Summer Classes May-August 2003

Martial Arts

Tai Chi Chuan

Stained Glass

Stamping

Swim Lessons

Middle Eastern Dance

Golf

and much more...

UFM
Community Learning Center
2003 Summer Classes
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.

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UFM Staff:
Executive Director - Linda Inlow Teener
Education Coordinator - Kristen Johnston
Community Outreach Coordinator - Charlene Brownson
Lou Douglas Lecture Series Coordinator - Olivia Collins
Teen Mentoring Program Coordinator - Karen Roesch
Office Coordinator - Calista Wilson
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.

Teach a Class at UFM
Teaching a class at UFM can enhance your business, be an instructional opportunity for students, be an opportunity to network with those who share your interests and be a nice way to meet people.
Call Kristen at UFM (539-8763) for more information.
**Featured Class**

**Featured Instructor**

Tom Korte

Tom Korte has lived in Manhattan since 1965. He has been practicing archery for 11 years and has competed at one and national tournaments. While teaching archery for New York and the advent of the Level II Instructor Certification for the National Archery Association, Tom has taught archery in the NAAs and private instruction, primarily in Boy Scouts, Girl Scouts, and on a small scale in private sessions.

Tom teaches in his shop, a 4000 square foot facility dedicated to archery. He has taught archery instruction and helped many beginners learn the art of archery. He is a master archer and has taught archery for many years. His goal is to help others discover the enjoyment of archery. He has taught archery in the NAAs and private instruction, primarily in Boy Scouts, Girl Scouts, and on a small scale in private sessions.

**UFM INSTRUCTORS**

Mohammad Alawin  
Petra Barnes  
Michael Bennett  
Charlene Brownson  
Kate Cashman  
Jody Church  
Sarah English  
Ana Franklin  
Jim Gregory  
Emma Hackney  
Colleen Hampton  
Heath Harding  
Rob Hayes  
Tom Korte  
Mark Miller  
David Moore  
Emilie Rabitat  
Lori Randall  
Gordon Schmid  
Pam Schmid  
Heather Scott  
Karma Smith-Grindell  
Sandy Snyder  
Carol Stites  
Dean Stramel  
Diana Tarver  
Met Hwa Terhune  
Michael Tran  
Jeff Wilson  
Stan Wilson  
Chae Sun Yi  
Maya Zahira

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

**ON CAMPUS REGISTRATIONS**

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

**DATE**  **TIME**  **LOCATION**
June 2  10 am - 2 pm  KSU Union
June 3  10 am - 2 pm  KSU Union

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.

**ANSWERING MACHINE**

You can leave a message or receive current UFM information by calling 539-0760, between 5:00 pm and 8:30 am.

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.
Learn to Swim Classes

UFM proudly teaches the American Red Cross Swim Lessons Level 1-7, Parent/Infant and Parent/Tot, and Tot Transition. UFM also offers Private, Mini-Team, and adult swim classes. Small classes allow for carefully guided instruction in stroke technique and water safety. Water safety is reinforced with tips and practice each day. The first day of class each student is evaluated to assure that they are in the proper class. Students advance through the levels at their own pace and are moved to different class levels as space permits and skill advancement demands.

LOCATION: ESU Natatorium - Abwen Complex
Lockers are available for use during class. Participants must supply towels and swimsuits. Showers are required before entering the water. Children over the age of 5 are not permitted in restrooms/lounger rooms of the opposite sex.

Note: Minimum enrollment for all classes is 4. If less than 4 enroll, classes of the same level may be combined or cancelled.

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

Parent’s Day Dates:
Session A: Friday, June 6
Session B: Friday, June 20
Session C: Friday, July 11
Session D: Friday, July 25

BEGINNING & ENDING DATES FOR SWIM LESSONS:
Session A: Monday-Friday, June 6 - June 13
Session B: Monday-Friday, June 16 - June 27
Session C: Monday-Friday, July 7 - July 18
Session D: Monday-Friday, July 21 - August 1

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

Parent/Infant and Parent/Tot

The water orientation program is designed to teach you how to work safely and effectively with your child and to teach basic water safety and self-help skills. This program emphasizes water adjustment, preparatory activities for swimming and water enjoyment for you and your child. Small children should wear swim diapers or snug-fitting 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 stomachs 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:

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Level I: Primary Skills

The objective of Level 1 is to help students feel comfortable in water and to enjoy the water safely. Students will be introduced to elementary aquatic skills. Students will be taught how to perform basic swimming strokes.

Session A:

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Level II: Stroke Readiness

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.

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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 II certificate or must be able to demonstrate all the completion requirements of Level II.

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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 will 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 course requirements of Level IV.

Session A:

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Price:

$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 hill and huck 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 A | Mon - Fri | AQ-57 | 10:50 - 11:30 am |
| Session B | Mon - Fri | AQ-58 | 6:15 - 6:55 pm |
| Session C | Mon - Fri | AQ-60 | 10:50 - 11:30 am |
| Session D | Mon - Fri | AQ-61 | 6:15 - 6:55 pm |
| Session E | Mon - Fri | AQ-63 | 10:50 - 11:30 am |
| Session F | Mon - Fri | AQ-64 | 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 life to maintain their physical condition. They will be taught springboard diving and advanced rescue skills. They may be introduced to other aquatic activities such as water polo, synchronized swimming, skin diving and competitive swimming. 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 | AQ-65 | 10:50 - 11:30 am |
| Session B | Mon - Fri | AQ-59 | 6:15 - 6:55 pm |
| Session C | Mon - Fri | AQ-66 | 10:50 - 11:30 am |
| Session D | Mon - Fri | AQ-70 | 6:15 - 6:55 pm |
| Session E | Mon - Fri | AQ-21 | 10:50 - 11:30 am |
| Session F | Mon - Fri | AQ-72 | 6:15 - 6:55 pm |

Fee: $43 per session

Private Swim Lessons
Private lessons provide one-on-one instruction for any level of swimmer. There are 5 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:

| Session A | Mon - Fri | June 2 - June 6 |
| Session A2 | Mon - Fri | June 9 - June 13 |
| Session B | Mon - Fri | June 16 - June 30 |
| Session B2 | Mon - Fri | June 23 - June 27 |
| Session C | Mon - Fri | July 7 - July 11 |
| Session C2 | Mon - Fri | July 14 - July 18 |
| Session D | Mon - Fri | July 21 - July 25 |
| Session D2 | Mon - Fri | July 28 - August 1 |

Times for all morning sessions: 9:30 - 10 am
Times for all evening sessions: 5:30 - 6 pm

Fee: $65 per session

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 at 776-1742 or David Sexton 313-4572. For more information concerning Manhattan Marlins see brochure near pool entrance.

| Session A | Mon - Fri | 6:15 - 6:55 pm |
| Session A2 | Mon - Fri | 6:15 - 6:55 pm |

Fee: $43 per session

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

| Session A | Mon - Fri | 10:10 - 10:50 am |
| Session B | Mon - Fri | 6:30 - 7:10 am |
| Session C | Mon - Fri | 6:30 - 7:10 am |
| Session D | Mon - Fri | 6:30 - 7:10 am |
| Session E | Mon - Fri | 6:30 - 7:10 am |

Fee: $19 per session

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

Date: June 21 (Sunday)
Time: 5 - 7 pm
Loc: KNU Natatorium

Fee: N/C

Open Swim Appreciation
For UFM swim participants and their parents.

Date: July 26 (Sunday)
Time: 5 - 7 pm
Loc: KNU Natatorium

Fee: N/C

Adult Swim Lessons
Are you tired of sitting on the sidelines watching everyone 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 prerequites. If enrollment is low, this class will be moved to private or semi-private lessons.

| Session A | Mon - Fri | AQ-73 | 10:10 - 10:50 am |
| Session B | Mon - Fri | AQ-74 | 6:30 - 7:10 am |

Fee: $43 per session

A non-profit organization dedicated to providing children the chance of participating in competitive swimming. Primary emphasis is 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 David Sexton 313-4572

www.ksu.edu/ufm
Shallow Water Hydroaerobics: Water Exercise
This is a 55 minute water exercise class that uses water resistance to give participants a great 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: June 2 - June 20
Monday-Friday (6:05-7:00 pm)
AQ-91 (2 Times a week)
AQ-92 (3 Times a week)
AQ-93 (5 Times a week)

Session B: June 23 - July 11
Monday-Friday (6:05-7:00)
AQ-94 (2 Times a week)
AQ-95 (3 Times a week)
AQ-96 (5 Times a week)

Session C: July 14 - August 1
Monday-Friday (6:05-7:00 p.m.)
AQ-97 (2 Times a week)
AQ-98 (3 Times a week)
AQ-99 (5 Times a week)

Fee: $16 for 2 Times a week per session
$18 for 3 Times a week per session
$25 for 5 Times a week per session

Session D: June 2 - August 1
Monday - Friday (6:05-7:00 p.m.)
AQ-101 (2 Times a week)
AQ-102 (3 Times a week)
AQ-103 (5 Times a week)

Fee: $44 for 2 Times a week per semester
$50 for 3 Times a week per semester
$60 for 5 Times a week per semester

Deep Water Hydroaerobics
This semester we will be offering a deep water hydroaerobics class. This will be 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 of this class will be similar to regular hydro-aerobics classes. This class is intended to add variety to your workout out. Only swimmers who can tread water without a flotation device are allowed to participate in the class.

Session A: June 3 - June 19
AQ-104A Tuesday & Thursday 6:05 - 7 pm

Session B: June 26 - July 10
AQ-105B Tuesday & Thursday 6:05-7 pm

Session C: July 14 - July 31
AQ-105C Tuesday & Thursday 6:05 - 7 pm

Fee: $16 per session

Session D: June 3 - July 31
AQ-100D Tuesday & Thursday 6:05 - 7 pm

Fee: $44 per semester

Lifeguard Challenge/Review Course (ECC 2000)
AQ-101
This class provides an update and recertification for someone who has previously held certifications in lifeguard training and CPR for the professional rescuer. American Red Cross Lifeguard Training teaches 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, demonstrate competency in the three final skill scenarios, and correctly answer at least 90 percent of the written tests.

Carol Stiles
Prerequisite: May 19 (Monday)
Date: May 27, 28, 29
(Tuesday - Thursday)
(2014 only attend one of these dates)
May 31 (Saturday)
Time: 4 - 8 pm (Prerequisite)
5:30 - 9:00 pm (Tuesday - Thursday)
9 am - 1 pm (Saturday)
Fee: $60

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 prerequisite) and will go toward the cost of the class. You will pay for the class and books in the UFM office after successful completion of the prerequisites. There is a maximum of 12 people per class.

Location: Prerequisites are at the KSU Natatorium.
Classed on Tuesday - Thursday are at the Red Cross Office.

Scuba Diving
AQ-103
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 masks, fins and snorkels. There is a non-refundable material fee of $80 for withdrawing from the class after the first day.

Jeff Wilson
Date: June 2 - July 7 (Monday)
Time: 6 - 10 pm
Fee: $230
Location: YMCA, 1703 McFarland, Junction City

Look for classes for youth and families throughout the catalog

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Or call 1-888-363-7011

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1211 Thurston
539-8763
Living the Art: Jin Shin Jyutsu

Self Help
The art of Jin Shin Jyutsu is a simple and powerful tool available to all. This class will focus on experiencing this art through self-help techniques and developing a daily practice to enhance well being. The ancient art of harmonizing the body’s energy engages one in self-awareness and recognizes the body’s wisdom.

Kate Cashman (537-1911) is a certified Jin Shin Jyutsu practitioner and self-help instructor.

Date: June 4, 16, 30 (Monday)
Time: 7:00 pm
Fee: $24
Location: 811 Colorado

Living the Art: The Jin Shin Jyutsu Specialists

Specialists
This class focuses on “the specialists,” the safety energy locks. In Jin Shin Jyutsu theory these are specific areas on the energetic pathways of the body. These specialists help deepen our understanding and awareness. Emphasis is on experiencing the art of Jin Shin Jyutsu and maintaining a daily practice.

Kate Cashman (537-1911)
Date: July 14, 21, 28 (Monday)
Time: 7:00 pm
Fee: $24
Location: 811 Colorado

Self Massage for Pain Relief

Learn some self-massage routines to help with promotion of relaxation and relief of muscular aches, pains and tension. You will become familiarized with basic principles of therapeutic massage that can be adapted to meet your personal needs. Bring a blanket and pillow to lay down while you use your routine.

Sandee Snyder (537-5047) is a licensed Massage Therapist with 26 years experience. She is the owner of Lifecenter Bodywork and is experienced with Deep Tissue Massage, Sports massage, Reflexology and Other Massage.

Date: August 8 (Friday)
Time: 7:00 pm
Fee: $15
Location: UFM Fireplace Room

Introduction to Reiki

Reiki is a Japanese technique for stress reduction and relaxation that also promotes healing. It is based on the idea that there is an unseen “Life force energy” or “Chi” flows through us and it is what causes us to be alive. A treatment feels like a wonderful glowing radiance that flows through and around you. Reiki treats the whole person including body, emotions, mind and spirit, creating many beneficial effects that include relaxation and feelings of peace, security and well being. We will be working in stocking feet. Please bring a towel to class. Each class member will receive a sample treatment.

Sarah English (537-4127) is a teaching Reiki Master, having received Master Level in 2006. She has been working with subtle energies, Feng Shui, Acupuncture and Shiatsu since 1976.

Date: May 19 (Monday)
Time: 7:30 pm
Fee: $48
Location: UFM Greenhouse

T’ai Chi Chaun for Beginners

T’ai Chi Chaun is an ancient Chinese exercise to increase the balance and harmony of the body, mind, and spirit. The practice of T’ai Chi Chaun will improve health and provide a positive outlet. It is a system of physical exercise based on the principle of effortless breathing, dynamic movement, and weight distribution. In this class we will learn the 24 movement Bething Style Tai Chi Chaun, the most popular form of Tai Chi inside and outside of China today. This exercise can be practiced by young and old, anytime, anywhere.

Mai Huei Tschang is a native of China where she acquired her knowledge of Tai Chi Chaun while attending Ming Chiang University in Tai Ching, Taiwan. Her interest in T’ai Chi Chaun has been ongoing and she has studied with several of today’s prominent Chinese practitioners of the art.

Date: May 21 - 28, June 4 - 25, July 2 - 9 (Wednesday)
Time: 5:45 - 6:45 pm
Fee: $79
Location: BCM Auditorium, 1021 Denison

Introduction to Reiki

Introduction to Reiki
Date: June 21 (Saturday)
Time: 9:00 - 11:30 am
Fee: $48
Location: UFM Greenhouse

Introduction to Reiki
Date: July 21 (Monday)
Time: 9:00 - 11:30 am
Fee: $48
Location: UFM Greenhouse

Introduction to Reiki
Date: August 9 (Saturday)
Time: 9:30 am - 12:30 pm
Fee: $48
Location: UFM Greenhouse

Yoga for Beginners

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. You will participate in developing a personal practice which meets your 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. She received Teacher Training from Gary Kraftsow, the world renowned teacher of Vinyasa and author of the books Yoga for Wellness and Yoga for Transformation.

Date: June 4 - 25 (Wednesday)
Time: 6 - 7 pm
Fee: $48
Location: 520 North Julie, Apt 2

Yoga for Beginners

Ana Franklin (537-8224)
Date: July 9 - 30 (Wednesday)
Time: 11:45 am - 12:45 pm
Fee: $48
Location: 520 North Julie, Apt 2

Yoga for Wellness

This class is open to those who have had at least 4 weeks of Yoga with an instructor. Refine your understanding of how to use asana and pranayama to improve specific areas, purify the body and clear the mind. This knowledge will help you be more spontaneous and creative with your personal practice. Bring a towel.

Ana Franklin
Date: May 21 - June 25 (Wednesday)
Time: 11:45 am - 12:45 pm
Fee: $48
Location: 520 North Julie, Apt 2

Help is only a... phone call away
Call for information 537-4300

- Outpatient mental health services
- Alcohol and drug services
- Community support services
- Community-based services for children and adolescents
- 24-hour emergency services

After office hours, call 537-4342 or 800-809-2002.

Our highly qualified staff of psychiatrists, psychologists, social workers, and case managers work with people of all ages.

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Health affirm, yoga, byregion.net

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.

539-8763
1221 Thurstion
www.ksu.edu/ufm
Middle Eastern Dance (Belly Dance) Level I

RHE-11
Belly dance is an ancient ethnic dance form that supports creativity, self-esteem, healing and fun. It is effective in connect-
ing individuals with their own bodies, with their inner strength and self-esteem. Belly dance is also excellent exercise for flexibility, strength, endurance and weight loss. It is appropriate for people of all ages, shapes and sizes and is gentle enough for people of all fitness levels, including those with previous injuries or physical limitations. Come join us for creative movement and exercise in a positive and fun setting! Girded toward ages 14+.

Maya Zahrin began studying belly dance in 1999 under the instruction of South-borne Fadwa Afani. Shortly thereafter, Maya traveled to New York City, where she studied at Serena Studio in The Theater District. Maya has taken Middle Eastern classes and workshops from several well-known teachers in the Kansas City area, including Massini Atase, Jemira Ali, Raya, Zade al Guzayleh, Shoom Ali, and Zana Ali. In addition, Maya regularly travels to workshops taught by world-renowned belly dancers including Taihali Salimipour, Anouya, and Sabra. Maya’s dance performances include restaurant dancing, interna-
tional fairs, saluteic clubs and The K.C. Renaissance Festival. Maya also teaches weekly belly dance classes in Lawrence and Kansas City.

Date: May 29 – July 3 (Thursday)
Time: 5:30-6:30 pm
Fee: $40
Location: Ahearn Fieldhouse, Room 303, KSU

Middle Eastern Dance Level II

RHE-12
This class is for those students who have taken at least one session of Level I Middle Eastern Dance. Students in this class will be taught additional dance movements and combina-tions, choreography and veal work. Class size is limit-
ed to provide more individualized attention.

Maya Zahrin

Date: May 29 – July 3 (Thursday)
Time: 6:30-7:30 pm
Fee: $40
Location: Alwan Fieldhouse, Room 303, KSU

Middle Eastern Dance Level III

RHE-11
This class is for students who love to belly dance and are ready for a challenge. Students in this class will be taught additional dance movements and combinations, choreogra-
phy, veal work, finger cymbals and floor work. Class size is limited to provide more individualized attention.

Maya Zahrin

Date: May 29 - July 3 (Thursday)
Time: 9-9 pm
Fee: $40
Location: Ahearn Fieldhouse, Room 303, KSU

SHARP Self Defense for Women

SP-01a
This course has been designed to offer women quick, easy-to-learn and extremely effective techniques for defending themselves against violent physical assault and rape. By empowering women to better protect themselves, they gain confidence in social and profes-
sional environments. This course is open to women of all ages and physical condition.

Diana Tavor has a black belt in Taekwondo and Hapkido and is a certified instructor with the American Taekwondo Association. She has 18 years experience teaching martial arts, police defensive tactics and Sexual Assault Awareness and Rape Prevention for Women.

Date: July 24 (Thursday)
Time: 6:30 – 9:30 pm
Fee: $80 individual / $80 mother/daughter
Location: 1st Lutheran Church, 930 Poyntz Avenue

Ballroom Dance

RHE-27a
This class is an introduction to the principles of ballroom dancing which includes dance terminology, dance position, correct body alignment and positions, and partner-
ting. Techniques such as open and close positions, lead-
ning and following, and a variety of steps will be empha-
sized. The jitterbug, American waltz, foxtrot, and Latin steps will be taught. Partners are not necessary.

Michael Bennett

Date: May 30 – August 8 (Friday)
Time: 6:30 – 9:00 pm
Fee: $51 individual / $92 couple
Location: ECM Auditorium, 1021 Denison
No class July 4
Available for KSU credit

Honororable Tiger Society (Lao Hu Pal)

MA-09
Students will learn and be promted in a unique system that has its origin from China (Tibet) and Japan (Okinawa). Students start out with basic stances, blocks, punches, kicks, coordination exercises, and forms. Students will soon learn to take downs, throws and oppo-
nent control (similar to jujitsu and chi na). Animal fighting techniques and forms will also be taught as stu-
dents advance. Age 14+

Dr. Michael Tran (341-1573) has been actively practicing martial arts for the past 15 years. He holds a 2nd degree black belt (dan) in Lao Hoi Poi Kung Fu, 1st degree black in Won Hoe Long Chaum Kung Fu, and a 1st degree black in Gochin Aikijujutsu. He has extensive training in other systems including: Vienanm, Shoshin Long Fist and Preying Mantis.

Date: May 21 – August 6 (Wednesday)
Time: 6 - 8 pm
Fee: $40
Location: Ahearn Fieldhouse, Room 303, KSU

More "Kick Up Your Heels" classes can be found on page 9

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539-8763
Tae Kwon Do I
MA-01
Tae Kwon Do is an effective way to unify the mind and body. It helps develop one’s health by increasing cardiovascular ability, strength, balance and flexibility. Along with these benefits one can gain more self-confidence, self-discipline, respect, and better focus. Together, they combine into a powerful self-defense against any attacker. Anyone can begin from their present condition and enjoy continued success through Tae Kwon Do. TKD I is for beginners.
Age 9+
*Tuesday, May 27, at 7:00 pm, a public demonstration and formal introduction of instructors will be conducted in Ahearn Field House, KSU.

Grand Master Chae Sun Yi (785-266-8652) is the founder, president and chief instructor of Sun Yi’s Academy and the Traditional Tae Kwon Do Association. He is a 9th Degree Black Belt and an internationally certified instructor. For over 40 years he has been instructing students of all ages and races. The classes at Kansas State University have been held since 1975.
Instructor Jr. Master David Moore is a 4th degree Black Belt and a nationally certified instructor. He has been studying TKD for over 12 years. He has also been teaching at KSU for over 4 years.

Date: May 27 - August 7 (Tuesday & Thursday)
Time: 6:30 - 7:30 pm
Fee: $46
Location: Ahearn Field House, Room 301, KSU

Tae Kwon Do II
MA-02
TKD II is for advanced learners.

Grand Master Chae Sun Yi (785-266-8652) Instructor Jr. Master David Moore

Date: May 27 - August 7 (Tuesday & Thursday)
Time: 7:00 - 8:00 pm
Fee: $45
Location: Ahearn Field House, Room 301, KSU

Tae Kwon Do for Families
MA-07

In this class we will go over basic Kung Fu solo techniques and 20 two person jujitsu self-defense techniques. These techniques are the foundation of the White Phoenix System. This class will give you an introduction of striking and kicking and grappling dynamics. The White Phoenix System is a self-defense oriented martial art. Ages 16—

Stan Wilson (989-7273) has been practicing martial arts since 1970. He is the founder of the White Phoenix System and has a black belt in Hukuroku-jutsu and Black nunch in White Dragon Kung Fu, Mau Hing’s 18 Fists Palm, Kong Fu and Zee Dohm Kong Fu.

Date: June 2 - July 21 (Monday)
Time: 5 - 9 pm
Fee: $42 includes 3 manuals
Location: Ahearn Field House, Room 303, KSU

Archery for Adults
REE-17
This course provides men and women 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. Information on basic equipment selection and set-up will also be taught. All equipment will be provided by the instructor. Techniques will be tailored to fit individual levels of advancement.

Tom Korte
Date: June 16-August 11 (Monday)
Time: 7:45 - 9:45 pm
Fee: $38
Location: 1125 Laramie Plaza, upstairs
No class on 7/28

Archery for Families
RH-13
Join us for some fun for the whole family! Archery can be a simple, life-long sport that anyone in the family can enjoy. The instructor will provide all equipment and gear the class toward each individual’s needs. Come and have fun with your family and learn a new sport together. Ages 8+

Tom Korte
Date: June 22, 29 and July 13, 20 (Sunday)
Time: 6 - 7:00 pm
Fee: $42 Family
Location: 1125 Laramie Plaza, upstairs

White Phoenix System
MA-07

In this class we will go over basic Kung Fu solo techniques and 20 two person jujitsu self-defense techniques. These techniques are the foundation of the White Phoenix System. This class will give you an introduction of striking and kicking and grappling dynamics. The White Phoenix System is a self-defense oriented martial art. Ages 16+

Stan Wilson (989-7273) has been practicing martial arts since 1970. He is the founder of the White Phoenix System and has a black belt in Hukuroku-jutsu and Black nunch in White Dragon Kung Fu, Mau Hing’s 18 Fists Palm, Kong Fu and Zee Dohm Kong Fu.

Date: June 2 - July 21 (Monday)
Time: 5 - 9 pm
Fee: $42 includes 3 manuals
Location: Ahearn Field house, Room 303, KSU

Take a Peek at the Past

(All visits—including peeks, looks & stares—are free.) That’s right...free!

Riley County Historical Museum
2309 College
- Exhibits of Riley County history—pioneer days to the present
- Research library by appointment
- Educational programs
- Speakers bureau
- Open 9:30-5:00 Tuesday-Friday
- 10:00-5:00 Saturday

Goodnow House Museum
2309 Pendleton
- Home of Isaac Goodnow (founder of KSU and Manhattan)
- Free state advocate
- Teacher
- Open 9:30-5:00 Tuesday-Friday
- 10:00-5:00 Saturday

Wolf House Museum
630 Fremont
- 1868 stone house also served as a boarding house
- Furnished with period antiques
- Special exhibit—Victorian Manhattan: Life in 1885
- 10:00-5:00 Saturday 2:00-5:00 Sunday
- 10:00-5:00 Sunday

For more information, call 585-6480

More “Get Up & Go” classes can be found on page 10

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539-8763
Night Walk on the Konza

**EN-08a**
We will walk the short nature trail on Konza. Along the way we can sniff for spiders, listen for owls and watch as night closes in. We will end up on top of a hill, where the night sky will be amazingly dark. I will show you Scorpius, Sagittarius, the Summer Triangle, and the whole summer sky. We will stay out until well past dark. Bring a flashlight, a water bottle, and a jacket. Bug repellent would be a very good idea. Good walking shoes are needed, as the trail may be a little rough in spots. It is cloudy, call UFM office for confirmation, or call Dean at home that evening at 770-8311.

**Dean Streml**
Date: June 6 (Friday)
Time: 7:30 pm
Fee: $8 individual / $12 family
Location: Meet at Konza Prairie Enteance
Rain Date: June 7

**Night Walk on the Konza**

**EN-08b**
Meet us to view the Perseid Meteors. We can see the summer sky, and hope for a few bright meteors. Dean will explain what meteors are and why they sometimes come in showers. We will meet at the parking lot on the east end of Tuttle Dam. Bring a blanket or lawn chairs. We will stay out as late as people want to stay. If it is cloudy, call UFM for confirmation or call Dean at his home that evening at 770-8311. This is not a good year for the Perseids since they come at a full moon, but we'll have fun anyway.

**Dean Streml**
Date: August 15 (Friday)
Time: 7:30 pm
Fee: $8 individual / $12 family
Location: Meet at Konza Prairie Enteance
Rain Date: August 16

**Persied Meteor Shower**

**EN-07**
Golf

**EN-04a**
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 score card and handicaps.

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

**Date:** June 5, 12, 19, 26 (Thursday)
**Time:** 7:00 pm
**Fee:** $36
**Location:** Stagg Hill Golf Club

**Golf**

**EN-10**
Grass clippings piling up? Still have fallen leaves in the corners of your yard? Instead of sending those bags of grass, lawn debris and kitchen scraps to the landfill, compost them! Both your soil and plants will reap tremendous benefits with the addition of compost. And chances are, you either have all the tools and ingredients you need to make your own "black gold" or have access to some very affordable ones! This class will cover everything you need to know to create a successful compost pile. You choose how long you want the process to take, and we'll show you the method. We'll also discuss the benefits of compost and the different ways to use it in your yard or garden.

**Colleen Hampton**
Date: August 2 (Saturday)
Time: 10:00 am - 12:00 pm
Fee: $8
Location: UFM Greenhouse

**Composting: The Fine Art of Making**

**EN-30**
"Black Gold"

**Northern Flint Hills Audubon Chapter**

**Summer Events**

"Kansas Amphibians: Are they in Decline?"

by Joe Collins, University of Kansas Natural History Museum. Wednesday, May 21st, 7:30 p.m., 1014 Throckmorton Hall, KSU

"Grassland Grouse" by Paul Johnsgard, author of "Great Wildlife of the Great Plains" and more than 40 other books. Wednesday, June 18th, 7:30 p.m., 1014 Throckmorton Hall, KSU. A book signing at Claffin Books will accompany the talk.

Beginning Birdwatching:
The second Saturday of each month. Meet in Acker/Durall Hall parking lot, KSU, at 8 a.m. and an experienced birder will lead a carpool to a local birding spot.

All ages welcome.

Auditon Chapter: See chapter at MFAHS, P.O. Box 1392, Manhattan, KS 66502.
Dust Bunny Earmuffs

It’s summertime and now that you have completed your Spring cleaning, let’s recycle those wonderful dust bunnies & make earmuffs for next winter. The first session will be to design your earmuffs and the second session will cover advanced techniques including difficult stitches and adding color.

Jean Clan has come up with lots of projects for dust bunnies and is very excited to share her newest creation with you.

Date: July 7 - 15 (Saturday)
Time: 9 - 11 pm
Location: Your Home

Christmas in July

Start making your Christmas gifts early this year! We will make a treasure box, glitter ornament, and notebook set with a beaded pen. These gifts will be sure to please your friends and family.

Date: July 22 (Tuesday)
Time: 7 - 9 pm
Fee: $22
Location: UFM Fireplace Room

Stained Glass

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, 3-D creations, windows and more. A supply list will be provided when you enroll.

Date: TBA (July) Saturday
Time: 10:00 am - 1:00 pm
Fee: $49
Location: 3446 Stonebongs Drive

SAFE & CREATIVE CARE OF FAMILY PHOTOS

Date: June 10 (Tuesday)
Time: 7 - 9:30 pm
Fee: $15
Location: UFM Fireplace Room

Date: July 9 (Wednesday)
Time: 7 - 9:30 pm
Fee: $15
Location: UFM Fireplace Room

Date: May 27 (Tuesday)
Time: 7 - 9 pm
Fee: $18
Location: UFM Fireplace Room

Date: August 4 (Monday)
Time: 7 - 9 pm
Fee: $18
Location: UFM Fireplace Room

Rubber Stamping Basics

CF-03a

Learn the differences in ink, paper, stamps, and powders. We will cover basic techniques and embossing. Supplies for three cards will be provided, which will be in class. Please bring the following to class: 12" paper cutter, adhesive, scoring tool, scissors and a heat tool. (If you don’t have them you can share)

Heather Scott (494-5505) is a published rubber stamp artist. She has been stamping for seven years. Let her help you catch the stamping bug, so you can create masterpieces of your own for friends and family.

Rubber Stamping Basics

CF-03b

Date: August 4 (Monday)
Time: 7 - 9 pm
Fee: $18
Location: UFM Fireplace Room

Rubber Stamping: Beyond Basics II

CF-04a

Want to take your stamping to the next level? In this class you will learn advanced stamping techniques such as Masking, Resist, using a stamp positioner, and various embellishment ideas. Learn to cover up your mistakes, and make several projects while learning new techniques.

Heather Scott

Date: June 16 (Monday)
Time: 7 - 9 pm
Fee: $38
Location: UFM Fireplace Room

Rubber Stamping: Beyond Basics II

CF-04b

Date: August 5 (Tuesday)
Time: 7 - 9 pm
Fee: $38
Location: UFM Fireplace Room

Rubber Stamping: Beyond Basics III

CF-08

Add more stamping techniques to your repertoire with this class. We will learn to use a Beaver and a rainbow pad. Learn Resist methods, do some Ultra Thick Embossing. Layer a card with velum and even learn a little shading!

Heather Scott

Date: July 21 (Monday)
Time: 7 - 9 pm
Fee: $38
Location: UFM Fireplace Room

SAFE & CREATIVE CARE OF FAMILY PHOTOS

Pam Schmidt

LIVE THEATRE

SHAKESPEARE’S MUCH ADO ABOUT NOTHING

Coming in August

Swing City Jazz featuring Wayne Gaine and the Swing Machines

Bird House Acoustic music series

Salon Concert Series

Live music, gourmet food & beverages in private homes.

MAC TRUCK OUTREACH

FOR INFORMATION on any of our programs, to become a member or to be added to our mailing list, please call 637-4420, stop by 1525 Poyntz Ave. or email program@manhattanarts.org

Manhattan Arts Center, 1525 Poyntz St. Smoke-free. Wheelchair accessible. www.manhattanarts.org
The Manhattan Arts Center is funded in part by the Kansas Arts Commission, a state agency, and 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.

Win $1 off any UFM Class...

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Fearless Singing
Lori A. Randall
Date: July 8 - 22 (Tuesday / Thursday)
Time: 7 - 8 pm
Fee: $25
Location: UFM Multipurpose Room

Screen Writing: Tools of the Screen Writing Trade
CF-68
You will learn how to turn your story idea into a professional screenplay and how to market it to the Hollywood community. This class centers on the business part of screenwriting and includes interactive workshops, screenwriting sessions (excerpts), and refreshments and invited guests.

Waldorf Doll Making
CF-61
Have you wanted to buy a Waldorf doll from Magic Cabin, but were put off by the $250 price? Waldorf dolls are associated with the Waldorf educational movement led by Rudolf Steiner. Originally made in Germany, these dolls are part of the return to natural toys for children. You will learn construction techniques for an 18" soft-fabric doll, including wrapping heads, inner and outer body construction, face embroidery, and wig making. A prior knowledge of basic hand sewing techniques is required. Please enroll early so that class materials can be ordered for you. The course is non-refundable within two weeks of class start.

Sewing For Fun - Intro to Sewing for Children ages 7 - 12
YO-05
We will learn basic hand sewing techniques in this fun class for children. We will complete a Victorian hat in two class sessions. We'll learn pinning, design layout and cutting, and raw edge applique. All materials will be provided. If you have an extra cookie tin, please bring it to class.

Introduction to Scrapbooking
CF-17a
Scrapbooking has become one of the most popular hobbies in the U.S. because you can preserve your memories while using your own style and creativity. In this class you will learn the basics of scrapbooking, including tools, terminology and how to get started. Please bring 8 - 10 pictures from the same event to use on a 2 page layout, scissors, acid-free adhesive and a paper trimmer (if you have one). Card stock and basic tools will be provided in class, as well as extra supplies for birthday or Christmas theme layouts. If you have any special supplies or tools you would like to use, bring them along as well.

Scrapbooking: A Year of Titles
CF-18
Make a unique layout title for each month of the year and learn a variety of scrapbooking techniques in this class. January through June will be done in the first session and July through December in the second session. Please bring a 12" paper trimmer, scissors, adhesive and a black pen. The rest of the supplies will be provided at class. You will complete 12 layouts in this two-session class.

Sewing Frills - an Introduction to Heirloom Sewing
CF-52a
This is an heirloom sewing class for the beginner. We will be making a lovely Victorian Era lingerie set, which retails for over $250.00. Prior knowledge of clothing construction and machine operation is required. If you can sew a basic dress, you can take this class. We will cover lace insertion, hucks, French seams, hand sewn buttonholes and more as we construct a camisole (corset cover) and petticoat out of very fine cotton muslin and using Martha Pullen’s laces. Basic fitting and pattern alteration techniques will be covered. Please bring a sewing machine to class. All materials including pattern included in class fee. Optional wrap up class scheduled for June 28th. Please enroll early so class supplies can be ordered. Course non-refundable 2 weeks prior to the beginning of class.

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Overcome the obstacles to financial success

Make your money work smarter and harder for you

Increase your net worth

Reduce your taxes

Design a plan that is tailored to your needs and changes as you do

Have more overall control of your financial affairs

Just for attending the workshop, you'll receive a full-color, 20-page workbook on financial management. This invaluable resource consists of easy-to-understand work-sheets, exercises and questions designed to help you identify your needs and evaluate your options.

Rob Hayes (776-9382)

Date: June 4 (Tuesday)
Time: 7 pm
Fee: $8
Location: UFM Conference Room

Investing in Your Future

Individuals who are in the accumulation phase of their lives, at 25 to 35 years of age, or those who are just starting to save for a home or future college tuition will benefit from this course. Discussion will cover important money management concepts with practical, easy-to-understand language, using examples you can put into practice. Topics include investment basics, types of 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.

Charlene Brownson

Date: July 21 (Monday)
Time: 7-8:30 pm
Fee: $8 individual / $12 couple
Both Gain Control and Investing
$10 individual / $14 couple
Location: UFM Conference Room

Saving for Your Children's Education: Is It Out of Reach?

Would you like to find out about the different plans available to fund your children's or grandchildren's college or vocational education? Have you heard about the upromise program? When you make purchases (groceries, Real Estate, automobiles, and various services) a percent of your purchase may go into your upromise account. Learn the pros and cons about 529 plans. Coverdell IRA (educational IRA) and UGMA/UTMA

Find out why many people don't start planning.

Charlene Brownson

Date: July 28 (Monday)
Time: 7-8 pm
Fee: $8
Location: UFM Conference Room

Gain Control of Your Money & Become Debt-Free

Is this too much to ask for the end of your paycheck? Do you have a plan to control the money that you make, spend and save? Are you spending too much on debt and insurance? This class will cover fees and charges to watch out for with credit cards and mortgages. You will learn to identify problem areas in your finances, so that you can start to take control of your money. Learn to buy wisely and reach your financial dreams. Everyone attending this seminar will have the option to get an individual consultation to establish their debt-free date.

Charlene Brownson (776-3666) is the instructor for Women & Money, an 8-week program that is offered in the fall for KSU credit and non-credit. She enjoys sharing her knowledge with others to help them develop money skills. Charlene works with a local financial service company.

Date: July 14 (Monday)
Time: 7-8:30 pm
Fee: $8 individual / $12 couple
Both Gain Control and Investing
$10 individual / $14 couple
Location: UFM Conference Room

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Introduction to Arabic
LA-05
This is a basic introduction to the Arabic Language. The class will include beginning reading, writing and speaking. Mohammed Alzein is a Ph.D. candidate in economics at KSU and is an international student from Jordan.
Date: May 27 - July 3 (Tuesday/Thursday)
Time: 7 - 8 pm
Fee: $46
Location: UFM Conference Room

Exploring the Wheels of Light
SP-06
Is there more to us than the physical body? Are we greater than the sum of our parts? What is the ‘body’ mind connection? Are we connected to the Universal Mind and what is the key to its secrets? We will explore these questions and more by learning about the Wheels of Light (Chakras and Auras) Sarah English (539-4127)
Date: May 28 - June 18 (Wednesday)
Time: 7 - 8 pm
Fee: $16
Location: UFM Conference Room

Enneagram: Nine Ways of Being
In the World
SP-02
The Enneagram (pronounced AN-ee-a tram and meaning 9 ribs or 9 ridge) 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 and feel and act. It is a tool for helping us enter the realities of people different from ourselves, to see the world as they see it. It is a tool for compassion as well as self-awareness. 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 (539-3733) has been studying and using the Enneagram since she was first introduced to it at a seminar at Friends Hall (a Quaker center for study and contemplation) in 1986-87 and has found it helpful in her personal and professional life. She has studied with several prominent teachers in the newly emerging field of Enneagram Studies, most intensively with Helen Palmer; also with and Risa and Student. Buring and O’Leary and others. She attended the first International Enneagram Conference at Stanford University in 1994. She has, by request, taught small groups in private setting and in public over the last ten years.
Date: June 2 - 25 (Monday & Wednesday)
Time: 7 - 8:15 pm
Fee: $39
Location: UFM Multipurpose Room

Practical German
LA-06b
Lori A. Randall
Date: June 30 - July 23 (Monday & Wednesday)
Time: 7 - 8:15 pm
Fee: $39
Location: UFM Multipurpose Room

French Language
LA-02a
This class is an introduction to the French Language. The class will cover information, grammar, proper pronunciation and everyday vocabulary.
Emilie Rabeh (587-9836), a naturalized citizen, is originally from Tunis, Egypt. Her training course, "Seige 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 learning experience includes working with adult Egyptian teachers, primary level students and teaching French for 20 years at a Jewish French School in Cairo.
Date: June 6 - 26 (Wednesday/Thursday)
Time: 10 - 11 am
Fee: $41
Location: UFM Fireplace Room

French English
LA-02b
Emilie Rabeh
Date: July 9 - 31 (Wednesday/Thursday)
Time: 10 - 11 am
Fee: $41
Location: UFM Fireplace Room

KSU Credit Courses

The course 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 interest, and assignment (hours). Enrollment, withdrawal, and refunds are determined by University policy and could be submitted at the Division of Continuing Education Registration Office. Call 539-3555 for questions or information.

Golf
2000-200
490-0407
This course will emphasize the fundamentals of the full swing, putting, the information techniques of chipping, pitching, and sand shot, rules of play, course etiquette, selection and use of equipment.
Time: June 4 - July 23 (Wednesday)
Date: 6 - 8 pm
Fee: $28
Location: Stock Hill Golf Club, 4441 F Riley Blvd

Ballroom Dance
DANCE 999
This course will introduce students to the history, terminology, dance position, correct body alignment, and partnership, techniques such as open and close positions, leading and following, and a variety of steps will be emphasized. The function, American Waltz, foxtrot, and last steps will be taught. Females must be registered.
Michael Bennett
Date: June 29 - August 9 (Friday)
Fee: $50
Location: UFM Auditorium, 1023 Denison
No class July 4

Scuba Diving
RES 300
490-0410
This course will prepare students for the Open Water certification. Certification and theoretical information for certification, knowledge of the equipment, physics of diving, medical problems related to diving, use of diving table, 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. Flares and buddy are at the student's expense. Students must possess their own mask, fin, and snorkel.
It is not recommended for those over 55 for those with drawing from the class after the first day.
Jeff Williams
Date: June 2 - July 2 (Monday)
Time: 7 - 8 pm
Fee: $75
Location: MCMA, 1013 McFarland, Junction City

Archery for Adults
RES 690
490-0796
This course provides men and women instruction in the use of static bows. Emphasis is on the archery form, currently used in Olympic sports. Participants will learn safety and scoring, basic rules of the archery course, and execution of each of the four stages. Information on basic equipment will be provided by the instructor. Techniques will be tailored to individual level of achievement.
Tom Kame
Date: June 26 - August 11 (Thursday)
Time: 7:45 - 8:45 pm
Fee: $38
Location: 1127 Lawrence Plaza, upstairs
5 class session on 7/28
"Left Out of History: What your history book didn't tell you."

Unitarian-Universalist Fellowship of Manhattan
UU Fellowship Hall
481 Zanealoe Road
7:00 p.m.

In its on-going mission to affirm the dignity and worth of all people, the Unitarian-Universalist Fellowship of Manhattan is offering a film series designed to provide historical perspectives to the contributions of Bisexual, Gay, Lesbian, and Transsexual people.

Films to be shown:
May 5 DIFFERENT FROM THE OTHERS
May 12 PARAGRAPH 175
May 19 COMING OUT UNDER FIRE
May 27 BEFORE STONEWALL
June 2 THE TIMES OF HARVEY MILK
June 9 I AM MY OWN WOMEN
June 16 LIVING WITH PRIDE
June 30 TONGUES UNITED
July 7 THE CELLOLID CLOSET
July 14 TREMBLING BEFORE G-d

Each film will be first set in an historical perspective and a guided discussion will occur after the films.

**For full descriptions of each film, please visit www.ksu.edu/ufm/sponsors.htm

The films are all free and open to the public.

Special Policies for Credit Optional Classes
Credit Registration Refunds: A full refund of tuition and fees, less any non-refundable material fee, may be given before 20% of the scheduled class meetings. After 20% of the scheduled class meetings a 50% refund of tuition and fees may be given, less any non-refundable material fee between 20% and 25% of the scheduled class meetings. No refund is issued after 25% of the scheduled class meetings. A course dropped between 25% to 30% of the scheduled class meetings will have no "W" recorded on the students transcript. A course dropped between 30% to 63% of the scheduled class meetings will have a "W" recorded on the students transcript. Students dropping a course must either complete and submit the online drop form located at: http://www.dce.ksu.edu/dce/distance/forms.htm or send written notification to the DCE Registration Office (785-532-5566) postmarked no later than the deadline. Students may not drop from a course after 63% of the course has been completed.

Credit Enrollment Fee: Courses taken for credit carry additional fees required for University administration of the credit program. A $25.00 late fee will be charged for enrollments taken after the first day of classes. Additional student activity and health fees may be assessed for students enrolled in 6 or fewer KSU credit hours. There is a non-refundable material fee for withdrawing from some classes after the first day.

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

Non-Discrimination Policy
UFM welcomes participants of any race, color, religion, or national or ethnic origin to all UFM classes. Students under age 18 need the permission of a parent or guardian. Some individual classes may have age restrictions. Please call (785) 539-8763 to make arrangements for classroom accessibility.

UFM adheres to the philosophy that everyone can teach and everyone can learn. UFM is a community learning program which contracts with nonprofessional community instructors. Consequently, students should be aware that the course offered are accurate or complete in content and quality of instruction. We rely on the credentials provided by instructors, class observation and participant feedback as tools for evaluating a class and an instructor's ability.
Call it in: Call 539-8763 during business hours and use your Mastercard, Discover, or Visa. Please have your card number and expiration date ready.

Mail it in: Complete the form below and mail it with your check, money order, or credit card information to: UFM Class Registrations, 1221 Thurston, Manhattan, KS, 66502-5299.

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

✓ Flexible registration—register by phone, mail, or in person
✓ Discounts—find the fake class and win $1.00 off any UFM class. Youth scholarships are also available.
✓ Enrollment office hours are between 8:30 & 12:00 and 1:00 & 5:00, Monday thru Friday.

FOR YOU... One participant per form, please

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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 □ Ft. Riley □ Other □

Where did you obtain your catalog? [ ]
A class I would like offered [ ]

I am participating upon my own initiative and upon my own assumption of risk in a UFM Community Learning Center program. I hereby agree, for myself and all who may herein claim through me or to me, to assume all risk of personal harm or injury resulting 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.

Participant Signature: [ ]
Date: [ ]

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

Office Use Only

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