Turn a New Leaf on Learning this Summer!

Summer Classes
May-August 2002

- Slipcovers
- Chinese
- Fountain Building
- Tennis
- Children's Art Classes

Summer Classes

2002

UFM Community Learning Center

Teaching • Learning • Growing

2002

Summer Classes

NON-PROFIT ORG
U.S. POSTAGE PAID
Permit No. 134
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. Call us with your ideas.

TABLE OF CONTENTS

<table>
<thead>
<tr>
<th>Information</th>
<th>2</th>
</tr>
</thead>
<tbody>
<tr>
<td>About UFM</td>
<td></td>
</tr>
<tr>
<td>Cancellation of classes</td>
<td>3</td>
</tr>
<tr>
<td>General Policies</td>
<td></td>
</tr>
<tr>
<td>Inclement Weather</td>
<td>3</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Classes</th>
<th></th>
</tr>
</thead>
<tbody>
<tr>
<td>Aquatics</td>
<td>4-6</td>
</tr>
<tr>
<td>Red Cross Learn to Swim Lessons</td>
<td></td>
</tr>
<tr>
<td>Adult Lessons</td>
<td></td>
</tr>
<tr>
<td>Private Lessons</td>
<td></td>
</tr>
<tr>
<td>Lap Swimming</td>
<td></td>
</tr>
<tr>
<td>Hydroaerobics</td>
<td></td>
</tr>
<tr>
<td>Scuba Diving</td>
<td></td>
</tr>
<tr>
<td>Swim Appreciation Dates</td>
<td></td>
</tr>
<tr>
<td>Career &amp; Finance</td>
<td>8</td>
</tr>
<tr>
<td>Gain Control of Your Money</td>
<td></td>
</tr>
<tr>
<td>Investing</td>
<td></td>
</tr>
<tr>
<td>The Internet</td>
<td></td>
</tr>
<tr>
<td>Direct Mail</td>
<td></td>
</tr>
<tr>
<td>Creative Free Time</td>
<td>9-11</td>
</tr>
<tr>
<td>Historical Tour of Aggieville</td>
<td></td>
</tr>
<tr>
<td>Care of Family Photos</td>
<td></td>
</tr>
<tr>
<td>Photography</td>
<td></td>
</tr>
<tr>
<td>Beginning Sewing</td>
<td></td>
</tr>
<tr>
<td>Stained Glass</td>
<td></td>
</tr>
<tr>
<td>Spinning</td>
<td></td>
</tr>
<tr>
<td>Creating a DVD</td>
<td></td>
</tr>
<tr>
<td>And much more</td>
<td></td>
</tr>
<tr>
<td>Credit Optional Classes</td>
<td>19</td>
</tr>
<tr>
<td>Golf</td>
<td></td>
</tr>
<tr>
<td>Scuba Diving</td>
<td></td>
</tr>
<tr>
<td>Ballroom Dance</td>
<td></td>
</tr>
<tr>
<td>Fitness Swimming</td>
<td></td>
</tr>
<tr>
<td>Archery</td>
<td></td>
</tr>
<tr>
<td>Earth, Nature and Environment</td>
<td>17</td>
</tr>
<tr>
<td>Fall Gardening</td>
<td></td>
</tr>
<tr>
<td>Composting</td>
<td></td>
</tr>
<tr>
<td>Kansas Rocks</td>
<td></td>
</tr>
<tr>
<td>Fountain Building</td>
<td></td>
</tr>
<tr>
<td>Patio Gardening</td>
<td></td>
</tr>
<tr>
<td>Languages</td>
<td>15</td>
</tr>
<tr>
<td>English as a Second Language</td>
<td></td>
</tr>
<tr>
<td>Chinese</td>
<td></td>
</tr>
<tr>
<td>French</td>
<td></td>
</tr>
<tr>
<td>Sign Language</td>
<td></td>
</tr>
</tbody>
</table>

| Registration Forms                     | 20 |
| Registration Information               |   |
| University Credit Information          | 3 |

| Martial Arts                           | 7 |
| Tae Kwon Do                            |   |
| Ninpo Tai Jutsu                        |   |
| Personal Development                   | 16 |
| SHARP Self Defense for Women           |   |
| Clearing Clutter                       |   |
| Women and Leadership                   |   |
| Balance Your Busy Life                 |   |
| And Others                             |   |
| Recreation and Dance                   | 12 |
| Ballroom Dance                         |   |
| Basic West Coast Swing                 |   |
| Golf                                   |   |
| Tennis                                 |   |
| Archery                                |   |
| Wellness                               | 13-15 |
| Jin Shin Jyutsu                        |   |
| Massage                                |   |
| Yoga                                   |   |
| Chi Lei - Chi Gong                     |   |
| Fahim Dafa                             |   |
| Tai Chi                                |   |
| and others                             |   |

| Youth                                   | 18 |
| Art Classes                             |   |
| Ballet, Dance, Tap, and Jazz            |   |
| Language Classes                        |   |

| Special Events and Activities           |   |
| Historical Tour of Aggieville           |   |
| Reading Ancient History                 |   |
| from the rocks of classes               |   |
| Youth Art Classes                       |   |
| Youth Language Classes                  |   |

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

Featured Instructor

DAVID MOORE

David Moore was born and raised in Manhattan and is a business owner as well as a Tae Kwon Do instructor. David started training in Tae Kwon Do in 1980 with Sun Yil's academy at KSU through UFM. Over the years, David has trained with several excellent instructors from Sun Yil's academy and is still training with the chief instructor Grand Master Sun Yil from Teeroka. Grand Master Sun Yil has held Tae Kwon Do classes at KSU for the last 27 years with UFM sponsoring classes for the past few years. Every year David and a few of the students from KSU travel throughout Kansas, Nebraska, and Missouri to compete in tournaments. They also participate in Tae Kwon Do demonstrations for other Sun Yil's academy schools.

In 1998, David received his 3rd degree black belt and his international instructor certificate. He received his 4th degree Jr. Master rank December 2007. All Sun Yil's Tae Kwon Do instructors are traditional Tae Kwon Do instructors and the focus is on self-defense and self-improvement. UFM's Tae Kwon Do can begin at age 4 and it is never too late to start. One day David would like to open a Sun Yil's branch school in Manhattan.

UFM Staff:
Executive Director - Linda Inlow Teener
Education Coordinator - Kristen Johnston
Community Outreach Coordinator - Charlene Bowerson
Swim Coordinator - Chris Branton
Lou Douglas Lecture Series Coordinator - Olivia Collins
Teen Mentoring Program Coordinator - Karen Roosch
Office Coordinator - Rusty Smith

Plus all the teachers who share their talents!

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

The UFM office is open Monday-Friday
8:30 am - 5 pm (closed 12 Noon - 1 pm). Call if you need to visit the office at lunchtime and we will make arrangements to be open for you.
COMMUNITY REGISTRATIONS
The following dates and locations have been scheduled for making registration for a UFM class even easier:

<table>
<thead>
<tr>
<th>DATE</th>
<th>TIME</th>
<th>LOCATION</th>
</tr>
</thead>
<tbody>
<tr>
<td>June 4 Tues</td>
<td>10 am - 2 pm</td>
<td>KSU Union</td>
</tr>
<tr>
<td>June 5 Wed</td>
<td>10 am - 2 pm</td>
<td>KSU Union</td>
</tr>
<tr>
<td>June 8 Sat</td>
<td>2 - 4 pm</td>
<td>Manhattan</td>
</tr>
</tbody>
</table>

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

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

Please share any concerns you may have about class material, an instructor, or any other problems by calling Kristen at UFM 539-8763.

UFM accepts donations of money and usable office items. Private monetary donations help underwrite the costs of maintaining the UFM building, coordinating the catalog of classes and special projects such as scholarships, youth projects, or gardening.

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

BOARD OF DIRECTORS
Larry Fry - Chair
Robert Wilson - Vice Chair
Migette Kaup - Treasurer
Sharon Brookshire
Secretary
Linda Irwin Teener
President and CEO
Sue Maas
Dick Hayter
Robert Schafer
Imma Patton
Jim Hardy
Shane Shankle
Tyler Adams
Sara Stewart
Elena Johannes
Bill Richter

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

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.

Special Policies for Credit Optional Classes:
Credit Registration Refunds: After the second credit optional class meeting, but before one-third of the scheduled class sessions have met, fifty percent of the fee may be refunded if requested in writing. No refund is issued after one-third of the classes have met. Credit enrollment fees: Courses taken for credit carry additional fees required by the University administration of the credit program. A $15.00 late fee will be charged for enrollments taken after the second class meeting. A $35.00 late fee will be charged for enrollments taken after one-third of the scheduled class meetings. Additional student activity and health fees may be assessed for students enrolled in 6 or fewer KSU credit hours. Withdrawals: A student may withdraw from a credit option prior to the completion of one-third of the scheduled class meetings without a grade being recorded on the student’s transcript. If a student withdraws after one-third, but before two-thirds of the scheduled class meetings, a grade of W(withdrawn) will be issued. No withdrawals will be accepted after two-thirds of the scheduled classes have been completed.

Liability Statement:
Individual participants should be aware of the risks and hazards involved in recreational sports and fitness activities. They should voluntarily elect to utilize KSU and UFM facilities and participate in programs recognizing present conditions and further agree to voluntarily assume all risks of loss, damage, injury or property loss incurred in connection with the use of University or UFM facilities. Individuals are reminded that they should review their own personal circumstances with their insurance providers to ascertain 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.
Aquatics

Learn to Swim Classes

UF 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, Parent/Infant & Parent/Tot, Tot Transition, and Mini Team. Small classes allow for carefully guided instruction in stroke technique and water safety. Water safety is reinforced with tips and practice each day. The first day of class each student is evaluated to assure that they are in the proper class. Students advance through the levels at their own rate and are moved to different class levels as space permits and skill advancement demands.

LOCATION: KSU Natatorium - Ablern Complex

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

Children over the age of 5 are not permitted in restrooms/launder rooms of the Opposite sex.

BEGINNING & ENDING DATES FOR SWIM LESSONS:

Session A: Mon - Fri, June 3 - June 14
Session B: Mon - Fri, June 17 - June 28
Session C: Mon - Fri, July 8 - July 19
Session D: Mon - Fri, July 22 - August 2

1st day of class, please arrive 10 minutes early to get classes organized.

Parent/Infant and Parent/Tot

This water orientation program is designed to teach you how to work safely and effectively with your child and to teach your child water safety and self-help skills. This program emphasizes water adjustment, preparatory activities for swimming and water enjoyment for you and your child. Small children should wear swim diapers or non-slip lightweight pants covered by rubber pants. To participate, infants must have the ability to voluntarily raise their heads 90 degrees when lying flat on their stomach and be 6 months old. During the 6 meetings the parents will receive instruction and have opportunity to practice water techniques with their children. Parent must accompany child in the water.

Session A: Mon/Wed/Fri (See Beginning & Ending Dates for Swim Lessons) AQ-01F 10 - 10:30 am AQ-02F 5:30 - 6 pm
Session B: Mon/Wed/Fri (See Beginning & Ending Dates for Swim Lessons) AQ-03F 10 - 10:30 am AQ-04F 5:30 - 6 pm
Session C: Mon/Wed/Fri (See Beginning & Ending Dates for Swim Lessons) AQ-05F 10 - 10:30 am AQ-06F 5:30 - 6 pm
Session D: Mon/Wed/Fri (See Beginning & Ending Dates for Swim Lessons) AQ-07F 10 - 10:30 am AQ-08F 5:30 - 6 pm

Fee: $21 per session

Tot Transition

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

Session A: Mon/Wed/Fri (See Beginning & Ending Dates for Swim Lessons) AQ-01T 9:30 - 10 am AQ-02T 5:30 - 6 pm
Session B: Mon/Wed/Fri (See Beginning & Ending Dates for Swim Lessons) AQ-03T 9:30 - 10 am AQ-04T 5:30 - 6 pm
Session C: Mon/Wed/Fri (See Beginning & Ending Dates for Swim Lessons) AQ-05T 9:30 - 10 am AQ-06T 5:30 - 6 pm
Session D: Mon/Wed/Fri (See Beginning & Ending Dates for Swim Lessons) AQ-07T 9:30 - 10 am AQ-08T 5:30 - 6 pm

Fee: $21 per session

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. Students are ready for this level when they are mature enough to participate in a group setting without a parent.

Session A: Mon - Fri (See Beginning & Ending Dates for Swim Lessons) AQ-01 10 - 10:40 am AQ-02 10:50 - 11:30 am AQ-03 6:15 - 6:55 pm
Session B: Mon - Fri (See Beginning & Ending Dates for Swim Lessons) AQ-04 10 - 10:40 am AQ-05 10:50 - 11:30 am AQ-06 6:15 - 6:55 pm
Session C: Mon - Fri (See Beginning & Ending Dates for Swim Lessons) AQ-07 10 - 10:40 am AQ-08 10:50 - 11:30 am AQ-09 6:15 - 6:55 pm
Session D: Mon - Fri (See Beginning & Ending Dates for Swim Lessons) AQ-10 10 - 10:40 am AQ-11 10:50 - 11:30 am AQ-12 6:15 - 6:55 pm

Fee: $43 per session

Level II: Primary Skills

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

Session A: Mon - Fri (See Beginning & Ending Dates for Swim Lessons) AQ-13 10 - 10:40 am AQ-14 10:50 - 11:30 am AQ-15 6:15 - 6:55 pm
Session B: Mon - Fri (See Beginning & Ending Dates for Swim Lessons) AQ-16 10 - 10:40 am AQ-17 10:50 - 11:30 am AQ-18 6:15 - 6:55 pm
Session C: Mon - Fri (See Beginning & Ending Dates for Swim Lessons) AQ-19 10 - 10:40 am AQ-20 10:50 - 11:30 am AQ-21 6:15 - 6:55 pm
Session D: Mon - Fri (See Beginning & Ending Dates for Swim Lessons) AQ-22 10 - 10:40 am AQ-23 10:50 - 11:30 am AQ-24 6:15 - 6:55 pm

Fee: $45 per session

Level III: Stroke Readiness

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

Session A: Mon - Fri (See Beginning & Ending Dates for Swim Lessons) AQ-25 10 - 10:40 am AQ-26 10:50 - 11:30 am AQ-27 6:15 - 6:55 pm
Session B: Mon - Fri (See Beginning & Ending Dates for Swim Lessons) AQ-28 10 - 10:40 am AQ-29 10:50 - 11:30 am AQ-30 6:15 - 6:55 pm
Session C: Mon - Fri (See Beginning & Ending Dates for Swim Lessons) AQ-31 10 - 10:40 am AQ-32 10:50 - 11:30 am AQ-33 6:15 - 6:55 pm
Session D: Mon - Fri (See Beginning & Ending Dates for Swim Lessons) AQ-34 10 - 10:40 am AQ-35 10:50 - 11:30 am AQ-36 6:15 - 6:55 pm

Fee: $43 per session

E-mail um@ksu.edu
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.

Session A: Mon - Fri
(See Beginning & Ending Dates for Swim Lessons)
AQ-37 10:00 - 11:00 am
AQ-38 10:00 - 11:00 am
AQ-39 6:15 - 6:55 pm

Session B: Mon - Fri
(See Beginning & Ending Dates for Swim Lessons)
AQ-40 10:00 - 11:00 am
AQ-41 10:00 - 11:00 am
AQ-42 6:15 - 6:55 pm

Session C: Mon - Fri
(See Beginning & Ending Dates for Swim Lessons)
AQ-43 10:00 - 11:00 am
AQ-44 10:00 - 11:00 am
AQ-45 6:15 - 6:55 pm

Session D: Mon - Fri
(See Beginning & Ending Dates for Swim Lessons)
AQ-46 10:00 - 11:00 am
AQ-47 10:00 - 11:00 am
AQ-48 6:15 - 6:55 pm
Fee: $43 per session

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

Session A: Mon - Fri
(See Beginning & Ending Dates for Swim Lessons)
AQ-32 10:00 - 11:00 am
AQ-33 6:15 - 6:55 pm

Session B: Mon - Fri
(See Beginning & Ending Dates for Swim Lessons)
AQ-34 10:00 - 11:00 am
AQ-35 6:15 - 6:55 pm

Session C: Mon - Fri
(See Beginning & Ending Dates for Swim Lessons)
AQ-36 10:00 - 11:00 am
AQ-37 6:15 - 6:55 pm

Session D: Mon - Fri
(See Beginning & Ending Dates for Swim Lessons)
AQ-38 10:00 - 11:00 am
AQ-39 6:15 - 6:55 pm
Fee: $43 per session

Level VI: Skill Proficiency
The objective of Level VI is to polish strokes so students swim them with more ease, efficiency, power, and smoothness over greater distances. Students develop considerable endurance by the end of this course. Additional practice is helpful to develop and maintain the strength necessary in Level VII. Participants will be introduced to additional turns as well as the pike and kick under water dives. Students entering this course must have a Level V certificate or be able to demonstrate all the completion requirements in Level V.

Session A: Mon - Fri
(See Beginning & Ending Dates for Swim Lessons)
AQ-37 10:00 - 11:30 am
AQ-38 6:15 - 6:55 pm

Session B: Mon - Fri
(See Beginning & Ending Dates for Swim Lessons)
AQ-39 10:00 - 11:30 am
AQ-40 6:15 - 6:55 pm

Session C: Mon - Fri
(See Beginning & Ending Dates for Swim Lessons)
AQ-41 10:00 - 11:30 am
AQ-42 6:15 - 6:55 pm

Session D: Mon - Fri
(See Beginning & Ending Dates for Swim Lessons)
AQ-43 10:00 - 11:30 am
AQ-44 6:15 - 6:55 pm
Fee: $43 per session

Level VII: Advanced Skills
The objective of Level VII is to perfect strokes and to develop good fitness habits. Participants are urged to use aquatic activities throughout their life to maintain their health and condition. There will be taught springboard diving and advanced rescue skills. They may be introduced to synchronized swimming, skin diving and competition. Participants entering this course must have a Level VI certificate or be able to demonstrate all the completion requirements in Level VI.

Session A: Mon - Fri
(See Beginning & Ending Dates for Swim Lessons)
AQ-61 10:00 - 11:30 am
AQ-62 6:15 - 6:55 pm

Session B: Mon - Fri
(See Beginning & Ending Dates for Swim Lessons)
AQ-63 10:00 - 11:30 am
AQ-64 6:15 - 6:55 pm
Fee: $43 per session

Lifeguard Challenge/Review Course
(ECC 2000) AQ-101
This class provides an update and recertification for someone who has previously held a certification in lifeguard training and CPR for the professional rescuer. American Red Cross Lifeguard Training teaches lifeguards the skills and knowledge needed to prevent and respond to aquatic emergencies. This course will certify you in Lifeguard Training, CPR for the Professional Rescuer, and First Aid. Prerequisites: 1. Minimum age 15.
2. Swim 500 yards continuously, using these strokes in the following order: 200 yard front crawl with rhythmic breathing and stabilizing, propellant kick, 100 yard breaststroke, and 200 yards of either front crawl using rhythmic breathing or breaststroke. These 200 yards may be a mixture of front crawl and breaststroke.
3. Swim 20 yards using front crawl or breaststroke, surface dive to a depth of 7 - 10 feet, retrieve a 10-pound brick, return to surface, and swim 20 yards back to the starting point with the object.
Certification: Requires: Demonstrate competency in all required skills, demonstrates competency in the three final skill scenarios, and correctly answer at least 80 percent of the written tests.

Carol Sites
Prerequisites: May 24 (Friday)
Date: May 26 - May 31 (Tuesday - Friday)
Time: 1:00 - 5:00 pm (Prereq: Swim)
5:30 - 9:30 pm (Tuesday - Friday)
Fee: $116
Deposit: To reserve a spot in the class a deposit of $20.00 needs to be paid before the prerequisite date. This deposit is non-refundable (even if you do not pass the prerequisites) and will go towards the cost of the class. You will be billed for the class and books in the UMP office after successful completion of the prerequisites. There is a maximum of 12 people per class.
Location: Prerequisites are at the KSU Natatorium. Classes are at the Red Cross Office. Class on Friday is at the KSU Natatorium.

Introduction to Competitive Swimming - Mini Team
This class will focus on the four competitive strokes: butterfly, backstroke, breaststroke, and freestyle, as well as competitive starts and turns. The goal of stroke refinement and endurance will be the main objectives. Swimmers on average will swim between 500 and 1000 yards each lesson. This class is designed for participants who have completed Level VII of the Learn to Swim program or those who would like preparation for a swim team. While enrolled in this class individuals can practice with the Manhattan Marlins Swim Team at no charge. Prior to participating with the Marlins, contact Kathy Musch 776-1742 or Jerry Carpenter 539-1384. For more information concerning Manhattan Marlins, see brochure near pool entrance.

Session B: (See Beginning & Ending Dates for Swim Lessons)
AQ-107B Mon - Fri 6:15 - 6:55 pm

Session D: (See Beginning & Ending Dates for Swim Lessons)
AQ-107D Mon - Fri 6:15 - 6:55 pm
Fee: $43 per session

MANHATTAN MARLINS
SWIM TEAM
A non-profit organization dedicated to providing children the chance of participating in competitive swimming. Primary emphasis on positive self image, physical conditioning and development to the child’s fullest potential.
Ages: 5 years thru College level
Four Practice Groups: Developmental ◆ Bronze ◆ Silver ◆ Gold
For more information contact: Kathy Musch at 776-1742 or Jerry Carpenter at 539-1384

Look for the UFM Catalog on the web at www.ksu.edu/ufm
Lap Swimming Ages 13 plus

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

**Session A: Mon - Fri**
(See Beginning & Ending Dates for Swim Lessons)
**AQ-75**
10 - 11:30 am
AQ-76
6 - 7 pm

**Session B: Mon - Fri**
(See Beginning & Ending Dates for Swim Lessons)
**AQ-77**
10 - 11:30 am
AQ-78
6 - 7 pm

**Session C: Mon - Fri**
(See Beginning & Ending Dates for Swim Lessons)
**AQ-79**
10 - 11:30 am
AQ-80
6 - 7 pm

**Session D: Mon - Fri**
(See Beginning & Ending Dates for Swim Lessons)
**AQ-91**
10 - 11:30 am
AQ-92
6 - 7 pm

Fee: $19 per session

**Hydro aerobics: Water Exercise**

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

**Session A: Mon - Fri**
**AQ-91**
June 3 - June 21
6:05 - 7 pm (2 Times a week)
Mon - Fri
6:05 - 7 pm (5 Times a week)

**Session B: Mon - Fri**
**AQ-92**
June 24 - July 12
6:05 - 7 pm (2 Times a week)
Mon - Fri (3 Times a week)

**Session C: Mon - Fri**
**AQ-93**
June 24 - July 12
6:05 - 7 pm Mon - Fri (5 Times a week)

**Session D: Mon - Fri**
**AQ-94**
July 15 - August 2
6:05 - 7 pm (2 Times a week)

**Session E: Mon - Fri**
**AQ-95**
July 15 - August 2
6:05 - 7 pm Mon - Fri (5 Times a week)

**Session F: Mon - Fri**
**AQ-96**
July 15 - August 2
6:05 - 7 pm Mon - Fri (5 Times a week)

**Fee:** $18 for 2 Times a week per session
$20 for 3 Times a week per session
$22 for 5 Times a week per session

**Deep Water Hydro aerobics**

This semester we will be offering a deep water hydro- aerobics class. This will be held in the diving well of the Natatorium. The participants of the class will be issued an aqua/jogger belt to help provide buoyancy in the water. The structure for this class will be similar to regular hydro aerobics classes. This class is intended to add variety to your work-out Only swimmers who can tread water without a flotation device are allowed to participate in the class.

**Session A: Mon - Fri**
**AQ-100A**
June 3 - June 21
5:30 - 6 pm (5 Times a week)

**Session B: Mon - Fri**
**AQ-100B**
June 24 - July 12
5:30 - 6 pm (5 Times a week)

**Session C: Mon - Fri**
**AQ-100C**
July 15 - August 2
5:30 - 6 pm (5 Times a week)

**Fee:** $12 per session

**Private Swim Lessons**

Private lessons provide one-on-one instruction for any level of swimmer. These 3 lessons of 30 minutes each that occur in consecutive days excluding Saturday and Sunday. To improve scheduling and better serve our families, you will be able to reserve specific sessions and times for private lessons when you enroll. Please make sure you record these times and dates when you register, because THERE WILL BE NO OPPORTUNITY FOR MAKE UP LESSONS.

**Beginning and Ending Dates for Morning and Evening Private Lessons**

**Session A1:**
Mon - Fri
June 3 - June 10

**Session A2:**
Mon - Fri
June 10 - June 14

**Session B1:**
Mon - Fri
June 17 - June 21

**Session B2:**
Mon - Fri
June 24 - June 28

**Session C1:**
Mon - Fri
July 8 - July 12

**Session C2:**
Mon - Fri
July 15 - July 19

**Session D1:**
Mon - Fri
July 22 - July 26

**Session D2:**
Mon - Fri
July 29 - August 2

**Times for all morning sessions:**
9:30 - 10 am
10:15 - 10:45 am

**Times for all evening sessions:**
5:30 - 6 pm
6:15 - 6:45 pm

**Fee:** $47 per session

**Scuba Diving**

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

**Instructor:** Jeff Wilton

**Date:** June 3 - July 8 (Monday)

**Time:** 6:00 - 10:00 pm

**Fee:** $250

**Location:** YMCA 1700 McFarland, Junction City

**Fitness Swimming**

Students interested in this course MUST be able to demonstrate the ﬁve basic strokes, using rhythmic breathing. Emphasis will be on analyzing and reﬁning stroke technique and additional competitive skills improving/maintaining physical ﬁtness and endurance through a progressive conditioning swimming program. Students will learn the components of well-balanced training and how to design a workout for conditioning swimming.

**Carol Stiles**

**Date:** June 11 - July 30 (Tuesday/Thursday)

**Time:** 6 - 7 pm

**Fee:** $72 non-credit

**Location:** KSU Natatorium

**Open Swim Appreciation**

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

**Date:** June 30 (Sunday)

**Time:** 5 - 7 pm

**Fee:** N/C

**Location:** KSU Natatorium

**Adult Swim Lessons**

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

**Session B:**
Mon - Fri
(See Beginning & Ending Dates for Swim Lessons)
**AQ-73**
6:15 - 6:55 pm

**Session D:**
Mon - Fri
(See Beginning & Ending Dates for Swim Lessons)
**AQ-74**
6:15 - 6:55 pm

**Fee:** $40 per session

Special THANKS TO THE UFM INSTRUCTORS who volunteer their time.
Ninpo Taijutsu
In this class we will work on basic techniques of unarmed Ninjutsu. We will do six skill techniques, basic two person techniques, both striking and grappling, and basic Jujitsu self-defense techniques. While some of these techniques are taken from Bujinkan Budo Taijutsu, they are part of the White Phoenix system.

Satoshi Witen (539-7723) has been in the martial arts field for 32 years, and involved with Ninjutsu for 25 years. He is the founder of the White Phoenix system. He is a second degree black belt in Hakkoryu Jujutsu, a third degree black sash in Pai Te Lung Fung Fu, a first degree black sash in Mew Hing 18 Taist Palms Kung Fu, and an eighth degree black sash in Zee Lual Lum Kung Fu.

Date: June 3 - August 5 (Monday)
Time: 8-9 pm
Fee: $39 fee includes 2 manuals
Location: Ahearn, Rm. 301, KSU

Tae Kwon Do I Advanced
Grandmaster Chae Sun Yi (266-8662), Instructor David Moore (539-6786).

Date: June 4 - August 1 (Tuesday/Thursday)
Time: 7:30 - 8:30 pm
Fee: $47
Location: Ahearn, Rm. 301, KSU
No class July 4.

Tae Kwon Do II
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 Topeka. The cost is not included in the class fee and a uniform is required for testing. Age 9+

**Tuesday, June 4, at 6:30 pm, a Public Demonstration and formal introduction of instructors will be conducted in Ahearn, Rm. 301, KSU.

Grandmaster Chae Sun Yi (266-8662) is an 8th degree black belt with over 41 years experience in Tae Kwon Do. He is a former captain and chief instructor of Tae Kwon Do for the ROOK Army National Team, and he has held classes at KSU since 1975. Instructor David Moore (539-6786) is a 4th degree black belt with over 11 years experience in Tae Kwon Do. David is the featured instructor for the Summer 2002 Catalog on page 2.

Date: June 4 - August 1 (Tuesday/Thursday)
Time: 6:30 - 7:30 pm
Fee: $47
Location: Ahearn, Rm. 301, KSU
No class July 4.

---

Are you uninsured? Does your insurance cover your health care needs?

DO YOU NEED THE FOLLOWING?
Medical care  Prescription Drugs  Dental Care
Transportation  Mental Health Services

The Community Access Program can help!
Call (785) 539-1610 or toll free 1-888-216-0198

Community Access Program (CAP)
A collaborative program offered through the
Community Health Council

All participants must register in advance.
Gain Control of Your Money and Become Debt-Free

FC-01
Is there too much month at the end of your paycheck? Do you have a plan to control the money you earn and save it? Are you spending too much on debt and insurance? This class will teach you to control your money, to save money, and to become debt-free. You will learn to identify and eliminate problem areas in your finances and develop a personalized plan to become debt-free.

Charlene Brownson (776-3666) is the instructor for this class. She is a local financial advisor who specializes in helping individuals become debt-free.

Date: August 1 (Thursday)
Time: 7 - 8:30 pm
Fee: $10 individual / $20 couple
Location: UFM Conference Room

Investing in YOUR Future

FC-02
Individuals who are in the accumulation phase of their lives, aged 25 to 35 years, may benefit from this course. Discussion will cover important management concepts, including how to manage your personal finances. The course will also cover investment basics and strategies for developing a personal financial plan. You will learn how to invest wisely and develop a good understanding of investing.

Charlene Brownson (776-3666) is the instructor for this class.

Date: August 8 (Thursday)
Time: 7 - 8:30 pm
Fee: $10 individual / $20 couple
Location: UFM Conference Room

Sunday Afternoon and the Internet: By Cyber-Street

FC-27
This class will teach you how to use the Internet to improve your computer skills. You will learn how to use the Internet to find information and how to use it for entertainment. You will learn how to use the Internet to find information and how to use it for entertainment.

Ralph Wzmer is the instructor for this class. He is the founder of the Plane Air Club in Wichita, KS.

Date: July 21 (Sunday)
Time: 1 - 3 pm
Fee: $20
Location: Manhattan Public Library

Club and Users Group Direct Mail Game Plans by Cyber-Street

PC-31
Overview of different direct mail plans and how to design an effective direct mail plan. You will learn how to design an effective direct mail plan. This class will teach you how to design an effective direct mail plan.

Ralph Wzmer is the instructor for this class.

Date: June 23 (Sunday)
Time: 2 - 4 pm
Fee: $20
Location: Manhattan Public Library

Would you like a positive, relaxed, but deeply spiritual experience? If so, join us at the

UNITY Church
of Manhattan
1021 Denison Ave.
537-6120
Sunday Service: 11:00 am
Historical Walking Tour of Aggieville CF-16b
This tour will be hosted by one or more of Aggieville’s leading historical experts.
Date: July 9 (Tuesday)
Time: 6 - 7 pm
Fee: $8 individual/$12 couple
Location: Meet under the marquee at Varney’s.

Historical Walking Tour of Aggieville CF-16c
This tour will be hosted by one or more of Aggieville’s leading historical experts.
Date: August 6 (Tuesday)
Time: 6 - 7 pm
Fee: $8 individual/$12 couple
Location: Meet under the marquee at Varney’s.

Paper Baskets CF-23
Woven baskets from recycled paper bags are fun to make. Decoration of the finished baskets is the maker’s choice. These sturdy baskets can be used for plant containers, goodie-giving, desk accessories or for whatever a container is needed. Students need to pick up instructions for strips at the UFM office.

Marie Burgett taught this class previously for UFM. She is a weaver and teacher who is fascinated with finding ways to reuse paper.
Date: July 10 (Wednesday)
Time: 8:30 - 11 am
Fee: $13
Location: UFM Fireplace Room

Safe and Creative Care of Family Photos
CF-02a
Are your photos stuffed 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 a take-home packet of instructions, and 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. Pam Schmid (1-800-347-2625) has been a consultant with Creative Memories since 1989.
Date: June 10 (Monday)
Time: 7 - 9:30 pm
Fee: $15
Location: UFM Fireplace Room

Safe and Creative Care of Family Photos
CF-02b
Pam Schmid (1-800-347-2625) has been a consultant with Creative Memories since 1989.
Date: July 16 (Tuesday)
Time: 7 - 9:30 pm
Fee: $15
Location: UFM Fireplace Room

Historical Walking Tour of Aggieville CF-16a
Come join us for a relaxing summer’s evening as we stroll back in time through the historic Aggieville District of Manhattan. Find out how it all started and where it all went. Learn the origins and occupants of some of the older buildings and visit some of the Zoo construction. From its origins in 1889 to the present, this area is crammed with history and fun. The tour will take approximately one hour.
This tour will be hosted by one or more of Aggieville’s leading historical experts. To schedule a tour for a group, club, or organization if the listed dates and times do not work, please contact Cheryl Sieben at 776-8050.
Date: June 6 (Tuesday)
Time: 6 - 7 pm
Fee: $8 individual/$12 couple
Location: Meet under the marquee at Varney’s.

Outdoor Adventures
Bicycles, Accessories Repair
Clothing & Equipment for Backpacking, Camping, Canoeing, Traveling, Climbing & Fly Fishing
Serving Northeast Kansas since 1975

Creative Free Time
1221 THURSTON 539-8763

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.

Take a Peek at the Past
(All visits—including peeks, looks & stares—are free.) That’s right... free!

Riley County Historical Museum
2309 Clifton
Exhibits of Riley County history—pioneer days to the present
Research library by appointment
Educational programs
Speakers bureau
8:30-5:00 Tuesday-Friday
2:00-5:00 Saturday-Sunday
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

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

Wolf House Museum
630 Prentis
1868 stone home also served as a boarding house
Furnished with period antiques
Special exhibits
New Exhibit opening June 200s
1:00-5:00 Saturday 2:00-5:00 Sunday
and by appointment

All participants must register in advance.
Slipcovering - A Dress for Your Chair

Dress up your old furniture with slip covers and give your home the look that makes your friends say "Wow"! One pattern lets you create a new look every time you feel like it. You can also match different types of chairs to look like a set by choosing the same fabric. Slip covering is easier than you think but the results are far more impressive than store bought covers!

Petra Barnes (537-7576) Petra Barnes has a Bachelors Degree in Fashion Design and Patterns Drafting and has worked in the textile industry for almost 15 years as a Drafter, Designer, Image Consultant, and Instructor. She has run a fabric store CF (Certified Picture Frames) and has won various art contests.

Date: May 23, 30, and June 6 (Thursday)
Time: 5 - 8 pm
Fee: $35
Location: UFM Fireplace Room

Weaving Introduction

CF-37

This will be an introduction to beginner weavers or wanna-be weavers. Students will explore the use of color in weaving using pre-warped looms, and will have four to six usable samples to take home along with plenty of handouts. All materials and equipment will be supplied. Enrollment is limited to 4, so sign up early!

Marie Burgett has been weaving since 1973, and has taught various weaving classes through the years. She is the Handweaver's Guild of America representative for Kansas and secretary for Kansas Alliance of Weavers.

Date: June 12 (Wednesday)
Time: 9 - 11:30 am
Fee: $10
Location: 801 Haid Ct.

Beginning Spinning

CF-38

This class will cover the basics of fiber preparation and spinning a drop spindle and to learn with and plenty of handouts. Enrollment is limited to 4, so sign up early!

Marie Burgett (539-2049) has been spinning for several years on both the drop spindle and on wheels. She is the Kansas representative for Handweaver's Guild of America.

Date: June 5 (Wednesday)
Time: 9:30 - 11:30 am
Fee: $18 includes supplies
Location: 801 Haid Ct.
Deadline to enroll: June 3.

Create a DVD or Video Tape

CF-48a

You have a stack of video tapes at home? Old 8 mm taught at 1st grade school? You want to do a video? Cd-rom? DVD? Want to make a movie of a special occasion such as a birthday, anniversary, wedding, reunion, or vacation? Look no further. Bring any content and learn how to produce a finished video project. Learn editing, scanning, adding titles, music background, and voice over. Your finished product will also be demonstrated and discussed. Bring a blank video tape for your project.

Gordon Schmidt is from Council Grove. He has taught for 35 years in public schools with recent experience in Library Media/Technology. Gordon currently is the owner of a mobile digital video editing business, Story2Tell. He has 15 years experience using Mac Computers as well as 10 years experience as a hobbyist videographer.

Date: June 10 (Monday)
Time: 7 - 9:30 pm
Fee: $25
Location: UFM Greenhouse

Create a DVD or Video Tape

CF-48b

Gordon Schmidt

Date: July 16 (Tuesday)
Time: 7 - 9:30 pm
Fee: $25
Location: UFM Greenhouse

Beginning Sewing

CF-49

This class is designed to make sewing simple! Have you ever wanted to learn how to sew or do you have questions that need answering? Bring a new project or something you would like to finish. Our motto is "Everybody can sew!"

Petra Barnes (537-7576)

Date: May 21, 28, and June 4 (Tuesday)
Time: 12 - 3 pm
Fee: $48
Location: UFM Fireplace Room

Book Club for Women

CF-50

The women's book club members will choose a book to discuss once a month. Meetings locations will vary. Women of all ages are welcome. We will be reading books of all kinds.

Terry Murray has enjoyed reading books from a variety of authors. She has facilitated book clubs for UFM for the past several semesters.

Date: June 12 (Wednesday)
Time: 6:30 pm
Fee: $4
Location: UFM Conference Room

Stained Glass

CF-51

Learn the basics of stained glass. Cutting, grinding, foiling, and soldering are some of the techniques you will learn. Take home a piece of window art that you created yourself. Stained glass is an interesting hobby that you can do at home and that can lead you to making Tiffany lamps, 3D creations, windows, and more. A supply list will be provided when you enroll.

Petra Barnes (537-7576)

Date: May 25, and June 1, 8 (Saturday)
Time: 10 - 1 pm
Fee: $48
Location: 3446 Stonehenge Drive

Basic Dog Obedience

CF-57

In the four week course you will learn basic obedience commands including: sit, down, come, stay and heel. In the last session, we will use the obedience commands to have some fun with some basic agility obstacles. A copy of Certificate of Health with rabies & other shots MUST BE SUBMITTED with enrollment by May 21st. Extra time is needed to submit paperwork.

Ashleigh Rogers (539-6340), has been training dogs through her 4-H project for ten years. She has trained handlers and their dogs at 4-H regional workshops and project meetings for four years. Ashleigh, and her dog, Buster, have competed successfully at the county and state levels in obedience agility and showmanship.

Date: May 28, and June 4, 11, and July 2 (Tuesday)
Time: 6 - 6:45 pm
Fee: $46 per dog & family
Location: Outside of Potter Hall in Cico Park

Temari

CF-99

Students will learn the art of Japanese stitching on thread balls. To mean hands, maru means ball. A kit will be provided. Students need to bring scissors, and a thimble.

Marie Burgett has been making temari since 1992, when she learned Temari from a Master. She has been teaching temari for the past year.

Date: June 26 (Wednesday)
Time: 8 - 11 am
Fee: $23
Location: UFM Fireplace Room

Handmade Books - Workshop

CF-62

In this class the students will learn step-by-step instructions on how to craft his or her own book. The books will be hard-bound and functional. Supplies will be provided for each student to create an original book of their own. Great as journals! Bring a sack lunch.

 Judy Boyer has her MFA in painting from KSU. She has been living in Manhattan for five years and has worked as a teacher and an artist.

Date: May 25 (Saturday)
Time: 10 - 2:30 pm
Fee: $37
Location: UFM Fireplace Room

Plein Air Painting in Pastel & Oil

CF-69a

This class will be held outside. We will explore areas of the beautiful flint hills and local gardens and parks. Painting in the impressionistic and expressionistic styles will be introduced. Plein air painting is a traditional painting style in which the artist takes in the natural surroundings and paints from life. Techniques in pastel and oil painting will be introduced. Each individual style will be emphasized. This class is geared for the novice and advanced artist alike. Bring a sketchpad and vine charcoal to the first class, a materials list will be provided.

Kenana Kimble is a painter and MFA candidate. She began painting her studies in traditional oil painting in Colorado. She studied the John Singer Sargent method as well as Plein air painting with Chuck Forsman. She is inspired by the flint hill area and believes that Plein air painting can be a significant method to learn for the beginner as well as advanced painter.

Date: June 1 - 22 (Saturday)
Time: 3:30 - 5:30 pm
Fee: $47
Location: Meet at UFM

Plein Air Painting in Pastel & Oil

CF-69b

Kenana Kimble

Date: July 6 - 27 (Saturday)
Time: 3:30 - 5:30 pm
Fee: $41
Location: Meet at UFM
Fun With Rabbits! CF-70
Have you ever wanted to own a rabbit? Do you own a rabbit and have questions about rabbit care? Would you like to learn more about rabbits? Did you know there are 45 breeds recognized in the Rabbit Standards book? We will cover basic rabbit care, breed identification, and uses for various breeds. We will teach you rabbit showmanship and give you a chance to try it out for yourself. You will learn about selection and how rabbits are judged. Rabbits are one of the healthiest and most enjoyable pets to own. Come to our workshop just to watch, or to get as much hands on experience as you would like. We promise you...Fun with RABBITS!

William, Annette, and Bernadette Trieb jointly own their rabbits at Trieb Tribes WAllbry. They each raise varieties of Rex and Satin rabbits, plus New Zealand and Himalayan rabbits. They show rabbits at the county, area, state, and national levels, including the 2001 National Convention in San Diego, California. William is the current Kansas ARBA Rabbit Prince and 1st Runner-Up National Prince. Annette is the 1st Runner-Up Kansas Rabbit Lady and 3rd Runner-Up at the National level. They earned these titles for their knowledge of rabbits and their performance in showmanship. They have been taught by their older sister, Bernadette, who has been showing rabbits for 8 years.

Date: July 8 (Monday)
Time: 6 - 8 pm
Fee: $8
Location: UFM Fireplace Room

Learning Pinochle CF-71a
Need to relax? Try a card game called pinochle for cheap entertainment and a great stress reliever. We will cover the basics of pinochle, learn how to figure your meld, and learn how to bid. We will have hands-on pinochle games and the opportunity to form pinochle groups.

Marge Younger is a budget technician employed at Ft. Riley for the past 21 years. Her hobbies include a love of sports (especially football), gardening, reading, playing various card games, and spending time with her baby granddaughter.

Date: May 22, 29, and June 5 (Wednesday)
Time: 7 - 8 pm
Fee: $14
Location: UFM Multipurpose Room

Learning Pinochle CF-71b
Marge Younger

Date: June 19, 26, and July 3 (Wednesday)
Time: 7 - 8 pm
Fee: $14
Location: UFM Multipurpose Room

Learning Pinochle CF-71c
Marge Younger

Date: July 17, 24, 31 (Wednesday)
Time: 7 - 8 pm
Fee: $14
Location: UFM Multipurpose Room

Journaling: More That Just a Diary CF-72
There are no rules! Writing in your journal can be creative, it can be eye opening, it can help you organize and make decisions. This four-session class will explore many ways to use a journal and explore even more ways to inspire you to write! Bring your own journal, paper, and pens or pencils.

Barbara Beck, Ph.D. is new to Manhattan but brings many years of experience teaching. Barbara owns her own consulting business where she provides both hospital and school staff with life enhancing skills. Barbara's past experience includes directing a hospital based wellness center and teaching at the university level.

Date: June 5, 12, 19, 26 (Wednesday)
Time: 7 - 8:30 pm
Fee: $34
Location: UFM Conference Room

Beginning Nature Photography CF-73
The focus of this class will be on learning the basics of landscape/nature photography. Information will be primarily centered around 35mm SLR cameras and equipment. Some topics include camera settings and operation, choosing and using different lenses, types of film and an introduction to exposure, composition, and technique. This class is geared toward beginning photographers. Participants will need their own fully functional 35mm SLR camera. The class will include one photo field trip (June 6th) followed by discussion and evaluation of slides (June 13th). Class fees include one roll of slide film and development.

Date: May 23, 30, and June 6, 13 (Thursday)
Time: 7 - 9 pm
Fee: $37
Location: UFM Conference Room

TEEN MENTORING PROGRAM
Starts June 5th 2002
◆ Program open to middle and high school students
◆ Opportunities to make new friends
◆ Activities to enhance leadership skills and group interaction
◆ Learn and improve life skills
◆ Have fun

Summer group meets every Wednesday from 3:00-5:00 p.m.
Call UFM at 5329-8763 for an application or more information

Lou Douglas Lecture Series on Public Issues
Fall 2002
Human Rights, Social Justice, World Peace, International Development

“Dead Man Walking: The Journey Continues”
Sister Helen Prejean, C.S.J.
Author of “Dead Man Walking: An Eye Witness Account of the Death Penalty in the U.S.”

Monday, September 9, 2002
7:00 p.m., K-State Student Union

Book Signing in the Union Immediately Following Sister Helen’s Lecture

Sponsored by UFM Community Learning Center
Additional Speakers Will Be Announced in the Fall UFM Catalog

Look for the UFM Catalog on the web at www.ksu.edu/ufm
Introduction to Golf
RH-01a
Get some fresh air and find out if golf is the sport for you. This is a short course geared for beginning and intermediate players. The fundamentals of the full swing, short game, pitching, chipping, and putting will be covered. Some class time will be devoted to equipment used to play golf, rules, etiquette, courtesy, conduct on the course, registering to play, use of scorecard and handicaps.

Jim Gregory (639-1041), a PGA Professional, is the golf pro at Stagg Hill Golf Course.

Archery for Adults
RH-17
This course provides men and women with instruction in target style archery. Emphasis is on the archery form currently used in Olympic sports. Participants will learn safety rules, scoring, stance, release of arrow, and execution of follow through. Instruction on basic equipment selection and set-up will also be taught and all equipment will be provided by the instructor. Techniques will be tailored to fit individual levels of advancement.

Toni Korte

Basic West Coast Swing
RH-20
West Coast Swing is a couple dance to music in 4/4 time and between 60 to 120 beats per minute. All types of music will be used (pop, RCB, Rock, Country, etc.) This is a beginner level class as no prior dance experience is required. Class size is small and fun.

Erik Hohmeister has been involved in West Coast Swing since 1995, including competition level dancing. He feels dancing is to be enjoyed.

Date: June 21 - August 2 (Friday)
Time: TBA - evenings
Fee: $26 individual/$42 couple
Location: UFM Fireplace Room
No class July 5

Tennis: Junior Beginners Ages 7-16
RH-05
Join us for fun and skill development in this great sport! This class is designed for beginning players and will provide instruction in fundamentals of strokes, basic rules of play and beginning competition. We provide the balls, students provide their own rackets. If you don’t have a racket, give us a call and we may be able to help you locate one. Parking may be a challenge so plan accordingly and come early.

Mark Tesendorf has an M.S. degree in Kinesiology and has played tennis for over 20 years, including varsity at CCM College, Cedar Rapids, Iowa. He recently served as an instructor at Mannino-Wabiging Sports and Arts Center in Ontario.

Date: June 4 - 25 (Tuesday)
Time: 6:30 - 7:30 pm
Fee: $36
Location: LP Washburn Rec Complex, KSU

Tennis: Beginners Ages 17 and Up
RH-06
This class will focus on fundamentals of strokes, basic rules of play, and beginning competition. Parking may be a challenge so plan accordingly and come early.

Mark Tesendorf

Date: June 4 - 25 (Tuesday)
Time: 7:30 - 8:30 pm
Fee: $36
Location: LP Washburn Rec Complex, KSU

Ballroom Dance
RH-27a
Come dance with us! If you want to learn to dance with a partner, plan to attend a wedding, or you just want to brush up on your steps, this class is for you. Swing, foxtrot, waltz, and Latin dancing are just a few of the steps you will learn. Come experience the elegant world of Ballroom Dance. Classes fill rapidly. It is advisable to register early.

Michael Bennett (776-7557) has trained in Ballroom Dance at U.C. Berkley, Mandola Ballroom, San Francisco; Alibi Ballroom, Oakland, CA; Chicago Dance Studio, Chicago, IL; and Avenue Ballroom, San Francisco. He was the 1986 San Francisco Avenue Ballroom Jetsetter Champion. He choreographed and performed in Ballroom Suite, Winter Dance 1998, KSU. He is a member of the United States Amateur Ballroom Dancers Association.

Date: June 7 - August 9 (Friday)
Time: 6:30 - 8 pm
Fee: $39 individual/$72 couple
Location: ECM Auditorium
1021 Denison Ave.

Ballroom Dance
RH-27b
Michael Bennett (776-7557)

Date: June 7 - August 9 (Friday)
Time: 8 - 9:30 pm
Fee: $39 individual/$72 couple
Location: ECM Auditorium
1021 Denison Ave.

Ballroom Dance
RH-27c
Michael Bennett (776-7557)

Date: June 4 - August 6 (Tuesday)
Time: 7 - 8:30 pm
Fee: $39 individual/$72 couple
Location: ECM Auditorium
1021 Denison Ave.

Golf in Salina
RH-26
This course will emphasize the fundamentals of the full golf swing; the short game techniques of chipping, pitching, and sand shots; rules of play, course etiquette, selection and use of equipment.

Steven Hardisty

Date: May 22 - July 17 (Wednesday)
Time: 1 - 5 pm
Location: Salina Municipal Golf Course
2500 East Crawford, Salina
No class July 3.

GAME GUY
VIDEO GAMES!
- BUY
- SELL
- TRADE
- RENT

SAVE AT GAME GUY!
704 N. 11th Manhattan, KS
(785) 537-0989
1-800-895-GAME
www.game-guy.com

STAGG HILL GOLF CLUB
K-18 West
For all your golfing needs
Fully equipped “discount” pro shop
Professional golf instruction available
(Individual & group)
Club regripping & repair
539-1041
Jim Gregory, PGA Professional

Look for the UFM Catalog on the web at www.ksu.edu/ufm
Yoga for Body and Mind

"India's great gift to humanity is an accessible, practical approach to happiness. This is the gift of YOGA."- T.K.V. Desikachar

This class is open to everyone. We will use the breath and the body to help focus the mind. The student will participate in developing a personal practice which meets her/his unique needs. Please wear comfortable clothing that allows for full range of movement. It is best not to eat within two hours of class (a piece of fruit is ok). Bring a towel.

Ana Franklin (537-8224) has been practicing yoga for more than 25 years. Her parents were both students of T. Krishnamacharya and his son, T.K.V. Desikachar. Ana has been teaching since 1964. She took Teacher Training from Gary Kraftzow, also a student of T.K.V. Desikachar and author of Yoga for Wellness.

**Yoga for Wellness**

**Date:** June 5 - July 10 (Wednesday)
**Time:** 8:30 - 9:30 am
**Fee:** $77
**Location:** 520 North Juliette, Apartment 2

**Yoga for Pregnancy**

Expectant mothers will find this class helpful in several important ways: lowering stress, maintaining peace-of-mind, strengthening all the muscles needed during and after pregnancy, and increasing flexibility. Yoga can also eliminate the endocrine and other systems to keep you healthy. Experience the joy of moving your body and connecting with your feelings. Please wear comfortable clothing that allows for movement. Bring a towel.

Ana Franklin (537-8224) has been teaching since 1964. She took Teacher Training from Gary Kraftzow, also a student of T.K.V. Desikachar and author of Yoga for Wellness.

**Yoga for Peace of Mind**

This is a restorative, relaxing class for everyone. The movements will be easy and we will be addressing such things as over-stress, insomnia and workaholism. Bring a towel.

Ana Franklin (537-8224) has been teaching since 1964. She took Teacher Training from Gary Kraftzow, also a student of T.K.V. Desikachar and author of Yoga for Wellness.

**Yoga After Forty**

It is never too late to learn how to care for your body. People in this age group have wisdom on their side, and since we all live longer these days, it is wise to take care of our body/mind. You will learn breathing techniques and their proper use. Our goal is to establish a regular daily practice that is perfectly suited to each individual. Bring a towel.

Ana Franklin (537-8224) has been teaching since 1964. She took Teacher Training from Gary Kraftzow, also a student of T.K.V. Desikachar and author of Yoga for Wellness.

**Intermediate & Advanced Tai Chi Chuan**

The popular Yang style "Short Form" of Tai Chi Chuan will be introduced. Each class will focus on the strengthening postures of the form. The ancient art of Tai Chi Chuan has proven to be an effective method for achieving relaxation, health, and well-being. Tai Chi Chuan can be practiced by young and old alike. Please wear comfortable and loose clothing and flat soled shoes.

Karina Kinnelle is an artist and Tai Chi Chuan practitioner. She studied under the tutelage of Jane and Bataan Faigo, advanced students of Master Cheng Man-Ching. She has been dedicated to the practice for nine years.

**Date:** June 3 - July 1 (Monday and Wednesday)
**Time:** 6:30 - 7:30 pm
**Fee:** $63
**Location:** UFM Fireplace Room

**More Yoga to Heal the Body**

This class is a good way to continue Yoga for returning as well as new students. We will learn restorative asanas (poses) for back and shoulder pain, headaches and digestive problems. Barbara will assist you with your physical needs and help you to develop your personal practice. We do Flow/Iyengar style practice, breathing and have more time to meditate. This is a great way to relax and heal your body.

Barbara Ouellette (775-4936) has been a Yoga student for 6 years. She uses Hatha Iyengar Style. Barbara has been teaching for 2 years. In her free time she studies to become a herbalist and helps out at the herbal department at People’s Grocery.

**Date:** June 5 - 26 (Wednesday)
**Time:** 7:00 - 8:15 pm
**Fee:** $38
**Location:** First Congregational Church 700 Foyvitz Avenue

**Intro to Yoga with Barbara**

This is a great way to learn about Yoga. You will be introduced to basic poses, breath exercises, and meditation. Yoga can be used to relieve back and shoulder pain, headaches, and for relaxation. Required for class: Wear comfortable clothing, bring a exercise mat or bath towel, and a firm blanket for sitting.

Barbara Ouellette

**Date:** June 5 - 26 (Wednesday)
**Time:** 10:11:15 am
**Fee:** $38
**Location:** First Congregational Church 700 Foyvitz Avenue

**Beginning Tai Chi Chuan**

The popular Yang style "Short Form" of Tai Chi Chuan will be introduced. Each class will focus on the strengthening postures of the form. The ancient art of Tai Chi Chuan has proven to be an effective method for achieving relaxation, health, and well-being. Tai Chi Chuan can be practiced by young and old alike. Please wear comfortable and loose clothing and flat soled shoes.

Karina Kinnelle is an artist and Tai Chi Chuan practitioner. She studied under the tutelage of Jane and Bataan Faigo, advanced students of Master Cheng Man-Ching. She has been dedicated to the practice for nine years.

**Date:** June 3 - July 1 (Monday and Wednesday)
**Time:** 5:30 - 6:30 pm
**Location:** UFM Fireplace Room

**The Yoga Connection**

Open classes
Private Instruction
Herbal Products
Consultation
Lower Stress
Increase Energy

Ana Franklin

537-8224
**Wellness (Continued)**

**Beginning Tai Chi Chuan**

Karen Kimble

Date: July 3 - 31 (Monday and Wednesday)
Time: 5:30 - 6:30 pm
Fee: $63
Location: UFM Fireplace Room

**Mind and Body Treat**

WE-39

A day to treat yourself to yoga and tai chi for the beginner or advanced student. The instructors will guide the participants in yoga in the morning session and tai chi in the afternoon session. Tai chi and yoga are ancient techniques for achieving relaxation and health.

Barbara Ouette and Karen Kimble

Date: June 1 (Saturday)
Time: 11 - 1 pm
Fee: $40
Location: UFM Fireplace Room

**Enneagram: Nine Ways of Being in the World**

WE-32

The Enneagram (pronounced ANY-a-gram and meaning 9 models, or world views) is a system of personality typing from sacred psychology which helps us to identify the central motivations of our own character, the particular patterns of how we think, feel, and act. It also is a tool for helping us enter the realities of people different from ourselves, to see the world as they see it. Thus it is a tool for compassion as well as self-knowledge. The system is dynamic, explaining the nuances of personality as well as the relationships among types.

Knowledge of the Enneagram can bring positive change into our life and relationships. The class will provide an overview of this profound system.

*Karma Smith-Grindell* has been studying and using the Enneagram since she was first introduced to it when a student at Pendle Hill (a Quaker center for study and contemplation) in 1984-85 and has found it helpful in her personal and professional life. She has studied with several preeminent teachers in the newly emerging field of Enneagram Studies, most intensively with Helen Palmer also with Riso and Hudson: Besneel and O'Leary and others. She attended the first International Enneagram Conference at Stanford University in 1994. She has, by request, taught to small groups in private settings several times over the last ten years.

Date: June 3, 10, 17 (Monday)
Time: 7 - 9 pm
Fee: $14
Location: UFM Conference Room

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

WE-01

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 stresses, resulting in pain and discomfort. We can unblock these pathways through non-forceful application of the hands to various locations on the body, giving ourselves renewed vitality, deep relaxation, pain relief, easier breathing and decreased stress. This course will introduce you to hands-on techniques for self and others, and to the history, philosophy, and theory of Jin Shin Jyutsu. Jin Shin Jyutsu self-help books will be available for purchase (optional). Part II may be taken before Part I.

*Karma Smith-Grindell* (S39-3723) is retired from professional careers in teaching and homecare and hospice nursing. Her avocation for more than twenty-five years has been the study of a variety of mind-body practices including Alexander Technique Swedish/Esalen massage, Therapeutic Touch, and Jin Shin Jyutsu. Since 1995 her main focus has been Jin Shin Jyutsu. She is a certified Jin Shin Jyutsu practitioner and self-help instructor.

Date: June 8 (Saturday)
Time: 9 - 6 pm (12 - 1 pm lunch break)
Fee: $14
Location: UFM Conference Room

---

**HealthWave is a low or no cost health insurance program for children**

- **Covered Services**
  - Checkups, office visits and shots
  - Dental care
  - Prescription medicines
  - Vision and hearing
  - Mental health
  - Substance abuse treatment

**Your children deserve quality health care**

For more information on HealthWave call 1-800-792-4884

---

Special thanks to all UFM INSTRUCTORS who volunteer their time!
WELLNESS (Continued)

Jin Shin Jyutsu Self-Help Part II

In this class we will focus on developing a deeper understanding and experience of the Safety Energy Locus and the Depths in order to be better able to release our tensions and support the body/mind's natural healing and harmonizing capacities. Part II may be taken before Part I.

Karma Smith-Grindell (539-3733)

Date: June 15 (Saturday)
Time: 9 - 4 pm (12.1- pm lunch break)
Fee: $14
Location: UFM Conference Room

Chi Lei - Chi Gong

Chi Lei is a self-healing method prescribed by the world's largest medicinals hospital in Guizhangdao, 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 energies, to improve our health responses and the mind becomes tranquil. The exercises are done standing, but can be practiced while seated.

Eunlai Forster (537-0977) has studied under Luke Chan, the only Chi Lei master teacher outside of China. She has taught Jackie Rosen's Aerobic Dancing, aquatic exercises and is currently a certified body recallic exercise instructor. She has taught Red Cross CPR and First Aid, Yoga and other classes for UFM.

Date: June 6, 13, 27 and July 11, 18 (Thursday)
Time: 5:30 - 6:15 pm
Fee: $31
Location: UFM Multipurpose Room

Falun Dafa

Falun Dafa is a meditation system to improve spirit, mind and body. Since its introduction in 1992, Falun Dafa has attracted more than 100 million people over the world for its powerful mechanisms in healing stress relief, and health improvement. Falun Dafa has a set of five exercises. Four involve physical movements and one is a meditation exercise. The exercises are exceptionally powerful and effective even though they are simple and easy to learn. New students are welcome to attend any of the ongoing classes. No prior experience is necessary.

Heidi Tw (399-5933) baidy_tw@hotmail.com
Wei Zow (532-0168) weizou@ksu.edu

Date: May 20 - August 9 (Mon - Thurs & Sun)
Time: 7:30 - 8:30 pm
Fee: N/C
Location: Justin Hall, Room 341, KSU

ESL: English as a Second Language

This class is designed for beginners with a minimal knowledge of English or intermediate level students who wish to develop skills in speaking, reading, and writing. Emphasis will be on conversation and everyday situations such as making an appointment or speaking with a doctor.

Rachel Grennow has 25 years teaching experience and has taught ESL for 10 years. She has a Masters degree in Adult Education from K-State and has taught in the U.S. and in Latin America.

Date: July 8 - July 31 (Monday & Wednesday)
Time: 5:00 - 6:30 pm
Fee: $50
Location: UFM Multipurpose Room

Beginning Chinese

This course teaches the basic knowledge of Chinese. Students will learn some skills in speaking, reading, and listening. Students will learn the Chinese culture from this course.

Ying Li (Hung Huang) is from Taiwan. She is a graduate student at KSU. She is currently pursuing her PhD in Technology Education. She has experience in teaching Chinese at a church in Manhattan. She lives to share her Chinese culture with people, and she is enthusiastic in teaching Chinese.

Date: May 31 - June 28 (Friday)
Time: 7:30 - 8:30 pm
Fee: $50
Location: UFM Conference Room

French Language

This class is an introduction to the French language. The emphasis will be on conversation, grammar, proper pronunciation and everyday vocabulary.

Emirik Rabin (587-9028), a naturalized citizen, is originally from Tanta, Egypt. Her training course, "Stage de Formation Pedagogique," was from the Catholic University of West-Angers, France. She received a French Diploma from the Egyptian Government and the Embassy of France in Cairo, Egypt. Her teaching experience includes working with adult Egyptian teachers, primary level students and teaching French for 20 years at a Jesuit French School in Cairo.

Date: June 4 - June 26 (Tuesday & Wednesday)
Time: 10 - 11 am
Fee: $40
Location: UFM Greenhouse

French Language

Emirik Rabin

Date: July 9 - July 31 (Tuesday & Wednesday)
Time: 10 - 11 am
Fee: $40
Location: UFM Greenhouse

Beginning Sign Language

This class covers the basics of American Sign Language, including vocabulary used in everyday conversation. It will also cover a little about the culture of the deaf community. Participants should leave the class with a better understanding of American Sign Language.

Tom Krolf has over 11 years experience with sign language. He graduated with an Associates Degree, ITP, in American Sign Language in 1989. Tom is an interpreter in Washington D.C. for 3 years, and was involved with the deaf community. He also worked for 7 years in Seattle as an interpreter.

Date: June 6 - June 27 (Tuesday and Thursday)
Time: 7:30 - 8:30 pm
Fee: $36
Location: Justin Hall, Room 149, KSU

Advanced Sign Language

This class is for those who have a basic knowledge of sign language and would like to continue learning. The focus will be on everyday conversation and vocabulary. The instructor will adjust class format to meet the students needs.

Tom Krolf

Date: July 30 - August 15 (Tuesday and Thursday)
Time: 7:30 - 8:30 pm
Fee: $41
Location: Justin Hall, Room 149, KSU

PAWNEE Mental Health Services

Helping people help themselves

Adults • Children • Families
Professional • Confidential • Affordable
Call for Information 587-4300
2001 Clarin Road Visit www.pawnee.org

STOP putting stress on your body with DRUGS that do not solve the PROBLEMS!
Dr. Dall's holistic approach is effective and painless!

*Allergies *TMJ *Ear Infections *Migraines *Sugar handling *Backpain *Asthma *ADD/ADHD *Shoulder pain

Make NATURAL HEALTH CARE a Way of Life! (785) 539-9113 (888) 877-0381

CHIROPRACTIC NATURAL HEALTH CARE 1130 Westport Dr. Ste. 5 Manhattan, KS 66502

Look for the UFM Catalog on the web at www.ksu.edu/ufm
Personal Development
1221 THURSTON 539-8763

SHARP Self-Defense for Women

This course has been designed to offer women quick, easy-to-learn, and extremely effective techniques for defending themselves against violent physical assault and rape. By empowering women to better protect themselves, we gain confidence in social and professional environments.

All material is taught from a practical approach with techniques that require little physical strength and therefore are useful to women of all ages and physical condition.

Diane Turner (827-7262) has a black belt in Taekwondo and Hapkido. She is a certified self-defense instructor with the American Taekwondo Association. She has 18 years experience teaching martial arts, police defensive tactics and Sexual Harassment Assault and Rape Prevention for Women.

Date: July 11 (Thursday)
Time: 6:30 - 9:30 pm
Fee: $18 individual/ $30 mother-daughter (additional $10 per child) (13+ and older)
Location: First Lutheran Church basement
930 Putney (Enter at North Door)

SHARP "ER"

A Second Class in Self-Defense for Women.

Announcing...by popular demand...a continuation of the SHARP Sexual Harassment, Assault and Rape prevention class for women. This class will review information learned in the first session and allow more practice time on the physical techniques already introduced, as well as introducing new techniques. In addition, there will be discussion of personal safety issues including date rape, social issues and travel concerns. Techniques for verbal self-defense will also be practiced. This class is open to any woman who has taken the first session in any previous semester or who is enrolled and attends the July 11th class.

Diana Turner (827-7302)

Date: July 18 (Thursday)
Time: 6:30 - 9:30 pm
Fee: $18 individual/ $30 mother-daughter (additional $10 per child) (13+ and older)
Location: First Lutheran Church basement
930 Putney (Enter at North Door)

Optimal Performance

Optimal Performance is an introduction to Educational Kinesiology. It teaches participants the Brain Gym activities for reducing stress. This experiential class gives you an understanding of the way you organize to learn and to help you manage stress with tools for use immediately in your daily life activities. Learn to manage your own stress in the fast pace of life and you can model these stress reduction techniques for those around you, young and old. This class is a must for anyone wanting to relax today and learn something useful for tomorrow. For more information go to www.braingyrn.org

Indy Mtralff has been certified to teach Brain Gym by the International Brain Gym organization since 1989. A physical educator in the public schools for 25 years, she has spent the past few years exploring the importance of movement and "looking within Brain Gym and what she has learned about the latest brain research, with students of all ages. She welcomes this opportunity to share and involve your participation in this May 25th introductory class.

Date: May 25 (Saturday)
Time: 9:30 - 4:30 pm
Fee: $64
Location: UFM Conference Room

Women and Leadership

This class is designed for those who want to develop their leadership potential. You don’t have to be in charge of other people, have a title or have an official position to take this class. All you need is a desire to learn more about your own awareness and understanding of women’s leadership. Some topics include women’s styles of leadership, gender differences in communication, historical view of women and leadership, how self-esteem and body image influence leadership development, and social expectations of women’s leadership.

Mary Kay Siefers (532-6099) is an assistant professor in Leadership Studies and Programs where she teaches Introduction to Leadership Concepts, Leadership Practice, and Women and Leadership. In addition to her classroom teaching, Mary Kay is co-developing a leadership camp for K-State students as well as co-advising a leadership development program for middle-school girls in the Manhattan area. Prior to earning her PhD from Kansas State University, Mary Kay taught English, speech, and journalism in the Kansas public school system for nine years.

Date: June 4, 6, 11, 13 (Tuesday and Thursday)
Time: 7 - 9 pm
Fee: $15
Location: Leadership Studies and Programs
914 N. Manhattan Avenue

Look for children's art classes in the Youth Section of the catalog on page 18.

LIVE THEATRE

Theatre for the New World
Twelfth Night
Aug 2-6, 9-11

WATERCOLOR STUDIO

January 22 - Apr 22

GALLERIES

4/14 / 912: All The Somethings Works by graduate students from KSU Department of Art Small gallery: Common Ground Works by Kathryn Haner 5/17 - 6/3 Watercolor Studio Annual Exhibit Small gallery: Flowers, A Cow & a Wolf Photographs by Janice Lee 7/15 - 9/11 Main gallery: Student art representing local youth organizations

BIRDHOUSE ACOUSTIC MUSIC SERIES

The very best in acoustic music

MANHATTAN ARTS CENTER
Arts for All

SWING CITY JAZZ

Featuring Wayne Goin and the Swing Machine

MAC TRUCK FILM SOCIETY OUTREACH

FOR INFORMATION, to become a member or to be added to our mailing list, call 537-4420 or email programs@manhattanarts.org

Manhattan Arts Center, 1530 Putney * Smoke-free * Wheelchair accessible * www.manhattanarts.org
The Manhattan Arts Center is funded in part by the Kansas Arts Commission, a state agency with support from the National Endowment for the Arts, a federal agency. Additional funding comes from the City of Manhattan and MAC members and friends. MAC is a member of the Manhattan Area Arts & Humanities Coalition.

Barbara Beck, Ph.D.
Date: June 4, 11, 18, 25 (Tuesday)
Time: 6:30 - 8:30 pm
Fee: $54
Location: UFM Conference Room

Clearing Clutter

Learn to clear your space to enhance your life. We’ll examine the energetics of clutter and talk about the attitudes and ideas that enable us to let go. Liberate yourself! Recommended reading: Clear Your Clutter with Feng Shui by Karen Kingston.

Date: May 21, 28, and June 4 (Tuesday)
Time: 7 - 9 pm
Fee: $24
Location: 111 Colorado Street

Look for Language Classes for Children in the Youth Section of the catalog on page 18.

16

Special thanks to all UFM INSTRUCTORS who volunteer their time!
Fall Gardening

Get extra mileage out of your garden space this year! Take advantage of Kansas' great autumn weather to plan a fall vegetable garden. The cooler temperatures result in better quality produce and less stress on you. Learn what to plant and when to plant for best results. We'll also discuss soil preparation, fertilizer needs, and give helpful tips for obtaining maximum seed germination and crop yields. Fall is the best time to grow vegetables!

Collin Hampton (539-5934) is a seasoned Extension Master Gardener and a member of the Manhattan Community Garden and several local garden clubs.

Date: August 3 (Saturday)
Time: 10 - 12 pm
Fee: $5
Location: UFM Greenhouse

Fountain Building: Build Your Own Fountain

EN-39a

Fountain Building: Build Your Own Fountain

A unique way to use those "found objects" you or your family have at home and make them into a creative and beautiful fountain you can use at home. So round-up all the rocks, shells, and other objects you have collected. Find a container that is around 2 inches deep and join us. We will provide the pump, tubing, adhesive, instruction, water, and fun! This is a great family project.

Barbara Beck, Ph.D. is new to Manhattan but brings many years of experience teaching. Barbara owns her own consulting business where she provides both hospital and school staff with life enhancing skills. Barbara's past experience includes directing a hospital based wellness center and teaching at the university level.

Date: June 9 (Saturday)
Time: 9 - 12 pm
Fee: $52 per fountain
Location: UFM Greenhouse

Reading Ancient History from the Rocks of Kansas

EN-38

Have you ever wondered how geologists reconstruct Earth's past history? Have you ever looked at the variety of rocks and fossils found in the Flint Hills (and perhaps in your backyard) and wondered what processes or events placed them there? This field trip to outcrops around Manhattan will introduce you to the concepts and principles that enable us to read ancient history from the rocks. You will not only learn about the geologic history of Kansas, but also learn to see fossils and rocks as pages in a history book.

Keith Miller (357-5066) is a research assistant professor in geology at K-State. His interests are in the history of life and in reconstructing how the Earth's environment and climate have changed over time. He has been studying the rocks of the Flint Hills for over 10 years and continues to learn new and exciting things. He enjoys nature and nature photography.

Date: June 15 (Saturday)
Time: 9 - 12 pm
Fee: $8 individual / $12 family
Location: Meet at UFM

Patio Gardening

EN-40

Don't have space or can't tear up the grass for a garden? Garden on your patio, porch, or deck! We'll discuss the best types of containers, soil, and fertilizers to help you grow many different flowers and vegetables with ease. Bring a 3 gallon pot and a bag of potting soil (enough to fill your pot) and we'll get you started with a zucchini or cucumber to take home. We'll discuss the easiest type of patio garden. WATER gardens in containers. Find out everything you need to know to put together a container water garden in an evening.

Collin Hampton

Date: May 21 (Tuesday)
Time: 7 - 9 pm
Fee: $8
Location: UFM Greenhouse

How Our Garden Grows

Oak Grove School Summer Enrichment Program

In the World Around Us

2 week sessions June 10 - August 16, 2002
Monday - Friday 8:00 am - 5:00 pm
Full day or 1/2 day; before and after school times available
Ages 5 - 8
- Arts (Painting, Music, Violin, French, or Spanish)
- Sciences (Gardening and Nature Studies)
- Swimming Lessons and Plain Ole Summer Fun!
- Parent-run, Not-for-Profit, since 1991

To Apply: Call 539-7910 or stop by: 315 Dickens Ave (across from Cico Park)
Introduction to Dance: Ballet, Tap, and Jazz

This is an introductory class designed to provide exposure to ballet, jazz, and tap steps for children ages 4-12. No dance experience or formal dance attire is needed.

Ramzi Date (539-5767) has taught dance for 40 years. Her dance school toured the Midwest and Europe. She is a certified teacher with a Master's degree in Education. In Spring 2003, her dance students performed Swan Lake Ballet with her original choreography designed for children.

Date: June 19-26 (Wednesday)
Time: 5:30 - 6:30 pm
Fee: $8
Location: 2416 Rogers Blvd

Children's Garden

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

Dr. Richard Mattson

Date: April - October (Saturday)
Time: 10 am - 12 pm
Fee: N/C
Location: Manhattan Children's Garden

Art From Around the World (6 - 9 year-olds)

This class will introduce the cultural background of various art traditions from around the world through drama and storytelling. Each session everyone will create an art piece that explores the creative possibilities of various art forms. Each session will be focused on one of the creative arts, such as Indian puppetry, South American mask making, and more! The fun and exploration of various cultures and materials will be emphasized.

Karena Kimble is an artist and M.F.A. candidate. She has taught art to children in private and classroom settings for over twelve years. She has taught in Europe and the United States.

Date: June 1 - 22 (Saturday)
Time: 9:30 - 11 am
Fee: $32
Location: UFM Banquet Room

Art From Around the World (9 - 14 year-olds)

This class will introduce the cultural background of several art traditions from around the world through drama and storytelling. Each session everyone will create an art piece that explores the creative possibilities of various art forms. Each session will be focused on one of the creative arts, such as Indonesian puppetry, South American mask making, and more! The fun and exploration of various cultures and materials will be emphasized.

Karena Kimble

Date: June 3 - 26 (Monday and Wednesday)
Time: 3:30 - 5 pm
Fee: $52
Location: UFM Conference Room

Clay Masks (6 year olds and up)

This is a class for kids to explore their creative side. Several examples from other cultures will be shown to get creative juices flowing. The students will be using Mexican clay to mold their masks. The work will dry overnight and on Sunday the students will be provided paint and other objects to decorate these creations!

Judy Boyer has a BFA in Ceramics from Texas Tech University and an MFA in Painting from KSU. She has taught children's ceramics classes before in Manhattan.

Date: June 8 and 9 (Saturday and Sunday)
Time: 10 - 12 pm (Saturday)
2 - 3 pm (Sunday)
Fee: $28
Location: UFM Fireplace Room

Italian for Kids (Grades 3 - 6)

This is a class designed to introduce the children to Italian language. The classes will focus on Italian culture and the language. The classes will be conducted in English.

Date: May 30, and June 6, 13 (Thursday)
Time: 10 - 11:30 am
Fee: $21
Location: UFM Conference Room

German for Kids (Grades 3 - 6)

This is a class designed to introduce the children to German language. The classes will focus on German culture and the language. The classes will be conducted in English.

Date: May 31, and June 7, 14 (Friday)
Time: 10 - 11:30 am
Fee: $21
Location: UFM Conference Room

Drawing for Kids (Grades 3 - 6)

This is a class designed to introduce the children to drawing. The classes will focus on drawing techniques and the use of different materials. The classes will be conducted in English.

Date: May 29, and June 5, 12 (Wednesday)
Time: 10 - 11:30 am
Fee: $19
Location: UFM Conference Room

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.

History of Walking Tour of Aggieville is on page 9 of the catalog.

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

**Golf in Salina**

RRES 200

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

Instructor: Jim Gregory

- **Date:** June 5 - July 24 (Wednesday)
- **Time:** 6 - 8 pm
- **Fee:** $358
- **Location:** Stagg Hill Golf Club
  4441 Ft Riley Blvd.

**Archery**

RRES 200

This course provides men and women with instruction in large style archery. Emphasis is on the archery form currently used in Olympic sports. Participants will learn safety rules, scoring, stance, release of arrow, and execution of follow through. Information on basic equipment selection and set-up will also be taught and all equipment will be provided by the instructor. Techniques will be tailored to fit individual levels of advancement.

Instructor: Tim Kerke

- **Date:** May 30 - July 18
  (Thursday)
- **Time:** 7:45 - 9:45 pm
- **Fee:** $140
- **Location:** 1125 Lamarie Plaza
  No class July 4.

**Ballroom Dance**

DANCE 599

#0340

Introduction to the principles of ballroom dancing; includes dance terminology, dance positions, correct body alignment, and partner techniques such as open and close positions, leading and following, and a variety of dance steps. French and Latin steps will be taught.

Instructor: Michael Bennett

- **Date:** June 7 - August 9 (Friday)
- **Time:** 6:30 - 8 pm
- **Fee:** $145
- **Location:** ECM Auditorium
  1021 Davidson Ave.

**Fitness Swims**

Students interested in this course MUST be able to demonstrate the five basic strokes, using rhythmic breathing. Emphasis will be on analyzing and refining stroke technique and additional competitive skills, improving/maintaining physical fitness and endurance through a progressive conditioning swimming program. Students will learn the components of well-balanced training and how to design a workout for conditioning swimming.

Instructor: Carol Stites

- **Date:** June 11 - July 30
  (Tuesday/Thursday)
- **Time:** 6 - 7 pm
- **Fee:** $125
- **Location:** TBA
  No class July 4.

**Scuba Diving**

RRES 200

#0400

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 the certification. Travel and lodging are at the student's expense. Students must provide their own mask, fins, and snorkel.

Instructor: Jeff Wilson

- **Date:** June 3 - July 8 (Monday)
- **Time:** 6:30 - 10:00 pm
- **Fee:** $275

**- VOLUNTEER TODAY -**

**- UFM TEEN MENTORING PROGRAM -**

Be a MENTOR to a youth who needs you to be a part of their life today. Provide friendship, support and encouragement to a middle school or high school student in a structured group setting.

Summer group meets every Wednesday from 3:00-5:00 p.m.

Be a positive role model and make a difference in a teen's life TODAY!

Call UFM at 539-8763 for an application or more information.

---

**People’s Grocery**

Natural, Organic, Ethical Foods

Hormone - Free
Pesticide - Free
Herbicide - Free

17th & Yuma, Manhattan, KS
(785) 539-4811
www.flinthills.com/organic

Anyone can shop & buy, but members receive discounts

Look for the UFM Catalog on the web at www.ksu.edu/ufm
SIGN UP NOW!!

Register by phone: Call 539-8763 during business hours and use your Mastercard, Discover, or Visa. Please have your card number and expiration date ready.

Register by Mail: Complete the form below and mail it with your check, money order, or credit card to: UFM Community Learning Center, 1221 Thurston, Manhattan, KS, 66502-5299.

Register in Person: Stop by the UFM house, 1221 Thurston between 8:30-12 & 1:00-5:00 (Monday thru Friday).

FOR YOU... One participant per form, please

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

UFM Community Learning Center
Registration Form
1221 Thurston
Manhattan, KS 66502
539-8763

Student Name: _______________________
Address: ___________________________
City: State ___ Zip ___ Email: ________
Age: Under 18 exact age ________ 19-24 _____ 25-59 _____ 60+ ______
Parent’s Name if Student is Under Age 18: _______________________

CLASS #__________________________ Session ____________________ TITLE __________ FEE __________ LOCATION __________ DATE __________ TIME __________

Tax Deductible Donation Total:

I hereby authorize the use of my Visa □ MasterCard □ Discover □
Card Number __________ Exp. Date __________
Card Holder’s Name (Please Print): _______________________

Participant Statistics: KSU Student □ KSU Faculty/Staff □ F. Riley □ Other □
Where did you obtain your catalog? ________________________________
A class I would like offered ________________________________

I am participating upon my own initiative and upon my own assumption of risk in a 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 resulting from 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.

Signature** Date __________
*Signature of Parent or Guardian required for minors.

Office Use Only
Date Received: ________ Date: ________ Staff: ________
Entered: ________ Computer: ________

Check □ Cash □ Visa □ MC □ Discover □
Amount: ________ Total Paid: ________

Office Use Only
Date Received: ________ Date: ________ Staff: ________
Entered: ________ Computer: ________

Check □ Cash □ Visa □ MC □ Discover □
Amount: ________ Total Paid: ________