Searching for an adventure?

UFM 1996
Summer Classes
June-August
What is UFM?
UFM is a multi-faceted community education and resource program serving K-State, Manhattan and the surrounding area. UFM is dedicated to providing opportunities for life-long learning and self-development in ways that enrich the quality of our lives.

UFM is best known for our leisure learning courses represented in this catalog. Over 200 classes are presented each semester for your review and participation. UFM also sponsors the Lou Douglas Lecture Series, hosts the Manhattan Community Garden and assists other Kansas towns in starting their own community education programs.

The Clay Coalition and Arts Council classes, listed in the center of the catalog, are an example of UFM’s commitment to cooperation with other organizations. The Clay Coalition and Arts Council organize the classes and UFM serves as the registrar. UFM works with the Manhattan Emergency Shelter and the Crisis Center to provide life skills and literacy improvement to homeless families. We have partnered with the Flint Hills Breadbasket to create the SHARE youth leadership project. The Wonder Workshop works with us to provide School’s Out activities for elementary school youth.

UFM is the concept of lifelong learning in action, making connections among those who want to share ideas and learn together all for the joy of gaining new ideas, making new friends, and improving our community.

UFM Staff:
Executive Director - Linda Inlow Teener
Education Coordinator - Charlene Brownson
Associate Education Coordinator - Kathy Chandler
State Outreach Coordinator - Antha Madison
Lou Douglas Lecture Coordinator - Victoria Choate
Family Literacy Coordinator - Michael Cody
Office Coordinator - Rhonda Smartt

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

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Classes

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*Yoga and more

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*Tumbling  *Dance  *Monster Bubbles
*Martial Arts *Self Defense for Females
*Yoga for kids and more

UFM is committed to a policy of nondiscrimination on the basis of race, sex, national origin, handicap, religion, age, sexual orientation, or other non-merit reasons, in relation to admissions, educational programs or activities, and employment, all as required by applicable laws and regulations.

UFM provides a neutral site to discuss community needs. The views expressed by course instructors or those groups utilizing our meeting space are not necessarily those held by UFM programs, Board members, or staff.

About UFM Classes:
UFM adheres to the philosophy that anyone can teach and anyone can learn. We rely on the credentials provided by instructors, class observation and participant feedback as tools for evaluating a class and an instructor’s abilities.

UFM classes are not a forum for selling a product or service from which the instructor might benefit. Materials specifically oriented to an instructor’s financial interests are not to be distributed in class. Participants who wish to pursue a relationship with an instructor outside class time do so on their own responsibility. Please share any concerns you may have about class material or an instructor by calling Charlene at 539-8763.
COMMUNITY REGISTRATIONS

For your convenience the following dates and locations have been scheduled for on-site registrations.

DATE       TIME       LOCATION
May 11 11:30a-1:30pm       Dorothy Bramlage
May 15 W 11:30a-1:30pm       ACS Library
May 22 W 11:30a-1:30pm       ACS Library
May 30 Th 5:00-6:30pm       Public Library
June 5 Th 10am-2pm           KSU Union Manhattan

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

MAILING YOUR REGISTRATION?
Class confirmations will not be sent unless requested. Consider yourself registered unless you hear from us that the class is full. Feel free to call us to inquire about our receipt of your registration.

A special thanks to the businesses and organizations who show support to UFM through their advertisements. We hope that the community of Manhattan will reinforce our thanks through their patronage of our advertisers.

HANDICAPPED ACCESSIBLE

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

UFM Wish List

Plain Paper Fax
Office Chairs Folding Chairs
Printers
Typewriter
Volunteers to help with:
Gardening
Office Work
General Building Maintenance

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/she will not be present at a given class meeting, then 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, instructors will be responsible for all pedagoging.

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

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

REGISTRATION IS REQUIRED
All participants must be registered before attending a UFM class. This allows for adequate planning and materials. A class may be canceled due to insufficient pre-registration.

LIABILITY STATEMENT
Individual participants should be aware of the risks and hazards involved in recreational sports and fitness activities. They should voluntarily elect to utilize KSU and UFM facilities and participate in programs recognizing present conditions and further agree to voluntarily assume all risks of damage, injury or death 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 responsible for determining they should have insurance to cover the 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.

SPECIAL POLICIES FOR CREDIT

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

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

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

ANSWERING MACHINE
You can leave a message or receive current UFM information, between 5:00 pm and 9:30 am, by calling 589-8763. You can E-Mail UFM at ufm@ksu.ks.edu
Learn to Swim Classes

UFM and the Division of Continuing Education are pleased to present the American Red Cross Learn to Swim Program Levels I - VII plus adult swim classes. Small classes allow for carefully guided instruction in stroke technique and water safety. Water Safety is reinforced with tips and practice each day. The first day of class each student is evaluated to assure 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.

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

Parent's Day Dates: Monday, June 10, 24, July 8, 22 Check the schedule which date applies to your session.

LOCATION: KSU Natatorium - Ahern Complex

Lockers are available for use during class. Participants must supply towels and swimsuits. Showers are required before entering the water.

Note: Minimum enrollment for all classes in 5. If less than 5 enroll, classes of the same level may be combined or canceled.

BEGINNING & ENDING DATES

Learn to Swim Classes

Session I: Mon-Fri June 3 - June 14
Session II: Mon-Fri June 17 - June 28
Session III: Mon-Fri July 1 - July 12
Session IV: Mon-Fri July 15 - July 26

Level I: Water Exploration

The objective of Level I is to help students feel comfortable in the water and to enjoy the water safely. Students will be introduced to elementary aquatic skills which will be built upon as they progress through the Learn to Swim program. There are no prerequisites for this course.

Session I: Monday - Friday (see dates above)
AQ-21 10:45 - 11:25
AQ-14 10:45 - 11:25
AQ-15 6:15 - 6:55
Session II: Monday - Friday (see dates above)
AQ-21 10:45 - 11:25
AQ-15 6:15 - 6:55
Session III: Monday - Friday (see dates above)
AQ-21 10:45 - 11:25
AQ-15 6:15 - 6:55
Session IV: Monday - Friday (see dates above)
AQ-21 10:45 - 11:25
AQ-15 6:15 - 6:55
Fee: $35 per session

Level II: Primary Skills

The objective of Level II is to give students success with fundamental skills. Students learn to float without support and to move 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 in Level I.

Session I: Monday - Friday (see dates above)
AQ-21 10:45 - 11:25
AQ-15 6:15 - 6:55
AQ-18 4:10 - 4:50
Session II: Monday - Friday (see dates above)
AQ-21 10:45 - 11:25
AQ-15 6:15 - 6:55
AQ-18 4:10 - 4:50
Session III: Monday - Friday (see dates above)
AQ-21 10:45 - 11:25
AQ-15 6:15 - 6:55
AQ-18 4:10 - 4:50
Session IV: Monday - Friday (see dates above)
AQ-21 10:45 - 11:25
AQ-15 6:15 - 6:55
AQ-18 4:10 - 4:50
Fee: $35 per session

Level III: Stroke Readiness

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

Session I: Monday - Friday (see dates above)
AQ-37 10:45 - 11:25
AQ-21 4:10 - 4:50
Session II: Monday - Friday (see dates above)
AQ-37 10:45 - 11:25
AQ-21 4:10 - 4:50
Session III: Monday - Friday (see dates above)
AQ-37 10:45 - 11:25
AQ-21 4:10 - 4:50
Session IV: Monday - Friday (see dates above)
AQ-37 10:45 - 11:25
AQ-21 4:10 - 4:50
Fee: $35 per session

Level IV: Stroke Development

The objective of Level IV is to develop confidence in the stroke learned during the unit and to improve other aquatic skills. Students will increase their endurance by swimming familiar strokes (front crawl, back crawl), and the butterfly, open turns, foot first surface dive and springboard diving. Participants learn to perform the front crawl and back crawl for increased distances and to perform the sidestroke. Students entering this course must have a Level III certificate or must be able to demonstrate all the course requirements in Level IV.

Session I: Monday - Friday (see dates above)
AQ-37 10:45 - 11:25
AQ-21 6:15 - 6:55
AQ-15 4:10 - 4:50
Session II: Monday - Friday (see dates above)
AQ-37 10:45 - 11:25
AQ-21 6:15 - 6:55
AQ-15 4:10 - 4:50
Session III: Monday - Friday (see dates above)
AQ-15 6:15 - 6:55
Fee: $35 per session

Level V: Stroke Refinement

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

Session I: Monday - Friday (see dates above)
AQ-15 6:15 - 6:55
AQ-21 6:15 - 6:55
AQ-15 4:10 - 4:50
Session II: Monday - Friday (see dates above)
AQ-15 6:15 - 6:55
AQ-21 6:15 - 6:55
AQ-15 4:10 - 4:50
Session III: Monday - Friday (see dates above)
AQ-15 6:15 - 6:55
AQ-21 6:15 - 6:55
AQ-15 4:10 - 4:50
Session IV: Monday - Friday (see dates above)
AQ-15 6:15 - 6:55
AQ-21 6:15 - 6:55
AQ-15 4:10 - 4:50
Fee: $35 per session

SCHOLARSHIPS for YOUTH

Apply at UFM, 1221 Thurston
539-8763

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

Level III: Stroke Readiness

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

Session I: Monday - Friday (see dates above)
AQ-21 10:45 - 11:25
AQ-37 4:10 - 4:50
AQ-21 10:45 - 11:25
AQ-15 6:15 - 6:55
AQ-15 4:10 - 4:50
AQ-15 6:15 - 6:55
Session IV: Monday - Friday (see dates above)
AQ-15 6:15 - 6:55
Fee: $35 per session

Level IV: Stroke Development

The objective of Level IV is to develop confidence in the stroke learned during the unit and to improve other aquatic skills. Students will increase their endurance by swimming familiar strokes (front crawl, back crawl), and the butterfly, open turns, foot first surface dive and springboard diving. Participants learn to perform the front crawl and back crawl for increased distances and to perform the sidestroke. Students entering this course must have a Level III certificate or must be able to demonstrate all the completion requirements in Level III.

Session I: Monday - Friday (see dates above)
AQ-21 10:45 - 11:25
AQ-21 4:10 - 4:50
AQ-15 6:15 - 6:55
AQ-15 4:10 - 4:50
AQ-15 6:15 - 6:55
Session II: Monday - Friday (see dates above)
AQ-15 6:15 - 6:55
Fee: $35 per session

Level V: Stroke Refinement

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

Session I: Monday - Friday (see dates above)
AQ-21 10:45 - 11:25
AQ-21 6:15 - 6:55
AQ-21 6:15 - 6:55
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AQ-21 10:45 - 11:25
AQ-21 6:15 - 6:55
AQ-21 6:15 - 6:55
AQ-15 4:10 - 4:50
Session IV: Monday - Friday (see dates above)
AQ-21 10:45 - 11:25
AQ-21 6:15 - 6:55
AQ-21 6:15 - 6:55
AQ-15 4:10 - 4:50
Fee: $35 per session

Need a Summer Job?

UFM needs lifeguards, YW Aquatics instructors, and teaching assistants. Apply at UFM 539-8763.
Level VI: Skill Proficiency

The objective of Level VI is to polish swimmers so students swim with more ease, efficiency, power, and smoothness in greater distances. Swimmers 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 must be able to demonstrate all the skills required to complete Level V.

**Swim and Stay Fit for Parents**

Are you tired of being just an observer at your child's swimming lessons? If so, then take advantage of the time you spend watching and enroll in our Parent's Swim and Stay Fit Class for a special parent's rate of $15. You will meet every day your child is enrolled in swimming lessons. In this class you will set your own goals and the instructor will help monitor your program.

**Private Lessons for Special Populations**

**Ages 13 plus**

Swim and Stay Fit is a planned activity to encourage adults and advanced swimmers to swim regularly and frequently. Participants receive individual work scheduled and supervised by instructor daily. You may choose your own 30-Minute block of time during the below scheduled times.

**Swim and Stay Fit for Ages 13 plus**

Swim and Stay Fit is a planned activity to encourage adults and advanced swimmers to swim regularly and frequently. Participants receive individual work supervised by instructor daily. You may choose your own 30-Minute block of time during the below scheduled times.

**Private Lessons**

These lessons provide one on one instruction for any age or level of swimmer. Participants will be instructed to schedule 6 classes of 30 minutes each.

**Scuba Diving**

This class will prepare students for Open Water Certification. The cost includes the classroom fee, however students must provide their own mask, fins, and wetsuit. The fee includes instructor, the dive manual and equipment rental during class. Students will practice with or with a minimum of five classes.

**Adult Swim Lessons**

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

**Hydroaeroics Ages 16 plus**

This class is designed to use water exercises for the development of physical fitness, muscle tone, flexibility, and cardiovascular endurance. Open to non-swimmers and swimmers alike.

**Private Lessons**

These lessons provide one on one instruction for any level or age of swimmer. Participants will be instructed to schedule 6 classes of 30 minutes each.

**E mail address: ufm@ksu.edu**
Beginning Genealogy—
Why? When? Where?
How?
This class is designed to help individuals learn methods of organizing genealogical materials for efficient use and how to locate and use sources for genealogical research (other than the computer).

Dr. Littrell, a retired professor from the College of Education, has been active in genealogical research, publication, and teaching for several years. He has received awards from the state genealogical societies of both Kansas and Kentucky.

Date: June 24 and July 1 (Monday)
Time: 7-9 pm
Fee: $13
Location: Riley County Genealogy Library
205 Cliffside Road

Hand Beaded Earrings
CF-11
Learn how to make beaded glass and beads earrings. Several beading techniques will be taught. Participants will make two different styles of earrings: Triangle and Wind Chimes. You will also learn how to design your own earrings. For practicing techniques, please bring to class: 8 yd needles, 1 small skein of yarn and 250 plastic pony beads.

Karen Garner (786-0359)
Date: June 20, July 17 and 24
Time: 2-4:30 pm (Saturday)
Fee: $11
Location: UFM Conference Room

Clay Critters
CF-07
Learn how to make miniature clay figures using oven-baked sculpey clay. Participants will make a standing cat, dinosaur, a chicken with chicks, and a frog sitting on a corn. These "clay critters" are so cute to keep or to give as gifts. Supply list available at time of registration.

Karen Kemp is a K-State student majoring in Family Studies. She enjoys arts and crafts and has 15 years experience creating with sculpey clay.

Date: July 6, 10, 15, 17
Time: 5:10-6:45 pm (MonWed)
Fee: $22
Location: UFM Conference Room

Special THANKS TO THE UFM INSTRUCTORS who volunteer their time.

Outlander: Days of Auld
Lang Syne
CF-02
The fourth book in the popular Outlander series of historical novels by Diana Gabaldon is scheduled for publication late this summer. Enhance your enjoyment of this series with a historic background on 18th century Scotland. We'll view several interesting and informative videos, including a rare BBC documentary re-enactment of the battle of Culloden. We'll sample several different kinds of shortbread and bakewell. Each participant will receive a booklet with a list of books, videos, websites, and recipes. If you're just interested in Scottish history, you don't have to have read Outlander to enjoy this class!

Carol Reger loves historical fiction that gets the facts right, and she is a big fan of the Outlander series.

Date: July 9, 16, 23 (Tuesday)
Time: 7:00 - 9:00 pm
Fee: $14
Location: UFM Fireplace Room

The Essence of Poetry
CF-04
The Essence of Poetry is a class that conveys the subtlety of poetry and the people that create poems. This class will explore the beauty of poetry and its reality and existence in our lives. The class will also discuss poetry as a therapy, a healing, and a source of energy and strength. Reader's workshops will be offered as part of the class.

Reverend J. Edgar Spencer (537-1496), published poet and playwright, hail from Macon, Georgia. He is an ordained minister and business man. He is the owner of Oceanic Poetry. He has been published in American Poetry Journal and Poetic Essence. He has written two plays and is working on a third. He has conducted a multiplicity of poetry workshops.

Date: June 27, July 11, 18, and 25
Time: 7 - 9 pm (Thursday)
Fee: $16
Location: UFM Fireplace Room

Bicycle Repair and Maintenance
CF-08
Most of us know how to ride—but we don’t know the first thing about repairing a flat tire! No problem. We’ll show you comfortably dealing with basic bike repairs and maintenance. This class is designed for those who are not mechanical or who are not particularly eager to learn basic bike repair. Simple repairs such as tube patching and front or rear derailleur adjustment and repair will be covered in this informative seminar. Alan learns how to adjust your brakes and clean the chain.

Wald Davis and Staff (776-2372) at Aggie Bike Station are all cyclists and have many years of bike repair experience.

Date: July 15 (Tuesday)
Time: 7 - 8 pm
Location: Aggie Bike Station
1207 Morse

Be a Successful Grant Writer
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ATTENTION!

The following is a list of frequently requested classes that UFM would like to include in the next catalog:

Beginning Photography
Chinese
Calligraphy
Stained glass
Please help us find instructors—
Call UFM, 539-8763.
Learn to Fly CF-09
Explore the ide of becoming a private pilot! Learn about the requirements to obtain a private pilot certificate including eligibility requirements, aeronautical knowledge, flight proficiency, aeronautical experience, private pilot privileges and limitations. Time will be allowed for your questions and to provide miscellaneous information. We will also discuss the options for ground school and flight training available in Manhattan.
Aagy Ivan (526-3128), has been a pilot and E-State Flying Club member since 1976. He has been a flight instructor since 1985 and teaches single-engined, multi-engine, instrument, commercial, ATP, and private pilot students. He has 6,000 hours and an Airline Transport Pilot (ATP) certificate.
Date: June 22
Time: 10 - 11:30 am (Saturday)
Fee: $5
Location: UFM Conference Room

Sewing or Crafts CF-10
Instruction for Individuals
Are you stuck in the middle of a sewing or craft project, and can’t finish it because you can’t solve the problem? Well, Karen can assist you in solving those NAAP’s with a private session. She can help with sewing and fitting, as well as a variety of beginner needle arts or crafts like: knitting, crochet, cross-stitch, embroidery, yo-yo quilting, clothing design and costing.
Karen Garza (776-0559), studied Home Economics Education at Bluffton College, in Bluffton, Ohio. She has free-timed from her brains. While living in Louisiana, Karen served as the House Designer for a Fine Fabrics, Bridal and Formalwear Boutique. While in Arizona she taught at the local community college and at both the local citizens and military recreation centers. Karen is a sewing enthusiast who enjoys designing and teaching others that sewing can be Fun, Easy, and Fun!
Date/Time: by appointment
Instructor will contact you after you register
Fee: $25
Location: Student's home

TENNIS ** TENNIS ** TENNIS
Tennis classes for Youth...
See the RECREATION section.

Nothing sews like Bernina. Nothing.

BERNINA®

Judy F. Unruh
Owner
Bernina Sewing & Quilting Center
330 4th St., Manhattan, KS 66502
913-537-8919

"Indian Country" CF-13
Learn about the Central Plains Native Americans, past and present. Throughout the six sessions Native American guest speakers will be invited to talk about their experiences with the various topics. This session will provide a historical backdrop including the original area of Indigenous occupation in the Central Plains.
Annette White (522-7750), is a Native American liaison and has worked and lived in "Indian Country" for 10 years. She has traveled along the post-war trail hunting and organizing Native American activities throughout Kansas and Oklahoma.
Date: June 24 (Monday)
Time: 7 - 9 pm
Fee: $10 for one class/$45 for series
Location: UFM Fireplace Room

"Indian Country" CF-14
This session will introduce issues of government policy related to relocation and displacement which created the reservation system and resulted in the "bureaucratic" extinction of entire nations.
Annette White
Date: July 1 (Monday)
Time: 7 - 9 pm
Fee: $10 for one class/$45 for series
Location: UFM Fireplace Room

"Indian Country" CF-15
In this session we will discuss issues related to the United States "Assimilation Policy" including the role "Indian Schools" played in the government's attempt to destroy Native American identity and tradition.
Annette White
Date: July 15 (Monday)
Time: 7 - 9 pm
Fee: $10 for one class/$45 for series
Location: UFM Fireplace Room

TAKE A PEEK AT THE PAST
(All visits—including peeks, looks & stares—are 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 2301 Claflin
• Home of Isaac Goodnow
• Free state advocate
• Educator (common school to college)
• KSU and Manhattan founder
Call 585-6490 for Hours
A State Historic Site

Wolf House Museum 630 Fremont
• 1868 stone house served as a boarding house and private home
• Furnished with period antiques
• Special exhibits
1:00-6:00 Saturday
2:00-5:00 Sunday
and by appointment

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

For more information, call 565-6490

All participants must register in advance.
**Money Matters**

**Successful Money Management**

How do I get started? What will I have to do to get my affairs in order? How will I provide for my children's education? Will I have enough money when I want to retire? Do I need a will? These questions and more will be addressed and a financial plan will be provided for each person attending the seminar.

Fred Freesty (537-4505), has been a District Manager, a Division Manager and now is a Senior Account Executive with Wassell & Read Inc. Fred has 19 years experience in financial planning.

**Date:** June 11 (Tuesday)  
**Time:** 7 - 9 pm  
**Fee:** $8 individual/$15 couple  
**Location:** Wassell & Reed Conference Room 555 Poyntz Avenue, Suite 280

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**Language**

**Beginning Sign Language**  
**LA-01**

This class is designed for individuals who are interested in learning the basic skills of American Sign Language. Students will be instructed in the Manual Alphabet and a vocabulary of about 200 functional signs. Fee includes book *Gallaudet's Survival Guide to Signing.*

Janet Goodrow learned ASL at the age of 10, and has continued to use ASL whenever possible. She especially enjoys interpreting songs for hearing impaired audiences.

**Date:** June 5 - July 17 (Wednesday)  
**Time:** 7:30 - 8:30 pm  
**Fee:** $45  
**Location:** 149 Justin Hall, KSU

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**Food for Fun!**

**Cake Decorating**

Learn to add an icing decoration and a pretty border to improve your family's meals. Icing will be provided for practice in class. Bring your own cake to a later class and take home a masterpiece. Supply list available at time of registration.

Tawnya Sines began decorating cakes several years ago as a hobby. Her first lessons were at UFM cake decorating class. She currently decorates cakes for Deloris.

**Date:** June 6, 13, 20, 27 (Thursday)  
**Time:** 7 - 8:30 pm  
**Fee:** $20  
**Location:** Justin Hall Room 144

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**Introduction to Whole Foods Cooking**

A wonderfully informative introduction to whole foods and how to prepare them. Whole foods are just that, foods in their whole form with all little processing possible and free of chemical additives and preservatives. This class will cover nutritional information, and time management for a healthy lifestyle. We will spend a lot of time trying new recipes and sharing ideas. We will even teach on whole grain baking. So come ready to share what you know, try some new food, and have a good time! Instruction booklet and all ingredients for recipes are included in class fees.

Caroline Dominick's interest in whole foods cooking began some three years ago when she realized that the best thing she could do for her health and the health of this planet was to feed herself without polluting the environment. She began reading every article in her cookbook on whole foods she could find, and has not stopped yet. She is extremely excited to share what she has learned with anyone interested and hopes to learn something herself.

**Date:** June 3 - 26 (Mon/Wed)  
**Time:** 7 - 9 pm  
**Fee:** $30  
**Location:** Room 144, Justin Hall

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**Whole Foods Recipe Swap**

In this meeting we will share information on whole foods cooking over a glass of tea and some whole grain muffins. Hope you can join us in the fun!

Caroline Dominick is eager to share recipes and information about whole foods with fellow cooks.

**Date:** June 8 - July 13 (Saturday)  
**Time:** 2 - 3 pm  
**Fee:** $10  
**Location:** UFM Fireplace Room

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**GRE Preparation Course**

**Early Fall Class**

Be confident and prepared to take the GRE!

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

For more information, call UFM 539-8763

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3112 ANDERSON AVE. (ACROSS FROM PLAZA WEST)
Overview of the Internet

Lurkers and hackers are flinging, oh my! If you're wondering what all the fuss is about or just afraid your computer will bite you, worry no longer. We will demystify the secrets of this global network, explore its history and learn how to talk terminology like a native. Find out what equipment, software and "jock speak" is essential. This introductory course will cover all the basic food groups: e-mail, telnet, ftp, archive, popper and more! Classroom instruction, hands-on experience and information about access providers will give you the skills, knowledge and confidence to start exploring on your own. Anyone with little or no experience on the Internet and interested in access can attend. Basic understanding of computer use is suggested but not required.

Gil Hopson, (gil@hopson.com) is a graduate student in Journalism/Mass Communication. He is an Internet entrepreneur and has been surfing for five years.

Date: June 12 (Wednesday)
Time: 7 - 9 pm
Fee: $24
Location: UFM Computer Lab

Overview of the Internet

Gil Hopson

Date: June 15 (Saturday)
Time: 10 am - 12 noon
Fee: $24
Location: UFM Computer Lab

Individual Computer Help

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

Linda Ternaer (539-8763), is Executive Director of UFM and is extremely knowledgeable about computers.

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

On-site small group computer instruction for your employees. Call UFM 539-8763 to schedule.

Corporate Rates

Beginning WordPerfect

Learn how to use this popular word processing program. Create documents, set up margins and other page formatting, print and save documents. Learn features such as copy, move and how to use multiple documents at once. Review Codes, Spell Check, Repair and other special features will be included. Available for 5.1, DOS 6 and Windows 6 versions. Hands-on computer time is provided. Please indicate which version of WP you are interested in learning when you enroll.

Linda Ternaer (539-8763), takes an easy to understand, practical approach to learning how to make your computer work for you.

Date: June 13 and 19 (Wednesday)
Time: 7 - 9 pm
Fee: $24
Location: UFM Computer Lab

Computer

Advanced WordPerfect

Use WordPerfect to become more productive and improve the appearance of your documents. Try your hand at designing a newsletter. Learn how to create tables, program macros and run spell check. Create an attractive table of contents and other specialized activities. Available for 5.1, DOS 6 and Windows 6 versions. Hands-on computer time is provided. Please indicate the version of WP you are interested in learning when you enroll.

Linda Ternaer (539-8763), takes an easy to understand, practical approach to learning how to make your computer work for you.

Date: June 25, July 2, 9 (Tuesday)
Time: 7 - 9 pm
Fee: $44
Location: UFM Computer Lab

The World Wide Web

During classroom and hands-on instruction, we will learn how to use the Internet's home protocol. These access web browsers integrate all the features you previously had to do with separate programs, like e-mail and newsgroups. Find out the best places to explore, where to find and download software and other great stuff! We'll also go over the basics of HTML authoring (creating "web pages"). Anyone with little or no experience on the Internet and interested in access can attend. (Suggested but not required is a basic understanding of computer use.)

Gil Hopson

Date: June 19 (Wednesday)
Time: 7 - 9 pm
Fee: $24
Location: UFM Computer Lab

The World Wide Web

Gil Hopson

Date: June 22 (Saturday)
Time: 10 am - 12 noon
Fee: $24
Location: UFM Computer Lab

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Tae Kwon Do Karate I

Tae Kwon Do is a traditional martial art designed to provide the ultimate in unarmed self-defense. Blocking, punching, and kicking develop balance, flexibility, and agility while improving cardiovascular fitness and self-confidence.Teaching methods include class demonstrations and practice without physical contact. Each student will be given an opportunity to purchase a uniform and belt at the first class. After two months of class an optional testing to advance in the Tae Kwon Do degree ranking is held in Topeka. The cost is not included in the class fee and a uniform is required for testing. Age 7+.

Grandmaster Choe Sun Yi (266-8662), an 8th degree black belt with over 38 years experience in Tae Kwon Do, former captain and chief instructor of Tae Kwon Do for the ROK Army during Vietnam, he has held classes at KSU since 1975. Corey Lewis is a 3rd degree black belt with over 12 years experience in Tae Kwon Do.

Date: June 4 - July 25 (Tuesday/Thursday)
No class July 4
Time: 6:00 - 7:30 pm
Fee: $36
Location: Ahern Fieldhouse, KSU

Tae Kwon Do Karate II Advanced

Grandmaster Choe Sun Yi

Date: June 4 - July 25 (Tuesday/Thursday)
No class July 4
Time: 7:00 - 8:30 pm
Fee: $36
Location: Ahern Dance Studio 301

Introduction to the White Phoenix System

The introductory level of the White Phoenix System is composed of basic techniques from Kung Fu, Karate, Kempo, Tae Kwon Do, and Ju-jitsu self-defense; as well as mental training from Nigatsu. Class fee includes 3 manuals.

Date: June 6, 13, 20, 27 (Thursday)
Time: 6:30 - 8:00 pm
Fee: $36
Location: Ahern Fieldhouse, KSU

The Chinese Tai Chi class is in the WELLNESS section of the catalog on page 20.

Oops! Did you get more than one copy of this catalog? Please let the UFM office, 539-8763, know and pass the extra copy to a friend.

Tae Kwon Do classes for children ages 4-5, 6-8 are found on page 22.

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Beginning Aikido

Aikido is a martial art in which one trains to be calm and lead a conflict to a peaceful resolution. This is the beginning class included to introduce Aikido. We will teach Aikido techniques of defense, and develop the movement qualities to perform them. The techniques can also be easily combined into a short performance program called "Taiko" which we will learn. Instruction will be given in partner exercises. This class is for men and women, young and old.

Paul Glew (539-3865), began practicing Aikido in 1988 at Cloud County Community College. He assisted the instructor and worked with beginners before leaving the area in 1992. His training is KI Society Aikido. He has passed testing for three levels of Aikido and KI development with Kashmirwai Sensei, chief instructor in the United States for KI Society Aikido.

Date: June 4 - July 25 (Tuesday/Thursday)
No class July 4
Time: 7 - 8:30 pm
Fee: $26
Location: Ahern Fieldhouse KSU, East Lobby

Tae Kwon Do for Adults

Have you always wanted to try a martial art but aren't sure that it's for you? Do you want to work on your flexibility and coordination? This class is designed for people who 1) want to learn Tae Kwon Do in a non-threatening environment, 2) are not sure they are physically capable of being a martial artist, 3) want to work on flexibility and basic self-defense, or 4) just want a great way to get in shape. Are you up to the challenge?

D C Lehman (552-6340), is a first degree black belt in the American Tae Kwon Do Association and is an instructor with the K-State/Manhattan Tae Kwon Do Club. She also has extensive experience in weight training, stretching, and adaptive stretching (for those with physical limitations).

Date: June 4, 7, 11, 16, 18, and 21
Time: 4 - 5 pm
Fee: $32
Location: First Lutheran Church (Parish Basement) 930 Peyton Avenue

Union Pacific Depot Rehabilitation Project

See page 23 for more information.

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Manhattan Arts Center 1996 Summer Classes
Sponsored by the Manhattan Arts Council and Clay Coalition

June 3 - August 3

at the
Arts Center Annex Pottery Studio
1508 Poyntz Ave., Manhattan, KS

Children and Youth classes at the Manhattan Arts Center are underwritten in part by the YES! Fund, a fund of the Robert R. McCormick Tribune Foundation. All children and youth through the 12th grade will receive a 67% reduction in class fees. Those students who qualify for the "free or reduced school lunch program" will receive a 100% fee deferment.

FREE BUSING
The Manhattan YES! Fund has provided a grant to work in partnership with USD 383 in providing free busing. Students requiring busing will be picked up at home or their area school, transported to the Arts Center for classes and returned back to their pick-up point. Depending upon final registration for each class, busing may or may not be available. When registering for classes at UFM (539-8763) please indicate the need for transportation.

The Manhattan Arts Center, Inc. is a joint project of The Arts Council & Manhattan Civic Theatre, with funding provided in part by The City of Manhattan; Private and Business Donors; the Kansas Arts Commission, a state agency; and the National Endowment for the Arts, a federal agency.

YES! Fund, a fund of the Robert R. McCormick Tribune Foundation.

MAKE IT IN CLAY!
Manhattan Clay Coalition Classes

Dragons, Myths and Fairy Tales
Whistles & Bells
Critter Sculptures
Handbuilt Clay Discovery
Intro to Wheel Thrown Pottery
Open Studio
Family Clay Adventure
Intermediate and Advanced Wheel Throwing
Clay for Special Needs Populations
Raku & You
Raku Firing Day Seminar
The Joy of Hand Building for "Seniors"
Children Making Murals
Story Telling in Clay

REGISTRATION INFORMATION:
- UFM will handle registration for all classes at 539-8763.
- Advance registration to reserve your spot is recommended.
- See the back of the UFM catalog for registration information and instructions.
MCC Classes for Pre-School Children

DRAGONS, MYTHS AND FAIRY TALES
FEE: $21 a YES! Fund Class: youth pay $7 or $0* (limit 8 students, minimum 4)
In this class the children will listen to a story read to them by the teacher. Each child will be guided in the making of clay objects inspired by the stories they heard.
Instructor: Susan Denson-Guy
CC 414 Ages 4 - 5 yrs. Th. 1:00-2:30 pm June 6,13,20,27
Instructor: Jane Wegscheider
CC 514 Ages 4 - 5 yrs. Th. 1:00-2:30 pm July 11,18,25, Aug. 1

MCC Classes for Children

STORY TELLING IN CLAY
FEE: $39 a YES! Fund class: youth pay $13 or $0*
Imagine your special story. That's what you will do in this class first. Then, build your story as you want it told.
Instructor: Susan Denson-Guy
CC 404 grades 1-8 Th. 10:00-Noon June 6,13,20,27
Instructor: Jane Wegscheider
CC 504 grades 1-8 Th. 10:00-Noon July 11,18,25, Aug. 1

HAND BUILT CLAY DISCOVERY:
FEE: $39 a YES! Fund class: youth pay $13 or $0* (limit 10 students, minimum 5)
Come and discover the fun and the joy of your hands making clay pots. Special projects will be taught to stimulate creativity and teach the basics of handbuilt clay construction. All materials included; no additional tools needed.
Instructor: Bee Dunn
CC 431 grades 3-6 M 3:00-5:00 pm June 3,10,17,24
Instructor: Ester Ikeda
CC 432 grades 1-4 T 3:00-5:00 pm June 4,11,18,25
CC 532 grades 1-4 T 3:00-5:00 pm July 9,16,23,30
Instructor: Stan Walt
CC 433 grades 5-8 W 3:00-5:00 pm June 5,12,19,26

CHILDREN MAKING MURALS:
FEE: $39 a YES! Fund youth class: youth pay $13 or $0* (limit 10 students, minimum 5)
Clay tiles, put together, make a mural. Learn to work as a group on a mural project.
Instructor: Susan Denson-Guy
CC 434 grades 3-12 Th. 3:00-5:00 pm June 6,13,20,27
Instructor: Jane Wegscheider
CC 534 grades 3-12 Th. 3:00-5:00 pm July 11,18,25, Aug. 1

CRITTER SCULPTURES:
FEE: $39 a YES! Fund class: youth pay $13 or $0* (limit 10 students, minimum 5)
Learn how to sculpt clay critters and other fun things.
Instructor: Stan Paskiewicz
CC 493 grade 6 and up W 9:30-11:30 am June 5,12,19,26
Instructor: James Taylor
CC 593 grade 6 and up W 9:30-11:30 am July 10,17,24,31

WHISTLES AND BELLS
FEE: $39 a YES! Fund class: youth pay $13 or $0* (limit 10, minimum 4 students)
Learn how to make whistles that toot and Bells that chime.
Instructors: Kay Hummull and Bee Dunn
CC 515 All ages Sat. 1:00-3:00 pm July 13,20,27, Aug. 3
MCC Classes for Adults and Youth

INTRODUCTION TO WHEEL THROWN POTTERY: YOUTH AND ADULTS

FEE: $75 a YESI Fund class: youth pay $25 or $0*
Adult Fee $75 or $70/MCC members.
(limit 8 students, minimum of 6)

This class will focus on teaching the basic skills and techniques of using the potter's wheel to create vessels you can use. All skill levels are welcome.

High School-Adult Age Level
Instructor: Gene Sievers
CC 491 M&T 9:00-Noon June 3,4,10,11,17,18,24,25
Instructor: Joyce Furney
CC 591 M&T 9:00-Noon July 8, 9, 15,16,22,23,29,30

Youth: Grades 4-12
FEE: $63 a YESI Fund class: youth pay $21 or $0*
Instructor: Gary Tyson
CC 531 M&W 3:00-5:00 pm July 8,10,15,17,22,24,29,31

THE JOY OF HANDBUILDING FOR "SENIORS"

FEE: $56 (non-member) or $51 (MCC member)
(limit 10, minimum 4 students)

Are you retired and have time on your hands? Then come get them dirty with Bee. Explore your wide range of creative whimsy as you design and make diverse things such as a bird house or dishes you can eat off when finished. No prior experience necessary!
Instructor: Bee Dunn
CC 411 M&T 1:00-2:30 pm June 3,4,10,11,17,18,24,25
CC 511 M&T 1:00-2:30 pm July 8, 9, 15,16,22,23,29,30

FAMILY CLAY ADVENTURE

Fee: $48 for 1st adult family member, $12 for each thereafter a YESI Fund class: youth pay $4 or $0*
(limit 10 students, minimum 6)

Discover the joy of clay creation with a special family member or mentor. Wheel or hand building.

Handbuilt:
Instructor: Ester Ikeda
CC 462 T 6:30-8:30 pm June 4,11,18,25
CC 562 T 6:30-8:30 pm July 9,16,23,30
Wheel Thrown:
Instructor: Ester Ikeda
CC 464 Th. 6:30-8:30 pm June 6,13,20,27
CC 564 Th. 6:30-8:30 pm July 11,18,25, Aug.1

INTERMEDIATE AND ADVANCED WHEEL THROWING

FEE: $63 a YESI Fund class: youth pay $21 or $0*
ADULT FEE: $63 or $58/MCC members.
(Limit 8 students, minimum 4)

You have the basics and now are ready for the really "tough stuff": handles, lids that fit, and the Tea Pot you always thought you would make. Whatever your next point of discovery goal is, come throw and explore.
Instructor: Ester Ikeda
CC 471 M&W 7:00-9:00 pm June 3,5,10,12,17,19,24,26
Instructor: Gary Tyson
CC 571 M&W 7:00-9:00 pm July 8, 10, 15,17,22,24,29,31
OPEN STUDIO
(No instruction)
Open Studio enrollment is available for people who need no instruction but wish to have use of a well equipped studio, access to glazes and knowledge that their work will be fired with professional care and attention. Individuals enrolling in Open Studio may sign up for specified times and/or work whenever the studio is not being used by classes.

Times reserved for Open Studio are:
Sat. 3-9 pm & 12-9 pm.

CC 390  Registration Fee: $10, paid at time of enrollment
Studio Use Fee: $2.75 / use hour, billed monthly
Clay Fee: $6.25 / 25 lbs. clay used, billed monthly

To be eligible for Open Studio Use one must:
1. Be a current member of the Clay Coalition,
   (Annual membership: $15 for an individual; $25 for a family; $5 for students)
2. Agree to adhere to all studio policies & procedures,
3. Enroll in Open Studio and agree to pay relevant fees
4. Arrange to meet with the Studio Manager; (see below)
5. Keep "Open Studio Monthly Use Card" and turn it in on time.

Hourly fee includes: use of the wheels, slab roller, tools, shelf area, glazes and kiln space. Each person who enrolls in Open Studio is responsible to call the studio manager, Ronna Tyson at 539-0187, to arrange an initial meeting time. This required meeting is designed to go over appropriate use and safety policies and procedures and to answer any questions you may have.

TILE MAKING - TO A MURAL:
FEE: $62 (MCC member $57)
(limit 6 students, minimum 3)
Basic tile construction from design through installation techniques will be taught. Class will meet at Joyce's studio.
Call 539-4064 for directions.
Instructor: Joyce Furney
CC 473  M&W 7:00-9:00 pm June 3,5,10,12,17,19, July 8,10

CLAY FOR SPECIAL NEEDS POPULATIONS
FEE: $32 (scholarships are available)
class meets for 6 weeks. Maximum 8 students.
This class is designed to meet the needs of persons with developmental or physical challenges.
Instructor: Joyce Furney
CC 513  W 1:00-2:30 pm July 10,17,24,31, Aug. 7

RAKU AND YOU:
YOUTH FEE: $57 a YESI Fund class: youth pay $19 or $0
ADULT FEE: $57 or $52 (MCC member)
(limit 10 students, 4 minimum)
Construct vessels that will be glazed and fired using the ancient method of RAKU.
Instructor: Joyce Furney
CC 496 All Ages Sat. 9:00-Noon June 8,15,22
firing day @ Joyce's studio on July 13
Instructor: Gary Tyson
CC 596 All Ages Sat. 9:00-Noon July 13, 20, 27
firing day @ Gary's studio, Aug. 3

RAKU FIRING DAY SEMINAR:
FEE: $20
Bring your own bisque pottery (limit 3 small, 1 large) or not, to the day long firing and participate in the ancient art of firing RAKU. Est. time start: 9:00-Noon, glazing (lunch break) 3:00-11:00pm firing.
Instructor: Joyce Furney  539-4064 @ Joyce's studio
CC 497 Sat. 9:00 am-11:00 pm July 13
Instructor: Gary Tyson  539-8331 @ Gary's studio
CC 597 Sat. 9:00 am-11:00 pm Aug. 3
Introduction to Golf

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

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

Ballroom Dance I

Ballroom dancing is back! Time, Newsweek and Smithsonian report that ballroom dancing is popular throughout the U.S. Manitoba is no exception. Join the hundreds of people who have learned to dance through UFM. You will learn to Foxtrot, Waltz, Swing, and more. You will be dancing around the expensive floor. So, sign up with a friend, or two, and learn how to dance with someone in your terms. Classes fill rapidly. It is advisable to register early.

Michael Bennett (770-7377), has trained in Ballroom Dance at U.C. Berkeley, Manuela Ballroom, San Francisco; AllBaba Ballrooms, Oakland, CA; Chicago Dance Studio, Chicago, IL; and Avenue Ballroom, San Francisco. He was the 1998 San Francisco Avenue Ballroom Interclub Champion. Sara Sanders is a dance student at Kansas State University. She has danced Ballet nearly all her life and recently attended the Arthur Murray School of Dance.

Date: June 7 - July 30
Time: 6:30 - 7:30 pm (Friday)
Fee: $22, Individual $40 couple
Location: ECM Auditorium
1021 Division

Ballroom Dance II

This course is for those who would like to attempt more challenging ballroom dance variations. Couples are encouraged to attend so they may learn to dance as one. Waltz, Fox trot, and Foxtrot will be taught. Lessons will be given. Prerequisites: Must have completed Ballroom Dance I with Michael Bennett.

Michael Bennett & Sara Sanders

Date: June 7 - July 26
Time: 7:30 - 8:30 pm (Friday)
Fee: $22 Individual $40 couple
Location: ECM Auditorium
1021 Division

Tennis: Junior Beginners

Ages 7 - 16

Join us for fun and skill development in this great sport! This class is designed for beginning players and will provide instruction in fundamentals of strokes, basic rules of play and beginning competition. We provide balls. Students provide own rackets. If you don't have a racket, give us a call and we may be able to help you locate one.

Mark Tessendorf, M.S., Kinesiologist, has played tennis for over twenty years including varsity at Case College, Cedar Rapids, Iowa. He recently served as an instructor at Manhattan-Wabash Sports and Arts Center in Ontario.

Date: June 19, 24, July 1
Time: 6:30 - 7:30 pm (Monday)
Fee: $35
Location: LP Washburn Rec Complex, KSU

Tennis: Beginners

Ages 17 and Up

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

Mark Tessendorf

Date: June 10, 17, 24, and July 1
Time: 7:30 - 8:30 pm (Monday)
Fee: $35
Location: LP Washburn Rec Complex, KSU

Tennis: Intermediate

Ages 17 and Up

This class is designed to develop your strokes and strengthen your game. We will work on singles and doubles strategy and competition.

Mark Tessendorf

Date: June 10, 17, 24, and July 1
Time: 8:30 - 9:30 pm (Monday)
Fee: $40
Location: LP Washburn Rec Complex, KSU

Learn to Fly

Creative Freestyle session

UFC classes make great gifts!
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Beginning Fly Tying
Learn the basics of tying your own flies for that next fishing trip. We will cover hooks, tying tools, and the materials necessary to create flies to catch fish from trout to bass. Materials will be provided to tie dry flies, wet flies, and nymphs. Keep the flies you tie and give them a try!

Paul Radovich (494-2340) is a seventh grade science teacher who likes to escape to cool mountain waters from time to time and get away from it all. He has been fly fishing worry from Georgia to Mexico, building his own rods and tying his own flies for four years. Paul primarily fishes for trout, but local outings for bass and pan fish help keep his fly fishing skills sharp.

Date: June 10, 11, 12, 13, 14 (Mon-Fri)
Time: 6:30 - 8:30 pm
Fee: $20
Location: UFM Conference Room

Growing Your Own Herbs
Enjoy the fragrance of herbs in your garden this summer. Feed and small various types of potted herbs and see why their cultivation is growing in popularity. We’ll discuss types of herbs and how to grow, harvest, preserve and enjoy them for use in cooking and serving your home.

Colleen Hampton
Date: June 8 (Saturday)
Time: 10 am - 12 noon
Fee: $5
Location: UFM Greenhouse

Growing The Beauty of African Violets
Do you enjoy the beauty and wide array of colors and bloom of African Violets but find that you seem to have a purple (at black) thumb when it comes to growing them? Learn the relatively simple techniques of growing and propagating African Violets and enjoying blooms most of the year.

Colleen Hampton has grown African Violets in her home for 25 years.

Date: June 22 (Saturday)
Time: 7 - 9 pm
Fee: $8
Location: UFM Greenhouse

Whole Foods Cooking
Creative Fettainfree section

How to Get Organized
Without Really Trying???
See the Self & Personal Development section.

Fall Gardening
Get your mums out of your garden space by planting a fall garden this year. Many vegetables actually produce and taste better when grown in the cool days of autumn. Find out what plants and how to plant fall vegetables in July and August so that you’ll harvest in September, October, and even beyond.

Colleen Hampton
Date: July 13 (Saturday)
Time: 1 - 3 pm
Fee: $8
Location: UFM Greenhouse

Archaeology of Northeast Kansas
This class will introduce participants to the people who lived in our state during the last 12,000 years. A classroom setting will discuss linear earthworks, burials, and other types of evidence left by earlier populations. The second meeting will camp on selected sites in the general Manhattan area. Information will be provided on how to learn more and how to get permission to study the past, while also joining our effort to preserve the past for the future. Participants who have artifact collections and would like to learn more about them are encouraged to bring them to the class. Children 8 years and up welcome.

Donna C. Roper has been involved in archaeological investigations in the Central Plains and Midwest for over 25 years. She currently works as researcher and consultant in the Kansas-Nebraska area. She has taught archaeology at K-State and holds an adjunct faculty appointment at the university.

Solar Electricity: For Cabin, RV, Boat, or Campsite
Recharge your cabin, RV or boat batteries with no mechanical parts. Solar electric panels slowly charge your battery for longer life and free your campers fromGenerators, batteries, and the need to pay for fuel or gas. It is quiet and dependable. With a few basic tools, you can install a solar electric system that will power your campers or small houses. It is quiet and dependable.

Bill Dorrsett has been teaching and working with photovoltaics since the early 1980s. He has taken advanced PV’s in Colorado, worked with pumps, radio and power systems and is particularly interested in renewable energy for developing countries.

Date: June 22 and 29 (Saturday)
Time: 10 am - 12 noon
Fee: $37
Location: 1715 Leavenworth

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Write: 5130 Roanberry Dr.
Manhattan, KS 66502

Reduce, Reuse, Recycle & Join...
Northern Flint Hills Audubon
Your local Audubon chapter invites members and the public to join us in learning about and helping protect the environment. Here are some highlights:
• Bird Scafe Sales (To order, call Mike Rhodes at 530-4863)
• Field Trips to local natural areas
• Programs on topics ranging from anti-environmental radio shows to family camping. Look for details in our newsletter!
• Member actions on environmental issues

Call for reservations and information
Gift Certificates available

WE NEED YOU!
Gravel Pits at Waterville and Blue Rapids

How do we know that glaciers visited Kansas—by the rocks they left behind? We’ll visit the gravel pits near Waterville and Blue Rapids, Kansas to collect glacial material including agates, jasper, quartzite, petrified wood as well as other fossils. Participants will drive their own cars, or carpool.

Dr. F.C. Lamming (537-2599), Professor Emeritus of Chemistry at K-State, is a long-time member of the Manhattan Mineral, Gem and Fossil Club.

Date: July 13 (Saturday)
Time: 8:30 - 12 noon
Fee: $8 individual/$12 couple or family
Location: Meet at UFM Fireplace Room

The Spillway "Canyon": One Last Time

Imagine yourself walking an ancient seafloor or an ancient landscape! On a three hour field trip we will explore the spillway together. You will be introduced to some of the methods and principles used by geologists to reconstruct Earth history. We will walk through geologic time and see what events and environments are recorded in the rocks. This will be a great time to identify fossils found at the spillway. Participants should be prepared for moderate walking and climbing. Children 8 years and up are welcome. "Don’t miss seeing the spillway before it gets filled in this summer.

Keith Miller is a paleontologist and sedimentologist doing preparatory research with the geology department at K-State. His interest is in using information recorded in the rocks to reconstruct ancient environments and understand how they changed with time. He is fascinated by the dynamic history of the Earth, and enjoys telling the stories written in its rocks. He also enjoys observing and learning from the natural world around us.

Date: June 15 (Saturday)
Time: 9 am - 12 noon
Fee: $8 individual/$12 couple or family
Location: call UFM for directions to meeting place

Meteor Shower/Star Gazing

Join us to look at the beautiful night sky. We’ll learn to identify the constellations and observe whatever planets are up. This will be a great year for the Perseid Meteor shower, since it will be the dark of the moon. Bring a jacket, binoculars, if you have them, and a small flashlight. If you have star-finders or maps, bring them, although maps will be available at class. We’ll stay out as long as there is interest.

Dr. Errol Strobel (535-1931), teaches astronomy at Manhattan High School.

Date: August 11 (Saturday)
Time: 8 pm
Fee: $8 individual/$12 family
Location: meet at UFM to car pool to location

Lawns: Equipment, Maintenance and Safety

Learn the how to of caring for your lawn. Find out what and when to apply fertilizers and get suggestions on other lawn maintenance needs. This class will also cover the proper use and maintenance of common lawn care equipment.

Larry Johnson has 20 years experience in lawn mowing (commercial and residential). He is certified by over 10 Outdoor Power Equipment Manufacturers. He is the owner of Robinson Lawn and Leisure and Bloomingsdale Lawn and Garden.

Date: June 5 (Wednesday)
Time: 7 - 8 pm
Location: Bloomingsdale 1103 Waters, Manhattan

To advertise your business or organization in the next UFM catalog, contact the UFM Office (539-8763) by June 21.

GRE Preparation Course

Early Fall Class

Be confident and prepared to take the GRE!

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

For more information, call UFM 539-8763

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June 4, 5
Exotic Sounds
June 11, 12
Public Speaking
June 18, 19
Community Health
June 25, 26
Aromatherapy
July 2, 3
Pumpkin Pie & Pasta
July 9, 10
Sausage Making
July 16, 17
Francis & Maria Cooking
July 23, 24
Visitor – Susan
July 30, 31
Visitor – Vincent
Aug 6, 7
Southern France
Aug 13, 14
Cassoulet
Aug 20, 21
Occupational Therapy I (R)
Aug 27, 28
Occupational Therapy II (R)
**Meditation and Creativity**

Meditation is a means to attune oneself to the source of awareness and life. Creativity flows from this same source. The link between meditation and creativity will be explored experientially. Poetry and art will be used to express meditational awareness. Qigong, or Jewish mysticism, will be used to provide a conceptual framework.

Dan Bronow is a professional psychotherapist. He has studied various meditational practices including Buddhist, K'oei, Christian, and Jewish. Additionally, Dan has studied art and also enjoys drama, poetry, and music. He hopes to assist students' personal explorations of self and universe in this class.

**Date:** June 6 - July 25 (Thursday)
**Time:** 7:30 - 9 pm
**Fee:** $18
**Location:** UFM Greenhouse

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**Creative Problem Solving and Idea Generation**

The class will have an informal format. We will have open discussions of what creativity means for people, so everybody is teaching everybody else. We will also practice some well-known creativity exercises such as brainstorming, mind-mapping, and challenging one's assumptions. The most important goal is to have fun! If it isn't fun, creativity will never become useful.

Ben Lai has experience in a variety of creative fields; he has worked as a computer programmer, a patent writer, an entrepreneur, and an English teacher, and he likes to write short fiction. He thinks creativity is fun and useful, and everybody can learn some simple techniques for better creativity.

**Date:** June 4 and 6 (Tues and Thurs)
**Time:** 7 - 9 pm
**Fee:** $12
**Location:** UFM Fireplace Room

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**Personal Development**

1221 THURSTON 539-8763

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**Public Speaking Made Easy**

This workshop will provide instruction and practice in basic techniques of organizing and presenting a dynamic and effective speech. Using the techniques of impromptu speaking, prepared speeches, and constructive evaluations, Public Speaking Made Easy will help develop confidence and ability for anyone who has ever wanted to be able to talk in front of an audience. A must for career development, art or to show how easy (and how much fun) it can be.

Steve Brown is an able Toastmaster (ATM) through Toastmasters International, and currently serves as a district officer for the organization. A computer programmer with Kansas Farm Bureau Services, Steve has spent the last 13 years learning, and helping others to learn, effective speaking techniques. He has a Masters degree in Operations Research from Southern Illinois University at Edwardsville and a Bachelor's degree in Mathematics from Kansas Wesleyan. Steve will be joined by other officers of the Manhattan Toastmasters Club in providing this workshop.

**Date:** June 4 - July 23 (Tuesday)
**Time:** 6:30 - 8:30 pm
**Fee:** $20
**Location:** UFM Multipurpose Room

**Survival Skills for Women**

Survival Skills for Women is a competency-based skills program which provides training, support, and empowerment. Participants will gain self-assurance and motivation, and work toward personal and economic independence. The series is for women only.

**Date:** June 11 - July 18 (Tues/Thurs)
**No class July 4**
**Time:** 9 - 11 am
**Fee:** $45
**Location:** UFM Conference Room

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**Self-Defense for Pre-teens**

Youth section

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**Sexual Harassment Assault Rape Prevention**

SHARP self-defense workshops are available for organization, groups or schools. Contact UFM, 539-8763 to coordinate a workshop.

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**Introduction to Zen Buddhist Philosophy and Practice**

Zen Buddhist philosophy aims for enlightenment by direct intuition rather than meditation. Join us for discussion and practice of Zen meditation (Zazen) with a major focus on the use of meditation "or school." Other traditions will also be discussed. Please bring a cushion to sit on.

Learn Baopu Auer (552-6850), is a professor of Psychology at KU and has been a monk of Zen Buddhism for approximately 20 years, practicing under the direction of Zen masters Chuin Kang Rinpoche and Shokanok Amagoe. He is affiliated with the Metropilis Zen Meditation Center.

**Date:** July 9, 16, 23 (Tuesday)
**Time:** 7:30 - 9 pm
**Fee:** $14
**Location:** UFM Conference Room

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**Beginning Sign Language**

Creative Freetime section

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**Learn to Fly**

Creative Freetime section
For the Love of Music

This class is ideal for parents or teachers with children from the womb to early school age. We will explore why music is instrumental in our lives and how to cultivate a lifelong love of music in your child. You will be provided with songs and games to share with your children and hands-on practice in making your own instruments. We will also discuss different instrument methodologies, such as Suzuki.

Jennifer Finlayson (176-1592), a recent graduate of Lehman College in Bronx, NY where she studied music education with a voice emphasis. She has taught Pre-kindergarten through 12th grade general music classes and choirs. She has also worked with groups of young women, grades 1-6, through Girl Scouting for 6 years. In the past year she has begun to compile information for a book with the same topic as this class.

Date: June 4 - July 23 (Tuesday)
Time: 7:30 - 8:30 pm
Fee: $28
Location: UFM Greenhouse

Building Self Esteem in Families

This class will briefly review specific theories of personality development including family of origin theories that strengthen or inhibit "healthy" emotional growth. Learn alternatives as a means for matching family functioning and discuss how traditions can enrich family functioning and relationships. Explore traditions and clashes in families that create a sense of connectedness and distinctiveness. Learn suggestions for developing a broader base of family traditions.

Charles Chandler is a chaplain in the United States Army. He has a Masters in Educational Psychology and has taught extensively in Family Life Education. He is a former school psychologist and Middle School Counselor. He has taught many parent education classes.

Date: June 3 and 5 (Mon/Wed)
Time: 7 - 8:30 pm
Fee: $12 individual/$18 couple
Location: UFM Conference Room

Exploring the Esoteric Nature of Sound and Music

Ancient cultures were in touch with the transforming and healing power of sound. In this workshop, we will explore the effect of sound on our perception of the world and ourselves through sonic meditation, vibratory processes, pure musical tones and group sounding - getting in touch with places in the body that are "in resonance" or "out of resonance". Please bring a blanket to sit on.

Nate Scaroff has explored Sacred Sound and Eastern Wisdom traditions for the last 15 years.

Date: June 5 and 12 (Wednesday)
Time: 7 - 9:30 pm
Fee: $18
Location: UFM Banquet Room

How to Get Organized without Really Trying? Just Do It!!

Spend a few hours developing proven strategies to help you organize work, family, career, exercise, friends, paperwork and much, much more. We'll develop tips, ideas, and easy skills to help you get organized and stay that way. Participants should bring their desk or family/household calendar with them to classes. Each participant will receive a "50 Time-saving Tips" handbook. Bring your biggest project to class and you and we'll start tackling it.

Phyllis Starkey (338-9292), is a former public information officer for the Denver Housing Authority. In 1994, she organized her wedding long-distance using organizational and time management techniques. She has professional experience organizing special events, household moves and family reunion. Phyllis is currently a military spouse at Fort Riley and working on freelance projects.

Date: June 15 (Saturday)
Time: 9 am - 12 noon
Fee: $18
Location: UFM Conference Room

Parents in Healthy Families

This class deals with the issues of leadership and rules in healthy families. A broadly applicable to a wide variety of family types. Entire families, including children are encouraged to attend. The material tends strongly behind the notion that parents should be (actively) in charge of families. Derived from the "Family Wellness" program by Scott & Dobh.

Steven Ziser received his Bachelor of Arts degree in Sociology from the University of Cincinnati. He received his Master of Divinity from Asbury Theological Seminary in Wilmore, Kentucky. He was a pastor for 6 years and has been an Army chaplain for 10 years. He has conducted marriage enrichment, stress management, stress prevention and intervention, and parenting classes.

Date: June 10 (Monday)
Time: 7 - 9:30 pm
Fee: $12 individual/$18 couple
Location: UFM Multipurpose Room

Managing Your Stress

Participants will learn the nature of stress, its results, and how to cope effectively. Methods will be given to prevent stress from becoming counterproductive. Strategies will be presented on ways to cope more effectively.

Glen Bloomworth received his Bachelor of Arts degree in Biblical Theological Studies from Bethel College. St. Paul, Minnesota. He received his Master of Divinity from Reinhold Theological Seminary. He enjoyed active duty in the United States Army in 1982. He has taught stress management and marriage enrichment classes and is a graduate student in Family Life Education at Kansas State University.

Date: June 17 (Monday)
Time: 7 - 9:30 pm
Fee: $8
Location: UFM Multipurpose Room

The Chinese Tai Chi class is in the WELLNESS section of the catalog on page 20.

How to Get Organized without Really Trying? Just Do It!!

Phyllis Starkey

Date: June 18 and 20 (Tues/Thurs)
Time: 7 - 9:30 pm
Fee: $18
Location: UFM Conference Room

Metaphysics Discussion

The purpose of this group is to provide a place for those on the path of personal enlightenment, to share ideas, experiences and growth. Topics of discussion will depend on the current needs and interests of the collective. All religion, traditional, and mystical paths will be honored as equal and valid. Participants under the age of eighteen are encouraged to enroll with an adult mentor.

Tracy Mahoney is a student of Esoteric Studies at Sophia Seminary with an emphasis in the Healing Arts.

Date: June 5 - July 24 (Wednesday)
Time: 7:30 pm
Fee: $15
Location: UFM Greenhouse

Couples in Healthy Families

This class places a strong emphasis on equilibrating leadership and communication. Both are important issues in any family. The program is designed for healthy families looking for additional skills to enhance family living. The communication sessions offer valuable information to spouses on "knowing and saying what you want." Derived from the "Family Wellness" program by Scott & Dobh.

Date: June 13 (Thursday)
Time: 7 - 9:30 pm
Fee: $10 individual/$15 couple
Location: UFM Banquet Room

Crysta Nissen

Grant Writing: Inside Tips

This course is designed to acquaint students, volunteers, and agency professionals with basic skills and knowledge relating to grant writing. Topics that will be covered include: finding the grant, communicating on the Internet, what is needed before you write the proposal, finances of writing and grants, and reviews and reviews.

Family and Staff from KSU, USD #83, the City of Manhattan, Riley County and community grant writers will be sharing their experiences, knowledge, and expertise at the UFM Grant Writing class. Speakers will include: Sue Maas, Beverly Page, Earl Barber, James Shewcock, John Pickrell, Mary Weibel, Karen Post, Laura Clark, Diane Stoddard, Ellen Eger and Anita Fahmy.

Date: June 17, 19 and 26 (Wednesday)
Time: 4:30 - 7:30 pm
Fee: $15
Location: KSU Justin Hall 140

School-based Health Services

A discussion sponsored by the Flint Hills Mainstream Coalition

DATE: Tuesday, June 11
TIME: 7:45 p.m.
PLACE: UFM House, 1221 Thurlow, Fireplace Room

The program will cover issues and services that are involved with School-based Health Services: health education, social services, prevention and public health clinic located in the public schools.

The Flint Hills Mainstream Coalition is a local group dedicated to preserving/protecting political values and freedoms. The Coalition was organized in 1995 in response to an increasing trend of nepotism and indifference in local and state politics.

This announcement is funded by an anonymous donor.

THANK YOU ADVERTISERS for your loyal support.
Chinese Tai Chi
Tai Chi, known as Joy through Movement, is a popular Chinese tradition. The purpose of Tai Chi is to circulate the vital force and balance the Yin-Yang of this internal energy. It is relaxing and energizing in a gentle manner. This class is designed for beginners. Students will learn basic movements through demonstration and practice. You'll like Tai Chi and enjoy practicing it.

Ping Wei (539-4147) is a graduate student in the Department of Biochemistry at KSU. When he was in China he taught many foreign students Tai Chi in Nursing University. (The foreign students were from the USA, Japan, Germany, Russia, the Netherlands, and other countries.) Ping is very interested in introducing Tai Chi to this area. Ping has been teaching Tai Chi for UFM since fall 1992.

Date: June 6 - July 25 (Tuesday/Thursday)
Time: 6:30 - 7:30 pm
Fee: $15
Location: ECM Auditorium

Let's Talk About Tai Chi
Tai Chi is a Chinese discipline as both healing and martial art. What does Tai Chi mean? What can Tai Chi do for you? What is the relation between Tai Chi and Traditional Chinese Medicine? We will discuss a variety of topics: stress, back problems, high blood pressure, balance, etc. Bring your questions and come to learn about Tai Chi. Some slides of China will be shown.

Ping Wei (539-4147)
Date: June 4 (Tuesday)
Time: 6:30 - 7:30 pm
Fee: $15
Location: UFM Conference Room

Healing Methods of the White Phoenix System
This class will be covered include: Herbs and medications, first aid, theory of acupuncture, massage, quick cures for headaches, theory of Chi Kung and simple exercises. All participants will receive a videotape of the 4 classes.

Dr. Stan Wilson has done 28 years of researching martial arts and related areas. He is the founder of the White Phoenix System.

Date: July 3, 10, 17, 24 (Wednesday)
Time: 6:30 - 7:30 pm
Fee: $50
Location: UFM Conference Room

Self Treatment with Acupressure
This class is designed to teach basic acupressure techniques that can be used for treatment of minor ailments. The main focus will be on the effects of acupressure using the body's meridians. Class fee includes book and handouts.

Dr. Larry Doll has practiced chiropractic care in Manhattan for the last 12 years. He believes in assisting the body with the healing process, which is why he has expanded his treatment techniques to include acupressure/acupuncture. He is a Fellow in the Acupuncture Society of America.

Date: June 10 - July 15 (Monday)
Time: 7 - 9 pm
Fee: $50
Location: 1130 Westport Drive, Suite 5

Self Treatment with Acupressure
Dr. Larry Doll
Date: June 12 - July 17 (Wednesday)
Time: 7 - 9 pm
Fee: $37.50
Location: 1130 Westport Drive, Suite 5

Email address: ufm@ksu.ksu.edu

Foot and Face Massage
Participants will learn to do a relaxing facial massage while enjoying a warm herbal foot bath. Students will then learn foot massage techniques to relieve tired, aching feet. Please bring 2 towels and bowl/container large enough for your feet to rest comfortably inside.

Bernice Martin
Date: June 25 (Tuesday)
Time: 8:30 pm
Fee: $15
Location: UFM Banquet Room

School-Based Health Services
A discussion sponsored by Flint Hills MAINstream Coalition—See page 22

American Red Cross
Learn to Swim classes are found on pages 4-5.
HEALTH, HEALING AND HARMONY SERIES

Stress Management
Stress is part of our lives. Dealing with stress in a positive way promotes good health. During this mini-workshop, you will learn what stress can do to your health, identify your stresses, and learn a variety of ways you can deal with the effects of stress. Dealing with your stress does not have to be a difficult task. Small changes over a period of time can work miracles.

Kris Barnard and Eunice Dorst are partners of Health and Harmony Pathways. They have taught many classes privately and for UFM for many years.

**Date:**
- **June 5 (Wednesday)**
  - Time: 7 - 8:30 pm
  - Fee: $8 for one class/$25 for series of six classes
  - Location: UFM Fireplace Room

The Chakra System
Chakras are the energy centers of the body. There are seven chakras, each corresponding to the nerve ganglia and the glands of the endocrine system. Each chakra identifies with a particular aspect of your life. Blockages are created by negative emotions, fears and beliefs, creating dysfunction in the body and our lives.

**Date:**
- **June 12 (Wednesday)**
  - Time: 7 - 8:30 pm
  - Fee: $8 for one class/$25 for series of six classes
  - Location: UFM Multipurpose Room

Aromatherapy
Aromatherapy is the art of using essential oils for healing. These fragrant molecules are the only place in the human body where the central nervous system is directly exposed to the environment. Through the sense of smell, we tap into the limbic portion of the brain where emotions, imagination, memory, and our sexual drive are evoked. Essential oils can soothe, relax, energize or stimulate the body, mind and spirit. Known for their pleasing scents, they also have antimicrobial, antibacterial, and universal properties.

**Date:**
- **June 16 (Wednesday)**
  - Time: 6:30 - 7:30 pm
  - Fee: $8 for one class/$25 for series of six classes
  - Location: UFM Fireplace Room

Visualization
Many people never reach their goals because of a lack of focus. Visualization is a powerful tool used to focus on and achieve goals in any area of your life. This technique is also used in the pursuit of good health, and to improve performance at work or in sports. It is easy to learn and simple to use.

**Date:**
- **June 26 (Wednesday)**
  - Time: 7 - 8:30 pm
  - Fee: $8 for one class/$25 for series of six classes
  - Location: UFM Fireplace Room

Therapeutic Touch
Therapeutic Touch is the subtle balancing of the human energy field used to promote wound healing, reduce stress and decrease pain. Therapeutic Touch is a unique relaxation technique where the practitioner uses hands three to five inches away from the client to assess, then balance the energy field, thus helping the client tap into his or her own natural healing ability.

**Date:**
- **July 3 (Wednesday)**
  - Time: 6:30 - 7:30 pm
  - Fee: $8 for one class/$25 for series of six classes
  - Location: UFM Fireplace Room

Meditation
Meditation does not have to be difficult, painful or stressful. Learning to quiet your mind helps to maintain a feeling of calm and inner peace. Some of the benefits are: increased energy, improved sleep patterns, improved memory and decreased stress levels.

**Date:**
- **July 10 (Wednesday)**
  - Time: 6:30 - 7:30 pm
  - Fee: $8 for one class/$25 for series of six classes
  - Location: UFM Fireplace Room

Yoga
Meeting twice a week, this is an intuitive and thorough way to begin your yoga practice. Class emphasis will be on postures and breathing.

**Date:**
- **June 4 & July 2 (Tuesday)**
  - Time: 7 - 8:30 am
  - Fee: $10
  - Location: ECB Student Center

**Date:**
- **June 6 & July 3 (Tuesday)**
  - Time: 9 - 10:30 am
  - Fee: $10
  - Location: ECB Student Center

Yoga
Topi Magid

**Date:**
- **June 4 - July 2 (Tuesday)**
  - Time: 7 - 8:30 am
  - Fee: $10
  - Location: ECB Student Center

Stress Management
Through Aromatherapy
This class serves as an introduction to Aromatherapy, specifically how it relates to Stress Management. Learn the benefits of Aromatherapy and how to incorporate it into your life.

**Date:**
- **June 17 (Monday)**
  - Time: 7 - 9 pm
  - Fee: $8
  - Location: Country Gift Shop

**Don't miss MORTAL ARTS for adults section on page 10**

Whole Foods Cooking Class
"Parents Who Care"
Personal Development section

Don't miss seeing the Spillway before it gets filled in this summer. See the Earth & Nature section.

Ooops! Did you get more than one copy of this catalog? Please let the UFM office, 503-9767, know and pass the extra copy to a friend. Thanks.

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Special THANKS TO THE UFM INSTRUCTORS who volunteer their time.
Youth

1221 THURSTON
539-8763

Tumbling Tots

Children ages 3 to 5 are in a very active growing stage. In this tumbling class participants will develop strength, flexibility, and coordination in a fun atmosphere. The class meets 45 minutes once a week.

Dan Brown (539-3613), has had 10 years of gymnastics coaching experience, is Safety certified by USA Gymnastics, and is a certified instructor of USA Gymnastics Professional Development Program.

Date: June 5, 12, 19, 26, July 3, 10 (Wed)
Time: 9 pm
Fee: $12
Location: Manhattan Gymnastics Center
2305 SkyVue Lane

Preschool Dance

This is a fun pre-ballet class for children aged 3 to 5. The class meets once a week for 45 minutes.

LaShana Harrison (539-3613), has been involved in dance for 15 years. She has three years experience as a teaching assistant and three years as a dance instructor.

Date: June 3, 10, 17, 24, July 1, 8 (Mon)
Time: 6 pm
Fee: $12
Location: Manhattan Gymnastics Center
2305 SkyVue Lane

Beginning Dance

Beginning dancers will learn a combination of ballet and jazz dance while they improve their coordination and balance. In this class the child must be 6 years old or must have the instructor's permission. The class will meet for 45 minutes once a week.

LaShana Harrison

Date: June 5, 12, 19, 26, July 3, 10
Time: 6 pm (Wednesday)
Fee: $12
Location: Manhattan Gymnastics Center
2305 SkyVue Lane

SHARP-Self Defense for Preteens

This self defense program is adapted from a national program designed specifically for women. The terminology and approach have been "softened" but the focus remains to empower females to better protect themselves and gain confidence in their social environments. There will be discussion dealing with situations from sexual harassment through actual attack.

Appropriate for girls 10 - 13.

Diana Tarver (823-5115), has been teaching women's self defense classes for 9 years. She has adapted the program for teens and young girls. She is a 3rd degree Black Belt in Tae Kwon Do and has taught police defense tactics, but for this class she takes a very practical approach.

Date: July 8 (Monday)
Time: 7 - 9 pm
Fee: $11
Location: First Lutheran Church
930 Popeye Avenue

SASSY/Safety Awareness and Street Smart Youth

This program teaches children personal safety in an increasingly dangerous society. The program helps build self confidence, increases awareness and teaches effective defense techniques as well as reinforcing safety precautions taught at home and school. This is a fun safety program for children that teaches very important skills.

Diana Tarver teaches the SHARP self defense classes for UFM.

Date: June 18 (Tuesday)
Time: 5 - 11 am
Fee: $12
Location: First Lutheran Church
930 Popeye Avenue

SASSY/Safety Awareness and Street Smart Youth

Diana Tarver

Date: July 15 (Monday)
Time: 7 - 9 pm
Fee: $12
Location: First Lutheran Church
930 Popeye Avenue

School-based Health Services

A discussion sponsored by the First Hills MAINstream Coalition

DATE: Tuesday, June 11
TIME: 7-8 p.m.
PLACE: UFM House, 1221 Thurston, Fireplce Room

The program will cover issues and services that are involved with School-based Health Services, health education, social services, prevention and public health dept clinics located in the public schools.

The First Hills MAINstream Coalition is a local group devoted to preserving traditional political values and freedoms. The Coalition was organized in 1995 in response to an increasing trend of totalitarianism and intolerance in local and state politics.

This announcement is funded by an anonymous donor.

DC Lehman (352-6340) is a first degree black belt in the American Tae Kwon Do Association and an instructor with the K-State/Manhattan Tae Kwon Do Club. She has extensive experience in weight training, stretching, and adaptive stretching (for those with physical limitations).

Date: June 4, 7, 11, 14, 18, 21
Time: 7 - 7:45 pm (Tuesday)
Fee: $28
Location: First Lutheran Church (Parish Basement)
930 Popeye Avenue

Beginning Tae Kwon Do

for Youth 6-8

This class is designed for 6-8 years olds or 5 years olds who have taken Tae Kwon Do before.

DC Lehman

Date: June 25, 28, July 9, 12, 16, 23, 26
Time: 7 - 7:45 pm (Tuesday)
Fee: $38
Location: First Lutheran Church
930 Popeye Avenue

Introduction to Tap

An introductory class designed to provide exposure to tap steps performed to popular music. This is a good opportunity to see if a dance career is appealing.

Randi Dale

Date: June 12 and 19 (Wednesday)
Time: 7 - 8 pm
Fee: $20
Location: 2416 Rogers Blvd.

Pre-Ballet Class

A beginning ballet class for children 4-7 years old with no dance experience. Emphasis will be on beginning ballet techniques. Formal dance attire is not necessary.

Randi Dale has taught dance for 34 years. Her dance career toured the midwest and Europe in 1968. She is a certified teacher with a Masters Degree in Education.

Date: June 12 and 19 (Wednesday)
Time: 5:30 - 6:00 pm
Fee: $20
Location: 2416 Rogers Blvd.

Ballet Class

This ballet class is geared for children 8 and up. Tuirs are welcome. Students will be placed in the appropriate level depending upon experience. Beginning and experienced students welcome.

Randi Dale

Date: June 12 and 19 (Wednesday)
Time: 6:00 - 6:30 pm
Fee: $20
Location: 2416 Rogers Blvd.

Youth Scholarships are available through the YES! fund.
Bubbles, Beads, and Firecrackers!!

YO-13

Painted Wooden Firecrackers

Learn how to paint stars and stripes on wooden firecrackers to use as a 4th of July decoration. Different techniques with both paint and glitter will be used.

Charlene Browson is the educational coordinator at UFM and has a teaching certificate in Art Education, K-12.

Date: July 1 (Monday)
Time: 1 - 3:30 pm
Fee: $11 single class
Location: UFM Banquet Room

Clay Critters

YO-16

Learn how to make miniature clay figures with oven-baked Sculpey. We will be making a pig, a cat, vegetables, a chicken and a fried egg. These "critters" make great magnets for yourself or as gifts. The "critters" are on display at UFM. Stock list available at the time of registration.

Karen Kemp is a K-State student majoring in Family, Social Work and Human Services. She has over 30 years in the field of art at K-State. She does many crafts and has been working on "clay critters" for more than 12 years.

Date: June 5, 5, 10, 12
Time: 5:30 - 6:45 pm (Mon, Wed)
Fee: $15
Location: UFM Conference Room

Clay Critters

YO-17

Karen Kemp

Date: June 17, 19, 24, 26
Time: 5:30 - 6:45 pm (Mon, Wed)
Fee: $15
Location: UFM Conference Room

Yoga for Kids

YO-04

A fun combination of physical and mental exercise taught by a veteran yoga instructor and co-camp counselor. Yoga teaches kids how to move with confidence, relax and concentrate. It is not a competitive, enjoyable exercise you will love. Ages 6 and up. *Children should bring a sack lunch.

Tina Magli's yoga career started at age 8 watching her mother and friends stand on their heads. Since then she has studied extensively across the U.S. Her teachers include: Susan Gillespie, Margaret Hahn, Richard Schaefer, Ganga White and Tracy Rich. She has also studied at the Himalayan Institute and has taken intensive classes with advanced yoga teachers, John Friend and Aadil Palkhivala.

Date: June 4 - July 2 (Tues)
Time: 1 - 3 pm - 12:30 pm
Fee: $50
Location: ERM Student Center

YO-18

Basic First Aid Training Certification

This is a American Red Cross certification workshop for youth ages 8 - 12 years. Participants will learn standard first aid techniques, personal safety, emergency action plans and will receive a American Red Cross certification for basic first aid training.

Kanasa Health and Safety Extension Corp is an AmeriCorps Kansas program. Their staff will teach this course.

Date: June 10 - 21 (Mon-Fri)
Time: 9 - 10 am
Fee: $15
Location: will be notified of location

Basic First Aid Training Certification

YO-19

Kanasa Health and Safety Extension Corp

Date: July 8 - 19 (Mon-Fri)
Time: 9 - 10 am
Fee: $16
Location: will be notified of location

Basic First Aid Training Certification

YO-20

Kanasa Health and Safety Extension Corp

Date: July 22 - Aug 2 (Mon-Fri)
Time: 9 - 10 am
Fee: $16
Location: will be notified of location

Basic First Aid Training Certification

YO-21

Kanasa Health and Safety Extension Corp

Date: Aug 5 - 16 (Mon-Fri)
Time: 9 - 10 am
Fee: $16
Location: will be notified of location

Union Pacific Depot Rehabilitation Project

The City of Manhattan, in a joint effort with the Manhattan Riley County Preservation Alliance, University for Mankind, and the College of Architecture, Planning and Design at KSU, has requested two State grants to rehabilitate the Union Pacific Depot. The City of Manhattan, in full support of the rehabilitation, has provided matching funds for both grants. UFM will coordinate part of this historic structure as a meeting place for community groups and for small displays or as a focal point for community events. The College of Architecture, Planning and Design envisions using the remaining part of this structure as space for a studio and associated display, conference, and review space. UFM and the Manhattan/Riley County Preservation Alliance are coordinating public awareness and fundraising efforts to bring the historic Union Pacific Depot back to public use. Two grants, if received, will pay for exterior work. Funds are still needed for interior rehabilitation and furnishings. Community support is needed to make this dream become a reality.

To get involved, or to learn more about this project, call UFM at 539-8763.

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

NEED A SUMMER JOB?

UFM needs lifeguards, WSI teachers and teaching assistants. Apply at UFM 539-8763

Beads and Necklaces

YO-15

Have fun learning how to make beads from oven-baked clay. Everyone will get to make their own necklace and bracelet.

Charlene Browson is the educational coordinator at UFM and has a teaching certificate in Art Education, K-12.

Date: July 15 (Monday)
Time: 1 - 3:30 pm
Fee: $11 single class
Location: UFM Banquet Room

MONSTER BUBBLES!

YO-14

Learn the art of making soap bubbles on a grand scale. You have to see it to believe it. Participants in this class will make a monster bubble wand and learn how to make gigantic bubbles. We will talk about making bubble solution and other tools for making bubbles.

Linda Tazer is the director at UFM and a monster bubble convert.

Date: July 8 (Monday)
Time: 1 - 3:30 pm
Fee: $11 single class
Location: UFM House

UFM CLASSES make great gifts.

Tax deductible contributions can be sent to UFM, 1221 Thurston, Manhattan, KS 66502.
REGISTRATION INFORMATION 3 WAYS TO REGISTER

Registration by Mail
Complete the registration form and mail the form with your check, money order, or credit card number to:

UFM Class Registrations
1221 Thurston
Manhattan, Kansas 66502-5299
You will be notified if the class is full. All registration is on a first-come, first-served basis. No other class confirmations will be sent out unless requested.

FOR YOU...

1221 Thurston
UFM Class Registration
Manhattan, KS 66502
539-8763

Student Name:
Address:
City:
State:
Zip:
Social Security No:
Age:
Parent’s Name if Student is Under Age 18:

CLASS #  Session  TITLE  FEE  LOCATION  DATE  TIME

Tax Deductible Donation:

I hereby authorize the use of my Visa  MasterCard  Discover

Signature:

Card Number:
Expiration Date:

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

Where did you obtain your catalog?

A class I would like offered:

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

Signature:
Date:

Signature:
Date:

Office Use Only
Date  Staff  Amount  Check  Cash  Visa  MC  Discover
Date Received  Date
Date Entered  Date
Date Computer  Date

Registration by Phone
With your VISA, Discover or MasterCard number and expiration date ready, call (913) 539-8763 during regular business hours.

Registration in Person
Stop by the UFM House, 1221 Thurston
HOURS: 8:30 am - 12 Noon
1:00 pm - 5:00 pm
Monday through Friday

Youth Scholarships are available.

This catalog printed on recycled paper.

FOR A FRIEND...

1221 Thurston
UFM Class Registration
Manhattan, KS 66502
539-8763

Student Name:
Address:
City:
State:
Zip:
Social Security No:
Age:
Parent’s Name if Student is Under Age 18:

CLASS #  Session  TITLE  FEE  LOCATION  DATE  TIME

Tax Deductible Donation:

I hereby authorize the use of my Visa  MasterCard  Discover

Signature:

Card Number:
Expiration Date:

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

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Signature:
Date:

Signature:
Date:

Office Use Only
Date  Staff  Amount  Check  Cash  Visa  MC  Discover
Date Received  Date
Date Entered  Date
Date Computer  Date

*Signature of Parent or Guardian required for minors.

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