

Turn a New  
Leaf on  
Learning this  
Fall!

Fall Classes  
Aug.-Dec 2000

...

Swimming Lessons

...

Belly Dancing

...

Business

Professional Writing  
Workshop

...

Genealogy

...

Fencing

...

Weaving

...

Knitting

...

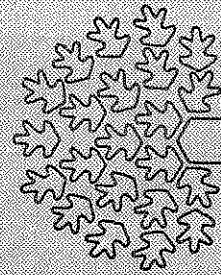
and much more...



**UFM**

**Community  
Learning Center**

2000 Fall Classes



Teaching • Learning • Growing



Turn a New  
Leaf on  
Learning  
this Fall!

Fall Classes  
Aug-Dec. 2000

...

Stained Glass

...

Prep Courses:  
GRE, LSAT, GMAT,  
& PPST

...

Growing Cacti of  
Succulents

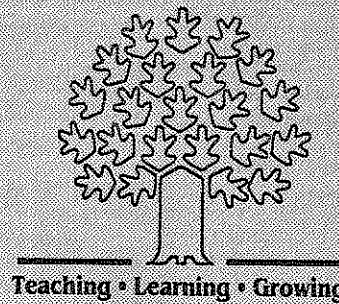
...

Scuba Diving

...

Women's Self Defense

...



Teaching • Learning • Growing

**UFM  
Community  
Learning  
Center**

2000  
Fall Classes

STD PRSRT  
U.S. POSTAGE PAID  
Permit No. 134  
Manhattan, Kan. 66502

OR CURRENT RESIDENT

# Welcome to UFM Community Learning Center...

We hope you enjoy looking through this semester's class offerings. Whether you want to learn to swim, learn to dance, develop personal or professional skills or learn a new hobby, UFM tries to get you involved.

UFM is a unique organization where the "faculty" is the entire community. Classes each semester are determined by community interests and the willingness of community members to participate as instructors, sharing something they know with others. In the past 32 years, nearly 6,000 people have taken the time to share something they know with others.

Every semester we include a "fake" class. Locate this class and you will receive \$1.00 off on a class registration during the semester.

Each Fall, UFM sponsors the Lou Douglas Lecture Series. This year's slate of speakers includes James K. Galbraith on wage issues, Eugenie Scott speaking on creationism and

Laura Cecere on Chinese adoptions. Check out the announcement on page 22 for dates, times and locations.

Other UFM programs include\* the Community Garden, providing low cost growing space and the Teen Mentoring Program that provides support, encouragement and life skills training to local youth.

To find out more about UFM or to get on the catalog mailing list, call 539-8763 or stop by the UFM office at 1221 Thurston in Manhattan.

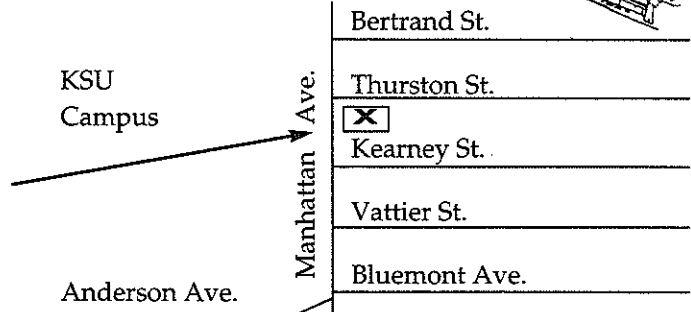
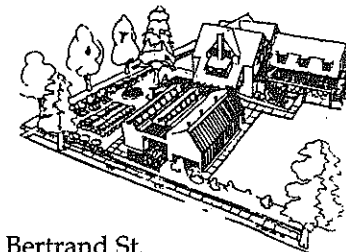
#### UFM Staff:

Executive Director: Linda Inlow Teener  
Education Coordinator: Charlene Brownson  
Swim Coordinator: Domonik Palecek  
State Outreach Coordinator: Anita Madison  
Lou Douglas Lecture Series Coordinator: Beverley Earles-Law  
Office Coordinator: Tabitha Smith

## WHERE WE'RE LOCATED

# UFM

1221 Thurston





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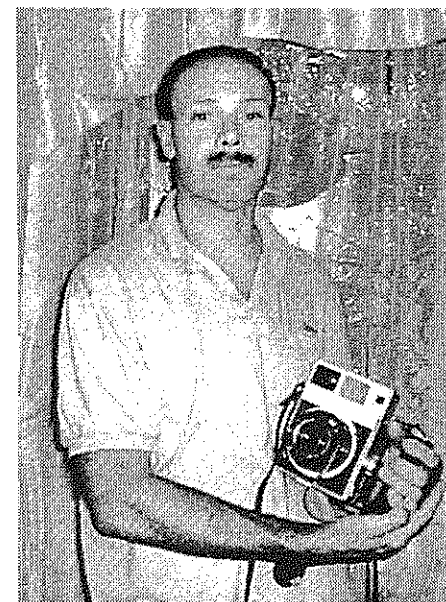
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**ANSWERING MACHINE**  
You can leave a message or receive current UFM information by calling 539-8763 between 5:00 pm and 8:30 am.

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



Harold Wellmeier has been teaching photography classes at UFM since 1994. He teaches UFM's black and white film developing class and the black and white printing class. Harold has been living in the Manhattan area since 1986 with his wife and daughters. He attended Indiana Vocational Technical College in Evansville, Indiana where he learned about photography.

Harold has degrees in both Commercial Art and Industrial & Commercial Photography. At this time photography is a hobby that he does on the side. He enjoys working with black and white photography and creates his own art through photography.

## BOARD OF DIRECTORS

Bill Richter, <i>Chair</i>	Dick Hayter
Elaine Johannes, <i>Vice Chair</i>	Robert Wilson
Migette Kaup, <i>Treasurer</i>	Candace White
Aubrey Abbott, <i>Secretary</i>	Dean Stramel
Linda Inlow Teener, <i>President &amp; CEO</i>	Travis Lenkner
Sandra Flores	Sharon Brookshire
Sue Maes	Larry Fry
	Tom Fryer

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

# UFM INSTRUCTORS

Petra Barnes	Jerri Garretson	Alan Ladd	Barbara Ouellette	Robin Sipp	Marilyn Tomich
Scott Benjamin	Erik Graefe	Dr. F.C. Lanning	Carol Peak	Richard Slim	Kennita Tully
Michael Bennett	Jim Gregory	Chad Lohman	Emilie Rabbat	Clint M. Strutt	Jon Tveite
Lynn Bohlenblust	Teri Hackler	Tom Korte	D. Ring	Karma Smith	Harold Wellmeier
Lewis Browder	Colleen Hampton	Sibylle Kuder	Jane Saxer	Bruce Snead	Stan Wilson
Marie Burgett	Christine Harley	Bernice Martin	Gordon Schmid	Paul Sodamann	Jeff Wilson
Randi Dale	Angela Hays	Hugh McCullough	David Seamon	Madonna Stallmann	Anne Woodmansee
Bill Dorsett	Tom Hittle	Bill Meyer	Marlane Sedillos	Lory Stome	Qiong Wu
Enell Foerster	Hoogy Hoogheem	Keith Miller	Gail Selfridge	Chae SunYi	Patricia Yeager
Ana Franklin	M. June Hunzeker	David Moore		Diana Tarver	
Diane Freeby	Vickie Hurt	Carmin Ross-Murray	Stacey Shaffer	Mark Tessororf	

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

*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 21 Mon	10 am - 2 pm	KSU Union
Aug 22 Tues	10 am - 2 pm	KSU Union
Aug 18 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

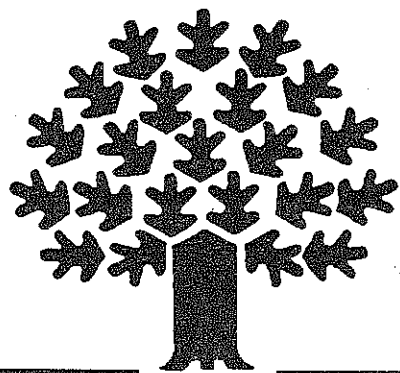
### MAILING YOUR REGISTRATION?

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!

To learn about sponsorship opportunities, contact the UFM office, 539-8763.



• Teaching • Learning • Growing •

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

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

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

### UFM Wish List

- Card Tables
- Folding Chairs
- Volunteers to Help with Lawn and Garden Care
- Volunteers to Paint the Building
- New Signage

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

UFM 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.

### 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 you or leave a message. We reserve the right to cancel any class.

### REFUND POLICY

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

### PRE-REGISTRATION IS REQUIRED

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

### LIABILITY STATEMENT

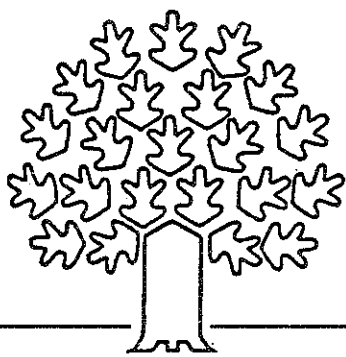
Individual participants should be aware of the risks and hazards involved in recreational sports and fitness activities. They should voluntarily elect to utilize KSU and UFM facilities and participate in programs recognizing present conditions and further agree to voluntarily assume all risks of loss,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

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

## !Wanted! Instructors to Teach:

- Bonsai Gardening
- Interior Decorating
- Upholstery
- How to Buy a Used Car
- Basic Home Repair
- Photography

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.

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

### Parent's Day Dates:

Session A: Monday, October 9  
Session B: Wednesday, October 11  
Session C: Saturday, October 7  
Session D: Tuesday/Thursday, September 21  
Session E: Tuesday/Thursday, October 26

LOCATION: KSU Natatorium - Ahearn Complex

### BEGINNING & ENDING DATES:

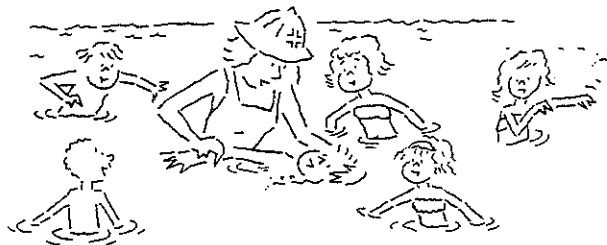
Session A: Mondays, September 11 - November 13  
Session B: Wednesday, September 13 - November 15  
Session C: Saturday, September 9 - November 18  
Session D: Tues/Thurs, September 7 - October 10  
Session E: Tues/Thurs, October 12 - November 16

No lessons on October 28, 31

### Parent/infant and Parent/Tot

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

Session A: Monday, September 11 - October 16  
AQ-01P 6 - 6:30 pm  
Session C: Saturday September 9 - October 14  
AQ-02P 9:30 - 10 am  
Session D: Tues/Thurs, September 12 - 28  
AQ-03P 6 - 6:30 pm  
Session E: Tues/Thurs, Oct. 24 - Nov 14  
AQ-04P 6 - 6:30 pm (No class Oct. 31)  
Fee: \$19 per session



### Tot Transition

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

Session B: Wed. September 13 - October 18  
AQ-01T 6 - 6:30 pm  
Session C: Saturday September 9 - October 14  
AQ-02T 9:30 - 10 am  
Session D: Tues/Thurs October 3 - October 19  
AQ-03T 6 - 6:30 pm  
Fee: \$19 per session

### Level I : Water Exploration

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

Session A: (See dates above)  
AQ-01A Monday 6 - 6:40 pm  
AQ-02A Monday 6:50 - 7:30 pm  
Session B: (See dates above)  
AQ-01B Wednesday 6:40 - 7:20 pm  
Session C: (See dates above)  
AQ-01C Saturday 10:15 - 10:55 am  
Session D: (See dates above)  
AQ-01D Tues/Thurs 6:40 - 7:20 pm  
Session E: (See dates above)  
AQ-01E Tues/Thurs 6:40 - 7:20 pm

Fee: \$38 per session

### Level II: Primary Skills

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

Session A: (See dates above)  
AQ-04A Monday 6 - 6:40 pm  
AQ-05A Monday 6:50 - 7:30 pm  
Session B: (See dates above)  
AQ-04B Wednesday 6:40 - 7:20 pm  
Session C: (See dates above)  
AQ-04C Saturday 10:15 - 10:55 am  
Session D: (See dates above)  
AQ-04D Tues/Thurs 6:40 - 7:20 pm  
Session E: (See dates above)  
AQ-04E Tues/Thurs 6:40 - 7:20 pm

Fee: \$38 per session

### Level III: Stroke Readiness

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

Session A: (See dates above)  
AQ-07A Monday 6 - 6:40 pm  
AQ-08A Monday 6:50 - 7:30 pm  
Session B: (See dates above)  
AQ-07B Wednesday 6:40 - 7:20 pm  
Session C: (See dates above)  
AQ-07C Saturday 10:15 - 10:55 am  
Session D: (See dates above)  
AQ-07D Tues/Thurs 6:40 - 7:20 pm  
Session E: (See dates above)  
AQ-07E Tues/Thurs 6:40 - 7:20 pm  
Fee: \$38 per session

### Level IV: Stroke Development

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

Session A: (See dates above)  
AQ-10A Monday 6 - 6:40 pm  
Session C: (See dates above)  
AQ-10C Saturday 10:15 - 10:55 am  
Session E: (See dates above)  
AQ-10E Tues/Thurs 6:40 - 7:20 pm

Fee: \$38 per session





## AQUATICS (Continued)

### 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 C: (See dates above)  
AQ-13C Saturday 10:15 - 10:55 am  
Session E: (See dates above)  
AQ-13E Tues/Thurs 6:40 - 7:20 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 C: (See dates above)  
AQ-16C Saturday 10:15 - 10:55 am  
Session E: (See dates above)  
AQ-16E Tues/Thurs 6:40 - 7:20 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. Participants entering this course must have a Level VI certificate or must be able to demonstrate all the completion requirements in Level VI.

Session C: (See dates above)  
AQ-19C Saturday 10:15 - 10:55 am  
Session E: (See dates above)  
AQ-19E Tues/Thurs 6:40 - 7:20 pm  
Fee: \$38 per session

### Adult Swim Lessons

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

Session A: (See dates above)  
AQ-22A Monday 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 above)  
AQ-24A Mon/Wed 6 - 7:30 pm  
Session C: (See dates above)  
AQ-24C Saturday 9:30 - 10:55 am  
Session D: (See dates above)  
AQ-24D Tues/Thurs 6 - 7:30 pm  
Session E: (See dates above)  
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 above)  
AQ-25A Mon/Wed 6 - 7:30 pm  
Session C: (See dates above)  
AQ-25C Saturday 9:30 - 10:55 am  
Session D: (See dates above)  
AQ-25D Tues/Thurs 6 - 7:30 pm  
Session E: (See dates above)  
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 11 - October 12  
AQ-26A Mon/Wed or Tues/Thurs 6:35 - 7:30 pm  
AQ-27A Mon-Thurs 6:35 - 7:30 pm  
Session B: October 16 - November 16  
AQ-26B Mon/Wed or Tues/Thurs 6:35 - 7:30 pm  
AQ-27B Mon-Thurs 6:35 - 7:30 pm  
Session C: September 9 - November 18  
AQ-26C Saturday 10:05 - 11:00 am  
No Class October 28

Fee: \$17 per session for Mon/Wed or Tues/Thurs  
\$21 per session Mon-Thurs  
\$17 per session Saturday

### 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.

### Private Lessons for Special Populations

AQ-29

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: \$47 per session of 6 lessons

### Private Lessons

AQ-30

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: T,W,Th, 6 - 6:30  
Sat. 9:30 - 10am  
Fee: \$47 per session

### 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: October 8 (Sunday)  
Time: 5 - 7 pm  
Fee: N/C  
Location: KSU Natatorium

### Open Swim Appreciation

AQ-31b

For UFM swim participants and their parents.  
Date: November 12 (Sunday)  
Time: 5 - 7 pm  
Fee: N/C  
Location: KSU Natatorium

### Scuba Diving

AQ-103

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 students 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: 5:30 - 9:30 pm  
Fee: \$235 credit/\$210 non-credit  
Location: YMCA, 1703 McFarland Junction City, KS

## Four Winds

Therapeutic Massage

Bernice Martin, Licensed Massage Therapist



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

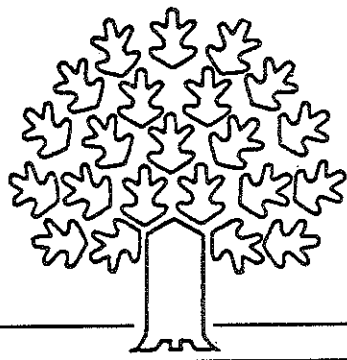
\* Hot Tub and Sauna \*  
Gift Certificates Available

1114 Laramie St.

Manhattan 539-5919

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

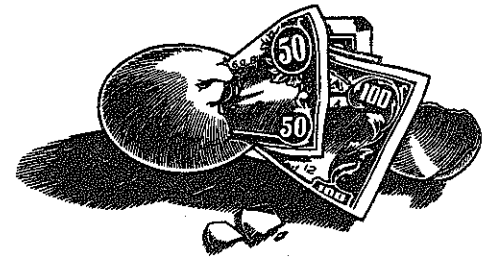
Look for the UFM Catalog on the web at [www.ksu.edu/ufm](http://www.ksu.edu/ufm)



# Career & Finance

1221 THURSTON

539-8763



## 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; IRA's & Trust; Investing; and Professional Help. Fee includes A Money Management Workbook (Designed by AARP) and handouts.

The program presenters are *Sherry McCrory, Social Security, Vicki Buening, Kansas Insurance Dept; Jodi Kaus, The Trust Company of Manhattan; Shelly Coleman, Primerica, Joyce Jones, KSU Family Studies & Human Services, Dawn C Lehman, Edward Jones.*

Date: September 5 - October 24 (Tuesday)  
Time: 6-8 pm  
Fee: \$30 non-credit/\$110 credit  
\$25 early bird fee if registered before August 24.

Location: UFM Conference Room



### Business & 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: October 7-28 (Saturdays)  
Time: 9am - 12:30 pm  
Fee: \$112 ( fee includes Business & Professional Writing Workbook designed by the Fairfax Lectern - specialists in curriculum design)  
Location: UFM Conference Room

"The best way to win an argument is to begin by being right."

— Jill Ruchekshaus

### Teens and Money

FC-09

As parents we often tell our children "Money doesn't grow on trees," but do you explain how money does grow? The goal of this class is to help young people understand the value of money and how it works. Basic money concepts will be covered, including needs versus wants, compound interest, setting short-term goals, inflation and understanding credit cards. Helping your child establish good money habits at a young age can have a powerful impact on their financial future. For youth 13+ years and their parents/guardians.

*Robin Sipp* (776-3666) works with a local financial service company. She has 20 years experience teaching elementary school and 6 years of teaching middle school. One area that is left out in the educational system is teaching about money skills. She is excited to be able to show participants how investing small amounts of money can create wealth over a period of time.

Date: October 5 (Thursday)  
Time: 7 - 8:30 pm  
Fee: \$10 child and parent/guardian  
Location: UFM Conference Room

### Education Funding 101

FC-21a

Next to planning your own future, planning for your child's education may become one of the most important financial challenges you face. Make sure you are on the right track in saving for your children's education.

*Clint Strutt*

Date: October 17 (Tuesday)  
Time: 7 pm  
Fee: \$8  
Location: Waddell & Reed  
555 Poyntz Ave., Suite 280

### Education Funding 101

FC-21b

*Clint Strutt*

Date: October 7 (Saturday)  
Time: 10 am  
Fee: \$8  
Location: Waddell & Reed  
555 Poyntz Ave., Suite 280

### Individual Development for Women

FC-24

This seminar is designed to develop skills that will assist you in achieving personal and professional success. If you want to learn to communicate better, both one-on-one and in a group; learn to network; practice public speaking; lead meetings more effectively; build self-confidence in personal, professional, and community settings; then this seminar is for you!

*Vickie Hurt & Stacey Shaffer* (776-5487) have both completed this seminar. Vickie and Stacey have competed in speech competition at the state level of Business and Professional Women. Vickie was chosen as the state champion in 1999 and went on to represent Kansas at the BPW/WSA National Conference.

Date: January 27 (Saturday)  
Time: 9 am - 4 pm  
Fee: \$25  
Location: Pawnee Mental Health Center  
2001 Claflin Rd., Conference Room

### Long-Term Care

FC-15a

What exactly is it? Should you be covered by long-term care insurance? Can you afford the out-of-pocket expenses that an extended stay in a nursing home can cost? The average cost for a one year stay in a nursing home is \$38,000 nationally. Skilled nursing care in your home with a nurse seeing you three times a week for two hours at a time will cost approximately \$12,300 a year. Medicare supplemental insurance does not cover long-term care expenses. Come to the class to learn more about this.

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

Date: October 19 (Thursday)  
Time: 7 - 8:30 pm  
Fee: \$8  
Location: Waddell & Reed, Suite 280  
555 Poyntz Ave.

### Long-Term Care

FC-15b

*Marilyn Tomich* (537-4505) has a B.A. in chemistry and is a financial advisor with Waddell & Reed in Manhattan. She knows the importance of financial planning from personal experience and enjoys helping others achieve their financial goals.

Date: November 16 (Thursday)  
Time: 7 - 8:30 pm  
Fee: \$8  
Location: Waddell & Reed, Suite 280  
555 Poyntz Ave.

### Six Ways Retirees Mess Up Their Finances.....

#### and How to Avoid Them

FC-20a

Participants will learn about the most common mistakes made during retirement and how to avoid them. This class is designed for retirees and those approaching retirement age.

*Clint Strutt* is a graduate of Kansas State University and a financial advisor with Waddell & Reed. He has been a member of the Manhattan Community for more than a decade.

Date: September 13 (Wednesday)  
Time: 4 - 5 pm  
Fee: \$8  
Location: Waddell & Reed  
555 Poyntz Ave., Suite 280

### Six Ways Retirees Mess Up Their Finances.....

#### and How to Avoid Them

FC-20b

*Clint Strutt*

Date: September 19 (Tuesday)  
Time: 7 - 8 pm  
Fee: \$8  
Location: Waddell & Reed  
555 Poyntz Ave., Suite 280

Special THANKS TO THE UFM INSTRUCTORS who volunteer their time.



**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 a financial advisor with Waddell & Reed Financial, Inc.

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

**Financial Planning For Women** FC-06b  
Women outlive men on average by about seven years, according to the U.S. Department of Labor, and the average age of widowhood in the United States is 56. Since most women will eventually handle finances on their own, it's critical for them to take an active role in managing their money and preparing for the future.

*Marilyn Tomich* (537-4505) has a B.A. in chemistry and is a financial advisor with Waddell & Reed in Manhattan. She knows the importance of financial planning from personal experience and enjoys helping others achieve their financial goals.

Date: November 8 (Wednesday)  
Time: 7:30 - 9:00 pm  
Fee: \$8  
Location: Waddell & Reed, Suite 280  
555 Poyntz Ave.



**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 and 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 the regional vice president with a local financial service company. He received a B.S. degree from Ft. Hays State University in secondary education. He has 9 years experience in the financial services industry, teaching families how money works and how it can work for you.

Date: September 14 (Thursday)  
Time: 7 - 8:30 pm  
Fee: \$8 individual/\$12 couple  
Series: Gain Control, Debt-Free, & Investing  
\$14 individual/\$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.

*Lynn Bohnenblust*

Date: September 21 (Thursday)  
Time: 7 - 8:30 pm  
Fee: \$8 individual/\$12 couple  
Series: Gain Control, Debt-Free, & Investing  
\$14 individual/\$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.

*Lynn Bohnenblust* (776-3666)

Date: September 28 (Thursday)  
Time: 7 - 8:30 pm  
Fee: \$8 individual/\$12 couple  
Series: Gain Control, Debt-Free, & Investing  
\$14 individual/\$18 couple  
Location: UFM Conference Room



## KSU Prepration Courses

### PPST Prep FC-23a,b Pre-Professional Skills Test Review Course for Teachers

- \*Review & practice the three subject areas of reading, mathematics and writing
- \*Learn strategies for successful test taking, problem solving, and quizzes

Date: Sept. 5 - 28 (Tues/Thurs)  
Time: 7 - 9 pm  
Fee: \$160  
Location: Justin Hall, Rm 341, KSU

Date: Feb 1 - 24 (Tues/Thurs)  
Time: 7 - 9 pm  
Fee: \$160  
Location: Justin Hall, Rm 341, KSU

### GMAT Prep FC-22 Graduate Management Admission Test Preparation Course

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

Date: Aug. 29 - Sept. 28 (Tues/Thurs)  
Time: 7 - 9 pm  
Fee: \$240 (fee includes Cambridge Test Prep PLUS textbook, the official guide for GMAT review and CD-ROM)  
Location: Bluemont Hall, Rm 122, KSU

### LSAT Prep FC-11 Law School Admission Test Review Course

- \*Comprehensive 28-hour Review
- \*In-Class & At-Home Study Materials
- \*Analytical Lectures
- \*Test-Taking Strategies
- \*Convenient Campus Location

Date: August 22 - Sept 28 (Tues/Thurs)  
Time: 7 - 9 pm  
Fee: \$210  
Location: Bluemont Hall, Rm 112, KSU

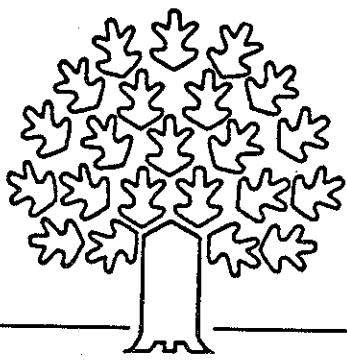
### GRE Prep FC-10 Graduate Record Exam Preparation Course

*Be Confident and prepared to take the GRE!*

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

Date: Sept. 19 - Oct. 26 (Tues/Thurs)  
Time: 7 - 9 pm  
Fee: \$210 (fee includes in-class and at-home study books)  
Location: Bluemont Hall, Rm 108, KSU

All participants must register in advance.



# Creative Free Time

1221 THURSTON

539-8763

## 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 12 (Tuesday)

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 5.

## Black and White Film Developing for Beginners

CF-09b

Harold Wellmeier

Date: November 8 (Wednesday)

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

## Beginning Genealogy

CF-19

Would you like to learn more about genealogy? This course will consist of 4 classes: The first class consists of the introduction and information sources. The second class is information organization. The third class is about kinship and the last class is about computing and genealogy. Materials will be presented via computer screen slide shows and class discussion formats. Course outlines and example copies of documents used in genealogy will be provided. Enrollment is limited so please register early.

Lewis Browder is a retired Research Plant Pathologist with the U.S. Department of Agriculture and Kansas State. He is active in the Riley County Genealogical Society and most intrigued by the history of families in Kansas, and our country.

Date: September 12, 19, 26, October 3 (Tuesday)

Time: 7 - 9 pm

Fee: \$19

Location: Riley County Genealogical Library  
2005 Claflin Rd.

## Piano I

CF-35

This is a group keyboard class designed for the adult beginner with no previous keyboard experience. This popular class teaches basic concepts which include note reading, rhythm reading, sight reading, and group and solo playing. Outside practice is essential for progress in this class.



Sibylle Kuder (776-2098) is an adjunct instructor at K-State and owner of a private piano studio. Her graduate work was in piano pedagogy. She is a member of KMTA, MAMTA, and MTNA. In March of 1996, she had a performance broadcast on public radio.

Date: September 11 - December 6 (Mon/Wed)

Time: 11:30am - 12:20 pm

Fee: \$110

Location: McCain, Room 127, KSU

## Piano II

CF-36

This group keyboard class is designed for adults with limited previous keyboard experience, ideal follow-up to Piano I. The focus will be on theory and practical skills, group and solo performance. A skills assessment will be conducted the first class. If you are unsure if your level of experience is appropriate for this class, please contact the instructor.

Sibylle Kuder

Date: September 12 - December 7 (Tues/Thurs)

Time: 11:30 am - 12:20 pm

Fee: \$110

Location: McCain, Room 127, KSU

## Beginning Knitting

CF-45a

Learn the basics of knitting and come away with a head-band and a scarf designed to take you through each step of the process. Materials will be provided for the first project and a list of further materials needed will be available at the 1st class session for the 2nd project.

Kennita Tully is the sole proprietor of Wildflower knitwear and has had her designs published in several national knitting magazines.

Date: August 30, September 6, 13, 20 (Wednesday)

Time: 7:30 - 9 pm

Fee: \$26

Location: UFM Fireplace Room

## Beginning Knitting

CF-45b

Kennita Tully

Date: October 4, 11, 18, 25 (Wednesday)

Time: 7:30 - 9 pm

Fee: \$26

Location: UFM Fireplace Room

## Sweater Design Workshop

CF-47

If you have mastered knitting basics (cast-on, knit, purl, increase, decrease, bind-off) you can design your own sweaters. Learn how to create your own patterns using body measurement and knitted swatches plus develop motifs for your sweater using gauged graph paper. Design Kit, will assist you in working step-by-step to develop a knitting pattern for the yarn of your choice. Sweaters can be sized to fit infants through extra large adult. Yarn will be available for experimentation. Students will select and supply yarn for their chosen projects. Each participant will receive one copy of Design Kit.

Gail Selfridge is the author of numerous books and articles on the design and construction of knitted garments including Sweater Design Workbook, Graph It!, The Machine and Hand Knitters Directory, Design Kit, and Patchwork Knitting. Her work has been featured in magazines as well as fiber art exhibits.

Date: November 7, 14, 21, 28 (Tuesday)

Time: 7 - 9 pm

Fee: \$36

Location: UFM Greenhouse

## Home Video Editing Basics

CF-48a

Bring a home movie and still picture and learn how to edit, put in transitions, scan the still picture, and add a sound track. Editing will be done using computer hardware and software tools iMac and iMovie. The finished product will go back to VHS tape. However CD-ROM and DVD Video will also be discussed. Bring a blank VHS tape.

Gordon Schmid is from Council Grove. He has taught for 35 years in public school with experience in several areas most recently Library Media Technology. Gordon has 15 years experience using Mac computers as well as 10 years experience as a hobbyist videographer.

Date: September 11 (Monday)

Time: 6:30 - 9 pm

Fee: \$25

Location: UFM Fireplace Room

## Home Video Editing Basics

CF-48b

Gordon Schmid

Date: November 14 (Tuesday)

Time: 6:30 - 9 pm

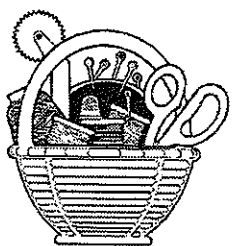
Fee: \$25

Location: UFM Fireplace Room

## Sewing

CF-49

Do you have an unfinished sewing project, or want to start a new sewing project and need some help getting started? This class will help you with some time honored tips that will give the finished item a professional look.



Petra Barnes has a degree in Fashion Design and has worked as a freelance designer, patternmaker and wardrobe consultant for numerous years.

Date: October 7, 14, 21, 28 (Saturday)

Time: 9 am - 12 pm

Fee: \$40.50

Location: UFM Multi-Purpose Room





**Knitting Workshop**

CF-50a

This workshop will feature a different technique each session. Session #1 will be Knit-Purl Combinations. Session #2 will be Ribbings. Session #3 will be Color Change Patterns. Each session will be independent of the other sessions. One may sign up for 1 or all three. Participants should bring their own needles and have a basic understanding of knitting. Yarn will be available, but may also be brought to class if preferred.

Kennita Tully

Date: November 1 (Wednesday)  
Time: 7 pm - 9pm  
Fee: \$16 or \$38 for 3 sessions  
Location: UFM Fireplace Room

**Stained Glass for Beginners**

CF-53

Learn how to cut and grind glass and prepare for soldering. The completed project is a small window picture. You will need a glass cutter and stained glass for the first meeting. Supply list will be available.  
\* Military can buy stained glass materials at the Arts & Crafts Center on Post.

Petra Barnes

Date: September 16, 23, 30 (Saturdays)  
Time: 9 am - 12 pm  
Fee: \$36.50  
Location: UFM Banquet Room



**Knitting Workshop**

CF-50b

Kennita Tully

Date: November 8 (Wednesday)  
Time: 7pm - 9 pm  
Fee: \$16 or \$38 for 3 sessions  
Location: UFM Fireplace Room

**Knitting Workshop**

CF-50c

Kennita Tully

Date: November 15 (Wednesday)  
Time: 7 pm - 9pm  
Fee: \$16 or \$38 for 3 sessions  
Location: UFM Fireplace Room

**How to Dress for Success**

CF-54a

Need a wardrobe makeover? This is a one day class. You will learn what to look for and what to avoid when buying clothes. What season type are you? Perhaps you are a fall or spring person. Your clothes should reflect your color season for successful dressing.

Petra Barnes

Date: August 26 (Saturday)  
Time: 10 am - 12 pm  
Fee: \$16  
Location: UFM Fireplace Room

**How to Dress for Success**

CF-54b

Petra Barnes

Date: October 7 (Saturday)  
Time: 2 pm - 4 pm  
Fee: \$16  
Location: UFM Fireplace Room

**How to Dress for Success**

CF-54c

Petra Barnes

Date: October 28 (Saturday)  
Time: 2 pm - 4 pm  
Fee: \$16  
Location: UFM Fireplace Room

**Wildcat Steppingstone**

CF-51

Show your purple pride by creating a stepping stone for your garden. Some materials will be provided for this class and other materials you will need to provide. Please bring the following items to the first class, glass-cutter, round stepping stone mold and 1 -2 sheets of purple stained glass. (May be purchased at Hobby Lobby/Salina-Topeka or Bearden Stained Glass/Wichita)



Petra Barnes was born and raised in Germany. She has a degree in Fashion Design and has worked as a freelance designer, pattern maker, and wardrobe consultant for numerous years. She was recently certified by the PFFA to be a certified picture framer and also won a nationwide framing contest.

Date: September 2 & 9 (Saturdays)  
Time: 9 am - 12 pm the 2nd, 10 - 11 am the 9th  
Fee: \$26  
Location: UFM Fireplace Room

**Santa Claus Advent Calendar**

CF-52

It is never too early to begin counting down the days till Christmas. A German tradition is the Advent Calendar, and this one is even more appealing since it resembles the good old man himself, Santa. Some sewing will be required, and a little painting. Ask UFM Staff for the list of supplies you will need.

Petra Barnes

Date: November 4, 11, 18 (Saturday)  
Time: 2 - 5 pm  
Fee: \$36.50  
Location: UFM Multi-Purpose Room

**Submitting Your Manuscript**

CF-55

You wrote it, now what? If you are interested in submitting your writing for publication but don't know how to go about it, this workshop is for you. Jerri will cover query letters, manuscript format, "unsolicited submissions," the submission process, how to find possible markets for your work and what to expect after you send it out. You may also learn about some marketable writing possibilities you may not have known about, such as rebus

Jerri Garretson has published feature articles and columns in newspapers in Germany, Japan and the USA. Her nonfiction for children has appeared in several national children's magazines including Highlights for Children. She is the "veteran" of the writing submission process including book proposals and book manuscripts. As owner/publisher of Ravenstone Press, she has published four of her own books.

Date: September 18 (Monday)  
Time: 7:30 - 8:30 pm  
Fee: \$20  
Location: UFM Conference Room

**Sharing the Best Books with Children at Home or in the Classroom**

Maybe you've seen the T-shirt that says, "So Many Books, So Little Time." You love to read to your children or the kids in your classroom, but with the thousands of books at the library and in the bookstore, how do you know which ones are really terrific? Many studies show that reading aloud is the best thing you can do to help your children learn to enjoy books and do well in school. It is not only fun, it's necessary. Jerri will share her tried-and-true favorites with you. All of these books have a wide interest range and older children and adults may enjoy those listed for a younger group just as much. You'll leave with a list of books you'll want to check out or purchase and can't wait to read. This class is for parents and teachers. It is not a storytime for children.

Jerri Garretson's strong background in children's literature and years as a children's librarian give her a broad knowledge of children's books. She has presented read-aloud programs to children and adults for over eight years, in addition to her own family reading to children and grandchildren. She is also the author of four books.

**Great Picture Books for Ages 3-8 and up**

CF-56a

Date: October 24 (Tuesday)  
Time: 7:30 - 9 pm  
Fee: \$20  
Location: UFM Fireplace Room

**Great Read-Aloud for Ages 7-11 and up**

CF-56b

Date: October 25 (Wednesday)  
Time: 7:30 - 9 pm  
Fee: \$20  
Location: UFM Conference Room

**Great Read-Aloud for Ages 10-14 and up**

CF-56c

Date: October 26 (Thursday)  
Time: 7:30 - 9 pm  
Fee: \$20  
Location: UFM Conference Room

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"Life's most persistent and urgent question is:  
What are you doing for others?"  
—Dr. Martin Luther King Jr.

All participants must register in advance.



**Act Up! Act It Out! Live It Up!**

CF-28



Come have fun while learning the basics of acting. Participants will learn about acting, building a character, stage directions, auditioning, exercises, memorizing techniques, solo and group work. The scenes will be chosen by class participants.

*Anne Woodmansee* (239-0425) is a graduate of Oberlin, Ohio, Conservatory of Music. She studied and did professional work in Ohio, the East Coast and Germany. She was the Music and Theater Director with the U.S. Army Morale Support Activities in Wiesbaden, West Germany. She has taken piano lessons for 22 years, and voice lessons for 26 years. She has been trained in and has done professional work in opera, oratorio, recital, and musicals, as a performer, producer and director. Locally she has worked with the Manhattan Civic Theater.

Date: To Be Announced  
Time:  
Fee: \$18  
Location:

**Listen! Classical Music for People Who Don't Know Classical Music**

CF-29

Participants in this class will be introduced to classical (as opposed to popular) music, with a brief history and descriptions of types of compositions and performing groups. Learn the parallels between folk, jazz, etc. and classical venue. Listen to some of the greats (pieces and performers), basics of structure, and programmatic examples. This class will be a painless way to break the ice and immerse yourself in the area of the classics.

*Anne Woodmansee*

Date: To Be Announced  
Time:  
Fee: \$14  
Location:

**The Magic of Reading Music**

CF-31



Learn the basics of turning sound and rhythm into symbols on a page. Get acquainted with the staves and the keyboard. After the class, you will be able to pick out simple melodies and harmonies on a keyboard. Unlock the wonderful mysteries of musical notation - sing and play from the printed page. Students need a three ring binder, pencils, and a cardboard keyboard (optional). Instructor will provide sheets of manuscript paper.

*Anne Woodmansee*

Date: To Be Announced  
Time:  
Fee: \$22  
Location:

**Sing Out! Voice Technique, Presentation, and Interpretation.**

CF-32

Participants will learn voice basics of technique, vocalization, enunciation and interpretation. There will be group and individual work. Basics of vocal repertoire will be covered, all types, from popular to classical. Auditioning techniques and memorization techniques will be taught. Students will work on music of their choice and sing for each other. The instructor can coach in German, French and Italian. If possible it is recommended to have taken The Magic of Reading Music class or be able to read music. Students need a three ring binder, pencils and music of their choice.

*Anne Woodmansee*

Date: To Be Announced  
Time:  
Fee: \$28  
Location:

**Basics of the Keyboard. See It - Play It!**

CF-33

With a cardboard printout, an electric or an acoustical keyboard, you will learn the basics of piano notation, technique and types of beginning musical pieces. Explore the possibilities of moving into piano lessons. It is recommended to have taken a music reading class before taking this class. Students need a three ring binder, a pencil and a cardboard keyboard, which is available at Glenn's Music.

*Anne Woodmansee*

Date: To Be Announced  
Time:  
Fee: \$28  
Location:

**Weaving With Color**

CF-37

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

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

Date: November 4 (Saturday)  
Time: 8 am - 12 pm  
Fee: \$48  
Location: 801 Haid Ct.

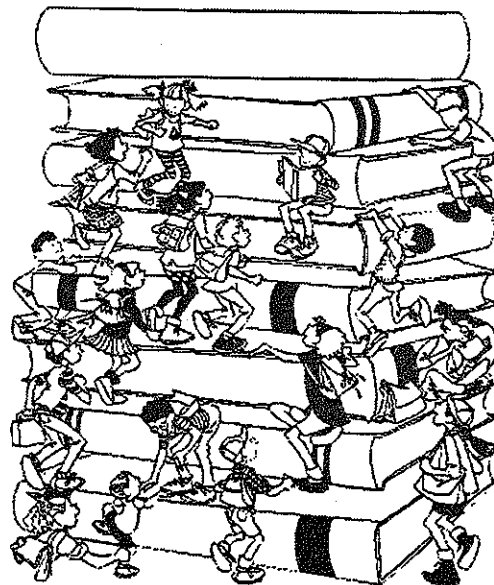
**Beginning Spinning**

CF-38

This class will cover the basics of fiber preparation and spinning on a drop spindle. Students will receive their own drop spindle and fleece to learn with and plenty of handouts. Enrollment is limited to 5, so sign up early!

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

Date: October 5 (Thursday)  
Time: 7 - 9 pm  
Fee: \$27  
Location: 801 Haid Ct.



**Big Books & Little Kids**

CF-46

Learn how big books contribute to the literacy development of young children. The course will explore components of good children's literature. This workshop will provide you with the opportunity to create and construct your own big book. Appropriate for parents and teachers of children age 2 to 8. Materials needed to create your own big book are included in class fees.

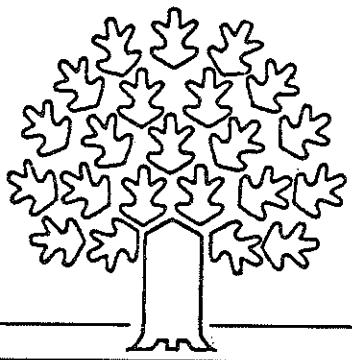
*Teri Hackler* is a graduate extension student at KSU majoring in Educational Administration Leadership. She has experience as a Professor in Early Childhood Education at Southwestern College, Winfield; a former Elementary School administrator and 1st grade teacher.

Date: September 16 (Saturday)  
Time: 10 am - 2 pm  
Fee: \$49  
Location: UFM



"You must do things you think you cannot do."  
—Eleanor Roosevelt

**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.



# 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) has 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 8 (Friday)  
Time: 6:30 - 10 pm  
Fee: \$18 individual/\$30 mother-daughter  
Location: First Lutheran Church basement  
(Enter at North Door)  
930 Poyntz

## Organization for Side-Tracked Home Executives SP-06

Are you domestically challenged? Hopelessly disorganized? Just can't get it together? This group is for you! The class will be based on the book *Sidetracked Home Executives* by Pam Young and Peggy Jones, <http://www.shesintouch.com>. We will attempt to organize our homes, lives and work experience in order to have more time for what we want to do. We will also consider forming an ongoing support group. Your input is welcome. Bring enthusiasm, determination, and a copy of the book (recommended). "There are no failures, just different degrees of progress" - Dora Mom. ADD/ADHD welcome.

*D. Ring* (539-2468) this instructor has been trying to get it together for years!!!

Date: September 7 - October 12 (Thursday)  
Time: 7 - 8:30 pm  
Fee: \$19  
Location: UFM Multi-Purpose Room

## Philosophy of Gurdjieff & Ouspensky SP-13

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

*David Seamon* has been active with Gurdjieff's work for 23 years. He has studied with J. G. Bennett, a pupil of both Gurdjieff and Ouspensky.

Date: September 13 - October 18 (Wednesday)  
Time: 7 pm  
Fee: \$18  
Location: UFM Conference Room

## Introduction to Christian Spiritual Practice SP-14

This will consist of some basic instruction concerning how one might prepare for and engage in centering, mindful, contemplative prayer. Each session will consist of brief discussions of the New Testament, specific readings, and how these inform a spiritual practice. The remaining 40 minutes or so will be dedicated to actual practice.

*Erik Graefe* is an instructor in Speech Communication with a M. A. in Rhetorical theory.

Date: August 23 - December 6 (Wednesday)  
Time: 7 am  
Fee: \$12  
Location: ECM Auditorium  
1021 Denison Ave.

## Natural Family Living SP-17

This class is for parents, grandparents, and caretakers who want simple practical tips and ideas for caring for their precious charges in nontoxic environmentally friendly, and holistic ways. This class will offer information about a range of natural living topics, including the importance of a child's first environment, alternative products for chemicals used in and around the home, cleaning, playing with, and keeping your child clean; and ways to lessen the harmful substances your child ingests. There will also be a resource table. Babies are welcome.

*Carmin Ross-Murray* is the mother of 18 month old Ciara and has been in ecology of 18 month old Ciara since she was 8 years old. She has been reading, researching, and pursuing a natural lifestyle for ever 28 years.

Date: September 23 (Saturday)  
Time: 9:30 - 11:30 am  
Fee: \$13 individual/\$15 family  
Location: UFM Conference Room

## Balancing the Four Corners of Your Life SP-02

Take time to revisit your best self--the self that thrives at work, with family, in relationships. This workshop takes an introspective approach to acknowledging and balancing the four aspects of your self-- intellectual, physical, emotional and spiritual. Participants may enroll in all four sessions or choose one, two or three sessions.

*Angela Hayes* (776-2070) has a bachelor's degree in Psychology and a master's degree in Industrial/Organization Psychology. She has been training and consulting with individuals and groups since 1987 in areas such as conflict management, communication skills and goal setting. She has done work on the national and international level. *Carmin Ross-Murray* is a recovering attorney who believes her true calling is to help others learn how to manage and resolve their personal, interpersonal, and organizational conflicts in ways that make the journey more fulfilling. This workshop extends common interests in finding creative methods for dealing with all of the forms of conflicts we face in our lives. She has been working in the field of conflict resolution since 1986.

## Intellectual Corner SP-02a

Date: October 5 (Thursday)  
Time: 7 - 9 pm  
Fee: \$18 one class/\$49 series of four classes  
Location: UFM Conference Room

## Physical Corner SP-02b

*Angela Hayes & Carmin Ross-Murray*

Date: October 19 (Thursday)  
Time: 7 - 9 pm  
Fee: \$18 one class/\$49 series of four classes  
Location: UFM Fireplace Room

## Emotional Corner SP-02c

*Angela Hayes & Carmin Ross-Murray*

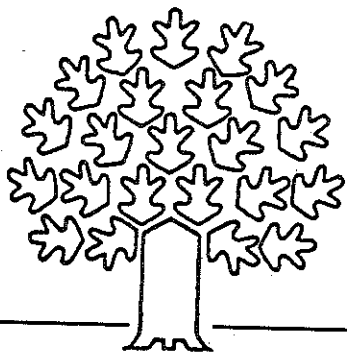
Date: November 2 (Thursday)  
Time: 7 - 9 pm  
Fee: \$18 one class/\$49 series of four classes  
Location: UFM Fireplace Room

## Spiritual Corner SP-02d

*Angela Hayes & Carmin Ross-Murray*

Date: November 16 (Thursday)  
Time: 7 - 9 pm  
Fee: \$18 one class/\$49 series of four classes  
Location: UFM Fireplace Room

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



# Recreation & Dance

1221 THURSTON

539-8763

## Introduction to Golf

RH-01a

A short course geared for beginning and intermediate players. The fundamentals of the full swing, 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 24 - September 14 (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 21 - October 12 (Thursday)  
Time: 6 - 7 pm  
Fee: \$35  
Location: Stagg Hill Golf Club  
4441 Ft. Riley Blvd.

## 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)

Date: August 26 - November 11 (Saturday)  
Time: 7:30 - 8:30 pm  
Fee: \$36 individual/\$64 couple  
Location: ECM Auditorium  
1021 Denison Ave.



## Ballroom Dance

RH-03a

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

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

Date: August 25 - November 10 (Friday)  
Time: 8:30 - 9:30 pm  
Fee: \$36 individual/\$64 couple  
Location: ECM Auditorium  
1021 Denison Ave.

## Ballroom Dance

RH-03b

This class is designed to move at a slower pace to learn dancing with a partner. Swing, Foxtrot, Waltz, and Latin dancing are a few of the steps you will learn.

Michael Bennett

Date: August 26 - November 11 (Saturday)  
Time: 6:30 - 7:30 pm  
Fee: \$34 individual/\$64 couple  
Location: ECM Auditorium  
1021 Denison Ave.

## 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.

## 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 and 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.

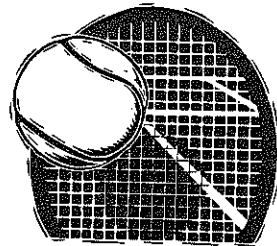
Michael Bennett

Date: August 25 - December 8 (Friday)  
Time: 7:30 - 8:30 pm  
Fee: \$43 individual/\$79 couple  
Location: ECM Auditorium  
1021 Denison Ave.  
No class November 24

## 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 20 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 (Thursday)  
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 (Thursday)  
Time: 7:30 - 8:30 pm  
Fee: \$36  
Location: LP Washburn Rec Complex, KSU

## 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 lightening fast reaction, speed, and agility. Classes will include introduction to the foil for recreation and competition. Teens to grandmas welcome. Equipment provided. Course may be repeated.

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 11 - November 13 (Monday)  
Time: 6:30 - 8 pm  
Fee: \$32 if you have your own equipment/\$62 to use instructor's equipment  
Location: Ahearn Fieldhouse, KSU



## STAGG HILL GOLF CLUB

K-18 West

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

539-1041

Jim Gregory, PGA Professional





**Intermediate Fencing**

RH-09

This class will focus on bouting. Emphasis is on technique refinement, theory of attack, second intention, flechÇ, coupÇ, glides, flanconade, right-of-way issues, infighting, attack into preparation, blade tuning and wiring. Prerequisites: at least a beginning course in foil-only fencing. Course may be repeated.

Bill Meyer (587-9990)

Date: September 11 - November 13 (Monday)  
Time: 8 - 9:30 pm  
Fee: \$42 if you have your own equipment/\$62 to use instructor's equipment  
Location: Ahearn Fieldhouse, KSU

**Archery for Adults**

RH-10

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

Tom Korte is a certified national archery instructor NAA level 4. He has many years of coaching experience including Archery Instructor for 4-H, Shooting Sports Director for Boy Scout Camp, and Assistant Coach for Junior Olympic Archery Development. He is presently coaching JOAD club, Manhattan Royal Archers.

Date: November 2 - December 14 (Thursday)  
Time: 8 - 9:30 pm  
Fee: \$32 includes range and equipment use.  
Location: 1125 Laramie Plaza (upstairs)  
No class November 23

**Middle Eastern Dance (Belly Dance)**

RH-11a

Middle Eastern Dance is said to be the oldest surviving dance in all of history. This class will teach basic to intermediate moves from countries throughout the Middle and Near East. This class is for females only, of any age, shape or background.

Christine Harley (776-4558) was taught by Amira of Wichita for two years prior to coming to Manhattan four years ago. She has studied with Ferdoos Afani-Ruzik and participated in public performances. She enjoys Middle Eastern Dancing and is looking forward to sharing her experience with others at the UFM class. Jane Saxer (565-9223) is a local elementary school teacher who has immersed herself in the study of Middle Eastern and International Dance. She recently studied Middle Eastern Dance at Serena Studio in New York City. She has also attended dance classes and workshops in Ohio, Iowa, and Missouri. In addition, she regularly attends folk and international dancing events and classes in Lawrence and Kansas City.

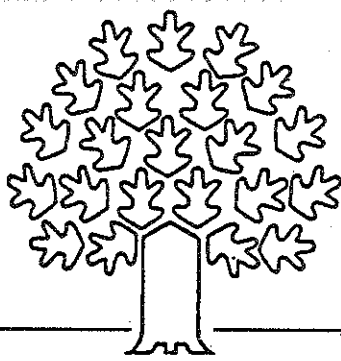
Date: August 31 - October 5 (Thursday)  
Time: 7:30 - 9 pm  
Fee: \$40  
Location: Ahearn, Room 301, KSU

**Middle Eastern Dance (Belly Dancing)**

RH-11b

Christine Harley & Jane Saxer

Date: October 12 - November 16 (Thursday)  
Time: 7:30 - 9 pm  
Fee: \$40  
Location: Ahearn, Room 301, KSU



# Food for Fun

1221 THURSTON

539-8763



**More Chinese Cooking**

FF-04a

Qiong Wu will continue to introduce typical Chinese home-style cooking to students. Menu and recipes will be provided. Half of the dishes will be vegetarian. Please bring a dish and utensils for eating and a container for taking food home. If you wish to request a certain Chinese dish, please contact Qiong Wu at 587-4602.

Qiong Wu is a native of northeast China. She is very good at and enjoys making home-style Chinese cooking. She has lived in Manhattan for four years and enjoys cooking for friends. She is a graduate student in the Business College.

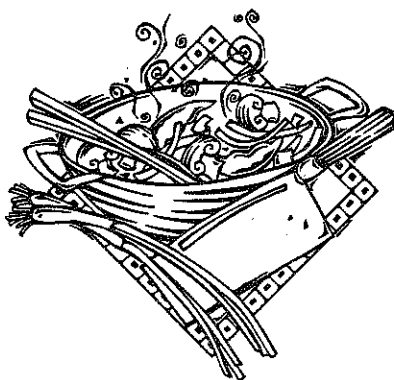
Date: September 16 (Saturday)  
Time: 10 am - 1 pm  
Fee: \$32  
Location: UFM Kitchen

**More Chinese Cooking**

FF-04b

Qiong Wu

Date: October 14 (Saturday)  
Time: 10am - 1 pm  
Fee: \$32  
Location: UFM Kitchen



**Rules of Dieting**

FF-88

This class will give you tips on weight control. You will learn "rules to live by." For example, did you know that if you drink a diet soda with a candy bar, the calories in the candy bar are cancelled out by the soda. Movie related foods (Milk Duds, Buttered Popcorn, Junior Mints, etc.) do not have additional calories because they are part of the entertainment package and not part of one's personal fuel. Many people don't know that cookie pieces contain no fat - the process of breaking causes fat leakage.

Richard Slim has been using these dieting tips for many years. He has very good intentions and believes that tomorrow is the best time to start your dieting program. He recommends to eat when no one sees you, because if no one sees you eat the food then the food has no calories. Another tip is to fatten up everyone else around you, then you look thinner.

Date: November 25 (Saturday)  
Time: Noon  
Fee: \$8.88  
Location: UFM Banquet Room

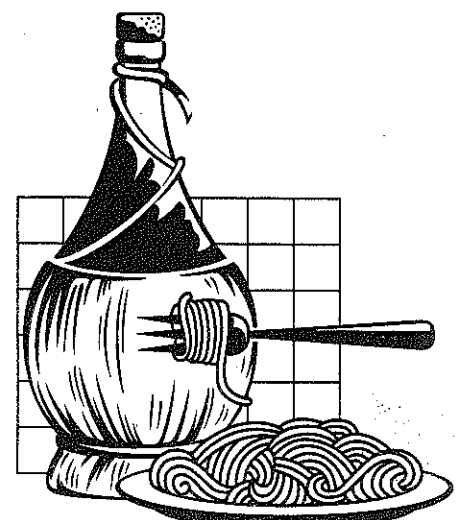
**Wines of Australia & New Zealand**

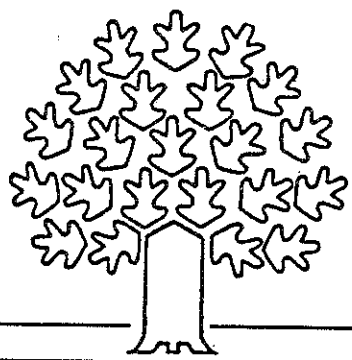
FF-03

G'day Mate! This class is for those who are interested in the wines from down under. We will try an extensive selection of wines from all over Australia and New Zealand. Along with the "Best Buys" that Australia is famous for, we will also explore the top notch wines from the country that most people have only read about in magazines. Also trying through wines from the various regions in New Zealand and you can find out for yourself if the Ziwis are truly the masters of Sauvignon Blanc. Don't miss out on this fun and exciting class!

Chad Lohman (539-9441) is a graduate of KSU and owner of Nespor's Wines & Spirits of Manhattan. Scott Benjamin is with Vintage Marketing Standard Beverage.

Date: August 28, September 11, 18, 25 (Monday)  
Time: 7-9 pm  
Fee: \$75  
Location: UFM Fireplace Room

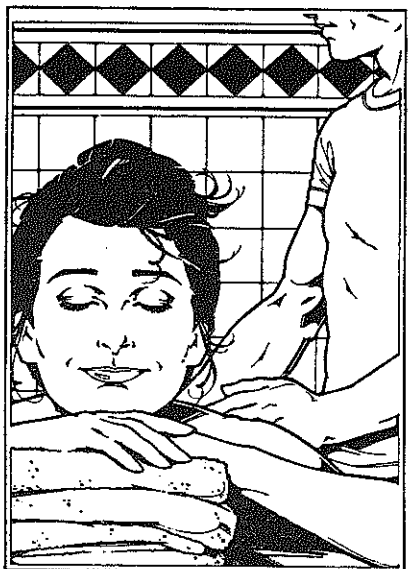




# Wellness

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 focused on Jin Shin Jyutsu and is a certified Jin Shin Jyutsu practitioner and self-help instructor.

Date: September 11, 18, 25 (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 2, 9, 16 (Monday)  
Time: 7 - 9 pm  
Fee: \$14  
Location: 631 Levee Rd.  
Industrial Park next to the Animal Shelter

## 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: September 26 - October 31 (Tuesday)  
Time: 5:30 pm  
Fee: \$68  
Location: 631 Levee Rd.  
Industrial Park next to the Animal Shelter

## Yoga for Body and Mind

WE-03b

*Ana Franklin*

Date: November 13 - December 18 (Tuesday)  
Time: 5:30 pm  
Fee: \$68  
Location: 631 Levee Rd.  
Industrial Park next to the Animal Shelter

## 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 included in fee.

*June Hunzeker* has been working with holistic health practices for many years and enjoys sharing their joy and wisdom. She is a Reiki Master Teacher in the Usui System of Natural Healing, and is among the first class of students to complete levels 1 and II of Gemstone Energy Medicine Training. She also includes Aromatherapy, Numerology, Herbs, Color and Sound in her private practice, Flint Hills Peacemakers. "My reiki 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: August 26 (Saturday)  
Time: 10 am - 12 pm  
Fee: \$8  
Location: UFM Conference Room

## Introduction to Reiki

WE-04b

*June Hunzeker*

Date: October 28 (Saturday)  
Time: 10 am - 12 pm  
Fee: \$8  
Location: UFM Conference Room

## Introduction to Gemstone

### Energy Medicine

WE-14

Gemstone 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 Gemstone Energy Medicine. Four handouts included in fee. NOTE: This class is a prerequisite for enrollment in G.E.M. and the 7 Color Rays. Please leave any jewelry at home. For more information about Gemstone call June at 539-0370.

*June Hunzeker*

Date: September 30 (Saturday)  
Time: 10 am - 12 pm  
Fee: \$33/\$62 for both Intro to Gemstone and 7 Color Rays  
Location: UFM Conference Room

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

WE-15

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 Gemstone Energy Medicine Class. Please leave any jewelry at home.

*June Hunzeker*

Date: October 21 (Saturday)  
Time: 10 am - 12 pm  
Fee: \$62 both Intro to Gemstone and 7 Color Rays  
Location: UFM Conference Room

## Introduction to

### Self-Massage Routines

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) 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 10 (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)

Date: October 17 & 24 (Tuesday)  
Time: 7 - 9 pm  
Fee: \$26 per couple  
Location: UFM Banquet Room



**Aromatherapy**

WE-16

We will discuss the healing effects of 8 different essential oils, carrier oils, and making your own massage blends. Participants will receive one free bath salt sample and recipes.

Barbara Ouelette

Date: October 24 (Tuesday)  
Time: 7 - 9 pm  
Fee: \$15  
Location: UFM Conference Room

**Healing Herbs for Women Only**

WE-21

We will discuss freely the symptoms of PMS and Menopause and how to deal with them by incorporating herbs, soy products, and proper diet into our lifestyles. Barbara will share recipes for proper estrogen balance.

Barbara Ouelette has been an employee at People's Grocery for 4 years. She has been interested in holistic healing for 10 years. In her free time she studies herbs and aromatherapy.

Date: September 12 (Tuesday)  
Time: 7 - 9 pm  
Fee: \$18  
Location: UFM Conference Room

**The Healing Power of Herbs**

WE-22

This class will cover herbs to detox your body; making teas for the relief of indigestion, flu symptoms, and you will learn how to make your own cough syrup. Recipes included in class fee.

Barbara Ouelette

Date: November 7 (Tuesday)  
Time: 7 - 8:30 pm  
Fee: \$12  
Location: UFM Conference Room

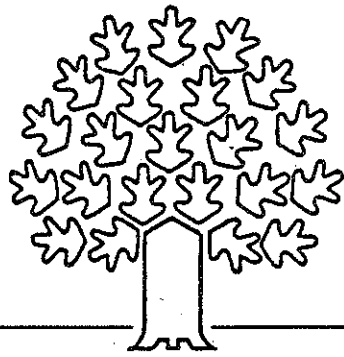
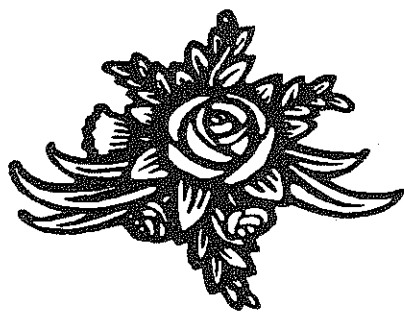
**Chi Lei - Chi Gong**

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 5 - Nov. 2 (Thursday)  
Time: 5:30 - 6:15 pm  
Fee: \$31  
Location: UFM Conference Room



**Youth**

1221 THURSTON

539-8763



**Introduction to the Nutcracker Ballet**

YO-02a

Children will learn about the Nutcracker Ballet and dance creatively to the beautiful music. Also children will learn the basic ballet techniques. Both boys and girls will enjoy this class. Dance wear is not required. Students may enroll in both this class and Intro to Tap and Jazz for the price of one.

Randi Dale (539-5767) has taught dance for 39 years. Her dance choir toured the Midwest and Europe in 1968. For the last few years has choreographed five story Ballets which children and teens have enjoyed dancing in and audiences have enjoyed watching. She is a certified teacher with a master's degree in Education.

Date: Sept. 29 & Oct. 6 (Friday)  
Time: 6 - 6:30 pm  
Fee: \$8/ for one class or both Ballet, Tap & Jazz classes  
Location: 2416 Rogers Blvd.

**Intro to Tap and Jazz**

YO-02b

This is an introductory class designed to expose children, ages 4- 12 to basic tap and jazz steps. Rock-N-Roll music will make learning jazz and tap steps fun. No dance experience or formal dance attire needed.

Randi Dale

Date: Sept. 29 & Oct. 6 (Friday)  
Time: 6:30 - 7 pm  
Fee: \$8/ for one class or both Ballet, Tap & Jazz classes  
Location: 2416 Rogers Blvd.

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

**\*\* TENNIS \*\* FENCING \*\***  
Tennis and Fencing classes for Youth... See the RECREATION section.

**Kids On Campus**

YO-03

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 and 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 26 (Thursday)  
Time: 8 am - 5 pm  
Fee: \$26  
Location: Meet at UFM

**Belly Dancing for Kids**

YO-04

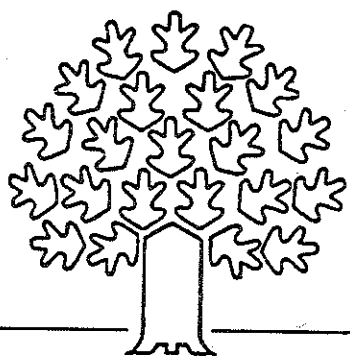
Girls ages 9 - 13 are invited to join us for some fun introduction to Middle Eastern folk and belly dancing. During the 8 class sessions, students will learn basic dance moves to popular kids' music. Family members are invited to the last class session on October 24 when students will perform a choreographed dance to "Trashin' the Camp" from the Tarzan soundtrack. Students are encouraged to wear comfortable, light-weight clothing and to bring a large scarf to tie around the hips. Space is limited so register early.

Jane Saxer (565-9223) is a local elementary school teacher who has immersed herself in the study of Middle Eastern and International Dance. She recently studied Middle Eastern Dance at Serena Studio in New York City. She has also attended dance classes and workshops in Ohio, Iowa, and Missouri. In addition, she regularly attends folk and international dancing events and classes in Lawrence and Kansas City.

Date: September 5 - October 24 (Tuesday)  
Time: 7 - 8 pm  
Fee: \$40  
Location: Ahearn, Room 301, KSU performance at First Lutheran Church, basement, 930 Poyntz.



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



# Martial Arts

1221 THURSTON

539-8763

## 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, August 22, 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 22 - December 7 (Tuesday/Thursday)  
Time: 6:30 - 7:30 pm  
Fee: \$72  
Location: Ahearn Fieldhouse, KSU  
No class November 21 & 23

Date: August 22 - December 7 (Tuesday/Thursday)  
Time: 6:30 - 7:30 pm  
Fee: \$72  
Location: Ahearn Fieldhouse, KSU  
No class November 21 & 23

## Tae Kwon Do II Advanced

MA-02

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

Date: August 22 - December 7 (Tuesday/Thursday)  
Time: 7:30 - 8:30 pm  
Fee: \$72  
Location: Ahearn Fieldhouse, KSU  
No class November 21 & 23

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

## About UFM Classes

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

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

## Combat Grappling

MA-07

This class focuses on the type of grappling used in the Ultimate Fighting Championship. We will work on the mount and how to get out of it. We will also work on stand up self-defense.

Stan Wilson

Date: September 6 - October 18 (Wednesday)  
Time: 7 - 8 pm  
Fee: \$39, includes 3 manuals  
Location: Ahearn Fieldhouse, KSU



## Kung Fu Basics

MA-08

White Phoenix Kung Fu is an off shoot of White Dragon Kung Fu and is part of the White Phoenix System. Kung Fu is the root of Karate, Tae Kwon Do, and Kempo. We will work on salutations, stances, blocks, hand and foot attacks, one step sparring, and self-defense techniques from the White Phoenix System.

Stan Wilson is the founder of the White Phoenix System. He has practiced arts for 30 years, and has black sashes in two styles of Kung Fu and a black belt in Jujutsu, and has learned from many other styles. He has written one book on self-defense, over 20 manuals on martial arts and self-defense and has produced over 10 videotapes on self-defense and the martial arts. Stan has studied and taught martial arts in Manhattan, Kansas City, Cedar Rapids and Atlanta. He has a library of hundreds of books, magazines, and videos dealing with self-defense and the martial arts.

Date: October 25 - December 6 (Wednesday)  
Time: 7 - 8 pm  
Fee: \$39 fee includes 3 manuals  
Location: Ahearn Fieldhouse, KSU  
No class November 22

*"It's a funny thing about life. If you refuse to accept anything but the best, you often get it."*

—W. Somerst Maugham

## Take a Peek at the Past

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

### Riley County Historical Museum

2309 Claflin

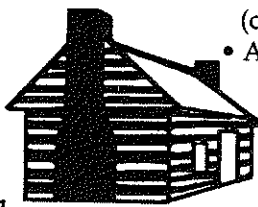
- Exhibits of Riley County history—pioneer days to the present
- Research library by appointment
- Educational programs
- Speakers bureau

8:30-5:00 Tuesday-Friday  
2:00-5:00 Saturday-Sunday

### 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



### 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

### Wolf House Museum

630 Fremont

- 1868 stone home also served as a boarding house
- Furnished with period antiques
- Special exhibits "Life at the Turn of the Century: 1900 Revisited"

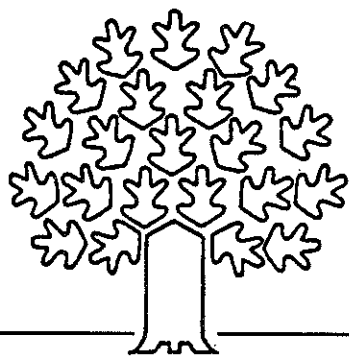
1:00-5:00 Saturday 2:00-5:00 Sunday  
and by appointment

RILEY COUNTY

HISTORICAL MUSEUM

For more information, call 565-6490





# Language

1221 THURSTON

539-8763

## Learning and Practicing the French Language

LA-02a

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

*Emilie Rabbat* (587-9036), a naturalized citizen, was originally from Tanta, Egypt. Her training course, "Stage de Formation Pedagogic," was from the Catholic University of West-Angers, France. She received a French Diplome from the Egyptian Government and the Embassy of France in Cairo, Egypt. Her learning experience includes working with adult Egyptian teachers, primary level students and teaching French for 20 years at a Jesuit French School in Cairo.

Date: September 6 - 28 (Wednesday & Thursday)  
Time: 3 - 4 pm  
Fee: \$40  
Location: UFM Conference Room

## Learning and Practicing the French Language

LA-02b

*Emilie Rabbat*

Date: October 4 - 26 (Wednesday & Thursday)  
Time: 3 - 4 pm  
Fee: \$40  
Location: UFM Conference Room

## Learning and Practicing the French Language

LA-02c

*Emilie Rabbat*

Date: November 1 - 30 (Wednesday & Thursday)  
Time: 3 - 4 pm  
Fee: \$40  
Location: UFM Conference Room  
No classes Nov. 22 & 23

## Beginning Sign Language

LA-03

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

Date: To Be Announced  
Time: 7 - 8 pm  
Fee: \$43  
Location: Justin Hall, Room 341, KSU

### ANSWERS TO BRAIN STORM:

1. Sawyer will charge 15.00, it requires three cuts to make 4 pieces.
2. The word is island
3. An ear of corn
4. There are 7 pigs and 8 peacocks
5. 1 hour. You would take the first pill immediately, the 2<sup>nd</sup> a 1/2 hour later, and the 3<sup>rd</sup> exactly 1 hour after taking the 1st.

## Spielend Deutsch Lernen

### -Learning German the Fun Way

LA-04

Spielend has two meanings: "easy" as well as "in a playing way." Both are true for the way we intend to learn the language. Statistics prove that you remember better if you can make associations. Explaining game rules, playing the game and maybe inventing a new one will challenge you more than just a book, and might be a nice change from your daily routine. Come join us for some educational fun. You'll be surprised how much you can learn "Spielend"!

*Petra Barnes* was born and raised in Germany. She has a degree in Fashion Design. She is fluent in English, Italian, and of course her native language German.

Date: November 3, 10, 17 & December 1 & 8 (Friday)  
Time: 7 - 9 pm  
Fee: \$58  
Location: UFM Conference Room

## 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. Special emphasis will be placed on understanding 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 6 (Wednesday) - dates will be determined at the 1st meeting  
Time: 7:00 pm  
Fee: \$68  
Location: UFM Conference Room

## Spanish for Adults

LA-11a

This beginning Spanish class is designed for adults who have had little or no previous knowledge of the Spanish language. The focus will be on both conversational and grammatical points.

Date: To Be Announced  
Time:  
Fee: \$52  
Location: Justin Hall, Room 256, KSU

## Spanish for Kids

LA-12a

This class is designed for children ages 8- 12 to have fun while learning Spanish. Various games will be used to teach this language. The class will consist of mostly conversation and recognition, very little written work is required.

Date: To Be Announced  
Time:  
Fee: \$43  
Location: UFM Conference Room

## French Language: Tutoring

LA-15

Learn the French language by scheduling eight private lessons.

*Emilie Rabbat*

Date: By Appointment on Tuesday or Friday  
Time: 3 - 4 pm  
Fee: \$53  
Location: To be announced

## Conversational German

LA-13

If you want to be able to use your high school German Language course, polish up your pronunciation, converse in a group setting, this is the class for you.

*Petra Barnes* was born and raised in Germany. She has a German degree in Fashion Design. She is fluent in English, Italian, and of course her native language, German.

Date: August 25, September 1, 8, 15, 22 (Friday)  
Time: 7 - 9 pm  
Fee: \$58  
Location: UFM Conference Room

## Beginning Italian

LA-14

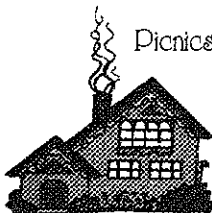
Learn the basics of the Italian language. Greet a neighbor, order in a restaurant, shop with confidence.

*Petra Barnes*

Date: September 29, October 6, 13, 20, 27 (Friday)  
Time: 7 - 9 pm  
Fee: \$58  
Location: UFM Conference Room

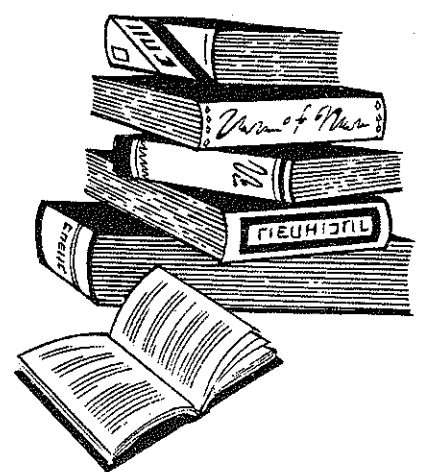
## Reserve Goodnow Park's Limestone Cabin

(NE of 5<sup>th</sup> and Bertrand 1/4 block up the slope of Bluemont Hill)



Picnics, Meetings, Rustic Atmosphere  
Bluemont Trail Head

For More information  
call UFM at 539-8763

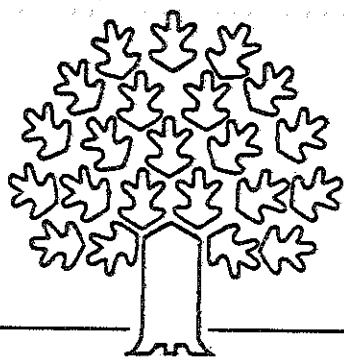


Look for the UFM Catalog on the web at [www.ksu.edu/ufm](http://www.ksu.edu/ufm)

# Earth, Nature & Environment

1221 THURSTON

539-8763



## Fly Fishing

EN01a

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 6 - 28 (Wed/Thurs)  
Time: 6 - 8 pm  
Fee: \$85 non-credit  
Location: Eisenhower Middle School  
800 Walters Dr.

## Fly Fishing

EN01b

Paul Sodamann

Date: October 4 - 26 (Wed/Thurs)  
Time: 6 - 8 pm  
Fee: \$85 non-credit  
Location: Eisenhower Middle School  
800 Walters Dr.

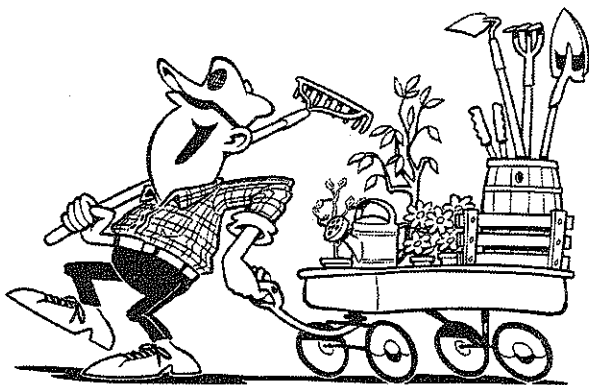
## Landscaping Around the House

EN-02

Learn the basics of landscaping your home! Different discussions, available locally, will be discussed with limited discussion on advantages and disadvantages of plant material. This course will be a must for new residents to the Manhattan community or those of us with "brown thumbs."

Alan Ladd (537-6350) is the Riley County Extension Director at the County Extension Office and coordinates the horticulture program in Riley County. He believes that education is a lifelong process and everyone needs to keep updated on areas of interest to them. Tom Hittle has used his degrees in Horticulture and Landscape Architecture to help design award-winning landscape plans for over 10 years. Hittle Landscape Architects is the design firm that Tom operates and offers design services to commercial and residential clients in the area. Gregg Eyestone has used his horticulture degree from KSU as a County Extension Agent for 9 years. He has presented many landscaping classes and is looking forward to working with individuals with landscaping challenges.

Date: September 5, 12, 19 (Tuesday)  
Time: 7 - 9 pm  
Fee: \$22 individual/\$32 couple  
Location: Riley County Extension Office  
110 Courthouse Plaza



## Field Trip: Pottawatomie County Glacial Area

EN 10

How do we know that glaciers visited Kansas? By the rocks from Minnesota they left behind? We'll visit northern Pottawatomie County to collect glacial material including granite, quartz, petrifaction as well as others, some of which may be of gem quality. Bring a beverage and a container for rocks and crystals. Become a rock hound for a day. Rain Date: October 7.

Dr. Lanning (537-7599), Professor Emeritus of Chemistry at K-State, is a long-time member of the Manhattan Mineral, Gem and Fossil Club. He was UFM's Featured Instructor in the Fall of 1998. For many years Dr. Lanning has offered field trips for UFM.

Date: September 30 (Saturday)  
Time: 8:30 am - 12 pm  
Fee: \$8 individual/\$12 couple  
Location: Meet at UFM  
For Field trip in private cars

## Growing, Showing, and Illustrating Cacti and Succulents

EN24

Cacti and succulents come in a diversity of forms and habits. They can be used in the landscape, as outdoor containerized portables, or as houseplants. They provide hours of companionship and pleasure for both the plant collector and the plant hobbyist. This cacti/succulent aficionado and professional illustrator shares successful growing information, winning tips for displaying plants both in your home and at plant shows, web sites for expanding your knowledge and contacting other enthusiasts, and a demonstration of illustration techniques geared to non-artist beginners.

Gail Selfridge is the Media Specialist for the Kansas State University Gardens. An active member of both the Guild of Natural Science Illustrators and the American Society of Botanical Artists, her most recent exhibit participation was Flower Power: Plants and their Pollinators, May-June, 2000 at the Bruce Museum of Art and Science, Greenwich, CT. Her cacti and succulents have taken first prize at plant shows including the Denver Botanic gardens. She is a member of the Cactus and Succulent Society of America and the local Cactus and Succulent Society that is affiliated with the KSU Gardens.

Date: October 28 (Saturday)  
Time: 10am - 12 pm  
Fee: \$18  
Location: UFM Greenhouse

## Sunrooms & Greenhouses

EN-25

Attached sunrooms can provide warmth, light, winter greens, or just a fine place to relax, depending on how you design them. We'll show examples of single and two-story sunrooms, and discuss benefits of various features.

Bill Dorsett has been designing and building sunrooms in Manhattan since 1980.

Date: August 26 (Saturday)  
Time: 10 am - 12 pm  
Fee: \$8  
Location: UFM Greenhouse

## The Evolution Controversy

EN-26

In light of the current controversy in Kansas over the teaching of evolutionary theory, this course will address both scientific and theological issues. It will meet three times. The first class will review some basic concepts and current questions in modern evolutionary theory. The second will present the evidence for transitional forms in the fossil record, and the third will address philosophical and theological issues. Significant time will be set aside during each meeting for questions and discussion. If you are confused about the claims and counterclaims being made in this public debate, take the opportunity to attend this class.

Keith Miller is a research assistant professor in the Geology Department at K-State. He is also a fellow at the American Scientific Affiliation (an association of Christians in the sciences) and an officer in the Affiliation of Christian Geologists. He is interested in Earth and Life history - particularly in the interaction between biological communities and an ever changing Earth. He is also interested in the relationship between evolutionary theory and theological concepts of creation.

Date: September 9, 16, 23 (Saturday)  
Time: 7 - 9 pm  
Fee: 8 individual/\$10 couple  
Location: Thompson Hall, Room 213, KSU



## 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!**

## GIFT CERTIFICATES FOR UFM CLASSES ARE ALWAYS AVAILABLE.

*Give a gift of learning!*

Call or stop by UFM

1221 Thurston 539-8763

• Birthdays • Anniversaries • Thank You's



**The Northern Flint Hills Audubon Society** is organization that has been involved in Environmental Education and Conservation effects in the Manhattan area for more than 25 years. Call UFM at 539-8763 to enroll in these sessions. There are no fees to attend this series of classes, however, enrollment numbers are needed for appropriate planning.

**Autumn Walk on Konza Prairie** EN-27  
Celebrate the 1st day of Autumn with an evening walk on the Konza prairie with experts in different disciplines. For directions to Konza Trail Head call "Hoogy" Hoogheem at 539-7080.

Hoogy Hoogheem (539-7080)

Date: September 22 (Friday)  
Time: 7 pm  
Fee: N/C

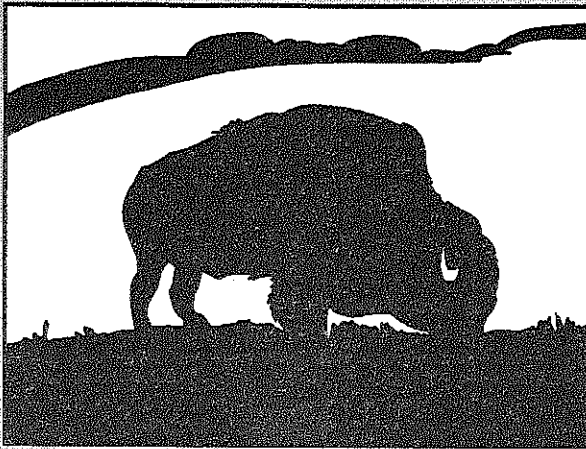
Location: Meet at the parking lot of the Konza Trail Head

**Prairie Restoration** EN-28  
Are you interested in Prairie Restoration? Don't miss out on this session which includes a slide presentation on prairie plants and restoration. The speaker Shirley is a restoration enthusiast and author of Restoring the Tall Grass Prairie. There will be a book signing following the presentation. Call Madonna Stallmann for more information at 539-4805.

Madonna Stallmann (539-4805)

Date: October 18 (Wednesday)  
Time: 7:30 pm  
Fee: N/C

Location: Throckmorton Hall, Room 1014, KSU



**Sternberg Museum Trip** EN-29  
Travel with us to newly re-opened Sternberg Museum in western Kansas. Call Patricia Yeager at 776-9593 for more information about this possible camping or bed & breakfast overnight outing. Reservations needed by November 1 to arrange meeting place and car pooling.

Patricia Yeager

Date: November 11 & 12 (Saturday & Sunday)  
Time:  
Fee: N/C  
Location: To Be Announced



**Composting: The Fine Art of Making "Black Gold"** EN-30

Almost all pant material is compostable! But there are efficient and inefficient ways of composting. This class will cover everything you need to know to have a successful compost pile. You just choose how long you want to use this "black gold" to enhance your yard or garden.

Colleen Hampton has gardened both indoors and outdoors for 27+ years and looks forward to sharing her practical knowledge in her gardening class.

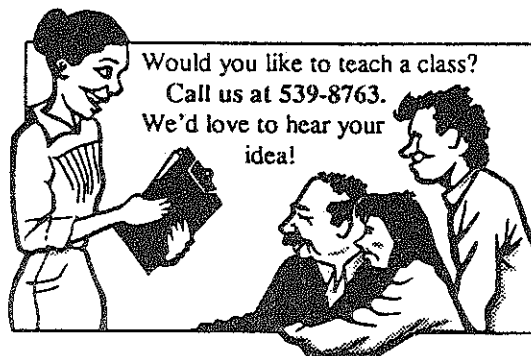
Date: September 18 (Monday)  
Time: 7 - 9 pm  
Fee: \$8  
Location: UFM Greenhouse

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

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



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



Would you like to teach a class?  
Call us at 539-8763.  
We'd love to hear your idea!

**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. These sessions are offered at no cost and you may sign up for any that interest you, call UFM at 539-8763. Join Sustainable Manhattan as we explore the issues that will shape the future of our community.



**Housing Needs and Housing Options: How Can We Meet the Challenge?** EN-13

The completion of the Housing Study and creation of the separate Housing Authority have brought this issue to center stage in the community. The demand and market for several thousand housing units projected over the next five years poses some significant challenges for all of us. Join in a discussion of the issues that will affect every part of our city.

Carol Peak (532-6868) is the city commissioner serving on the Housing authority and is well versed in state and local issues which have implications for meeting this housing challenge.

Date: September 29 (Friday)  
Time: 11:30 - 1:30 pm  
Fee: n/a

Location: Java Espresso & Bakery meeting room  
1219 Moro



**Where Should We Shop? Eastside, Westside, or All Around Town?** EN-14

The location and mix of retail space in the community has been debated as part of several issues over the last year. The Comprehensive Land Use Plan update scheduled for 2001 will have to evaluate the where and why of current and future retail/commercial land issues. Join in a discussion of the pros and cons of where we could shop and what the impacts might be. Local business leaders and retail entrepreneurs will lead a discussion of these interesting issues.

Date: October 13 (Friday)  
Time: 11:30 - 1:30 pm  
Fee: n/a

Location: Java Espresso & Bakery meeting room  
1219 Moro



**Should We Sustain A Candidate With Our Vote?** EN-15

What does your candidate for local or national office think or know about sustainability issues? What questions could we ask candidates to reveal their positions? Join us for a discussion of local, state, and national elections and where candidates stand on sustainability.

Bruce Snead (532-4992) is a City Commissioner and co-director of Sustainable Manhattan, and has spoken locally and nationally on sustainable communities.

Date: October 27 (Friday)  
Time: 11:30 am - 1:30 pm  
Fee: n/a

Location: Java Espresso & Bakery meeting room  
1219 Moro



## Archery

Archery provides men, women, girls and boys with instruction in target-style archery. Class emphasis is on the archery form used in Olympic competition. Students in archery classes may compete in regional and even national events!



Haley and Beth practice their shooting form during class.

## UFM is now a sign up location for Heartland SHARE

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

What is a "SHARE"? A food package consisting of 4-5 meats, a variety of fresh fruits and vegetables and other grocery items. One share costs 2 hours of volunteer service and \$15.00. Food stamps are accepted.

Where does the food come from? Food is purchased on the open market in bulk by a professional purchasing staff. The bulk buying power (over 12 million pounds of food monthly) and the volunteer distribution network provides savings up to 60%.

Who can participate? The program is open to everyone in the community regardless of income.

**Sign up at UFM early in the month.** SHARES are distributed the 3<sup>rd</sup> or 4<sup>th</sup> Saturday of each month at Blue Valley United Methodist Church, 835 Church Ave.

Last day to sign up, Fall Schedule:

Sept. 10      Oct. 15      Nov. 5      Dec. 3

**SHARE: Good for You and Good for the Community.**

For more information, call UFM at 539-8763 or sign up at the UFM Office, 1221 Thurston St.

## BRAIN STORM...

Get your thinking back in shape for fall with these exercises for your mind!!!

1. Sawyer Blade charges \$5.00 to cut a log into two pieces. How much will he charge to cut a log into four pieces?
2. What word starts with *is*, ends with *nd* and has *la* in the middle?
3. You throw away the outside and cook the inside. Then you eat the outside and throw away the inside. What did you eat?
4. The local zoo has a cage that contains both peacocks and wild pigs. If there is a total of 30 eyes and 44 feet, how many of each are in the cage?
5. If a doctor gives you three pills and tells you to take one every half hour, how long will they last?

Find the answers on page 17 of this class schedule.

## Special Presentation

School of Assassins:  
the U.S. Army School of the Americas



Gather Roy Bourgeois  
Founder, School of Americas Watch  
Academy Award Nominee  
1997 Pax Christi U.S. Teacher of Peace Awardee

Tuesday, September 12  
7:30 pm

Forum Hall, K-State Union

Co-Sponsored By:

The Manhattan Alliance for Peace & Justice  
The Unitarian Universalist Fellowship of Manhattan  
The Lou Douglas Lecture Series.

**FREE ADMISSION**

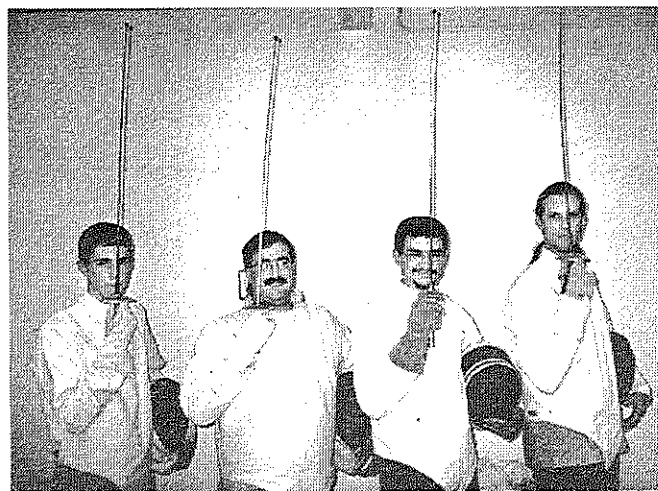
## FENCING

### Salute, Mask, En Garde!

With these three words it begins... testing, probing, gauging ...then bang! Retreating into centuries ago, the fencer stands alone, his very life in the balance. Win or lose, he shall do so with bygone dignity...

It's just a game! UFM Continues to offer beginning and intermediate fencing, both as credit and non-credit classes. Fencers from the program have gone on to do well at regional tournaments. Others fence to perfect their craft, or for the exercise. Many come to laugh and banter-a good time is to be had by all.

Fencing style tells a story and reveals much about us in minutes, quick or slow movement, attack style and strategy. Too bad all of us can't invite one another for a few friendly bouts. For whatever the reason we fence. For many, it's a game that always beckons. After all, it's just a game. Isn't it?



### Four Fencers

- Kyle: The Snake Charmer -lulls opponent with lazy movement, then suddenly attacks.
- Jeff: The Pit Bull-continuous kinetic style that doesn't stop until action is halted.
- James: The Technician-perfecting the coupé and glide, decides on course of action.
- Aaron: The Counter Attacker-waits for attack, parry ripostes or runs deep stop-thrust.

## TAE KWON DO

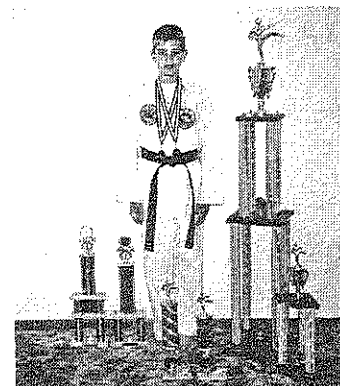
Tae Kwon Do is a great way to learn self-defense and to increase your flexibility and cardiovascular system. The classes during the week are made up of kids that range in age from 10 to 100. We compete in tournaments in Kansas, Nebraska and Missouri. The tournaments are a great boost to your self-esteem when you compete against other people at your level.

To advance to the next level, there are promotional tests held in Topeka at the main school every other month.

Before every semester starts, we give a demonstration on Tae Kwon Do and we have also done demonstrations when asked by other organizations in Topeka, Manhattan and Salina.



Tonya, David & Melissa with their trophies.



Justin Lewis: Star Pupil

Justin Lewis started in Tae Kwon Do in September 1998 through the UFM program. At present he has a High Brown Belt ranking. Justin enjoys competing and has participated in 5 tournaments. He has won 6 trophies and 2 gold medals.

The gold medals were won at the Sunflower State Games last summer in Lawrence. It was the first time that Tae Kwon Do was part of the competition in the state games.

At tournaments, Justin competes in both the forms and sparring competition, but he enjoys the sparring competition the most. Justin says that Tae Kwon Do has taught him about self-control and about self-esteem. He feels it is a sport that allows you to work at your own speed and to work for the ranking that you want to earn.



Fall Demonstration:

Tuesday, August 22, 6:30 pm, Ahearn Fieldhouse, KSU

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



### 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.

#### LAST Prep Course

August 22 - September 28, T/TH, 7 - 9 pm  
Practice Test: September 23, Saturday, 8 am - noon  
Fee: \$210

(Includes all in-class and at-home study books from the Fairfax Lectern)

#### GRE Prep Course

September 19 - October 26, T/TH, 7 - 9 pm  
Practice Test: October 21, Saturday, 8 am - noon  
Fee: \$210

(Includes all in-class and at-home study books from the Fairfax Lectern)

#### GMAT Prep Course

August 29 - September 28, T/TH, 7 - 9 pm  
Fee: \$240

(Includes Cambridge TestPrep PLUS textbook, the official guide for GMAT Review, and CD-ROM)

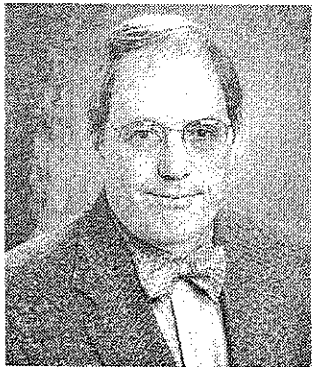
#### PPST Prep Course

Session I: September 5 - 28, T/TH, 7 - 9 pm  
Session II: February 1 - 24, T/TH, 7 - 9 pm  
Fee: \$160

(Includes Cambridge TestPrep PLUS textbook & The PPST Guide Academic Skills Assessment Skills Tests)

**Enroll Early, call UFM at 539-8763**

## Lou Douglas Lecture Series



**James K. Galbraith**  
Professor, LBJ School of Public Affairs University of Texas at Austin

*Created Unequal: the Crisis in American Pay*

Thursday, October 5, 2000  
7:30 pm

Forum Hall, KSU Campus



**Eugenie Scott, Ph.D**  
Executive Director, the National Center for Science Education  
El Cerrito, California

*Why NOT Creationism in Public Schools*

Tuesday, October 24, 2000  
7:30 pm

Forum Hall, KSU Campus

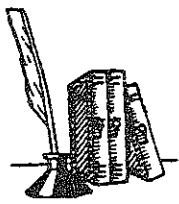


**Laura Cecere**  
M.S.W. J.D.

*Saving Girls' Lives: International Adoptions from China*

Tuesday, November 14, 2000  
7:30 pm

Forum Hall, KSU Campus



Announcement sponsored by

# Clafin Books and Copies

1814 Claflin Rd., Manhattan, KS 66502

All events free of charge

(785) 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 handled 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, 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*

Date: September 11 - October 16 (Monday)  
Time: 5:30 - 9:30 pm  
Fee: \$253  
Location: YMCA, 1703 McFarland Junction City, KS

### 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 broken, and fly fishing equipment. The class will be broken into two sections. The first section will cover casting, fly rods, reels, lines, tippets, and leaders. The second section will cover fly tying equipment and techniques to tie dry flies, wet flies, and nymphs. All equipment needed will be provided by the instructor.

Instructor: *Paul Sodamann*

Date: September 6 - 28 (Wed/Thurs)  
Time: 6:00 - 8:00 pm  
Fee: \$150  
Location: Eisenhower Middle School  
800 Walters Dr.

### Fly Fishing

RRES-200

Instructor: *Paul Sodamann*

Date: October 4 - 26 (Wed/Thurs)  
Time: 6:00 - 8:00 pm  
Fee: \$150  
Location: Eisenhower Middle School  
800 Walters Dr.

### Ballroom Dance I

DANCE - 599

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*

Date: August 25 - December 8 (Friday)  
Time: 6:30 - 7:30 pm  
Fee: \$133  
Location: ECM Auditorium  
1021 Denison Ave.



### Ballroom Dance I

DANCE-599

Instructor: *Michael Bennett*

Date: August 23 - December 6 (Wednesday)  
Time: 8 - 9 pm  
Fee: \$133  
Location: ECM Auditorium  
1021 Denison Ave.

### Ballroom Dance II

DANCE-599

Instructor: *Michael Bennett*

Date: August 25 - December 8 (Friday)  
Time: 7:30 - 8:30 pm  
Fee: \$133  
Location: ECM Auditorium  
1021 Denison Ave.

### Golf

KIN-140 A, B, C, D, or RRES - 200

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

Instructor: *Jim Gregory*

#### Session I

Date: August 22 - October 10 (Tuesday)  
Time: 2:30 - 4:30 pm

#### Session II

Date: August 22 - October 10 (Tuesday)  
Time: 5:30 - 7:30 pm

#### Session III

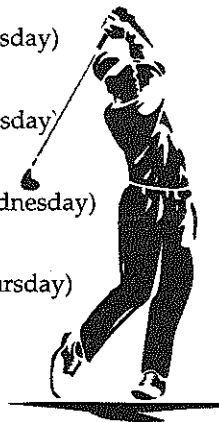
Date: August 23 - October 11 (Wednesday)  
Time: 5:30 - 7:30 pm

#### Session IV

Date: August 24 - October 12 (Thursday)  
Time: 9:30 - 11:30 am

Fee: \$156

Location: Stagg Hill Golf Club  
4441 Ft. Riley Blvd.



### Judo I

KIN-144 or ES-200

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 22 - December 7 (Tuesday/Thursday)

Time: 8:45 - 10:00 pm

Fee: \$116

Location: 1111 Moro  
Manhattan, KS

### Judo II

KIN-145 or RRES-200

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 22 - December 7 (Tuesday/Thursday)

Time: 8:45 - 10:00 pm

Fee: \$116

Location: 1111 Moro  
Manhattan, KS

### Women & Money

WOMST-500

This course is designed specifically to enable a woman 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, debt/credit, insurance, social security, legal matters, new tax laws, trusts, and investing.

Instructor: *Charlene Brownson*

Date: September 5 - October 24 (Tuesday)  
Time: 6:00 - 8:00 pm  
Fee: \$110 (credit) \$30 (non-credit)  
Location: UFM, 1221 Thurston St.

### Archery for Adults

RRES-220

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

Instructor: *Tom Korte*

Date: September 7 - October 26 (Thursday)

Time: 8 - 9:45 pm

Fee: \$130

Location: 1125 Laramie Plaza

### Beginning Fencing

RRES-200

Beginning fencing is an introduction to the fundamentals of modern sport fencing. Of the three weapon types (foil, epee, sabre) sanctioned in international competitions, only foil is taught in beginning fencing. This course may not be repeated for credit. Fencing entails progressive conditioning of the shoulders, lower torso and legs along with fine motor enhancement of the fingers and wrists. Understanding fencing has wide application off the strip- integrating diplomacy, aggression, speed and skill.

Instructor: *William Meyer*

Date: August 24 - December 7 (Thursday)

Time: 4 - 5:30 pm

Fee: \$138

Location: ECM Auditorium  
1021 Denison

### Intermediate Fencing

RRES-200

Intermediate fencing continues with the concepts presented in beginning foil fencing. Emphasis is on technique refinement, theory of attack, and bouting. The course may be repeated for credit.

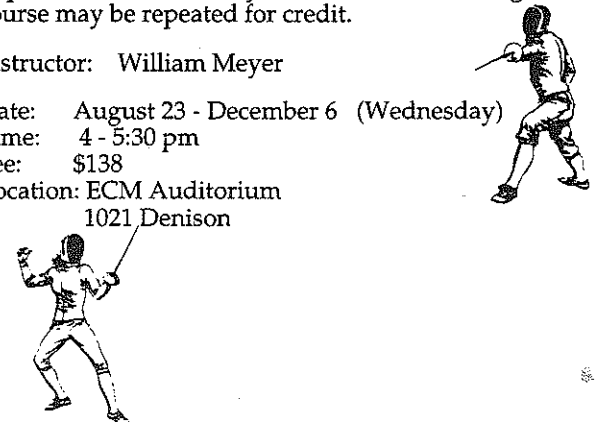
Instructor: *William Meyer*

Date: August 23 - December 6 (Wednesday)

Time: 4 - 5:30 pm

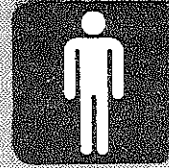
Fee: \$138

Location: ECM Auditorium  
1021 Denison



Special thanks to all UFM INSTRUCTORS who volunteer their time!

# REGISTRATION INFORMATION 3 WAYS TO REGISTER



## Registration by Mail

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

**UFM Class Registrations**  
1221 Thurston  
Manhattan, Kansas 66502-5299

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

## 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 YOU... One participant per form, please

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

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

**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 _____	<input type="text"/>
Entered	_____	_____	Cash _____	
Computer	_____	_____	Visa _____	Date _____
			M/C _____	
			Discover _____	

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Registration Form  
1221 Thurston Manhattan, KS 66502 539-8763

Student Name \_\_\_\_\_ Day Phone \_\_\_\_\_  
Address \_\_\_\_\_ Evening Phone \_\_\_\_\_  
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Age: Under 18 exact age \_\_\_\_\_ 19-24  25-59  60+   
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			Discover _____	