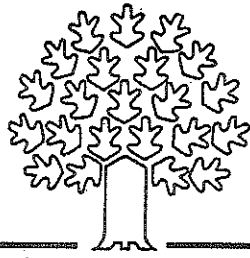


*UFM Community
Learning Center*

1998
Fall Classes
(August-December)



*UFM Community
Learning Center*



Teaching • Learning • Growing

UFM
**1998 Fall
Classes**

BULK RATE
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Manhattan, Kan. 66502

OR CURRENT RESIDENT

Welcome to UFM Community Learning Center...

UFM is a multi-faceted community education and resource program serving K-State, Manhattan and the surrounding area. UFM is dedicated to providing opportunities for lifelong learning and self-development in ways that enrich the quality of our lives. UFM is a not-for-profit program and class fees are used to cover basic operating expenses. UFM is best known for our leisure learning classes represented in this catalog. Over 200 classes are presented each semester for your review and participation.

UFM also sponsors the Lou Douglas Lecture Series, hosts the Manhattan Community Garden and assists other Kansas towns in starting their own community education programs. We have partnered with the Flint Hills Breadbasket to create the SHARE youth leadership project and with the Manhattan/Riley County Preservation Alliance to help with public awareness and fundraising for the Union Pacific Depot Rehabilitation Project.

A lesser known role has been in initiating community projects. Through the years, UFM has helped launch nineteen different community activities, from the nationally award winning community garden, Women's Resource Center,

Fone Crisis Center and Lou Douglas Lecture Series to the Downtown Farmer's Market, People's Grocery Cooperative, Home Owners Maintenance and Energy Program and others as well.

UFM is the concept of lifelong learning in action. Making connections between those who want to share ideas and learn together all for the joy of gaining new ideas and making new friends, and improving our community.

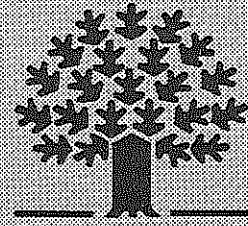
UFM STAFF: -

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

UFM is always looking for new ideas and new projects. Let us hear from you!

The UFM office is at 1221 Thurston, Manhattan, KS 66502; (785) 539-8763. Visit our Web Site at ksu.edu/ufm or email us at ufm@ksu.edu.

UFM Community Learning Center



1968

1998

Celebrating 30 Years
of
Lifelong Learning
and
Community Service


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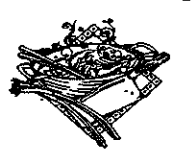
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BOARD OF DIRECTORS

Steve Scheneman <i>Chair</i>	Sue Maes Bill Richter
Tom Fryer <i>Vice Chair</i>	Sandra Flores Dick Hayter
Gabrielle Thompson <i>Treasurer</i>	Lynda Spire Elaine Johannes
Heather Lansdowne <i>Secretary</i>	Frank Spikes Dean Stramel
Linda Inlow Teener <i>President & Executive Director, UFM</i>	Aubrey Abbott Migette Kaup Kim Morgan

UFM is committed to a policy of nondiscrimination on the basis of race, sex, national origin, handicap, religion, age, sexual preference, or other non-merit reasons, in relation to admissions, educational programs or activities, and employment, all as required by applicable laws and regulations.

UFM provides a neutral site to discuss community needs. The views expressed by course instructors or those groups utilizing our meeting space are not necessarily those held by UFM programs, Board members, or staff.

ANSWERING MACHINE

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

...Clip and Save...

We got lost in the telephone book this year. Save this for future reference.

UFM Community Learning Center
1221 Thurston St.
Manhattan, KS 66502
(785) 539-8763

UFM INSTRUCTORS

Mary Ash	Nahid Dadger	Bradie Jones	Michael Powers	Stan Stitz
Kris Barnard	Randi Dale	Rev. David Jones	Leon Rappoport	Dean Strammel
Scott Benjamin	Dr. Larry Dall	Jayson Kaus	Jill Rolak	Diana Tarver
Michael Bennett	Bill Dorsett	Dr. F.C. Lanning	Randy Rundle	Don Terhune
Lynn Bohlenblust	Terri Eddy	Mary Levin	Leo Schell	Mei Hwa Terhune
Mike Bonella	Jeff Endacott	Chad Lohman	Pam Schmid	Mark Tessorf
Charlene Brownson	Ana Franklin	Dave MacFarland	David Seamon	Janet Throne
Vicki Buening	Fred Freeby	Fay Shanti Maria	Steve Sin	Isaac Wakabayashi
Erin Cattell	Diane Freeby	Bernice Martin	Tammy Sin	Monty Wedel
Cindy Chard-Bergstrom	Stan Freyenberger	Keith Miller	Karma Smith	Laura Weingarther
Lorn Clement	Paul Gleue	Dave Moore	Natalie Smith	Harold Wellmeier
Michael Cody	Jim Gregory	Dwight Nesmith	Bruce Snead	Shirley Wickham
Jason Coleman	Hai Tao Huang	Carl Peak	Sandy Snyder	Stan Wilson
John Cook	Dr. Kenneth Hughey	Tom Phillips	Paul Sodamann	Jeff Wilson
Ranae Cushing	June Hunzeker	Beth Powers	Dr. Stephen Scheneman	Chae Sun Yi

For 30 years UFM has offered opportunities for teaching, learning, and growing. I would like to recognize and thank the UFM Instructors who continue to make this possible.

Charlene Brownson

COMMUNITY REGISTRATIONS

For your convenience the following dates and locations have been scheduled for on-site registration.

DATE	TIME	LOCATION
Mon, August 24	10 am - 2 pm	K-State Union
Tu, August 25	10 am - 2 pm	K-State Union
Wed, August 26	10 am - 2 pm	K-State Union
Fri, August 21	5 - 6:30 pm	Manhattan Public Library

Registration continues throughout the semester.

UFM House — 1221 Thurston

8:30 am - 5 pm closed 12 Noon - 1 pm

MAILING YOUR REGISTRATION?

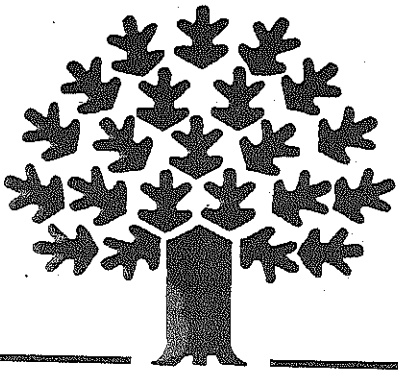
Class confirmations will not be sent unless requested. Consider yourself registered unless you hear from us that the class is full. Feel free to call us to inquire about our receipt of your registration.

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

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

HANDICAPPED ACCESSIBLE

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



• Teaching • Learning • Growing •

To advertise your business or organization in the next UFM catalog, contact the UFM Office (539-8763).

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

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

UFM can also accept donations of office and household items. Our current wish list includes items listed below.

About UFM Classes

UFM adheres to the philosophy that anyone can teach and anyone can learn. We rely on the credentials provided by instructors, class observation and participant feedback as tools for evaluating a class and an instructor's abilities.

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

Instructors Wanted to Teach the Following:

Interior Design
Upholstery
Beginning Italian
Belly Dancing
Family Budgeting

UFM Wish List

String Weed Trimmer Carpeting
Window Air Conditioners

Volunteers to help with:
Rebuilding the Cold frame
Lawn and Garden Care
Creating Signage for UFM

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

INCLEMENT WEATHER POLICY

UFM courses held on campus follow the inclement weather policy of Kansas State University. Courses will be conducted unless all University courses are canceled. If the instructor informs his/her students personally that he or she will not be present at a given class meeting, the instructor is then responsible for arranging a make-up lesson. Weather sensitive courses will use the scheduled rain date. If a rain date is not scheduled, instructor will be responsible for rescheduling. During electrical storms, swim classes will be asked to leave the water.

UFM CANCELLATION POLICY

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

REFUND POLICY

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

PRE-REGISTRATION IS REQUIRED

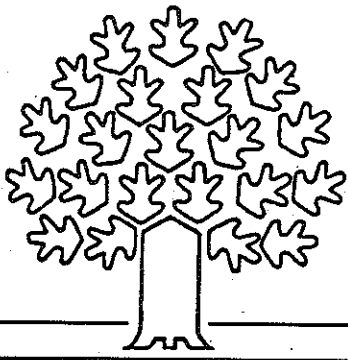
All participants must pay registration fees before attending a UFM class. This allows for adequate handouts and materials. You are not registered until we receive your registration fee. A class may be canceled due to insufficient pre-registration.

LIABILITY STATEMENT

Individual participants should be aware of the risks and hazards involved in recreational sports and fitness activities. They should voluntarily elect to utilize KSU and UFM facilities and participate in programs recognizing present conditions and further agree to voluntarily assume all risks of loss, damage, or injury that may be sustained while using KSU or UFM facilities or participating in programs.

KSU Continuing Education/UFM assumes no responsibility for costs involved with individual injury or property loss incurred in connection with the use of University or UFM facilities. Individuals are reminded that they should review their own personal circumstances to determine if they have adequate insurance or protection in case of injury resulting from the use of University facilities or participation in programs. It is recommended that all participants have a complete physical before engaging in any physical recreation program.

USE REGISTRATION FORM on the back cover.



Aquatics

1221 THURSTON

539-8763

Learn to Swim Classes

UFM and the Division of Continuing Education are pleased to present the American Red Cross Learn to Swim Program Levels I-VII plus adult swim classes. Small classes allow for carefully guided instruction in stroke technique and water safety. Water safety is reinforced with tips and practice each day. The first day of class each student is evaluated to assure that they are in the proper class. Students advance through levels at their own rate and are moved to different class levels as space permits and skill advancement demands.

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

Parent's Day Dates:

Session A: Monday, October 12
Session B: Wednesday, October 14
Session C: Saturday, October 17
Session D: Tuesday, September 29
Session E: Tuesday, November 3

LOCATION: KSU Natatorium - Ahearn Complex

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

Note: Minimum enrollment for all classes are 5. If less than 5 enroll, classes of the same level may be combined or cancelled.

BEGINNING & ENDING DATES:

Session A: Mondays, September 14 - November 16
Session B: Wednesdays, September 16 - November 18
Session C: Saturdays, September 12 - November 21
Session D: Tues/Thurs, September 15 - October 15
Session E: Tues/Thurs, October 20 - November 19

No lessons on Saturday, October 31

How to Watch a Good Program Die

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



- Oak Grove School is a private arts and science magnet school for children ages 3-8.
- Parent-run, non-profit, non-religious, state licensed, certified teachers, nice people.
- SRS provider, reasonable rates, van transportation available.
- Oak Grove School values diversity and doesn't discriminate on any basis.
- For more information, call LaRhonda Williams, Executive Director, 537-2349 (days) or 636-5189 (evenings).

Parent/Infant and Parent/Tot

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

Session A:
AQ-01A Mon September 14 - October 19 6 - 6:30 pm
Session C:
AQ-01C Sat September 12 - October 17 9:30 - 10 am
Session D:
AQ-01D Tues/Thurs September 15 - October 1 6 - 6:30 pm
Fee: \$16 per session

Tot Transition

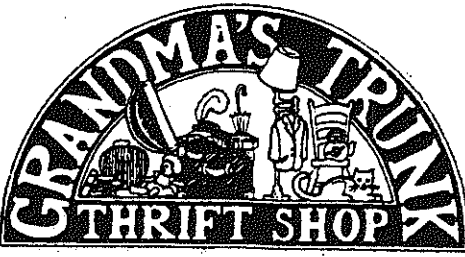
If your 3 - 4 year old toddler is ready to try the water without a parent, but not ready for Level 1, this short class is for them. Emphasis will be on basic water safety and preparation activities for swimming. Some parent participation may be allowed.

Session B:
AQ-02B Wed September 16 - October 21 6 - 6:30 pm
Session C:
AQ-02C Sat September 12 - October 17 10:15 - 10:45 am
Session D:
AQ-02D Tues/Thurs October 6 - 22 6 - 6:30 pm
Fee: \$16 per session

Level I: Water Exploration

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

Session A: (See dates above)
AQ-03A Monday 6 - 6:40 pm
AQ-04A Monday 6:50 - 7:30 pm
Session B: (See dates above)
AQ-03B Wednesday 6 - 6:40 pm
AQ-04B Wednesday 6:50 - 7:30 pm
Session C: (See dates above)
AQ-03C Saturday 9:30 - 10:10 am
AQ-04C Saturday 10:20 - 11:00 am
Session D: (See dates above)
AQ-03D Tues/Thurs 6 - 6:40 pm
AQ-04D Tues/Thurs 6:50 - 7:30 pm
Session E: (See dates above)
AQ-03E Tues/Thurs 6 - 6:40 pm
AQ-04E Tues/Thurs 6:50 - 7:30 pm
Fee: \$38 per session



1304 Pillsbury Dr. Manhattan, KS 66502
(785) 537-2273
HOURS: 10 a.m. to 6 p.m. Mon.-Sat.
1/4 mile south of viaduct on 177

Level II: Primary Skills

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

Session A: (See dates above)
AQ-05A Monday 6 - 6:40 pm
AQ-06A Monday 6:50 - 7:30 pm
Session B: (See dates above)
AQ-05B Wednesday 6 - 6:40 pm
AQ-06B Wednesday 6:50 - 7:30 pm
Session C: (See dates above)
AQ-05C Saturday 9:30 - 10:10 am
AQ-06C Saturday 10:20 - 11:00 am
Session D: (See dates above)
AQ-05D Tues/Thurs 6 - 6:40 pm
AQ-06D Tues/Thurs 6:50 - 7:30 pm
Session E: (See dates above)
AQ-05E Tues/Thurs 6 - 6:40 pm
AQ-06E Tues/Thurs 6:50 - 7:30 pm
Fee: \$38 per session



Level III: Stroke Readiness

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

Session A: (See dates above)
AQ-07A Monday 6 - 6:40 pm
AQ-08A Monday 6:50 - 7:30 pm
Session B: (See dates above)
AQ-07B Wednesday 6 - 6:40 pm
AQ-08B Wednesday 6:50 - 7:30 pm
Session C: (See dates above)
AQ-07C Saturday 9:30 - 10:10 am
AQ-08C Saturday 10:20 - 11:00 am
Session D: (See dates above)
AQ-07D Tues/Thurs 6 - 6:40 pm
AQ-08D Tues/Thurs 6:50 - 7:30 pm
Session E: (See dates above)
AQ-07E Tues/Thurs 6 - 6:40 pm
AQ-08E Tues/Thurs 6:50 - 7:30 pm
Fee: \$38 per session

Level IV: Stroke Development

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

Session A: (See dates above)
AQ-09A Monday 6 - 6:40 pm
AQ-10A Monday 6:50 - 7:30 pm
Session B: (See dates above)
AQ-09B Wednesday 6 - 6:40 pm
AQ-10B Wednesday 6:50 - 7:30 pm
Session C: (See dates above)
AQ-09C Saturday 9:30 - 10:10 am
AQ-10C Saturday 10:20 - 11:00 am
Session D: (See dates above)
AQ-09D Tues/Thurs 6 - 6:40 pm
AQ-10D Tues/Thurs 6:50 - 7:30 pm
Session E: (See dates above)
AQ-09E Tues/Thurs 6 - 6:40 pm
AQ-10E Tues/Thurs 6:50 - 7:30 pm
Fee: \$38 per session



Level V: Stroke Refinement

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

- Session A: (See dates above)
AQ-11A Monday 6:50 - 7:30 pm
Session C: (See dates above)
AQ-11C Saturday 10:20 - 11:00 am
Session D: (See dates above)
AQ-11D Tues/Thurs 6 - 6:40 pm
Session E: (See dates above)
AQ-11E Tues/Thurs 6 - 6:40 pm
Fee: \$38 per session

Level VI: Skill Proficiency

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

- Session A: (See dates above)
AQ-12A Monday 6:50 - 7:30 pm
Session C: (See dates above)
AQ-12C Saturday 10:20 - 11:00 am
Session D: (See dates above)
AQ-12D Tues/Thurs 6 - 6:40 pm
Session E: (See dates above)
AQ-12E Tues/Thurs 6 - 6:40 pm
Fee: \$38 per session

Level VII: Advanced Skills

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

- Session A: (See dates above)
AQ-13A Monday 6:50 - 7:30 pm
Session C: (See dates above)
AQ-13C Saturday 10:20 - 11:00 am
Session D: (See dates above)
AQ-13D Tues/Thurs 6 - 6:40 pm
Session E: (See dates above)
AQ-13E Tues/Thurs 6 - 6:40 pm
Fee: \$38 per session

Adult Swim Lessons

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

- Session A: (See dates above)
AQ-14A Monday 6:50 - 7:30 pm
Session D: (See dates above)
AQ-14D Tues/Thurs 6:50 - 7:30 pm
Fee: \$38 per session

Lap Swimming Ages 13 plus

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

- Session A: (See dates above)
AQ-15A Mon/Wed 6:00 - 7:30 pm
Session C: (See dates above)
AQ-15C Saturday 9:30 - 11:00 am
Session D: (See dates above)
AQ-15D Tues/Thurs 6:00 - 7:30 pm
Session E: (See dates above)
AQ-15E Tues/Thurs 6:00 - 7:30 pm
Fee: \$19 per session



Lap Swimming for Parents

Are you tired of being just an observer at your child's swimming lesson? If so, then take advantage of the time you spend watching and enroll in Lap Swimming at a special price. This class will meet every day your child is enrolled in swimming lessons. In this class you will be able to swim laps to meet your own needs and goals.

- Session A: (See dates above)
AQ-16A Mon/Wed 6:00 - 7:30 pm
Session C: (See dates above)
AQ-16C Saturday 9:30 - 11:00 am
Session D: (See dates above)
AQ-16D Tues/Thurs 6:00 - 7:30 pm
Session E: (See dates above)
AQ-16E Tues/Thurs 6:00 - 7:30 pm
Fee: \$16 per session

Hydroaerobics: Water Exercise

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

- Session A: September 14 - October 16
AQ-17A Mon/Wed or Tues/Thurs 6:35 - 7:30 pm
AQ-18A Mon-Thurs 6:35 - 7:30 pm
Session B: October 19 - November 20
AQ-17B Mon/Wed or Tues/Thurs 6:35 - 7:30 pm
AQ-18B Mon-Thurs 6:35 - 7:30 pm
Session C: September 19 - November 21
AQ-19 Saturday 10:05 - 11:00 am
Fee: \$15 per session for Mon/Wed or Tues/Thurs
\$19 per session Mon-Thurs
\$19 per session Saturday

Private Lessons for Special Populations AQ-20

For people with special physical or mental needs. Arrangements will be considered for private swimming lessons. A few days after group lessons begin, an instructor will contact the student to arrange 6 classes of 30 minutes each. The facility is equipped with a lift to the lower deck and leading into the pool.

- Date/Time: By appointment
Fee: \$42 per session of 6 lessons

Private Lessons AQ-21

These lessons provide one-on-one instruction for any level of swimmer. A few days after group lessons begin an instructor will contact the student to schedule 6 classes of 30 minutes each.

- Date/Time: By appointment
Fee: \$42 per session

Sunday Evening Family Swim AQ-22

The summer outdoor pools are closed, so take advantage of the indoor pool at K-State. Bring the family out for a refreshing evening of swimming. Sunday evenings in September 20-November 15 are Open Family swim times. UFM will provide lifeguards. Practice what you have learned in lessons or just relax for a while. You MUST register in advance so we can plan for adequate lifeguards.

- Date: September 20 - November 15 (Sunday)
Time: 5:00 - 7:00 pm
Fee: \$14 individual/\$434 family
*UFM Swim participants discount:
\$9 individual/\$23 family
Location: KSU Natatorium

Scuba Diving AQ-23

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

Jeff Wilson has been diving for 25 years & instructing scuba for 15 years.

- Date: September 14 - October 19 (Monday)
Time: 5:30 - 9:30 pm
Fee: \$235 credit/\$210 non-credit
Location: Ahearn Natatorium

Water Safety Instructor AQ-24

How about a job by the pool? Receive WSI certification to teach the American Red Cross Learn to Swim and Water safety courses. This course includes the screening and Instructor Candidate Training required by the American Red Cross. Prerequisites: Participants must be 17 years of age by the first day of class and must successfully complete a pretest on their knowledge of aquatics and safety skills, as well as stroke proficiency and rescue skills.

- Carol Stites (539-1991)
Date: August 10 - 21 (Monday-Friday)
August 15, 9 am - 1 pm
Pretest
Time: 1-5 pm (Monday - Friday)
9 am - 1 pm (Saturday)
Fee: \$144
Textbooks & equipment must be paid and picked up at the American Red Cross for \$32
Location: KSU Natatorium

Courage is very important like muscle; it is strengthened by use. - Ruth Gordon

Youth Scholarships are available through the YES! fund.

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

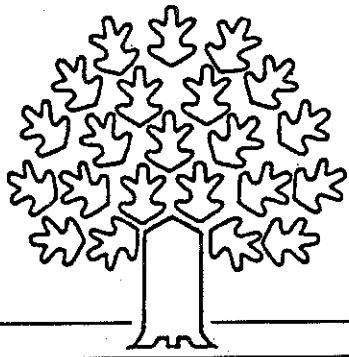
Look for another Water Safety Instructor class in the spring catalog



VIDEO GAMES! BUY•SELL•TRADE

- Sega
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Computer CD-Rom
Game Gear
Game Boy
Sony Playstation
Lots of Regular Nintendo Games

SAVE AT GAME GUY! 709 N. 12th Manhattan, KS (785) 537-0989



Business & Professional

1221 THURSTON

539-8763

How to Achieve Your Financial Dreams BP-04

By following a few smart money management strategies, and incorporating sound financial principles, you can prepare yourself to achieve your financial goals. This seminar is for adults of all ages. A comprehensive financial plan will be done for each age category attending.

Fred Freeby (537-4505), has been with Waddell & Reed Inc. for 22 years. He has been a District Manager, a Division Manager, and is now a Senior Financial Advisor.

Date: September 15 (Tues)
Time: 7 pm
Fee: \$8
Location: Waddell & Reed Office
555 Poyntz Ave, Suite 280

How to Achieve Your Financial Dreams BP-05

Fred Freeby (537-4505)

Date: October 13 (Tues)
Time: 7 pm
Fee: \$8
Location: Waddell & Reed Office
555 Poyntz Ave, Suite 280

How to Achieve Your Financial Dreams BP-06

Fred Freeby (537-4505)

Date: November 10 (Tues)
Time: 7 pm
Fee: \$8
Location: Waddell & Reed Office
555 Poyntz Ave, Suite 280

About UFM Classes

UFM adheres to the philosophy that anyone can teach and anyone can learn. We rely on the credentials provided by instructors, class observation and participant feedback as tools for evaluating a class and an instructor's abilities.

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



Stigge Vision Care

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Consumer Beware BP-01

Learn how money works. Your money can work for the middle man or it can work for you. This class will cover "bad" debt versus "good" debt, credit cards (cash advance and %, and over the limit fees), home mortgages, equine loans, PMI, escrow, APR versus %. Learn how life insurance really works; what your agent might not have told you.

Lynn Bohnenblust (776-3666), is Regional Vice President with Primerica Financial Services. He received a B.S. degree from Fort Hays State University in secondary education. Lynn has been with Primerica Financial Services for 6 years, teaching families how to get ahead in the money game.

Date: September 8 (Tues)
Time: 7-9 pm
Fee: \$8 individual/\$12 couple
Series \$16 individual/\$20 couple
Location: UFM Conference Room



Debt-Free Prosperous Living BP-02

Anyone, that means YOU, can become debt-free. You can pay off all debts, including your mortgage, with the money you're currently earning! This class teaches a simple, livable system for eliminating ALL of your debts. You can achieve financial independence as you discover how to operate 100% on cash. Never need credit again and quickly and safely build retirement wealth. You will complete this class knowing you can become debt-free. Everyone attending this seminar will have the option to get an individual consultation to establish their debt-free date.

Lynn Bohnenblust (776-3666)

Date: October 13 (Tues)
Time: 7-9 pm
Fee: \$8 individual/\$12 couple
Series \$16 individual/\$20 couple
Location: UFM Conference Room

Investing in YOUR Future BP-03

Individuals who are in the accumulation phase of their lives, at 25 to 55 years of age, or those who need to save for a home or future college tuition will benefit from this course. Discussion will cover important money management concepts with practical, easy-to-understand language, using examples you can put into practice. Topics include investment basics, types of products, and developing a personal financial game plan that will help you plan a secure future for you and your family. No matter how much or how little money you have, these principles apply to you. Invest an evening of your time to learn how you can accumulate more wealth and have a better quality of life! Everyone attending this seminar will have the option of receiving a complimentary Financial Needs Analysis to help establish their road map for their various goals and dreams.

Lynn Bohnenblust (776-3666)

Date: November 10 (Tues)
Time: 7-9 pm
Fee: \$8 individual/\$12 couple
Series \$16 individual/\$20 couple
Location: UFM Conference Room

Basics of Investing BP-07

This class begins with the very basics of finances, including examining some of the most common reasons people fail to meet their investment goals, money management tips, and rules every investor should know and follow. We will discuss many of the investments available today, including certificates of deposit, bonds, mutual funds, annuities and more.

Jayson Kaus (539-6777) is a Manhattan native, a Creighton University graduate, and has been an investment representative with Edward Jones for 5 years.

Date: October 6, 13, 20 (Tues)
Time: 7-9 pm
Fee: \$22 individual/\$28 couple
Location: UFM Fireplace Room

GRE Preparation BP-08

Planning to take the Graduate Record Exam? Take advantage of our GRE preparation program to help improve your score. This comprehensive, up-to-date program offers you three basic ingredients for success: review, strategy, and practice. The carefully designed curriculum consists of both classroom and home study hours. Analysis and review consists of the three GRE subject areas of Math, Logic and Verbal skills. You will be tested under emulated GRE conditions in order to gain test-taking practice and confidence. The practice tests will be analyzed so you can learn the reasons behind the correct answers. Registration includes all in-class and at-home study books from the Fairfax Lectern. Registration deadline: September 1.

Jason Coleman (587-4107) took the GRE in 1991, scoring 800 Math, 790 Verbal, and 800 Analytical. He was a GRE instructor for the Princeton Review from 1992 to 1994. Since moving to Manhattan he has taught UFM's GRE preparatory course. He is currently pursuing a second bachelor's degree in secondary education.

Date: September 15 - October 29 (Tues & Thurs)
Time: 7 - 9:30 pm
Practice Test
October 24 (Sat) 8 am - Noon
Fee: \$210
Location: 120 Cardwell Hall

Financial Planning For Women BP-09

Ninety percent of women become wholly responsible for their own financial welfare sometime during their lifetimes. It's crucial for women to take an active role in managing their money and preparing for the future. This class will cover basic information to provide structure in planning and managing your finances. A financial plan will be available for each participant at no additional cost.

Diane Freeby (537-4505) is a graduate of K-State. She holds a degree in education and business management. She is a Financial Advisor with Waddell & Reed Financial, Inc.

Date: September 14 (Mon)
Time: 7-8:30 pm
Fee: \$8
Location: Waddell & Reed Conference Room
555 Poyntz Ave., Suite 280

Financial Planning For Women BP-10

Diane Freeby (537-4505)

Date: October 12 (Mon)
Time: 7-8:30 pm
Fee: \$8
Location: Waddell & Reed Conference Room
555 Poyntz Ave., Suite 280

Financial Planning For Women BP-11

Diane Freeby (537-4505)

Date: November 09 (Mon)
Time: 7-8:30 pm
Fee: \$8
Location: Waddell & Reed Conference Room
555 Poyntz Ave., Suite 280

"Life is like riding a bicycle; you don't fall off unless you stop pedaling."

— Ben J. Wattenberg



Protecting Your Assets: Understanding Long-Term Care BP-13

Long-Term Care-What is it? How much does it cost? Do you need insurance? What does Medicare cover? Would you like the answers to these questions and others? Learn about different kinds of policies: how they work; what's covered; what's not; and tax qualified/non-qualified policies. Participants will learn how to protect their assets.

Vicki Buening (296-3918) is the Consumer Education Coordinator for Kansas Insurance Department. She has helped publish shopper guides for Medicare supplement insurance, long-term care, auto and homeowner insurance. Shirley Wickman (776-9294) is the representative from the Area Agency on Aging and Adria Campbell (537-2943) is the representative from Flint Hills Legal Services. They will share their expertise on the subject.

Date: September 23 & 24 (Wed & Thurs)
Time: 9:30 am - 10:30 am (Wed)
9:30 am - 11:30 am (Thurs)
Fee: \$8 individual/\$12 couple
Location: UFM Conference Room

Professional Workforce Self-Development BP-14

With numerous changes taking place in the economy and workplaces, lifelong learning and development is a major responsibility that employees have as professionals to their customers, co-workers, employer and profession, as well as to themselves. This class is designed for participants to learn how to: A) self-direct and manage their continuing professional development throughout their career/life span; B) engage in continual developmental partnerships with their co-workers (mentors) and supervisors or managers (coaches). Self-development and partnerships is essential for professionals to improve competencies and performance, achieve professional success and job satisfaction, and enhance abilities to maximize their full potential as professionals.

Dr. Stephen Scheneman & Dr. Kenneth Hughey (537-9067) Steve is a unit leader, specializing in lifelong learning and development, of the K-State Research and Extension Office of Professional Development. He received his Ph. D. in Extension Education from the Ohio State University in Columbus. Ken is an associate professor, specializing in career development in the Department of Counseling and Educational Psychology at K-State University. He received his Ph. D. in Counseling Psychology from the University of Missouri in Columbia.

Date: November 12 (Thursday)
Time: 7 - 9 pm
Fee: \$8
Location: UFM Conference Room

Women and MONEY

Women and Money BP-12

The Women's Financial Information Program is designed to help women of all ages be better prepared to make informed financial decisions. The program will include sessions on Getting Organized - Budgeting and Cash Flow; Credit & Debt; Managing Your Risks; Insurance; Deciding What If - Social Security; Professional Help - Where and How to Get Help; Trusts; Investing; Non-Market Options for Women's Development; and New Tax Laws. Fee includes **A Money Management Workbook** and handouts.

The program presenters are Joyce Jones, Leslie Sissel, Vicki Buening, Sherry McCrory, Torry Dickerson, Dawn C. Lehman, Tonya Wilkerson-CPA, Shon Robben, Jodi Kaus, and Shelly Coleman.

Date: September 8 - October 20 (Tuesday)
Time: 7 - 9 pm
Fee: \$30/\$25 early bird (if you register before August 25)
\$99 1 hour UG credit, KSU
Location: Bluemont Hall, Rm 122, K-State

Coalition of Program Supporters
KSU Adult Student Services New Directions; Riley County Cooperative Extension; KSU Women's Resource Center; United Way; and Edward Jones

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Public Speaking - You Can Do It BP-16

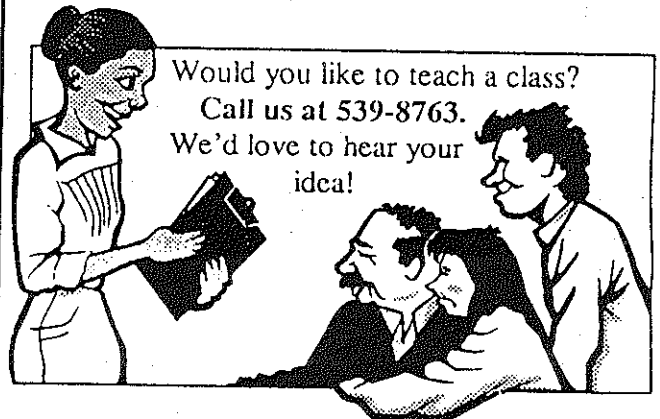
Making a presentation to your boss, selling a product, getting your point across at a public forum or becoming the dictator of a small country. All these situations require the basic skills of a good public speaker. Teaching these skills is the goal of the Manhattan Toastmasters. If the thought of public speaking breaks you out into a cold sweat or if you like public speaking, but just need somewhere to hone your skill, this could be for you. At this event you will witness a typical Toastmasters meeting and have the option (if you choose to accept it) to participate in the meeting. Don't let your fear of public speaking keep you from achieving your goals and dreams. Every great speaker gets nervous. Overcoming our fears and harnessing our nervous energy is the path to greatness.

Manhattan Toastmasters has been meeting in Manhattan since football helmets were made of leather. Many graduates of Manhattan Toastmasters have gone on to live normal productive lives. For more information call Tom Mahoney (537-0989) or Charles Clack (537-0088)

Date: September 21 (Mon)
Time: 7:30 pm
Fee: \$8
Location: KKSU Studio
Basement of McCain Auditorium
(east side, rear of building)

"What's real in politics is what the voters decide is real."

— Ben J. Wattenberg



Would you like to teach a class?
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TAKE A PEEK AT THE PAST

(All visits—including peeks, looks & stares—are free.)

Riley County Historical Museum
2309 Claflin

- 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
2301 Claflin

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

Wolf House Museum
630 Fremont

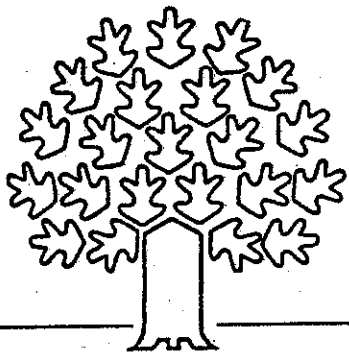
- 1868 stone house served as a boarding house and private home
 - Furnished with period antiques
 - Special exhibits
- 1:00-5:00 Saturday
2:00-5:00 -Sunday
and by appointment

Pioneer Log Cabin
Manhattan City Park

- Walnut log cabin built in 1916
 - Pioneer home and tool exhibit
- Open April-October
Sunday 2:00-5:00
and by appointment

For more information, call 565-6490

All participants must register in advance.



Creative Free Time

1221 THURSTON

539-8763

Introduction to Rubber Stamp Art CF-22

"Learn to Make Your Own Greeting Cards & More!" Have you bought rubber stamps because they were so cute, but didn't know what to do with them? Rubber stamps are not just for children! Discover the artist within and enter the unique world of "mail art." Learn basic stamping techniques such as embossing and masking, along with the many tools used in this craft. Create your own unique hand-stamped cards and gifts. Students will complete several cards and be introduced to stamping on fabric, furniture, and walls. Students are encouraged to bring at least one rubber stamp (or set) of their choice to experiment with. All the stamp pads, papers, and extra stamps and accessories will be provided by the instructor. Students will also learn about various stamping publications and rubber stamp clubs and card exchanges across the country.

Mary Levin has been "messing around" with rubber stamps for about 6 years. She actively began creating mail art 2 years ago and owns over 500 rubber stamps. She is a member of the Snail Mail Stamp Club based in Topeka, KS, and participates in various mail art exchanges. She also teaches classes in scrapbooking and writes for Manhattan's music magazine, the Whirligig.

Date: September 28 (Monday)
Time: 7 - 9 pm
Fee: \$15
Location: UFM Banquet Room

Rubber Stamp Art II CF-23

This class is for participants who have some experience using rubber stamps, or have completed the Introduction to Rubber Stamp Art Class. All the stamp pads, papers, extra stamps, and accessories will be provided by the instructor. Advance techniques will be covered along with the how tos of stamping on fabrics, wood, and paper.

Mary Levin

Date: October 26 (Monday)
Time: 7 - 9 pm
Fee: \$15
Location: UFM Banquet Room

Black and White Film Developing For Beginners CF-01

This class will cover the basics of black and white film processing and darkroom procedures. We will limit the class size to provide hands-on experience. Each student will develop their own roll of black and white film. **Note: Student needs to bring an exposed roll of Tri-X 400 ISO film to class.** All other materials are included in the fee. Class size is limited.

Harold Wellmeier has a degree in Commercial and Industrial Photography. He enjoys black and white photography and enjoys processing his own film.

Date: September 14 (Monday)
Deadline for registration: September 8
Time: 7 pm
Fee: \$15 No refunds on class; instructor must buy chemicals that can't be used if students don't attend.
Location: UFM Darkroom

Black & White Printing CF-02

Feel the satisfaction of turning your own black and white negatives into prints. Each student will gain hands-on darkroom experience in print procedures. **Bring 2 black and white negatives of your choice to process and print in class.** Processing and printing materials included in class fees. Class size is limited.

Harold Wellmeier

Date: October 12 (Monday)
Deadline for registration: October 6
Time: 7 pm
Fee: \$15 No refunds on class; instructor must buy chemicals that can't be used if students don't attend.
Location: UFM Darkroom

Black and White Film Developing For Beginners CF-03

Harold Wellmeier

Date: September 28 (Monday)
Deadline for registration: September 23
Time: 7 pm
Fee: \$15 No refunds on class; instructor must buy chemicals that can't be used if students don't attend.
Location: UFM Darkroom

Black & White Printing CF-04

Harold Wellmeier

Date: October 26 (Monday)
Deadline for registration: October 20
Time: 7 pm
Fee: \$15 No refunds on class; instructor must buy chemicals that can't be used if students don't attend.
Location: UFM Darkroom

Back Packer's Basics CF-06

Are you intimidated by camping, or want to try the experience but don't know where to start? Then this is the class for you! In this class you will learn the basics of camping and backpacking. You will learn information about everything from day trips to extended car camping, or short back country trips. You will also get tips on first aid, safety, clothing, equipment, cooking, packing, trip planning, and basic compass reading.

Jill Rolak (770-9393) is a 4th year K-State Student in Secondary Education, Biology, and Earth Science. She has enjoyed camping, rock climbing, and other outdoor activities for 10 years. Her fellow campers always comment on how well prepared she is. Jill would like to share this enjoyable pastime and offer tips to make things easier, more comfortable, and safer for inexperienced campers.

Date: September 12 (Saturday)
Time: 12 - 2 pm
Fee: \$8
Location: UFM Conference Room

Back Packer's Basics CF-07

Jill Rolak (770-9393)

Date: September 19 (Saturday)
Time: 12 - 2 pm
Fee: \$8
Location: UFM Conference Room

Rock Climbing Safety CF-08

Are you interested in rock climbing? Then try this beginner's class in rock climbing safety and technique. (There will be no climbing in this class). This is an informative session in basic safety to be used in climbing. Equipment, knots, safety, toppling, and repelling will be addressed. Outdoor extreme sports are growing activities and safety is very important. This class will give you a good foundation to start this potentially dangerous sport. Information will be given on how to get started beyond this class.

Jill Rolak (770-9393) is a 4th year K-State Student in Secondary Education, Biology, and Earth Science. She has been climbing for 5 years, although she still considers herself to be an intermediate climber, due to financial and geographical limitations. Rock climbing, in addition to being very physical, is both a mental challenge and a reward. Most everyone can enjoy this sport at some level, but safety comes first. While many climbing areas are being closed, the number of climbers is increasing. She hopes to promote safer climbing, so accident reports are not the cause of these closings.

Date: September 13 (Sunday)
Time: 2 - 3:30 pm
Fee: \$8
Location: UFM Conference Room

Rock Climbing Safety CF-09

Jill Rolak (770-9393)

Date: September 20 (Sunday)
Time: 2 - 3:30 pm
Fee: \$8
Location: UFM Conference Room

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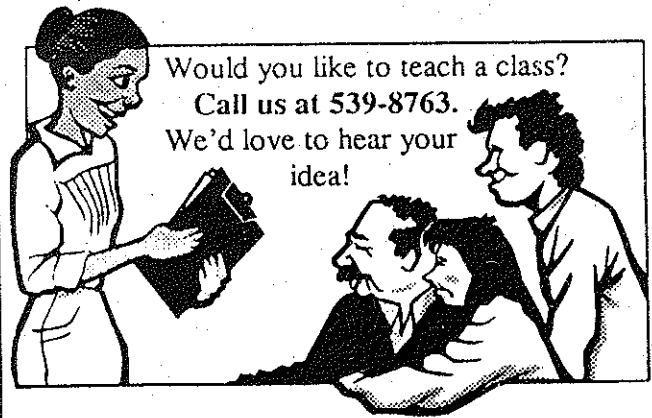
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"We know what a person thinks not when he tells us what he thinks, but by his actions."
— Isaac Bashevis Singer



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We'd love to hear your idea!



CREATIVE FREETIME (Continued)

Creation of a Three-Dimensional Mosaic Seed Bird CF-05

The instructor will demonstrate and assist you in creating a three-dimensional mosaic seed-bird, a craft invented and developed by him. Use Elmer's glue to fasten seeds, pods, and other plant materials to a simple wooden armature (provided) to make one of a variety of small bird species. The result is an amazing lifelike bird model. (See an example at the Country Gift Shop in the Holidome.) **Materials for creating your seed-bird, glass dome and wooden base are included in the class fee.**

Dwight Nesmith (776-5051) is a retired Engineering Professor and has been making the seed-birds for about 25 years - an original hobby which turned out to be quite successful. He was an invited craftsman at the Fall National Crafts Festival at Silver Dollar City for 15 years. After a 6-year hiatus, he has returned each fall since 1996.

Date: October 13 - November 10
Time: 7-9 pm (Tuesday)
Fee: \$31
Location: 2121 Meadowlark Road, Apt. 209
Manhattan, KS

Safe and Creative Care of Family Photos CF-12

Are your photos stuffed in shoeboxes or, worse, in albums that are chemically destroying them? This workshop covers organizing your photos, photo-safe materials, ideas for creative cropping and photo-journaling. You will receive assistance in helping you create a unique and lasting photo album. Bring a packet of pictures (12) and memorabilia plus a pair of scissors. The fee includes 1 acid-free album page and the use of photo-safe materials and supplies. Additional pages are available for purchase from the instructor.

Pam Schmid (1-800-347-2625) has been a consultant with Creative Memories since 1989.

Date: September 10 (Thursday)
Time: 7-9:30 pm
Fee: \$15 includes some supplies
Location: UFM Fireplace Room

Safe and Creative Care of Family Photos CF-13

Pam Schmid (1-800-347-2625)
Date: October 8 (Thursday)
Time: 7-9:30 pm
Fee: \$15 includes some supplies
Location: UFM Fireplace Room

Cutting Paper Snowflakes CF-21

It's easy and fun to cut eye-catching, artistic, dramatic snowflakes in a variety of styles. Numerous examples will be displayed, various patterns will be cut, and original creations shared. For ages 8 to 80. Children 8-9 years of age should be accompanied by an adult. Bring sharp adult scissors!

Leo Schell (539-6540) is a former elementary school teacher who, for years has, delightedly cut paper snowflakes. He has a large collection and has taught this class all over Kansas.

Date: November 7 (Saturday)
Time: 9 am - 12 pm
Fee: \$8
Location: Bluemont Hall Room 217, K-State

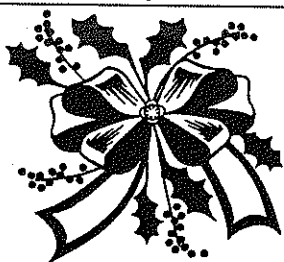


Fine Art Prints

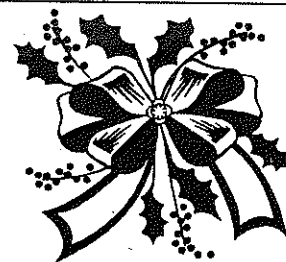
Custom Framing

706 N. 11th St.
Manhattan, KS

"Flaming June" by Lord Lieghton



Christmas Crafts & Gift Ideas



Get ready for Christmas by making your own Christmas gifts. These are great crafts to keep for yourself or to give away to a special friend.

X-Mas Soap Making CF-14

Soap: it cleans, soothes and helps heal the body's largest organ, the skin. Homemade herbal soaps can be made simply, as you'll discover in this step-by-step class. Everyone will make their own personalized soap.

Ranae Cushing (776-2350)
Date: October 17 (Saturday)
Time: 1:30 - 3:30 pm
Fee: \$24
Location: UFM Kitchen

Christmas Stocking CF-15

Would you like to learn how to create your own customized Christmas stocking? In this class you will get to create your own stocking which requires no sewing. All supplies are included in the class fee.

Ranae Cushing (776-2350)
Date: November 7 (Saturday)
Time: 1:30 - 2:30 pm
Fee: \$23
Location: UFM Kitchen



Angel Making CF-16

Angels for all seasons: learn to create a variety of angels to use as gifts, on your tree, in your car, and many other places. You will make your angel from lace, ribbon & other materials. Class fee includes all supplies needed for your angel.

Ranae Cushing (776-2350)
Date: October 24 (Saturday)
Time: 1:30 - 3:00 pm
Fee: \$28
Location: UFM Kitchen



Ranae Cushing (776-2350) is a Health Educator with a Masters in Clinical Holistic Education. She has over 10 years teaching experience and her goal is to help people help themselves with informed choices.

Yule Log & Potpourri CF-17

In this class you will make your own fragrant decorative yule log—looks great on the wood stove. Also you will make your own Christmas potpourri blend. Both make great unique gifts. All supplies are included in the class fee.

Ranae Cushing (776-2350)
Date: November 14 (Saturday)
Time: 1:30 - 3:00 pm
Fee: \$26
Location: UFM Kitchen

Spice Wreath CF-18

A spice wreath is the perfect accent for any kitchen. This wreath is aromatic & attractive as well as a unique conversation piece. It is an easy to make gift. Class fee includes all supplies needed for your wreath.

Ranae Cushing (776-2350)
Date: November 21 (Saturday)
Time: 1:30 - 3:00 pm
Fee: \$26
Location: UFM Kitchen



Gifts of Good Taste CF-19

Create a variety of tasty treats including: flavored mustard, herbal vinegar, and special spice mix. Recipes, herbal combinations & supplies needed are included in the class fee.

Ranae Cushing (776-2350)
Date: December 5 (Saturday)
Time: 1:30 - 3:00 pm
Fee: \$25
Location: UFM Kitchen



Manhattan Arts Center

1520 Poyntz Avenue
537-4420

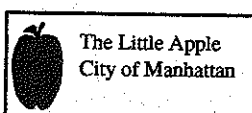
www.flinthills.com/arts/

Community Theatre 1998-99 Season

- "The All Night Strut" Sept 18-20, 24-27
A classy, sassy musical celebration of the 1930s and 40s.
- "Bedroom Farce" Oct 30-31, Nov 1, 5-8
A hilarious comedy about a frazzled young couple trying to salvage their marriage.
- "Butterflies are Free" Feb 19-21, 25-28
The comical story of true love between a boy, the girl next door AND the boy's mother!
- "Little Mary Sunshine" Apr 23-25, 29-30, May 1-2, 7-8

Gallery Exhibits

- Konza Prairie Quilters Guild Aug 17 - Sept 11
- Kansas Postcards Sept 13 - 26
- Jim Hagan, Watercolors October 2 - 31
- Margaret Buie, Watercolors October 2 - 31



Funding provided in part by the Kansas Arts Commission, a state agency, and the National Endowment for the Arts, a federal agency. Additional funding comes from the City of Manhattan and private donations.

THANK YOU ADVERTISERS for your loyal support.



Buying and Owning an Antique/Classic Car

CF-10

Many people have fond memories of the car they drove to high school and have often thought of trying to find one again. But, where do you begin to search for a classic car and how much should you pay for it once you find it? This class will highlight practical things to consider before purchasing a collector vehicle. Where do you buy insurance and how much is it? What about repairs? We will also discuss some of the things that determine the value of a collector car, what things affect the collector car market and investment potential.

Randy Rundle has been collecting and working on antique and collector vehicles since 1973 and is owner of Fifth Avenue Antique Auto Parts located in Clay Center, KS. He works closely with the participants entered in the Great American Race where he helps to prepare the pre-1942 cars for the 4,500 mile trip across the United States. He also provides technical assistance to movie studios. His fourth and most recent project was the movie L.A. Confidential where the entire fleet of vintage cars used in the movie were equipped with 6 volt alternators Rundle designed and manufactured. Randy writes monthly technical columns for the automotive press and has also written a how-to book entitled *Wired for Success*, that explains how an antique automobile electrical system works and how to upgrade the system by making much needed repairs. He is currently working on his second book (on automotive cooling systems) that will be released in the Spring of 1999.

Date: September 15 (Tuesday)
Time: 7-9 pm
Fee: \$14 fee includes booklet
Location: UFM Conference Room

Buying and Owning an Antique/Classic Car

CF-11

Randy Rundle

Date: October 15 (Thursday)
Time: 7-9 pm
Fee: \$14 fee includes booklet
Location: UFM Conference Room

"The word impossible is not in my dictionary."
— Napoleon Bonaparte

Food for Fun!

Herbs in the Kitchen

FF-01

Herbs- what goes with what? What flavors do they have? How can they enhance cooking? These are some of the lessons we will cover. Taste and smell for yourself many different common and not so common herbs. Samples of foods enriched with herbs will be provided to help you taste the difference. Recipes and other handouts will also be provided.

Ranae Cushing (776-2350) is a Health Educator with a Masters Degree in Clinical Holistic Health Education. She has over 10 years teaching experience and her goal is to help people help themselves with informed choices.

Date: September 19 (Saturday)
Time: 1:30 - 3 pm
Fee: \$20
Location: UFM Kitchen

Cake Decorating

FF-02

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

Tammy Sinn began decorating cakes several years ago as a hobby. Her first lessons were at a UFM cake decorating class. She currently decorates cakes for Dillons.

Date: October 8, 15, 22, 29 (Thursday)
Time: 7 pm
Fee: \$24
Location: UFM Kitchen



Wines of the World

FF-04

Taste for yourself and gain an overview of wines of the world. Learn the basics of selecting the right wine to complement most foods and occasions. We will demonstrate and provide tips so that you will serve and drink wine with confidence and pleasure.

Chad Lohman (539-9441) is a graduate of KSU and co-proprietor of Nespor Wines and Spirits. Scott Benjamin is a wine salesperson for Standard Beverage Corporation.

Date: September 14 - October 26 (Monday)
Time: 7 - 9 pm
Fee: \$60
Location: UFM Fireplace Room
No Class Oct 12



Vegetarian Cooking

FF-03

Vegetarian cuisine can be more creative than cheese pizza and grilled cheese sandwiches. This course will expose students to basic vegetarian cooking with soy products, beans, lentils and other nutritious foods. Make sure you bring your appetite to class. Dinner will be provided!

Mike Bonella (539-4811) is the current manager at the People's Grocery, a natural food store in Manhattan. He is an experienced cook and enjoys preparing vegetarian dishes for his friends.

Date: October 14 & 21 (Wednesday)
Time: 7-8:30 pm
Fee: \$32
Location: UFM Kitchen

Connect Those Dots

CF-20

Discover the joy & entertainment value of dot-to-dot puzzles. Practice concentration as you draw lines and count numbers at the same time. We will start with easy puzzles with only five numbers & move up to counting as high as 25 or 50. Please bring your own pencil.

Dotty Count

Date: August 25 (Tuesday)
Time: 6:30 pm
Fee: \$1.23
Location: The Hall of Numbers
5678 N. 9th St.

Win \$1 off any UFM Class...

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

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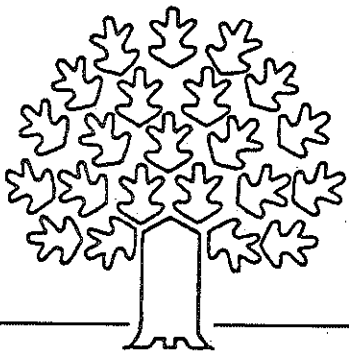
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Language

1221 THURSTON

539-8763

Beginning Sign Language I LA-01

This class is designed for individuals who are interested in learning the basic skills of American Sign Language. Students will be instructed in the Manual Alphabet & a vocabulary of about 200 functional signs. Gallaudet's Survival Guide to Signing is available at Walden Books.

Natalie Smith (532-6441) has taught sign language for 10 years for UFM & Continuing Education, and has been a professional interpreter for 11 years. She grew up with two deaf parents.

Date: September 9 - October 14 (Wednesday)
Time: 7-8 pm
Fee: \$43
Location: 149 Justin Hall, KSU

Sign Language II LA-02

Must have taken Sign Language I or have some beginning sign language skills. An additional 200 signs will be taught. Gallaudet's Survival Guide to Signing will be used.

Natalie Smith (532-6441)

Date: October 21 - December 2 (Wednesday)
Time: 7-8 pm
Fee: \$43
Location: 149 Justin Hall, KSU
No class Nov 25

Beginning Conversational Chinese LA-05

Do you want to learn the language of 1/4 of the world's population and the language which is the source of East Asia's rich cultural tradition? Then, try this course. Weekly class meetings will acquaint you with basic conversational Chinese, the culture and customs of China and the art of Chinese character writing. Pronunciation will be introduced through pinyin, the mainland Chinese system of romanization. The text will be Elementary Chinese Readers, Volume I, it is available at Varney's Bookstore.

Hai Tao Huang & Beth Powers (539-5429) Beth and Hai Tao met in the PRC where he helped her improve her Chinese. Beth has 3 years foreign language teaching experience, and Hai Tao has tutored many foreign visitors in China in standard Mandarin pronunciation.

Date: September 3 - November 19 (Thursday)
Time: 7 - 8:30 pm
Fee: \$62
Location: UFM Multi-Purpose Room

Survival Skills in Czech LA-03

This practical class is intended especially for those who are going to travel to the Czech Republic. The participants will learn the Czech alphabet, basic vocabulary and phrases. Special emphasis will be placed on correct pronunciation and on the ability to ask, understand and reply to simple questions. Information will also be provided on the culture, lifestyle and living expenses in the Czech Republic and other topics necessary for basic "survival." The book and tape Teach Yourself Czech is available in the trade section at the Union Bookstore. This class is intended for those who have never taken a Czech language class before.

A exchange student from the Czech Republic will be the instructor for the class.

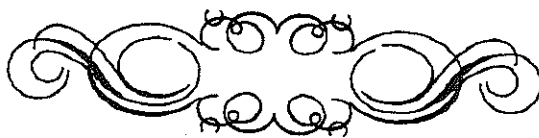
Date: September 9 - 1st meeting dates will be determined later
Time: 6:30 - 7:30 pm
Fee: \$68
Location: UFM Conference Room

Survival Skills in Czech LA-04

This class is intended for those who have some experience with the Czech language.

A exchange student from the Czech Republic will be the instructor for the class.

Date: September 9 - 1st meeting dates will be determined later
Time: 7:30 - 8:30 pm
Fee: \$68
Location: UFM Conference Room



Claflin Books and Copies

invites you to attend the following Lou Douglas lectures:

FREE ADMISSION TO ALL EVENTS

**Chips, Ratings and Mayhem:
Television Violence In Context**
presented by Ellen Wartella
Tuesday, September 22, 1998
7:30 p.m. in Forum Hall,
K-State Union



Ms. Wartella is a nationally recognized expert on the effects of television violence on children. She serves as Dean of the College of Communication at the University of Texas at Austin and sits on the Board of Trustees of the Children's Television Workshop, the producers of Sesame Street.

**You Can't Be Neutral
On A Moving Train: A Personal
History of Our Times**
presented by Howard Zinn
Tuesday, October 6, 1998
7:30 p.m. in Forum Hall
K-State Union



Mr. Zinn is an acclaimed historian, political theorist, teacher and storyteller. Zinn has chronicled and participated in the most important social and political upheavals of recent history.

**A Woman of Courage:
From Welfare Mother to
Oscar Winning Filmmaker**
presented by Barbara Trent
Tuesday, October 27, 1998
7:30 p.m. in Forum Hall
K-State Union



Ms. Trent is a gifted film director, producer, lecturer and social activist. She has appeared in numerous publications highlighting her work and her strong belief in activism on a global level.

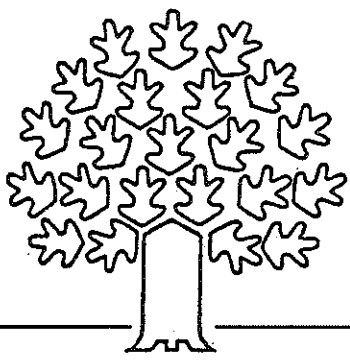
* Barbara Trent's Academy Award winning film, *The Panama Deception*, will be shown Monday, October 19, 1998 at 7:00 pm in Forum Hall, K-State Union

Claflin Books and Copies

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776-3771

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



Martial Arts

1221 THURSTON

539-8763

Taekwondo I MA-01

Taekwondo is a traditional martial art designed to provide the ultimate in unarmed self-defense. Blocking, punching, and kicking develop balance, flexibility, and agility while improving cardiovascular fitness and self-confidence. Teaching methods include class demonstrations and practice without physical contact. Each student will be given an opportunity to purchase a uniform and belt at the first class. After two months of class an optional testing to advance in the Taekwondo degree ranking is held in Topeka. The cost is not included in the class fee and a uniform is required for testing. Age 7+

** Tuesday, August 25, at 6:30 pm, a Public Demonstration and formal introduction of instructors will be conducted in Ahearn Field House, KSU.



Grandmaster Chae Sun Yi (266-8662) is an 8th degree black belt with over 38 years experience in Taekwondo. He is a former Captain and Chief Instructor of Taekwondo for the ROK Army during Vietnam, and he has held classes at KSU since 1975. David Moore is a 3rd degree black belt with over 8 years experience in Taekwondo.

Date: August 25 - December 10 (Tues & Thurs)
 Time: 6:30 - 7:30 pm
 Fee: \$72
 Location: Ahearn Field House, KSU
 No class Nov 26



Taekwondo Karate II Advanced MA-02

Grandmaster Chae Sun Yi (266-8662)

Date: August 25 - December 10 (Tues & Thurs)
 Time: 7:30 - 8:30 pm
 Fee: \$72
 Location: Ahearn Field House, KSU
 No class Nov 26

Beginning Aikido MA-03

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

Paul Gleue (565-0554) began practicing Aikido in 1988 at Cloud County Community College. He assisted the instructor and worked with beginners before leaving the area in 1992. His training is Ki Society Aikido. He has passed testing for three levels of Aikido and Ki development with Kashiwaya Sensei, chief instructor in the United State for Ki Society Aikido.

Date: September 2 - December 9 (Mon & Wed)
 Time: 7 - 8:30 pm
 Fee: \$56
 Location: Ahearn Fieldhouse, KSU
 (No class, September 7, November 25)

Kung Fu MA-04

Get a taste of Chinese Martial Arts. This class affords an opportunity to learn the basics of Pai Lum Kung Fu, one of the oldest fighting systems. Kung Fu teaches self-defense and discipline while providing challenging physical exercises. This class will teach the basic stances, punches, kicks, and strikes of the styles, plus one-step sparring and self-defense techniques. Rank is attainable in the White Phoenix System.

Jeff Endacott (597-1928) has studied martial arts for six years. He has a First Degree Black Sash in Pai Lum Kung Fu. Stan Wilson has participated in martial arts for 28 years and this style for 16 years. He has a Third Degree Black Sash in Pai Lum Kung Fu and a First Degree Sash in Mew Hing 18 Taoist Palms Kung Fu plus a Black Belt in Jujutsu. He is the founder of The White Phoenix System, a combination of nine different methods of martial arts.

Date: September 16 - December 2 (Wednesday)
 Time: 6:30 - 8 pm
 Fee: \$47 includes manual
 Location: Ahearn Fieldhouse

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About UFM Classes

UFM adheres to the philosophy that anyone can teach and anyone can learn. We rely on the credentials provided by instructors, class observation and participant feedback as tools for evaluating a class and an instructor's abilities.

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

UFM COMMUNITY LEARNING CENTER 30TH ANNIVERSARY CELEBRATION AND ANNUAL MEETING

FRIDAY, OCTOBER 2, 1998

DINNER SERVED 6-7 PM

\$8.00 FOR ADULTS,

\$5.00 FOR STUDENTS

& CHILDREN.

ALL PROCEEDS GO TO

UFM'S GENERAL

SCHOLARSHIP FUND.

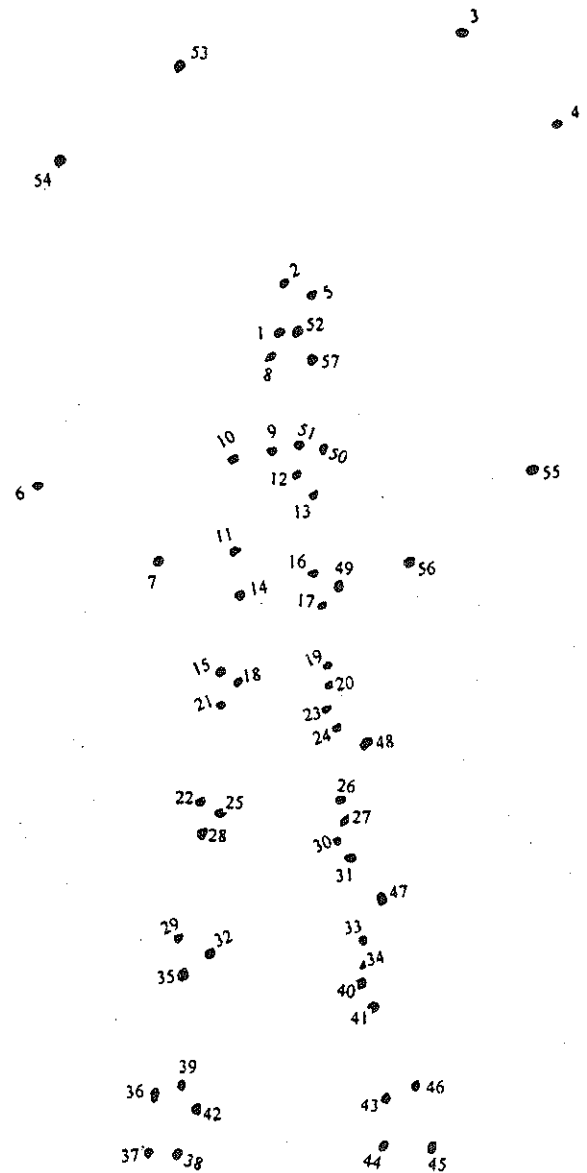
PLEASE RSVP.

CALL 539-8763

FOR TICKET INFORMATION

The secret of health for both mind and body is not to mourn for the past, not to worry about the future, or not to anticipate troubles, but to live in the present moment wisely and earnestly. — Buddha

Connect the Dots



See Page 20 for solution



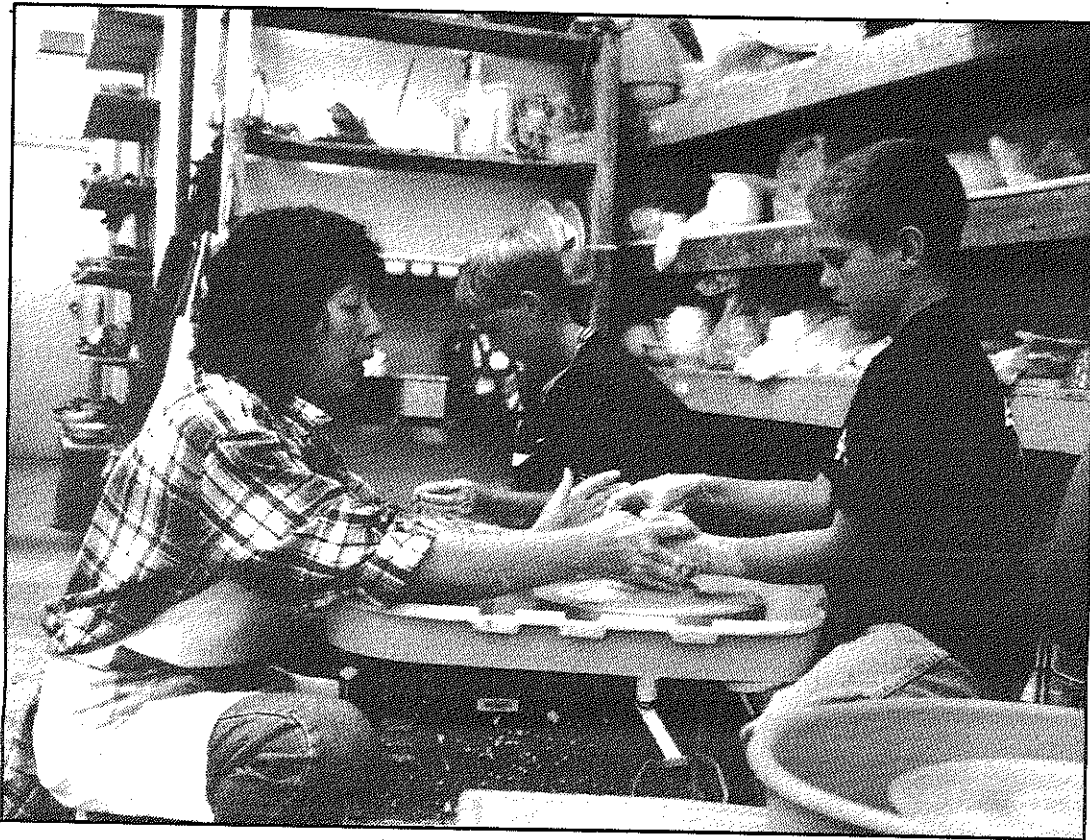
Manhattan Arts Center 1998 Fall Class Schedule

September 9 - December 18, 1998

Clay Wheel
Throwing

Painting

Live
Theatre

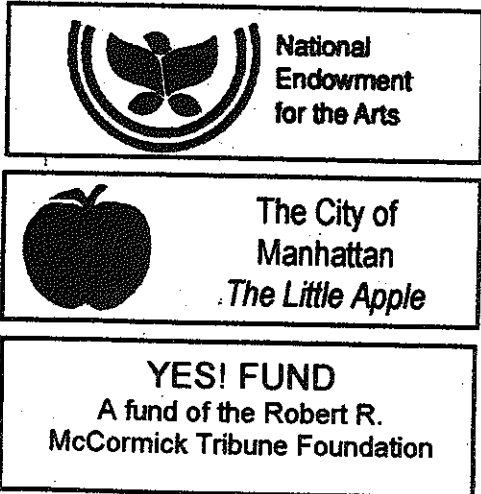


Collage
Design

Barrier
Free
Theatre

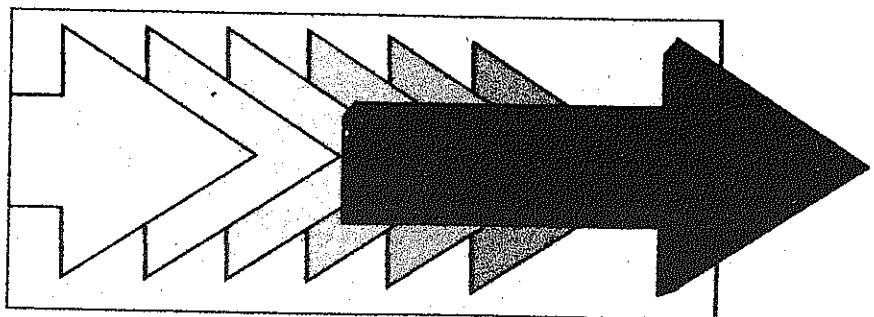
Hand-Built
Pottery

All Classes listed in this insert are held
at the Manhattan Arts Center, 1520 Poyntz Avenue



Manhattan Arts Center

Registration form,
scholarship, busing,
and class information
enclosed...



Funding provided in part by the YES! Fund a fund of the Robert R. McCormick Tribune Foundation, the City of Manhattan, private business donors, the Kansas Arts Commission, a state agency, and the National Endowment for the Arts, a federal agency.



All classes listed below are held at the Manhattan Arts Center,
1520 Poyntz

Call (785) 537-4420 for more information or to enroll.

Theatre

Break A Leg (Minimum 6)

Ages: Grades 1 - 6

Fee: \$50.00 /\$20.00 Reduced Lunch/\$5.00 Free Lunch

Instructor: Staff

Ready for the spotlight to shine on you? This workshop will introduce you to all aspects of the theatrical world. Begin with casting and acting techniques, costuming, make-up, set design, props and even the marketing and publicity required for a successful production. Performance for family and friends will be held at the end of Session II. Those wishing to join only during Session II Classes will go through a brief review of Session I material. Plays will be taken from the book "Just So Stories" by Rudyard Kipling, dramatized by Bren Dubay.

Session I

TC 102 M W 3:45 - 5:15 PM Sept 9 - Oct 26

Session II

TC 202 M W 3:45 - 5:15 PM Nov 2 - Dec 16

Barrier-Free (Maximum 10)

Age: Teens and adults of the special needs populations

Fee: \$25.00

Instructor: Kathryn Foss Pittman

Theatre experience for special needs teens and adults. Students will put on a play and learn basic performance and backstage skills. This class is jointly sponsored by the Manhattan Parks & Recreation Department.

TC 104 Th -4:30 - 6:00 PM Sept 10 - Dec 17

Tech Workshops

Age: Grade 6-12

Learn about lights, set design, make-up and more! Call MAC for more information 537-4420!

Visual Arts

Advanced Adult Watercolor (Minimum 6)

Ages: Adult

Fee: \$55.00

Instructor: Jan Neal

Dabbled in watercolors before? Join on in for a brief review session on the basics then take charge of that brush! Anyone feeling comfortable with watercolors but desiring to advance and improve techniques should join our group. Painting will be done during the six week class sessions and individual consultations, critiques, and advice will be ongoing. Materials not included.

Session I

VA 113 W 9:00 AM - Noon Sept 9 - Oct 21

Session II

VA 213 W 9:00 AM - Noon Nov 4 - Dec 16

Surprise! Surprise! (Minimum 6)

Grades: 1-6

Fee: \$40.00/\$20.00 Reduced Lunch/\$5.00 Free Lunch

Instructor: Pippy Engstrom

Tempera Resist. Get ready for a little magic as that colorful picture you just painted gets covered with black ink. Once you do a little cha cha with water, you won't believe your eyes!

Session I

VA 116 T 3:45 - 5:15 PM Sept 15 - Oct 20

Session II

VA 216 T 3:45 - 5:15 PM Nov 3 - Dec 8

Funny Fingers for Preschoolers (Minimum 6)

Ages: 3-6

Fee: \$40.00/\$20.00 Reduced Lunch/\$5.00 Free Lunch

Instructor: Pippy Engstrom

Who needs tools — those ten little fingers are all you need for this art. Let's have some fun with paint, yarn, sequins and more! We'll create everything from paintings, puppets and pictures!

Session I

VA 112A M 10:00 - 11:15 AM Sept 14 - Oct 26

VA 112B M 1:00 - 2:15 PM Sept 14 - Oct 26

Session II

VA 212A M 10:00 - 11:15 AM Nov 2 - Dec 7

VA 212B M 1:00 - 2:15 PM Nov 2 - Dec 7

Mixed-Up Media (Minimum 6)

Grades: 1-6

Fee: \$40.00/\$20.00 Reduced Lunch/\$5.00 Free Lunch

Instructor: Pippy Engstrom

Sticks and stones may break bones, but you're going to use them in this class! Use different media's such as paint, crayons, fabric, found objects, paper and more to create collages of your favorite scenes!

Session I

VA 114 Th 3:45 - 5:15 PM Sept 10 - Oct 22

Session II

VA 214 Th 3:45 - 5:15 PM Nov 5 - Dec 17

Clay Classes

Story Telling in Clay (Minimum 5)

Ages: 3 - 6 Years

Fee: \$35

Instructor: Susan Denson-Guy

In this class children will listen to and create stories as a class, draw pictures and be guided in the making of clay objects inspired by the stories. This class is designed as a beginning level clay class that will grow with your child. Children must be the minimum age at the time of enrollment.

Session I

CC 529 T 9:30 - 10:45 AM Sept 15 - Oct 20

CC 539 W 9:30 - 10:45 AM Sept 9 - Oct 21

Session II

CC 629 T 9:30 - 10:45 AM Nov 3 - Dec 8

CC 639 W 9:30 - 10:45 AM Nov 4 - Dec 16

Clay Discovery Series

Discover the fun of making clay pots. Special projects will be taught to stimulate creativity and teach the basics of hand built and wheel thrown pottery.

Critters in Clay (Minimum 6)

Ages: Grades 4 - 8

Fee: \$40.00/\$20.00 Reduced Lunch/\$5.00 Free Lunch

Instructor: Staff

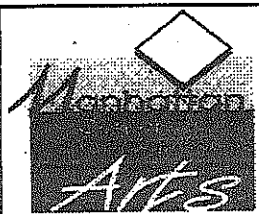
Have fun in this class creating different creatures from dragons to dinosaurs.

Session I - Grades 4 - 8

CC 513 M 3:45 - 5:15 PM Sept 14 - Oct 26

Session II - Grades 4 - 8

CC 613 M 3:45 - 5:15 PM Nov 2 - Dec 7



All classes listed below are held at the Manhattan Arts Center,
1520 Poyntz

Call (785) 537-4420 for more information or to enroll.

Clay Classes

Wheel Thrown Pottery (Minimum 6)

Ages: Grades 5 - 8 and Grades 5 - 12
Fee: \$40.00/\$20.00 Reduced Lunch/\$5.00 Free Lunch
Instructor: Staff

Beginners to intermediate wheel potters will enjoy this class that will focus on functional pottery forms.

Session I - Grades 5 - 8		
CC 523	T 3:45 - 5:15 PM	Sept 15 - Oct 20
Session I - Grades 5 - 12		
CC 543	Th 3:45 - 5:15 PM	Sept 10 - Oct 22
Session II - Grades 5 - 8		
CC 623	T 3:45 - 5:15 PM	Nov 3 - Dec 8
Session II - Grades 5 - 12		
CC 643	Th 3:45 - 5:15 PM	Nov 5 - Dec 17

Hand Built Creations (Minimum 6)

Ages: Grades 1-4
Fee: \$40.00/\$20.00 Reduced Lunch/\$5.00 Free Lunch
Instructor: Staff

This class will concentrate on hand built pottery - fun and functional.

Session I		
CC 553	F 3:45 - 5:15 PM	Sept 11 - Oct 16
Session II		
CC 653	F 3:45 - 5:15 PM	Nov 6 - Dec 18

Hands on Clay (Hand Building/Wheel)

(Minimum 4)

Ages: Adult

Fee: \$60

Instructor: Ester Ikeda

Create unique hand built or wheel thrown stoneware pottery items from birdhouses to dishes that you can eat from when finished. Along with creating pots you will learn different methods of surface decoration including graffito, mishima, carving, and others. No prior experience necessary. However, all skill levels are welcome in these classes.

Session I		
CC 519	M 9:30 - 11:30 AM	Sept 14 - Oct 26
Session II		
CC 619	M 9:00 - 11:00 AM	Nov 2 - Dec 7

Joy of Clay (Minimum 4)

Ages: Adult

Fee: \$60

Instructor: Fran Bellucci- Johnson

Yes, you can make a pot on the wheel or with your own hands! Enroll and we will help you learn the basics of functional wheel throwing and hand built pottery. Those of you wanting to hone your skills are also welcome.

Session I		
CC 541	Th 1:00 - 3:00 PM	Sept 10 - Oct 22
Session II		
CC 641	Th 1:00 - 3:00 PM	Nov 5 - Dec 17

Clay for Special Needs Populations

(Limit 8)

Fee: \$30 (Scholarships available)

Instructor: Aaron Hinrichs

This class is designed to meet the needs of adults with developmental or physical challenges. Hand building and wheel throwing techniques will be used in this class.

Session I		
CC 551	F 1:00 - 3:00 PM	Sept 11 - Oct 16
Session II		
CC 651	F 1:00 - 3:00 PM	Nov 6 - Dec 18

Beginning to Advanced Wheel Throwing

(Minimum 5)

Fee: \$80 two nights, \$60 one night

Instructor: Ester Ikeda

This class is designed to meet the needs of everyone interested in creating wheel thrown pottery. What ever your next point of discovery goal is, come throw and explore. Depending on your individual preferences you may enroll in this class for one or two nights a week - Please be sure to give the correct class number.

Session I		
CC 516	M & W 7:00 - 9:00 PM	Sept 14 - Oct 21
CC 517	M (only) 7:00 - 9:00 PM	Sept 14 - Oct 26
Session II		
CC 616	M & W 7:00 - 9:00 PM	Nov 2 - Dec 16
CC 617	M (only) 7:00 - 9:00 PM	Nov 2 - Dec 7

Family Clay Adventure (Minimum 4)

Fee: \$45 for the 1st family member, \$5 each additional member

Instructor: Sadami Hua

Discover the fun of clay creation with a special family member or mentor. Everyone over the age of 4 is welcome to participate with an adult. Wheel and/or Hand building.

Session I		
CC 547	Th 7:00 - 8:30 PM	Sept 10 - Oct 22
Session II		
CC 647	Th 7:00 - 8:30 PM	Nov 5 - Dec 17

Stoneware Pottery

Fee: \$10 to \$30/finished piece

Instructor: Staff

You don't have to be an artist to design or glaze your own set of dishes. Create your own personal set of dishes that are microwave and dishwasher safe. We offer ready made stoneware cups, plates, and bowls that you can decorate for every occasion (weddings, birthdays, etc.). Preserve those special memories by capturing the hand, foot, or paw print of your favorite little one. These items will make great holiday gifts! The fee for this class is priced by the piece. However, you will need to call in advance to register for the nights you will be in the studio.

Session I through Session II		
CC 727	T 7:00 - 9:00 PM	Sept 15 - Dec 8

Open Studio

(Facility use only, no instruction)

Ages: Adult

Fee: \$30/month plus clay

Open studio enrollment is available for adults who need no instruction. Use of a well-equipped studio, access to glazes, and professional firing is available. For more information call MAC at 537-4420.



All classes listed below are held at the Manhattan Arts Center,
 1520 Poyntz
 Call (785) 537-4420 for more information or to enroll.

Manhattan Arts Center Fall 1998 Enrollment Form

Parent or Adult Student: _____ Phone:(h) _____ (w) _____

Student: _____ Address: _____ City, Zip: _____

Busing: Yes No School Name & Address _____

We qualify: Reduced Lunch Free Lunch

Class Number: _____ Class Name: _____ Cost:\$ _____

Class Number: _____ Class Name: _____ Cost:\$ _____

Payment Method: Check # _____ MCVISA _____ - _____ - _____ Expiration _____ - _____

Signature: _____

Manhattan Arts Center Policies and Descriptions

- To Enroll:** Complete above form, enclose check or MC/Visa number and mail to: MAC, 1520 Poyntz Avenue, Manhattan, KS 66502. Or call in your schedule and pay with MC or Visa at 537-4420. Your registration will not be processed without enrollment fees.
- Enrollment Policy:** Enrollment must be completed within 24 hours of the class start date. Your registration will not be processed without enrollment fees.
- Refund Policy:** NO REFUNDS/CREDITS will be given within 48 hours of the start date of the class. A \$5.00 processing fee per class will be charged for withdrawal. Refunds will be given if the class is cancelled or rescheduled by the Manhattan Arts Center.
- YES! Fund:** The YES! Fund is a supplement given to all youth classes grades 1-12. The prices quoted in the schedule for these classes are YES! funded so that each student may receive discounted rates at a minimum of 20% from the actual class cost.
- Reduced Lunch:** MAC offers an additional 45% reduced rate off of the YES! Fund for those students qualifying for reduced lunches at their schools.
- Free Lunch:** MAC offers an additional 65% reduced rate off of the YES! Fund for those students qualifying for free lunches at their schools.
- Cancellation Policy:** You are enrolled in class(es) unless you are notified. If class minimums are not met, the MAC will cancel the class and notify you within 24 hours of the start date. Make-up days will be scheduled by individual instructors for any cancelled periods.
- Busing:** Busing is available from your students school to the MAC, free of charge, for youth classes 1-8 (schools qualifying). Transportation at the end of each class is the parents responsibility.
- Scholarships:** Scholarships are available for pre-school children needing financial assistance. Please call MAC for more information & required forms.

1998 Fall Class Schedule

MAC will not hold classes on days that U.S.D. 383 schools and transportation are closed. Each class is scheduled for six (6) class sessions.

Fall Session I			Fall Session II		
	Begin	End		Begin	End
Monday	September 14	October 26	Monday	November 2	December 7
Tuesday	September 15	October 20	Tuesday	November 3	December 8
Wednesday	September 9	October 21	Wednesday	November 4	December 16
Thursday	September 10	October 22	Thursday	November 5	December 17
Friday	September 11	October 16	Friday	November 6	December 18
No Classes: September 30, October 1 and 5			*No Classes: November 25, 26, 27		

UFM Community Learning Center



Celebrating 30 years of Lifelong Learning and Community Service



About UFM:

UFM is a not-for-profit community education and resource program offering a wide variety of classes and activities to KSU, Manhattan, the surrounding area and across Kansas.

UFM is best described as making connections—linking people who have common interests. This linkage is achieved through program opportunities and by collaborating with many others in the community.

UFM currently sponsors five program efforts:

—UFM Education Program

—Lou Douglas Lecture Series

—Community Resource Program

—Manhattan Community Garden

—Adolescent Mentoring Program

Interesting Facts About UFM

* UFM's first catalog was published in Spring, 1968, with seven classes. Current catalogs average over 250 classes per semester.

* 4,699 volunteers have taught classes for UFM.

* UFM instructors have ranged in age from 11 to 94.

* UFM has been involved in the creation of 20 community service programs.

* The Manhattan Community Garden offers 161 plots for local gardeners. This is a cooperative project with the City of Manhattan. With over 23 years of experience, the Community Garden is among the oldest in the United States.

Current UFM Staff



Left to right, top to bottom: Charlene Brownson, Anita Madison, Tabitha Wehl, Beverly Earles-Law, Andi Parr and Linda Inlow Teener

* UFM's volunteer model and philosophy that "anyone can teach and anyone can learn" is unique among education programs.

* Started in 1979, UFM's Community Resource Program has assisted 78 Kansas communities with their own community education projects.

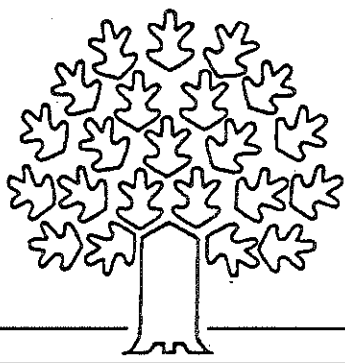
* In thirty years, UFM has only had four Executive Directors.

* UFM cooperates with four KSU departments in offering classes for KSU credit.

* Since its beginnings in 1980, the Lou Douglas Lecture Series has brought 84 provocative speakers to the KSU campus.

For more information about UFM, call us at (785)539-8763 or E-mail at ufm@ksu.edu.

USE REGISTRATION FORM on the back cover.



Earth, Nature & Environment

1221 THURSTON

539-8763

Geology of the Manhattan Area: EN-01 Reading the Record of Ancient Earth History

We will examine rock exposures in the Manhattan area and learn the basic tools used by geologists to reconstruct the ancient geologic past. Find out how to read rock layers like pages in a book. The local rocks record a fascinating and complex history from a time before the beginning of the Age of the Dinosaurs. Come walk through geologic time as we bring 270 million year old environments and biological communities to life. There will be opportunities for fossil collecting at some sites.

Keith Miller (W- 532-2250 H- 537-5066) is a research assistant professor in geology at K-State with broad interests in Earth history. He is particularly fascinated with the geologic record of global environmental change (climate cycles and rising and falling sea levels) and their impact on ancient biological communities. The Earth has had an amazing dynamic history and it is exciting to be involved in reconstructing and retelling that history.

Date: September 12 (Saturday)
Time: 1-4 pm
Fee: \$8 individual/ \$12 family
Location: Assemble at UFM for field trip private cars

Geology of the Manhattan Area: EN-02 Reading the Record of Ancient Earth History

Keith Miller (W- 532-2250 H- 537-5066)

Date: September 19 (Saturday)
Time: 1-4 pm
Fee: \$8 individual/ \$12 family
Location: Assemble at UFM for field trip private cars

The Summer Sky EN-08

The summer sky isn't as spectacular as the winter sky, but is more familiar to most people. (Fair- weather star-gazers!) In this class we'll teach you to find your way among the swan, the eagle, the scorpion, and the teapot. We'll point you to the center of our galaxy, and explore the summer triangle. Maps will be available. Take them on vacation, on camping trips, or plan your own star-gazing sessions. This is an indoor program.

Dean Stramel (539-1931) teaches Earth Science classes at Manhattan High School. He has been sharing his knowledge of the sky for years, and loves to meet people who share his interest in the night sky.

Date: September 22 (Tuesday)
Time: 7 pm
Fee: \$8 individual/\$12 family
Location: Manhattan High School -West, Little Theater

The Winter Sky EN-09

Join us to learn the spectacular winter sky, where Orion rules! Learn some of the brightest stars in the sky, including the red giant Betelgeuse, superhot Rigel, and the dog-star, Sirius. We'll show you the highlights of the winter sky, and lots of stuff about the sky in general. There will also be lots of good hints on observing, and plenty of opportunities for anyone to share their own tidbits of sky facts and lore. This will be an INDOOR program, but maps will be provided so you can find your own way around the sky whenever you can get out.

Dean Stramel (539-1931)

Date: December 8 (Tuesday)
Time: 7 pm
Fee: \$8 individual/\$12 family
Location: Manhattan High School -West, Little Theater

Field Trip: Glacial Area of Pottawatomie County EN-10

How do we know that glaciers visited Kansas? By the rocks from Minnesota they left behind! We'll visit northern Pottawatomie County to collect glacial material including agate, jasper, quartz, quartzite, petrified wood as well as others, some of which may be of gem quality. Bring a beverage and a container for rocks and crystals. Become a rock hound for a day. Rain date October 10.

Dr. F. C. Lanning (537-7599) Professor Emeritus of Chemistry at Kansas State, is a long-time member of the Manhattan Mineral, Gem and Fossil Club.

Date: October 3 (Saturday)
Time: 8:30 - Noon
Fee: \$8 individual/\$12 family or couple
Location: Meet at UFM Fireplace Room

"You may have to fight a battle more than once to win it."

—Margaret Thatcher

Reduce, Reuse, Recycle & Join...

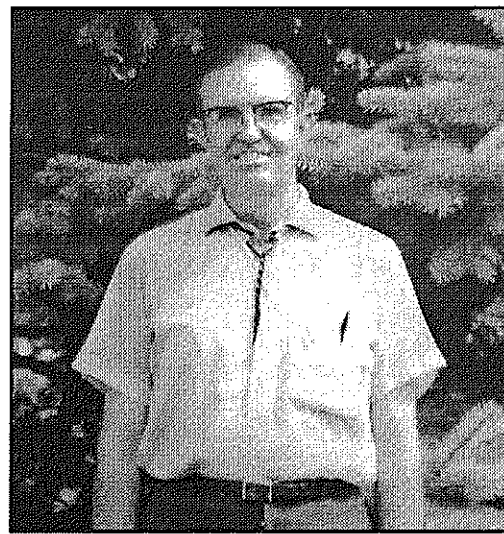
Northern Flint Hills Audubon

Your local Audubon chapter invites you to join us in learning about and helping protect the environment. Here are some highlights:

- Bird Seed Sales (To order, call Mike Rhodes at 539-4863)
- Field Trips to local natural areas; children welcome. (For more information, call Patricia Yeager 776-9593.)
- Programs on topics ranging from environmental preservation shows to local wildlife. Look for details in our newsletter!
- Action on environmental issues

Watch for information on all these activities in *The Prairie Falcon*, the chapter's newsletter. For more information, call Dolly Gudder (537-4102).

WE NEED YOU!



Featured UFM Instructor Dr. F. C. Lanning

Dr. Lanning is an Emeritus Professor of Chemistry at Kansas State University and was active in the Department for more than 30 years. While at K-State, he taught Freshman Chemistry and Inorganic Chemistry. Silicon Chemistry is one of his interests and he has done considerable research in the field and published many articles in scientific journals. He has B.S. and M.S. degrees from the University of Denver and a Ph.D. degree in Chemistry from the University of Minnesota.

Growing up in Denver, Colorado, Dr. Lanning spent considerable time in the Rocky Mountains and became interested in rocks. He has been a member of the Manhattan Mineral, Gem and Fossil Club. For many years Dr. Lanning has offered field trips for UFM. Many families and individuals have had the pleasure of being a rock hound for a day on one of Dr. Lanning's UFM field trips. This fall the field trip will be to the Glacial Area of Pottawatomie County.

An Introduction to Wildlife Rehabilitation (What to do if you find a baby bird) EN-11

This class will be an introduction to wildlife rehabilitation. Topics include the types of animals that are encountered and the types of care required, how to recognize an animal orphan and what steps are required to insure it's well-being and how to prevent "Good Sam" orphans. An explanation of the permit requirements for the possession of wildlife in the state of Kansas will be discussed along with how to become involved with your local wildlife rehabilitation program.

Cindy Chard-Bergstrom (537-0681) is the director of Wildlife Rehabilitation Coop. She has been involved in wildlife rehabilitation for 8 years. Cindy has lived in Kansas her entire life and enjoys working with songbirds, migratory water fowl, mammals and raptors, and somehow manages to stay sane.

Date: October 21 (Wednesday)
Time: 7 pm
Fee: \$8
Location: UFM Conference Room

An Introduction to Wildlife Rehabilitation EN-12

Cindy Chard-Bergstrom (537-0681)

Date: November 4 (Wednesday)
Time: 7 pm
Fee: \$8
Location: UFM Conference Room

Looking for a Whole New World to Explore?

•Crafts

•Poetry

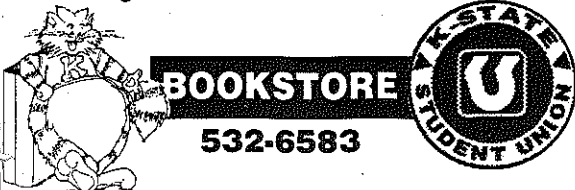
•Nature

•Gardening

•Photography & Art

•Book Club

Stop by the Book Desk in the store to sign up for your free membership. After you've purchased 10 general books, we will average the prices & apply that amount to your next purchase...Start Earning Free Books NOW!



<http://union.ksun.ksu.edu/bookstor/main.htm>

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Sustainable Manhattan Round Table Series

This series of five round table discussions is a continuation of the process begun in spring 1997, under the umbrella of Sustainable Manhattan. The goal is to get community involvement and input into projects and processes that help Manhattan move toward a sustainable future. These sessions are offered at no cost and you may sign up for any that interest you.

Does The Mass Media Promote Sustainability or Prevent it?

EN-03



Does the mass media promote sustainability, or prevent it? Panelists from the K-State's School of Journalism and Mass Communications will debate this question, offering print, radio, television, and Internet-based examples to support their views. Join us for a lively discussion on how the mass media often focuses the public's attention on certain political, economic, environmental, and social issues while glossing over or ignoring others.

Dave MacFarland, (Contact: Carol Peak 532-6868) an Associate Professor of Radio-TV-Multimedia at K-State, will facilitate the discussion. Dave has been on the K-State faculty since 1972 and has published three books on radio programming. Dave is an active member of Sustainable Manhattan.

Date: October 15 (Thursday)
Time: 7 pm
Fee: N/C
Location:

"Virtual Shepherders" Discussion Group

EN-04



Join us for a series of lively and thoughtful discussions on a variety of sustainability issues related to agriculture, economics, science, and environment & natural resources. Topics are based on selected readings suggested by participants and chosen by the group. Participants volunteer to facilitate the discussions. Past topics have included science and ethics, Native American Agriculture and world views, spirituality and the environment, population and consumption, and deep ecology. A series of recent discussion has focused on *Ishmael* and other works by author Daniel Quinn. Future topics are likely to include bioregionalism, sustainable agriculture, land stewardship, and sustainable communities. Discussion dates and times vary, but are generally held bi-weekly and alternate between lunchtime and evening hours, both on and off-campus.

For more information, or to get on the e-mail list, please call Laura Weingartner at 532-0408 or e-mail her at lweingar@ksu.edu.

Date: Varies
Time: Varies
Fee: N/C
Location: Varies

Introduction to Holistic Management

EN-07



Holistic management is a process of defining resources, establishing goals, making decisions, and monitoring progress. It doesn't require any exotic technology or large sums of money, just a healthy dose of common sense and willingness to plan. Holistic management helps individuals, families, organizations, and communities restore the vitality of their resources to improve their quality of life.

Stan Freyenberger (532-4486) is currently working toward certification as a registered educator of holistic management. Returning to the U.S. after nearly 20 years of rural community development work in Ghana and Nepal, Stan has found holistic management to be one of the most balanced processes for economically, environmentally, and socially sound decision making. Stan is currently utilizing holistic management training in the Sustainable Agriculture Research and Education project at K-State.

Date: September 10 (Thursday)
Time: 7 pm
Fee: N/C
Location: UFM Conference Room

Growth vs. Development: Sustainable Land Use Planning in Manhattan & Riley

EN-05



Is the growth of our community headed in the right direction? Join us for a lively and provocative discussion of sustainability issues related to land use planning in Manhattan and Riley County. Panelists will discuss continued residential growth at the fringes of Manhattan, the need for increased cooperation between City and County planning efforts, economic development, and the preservation of agricultural lands and open space.

Lorn Clement, Eric Cattell, Bruce Snead, Monty Wedel, Tom Phillips, Janet Throne and Carol Peak (532-6868) Carol will moderate the discussion. Carol is Director of the Kansas Center for Rural Initiatives at K-State and serves on the

Manhattan Urban Area Planning Board and Mayor's Task Force on Economic Development. Lorn is an Associate Professor of Landscape Architecture at K-State and Chair of the Riley County Planning Board. Eric is Assistant Director for Planning for Manhattan Community Development. Bruce is an Extension Specialist in Engineering Extension at K-State. Bruce is a city Commissioner and former Mayor of Manhattan. Monty is Director of Planning and Special Projects for Riley County. Tom is a local planning consultant and Chair of the Manhattan Urban Area Planning Board. Janet is Conservation Chair for the Northern Flint Hills Audubon Society.

Date: October 1 (Thursday)
Time: 7 pm
Fee: N/C
Location: Manhattan Public Library Auditorium

Local Grants for Sustainable Development

EN-06



Sustainable Manhattan is pleased to offer "mini-grants" to local organizations and agencies interested in sponsoring projects that promote the long-term cultural/social, economic, and environmental sustainability of the Manhattan area. Funding for the "mini-grants" is made possible from a Sustainable Development Challenge Grant awarded to Sustainable Manhattan by the U.S. Environmental Protection Agency. This workshop will provide an overview of the guidelines and application procedures for the Sustainable Manhattan mini-grant program. Non-profit/grassroots, private/business, and public/governmental entities are invited to apply.

Bruce Snead, Carol Peak (532-6868) Carol is Director of the Kansas Center for Rural Initiatives at K-State and serves on the Sustainable Manhattan Coordination Committee. Bruce is an Extension Specialist in Engineering Extension at K-State and serves on the Sustainable Manhattan Coordinating Committee.

Date: September 17 (Thursday)
Time: 7 pm
Fee: N/C
Location: Douglass Center Annex

Solar Greenhouse

EN-13

Everyone enjoys the fresh smells of greenhouse life. Attached to your home and properly designed they can help warm your home, contribute moisture and fresh winter greens. In this class we will discuss possibilities we've learned in 20 years of passive solar experience.

Bill Dorsett (539-1956) has been working for 20 years to put solar energy to use in Manhattan.

Date: September 26 (Saturday)
Time: 1 pm
Fee: \$8
Location: UFM Greenhouse

Solar Collectors You Can Build

EN-14

Contrary to common belief, active solar heating can be an inexpensive way to heat your home and domestic hot water. In this session we'll talk about various ways to capture the sun's heat to our benefit.

Bill Dorsett (539-1956)

Date: October 10 (Saturday)
Time: 1 pm
Fee: \$8
Location: UFM Greenhouse

Solar Electric Systems

EN-15

Not only can the sun provide fresh greens and heat our water, sunshine can be directly changed into electricity for all uses that your wall outlet provides. In this session, we will discuss solar modules, electric controls and various batteries.

Bill Dorsett (539-1956)

Date: October 24 (Saturday)
Time: 1 pm
Fee: \$8
Location: 1715 Leavenworth

"It's a funny thing about life: If you refuse to accept anything but the best, you often get it."
—W. Somerset Maugham

UFM COMMUNITY LEARNING CENTER
30TH ANNIVERSARY CELEBRATION
AND ANNUAL MEETING
FRIDAY, OCTOBER 2, 1998
CALL 539-8763 FOR MORE INFORMATION

About UFM Classes

UFM adheres to the philosophy that anyone can teach and anyone can learn. We rely on the credentials provided by instructors, class observation and participant feedback as tools for evaluating a class and an instructor's abilities.

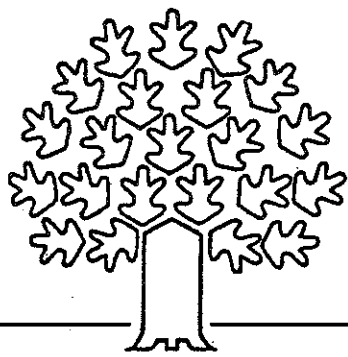
UFM classes are not a forum for selling a product or service from which the instructor might benefit. Materials specifically oriented to an instructor's financial interests are not to be distributed in class. Participants who wish to pursue a relationship with an instructor outside class time do so on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

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Personal Development

1221 THURSTON

539-8763

Jungian Approaches to Fathering

SP-01

Is there a king, warrior, magician and lover inside every man and father? This class will explore these male archetypes in various expressions of fathering, paying attention to both positive and negative expressions of the archetypes. A theoretical basis for Jungian fathering will be presented as well as practical applications for using the masculine archetypes to improve family relationships. Fathers and future fathers of all ages, racial backgrounds, and occupations are encouraged to attend.

Michael Powers (587-4300) is a psychotherapist for the Child and Family Program at Pawnee Mental Health Services. A masters level psychologist, his main interests in the field include working with couples and families, chemical dependency and men's issues.

Date: November 4 (Wednesday)
Time: 7 - 9 pm
Fee: \$8
Location: Pawnee Mental Health Services
Community Room, 2001 Claflin Rd.

Introduction to Zen Buddhist Philosophy and Practice

SP-02

Zen Buddhist philosophy aims for enlightenment by direct intuition through meditation. Join us for discussion and practice of Zen meditation (Zazen) with a major focus on the Soto tradition or "school." Other traditions will also be discussed. Please bring a cushion to sit on in class.

Leon Rappoport (532-6850) is a Professor of Psychology at K-State and has been a student of Zen Buddhism for approximately 21 years, practicing under the direction of Soto masters Dairin Katagiri and Shonhaku Okumura. He is affiliated with the Minneapolis Zen Meditation Center.

Date: October 14 & 21 (Wednesday)
Time: 7:30-9 pm
Fee: \$14
Location: 121 A South 4th Street, Room 211

Philosophy of Gurdjieff and Ouspensky

SP-03

Explore the psychological system of the two Russian philosophers and teachers, Gurdjieff and Ouspensky. Their philosophy seeks to join Eastern traditions with western needs, emphasizing a system of self-development grounded in verification through personal exercises, discussion, and reading aloud from Ouspensky's *A Psychology of Man's Possible Evolution*.

David Seamon (539-0391) has been active with Gurdjieff's work for 21 years. He has studied with J.G. Bennett, a pupil of both Gurdjieff and Ouspensky.

Date: September 16 - October 14 (Wednesday)
Time: 7:30- 9 pm
Fee: \$18
Location: UFM Conference Room

Shalom: A Study of the Biblical Concept of Peace

SP-04

Peacemaking is of vital concern to those searching for an appropriate response to the "culture of violence" that threatens to destroy the social bonds which hold our communities together. Beginning with the *shalom* of the Hebrew Scriptures and the *eirene* of the New Testament, the meanings of "peace" will be traced and their relevance for today explored.

Rev. David A. Jones (539-4281) is the campus pastor at the Ecumenical Campus Ministry at K-State. He has experience as both a local church pastor and seminary instructor, and recently earned his Ph.D. in religion from Vanderbilt University.

Date: September 3 - December 10 (Thursday)
Time: 8-9 pm
Fee: \$24 includes resource book
Location: ECM Campus Center
1021 Denison

The Goddess Workshop

SP-05

Empower yourself through:

- A process to develop your intuition
- Learning basic meditation
- Connecting to your higher self
- Acceptance and appreciation of what you are
- The powerful bond of sisterhood
- Bringing out the best in you

The Goddess workshop opens the heart of a woman to the deepest part of herself where all her power lies. It's time to come together and bask in the glory of who you really are. You are God's greatest gift to creation. You are the nurturer who upholds all of humanity. You are woman! We welcome you to join us in our celebration.

Fay Shanti Maria is known throughout the world as a spiritual teacher, counselor and healer. She also teaches workshops on her transformational Angelic Bodyworks. She is an incredible woman and is affectionately called Mother of Love by all who know her. Her qualities of compassion, warmth, wisdom, inspiration, and pure love encompass all who meet her.

Date: September 20 (Sunday)
Time: 10 am - 4 pm
Fee: \$94
Location: to be announced

The Goddess Workshop

SP-06

Fay Shanti Maria

Date: October 4 (Sunday)
Time: 10 am - 4 pm
Fee: \$94
Location: to be announced

The Goddess Workshop

SP-07

Fay Shanti Maria

Date: November 8 (Sunday)
Time: 10 am - 4 pm
Fee: \$94
Location: to be announced

Demystifying Meditation

SP-08

This class is nonsecular in nature and is aimed at all educational levels. It is 30% lecture, 40% discussion, and 30% experiential. Although there can be other objectives, meditation is basically a tool that helps a person reach a higher state of consciousness. There are as many reasons to achieve these states as there are people. Consequently, there are also hundreds of different methods of meditation. How does one choose which is the correct practice for him or herself? This class will touch on some of the more successful methods and attempt to assist the participants in identifying the method that is best for them. Please bring a cushion or blanket and wear loose clothing.

Stan Stitz is a long time practitioner and student of varied nonsecular and Eastern secular meditation practices. While traveling throughout Asia and the Orient he has trained and practiced with many well known meditation and spiritual teachers.

Date: September 23, 30, October 7
Time: 7 - 8:30 pm
Fee: \$12
Location: 121 A South 4th, Room 211

What Do You Mean By THAT?

SP-09

Parents and their teenagers will have fun together as they learn to build communication skills in this class. We will look at strategies that can help the generations tune in to each other and learn techniques that both parents and teens can use to "hear" and "be heard." Hints for using problem solving language and avoiding problem building language will be addressed. This class is designed for parent-teen duos, but individual participants are welcome.

John Cook (587-4300) is a licensed specialist clinical social worker and program manager for Pawnee Mental Health Services Child and Family Program where he has helped families to improve communication skills for over 20 years. He is a parent of two kids that he has good communication with on occasion.

Date: October 5 (Monday)
Time: 6:30 - 8:30 pm
Fee: \$8 individual/\$10 family
Location: Pawnee Mental Health Services
Community Room, 2001 Claflin Rd.

Depression or DEPRESSION?

"depression" is the blues

Everyone feels down when life is difficult, but you know better days are ahead.

DEPRESSION is an illness

- > The dark mood never lifts.
 - > Sleep, appetite, and energy level, as well as thoughts, are affected.
 - > It's difficult or impossible to function.
 - > Life may seem too hard to go on.
- DEPRESSION is an illness that affects 20 percent of the population at some time. It's an illness; treatment works.

National Depression Screening Day
October 8
This test could change your life.



Call for information about the screening and a free brochure on DEPRESSION.

Call 587-4326

P A W N E E
Mental Health Services

"You must do things you think you cannot do."

—Eleanor Roosevelt

"Eighty percent of success is showing up."

—Woody Allen



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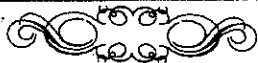


SHARP Self-Defense for Women SP-11

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 condition.

Diana Tarver (827-7302) is a black belt in Taekwondo and Hapkido and is a certified instructor with the American Taekwondo Association. She has 14 years experience teaching martial arts, police defensive tactics and Sexual Harassment Assault and Rape Prevention for Women.

Date: October 26 (Monday)
Time: 6:30 - 10 pm
Fee: \$18
Location: First Lutheran Church (Basement)
930 Poyntz



Woman's Retreat SP-13

Addressing Issues of Relationships & Sexuality
Join us at the Historic Colt House Inn for this balanced week-end of workshops, quiet time, discussion, mild exercise, food & friendship. We plan to form a community of support, trust, and sisterhood to help us all better understand ourselves and our relationships. The core workshop will be "Making Love Work" - 40 secrets about Men & Women. Have you ever wished MEN came with instruction booklets? We try to understand men, take care of them and to receive love from them - when it works it's fantastic, when it doesn't, we think men are impossible - sometimes we think we would be better off without them. Upon completion of this workshop, participants should be able to identify: 10 guidelines for assessing a man's relationship abilities. 10 guidelines for assessing a man's own readiness and relationship disabilities. 10 guidelines for your communication capabilities with a man. 10 secrets that will greatly enhance your sexual expressiveness. During the week-end we will have opportunities to relax in a Jacuzzi, and mild massage will be part of the retreat package. A masseuse will be available for scheduling deep massage for an additional cost on an individual basis. We will do some relaxation and stress reduction and positive self-talk exercises. Check in on Friday between 4-6 pm, have supper on Friday, Saturday we'll serve breakfast, lunch and dinner, Sunday we'll serve breakfast and check out at 11 am. You will receive a schedule and description before class. If you have any questions, call Michael Cody at the Colt House Inn 776-7500.

Kristy Meeks, Mary Kay Stuffer & Michael Cody (776-7500) Kristy has a Masters degree in Counseling, and has many years of experience working with drug and alcohol education, she is currently State of Kansas Coordinator for Safe & Drug Free Schools. Mary has a Masters degree in Counseling, and works for the Geary County School System. Michael owns the Colt House Inn and has many years of experience working with women in crisis, both in shelters and in UFM programs for at risk women. All three women have numerous life experiences which they have used to impel their own growth and skills in working with others.

Date: November 20 - 22 (Friday - Sunday)
Time: Friday 4 pm to Sunday 11 am
Fee: \$280
Location: Colt House Inn
617 Houston St

Parents Together

Are you being pushed to the limit by your teen? Do you think you are alone? Is your teen behaving in a disruptive way? Talk with other parents who have been in your shoes. Parents Together is a support system for parents who have teens experiencing problems with truancy, drugs, alcohol, pregnancy or legal problems. If you need someone to talk to, call Linda at 539

This group is funded as part of a grant from the City of Manhattan. For questions, call Linda at 539-8763.

Professional Workforce Self-Development

BP-14

Workplaces, lifelong learning and development is a major responsibility that employees have as professionals to their customers, co-workers, employer and profession, as well as to themselves. This class is designed for participants to learn how to: A) self-direct and manage their continuing professional development throughout their career/life span; B) engage in beneficial developmental partnerships with their co-workers (mentors) and supervisors or managers (coaches). Self-development and partnerships is essential for professionals to improve competencies and performance, achieve professional success and job satisfaction, and enhance abilities to maximize their full potential as professionals.

Dr. Stephen Scheneman & Dr. Kenneth Hughey (537-9067) Steve is a unit leader, specializing in lifelong learning and development, of the K-State Research and Extension Office of Professional Development. He received his Ph. D. in Extension Education from the Ohio State University in Columbus. Ken is an associate professor, specializing in career development in the Department of Counseling and Educational Psychology at K-State University. He received his Ph. D. in Counseling Psychology from the University of Missouri in Columbia.

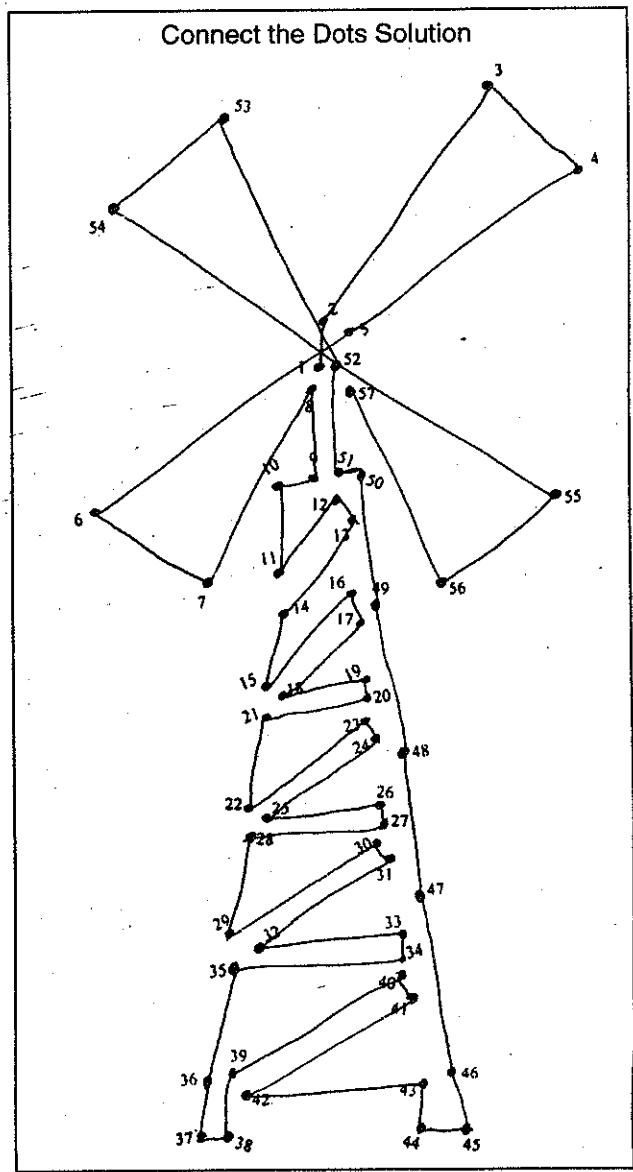
Date: November 12 (Thursday)
Time: 7 - 9 pm
Fee: \$8
Location: UFM Conference Room

Angelic Bodyworks SP-12

Learn to heal with the Angels. Angelic Bodyworks is a gift given to Fay Shanti Maria from Archangels. It works on the subtle and refined levels of the body. This divine energy is proven effective in healing and nurturing the heart and allows the emotional blocks to be removed through the power of divine love. It also clears and balances the Chakras. It penetrates and ultimately transcends all muscles, tissues, bones, and cells. It is a profound experience and is extremely healing.

Fay Shanti Maria is known throughout the United States as a spiritual teacher and healer. She welcomes you to explore the power of Angelic Bodyworks and wishes to share her knowledge with you. This class will teach you how to do Angelic Bodyworks and is limited to only 8 people, so please register early.

Date: September 27 (Sunday)
Time: 10 am - 4 pm
Fee: \$158
Location: to be announced



..... x x x x x x x x
"When one door is shut, another opens."
—Miguel De Cervantes

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and Bodywork Board Certified

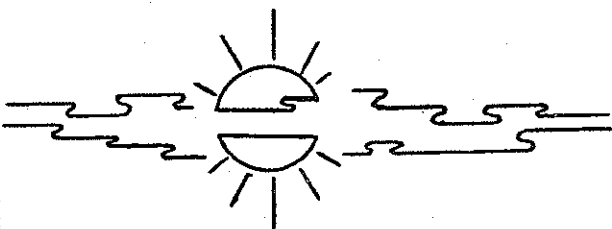


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- reduce stress, tension, aches and pains

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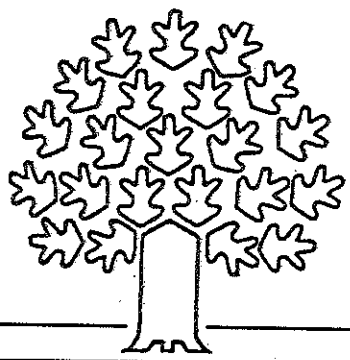


. . . to breaking through
Daniel N. Berkow, Ph.D.
LICENSED PSYCHOLOGIST

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- Anxiety
- Relationships
- Learning Disabilities/ADD
- Habitual Behaviors/Addictions

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all types of insurance accepted



Wellness

1221 THURSTON

539-8763

Introducing Jin Shin Jyutsu: WE-01 A Self-Help Class

Jin Shin Jyutsu translates as the "Art of the Creator through knowing and compassionate person." It is an ancient art of releasing the tensions which are the causes of various symptoms of discomfort. In Jin Shin Jyutsu philosophy, our bodies contain energy pathways which become blocked through daily physical, mental, emotional or spiritual stresses, resulting in pain and discomfort. We can unblock these pathways through non-forceful application of the hands to various locations on the body, giving ourselves renewed vitality, deep relaxation, pain relief, easier breathing and decreased stress. This course will introduce you to hands-on techniques for self and others, and to the history, philosophy, and theory of Jin Shin Jyutsu. Jin Shin Jyutsu self-help books will be available for purchase (optional). Please bring a blanket with you to class.

Karma Smith (539-3733) is a Licensed Practical Nurse, a graduate of the McKinnon Institute of Professional Massage and Body Work in Oakland, CA, and is a skilled touch practitioner whose avocation during the last twenty years has been to study and practice a variety of body-work modalities: Alexander Technique, Tai Chi, Swedish and Esalen Massage, Shiatsu, Chi Gong, Geriatric Massage, Therapeutic Touch, and Skilled Touch for the Dying. Since her retirement from home health and hospice nursing in 1995, she has been studying and practicing Jin Shin Jyutsu intensively and is certified as a practitioner and a self-help instructor.

Date: November 2,9,16 (Monday)
Time: 7-9 pm
Fee: \$14
Location: UFM Greenhouse

"Miracles happen to those who believe in them."
—Bernard Brenson

Women's Way- Natural Choices WE-02 for Menopause

Millions of women between 35 and 55 are entering menopause. This class will provide information that helps answer questions about symptoms and choices for treatments. The focus will be on a holistic approach, including information on homeopathy, nutrition, herbs and natural hormone balancing. Related sources and handouts will be provided.

Ranae Cushing (776-2350) is a Health Educator with a Masters in Clinical Holistic Health Education and over 10 years teaching experience. Her goal is to help people help themselves with informed choices.

Date: October 10 (Saturday)
Time: 1:30 - 3 pm
Fee: \$18
Location: UFM Conference Room

Introduction to Feng Shui WE-03

Feng Shui is the Chinese system of design and placement as applied to one's home and workplace. The objective is to promote a harmonious living environment and a feeling of well-being. We will discuss ways to enhance your career, family, life, health, prosperity, and the mysticisms of this ancient tradition. Feng Shui will appeal to all those who wish to live in harmony with nature and achieve their fullest potential.

Don Terhune (539-4277) is a Feng Shui practitioner with Feng Shui Design Studio of Manhattan, KS. He is schooled in Tantric Black Sect Feng Shui as taught by professor Lin Yun, Grand Master of Feng Shui in Berkeley, CA. He received in-depth training at a professional level from the nationally-known Feng Shui consultants, writers and video producers, Helen and James Jay at Feng Shui Designs Learning Center in Nevada City, CA.

Date: October 6 (Tuesday)
Time: 7-9 pm
Fee: \$18
Location: UFM Greenhouse

Tai Chi Ch'aun For Beginners WE-04

Tai Chi Ch'aun is an Ancient Chinese exercise to increase the balance and harmony of the body, mind, and spirit. The practice of Tai Chi Ch'aun 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 basic movement and techniques of Tai Chi Ch'aun Yang style, the most popular form of Tai Chi Ch'aun inside and outside of China today, and can be practiced by young and old, any time, any place.

Mei Hwa Terhune (539-4277) is a native of China where she acquired her knowledge of Tai Chi Ch'aun while attending Ming Chuang College, Taipei, Taiwan. Her interest in Tai Chi Ch'aun has been ongoing and she has studied with several of today's prominent Chinese practitioners of the art.

Date: September 9 - October 21 (Wednesday)
Time: 5:30 - 6:30 pm
Fee: \$55
Location: ECM Building
1021 Denison Ave.

Massage for the Individual WE-11

Learn the basic principles of therapeutic massage that will enable you to relieve muscular aches and pains, tension, and stiffness, as well as create relaxation for yourself. Participants will learn a self-massage routine that they can adapt to their personal needs. Participants should bring a blanket and/or pillow and wear loose clothing or shorts and t-shirt.

Bernice Martin (587-9382) is a graduate of the Downeast School of Massage and is a registered massage therapist in the state of Maine. Her work is primarily Swedish Massage but incorporates aspects of deep tissue work and energy healing.

Date: October 6 (Tuesday)
Time: 7-9 pm
Fee: \$15
Location: UFM Banquet Room

Introduction to Massage WE-12 for Couples

Learn the basic principles of therapeutic massage and the role of massage in maintaining health. Swedish-style massage uses long, flowing strokes and is the most common style of massage. Emphasis will be on the neck and back. Participants should wear bathing suits under loose-fitting clothes. We will be working in pairs. Each pair will need a sleeping bag/thick blanket or comforter and 2 flat sheets.

Bernice Martin (587-9382)

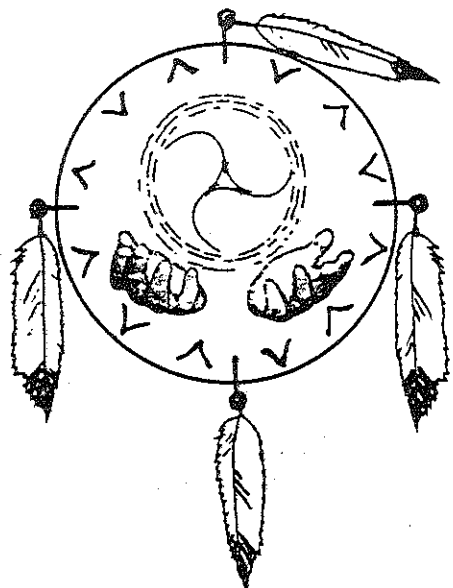
Date: October 13 & 20 (Tuesday)
Time: 7-9 pm
Fee: \$26 per couple
Location: UFM Banquet Room

Numerology WE-13

Numbers associated with your name and birth date reflect three main influences that vitally affect you: Your Soul Urge, Expression, and Life Path. This information, plus a lot more, can be found in the study of numerology. When you understand how the vibrations of these numbers influence your life, you can focus on working with the numbers rather than against them. Unlike a lottery ticket, these numbers are a sure thing - from birth! Fee includes book. Private consultation, by appointment only. Call (785) 539-0370.

June Hunzeker at a young age recognized the influence of "key" numbers in her life. Studying numerology, she discovered the unseen significance of numbers - their vibrations - and the value in working with them.

Date: August 6 - December 11
Time: By Appointment
Fee: \$34 per consultation
Location: 4531 McDowell Creek Rd



Four Winds Therapeutic Massage

Bernice Martin
Certified Massage Therapist

Coming in September 1998

Make Every Day Count For Good Mental Health

Continuing Education For Helping Professionals and Volunteers

- **Crisis Intervention**
For Individuals and Communities
September 30
- **Understanding Emotional IQ**
October 28
- **The Angry Child**
November 18

C.E. workshops are 12:45-3:45 p.m. at Houston Street Center, 5th & Houston. The fee is \$21. Pre-registration is requested.

Workshops meet criteria for continuing education credit for many professions. Enrollment is open to everyone.

Call for information and brochure
587-4326

 **P A W N E E**
Mental Health Services

UFM CLASSES make great gifts.



Health, Healing & Harmony Series



Introduction to Aromatherapy WE-05

Aromatherapy is the art of using essential oils for healing. The olfactory membrane is the only place in the human body where the central nervous system is directly exposed to the environment. Through the sense of smell, we tap into the limbic portion of the brain where emotions, imaginations, memory, and our sexual drive are evoked. Essential oils can soothe, relax, energize, or stimulate the body, mind and spirit.

Kris Barnard has been a Licensed Practical Nurse for 20 years. She has practiced and used Meditation, Aromatherapy, and Therapeutic Touch for many years. She owns her own business, Health and Harmony Pathways.

Date: September 8 (Tuesday)
Time: 6:30 - 7:30 pm
Fee: \$9 one class/ \$20 series
Location: UFM Greenhouse

Introduction to Aromatherapy WE-08

Kris Barnard
Date: October 6 (Tuesday)
Time: 6:30 - 7:30 pm
Fee: \$9 one class/ \$20 series
Location: UFM Conference Room

Introduction to Therapeutic Touch WE-06

Therapeutic Touch is the subtle balancing of the human energy field used to promote wound healing, reduce stress and decrease pain. Therapeutic Touch is a unique relaxation technique where the practitioner uses hands three to five inches away from the client to assess, then balance the energy field, thus helping the client tap into his or her own natural healing ability.

Kris Barnard
Date: September 15 (Tuesday)
Time: 6:30 - 7:30 pm
Fee: \$9 one class/ \$20 series
Location: UFM Greenhouse

Introduction to Therapeutic Touch WE-09

Kris Barnard
Date: October 13 (Tuesday)
Time: 6:30 - 7:30 pm
Fee: \$9 one class/ \$20 series
Location: UFM Greenhouse

Introduction to Meditation WE-07

Meditation does not have to be difficult, painful or stressful. Learning to quiet our minds helps to instill a feeling of calm and inner peace. Some of the benefits are increased energy, improved sleep patterns, improved memory and decreased stress levels.

Kris Barnard
Date: September 22 (Tuesday)
Time: 6:30 - 7:30 pm
Fee: \$9 one class/ \$20 series
Location: UFM Greenhouse

Introduction to Meditation WE-10

Kris Barnard
Date: October 20 (Tuesday)
Time: 6:30 - 7:30 pm
Fee: \$9 one class/ \$20 series
Location: UFM Greenhouse

Win \$1 off any UFM Class...

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

Introduction to Gemisphere Energy Medicine WE-14

Gemisphere Energy Medicine (G.E.M.) is a holistic health practice involving the use of therapeutic quality gemstones. The use of gemstones for this purpose dates to ancient cultures on Earth. We are now ready for new practices with gemstone energy medicine. We will discuss the concepts of holistic health, Universal Life Energy, subtle body physiology, and Gemisphere Energy Medicine. Four handouts included in fee. NOTE: This class is a prerequisite for enrollment in G.E.M. and the 7 Color Rays.

June Hunzeker
Date: September 9 (Wednesday)
Time: 7 - 9 pm
Fee: \$18/\$39 both WE-14 and WE-16
Location: UFM Greenhouse

Introduction to Gemisphere Energy Medicine WE-15

June Hunzeker (539-0370)
Date: October 7 (Wednesday)
Time: 7 - 9 pm
Fee: \$18/\$39 for both WE-15 and WE-17
Location: UFM Greenhouse

G.E.M. and the 7 Color Rays WE-16

This class provides information about the 7 color rays, which are necessary for life and health. We will discuss the 7 gemstones that "carry" the color rays, your main color ray and how it defines your greatest strength, and the effects of the color rays on strengths and weaknesses. Book included in fee. Prerequisite: Introduction to Gemisphere Energy Medicine Class.

June Hunzeker
Date: September 23 (Wednesday)
Time: 7 - 9 pm
Fee: \$25/\$39 for both WE-14 and WE-16
Location: UFM Greenhouse

G.E.M. and the 7 Color Rays WE-17

June Hunzeker
Date: October 14 (Wednesday)
Time: 7 - 9 pm
Fee: \$25/\$39 for both WE-15 and WE-17
Location: UFM Greenhouse

Introduction to Reiki WE-18

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

June Hunzeker has been working with holistic health therapies for many years. She is a Third Degree Reiki practitioner in the Usui System of Natural Healing. She is among the first class of 25 students from around the world to complete Gemisphere Energy Medicine I. Aromatherapy and Numerology are additional services she offers. Her studies and work with energy therapies continue to expand. June maintains a private practice, Flint Hills Peacemakers. "My heart sings every time a different holistic health practice is presented for my study/work. They are the peacemakers," she says; "I'm simply the happy assistant."

Date: September 17 (Thursday)
Time: 7 - 9 pm
Fee: \$11
Location: UFM Greenhouse

Introduction to Reiki WE-19

June Hunzeker
Date: November 12 (Thursday)
Time: 7 - 9 pm
Fee: \$11
Location: UFM Greenhouse

"May all your troubles last as long as you New Year's resolutions."

—Joey Adams

Yoga for Women WE-20

Yoga can be a useful tool to help the physical, mental and emotional challenges (of being a woman). We will focus on the practice of asana (postures) and pranayama (breath) as well as developing a personal practice which meets each individual's needs. This class is for women of all ages. Please bring a mat or towel, and wear comfortable clothes that do not restrict movement. For your safety and comfort please do not eat for at least 3 hours before class.

Ana Franklin (537-8224) has been practicing yoga for more than 25 years. She teaches in the Tradition of T. Krishnamacharya who was teacher to BKS Iyengar, Patabi Jois and other eminent yoga teachers, including her father Albert Franklin, who taught yoga through UFM in the 1970's. Ana is a student of Gary Kraftsow, who studies under TKV Desikachar, Sri Krishnamacharya's son.

Date: September 22 - October 27 (Tuesday)
Time: 5:30 pm
Fee: \$68
Location: UFM Multipurpose Room

Yoga for Women WE-21

Ana Franklin (537-8224)
Date: November 3 - December 8 (Tuesday)
Time: 5:30 pm
Fee: \$68
Location: UFM Multipurpose Room

Massage Class for Women WE-22

In ancient times the revitalizing and balancing power of massage was greatly valued and for a good reason. Massage benefits the whole person: body, mind, and emotion. Learning basic Swedish massage is a gift to yourself for the rest of your life. What a great way to give your love to your husband, lover, or child.

Fay Shanti Maria has been a professional licensed massage therapist for over 16 years.

Date: September 12 (Saturday)
Time: 10 am - 4 pm
Fee: \$158
Location: to be announced

"If you think you can and if you think you can't, you're right."

—Mary Kay Ash

Holistic Health & Bodyworks Professionals

Come to a potluck luncheon
Saturday, October 3, Noon,
at 2480 W. 60th Ave.

This will be a time to visit with others and share ideas for the next Holistic Health and Bodyworks Fair. Practitioners who did not participate last summer are welcome to come as well.

RSVP to Charlene at 539-8763.
Bring a dish of food to share and your own table service.



Self-Treatment with Acupressure WE-23

This class is designed to teach basic acupressure techniques that can be used for treatment of minor ailments. The main focus will be on the effects of acupressure using the body's macrosystem. Class fee includes book and handouts.

Dr. Larry Dall (539-9113) has practiced chiropractic care in Manhattan for the last 13 years. He believes in assisting the body with the healing process, which is why he has expanded his treatment techniques to include acupuncture/acupressure. He is a Fellow in the Acupuncture Society of America.

Date: September 14 - October 19 (Monday)
Time: 7 - 9 pm
Fee: \$27.50
Location: 1130 Westport Dr. Suite 5

Baby Massage WE-24

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 caregiver and infant has a positive impact upon subsequent development. Many studies reveal the benefits of positive interactive contact is 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) is a licensed Massage Therapist with 25 years experience. She is the owner of Lifecenter Bodywork and is experienced with Deep Tissue Massage, Sports Massage, Reflexology, an Baby and Pet Massage.

Date: December 7 (Monday)
Time: 7 pm
Fee: \$13
Location: UFM Fireplace Room

Massage & Relaxation Techniques for Pain Relief WE-25

In this class participants will learn relaxation techniques and stretching instruction to relive daily tension and pain due to stress. An on-site massage chair will be used for a five-minute demonstration that concentrates on neck and shoulder relief.

Sandy Snyder (537-3607)

Date: December 3 (Thursday)
Time: 7 pm
Fee: \$13
Location: UFM Fireplace Room

Chi Gong: Chinese Energy Medicine WE-26

Chi Gong is the art and science of using posture, exercise, breathing, and concentration to gather Chi (vital life energy) and heal the body and mind. It is the preventative and self-healing aspect of Chinese medicine. As one works with balancing internal energies, health improves and the mind becomes tranquil. Chi Gong has been widely researched in controlled scientific experiments and clinical trials. It has been found to be effective for the same range of illnesses treated by acupuncture. It is also a powerful form of complementary medicine that can be effectively combined with Western medicine to lessen side effects from medication, speed recovery time and greatly reduce medical costs.

Mary Ash has studied and practiced Chi Gong since 1987. She has been a student of a number of Chi Gong teachers throughout this country, both Asian and American. Mary maintains a private practice in massage and bodywork and is currently teaching Chi Gong at Mercy Health Center as part of their Wellness Program.

Date: September 19 & 26 (Saturday)
Time: 9:30 am-12:30 pm
Fee: \$16
Location: ECM Student Center
1021 Denison Ave.

Herbs in the Kitchen FF-01

Herbs- what goes with what? What flavors do they have? How can they enhance cooking? These are some of the lessons we will cover. Taste and smell for yourself many different common and not so common herbs. Samples of foods enriched with herbs will be provided to help you taste the difference. Recipes and other handouts will also be provided.

Ranae Cushing (776-2350) is a Health Educator with a Masters Degree in Clinical Holistic Health Education. She has over 10 years teaching experience and her goal is to help people help themselves with informed choices.

Date: September 19 (Saturday)
Time: 1:30 - 3 pm
Fee: \$20
Location: UFM Kitchen

A Brain Teaser for you:

Here are four nice large dots. All you have to do is draw one line connecting all four of them so you form a square. It is easy, until you consider the rule that no line may cross any of these words.

An Important Program for All Parents

For a free brochure or information about seminar dates and times in your area, call (785) 587-1999

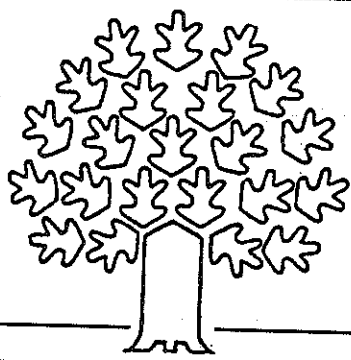
Let's Talk About It!

Free seminars to help parents talk with their children about the risks children face in today's world. Information will be provided on the following topics:

- ◆ AIDS
- ◆ STD's
- ◆ Pregnancy
- ◆ Date Rape
- ◆ Body Piercing
- ◆ Drugs & alcohol
- ◆ Gang Membership
- ◆ Depression/Suicide

A Program sponsored by The Regional AIDS Project in cooperation with the Riley County Health Dept, and funded by the Kansas Blood Services Fund with the Topeka Community Foundation

UFM classes make great gifts.



Recreation & Dance

1221 THURSTON

539-8763

Ballroom Dance

RH-05

Come dance with us! If you want to learn to dance with a partner, plan to attend a wedding, or you just want to brush up on your steps, this class is for you. The Swing, Foxtrot, Waltz, and Latin dancing are just a few of the steps you will learn. Come experience the elegant world of Ballroom Dance. Partners are not required and single people are encouraged to attend. Classes fill rapidly. It is advisable to register early.



Michael Bennett (776-7557) has trained in Ballroom Dance at U.C. Berkley, Mandala Ballroom, San Francisco; AliBaba Ballroom, Oakland, CA; Chicago Dance Studio, Chicago, IL; and Avenue Ballroom, San Francisco. He was the 1986 San Francisco Avenue Ballroom Jitterbug Champion.

Nahid Dadger

Date: September 4 - November 20
Time: 7:30 - 8:30 pm
Fee: \$33 individual/\$60 couple
Location: ECM Auditorium
1021 Denison Ave

Intermediate Ballroom Dance

RH-06

This class will emphasize dancing with your partner and learning the routines. Foxtrot, waltz, rumba, and tango are tentatively scheduled. However, specific dances will depend on the interests of the class; these dances may change. Three weeks will be spent on each step and participants will be provided with a choreographed dance routine. Prior dance lessons are required. Students who have taken classes from Mike are encouraged to enroll.

Michael Bennett & Nahid Dadger (776-7557)

Date: September 4 - November 20 (Friday)
Time: 8:30 - 9:30 pm
Fee: \$33 individual/\$60 couple
Location: ECM Auditorium
1021 Denison Ave

Fencing

RH-07

Fencing is the ancient art of sword play. D'Artagnan, soldiers, and nobleman were all once required to know the way of the sword. Now a modern Olympic sport, fencing builds lightning fast reaction, speed, and agility. Classes will include introduction to the foil, for recreation and competition. Minimum age 12.

Steve Sin (539-5068) is a level one certified instructor with the U.S. Fencing Coaches College, and he has 18 years experience. He practiced at the University of Texas and was assistant coach for the University of Texas Women's Team. He studied under Vincent Bradford, Personal Director of Fencing Coaches College, and a three time Gold Medalist of the Pan-American Games.

Date: September 3 - November 19 (Thursday)
Time: 7 - 8:30 pm
Fee: \$58
Location: Ahearn Fieldhouse, KSU

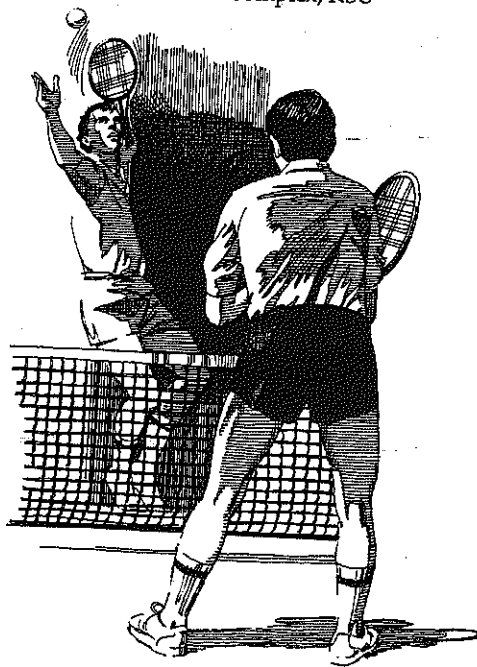
Tennis: Junior Beginners Ages 7-16

RH-01

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

Mark Tessendorf has an M.S. degree in Kinesiology, and has played tennis for over twenty years including varsity at Coe College, Cedar Rapids, Iowa. He recently served as an instructor at Manitou-Wabing Sports and Arts Center in Ontario.

Date: September 15, 22, 29 and October 6
Time: 6:30 - 7:30 pm (Tuesday)
Fee: \$36
Location: LP Washburn Rec Complex, KSU



Tennis: Beginners Ages 17 and UP

RH-02

This class will focus on fundamentals of strokes, basic rules of play and beginning competition.

Mark Tessendorf

Date: September 15, 22, 29 and October 6
Time: 7:30 - 8:30 pm (Monday)
Fee: \$36
Location: LP Washburn Rec Complex, KSU

Introduction to Golf

RH-03

A short course geared for beginning and intermediate players. The fundamentals of the full swing, and techniques of short game pitching, chipping, and putting will be covered. Get some fresh air and find out if golf is the sport for you. Some class time will be devoted to equipment used to play golf, rules, etiquette, courtesy, conduct on the course, registering to play, use of scorecard and handicaps.

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

Date: August 27, September 3, 10, 17 (Thursday)
Time: 6:30 - 7:30 pm
Fee: \$35
Location: Stagg Hill Golf Club
4441 Ft. Riley Blvd.



Introduction to Golf

RH-04

Jim Gregory (539-1041)

Date: September 24, October 1, 8, 15 (Thursday)
Time: 6 - 7 pm
Fee: \$35
Location: Stagg Hill Golf Club
4441 Ft. Riley Blvd.

"Champions keep playing until they get it right."
—Joey Adams



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

Try Hydroaerobics!

(water exercise)
See page 5

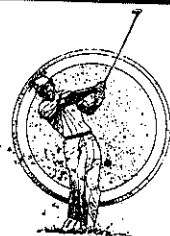
Manhattan Bodyworks Therapeutic Massage

- Swedish & Sports Massage
- Energy Balancing

Gift Certificates Available

Monica Ward

(785) 539-5992 by appointment



STAGG HILL GOLF CLUB

K-18 West

For all your golfing needs
Fully equipped "discount" pro shop
Professional golf instruction available
(individual & group)
Club regripping & repair

539-1041

Jim Gregory, PGA Professional



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Headquarters for
Bicycle Repair

OUTDOOR EQUIPMENT SPECIALISTS

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- * Outdoor Clothing & Accessories
- * Tents * Sleeping Bags * Canoes
- * Climbing Equipment
- * Camping Equipment
- * Fly Fishing
- * Binoculars & Sunglasses

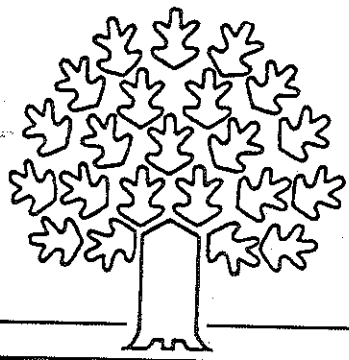


304 Poyntz 539-5639

Downtown - Manhattan

Hours: Mon-Wed 10-7; Thur 10-8; Fri-Sat 10-6

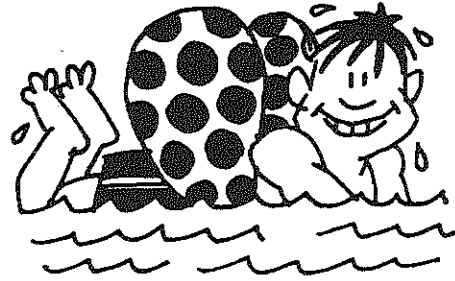
All participants must register in advance.



Youth

1221 THURSTON

539-8763



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

Kids On Campus

YO-01

Join us for a fun-filled, educational field trip of the KSU campus. We will visit several departments with interesting activities, take time out for bowling, eat lunch at the Student Union & return to UFM. This program is geared for children 3rd - 6th grade. Call UFM, 539-8763 for a complete list of activities. Fee includes lunch and a game of bowling at the K-State Union.

Date: October 29 (Thursday)
Time: 8 am - 5 pm
Fee: \$25
Location: Meet at UFM

SASSY - Safety Awareness & Street Smart Youth

YO-02

Could your child get away from a strong adult? Would your 5-year-old open the door to a stranger? Does your 10-year-old always tell you where he is playing? Does your 8-year-old know the tricks that could be used to lure her? This 2-hour program helps build you child's confidence, increases awareness and teaches effective defense techniques as well as reinforcing safety precautions taught at home and school. The seminar provides a fun, safe program for children while teaching very important skills. Parents may take this class with their child for a fun and useful family activity. Ages 10 and under.

Jiana Tarver (827-7302) is a black belt in Taekwondo and Judo and a certified instructor with the American Taekwondo Association. She has 14 years experience teaching martial arts, police defensive tactics and women's self-defense classes.

Date: September 12 (Saturday)
Time: 9 - 11 am
Fee: \$12 child/\$17 parent & child
Location: First Lutheran Church
930 Poyntz Ave (Basement)

Introduction to Ballet, Jazz & Tap Dance

YO-03

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

Randi Dale (539-5767) has taught dance for 36 years. Her dance choir toured the Midwest and Europe in 1968. She is a certified teacher with a Masters degree in Education.

Date: September 11 (Friday)
Time: 5:30 - 7 pm
Fee: \$8
Location: 2416 Rogers Blvd.

Cutting Paper Snowflakes

CF-21

It's easy and fun to cut eye-catching, artistic, dramatic snowflakes in a variety of styles. Numerous examples will be displayed, various patterns will be cut, and original creations shared. For ages 8 to 80. Children 8-9 years of age should be accompanied by an adult. Bring sharp adult scissors!

Leo Schell (539-6540) is a former elementary school teacher who, for years has, delightedly cut paper snowflakes. He has a large collection and has taught this class all over Kansas.

Date: November 7 (Saturday)
Time: 9 am - 12 pm
Fee: \$8
Location: Bluemont Hall Room 217, K-State

Tennis: Junior Beginners

RH-01

Ages 7-16

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

Mark Tessendorf has an M.S. degree in Kinesiology, and has played tennis for over twenty years including varsity at Coe College, Cedar Rapids, Iowa. He recently served as an instructor at Manitou-Wabing Sports and Arts Center in Ontario.

Date: September 14, 21, 28 and October 5
Time: 6:30 - 7:30 pm (Monday)
Fee: \$36
Location: LP Washburn Rec Complex, KSU

Solution:

A Brain Teaser for you:

Here are four nice large dots. All you have to do is draw one line connecting all four of them so you form a square. It is easy, until you consider the rule that no line may cross any of these words.

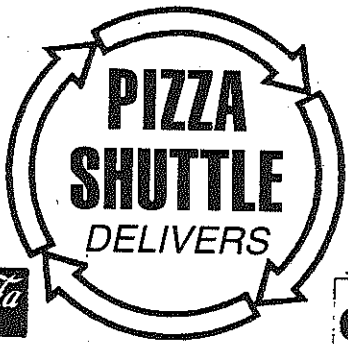


Do you have any BRIGHT ideas for classes? Call Charlene at UFM, 539-8763

Youth Scholarships are available through the YES! Fund.

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

776-5577



Fast...Anywhere in Manhattan

"NO COUPON" SPECIAL
EVERYDAY TWO-FERS \$9.75
2 Pizzas
2 Toppings 2 Cokes

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The courses on this page are offered for credit through The Division of Continuing Education with the cooperation of various KSU departments. Register for these at 131 College Court. Fees for these classes differ depending on special

instructor and equipment needs. Enrollment, withdrawal and refunds are determined by University policy and handled at the Division of Continuing Education Registration office. Call 532-5566 for questions or information.

Women & Money

WOMST-500

This course is designed specifically to enable women to manage their finances today and plan for a secure financial future. Participants receive a Money Management Workbook that has been developed by American Association of Retired Persons (AARP). The goal of this course is to empower women to make informed decisions about their finances. Topics include: getting organized, budgeting and cash flow, banking and credit, insurance, social security, legal matters, new tax laws, trusts, and investing.

Instructor: *Charlene Brownson*

Date: September 8 - October 20 (Tuesday)
Time: 7:00-9:00 pm
Fee: \$99 (credit) \$30 (non-credit)
Location: Bluemont Hall Rm 122

Golf

KIN 140 A, B, C, D,

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

Instructor: *Jim Gregory*

Session I
Date: August 25 - October 1 (Tuesday)
Time: 2:30 - 4:30 pm

FULL

Session II
Date: August 27 - October 3 (Thursday)
Time: 9:30 - 11:00 am

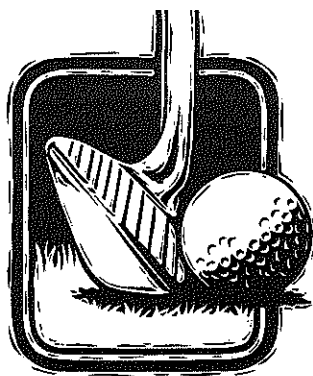
FULL

Session III
Date: August 26 - October 2 (Wednesday)
Time: 5:30 - 7:30 pm

FULL

Session IV
Date: August 25 - October 13 (Tuesday)
Time: 5:30 - 7:30 PM

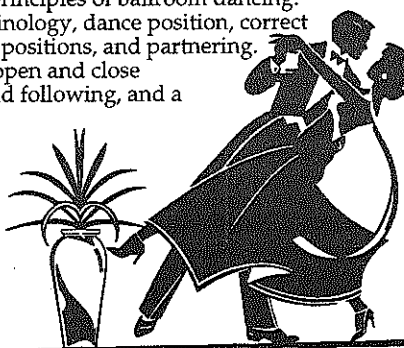
Fee: \$150
Location: Stagg Hill Golf Club
4441 Ft. Riley Blvd



Ballroom Dance

DANCE - 599 C, D

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



Instructor: *Michael Bennett*

Session I
Date: August 28 - December 11 (Friday)
Time: 6:30 - 7:30 pm

Session II
Date: August 29 - December 12 (Saturday)
Time: 7:30 - 8:30 pm
Fee: \$127
Location: ECM Auditorium,
1021 Denison Ave.

Beginning Bowling

RRES-200

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

Instructor: *Terri Eddy*

Session I
Date: August 26 - December 9 (Wednesday)
Time: 10:30 am - 11:20 am

Session II
Date: August 27 - December 10 (Thursday)
Time: 11:30 am - 12:20 pm
Fee: \$110
Location: K-State Union

Scuba Diving

RRES-200

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

Instructor: *Jeff Wilson*

SESSION I
Date: September 12 - October 17 (Saturday)
Time: 9:00 am - 1:00 pm
Fee: \$235
Location: KSU Natatorium

SESSION II
Date: September 14 - October 19 (Monday)
Time: 5:30 - 9:30 pm
Fee: \$235
Location: KSU Natatorium

Judo I

KIN 144

Judo I is intended not for gaining proficiency, but to gain understanding of how principles dynamics (force, acceleration, momentum, work, rotation, moment of inertia, etc.) are used to gain physical advantage (subduing the opponent). Techniques are selected for safety of participants and for demonstrating fundamental principles.

Instructor: *Isaac Wakabayashi*

Date: August 25 - December 10 (Tuesday/Thursday)
Time: 7:30 - 8:30 pm
Fee: \$100
Location: Ahearn Fieldhouse

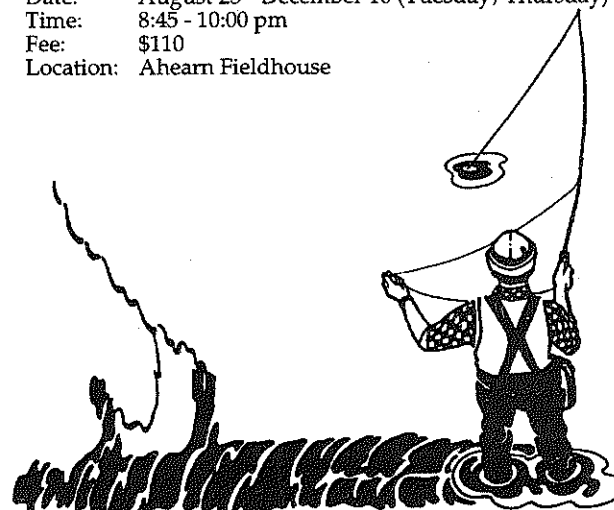
Judo II

KIN - 145

In Judo II participants continue to gain understanding of how principles of dynamics are used to gain physical advantage. New and advanced skills are taught along with safety techniques. In preparation for competitive effectiveness, techniques will be tailored to fit the individual's physique.

Instructor: *Isaac Wakabayashi*

Date: August 25 - December 10 (Tuesday/Thursday)
Time: 8:45 - 10:00 pm
Fee: \$110
Location: Ahearn Fieldhouse



Fly Fishing

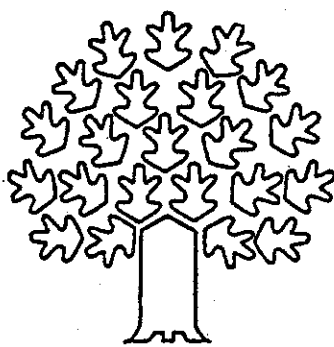
RRES-200

This course will cover the proper techniques for performing four basic fly casting techniques: roll casting, pick up and put down, false casting and shooting a line. We will also cover tying flies, and fly fishing equipment. The class will be broken into two sections. The first section will cover casting, fly rods, reels, lines, tippets, and leaders. The second section will cover fly tying equipment and techniques to tie dry flies, wet flies, and nymphs. All equipment needed will be provided by the instructor.

Instructor: *Paul Sodamann*

Date: September 2 - September 24 (Wednesday/Thursday)
Time: 6:00 - 8:00 pm
Fee: \$144
Location: Eisenhower Middle School
800 Walters Dr.

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Special THANKS TO THE UFM INSTRUCTORS who volunteer their time.

REGISTRATION INFORMATION 3 WAYS TO REGISTER



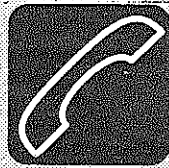
Registration by Mail

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

UFM Class Registrations
1221 Thurston
Manhattan, Kansas 66502-5299

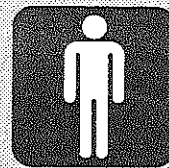
You will be notified if the class is full. All registration is on a first-come, first-served basis. No other class confirmations will be sent out unless requested.

FOR YOU... One participant per form, please



Registration by Phone

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



Registration in Person

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

Youth Scholarships are available.

UFM 1221 THURSTON
Manhattan, KS 66502 **539-8763**

UFM Community Learning Center

Registration Form
Manhattan, KS 66502

539-8763

1221 Thurston

Student Name _____ Day Phone _____

Address _____ Evening Phone _____

City _____ State Kansas Zip _____

Age: Under 18 exact age _____ 19-24 25-59 60+

Parent's Name if Student is Under Age 18 _____

CLASS #	Session	TITLE	FEE	LOCATION	DATE	TIME

Tax Deductible Donation
Total

I hereby authorize the use of my Visa MasterCard Discover

Card Number _____ Expiration Date _____

Card Cardholder's Name (Please Print) _____

Cardholder's Signature _____

Participant Statistics: KSU Student KSU Faculty/Staff Ft Riley Other

Where did you obtain your catalog? _____

A class I would like offered _____

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

Signature** _____ Date _____

**Signature of Parent or Guardian required for minors.

Office Use Only

Date Received _____ Staff _____

Entered _____

Computer _____

Check _____ Amount _____ Total Paid _____

Cash _____

Visa _____ Date _____

M/C _____

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UFM 1221 THURSTON
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539-8763

1221 Thurston

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