Celebrating
Manhattan Community Garden’s
25th Anniversary

Plant some seeds of knowledge with UFM

Classes for Everyone...
* Ballroom Dance
* The Manhattan Depot History & Future
* Bowling
* Rock Gardening
* Swimming Lessons
* Scuba Diving
...and much more
Welcome to UFM
Community Learning Center...

UFM believes that anyone can teach and anyone can learn. In the last 30 years, over 5000 persons have taken time to share something they know with others. Our instructors have ranged in age from 11 to 94. Many of our instructors volunteer their time to share their skills with others. Some receive a stipend for their efforts. Instructor reimbursement, learning tools, facility costs and UFM overhead expenses determine the fee charged for a class. Since 1991, UFM has been totally self-supporting and class fees make up over 2/3 of our budget.

Classes have run the A to Z of topics. Some of our most popular classes include ballroom dance, golf, taiwkondo, cake decorating, and swimming. Our language and gardening classes are also popular. Wellness and personal development areas are areas that have been growing in recent semesters. We often offer classes you won’t find anywhere else.

We rely very much on the interests and involvement of the community to make our programs work. Without the class ideas and willingness of the community to volunteer to teach our classes, UFM could not exist. We are a unique program where our “faculty” is the entire community. UFM is a special program that truly puts the community in education.

UFM STAFF:
Executive Director - Linda Inlow Teener
Education Coordinator - Charlene Brownson
Swim Coordinator - Karen Leisner
State Outreach Coordinator - Anita Madison
Lou Douglas Lecture Coordinator - Beverly Earles-Law
Office Coordinator - Tabitha Wehl
Plus all the teachers who share their talents!

UFM is always looking for new ideas and new projects. Let us hear from you! The UFM office is at 1221 Thurston, Manhattan, KS 66502; (785) 539-8763. Visit our Web Site at ksu.edu/ufm or email us at ufm@ksu.edu.

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

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.

THANK YOU ADVERTISERS for your loyal support

BOARD OF DIRECTORS

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UFM is committed to a policy of non-discrimination 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.

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

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

DATE TIME LOCATION
May 28 Fri 4 - 6 pm Manhattan Public Library
June 7 Mon 10 am - 2 pm K-State Union
June 8 Tues 10 am - 2 pm K-State Union

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.

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 539-8763 or e-mail ufm@ksu.edu to share your ideas!

SPECIAL THANKS
The UFM staff would like to thank Anita Van Nevel for proof reading the UFM catalog. We appreciate the time donated by Anita to help us.

Thank you, Anita!
To advertise your courses or organization in the next UFM catalog, contact the UFM office 539-8763 by June 20th.

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 at their own responsibility.

Please share any concerns you may have about class material or an instructor by calling Charlene at 539-8763.

Instructors Wanted to Teach the Following:
Interior Design Upholstery Beginning Italian Floral Arranging Cajun Cooking

UFM Wish List
String Weed Trimmer Card Tables Folding Chairs Volunteers to help with: Lawn and Garden Care Creating Signage for UFM

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

INLEMENT 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 is responsible for rescheduling.

UFM CANCELLATION POLICY

When a course is cancelled or rescheduled, a message will be posted. 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 you 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 select 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 UFM facilities or participating in programs.

KSU Continuing Education/UFM assumes no responsibility for costs involved with personal 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.

SPECIAL POLICIES FOR CREDIT

OPTIONAL CLASSES

Credit Registration Refunds: After the second credit optional class meeting, but before one-third of the scheduled class sessions have met, fifty percent of the fee may be refunded if requested in writing. No refund is issued if it is requested after one-third of the class meetings have ended. Credit Enrollment Fees: Courses taken for credit carry additional fees required for University administration of the credit program. A $15.00 late fee will be charged for enrollments taken after the second class meeting. A $35.00 late fee will be charged for enrollments taken after one-third of the class of meetings. Additional student activity and health fees may be assessed for students enrolled in 6 or fewer KSU credit hours.

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

UFM INSTRUCTORS

LaVerne Baker
Scott Benjamin
Michael Bennett
Lynn Bohenblust
Mike Bonella
Lewis Browder
Erie Cattell
Lom Clement
Shelley Coleman
Cheryl Collins
Kathy Cook
Nahid Dugger
Randi Dale
Dr. Larry Dall
Karen Davis
Terri Eddy
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Paul Geune
Jim Gregory
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Colleen Hampton
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Karma Smith
Natalie Smith
Sandy Snyder
Paul Sundanum
Stephanie Steward
Stan Stitz
Nancy Stover
Dean Stramel
Dana Tarver
Linda Teener
Mark Tensendorf
Karen Thege
Jayne Thomson
Jeff Wilson
Chae Sun Yi

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.

Charles Brown

USE REGISTRATION FORM on the back cover.
Aquatics
1221 THURSTON 539-8763

Learn to Swim Classes
UFM and the Division of Continuing Education are pleased to present the American Red Cross Learn to Swim Program Levels I-VI 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 that they are in the proper class. Students advance through the levels at their own rate and are moved to different class levels as space permits and skill advancement demands.

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

Parent’s Day Dates: Friday, June 25 and July 9 & 25. Check to see which date applies to your session.

LOCATION: KSU Natastorum - Ahearn Complex
Lockers are available for use during class. Participants must supply towels and swim suits. Showers are required 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 cancelled.

BEGINNING & ENDING DATES:
Session I: Mon-Fri, June 7-June 18
Session II: Mon-Fri, June 21 - July 2
Session III: Mon-Fri, July 6 - July 16
Session IV: Mon-Fri, July 19 - July 30

No lessons on Monday, July 5

How to Watch a Good Program Die
Nothing kills a UFM class faster than pupils who wait until the last minute to enroll. Classes will be canceled if there is a low enrollment. PLEASE REGISTER EARLY!

OAK GROVE SCHOOL

- Oak Grove School is a private arts and science magnet school for children ages 5-8.
- Parent-run, non-profit, non-religious, state licensed, certified teachers, nice people.
- SRS provider, reasonable rates, van transportation available.
- Oak Grove School values diversity and doesn't discriminate on any basis.
- For more information, call LaRhonda Williams, Executive Director, 577-2549 (days) or 636-5189 (evenings).

Parent/Infant and Parent/Tot
This water orientation program is designed to teach you how to work safely and effectively with your child and to teach basic water safety and self-help skills. This program emphasizes water adjustment, preparatory activities for swimming and water play, and includes exercises for you and your child. Children should wear snug-fitting lightweight pants.

Session I: Mon/Wed/Fri (see dates above)
- AQ-01 10:45 - 11:15
- AQ-02 11:00 - 11:30
- AQ-03 11:35 - 12:05

Session II: Mon/Wed/Fri (see dates above)
- AQ-01 1:00 - 1:30
- AQ-02 1:35 - 2:05

Session III: Mon/Wed/Fri (see dates above)
- AQ-01 2:40 - 3:10
- AQ-02 3:15 - 3:45

For: $16 per session

Trot 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 preparatory activities for swimming. Some parent participation may be allowed.

Session I: Mon/Wed/Fri (see dates above)
- AQ-01 5:00 - 5:30
- AQ-02 5:35 - 6:05

Session II: Mon/Wed/Fri (see dates above)
- AQ-01 6:00 - 6:30
- AQ-02 6:35 - 7:05

Session III: Mon/Wed/Fri (see dates above)
- AQ-01 7:00 - 7:30
- AQ-02 7:35 - 8:05

Session IV: Mon/Wed/Fri (see dates above)
- AQ-01 8:00 - 8:30
- AQ-02 8:35 - 9:05

Fee: $16 per session

Level I: Water Exploration
The object of Level I is to help students feel comfortable in water and to enjoy the water with adult help. Students will be introduced to elementary aquatic skills which will be built on as they progress through the Learn to Swim program. A student is ready for this level when they are mature enough to participate in a group setting without their parent.

Session I: Monday-Friday (See dates above)
- AQ-07 10:45 - 11:25
- AQ-08 11:00 - 11:35

Session II: Monday-Friday (See dates above)
- AQ-09 11:40 - 12:15
- AQ-10 12:15 - 12:45

Session III: Monday-Friday (See dates above)
- AQ-11 1:40 - 2:10
- AQ-12 2:00 - 2:30

Session IV: Monday-Friday (See dates above)
- AQ-13 2:45 - 3:15
- AQ-14 3:15 - 3:45

Fee: $88 per session

Level II: Primary Skills
The objective of Level II is to give students success with fundamental skills. Students learn to float, with support and to recover to a vertical position. This level marks the beginning of true locomotion skills and adds to the self-help and basic rescue skills begun in Level I. Students entering this course must have a Level I certificate or must be able to demonstrate all the completion requirements of Level I.

Session I: Monday-Friday (See dates above)
- AQ-15 10:45 - 11:25
- AQ-16 11:00 - 11:35
- AQ-17 12:15 - 12:45
- AQ-18 1:40 - 2:10
- AQ-19 2:00 - 2:30

Session II: Monday-Friday (See dates above)
- AQ-20 10:45 - 11:25
- AQ-21 11:00 - 11:35
- AQ-22 12:15 - 12:45
- AQ-23 1:40 - 2:10
- AQ-24 2:00 - 2:30

Session III: Monday-Friday (See dates above)
- AQ-25 10:45 - 11:25
- AQ-26 11:00 - 11:35
- AQ-27 12:15 - 12:45
- AQ-28 1:40 - 2:10
- AQ-29 2:00 - 2:30

Session IV: Monday-Friday (See dates above)
- AQ-30 10:45 - 11:25
- AQ-31 11:00 - 11:35
- AQ-32 12:15 - 12:45
- AQ-33 1:40 - 2:10
- AQ-34 2:00 - 2:30

Fee: $88 per session

Level III: Stroke Readiness
The objective of Level III is to build on the skills in Level II by providing additional guided practice. Students will learn to coordinate the front and back crawl. They will be introduced to the elementary back stroke and to the fundamentals of treading water. Students will also learn rules for safe diving and begin to learn to dive from the side of the pool.

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

Session I: Monday-Friday (See dates above)
- AQ-35 10:45 - 11:25
- AQ-36 11:00 - 11:35
- AQ-37 12:15 - 12:45
- AQ-38 1:40 - 2:10
- AQ-39 2:00 - 2:30

Session II: Monday-Friday (See dates above)
- AQ-40 10:45 - 11:25
- AQ-41 11:00 - 11:35
- AQ-42 12:15 - 12:45
- AQ-43 1:40 - 2:10
- AQ-44 2:00 - 2:30

Session III: Monday-Friday (See dates above)
- AQ-45 10:45 - 11:25
- AQ-46 11:00 - 11:35
- AQ-47 12:15 - 12:45
- AQ-48 1:40 - 2:10
- AQ-49 2:00 - 2:30

Session IV: Monday-Friday (See dates above)
- AQ-50 10:45 - 11:25
- AQ-51 11:00 - 11:35
- AQ-52 12:15 - 12:45
- AQ-53 1:40 - 2:10
- AQ-54 2:00 - 2:30

Fee: $88 per session

Level IV: Stroke Development
The objective of Level IV is to develop confidence in the strokes learned thus far and to improve other aquatic skills. Students will increase their endurance by swimming familiar strokes (elementary backstroke, front crawl, and back crawl) for greater distances. Students will be introduced to the breaststroke and to treading stroke and the basics of turning at the breaststroke and to treading stroke and the basics of turning at the breaststroke and to improved basic rescue skills.

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

Session I: Monday-Friday (See dates above)
- AQ-55 10:45 - 11:25
- AQ-56 11:00 - 11:35
- AQ-57 12:15 - 12:45
- AQ-58 1:40 - 2:10
- AQ-59 2:00 - 2:30

Session II: Monday-Friday (See dates above)
- AQ-60 10:45 - 11:25
- AQ-61 11:00 - 11:35
- AQ-62 12:15 - 12:45
- AQ-63 1:40 - 2:10
- AQ-64 2:00 - 2:30

Session III: Monday-Friday (See dates above)
- AQ-65 10:45 - 11:25
- AQ-66 11:00 - 11:35
- AQ-67 12:15 - 12:45
- AQ-68 1:40 - 2:10
- AQ-69 2:00 - 2:30

Session IV: Monday-Friday (See dates above)
- AQ-70 10:45 - 11:25
- AQ-71 11:00 - 11:35
- AQ-72 12:15 - 12:45
- AQ-73 1:40 - 2:10
- AQ-74 2:00 - 2:30

Fee: $88 per session

We now have E mail access: utm @ ksu.edu
AQUATICS (Continued)

Level V: Stroke Refinement
The objective of Level V is to introduce students to the fundamentals of breast stroke. Students will be taught to glide, rotate, and performMaldives.

Session I: Monday-Friday (See dates above)
AQ-20 1:40 - 4:50
AQ-21 4:00 - 6:50
AQ-22 6:15 - 6:55

Session II: Monday-Friday (See dates above)
AQ-20 5:15 - 6:25
AQ-21 6:00 - 6:50
AQ-22 6:15 - 6:55

Level VI: Skill Proficiency
The objective of Level VI is to help students swim as many times as possible, to improve their swimming skills. Students will be taught to glide, rotate, and performMaldives.

Session I: Monday-Friday (See dates above)
AQ-23 10:45 - 11:25
AQ-24 4:30 - 4:50
AQ-25 6:10 - 6:50
AQ-26 6:15 - 6:55

Session II: Monday-Friday (See dates above)
AQ-23 10:45 - 11:25
AQ-24 4:30 - 4:50
AQ-25 6:10 - 6:50
AQ-26 6:15 - 6:55

Session III: Monday-Friday (See dates above)
AQ-23 10:45 - 11:25
AQ-24 4:30 - 4:50
AQ-25 6:10 - 6:50
AQ-26 6:15 - 6:55

Level VII: Advanced Skills
The objective of Level VII is to perfect stroke techniques and to develop endurance. Students will be taught to glide, rotate, and performMaldives.

Session I: Monday-Friday (See dates above)
AQ-27 10:45 - 11:25
AQ-28 4:30 - 4:50
AQ-29 6:10 - 6:50
AQ-30 6:15 - 6:55

Session II: Monday-Friday (See dates above)
AQ-27 10:45 - 11:25
AQ-28 4:30 - 4:50
AQ-29 6:10 - 6:50
AQ-30 6:15 - 6:55

Session III: Monday-Friday (See dates above)
AQ-27 10:45 - 11:25
AQ-28 4:30 - 4:50
AQ-29 6:10 - 6:50
AQ-30 6:15 - 6:55

Adult Swim Lessons
Are you tired of being on the sidelines watching everyone else swim? Well, you don't need to anymore. This is the class for you. You will learn to swim horizontally and become an excellent swimmer. The class will be held on Saturdays and will meet for four weeks. Fee: $8 per session.

Lap Swimming Ages 13 plus
Lap swimming is for individual work-out. The lap pool is available to adults and advanced swimmers to swim regularly and frequently. You may choose your 40 minute block of time during the below scheduled times.

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

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

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

Boxing for Parents
Are you ready to learn what your child is learning in swimming lessons? This class will meet every day your child is enrolled in swimming lessons. In this class you will be able to swim laps to meet your own needs and goals.

Session I: Monday-Friday (See dates above)
AQ-32 10:45 - 11:25
AQ-33 4:30 - 4:50
AQ-34 6:15 - 6:55

Session II: Monday-Friday (See dates above)
AQ-32 10:45 - 11:25
AQ-33 4:30 - 4:50
AQ-34 6:15 - 6:55

Session III: Monday-Friday (See dates above)
AQ-32 10:45 - 11:25
AQ-33 4:30 - 4:50
AQ-34 6:15 - 6:55

Session IV: Monday-Friday (See dates above)
AQ-32 10:45 - 11:25
AQ-33 4:30 - 4:50
AQ-34 6:15 - 6:55

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

Session I:
Mon/Wed/Fri
June 7 - July 2
AQ-35 6:00 - 6:50

Session II:
Mon/Wed/Fri
June 7 - July 2
AQ-36 6:00 - 6:50

Session III:
Mon/Wed/Fri
July 3 - July 8
AQ-37 6:00 - 6:50

Fee: $15 per session
Mon/Wed/Fri
$15 per session

Private Lessons for Special Populations
For people with special physical or mental needs. Arrangements will be considered for private swimming lessons. A few days after group lessons begin, an instructor will contact the student to arrange 3 classes of 30 minutes each. The facility is equipped with a lift to the lower deck and feeding into the pool.

Date/Time: By appointment
Fee: $40 per session of 3 lessons

Private Lessons
These lessons provide one-on-one instruction for any level of swimmer. A few days after group lessons begin an instructor will contact the student to schedule 3 classes of 30 minutes each.

Date/Time: By appointment
Fee: $40 per session

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

Date: June 26 (Saturday)
Time: 1 - 3 pm
Location: KSU Natatorium

Scuba Diving
This class will prepare students for Open Water 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 of certification will be determined later. The course is included in the class fee. However, neither UFM nor KSU is responsible for this certification. Travel and lodging are at the students expense. Students must provide their own mask, fins, and snorkel.

Jeff Wilson (458-2624) has been diving for 25 years and instructing scuba for 15 years.

Date: June 14 - July 21 (Mon/Wed)
Time: 6:30 - 8:30
Fee: $250 credit/$210 non-credit
Location: Abner Natatorium

"Would you like to teach a class?" Call us at 458-8763.
"Let's get your class together!" We'd love to hear your ideas!

Private Lessons for Special Populations
AQA-38

Private Lessons
AQA-39

Open Swim Appreciation
AQA-42

Scuba Diving
AQA-43

"Would you like to teach a class?" Call us at 458-8763.
"Let's get your class together!" We'd love to hear your ideas!

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(785) 537-0989

Look for the UFM Catalog on the web at www.ksu.edu/ufm
Investing in Your Future

Individuals who are in the accumulation phase of their lives, at 25 to 55 years of age, or those who need to save for a home or future college tuition will benefit from this course. Discussion will cover important money management concepts with practical, easy-to-understand language, using examples you can put into practice. Topics include investment basics, types of investments, and developing a personal financial plan that will help you plan a secure future for you and your family.

Date: June 29 (Tuesday)
Time: 7-9 pm
Fee: $8 individual/$12 couple
Series: Gain Control, Debt-Free, & Investing
Location: UFM Conference Room

Gain Control of YOUR Money

Are you paying off debts faster than you make money? Are you saving too much on insurance and debt? This class will help you identify problem areas in your finances, so that you can start to control your money.

Date: June 15 (Tuesday)
Time: 7-9 pm
Fee: $8 individual/$12 couple
Series: Gain Control, Debt-Free, & Investing
Location: UFM Conference Room

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539-9222

Business & Professional
1221 THURSTON 539-8763

Gain Control of YOUR Money

Byron Benchfield (776-3666)
Date: July 27 (Tuesday)
Time: 7-9 pm
Fee: $8 individual/$12 couple
Series: Gain Control, Debt-Free, & Investing
Location: UFM Conference Room

Debt-Free 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 earning. This class teaches a simple, viable system for eliminating ALL of your debts. You can achieve financial 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. By attending this seminar you will have the option to individual consultation to establish your debt-free date.

Shelly Coleman (776-3666), is Primestar's debt specialist for this area. She is a graduate of KSU School of Business Administration with a bachelor's degree in finance. She has 8 years combined experience in the financial services industry. She enjoys teaching others how to get out of debt and free up money.

Date: June 22 (Tuesday)
Time: 7-9 pm
Fee: $8 individual/$12 couple
Series: Gain Control, Debt-Free, & Investing
Location: UFM Conference Room

Debt-Free Prosperous Living

Shelly Coleman (776-3666)
Date: Aug 3 (Tuesday)
Time: 7-9 pm
Fee: $8 individual/$12 couple
Series: Gain Control, Debt-Free, & Investing
Location: UFM Conference Room

Bring a Friend Free...Watch for specially marked classes throughout the catalog. When you enroll, you may also enroll a friend for charge for the same class. (look for this symbol)
Swing Dance

RH-07
Swing is the thing this summer! Have some fun learning classic, big band swing dance. Learn swing and Lindy, balboa, lindy hop, and jive. You will learn to move around the dance floor to lively music and add some special moves as well. Learn closed and open positions, presets, drops and rolls, Roman handshakes and other "hot" steps. How about sliding through your partner's legs and flipping over his back? Class emphasis will be on forming the steps clearly and precisely in rhythm to the music. No price dance experience is required. Wear comfortable clothing and non-slip shoes. Having fun is the only requirement!

Michael Bennett (776-7575) and Nabil Dajur
Date: June 5 - Aug 7 (Saturday)
Time: 7 - 8:30 pm
Fee: $3 individual/$6 couple
Location: ECM Auditorium
1271 Derinn Ave.
(Rm 256) June 25 & July 31

Fencing

RH-08
Fencing is the ancient art of sword play. D'Artagnan, swordman, and musketeer were once required to know the art of the sword. Now a modern Olympic sport, fencing builds lightning-fast reaction and decision-making speed, agility, emotional control and stress reduction. Classes will include instruction to the foil for recreation and competition. Teens to grandmas welcome. Equipment provided.

Bill Meyer (527-9900) began fencing as a child in Germany in the now illegal practice of manier fencing. Not to worry! He has been married in modern foil, epee, and saber at Washington State University and The University of Calif. He is a semi-retired tournament fencer having taught at UFM and army on at University of Missouri.

Date: June 7 - August 15 (Monday)
Time: 6 - 8 pm
Fee: $52
Location: To be announced

Ballroom Dance

RH-03
Come dance with us! If you want to learn to dance with a partner, plan to attend a wedding, or just want to have fun, we have you! Swing, Cha Cha, Tango & Waltz are just a few of the steps you will learn. Come experience the elegant world of ballroom dance. Partners are not required. Classes fill rapidly. It is advisable to register early.

Michael Bennett (776-7575) has taught ballroom dance at UFM since 1988. He performed and choreographed at the 1998 Kansas State University's Winter Dance. Some of the performers came from the UFM classes. In the Spring semester he and his students once again performed at the Standard Ball and two university functions. He remains current with dance steps by attending masterclasses and workshops. This spring 1999, he trained with top dancing and plans to incorporate top steps into the big band and swing session. He started ballroon dancing at the University of California, Berkeley in 1975 and studied at the Avenue Ballrooms, San Francisco, CA; Allsafe Ballroom, Oakland, CA; and Ashkonaz Ballroom, Berkeley, CA from 1975 to 1985. He also performed at the 1986 San Francisco Avenue Ballroom Jabberwock champion. Dajur learned dance in her home of Shisz, Iran. She has been teaching with Michael for two years. She also performed and choreographed at the Winter Dance 1999.

Date: June 4 - August 29 (Friday)
Time: 6 - 8:30 pm
Fee: $33 individual/$60 couple
Location: ECM Auditorium
1271 Derinn Ave.

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.

Recreation & Dance

1221 THURSTON 539-8763

Tennis: Junior Beginners Ages 7-16

RH-05
Join us for fun and skill development in this great sport! This class is designed for beginner and intermediates in fundamentals of strokes, basic rules of play and beginning competition. We provide the balls students provide their own racquets. If you don't have a racquet, give us a call and we will be able to help you locate one.

Mark Tevendoff has an M.S. degree in Kinematograph and has played tennis for over twenty years, including varsity at College, Cedar Rapids, Iowa. He recently served as an instructor at Minnehaha/Wahcon Sports and Arts Center in Ontario.

Date: June 6 - 29 (Tuesday)
Time: 4:30 - 5:30 pm
Fee: $36
Location: LP Washburn Rec Complex, KSU

Tennis: Beginners Ages 17 and Up

RH-06
This class focuses on fundamentals of strokes, basic rules of play and beginning competition.

Mark Tevendoff

Date: June 6 - 29 (Tuesday)
Time: 7:30 - 8:30 pm
Fee: $36
Location: LP Washburn Rec Complex, KSU

Beginning Bowling for Adults

RH-04
This course will cover the basic fundamentals of bowling: how to choose a ball, stance, four-step approach, aim, spot bowling, proper release, swing, and spare conversion system. Scoring, tournament play, rules and tips will also be taught.

Instructor: Terry Eddy (527-6202), is the Recreation Manager of K-State Student Union, KSU. She is a very experienced bowler; she held the record for 12 yrs for High Woman's Scores for the State of Kansas (121), Manhattan Women Bowler of the Year for 6 yrs; and from 1993-1995 Manhattan City Scratch all events champion.

Date: June 9 - July 28 (Mon/Wed)
Time: 1:30 - 2:30 pm
Fee: $110 credit/$90 non-credit
Location: K-State Union

Introduction to Golf

RH-01
A short course geared for beginner and intermediate players. The fundamentals of the full swing, and techniques of short game pitching, chipping, and putting will be covered. Get some fresh air and find out if golf is the sport for you. Some rules, etiquette, courtesy, and conduct on the course, registering to play, use of scorecard and handicap.

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

Date: June 3 - 24 (Thursday)
Time: 7 - 8 pm
Fee: $35
Location: Stagg Hill Golf Club
4451 Pl. Riley Blvd.

Introduction to Golf

RH-02
Jim Gregory (539-1041)

Date: July 8 - 29 (Thursday)
Time: 7 - 8 pm
Fee: $35
Location: Stagg Hill Golf Club
4451 Pl. Riley Blvd.

All participants must register in advance.

A complete MARTIAL ARTS Section is on page 16.

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

STAGG HILL GOLF CLUB

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Jan Gregory. PGA Professional

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- Binoculars & Sunglasses

304 Poyntz 539-5639
Downtown - Manhattan
SHARP Self-Defense for Women  SP-01
This course has been designed to offer women quick, easy to learn, and extremely effective techniques for defending themselves against violent physical assault and rape. By empowering women to better protect themselves, they gain confidence in social and professional environments. All material is taught from a practical approach with techniques that require little physical strength and therefore are useful to women of all ages and physical conditions.
Diana Tettmar (765-327-7902) is a black belt in Taekwondo and Hapkido and is a certified instructor with the American Taekwondo Association. She has 14 years experience teaching martial arts, police defensive tactics and Sexual Harassment Assault and Rape Prevention for Women.
Date: July 14 (Wednesday)
Time: 6:30 - 9:30 pm
Fee: $20
Location: First Lutheran Church (Basement)

Intuitive Arts
SP-02
We will learn to access our intuitive connection, opening inner doors for answers to our questions about our life path, relationships and our spiritual quest. Becoming familiar with the more subtle levels of the senses assists in our self-healing and a deeper self-knowing. We will explore and discuss healing, intuitive diagnosis, channeling, receiving information about a personal issue or a creative inspiration. During one of our meetings, Sharon will provide an opportunity to ask your life path questions and receive answers from the intuitive perspective.
Sharon Landshut (468-3533) has been intuitive all of her life. She has been a professional intuitive for 11 years working with individuals and as a group facilitator.
Date: July 7 & 14 (Wednesday)
Time: 9 - 11:30 am
Fee: $24
Location: UPM Conference Room

Overcoming Answering Machine Anxiety  SP-05
Are you intimidated by answering machines? Do you talk too fast when leaving a message just to get it over with? Overcome your fear of answering machines in just one easy lesson. Learn the keys to leaving good messages—speak slowly and distinctly, leave your name and a clear phone number; keep your message brief and to the point. Sign up early, this class fills up quickly!
Clearly Talking, a local speech and dictation expert, will lead the class.
Date: June 31 (Thursday)
Time: 1 - 3 pm
Fee: $10
Location: Clear Speech Academy

Communication Skills Analysis
(Now You're Talking)  BP-09
Do you need to make a good impression and achieve optimal business and social communication skills? Improve your communication skills in a small group setting. Receive a listener perception analysis and profile of your oral communication skills. Learn which components of your voice (rate, quality, pitch, loudness, pronunciation, grammar) and articulation need improvements. Receive suggestions and activities to improve specific aspects of your oral communication skills.
LaVere L. Baker (776-3946), Ph.D., CCP/SLP—Director of Communication Competency Services. Before moving to Manhattan, Dr. Baker taught communication disorders at three universities (Phillips University, University of E.W. Louisiana, and Xavier University of Louisiana in New Orleans). She is a speech-language pathologist/communication consultant with an interest in providing services for the improvement of communication skills in personal, social and employment settings.
Date: June 16, 23, 30 (Wednesday)
Time: 7 pm
Fee: $40
Location: UPM Conference Room

Demystifying Meditation SP-03
This class is an overview to understanding meditation practices. It is aimed at those interested in knowing more about the art of meditation and for those wanting to take up a path of spiritual meditation practice. It is 70% lecture and discussion, and 30% experimental. Although there can be other objectives, meditation is basically a tool that helps a person reach the higher states of consciousness. There are as many reasons to achieve these states as there are people. Consequently, there are also hundreds of different methods of meditation. How does one choose which is the correct practice for him or herself? This class will touch on some of the more successful methods and attempt to assist the participants in identifying the method that is best for them. Please bring a cushion or blanket and wear loose clothing.
Sten Sittig (7-600-204-4651) is an author and editor of books on meditative spirituality and a long time practitioner/student of a variety of Eastern and Western spiritual meditative practices. Traveling throughout Asia and the Orient, he has trained and practiced with many noted meditation and spiritual teachers.
Date: June 26, 27, 30 (Wed/Fri/Sat)
Time: 6:30 - 8 pm (Wed), 9 -10:30 am (Sat)
Fee: $32
Location: 632 Lewis Rd
Industrial Park next to the Animal Shelter

Take a Peek at the Past
(All visits including peeks, looks & stares are free! That’s right 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
2:00 - 5:00 Saturday - Sunday

Goodnow House Museum
2309 Clifton
• Home of Isaac Goodnow (founder of KSU and Manhattan)
• Free state advocate
• Educator (pioneer school to college)
• A State Historic Site
Call 565-6490 for Hours

Pioneer Log Cabin
Manhattan City Park
• Walnut log cabin built in 1916
• Pioneer home and tool exhibit
Open April - October Sunday 2:00 - 5:00 and by appointment

Wolf House Museum
630 Fremont
• 1803 stone home also served as a boarding house
• Furnished with period antiques
• Special exhibits
1:00 - 5:00 Saturday 2:00 - 5:00 Sunday and by appointment

For more information, call 565-6490

Andrea Blair, M.Ed.  Educational Consultant
Specializing in Learning Disabilities and Attention Deficit Disorder
• Advocacy
• Organizational Strategies
• Employment Education
Call for Information
234 Summit Ave, Manhattan, KS 66502 785-776-0597

Growth Through Learning

Bring a Friend Free! Watch for specially marked classes throughout the catalog. When you enroll, you may also enroll a friend free of charge for the same class. Look for this symbol

UFP classes make great gifts.
The Goal of This Directory
To provide information about alternative and complimentary health options that are available in the Manhattan area. Each participant in this directory has a written description of what they offer and services they provide. We hope you will be able to make a connection that will help improve your whole health: mind, spirit and body.

What is Holistic Health?
“The whole person is one’s physical, mental, emotional, and spiritual being. Each affects the others. Holistic Health focuses on the whole being and can be complimentary to conventional health practices.”

Liability Statement
The Holistic Health Directory provides advertising services. Participants choose to assume all risk of loss, damage, or injury that may be sustained. UFM assumes no responsibility for costs involved with individual injury or property loss incurred. It is recommended that all participants consult a medical physician and have a complete physical before engaging in any physical recreation program or seeking alternative health care. The information in this directory does not constitute medical advice.

Advertising Information
Please call Charlene at UFM, 539-8763, for information about placing an Ad in the Holistic Health Directory.

THANK YOU ADVERTISERS for your loyal support.
PRACTITIONERS

Integrative Bodywork
2730 Brittany Terr. #10
Manhattan, KS 66502
(785) 776-9904

Jack Windhorst
• Rolfing *
• Massage Therapy

Vera Orluck
• Body - Mind Centering *
• Structural Integration
• Cranial - Sacral Therapy

Chiropractic Natural Health Care
130 Westport Dr.
Manhattan, KS 66502
(785) 539-9113

Dr. Larry Dall
• Kinesiology
• Total Body Modification
• Neuro Emotional Technique
• Bio-Energetic Synchronization Technique
• Acupuncture
• Nutrition

Reflexology
1925 Vermont St
Manhattan, KS 66502
(785) 539-8638

Stacie Blubaugh
By properly stimulating reflexes found in the feet and hands, which correspond with each and every organ and all parts of the body, many health problems can be helped in a natural way. Reflexology is a serious advance in the health field and should not be confused with massage. Nutritional Health Assessment Services are also available.

Jane Saxer
520 N. Juliette Apt. #1
Manhattan, KS 66502
(785) 565-9223

• Angelic Bodyworks
• Chakra Balancing
• Reiki
Reiki is an ancient Japanese healing technique that promotes the well-being of mind, body, and spirit. This healing method is natural, gentle, safe and nurturing. It works well with all other medical/therapeutic techniques to relieve medical side effects and promote recovery. In addition, Reiki helps to bring about a sense of peace, relaxation and inner balance.

Ennell Foerster
920 Ratone
Manhattan, KS 66502
(785) 537-0977

• Body Recall
• Chi Lei
• The Heart Meditation
• Sunrider Herbal foods and Kandesn skin care products available.

Manhattan Bodyworks
823 Bertrand St.
Manhattan, KS 66502
(785) 539-5992

Monica Ward
• Certified Massage Therapists
• Relieves Stress
• Reduces Neck, Shoulder and Back Pain
• Eases Discomfort from Arthritis, Injury, Carpal Tunnel Syndrome, Fibromyalgia, Headaches and Sports Overuse.
• Calming Herbal Massage Oils

Lifecenter Bodywork
(785) 537-3607

Sandra Snyder
• Reiki
• Deep Tissue Massage
• Sports Massage
• Reflexology
• Infant Massage
• Pets Massage
• Licensed Massage Therapist

Four Winds Therapeutic Massage
1114 Laramie St.
Manhattan, KS 66502
(785) 539-5919

Bernice Martin
• Licensed Massage Therapist
• Therapeutic Massage
• Seated Massage
• Hot Tub
• Sauna
• Meditation Area
• Self-Help Library
• Creative Play Area

HEALTH

A MATTER OF BALANCE

“Therapies” are only successful if they “Remove The Blocks” to allow the body’s own healing wisdom to express itself.

Chiropractic Natural Health Care
539-9113

Dr. Larry Dall 1130 Westport Dr., Ste. 5

Everyone Welcome!
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Step To It  Motivator
Mardi Gras  Basic Step
Combo Class  Aqua Aerobics

SERVICES

Nutrition & Diet Analysis
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Consultation
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Exercise Instruction

FACILITIES

Two Weight Rooms
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Swimming Pool
Basketball Courts
Indoor Track

Semester Rates: $34 (individual), $53 (family)
Stop by Ahearn Natatorium, Room 3 (LIFE office)
532-0704 or 532-0705

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"Massage is not only a powerful therapy for recovery from tension and fatigue, it is also a powerful tool of preventative medicine."

stress relief, muscle relaxation, vitality balance, well being, healing touch, calming herbal massage oils, relieving atmospheres

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We now have email access: ufm @ ksu.edu
PRACTITIONERS

The Yoga Connection
1426 Beechwood Terr. #12
Manhattan, KS 66502
(785) 537-8224

Ana Franklin
• Open (come when you can) yoga classes &
  private lessons by appointment
• Herbal Products for health and consultations
  also available
• For more information call Ana Franklin at
  537-8224.

Flint Hills Peacemakers
4531 McDowell Creek Rd.
Manhattan, KS 66502
(785) 539-0370

Universal Life Energy therapies that promote
holistic self-healing naturally:
• Reiki
• Gemisphere Energy Medicine
• Aromatherapy
• Numerology
• Lymphatic Drainage
• Color & Sound
Evening & weekend appointments available.
For appointment, call June Hunkeler 539-0370.

WELLNESS/EXERCISE PROGRAMS

UFM Hydroaerobics: Water Exercise
KSU Ahearn Natatorium
K-State Campus
(785) 539-8763
This is a 55-minute water exercise that uses
water resistance to give participants a great
workout. This class is designed to use water
exercises for the development of physical fit-
ness, muscle tone, flexibility, and cardiovascu-
lar endurance. Exercises are done in a vertical
position with head and shoulders out of the
water. Both the swimmer and the non-swim-
mer will benefit from the class. Classes will be
held Monday - Friday from 6:05 to 7:00 pm. To
register, please call UFM at 539-8763.

Life Programs
KSU Ahearn Natatorium
K-State Campus
(785) 532-0704
• Affordable prices
• Personal assistance available as requested
• Fitness assessments and consultations
• Two weight rooms
• Cardiovascular equipment
• Aerobics classes
• Swimming pools
• Water aerobics
• Running/walking track
• Basketball courts
For more information call 532-0704.

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People's Grocery Co-op
811 Colorado
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• Community-Owned—Open to Everyone!
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  Products and Supplements
• Organic Produce and Dairy Products
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• Fresh Ground Peanut Butter
• Organic Grains and Flours
• Food Allergies? Come See Us!

Look for the UFM Catalog on the web at www.ksu.edu/ufm
UFM'S WELLNESS CLASSES

UFM continues to offer a variety of wellness and personal development classes. These classes give individuals opportunities to learn about holistic health and other alternative/complementary health options. The classes also create networking opportunities, where people can meet and share similar interests. Many of the instructors have studied extensively to learn ancient healing arts from different countries and cultures.

Classes offered this summer include the following:

Introducing Jin Shin Jyutsu: A Self Help Class—An ancient art of releasing the tensions which are the causes of various symptoms of discomfort. Our bodies contain energy pathways which become blocked through daily physical, mental, emotional or spiritual stresses, resulting in pain and discomfort. Jin Shin Jyutsu is an art that involves the application of hands for gently balancing the life flow energy of the body, giving ourselves renewed vitality, deep relaxation, pain relief, easier breathing and decreased stress.

Demystifying Meditation—There are hundreds of different methods of meditation. This class will touch on some of the more successful methods and attempt to assist the participants in identifying the meditation technique that is best for them.

Yoga for Everyone—Yoga is a useful tool to help anyone with the physical, mental and emotional challenges we all encounter in our lives. The focus will be on the practice of asana (postures) and pranayam (breathing exercises) as well as developing a personal practice for each individual.

Intro to Reiki—An ancient holistic health practice in which Universal Life Energy supports the body's natural ability to heal itself. These techniques promote the well-being of mind, body and spirit and a sense of peace and relaxation. Reiki involves light hand placement on the body. It can ease pain and relieve stress and tension.

Massage for Couples—Basic principles of therapeutic massage and the role of massage in maintaining health will be covered in this class. (Swedish Style)

Massage for the Individual—Learn the basic principles of the therapeutic massage and a self-massage routine that can be adapted to meet personal needs.

Massage, Relaxation Techniques for Pain Relief—Learn relaxation techniques and stretching instructions to relieve daily tension and pain due to stress. An on-site chair will be used for a five-minute demonstration that concentrates on neck and shoulder relief.

Chi Lai: Chi Gong—A slow exercise that gathers and concentrates the Chi (vital life energy) and moves it through the body. This healing energy helps to balance our inner energies, to improve our health responses and the mind becomes tranquil. The exercises are done standing, but can be practiced while seated.

What's Wrong With Me?—"The Aching All Over Disease"—Combating co-existing conditions of Fibromyalgia. Learn the importance of balancing your health triangle... structural, nutritional and emotional.

Vegetarian Cooking—Basic vegetarian cooking with soy products, beans, lentils, and other nutritious foods. Dinner will be provided.

For Information contact:
Karma Smith 785-539-3733
Ana Franklin 785-537-8224
Leon Rappaport 785-532-0616
Bob and Kay Sinnett 785-539-5748
Christine Van Swaay 785-539-5439
Stan Stitz voice mail 800-204-4851
or email: dragon@networkplus.net

Pure Mind Center
for the Meditative Arts

◆ Its purpose is to provide facilities for the study and practice of a variety of spiritual, meditative, and holistic health practices. The Pure Mind Center welcomes practitioners and teachers from different traditions who are seeking space for their practices or would like to offer teachings or workshops.

◆ Presently we have scheduled the Manhattan Zen Group; The Yoga Connection with Anna Franklin; Introductory, Beginning and Advanced Meditation Classes; Jin Shin Jyutsu Self-help Classes and Individual Sessions with Karma Smith; Silent Sitting Practice; Tai Chi Practice; Advanced Pure Mind Practice with Stan Stitz.

◆ We also host several UFM classes. See the UFM catalogue for information.

The Pure Mind Center has been organized and is being developed through the cooperative efforts of several practitioners and teachers of the meditative arts in Manhattan.

"The Dome" has been donated for this use by the Pure Mind Foundation, 1228 Westloop, Manhattan, KS 66502.

631 Leeve Drive
next to the Animal Shelter

Patronize our advertisers! Let advertisers know you saw their ad in the UFM Catalog.
Hiking Field Trip on the Konza Prairie

Join UFM for a field trip on the Konza prairie. This will be a hike to a non-public area. Participants will get a chance to learn about and walk at the ecology of the Konza, including wildflowers that will be blooming at this time of year. The field trip will end with the viewing of the prairie at sunset.

Date: June 3 (Thursday)
Time: 7 - 9 pm
Fee: $10 individual/$14 couple
Location: Konza Prairie on McDowell Creek Rd.

Rock Gardening in Eastern Kansas

"If it gives you roots, make a rock garden"

Diane Kerr (785-456-2771), in a plant freak with a special interest in plants of the Great Plains and plants which attract birds and butterflies.

Date: June 5 (Tuesday)
Time: 7 pm
Fee: $8
Location: Call UFM for directions

Field Trip: Wabaunsee County

Glacial Area

Come venture to the glacial area of northwestern Wabaunsee County. We'll search for materials such as agates, quartzite, and fossils left behind by the glaciers. Bring a beverage and a container for your "treasures." Enjoy the pleasure of being a rock hound for a day. Rain Date: July 17

Dr. Lawrence (627-7153), Professor Emeritus of Chemistry at K-State, is a long-time member of the Manhattan Mineral, Gem and Fossil Club. He was UFM's Featured Speaker in the Fall of 1996. For many years Dr. Lawrence has offered field trips for UFM.

Date: July 10 (Saturday)
Time: 8:30 am - noon
Fee: $8 individual/$12 family or couple
Location: Meet at UFM Fireplace Room
For field trip in private cars

Persied Meteor Shower

August is the time for the Persied Meteor Shower. Join us for a star gazing trip to watch for meteors. We'll point out summer constellations, talk about what meteors are and why sometimes come in "shower." Hopefully we catch a few bright ones while we are out. Meet at UFM parking lot. We'll then congregate to a good dark site. Bring a jacket, binoculars, lawn chair or a blanket. If clouded out we'll meet Thursday, August 12, same time and place.

Dean Street (309-1859) teaches Earth Science classes at Manhattan High School, East Campus. He has been sharing his knowledge of the sky for years, and loves to meet people who share his interest in the night sky.

Date: August 11 (Wednesday)
Time: 9 pm
Fee: $8 individual/$12 family
Location: Meet at UFM parking lot

Field Trip for Geodes & Ancient Shells

Join UFM for a field trip to explore the spillway area to find ancient shells, marine creatures, fish scales and geodes. Even after the spillway is filled in, you can still find many rocks that are older than the dinosaurs. The class will start at UFM with a discussion and examination of the rocks that you can find. No digging equipment is allowed in the spillway area. A magnifying glass may be helpful to see the smaller fossils. Wear shoes with mud, be prepared for walking and bring a drink. Don't forget to bring a strong bag or container. You will be excited and proud of what you can find here in Kansas. Rain date: June 19

David Riffer enjoys exploring for rocks, especially for rocks that are thought to be impossible to find in Kansas. As a rock hound he would like to share his knowledge and help participants find their own treasures before the rocks are destroyed.

Date: June 12
Time: 9 am
Fee: $8 individual/$12 family or couple
Location: Meet at UFM, field trip in private cars

Sunset on the Prairie

Do you enjoy the colors and sounds of the prairie at sunset? Come with your senses and imagination. He has been watching the prairie and its sounds and let's see what the prairie can show us during this special time.

Mary Strong (976-1355) has arranged pottery making classes for alternative schools and enjoys discovering the magic in nature.

Date: June 17 & June 19 (Thursday/Saturday)
Time: to be announced
Fee: $8 individual/$12 family
Location: Meet at UFM

Interested in learning about and protecting the environment?

Join the Northern Flinthills Audubon Society

- Monthly educational programs on a variety of local, state, national and international environmental topics
- Field trips and bird watching to local natural areas (children welcome); call Hoagy Hooghoom 539-9050
- Informativle monthly newsletter, The Prairie Falcon, in your local library or on the web at http://www.kou.edu/audubon/wholen.html
- Active involvement in a variety of local, state, national and international conservation projects (such as nest watch, bird banding, and field trips)
- Birdseed sales (Mike Rhodes 539-4863)
- For more information call Dolly Gudger 537-4107

UFM classes make great gifts.
The Manhattan Depot - History & Future
Would you like to learn about both the history of the Manhattan Depot and its future? Did you know that Theodore Roosevelt stopped in Manhattan at our depot during his Whirlwind Trip Campaign? What is going to happen to our depot? Attend this class and find answers to these and other questions.
Cheryl Collins (587-2412), is the director of the Riley County Historical Museum. Her interest and knowledge is evident in her lecture. Karen Davis (587-3412), is the director of Community Development for the city of Manhattan.
Date: June 14 (Monday)
Time: 7 - 9 pm
Fee: $8
Location: UFM Fireplace 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 photo-journaling. You will receive assistance in helping you create a unique and lasting photo album. Bring a packet of pictures (10) and memorabilia plus a pair of scissors. The fee includes a acid-free album page and the use of photosafe materials and supplies. Additional pages are available for purchase from the instructor.
Pam Schmid (1-800-347-2625) has been a consultant with Creative Memories since 1989.
Date: June 8 (Tuesday)
Time: 7 - 9:30 pm
Fee: $15 includes some supplies
Location: UFM Fireplace Room

Safe and Creative Care of Family Photos
Pam Schmid (1-800-347-2625)
Date: July 13 (Tuesday)
Time: 7 - 9:30 pm
Fee: $15 includes some supplies
Location: UFM Fireplace Room

Drawing: Ages 8 to 80
Learn the fundamentals of drawing still life and landscapes using pencil, crayons, and possibly chalk/pastels or charcoal. Because instruction can be individualized, all ages and ability levels can be accommodated. We'll not only draw but also observe, think, share, appreciate, and learn from the masters, and have "homework."
Lea Scholl (539-6540) is a former elementary schoolteacher who taught art for 3 years. He has had a life-long love affair with art. He has drawn all his life and loves to help others to do their best. Lea is the UFM featured instructor this semester.
Date: June 8, 10, 15, 17 (Tues/Thurs)
Time: 6:30 - 8:00 pm
Fee: $16
Location: Room 108, K-State

Paper Piecing
Paper piecing is a quick and easy way to make virtually perfect pieced blocks for quilting projects. Using a paper foundation pattern, you follow a numbered order of adding fabric. Produce intricate designs, sharp edges and points with this easy guide. Bring your sewing machine and iron. Patterns and fabric will be provided for your sample in-class project.
Linda Terzer (539-8763), enjoys sewing and quilting. She has done a number of paper piecing projects, some with small and intricate designs.
Date: June 17 (Thursday)
Time: 7 - 8:30 pm
 Fee: $15
Location: UFM Multi-Purpose Room

This class is designed to provide a background to begin a genealogy project. The various categories of material and methods of efficiently organizing information about family history will be presented. The third class period will be used for a presentation of how to search for genealogical information on computer databases.
Loris Brenner is a retired research plant pathologist at KSU. Although a relative newcomer to genealogical research, he enjoys sharing information in a small group setting.
Date: June 28, July 12, 19 (Monday)
Time: 7 - 9 pm
Fee: $15
Location: Riley County Genealogy Library
2007 Clarion Rd.

Do you have any BRIGHT ideas for classes? Call Charlene at UFM, 539-8763

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.

Family Game Night
Game, games, games! From table billiards (snooker) to fiction, a potpourri of possibilities for fun events at a family game night. We may even make up our own variations!
Nancy Stover (776-1368) enjoys playing table games. She has been an instructor in alternative schools in Manhattan and is currently a paraprofessional in occupational therapy with USD 508.
Date: July 31 (Saturday)
Time: 7:30 - 9:30 pm
Fee: $8 individual/ $12 family
Location: UFM Fireplace Room

Introductory Tatting
Learn the basics of tatting, a form of lace-making. This class will cover the double knot, picots, rings, chains, joints, decorative stitches, and pattern reading. Students need to bring a shuttle and a ball of light-colored size 10 thread.
Kitty Cook (406-7816) is a member of the International Ring of Tatlers, and has been tatting for 10 years. She has designed quite a few patterns and has published a few of them.
Date: June 1 - July 6 (Tuesday)
Time: 5 - 9 pm
Fee: $23
Location: UFM Multi-Purpose Room

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"It's a funny thing about life. If you don't accept anything but the best, you often get it."
—W. Somerset Maugham

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Special thanks to all UFM INSTRUCTORS who volunteer their time!
Computers

Personalized Computer Help
Having trouble figuring out how your computer works? Need help transitioning those manuals or interpreting the screen? Want some help understanding your software? Join this session to answer your personal questions. This service is directed toward users with IBM compatible computers.

Lisa Turner (938-3633), is Executive Director of UFM and likes to help others better understand their computers.

Date/Time: By appointment
Cost: $3 per hour
Location: As arranged

Introduction to the Internet
What is the Internet? Why should I use it? How can I get connected? Where do I start? All of these questions and more will be addressed in this short introductory class.

Steve Rearer (365-0919), MBA, has been a business consultant for 12 years. She has been the owner of Internet Services for 2/1/2 years.

Date: July 15 (Tuesday)
Time: 7-9 p.m.
Cost: $8
Location: Small Business Development Center 2323 Anderson Ave, Suite 107

Law of the Food & Fun
Cake Decorating
FF-01
Turn your plain cakes into festive treats. Learn to add an icing decolletage and a pretty border to impress your family and friends. Icing will be provided for practice in class. Bring your own cake to be a better class and take home a masterpiece. Supply list available at time of registration.

Course fee: $25 for cakes
Date: July 14, 8:30-10:30 p.m.
Time: 7:30 p.m.
Fee: $30
Location: UFM Kitchen

Chinese Cooking
FF-04
Chinese cooking is fun, flavorful and simpler than it looks. This course will introduce you to the slicing and cooking techniques, and unique seasonings that make Chinese food one of the most popular cuisines in the U.S. Both meat and vegetables will be used in the making of several classic dishes. Classic dishes such as Kung Pao Chicken, Wu-Ton and Beef with Peppers will also be among the recipes taught. Generous samples will be part of each class.

Course fee: $35 per person
Date: July 6, 13, 20 (Tuesday)
Time: 7-8:30 p.m.
Fee: $35
Location: UFM Kitchen

Vegetarian Cooking for the Beginner
FF-02
Vegetarian cuisine can be more creative than cheese pizza and grilled cheese sandwiches. This course will expose students to basic vegetarian cooking with soy products, beans, lentils, and other nonmeat foods.Make sure you bring your appetite to class. Dinner will be provided.

Mike Russell (539-4611) is the current manager at the People's Grocery, a natural food store in Manhattan. He is an experienced cook and enjoys preparing vegetarian dishes for his friends.

Date: June 9 & 16 (Wednesday)
Time: 7-8:30 p.m.
Fee: $30
Location: UFM Kitchen

The Wines of Italy
FF-03
Learn about the wonderful hidden world of Italian wines. The class will discuss each region of Italy and try wines from there. A将领 in Torino to the rolling hillsides of the Wines, along the coast of the Mediterranean Sea. The class will learn about the wines, including the famous wines of Barolo and the awesome Super Tuscan. By the end of the class you'll understand what makes wine a part of their daily lives. A large bottle of this class is limited to fifteen people, and it fills very quick, so sign up early.

Chef Lorenzo (338-4641), is a graduate of K-State and the owner of Pappa's and Spumante in Manhattan. Scott Benjamin is a wine educator with Standard Beverage Vernich.

Date: June 22, 29, July 13, 20, 27, Aug. 3 (Tuesday)
Time: 7-9 p.m.
Fee: $60
Location: UFM Multipurpose Room

ESL English Conversation
LA-01
This class will focus on conversations casual and some of the English. If you are willing to take a chance with the language please join us. Try to find the English instruction.

Date: June 1, 29 (Tues/Thurs)
Time: 7-8 p.m.
Fee: $30
Location: UFM Multi-Purpose Room

ESL English Conversation
LA-02
Are you planning a trip to France or would you just like to learn the language? This class is an introduction to French. The emphasis will be on conversation, grammar, proper pronunciation, and everyday vocabulary, including greetings, telling time, weather, family, travel, food and restaurant words.

Date: July 1, 29 (Tues/Thurs)
Time: 7-8 p.m.
Fee: $30
Location: UFM Multi-Purpose Room

Beginning Sign Language
LA-03
This class is designed for individuals who are interested in learning the basic skills of Sign Language. On the first day of class there will be a discussion of available books and determine which to use for this class.

Date: June 7 - June 30 (Mon/Tues/Wed)
Time: 7-9 p.m.
Fee: $50
Location: UFM

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.

ORGANIC
The People's Grocery Co-op
Open to everyone
Natural Dairy Products
Vegan Food
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Have a Food Allergy? Come see us!
811 Colorado 539-4811
Beginning Aikido

Aikido is a martial art in which one tries to be calm and lead a conflict to a peaceful resolution. In this beginning class, we will learn Aikido techniques of defense, and develop the movement qualities to perform them. The techniques can also be easily combined into a short performance program called "Taigi," which we will learn. Instruction will also consider the spontaneous interests and needs of the participants. This class is for men and women, adults and teens ages 12+.

Paul Gline (964-6954) began practicing Aikido in 1984 at Cloud County Community College. He assisted the instructor and worked with beginners before leaving the area in 1992. His training is KI Society Aikido. He has passed testing for three levels of Aikido and KI development with Kuchikawa Sensei, chief instructor in the United States for KI Society Aikido.

Date: June 1 - August 12 (Tuesday/Thursday)
Time: 6:30 - 8:30 pm
Fee: $40
Location: Ahearn-Baat Lobby, KSU
Introducing Jin Shin Jyutsu: WE-01
A Self-Help Class
Jin Shin Jyutsu ("jin-shin-ji-foo-box") translates as the "Art of the Creator through Knowing and Compassionate Person." It is an ancient art of releasing the tensions which are the causes of various symptoms of discomfort. In Jin Shin Jyutsu philosophy, our bodies contain energy pathways which become blocked through daily physical, mental, emotional or spiritual stress, resulting in pain and discomfort. We can unblock these pathways through non-forceful application of the hands to various locations on the body, giving ourselves renewed vitality, deep relaxation, pain relief, easier breathing and decreased stress. This course will introduce you to hands-on techniques for self and others, and to the history, philosophy, and theory of Jin Shin Jyutsu. Jin Shin Jyutsu self-help books will be available for purchase (optional). Please bring a blanket with you to class.

Kayne Smith (559-3793) is a Licensed Practical Nurse & Certified Massage Therapist whose acupuncture during the last twenty years has been to study and practice a variety of bodywork modalities including Swedish, Oriental massage, Therapeutic Touch, and Shiatsu. Since 1995 she has focused on Jin Shin Jyutsu and is a certified Jin Shin Jyutsu practitioner and self-help instructor.

Date: June 7, 14, 21 (Monday)
Time: 7 – 9 pm
Fee: $14
Location: Industrial Park next to the Animal Shelter

Introduction to Reiki WE-03
Reiki, pronounced "ray-kee," is an ancient holistic health practice in which Universal Life Energy supports the body's natural ability to heal itself. We will discuss the concepts of holistic health, Universal Life Energy, subtle body physiology and Reiki. Please bring a mat or towel and pillow. Two handouts included in fee.

June Hanseker has been working with holistic health therapies for many years. She is a third degree Reiki practitioner in the Usui System of Natural Healing. She is among the first 800 in the world to complete the 120-hour Geminishe Energy Medicine 1. Aromatherapy and nutrition counseling training she offers. Her studies and work with energy therapies continue to expand. June marries the ancient wisdom of Reiki with the modern knowledge of The Four Winds Institute. "My heart sings every time a different holistic health practice is presented. They are the peacemakers," the says, "I'm simply the happy assistant."

Date: June 5 (Saturday)
Time: 10 am – noon
Fee: $31
Location: UFM Greenhouse

Introduction to Reiki WE-04
Introduction to Massage for Couples WE-06
Learn the basic principles of therapeutic massage and the role of massage in maintaining health. Swedish-style massage uses long, flowing strokes and is the most common style of massage. Emphasis will be on the neck and back. Participants should wear loose-fitting clothing. We will be working in pairs. Each pair will need a sleeping bag, blanket, cot or futon, and 2 flat sheets.

Bernice Martin (539-5919) is a graduate of the Dormont School of Massage and is a licensed massage therapist. Her work is primarily Swedish Massage but incorporates aspects of deep tissue work and energy healing. She has been in practice 6 years and is a sincere member of the American Massage Therapy Association.

Date: June 5, 12, 19 (Tuesday)
Time: 7 – 9 pm
Fee: $36 per couple
Location: UFM Banquet Room

Massage for the Individual WE-07
Regular self-massage can promote relaxation and relieve muscular aches, pains, tension, and stiffness. Participants will learn the basic principles of therapeutic massage and a self-massage routine that can be adapted to meet their personal needs. Participants should bring a blanket and/or pillow and wear loose clothing or shorts and t-shirt.

Bernice Martin (539-5919)
Date: June 1 (Tuesday)
Time: 7 – 9 pm
Fee: $35
Location: Four Winds, 1114 Laramie

Yoga for Everyone WE-02
Yoga is a useful tool to help anyone with the physical, mental and emotional challenges we all encounter in our lives. We will focus on the practice of asana (postures) and pranayama (breathing exercises) as well as developing a personal practice which meets each individual's needs. This class is for men, women, couples and teens. 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 three hours before class (a piece of fruit is ok).

Aha Fremlin (537-8424) has been practicing yoga for more than 31 years and is the Teacher of f Krishna Mohanty, who was student to BKS Iyengar, Patabi Jois and other eminent yoga teachers, including her father Albert Franklin, who taught yoga through UFM in the 1970's. Aha is a student of Barry Krahnawi, who studies under TKV Desikachar, Sri Krishna Mohanty's son.

Date: June 22 - July 27 (Tuesday)
Time: 5:30 pm
Fee: $68
Location: Industrial Park next to the Animal Shelter

Wellness
1221 THURSTON
539-8763

Chi Lei: Chi Gong WE-09
Chi Lei is a self-healing method prescribed by the world's largest medical hospital in Qufu, China. Chi Lei is slow exercise that gathers and concentrates the Chi (vital life energy) and moves it through the body. As we work with this healing energy it helps to balance our inner energies, to improve our health responses and the mind becomes tranquil. The exercises are done standing, but can be practiced while seated.

Enosi Forster (537-0797) has studied under Luke Chan, the only Chi Lei master teacher outside of China. She has taught Jekka-Sorenson's Aikido, Dancing, aquatic exercises and is currently, a certified Body Recall exercise instructor. She has taught Red Cross CPR and First Aid, Yoga and other classes for UFM.

Date: June 10 - July 1 (Thursday)
Time: 5:30 - 6:15 pm
Fee: $38
Location: UFM Conference Room

What's Wrong with Me? "The Aching All Over Disease" WE-10
COMBATING CO-EXISTING CONDITIONS of PIBROMYALGIA: 5-6 million people have this disease, 80% of these are women and many don't even know they have Fibromyalgia. Your health is a matter of balance. This is a six-part series on combating co-existing conditions of Fibromyalgia. You will learn the importance of balancing your health triangle, structural, nutritional and emotional. Explore ways to "remove the road blocks" and allow the body's own healing wisdom to express itself.

Dr. Larry Dal (539-9513) has practiced chiropractic care in Manhattan for the last 13 years. He believes in assisting the body with the healing process. Dr. Dal has recently completed an extensive study of Fibromyalgia to find out more about this newly diagnosed disease.

Date: June 7 – July 19 (Monday)
Time: 7 – 8:30 pm
Fee: $19
Location: 1110 Westport Dr. Suite #5
(No class July 5)

Four Winds
Therapeutic Massage
Bernice Martin
Licensed Massage Therapist
AMTA Professional Member
Therapeutic Massage
Hot Tub and Sauna
Seated Massage
Business Wellness Programs
Meditation Area
Stress Free Activity Center

Do you have a skill or interest you would like to share? Become a UFM instructor! Call the UFM office, 539-8763.

Wellness
1221 THURSTON
539-8763

USE REGISTRATION FORM on the back cover.
Drawing: Ages 8 to 80

Learn the fundamentals of drawing still life and landscapes using pencil, crayon, and possibly chalk/pastels or charcoal. Because instruction can be individualized, all ages and ability levels can be accommodated. We'll not only draw but also observe, think, share, appreciate, and learn from the masters, and have "homework."  
Lori Schell (539-6540) is a former elementary schoolteacher who taught art for 3 years. She has had a life-long love affair with art. She has driven all her life and loves to help others to do their best. Lori is the UFM featured instructor this semester.

Date: June 8, 10, 15, 17 (Tues./Thurs.)
Time: 6:30 - 8:00 pm
 Fee: $15
Location: Blumont Hall, Room 117, K-State

Intro to Dance - Ballet, Jazz and Tap

This is an introductory class designed to provide exposure to ballet, jazz, and tap steps, for children ages 4-12. No dance experience or formal dance attire is needed. Rock and Roll and popular music will make learning fun.

Rendi Dale (539-8707), has taught dance for 37 years. Her dance school toured the Midwest and Europe in 1968. She is a certified teacher from Masters Degree in Education.

Date: June 2, 9 (Wednesday)
Time: 5:30 - 6:30 pm
 Fee: $15
Location: 2416 Rogers Rd.
 Manhattan, KS 66502

Children's Gardening

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

Dr. Richard Matson
Date: April - October (Saturday)
Time: 10 am - noon
 Fee: N/C
Location: Manhattan Children's Garden
8th and Riley Lane

Storytelling for Children

Parents, do your children love story time? UFM is now offering a class for children ages 4-8 to explore new books and crafts. This class will allow the students to hear a story and to do a craft along with it. Each week we will pick a theme and do "cool stuff" that will enrich the stories told. Let's make story time more loved time!

Shannon Perez (539-8763), has been involved with children of all ages. She is a K-State student majoring in elementary education. She is currently working with the mentoring program and Kids On Campus at UFM. She is looking forward to this class and has some wonderful ideas. If you have any questions, please call the instructor anytime.

Date: June 8, 12, 19, 26 (Saturday)
Time: 10 - 11:30 am
 Fee: $12
Location: UFM Firepl ace Room

Storytelling for Children

Shannon Perez (539-8763)
Date: July 10, 17, 24, 31 (Saturday)
Time: 10 - 11:30 am
 Fee: $12
Location: UFM Firepl ace Room

Tennis: Junior Beginners Ages 7-16 RH-05

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

Mark Tren vandal has an M.S. degree in Kinesthesiology and has played tennis for over twenty years, including varsity at Coe College, Cedar Rapids, Iowa. He recently served as an instructor at Meeadow-Waiving Sports and Arts Center in Ontario.

Date: June 8 - 29 (Tuesday)
Time: 6:30 - 7:30 pm
 Fee: $30
Location: LF Washburn Rec Complex, KSU

Youth Scholarships

The YES! Fund is providing partial scholarships for summer youth activities.

Applications are available at local schools or at the UFM Office, 1221 Thurston. Call 539-8763 for more information.

Deadline for first round consideration: May 15.

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

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

Bring a Friend Free!

Watch for specally marked classes throughout the catalog. When you enroll, you may also enroll a friend free of charge for the same class. Look for this symbol

18 PATRONIZE OUR ADVERTISERS! Let advertisers know you saw their ad in the UFM Catalog.
Scuba Diving

This course will prepare students for Open Water certification. Areas of information covered include introductory information for certification, knowledge of the equipment, physics of diving, medical problems related to diving, use of diving tables, diving environment, and general information. The date for certification will be determined at a later date. The certification is included in the class fee; however, neither UFM, nor KSU is responsible for it. Travel and lodging are at the student’s expense. Students must provide their own mask, fins, and wetsuit.

Instructor: Jeff Wilson
Date: June 14 - July 23 (Monday/Wednesday)
Time: 5:00 am - 7:00 pm
Fee: $235
Location: KSU Natatorium

Golf

This course will emphasize the fundamentals of the full golf swing; the short game techniques of chipping, pitching, and sand shots; rules of play; course etiquette; selection and use of equipment.

Instructor: Jim Gregory
Date: June 8 - July 27 (Tuesday)
Time: 6 - 8 pm
Fee: $150
Location: Steeg Hill Golf Club
4411 Pt. Riley Blvd

Ballroom Dance

Introduction to the principles of ballroom dancing. Includes dance terminology, dance position, correct body alignment, and positions, and partnering. Techniques such as open and close positions, leading and following, and a variety of steps will be emphasized. The jivebug, American waltz, fox trot, and Latin steps will be taught.

Instructor: Michael Bennett
Date: June 4 - August 6 (Friday)
Time: 5:30 - 8 pm
Fee: $127
Location: KCM Auditorium
1021 Denison Ave.

Akido I

Akido is a classical Japanese martial art. An attacker’s movement is redirected and his balance controlled by the defender’s movements, resulting in a dynamic frame or pin. It’s a highly effective form of self-defense. Students learn a cooperative manner, taking turns as defender and attacker in an energetic yet studious atmosphere. The student will learn the fundamental building blocks of Akido movement and Uke (art of falling without harm) and history and ethics.

Jack Hayes Sensei/Shihan Thompson Sensei (507-1317) are members of the United States Akido Federation (USAFL East) and of the Nihon Shoto Doto of Tokyo, Japan. They began Akido training in Florida in 1988.

Date: May 19 - June 23 (Mon/Wed)

Fee: $100
Location: Nichols Hall

BEGINNING BOWLING

This course will cover the basic fundamentals of bowling: how to choose a ball, stance, four-step approach, aim, spot bowling, proper release and space conservation system, scoring, tournament play, rules and tips will also be taught.

Instructor: Terri Eddy
Date: June 9 - July 28 (Mon/Wed)
Time: 1:30 - 2:30 pm
Fee: $150
Location: Student Union Bowling Alley

FISHING

This course will cover the proper techniques for performing four basic fly casting techniques: reel casting, pick up and put down, false casting, and shooting a line. We will also cover tying flies, and fly fishing equipment. All equipment needed will be provided by the instructor.

Instructor: Paul Saloom
Date: June 14 - June 24
(Mon/Tue/Wed/Thurs)
Time: 6:00 - 8:00 pm
Fee: $144
Location: Riverbloor Middle School
880 Walters Dr.

Community Garden Celebrates 25th Anniversary

A walk through the Community Garden in July is a delight to the senses. Flowers, common vegetables and many exotic varieties speak of the interest and diversity of those who garden there.

This long-standing UFM program is a cooperative effort of UFM volunteers who manage the operation and the City of Manhattan which provides the land and water. Local participants are provided garden space, water, tools and community involvement that supplement food budgets and grow friendships. Each year around 80 families garden over 160 plots at the Garden.

A special section of the garden is set aside as a Children’s Garden. Children work in individual or group plots. Join the free fun on Saturday mornings, 10-noon, at the Manhattan Children’s Garden, 8th and Riley Lane. No registration needed.

Congratulations to those who love the soil for making the Community Garden such a success!!

THANK YOU ADVERTISERS for your loyal support.
# Registration Information 3 Ways to Register

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

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

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

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<th>UFM Community Learning Center</th>
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<tr>
<td><strong>UFM 1221 THURSTON</strong></td>
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**Student Name**
**Address**
**City**
**Age Under 18 exact age**
**Parent’s Name if Student is Under Age 18**
**CLASS #**
**Session**
**TITLE**
**FEE**
**LOCATION**
**DATE & TIME**

**Tax Deductible Donation**
**Total**

**Card Number**
**Expiration Date**
**Card Issuer’s Name (Please Print)**

**Participant Statement:**

**Signature**
**Date**

**Office Use Only**
**Date Received**
**Date**
**Staff**
**Check**
**Cash**
**Amount**
**Total Paid**
**Date**

**Registration by Phone**
With your VISA, Discover or MasterCard number and expiration date ready, call (785) 539-8763 during regular business hours.

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

Youth Scholarships are available.

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

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**Participant Statement:**

**Signature**
**Date**

**Office Use Only**
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**Date**