Imagine yourself at UFM!

Summer Classes June-August 2004

- Billiards
- Wine
- Juggling
- Piano
- Kayaking
- Kids Web

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.

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WHERE WE’RE LOCATED

UFM
1221 Thurston

Bertrand St.

KSU Campus
Thurston St.

Kearney St.

Anderson Ave.

Vattier St.

Manhattan Ave.

Bluemont Ave.

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UFM Staff:
Executive Director - Linda Inlow Teener
Education Coordinator - Marcia Hornung
Community Outreach Coordinator - Charlene Brownson
Lou Douglas Lecture Series Coordinator - Olivia Collins
Teen Mentoring Program Coordinator - Karen Roach
Office Coordinator - Lora Shelton
Swim Supervisor - Abby Schoepner

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.

UFM’s Sidewalk Fund!!!

Help UFM raise funds for a new sidewalk... You may have noticed our new paint job and the new landscaping. The next project is replacing the crumbling sidewalk. We need your help to find this project. A donation in any amount for this special project is appreciated. For $150, you can buy one square section and you can write your name in your section on the day it is poured!!!

Please help with this special need.

Thanks for your donation amount of:

Name:

Phone:

Address:

2
Crossword Puzzle

Complete this crossword and receive $1.00 off any UFM class!
As you look through the catalog you will find the answers to this puzzle.

Down
1. Name of Lecture Series sponsored by UFM
2. The Community Garden is celebrating this birthday.
3. A course in ___ (Class Name)
4. Temporary Tattoos
5. Class that involves a javashop, ukulele, mandolin, and banjo-uke
6. This class hits the spot!
7. ___ For Everyone! (Name of a class)

Across
8. End time for the Children’s Garden
9. First name of the featured instructor
10. Computer Class just for Kids!
11. Everyone can ___ (Part of UFM’s Philosophy)
12.疝 name of belly dance teacher.

UFM would like to give a special thanks to Shawn Hornung who designed the cover art for this catalog!

Welcome Lora! Lora is our new Office Coordinator. In November she joined our UFM staff. She is responsible for overseeing the front office for whatever need you may have. Whether you need help with registrations, questions, attendance rosters, appointments with staff, community service work, scholarships, UFM room reservations, payments, or just a simple smile; Lora will be there to assist you.

Lora is currently majoring in Accounting through education Direct and plans on furthering her education in computers. She resides in Frostia and enjoys time spent with her family. Come and enroll or just stop by and say Hi to our new friendly face here at UFM.

Featured Instructor

Ana Franklin

Ana Franklin has been practicing yoga for over thirty years, and teaching yoga to people of all ages for the last 20 years. Ana has taught yoga to men, women and children, members of the Gainesville State University Track team, as well as many others. She began teaching at UFM about ten years ago. In addition to her many yoga classes such as Beginning Yoga, Yoga for Men, and Yoga for Wellness, Ana has also shared other skills through UFM, such as vegetarian cooking and Vedic chant.

Ana grew up with a love for yoga as both of her parents practiced yoga from the time she was very young. Some of Ana’s earliest memories of yoga include her father standing on his head in the living room when people came to visit. Ana’s father, who lived in India for several years, and had the privilege to study under T. Krishnamacharya and T.K.V. Desikacharya, two of yoga’s great teachers. The latter returned to Manhattan, where he was a professor and shared his love for yoga by teaching at UFM in its early days.

Ana received her training from Gary Kraftsow, author of the books Yoga for Wellness and Yoga for Transformation. She is currently a member of the International Yoga Association and member of the local organization of holistic health providers. Livingwell, Ana describes yoga as a “way of personal integration” and tailors her classes to meet the individual needs of each student.

Look for Ana’s summer yoga classes in the Health and Wellness section of the catalog!

Mercia joined the UFM staff January 2004 as Education Coordinator. Mercia is responsible for UFM’s non-credit classes and aquatic program. Mercia has experience in training coordination and also as a victim advocate. When she was a student at KSU, she worked as a legal aid and swim instructor for UFM.

Mercia enjoys taking various UFM classes, yoga, traveling, taking walks with her dog, and visiting with friends and family. If you are interested in teaching for UFM or have an idea for a class, give Mercia a call at the UFM office!

Scholarships are available to assist with class fees for both adults & children.
Learn to Swim Classes
UPM proudly teaches the American Red Cross Swim Lessons Levels 1-6, Parent and Child Aquatics, and Tot Transitions. UPM also offers private 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 rate and are moved to different class levels as space permits and skill advancement demands.

LOCATION: KSU Natatorium - Abear 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/locker rooms of the opposite sex. Changing tables are available in both the men’s and women’s locker rooms.

PARENT’S DAY will be 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.

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

BEGINNING & ENDING DATES
Session A: Monday - Friday, June 7th - June 18th
Session B: Monday - Friday, June 28th - July 9th
Session C: Monday - Friday, July 6th - July 17th
Session D: Monday - Friday, July 16th - July 30th
No class Monday, July 5

Parent and Child Aquatics
This water orientation program is designed to teach you how to work safely and effectively with your child aged 6 months to 5 years. This class is geared towards children with good balance and motor 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 learn basic water techniques and have opportunity to practice water techniques with their children. Parent must accompany child in the water.

Session A: Mon/Wed/Fri
AQ01P 10:00am - 10:30am
AQ02P 10:45am - 11:15am
Session B: Mon/Wed/Fri
AQ03P 10:00am - 10:30am
AQ02P 10:45am - 11:15am
Session C: Mon/Wed/Fri
AQ03P 10:00am - 10:30am
AQ02P 10:45am - 11:15am
Session D: Mon/Wed/Fri
AQ01P 10:00am - 10:30am
AQ02P 10:45am - 11:15am
Fee: $22.00 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 1, this short class is for them. Emphasis will be on basic water safety and preparation activities for swimming. Some parent participation may be allowed.

Session A: Mon/Wed/Fri
AQ01T 10:00am - 10:30am
AQ02T 10:45am - 11:15am
Session B: Mon/Wed/Fri
AQ03T 10:00am - 10:30am
AQ02T 10:45am - 11:15am
Session C: Mon/Wed/Fri
AQ03T 10:00am - 10:30am
AQ02T 10:45am - 11:15am
Session D: Mon/Wed/Fri
AQ01T 10:00am - 10:30am
AQ02T 10:45am - 11:15am
Fee: $22.00 per session

Level I: Introduction to Water Skills
The object of Level I is to help students feel comfortable in water and to enjoy the water safely. Students will be introduced to elements of basic 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: Monday - Friday
AQ01I 10:00am - 10:45am
AQ02I 10:50am - 11:30am
AQ03I 11:35am - 12:15am
Session B: Monday - Friday
AQ04I 10:00am - 10:45am
AQ02I 10:50am - 11:30am
AQ03I 11:35am - 12:15am
Session C: Monday - Friday
AQ04I 10:00am - 10:45am
AQ02I 10:50am - 11:30am
AQ03I 11:35am - 12:15am
Session D: Monday - Friday
AQ04I 10:00am - 10:45am
AQ02I 10:50am - 11:30am
AQ03I 11:35am - 12:15am
Fee: $43.00 per session

Level II: Fundamental Aquatic 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: Monday - Friday
AQ13I 10:00am - 10:45am
AQ14I 10:50am - 11:30am
AQ15I 11:35am - 12:15am
Session B: Monday - Friday
AQ16I 10:00am - 10:45am
AQ14I 10:50am - 11:30am
AQ15I 11:35am - 12:15am
Session C: Monday - Friday
AQ16I 10:00am - 10:45am
AQ14I 10:50am - 11:30am
AQ15I 11:35am - 12:15am
Session D: Monday - Friday
AQ16I 10:00am - 10:45am
AQ14I 10:50am - 11:30am
AQ15I 11:35am - 12:15am
Fee: $43.00 per session

Level III: Stroke Development
The objective of Level III is to build on the skills in Level II by providing additional guided practice. Students will learn to crawl with a more extended kick. They will be introduced to the elementary back stroke and to the fundamentals of treading water. Students will also learn rules for safe diving and begin to swim 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: Monday - Friday
AQ25I 10:00am - 11:00am
AQ26I 11:15am - 12:15am
Session B: Monday - Friday
AQ25I 10:00am - 11:00am
AQ26I 11:15am - 12:15am
Session C: Monday - Friday
AQ25I 10:00am - 11:00am
AQ26I 11:15am - 12:15am
Session D: Monday - Friday
AQ25I 10:00am - 11:00am
AQ26I 11:15am - 12:15am
Fee: $63.00 per session

Level IV: Stroke Improvement
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 stroke technique. They will practice water entry and exit, and basic distance strokes (freestyle, backstroke), and increase their ability to swim under water for an extended period. They will learn how to achieve a proper kick and improve their ability to swim in the breaststroke and sidestroke and the basics of treading at the wall. Students entering this course must have a Level III Certificate or must be able to demonstrate all the completion requirements in Level III.

Session A: Monday - Friday
AQ27I 10:00am - 10:45am
AQ28I 10:50am - 11:35am
AQ29I 11:45am - 12:30am
Session B: Monday - Friday
AQ27I 10:00am - 10:45am
AQ28I 10:50am - 11:35am
AQ29I 11:45am - 12:30am
Session C: Monday - Friday
AQ27I 10:00am - 10:45am
AQ28I 10:50am - 11:35am
AQ29I 11:45am - 12:30am
Session D: Monday - Friday
AQ27I 10:00am - 10:45am
AQ28I 10:50am - 11:35am
AQ29I 11:45am - 12:30am
Fee: $63.00 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 feel-first surface dive and springboard diving. Participants learn to perform the front crawl and back crawl for increased distance 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: Monday - Friday
AQ30I 10:00am - 11:00am
AQ31I 11:15am - 12:15am
Session B: Monday - Friday
AQ30I 10:00am - 11:00am
AQ31I 11:15am - 12:15am
Session C: Monday - Friday
AQ30I 10:00am - 11:00am
AQ31I 11:15am - 12:15am
Session D: Monday - Friday
AQ30I 10:00am - 11:00am
AQ31I 11:15am - 12:15am
Fee: $63.00 per session

www.ksu.edu/ufm
1221 Thurston
539-8763
Lap Swimming for Parents
Are you tired of being just an observer at your child’s swim-
ning lessons? If so, take advantage of the time you spend
watching and enroll in Lap Swimming at a special
price. This class will meet every day your child is enrolled in
swimming lessons. In this class you will be able to swim laps
to meet your own needs and goals.

Session A: Monday - Friday
AQ75 6:35pm - 7:00pm
AQ77 6:00pm - 6:25pm
Session B: Monday - Friday
AQ67 6:00pm - 6:25pm
AQ78 6:00pm - 6:25pm
Session C: Monday - Friday
AQ68 6:00pm - 6:25pm
AQ79 6:00pm - 6:25pm
Session D: Monday - Friday
AQ70 6:00pm - 6:25pm
Session E: Monday - Friday
AQ71 6:00pm - 6:25pm
Fees:
$98.00 per session

Shallow Hydroaerobics: Water Exercise
This is a 50 minute water exercise class that uses water resis-
tance to give participants a great workout. This class is
designed to use water exercises for the development of physi-
ical 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 7th - June 18th
AQ81 (1 time a week)
AQ82 (3 times a week)
AQ83 (5 times a week)
Session B: June 24th - July 2nd
AQ84 (1 time a week)
AQ85 (3 times a week)
AQ86 (5 times a week)
Session C: July 8th - July 16th
AQ87 (1 time a week)
AQ88 (3 times a week)
AQ89 (5 times a week)
Session D: July 19th - July 30th
AQ90 (1 time a week)
AQ91 (3 times a week)
AQ92 (5 times a week)
Fees:
$12.00 for 1 Time a week per session
$18.00 for 3 Times a week per session
$22.00 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 in the diving well of the Natatorium. The par-
ticipants 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 intend-
ed to add variety to your workout. Only swimmers who can
tread water without a flotation device are allowed to partici-

Deep Water Hydro aerobics for the entire summer
AQ02 (June 8th - July 29th)
Fees:
$44.00 per semester

Open Swim Appreciation
AQ07A
For USM swim participants and their parents. Parents are invit-
ed to join their children in the water and practice swimming

together. There is no charge for this activity, however, regis-
tration with the number of participants planning to attend is
required so that we can provide adequate lifeguards.
Date: June 27th (Sunday)
Time: 5:00pm - 7:00pm
Fees:
$5.00 per session
Location: Natatorium

Shallow Water Hydro aerobics for the entire summer
(continues)
Open Swim Appreciation
For UFM swim participants and their parents.
Date: July 25th (Sunday)
Time: 5:00pm - 7:00pm
Fee: No Charge
Location: Natatorium

Scuba Diving
This course will prepare students for NAUI Scuba Diver 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.
Date for certification will be determined at a later date. A certification fee of $50 will be assessed at the time of check-out dives. However, neither UFM nor NAUI is responsible for the certification. Travel and lodging are at the student’s expense. Students must provide their own masks, fins and snorkels, which will be available for purchase at the first session, equipment ranges from $10 - $375.
Note: There is a non-refundable material fee of $50 for withdrawing from the class after the first day.

LifeGuard Training
American Red Cross LifeGuard Training teaches the skills/knowledge needed to prevent and respond to aquatic emergencies. This class will certify you in LifeGuard Training, CPR for the Professional Rescuer, and First Aid.
Mandy Mertes (mandy39@hotmail.com)
Date: July 5th - July 6th (Monday - Thursday)
Time: 9:00am - 11:00am (Sunday)
Fee: $62.00
Location: Natatorium

Spanish I
The emphasis in this class will be oral communication and interaction. Classes will be adapted to students’ preferences. Topics covered include colors, clothing, numbers, greetings, parts of the body, descriptions of people, family members, telling time, activities, sports, etc.

Kayak/Canoe Workshop
Have you ever wondered what the secret is for having everything you need on those overnight kayak or canoe trips when space is limited? Probably everyone has made the comment “I wish I could find a way to pack this or I forgot that!” Wouldn’t it be nice to be prepared for single or multiple overnight trips? Confident that all your needs will be met? Worry no more! Learn how to make your overnight camping trip on the river an enjoyable experience. You will learn how to plan for the trip, what to bring, how to pack, and how to organize your trip to gain the most from the experience. The class will cover planning and organizing, shuttle/timing and logistics, essential gear, packing techniques, waterproofing, protecting, and caring for your gear, food preparation, first aid kit essentials, and basic and advanced overnight camping techniques.

Aquatics (Continued)
Beginning Sign Language
This class will not only teach 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.
Instructor: Dr. Lea Paprocki
Fee: $76.00
Location: UFM Multipurpose Room

French Language
This class is an introduction to the French language. The emphasis will be on conversation, grammar, proper pronunciation and every day vocabulary.
Emile Rabbi (897-906), 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 learning experience includes working with adult Egyptian teachers, primary level students and teaching French for 20 years at a Jesuit French School in Cairo.

Chinese Language & Literature
This class will be introducing Chinese language and literature. Students will learn many aspects of Chinese culture from this class.

Look for youth classes
throughout the catalog
denoted with

Archery for Youth
Art Exploration
Piano
Parent/Tot Hands on Hootenanny
Dance
Swim Lessons
Tae Kwon Do
Kung Fu
...And many more!
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, they gain confidence in social and professional environments. All material is taught from a practical approach with techniques that require little physical strength and therefore are useful to women of all ages and physical conditions. Ages 13+. Diana Taylor (620-8551) 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 Harassment Assault and Rape Prevention for Women.

Date: July 22nd (Friday)
Time: 6:30pm - 9:30 pm
Fee: $22.00
Location: College Avenue Methodist Church - Fellowship Hall in Basement

CPR and First Aid
CPR and First Aid course trains students in child, infant and adult CPR, first aid and emergency care skills. Designed to meet Kansas regulatory requirements for CPR and first aid for day care providers, school personnel, bus drivers, sport coaches, babysitters, and new parents. Upon completion of this course, the student will receive certification cards and attendance record. Level 1 for Girl Scouts. Participants will need to bring a floor mat or a knee board!
Sershorn (cornell@staintmail.net) has been training for over 35 years for more than 5 years.

Date: June 6th (Saturday)
Time: 8:00am - 4:00 pm
Fee: $42.00
Location: College Avenue Methodist Church, Fellowship Hall in Basement

Introduction to Reiki
Reiki is a Japanese technique for stress reduction and relaxation that also promotes healing. It is based on the idea that an unseen "life force energy or Chi" flows through us and 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 standing feet. Please bring a towel to class. Each class member will receive a sample treatment.
Sarah Engels (393-6686) is teaching a Reiki Master, having received Master Level in 2000. She has been working with subtle energies, Feng Shui, Auras and Chakras since 1994.

Date: June 7th (Monday)
Time: 7:00 pm
Fee: $22.00
Location: UFM Conference Room

Yoga for Everyone
"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. Each class will meet four times. 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 (no jeans please). Please refrain from eating two hours prior to class (a piece of fruit is ok). Bring a towel.

Anne Franklin (397-8224) has been practicing yoga for more than 30 years. She received teacher training from Gary Kraftsow, author of the books Yoga for Wellness and Yoga for Transformation. She offers lectures, workshops and private lessons in the area. Anne has been teaching yoga since 1984.

Date: June 1st - June 22nd (Tuesday)
Time: 5:15 PM - 6:15 PM
Fee: $60.00
Location: 321 Poyntz, Over SPRINT Store

More Yoga Classes on Page 8!

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www.livingwellkansas.org

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www.ksedu/ufm
T'ai Chi Chuan for Beginners

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

Karen Kindele is an artist and T’ai Chi Chuan practitioner.

Living the Art: Jin Shin Jyutsu

The art of Jin Shin Jyutsu is a simple and powerful tool available to all. This class will focus on experiencing this art through helpful techniques and developing and maintaining 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 (527-911) is a certified Jin Shin Jyutsu practitioner and self-help instructor.

Yoga Connection

Manhattan, Kansas

Workshops, Retreats, Private Lessons & Classes

With Ana Franklin

Teaching Yoga since 1984

www.yogaconnectionbyana.net

yogacomm@ksu.net

321 Poyntz

785-537-8224

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

HEALTH & WELLNESS (Cont.)

Yoga for Everyone

Ana Franklin (537-8226)

Date: July 6th - July 27th (Tuesday)

Time: 5:30PM - 6:30PM

Fee: $60.00

Location: 321 Poyntz, Over SPRINT Store

Career & Finance

Gain Control of Your Money & Become Debt Free

FCC3A

Did you know....

* Inventors tend to be influenced more by the prospect of loss than by the opportunity for gain.

* There is a strategy that can help you prepare your portfolio for potential success, even in volatile markets.

* How you choose to combine your investments should depend on your investment goal.

Given continuing market volatility, it may be wise to take a second look at how your investments are allocated. Many people have questions about their investment strategy yet they never find the time to get them answered. We'll discuss what asset allocation is and what it can do for you, how to set the right allocation plan, and how to stay on track to meet your financial goals.

Rob Hayes (775-9382) graduated from Kansas State University with a degree in Family Financial Planning. Before finishing his education, he and his wife owned and operated a supermarket; He has more than 20 years experience in management, is a member of The Financial Planning Association, has served on their board of directors, and has served as treasurer for People's Grocery Coop. Rob has lived in the Manhattan area for over 44 years and is a life insurance agent with Farmers Insurance Group and registered representative of Farmers Financial Solutions, LLC, in Manhattan.

Date: June 9th (Wednesday)

Time: 7:00 pm

Fee: $12.00

Location: UMF Conference Room

Are You Searching For The Key To Investment Success?

FCC3B

Rob Hayes (775-9382)

Date: July 14th (Wednesday)

Time: 7:00 pm

Fee: $12.00

Location: UMF Conference Room

Images in Time

The “Underground Railroad”

Facing images of African-Americans, Native Americans and European Americans: An “illumination of a proud moment in our past.”

The year is 1858. The Fugitive Slave Law is passed 8 years ago but news for you and your small group who have just managed a narrow escape from slavery is finally in Manhattan, Kansas. Alas, you thought your adventure was over. Now you're going to have to carefully navigate your way through Kansas to get to Canada with the help of the Underground Railroad.

Richard Peltz & Wonder Workshop is proud to present the 2004 "Images in Time: The Underground Railroad." This tour will travel to various sites within a five-mile radius of Manhattan. Each site will be presented with information regarding its historical significance.

When: June 20, 2004

Time: 5:30 PM - 8:00 PM

Dep. from: UMF 1221 Thurston

Cost: $18 per adult and $10 per student (check made payable to Wonder Workshop)

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

Yoga Connection

Manhattan, Kansas

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With Ana Franklin

Teaching Yoga since 1984

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A Young Adult’s Legal Rights and Responsibilities

Do you know your legal rights and responsibilities? Do you realize the full impact of how your responsibilities affect getting a job or renting? This workshop will help you examine your knowledge of the current laws, the effects on job hunting and applying for college loans and housing. Various topics covered include background checks, curfew violations, default on paying bills, espousalment, search and seizure, sexually transmitted diseases and unlawful use of a driver’s license. The textbook is a collaboration from various professionals (police officers, university counselors, district attorneys, military and government personnel, and private agencies) all contributing to the culmination of this pertinent information.

Mary Beth Wilcox is the founder and owner of Pre-Search Investigations and Mediation Services, a pre-employment screening and family mediation agency. Not only is she an author but also an educator, mediator, experienced public speaker, entrepreneur and holds a degree in Social Work from KSU. Mary has been married for over 22 years, has two sons and has resided in Manhattan since 1992.

Date: June 26th (Thursday)
Time: 7:00 pm
Fee: $12.00
Location: UFM Multipurpose Room

Ebay for Everyone

Chances are you have heard of the online auction site Ebay. Now join the millions who are taking advantage of this thriving online auction community. There are some incredible bargains to be found online and chances are if you have something to sell somebody out there wants to buy it. We will cover all aspects of Ebay from start to finish starting with registration and moving through creating your own listings, how to get paid, tips on shipping and how the feedback system works. In addition we will cover setting up an online store using third party tools to manage your auction and what to do when things go wrong.

Chris Wilson (556-1570) chrisejpedane.com has been providing training, consulting, programming and technical support on a contract basis since 1996 and has worked for dozens of small and large businesses including John Hopkins University, Chubb Insurance Corporation, Toyota Motor Corporation, and the State of Kansas. He also led the support team for one of the largest free CGI script repositories on the Internet for almost 5 years. When not working online, he enjoys the outdoors and spending time with his family.

Date: June 2nd (Wednesday)
Time: 6:00 pm - 8:00 pm
Fee: $22.00
Location: Manhattan Public Library

Before Happily Ever After:
The Financial Impact of Marriage

Get the financial basics for marriage as we discuss the costs of a wedding, marital budgeting, saving and checking accounts and planning for the cost of raising children.

Theresa Foster (532-5493) is a graduate of the KSU Personal Financial Planning Program and currently serves as the coordinator for the Financial Life Planning Clinic on campus.

Date: June 7th - June 14th (Monday)
Time: 7:00 pm
Location: Garlichia Institute, KSU
Beginners 101: Getting Started with Your PC and Windows

No experience required! This class is designed for people who would like to learn how to use their computer in a more effective manner and those with some experience who would like some practical tips on how to get the most out of their computer. Topics will include basic computer setup and troubleshooting, things to look for when purchasing a new or used PC, an introduction to working with Windows, how to start and use many common programs, how to manage your desktop and files, and how to personalize your computer and change the appearance of Windows. Designed for non-technical individuals, the class will proceed at a comfortable, friends pace with plenty of time for questions and answers.

Chris Wilson (556-1570), chris@etjedance.com
Date: June 12th (Saturday)
Time: 2:00pm - 4:00pm
Fee: $32.00
Location: Manhattan Public Library

KIDS WEB-CREATE YOUR OWN WEB PAGE - FOR KIDS!

Now your child can create a web page of their own in this fun and safe class. Geared for ages 6 and up, only basic mouse and keyboard skills are required. Each student should bring 1-2 color photographs that they will scan and put online as part of a web page that they create by themselves. Web space will be provided by the instructor, and space is limited for this class, so sign up early! Parents are welcome (but not required) to attend.

Chris Wilson (556-1570), chris@etjedance.com
Date: June 14th (Wednesday)
Time: 2:00pm - 3:30pm
Fee: $22.00
Location: Manhattan Public Library

Intro to HTML

Interested in creating your own space on the World Wide Web? Want to get started but are not sure where to turn? This class will teach you the basics of how to design, create, and publish your own website for personal or business use. Topics will cover HTML basics, working with images and multimedia, linking web pages and sending email from a web page. This class will discuss some of the more commonly available programs used for site design as well as how to create a page from scratch. No computer programming experience is required but a basic familiarity with using PCs and the Internet is preferred. Additionally, (time permitting) a few intermediate topics will be covered including domain name registration, choosing a web host, site promotion and e-commerce for business. Registration fees include a CD with software and references.

Chris Wilson (556-1570), chris@etjedance.com
Date: July 7th (Saturday)
Time: 2:00pm - 4:00pm
Fee: $32.00
Location: Manhattan Public Library

WANT TO GO BACK TO SCHOOL, BUT BETWEEN YOUR FAMILY AND YOUR JOB YOU NEVER SEEM TO FIND THE TIME?

K-State Evening College makes it simple for working adults to earn their degrees. Through night classes or a combination of night classes and distance education courses, you can earn a bachelor's degree or enhance your skills without quitting your day job.

Evening College classes are offered at K-State on both 8- and 16-week schedules between 5:30 and 10:30 p.m.

Evening College offers three degree programs that can be completed entirely at night: criminology, interdisciplinary social science, or life span human development. When combined with distance education courses, students can choose from a wide assortment of degree programs.

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www.ksu.edu/asfm 1221 Thurston 539-8763
Introduction to Duplicate Bridge

If you know the rudiments of the card game bridge, but have not yet competed in an official form of the game (i.e. Duplicate Bridge), this is the course for you. In ten sessions, you will learn the basics of Duplicate Bridge, so that you will be ready to compete in both Duplicate club games (which meets every Thursday at 7pm at the Senior Center) and in Duplicate Bridge Tournaments.

Both Avedis Chahajian (avchajian@ke.org) and Elizabeth Jordan (jeziard@ke.org) are Life Masters of American Contract Bridge League (ACBL).

Date: June 2nd - July 27th (Monday & Wednesday)
Time: 8:00pm - 10:00pm
Fee: $36.00
Location: UFM Multipurpose Room

Basket Weaving-Wine Basket / Tall Market Basket

The Wine Basket/Tall market basket is compressed with a solid wood handle, that maybe decorated with both natural and dyed flat reed and decorative leaves and grapes to carry out the wine basket theme. Will hold 2 bottles of wine, bread or other treasures.

Joyce Rasnick (232-3511)
Date: August 26th (Saturday)
Time: 9:00am - 2:00pm
Fee: $27.00
Location: UFM Multipurpose Room

Beginning Knitting

Two projects (headband and hat) will be completed as you learn to cast-on, the knit stitch, binding off and seaming. Bring short size "10" needles and a light colored bulky weight yarn.

Kermit Talley (537-1826) is the proprietor of Wildflower Yarns & Knitwear, 106 S. 4th. in Manhattan. She designs knitsweat for national knitting magazines and yarn companies.

Date: June 6th - June 30th (Wednesday)
Time: 7:00pm - 8:30 pm
Fee: $31.00
Location: Wildflower Yarns & Knitwear, 106 S. 4th St.

Harmonica for Everyone

Harmonica is for everyone! Kids, parents, and grandparents will laugh and learn as they are led through an introduction to the 10 hole diatonic harmonica. We'll cover folk, gospel, old-time, bluegrass and country-blues styles along with different songs than those offered last fall. Learn proper care of your instrument and the essentials to play by ear or from harmonica notation. Ages 8+. Thad Belch, a full time musician since 1988, has worked as an "Artist in Education" through Arts Commission Programs in Kansas, Iowa, North Carolina and South Carolina. He performs at schools, libraries and festivals across Kansas. He is an experienced, organized, creative, and humorous teacher. Thad has conducted harmonica classes in Athlone, Selma, McPherson, Newton, Hays and Winfield.

Date: June 24th (Thursday)
Time: 6:30pm - 8:00 pm
Fee: $24.00
Location: UFM Fireplace Room

Basket Weaving-Flower Garden Cracker Basket

The Cracker basket is oblong and narrow with handles and colorful flowers on the basket front. Great for holding snacks or soup crackers.

Joyce Rasnick, Kansas Arts Commission Fellow, 2004, has been weaving for 8 years and teaching for 2 years. She is a member of several weaving guilds, helping to form the guild in Topeka. Joyce attends many conventions and retreats throughout the midwest to learn new techniques and keep her skills current. This will be a fun learning experience.

Date: July 24th (Saturday)
Time: 9:00am - 2:00pm
Fee: $35.00
Location: UFM Multipurpose Room

Writing Popular Fiction

This two session class introduces the steps for developing, writing, and selling a popular fiction manuscript. The class will feature lecture elements, class participation, plus voluntary homework assignments and critiques. Fundamentals addressed will include conflict, character, plot, openings, point of view, anatomy of scenes and chapters, linking, and pacing. Also covered will be marketing aspects of the query letter, synopsis, and proposal preparation. For fun and illustration the class will write a class novel.

Linda Maas is a local author of ten novels, eight novellas, several short stories, book reviews and nonfiction articles and newsletters. She is active in the Romance Writers of America (RWA), Novelists, Inc., and the Kansas Fiction Writers. She has presented programs and workshops at numerous meetings including the Manhattan Library Association and the RWA national conference in Chicago. You can learn more about her at www.lindamaas.com.

Date: June 8th - July 13th (Tuesday)
Time: 7:00pm - 9:00pm
Fee: $38.00
Location: UFM Conference Room

Journal Writing

This two session workshop will explore, through discussion and example, the variety of ways to journal, the benefits of journaling, and the long list of published journals available to read. Blogging, video cam, audio recording-technology has had its impact on this personal effort to document thoughts and events. Discover the why-and-how to record your thoughts, concerns, ideas, family history, innermost reflections, or just learn about a whole new world of writing.

Michaela Chancer-Ray is a local author and artist who teaches at Kansas State University.

Date: July 20th - July 27th (Tuesday)
Time: 7:00pm - 9:00pm
Fee: $18.00
Location: UFM Conference Room

People's Press 101: An Introduction to Journalism and the Newsroom

Everyone from the community, regardless of whether they have taken a journalism class before, is invited. Topics of discussion will include: news/feature writing, news judgment, ethics and production. Students will write stories of their choice to be published in Manhattan's newest publication, People's Press.

Patricia Holderback (patricia@kusemi.com) is a junior in print journalism, international studies and leadership studies at KSU. She has been a reporter for the Kansas State Collegian, the Topeka Capital-Journal and the Scripps-Howard Foundation Wire in Washington, D.C. She is editor in chief of the fall 2004 Collegian.

Cerin Crabbe is a graduate student in mass communications. He has a B.A. in English literature from KSU and has worked as a copy editor/designer for The Packer newspaper, The Olde Daily News, and the Marysville Advocate. He is the editor in chief of the summer 2004 Collegian.

Date: June 1st - June 11th (Monday - Friday)
Time: 7pm-9pm
Fee: $34
Location: KU Hall, KU, Room 107

People's Press 101: An Introduction to Journalism and the Newsroom

Date: June 14th - June 26th (Monday - Friday)
Time: 7pm - 9pm
Fee: $24
Location: KU Hall, KU, Room TBA
Stained Glass
Learn the basics of stained glass. Cutting, grinding, foiling, and soldering are some of the techniques you will learn. Take home a window set that you create yourself. Stained glass is an interesting hobby that you can do at home and that can lead to making Tiffany lamps, suncatchers, windows, and more. A supply list will be provided when you enroll.

Peta Barnes
Date: June 8th - June 22nd (Tuesday)
Time: 10:00am - 4:00pm
Fee: $56.00
Location: 3464 Stonecenge Dr.

Stained Glass
Petra Barnes
Date: June 12th - June 26th (Saturday)
Time: 9:00am - 12:00pm
Fee: $56.00
Location: 3464 Stonecenge Dr.

Fun with Foundation Piecing
You will learn the basics of foundation piecing. In this class you will begin a small four square pieced wall hanging quilt, learn about sewing, binding and stitch in a ditch. Basic sewing knowledge is necessary. Bring your own machine. A supply list will be provided at registration.

Elizabeth Allen is a long time quilter and artist. She loves to create quilts and share this time honored craft. Celista Wilson (494-2752) Customer and quilter.
Date: June 19th (Saturday)
Time: 1:00pm - 4:00pm
Fee: $34.00
Location: UFM Multipurpose Room

Fun with Foundation Piecing
Elizabeth Allen and Celista Wilson (494-2752)
Date: July 31st (Saturday)
Time: 1:00pm - 4:00pm
Fee: $34.00
Location: UFM Multipurpose Room

Fun with Foundation Piecing
Elizabeth Allen and Celista Wilson (494-2752)
Date: August 14th (Saturday)
Time: 1:00pm - 4:00pm
Fee: $34.00
Location: UFM Multipurpose Room

Mehndi for All
Celeste Wilson (494-2752)
Date: July 10th (Saturday)
Time: 1:00pm
Fee: $15.00
Location: UFM Banquet Room

Mehndi for All
Celeste Wilson (494-2752)
Date: July 19th (Thursday)
Time: 1:00pm
Fee: $15.00
Location: UFM Banquet Room

Basic Nature Photography
Information will be primarily centered around 35MM SLR cameras and equipment in this class. Some topics include camera settings and operation, shooting and using different lenses, types of film and an introduction to exposure, composition, and technique. This class is geared toward beginning photographers and those wishing to knowledge more about camera operation and nature photography. Participants will need their own fully functional 35MM SLR camera at each class. Tripods will also be beneficial. The class will include 3 classroom meetings and 2 field trips. Fee includes 2 rolls of film, developing, plus a framed 8 x 10 picture, and a photography booklet.

Scott Bose (bsche@kswu.edu) has been enjoying the hobby of nature photography for the past 8 years. Photography is a wonderful way to enjoy the beauty of nature. Each photograph represents a unique view of our world. Scott started trying to capture these views 8 years ago and would like the chance to help others get started in this wonderful hobby. His goal is to help you avoid some of the common mistakes he experienced as a beginning photographer and help you get the most out of your camera.

Date: June 3rd - 17th (Thursday)
Class at UFM
Time: 7:00pm - 9:00pm (Class time)
6:00pm - 8:00pm (Field trip time)
Fee: $86.00
Location: UFM Multipurpose Room

Art Exploration for Kids
Art Exploration for Kids! Come have some fun creating works of art at UFM! In this class, kids will explore media, collage, drawing, paper mache and clay. Wear clothing that can get dirty and be prepared to get messy. Products may be purchased at the Aggieville Wild Side or through the instructor.
Celeste Wilson (494-2752)
Date: June 12th (Tuesday)
Time: 1:00pm
Fee: $15.00
Location: UFM Banquet Room

Art Exploration for Kids
Karena Kimble
Date: July 10th - 21st (Saturday)
Time: 11:30am - 1:30pm
Fee: $46.00
Location: UFM Multipurpose Room

Pet Massage
Have you ever gotten out of bed and felt a little stiff in the joints? Have you ever worked out so vigorously that your muscles need a little rub later in the day? Have you ever just wanted to be pampered? These are all questions that your pet can say "yes" to as well! Pet massage techniques can create better circulation, establish trust and relax the muscles after a long day of exercise. Massage can also be helpful for pets who are recovering from surgery. It is simple and easy to use, and these massage techniques have been doing wonders for our furry friends for years!
"Being a stuffed animal class to non-live animals, please.

Sandy Snyder (537-3607) is a licensed Massage Therapist with 30 years experience. She is the owner of Life Center Bodywork and is experienced with Deep Tissue Massage, Sports Massage, Reflexology, Baby and Pet Massage and Reiki.

Date: July 22nd (Friday)
Time: 7:30pm
Fee: $22.00
Location: UFM Multipurpose Room

Baby Massage
Baby Massage is an ancient tradition in many cultures which has been rediscovered in the West. Clinical evidence shows that loving, touching, nurturing contact between care giver and infant has a positive impact upon subsequent development. Many studies reveal the benefits of positive interactive contact as an integral part of a baby's early life, and the unfortunate results when this early attention is lacking. Baby Massage is one of the easiest and most pleasant methods of providing this early positive interaction. Many newborn nurseries are now adopting Baby Massage as a regular part of their parent education programs, to help promote well-being and the loving bonds between parents and their babies. Bring a pad or mat to lay your child on and either or both parents.
Sandy Snyder (537-3607)

Date: July 22nd (Thursday)
Time: 7:30pm
Fee: $27.00
Location: UFM Multipurpose Room

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1221 Thurston
539-8763
Wine 101: Wine Appreciation
Do you enjoy wine and want to know more about it? If so, this class is for you. Bob and Jeff will step you through different grape varieties, major wine regions, proper tasting techniques and wine storage. This class will focus primarily on wines from the West Coast. Six wines will be sampled each evening. Participants must be 21 years of age to enroll in this class. Enrollment is limited and this class fills up quickly, so enroll early! Be ready to come and have some fun while learning about wine!
Bob Campbell is the owner of Candlewood Liquor. Jeff Molvig is a sales representative for Glazer’s Distributors of Kansas.
Dates: June 7, 14, and 21 (Monday)
Time: 7-8 pm
Fee: $10
Location: UFM Multipurpose Room

Watercolor Workshop
Watercolor basics will be introduced from washes to masking to exploration of color. All materials will be provided by the instructor and are included in class fee.
Ermine Kansas has an MFA in painting from Kansas State University. She has taught art for several years to people of all ages.
Date: August 7th (Saturday)
Time: 9:30 am - 12:00 pm
Fee: $32.00
Location: UFM Multipurpose Room

Community Drum Circle
Where: In house of Derrick Kason
Who: UFM
When: Friday, June 28, 2004
Time: 7:30pm to 8:30pm
Fee: Donation
Age: Free to all kids under 12, adults $5
Who is in charge? Richard P. is the director of the Wonder Workshop Children’s Museum. He started drum circles here in Manhattan three years ago and has been leading workshops all over Kansas.
What is a drum circle? It is a group of intergenerational, intercultural, and multicultural people coming together with the purpose of making music and enjoying this pleasant and safe event. There are no judgments come with an unusual experience. If you have a drum please bring it and any other percussion instrument you have. If you do not have a drum you may use one of ours. This event will take place outside on the UFM grounds so if you have a lawn or camp chair you may want to bring it.
If you have questions please call the Wonder Workshop Children’s Museum, 785-776-1234 or email at wonder@kumcnet.net.

Chess Instruction Workshop
Open to all ages. The workshop will cover the basics to the specifics on how to play chess. Students will learn all phases of the game from opening organization to middle game development, end game techniques, how to checkmate the King, some chess tactics, how to draw and win lost positions. The class is for both beginner and intermediate level game players.
No equipment necessary.
Raymond Paul (robindale@yahoo.com) has been an avid chess enthusiast for most of his adult life, teaching and playing chess. He was the KSU chess club’s founder and president in the late 90’s, and was recently the president of the Fort Hays State chess club. He enjoys writing poetry, mathematics, b/w photography, oil painting, and has a degree in Science.
Date: June 3rd - July 26th (Thursday)
Time: 6:00PM - 8:00PM
Fee: $40
Location: UFM House

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1221 Thurston www.ksu.edu/ufm

Watercolor Workshop
Watercolor basics will be introduced from washes to masking to exploration of color. All materials will be provided by the instructor and are included in class fee.
Ermine Kansas has an MFA in painting from Kansas State University. She has taught art for several years to people of all ages.
Date: August 7th (Saturday)
Time: 9:30 am - 12:00 pm
Fee: $32.00
Location: UFM Multipurpose Room

Keyboard Kids
An introductory piano class for children, ages 4-6, and their parents. We invite you to explore this exciting piano class for beginners as young as four years old who express an interest in learning about music. The great advantage of taking piano lessons at an early age is that the habits and skills developed will carry over into every aspect of a child’s life as he or she matures. This class will be using Bastien’s ‘Piano Party’ materials. Students who follow Bastien’s ‘Invitation to Music’ will learn to be critical listeners as well as observers - reading performers of music.
Summer Special - 6 lessons will be offered for the price of 5. This allows parents to take a one-week vacation at any time without having to pay for the week they are gone.
Note: There will be a $10.00 non-refundable deposit for this class because materials will need to be ordered in advance.
Styli Kuder studied Piano Performance and Pedagogy in Germany at Trossingen Hochschule fUr Musik. She also attended the Graduate Program at Kansas State University. She is certified to teach ‘Family Music’ and "The Cycle of Seasons," both of which are early childhood music and movement education programs of the Musikgarten Curriculum. Ms. Kuder has been teaching in this area for about 12 years, serving piano students from 5 years of age through adult. For more information about her experience and class offerings, visit her website at www.stoyousemusi-
c.com. This class is for 4-6 year old children.
Date: June 8th - July 13 (Tuesdays)
Time: 10:00am - 10:50am
Cost: $72.00
Location: Mid-America Piano, 241 Johnson Rd.

Juggling: For Wellness, For Fun
This exercise works at many levels including entertainment and as a mental and physical stimulant. Varying forms of juggling are used in grade schools to focus the energy of attention deficit students, calm tempers of behavioral disorders as well as stimulate the minds of gifted students. All levels of juggling may be a useful tool for self-improvement and above all it’s fun!
Ryan Radburn (ram4666@ksu.edu, 317-9029) has been juggling for about 4 years and currently works with clubs and balls for programs. He re-founded the KSU Juggling Club in March 2003 and will use it as a source of extra income Thursday nights.
Date: June 9 (Wednesday)
Time: 6:00 - 8:00 pm
Fee: $12
Location: UFM Fireplace Room

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Recreation & Fitness

Archery for Adults
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 (776-5304) is a certified national archery instructor and has taught at the national level, produced a national champion, and has many years of coaching experience, including Archery Instructor for 4-H and Shooting Sports Director for Boy Scout Camp. Tom is presently coaching FOAD club, Manhattan Royal Archery.

Date: June 7th - June 28th (Monday)
Time: 7:45pm - 9:00 pm
Fee: $40.00
Location: 1125 Larnam Plaza, upstairs

Archery for Youth
The main focus of this class will be to introduce youth to archery and learn the important basics of the sport. This is a great sport geared toward individual achievement. Classes will be structured around key points needed for good form and safety. All equipment will be provided. Ages 8-12.

Tom Korte (776-5304)

Date: June 7th - June 28th (Monday)
Time: 6:00pm - 7:00 pm
Fee: $32.00
Location: 1125 Larnam Plaza, upstairs

Introduction to Golf
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 handicap.

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

Date: June 3rd - June 26th (Thursday)
Time: 7:00PM
Fee: $36.00
Location: 4441 Fort Riley Blvd. Stagg Hill Golf Club

Movie Watching for Fun
This "class" is about the fun of watching movies, great and not-so-great, color and black and white, silent and "talkies," American and foreign. It is not about studying the medium, about what which director meant when he did this or that (other than for the pure enjoyment of the moment), about hidden symbols and meanings. It's about watching movies for the sake of it. We will watch and discuss a different movie each week.

DOUGLAS TIERDE is a movie watcher and collector who enjoys watching movies for the simple pleasure of the experience. He has a collection of over 600 films of all types and wants to share the fun. Class is limited to 10.

Date: June 3rd - July 22nd (Thursday)
Time: 7 PM
Fee: $32
Location: UFM Conference Room

The Art of Lunchmeat
In this class we will use pimiento loaves, bologna, and Spam as artistic mediums. Using their distinct textures, we will sculpt works of art that will be fun for the whole family and entirely edible!

Dr. Reuben Shutach

Date: June 1 - June 30 (Monday - Friday)
Time: Luncheon
Fee: $2.00/pound
Location: A dell counter near you

Pocket Billiards
This class will help you develop your skills including stance, stroke, position play and the "mental game." We will cover eight ball, nine ball, straight pool, and even a few trick shots.

Jerry Riggs grew up playing pool and played professionally for 12 years. During that time he played and qualified in four world open championship tournaments in New York City, finishing in the top 10. He has won numerous state and regional tournaments and titles. Jerry thinks the game should be fun and enjoy teaching the game. Jerry lives in Manhattan with his wife and son and is employed with Farmers Insurance Group.

Date: June 17th - July 22nd (Thursday)
Time: 7:30pm - 9:00pm
Fee: $30
Location: K-State Student Union

Golf in Salina
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. Time allowed for both classroom and golf course play and driving range practice.

Kenda Green

Date: June 10th - July 29th (Thursday)
Time: 6:00pm - 8:00pm
Fee: $160.00 (also available for KSU credit)
Location: Salina Municipal Golf Course

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www.ksu.edu/ufm
Beginning Belly Dance I: for students with no previous experience

Maya Zelens (979-4621) began studying belly dance in 1999 under the instruction of Saudi-born Penelope Affara. Maya’s dance performances include birthing parties, baby showers, corporate events, restaurant dancing, ‘belly-grues’, international fairs, sidewalk sales, and the Kansas City Renaissance Festival. She specializes in American style cabaret nightclub, folkloric, Romanian Gypsy, Saidi, fusion, mixed-red, and sword and tray balancing. Maya holds a bachelor’s Degree in Education. She has more than 8 years of professional teaching experience and more than three years experience teaching belly dance. She is pleased to have the opportunity to fuse here two great loves; teaching and belly dance. Maya is a patient and encouraging teacher. Her innovative teaching style incorporates extensive breakdown of the body movements combined with creative and challenging combinations and choreography.

Date: June 14th - July 12th (Monday)
Time: 5:15pm - 6:15pm
Fee: $42.00
Location: Ahearn dance studio room 301

Beginning Belly Dance II:

This class is for those students who have taken at least one session of Beginning Belly Dance I or equivalent. Students in this class will learn additional movement combinations, and choreography. Veil dancing will also be introduced.

Maya Zelens (979-4621) began studying belly dance in 1999 under the instruction of Saudi-born Penelope Affara. Maya’s dance performances include birthing parties, baby showers, corporate events, restaurant dancing, ‘belly-grues’, international fairs, sidewalk sales, and the Kansas City Renaissance Festival. She specializes in American style cabaret nightclub, folkloric, Romanian Gypsy, Saidi, fusion, mixed-red, and sword and tray balancing. Maya holds a bachelor’s Degree in Education. She has more than 8 years of professional teaching experience and more than three years experience teaching belly dance. She is pleased to have the opportunity to fuse here two great loves; teaching and belly dance. Maya is a patient and encouraging teacher. Her innovative teaching style incorporates extensive breakdown of the body movements combined with creative and challenging combinations and choreography.

Date: July 19th - August 16th (Monday)
Time: 5:15pm - 6:15pm
Fee: $42.00
Location: Ahearn dance studio room 301

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.

Ronda Dale (539-5767) has taught dance for 42 years. Her dance choir toured the Midwest and Europe. She is a certified teacher with a Masters degree in Education. In Spring 2002, her dance students performed Swan Lake Ballet with her original choreography designed for children.

Date: June 10th - 17th (Thursday)
Time: 5:00pm - 6:15pm
Cost: $14.00
Location: 2416 Rogers Blvd.

Classes for all ages:

Clay
Metal
Suzuki violin
Drawing
Watercolor
Star Snook Players

Galleries
Exhibits year round

Watercolor studio
Wednesday mornings 9-noon

Red Inkings Writers group
1st & 3rd Wednesday of every month

Salon Concert Series
Live music and gourmet refreshments

More Belly Dance Classes on Page 16!

Offered just for kids!
Intermediate Belly Dance

This class is for students who have taken at least two sessions of Beginning Belly Dance I or equivalent. In this class, we will cover intermediate and advanced topics such as finger symbols, veil dancing, drum solos, folkloric dances, gyere belly dance, floorwork, stage dynamics, and more. We will also learn how to work with props such as tambourines, cans, swords, baskets, and candles. Required materials: hip scarf, veil, and finger symbols. Performance opportunities are provided, but not required.

Maya Zahr (979-4661) (www.mayazahrina.com)
Date: June 14th - July 12th (Monday)
Time: 9:30pm - 9:50pm
Fee: $42.00
Location: Aheam Dance Studio Room 301

Intermediate Belly Dance

Maya Zahr (979-4661) (www.mayazahrina.com)
Date: July 19th - August 16th (Monday)
Time: 8:30pm - 9:30pm
Fee: $42.00
Location: Aheam Dance Studio Room 301

Belly Dance Workout

Looking for a new and different type of workout? Belly dancing is now a popular trend in exercise! In this class, you'll get a total body workout. You'll raise your heart rate, burn fat, and tone your muscles. Class will include warm-up, break-down of basic belly dance movements, traveling steps, shimmies, percussive hip work, abdominal and rib cage work, and sustained arm movements. This class is open to all levels of students from beginner to professional. It is a great way for new students to cover the basics, and for seasoned belly dancers to stay in excellent shape for performance. Please wear comfortable clothing that allows for ease of movement. Bring water and be ready to sweat!

Maya Zahr (979-4661) (www.mayazahrina.com)
Date: June 14th - July 12th (Monday)
Time: 6:20pm - 7:20pm
Fee: $42.00
Location: Aheam Dance Studio Room 301

Belly Dance Workout

Maya Zahr (979-4661) (www.mayazahrina.com)
Date: July 20th - August 16th (Monday)
Time: 6:20pm - 7:20pm
Fee: $42.00
Location: Aheam Dance Studio Room 301

Boxing for Women

Learn to box! Get an incredible workout! Strengthen and tone your arms, abs, and lower body. Gain confidence, have fun, and relieve stress. Gloves will be provided. There will be no contact with other participants. Workouts will be on the heavy bag, double end bag, funnel bag, jumprope bag, and freestanding bag. Learn punch- es, defensive moves, combos, and bow to get awesome abs!

Lorianna Charalambos (776-6000) has been involved in the fitness industry for 22 years. As a certified personal trainer and certified kickboxing instructor she has been coaching the last five years in Manhattan at Cottonwood Racquet Club. Lorianna's class participants have experienced great success through her fitness programs.

Dates: June 7 - June 30 (Monday and Wednesday)
Time: 7:00pm - 7:45pm
Fee: $62
Location: Cottonwood Racquet Club, 3615 Claufin Rd.

Celebrate 150 Years!

COMMUNITY VOLUNTEERS

are still needed to help PLAN and DEVELOP the area's Biggest Birthday Bash ever!

Join one of these 150 Committees:
- Events
- Heritage
- Publicity
- Volunteers/Fundraising

FIND OUT MORE ABOUT THE CELEBRATE 150!


CALL 785.319.3423 to leave a voice mail or email the Celebrate 150 Committees at signmeup@celebrate150.org for more information! You may also drop a note to CELEBRATE 150!, P.O. Box 825, Manhattan, Kansas 66505

www.celebrate150.org
Tae Kwon Do I

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 in their present condition and enjoy continued success through Tae Kwon Do. Tae Kwon Do I is for beginners age 6.

Grand Master Chee Sun Yi (785-266-8662) is the founder, president and chief instructor of Sun Yi’s Academy, and the Traditional Tae Kwon Do Association. As a 9th Degree Black Belt, and an internationally certified instructor, he has been instructing students for over 40 years. The classes at Kansas State University have been held since 1975.

David Moore is a 4th degree Black Belt, and a nationally certified instructor. He has been studying TKD for over 12 years, and teaching at KSU for over 4 years.

Date: June 1 - August 12 (Tuesday/Thursday)
Time: 6:30pm - 7:30 pm
Fee: $72
Location: Ahearn Fieldhouse, KSU

Lao Hu Pai Kung Fu

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

Dr. Michael Tran (michaeltran@hotmail.com) has been actively practicing martial arts for the past 17 years and holds a 2nd degree black belt (sensei level) in Lao Hu Pai Kung Fu, a 1st degree black belt in Won Hop Loong Chuan Kung Fu, and a 1st degree black belt in Goshin Aikijutsu. He has extensive training in other systems including: Vovinam, Shaolin Long Fist and Preying Mantis.

Date: June 2nd - August 11th (Wednesday)
Time: 6:30pm - 8:30 pm
Fee: $82.00
Location: 301 Ahearn Fieldhouse, KSU

Tae Kwon Do II

Grand Master Chat Sun Yi & Instructor Jr. Master David Moore

Date: June 1 - August 12 (Tuesday/Thursday)
Time: 7:30pm - 8:30 pm
Fee: $72
Location: Ahearn Fieldhouse, KSU

White Phoenix System Basics

In this class we will work on solo Kung Fu basics and jujutsu Self-defense two person techniques. The White Phoenix System of martial arts consists of 40% Kung Fu, 40% Jujutsu and 20% techniques and forms from other methods. The idea of the White Phoenix System is that it blends traditional training and modern self-defense.

Stan Willem is the founder of the White Phoenix System. He has been involved with martial arts for 34 years. He has a third degree black sash in Pai Lum Kung Fu, a first degree black sash in New England Taosist Palma Kung Fu, an eight degree black sash in Zee Do Lum Kung Fu, and a second degree black belt in Hakko Ryu (Aikido) jujutsu. He has studied over fifteen different martial arts, and has a library of hundreds of martial arts instructional books, videos, and magazines.

Stan Willem (539-7723)

Date: June 7th - July 26th (Monday)
Time: 8:00pm - 9:00pm
Fee: $42.00
Location: Ahearn Fieldhouse

Wah Lum Kung Fu - Praying Mantis - For Kids

Students will learn applications of moves and will learn forms. There are a variety of levels to progress through. Everyone learns at their own pace and level. The workout includes: 20 minutes of stretching, kicking, warmups and 15-20 minutes walking drills, kicks, punches and throws.

Caryn Broede (caryn@juno.com) is from the Boston area. She has studied Wah Lum Kung Fu for about 13 years and has been teaching for about 5 years. About 3 years ago, before moving to Kansas, Caryn became a certified instructor for the Wah Lum System.

Date: June 9th-7th (Wed) (No class July 17)
Time: 5:00pm-6:00pm
Fee: $34.00
Location: Alwearn Dance Studio, Room 301, KSU

Congratulations ....
Manhattan Community Garden
30th Anniversary Celebration
June 12, 5:30 pm
Garden Community Potluck and Celebration. Please come!
Fall Gardening and Beyond

Fall is the best time to grow many vegetables! Get extra mileage out of your garden space this year and take advantage of Kansas' great autumn weather to plant a fall vegetable garden. The cooler temperatures result in better quality produce and less stress on your! Learn what to plant and when to plant for best results. Discussion includes soil preparation, fertilizer needs, and helpful tips for obtaining maximum seed germination and crop yields. Finally, we'll discuss growing and harvesting some vegetables beyond the end of October! Imagine fresh veggies in the middle of winter and it can be accomplished without a greenhouse!

Colleen Hampton (539-5954) is a seasoned Riley County Extension Master Gardener who has a passion for all types of gardening. She has taught UFM gardening classes for over 10 years. She is a member of the Manhattan Community Garden and several local garden clubs. Colleen welcomes your questions and class participation.

Date: July 24th (Saturday)
Time: 10:00am - 12:00pm
Fee: $12.00
Location: UFM Greenhouse

Children's Gardening

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

Date: June 5th - until Frost (Saturday)
Time: 10:00am - 12:00pm
Fee: NO COST
Location: 8th and Riley Lane

Children's Gardening

Date: June 7th - until Frost (Monday)
Time: 4:00pm - 6:00pm
Fee: NO COST
Location: 8th and Riley Lane

Test Preparation Courses

Be Confident and Prepared to take the PPST, GMAT, GRE, and LSAT

GMAT Prep FC-05
Graduate Management Admission Test Preparation Course

Review Segments
- Reading Comprehension
- Sentence Correction & Analytical Writing Assessment
- Critical Reasoning
- Discrete Quantitative
- Data Sufficiency

Date: June 29th - August 3rd
( Tue/Thur)
Time: 7 p.m. - 9 p.m.
Fee: $250
Location: KSU, Bluemont Hall, Room 5102
(No class on July 29th)

GRE Prep FC-06
Graduate Record Exam Preparation Course

- Review and practice the three GRE subject areas of Math, Logic and Verbal Skills
- Learn strategies for successful test taking
- Analyze the reasons for correct responses

Date: June 29th - August 3rd
(Tue/Thur)
Time: 7 p.m. - 9 p.m.
Fee: $250
Location: KSU, Bluemont Hall, Room 5102
(No class on July 29th)
Understanding Islam
This class will focus on the basic aspects of the Islamic religion: The message of peace, love and the grace of God to the whole world. Included will be a thorough explanation of the five pillars of Islam, the Islamic concepts of family, social life and other principles of Islam, while highlighting certain misconceptions such as the view on women, terrorism, fundamentalism etc. Participants will learn how Islam blends into the American Society.
Quentin Gamble is a member and former vice-president of the Islamic Center of Manhattan.
Date: June 7th - June 11th  
(Monday, Wednesday, Friday)  
Time: 7:00PM - 8:00PM  
Fee: $16.00  
Location: UFM Multipurpose Room

Introduction to Feng Shui
Make your house happy! Discover how to enhance your home for optimum health through the application of Feng Shui principals. You will learn how to apply the basic concepts of Feng Shui in such a way as to create harmony and well being in your own personal environment.
Sarah English (539-6380)  
Date: July 12th (Monday)  
Time: 7:00pm - 9:00pm  
Fee: $22  
Location: UFM Conference Room

Vegetarian Cooking
Learn the basics of vegetarian cooking for a healthy and wholesome way of eating. Meat alternatives, lacto and ovo vegetarianism as well as vegan will be covered. Class fee includes: handouts, supplies, and tasty snacks.
Calista Wilson (494-2752)  
Date: June 26th (Saturday)  
Time: 1:00pm  
Fee: $28.00  
Location: UFM Kitchen

Religion and Spirituality
This course will discuss many things that deal with religion or spirituality nothing within those two topics will be taboo. Participants will discuss the different religions of the world and the nature of spirituality. This course will be uplifting and informative.
Ron Mark Miller (485-0169) is a Kansas native who promote religious freedom and he founded the Church of Religious Freedom. He has studied many faiths and theologies for over 20 years.
Date: June 9th - August 11th (Wednesday)  
Time: 7:00 - 9:00pm  
Fee: $28.00  
Location: UFM Conference Room

Bread 101
Learn the basics of breadmaking and you will have a foundation to "rise" from! White, wheat, sour dough, ege, vegetable and fruit breads will be discussed. We will make tortillas to eat and dough to take home and bake.
Calista Wilson (494-2752)  
Date: June 10 (Thursday)  
Time: 7:00PM  
Fee: $28.00  
Location: UFM Kitchen

The Iris Cooperative
A consortium of professionals committed to nurturing body, mind, emotion and spirit to promote healing.
103 South 4th, Suite 28, Manhattan, Kansas.
BRUCE BALKENHOL  
Jim Shain Iyengar Practitioner  
537-1049  
HEATHER CRITTON  
Carianne Therapy &  
Natural Force Healing Practitioner  
776-0523  
PALMA M. HOLDEN  
Spiritual Intuitive, Writing Tutor  
& Pet Consultant  
539-1183

KRISTINA R. KRAMER  
Certified Massage and  
Neuro-Muscular Therapist  
541-9217  
MARCIA MCFARLAND  
Baldh Teacher & Practitioner  
776-2766  
SHARON LANDRITH  
Medicine & Personal Intuitive, Healing Touch  
Practitioner & Meditation Teacher  
556-1145  
JENNIFER MOONEY, MIN, ARNP-C  
Family Nurse Practitioner  
776-7808  
MARILYN TOMICH  
Artistic Therapist  
537-8335

INTRODUCTION TO FENG SHUI
BRUCE BALKENHOL  
Jim Shain Iyengar Practitioner  
537-1049  
HEATHER CRITTON  
Carianne Therapy &  
Natural Force Healing Practitioner  
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Family Nurse Practitioner  
776-7808  
MARILYN TOMICH  
Artistic Therapist  
537-8335

The Iris Cooperative
A consortium of professionals committed to nurturing body, mind, emotion and spirit to promote healing.
103 South 4th, Suite 28, Manhattan, Kansas.

BREAD 101
Calista Wilson (494-2752)  
Date: July 17 (Saturday)  
Time: 1:00PM  
Fee: $28.00  
Location: UFM Kitchen

CORE COMMUNICATION
Communication impacts every area of your life. How you communicate with people either opens or limits your opportunities, and can strengthen or harm your relationships. Core communication is for any individual who believes effective communication is important to his or her well being. It is an engaging, positive program that teaches you practical communication concepts and skills for connecting with others and creating constructive interactions. It is taught using brief presentations, interesting demonstrations, practice skills with helpful coaching and feedback. Core communication is theoretically grounded, well researched and over 20,000 individuals have participated in it since its development at the University of Minnesota.
Renee Martin (365-6186, rm6363@dksu.edu) is an instructor for USD 383 of Communication Skills and Conflict Resolution at Flint Hills Job Corps. She holds a BA in Education, MS in Special Education and is currently working on a Doctorate in Special Education. She received training in Core Communications from the creators of the program and has been teaching it for two years.
Date: June 2nd - June 30th (Wednesday)  
Time: 7:00PM - 9:00PM  
Fee: $56.00  
Location: UFM

A COURSE IN MIRACLES
This class is a self-study program in retraining the mind for inner peace through the practical application of principles such as forgiveness, eliminating fear and bringing love into your life and the lives of others. It has been described as a divinely inspired road map for one's own inner spiritual journey. The daily application of the lessons provides opportunities for experiencing peace, happiness and fulfillment - not so easy to come by as we struggle with the challenges and changes of life.
Mary Williams (785-454-9882) has been seeking inner peace for years! She has been a student and a teacher of A Course in Miracles since 1985. Professionally, Mary is a K-12 gifted education teacher in rural schools south of Topeka and has her own wellness business.
Date: June 12th & 19th (Saturday)  
Time: 10:00AM - 12:00PM  
Fee: $14.00  
Location: UFM Conference Room

Brown Bag Luncheon
November 20th, 2001
12:00PM - 1:00PM
KSU Administration Building
KSU Catering

If you need to cancel your reservation, please call the Kettering Center at 776-7902 by 11:00AM on Friday, November 16th.

For more information, contact the Kettering Center at 776-7902.
What is UFM?
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.

When was UFM founded and what exactly does UFM stand for?
UFM was founded in 1968 by a group of K-State students and faculty. UFM originally stood for University for Man kind, and most recently, changed to UFM Community Learning Center.

What kinds of things does UFM offer?
In 2003, UFM programs served 12,686 people locally. UFM serves people of all ages and with varied backgrounds and interests. Programs offered by UFM include the Education Program of credit and noncredit classes, the Community Outreach Program, the Douglas Lecture Series, Manhattan Community Garden, Teen Mentoring Program, and other special projects such as coordinating state and regional symposiums and colloquia.

What else does UFM offer?
UFM provides many other educational opportunities and community services. Most notably are the Lou Douglas Lecture Series and the Manhattan Community Garden.

Are there other places like UFM in Kansas?
UFM is the largest community learning center in Kansas, but due to the Community Resource Outreach Program, there are many smaller community education/development programs throughout Kansas. UFM has helped over 80 communities across the state start their own community education programs.

What else does UFM offer?
UFM provides many other educational opportunities and community services. Most notably are the Lou Douglas Lecture Series and the Manhattan Community Garden.

Through the years, it has grown and expanded to a true community garden allowing people throughout the community to share the gardening experience, to supplement food budgets, relieve stress and foster new friendships. UFM also offers a children's garden. Look at the Earth and Nature Section of the Catalog for additional information.

What's new at UFM?
Lots of things! Most notably, UFM has recently entered the 21st century through the usage of a computer network and high-speed Internet service! A big thanks goes to Chuck Hancock and the staff of A tercer Systems, Inc. for making this possible. UFM staff have worked hard to improve the website, www.ksu.edu/ufm, and have future plans to offer online courses and registrations.

Thanks also to an anonymous donor, UFM has been able to pay off the mortgage of the UFM house! Thanks to generous donations such as this, UFM will be able to continue providing educational activities to the Manhattan community at an affordable price.

How can I get involved at UFM?
There are so many ways that you and your family can become involved at UFM! You can try out one or many classes UFM offers activities for families, couples, kids and individuals of all ages. Do you have a skill or interest that you would like to share?

UFM is always looking for new class ideas and people to teach all types of classes.

People ages 6 to 98 have been instructors for various classes. If you would like more information about teaching at UFM, or about any of our other programs or services, please contact our office! At UFM the philosophy is "Everyone Can Learn and Everyone Can Teach," so get involved today!

Take a Peek at the Past

(Riley County Historical Museum)
2369 Capper
• Exhibits of Riley County history—pioneer days to the present
• Research library by appointment
• Educational programs
• Speakers bureau
8:30-5:00 Tuesday-Friday
2:00-5:00 Saturday-Sunday

(Goodnow House Museum)
2369 Capper
• Home of Isaac Goodnow (founder of KSU and Manhattan)
• Free state advocate
• Educator (common school to college)
• A State Historic Site
Call 786-6400 for hours

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

(Wolf House Museum)
530 Fremont
• 1868 stone home also served as a boarding house
• Furnished with period antiques
• Special exhibits
Victorian Manhattan: Life in 1885
1:00-5:00 Saturday 2:00-5:00 Sunday
and by appointment

Riley County
Historical Museum
Goodnow House Museum
Pioneer Log Cabin
Wolf House Museum

For more information, call 786-6400

www.ksu.edu/ufm
1221 Thurston
539-8763
The Manhattan Community Garden is a long-standing UFM program celebrating its 30th anniversary this summer. The garden began as a nutritional enhancement program for low income families in the community. Through the years, it has grown and expanded to a true community garden allowing people through-out the community to share the gardening experience, to supplement food budgets, relieve stress and foster new friendships.

85 families gardened 161 plots in 2003. KSU students, faculty/staff, retired persons and others from Manhattan utilized space. A volunteer advisory board governs the garden operation. The land for the garden is leased at no charge from the City of Manhattan. The City also provides water assistance. A KSU Horticulture student served as the garden coordinator.

A small plot rental fee is charged to cover the costs of garden supervision, equipment, supplies, a garden newsletter, mulch and some seeds. In addition to the regular garden, a section is set aside as a Children's Garden. A new equipment building has been constructed as a donation from D&R Construction. All supplies and labor were donated by Don Cruel and his crew. This new building allows secure storage and work area for gardeners.

The 6th grade class at Theodore Roosevelt Elementary School used the Community Garden as an oral history project, visiting with new and long time gardeners to better understand their motivation for gardening and the community spirit. They produced a paper gardening quilt that is on display at the UFM House. Visiting the Garden is always a relaxing and educational tour of diverse plants and growing methods in a friendly and supportive atmosphere. Congratulations to the oldest community garden in Kansas.

UFM's Teen Mentoring Program has expanded its activities this year. Beginning in January, the program met two days a week. Teens in grades 8 through 12 are assigned a K-State student mentor who participates with them in organized activities at UFM. We try to plan a varied curriculum with opportunities for recreation as well as learning experiences. The more informal recreation time often leads to productive discussion about issues as well as providing opportunities to model and practice positive social skills.

Topics have ranged from alcohol and drug education to leadership, problem solving and communication skills.

Community service is emphasized by asking the group to choose a Youth as Resources project to complete during the year. During the winter, the group hosted a party for residents at Meadowlark Hills. Last summer group planted a small garden and shared the produce with the Manhattan Emergency Shelter. Most recently they participated in National Youth Service Day and helped with landscape projects at UFM.

Mentoring meets year round. The summer program generally focuses on prolonged projects and community outings. Last summer the group worked on a photography project and produced a public service announcement called "Think Before You Drink." This year's summer program will begin the first week in June.

Participation is open to any teen in the community. During the school year, transportation is provided to group and home afterward. For more information about this program, call 539-8763 and ask for Karen.
KSU Credit Courses

Recreational courses for KSU credit on this page are offered for credit through the Division of Continuing Education with the cooperation of various KSU departments. Register for these at 131 College Court. Fees for these classes differ depending on special instructor and equipment needs. Enrollment, withdrawal and refunds are determined by University policy and handled at the Division of Continuing Education Registration office. Call 532-5566 for questions or information, or visit www.dce.ksu.edu/dce/outreach/recreationcourses.html

Golf in Salina
NRS 200 #89020
This course will emphasize the fundamentals of full golf swing, the short game techniques of chipping, pitching and sand shots, rules of play, course etiquette, selection and use of equipment. Time allowed for both classroom and golf course play and driving range practice.
Bennie Grove
Date: June 10th - July 29th
(Thursdays)
Time: 6:00pm - 8:00pm
Fee: $25.00
(Also available for non-credit)
Location: Salina Municipal Golf Course

Scuba Diving
NRS 200 #99046
This course will prepare students for NAUI Scuba Diver 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.
There is a non-refundable material fee of $50 for withdrawing from the class after the first day.
Jeff Wilcox
Date: June 7th - July 19th
(Monday)
Time: 6:00pm - 10:00pm
Fee: $250.00
(Also available for non-credit)
Location: KSU Natatorium
(No class on July 5th)

Ballroom Dance
DANCE 299 #90400
Introduction to the principles of ballroom dancing includes dance terminology, dance position, correct body alignment and positioning, and patterning. Techniques such as open and close positions, leading and following, and a variety of steps will be emphasized.
The jitterbug, American waltz, tango, and Latin steps will be taught.
Michael Jensen
Date: June 11th - July 30th
(Friday)
Time: 6:20pm - 8:00pm
Fee: $185.00
(Also available for non-credit)
Location: BCM Auditorium, 1021 Denison

KSU Credit Classes
Coming this Fall include:
- Archery
- Ballroom Dance I & II
- Bowling
- Beginning Fishing
- Intermediate Fishing
- Fly Fishing
- Golf
- Judo I & II
- Responding to Emergencies
- Scuba Diving
- Fitness Swimming
- Tennis
- Women's Money

UFM is a sign up location for...

Heartland SHARE
What is Heartland SHARE?
Self Help And Resource Exchange is dedicated to providing monthly basic, consistent, affordable supplemental food packages to those willing to help themselves and others. Open to everyone.

What is a "SHARE"?
A food package consisting of 4-5 meats, a variety of fresh fruits and vegetables and other grocery items. One share costs 2 hours of volunteer service and $16.00. Vision Cards are accepted.

Where does the food come from?
Food is purchased at the open market in bulk by a professional purchasing staff. The bulk buying power (over 12 million pounds of food monthly) and the volunteer distribution network provides savings up to 60%. First quality and brand names like you would find in the grocery store.

Who can participate?
The program is open to everyone in the community regardless of income.
Sign up at UFM early in the month. SHARES are distributed the 3rd or 4th Saturday of each month at Blue Valley United Methodist Church, 835 Church Avenue.
SHARE: Good for You and Good for the Community

For more information, call UFM at 538-8763 or sign up at the UFM office, 1221 Thurston Street.

www.ksu.edu/ufm
1221 Thurston
538-8763
ON CAMPUS REGISTRATIONS
The following dates and locations have been scheduled to make registering for a UFM class even easier.

**DATE** | **TIME** | **LOCATION**
--- | --- | ---
June 7 | 10 am - 2 pm | KSU Union
June 8 | 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.

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.

CRA-Community Resource Act
Who we are: UFM's State Outreach Program
What we do: Assist Kansas towns in developing community education/development programs
How we assist: Mii grants and free technical assistance
For more information, call UFM
(785) 539-8765

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

Got an idea for a UFM class? UFM is always looking for new ideas and new projects. Let us hear from you! Call us at 539-8763 or e-mail umf@ksu.edu to share your ideas!

About UFM Classes
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, we cannot guarantee that the courses 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.

UFM classes are not a forum for selling a product or service from which the instructor might benefit. Materiales specifically oriented to an instructor's financial interests are not to be distributed in classes. Participants who wish to pursue a relationship with an instructor outside class time do so on their own responsibility. Please share any concerns you may have about class material or an instructor by calling Marcia at 539-8763.

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

REFUND POLICY
We will give a full refund if a class is canceled by UFM. If a student decides to withdraw before the class begins, and gives 48 hours notice before the starting date, we will refund all but a $3 processing fee. Some classes have material fees which are non-refundable. Those classes are marked, NO REFUND AFTER THE CLASS BEGINS.

PRE-REGISTRATION IS REQUIRED
All participants must pay registration fees before attending a UFM class. This allows for adequate handouts and materials. You are not registered until we receive your registration fee. A class may be canceled due to insufficient pre-registration. UFM reserves the right to cancel a class if the number of participants is below the minimum required.

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

SPECIAL POLICIES FOR CREDIT OPTIONAL CLASSES
A full refund of tuition and fees, less any non-refundable material fee, may be given before 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 a “W” recorded on the students transcript. Students dropping a course must either complete and submit the online drop form located at: http://www.doc.ksu.edu/doc/distance/forms html 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 65% of the course has been completed.

Credit Enrollment fee. Courses taken for credit carry additional required by 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 choose to participate in. Participants assume the risks and hazards involved in UFM classes 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 UFM 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.

NONDISCRIMINATION POLICY
UFM welcomes participants of any race, color, religion, national 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 policies outlined in the university’s non-discrimination policy and to the Board of Regents policy on non-discrimination in educational programs and activities. Consequently, we cannot guarantee that the courses 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.
Summer Classes June-August 2004

- Billiards
- Piano
- Wine
- Kayaking
- Juggling
- Kids Web

UFM Community Learning Center

2004 Summer Classes