Let UFM shed some light on summer fun & learning
Welcome to UFM Community Learning Center...

UFM Community Learning Center is a multi-faceted education and resource program serving KSU, Manhattan, the surrounding area and communities across Kansas. For 30 years, UFM has been uniting people of diverse backgrounds around common interests and causes. Our education program organizes over 200 classes each semester, taught by people of all ages. In the last 30 years, 4,674 people have taught at least one class for UFM with an age range of 11 to 94.

In addition to the classes, UFM sponsors the Lou Douglas Lecture Series on World Affairs, the Manhattan Community Garden and the Adolescent Mentoring Program. UFM serves communities across Kansas by providing consultation, training and mini-grants to help them start their own community education programs using UFM’s volunteer model. Anyone can learn... anyone can teach... an approach that unites us all for lifelong learning and community development.

UFM Staff:
Executive Director - Linda Inlow Teener
Education Coordinator - Charlene Brower
Swim Coordinator - Andi Parr
State Outreach Coordinator - Anita Madison
Lou Douglas Lecture Coordinator - Beverly Emles-Law
Office Coordinator - Rhonda Smartt
Plus all the teachers who share their talents!!

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UFM Community Learning Center
1968 .......................... 1998
Celebrating 30 Years
of Lifelong Learning and Community Service

BOARD OF DIRECTORS

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UFM is committed to a policy of nondiscrimination on the basis of race, sex, national origin, handicap, religion, age, sexual preference, 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.

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

...Clip and Save...
We got lost in the telephone book this year. Save this for future reference.

UFM Community Learning Center
1221 Thurston St.
Manhattan, KS 66502
(785) 539-8763

THANK YOU ADVERTISERS for your loyal support
COMMUNITY REGISTRATIONS

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

DATE  TIME  LOCATION
June 4, TH  4-6 pm  Manhattan Public Library
June 9, Tu  10 am - 2 pm  KSU Union

Registration continues throughout the semester:

UFM House — 1221 Thurston
8:30 am - 5 pm  closed 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.

Instructors Wanted to teach the following:
Beginning Italian  Belly Dancing
Interior Decorating  Upholstery
Please share any concerns you may have about class material, an instructor, or any other problems by calling Charlene at UFM 539-8763.

Got an idea for a UFM class? UFM is always looking for new ideas and new projects. Let us hear from you! Call us at 539-8764 or e-mail ufm@ksu.edu to share your ideas!

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

Come take a look at the UFM Fireplace Room! Thanks to United Way of Riley County for their Flex Funding contribution to the UFM Fireplace Room redecorating.

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

UFM accepts donations of money and usable office items. Private monetary donations help underwrite the costs of maintaining the UFM building, coordinating the catalog of classes and special projects such as scholarships, youth projects, literacy improvement or gardening. Tax deductible contributions may be sent to UFM at 1221 Thurston, Manhattan, KS 66502.

UFM can also accept donations of office and household items. Our current wish list includes items listed below.

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.

UFM Wish List
String Weed Trimmer  Carpeting
Window Air Conditioners  Couch
Volunteers to help with: Rebuilding the Cold frame
Lawn and Garden Care
Creating Signage for UFM

Thanks to those who responded to our wish list last semester!

USE REGISTRATION FORM on the back cover.

INCLEMENT WEATHER POLICY
UFM courses held on campus follow the inclement weather policy of Kansas State University. Courses will be conducted unless all University courses are canceled. If the instructor informs his/her students personally that he or she will not be present at a given class meeting, the instructor is then responsible for arranging a make-up lesson. Weather sensitive courses will use the scheduled rain date. If a rain date is not scheduled, instructor will be responsible for rescheduling. During electrical storms, swim classes will be asked to leave the water.

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 you may reach us or leave a message. We reserve the right to cancel any class.

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

PRE-REGISTRATION IS REQUIRED
All participants must pay registration fees before attending a UFM class. This allows for adequate handouts and materials. You are not registered until we receive your registration fee. A class may be canceled due to insufficient pre-registration.

LIABILITY STATEMENT
Individual participants should be aware of the risks and hazards involved in recreational sports and fitness activities. They should voluntarily elect to utilize KSU and UFM facilities and participate in programs recognizing present conditions and further agree to voluntarily assume all risks of loss, damage, or injury that may be sustained while using KSU or UFM facilities or participating in programs. KSU Continuing Education/UFM assumes no responsibility for costs involved with individual injury or property loss incurred in connection with the use of University or UFM facilities. Individuals are reminded that they should review their own personal circumstances to determine if they have adequate insurance or protection in case of injury resulting from the use of University facilities or participation in programs. It is recommended that all participants have a complete physical before engaging in any physical recreation program.

UFM INSTRUCTORS

Michael Bennett  Rhonda Janke  Wade Phillips
Cindy Chard-Bergstrom  Claudia Jones  Sun Yi Academy
Daniel Berkov  Jayson Kaus  Diana Tarver
Lynn Bohmenblust  F.C. Larning  Linda Teener
Kim Budd  Mary Levin  Don L. Terhune
Vicki Buening  Corey Lennis  Mei Hwa Terhune
Kathlene Casey  J. Harvey Littrell  Mark Tessler
Michael Cody  Donald Longbottom  Anita Van Nevel
Janna Croley  Kathy Lymann  Monica Ward
Ranae Cushing  Fay Shanti Maria  Jeff Wilson
Randi Dale  Richard Mattson  Stan Wilson
Larry Dull  Joyce McConnell  Madonna Stallman

Dean Stramel

For 30 years UFM has offered opportunities for teaching, learning, and growing. I would like to recognize and thank the UFM Instructors who continue to make this possible.

Christine Brown, M.S.
Aquatics

Learn to Swim Classes

UFM offers 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.

Parents’ Day Dates: Friday, June 12 and 26 & July 10 and 24. Check to see which date applies to your session.

LOCATION: KSN Natatorium - Ahearn Complex

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

Note: Minimum enrollment for all classes is 5. If less than 5 enroll, classes of the same level may be combined or become private lessons.

BEGINNING & ENDING DATES:

Session I: Mon-Fri June 6 - June 19
Session II: Mon-Fri June 22 - July 2
Session III: Mon-Fri July 6 - July 17
Session IV: Mon-Fri July 20 - July 31
No classes July 3

Parent/Infant and Parent/Tot

This water orientation program is designed to teach both you and your child to swim safely and effectively with your child and to teach basic water safety and self-help skills. The program emphasizes water adjustment, preparatory activities for swimming, and water enjoyment for you and your child.

Parent/Infant and Parent/Tot class fees include the ABC Aquatic Program Parent’s Guide. Small children should wear snug-fitting lightweight garments covered by rubber pants. To participate, infants must have the ability to voluntarily raise their heads 90 degrees when lying flat on their stomachs. Parent must accompany child.

Session I:

Mon/Wed/Fri (see dates above)
AQ-01 10:45 - 11:15
AQ-02 5:30 - 6:00
AQ-03 5:30 - 6:00

Session II:

Mon/Wed/Fri (see dates above)
AQ-02 4:35 - 5:30
AQ-03 5:30 - 6:30

Session III:

Mon/Wed/Fri (see dates above)
AQ-01 10:45 - 11:15
AQ-02 5:00 - 5:30
AQ-03 5:30 - 6:05

Session IV:

Mon/Wed/Fri (see dates above)
AQ-00 5:30 - 5:30
AQ-04 5:30 - 6:05
Fee: $15 per session

Tot Transition

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

Session I:

Mon/Wed/Fri (see dates above)
AQ-01 10:45 - 11:30
AQ-02 5:35 - 6:05
AQ-03 5:30 - 6:00

Session II:

Mon/Wed/Fri (see dates above)
AQ-02 4:35 - 5:30
AQ-03 5:30 - 6:30

Session III:

Mon/Wed/Fri (see dates above)
AQ-01 5:00 - 5:30
AQ-02 5:35 - 6:00
AQ-03 5:30 - 6:00
Fee: $16 per session

Level I: Water Exploration

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

Session I:

Monday - Friday (see dates above)
AQ-08 10:45 - 11:25
AQ-09 4:40 - 5:10
AQ-10 6:15 - 6:35

Session II:

Monday - Friday (see dates above)
AQ-08 10:40 - 11:25
AQ-09 4:40 - 5:10
AQ-10 6:15 - 6:35

Session III:

Monday - Friday (see dates above)
AQ-08 10:45 - 11:25
AQ-09 4:35 - 5:00
AQ-10 6:15 - 6:35

Session IV:

Monday - Friday (see dates above)
AQ-08 10:45 - 11:25
AQ-09 4:40 - 5:10
AQ-10 6:15 - 6:35
Fee: $28 per session

How to Watch a Good Program DVD

Nothing kills a UFM date faster than participants who wait until the last minute to enroll. Classes will be canceled if there is a low enrollment. PLEASE REGISTER EARLY!

Level II: Primary Skills

The objective of Level II is to give students success with fundamental skills. Students learn to float without support and to recover to a vertical position. This level marks the beginning of true locomotion skills and adds to the self-help and basic rescue skills begun in Level I.

Students entering this course must have a Level I certificate or must be able to demonstrate all the completion requirements in Level I.

Session I:

Monday - Friday (see dates above)
AQ-11 10:45 - 11:25
AQ-12 4:10 - 4:30
AQ-13 6:15 - 6:35

Session II:

Monday - Friday (see dates above)
AQ-21 10:40 - 11:25
AQ-22 4:05 - 4:25
AQ-23 6:10 - 6:35

Session III:

Monday - Friday (see dates above)
AQ-11 10:45 - 11:25
AQ-12 4:10 - 4:30
AQ-13 6:15 - 6:35

Session IV:

Monday - Friday (see dates above)
AQ-11 10:45 - 11:25
AQ-12 4:10 - 4:30
AQ-13 6:15 - 6:35
Fee: $38 per session

Level III: Stroke Readiness

The objective of Level III is to build on the skills in Level II by providing additional guided practice. Students will learn to coordinate the forward stroke and the fundamentals of breathing. Students will also learn rules for safe diving and begin to learn to drive 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-14 10:45 - 11:25
AQ-15 4:05 - 4:25
AQ-16 6:15 - 6:35

Session II:

Monday - Friday (see dates above)
AQ-14 10:40 - 11:25
AQ-15 4:00 - 4:20
AQ-16 6:10 - 6:30

Session III:

Monday - Friday (see dates above)
AQ-14 10:45 - 11:25
AQ-15 4:05 - 4:25
AQ-16 6:15 - 6:35

Fee: $38 per session

Level IV: Stroke Development

The objective of Level IV is to develop confidence in the stroke learned thus far and to improve other aquatic skills. Students will increase their endurance by swimming familiar strokes (aerobic backstroke, front crawl, and back crawl) for greater distances. Students will be introduced to the breaststroke and sidestroke and the basics of turning at the wall. Students entering this course must have a Level III certificate or must be able to demonstrate all the completion requirements in Level III.

Session I:

Monday - Friday (see dates above)
AQ-17 10:45 - 11:25
AQ-18 4:10 - 4:30
AQ-19 6:15 - 6:35

Session II:

Monday - Friday (see dates above)
AQ-17 10:40 - 11:25
AQ-18 4:05 - 4:25
AQ-19 6:10 - 6:35

Session III:

Monday - Friday (see dates above)
AQ-17 10:45 - 11:25
AQ-18 4:05 - 4:25
AQ-19 6:15 - 6:35

Fee: $38 per session

We now have E mail access: ufm@ksn.edu
Level V: Stroke Refinement

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

Session I: Monday - Friday (see dates above)
AQ-23 10:45 - 11:25
AQ-24 11:45 - 12:25
AQ-25 12:45 - 1:25

Session II: Monday - Friday (see dates above)
AQ-23 10:45 - 11:25
AQ-24 11:45 - 12:25
AQ-25 12:45 - 1:25

Session III: Monday - Friday (see dates above)
AQ-23 10:45 - 11:25
AQ-24 11:45 - 12:25
AQ-25 12:45 - 1:25

Session IV: Monday - Friday (see dates above)
AQ-23 10:45 - 11:25
AQ-24 11:45 - 12:25
AQ-25 12:45 - 1:25

Fees: $36 per session

Level VI: Skill Proficiency

The objective of Level VI is to polish strokes so students swim them with more ease, efficiency, power, and smoothness over greater distances. Students develop considerable endurance by the end of this course.

Participants will be introduced to additional turns as well as the dive and return 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.

Session I: Monday - Friday (see dates above)
AQ-23 10:45 - 11:25
AQ-24 11:45 - 12:25
AQ-25 12:45 - 1:25

Session II: Monday - Friday (see dates above)
AQ-23 10:45 - 11:25
AQ-24 11:45 - 12:25
AQ-25 12:45 - 1:25

Session III: Monday - Friday (see dates above)
AQ-23 10:45 - 11:25
AQ-24 11:45 - 12:25
AQ-25 12:45 - 1:25

Session IV: Monday - Friday (see dates above)
AQ-23 10:45 - 11:25
AQ-24 11:45 - 12:25
AQ-25 12:45 - 1:25

Fees: $36 per session

Level VII: Advanced Skills

The objective of Level VII is to perfect strokes and to develop good fitness habits. Participants are urged to use aquatic activities throughout life to maintain their physical condition. They will be taught springboard diving and advanced rescue skills. They will be introduced to other aquatic activities such as water polos, synchronized swimming, skin diving and competition. Participants entering this course must have a Level VI certificate or must be able to demonstrate all the skills required to complete Level VI.

Session I: Monday - Friday (see dates above)
AQ-23 10:45 - 11:25
AQ-27 4:10 - 4:50
AQ-28 6:15 - 6:55

Session II: Monday - Friday (see dates above)
AQ-26 10:40 - 11:25
AQ-27 4:10 - 4:50
AQ-28 6:15 - 6:55

Session III: Monday - Friday (see dates above)
AQ-26 10:40 - 11:25
AQ-27 4:10 - 4:50
AQ-28 6:15 - 6:55

Session IV: Monday - Friday (see dates above)
AQ-26 10:40 - 11:25
AQ-27 4:10 - 4:50
AQ-28 6:15 - 6:55

Fees: $36 per session

Private Lessons

For people with special physical or mental needs. Arrangements will be considered for private swimming lessons. The Swim Coordinator will contact individuals during the second week of each session to arrange 6 classes of 30 minutes each. If conditions can be met, the facility is equipped with a lift and a set of stairs leading into the pool.

Date/Time: By appointment
Fee: $42 per session of 6 lessons

Hydroaerobics

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.

Session I: Mon/Wed/Fri June 4 - July 1
AQ-25 6:00 - 6:45
A3-26 June 9 - July 2
AQ-25 6:00 - 6:45
A3-26 July 13 - August 5
AQ-25 6:00 - 6:45

Session II: Mon/Wed/Fri July 6 - July 31
AQ-26 6:00 - 6:45
A3-26 July 20 - August 5
AQ-26 6:00 - 6:45
A3-26 July 20 - August 5

Session III: Mon/Wed/Fri July 6 - July 29
AQ-26 6:00 - 6:45
A3-26 July 20 - August 5
AQ-26 6:00 - 6:45
A3-26 July 20 - August 5

Fees: $15 per session Tues/Thurs $27 per session Mon/Wed/Fri $10 per session Mon/Tue/Thurs

Open Swim Appreciation

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

Date: June 27 (Saturday)
Time: 1-3 pm
Fee: $1.50
Location: KSU Natatorium

Private Lessons

AQ-38

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

Date/Time: By appointment
Fee: $42 per session of 6 lessons

Adult Swim Lessons

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

Session I: Monday - Friday (see dates above)
AQ-25 6:10 - 6:50
Session IV: Monday - Friday (see dates above)
AQ-25 6:10 - 6:50

Session II: Monday - Friday (see dates above)
AQ-25 6:10 - 6:50
Session IV: Monday - Friday (see dates above)
AQ-25 6:10 - 6:50

Fees: $36 per session

Lap Swimming

Ages 13 plus

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

Session I: Monday - Friday (see dates above)
AQ-29 10:45 - 11:25
AQ-30 4:10 - 4:50
AQ-31 6:15 - 6:55

Session II: Monday - Friday (see dates above)
AQ-29 10:45 - 11:25
AQ-30 4:10 - 4:50
AQ-31 6:15 - 6:55

Session III: Monday - Friday (see dates above)
AQ-29 10:45 - 11:25
AQ-30 4:10 - 4:50
AQ-31 6:15 - 6:55

Session IV: Monday - Friday (see dates above)
AQ-29 10:45 - 11:25
AQ-30 4:10 - 4:50
AQ-31 6:15 - 6:55

Fees: $21 per session

Lap Swimming for Parents

Are you tired of being just an observer at your child's swimming lesson? If so, then take advantage of the time you spend watching and enroll in our Parent's Swim and Stay Fit Class for a special parent's rate of $16. You will meet every day your child is enrolled in swimming lessons. In this class you will set your own goals and the supervisor can help monitor your progress.

Session I: Monday - Friday (see dates above)
AQ-32 10:45 - 11:25
AQ-33 4:10 - 4:50
AQ-34 6:15 - 6:55

Session II: Monday - Friday (see dates above)
AQ-32 10:45 - 11:25
AQ-33 4:10 - 4:50
AQ-34 6:15 - 6:55

Session III: Monday - Friday (see dates above)
AQ-32 10:45 - 11:25
AQ-33 4:10 - 4:50
AQ-34 6:15 - 6:55

Fees: $16 per session

Private Lessons for Special Populations

For people with special physical or mental needs. Arrangements will be considered for private swimming lessons. The Swim Coordinator will contact individuals during the second week of each session to arrange 6 classes of 30 minutes each. If conditions can be met, the facility is equipped with a lift and a set of stairs leading into the pool.

Date/Time: By appointment
Fee: $42 per session of 6 lessons

Open Swim Appreciation

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

Date: June 27 (Saturday)
Time: 1-3 pm
Fee: $1.50
Location: KSU Natatorium

Level of Life Aquatics

The best and most beautiful things in the world cannot be seen or even touched. They must be felt with the heart.

— Helen Keller
How to Become A U.S. Citizen

This class is for individuals wanting to become United States citizens. Participants will learn about the process of citizenship. This is a presentation course to help individuals understand the procedures, paperwork, and knowledge involved with becoming a citizen of the U.S.

Lei Hernandez (539-7431), is a graduate student at K-State in the College of Architecture Landscape and Regional Planning. He is a graduate of the University of California, Riverside, with a BS in Sociology and minor in Chicano/Bilingual Studies. Lei has been involved with the advocacy of his community. He is a former student representative of USCRA, chair of Student Life and Concerns and represented 167,000 students.

Date: June 3 - July 29
Time: 7 - 10 PM (Wednesday)
Fee: $15
Location: Glass Center 501 Yuma Street

Protect Your Assets: Understanding Long-Term Care

Long-Term Care—What is it? How much does it cost? Do you need insurance? What does Medicare cover? Would you like the answers to these questions and others? Learn about different kinds of policies: how they work; what's covered; what's not; and what qualified/not qualified policies. Participants will learn how to protect their assets.

Visit Bauer is the Consumer Education Coordinator for Kansas Insurance Department. She has helped publish several guides for Medicare supplement insurance, long-term care, auto and homeowner insurance. Representatives from Area Agency on Aging and Platt Hills Legal Services will also be sharing their expertise about this subject.

Date: June 30 and 30 (Tuesday)
Time: 7 - 9 pm
Fee: Free
Location: UFM Firepace Room

About UFM Classes

UFM adheres to the philosophy that anyone can learn to save 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 have about class material or an instructor by calling Charlene at 539-8763.

Consumers Beware: Learn How To Make Your Money Work For You

Learn how to manage your money. Your money can work for the middle man or it can work for you. This class will cover "bad" debt versus "good" debt, credit cards, cash on hand, and over the limit fees, home mortgages, equity loans, PMI, escrow, APR versus %, Learn how life insurance really works, what your agent might not have told you.

Lynn Bohman (746-3666), is Regional Vice President with Princo Financial Services. He received a B.S. degree from Fort Hays State University in secondary education. Lynn has been with Princo Financial Services for 6 years, teaching families how to get ahead in the money game.

Date: June 16 (Tuesday)
Time: 7 - 9 pm
Fee: $8 individual/$12 couple
series $15 individual/$30 couple
Location: UFM Conference Room

Debt-Free and Prosperous Living

Anyone—that means YOU—can become debt-free. You can pay off all debts, including your mortgage, with the money you're currently saving! This class teaches a simple, livable system for eliminating ALL your debts. You can choose your own independence as you discover how to operate 100% on cash. Never need credit again and quickly and safely build retirement wealth. You will complete this class knowing you can become debt-free! Everyone attending this seminar will have the option to get an individual consultation to establish their debt-free dreams.

Lynn Bohman

Date: July 14 (Thursday)
Time: 7 - 9 pm
Fee: $8 individual/$12 couple
series $15 individual/$30 couple
Location: UFM Conference Room

Investing In Your Future

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

Lynn Bohman

Date: August 11 (Tuesday)
Time: 7 - 9 pm
Fee: $8 individual/$12 couple
series $15 individual/$30 couple
Location: UFM Conference Room

Financial Planning for Women

Nearly percent of women become wholly responsible for their own financial well-being sometime during their lifetime. It's critical for women to take an active role in managing their money and preparing for the future. This class will cover basic information to provide structure in planning and managing your finances. A financial plan will be available for each participant at no additional cost.

Diane Freybo (537-4505), is a graduate of Kansas State University. She holds a degree in research and business management. She is a Financial Advisor with Waddell and Reed Financial, Inc.

Date: June 21 (Monday)
Time: 7 - 9:30 pm
Fee: $8
Location: Waddell and Reed Conference Room 550 Poppy Avenue, Suite 210

Financial Planning for Women

Date: July 13 (Monday)
Time: 7 - 9:30 pm
Fee: $8
Location: Waddell and Reed Conference Room 550 Poppy Avenue, Suite 210

Financial Planning for Women

Date: August 10 (Monday)
Time: 7 - 9:30 pm
Fee: $8
Location: Waddell and Reed Conference Room 550 Poppy Avenue, Suite 210

So, You Think You'd Like to Have a Bed and Breakfast?

"I just love staying at a Bed and Breakfast. What a fun and romantic way to see a city—I know I'd love it!" Maybe so, but you need to know more. What are the different kinds of Bed and Breakfasts? How, where and what do you do to get started? How do you research your market and forecast sales? We will watch a video by Innis Auditing Consultants, discussing the question "Is the Bed and Breakfast lifestyle for you?" On this video we will hear several successful entrepreneurs from all over the United States and Canada as they talk about their experiences and what they have learned as it relates to the "10 steps to successful troubleshooting." After the video and a question and answer period, we will have a relaxed time to have some refreshments and visit with local Bed and Breakfast owners about their establishments and lifestyles. Setting is NOT appropriate for children.

Michael Cody (776-7500), is the owner and manager of the Colt House Inn. Anne and Michael Hederberg own and operate the Guest House. Michael and Gloria are active in the KIBA (Kansse Bed and Breakfast Association) and its support groups of this unique business and lifestyle.

Date: June 17 (Wednesday)
Time: 6:30 pm
Fee: $20 individual/$40 couple
Location: Giff House Inn 417 Hinson Street

Locating Your Any Key

Are you confused with the concept of using your key any key? Are you having trouble finding it? Gain insight into the workings of this mystical computer component. Find out where it is and how it works courtesy of UFM and Fox Business Systems.

Ms. Warrior will teach this class. She was personally trained by Tim Luedt at Fox Business Systems who is an expert on the any key command.

Date: Any Day
Time: Any Time
Fee: Anything you want to pay
Location: Anywhere you like

WOMEN AND MONEY

(Coming in the fall)

The Women's Financial Information Program is designed to help women of all ages better prepare to make informed financial decisions. This program is co-sponsored by UFM and AARP.
Personal Development
1221 THURSTON 539-8763

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

Date: August 7 (Friday)
Time: 6:30 - 10 pm
Fee: $18
Location: First Lutheran Church Basement
900 Poynter Avenue

Taize/Christian Meditation
Taize is an ecclesiastical form of Christian prayer and meditation employing candlelight, silence, chant, and scripture. This class will practice the act of meditation and prayer utilizing the Taize approach.

Rev: Donald Longbottom (539-7046), is a graduate of Arizona State University and Golden Gate Seminary where he received a Masters of Divinity degree. In addition, he has done doctoral studies in social ethics at the Graduate Theological Union and the University of California at Berkeley.

Date: June 4, 11, 18 and 25
Time: 7 pm (Thursday)
Fee: $8
Location: First Congregational Church
700 Poynter Avenue (Pioneer Hall)

Taize/Christian Meditation

Rev: Donald Longbottom

Date: July 2, 9, 16, 23 and 30
Time: 7 pm (Thursday)
Fee: $8
Location: First Congregational Church
700 Poynter Avenue (Pioneer Hall)

Introduction to Zen Buddhism
Zen Buddhist philosophy aims for enlightenment through direct intuition through meditation. Join us for discussion and practice of Zen meditation (Zazen) with a major focus on the Soto School of "shikantaza". Other traditions will also be discussed. Please bring a cushion to sit on in class.

Rev: RossSPARENT (539-4085), is a Professor of Psychology at KUSU and has been a resident of Zen tradition for approximately 21 years, practicing under the direction of two masters: Daiso Kiyokawa and Shozen Baldamus. He is affiliated with the Minneapolis Zen Meditation Center.

Date: June 17 and 24
Time: 7:30 - 9 pm (Wednesday)
Fee: $14
Location: 121 A South 4th Street, Room 211

The Power of Race Unity
Racism is the most challenging issue confronting America. At this critical moment in America's history, the will to work towards race unity with firm resolve is more important than ever before. America's peace and prosperity depend upon healing the wounds of racism and building a society in which people of diverse backgrounds live as members of one family. The power to make the vision of race unity a reality is within our grasp. Come learn more about the Bahai Faith and its commitment to racial unity. The video "The Power of Race Unity" will be shown, followed by discussion.

Date: June 11 (Thursday)
Time: 7 pm
Fee: $5/C
Location: UFM Multipurpose Room

Parents Together
Are you being pushed to the limit by your teen? Do you think you are alone? Is your teen behaving in a disrespectful way? Talk with other parents who have been in your shoes. Meet together as a free group for parents who may have teen experiencing problems with truancy, alcohol and/or drugs, pregnancy and/or legal issues. If you are unsure if you have a problem with any of these issues, you may want to attend. Meetings are held the 2nd and 4th Thursday of each month.

Purchased by the City of Manhattan. For questions about the group, call Linda at 539-8763.

Date: June 11 (First Meeting)
Time: 7 and 4th Thursday of each month
Fee: $5/C
Location: UFM House

Regional AIDS Project
1021 Denison, Manhattan, KS 66502
1038 W. 8th, Junction City, KS 66441
(785) 587-1999 (785) 238-5338
Helping people infected and affected with HIV/AIDS and providing education to groups and individuals

The Surgeon General has determined that lack of physical activity is detrimental to your health.

Try Hydroaerobics!
(water exercise) See page 5

All participants must register in advance.
Creative FreeTime

1221 THURSTON 539-8763

Soap Making
Soap it clean, soft and helps heal the body's largest organ- the skin. Homemade herbal soaps can be made simply, as you'll discover in this step-by-step class.
Everyone will make their own personalized soap.

Resa Cushing (776-2300), is a Health Educator with a Masters in Clinical Holistic Health Education. She has over 10 years teaching experience and her goal is to help people help themselves with informed choices.

Date: July 11 (Saturday)
Time: 1:30 - 3:30 pm
Fee: $20
Location: UFM Kitchen

Poetic Appreciation
Poetic Appreciation is a class that gives an analogy of what poetry does, physically, mentally, and poeticaly. It espouses upon the necessity of appreciating oneself through poetry. It also scrutinizes the therapeutic concept of poetry, as an elixer and a healer. One of the main focuses is sharing styles and forms of poetry and writing.
for Spencer (577-1499), is a published poet and playwright from Macon, GA. He has published poems in poetry journals, magazines, yearbooks, and public display. He is a minister, a very busy businessman, and community leader. He also owns "All Occasion Poetry," where he does poems for weddings, graduations, and funerals, etc.

Date: June 4, 18, July 2, 16, 30 and Aug 13
Time: 7 pm (Thursday)
Fee: $5
Location: UFM Conference Room

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

Pam Schmid (1-800-347-2625), has been a consultant with Creative Memories since 1994.

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

Introduction to Crocheting
Learn the basics of this easy fiber art. You will learn the basic stitches, how to read a pattern, and will start a simple project. Bring a size H or I crochet hook and a skein of light colored cotton yarn. The group will meet twice a week for 6 weeks, then skip a week so you can practice.
Linda Tinter (539-8763), started crocheting in college. She enjoys the versatility of this fiber art and has created many projects from afghans to sculpture.

Date: June 17, 24, and July 8
Time: 5:30 pm (Wednesday)
Fee: $12
Location: UFM Conference Room

Creative Memories classes teach people to organize, preserve and display their photos and memorabilia in a way that is not only entertaining and informative to view, but also fun to do, and will last for generations!
Creative Memories instructors provide:
-Collection workshops
-Speakers to clubs and organizations
-Career opportunities (full or part-time)
-Photo safe albums and supplies

For more information call:
Pam Schmid (Creative Memories Director) 1-800-347-2625 Council Grove

Kathy's Cutouts

Split Americana Heart
This "Country" Heart woodcut is cut down the middle into two pieces. Participants will paint the two pieces red, white, and blue to resemble a flag, then wire them back together to form a Heart. A message sign will be added, such as "Freedom" or "Liberty For All," etc., and it will be ready to hang.
Kathy Lynam (539-2002), has been involved in the craft business for the last 15 years. She has been teaching craft classes for the past 8 years. She owns and operates her own business called "The Farmer's Daughter." She enjoys helping people create their own craft keepsake that they can say "I made it myself!"

Date: June 1 (Monday)
Time: 6:30 - 8:30 pm
Fee: $14 includes all supplies & materials
Location: The Farmer's Daughter
423 Poyntz Avenue

Sunflower Post Birdhouse
This birdhouse is made out of a landscape timber with a shingle roof and it sits on a base. We will paint then stencil sunflowers on it. It can be decorated with a "picket fence" and crow watching over the sunflowers growing in the tin watering can. "Sunflowers for sale—5 cents each."

Kathy Lynam

Date: June 6 (Monday)
Time: 6:00 - 8:00 pm
Fee: $16 includes all supplies & materials
Location: The Farmer's Daughter
423 Poyntz Avenue

Apple Door Hanger
This apple woodcut is painted a "delicious" red and decorated with green leaves, raffia bows, country patches and buttons. Add a shingle sign message and a wire hanger. Great gift for a special teacher or hang up in your kitchen.

Kathy Lynam

Date: August 3 (Monday)
Time: 6:30 - 8:30 pm
Fee: $14 includes all supplies & materials
Location: The Farmer's Daughter
423 Poyntz Avenue

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

Having a Hard Time Finding the Right Art Supplies:

- Prismacolor Supplies
- Paints of All Kinds
- Drafting Supplies
- Canvas
- Drawing Supplies
- Pens of All Kinds
- Airbrush Supplies

http://library.km.kcn.edu/keekester/main.htm

765-325-6573

UFM classes make great gifts.
Personalize Your Home with Wallpaper!

Do you envy your friend's home that is all decorated with wallpaper and coordinating borders and paints? Take the fear out of decorating with wallpaper by attending this class. See how easy it is to find wallpapers that will jar up your home and reflect your interests and personality as well as making your home a "quiet refuge" or a "petty palace."

Claudia Kerr (776-6442), has a degree in Interior Design from Kansas State University. She has been working with customers for 10 years as Crown Decorating and is a certified Wallpaper Consultant.

Date: June 25 (Thursday)
Time: 7 - 8:30 pm
Fee: $10
Location: Crown Decorating
501 Fort Riley Blvd.

Tea Time at Lillie's

Imagite tea time at Lillie Coll's home on "Cuti Glass Avenue." What time would be appropriate? What would you wear? What would she serve? How would her maid Venita brew the tea and what is a Tieme anyway? At Lillie's tea party all your questions will be answered in the most civilized manner - over a cup of tea, of course. A booklet of favorite tea time recipes and information about the various teas and their brewing methods will be yours to take home. You will also receive a diploma proclaiming you to be a graduate of the "Lillie Coll's Tea Party Course," which proves your eligibility to join the newly formed Manhattan Tea Society. Setting is NOT appropriate for children.

Michael Coll (776-7596), is the owner and hostess of the Coll House Inn, built by Dr. James Dervison Coll IV and his wife Lillie in 1906. Michael is the self-proclaimed historian of the Coll family, a prominent locally elite Manhattan family during the turn of the last century. She is dedicated to preserving some of the Victorians and Victorian customs which made life subtly elegant during Lillie Coll's hey day.

Date: July 9 (Thursday)
Time: 7 - 9:30 pm
Fee: $20
Location: Coll House Inn
617 Horton Street

...Clip and Save...

We got lost in the telephone book this year.
Save this for future reference.

UFM Community Learning Center
1221 Thurston St.
Manhattan, KS 66502
(785) 539-8763

Appleseed Art & Frame

706 N. 11th
630-6411

DECORATE YOUR WALLS
"Drawing Hands" by M.C. Escher

Buying and Owning an Antique/Classic Car

Many people have fond memories of the cars they drove to high school and have often thought of trying to find one again. But, where do you begin to search for a classic car and how much should you pay for it once you find it? This class will highlight practical things to consider before purchasing a collector vehicle. Where do you buy insurance and how much is it? What about repairs? We will also discuss some of the many factors that determine the value of a collector car, what things affect the collector car market and investment potential.

Randy Rundle has been collecting and working on antique and collector vehicles since 1973 and is the owner of Hill Avenue Antiques Auto Parts located in Clay Center, KS. He writes regularly with the participants entered in the Great American Race where he helps prepare the的经典 4,000 mile trip across the United States. He also provides technical assistance to movie studios. His fourth and most recent project was the movie "1." A Confidential where the entire fleet of vintage cars used in the movie were equipped with 6 volt alternators.

Randle designed and manufactured. Randy writes monthly technical columns for the automotive press and has also written a how-to book entitled "Wind for Success," that explains how an antique automobile electrical system words and how to upgrade the system by making much needed repairs. He is currently working on his second book (an automotive cooling systems) that will be released in the Spring 1999.

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

Introduction to Rubber Stamp Art

Mary Leon

Date: July 20 (Monday)
Time: 7 - 8 pm
Fee: $15
Location: UFM Fireplace Room

Buying and Owning an Antique/Classic Car

Randy Rundle

Date: June 18 (Thursday)
Time: 7 - 9 pm
Fee: $15
Location: UFM Fireplace Room

Introduction to Rubber Stamp Art

Mary Leon

Date: July 20 (Monday)
Time: 7 - 8 pm
Fee: $15
Location: UFM Fireplace Room

Manhattan Center for the Arts
Community Theatre

proudly announces its 1988-89 season:

"ALL NIGHT STRUT" A boogie, musical celebration of the 1930s and 40s.
Sept 18-20, 24-27

"BEDROOM FEVER" A first-rate, gleeful comedy by Alan Ayckbourn - pure fun...a lark.
Oct 30, Nov 1-5

"BUTTERFLIES ARE FREE" A heartwarming romantic comedy that enjoyed a long run on Broadway.
Feb 19-21, 25-28

FAMILY MUSICAL TO BE ANNOUNCED
Apr 23-25, 29-30, May 1-2, 7-8

And don't miss "Hair & New" our one-hour staged readings of works by local and nationally known playwrights. Presented informally at 7 p.m. on intermittent Sundays. Readers also welcomed.

For more information on theatre activities and other activities at the Center, or to be added to our mailing list, call 537-4420 or visit our Web page at http://www.manhigh.com/arts/

THANK YOU ADVERTISERS for your loyal support.
Food for Fun!

Cake Decorating

FF-03

Turn your plain cakes into festive treats! Learn to add an icing decoration and a pretty border to improve your family's and friends' liking for your dessert. Cake decorating is fun and easy to do. Long will be provided for practice in class. Bring your own cake to a later class and take home a masterpiece. Supply list available from UFM.

Tessye Smart began decorating cakes several years ago as a hobby. Her first lessons were at a UFM cake decorating class. She currently decorates cakes at Dillard's.

Date: June 9, 14, 25, 30
Time: 7 - 8:30 pm (Thursdays)
Fee: $24
Location: UFM Kitchen

The Healthy Gourmet

FF-01

Learn how to prepare a complete gourmet-style meal using only raw foods, health-filled foods! One of the main ingredients is You. Learn how to use this super food in interesting, flavor-filled ways, then everyone will eat their veggies!

Renee Cushing, MA, (775-2350), is a Health Educator with a Masters in Clinical Holistic Health Education. She has taught for over 10 years. Renee has also worked in some raw cuisine restaurants in the San Francisco Bay area. She has a passion for food and flavor.

Date: July 18 (Saturday)
Time: 1:30 - 3:30 pm
Fee: $22
Location: UFM Kitchen

Herbs in the Kitchen

FF-02

Herbs—what goes with what? What flavors do they have? How can they enhance cooking? These are some of the lessons we will cover. Taste and smell for yourself many different herbs and not so common herbs. Samples of foods enriched with herbs will be provided to help you taste the difference. Recipes and other handouts will also be provided.

Renee Cushing

Date: August 15 (Saturday)
Time: 1:30 - 3:30 pm
Fee: $22
Location: UFM Kitchen

Language

Introduction to Russian

LA-01

Participants will learn how to read Russian, to introduce themselves in Russian, to ask simple questions about the other person, directions, how to order food in a restaurant, and how to send a letter home. During the last lesson there will be an opportunity to prepare and taste Russian Piroshki. There will also be introductions to Russian culture, dance, music, literature, and everyday life.

Lyuda Rasner (539-0599), received a BS in teaching foreign languages in Irkutsk (the city close to Lake Baikal) and an MA in Russian from Moscow Institute of Foreign Languages. She taught in Russia for many years. She has also taught Russian at Fort Riley to soldiers and has been an instructor at UFM for many years. It will delight her if some people acquire moderate Russian language skills and broaden their knowledge about Russia.

Date: July 29, August 5, 6, 7, 8, and 9
Time: 6:30 - 8:30 pm (M, T, W, Th, F)
Fee: $27
Location: UFM Conference Room

Win $1 off any UFM class...
by finding the “Fake Class” included in this catalog! Identity it when you register and receive $1 off your registration for one class.

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

The People's Grocery Co-op

Organic Produce

Natural Dairy Products

Vegetarian Food

Bulk Foods & Herbs

Have a Food Allergy? Come see us!

811 Colorado 539-4811

OMICRON

ORGANIC

The People's Grocery Co-op

Open to everyone

Organic Produce

Natural Dairy Products

Vegetarian Food

Bulk Foods & Herbs

Have a Food Allergy? Come see us!

811 Colorado 539-4811

We now have e-mail access: umf @ ksu.edu

Just for Fun!

In these puzzles, one set of letters has been substituted for another. The words are in the right order and spaced correctly. To break the code, begin by watching for a frequency of certain letters or the way they are grouped. A single letter is usually A or I. Very common words in English are THIE AND. Try ES, TO, OR for two letter words.

CryptoQuote: Answer on page 21.

RT YD MDUFVT KNW IUFY YN PTT SF YDT INEXZ

—VUFZDS

Cryptoquiz: A cryptoquiz is a list of related words or phrases put into a simple code. Use the substitution rules above to solve. Answers on page 16.

Summer Fun

UFM Activities

AGZPZOR

GTBHV AXZZOR

JZFOZEA

LFTTVZDO

ETAHETUU RTPHA

RTBKHZOR

IJEHWSJ

JKVU RJPJSF

RVTRPSI RPEHSVSI

KPRSPJJ

RPGDGH[ PHVTP

UPSDHWSI CHFIEU

THE MADHATTER'S

CHIMNEY

SWEEP

CALL (913) 539-5217

WE'RE SOOTED FOR YOU!

Owner: Bob & Tina Bartholic

Insured

P.O. Box 716, Ogden, Kansas 66517
Manhattan Center for the Arts
1520 Poyntz Ave., Manhattan, KS 66502
(785) 537-4420
www.flinthills.com/~arts

Summer 1998 Classes
June 2 - July 30

Registration
• Fee payment reserves class places.
• Advance registration is highly recommended.
• Registration can be done by mail or call 537-4420.
• Please indicate the need for scholarships when enrolling.

Scholarships
Children and youth classes at the Manhattan Center for the Arts are underwritten, in part, by a grant from the YES! Fund— a fund of the Robert R. McCormick Tribune Foundation. All children and youth through the 12th grade will receive a reduction in class fees. Students who qualify for the free and reduced lunch program will receive up to a 95-percent fee deferment. The minimum charge is $5.00 per family.

Questions—Contact the Manhattan Center for the Arts at 537-4420.
Preschool

Story Telling in Clay
FEE: $22
(limit 8 students, minimum 4)
Age: 3-6 (Children must be the minimum age at enrollment!)

In this class children will listen to a story, draw a picture and be
guided in the making of a clay object inspired by the stories they
hear.

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<tr>
<td>CC 529 T</td>
<td>9:00 - 10:15 am</td>
<td>June 2 - June 23</td>
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<td>CC 520 T</td>
<td>10:30 - 11:45 am</td>
<td>June 2 - June 23</td>
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<td>CC 629 T</td>
<td>9:00 - 10:15 am</td>
<td>July 7 - July 28</td>
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<td>CC 620 T</td>
<td>10:30 - 11:45 am</td>
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Instructor: staff

Clay Discovery Series
for Children and Youth

Come and discover the fun and the joy of making clay pots.
Special projects will be taught to stimulate creativity and teach
the basics of hand and wheel built clay construction. All materi-
als included; no additional tools needed.

Wheel Throwing for Kids
Fee: $26, a YES fund class, you pay $18, $9, or $5.
(limit 8, minimum 4)
Age: Grades 5 and up

Have fun making functional stoneware pottery on the wheel. All
tools and supplies are included in this class.

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<tr>
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<td>June 1 - June 24</td>
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<tr>
<td>CC 613 MW</td>
<td>1:00 - 3:00 pm</td>
<td>July 6 - July 29</td>
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Instructor: Scott Dooley

Clay Creature's
Fee: $26, a YES Fund Class, You Pay $18, $9, or $5
(limit 10, minimum 4)

Have fun making all kinds of creepy crawlers in this class.

Grades 1-4
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<td>CC 623 T</td>
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<td>July 7 - July 28</td>
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</table>

Instructor: Scott Dooley

Outside In!
Fee: $26, a YES fund class, you pay $18, $9, or $5
(limit 10, minimum 4)

During this class students will collect texture samples (i.e.
bricks, plants, tires) from the grounds of the Arts Center then
incorporate them in to their class projects.

Grades 1-4
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<td>June 4 - June 25</td>
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<td>CC 641 Th</td>
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Grades 4-6
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<td>July 9 - July 30</td>
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Instructor: Scott Dooley

Evening and Weekend Classes
for All Ages

Beginning through Advanced Wheel Throwing
Fee: $56, two nights, $38 one night
(limit 8, minimum 5)

This class is designed to meet the needs of everyone interested in
creating wheel thrown pottery. Whatever your next point of
discovery goal is, come throw and explore. Depending on your
individual preferences you may enroll in this class for one or
two nights a week - Please be sure to give the correct class num-
ber.

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<td>CC 616 M W</td>
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<td>CC 617 M</td>
<td>7:00 - 9:00 pm</td>
<td>July 6 - July 27</td>
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Instructor: Staff

Hand Built Ceramic Sculpture and Surface Design
Fee: $39
(limit 10, minimum 4)

Create a focal point for you home or garden in this unique sculpt-
ure class. Begin with the basics of hand building and advance to
sophisticated surface design techniques such as sgraffito, mish-
ima, and carving. In this class you will have the opportunity to
create a single large form or several smaller pieces. No prior
experience is necessary!

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<td>June 4 - June 25</td>
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<td>CC 628 T</td>
<td>7:00 - 9:00 pm</td>
<td>July 9 - July 30</td>
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Instructor: Scott Dooley

Family Clay Adventure
Fee: $32 (1st family member, $5 each additional)
(limit 10, minimum 4)

Discover the fun of clay creation with a special family member
or mentor. Everyone over the age of 4 is welcome to participate
with an adult. Wheel and/or Hand building.

<table>
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<th>Course</th>
<th>Time</th>
<th>Dates</th>
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<tr>
<td>CC 546 Th</td>
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<td>CC 647 Th</td>
<td>7:00 - 8:30 pm</td>
<td>July 9 - July 30</td>
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Instructor: Scott Dooley
Design Your Own Pottery
Fee: $10 - $30/finished piece

You don’t have to be an artist to design or glaze your own set of dishes. Create your own personal set that is microwave and dishwasher safe. We offer ready made stoneware cups, plates, and bowls that you can decorate for your everyday dishes or special occasions (wedding, birthdays, etc.) Preserve those special memories by capturing the hand, foot, or paw print of your favorite little one. These items will make great gifts!

For this class you pay by the piece - so you can come only one week or as many as you would like. This is great fun for the entire family. Please call the center to let us know in advance that you plan to attend.

CC 726 T 7:15 - 9:00 pm June 2 - June 23
CC 826 T 7:15 - 9:00 pm July 7 - July 28
Instructors: Staff

Community Outreach Clay Classes
The Manhattan Clay Coalition would like to bring a clay class to you! If your group (any age) would like to experience a hand building class taught by a professional and enthusiastic instructor please contact the Arts Center, 537-4420 to discuss your group's needs. Fees and dates will be set on an individual basis. Enjoy the clay experience - while everything is brought to you.

Open Studio (Facility use only, no instruction)
Fee: $20/month plus clay

Open studio enrollment is available for people who need no instruction, but wish to have the use of a well-equipped studio, access to glazes and knowledge that their work will be fired with professional care and attention. For more information contact the studio at 776-3334 or call the Arts Center to leave a message 537-4420

Manhattan Center for the Arts Enrollment Form
Student Name: ____________________________________________
Address: ________________________________________________
City: _______ Zip Code: _________
School Year/Age: ____________________________
School: _____________________________________________
Class Numbers: ________________________________________

My payment of $________ is enclosed. (Checks payable to Manhattan Center for the Arts)
OR
Please bill my VISA/MC $________
Account Number: ________________________________
Expiration: ____________
Signature: ____________________

Parent Name: __________________________________________
Telephone (daytime): _________________________________
Telephone (evening): _________________________________
I am interested in scholarships: __________________________
I am eligible for free lunch ____________________________
or reduced lunch ____________________________
(If eligible, please call for scholarship rates.)

Cut out and mail to:
Manhattan Center for the Arts
Summer Classes
1520 Poyntz Ave.
Manhattan, KS 66502
Volunteer Opportunities at the Manhattan Center for the Arts

The Manhattan Center for the Arts always has room for more volunteers.

We run workshops to train our volunteers. If you are interested in an area but don’t have experience, we will train you! How can you put your time and talents to use?

Public Relations: Designing and distributing fliers for Center events, writing press releases and contributing to City Arts Magazine.

Lights: Designing and running sound for plays and concerts at the center.

Set Work: Design, construction, painting and general backstage help.

Programming: Both visual and performing. Contacting artists, making arrangements for events and helping hang and take down gallery shows.

Hospitality: Greeting and facilitating at center events. Set up and take down special events paraphernalia.

Office Work: Mailing information to members, City Arts Magazine distribution and general office work.

Construction: The center is always improving itself. We need help painting, hanging dry wall and running electrical connections.

Others: There are always special skills we need. Please consider helping the center grow.

Interested? Contact the Manhattan Center for the Arts.
Call 537-4420 or stop by, 1520 Poyntz, Manhattan, KS 66502.
Tennis: Junior Beginners  RH-01
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 their own rackets. If you don't have a racket, give us a call and we may be able to help you locate one.
Mark Tesendorf, M.S.
Kinesiology, has played tennis for over twenty years including varsity at Coe College, Cedar Rapids, Iowa. He recently served as an instructor at Manlius-Waking Woods and Arts Center in Ontario.

Date: June 8, 15, 22, 29
Time: 6:30 - 7:00 pm (Monday)
Fee: $36
Location: LP Wasserman Rec Complex, KSU

Tennis: Beginners  RH-02
Ages 17 and Up
This class will focus on fundamentals of strokes, basic rules of play and beginning competition.
Mark Tesendorf, M.S.
Kinesiology

Date: June 8, 15, 22, 29
Time: 7:30 - 8:00 pm (Monday)
Fee: $36
Location: LP Wasserman Rec Complex, KSU

Youth Conditioning  RH-03
Parents, get your kids pointed in the right direction to a healthy lifestyle. Youth Conditioning will teach the proper form and technique of various SAFE exercises your children can perform. Each one hour session will consist of a weight training session and athletics outside at City Park. Your kids definitely will get a hard, safe workout under adult supervision at all times.
Will Phillips has been working in the health club type setting since he was a senior in high school. He has been employed by a head football coach and worked in three different health clubs including the one he now owns, ProFitness. He is currently a senior in pre-Physical Therapy and is a Certified Personal Trainer.

Date: June 2 - June 30
Time: 9 - 10 am (Tues./Thurs.)
Fee: $25
Location: ProFitness Weight Room
1125 Lanen Street

Recharge your RV or boat batteries quietly, with no fumes, messy fuels or moving parts
Sunwrights PV 539-1956
---

Introduction to Step Aerobics  RH-04
This is a basic step class designed for beginners. If you have ever wanted to participate in a step aerobics class but did not want to "embarrass" yourself, this is definitely the class to use as your springboard to step aerobics classes. This program is geared for teens and adults.
Kim Build (539-7095), a 1994 graduate in Exercise Physiology from Kansas State University. She has taught aerobics for 7 years and is currently the director of Cardio Rehat at Wamego City Hospital. In her free time she enjoys running, biking, and hanging out with friends and family.

Date: June 5, 12, 19 and Aug 12
Time: 7:30 - 8:30 pm (Wednesday)
Fee: $15
Location: ProFitness Aerobics Room
1125 Lanen Street

Introduction to Golf  RH-05
Get some fresh air and find out if golf is the sport for you. The fundamentals of the full swing, and techniques of short game pitching, chip and putting will be covered. This course is geared for beginners and intermediate players. Some class time will be devoted to equipment used to play golf, rules, etiquette, courtesy, conduct on the course, registering to play, use of score card and handicaps.
Jim Gregory (539-1-943), PGA Professional, in the golf pro at Stagg Hill Golf Course.

Date: June 4, 11, 18, 25
Time: 7:30 pm (Thursday)
Fee: $75
Location: Stagg Hill Golf Club
4441 Ft. Riley Blvd.

STAGG HILL GOLF CLUB
K-18 West
For all your golfing needs
Pony equipped "discount" pro shop
Professional golf instructors available (individual & group)
Club regrinding & repair
539-1041
Jim Gregory, PGA Professional

No Exercise Equipment? No Problem  RH-09
This class shows you how to strengthen your own body using little or no equipment. You will learn short-time, high-intensity exercises to build strength. A progression form will be taught from beginner to advanced. Wear loose clothing. Shoes in layers to avoid overheating or chilling.
Jim Gregory has been a Certified Personal Fitness Trainer by the American Council on Exercise (A.C.E.). He has been in private practice in Michigan for 6 years. He has recently moved to Manhattan with his family. He has worked with clients and their physical therapist for post-rehabilitation training as well as athletes and general population.

Date: June 1 - June 12
Time: 9:30 - 6:30 pm (M/W/F)
Fee: $25
Location: UFM Banquet Room

KSU has several recreation classes for credit. See page 23 for details.

Introduction to Weights  RH-05
Introduction to Weights is a five week workshop that will focus on a comprehensive fitness curriculum. Each workshop session will be on Tuesday evenings at 7:30 p.m. Each workshop session will consist of exercises and their proper forms for one particular body part or body part groups. The final session will consist of putting all the exercises together to form a weightroom program and a test on proper exercise form.

Date: June 2 - June 30
Time: 7:30 pm (Tuesday)
Fee: $15
Location: ProFitness Weight Room
1125 Lanen Street

Ballroom Dance I  RH-08
Come dance with us! If you want to learn to dance with a partner, plan to attend a wedding, or you just want to break up your schedule, this class is for you. The Swing, Fox Trot, Waltz, and Latin dancing are just a few of the steps you will learn. Come experience the elegant world of Ballroom Dance. Partners are not required and single people are encouraged to attend. Classes fill rapidly. It is advisable to register early.

Michael Brent (776-7577), has trained in Ballroom Dance at U.C. Berkeley, Mandola Ballroom, San Francisco, Alibi Ballroom, Oakland, CA, Chicago Dance Studio, Chicago, IL, and Avenue Ballroom, San Francisco. He was the 1986 San Francisco Avenue Ballroom Jitterbug Champion. Since 1980 he has been a dance student at Kansas State University. He has danced Ballet nearly all his life and has taught at the Arthur Murray School of Dance. He has taught for UFM for three years.

Date: June 5 - August 14
Time: 9 - 10 am (Friday)
Fee: $33 individual/$60 couple
Location: ECMI Auditorium
1021 Denison Avenue

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* Binoculars & Sunglasses
304 Loydav Street  539-5639
Downtown - Manhattan

A complete MARTIAL ARTS section is on page 21.
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 agate, jasper, quartzite, petrified wood and other fossils. Participants will drive their own cars, or carpool.

Dr. F.C. Lansing (537-7999), 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

An Introduction to Wildlife Rehabilitation

“What to do if you find a baby bird”

This class will be an introduction to wildlife rehabilita-
tion. Topics include the types of animals that are encoun-
tered and the types of care required, how to recognize an
animal orphan and what steps are required to assure it’s
well being and how to prevent “Good Intentions” orphans.
An explanation of the permit requirements for the possession
of wildlife in the state of Kansas will be discussed along
with how to become involved with your local wildlife
rehabilitation program.

Cindy Chant-Brophy (537-0681), is the director of
Wildlife Rehabilitation Corp. She has been involved in
wildlife rehabilitation for 8 years. Cindy has lived in
Kansas her entire life and enjoys working with songbirds,
migration waterfowl, mammals and reptiles, and some-
how manages to stay sane.

Date: June 11 (Thursday)
Time: 7 PM
Fee: $5
Location: UFM Conference Room

Persiadel Shower

August is the time for the Persiadel Meteor Shower. Join us
for a stargazing trip to watch for meteors. We’ll point out
summer constellations, talk about what meteors are and
why they sometimes come in “shower.” Hopefully we’ll
catch a few bright ones while we are out. Meet at UFM
parking lot. We’ll then caravan to a good dark site. Bring
a jacket, binoculars, lawn chairs or a blanket. We’ll stay
out as long as people are interested. If clouded out, we’ll
meet Wednesday, August 31, same time and place.

Dean Stramel (537-0931) teaches Earth Science classes at
Manhattan High School, East Campus. He has been shar-
ing his knowledge of the sky for years, and loves to meet
people who share his interest in the night sky.

Date: August 11 (Tuesday)
Time: 8 pm
Fee: $4 individual/$12 family
Location: Meet at UFM Parking Lot

Fall Gardening

Get more mileage out of your garden space by planting a
fall garden this year. Many vegetables actually produce
dates better when grown in the cool days of autumn.
Find out what, when, and how to plant fall vegetables in
August that you’ll harvest in September, October, and
even beyond!

Colleen Hampton has gardened both indoors and outdoors
for 26 years and looks forward to sharing her practical
knowledge in her gardening classes.

Date: August 1 (Saturday)
Time: 10 - Noon
Fee: $8
Location: UFM Greenhouse

Answer to Cryptograms:

Summer Fun:
Swimming
water skiing
picnics
vacation
baseball games

UFM Activities:
gardens
swim lessons
lifelong learning
lecture series
mentoring program

Community Garden for All Ages

A walk through the Manhattan Community Garden in July is a
delight to the senses. Flowers, common vegetables and many exot-
ic varieties speak of the interest and diversity of those who garden
there. Each year around 80 families garden over 160 plots. This
longstanding UFM program provides garden space, water, tools and community
involvement while supplementing food budgets and growing friendships.

A special section of the garden is set aside as a Children’s Garden. Children
work in individual or group plots. Join the fun on Saturday mornings 10 a.m. till
noon at the Children’s Garden, 8th and Riley Lane. No registration needed. KSU
Horticulture students assist with this project.

Special thanks to all UFM INSTRUCTORS who volunteer their time!
Sustainable Manhattan Round Table Series

This series of three round table discussions is a continuation of the process begun in spring 1997, under the umbrella of Sustainable Manhattan. The goal is to get community involvement and input into projects and processes that help Manhattan move toward a sustainable future. These sessions are offered at no cost and you may sign up for any that interest you. All three discussions during the summer session will focus on different aspects of our food system.

Mapping Your Food System

Our community enjoys food from a diverse local food system, including our own local farmers’ market, the community gardens, local crop and livestock farmers, as well as from national and international sources. Food is more than a simple commodity; preventers could lead a discussion designed to orient us and help us map where our food comes from, and where it goes. This class will be held at a local farm. Kids are welcome. Call for a location map, and if you need a ride.

Rhonda Janke (339-9796), is an Associate Professor in the Dept. of Agronomy at KSU, with research and extension responsibilities in the area of sustainable agriculture. Prior to moving back to Kansas, she worked for eight years at the Rodale Institute Research Center, in Kutztown, PA, and completed her graduate work at Cornell, in Ithaca, NY. Panks Ford currently works for the Wetlands Conservation Coalition. She has conducted workshops on community food security around the U.S., and worked for the Organization “Public Voice for Food and Health Policy” in Washington, D.C. She obtained her Master’s degree in Agronomy from the University of Georgia, and recently moved to Manhattan.

Date: June 18
Time: 7 - 9 pm (Thursday)
Fee: $20
Location: call for map location

Community Food Security

After Welfare Reform: Food Banks and Food Sheds

Community food security is defined as the state in which all persons obtain a nutritionally adequate, culturally acceptable diet at all times through local non-emergency sources. With more holes in the social services “safety net” than ever before, what can a community like Manhattan do to feed its citizens, in addition to providing emergency food? Are there creative solutions based on greater cooperation of local resources and efforts, that become more apparent from using a systems approach? Location will be the Douglass Center.

Rhonda Janke and Panks Ford

Date: July 9
Time: 7 - 9 pm (Thursday)
Fee: $20
Location: Douglass Center 901 Yuma Street

Where Do We Go From Here?

Looking at Sustainable Food System Models in Other Communities

A sustainable food system needs a blueprint. A community can create this blueprint through the creation of a Food Council. This class will look at examples of Food Councils that have developed in other cities in the U.S., and discuss the possible role of a Food Council in Manhattan. Examples of sustainable food production systems, and of ways that communities can support farmers and provide affordable food to local citizen, will be presented and scrutinized.

Rhonda Janke and Panks Ford

Date: July 23
Time: 7 - 9 pm (Thursday)
Fee: $20
Location: UFM Conference Room

Making Compost

Yes, you can compost! Composting can be as simple as letting a pile of yard waste rot, or burning your table scraps in a shallow hole in the ground. The system you choose will depend on your lifestyle. Let’s talk about the different methods used. Then put on your work gloves. We'll be making a basic 3' x 3' pile to demonstrate the basic concept of composting. Please bring a garden fork, shovel and gloves.

Maudere Stilwell (539-4805), has an extensive background in horticulture with emphasis on sustainable approaches to food production and backyard gardening. She loves to share what she has learned.

Date: June 27 (Saturday)
Time: 10 - noon
Fee: $5
no charge for Community Garden members
Location: Manhattan Community Gardens 9th and Riley Lane

Making Compost

Maudene Stilwell

Date: July 25 (Saturday)
Time: 10 - noon
Fee: $5
no charge for Community Garden members
Location: Manhattan Community Gardens 9th and Riley Lane

Lee Creek Gardens

Lee Creek Gardens a different style of nursery

Take a walk through our three acres of display gardens and see what our plants look like integrated into an established landscape. We have a large selection of reasonably priced unique plants and garden accessories. We specialize in perennials and ornamental shrubs for both sun and shade, as well as old-fashioned and Euro-select annuals. Dreaming of an English-style perennial border or cottage garden full of blooms, birds and butterflies? We make dreams come true...

Watch for our specials throughout the season. You'll see our ads starting March 25, on page A2 in the Mercury.

Open: Wednesday-Sunday
10 a.m. to 5 p.m.
April 1 - October 31
Other times by appointment
3400 South 24th Street
785-537-8262

Lee Creek Gardens is a member of the Kansas Association of Nurseries, Kansas Association of Municipalities, and Kansas Ornamental Council.

USE REGISTRATION FORM on the back cover.
Wellness

1221 THURSTON
539-8763

Natural Force Healing

WE-06
Natural Force Healing is a truly unique and revolutionary energetic therapy designed to create optimal well-being in the body, mind, and spirit. This allows the evolutionary process and the conscious erotic mind to transform on the deepest level. Participants must complete the first session before enrolling in the second session.

Kathleen Casey (539-6222), is a Licensed Massage Therapist and certified N.F.H. practitioner. She has studied intensively over the past 8 years in Native American healing, subtle body frequencies, energy vortexes and the philosophy of mysticism.

Date: June 8, 15, 22, and 29
Time: 7 - 9 pm (Monday)
Fee: $25
Location: UFM Banquet Room

Natural Force Healing

WE-07

A balanced approach . . .

... to breaking through

Daniel N. Berkow, Ph.D.
LICENSED PSYCHOLOGIST

Assistance with:
Depression
Anxiety
Relationships
Learning Disabilities/ADD
Habitual Behaviors/Addictions
evening hours at Southwind Counseling Services
225 Southwind Place Manhattan, KS 66503
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- Prompt - courteous service

539-9222

A balanced approach . . .

Yoga For Women

WE-01

Yoga can be a useful tool to help with the physical, mental and emotional challenges (of being a woman). We will focus on the practice of asana (postures) and pranayama (breath) as well as developing a personal practice which meets each individual's needs. This class is for women of all ages. Please bring a mat or towel and wear comfortable clothes that do not restrict movement. For your safety and comfort please do not eat for at least 3 hours before class.

Ana Franklin (509-8224), has been practicing yoga for more than 25 years. She teaches in The Tradition of T. Krishnamacharya who was teacher to IRS Byer, Patkai Josi and other eminent yoga teachers, including her father Albert Franklin who taught yoga through UFM in the 1970's. Ana is a student of Gary Kraftsow, who studies under TKV Desikachar, 5th Krishnamacharya's son.

Date: June 6, 13, 20 and 27
Time: 5:30 pm (Saturday)
Fee: $45
Location: 121-A South 4th Street, Room 211

Chi Gong: Chinese Energy Medicine

Chi Gong is the art and science of using posture, exercise, breathing and concentration to gather Chi (vital life energy) and feed the body and mind. It is the preventive and self-healing aspect of Chinese medicine. As one works with balancing internal energies, health improves and the mind becomes tranquil. Chi Gong has been widely researched in controlled scientific experiments and clinical trials. It has been found to be effective for the same range of illnesses treated by acupuncture. It is also a powerful form of complementary medicine that can be effectively combined with Western medicine to lessen side effects from medication, speed recovery time and greatly reduce medical costs.

Mary Ash has studied and practiced Chi Gong since 1987. She has been a student of a number of Chi Gong teachers throughout the country, both Asian and American. Mary maintains a private practice in massage and bodywork and is currently teaching Chi Gong at Mercy Health Center as part of their Wellness Program.

Date: June 20 and 27 (Saturday)
Time: 9:30 - 11:30 am
Fee: $15
Location: SCM Student Center
1021 Davidson Avenue

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.

Make Every Day Count

For Good Mental Health

Pawnee Mental Health

587-4300
Introducing Jin Shin Jyutsu: A Self-Help Class

Jin Shin Jyutsu translates as the "Art of the Creator through knowing and compassionate persons." It is an ancient art of releasing the tensions which are the cause of various symptoms of discomfort. In Jin Shin Jyutsu philosophy, our bodies contain energy pathways which become blocked through daily physical, mental, emotional or spiritual stresses, resulting in pain and discomfort.

We can unlock these pathways through non-forceful application of the hands to various locations on the body, giving ourselves renewed vitality, deep relaxation, pain relief, and increased energy. This course will introduce you to hands-on techniques for self and others, and to the history, philosophy, and theory of Jin Shin Jyutsu. You will learn the meaning and location of the 26 "safety energy lines." Jin Shin Jyutsu self-help books will be available for purchase (optional).

Karen Smith (530-9731), a Licensed Practical Nurse and a graduate of the McKenzie Institute of Profoundive Massage and Body Work in Oakland, CA, is a skilled touch practitioner whose practice during the last twenty years has been to study and practice a variety of bodywork modalities: Alexander Technique, Tai Chi, Swedish and Esalen Massage, Shiatsu, Chi Kung, Gestalt Massage, Therapeutic Touch, Skilled Touch for the Dying. Since her retirement from home health and hospice nursing in 1995, she has been studying and practicing Jin Shin Jyutsu intensively and is certified as a practitioner and a self-help instructor.

Date: July 13, 20, and 27
Time: 7-9 pm (Monday)
Fee: $14
Location: UFM Conference Room

Baby Massage

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

Date: August 15 (Saturday)
Time: 5 pm
Fee: $15
Location: UFM Conference Room

Massage & Relaxation Techniques for Pain Relief

In this class participants will learn relaxation techniques and stretching instructions to relieve daily tension and pain due to stress. An on-site massage chair will be used for a five-minute demonstration that concentrates on neck and shoulder relief.

Sandy Snyder

Date: August 13 (Thursday)
Time: 5:30 pm
Fee: $9
Location: UFM Fireplace Room

Herbs in the Kitchen

Herbs—what goes with what? What flavors do they have? How can they enhance cooking? These are some of the lessons we will cover. Taste and smell for yourself many different common and not-so-common herbs. Samples of foods dressed with herbs will be provided to help you taste and mediate. Recipes and other handouts will also be provided.

Raszae Prior (530-1442), in a junior in Dietetics at KSU. She has cooked for over 2 years in a restaurant. Cooking has been a hobby for Raszae for over 10 years.

Date: June 4 - June 25
Time: 7 - 9:30 pm (Thursday)
Fee: $22
Location: UFM Kitchen

American Red Cross
Learn to Swim classes are found on pages 4-5.

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- improve posture, alignment and flexibility
- enhance emotional health, physical performance and physiological efficiency
- reduce stress, tension, aches and pains

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Manhattan Kansas

The Healthy Gourmet

Learn how to prepare a complete gourmet-style meal using only love, light blended foods. One of the main ingredients is Tofu. Learn how to use this superfood in interesting, flavor-filled ways, then everyone will eat their lessons!

Raszae Prior (530-2580), is a Health Educator with a Master's in Clinical Holistic Health Education. She has taught for over 10 years. Raszae has also worked in some free clinics in the San Francisco Bay Area. She has a passion for food and flavor.

Date: July 18 (Saturday)
Time: 1:30 - 3:30 pm
Fee: $22
Location: UFM Kitchen

Low Fat Cooking for Real Life

Modify your cooking to make everyday food lower in fat and calories. Learn to make tasty low fat meals. Come ready to sample a full course meal including entrees, side dishes and dessert each night.

Kerry Prior (530-1442), in a Junior in Dietetics at KSU. She has cooked for 2 years in a restaurant. Cooking has been a hobby for Kerry for over 10 years.

Date: June 4 - June 25
Time: 7:30 pm (Thursday)
Fee: $22
Location: UFM Kitchen

We got lost in the telephone book this year. Save this for future reference.

UFM Community Learning Center
1221 Thurston St.
Manhattan, KS 66502
(785) 539-8763

...Clip and Save...

Depression in the older adults

• It's not a normal part of aging.
• It's an illness that can be treated.

Learn how to recognize symptoms in older adults at this workshop for health and helping professionals, volunteers, and others. June 17, 12:45-3:45 p.m., at Houston Street Center, 5th and Houston.

Call for information.
MANHATTAN'S FIRST

Holistic Health & Bodywork Fair

Saturday, June 13, 1998

ECM Building
1021 Denison
10 am to 6 pm

Manhattan's Holistic Health and Bodywork Fair offers you a chance to explore options for wellness, global consciousness, natural health, and spirituality. Professionals are providing 15 and 30 minute introductory sessions on a variety of subjects.

RESERVATIONS ARE REQUIRED.

Call UFM at 599-4763 to reserve the sessions of your choice. $1 per session.

Meditation by Kris Barnard (15 minutes) #2

In this session participants will learn about meditation for relaxation.

Reflexology by Stacie Blaubaugh (15 minutes) #3

Reflexology is a science which deals with the principle that there are reflexes in the foot relative to each internal organ and all parts of the body. Stimulating these reflexes helps many health problems in a natural way, a type of preventative maintenance.

Natural Force Healing by Kathlene Casey (15 minutes) #4

Natural Force Healing is a vibrational and Energetic Therapy.

Relaxation Massage by Becky Currin (15 minutes) #5

Swedish massage will be used for relaxation.

Acupuncture by Dr. Larry Dall (30 minutes) #6

The main focus will be on the effects of acupuncture using the body's meridians.

Chiropractic by Dr. Lisa Eastman & Dr. Craig L. Lamb (15 minutes) #7

A specific chiropractic technique using an activator & S.O.T.

Chi Led by Ennell Foerster (15 minutes) #8

A slow exercise of healing Chi Gong. When practicing Chi Led, we use the inner Chi of our bodies and the outer Chi surrounding the space around our bodies. We amplify the natural exchange process as we practice.

Body Recall by Ennell Foerster (15 minutes) #9

A proven, tested method of easy exercise for all adults. Isolated exercises for each part of the body. Program designed by Dorothy Chreien of Berea, Kentucky.

Massage Therapy by Monica Ward (15 minutes) #18

Experience the healing touch of therapeutic massage! Massage is one of the best-known antidotes for stress. Massage can relieve many types of muscle tightness and chronic pain; or relax and soothe after stressful events. Massage can help you relax and restore the energy and creativity you need to live with joy. Monica Ward is a graduate of the New York School of Massage.

Neuromuscular Therapy by Wildfire Owsillower (15 minutes) #19

Neuromuscular Therapy (NMT) has provided many cases of successful treatment for "arthritis," low back pain, headaches (including migraines), stiff necks or shoulders, fatigue and other conditions. Pain is not normal. The more pain we have, the more the body learns about & perpetuates its own pain. Over-activation in the nervous system (such as from holding shoulders hunched up, poor posture resulting in muscle stress taking over the joints of spine, emotional & mental anxiety, and high caffeine intake) leads to overconstriction (hypertonus) of muscles presenting fatigue & intermittent pain cycles (such as on & off headache), followed by fatigue & a brief demonstration of Rolfer Structural integration.

Information Stations

Herbs - Renae Cushing (15 minutes) #21

Herbs for every need. This session will discuss the multiple uses of some everyday herbs & spices.

Essential Oils - Kathleen Fischer (15 minutes) #22

Kathleen will have essential oils blends to demonstrate. There will be a discussion of applications for essential oils along with suggestions for "starfish" oils with emphasis on relaxation.

Feng Shui - Don Terhune (30 minutes) #23

Feng Shui is the Chinese system of design and placement of objects in one's living space. The objective is to promote a harmonious living environment and a feeling of well-being.

Human-Dolphin Institute - (30 minutes) #24

Dr. George and Dr. Tema Owen will be presenting information on the Human-Dolphin Institute based in Panama City Beach, Florida, and the Atlantic bottlenose dolphins who invite you to swim with them there. The Human-Dolphin Institute is a bridge between the two worlds of man and dolphins. Dr. Owen will provide a video showing dolphin interactions, information on dolphin swimming, and articles on dolphins and healing. You can also sign up for our Kansas Dolphin Swim Program as we head for Panama City as a group to share in the adventure of wild dolphin encounters this summer.

Information

Birth and Women's Centers Topika, Sunflower Homoeopathic Study Group - Lisa Coakley, P. O. Box 139, Kansas City, KS 66101. We have printed information to hand out explaining homeopathy and the local study group. Nutrition For Life - Keith Stetling & Maurice Bliss, KSU. L.F.E. Program: free blood pressure check

We thank ECM, Dora Whipple Train, and the following businesses for their support of the event: It's Greek To Me, Java, Juice Stop, People's Grocery, & Streetside Records.

Look for the UFM Catalog on UNICORN.
Martial Arts

1221 THURSTON  539-8763

Taekwondo Karate I

MA-01

Taekwondo 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. This class will 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.

TaeKwonDo degree ranking in held in Tokyo. The cost is not included to the class fee and a uniform is required for testing. Age 7+

**Tuesday, June 2, 6:30 pm, Public Demonstration and formal introduction of instructors in Abenant Dance Studio.
Grandmaster Chan Yee (266-8662), an 8th degree black belt with over 35 years experience in Taekwondo. Former Captain and Chief Instructor of Taekwondo for the ROK Army during Vietnam, he has held classes at KSU since 1975. GrandMaster is a 3rd degree black belt with over 15 years experience in Taekwondo.

Date: June 2 - August 13
Time: 7:30 - 8:30 pm (Tues./Thurs.)
Fee: $53
Location: Abenant Dance Studio 301, KSU

Taekwondo Karate II

MA-02

Advanced

Grandmaster Chan Yee

Date: June 2 - August 13
Time: 7:30 - 8:30 pm (Tues./Thurs.)
Fee: $53
Location: Abenant Dance Studio 301

USA Goo Karate

MA-03

Goo Karate offers students the chance to learn the original art of Karate. Karate also gives students a sense of self-confidence and an opportunity to obtain. Martial arts teaches strength in the mind and body through discipline and coordination. Also, students obtain flexibility, balance, coordination, and fighting skills. All equipment and uniforms are provided and are included in class fees.

USA Goo Karate has been involved with martial arts for nine years and is very familiar with two styles, Taekwondo and Goo. It has been described as very dynamic and striking.

Date: June 2 - June 30
Time: 7:45 pm (Tues./Thurs.)
Fee: $53
Location: Prodigy Aerobics Room 1125 Laramie Street

Answer to CryptoQuote:

Be the change you want to see in the world.

—Gandhi

Kung Fu

MA-04

Get a taste of Chinese Martial Arts. This class offers an opportunity to learn the basics of Pail Lum Kung Fu, one of the oldest fighting systems. Kung Fu teaches self-defense and discipline while providing challenging physical exercises. This class will teach the basic stances, punches, kicks, and forms of the styles, plus one theming and self-defense techniques. Rank is attainable in the White Phoenix System.

Jeff Endecott (837-1928), has studied martial arts for six years. He has a First Degree Black Belt in Pail Lum Kung Fu. Stan Wilson has participated in martial arts for 26 years and this style for 14 years. He has a Third Degree Black in Pail Lum Kung Fu and a First Degree Black in Jiew Hing 18 Tae Kwon Kung Fu plus a Black Belt in Jujuitsu. He is the founder of The White Phoenix System, a combination of nine different methods of martial arts.

Date: June 3 - August 5
Time: 6:30 - 8 pm (Wednesday)
Fee: $54 includes manual
Location: Abenant Dancehouse, KSU

Beginning Aikido

MA-05

Aikido is a martial art in which one train to be calm and lead with a peaceful resolution. In this beginning class, we will learn Aikido technique of defense, and develop the movement qualities to perform them. The techniques can also be easily combined into a short performance program called "Taigi" which we will learn. Instruction will also consider the precautions inherent and needs of the participants. This class is for men and women, young and old.

Paul Chen (563-0594), began practicing Aikido in 1988 at Cloud County Community College. He assisted the instructors and worked with beginners before leaving the area in 1992. He is currently K-12 Society Akido. He has passed testing for three levels of Aikido and Ki development with Kuchwara Sensei, chief instructor in the United States for Ki Society Akido.

Date: June 2 - August 13
Time: 7 - 8:30 pm (Tues./Thurs.)
Fee: $49
Location: Abenant Dancehouse, KSU East Lobby

TAKE A PEEK AT THE PAST

(All visits—including peaks, looks & stares—are free.)

Riley County Historical Museum

2309 Clifton

- Exhibits of Riley County History—pioneer days to the present
- Research library by appointment
- Educational programs
- Speakers' bureau
- 8:30-5:00 Tuesday-Friday
- 9:00-5:00 Saturday-Sunday

Wolf House Museum

630 Fremont

- 1858 stone house served as a boarding house and private home
- Furnished with period antiques
- Special exhibits
- 1:00-5:00 Saturday
- 2:00-5:00 Sunday

Goodnow House Museum

2309 Clifton

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

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

For more information, call 565-6490

We now have email access: ufm @ ksu.edu
SASSY/Safety Awareness for Street Smart Youth

Could your child get away from a strong adult? Would your 5-year-old open the door to a stranger? Does your 10-year-old know the tricks that could be used to lure her? This 2-hour program helps build your child's confidence, increases awareness and teaches effective defense techniques as well as restraining safety precautions taught at home and school. The seminar provides a fun, safe program for children while teaching very important skills. Parents may take this class with their child for a fun and useful family activity.

Ages 10 and under.

Diane Turner (727-7262), is a black belt in TaeKwondo and Hagikido and a certified instructor with the American TaeKwondo Association. She has 14 years experience teaching martial arts, police defensive tactics and women's self-defense classes.

Date: June 20 (Saturday)
Time: 11am - Noon
Location: First Lutheran Church
990 People Ave (Parish Hall Basement, enter by North door)

Children's Gardening

Children, do you love digging in the soil? Put this interest to work and learn about planting a garden, soil preparation, weeding, harvesting, and garden maintenance throughout the growing season. Children ages 4-12 will be assigned individual and group gardens. No registration necessary. Join us at the garden on Saturday mornings.

Dr. Richard Matzner, coordinator

Date: April - October
Time: 10 am - Noon (Saturday)
Location: Manhattan Children's Garden
6th and Riley Ave

Oak Grove School is a private arts and science magnet school for children ages 3-8. Parent-run, non-profit, non-religious, state licensed, certified teachers, SRS provider, reasonable rates, nice people. Oak Grove School values diversity and doesn't discriminate on any basis. For more information, call 537-2249 or Shawne Bunch at 494-2850.

Youth Conditioning

Parents, get your kids pointed in the right direction to a healthy lifestyle. Youth Conditioning will teach the proper form and technique of various SAFE exercises your children can perform. Each one-hour session will consist of a weight training session and activities outside at City Park. Your kids definitely will get a hard, safe workout with adult supervision at all times.

Wade Phillips has been working in health club type settings since he was a senior in high school. He has been employed as a head football coach and worked in three different health clubs including the one he now owns, ProFitness. He is currently a senior in Pre-Physical Therapy and is a Certified Personal Trainer.

Date: June 2 - June 30
Time: 8 - 10 am (Tues/Thurs)
Fee: $25
Location: ProFitness Weight Room
1125 Laramie St
The courses on this page are offered for credit through DCE with the cooperation of various KSU departments. Register for these at 131 College Court. Fees for these classes differ depending on special instructor and equipment needs. Enrollment, withdrawal and refunds are determined by University policy and handled at the Division of Continuing Education Registration office. Call 552-5566 for questions or information.

**Ballroom Dance**  DANCE 599C
Introduction to the principles of ballroom dancing. Includes dance terminology, dance positions, correct body alignment, position, and partnering. Techniques such as open and closed positions, leading and following, and a variety of steps will be emphasized. The jitterbug, American waltz, foxtrot, and Latin steps will be taught.
Instructor: Michael Bennett
Date: June 5 - August 7
Time: 6:30 - 8:00 pm (Friday)
Fee: $125
Location: ECM Auditorium
1021 Denver Ave.

**Fly Fishing**  RRES 200
This course will cover the proper techniques for performing four basic fly casting techniques: roll casting, pick up and put down, false casting and shooting a line. We will also cover tying flies and fly fishing equipment. The class will be broken into two sections. The first section will cover casting, fly rods, reels, lines, tippets, and leaders. The second section will cover fly tying equipment and techniques to tie dry flies, wet flies, and nymphs. All equipment needed will be provided by the instructor.
Instructor: Paul Sudallman
Date: June 8 - June 18
Time: 6 - 8 pm (M/T/W/Th)
Fee: $142
Location: Eisenhower Middle School
800 Walters Drive

**Beginning Bowling**  RRES 200
This course will cover the basic fundamentals of bowling: how to choose a ball, stance, four-step approach, aim, spot bowling, proper release and spare conversion system. Scorekeeping and tournament play, rules and tips will also be taught.
Instructor: Terri Eddy
Date: June 10 - July 29
Time: 1:30 - 2:20 pm (Mon/Wed)
Fee: $106
Location: KSU Student Union

**Golf**  KIN 140A
This course emphasizes fundamentals of the full swing, short game techniques of chipping, pitching, putting and sand shots. Rules of play, course etiquette, and selection of equipment.
Instructor: Jim Gregory
Date: June 9 - July 28
Time: 6 - 8 pm (Tuesday)
Fee: $148
Location: Stagg Hill Golf Club
4431 Ft. Riley Blvd

**Scuba Diving**  RRES 200
This class will prepare students for Open Water Diver certification. Areas to be covered include: introductory information for certification, knowledge of the equipment, physics of diving, medical problems related to diving, use of dive tables, diving environment, and general information. The date for certification will be determined at a later date. The certificate is included in the class fee, however, another UFM or KSU is responsible for certification. Travel and lodging are at the student's expense. Students must provide their own mask, fins, and wetsuit.
Instructor: Jeff Wilson
Date: June 15 - July 22
Time: 5 - 7 pm (Mon/Wed)
Fee: $233
Location: KSU Natatorium

**Kinesiology**
Judo I
Judo II
Swimming I
Fitness Swimming
Fitness Swimming
Fitness Swimming
Water Exercise/Water Fitness Instructor
Golf
Golf

**Horticulture, Forestry and Recreation Resources**
KIN 144
KIN 145
KIN 104
KIN 107A
KIN 107B
KIN 107C
KIN 598
KIN 140A
KIN 140B
KIN 140C

**Women's Studies**
Women and Money
WOMST 500

**Coming this Fall!!**
**Fall 98 Credit Classes**

To become a UFM Sponsor, just return the coupon below with your contribution. Your donation is tax deductible.

**YES!**
I wish to donate: $10 $25 $50 $100 Other
Charge to my: MasterCard VISA Card 
Signature: ____________________________
Expiration Date: ___________________
Name: ______________________________
Address: ____________________________
City: __________________ State: ________ Zip: ___________

E mail ideas to: ufm @ ksu. edu
**REGISTRATION INFORMATION**

**3 WAYS TO REGISTER**

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

**UFCM Class Registrations**
1221 Thurston
Manhattan, Kansas 66502
622-7902

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

**FOR YOU... One participant per form, please**

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**Student Name**

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Parent's Name if Student is Under Age 18

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I hereby authorize the use of my Visa ☐ MasterCard ☐ Discover ☐

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- KSU Student ☐
- KSU Faculty/Staff ☐
- Ft. Riley ☐
- Other ☐

**Where did you obtain your catalog:**

- A class I would like offered

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

Youth Scholarships are available.

**FOR A FRIEND... One participant per form, please**

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**Signature**

*Signature of Parent or Guardian required for minors.*