Discover Something New this Summer!

Summer Classes
June-Aug. 2000

- Acupressure
- The Ritalin Controversy
- Picture Book Workshop for Children's writers
- Scuba Diving
- Women's Self Defense
- Slip Covers

UFM Community Learning Center

Teaching • Learning • Growing

2000 Summer Classes

U.S. POSTAGE PAID
Permit No. 194
Manhattan, Kan. 66502

OR CURRENT RESIDENT
Welcome to UFM
Community Learning Center...

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

UFM is a unique program where the "faculty" is the entire community. We rely very much on the interests and involvement of the community to make our programs work. In the past 31 years, over 5000 people have taken the time to share something they know with others. Our instructors have ranged in age from 11 to 94. Many volunteer their time.

Others receive a small stipend for their efforts. Instructor reimbursement, learning tools, facility costs and UFM overhead expenses determine the fee charged for a class. Since 1969, UFM has been totally self-supporting and class fees make up over two-thirds of our budget.

Classes have run the A to Z of topics. Some of our most popular classes include ballroom dance, golf, Tae Kwon Do, cake decorating and swimming. We are also known for offering unique classes you won't find elsewhere. Look through the catalog for what's new this semester.

UFM Staff:
Executive Director—Linda Inlow Teener
Education Coordinator—Charlene Brownson
Swim Coordinator—Adrienne Kirkendall
State Outreach Coordinator—Anita Madison
Lou Douglas Lecture Series Coordinator—
Beverley Earles-Law
Office Coordinator—Tabitha Smith

Plus all the teachers who share their talents!

TABLE OF CONTENTS
Information
Cancellation of classes .................................. 3
Inclement Weather ..................................... 3
Registration Forms & Information ..................... 20

Classes
Aquatics ........................................ 4-5
* Red Cross Learn to Swim
* Hydro aerobics * Scuba Diving
* Water Fitness Instructor Prep Course
Career & Finance .................................... 6
* Financial Planning For Women
* Six Ways Retirees Mess Up Their Finances
* Education Funding 101
Language ........................................... 7
* ESL * Learning German the Fun Way
* Japanese for Tourists
Creative Free Time .................................. 8-9
* Ghostbusters * Picture Books Workshop
* Magic of Reading Music * Weaving With Color
Earth, Nature & Environment ..................... 10
* Fly Fishing * Fall Gardening
* Indoor Plant Swapping * Field Trip
Personal Development ................................ 11
* Self Defense for Women
* Organization for Side-Track Home Executives
* Experiential Spirituality

Recreation and Dance ................................ 12-13
* Golf * Archery
* Fencing * Ballroom Dance
Wellness .............................................. 14-15
* Jin Shin Jyutsu * Intro to Reiki
* Yoga for Everyone * The Ritalin Controversy
Youth ................................................ 15
* Children’s Gardening * Introduction to Dance
* Belly Dancing for Mother/Daughter
Martial Arts ......................................... 16
* The Knob Do J & If
* Beginning Aikido
* Nippo Tai Jutsu
Food for Fun ........................................ 17
* Cake Decorating * Vegetarian Cooking
Credit Option Classes ................................ 19
* Scuba Diving * Fly Fishing
* Ballroom Dance

Meet the UFM Staff
The first voice you generally hear when you call UFM is Tabitha Smith, the UFM Office Coordinator. Tabitha answers the phone, handles registrations, helps instructors and generally keeps the UFM office going. Tabitha has been at UFM for three years.

Tabitha grew up in Manhattan. She got married last August and she and her husband own one puppy, a six month old German Shepherd named Sable. In her spare time she enjoys playing with her puppy and reading suspense/mystery novels.

She said this is the most enjoyable job she has ever had and she loves to work with the variety of different people who participate in UFM classes. Take a minute to chat with her next time you call or stop by.

BOARD OF DIRECTORS
Bill Richter, Chair
Elaine Johannes, Vice Chair
Migette Kaup, Treasurer
Audrey Abbott, Secretary
Linda Inlow Teener, President & CEO
Sandra Flores
Sue Maes

Dick Hayter
Robert Wilson
Carlaace White
Dean Strawel
Jaye Worchester
Sharon Brookshire
Larry Fry
Tom Fryer

The UFM office is open Monday-Friday 8:30 am - 5 pm (closed 12 Noon - 1 pm). Call if you need to visit the office at lunchtime and we will make arrangements to be open for you.

THANK YOU ADVERTISERS for your loyal support
**COMMUNITY REGISTRATIONS**

The following dates and locations have been scheduled to register for a UFM class even easier:

<table>
<thead>
<tr>
<th>DATE</th>
<th>TIME</th>
<th>LOCATION</th>
</tr>
</thead>
<tbody>
<tr>
<td>June 5 Mon</td>
<td>10 am - 2 pm</td>
<td>KSU Union</td>
</tr>
<tr>
<td>June 5 Tue</td>
<td>10 am - 2 pm</td>
<td>KSU Union</td>
</tr>
<tr>
<td>June 2 Fri</td>
<td>4 - 6 pm</td>
<td>Manhattan</td>
</tr>
</tbody>
</table>

**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 umfinnsau.edu to share your ideas!

**SPECIAL THANKS**

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

*Teaching * Learning * Growing *

---

**UFM INSTRUCTORS**

Yuko Ayai
Petra Barnes
Brian Barnett
Michael Bennett
Lynn Bohnenbust
Katherine Brown
Charlene
Brownson
Marie Burgett
Agniesz Chihan
Shelly Coleman
Cheryl Collins
Randy Dale
Dr. Larry Dall
Ennell Foerster
Ana Franklin
Jeri Garrettson
Paul Gleue
Jim Gregory
Tesi Hackler

Colleen Hampton
Christine Harley
June Hunzeker
Karen Kemp
Adrienne
Kirgendol
Tom Korte
Dr. Lamming
Bernice Martin
Dr. Richard
Mattson
Bill Meyer
David Moore
Barbara Osedette
Rhonda Polak
Jack Rader
Dr. Royce Resco
D. Ring
Jane Sasser
Pam Schmid
Marlene Sedillo
Tim Siddorsky
Tammy Sian
Robin Sipp
Karma Smith
Sandy Snyder
Paul Sodaman
Carol Stites
Dean Stramal
Chint Strutt
Diana Tarver
Linda Teener
Mark Tessendorl
Marilyn Tomich
Kennta Tully
Shan Wilson
Jeff Wilson
Anne Woodmansee
Qiong Wu
Chae Sun Yi

We are fortunate to have so many talented and knowledgeable individuals a UFM class. I would like to acknowledge and applaud the UFM instructors who are willing to share with others through

---

**INCLEMENT WEATHER POLICY**

UFM courses held on campus follow the inclement weather policy of Kansas State University. Courses will be conducted unless at 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 makeup lesson. Weather sensitive courses will use the scheduled rain date. If a rain date is not scheduled, instructor will be responsible for rescheduling.

**UFM CANCELLATION POLICY**

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

**REFUND POLICY**

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

**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 are 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 incurred with individual injury or property loss incurred in connection with the use of University or UFM facilities. Participants 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.

---

**USE REGISTRATION FORM on the back cover.**

---

!Wanted!

**Instructors to Teach:**

- Beginning Italian
- Interior Decorating
- Upholstery
- How to Buy a Used Car
- Basic Home Repair
- Photography
Learn to Swim Classes

UFM and the Division of Continuing Education are pleased to present the American Red Cross Learn to Swim Program Levels I-VII plus adult swim classes. Small classes allow for carefully guided instruction in stroke technique and water safety. Water safety is reinforced with tips and practice each day. The first day of class each student is evaluated to ensure 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 9 and 30, Tuesday July 7 and Friday July 21.
Check to see which day applies to your session.

LOCATION: KSU Natatorium - Abram Complex.
Lockers are available for use during class. Participants must supply towels and swimsuits.
Shower caps 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 A: Mon - Fri June 5 - June 16
Session B: Mon - Fri June 19 - June 30
Session C: Mon - Fri July 8 - July 14 & Sat July 8
Session D: Mon - Fri July 17 - July 28

(Tot Transition)
If your 3-4 year old toddler is ready to try the water without a parent, but not ready for Level 1, this short class is for them. Emphasis will be on basic water safety and preparation activities for swimming. Some parent participation may be allowed.

Session I: Mon/Wed/Fri (See Dates Above)
Session II: Mon/Wed/Fri (See Dates Above)
Session III: Wed/Thurs/Fri (See Dates Above)
Session IV: Mon/Wed/Fri (See Dates Above)
Session V: Mon/Wed/Fri (See Dates Above)
Session VI: Mon/Wed/Fri (See Dates Above)
Session VII: Mon/Wed/Fri (See Dates Above)
Session VIII: Mon/Wed/Fri (See Dates Above)

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

Level II: Primary Skills
The objective of Level II is to give students success with fundamental skills. Students learn to float without support and to recover to a vertical position. This level marks the beginning of true locomotion skills and adds to the self-help and basic rescue skills begun in Level I. Students entering this course must have a Level I certificate or must be able to demonstrate all the completion requirements of Level I.

Session I: Mon - Fri (See dates above)
Session II: Mon - Fri (See dates above)
Session III: Mon - Fri (See dates above)
Session IV: Mon - Fri (See dates above)

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

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

Level V: Fitness
The objective of Level V is to introduce swimming at a level suitable for recreational use. It is a fun and social class for the student who has mastered the skills of Level IV and wishes to enjoy water activities in a relaxed setting.

Level VI: Fitness Plus
The objective of Level VI is to introduce swimming at a level suitable for recreational use. It is a fun and social class for the student who has mastered the skills of Level IV and wishes to enjoy water activities in a relaxed setting.

Level VII: Adult Class
This level is designed for adults who wish to improve their swimming skills in a group setting. Students will be given individual attention to help them reach their personal goals.

Level VIII: Adult Class
This level is designed for adults who wish to improve their swimming skills in a group setting. Students will be given individual attention to help them reach their personal goals.

Youth Scholarships are available through the YESI fund.
Call UFM at 539-8763 for details.
Level VI: Stroke Refinement
The objective of Level VI is to polish stroke techniques so students swim with more ease, efficiency, power, and smoothness over greater distances. Students develop considerable endurance by the end of this course.

Additional practice is helpful to develop and maintain the strength necessary in Level VI. Participants will be introduced to additional techniques as well as the pike and back surface dives. Students entering this course must have a Level V certificate or be able to demonstrate the skills required to complete Level V.

Session I: Mon - Fri (See dates above)
AQ-43 10:00 - 11:30 am
AQ-50 6 - 6:40 pm

Session II: Mon - Fri (See dates above)
AQ-43 10:00 - 11:30 am
AQ-52 6 - 6:40 pm

Session III: Mon - Fri & Sat (See dates above)
AQ-53 10:15 - 11:30 am
AQ-53 11:30 - 1:15 am

Session IV: Mon - Fri (See dates above)
AQ-43 10:55 - 11:30 am
AQ-56 6 - 6:40 pm

Fee: $88 per session

Level VI: Skill Proficiency
Additional practice is helpful to develop and maintain the strength necessary in Level VI. Participants will be introduced to additional techniques as well as the pike and back surface dives. Students entering this course must have a Level V certificate or be able to demonstrate the skills required to complete Level V.

Session I: Mon - Fri (See dates above)
AQ-57 10:00 - 11:30 am
AQ-44 6 - 6:40 pm

Session II: Mon - Fri (See dates above)
AQ-39 10:00 - 11:30 am
AQ-40 6 - 6:40 pm

Session III: Mon - Fri & Sat (See dates above)
AQ-81 10:15 - 11:30 am
AQ-42 6 - 6:40 pm

Session IV: Mon - Fri (See dates above)
AQ-42 10:15 - 11:30 am
AQ-44 6 - 6:40 pm

Fee: $55 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 exercise throughout the year to maintain their physical condition. They will be taught springboard diving and advanced swimming skills. They may be introduced to other aquatic activities such as water polo, synchronized swimming, ski diving and water scooter rides.

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

Session I: Mon - Fri (See dates above)
AQ-65 10:00 - 11:30 am
AQ-66 6 - 6:40 pm

Session II: Mon - Fri (See dates above)
AQ-65 10:00 - 11:30 am
AQ-67 6 - 6:40 pm

Session III: Mon - Fri & Sat (See dates above)
AQ-69 10:00 - 11:30 am
AQ-70 11:30 - 1:15 am

Session IV: Mon - Fri (See dates above)
AQ-71 10:15 - 11:30 am
AQ-72 6 - 6:40 pm

Fee: $88 per session

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 with little or no experience 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 II: Mon - Fri (See dates above)
AQ-73 6 - 6:40 pm
AQ-74 6 - 6:40 pm

Fee: $88 per session

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

Session I: Mon - Fri (See dates above)
AQ-75 10:15 - 11:30 am
AQ-76 6 - 7 pm

Session II: Mon - Fri (See dates above)
AQ-77 6 - 7 pm
AQ-78 6 - 7 pm

Session III: Mon - Fri (See dates above)
AQ-79 9:45 - 11:30 am
AQ-80 6 - 7 pm

Session IV: Mon - Fri (See dates above)
AQ-81 10:15 - 11:30 am
AQ-82 6 - 7 pm

Fee: $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 Lap Swimming at a special price. This class will meet every day your child is enrolled in swimming lessons. In this class, you will be able to swim laps to meet your own needs and goals.

Session I: Mon - Fri (See dates above)
AQ-83 10:15 - 11:30 am
AQ-84 6 - 7 pm

Session II: Mon - Fri (See dates above)
AQ-85 10:15 - 11:30 am
AQ-86 6 - 7 pm

Session III: Mon - Fri & Sat (See dates above)
AQ-87 9:45 - 11:30 am
AQ-88 6 - 7 pm

Session IV: Mon - Fri (See dates above)
AQ-89 10:15 - 11:30 am
AQ-90 6 - 7 pm

Fee: $15 per session

Hydroaerobics: Water Exercise
This is a 55 minute aerobic exercise class that uses water resistance to give participants a great workout. It is also an excellent exercise for the development of physical fitness, muscle tone, flexibility, and cardiovascular health. 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/Tue/Wed May 8 - June 1 June
AQ-91 6:05 - 7 pm
Tue/Thurs or Mon/Wed
AQ-92 6:05 - 7 pm
Mon - Thurs
AQ-93 6:05 - 7 pm
Mon - Fri

Session II: Mon/Thurs & Fri June 5 - 30
AQ-94 6:05 - 7 pm
Tue/Thurs or Mon/Wed
AQ-95 6:05 - 7 pm
Mon - Fri

Session III: Mon/Wed/Fri July 5 - 28
AQ-97

Session IV: Mon - Fri
AQ-99

Fee: $37 per session

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.

Private Lessons for Special Populations
For people with special physical or mental needs. Accommodations will be considered for private swimming lessons. A few days after group lessons begin an instructor will contact those students who may need to arrange classes at 10 minutes each. The facility is equipped with a water level deck and leading into the pool.

Time: By appointment
Fee: $42 per session of 6 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 classes of 30 minutes each.

Days: MWF
Time: 9:00-10:30 am
5:40
Fee: $42 per session

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

Date: July 9 (Saturday)
Time: 1 - 3 pm
Fee: N/R
Location: KSU Natatorium

Scuba Diving
This class will prepare students for Open Water certification. A 650 USD course, includes instruction 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 by the instructor. 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, fin, and snorkel.

Date: July 12 - July 19 (Mon/Wed)
Time: 6 - 7 pm
Fee: $249 credit/ $210 non-credit
Location: YMCA, 1703 McPeek, Junction City, KS

Water Fitness Instructor Preparation Course
This course is for individuals who would like to learn the skills needed to teach water exercise classes. It is an excellent opportunity for current instructors to review their education and get new ideas for their classes. Participants will receive information about the National Water Fitness Certification Course, which is offered on June 10. For those planning on enrolling in the certification course, it would be helpful for you to enroll early and bring your materials to this course.

Carol Sites is a certified instructor with USWFA and an aquatics instructor at K-State.

Date: June 16 (Saturday)
Time: 9 am - 12 pm
Fee: $20
Location: Abilene Natatorium, KSU

National Water Fitness Instructor Certification Course Test Day
A National Certification Course for Water Fitness Instructors will be held at the K-State University Natatorium on Saturday, June 10. The course is open to any person 16 years or older who has an interest in becoming a water fitness instructor. Those currently teaching but without credentials are encouraged to attend.

For more information, contact Charlene at UFM (785-539-6753). Or contact the United States Water Fitness Association National Headquarters at P.O. Box 3279, Byronton Beach, FL 33424. Phone (561)732-9908.

Look for the UFM Catalog on the web at www.ksu.edu/ufm

*A may not be disappointed if you can. You are not promised if you do.* - Beverly Sills
A New Look at Business Management: Activity Based Costing

This is a fast growing system used by government, international and private sectors. This method goes beyond or replaces the traditional bookkeeping. Activity based costing is a new way of looking at how you run your business. The focus is on the activities and asks questions of why and how.

Anne Wodrow (389-0429) is the current manager of the Activity Based Costing program for the Directorate of Environment and Safety at Ft. Riley. She works as an accountant/analyst to pay for college and post-graduate studies. She has experience as a business manager of Music & Theater Division, youth activities, recreation centers, arts and craft shops, and a travel bureau. She is also an executive and management/budget trained professional.

Date: June 5 - 26 (Monday)
Time: 7 - 9 pm
Fee: $47
Location: UFM Fireplaces Room

Education Funding 101

FC-21a

Need to planning your own future planning for your child's education may become one of the most important financial challenges you face. Make sure you are on the right track in saving for your child's education.

Clint Strutt
Date: June 12 (Monday)
Time: 7 - 9 pm
Fee: $8
Location: Waddell & Reed, 555 Poyntz Ave., Suite 280

Financial Planning For Women

FC-21b

Women receive two on average by about seven years, according to the U.S. Department of Labor, and the average age of widowhood in the United States is 60. Since community women will eventually handle finances on their own, it's critical for them to take on an active role in managing their money and preparing for the future.

Marjorie Tomich (387-4405) has a B.A. in chemistry and is a financial advisor with Waddell & Reed in Manhattan. She knows the importance of financial planning from personal experience and enjoys helping others achieve their financial goals.

Date: June 6 (Tuesday)
Time: 7 - 9:30 pm
Fee: $8
Location: Waddell & Reed, Suite 280, 555 Poyntz Ave.

Teen's and Money

As parents we often tell our children "Money doesn't grow on trees." But do we really: know how to get there? The goal of this class is to help young people understand the value of money and how it works. Basic money concepts will be covered, including needs versus wants. Special attention will be paid to setting short-term goals, inflation and understanding credit cards. Helping your child establish good money habits at a young age can have a powerful impact on their financial future. For youth ages 10 and up and their parents/guardians.

Robbie Sipow (776-3666) works with a local financial service company. She has 20 years experience teaching elementary school and 6 years of teaching middle school. One area that is left out in the educational system is teaching about money skills. She is excited to be able to show participants how investing small amounts of money can create wealth over a period of time.

Date: June 24 (Saturday)
Time: 10 am - 12 pm
Fee: $10
Location: Waddell & Reed, 555 Poyntz Ave., Suite 280

Business & Professional Writing - Skill Building Workshop

FC-07a

This workshop is designed for anyone who needs to communicate clearly in writing. Through discussion, examples, and practice, participants learn immediately useful techniques that help them plan and write clear, concise letters, memos, minutes, proposals, memos, and other documents. Participants receive helpful hints by applying concepts and techniques to actual job-related writing projects and receiving one-on-one feedback from the instructor.

Marjorie Sibley is an experienced teacher with a B.A. in English Education and is completing a Ph.D. at KSU in Education Technology. She has taught at Binnington College Community College for many years and also as the mentor for UFM's English as a Second Language program.

Date: June 3, 10, 17 & 24 (Saturday)
Time: 9am - 12:30 pm
Fee: $125 (Two includes workbook)
Location: UFM Conference Room.

Six Ways Retirees Miss Up Their Finances...and How to Avoid Them

FC-07b

Marjorie Sibley

Date: July 8 & 15 (Saturday)
Time: 9am, 10:30, 1:30 - 5 pm
Fee: $115 (Fee includes workbook)
Location: Justin Hall, Rm 341, K-State

Gain Control of YOUR Money

FC-01a

Is there too much money at the end of your paycheck? Do you have a plan to invest the money that you make, spend and save? Are you spending too much on insurance and debt? This class will help you identify problem areas in your finances, so that you can start to take control of your money. Learn how to buy wisely and reach your financial dreams.

Lynn Bolnebo (776-3666) is a recognized leader in the field of financial services. He is the regional vice president with a local financial service company. He received a B.S. degree from Ft. Hays State University in secondary education. He has 9 years experience in the financial services industry, teaching families how money works and how it can work for you.

Date: June 6 (Tuesday)
Time: 7 - 9:30 pm
Fee: $8 individual/$12 couple
Series: Gain Control, Debt-Free & Investing

Debt-Free Prosperous Living

FC-02a

Any money you receive must be accountable. You can pay all off debts including your mortgage with the money you're currently saving. This class teaches a simple, liveable system for eliminating ALL of your debts. You can achieve financial independence as you discover how to operate 100% on cash. Never need cash again 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 date.

Sherry Coleman (776-3666) is a debt specialist for this area. She is a graduate of KSU School of Business Administration degree in Finance. She has 8 years experience in the financial services industry. She can also help introduce others how to get out of debt sooner and live free up money.

Investing in YOUR Future

FC-03a

Individuals who are in the accumulation phase of their lives, at 20 to 30 years of age, or those who need to save for a house or future college tuition will benefit from this course. Discussion will cover important money management concepts, practical, easy-to-understand language, using examples you can put into practice. Topics include investment basics, types of products, and developing a personal financial game plan that will help you plan a secure future for you and your family. No matter how much or how little money you have, these principles apply to you. Invest an evening of your time to learn how you can accumulate more wealth and have a better quality of life! Everyone attending this seminar will have the option of receiving a complimentary Financial Needs Analysis to help establish their road map for their various goals and dreams.

Lynn Bolnebo (776-3666)

Date: June 20 (Tuesday)
Time: 7 - 9:30 pm
Fee: $8 individual/$12 couple
Series: Gain Control, Debt-Free & Investing

$14 individual/$18 couple
Location: UFM Conference Room

6 Special THANKS TO THE UFM INSTRUCTORS who volunteer their time.
Japanese for Tourists

This class is for people who are planning to travel to Japan. It is also open to anyone who would like an introduction to the Japanese language. The emphasis will be on basic vocabulary and phrases. Participants will learn how to ask simple questions and directions, how to order food in a restaurant, how to get tickets at the theater, and how to use public transportation. There will also be an introduction to Japanese culture.

Yuko Arai received a B.S. degree in Economics at Yokohama City University in Japan, with work experience at the Central Union of Agricultural Cooperatives in Tokyo. She is a student at KSU, majoring in Dance. Yuko has experience as an assistant for the Japanese language class at KSU.

Date: June 1 - 27 (Tues/Thurs)
Time: 6 - 7 pm
Fee: $42
Location: UFM Multi-Purpose Room

Japanese for Business Professionals

LA-08c

This class will focus on business vocabulary and conversation spoken at the office. Participants will learn how to introduce themselves and how to greet others in Japanese. Other areas to be covered include how to answer the phone and ask for business information. There will be an introduction to Japanese culture and information about Japanese business manners.

Yuko Arai

Date: July 3 - 26 (Mon/Wed)
Time: 6 - 7 pm
Fee: $42
Location: UFM Multi-Purpose Room

Spielend Deutsch Perren—

Learning German the Fun Way

LA-04

Spielend has two meanings: "easy" as well as "in a playing way." Both are true for the way we intend to learn the language. Statistics prove that you remember better if you can make associations. Explaining game rules, playing the game and maybe inventing a new one will challenge you more than just a book, and might be a nice change from your daily routine. Come join us for some educational fun. You'll be surprised how much you can learn "Spielend!"

Petra Bartos was born and raised in Germany. She has a degree in Fashion Design and has worked as a freelance designer and pattern maker for numerous years. She has extended her knowledge in interior design, developing a unique mixture of upholstery and slipcover designs. She was recently certified by the IFFRA to be a certified picture framer and also won a nationwide framing contest. She is fluent in English, Italian, and of course her native language, German.

Date: June 2, 9, 16, 23 & 30 (Friday)
Time: 7 - 9 pm
Fee: $58
Location: UFM Fireplace Room

French for Kids

LA-09a

Games will be used in this class to teach children the French Language. The emphasis will be on conversation and recognition with very little written work. This class is appropriate for children ages 6-12.

Brian Barnett is a senior in French/Spanish at KSU. After graduation, he plans to teach both French and Spanish at the college level.

Date: June 5 - 28 (Mon & Wed)
Time: 3:30 - 4:30 pm
Fee: $43
Location: UFM Conference Room

French for Kids

LA-09b

Date: July 3 - 26 (Mon & Wed)
Time: 3:30 - 4:30 pm
Fee: $43
Location: UFM Conference Room

"One best way to win an argument is to begin by being right."
—Til Rutkowskis

All participants must register in advance.
Creative FreeTime
1221 THURSTON 539-8763

Safe and Creative Care of Family Photos CF-02a
Are your photos stuck 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 (12) and memorabilia plus a pair of scissors. The fee includes 1 acid-free album page and the use of photo-safe materials and supplies. Additional pages are available for purchase from the instructor.
Parc Schmid (1-800-347-2623) has been a consultant with Creative Memories since 1989.
Date: June 8 (Thursday)
Time: 7 - 9:30 pm
Fee: $15 includes some supplies
Location: UFM Fireplace Room

Beginning Spinning CF-38
This class will cover the basics of fiber preparation and spinning on a drop spindle. Students will receive their own drop spindle and will learn to spin with and plenty of handouts. Enrollment is limited to 5, so sign up early!
Marie Burgert has been spinning for several years on both the drop spindle and the wheel. She is the Kansas representative for Handweaver's Guild of America.
Date: July 11 (Tuesday)
Time: 7 - 9 pm
Fee: $27
Location: UFM Fireplace Room

Wooden Christmas Ornaments CF-43
You will get to make 3 wooden Christmas ornaments. Shapes include a star, a Christmas tree, and a heart. The "countory" look will be used when decorating your ornament. Included are wooden pegs, wood glue, and tinsel. All supplies needed are included in class fees.
Charme Brennon enjoys arts and crafts and has worked with many different mediums. She has a B.A. degree in Art Education. She has made wooden crafts for 15 years, both to sell and just for fun.
Date: July 8 (Saturday)
Time: 1 - 3 pm
Fee: $12
Location: UFM Multi-purpose Room

Quilted Christmas Decorations CF-40
We will make Christmas ornaments and get ideas for other pierced and quilted decorations. We will use the easy paper piecing technique for making quilt projects. Bring your sewing machine and iron. Patterns and fabric will be provided for your in-class project. Patterns for other holidays will also be available.
Linda Turner (539-8763) enjoys sewing and quilting. She has created a number of paper piecing projects of all sizes
Date: July 11 (Tuesday)
Time: 7 - 9:30 pm
Fee: $13
Location: UFM Multi-purpose Room

Clay Snow People CF-44
Participants will make a group of winter snow people. Sculpting clay will be used to make these miniature clay figures. This is a very basic class. Sculptures are the cola-clay sculptures that are often sold at craft fairs. You are going to have to much fun learning how to make these cute snow people. They make great gifts! All supplies needed are included in the class fees.
Karen Kemp enjoys arts and crafts and has 10 years experience creating with sculpture clay.
Date: July 15 (Saturday)
Time: 1 - 3 pm
Location: UFM Multi-purpose Room

Learn to Make a Crocheted Hat CF-41
Participants in this class will make a quick and easy crocheted hat for a baby or an adult with a simple double crochet stitch. This is an easy project that will make a useful gift for a new baby, a friend, or family. Supplies needed: crochet hook size H for small or size I for large loop yarn - 1 skein for baby hat, 2 skeins for adult hat.
Marlene Snellin has a degree in Art Education and has enjoyed crocheting for many years. She has worked on many different crocheted projects from dollars to clothing.
Date: July 22 (Saturday)
Time: 9 am - 12 pm
Fee: $8
Location: UFM Multi-purpose Room

Plastic Canvas Santa (That Gives You a Chocolate Kiss) CF-42
Participants will make a 2" plastic canvas Santa head. When you squeeze the head, he gives you a chocolate kiss (Hershey's Kiss). You will use needle and yarn for stitching on the plastic canvas to make your Santa. Santas can be used as a Christmas tree decoration or to decorate the top of your gift. These are fun little projects that everyone enjoys. All supplies needed will be provided by the instructor.
Marlene Sedlitz has made many plastic canvas Santas for gifts. She has taught others how to make them and is looking forward to sharing this cute gift idea with others at this UFM class.
Date: July 29 (Saturday)
Time: 9 am - 12 pm
Fee: $11
Location: UFM Fireplace Room

Baskets From Paper CF-39
Using strips made from brown grocery bags, we will make plaited baskets with scalloped-edge trim. Participants need to fold the strips prior to class; sample and instructions for cutting and folding are at the UFM office.
Marie Burgert has made many paper baskets and has taught this class several times.
Date: July 17 (Thursday)
Time: 7 - 9 pm
Fee: $16
Location: UFM Conference Room

Picture Books Workshop for Children's Writers CF-11
Learn the requirements for writing children's picture books and how to submit your manuscripts to publishers. You'll learn how to make a book Dummy and the technical and editorial considerations specific to this format. Bring a manuscript to work with (one you don't mind cutting into strips) and a pair of scissors, pen and clear tape. Although the class will focus on writing, those interested in illustrating picture books may find the class helpful. If you are an illustrator, bring some sample illustrations and a story for discussion.
Jeri Garver is a PJT-056 is owner/publisher of Ravenstone Press, which has published three books since its creation in 1997. Her articles for children have been published in Highlights for Children, Children's Digest, Child's Life & The Friend. She has participated in many workshops for children's writers and reviewed children's books for libraries. She also brings a strong knowledge of and love for children's literature from her former position of children's librarians at Manhattan Public Library.
Date: August 15 (Tuesday)
Time: 7 - 9 pm
Fee: $3
Location: UFM Conference Room

Christmas in July

UFM classes make great gifts.
Act Up! Act It Out! Live It Up! CF-28
Came has fun while learning the basics of acting. Participants will learn about acting, building a character, stage directions, auditioning, vocalizing, body language, and group work. The scenes will be chosen by class participants.

Date: August 8-24 (Tuesday & Thursday)
Time: 7-9 pm
Fee: $15
Location: UIFM Fireplace Room

Classical Music for People Who Don't Know Classical Music CF-29
Explore classical music in this class will be introduced to classical music (o loved to popular music), with a brief history and descriptions of types of composers and performing groups. Learn the parallels between folk, jazz, and classical music. It will be some of the great pieces (performers), basic structures, and programmatic examples. This class will be a parlor way to break the ice and immerse yourself in the area of the classes.

Anna Woodrower
Date: July 19 - August 9 (Wednesday)
Time: 7-9 pm
Fee: $14
Location: UIFM Multi-Purpose Room

The Magic of Reading Music CF-31
Learn to transcribe rhythms and rhythm into symbols on the page. Get acquainted with the staffs and the keyboard. After the class, you will be able to pick out simple melodies and harmonies on a keyboard. Unlock the wonderful mysteries of musical notation - ring and play the printed page. Students need a three ring binder, pencils, and a cardbard keyboard (optional). Instructor will provide sheets of manuscript paper.

Anna Woodrower (293-0425)
Date: June 1 - 13 (Tuesday & Thursday)
Time: 7-9 pm
Fee: $22
Location: College Avenue United Methodist Church 1609 College Ave.

Big Books & Little Kids CF-46a
Learn how to create big books that contribute to the literary development of young children. The course will focus on the importance and unique nature of big books. Create and present to the class your own big book. Appropriate for parents and teachers of children ages 2-3. All materials needed to create your own big book are included in class fees.

Tori Haldor
Date: August 1 & 3 (Tues/Thurs)
Time: 4-7:30 pm
Fee: $49
Location: Conference Room

Big Books & Little Kids CF-46b
Tori Haldor
Date: August 5 (Saturday)
Time: 9 am - 4 pm
Fee: $49
Location: Conference Room

Basics of the Keyboard. CF-33
With a cardborad keyboard, an electric or an acoustic keyboard, you will learn the basics of piano notation, techniques and types of beginning musical pieces. Explore the possibilities of moving into piano lessons. It is recommended to have taken a music reading class before taking this class. Students need a three ring binder, a pencil and a cardborad keyboard, which is available at Glenn's Music.

Anna Woodrower
Date: July 18 - August 3 (Tuesday & Thursday)
Time: 7-9:30 pm
Fee: $28
Location: 1st Lutheran Church, 930 Poynter Ave.

Ghostbusters CF-35
Join us for a tour of Sunset Cemetery and meet some past hauntings. This class will be an overview of the cemetery. We will discuss the history of some of the people buried there and touch on the strategy of using the cemetery for genealogical and historical research. Cheryl Collins is the director of the Riley County Historical Museum.

Date: June 6 (Tuesday)
Time: 7-8:30 pm
Fee: $9
Location: Sunset Cemetery shelter by front gate

Beginning Knitting CF-45
Learn the basics of knitting and come away with a headband and a scarf designed to take with you through each stage of the process. Materials will be provided for the first project and a list of further materials needed will be available at the first class session for the 2nd project.

Kraft Tully is the sole proprietor of Wildflower Knits and has had her designs published in several national knitting magazines.

Date: July 12 - August 2 (Wednesday)
Time: 7:30 - 9 pm
Fee: $26
Location: UIFM Fireplace Room

Manhattan Arts Center Community Theatre 2000-2001 SEASON

THE BEST MAN
By Gore Vidal
Sept 29-Oct 1, Oct 5-8
"A political melodrama that comes close enough to the truth to be both comic and exciting" (NY Times)

THE Kiss in Winter
by Ianes Goldman
Nov 10-12, 16-19
Historical comedy set in 1850; Henry II and Eleanor of Aquitaine vie over which of their sons will ascend the throne.

The Hand That Cradles the Rock
by Warren Graves
Feb 23-25, Mar 1-4
An outrageously funny comedy about a small-town businesswoman and her husband who stays home to watch the baby.

LIBRARY
Apr 27-29, May 3-6, 11-12
Music, lyrics & book by Lionel Bart
The perennial favorite, with characters and songs that capture the imagination and beguile the senses.

Call 539-6009 or email boottick@manhattanart.org for information and tickets.

120 Poppy, Manhattan, KS 66502 • Ph: (785) 537-6022
See the "Who's Who" online at www.manhattanarts.org

Win $1 off any UIFM 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.
Earth, Nature & Environment
1221 THURSTON 539-8763

Fly Fishing
This course will cover the proper techniques for performing fly fishing techniques: casting, picking up and putting 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, lines, lures, 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.
Paul Jellinek (494-2349)
Date: June 5 - 15 (Mon/Tues/Weds/Thurs)
Time: 8 - 8 pm
Fee: $140 credit/$85 non-credit
Location: Eisenhower Middle School, 800 Walters Dr.

Indoor Plant Swapping
Are your houseplants multiplying, growing too fast, or getting too big? Take some cuttings off your plants or divide them and trade for a new houseplant at this UF&M plant swap. Plants that are good to take cuttings from include vining plants, such as philodendron, pothos, geranium, and umbrella. Peace Lily, Fiddle leaf fig, and other plants are easy to divide. Plants may be dropped off at UF&M on Friday, June 9. Call to register and let us know what plant you will bring to swap. Jack will be available to give information about the care of your new plant.
Jack Halter is a horticulture therapist with a degree from K-State in Horticulture. As a gardener he enjoys growing flowers and plants. Adrienne Kimmel is the swim coordinator at UF&M and a recent graduate from K-State.
Date: June 10 (Saturday)
Time: 10 am - 1 pm
Fee: $5
Location: UF&M Greenhouse

Fall Gardening
Get more mileage out of your garden space by planting a fall garden this year. Many vegetables actually produce and taste better when grown in the cool days of autumn.
Colleen Hampton (359-5934) has gardened both indoors and outdoors for 27+ years and looks forward to sharing her practical knowledge in her gardening classes.
Date: July 29 (Saturday)
Time: 10 am - 12 pm
Fee: $8 individual/$12 couple
Location: UF&M Multi-Purpose Room

Field Trip: Wabaseeuncy County Glacial Area
Come venture to the glacial area of northwestern Wabasee County. We’ll search for materials such as agates and quartzite left behind by the glaciers and for fossils. Bring a beverage and a container for your “treasures.” Enjoy the pleasure of being a rock hound for a day.
Dr. Lanning (357-7799), Professor Emeritus of Chemistry at K-State, is a long-time member of the Manhattan Mineral, Gem and Fossil Club. He was UF&M’s featured instructor in the Fall of 1998. For many years Dr. Lanning has offered field trips for UF&M.
Date: July 6 (Saturday)
Time: 8:30 am - 12 pm
Fee: $8 individual/$12 couple
Location: Meet at UF&M for Field trip in private cars

Perseid Meteor Shower
Meet us to view the Perseid Meteors. This will not be the best year, since there is a near full moon. But we can see the meteors, and hope for a few bright meteors. Dean will explain what meteor are, and why they sometimes come in showers. We will meet at the UF&M parking lot at 8 pm to see a pool to a good dark spot. Bring a blanket, or lawn chairs. We will stay out as late as people want to stay. If it is cloudy, call UF&M for confirmation, or call Dean at home that evening, at 770-6317. Rain date will be the next night, August 12.
Dean Stramel teaches Earth Science classes at Manhattan High School, East Campus. He has been sharing his knowledge of the sky for years and loves to meet people who share his interest in the night sky.
Date: August 11 (Friday)
Time: 8 pm
Fee: $8 individual/$12 family
Location: Meet at UF&M Parking Lot

Night Walk on Konza Prairie
We will walk the short nature trail on Konza. Along the way we can sniff for spiders, listen for owls, and watch as night creatures in. We will end up on top of a hill, where the next sky will be amazingly dark. I will show the Scorpions, Sagittarius, the Summer Triangle, on the whole summer sky. We will stay out until well past dark. Bring a flashlight, a water bottle, and a jacket.
A guide will be a very good idea. Good walking shoes are needed, as the trail may be a little rough in spots. If it is cloudy, call UF&M office for confirmation, or call Dean at home that evening at 770-6317.
Date: August 4 (Friday)
Time: 7:30 pm
Fee: $8 individual/$12 family
Location: Meet at Konza Prairie Entrance
Rain Date: August 4

Night Walk on Konza Prairie
Dean Stramel
Date: August 4 (Friday)
Time: 7:30 pm
Fee: $8 individual/$12 family
Location: Meet at Konza Prairie Entrance

Take a Peek at the Past
(All visits—including peaks, looks & stares—are 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

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

Goodnow House Museum
2309 Clifton
• Home of Isaac: Goodnow (founder of KSU and Manhattan)
• Free state advocate
• Educator (common school to college)
• A State Historic Site
Call 565-6400 for Hours

Wolf House Museum
630 Fremont
• 1868 stone home also served as a boarding house
• Furnished with period antiques
• Special exhibits
“Life at the Turn of the Century: 1900 Revisited”
1:00-5:00 Saturday 2:00-5:00 Sunday
and by appointment

For more information, call 565-6490

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

Interested in learning about and protecting the environment?
Join the Northern Flint Hills 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 Gerald Wiens 565-9282 or Patricia Yeager 776-9953
• Informative monthly newsletter, The Prairie Falcon, in your mailbox or on the web at http://www.ksu.edu/ audubon/index.html
• Active involvement in a variety of local, state, national and global conservation issues (we need your help)
• Birdseeds sales (Mike Rhodes 539-4863)
• For more information call Dolly Guider 537-4102

Age is not important unless you're a cheese.
—Helen Hayes

Win $1 off any UF&M Class...
by finding the "Fake Class" included in this catalog! Identify it when you register and receive $1 off your registration for one class.
Organization for Side-Tracked Home Executives

SP-06 Are you domestically challenged? Helplessly disorganized? Just can't get it together? This group is for you! The class will be held on the book *Sidetracked Home Executives* by Pam Young and Peggy Iwane. http://www.stayonthem.com. We will attempt to organize our homes, lives and work experience in order to have more time for what we want to do. We will also consider forming an ongoing support group. Your input is welcome. Bring enthusiasm, determination, and a copy of the book (recommended). There are no failures, just different degrees of Progress. Dona Morn. ADD/ADHD welcome.

D. Ring (539-2466)—this instructor has been trying to get it together for years!

Date: June 6, 15, 22, 29 July 13, 27 (Thursday)

Time: 7 - 9:30 pm

Fee: $120

Location: UFM Conference Room

Experiential Spirituality

SP-12 Throughout history, many cultures and spiritual philosophies have emphasized the need for personal experience in spiritual growth. Many also believe that we carry our potential for greater awareness within us at all times, yet the personal boundaries we have created within ourselves block this information from us. In this class we will explore some techniques we can use to lower these barriers and propel us forward in our spiritual journeys. We will access our own subconscious knowledge to learn more about ourselves. We will share some of what we learn with each other.

Tim Sideroff (587-0531) has been on a spiritual journey for many years. He has studied both eastern and western philosophies. He wants to share what he's learned with others.

Date: July 10 - July 24 (Monday)

Time: 7 - 9 pm

Fee: $120

Location: UFM Multipurpose Room

DINNER FOR 71¢?

**The Capitol Card**
A Fundraiser for UFM

Only $19.99 (additional cards $14.99)
Available for a limited time only

Order in person at UFM, 1221 Thurston
By Phone at (785) 539-8763
Or E-mail your requests to ufm@ksu.edu

28 Buy one, Get One free lunches or dinners at Manhattan, Topeka or Lawrence Restaurants!

Plus Earn a cash rebate for each additional visit with the card.

Program Terms: Capitol Card and all participating merchants will honor the 1996-2000 programs from November 1, 1996 to October 31, 2000. As a participant, each merchant will agree to honor each member's card in the event of the promotion. Presenting the card requires that the participating merchant give the bearer of the card the value or product agreed upon within this program. This program is not available on holidays, nor is it valid in combination with other offers. Receive one complimentary entrée per participating contestant with the purchase of an entrée of equal or greater value. Purchase or Compromise: Participating merchants will not be allowed to alter their program participating to another business even if they are owned by the same corporate group. Participating merchants must complete the full terms of the contract agreement. Inclusion: Capitol Card maintains no responsibility for any legal circumstances that might arise between a participating merchant and a card holder. Limitations: Capital Card Owner hereby agrees to indemnify and hold harmless Capital Card. The Rzewski House Restaurant Group, or its employees from any suit or claim for personal injury, for property damage, or for loss of use of property by whatsoever reason or in any way participating merchant or a card holder. Liability: Capital Card Owner hereby agrees to indemnify and hold harmless Capital Card. The Rzewski House Restaurant Group, or its employees from any suit or claim for personal injury, for property damage, or for loss of use of property by whatsoever reason or in any way participating merchant or a card holder. Notice will be sent to card holder. The location is subject to change even after expiration of the program. Notifications will be sent to card holder. In the event that a participating merchant is destroyed or deleted due to fire, flood, riot, or any other cause or as a result of governmental intervention, malicious damage, acts of war, strike, lock out, labor disputes, fire or any other cause or agency over which participating merchant(s) had no control will void the contract for the duration of rebuilding the location or any other cause. Notice will be sent to card holder. The location is subject to change even after expiration of the program. Participating merchants will have the right to refuse participating merchants as at time following are complaints received from members. Each merchant will be processed in writing to participating program. In the event that a merchant exceeds business the restaurant will not be repaired and no or any other claim will be made as a result holder by Capital Card or by and merchant. Multiple Cards, Only new Capitol Cards may be presented per party and the two lowest priced entries from the entire order will be discounted. When considering carefully, please make your decision on the total amount prior to discount. Legal Action: Should violators of this contract occur Capital Card reserves the right to seek legal action. For more information, call (785) 377-1855.

Manhattan Restaurants
Brewer's Pizza Canton's Pizza Gold Fork Restaurant Java Kicker's Saloon Mrs. Clue's Kantine Steak House Pat's Blue Rib'n BBQ Randy's Last Chance Sali's Sushi TCBY 12th St. Pub Manhattan Retailers
Sine Connexions Sine Essentials *Women's 3 forget 3 for

Topeka Restaurants
Admiral's Floral Bills Airport Cafe Champion's BBQ Don's Steak House The Downstair Champion Bapit Ci C's Pizza Margaret's Java Cafe PT's Cafe Quizno's Subs Rainbow's P't Steakhouse Topeka Retailers
Village Cleaners 16th & Wanamaker Kelly Gas Station 16th & Wanamaker Magic Forest-Luann Dairy Lawrence Restaurants
Brown Bear Pharmacy Coco Loco Lawrence Pizza Co. Mr. Gatti's Pizza Pat's Blue Rib'n BBQ G. Wilding

SHARP Self-Defense for Women
SP-01 This course has been designed to 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.

Dana Turner (587-7702) has a black belt in Taekwondo and has a certified instructor with the American Taekwondo Association. She has 18 years experience teaching martial arts, police defensive tactics and Sexual Harassment Assault and Rape Prevention for Women.

Date: June 30 (Friday)

Time: 9:30 - 10 pm

Fee: $18 individual/$20 mother-daughter

Location: First Lutheran Church basement, 930 Poyntz (Enter at North Door)

Look for the UFM Catalog on the web at www.ksu.edu/ufm
Tennis: Junior Beginners
Ages 7-16
Join us for fun and skill development in this great sport! This class is designed for beginning players and will provide instruction in fundamentals of strokes, tactics, rules of play and beginning competition. We provide the balls. Students provide their own rackets. If you don’t have a racket, you may be able to help you locate one. Fencing may be a challenge to play accordingly and come early.
Tennis: Beginners Ages 17 and Up
This class will focus on fundamentals of strokes, basic rules of play and beginning competition. Fencing may be a challenge to play accordingly and come early.

Beginnings Fencing
RH-08
This class will focus on fencing techniques, focus on the rules of sword play. Soldiers and cavaliers were all once required to know the way of the sword. Now we are more likely to see modern circumstances, such as lightsabers, instead of swords. Classes will include instruction in the basic principles of fencing, including safety, etiquette, and strategy. These techniques will be taught to both beginners and advanced students.

Intermediate Fencing
RH-09
This class will focus on advanced fencing techniques, emphasizing technique refinement. The course will teach participants how to adapt to different situations, both with and without a sword. Participants will be divided into teams and will compete against each other in structured matches to determine winners. The course will be taught by an experienced instructor with a focus on individual improvement and overall strategy.
RECREATION & DANCE (Continued)

Ballroom Dance RH-05
Come dance with us! If you want to learn to dance with a partner, plan to attend a wedding, or you just want to brush up on your steps, this class is for you. The swing, instros, 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 Bennett (776-7857) has trained in Ballroom Dance at U.C. Berkeley, Mandola Ballroom, San Francisco, Alhambra Ballroom, Oakland, CA; Chicago Dance Studio, Chicago, IL; and Avenue Ballroom, San Francisco. He was the 1986 San Francisco Avenue Ballroom Lindy Hop Champion. He choreographed and performed in Ballroom Suite, Winter Dance 1996, KSU. He is a member of the United States Amateur Ballroom Dancers Association. Katherine Brown has studied gymnastics and ballet, and ballroom dance since 1999. She is a member of the Amateur Ballroom Dancers Association.

Date: June 2 - August 4 (Friday)
Time: 6:30 PM
Fee: $33 individual / $60 couple
Location: ECM Auditorium, 1021 Denison Ave.

Wedding Workshop RH-14
Are you getting ready for your big day? Perhaps you need to brush up for your daughter's or son's wedding. This workshop will provide you with the basics of waltz and teach you a routine for your wedding day. Please bring shoes in which you plan to dance at your wedding and for the bride-to-be, a long skirt to simulate your gown.

Michael Bennett & Katherine Brown
Date: June 10 (Saturday)
Time: 3 PM
Fee: $15 individual / $25 couple
Location: Abearn, Room 301, KSU

Ballroom Dance Workshop RH-15
A brief, two weekend workshop to introduce you to the basics of ballroom dance. This class fulfills the first 11 week course, this class will highlight ballroom dance basics with emphasis on the five-foot.

Michael Bennett & Katherine Brown
Date: August 5 & 12 (Saturday)
Time: 1 - 5 PM
Fee: $25 individual / $45 couple
Location: Room 301, Abearn, KSU

Middle Eastern Dance (Belly Dance) RH-11a
Middle Eastern Dance is said to be the oldest surviving dance in all of history. This class will teach basic to intermediate moves to this historic dance. The moves will be from countries throughout the Middle and Near East. This class is for females only, of any age, shape or background.

Christina Harley (776-4555) was taught by Amira of Wichita for two years prior to coming to Manhattan four years ago. She has studied with Faridco Alami-Ricke and participated in public performances. She enjoys Middle Eastern Dancing and is looking forward to sharing her experience with others at the UFM class.

Date: June 7 - July 9 (Wednesday)
Time: 6 - 7:30 PM
Fee: $32 / $52 both sessions
Location: Abearn, Room 301, KSU

Middle Eastern Dance (Belly Dance) RH-11b
Christina Harley
Date: July 12 - August 9 (Wednesday)
Time: 6 - 7:30 PM
Fee: $32 / $52 both sessions
Location: Abearn, Room 301, KSU

Middle Eastern Belly Dance Workshop RH-12
These sessions will share what she has learned from leading belly dance teachers and performers around the country. Dancers of all ages and ability levels are invited to join us for instruction in Middle Eastern Dance movements and combinations. Some basic choreography will also be taught in addition to some of the latest techniques from around the country. Participants are encouraged to wear comfortable light weight clothing, to bring a large towel to wrap around the hips. This workshop is appropriate for beginners as well as experienced dancers. Come join the fun!

Jane Soper (865-0223) is a local elementary school teacher who has immersed herself in the study of Middle Eastern Dance. She has attended several classes and workshops in New York, Ohio, Iowa, Missouri and Kansas. In addition to regularly attending folk and international dancing events in Kansas City, Lawrence, and Topeka.

Date: July 24 (Wednesday)
Time: 6 - 7:30 PM
Fee: $10 individual / $15 mother & daughter
Location: Abearn, Room 301, KSU

Swing and Salsa Dancing RH-02
Have some fun learning classic big band swing dance and salsa. Learn swing, salsas and lively basics, lifts, steps, and jumps. You will learn to move around the dance floor to lively music and add some special moves as well. Learn some basic steps quickly and securely. No prior dance experience is required. Wear comfortable clothing and non-slip shoes. Dancing has the only requirement.

Michael Bennett (776-7557) & Katherine Brown
Date: June 3 - July 22 (Saturday)
Time: 7 - 9:30 PM
Fee: $33 individual / $60 couple
Location: ECM Auditorium, 1021 Denison Ave.

Swing Workshop RH-16
Have you taken Swing Dancing and would like to learn more? This workshop is designed to teach some advanced moves. Bring comfortable clothes and lots of energy. Lifts, twists, and spins are the emphasis in this energetic and exciting class.

Michael Bennett & Katherine Brown
Date: July 17 & 24 (Saturday)
Time: 1 - 3 PM
Fee: $23 individual / $35 couple
Location: Abearn, Room 301, KSU

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

Gift Certificates for UFM Classes are always available. Give a gift of learning!
Call or stop by UFM 1221 Thurstoon 539-8763
• Birthdays • Anniversaries • Thank You's

UFM's Featured Instructor
Michael Bennett

UFM would like to acknowledge Michael Bennett for his years of teaching dance classes at UFM. Michael started teaching Ballroom Dance classes at UFM in the Spring of 1989. His dance classes continue to be among UFM's most popular. Both college students and community participants enjoy learning to dance. Last year 250 students enrolled in Michael's classes. K-State students can also enroll in Ballroom Dance I, II & III for credit. There is a growing interest in these classes. Michael 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 Stardust Ball and two university functions. He remains current with dance steps by attending seminars and workshops. In the spring of 1999, he trained with tap dancing and plans to incorporate tap steps into the big band and swing sections. He started ballroom dancing at the University of California, Berkeley in 1975 and studied at the Avenue Ballroom, San Francisco, CA; Allibaba Ballroom, Oakland, CA; and Ashkett Ballroom, Berkeley, CA from 1976 to 1985. He was the 1994 San Francisco Avenue Ballroom Jitterbug Champion.

Manhattan Ink
The Full Service Laser Printer Co.
Handle all of your laser needs with one phone call!
• Service & Repair
• Laser Office Supplies
• Prompt - courteous service.
• Recycled (up to 50% off) or New.
sales@Manhattan-Ink.com
www.Manhattan-Ink.com

539-9222

UFM classes make great gifts!
**Wellness**

**1221 THURSTON 539-8763**

**Yoga for Body and Mind**

Yoga is a useful tool to help anyone with the physical, mental and emotional challenges they face. We will focus on the practice of asana (posture) 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 className for at least three hours before class (a piece of fruit is ok).

Jee Franklin (537-8224) has been practicing yoga for more than 25 years. She teaches in the Tradition of T. Krishnamacharya who was teacher to B.K.S Iyengar, Patashi Jogi 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 Krasnow, who studies under TKV Desikachar, Sr Krishnamacharya’s son.

**Date:** June 19 - July 24 (Monday)  
**Time:** 5:30 pm  
**Fee:** $62  
**Location:** 631 Levee Rd. Industrial Park next to the Animal Shelter

**Introduction to Reiki**

Reiki, pronounced "ray-ki", 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 Blake. Please bring a mat or towel and pillow. Two handouts included in fee.

June Hunter-Nosler has been working with holistic health practices for many years and enjoys sharing their joy and wisdom. She is a Reiki Master Teacher in the Usui System of Natural Healing, and is among the first class of students to complete levels I and II of Gemstone Energy Medicine Training. She also includes Aromatherapy: Nomenclature, Herbs, Color and Sound in her private practice. First Hills Psychic Development Center, 1240 E. Aikens Ave, is a wonderful place to learn. A different holistic health practice is presented for my study/work. They are the presenters; she says, “I'm simply the happy assistant.”

**Date:** June 10 (Saturday)  
**Time:** 10 am - 12 pm  
**Fee:** $48  
**Location:** UFM Conference Room

**Introduction to Massage for Couples**

**Date:** August 26 (Saturday)  
**Time:** 10 am - 12 pm  
**Fee:** $90  
**Location:** UFM Conference Room

**Introduction to Reiki**

**Date:** August 6 (Saturday)  
**Time:** 7 - 9 pm  
**Fee:** $60  
**Location:** UFM Conference Room

**Massage for the Individual**

**Date:** June 6 (Tuesday)  
**Time:** 7 - 9 pm  
**Fee:** $60  
**Location:** Four Winds, 1114 Laramie

**Massage & Relaxation Techniques for Pain Relief**

**Date:** August 5 (Saturday)  
**Time:** 2 pm  
**Fee:** $55  
**Location:** 1004 Colorado, Manhattan 66502

**Introduction to Aromatherapy**

**Date:** July 10 (Monday)  
**Time:** 7 pm  
**Fee:** $25  
**Location:** UFM Conference Room

**Chi Lei - Chi Gong**

Chi Lei is a self-healing method prescribed by the world’s largest medical system in China. Chi Lei is a 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 energy, to improve our health responses and the mind becomes tranquil. The exercises are done standing, but can be practiced while seated.

Envi Ferrer (537-8877) has studied under Luke Chan, the only Chi Lei master teacher outside of China. She has taught Jackie Joo’s Aerobic 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 19 - 20 (Thursday)  
**Time:** 8 am - 6:30 pm  
**Fee:** $31  
**Location:** UFM Conference Room

**Introducing Jin Shin Jyutsu: A Self-Help Class**

Jin Shin Jyutsu 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-forcible 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-aid 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.

Kerene Smith (539-3723) is a Licensed Practical Nurse, and Certified Jin Shin Jyutsu Therapist whose association during the last twenty years has been to study and practice a variety of bodywork modalities. She is also a Licensed Massage Therapist, 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 6, 13 & 20 (Tuesday)  
**Time:** 7 - 9 pm  
**Fee:** $14  
**Location:** 631 Levee Rd.  
**Special thanks to all UFM INSTRUCTORS who volunteer their time!**

**Four Winds**

**Therapeutic Massage**

Bernetta Martin, Licensed Massage Therapist

- Relieve Stress  
- Improve Circulation  
- Decrease Physical & Mental Fatigue  
- Relieve Muscle Pain and Tightness  

* Hot Tub and Sauna  
* Gift Certificates Available

1114 Laramie St.  
Manhattan 539-5919

**Continuing Jin Shin Jyutsu Self-Help**

(Parapsychological Introducing Jin Shin Jyutsu) in this class we will focus on developing your inner understanding and awareness of the Safety Energy Links and the Depths in order to be better able to release our tensions and support the body/mind’s natural healing and harmonizing capacity.

Kerene Smith (539-3723)

**Date:** June 27, July 11, & 18 (Tuesday)  
**Time:** 7 - 9 pm  
**Fee:** $14  
**Location:** 631 Levee Rd.  
**Industrial Park next to the Animal Shelter**
Self-Treatment with Acupressure  WE-05
This class is designed to teach basic acupressure techniques that can be used for treatment of minor ailments. The main focus will be on the effects of acupressure on the body’s meridians. Class fee includes book and handouts.
Dr. Larry Dal (530-9113) has practiced chiropractic care in Manhattan for the last 13 years. He believes in assisting the body with the healing process, which is why he has expanded his treatment techniques to include acupressure/acupuncture. He is a Fellow in the Acupuncture Society of America.
Date: June 5 - 26 (Monday)
Time: 2 - 6 pm
Fee: $25
Location: 1130 Westport Dr., Suite 5

The Ritalin Controversy: What Every Parent Should Know About Ritalin  WE-06a
This course will inform parents about the promising effects that Ritalin can have on their children's mental and physical development. Dr. Resko will explore ways to encourage parents to take a proactive role in their children's health and development, rather than relying on the pressure of others to treat children with mind-altering drugs to their children.
Dr. Roger Resko has been in active practice for 6 years, 5 years in North Carolina and 1 year in Manhattan. Dr. Resko attended Kansas State University and then Logan College of Chiropractic where he graduated summa cum laude and valedictorian of his class. He was an Anatomy teaching assistant for 2 years while attending Logan. He has a family wellness practice that focuses on children "because it's easier to shape a child's health before than to rebuild an adult's life." His office hosts Kids Day America/International, which is an event held annually to raise public awareness of children's health, safety and environmental issues.
Date: June 6 (Tuesday)
Time: 7 pm
Fee: $5
Location: 3220 Kimball Ave., Candlewood Shopping Center

Youth Language classes  French & Spanish see page 7

Introduction to the Dance: Ballet, Tap & Jazz  YO-02
This is an introductory class designed to provide exposure to ballet, tap, and jazz. This class is for children ages 4-12. No dance experience or formal dance attire is needed. Rock and Roll and popular music will make learning jazz and tap techniques fun.
Rendi Dal (530-5767) has taught dance for 38 years. Her dance schools have traveled the Midwest and Europe in 1968. She is a certified teacher with a master's degree in Education.
Date: June 7 (Wednesday)
Time: 5:30 - 6:30 pm
Fee: $8
Location: 2416 Rogers Blvd.

The Ritalin Controversy: What Every Parent Should Know About Ritalin  WE-06b
Dr. Roger Resko
Date: July 11 (Tuesday)
Time: 7 pm
Fee: $5
Location: 3220 Kimball Ave., Candlewood Shopping Center

The Ritalin Controversy: What Every Parent Should Know About Ritalin  WE-06c
Dr. Roger Resko
Date: August 8 (Tuesday)
Time: 7 pm
Fee: $5
Location: 3220 Kimball Ave., Candlewood Shopping Center

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

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

Tennis
Junior Beginners: Age 7-16 see page 12
Youth Scholarships are available through the YES! fund. Call UFM at 539-8763 for details.

** TENNIS ** FENCING **
Tennis and Fencing classes for Youth... See the RECREATION section.
Martial Arts

1221 THURSTON
539-8763

Tae Kwon Do I

Tae Kwon Do is a traditional Korean martial art designed to provide the ultimate in unarmed self-defense. Blocking, punching, and kicking develop balance, flexibility, and agility while improving cardiovascular fitness and self-confidence. Teaching methods include class demonstrations and practice without physical contact. Each student will be given an opportunity to purchase a uniform and belt at the first class. After two months of class an optional testing to advance in the Tae Kwon Do degree ranking is held in Tippa, CA. The cost is not included in the class fee and a uniform is required for testing. Age 9-

**Tuesday, June 6, at 6:30 pm, a Public Demonstration and formal introduction of instructors will be conducted in Dance Studio Room 301, Ahsan Field House, KSU.**

Grandmaster Cheong Sun Yi (266-8662) is an 8th degree black belt with over 38 years experience in Tae Kwon Do. He is former captain and chief instructor of Tae Kwon Do for the ROC Army National Team, and he has held classes at KSU since 1975. Instructor David Moore (539-9786) is a 3rd degree black belt with over 6 years experience in Tae Kwon Do. He has been assisting/teaching for over 4 years.

Date: June 6 - August 15 (Tuesday/Thursday)
Time: 6:30 - 7:30 pm
Fee: $47
Location: Ahsan, Room 301, KSU
No class July 4

“Know the true value of time, snatch, seize and enjoy every moment of it.”

- Lord Chesterfield

Tae Kwon Do II Advanced

Grandmaster Cheong Sun Yi (266-8662), Instructor David Moore (539-9786)

Date: June 6 - August 15 (Tuesday/Thursday)
Time: 7:30 - 8:30 pm
Fee: $47
Location: Ahsan, Room 301, KSU
No class July 4

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.

Nippo Tai Jutsu

Class participants will learn the solo basics, five elements techniques, Gokko Ryu basic techniques, and Jujutsu self-defense. These methods are a part of the White Phoenix System.

Sara Wilson has been practicing martial arts for 30 years. She has black bands in two styles of Kung Fu, a black belt in Jujutsu, and has been involved in Ninjutsu for 23 years. She is the founder of the White Phoenix System.

Date: June 7 - July 26 (Wednesday)
Time: 9 - 11 am
Fee: $40 fee includes 3 manuals
Location: Ahsan Fieldhouse, East Lobby, KSU

Beginning Aikido

Aikido is a martial art in which one trains 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 Clower (655-3504) began practicing Aikido in 1988 at Cloud County Community College. He assisted the instructor and worked with beginners before taking the area in 1992. His training in Ki Society Aikido. He has passed testing for three levels of Aikido and Ki development with Kashiwara Semri, chief instructor in the United States for Ki Society Aikido. Paul has taught at UFM since 1995.

Date: June 1 - August 15 (Tuesday/Thursday)
Time: 7 - 8:30 pm
Fee: $48
Location: Ahsan, East Lobby, KSU
No Class July 4

Further information on the Hydroaerobics are now available at Page 5 for class details.

Another great way to exercise......

Hydroaerobics

★ Enjoy a great workout with less stress on your joints.
★ No swim skill required.

See Page 5 for class details.

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

Try Hydroaerobics!

(water exercise) See page 5

SHARP—SELF DEFENSE FOR WOMEN is offered in the PERSONAL DEVELOPMENT section of this catalog.
Cake Decorating

Turn your plain cakes into festive trees. Learn to add an icing decoration and a party border to impress your family and friends. Icing will be provided for practice in class. Bring your own cake to a later class and take home a masterpiece. Supply list available at time of registration.

Tommy Sline began decorating cakes several years ago as a hobby. Her first course went at a UFM cake decorating class. She currently decorates cakes for Ollons.

Date: July 19 - August 9 (Wednesday)
Time: 7 pm
Fee: $15
Location: UFM Kitchen

Cooking with Spray Butter

Burn up calories at the push of a button. Spray butter is the newest way to cook with no extra fat or calories. You, too, will be amazed at how easy it is.

Brent Yager, world's leading consumer of fat-free butter spray.

Date: July 4 (Tuesday)
Time: 7 - 8 pm
Fee: $15
Location: Brent's Cambridge Gourmet Kitchen

More Chinese Cooking

Qing Wu will take over the Chinese cooking class from Hai Tien Huang because he is moving away from Manhattan. He will continue to introduce typical Chinese home-style cooking to students. Menus and recipes will be provided. Half of the dishes will be vegetarian. Please bring a dish and containers for eating and a container for taking food home. If you wish to request a certain Chinese dish, please contact Qing Wu at 907-9012. Qing Wu is a native of southeast China. She is very good at and enjoys making home-style Chinese cooking. She has lived in Manhattan for four years and enjoys cooking for friends. She is a graduate student in the Business College.

Date: June 17 (Saturday)
Time: 10 am - 2 pm
Fee: $12
Location: UFM Kitchen

More Chinese Cooking

Qing Wu

Date: July 15 (Saturday)
Time: 10 am - 1 pm
Fee: $12
Location: UFM Kitchen

Vegetarian Cooking

Beside tasting great, a vegetarian diet is healthy and economical. This class is designed to inspire your imagination as well as your palate. We will learn how to prepare a variety of grains, vegetables, fruits, nuts and seeds. Recipes will come from various cultures. Bring your appetite; you will be enjoying a meal at class and take home many recipes.

Anu Franklin (937-9124) has been preparing and enjoying vegetarian meals for more than 20 years. Having lived in many foreign countries, she has a special appreciation for international cuisine.

Date: June 8 (Thursday)
Time: 5:30 - 7:30 pm
Fee: $45
Location: UFM Kitchen

Vegetarian Cooking

Anu Franklin

Date: July 13 (Thursday)
Time: 5:30 - 7:30 pm
Fee: $45
Location: UFM Kitchen

Vegetarian Cooking

Anu Franklin

Date: August 10 (Thursday)
Time: 5:30 - 7:30 pm
Fee: $45
Location: UFM Kitchen
Manhattan Community Garden
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 more than 160 plots. The Garden is located at 9th and Riley Lane.

A special section is set aside as a Children’s Garden. Children work in individual and group plots. Children may join at no charge by attending the Saturday morning gardening sessions 10- noon at 8th and Riley Lane.

-----

UFM Teen Mentoring Program

The Teen Mentoring Program was developed as a way to provide support, positive interaction and new learning opportunities to high risk youth aged 13-17.

The group meets weekly. For Summer, the group will meet on Wednesdays from 3-5 pm. Transportation is provided. A variety of activities are offered that allow one-on-one, small and large group interaction. Special incentive events are held several times a year.

Volunteer mentors are recruited from Kansas State University. Each mentor is assigned one or two students. Mentors are asked to be available for the weekly meetings as well as to follow up at least once during the week with a phone call.

Participants can be added at any time. For more information, call UFM at 539-8763 or stop by 1221 Thurston for an application.

-----

Lou Douglas Lecture Series

James K. Galbraith
Professor, LBJ School of Public Affairs University of Austin

Created Unequal: the Crisis in American Pay
Thursday, October 5, 2000
7:30 pm
Forum Hall, KSU Campus

Eugenie Scott, Ph.D
Executive Director, the National Center for Science Education
El Cerrito, California

Why NOT Creationism in Public Schools
Tuesday, October 24, 2000
7:30 pm
Forum Hall, KSU Campus

Laura Cecere
M.S.W. J.D.

Saving Girls' Lives: International Adoptions from China
Tuesday, November 14, 2000
7:30 pm
Forum Hall, KSU Campus

All events free of charge

UFM classes make great gifts.
The courses on this page are offered for credit through The Division of Continuing Education with the cooperation of various KSU departments. Register for these at 131 College Court. Fees for these classes differ depending on special instructor and equipment needs. Enrollment, withdrawal and refunds are determined by University policy and handled at the Division of Continuing Education Registration office. Call 532-5566 for questions or information.

*Special and health fees and non-resident fees may also be assessed—contact the Division of Continuing Education, 532-5566 for addition information.

Scuba Diving  
**RRES-200**
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 snorkel.

Instructor: Jeff Wilson has been diving for 25 years and instructing scuba for 15 years.
**Date:** June 12 - July 19 (Mon./Wed.)
**Time:** 5 - 7 pm
**Fee:** $349
**Location:** YMCA, 1703 McFarland, Junction City

Golf  
**KIN-140 or RRES-200**
This course will emphasize the fundamentals of the full golf swing; the short game techniques of chipping, pitching, and sand shots; rules, rules of play, course etiquette, selection and use of equipment.

Instructor: Jim Gregory
**Date:** June 7 - July 26 (Wed.)
**Time:** 6 - 8 pm
**Fee:** $374
**Location:** Stagg Hill Golf Club 4441 Ft. Riley Blvd.

Ballroom Dance  
**DANCE - 599 C**
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 taught.

Instructor: Michael Berrett
**Date:** June 2 - August 4 (Friday)
**Time:** 6:00 - 8 pm
**Fee:** $131
**Location:** ECM Auditorium, 1021 Denison 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, tips, 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 Sederman
**Date:** June 5 - June 15 (Mon./Tues./Wed./Thurs.)
**Time:** 6:00 - 8:00 pm
**Fee:** $148
**Location:** Eisenhower Middle School, 800 Walters Dr.

GMAT  
**Graduate Management Admission test**

**Preparation Course**

**Early Fall Class**

**Relevant Sections**
- Reading Comprehension
- Sentence Correction & Analytical Writing Assessment
- Critical Reasoning
- Discrete Quantitative
- Data Sufficiency

**For more information, call**
UFM 539-8763

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

LSAT  
**Law School Admission test**

**Review Course**

**Early Fall Class**

- Comprehensive 28-hour review
- In-Class and Home Study Materials
- Analytical Lectures
- Test-Taking Strategies
- Convenient Campus Location

**For more information, call**
UFM 539-8763

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
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

<table>
<thead>
<tr>
<th>UFM 1221 THURSTON</th>
<th>539-8763</th>
</tr>
</thead>
<tbody>
<tr>
<td>1221 Thurston</td>
<td></td>
</tr>
<tr>
<td>Manhattan, KS 66502</td>
<td></td>
</tr>
<tr>
<td>Community Learning Center</td>
<td></td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Student Name</th>
<th>Day Phone</th>
</tr>
</thead>
<tbody>
<tr>
<td>Address</td>
<td></td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>City</th>
<th>State</th>
<th>Zip</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Age: Under 18 exact age</th>
<th>19-24</th>
<th>25-59</th>
<th>60+</th>
</tr>
</thead>
<tbody>
<tr>
<td>Parent's Name if Student is Under Age 18</td>
<td></td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>CLASS #</th>
<th>Session</th>
<th>TITLE</th>
<th>FEE</th>
<th>LOCATION</th>
<th>DATE</th>
<th>TIME</th>
</tr>
</thead>
</table>

<table>
<thead>
<tr>
<th>Tax Deductible Donation</th>
<th>Total</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td></td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Service option (use of my)</th>
<th>Fee</th>
<th>MasterCard</th>
<th>Discover</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Card Number</th>
<th>Expiration Date</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td></td>
</tr>
</tbody>
</table>

| Participant Statistics: | KSU Student | KSU Faculty/Staff | Fr/Riley | Other |
|--------------------------|-------------|-------------------|----------|
|                          |             |                   |          |

<table>
<thead>
<tr>
<th>Where did you obtain your catalog?</th>
<th></th>
</tr>
</thead>
</table>

<table>
<thead>
<tr>
<th>A class I would like offered</th>
<th></th>
</tr>
</thead>
</table>

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

<table>
<thead>
<tr>
<th>Signature**</th>
<th>Date</th>
</tr>
</thead>
</table>

**Signature of Parent or Guardian required for minors.

Office Use Only

<table>
<thead>
<tr>
<th>Date Received</th>
<th>Date</th>
<th>Staff</th>
<th>Check</th>
<th>Cash</th>
<th>Visa</th>
<th>M/C</th>
<th>Discover</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Date Entered</th>
<th>Date</th>
<th>Computer</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Date Received</th>
<th>Date</th>
<th>Staff</th>
<th>Check</th>
<th>Cash</th>
<th>Visa</th>
<th>M/C</th>
<th>Discover</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Date Entered</th>
<th>Date</th>
<th>Computer</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Amount</th>
<th>Total Paid</th>
<th>Date</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

**Signature of Parent or Guardian required for minors.