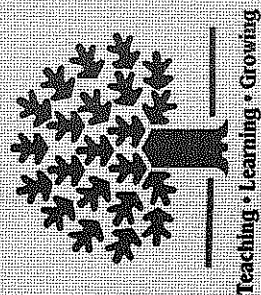


# UFM Community Learning Center



Fall Classes  
Aug.-Dec. 1999

Something for  
Everyone...

Watercolor  
•••

Self-Publishing  
Your Book  
•••

Aromatherapy  
Workshop  
•••

Chinese Banquet  
•••

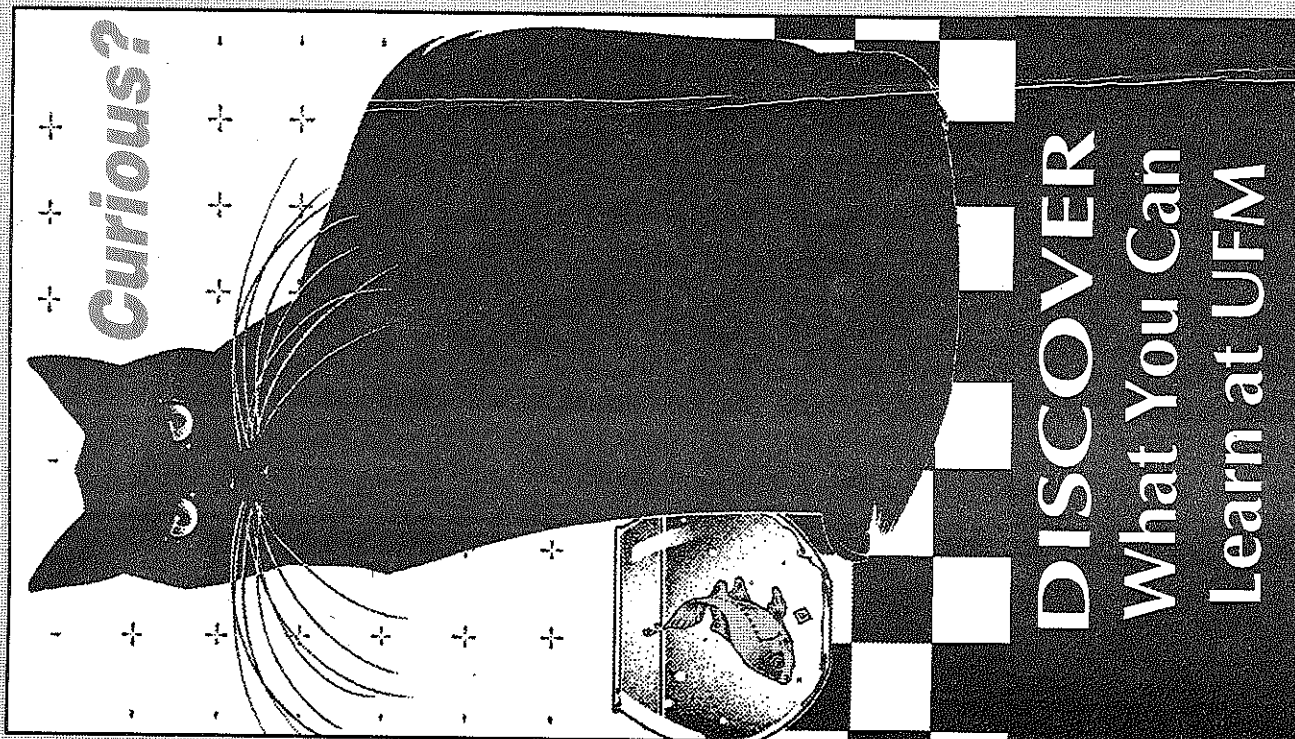
Women & Money  
•••

Tai Chi  
•••

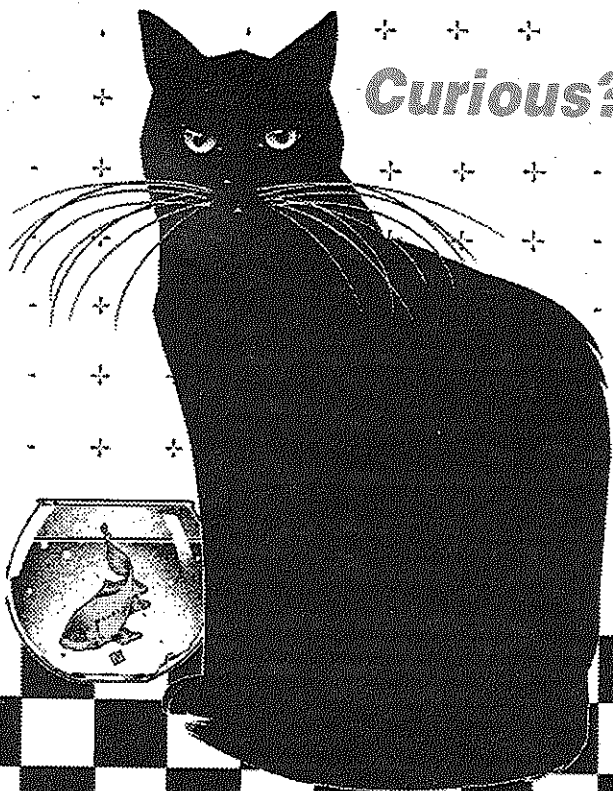
Sustainable  
Manhattan  
Roundtable Series  
•••

National Issues  
Forum  
•••

and much more...



Curious?

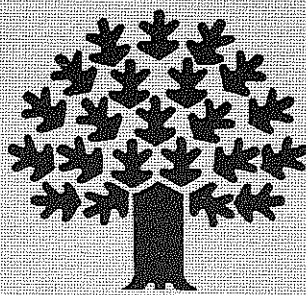


**DISCOVER**  
What You Can  
Learn at UFM

## Classes for Everyone...

- A Local Antiques Roadshow
- Herbs from the Garden
- Fly Fishing
- Taekwondo
- Sunday Evening Family Swim
- Fencing

and much more...



## UFM Community Learning Center

1999  
Fall Classes

BULK RATE  
U.S. POSTAGE PAID  
Permit No. 134  
Manhattan, Kan. 66502

OR CURRENT RESIDENT

# What is UFM Community Learning Center...

UFM Community Learning Center is a multi-faceted community education and resource program serving K-State, Manhattan and the surrounding area. UFM has over 30 years of experience providing opportunities for life-long 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. We often offer classes you won't find anywhere else. Popular classes include ballroom dance, golf, cake decorating and languages. Our wellness and personal development classes have been growing the past few semesters. We rely very much on the interests and involvement of the community to make our programs work. Without class

ideas and the willingness of the community to volunteer to teach our classes, UFM would not exist. We are a unique program where our "faculty" is the entire community. UFM is a special program that truly puts the community in education. Fall is the time to watch for the Lou Douglas Lectures. Look at the ad on page 22 for the dates and times of this year's lecture lineup, or visit our web site at [www.ksu.edu/ufm](http://www.ksu.edu/ufm).

#### UFM Staff:

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

Featured UFM  
Instructor

Enell  
Foerster



Enell has been active in the community for 28 years. A graduate of the University of Cincinnati, she has been teaching for UFM since the mid 70's and is a past UFM board member. This fall she will teach Chi Iel, an ancient Chinese self healing method.

Enell has taught aerobic dancing as well as swimming, aquacise, yoga and now teaches a gentle exercise class "Body Recall".

She has been on the board of the Manhattan Civic Theater and is on the KSU Theater Development Board. She is the current president of the KSU Social Club.

Serving as a volunteer for the American Red Cross since 1960 in numerous capacities from beach mother to water safety instructor, Enell has been a member and chair of the board of the local chapter, instructor trainer in first aid and CPR, and is currently health and safety chair for the Riley County chapter.

Enell has served the League of Women Voters as an active member of the local chapter, including chapter president, and on the state board.




She is a distributor of Sunrider products. Her hobbies include reading, traveling, and weaving.

## TABLE OF CONTENTS

### Information

Cancellation of classes .....	3	General Policies .....	3
Inclement Weather. ....	3	Registration Forms & Information .....	24

### Classes

 <b>Aquatics</b> .....	4-5	<b>Holistic Health Directory</b> .....	11-14
* Red Cross Learn to Swim		<b>Language</b> .....	15
* Hydroaerobics * Scuba Diving		* ESL * Sign Language * Beginning Russian	
<b>Career &amp; Finance</b> .....	6-7	<b>Creative FreeTime</b> .....	16-17
* LSAT Prep Course * Investing In Your Future		* Local Antique Road Show * Paper Pieced Quilting	
* Gain Control of Your Money		* The Art of Role Playing Adventure Systems	
* Debt-Free and Prosperous Living		* Personalized Computer Help	
<b>Personal Development</b> .....	8	<b>Food for Fun</b> .....	17
* Self Defense for Women		* Chinese Banquet * Vegetarian Cooking	
* Introduction to Meditation		* Cake Decorating	
* The Hidden Realm of Pure Mind		 <b>Recreation and Dance</b> ....	18-19
* Intro to Zen Buddhist Philosophy & Practice		* Fencing * Golf * Tennis	
<b>Earth, Nature &amp; Environment</b> .....	9	* Ballroom Dance	
* Herbs From the Garden Series		<b>Wellness</b> .....	20-21
* Fly Fishing * Y2K Heating and Electrical		* Jin Shin Jyutsu * Yoga for Body and Mind	
 <b>Martial Arts</b> .....	10	* Intro to Reiki * Massage for Couples	
* Taekwondo I & II		<b>Credit Option Classes</b> .....	23
* Beginning Aikido		* Scuba Diving * Fly Fishing * Aikido I.	
<b>Youth</b> .....	10	* Ballroom Dance * Golf * Bowling	
* Kids on Campus * Introduction to Dance			

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.

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



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

## BOARD OF DIRECTORS

Tom Fryer <i>Chair</i>	Dick Hayter
Bill Richter <i>Vice Chair</i>	Elaine Johannes
Sandra Flores <i>Treasurer</i>	Migette Kaup
Aubrey Abbott <i>Secretary</i>	Heather Landsdowne
Linda Inlow Teener <i>President &amp; Executive Director, UFM</i>	Sue Maes
	Kim Morgan
	Lynda Spire
	Dean Stramel
	Candace White
	Robert Wilson

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.

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

THANK YOU ADVERTISERS for your loyal support

# UFM INSTRUCTORS

Ferdoos Afani  
Doyle Barnes  
Scott Benjamin  
Michael Bennett  
Lynn Bohnenblust  
Mike Bonella  
Charlene Brownson  
Shelly Coleman  
Ranae Cushing  
Nahid Dadger  
Randi Dale  
Larry Dall  
Bill Dorsett  
Kate Dubiel

Nicole Dusin  
Jeff Ebert  
Terri Eddy  
Sharolyn Flaming Jackson  
Enell Foerster  
Ana Franklin  
Diane Freeby  
Jerri Garretson  
Paul Gleue  
Jim Gregory  
Ashley Herynk  
Hai Tao Huang  
June Hunzeker  
Jayson Kaus

Stormy Kennedy  
F. C. Lanning  
D. C. Lehman  
Chad Lohman  
Bernice Martin  
Bill Meyer  
David Moore  
Dwight Nesmith  
Emilie Rabbat  
Lyuba Ramm  
Leon Rappoport  
Pam Schmid  
Marlene Sedillos  
Tammy Sinn

Andy Smith  
Karma Smith  
Natalie Smith  
Sandy Snyder  
Paul Sodamann  
Stephanie Stewart  
Carol Stites  
Stan Stitz  
Edith Stunkel  
Diana Tarver  
Linda Teener  
Don Terhune  
Mei Hwa Terhune  
Mark Tessorf

Karen Thege  
Doug Tippin  
Dot Tucker  
Jon Tveite  
Jim Walker  
Richard Walker  
Roy Weisenberger  
Harold Wellmeier  
Jeff Wilson  
Stan Wilson  
Gary Woodward  
Chae Sun Yi

UFM offers opportunities for teaching, learning, and growing. I would like to recognize and thank the outstanding UFM instructors who continue to make this possible.

*Charlene Brownson*

## COMMUNITY REGISTRATIONS

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

DATE	TIME	LOCATION
Aug 23 Mon	10 am - 2 pm	KSU Union
Aug 24 Tues	10 am - 2 pm	KSU Union
Aug 20 Fri	4 - 6 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?

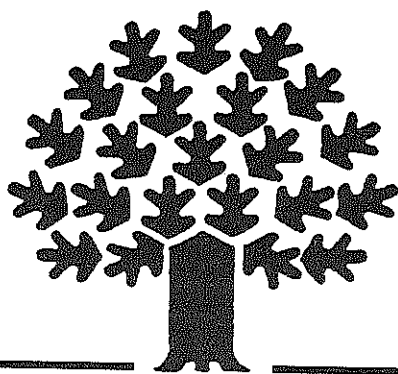
Class confirmations will not be sent unless requested. Consider yourself registered unless you hear from us that the class is full. Feel free to call us to inquire about our receipt of your registration.

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](mailto:ufm@ksu.edu) to share your ideas!

### SPECIAL THANKS

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



• Teaching • Learning • Growing •

To advertise your business or organization in the next UFM catalog, contact the UFM office 539-8763 by October 29th.

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.

### UFM Wish List

String Weed Trimmer, Couch,  
Chairs, 2 Lamps, Lawn Mower

Volunteers to help with:  
Lawn Care and Gardening  
General Building Maintenance

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

### 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 for 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.

### !Wanted!

#### Instructors to Teach:

Beginning Italian  
Interior Decorating  
Upholstery

### 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.

### UFM CANCELLATION POLICY

When we cancel or reschedule a class, you will be notified. Therefore, it is extremely important that we reach a daytime and an evening phone number where we may have a day 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.

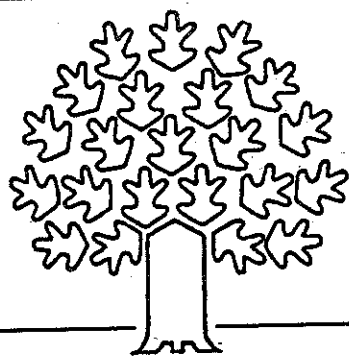
### LIABILITY STATEMENT

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 should 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 the levels at their own rate and are moved to different class levels as space permits and skill advancement demands.

PARENTS' 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.

### Parents' Day Dates:

Session A: Monday, October 11  
 Session B: Wednesday, October 13  
 Session C: Saturday, October 16  
 Session D: Tuesday, September 28  
 Session E: Tuesday, November 2

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 is 5. If less than 5 enroll, classes of the same level may be combined or cancelled.

### BEGINNING & ENDING DATES:

Session A: Mon, Sept 13 - Nov 15  
 Session B: Wed, Sept 15 - Nov 17  
 Session C: Sat, Sept 11 - Nov 20  
 Session D: Tues/Thurs, Sept 14 - Oct 14  
 Session E: Tues/Thurs, Oct 19 - Nov 18

No lessons on October 23

### 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!

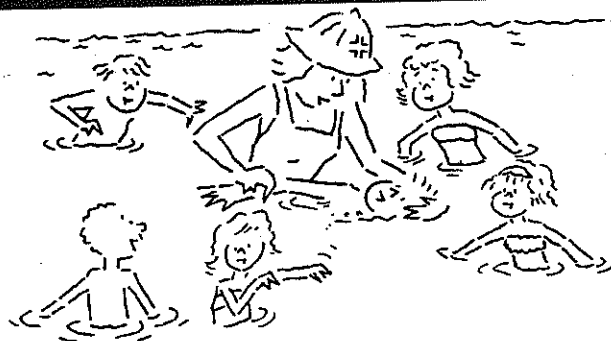


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- Super Nintendo
- Computer CD-Rom
- Game Gear ➤ Game Boy
- Sony Playstation
- Lots of Regular Nintendo Games

**SAVE AT GAME GUY!**

709 N. 12th Manhattan, KS  
 (785) 537-0989



### 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.

AQ-01P Mon September 13 - October 18 6 - 6:30 pm  
 AQ-02P Sat September 11 - October 16 9:30 - 10 am  
 AQ-03P Tues/Thurs September 14 - 30 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 preparatory activities for swimming. Some parent participation may be allowed.

AQ-01T Wed September 15 - October 20 6 - 6:30 pm  
 AQ-02T Sat September 11 - October 16 10:15 - 10:45 am  
 AQ-03T Tues/Thurs October 5 - 21 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 at left)  
 AQ-01A Monday 6 - 6:40 pm  
 AQ-02A Monday 6:50 - 7:30 pm  
 Session B: (See dates at left)  
 AQ-01B Wednesday 6 - 6:40 pm  
 AQ-02B Wednesday 6:50 - 7:30 pm  
 Session C: (See dates at left)  
 AQ-01C Saturday 9:30 - 10:10 am  
 AQ-02C Saturday 10:20 - 11:00 am  
 Session D: (See dates at left)  
 AQ-01D Tues/Thurs 6 - 6:40 pm  
 AQ-02D Tues/Thurs 6:50 - 7:30 pm  
 Session E: (See dates at left)  
 AQ-01E Tues/Thurs 6 - 6:40 pm  
 AQ-02E Tues/Thurs 6:50 - 7:30 pm  
 Fee: \$38 per session

"Like snowflakes, no two children are alike."  
 — Theresa Walker

Youth Scholarships are available  
 through the YES! fund.  
 Call UFM at 539-8763 for details.

### 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 at left)  
 AQ-04A Monday 6 - 6:40 pm  
 AQ-05A Monday 6:50 - 7:30 pm  
 Session B: (See dates at left)  
 AQ-04B Wednesday 6 - 6:40 pm  
 AQ-05B Wednesday 6:50 - 7:30 pm  
 Session C: (See dates at left)  
 AQ-04C Saturday 9:30 - 10:10 am  
 AQ-05C Saturday 10:20 - 11:00 am  
 Session D: (See dates at left)  
 AQ-04D Tues/Thurs 6 - 6:40 pm  
 AQ-05D Tues/Thurs 6:50 - 7:30 pm  
 Session E: (See dates at left)  
 AQ-04E Tues/Thurs 6 - 6:40 pm  
 AQ-05E 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 at left)  
 AQ-07A Monday 6 - 6:40 pm  
 AQ-08A Monday 6:50 - 7:30 pm  
 Session B: (See dates at left)  
 AQ-07B Wednesday 6 - 6:40 pm  
 AQ-08B Wednesday 6:50 - 7:30 pm  
 Session C: (See dates at left)  
 AQ-07C Saturday 9:30 - 10:10 am  
 AQ-08C Saturday 10:20 - 11:00 am  
 Session D: (See dates at left)  
 AQ-07D Tues/Thurs 6 - 6:40 pm  
 AQ-08D Tues/Thurs 6:50 - 7:30 pm  
 Session E: (See dates at left)  
 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 at left)  
 AQ-10A Monday 6 - 6:40 pm  
 AQ-11A Monday 6:50 - 7:30 pm  
 Session B: (See dates at left)  
 AQ-10B Wednesday 6 - 6:40 pm  
 AQ-11B Wednesday 6:50 - 7:30 pm  
 Session C: (See dates at left)  
 AQ-10C Saturday 9:30 - 10:10 am  
 AQ-11C Saturday 10:20 - 11:00 am  
 Session D: (See dates at left)  
 AQ-10D Tues/Thurs 6 - 6:40 pm  
 AQ-11D Tues/Thurs 6:50 - 7:30 pm  
 Session E: (See dates at left)  
 AQ-10E Tues/Thurs 6 - 6:40 pm  
 AQ-11E Tues/Thurs 6:50 - 7:30 pm  
 Fee: \$38 per session

"Happiness is like jam, you can't spread even a little without getting some on yourself."  
 — Unknown.

We now have E mail access: [ufm@ksu.edu](mailto:ufm@ksu.edu)



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 on page 4)
AQ-13A Monday 6:50 - 7:30 pm
Session C: (See dates on page 4)
AQ-13C Saturday 10:20 - 11:00 am
Session D: (See dates on page 4)
AQ-13D Tues/Thurs 6 - 6:40 pm
Session E: (See dates on page 4)
AQ-13E 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 on page 4)
AQ-16A Monday 6:50 - 7:30 pm
Session C: (See dates on page 4)
AQ-16C Saturday 10:20 - 11:00 am
Session D: (See dates on page 4)
AQ-16D Tues/Thurs 6 - 6:40 pm
Session E: (See dates on page 4)
AQ-16E 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, 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 on page 4)
AQ-19A Monday 6:50 - 7:30 pm
Session C: (See dates on page 4)
AQ-19C Saturday 10:20 - 11:00 am
Session D: (See dates on page 4)
AQ-19D Tues/Thurs 6 - 6:40 pm
Session E: (See dates on page 4)
AQ-19E 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 on page 4)
AQ-22A Monday 6:50 - 7:30 pm
Session D: (See dates on page 4)
AQ-23D 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 of time during the below scheduled times.

- Session A: (See dates on page 4)
AQ-24A Mon/Wed 6 - 7:30 pm
Session C: (See dates on page 4)
AQ-24C Saturday 9:30 - 11:00 am
Session D: (See dates on page 4)
AQ-24D Tues/Thurs 6 - 7:30 pm
Session E: (See dates on page 4)
AQ-24E Tues/Thurs 6 - 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 on page 4)
AQ-25A Mon/Wed 6 - 7:30 pm
Session C: (See dates on page 4)
AQ-25C Saturday 9:30 - 11:00 am
Session D: (See dates on page 4)
AQ-25D Tues/Thurs 6 - 7:30 pm
Session E: (See dates on page 4)
AQ-25E Tues/Thurs 6 - 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 13 - October 14
AQ-26A Mon/Wed or Tues/Thurs 6:35 - 7:30 pm
AQ-27A Mon/Thurs 6:35 - 7:30 pm
Session B: October 18 - November 18
AQ-26B Mon/Wed or Tues/Thurs 6:35 - 7:30 pm
AQ-27B Mon/Thurs 6:35 - 7:30 pm
Session C: September 11 - November 20
AQ-26C 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

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

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

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 February 21 thru May 2 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 5 - October 17 (Sunday)
Time: 5 - 7 pm
Fee: \$14 individual/\$34 family
\*\$14 UFM swim participants discount \$9 individual/\$23 family
Location: KSU Natatorium

'The only place you find success before work is in the dictionary.'

— May Smith

Open Swim Appreciation

AQ-31a

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

- Date: September 19 (Sunday)
Time: 5 - 7 pm
Fee: N/C
Location: KSU Natatorium

Open Swim Appreciation

AQ-31b

For UFM swim participants and their parents.

- Date: October 17 (Sunday)
Time: 5 - 7 pm
Fee: N/C
Location: KSU Natatorium

Scuba Diving

AQ-33a

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 of 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 (776-2763) has been diving for 25 years and instructing scuba for 15 years.

- Date: September 11 - October 16 (Sat)
Time: 9 am - 1 pm
Fee: \$235 credit/\$210 non-credit
Location: Ahearn Natatorium

Scuba Diving

AQ-33b

Jeff Wilson

- Date: September 13 - October 18 (Mon)
Time: 5:30 - 9:30 pm
Fee: \$235 credit/\$210 non-credit
Location: Ahearn Natatorium

Water Fitness Instruction Preparation Course

AQ-38

This course is for individuals who would like to learn the skills needed to teach water exercise classes. It is also an excellent opportunity for current instructors to expand their education and get new ideas for their classes. Participants will receive the information needed to prepare for the National Water Fitness Certification Course, which is offered on November 13. For those planning on enrolling in the certification course, it would be helpful for you to enroll early and bring your materials to this course.

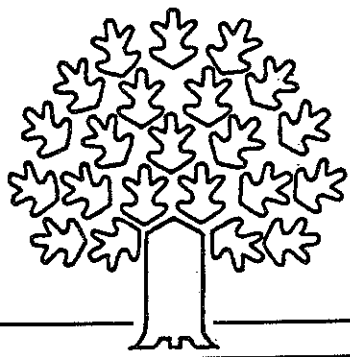
Carol Stites is a certified instructor with USWFA and an aquatics instructor at K-State.

- Date: October 23 (Saturday)
Time: 9 am - 5 pm
Fee: \$45
Location: Ahearn Natatorium

National Water Fitness Certification Course Test Day

A National Certification Course for Water Fitness Instructor will be held at the K-State University Natatorium on Saturday, November 13. The course is open to any person 16 years or older who has an interest in becoming a water fitness instructor. Those currently teaching but without credentials are encouraged to attend.

For more information, contact Charlene at UFM (785)539-8763. Or contact the United States Water Fitness Association National Headquarters at P.O. Box 3279, Boynton Beach, FL 33424. Phone (561)732-9908



# Career & Finance

1221 THURSTON

539-8763

## GRE Preparation

FC-10

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. 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.

Date: September 14 - October 28 (Tuesday & Thursday)  
Time: 7 - 9:00 pm  
Practice Test  
October 23 (Saturday) 8 am - Noon  
Fee: \$210  
Location: 23 Cardwell Hall, Saturday class Cardwell 101

## LSAT Preparation

FC-11

This is a comprehensive 28-hour review, presented over a 6-week period of meetings on Tuesday and Thursday evenings. A practice test is scheduled on a Saturday morning. This course precedes the October exam. The course features:

- In-class and Home Study Materials
- Low Course Fee (Comparable to courses costing \$795)
- Pre-test Exam
- Analytical Lectures
- Test Taking Strategies
- Sample Writing Assignments with Instructor Critique
- Convenient KSU Campus Location

Instructor: Ashley Herynk

Date: August 24 - September 30 (Tuesday and Thursday)  
Practice Test September 25 (Saturday)  
Time: 7 - 9:30 pm  
Fee: \$210  
Location: Durland Hall, Room 161, KSU  
Enroll by Aug. 9 to receive workbook by first class

## Tax Advantaged Investments

FC-05a

This class will focus on investment strategies that will help you save money on current and future income taxes. We will look at different types of investments including: tax free investments, tax advantaged investments and investments that return very little after taxes.

Jeff Ebert (494-2436) has been a financial advisor with Waddell & Reed for ten years. He has an accounting degree from Kansas State University.

Date: September 29 (Wednesday)  
Time: 7:30 pm  
Fee: \$8  
Location: Waddell & Reed, Conference Room  
555 Poyntz Ave.

## Tax Advantaged Investments

FC-05a

Jeff Ebert

Date: October 19 (Tuesday)  
Time: 7:30 pm  
Fee: \$8  
Location: Waddell & Reed, Conference Room  
555 Poyntz Ave.

## Financial Planning For Women

FC-06a

Ninety percent of women become wholly responsible for their own financial welfare sometime during their lifetimes. It's critical 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. Information on investing will be included.

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

Date: September 20 (Monday)  
Time: 7 - 8:30 pm  
Fee: \$8  
Location: Waddell & Reed, Suite 280  
555 Poyntz Ave.

## Financial Planning For Women

FC-06b

Diane Freeby

Date: October 18 (Monday)  
Time: 7 - 8:30 pm  
Fee: \$8  
Location: Waddell & Reed, Suite 280  
555 Poyntz Ave.

"I cannot give you a formula for success, but I can give you the formula for failure--which is: Try to please everybody."

— Herbert Bayard Swope

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# Women and MONEY

## Women & Money

FC-04

The Women's Financial Information Program (Women & Money) is designed to help women of all ages be better prepared to make informed financial decisions. The program will include sessions on: Non-market Options for Women's Development; Getting Organized; Budgeting & Cash Flow; Credit, Debt & Life Insurance; Government Programs; Social Security; Roth IRA; Trust; Investing; and Professional Help. Fee includes A Money Management Workbook (Designed by AARP) and handouts.

The program presenters are Torry Dickerson, Michelle Krehbiel, Shelly Coleman, Vicki Buening, Sherry McCrory, Tonya Wilkerson, Shon Robben, Leslie Sissel, D. C. Lehman. Contributing Supporters: WFIP Community members and Century Business Systems

Date: September 7 - October 26 (Tuesday)  
Time: 3-5 pm  
Fee: \$30 non-credit/\$103 credit  
\$25 early bird fee if registered before August 24.

Location: UFM Conference Room



## Business and Professional Writing: Skill Building Workshop

FC-07

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

Marlene Sedillos is an experienced teacher with a B.A. in Education, an M.S. in Adult and Continuing Education and is completing a Ph.D. at KSU in Education Technology. She has taught at Barton County Community College for many years and also as the instructor for UFM's English as a Second Language Program.

Date: September 9 - 30 (Tuesday and Thursday)  
Time: 6:30 - 8:30 pm  
Fee: \$149 fee includes workbook.  
Location: Justin Hall, Room 149, KSU

## Investing in Retirement

FC-12a

Designed around the needs of retirees and those who are approaching retirement, class topics include income generation, estate planning, tax-free investments, investment planning and diversification. Participants will evaluate their specific needs and work toward a plan to live comfortably throughout retirement.

D.C. Lehman is an Investment Representative with Edward Jones. She received her Master's degree from KSU in Economics and taught in the Economics and Finance departments at KSU for nearly 6 years. She enjoys teaching and helping people reach their goals.

Date: October 11, 13, & 15 (M/W/F)  
Time: 10 - 11 am  
Fee: \$22  
Location: UFM

## Investing in Retirement

FC-12b

D.C. Lehman

Date: November 7 (Sunday)  
Time: 2 - 5 pm  
Fee: \$22  
Location: UFM

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Special THANKS TO THE UFM INSTRUCTORS who volunteer their time.



**Gain Control of YOUR Money** FC-01a

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

Lynn Bohnenblust (776-3666) is a recognized leader in the area of financial services. He is Regional Vice President with Primerica Financial Services. He received a B.S. degree from Ft. Hays State University in secondary education. He has been with Primerica Financial Services for 9 years, teaching families how money works and how it can work for you.

Date: September 7 (Tuesday)  
Time: 7-9 pm  
Fee: \$8 ind/\$12 couple  
Series: Gain Control, Debt-Free, & Investing  
\$14 ind/\$18 couple  
Location: UFM Conference Room

**Gain Control of YOUR Money** FC-01b

Lynn Bohnenblust (776-3666)

Date: October 12 (Tuesday)  
Time: 7-9 pm  
Fee: \$8 ind/\$12 couple  
Series: Gain Control, Debt-Free, & Investing  
\$14 ind/\$18 couple  
Location: UFM Conference Room

**Debt-Free Prosperous Living** FC-02a

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.

Shelly Coleman (776-3666) is Primerica's Debt Specialist for this area. She is a graduate of KSU School of Business Administration with a Bachelor's Degree in Finance. She has 8 years combined experience in the financial services industry. She enjoys teaching others how to get out of debt sooner and free up money.

Date: September 14 (Tuesday)  
Time: 7-9 pm  
Fee: \$8 individual/\$12 couple  
Series: Gain Control, Debt-Free, & Investing  
\$14 ind/\$18 couple  
Location: UFM Conference Room

**Debt-Free Prosperous Living** FC-02b

Shelly Coleman (776-3666)

Date: October 19 (Tuesday)  
Time: 7-9 pm  
Fee: \$8 individual/\$12 couple  
Series: Gain Control, Debt-Free, & Investing  
\$14 ind/\$18 couple  
Location: UFM Conference Room

**Investing in YOUR Future** FC-03a

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.

Karen Thege (776-3666) is a Personal Financial Analyst with Primerica, a member of Citigroup. She received a B.S. degree from the University of Nebraska, Lincoln. Karen has been working with Primerica Financial Services for the last 2 years, helping families to attain debt freedom and financial independence, and an overall better quality of life.

Date: September 21 (Tuesday)  
Time: 7-9 pm  
Fee: \$8 individual/\$12 couple  
Series: Gain Control, Debt-Free, & Investing  
\$14 ind/\$18 couple  
Location: UFM Conference Room

**Investing in YOUR Future** FC-03b

Karen Thege (776-3666)

Date: October 26 (Tuesday)  
Time: 7-9 pm  
Fee: \$8 individual/\$12 couple  
Series: Gain Control, Debt-Free, & Investing  
\$14 ind/\$18 couple  
Location: UFM Conference Room

**Financial Needs of Small Business**

**Owners** FC-13a

Designed to meet the needs of busy small business owners and those who are planning to start a new business, class topics include cash management tools, financing, retirement plans available to small business owners and tax considerations. Participants will evaluate their current and expected future needs and explore possible methods of achieving long-term business goals.

D.C. Lehman

Date: October 23, October 30 (Saturday)  
Time: 8 am - 12 Noon  
Fee: \$24  
Location: UFM

**Financial Needs of Small Business**

**Owners** FC-13b

D.C. Lehman

Date: November 14 and 21 (Sunday)  
Time: 2-4 pm  
Fee: \$24  
Location: UFM

**Basics of Investing** FC-14a

This class begins with the very basics of finance, 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), a Manhattan native, is a Creighton University graduate and is an Investment Consultant with A.G. Edwards. Jayson has 7 years experience in financial services.

Date: September 14, 21 and 28 (Tuesday)  
Time: 7-9 pm  
Fee: \$22 individual/\$29 couple  
Location: A.G. Edwards, 3224 Kimball Ave.

**Basics of Investing** FC-14b

Jayson Kaus

Date: October 12, 19 and 26 (Tuesday)  
Time: 7-9 pm  
Fee: \$22 individual/\$29 couple  
Location: A.G. Edwards, 3224 Kimball Ave.

*The only way to keep your health is to eat what you don't want, drink what you don't like, and do what you'd rather not.*  
— Mark Twain

**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.



**Parents Together**

Parents Together is a free support group for parents who have teens experiencing trouble with issues such as truancy, legal problems, alcohol and/or other drugs, anger, defiance or other issues

The group meets every other week on Thursdays from 7:00 to 8:30 p.m. at UFM. First meeting for Fall is September 2.

- Gain new perspectives
- Get support for yourself
- Exchange ideas on strategies to help
- Talk with other parents who have been in your shoes

For more information, call Linda at UFM, 539-8763

Funded by the City of Manhattan Alcohol Program Fund

*"Be the change you want to see in the world."*  
— Ghandi

**Do you have a skill or interest you would like to share?**

**Become a UFM Instructor!**

Call the UFM office, 539-8763.

*Life seem bleak?*

**Managing the Blues**

Barbara Pearson, Psy.D.

October 6 7 PM Free

2001 Claflin Road (Sunset & Claflin)

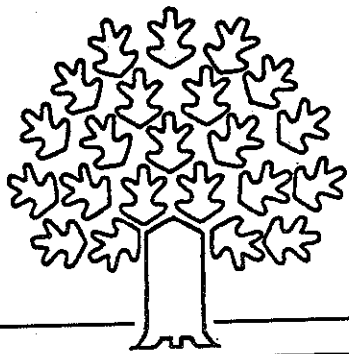
Call for information or brochures on stress, the blues, and depression.



P A W N E E  
Mental Health Services

*"Managing the Blues" and screening for depression are offered as a community service in support of National Depression Screening Day, Oct. 7. For information or a free screening appointment call 587-4310.*

All participants must register in advance.



# Self & Personal Development

1221 THURSTON

539-8763

## SHARP Self-Defense for Women SP-01

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: September 17 (Friday)  
Time: 6:30 - 10 pm  
Fee: \$18 ind/\$30 mother-daughter  
Location: First Lutheran Church (Basement)  
930 Poyntz

## Intro to Zen Buddhist Philosophy & Practice SP-10

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 Dainin Katagiri and Shonhaku Okumura. He is affiliated with the Minneapolis Zen Meditation Center.

Date: October 13 & 20 (Wednesday)  
Time: 7:30 - 9 pm  
Fee: \$14  
Location: 631 Levee Rd.  
Industrial Park next to the Animal Shelter

## Depressive/Manic Depressive Illness SP-05a

Would you like to know more about mental health issues and support systems that are available? This class will provide information to individuals wishing to learn more about these issues and the support systems available to family members, friends, or individuals diagnosed with bipolar disorder or schizophrenia.

*Jim Walker* (239-2278) is a retired Army Colonel. His spouse was diagnosed with bipolar disorder in 1983. Jim currently serves as the coordinating facilitator for the Flint Hills Depressive/Manic Depressive support group since 1994. He was employed as a counselor with the Army Career and Alumni Program Center at Ft. Riley, providing job assistance and resume services for separating and civilian personnel. He is a member of the Professional Association of Resume Writers Job Assistance Trainers Association, City of Milford Parks and Recreation Board, District Chairman Quivera District Boy Scouts of America, and a Member of the National Depressive/Manic Depressive Association.

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

## Depressive/Manic Depressive Illness SP-05b

*Jim Walker*  
Date: October 14 (Thursday)  
Time: 7 pm  
Fee: \$8  
Location: UFM Conference Room

## Depressive/Manic Depressive Illness SP-05c

*Jim Walker*  
Date: November 11 (Thursday)  
Time: 7 pm  
Fee: \$8  
Location: UFM Conference Room

.....  
"The best and most beautiful things in the world cannot be seen or even touched. They must be felt with the heart."  
— Helen Keller

.....  
"Face your deficiencies and acknowledge them, but do not let them master you. Let them teach you patience, sweetness, insight...When we do the best we can, we never know what miracle is wrought in our life, or in the life of another."  
— Helen Keller

## Introduction to Meditation SP-03

This class is an overview of understanding meditation practices. It is aimed at those interested in knowing more about the art of meditation and/or those wanting to take up a path of spiritual meditation practice. It is 70% lecture and discussion, and 30% experimental. Although there can be other objectives, meditation is basically a tool that helps a person reach the higher states 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* (1-800-204-4851 voice mail) is an author and editor of books on meditative spirituality and a long time practitioner/student of a variety of Eastern and Western spiritual meditative practices. Traveling throughout Asia and the Orient, he has trained and practiced with many noted meditation and spiritual teachers.

Date: October 25, 26 & 30 (Mon/Tues//Sat)  
Time: 6:30 - 8 pm (Mon/Tues), 9 - 10:30 am (Sat)  
Fee: \$14  
Location: 631 Levee  
Industrial Park next to the Animal Shelter

## The Hidden Realm of Pure Mind SP-04

Since the beginning of man's time on earth, humans have attempted to reach the highest spiritual dimensions in search of the wisdom necessary to answer the eternal questions: who am I, why am I and what happens when I die? Those guided by a true spiritual practice achieved the awakening experiences necessary to understand the answers and further unravel the "mystery" of death and the reincarnation process. What they found was passed along from teacher to student while in a transcendent high spiritual state beyond ordinary consciousness. Aided by the book *Beyond Forever: Unlocking the Door to Eternal Life* (made available), Pure Mind students can gain stunning insight into the purpose of life and the true process of reincarnation, learn to align themselves into the purpose of life and the true process of reincarnation, learn to align themselves with the spiritual dimensions, and directly participate with the energy forces around us.

*Stan Stitz* (1-800-204-4851 voice mail)  
Date: November 1, 2, 6 (Mon/Tues/Sat)  
Time: 6:30 - 8 pm (Mon/Tues)  
9 - 10:30 am (Sat)  
Fee: \$14  
Location: 631 Levee Rd.  
Industrial Park, next to the Animal Shelter

.....  
"A chuckle a day may not keep the doctor away, but it sure does make those times in life's waiting room a little more bearable."  
— Anne Wilson Schaefer

## Continuing Education

For Helping Professionals & Volunteers

Sept. 29 **True Colors:** Uncover your communication and leadership skills

Oct. 20 **The Aggressive Child**


Nov. 17 **New Developments in Psychotropic Meds for Kids**

Feb. 16 **Ethics for Social Workers**  
**Ethics for Psychologists**

Mar. 15 **Trauma, Loss, Grief: Helping Kids Cope**

May 10 **Lighting Your Candle, Fanning Its Flame**

Location: Houston Street Center, 5<sup>th</sup> & Houston.  
Time: 12:45—3:45 p.m. Fee: \$24 per workshop.  
(Three CE credits for nurses, social workers, others.)  
Call for information and brochure.

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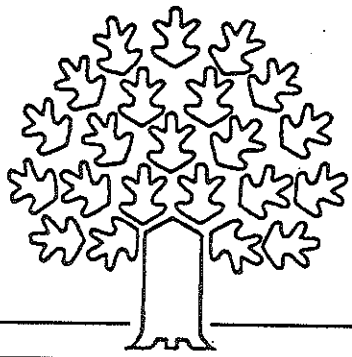
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# Earth, Nature & Environment

1221 THURSTON

539-8763

## Backyard Botanicals:

### Growing and Using Herbs EN-02

Step with Ranae into her garden. You will see how herbs grow together with other plants and learn some uncommon ones through sight, smell and taste. Handouts and samples included.

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

Date: September 4 (Saturday)

Time: 1:30 - 3:00 pm

Fee: \$18

Series of 4 - \$48

Location: 2829 W. 60th Ave.

Enrollment deadline September 1.

## Herbs from the Garden—

### Herbs in the Kitchen EN-03

Fresh herbs will be cut from Ranae's garden as well as others. Participants will learn how to combine them into interesting complements to foods. Samples and charts are included in class fee.

Ranae Cushing (776-2350)

Date: September 18 (Saturday)

Time: 1:30 - 3:00 pm

Fee: \$17

Series of 4 - \$48

Location: 2829 W. 60th Ave.

Enrollment deadline September 14.

## Herbs from the Garden:

### Guide to Herbal Medicine EN-04

Herbal medicine - what works and what doesn't? What to avoid? Participants in this class will learn the answers to these questions along with risks and rewards of several other herbs. There will be a discussion on brands, how they are rated for quality and what to look for on the label. Samples and handouts are included in the class fee.

Ranae Cushing (776-2350)

Date: October 2 (Saturday)

Time: 1:30 - 3:00 pm

Fee: \$17

Series of 4 - \$48

Location: 2829 W. 60th Ave.

Enrollment deadline September 28.

## Herbs from the Garden:

### Making Herbal Remedies EN-05

Learn how to make your own herbal tinctures, teas and other remedies. Many herbal remedies will be identified along with making samples. Handouts and samples are included in the class fee.

Ranae Cushing (776-2350)

Date: October 16 (Saturday)

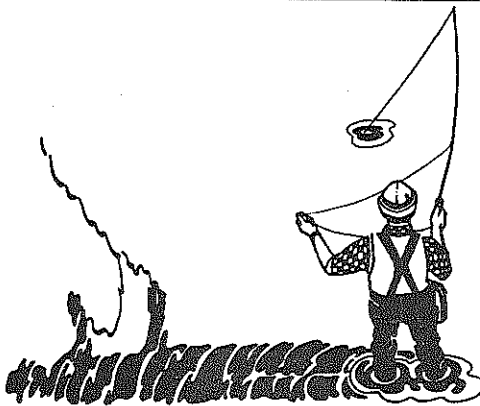
Time: 1:30 - 3:00 pm

Fee: \$19

Series of 4 - \$48

Location: 2829 W 60th Ave.

Enrollment deadline October 12



### Fly Fishing EN-01a

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.

Paul Sodamann (494-2340)

Date: September 1 - September 23 (Wed/Thurs)

Time: 6 - 8 pm

Fee: \$144 credit/\$85 non-credit

Location: Eisenhower Middle School

800 Walters Dr.

### Fly Fishing EN-01b

Paul Sodamann (494-2340)

Date: October 6 - October 28 (Wed/Thurs)

Time: 6 - 8 pm

Fee: \$144 credit/\$85 non-credit

Location: Eisenhower Middle School

800 Walters Dr.

### Y2K: Heating and Electrical EN-11

Some people wish to be independent of utilities for philosophical and practical reasons. This fall, energy independence seems to hold more attention than normal. If you are concerned about Y2K, then this is the class for you. In the first session, we will discuss non-utility electrical systems and in the second session we will discuss heating choices. This class also applies to cabins, boats or recreational vehicles.

Bill Dorsett (539-1956) has been designing independent electrical power supplies for 10 years and professionally building solar heating and efficient buildings for 20 years. He doesn't pretend to know whether Y2K carries reasons for concern, but he does have a good knowledge of the technologies for independent living.

Date: August 28 & September 11 (Saturday)

Time: 1 pm

Fee: \$12

Location: 1715 Leavenworth

Manhattan, KS

### Gravel Pits at Waterville and Blue Rapids EN-12

How do we know that glaciers visited Kansas?...By the rocks they left behind. We'll visit the gravel pits near Waterville and Blue Rapids, Kansas, to collect glacial material, including agate, jasper, quartzite, petrified wood and fossils. Participants will drive their own cars or carpool. Rain Date: October 23

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

Date: October 2 (Saturday)

Time: 8:30 am - 12 noon

Fee: \$8 individual/ \$12 couple or family

Location: Meet at UFM Fireplace Room

## Sustainable Manhattan Community Roundtable Series

Sustainability is the new way of thinking about an age-old concern—ensuring that our children and grandchildren inherit a tomorrow that is at least as good as today, and preferably better. We want to make sure that the way we live our lives is sustainable—that it can continue and keep improving for a long, long time. Sustainability is about finding new ways of doing things that can both solve problems and improve our quality, of life, both now and in the future.



Is Manhattan a "sustainable community?" Can we grow "smarter"? Does Manhattan offer housing options that meet the needs of all its residents? Does our transportation system balance the needs of pedestrians, bicyclists, and drivers? Join Sustainable Manhattan as we explore the issues that will shape the future of our community.

### Does a "Smart Growth" Policy Make Sense for Manhattan? EN-13

Ray Weisenberger is Associate Dean of the College of Architecture, Planning and Design at K-State and a former chair of the Manhattan Area Urban Planning Board.



Call Carol Peak for more information 532-6868.

Date: September 8 (Wednesday)

Time: 11:30 am - 1:30 pm

Fee: n/c

Location: UFM Conference Room

### Affordable Housing: Good Neighbors of NIMBY? EN-14

Stormy Kennedy is a long-time citizen activist in Manhattan. Stormy has served on the Historic Districts Review Board and Housing Appeals Board, and coordinated the Manhattan neighborhood coalition.



Call Carol Peak for more information 532-6868.

Date: October 13 (Wednesday)

Time: 11:30 am - 1:30 pm

Fee: n/c

Location: Java Espresso & Bakery

1219 Moro, Aggieville

### Does a "10-Minute Town" Need a Transit System? EN-15

Edith Stunkel is a former Mayor and City Commissioner of Manhattan, and currently serves as Chair of the Manhattan Area Transportation Strategy Steering Committee.



Call Carol Peak for more information 532-6868.

Date: November 10 (Wednesday)

Time: 11:30 am - 1:30 pm

Fee: n/c

Location: Java Espresso & Bakery

1219 Moro, Aggieville

Interested in learning about and protecting the environment?



## Join the Northern Flint Hills Audubon Society

- Monthly educational programs on a variety of local, state, national and international environmental topics
- Field trips and bird watching to local natural areas (children welcome); call Gerald Wiens 565-9282 or Patricia Yeager 776-9593
- Informative monthly newsletter, *The Prairie Falcon*, in your mailbox or on the web at <http://www.ksu.edu/audubon/falcon.html>
- Active involvement in a variety of local, state, national and global conservation issues (we need your help)
- Birdseed sales (Mike Rhodes 539-4863)
- For more information call Dolly Gudder 537-4102

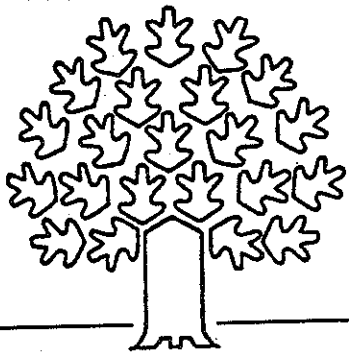
"The way I see it, if you want the rainbow, you gotta put up with the rain."

— Dolly Parton

"It is my personal approach that creates the climate. It is my daily mood that creates the weather."

— Haim Ginott

THANK YOU ADVERTISERS for your loyal support.



# Martial Arts

1221 THURSTON

539-8763

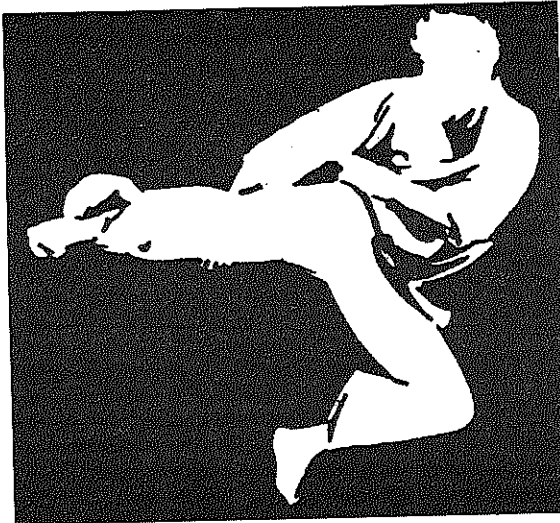
## Beginning Aikido

MA-05

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 be easily combined into a short performance program called "Taigi" which we will learn. Instruction will also consider the spontaneous interests and needs of the participants. This class is for men and women, adults and teens aged 12+.

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 States for Ki Society Aikido. Paul has taught at UFM since 1995.

Date: September 1 - December 8 (Mon/Wed)  
Time: 7 - 8:30 pm  
Fee: \$56  
Location: Ahearn  
No Class September 6



## Tae Kwon Do I

MA-01

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

\*\*Tuesday, Aug. 24, 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 Tae Kwon Do. He is a former Captain and Chief Instructor of Tae Kwon Do for the ROK Army National Team, and he has held classes at KSU since 1975. Instructor David Moore (539-6786) is a 3rd degree black belt with over 9 years experience in Tae Kwon Do. He has been assisting/teaching for over 4 years.

Date: August 24 - December 9 (Tuesday & Thursday)  
Time: 6:30 - 7:30 pm  
Fee: \$72  
Location: Ahearn Field House, KSU  
No class November 25

## Tae Kwon Do II Advanced

MA-02

Grandmaster Chae Sun Yi (266-8662); Instructor David Moore (539-6786)

Date: August 24 - December 9 (Tuesday & Thursday)  
Time: 7:30 - 8:30 pm  
Fee: \$72  
Location: Ahearn Field House, KSU  
No class November 25

## Combat Grappling

MA-03

This class will consist of 50% standing self-defense and 50% ground fighting. The ground fighting is required for the second level of the White Phoenix System.

Stan Wilson (539-7723) is the founder of the White Phoenix system. He has done wrestling, Judo, Jujutsu and other methods.

Date: October 20 - December 8 (Wednesday)  
Time: 8 pm  
Fee: \$42 fee includes 3 manuals  
Location: Ahearn Fieldhouse, KSU

## White Phoenix System Basics

MA-04

This class will cover Kung Fu basics and Jujutsu self-defense. Focus will be on two person drills. If time allows, participants will learn the first form, Sandin Kutu.

Stan Wilson has been participating in marital arts for 29 years. He is the founder of the White Phoenix System.

Date: August 25 - October 13 (Wednesday)  
Time: 8 pm  
Fee: \$42 fee includes 3 manuals  
Location: Ahearn Fieldhouse, KSU

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

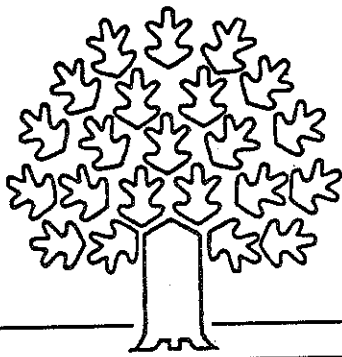


# 776-5577

Limited Delivery Area

1800 Claffin Road • FirstBank Center

WWW.7765577.COM



# Youth

1221 THURSTON

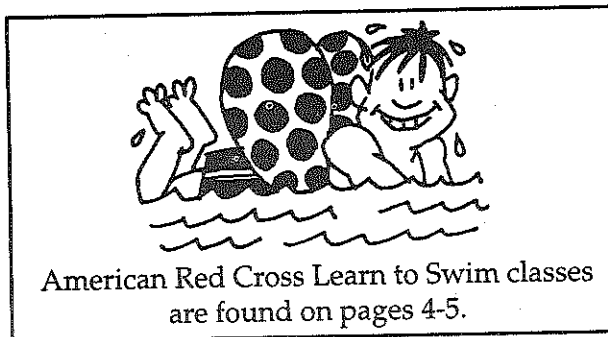
539-8763

## 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 28 (Thursday)  
Time: 8 am - 5 pm  
Fee: \$25  
Location: Meet at UFM



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

## Introduction to the Dance:

### Ballet, Tap & Jazz

YO-02

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 37 years. Her dance choir toured the Midwest and Europe in 1968. She is a certified teacher with a Masters degree in Education.

Date: September 10 & 17 (Friday)  
Time: 5:30 - 6:30 pm  
Fee: \$8  
Location: 2416 Rogers Blvd.

\*\* TENNIS \*\* FENCING \*\*

Tennis and Fencing classes for Youth... See the RECREATION section.



# UFM's Holistic Health Directory

## The Goal of This Directory

To provide information about alternative and complimentary health options that are available in the Manhattan area. Each participant in this directory has a written description of what they offer and services they provide. We hope you will be able to make a connection that will help improve your whole health: mind, spirit and body.

## What is Holistic Health?

The whole person is one's physical, mental, emotional, and spiritual being. Each affects the others. Holistic Health focuses on the whole being and can be complimentary to conventional health practices.

## Liability Statement

The Holistic Health Directory provides advertising services. Participants choose to assume all risk of loss, damage, or injury that may be sustained. UFM assumes no responsibility for costs involved with individual injury or property loss incurred. It is recommended that all participants consult a medical physician and have a complete physical before engaging in any physical recreation program or seeking alternative health care. The information in this directory does not constitute medical advice.

## Advertising Information

Please call Charlene at UFM, 539-8763, for information about placing an Ad in the Holistic Health Directory.

# UFM's Holistic Health Directory

## The Yoga Connection



Open classes  
Private Instruction  
Herbal Products  
Consultation  
Lower Stress  
Higher Energy

Ana Franklin

537-8224



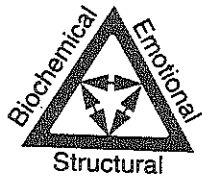
Therapeutic Massage  
2316 Anderson Ave  
(785) 587-8300

Doug Sellers, NCTMB • Laura Ebert, CMT

Bring This Coupon in and Save \$10  
on a one-hour massage.

One-Hour Massage  
Only \$25.00

## HEALTH

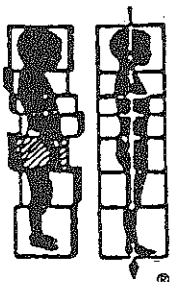


### A MATTER OF BALANCE

"Therapies" are only successful if they  
"Remove The Blocks" to allow the body's  
own healing wisdom to express itself.

Chiropractic Natural Health Care  
539-9113

Dr. Larry Dall 1130 Westport Dr., Ste. 5



**ROLFING®**  
**JACK WINDHORST**  
Certified Rolfer®  
Certified Massage Practitioner  
National Therapeutic Massage  
and Bodywork Board Certified

### AN APPROACH TOWARD THE WHOLE HUMAN BEING

- improve posture, alignment and flexibility
- enhance emotional health, physical performance and physiological efficiency
- reduce stress, tension, aches and pains

587 • 776 • 9804  
Manhattan, Kansas

## PRACTITIONERS

### Flint Hills Peacemakers

4531 McDowell Creek Rd.  
Manhattan, KS 66502  
(785) 539-0370

Universal Life Energy therapies that promote holistic self-healing naturally:

- Reiki
- Gemisphere Energy Medicine
- Aromatherapy
- Numerology
- Color & Sound Therapies

Evening & weekend appointments available.

For appointment, call June Hunzeker 539-0370.

### Integrative Bodywork

2750 Brittany Terr. #10  
Manhattan, KS 66502  
(785) 776-9804

Jack Windhorst

- Rolfing®
- Massage Therapy

Vera Orlock

- Body - Mind Centering®
- Structural Integration
- Cranial - Sacral Therapy

### Chiropractic Natural Health Care

1130 Westport Dr.  
Manhattan, KS 66502  
(785) 539-9113

Dr. Larry Dall

- Kinesiology
- Total Body Modification
- Neuro Emotional Technique
- Bio-Energetic Synchronization Technique
- Acupuncture
- Nutrition

### Dot Tucker

(785) 776-6776

- Specializing in massage for women
- Graduate of Central California School of Body Therapy

For more info call or e-mail [Ioedott@webtv.net](mailto:Ioedott@webtv.net)

### The Yoga Connection

1428 Beechwood Terr. #12  
Manhattan, KS 66502  
(785) 537-8224

Ana Franklin

- Six-week sections through UFM
- Open (come when you can) yoga classes & private lessons by appointment
- Herbal Products for health and consultations also available
- For more information call Ana Franklin at 537-8224.

### Body First

2316 Anderson Ave.  
Manhattan, KS 66502  
(785) 587-8300

Doug Sellers, NCTMB/Laura Ebert, C.M.T.

- Swedish Massage
- Reflexology
- Neuro-Muscular
- Acupressure
- Hydrotherapy

Hours: Mon-Fri 8 am - 7 pm; Sat 9 am - 6 pm

• Gift Certificates

[www.bodyfirst.com](http://www.bodyfirst.com)

### Nicole Dusin, RMT

408 Laramie  
Manhattan, KS 66502  
(785) 539-8172

- Registered Massage Therapist
- Therapeutic Massage
- Pre-Natal & Infant Massage
- Hydrotherapy
- Ear Candling

### Enell Foerster

920 Ratone  
Manhattan, KS 66502  
(785) 537-0977

- Body Recall
- Chi Lei
- The Heart Meditation
- Sunrider Herbal foods and Kandesn skin care products available

### Four Winds Therapeutic Massage

1114 Laramie St.  
Manhattan, KS 66502  
(785) 539-5919

Bernice Martin

- Licensed Massage Therapist
- Therapeutic Massage
- Seated Massage
- Hot Tub
- Sauna
- Meditation Area
- Self-Help Library
- Creative Play Area

### Lifecenter Bodywork

(785) 537-3607

Sandra Snyder

- Reiki
- Deep Tissue Massage
- Sports Massage
- Reflexology
- Infant Massage
- Pets Massage
- Licensed Massage Therapist



# UFM's Holistic Health Directory

## Gemisphere Energy Medicine

Gemstones...contain life force. This force is the divine energy that sustains, nourishes, and enlivens all living things.

—Guardian of Quartz

If you want to help yourself realize your own dreams, work with a crystal that has been rounded into the shape of the earth or the sun. Then the crystal will become like the sun and radiate its energy into your aura and touch every part of your being.

—Guardian of Indigo

You, the people of Earth, are in the process of taking one of the greatest steps in your history. Use the tools that are already available to you to help take this leap. These tools are gifts. They have already been given. It is up to each individual to unwrap and accept them.

—Guardian of Aventurine  
Gemisphere Luminary 1997  
Michael Katz

To learn more about Gemisphere Energy Medicine: See page 20 in this catalog or call (785)539-0370; or check Gemisphere web site at [www.gemisphere.com](http://www.gemisphere.com)



### Advertising Information

Please call Charlene at UFM, 539-8763, for information about placing an Ad in the Holistic Health Directory.

## WELLNESS/EXERCISE PROGRAMS

### UFM Hydroaerobics: Water Exercise

KSU Ahearn Natatorium  
K-State Campus  
(785) 539-8763

This is a 55-minute water exercise 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 the class. Classes will be held Mon/Wed, Tues/Thurs or Mon-Thurs at 6:35 to 7:30 pm. To register, please call UFM at 539-8763.

### L.I.F.E.

KSU Ahearn Natatorium  
K-State Campus  
(785) 532-0704

- Affordable prices
  - Personal assistance available as requested
  - Fitness assessments and consultations
  - Two weight rooms
  - Cardiovascular equipment
  - Aerobics classes
  - Swimming pools
  - Water aerobics
  - Running/walking track
  - Basketball courts
- For more information call 532-0704.

## HEALTH PRODUCTS

### People's Grocery Co-op

811 Colorado  
Manhattan, KS 66502  
(785) 539-4811

- Community-Owned—Open to Everyone!
- Quality Natural Foods at Co-op Prices.
- A Variety of Natural Foods, Health & Beauty Products and Supplements
- Organic Produce and Dairy Products
- Domestic and Imported Cheeses
- Fresh Ground Peanut Butter
- Organic Grains and Flours
- Food Allergies? Come See Us!

 Kansas State University  Department of Kinesiology	<b>EVERYONE</b>	
	<b>CLASSES</b>	
<b>FACILITIES</b> Two Weight Rooms Cardiovascular Equipment Area Swimming Pool Basketball Courts Indoor Track	Step To It Hard Bodies Combo Class	Motivator Basic Step Aqua Aerobics
	<b>SERVICES</b> Nutrition & Diet Analysis Weight Management Consultation Fitness Training & Prescription Exercise Instruction	
Semester Rates: \$34 (individual), \$55 (family) <b>Stop by Ahearn Natatorium, Room 3 (LIFE office)</b> 532-0704 or 532-0705		

## Coming in the Spring!

# UFM's Holistic Health and Body Works Fair

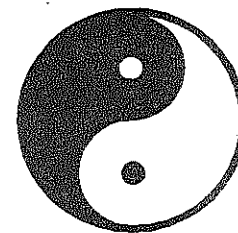
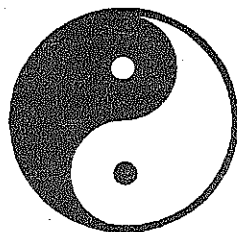
Saturday, April 8, 10 am to 3 pm

Free Admission

Learn about the alternative/complementary health options that are available in the Manhattan area.

Massage Sessions  
Alternative therapies  
Wellness Topics

Chiropractic Practitioners  
Health Products  
Lectures

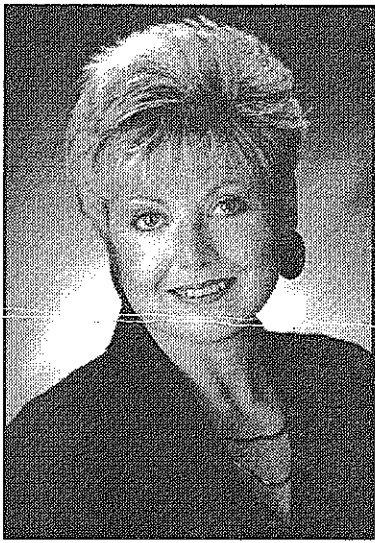


•Products • Crafts • Music • Fun • Free • Food

Space is available for practitioners and related health products and programs.

For more information, call Charlene at UFM, (785) 539-8763.

UFM classes make great gifts.



Patti McCormick

Patti McCormick, R.N., Ph.D., Founder and President of Ohio Academy of Holistic Health, inc., has combined her background as a Registered Nurse with various Holistic Health practices since 1978. Her educational background involves Certification in Ericksonian Hypnotherapy, Non-Directive Imagery, Reflexology, Aromatherapy and she is a Master Practitioner in Neuro-Linguistic Programming. Dr. McCormick is founding President of the Holistic Health Association of Ohio, Vice-President of the National Board of Reflexology, Professor with the American Institute of Hypnotherapy and continues to serve on the Board of Directors of various Professional Holistic Health Organizations. She is internationally known as an activist in the promotion of quality education and legislation for Holistic Health Professionals. For CEU information call 1-800-833-8122

Date: October 2 (Saturday)  
 Time: 9 am - 4:30 pm  
 Fee: \$83/\$105 Both Workshop & Additional Training  
 Location: KSU, Justin Hall Room, 149  
 Registration Deadline September 15  
 No refunds after September 15 due to facilitator's travel expenses.

**Therapeutic Aromatherapy Workshop for Holistic Health Professionals WE-18a**

Would you like to add a new dimension to your practice? Would you like to include a modality of healing for your clients that could produce phenomenal benefits? Would you like to supplement your existing income?

If you answered yes to any of these questions, this workshop is for you!

In this one day workshop you will learn:

- How to create your basic aromatherapy "medicine chest"
- How to assure you are using pure therapeutic quality oils
- Specific indications and contraindication for a variety of essential oils
- Specific indications and contraindications for a variety of carrier oils
- How to incorporate this modality into an existing practice
- The importance of Latin Binomials when choosing an essential oil
- The art of custom blending for your client
- The best resources for researching essential oils

**Additional Training Available: Aromatherapy Product Class WE-18b**

You can also register for a product class which will be offered the same date from 6:30 to 9:30 pm. You will learn how to make massage oils, bath salts, beeswax candles, tooth powder, liquid soap, room fresheners, various food products, perfume, etc. You will have the opportunity to make a variety of these products to take with you. Call Enell at 537-0977 for information about the Workshops.

Patti McCormick  
 Date: October 2 (Saturday)  
 Time: 6:30 - 9:30 pm  
 Fee: \$28/\$105 Both Workshop & Additional Training  
 Location: KSU, Justin Hall, Room 149  
 Registration Deadline September 15  
 No refunds after September 15 due to facilitator's travel expenses.

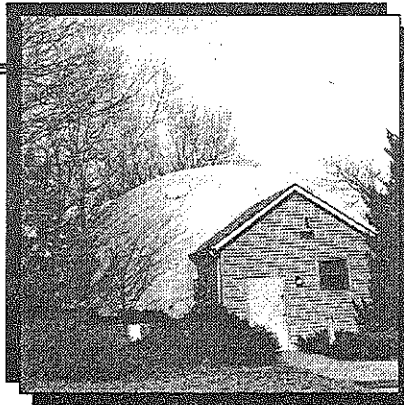
**UFM'S WELLNESS CLASSES**

UFM continues to offer a variety of wellness & personal development classes. These classes give individuals opportunities to learn about holistic health and other alternative/complementary health options. The classes also create networking opportunities, where people can meet and share similar interests. Many of the instructors have studied extensively to learn ancient healing arts from different countries and cultures. Classes offered this fall include:

- **Introducing Jin Shin Jyutsu A Self-Help Class** and
- **Continuing Jin Shin Jyutsu Self-Help**  
 By: Karma Smith
- **Yoga for Body and Mind**  
 By: Ana Franklin
- **Introduction to Reiki,**
- **Introduction to Gemisphere Energy Medicine and**
- **G.E.M. and the Seven Color Rays**  
 By: June Hunzeker
- **Massage for the Individual and**
- **Massage for Couples**  
 By: Bernice Martin
- **Tai Chi Ch aun for Beginners**  
 By: Mei Hwa Terhune
- **Tai Chi for Ages 55+ and**
- **Introduction to Feng Shui**  
 By: Don Terhune
- **What's Wrong With Me? "The Aching All Over Disease"**  
 By: Dr. Larry Dall
- **Herbs In the Garden Series: Growing & Using Herbs, Herbs in the Kitchen, Guide to Herbal Medicine, and Making Herbal Remedies**  
 By: Ranae Cushing
- **Vegetarian Cooking**  
 By: Mike Bonella
- **Introduction to Meditation and**
- **The Hidden Realm of Pure Mind**  
 By: Stan Stitz
- **Introduction to Zen Buddhist Philosophy & Practice**  
 By: Leon Rappoport

**For Information contact:**

- Karma Smith 785-539-3733
  - Ana Franklin 785-537-8224
  - Leon Rappoport 785-532-0616
  - Bob and Kay Sinnett 785-539-5748
  - Christine Van Swaay 785-539-5439
  - Stan Stitz voice mail 800-204-4851
- or email: dragon@networksplus.net



The Pure Mind Center has been organized and is being developed through the cooperative efforts of several practitioners and teachers of the meditative arts in Manhattan.

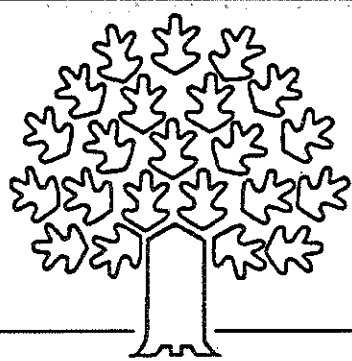
"The Dome" has been donated for this use by the Pure Mind Foundation, 1228 Westloop, Manhattan, KS 66502

**Pure Mind Center**  
 for the  
**Meditative Arts**

- ◆ Its purpose is to provide facilities for the study and practice of a variety of spiritual, meditative, and holistic health practices. The Pure Mind Center welcomes practitioners and teachers from different traditions who are seeking space for their practices or would like to offer teachings or workshops.
- ◆ Presently we have scheduled the Manhattan Zen Group; The Yoga Connection with Ana Franklin; Introductory, Beginning and Advanced Meditation Classes; Jin Shin Jyutsu Self-help Classes and Individual Sessions with Karma Smith; Silent Sitting Practice; Tai Chi Practice; Advanced Pure Mind Practice with Stan Stitz.
- ◆ We also host several UFM classes. See the UFM catalogue for information.

631 Levee Drive  
 next to the Animal Shelter

Special thanks to all UFM INSTRUCTORS who volunteer their time!



# Language

1221 THURSTON

539-8763

## ESL English Language as a Second Language

LA-01a

This class will focus on conversation, casual and some survival English. If you are willing to take a chance with the language, please join us. Feel free to call the instructor for more information.

Andy Smith (776-0969) speaks English, French and Greek. She has a Master's degree in French. Andy enjoys people and likes to help others improve their English skills.

Date: September 2 - September 30 (Tues/Thurs)  
Time: 7 - 8 pm  
Fee: \$36  
Location: UFM Multi-Purpose Room

## ESL English Language as a Second Language

LA-01b

Andy Smith

Date: October 5 - October 28 (Tues/Thurs)  
Time: 7 - 8 pm  
Fee: \$36  
Location: UFM Multi-Purpose Room

## ESL English Language as a Second Language

LA-01c

Andy Smith

Date: November 2 - November 30 (Tues/Thurs)  
Time: 7 - 8 pm  
Fee: \$36  
Location: UFM Multi-Purpose Room  
No Class November 25

## French

LA-02a

Are you planning a trip to France or would you like to learn the language? This class is an introduction to French. The emphasis will be on conversation, grammar, proper pronunciation, and everyday vocabulary, including greetings, telling time, weather, family, travel, food and restaurant words.

Emilie Rabbat (587-9036), a naturalized citizen, is originally from Tanta, Egypt. Her training course, "Stage de Formation Pedagogic," was from the Catholic University of West-Angers, France. She received a French Diploma from the Egyptian Government and the Embassy of France in Cairo, Egypt. Her learning experience includes working with adult Egyptian teachers, primary level students and as a librarian at a Jesuit French School in Cairo.

Date: September 1 - 29 (Monday/Wednesday)  
Time: 10 - 11 am  
Fee: \$37  
Location: UFM Conference Room  
No class September 6

## French

LA-02b

Emilie Rabbat

Date: October 4 - 27 (Monday/Wednesday)  
Time: 10 - 11 am  
Fee: \$37  
Location: UFM Conference Room

## Beginning Sign Language

LA-03

This class is designed for individuals who are interested in learning the basic skills of Sign Language. On the first day of class there will be a discussion of available books and determine which to use for this class.

Stephanie Stewart (776-8755) attended her first sign language class at UFM three years ago. Since then, she has studied at Emporia and is now attending KSU. She is looking forward to sharing her knowledge and interest of sign language with others.

Date: September 7 - October 12 (Tuesday)  
Time: 7 - 8 pm  
Fee: \$43  
Location: 256 Justin Hall, KSU

## Beginning Russian

LA-05

Participants will learn how to read Russian, to introduce themselves in Russian, to ask simple questions about the other person, directions, and how to order food in a restaurant. During the last lesson there will be an opportunity to prepare and taste Russian Borshch a nutritious vegetable soup. There will also be an introduction to Russian culture.

Luba Ramm (539-0959) received a B.S. degree in teaching foreign languages in Irkutsk (the city close to Lake Baikal) and an M.S. degree in Saint Petersburg. She taught in Russia for many years. She has also taught Russian at Fort Riley to soldiers and has been an instructor at UFM for many years. Luba would like participants to acquire some modest Russian language skills and broaden their knowledge about Russia.

Date: September 14 - 30 (Tues/Thurs)  
Time: 7 - 8:30 pm  
Fee: \$27  
Location: UFM Banquet Room

## Advanced Russian

LA-06

This class is for people who have taken Russian and would like to continue learning the language. All discussions will be in Russian, also participants will get to view a Russian movie. Prerequisite: four semesters or more, equal to KSU Russian course. During the last lesson there will be an opportunity to prepare Siberian Pelmens, this dish is similar to Italian ravioli that is stuffed with meat.

Luba Ramm

Date: October 5 - 21 (Tues/Thurs)  
Time: 7 - 8:30 pm  
Fee: \$27  
Location: UFM Banquet Room

*"Things work out best for those who make the best of the way things work out."*

— Anonymous

## Survival Skills in Czech

LA-07

This practical class is intended especially for those who are going to travel to 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 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.

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

Date: September 1 (Wednesday)—dates will be determined at the 1st meeting  
Time: 7:00 pm  
Fee: \$68  
Location: UFM Conference Room

## Arabic Language

LA-08

This class is an introduction to Arabic Language. Participants will learn basic grammar and vocabulary.

Ferdoas Afani is half Palestinian and has lived in Saudi Arabia for 16 years where she attended an Arabic school. She is familiar with the Middle Eastern culture, speaks Arabic fluently and is very active with Arabic students at KSU.

Date: September 10  
Time: 7 pm  
Fee: \$37  
Location: Conference Room

*"A smile happens in a flash, but the memory of it last a lifetime."*

— Unknown

### Win \$1 off any UFM Class...

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

## Take a Peek at the Past

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

### Riley County Historical Museum

2309 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

### Pioneer Log Cabin

Manhattan City Park

- Walnut log cabin built in 1916
- Pioneer home and tool exhibit

Open April-October  
Sunday 2:00-5:00  
and by appointment

### Goodnow House Museum

2309 Claflin

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

Call 565-6490 for Hours

### Wolf House Museum

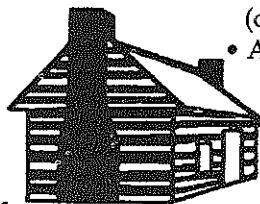
630 Fremont

- 1863 stone home also served as a boarding house
- Furnished with period antiques
- Special exhibits

1:00-5:00 Saturday 2:00-5:00 Sunday  
and by appointment

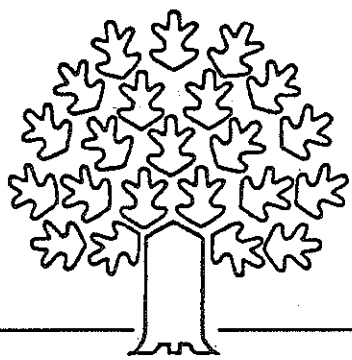
RILEY COUNTY

HISTORICAL MUSEUM



For more information, call 565-6490

Look for the UFM Catalog on the web at [www.ksu.edu/ufm](http://www.ksu.edu/ufm)



# Creative FreeTime

1221 THURSTON

539-8763

## Creation of a Three-Dimensional Mosaic Seed Bird

CF-01

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 amazingly 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 Crafts Festival at Silver Dollar City for 15 years. After a 6-year hiatus, he has returned each fall since 1996. Dwight was the recipient of the 1998 Grassroots Education Award.

Date: October 19 - November 16 (Tuesday)  
Time: 7 - 9 pm  
Fee: \$36  
Location: 2121 Meadowlark Rd., Apt. 209

## Paper Pieced Quilting

CF-05

Paper piecing is a quick and easy way to make virtually perfect pieced blocks for quilting projects. Using a paper foundation pattern, you follow a numbered order of adding fabric. Produce intricate designs, sharp edges and points with this easy guide. Bring your sewing machine and iron. Patterns and fabric will be provided for your sample in-class project. Halloween, Thanksgiving or Christmas patterns are available.

Linda Teener (539-8763) enjoys sewing and quilting. She has done a number of paper piecing projects, some with small and intricate designs.

Date: September 29 (Wednesday)  
Time: 7 - 8:30 pm  
Fee: \$13  
Location: UFM Multi-Purpose Room

## A Local Antique Roadshow

CF-04

Is it real or is it a reproduction? Antique glass, pottery, crystal & furniture will be examined during this class. Participants will find out about marks & other items of identification and also resources to use. Have the garage sale finds dried up? Find out about speciality shops in the area. There will also be a discussion about what to do about grandma's stuff.

Doyle Barnes (776-7738) is a retired principal and community member of 32 years. He is an antique collector and dealer, and the manager of One More Time Antiques.

Date: October 14 (Thursday)  
Time: 7:30 pm  
Fee: \$8  
Location: One More Time Antiques  
1401 Pillsbury Dr.

## One More Time

Antiques, Collectibles & Vintage Furniture

10 am till 6 pm—7 days a week



1405 Pillsbury Drive  
Highway 177 South  
Manhattan, KS 66502  
Phone: (785) 770-8811

## Native Americans of Kansas: Past and Present

CF-06

Would you like to learn about the Native Americans of Kansas? Participants in the class will view slides and artifacts to learn about the history and get information about the present day Native Americans of Kansas.

Doug Tippin a social studies teacher who has visited the reservations in Kansas, attended pow-wows, and collected artifacts for many years. He will be sharing his knowledge of Native Americans both past and present.

Date: November 10 (Wednesday)  
Time: 7 pm  
Fee: \$8  
Location: UFM Fireplace Room

## Arts and Crafts of the Southwest Pueblos

CF-07

Come view the arts and crafts of the southwest Pueblos! Participants will see slides and sandpainting, fetishes, pottery, jewelry from the pueblos of the Southwest.

Doug Tippin

Date: October 20 (Wednesday)  
Time: 7 pm  
Fee: \$8  
Location: UFM Fireplace Room

## Watercolor Combined With Other Media

CF-08

Would you like to learn watercolor techniques from an artist? This class will give you an opportunity to learn techniques using watercolor paint with colored pencil, inks & collage on paper. The instructor will supply paint, participants need to bring some small brushes and a container for water. Both adults and teens are welcome to enroll in this class.

Gary Woodward (776-0952) is an Associate Professor of Art at K-State University. He specializes in teaching design and drawing. He has exhibited both nationally and internationally. He used watercolors and other media in his own work.

Date: October 5 & 12 (Tuesday)  
Time: 7:30 pm  
Fee: \$16  
Location: UFM Greenhouse

## Basic Hair Braiding

CF-03

Create a new look for yourself or your daughter, mother or friend. Participants will learn how to braid their own hair. The main focus will be on French Braids. Handouts include a variety of lengths and styles (with directions). Twists and bun styles will also be covered.

Ranae Cushing

Date: November 6 (Saturday)  
Time: 1:30 - 3:00 pm  
Fee: \$15  
Location: Fireplace Room

## The Art of Role Playing Adventure Systems

CF-11

This class is for those who would like to learn the how-to's of several role-playing systems: Shadow Run, Palladium, Advanced Dungeons & Dragons, and others, if time allows. There will be several adventures in each system. Participants will learn how to establish characters.

Richard Walker (587-8987) has been coordinating role playing games for the last 15 years. He would like to share his knowledge with others at this class.

Date: September 7 - November 23 (Tuesday)  
Time: 7 pm  
Fee: \$24  
Location: UFM Fireplace Room

## Who gets Grandma's Yellow Pie Plate?

CF-15

Personal property transfer is an issue frequently ignored until a crisis occurs or immediate decisions need to be made. The issue of transferring non-titled property is often assumed to be unimportant or an issue that just takes care of itself. Experiences of family members and attorneys working with families suggest otherwise. Through participating in this program, you will receive tools that enable you to make informed decisions about transferring non-titled property, like Grandma's yellow pie plate, the oak table, Dad's cuff links or the photo album. Six key figures are addressed, including strategies for managing conflict. Making decisions about the transfer of personal items is best done when you're not under pressure or in the middle of a crisis. If you are ready to get started on this process, join us on September 16.

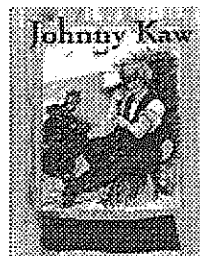
Sharolyn Fleming Jackson, CFCSS - Riley County Extension Agent, Family and Consumer Service

Date: September 16 (Thursday)  
Time: 7 - 9 pm  
Fee: \$10 individual/\$14 couple  
Location: UFM Conference Room

## Writing and Marketing Children's Books

CF-12

If you're interested in writing for children but don't know how to begin or how to market your work, this class will get you started. You'll learn about resources that will answer your questions, how the publishing market works, and problems to avoid. The class is not primarily a writing technique or critique session, but there will be an opportunity at each class for participants to share manuscripts if they wish.



Jerry Garretson (776-0556) is owner/publisher of Ravenstone Press, which has published two books since its creation in 1997. Her articles for children have been published in *Highlights for Children*, *Children's Digest*, *The Friend* and other national children's magazines. She has participated in many workshops for children's writers. She also brings a strong knowledge of and love for children's literature from her former position of children's librarian at Manhattan Public Library.

Date: November 13 & 20 (Saturday)  
Time: 2 - 5 pm  
Fee: \$42  
Location: UFM Fireplace Room

## Self-Publishing Your Book

CF-13

Have you ever wanted to publish your own book? Whether you have a family history, children's story, guidebook, poetry or how-to book, you can publish it yourself. Jerry Garretson, who established Ravenstone Press in 1997, will show you the basics from budget to binding, whether your goal is personal or a business project.

Jerry Garretson (776-0556) created Ravenstone Press in 1997 to publish *Johnny Kaw—The Pioneer Spirit of Kansas*, about the statue in the Manhattan City Park. In 1998, Ravenstone published *Izzie—Growing Up on the Plains in the 1880's*. In her first year of business in her "spare time," she sold over 1700 copies. She has done all phases of the writing, design, illustration, and contracting process, as well as marketing.

Date: October 30 (Saturday)  
Time: 2 - 5 pm  
Fee: \$23  
Location: UFM Conference Room





**Safe and Creative Care of Family**

**Photos** CF-02a

Are your photos stuffed in shoeboxes or, worse, in albums that are chemically destroying them? This workshop covers organizing your photos, photo-safe materials, ideas for creative cropping and photo-journaling. You will receive 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 9 (Thursday)  
Time: 7 - 9:30 pm  
Fee: \$15 includes some supplies  
Location: UFM Fireplace Room

**Safe and Creative Care of Family**

**Photos** CF-02b

*Pam Schmid* (1-800-347-2625)

Date: October 14 (Thursday)  
Time: 7 - 9:30 pm  
Fee: \$15 includes some supplies  
Location: UFM Fireplace Room

**Black & White Film Developing**

**for Beginners** CF-09a

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 class fee. Class size is limited, so enroll early.

*Harold Wellmeier* (539-8298) has a degree in Commercial and Industrial Photography. He enjoys black and white photography and enjoys processing his own film.

Date: September 13 (Monday)  
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  
Deadline to enroll in this class is September 6.

**Black and White Film Developing**

**for Beginners** CF-09b

*Harold Wellmeier*

Date: November 8 (Monday)  
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  
Deadline to enroll in this class is November 1.

**Black & White Printing**

**CF-10**

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.

*Harold Wellmeier*

Date: By appointment  
Time: As arranged  
Fee: \$15 No refunds on class; instructor must buy chemicals that can't be used if students don't attend.

Location: UFM Darkroom

**Let's Play Cards**

**CF-16**

If you have avoided joining the fun or dreaded learning a new card game because everyone at the table knew how to play but you, this class is for you. Card games are a great leisure activity. Don't miss this opportunity to learn to play pitch, spades and hearts. Bring a deck of cards.

*Natalie Smith* learned to play cards when she was in college. She has received a lot of enjoyment from this activity.

Date: September 16 - October 7 (Thursday)  
Time: 7 pm  
Fee: \$14  
Location: UFM Greenhouse

# Computers

**Personalized Computer Help** CP-01

Having trouble figuring out how your computer works? Need help translating those manuals or interpreting the screens? Want some help understanding your software? Schedule a private tutoring session to answer your personal questions. This service is directed toward users with IBM compatible computers.

*Linda Teener* (539-8763), is Executive Director of UFM and likes to help others better understand their computers.

Date/Time: By appointment  
Fee: \$20 per hour  
Location: As arranged

**Building Databases with MS Access** CP-02

This class teaches participants how to build and use databases with Microsoft Access. Subjects covered are: general database concepts, designing and building tables, designing and building reports and entry forms, and using queries. On completion, participants will be able to build simple databases, create easy methods of entering data, and create reports that include just the information that they need.

*Kate Dubiel* (532-4781) is a local area network administrator at KSU. She has been teaching people how to use their computers "in the line of duty" for over 11 years.

Date: September 7 - September 21 (Tuesday)  
Time: 7:30 - 8:30 pm  
Fee: \$38  
Location: To be announced



## Food for Fun

1221 THURSTON      539-8763

**Cake Decorating** FF-01

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 7 - 28 (Thursday)  
Time: 7 pm  
Fee: \$26  
Location: UFM Kitchen

**Wines of the World** FF-03

Taste for yourself and gain an overview of the 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 Nespur Wines and Spirits. *Scott Benjamin* is a wine salesperson for Standard Beverage Corporation.

Date: September 28, October 5, 19, 26, November 2  
Time: 7 - 9 pm  
Fee: \$70  
Location: UFM Fireplace Room

**Vegetarian Cooking for the Beginner** FF-02

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: November 3 & 10 (Wednesday)  
Time: 7 - 8:30 pm  
Fee: \$32  
Location: UFM Kitchen

**Siberian Pelmen** FF-05a

Learn how to make Siberian Pelmen, a Russian dish similar to Italian ravioli that is stuffed with meat. The instructor, *Lyuba Ramm*, is teaching UFM's Beginning Russian Class. The last Russian Language class meeting will cover preparing and tasting Siberian Pelmen. *Lyuba* has opened this class to others who would like to learn to make this Russian dish. Pelmen can be frozen and thawed quickly when you need a fast and easy meal.

*Lyuba Ramm* (539-0959) has taught Russian Language and cooking classes at UFM for many years. She will be sharing her knowledge and skills of the Russian culture in this class.

Date: September 30 (Thursday)  
Time: 7 - 9 pm  
Fee: \$9  
Location: UFM Kitchen

**Siberian Pelmen** FF-05b

*Lyuba Ramm*

Date: October 21 (Thursday)  
Time: 7 - 9 pm  
Fee: \$9  
Location: UFM Kitchen

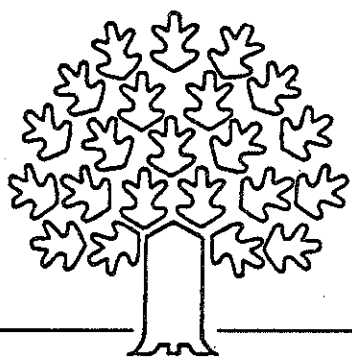


**Chinese Banquet** FF-04

Chinese cooking is fun, flavorful and simpler than it looks. This course will introduce you to the slicing and cooking techniques, and unique sauces that make Chinese food one of the most popular cuisines in the U.S. Both meat and vegetable dishes will be on the menu as well as mild and spicy dishes. Classic dishes such as Kung Pao Chicken, Wonton Soup, and Beef with Peppers will be among the recipes taught. Nine dishes will be prepared and served at this class. Enrollment is limited, so sign up early.

*Hai Tao Huang* is a native of southwest China. He cooks all eight of China's regional dishes, but prefers Sichuan and Cantonese. He has lived in Manhattan for three years and enjoys cooking for friends, many of whom have encouraged him to offer a cooking course.

Date: September 11 (Saturday)  
Time: 10 am - 2 pm  
Fee: \$32  
Location: UFM Kitchen



# Recreation & Dance

1221 THURSTON

539-8763

## Beginning Fencing

RH-08

Fencing is the ancient art of sword play. Soldiers and noblemen 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. Teens to grandmas welcome. Equipment provided.

*Bill Meyer* (587-9990) began fencing as a child in Germany in the now illegal practice of mensur fencing. Not to worry! He has been retrained in modern foil, epee, and saber at Washington State University and the University of Idaho. He is a semi-retired tournament fencer having taught at UFM and at the University of Missouri.

Date: September 13 - December 6 (Monday)  
Time: 7 - 8:30 pm  
Fee: \$62  
Location: Ahearn Fieldhouse, KSU

## Intermediate Fencing

RH-09

This class will focus on bouting. Emphasis is on technique refinement, theory of attack, second intention, fleche', coupe' glides, flanconade, right of way issues, infighting, attack into preparation, blade tuning and wiring. Prerequisites: at least a beginning course in foil-only fencing and complete set of non-electric equipment: mask, foil, glove, jacket. Intermediate fencers without equipment can register in beginning fencing to check out equipment. Course may be repeated.

*Bill Meyer* (587-9990)

Date: September 14 - December 7 (Tuesday)  
Time: 7 - 9 pm  
Fee: \$32  
Location: Ahearn Fieldhouse, KSU

## Tennis: Junior Beginners Ages 7-16

RH-05

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

*Mark 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 7 - 28 (Tuesday)  
Time: 6:30 - 7:30 pm  
Fee: \$36  
Location: LP Washburn Rec Complex, KSU

## Tennis: Beginners Ages 17 and Up

RH-06

This class will focus on fundamentals of strokes, basic rules of play and beginning competition. Parking may be a challenge so plan accordingly and come early.

*Mark Tessendorf*

Date: September 7 - 28 (Tuesday)  
Time: 7:30 - 8:30 pm  
Fee: \$36  
Location: LP Washburn Rec Complex, KSU

## Introduction to Golf

RH-01a

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 26 - September 16 (Thursday)  
Time: 6:30 - 7:30 pm  
Fee: \$35  
Location: Stagg Hill Golf Club  
4441 Ft. Riley Blvd.

## Introduction to Golf

RH-01b

*Jim Gregory* (539-1041)

Date: September 23 - October 14 (Thursday)  
Time: 6 - 7 pm  
Fee: \$35  
Location: Stagg Hill Golf Club  
4441 Ft. Riley Blvd.

## Beginning Bowling for Adults

RH-10a

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, tournament play, rules and tips will also be taught.

*Terri Eddy*

Date: August 25 - December 8 (Wednesday)  
No class November 24  
Time: 10:30 - 11:20 am  
Fee: \$59  
Location: K-State Union

## Beginning Bowling for Adults

RH-10b

*Terry Eddy*

Date: August 26 - December 9 (Thursday)  
No Class November 25  
Time: 10:30 - 11:20 am  
Fee: \$59  
Location: K-State Union

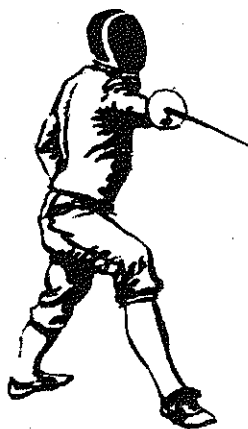
"The will to win is not nearly as important as the will to prepare to win."

—Anonymous

"Success is 99 percent failure."

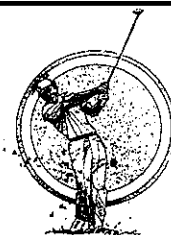
—Soichiro Honda

## UFM's Fencing Program Needs Your Help



UFM has started fencing classes and the program is growing! However, the program is in desperate need of electronic scoring equipment. Currently, the program must use the pre-World War II method of "dry" fencing, somewhat like playing tennis without a net. This severely limits the ability of our fencers to compete with Salina or Kansas City groups, not to mention any national aspirations. Electronic scoring devices start at around \$1,600.

If you are interested in helping develop the UFM Fencing Program, please send a tax deductible contribution to UFM, 1221 Thurston St. Manhattan, KS 66502. If you know of such equipment for sale, please contact Linda or Charlene at UFM, (785) 539-8763.



## 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



Headquarters for  
Bicycle Repair

### OUTDOOR EQUIPMENT SPECIALISTS

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- \* Climbing Equipment
- \* Camping Equipment
- \* Fly Fishing
- \* Binoculars & Sunglasses



304 Poyntz 539-5639  
Downtown - Manhattan



**Ballroom Dance**

RH-03

Come dance with us! If you want to learn to dance with a partner, plan to attend a wedding, or you just want to brush up on your steps, this class is for you. Swing, Foxtrot, Waltz, and Latin dancing are just a few of the steps you will learn. Come experience the elegant world of Ballroom Dance. 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, Mandola 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 Dadgar learned dance in her home of Shiraz, Iran. She has been teaching with Michael for two years. She also performed and choreographed at the Winter Dance 1998.

Date: August 27 - November 12 (Friday)  
Time: 8:30 - 9:30 pm  
Fee: \$33 individual/\$60 couple  
Location: ECM Auditorium  
1021 Denison Ave.

**Intermediate Ballroom Dance**

RH-04

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 (776-7557) and Nahid Dadgar

Date: August 27 - December 10 (Friday)  
No class November 26  
Time: 7:30 - 8:30 pm  
Fee: \$40 individual/\$75 couple  
Location: ECM Auditorium  
1021 Denison Ave.

**Middle Eastern Dance**

**(Belly Dancing)**

RH-11a

Middle Eastern Dance is a very basic introduction to Arabic dancing. Its focus is fun and fitness. Students will learn the most basic moves of the dance and then learn to combine these moves. Arabic dancing allows the dancer a considerable amount of freedom and creativity. During the course of the class, students will also be introduced to Middle Eastern culture and learn how dancing has been integrated into the culture. This class is appropriate for women and children of all ages.

Ferdoos Afani is half Palestinian and has lived in Saudi Arabia for 16 years where she attended an Arabic school. She is familiar with the Middle Eastern culture and dance. She speaks Arabic fluently and is very active with Arab students at KSU.

Date: September 13 - November 1 (Monday)  
Time: 7 - 8 pm  
Fee: \$37  
Location: UFM Fireplace Room

**Advanced Belly Dancing**

RH-11b

This class is a continuation of the beginning belly dancing class.

Ferdoos Afani

Date: September 13 - November 1 (Monday)  
Time: 8 - 9 pm  
Fee: \$37  
Location: UFM Fireplace Room

**Swing and Salsa Dancing**

RH-02

Have some fun learning classic, big band, swing dance and salsa. Learn swing, salsa and lindy basics, lifts, spins, and jumps. You will learn to move around the dance floor to lively music and add some special moves as well. Learn closed and open positions, pretzels, drape and yoke, Roman handshakes and other hot steps. Class emphasis will be on learning the steps cleanly and precisely. No prior dance experience is required! Wear comfortable clothing and non-stick shoes. Having fun is the only requirement.

Michael Bennett (776-7557) and Nahid Dadgar

Date: August 28 - November 13 (Saturday)  
Time: 7:30 - 8:30 pm  
Fee: \$33 individual/\$60 couple  
Location: ECM Auditorium  
1021 Denison Ave

**CPU Furniture**

CF-24

Have you always wondered what to do with your old computer when you buy a new one? This class will give you practical ideas on turning old cpu's into coffee tables and end tables. Put those old boxes to good use, save them from the landfill and have an interesting conversation piece at the same time. Bring any ideas you might have for using old monitors!!

Than Sforthememories, is an expert at turning junk into useful objects. She also enjoys collecting ideas from others.

Date: November 25  
Time: Y2K pm  
Fee: \$8.50 you save by not having to take your cpu to the dump  
Location: UFM Storage Closet

"Those who can't laugh at themselves leave the job to others."

—Anonymous

"Shoot for the moon, even if you miss you'll be among the stars."

—Anonymous

# Kansas State Student Union Bookstore

Order Your Purple Possessions Today, Call

1-800-KSU-CATS

**Store Hours:**

M-Th.: 7:45-8:00 pm

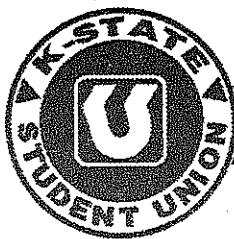
Fri.: 7:45-5:00 pm

Sat.: 10:00-5:00 pm

Sun.: 12-5:00 pm

## Check Out the Bookstore for All Your School and Everyday Needs...

- Art Supplies
- General Books
- Computers
- Textbooks
- Magazines
- Gifts & Memorabilia
- Health & Beauty Needs
- Clothing

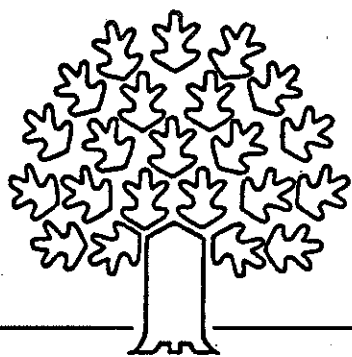


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# Wellness

1221 THURSTON

539-8763

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

WE-01

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

*Karma Smith* (539-3733) is a Licensed Practical Nurse and Certified Massage Therapist whose avocation during the last twenty years has been to study and practice a variety of bodywork modalities: Swedish/Esalen Massage, Therapeutic Touch and Shiatsu. Since 1995, she has been focused on Jin Shin Jyutsu and is a certified Jin Shin Jyutsu practitioner and self-help instructor.

Date: September 13, 20, 27 (Monday)  
Time: 7-9 pm  
Fee: \$14  
Location: 631 Levee Rd  
Industrial Park next to the Animal Shelter

## Continuing Jin Shin Jyutsu Self-Help

WE-02

(Prerequisite: Introducing Jin Shin Jyutsu)  
In this class we will focus on developing a deeper understanding and experience of the Safety Energy Locks and the Depths in order to be better able to release our tensions and support the body/mind's natural healing and harmonizing capacities.

*Karma Smith* (539-3733)

Date: October 18, 25 & November 1 (Monday)  
Time: 7-9 pm  
Fee: \$14  
Location: UFM Conference Room

## Herbs From the Garden Series

- Growing & Using Herbs EN-02
- Herbs in the Kitchen EN-03
- Guide to Herbal Medicine EN-04
- Making Herbal Remedies EN-05

\* turn to page 9 for more information

## Four Winds

Therapeutic Massage

Bernice Martin, Licensed Massage Therapist



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

\* Hot Tub and Sauna \*  
Gift Certificates Available

1114 Laramie St. Manhattan 539-5919

## Yoga for Body and Mind

WE-03a

Yoga is a useful tool to help anyone with the physical, mental and emotional challenges we all encounter in our lives. We will focus on the practice of asana (postures) and pranayam (breathing exercises) as well as developing a personal practice which meets each individual's needs. This class is for men, women, couples and teens. Please bring a mat or towel and wear comfortable clothes that do not restrict movement. For your safety and comfort, please do not eat for at least three hours before class (a piece of fruit is ok).

*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: August 24 - September 28 (Tuesday)  
Time: 5:30 pm  
Fee: \$62  
Location: 631 Levee Rd.  
Industrial Park next to the Animal Shelter

## Yoga for Body and Mind

WE-03b

*Ana Franklin*

Date: October 5 - November 9 (Tuesday)  
Time: 5:30 pm  
Fee: \$62  
Location: 631 Levee Rd.  
Industrial Park Next to the Animal Shelter

## Yoga for Body and Mind

WE-03c

*Ana Franklin*

Date: August 28 - October 2 (Saturday)  
Time: 10 am  
Fee: \$62  
Location: 631 Levee Rd.  
Industrial Park Next to the Animal Shelter

## Yoga for Body and Mind

WE-03d

*Ana Franklin*

Date: October 9 - November 13 (Saturday)  
Time: 10 am  
Fee: \$62  
Location: 631 Levee Rd.  
Industrial Park Next to the Animal Shelter

## Introduction to Feng Shui

WE-13

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 Hay at Feng Shui Designs Learning Center in Nevada City, CA.

Date: November 3 (Wednesday)  
Time: 7-9 pm  
Fee: \$18  
Location: UFM Greenhouse

"Life's most persistent and urgent question is: What are you doing for others?"

—Dr. Martin Luther King, Jr.

## Introduction to Gemisphere Energy Medicine

WE-05

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. NOTE: This class is a prerequisite for enrollment in G.E.M. and the 7 Color Rays. Please leave any jewelry at home.

*June Hunzeker*

Date: September 14 (Tuesday)  
Time: 7-9 pm  
Fee: \$18/\$39 both Intro to Gemisphere and 7 Color Rays  
Location: UFM Greenhouse

## G.E.M. and the 7 Color Rays

WE-06

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. Please leave any jewelry at home.

*June Hunzeker*

Date: September 21 (Tuesday)  
Time: 7-9 pm  
Fee: \$25/\$39 for both Intro to Gemisphere and 7 Color Rays  
Location: UFM Greenhouse

## Tai Chi Ch'aun for Beginners

WE-09

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. This exercise can be practiced by young and old, anytime, any place.

*Mei Hua 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: August 25 - October 20 (Wednesday)  
Time: 6:15 - 7:15 pm  
Fee: \$55  
Location: ECM, 1021 Denison Ave.

## Tai Chi For Ages 55+

WE-12

This Tai Chi class is designed for individuals 55 and older. Participants will learn 9 movements, which are simplified. This ancient Chinese exercise is a slow moving exercise that increases the balance and harmony of the body, mind, and spirit.

*Don Terhune* (539-4277) has taught Tai Chi for the senior population. He is also a Fen Shui practitioner with Feng Shui Design Studio of Manhattan, KS.

Date: August 25 - September 29 (Wednesday)  
Time: 5:30 - 6:15 pm  
Fee: \$49  
Location: ECM Auditorium  
1021 Denison Ave.

## Merry Christmas from Dot—Individual Massage Sessions for Women

WE-16

The perfect Christmas Gift for the special female in your life (wife, mother, sister, daughter & friend.) This is an individual massage session that will introduce the participant to the relaxing benefits of massage therapy. Appointments available starting November 1.

*Dot Turner* (776-6776)

Date: By Appointment  
Time: As Arranged  
Fee: \$30  
Location: As Arranged



**Introduction to Reiki**

WE-04a

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 include.

June Hunzeker has been working with holistic health therapies for many years. She is a Reiki Master Teacher 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: October 2 (Saturday)  
Time: 10 am - noon  
Fee: \$8  
Location: UFM Greenhouse

**Introduction to Reiki**

WE-04b

June Hunzeker

Date: November 6 (Saturday)  
Time: 10 am - noon  
Fee: \$8  
Location: UFM Greenhouse

**Chi Lei: Chi Gong**

WE-17

Chi Lei is a self-healing method prescribed by the world's largest medicineless hospital in Qiu Huangdao, China. Chi Lei is a slow exercise that gathers and concentrates the Chi (vital life energy) and moves it through the body. As we work with this healing energy it helps to balance our inner energies, to improve our health responses and the mind becomes tranquil. The exercises are done standing, but can be practiced while seated.

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

Date: October 7 - 28 (Thursday)  
Time: 5:30 - 6:15 pm  
Fee: \$28  
Location: UFM Conference Room

**Massage for the Individual**

WE-07

Regular self-massage can promote relaxation and relieve muscular aches, pains, tension, and stiffness. Participants will learn the basic principles of therapeutic massage and a self-massage routine that can be adapted to meet their personal needs. Participants should bring a blanket and/or pillow and wear loose clothing or shorts and t-shirt.

Bernice Martin (539-5919)

Date: September 28 (Tuesday)  
Time: 7-9 pm  
Fee: \$15  
Location: Four Winds, 1114 Laramie

**Introduction to Massage for Couples**

WE-08

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 (539-5919) is a graduate of the Downeast School of Massage and is a licensed massage therapist. Her work is primarily Swedish Massage but incorporates aspects of deep tissue work and energy healing. She has been in practice 6 years and is an active member of the American Massage Therapy Association.

Date: October 5, 12 (Tuesday)  
Time: 7-9 pm  
Fee: \$26 per couple  
Location: UFM Banquet Room

**Massage & Relaxation Techniques for Pain Relief**

WE-11

In this class participants will learn relaxation techniques and stretching instruction to relieve 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) 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, and Baby and Pet Massage.

Date: December 2 (Thursday)  
Time: 8 pm  
Fee: \$13  
Location: 1004 Colorado

**Pre-Natal Partners Massage**

WE-14

How can pregnancy and childbirth become an enjoyable experience? You can learn the basics of massage to bond with your partner and help her relax. This class will focus on ways of easing tension and teach specific points to relieve pain caused by the body's changes. It's a wonderful way to relax and bond during this precious time.

Nicole Dusin (539-8172) is a graduate of The Institute of Natural Healing Sciences. She has been in business for three years. She uses Swedish massage movements but specializes in Pre-natal and Infant Massage.

Date: July 15 - September 29 (Wednesday)  
Time: 7 - 8 pm  
Fee: \$26 per couple  
Location: UFM Multi-Purpose Room

**Parent - Infant Bonding Through Massage**

WE-15a

New parents will learn how to create a amazing bond with their child through massage. Childhood is a precious time in life, take advantage of the time when they're still little to develop a special relationship! Participants will learn basic massage techniques to help circulation, relaxation and create a bond between parent and child.

Nicole Dusin

Date: October 13 (Wednesday)  
Time: 5:30 - 6:30 pm  
Fee: \$15  
Location: UFM Multi-Purpose Room

**Parent - Infant Bonding Through Massage**

WE-15a

Nicole Dusin

Date: October 27 (Wednesday)  
Time: 5:30 - 6:30 pm  
Fee: \$15  
Location: UFM Multi-Purpose Room

**What's Wrong with Me?**

**"The Aching All Over Disease"** WE-10

COMBATING CO-EXISTING CONDITIONS OF FIBROMYALGIA. 3-6 million people have this disease, 86% of these are women and many don't even know they have Fibromyalgia. Your health is a matter of balance. This is a series on combating co-existing conditions of Fibromyalgia. You will learn the importance of balancing your health triangle....structural, nutritional and emotional. Explore ways to "remove the road blocks" and allow the body's own healing wisdom to express itself.

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. Dr. Dall has recently done extensive study of Fibromyalgia to find out more about this newly diagnosed disease.

Date: September 13 - October 4 (Monday)  
Time: 7 - 8:30 pm  
Fee: \$14  
Location: 1130 Westport Dr. Suite #5

"See everything, overlook a great deal, improve a little."  
— Pope John XXIII



**Therapeutic Aromatherapy Workshop for Holistic Health Professionals** WE-18a

Would you like to add a new dimension to your practice? Would you like to include a modality of healing for your clients that could produce phenomenal benefits? Would you like to supplement your existing income?

If you answered yes to any of these questions, this workshop is for you!

In this one day workshop you will learn:

- How to create your basic aromatherapy "medicine chest"
- How to assure you are using pure therapeutic quality oils
- Specific indications and contraindication for a variety of essential oils
- Specific indications and contraindications for a variety of carrier oils
- How to incorporate this modality into an existing practice
- The importance of Latin Binomials when choosing an essential oil
- The art of custom blending for your client
- The best resources for researching essential oils

Patti McCormick, R.N., Ph.D., Founder and President of Ohio Academy of Holistic Health, inc., has combined her background as a Registered Nurse with various Holistic Health practices since 1978. Her educational background involves Certification in Ericksonian Hypnotherapy, Non-Directive Imagery, Reflexology, Aromatherapy and she is a Master Practitioner in Neuro-Linguistic Programming. Dr. McCormick is founding President of the Holistic Health Association of Ohio, Vice-President of the National Board of Reflexology, Professor with the American Institute of Hypnotherapy and continues to serve on the Board of Directors of various Professional Holistic Health Organizations. She is internationally known as an activist in the promotion of quality education and legislation for Holistic Health Professionals. For CEU information call 1-800-833-8122

Date: October 2 (Saturday)  
Time: 9 am - 4:30 pm  
Fee: \$83/\$105 Both Workshop & Additional Training

Location: KSU, Justin Hall Room, 149  
Registration Deadline September 15  
No refunds after September 15 due to facilitator's travel expenses.

**Additional Training Available: Aromatherapy Product Class** WE-18b

You can also register for a product class which will be offered the same date from 6:30 - 9:30 pm. You will learn how to make massage oils, bath salts, beeswax candles, tooth powder, liquid soap, room fresheners, various food products, perfume, etc. You will have the opportunity to make a variety of these products to take with you. Call Enell at 537-0977 for information about the Workshops.

Patti McCormick

Date: October 2 (Saturday)  
Time: 6:30 - 9:30 pm  
Fee: \$28/\$105 Both Workshop & Additional Training

Location: KSU, Justin Hall, Room 149  
Registration Deadline September 15  
No refunds after September 15 due to facilitator's travel expenses.

Vegetarian Cooking for the Beginner can be found in the Creative FreeTime section.

Introduction to Meditation and The Hidden Realm of Pure Mind can be found in the Self & Personal Development section



## Teen Mentoring Program

- Open to Middle and High School ages
- Get extra help and support
- Gain a new friend
- Learn and improve life skills
- Have fun and new activity
- Meets Wednesday or Thursdays after school

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

Funded by the City of Manhattan Alcohol Program Fund and the YES! Fund.



## WANTED:

### Volunteers for Teen Mentoring Program

Provide friendship and support to a local teen. Group and individual activities. Meets Wednesday or Thursday, 3:30 - 5:00 p.m.

**Make a difference in a teen's life!!**

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

Funded by the City of Manhattan Alcohol Program Fund and the YES! Fund.



## National Issues Forum

### Juvenile Justice: A Local Strategy

Participate in a public dialog on local strategies to address juvenile crime.

- Panel of local professionals representing District Court, Community Corrections, Law Enforcement and the District Attorney's Office
- Learn local approaches to prevention and intervention of juvenile delinquency
- Opportunity for feedback, questions and idea sharing

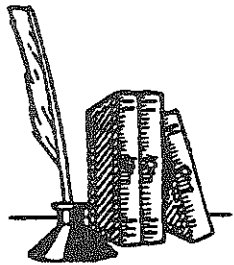
**When: November 4**

**Time: 7:00 p.m.**

**Location: Fire Station Headquarters**

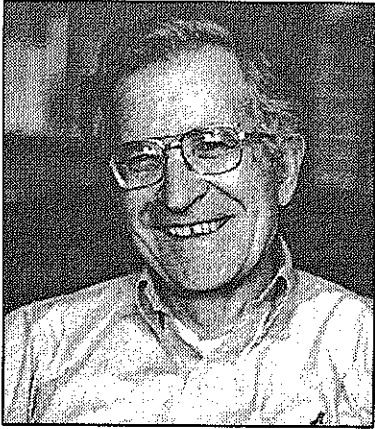
**2000 Denison** (Follow the signs to Classroom)

To facilitate planning, please RSVP your attendance by calling UFM, 539-8763.



# Claflin Books and Copies

## Lou Douglas Lecture Series



### Noam Chomsky

Professor of the Department of Linguistics and Philosophy at the Massachusetts Institute of Technology

**Monday, Sept. 20, 1999**

**7:30 p.m.**

**McCain Auditorium**

1814 Claflin Road



### Dr. Molly Marshall

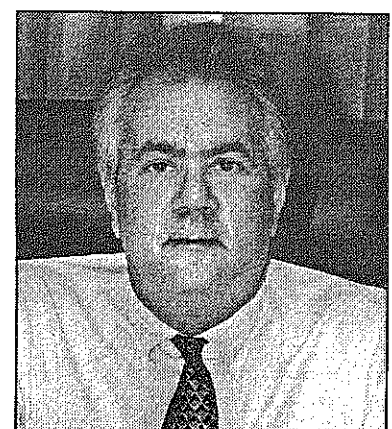
Professor of Theology at Central Baptist Seminary in Kansas City

**Tuesday, Nov. 9, 1999**

**7:30 p.m.**

**Little Theatre, K-State Union**

*All events free of charge*



### Barney Frank

Congressional Representative for the 4th District of Massachusetts

**Monday, Feb. 7, 2000**

**7:30 p.m.**

**Forum Hall**

776-3771

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 han-

dled at the Division of Continuing Education Registration office. Call 532-5566 for questions or information.

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

### Scuba Diving

RRES-200

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

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

#### Session I

Date: September 11 - October 16 (Saturday)  
Time: 9 am - 1 pm

#### Session II

Date: September 13 - October 18 (Monday)  
Time: 5:30 - 9:30 pm

Fee: \$239

Location: KSU Natatorium

### Judo I

KIN 144

Judo I is intended not for gaining proficiency, but to gain understanding of how principles of 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 24 - December 9 (Tuesday/Thursday)  
Time: 7:30 - 8:30 pm

Fee: \$104

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 24 - December 9 (Tuesday/Thursday)  
Time: 8:45 - 10:00 pm

Fee: \$114

Location: Ahearn Fieldhouse

### Golf KIN-140 A, B, C, D

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

Instructor: *Jim Gregory*

#### Session I

Date: August 24 - October 12 (Tuesday)  
Time: 2:30 - 4:30 pm

#### Session II

Date: August 27 - October 12 (Tuesday)  
Time: 5:30 - 7:30 pm

#### Session III

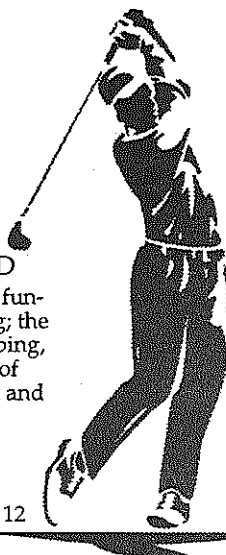
Date: August 29 - October 13 (Wednesday)  
Time: 5:30 - 7:30 pm

#### Session IV

Date: August 31 - October 14 (Thursday)  
Time: 9:30 - 11:00 am

Fee: \$154

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 27 - December 10 (Friday)  
Time: 6:30 - 7:30 pm

#### Session II

Date: August 27 - December 10 (Friday)  
Time: 7:30 - 8:30 pm

Fee: \$131

Location: ECM Auditorium  
1021 Denison Ave.

### 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 7 - October 26 (Tuesday)  
Time: 3:00 - 5:00 pm

Fee: \$103 (credit) \$30 (non-credit)

Location: Bluemont Hall Rm 122

### Fitness Swimming

KIN 107 A, B, C

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

Instructor: *Carol Stites*

#### Session I

Date: September 7 - November 16 (Tues/Thurs)  
Time: 2:30 - 3:20 pm

#### Session II

Date: August 30 - October 18 (Mon/Wed/Fri)  
Time: 8:30 - 9:20 am

#### Session III

Date: October 20 - December 10 (Mon/Wed/Fri)  
Time: 8:30 - 9:20 am

Fee: \$129

Location: Ahearn Natatorium

### 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, tournament play, rules and tips will also be taught.

Instructor: *Terri Eddy*

#### Session I

Date: August 25 - December 8 (Wednesday)  
Time: 10:30 - 11:20 am

#### Session II

Date: August 26 - December 9 (Thursday)  
Time: 10:30 - 11:20 am

Fee: \$114

Location: Student Union Bowling Alley

### Aikido I

DANCE-599A

Aikido is a classical Japanese martial art. An attacker's movement is redirected and his balance controlled by the defender's movements, resulting in a dynamic throw or pin. It's a highly effective form of self-defense. Students learn a cooperative manner, taking turns as defender and attacker in an energetic yet studious atmosphere. The student will learn the fundamental building blocks of Aikido movement and Ukemi (art of falling without harm) and history and ethic.

*Jack Hayes Sensei/Jayne Thompson Sensei* (537-1317) are members of the United States Aikido Federation (USAF-East) and of the Hombu Dojo of Tokyo, Japan. They began Aikido training in Florida in 1988.

Date: August 23 - November 29 (Mon/Wed)  
Time: 7 - 7:55 pm

Fee: \$104

Location: To be announced

### Aikido II

DANCE-599

Aikido is a classical Japanese martial art. An attacker's movement is redirected and his/her balance is controlled by the defender's movements, resulting in a dynamic throw or pin. It's a highly effective form of self-defense. Students learn in a cooperative manner, taking turns as defender and attacker in an energetic yet studious atmosphere. In this class, students are encouraged to learn more challenging movements and techniques. There will be an opportunity to take part in a large Aikido seminar during the semester.

*Jack Hayes Sensei/Jayne Thompson Sensei* (537-1317)

Date: August 23 - November 29 (Mon/Wed)  
Time: 8:00 - 9:00 pm

Fee: \$104

Location: To be announced

### 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 Sodemann*

#### Session I

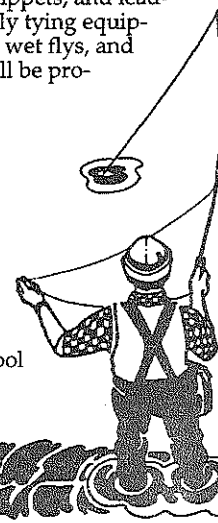
Date: September 1 - 23 (Wed/Thurs)  
Time: 6:00 - 8:00 pm

#### Session II

Date: October 6 - October 28  
Time: 6:00 - 8:00 pm

Fee: \$148

Location: Eisenhower Middle School  
800 Walters Dr.



# 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

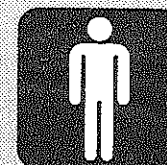
You will be notified if the class is full. All registration is on a first-come, first-served basis. No other class confirmations will be sent out unless requested.

*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.

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

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

### UFM Community Learning Center

Registration Form  
1221 Thurston Manhattan, KS 66502 539-8763

Student Name \_\_\_\_\_ Day Phone \_\_\_\_\_  
Address \_\_\_\_\_ Evening Phone \_\_\_\_\_  
City \_\_\_\_\_ State KS Zip \_\_\_\_\_ Email \_\_\_\_\_  
Age: Under 18 exact age \_\_\_\_\_ 19-24  25-59  60+

Parent's Name if Student is Under Age 18 \_\_\_\_\_

CLASS #	Session	TITLE	FEE	LOCATION	DATE	TIME

Tax Deductible Donation  
Total

I hereby authorize the use of my Visa  MasterCard  Discover

Card Number \_\_\_\_\_ 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			Amount	Total Paid
Date Received	Date	Staff	Check _____	Total Paid <input type="text"/>
Entered			Cash _____	
Computer			Visa _____	
			M/C _____	
			Discover _____	

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