English	Tony Jurich
Caryn Brooks	James Lehr II	Linda Madl	Randi Dale	Scott Bean	Travis Flewelling
Charlene Brownson	Jeff Wilson	Lorissa Charowhas	Ray Paul	Sheryl Cornell	Vicki Arnett
Chris Wilson	Jeff Mosburg	Mandy Mertes	Renee Martin	Sibylle Kuder	William Biddle
Colleen Hampton	Jerry Riggs	Mary Beth Wilson	Rev. Mark Miller	Patrice Holderbach	
Diana Tarver	Jim Gregory		Corbin Crable		

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.

Marcia Horney

ON CAMPUS REGISTRATIONS

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

DATE	TIME	LOCATION
June 7	10 am - 2 pm	KSU Union
June 8	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.

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.

CRA-Community Resource Act

Who we are: UFM's State Outreach Program

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

How we assist: Mni grants and free technical assistance

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

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 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 Marcia 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

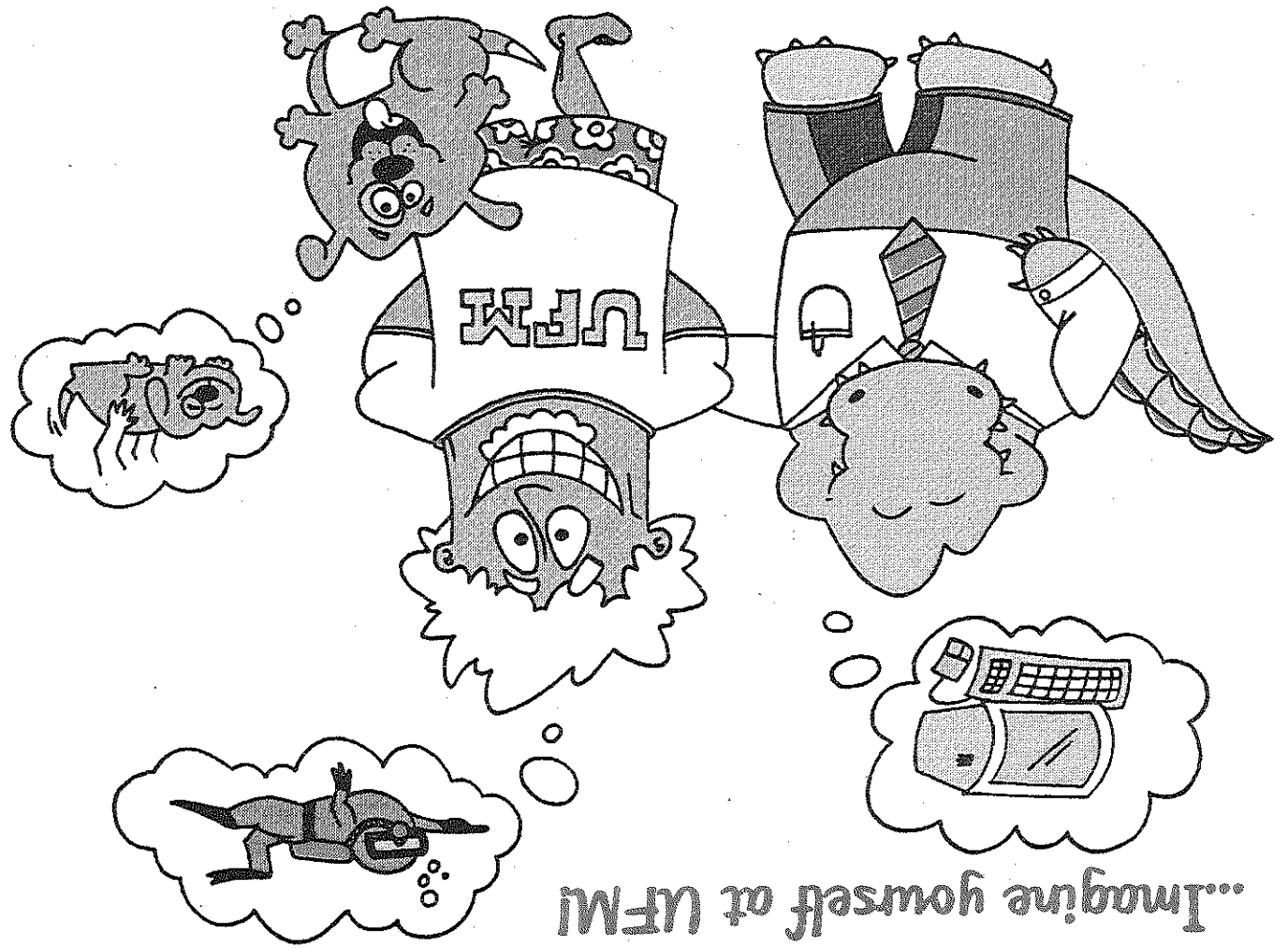
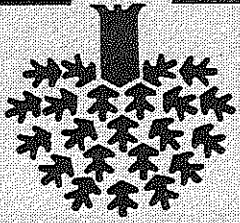
UFM welcomes participants of any race, color, religion, or national or ethnic origin to all UFM classes. Students under age 18 need the permission of a parent or guardian. Some individual classes may have age restrictions. Please call (785) 539-8763 to make arrangements for classroom accessibility.

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.

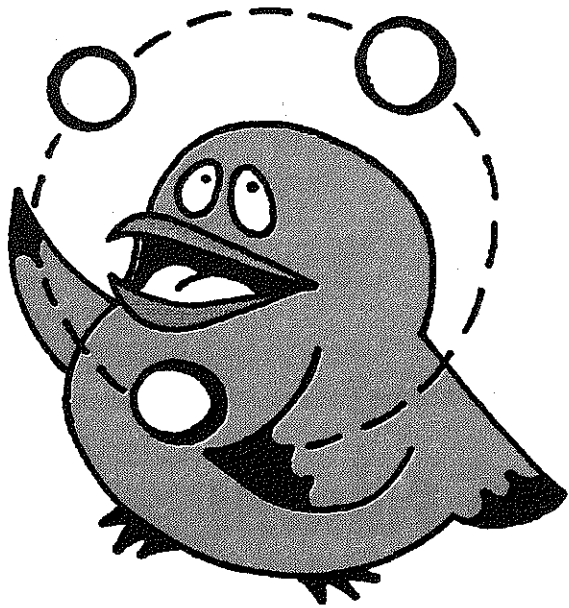
Classes
2004 Summer
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Learning
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UFM

Teaching • Learning • Growing
Vol. 36 Edition 2



...Imagine yourself at UFM!



Summer Classes June-August 2004

Billiards

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Wine

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Juggling

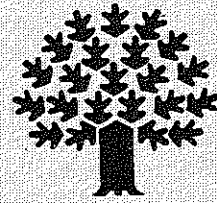
Piano

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Kayaking

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Kids Web



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