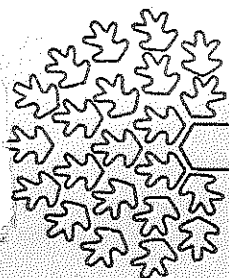


UFM

Community Learning Center

2001 Fall Classes



Teaching • Learning • Growing
Vol. 33 EDITION 3

Something for Everyone...

Learn New Hobbies

...

Improve Relationships

...

Increase Productivity & Peace of Mind

...

Grow Old Gracefully

...

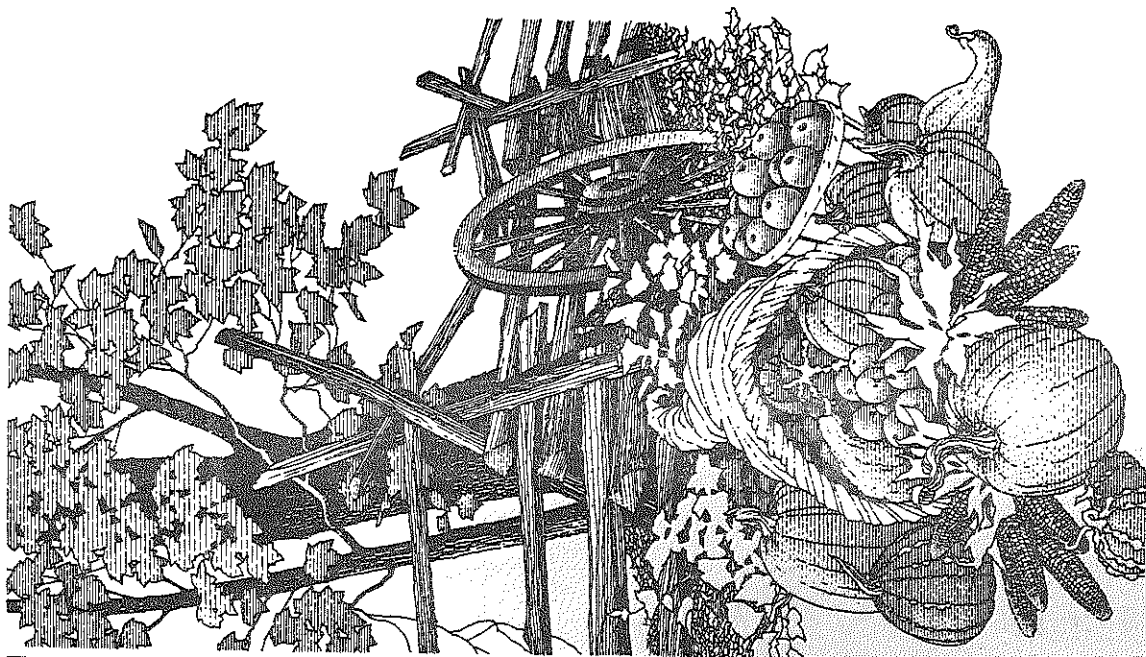
Discover Something New

...

Explore Alternative Health Options

...

Develop New Skills



Something for Everyone...

Learn New Hobbies

...

Develop Self-Improvement Skills

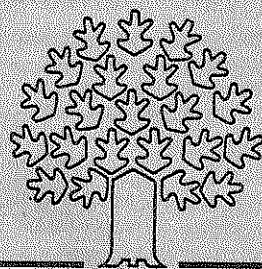
...

Increase Productivity & Peace of Mind

...

Enjoy Fun & Recreation opportunities

...



Teaching • Learning • Growing

UFM Community Learning Center

2001 Fall Classes

NON-PROFIT ORG
U.S. POSTAGE PAID
Manhattan, Kan. 66502
Permit No. 134

OR CURRENT RESIDENT

Welcome to UFM Community Learning Center...

UFM Community Learning Center is a creative educational program serving Kansas State University, the Manhattan area and the state of Kansas. Based on the philosophy that everyone can learn and everyone can teach, UFM provides opportunities to learn a new skill or share something that you know with others. UFM serves as a forum for the exchange of ideas and as a catalyst for new programs and services.

UFM is a unique program where the "faculty" is the entire community. We rely very much on the interests and involvement of the community to make our programs work. Last year 313 people taught classes for UFM. Our instructors have ranged in age from 11 to 94. Many volunteer their time. Others receive a small stipend for their efforts. Instructor reimbursement, learning tools, facility costs and UFM overhead expenses determine the fee

charged for a class. Since 1991, UFM has been totally self-supporting and class fees make up over two thirds of our budget.

Classes have run the A to Z of topics. Some of our most popular classes include ballroom dance, golf, tae kwon do, yoga and swimming. We are also known for offering unique classes you won't find elsewhere. Look through the catalog to see what's new this semester.

UFM Staff:

Executive Director - Linda Inlow Teener
Education Coordinator - Charlene Brownson
Swim Coordinator - Chris Branton
Lou Douglas Lecture Series Coordinator - Olivia Collins
Teen Mentoring Program Coordinators - Karen Roesch, Sara Berry
Office Coordinator - Tabitha Smith
Plus all the teachers who share their talents!

WHERE WE'RE LOCATED

UFM
1221 Thurston

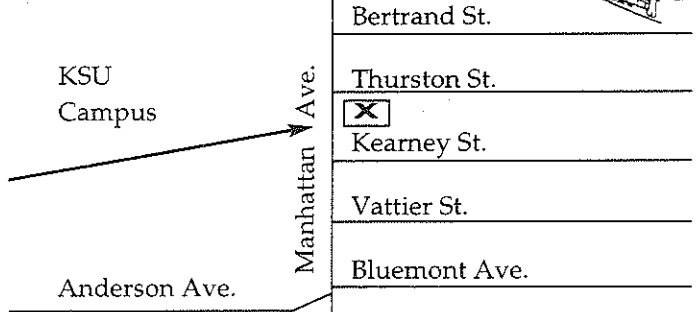
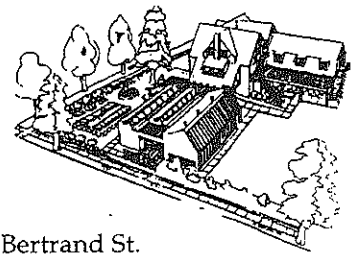


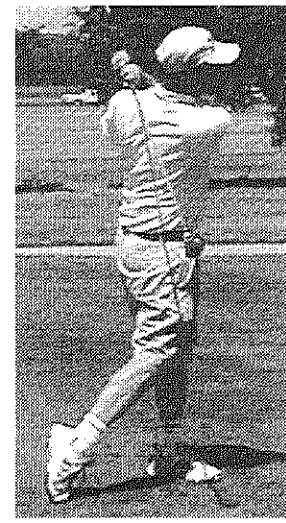
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Jim Gregory

Golf Instructor

Jim Gregory has been teaching golf classes for UFM for over 15 years. He teaches both the Introduction to Golf classes as well as the golf classes that carry KSU credit.

Born in Springfield, Missouri, Jim began playing golf at the age of 15. He got into the golfing industry in 1969 as assistant golf pro at Hickory Hills Golf Course in Springfield Missouri. He has also worked at golf courses in Lawrence and Kansas City. Jim has been the Stag Hill Golf Club golf pro for 18 years. He is a PGA professional.

Jim teaches private and group lessons including a junior program that involved 200 youth this year. He runs the club house operation, sales of golf equipment and the driving range operation.

Jim holds a Master's degree in Physical education from the University of Kansas. His wife, Rita, is also an accomplished golfer. They have two children. Jim has devoted his life to learning how to teach golf. He continues his education learning new techniques and refining his personal skills. Jim is a well liked instructor.

BOARD OF DIRECTORS

- | | |
|-------------------------------------|-------------------|
| Bill Richter, <i>Chair</i> | Sue Maes |
| Larry Fry, <i>Vice Chair</i> | Dick Hayter |
| Migette Kaup, <i>Treasurer</i> | Robert Wilson |
| Sharon Brookshire, <i>Secretary</i> | Candace White |
| Linda Inlow Teener, | Craig Comas |
| <i>President & CEO</i> | Sharon Brookshire |
| | Mary Kidd |
| | Brandy McKenna |

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.

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.



UFM INSTRUCTORS

Jamie Allen
 Schanee Anderson
 Cris Backman
 Joyce Brite
 Petra Barnes
 Scott Benjamin
 Michael Bennett
 Amy Bipes
 Marie Burgett
 Charlene Brownson
 Steve Charland
 Cheryl Collins
 Sarah Craig

Rachel Crane
 Randi Dale
 Lucia Flower
 Enell Foerster
 Ana Franklin
 Heather Fuesz
 Jerri Garretson
 Rachel Greenwood
 Jim Gregory
 Abby Hagerman
 Steve Hardesty
 Christine Harley
 Terry Harvey

Karen Hinkle
 Eric Holeman
 Reinhild Janzen
 Karena Kimble
 Nancy Knopp
 Kendra Kobiskie
 Tom Korte
 Toni Kroll
 Sibylle Kuder
 Chad Lohman
 M'Eliz Maatta
 Bernice Martin
 Mary Masters

Bill Meyer
 David Moore
 Linda Morse
 Greg Noll
 Barbara Ouellette
 Joan Phelps
 Larry Poague
 Emilie Rabbat
 Ronna Robertson
 Jared Rose
 Bill Rust
 Gordon Schmid
 Pam Schmid

David Seamon
 Robin Sipp
 Karma Smith-Grindell
 Carol Stites
 Diana Tarver
 Rob Telthorst
 Don Terhune
 Mei Hwa Terhune
 Mark Tessendorf
 Shannon Thom
 Gabrielle Thompson
 Marilyn Tomich
 Haidi Tu

Kennita Tully
 John Tveite
 Isaac Wakabyashi
 Ralph Wasmer
 Harold Wellmeier
 Stan Wilson
 Jeff Wilson
 Chae Sun Yi
 Wei Zou

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 20 Mon	10 am - 2 pm	KSU Union
Aug 21 Tues	10 am - 2 pm	KSU Union
Aug 25 Sat	1 - 3 pm	Manhattan Town Center

Registration continues throughout the semester:

UFM House — 1221 Thurston
 8:30 am - 5 pm closed 12 Noon - 1 pm

MAILING YOUR REGISTRATION?

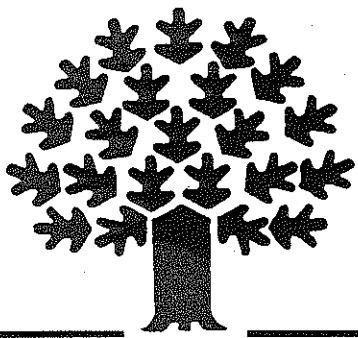
Class confirmations will not be sent unless requested. Consider yourself registered unless you hear from us that the class is full. Feel free to call us to inquire about our receipt of your registration.

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

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.



• Teaching • Learning • Growing •

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

CRA-Community Resource Act

Who we are: UFM's State Outreach Program

What we do: Assist Kansas towns in developing community education/development programs

How we assist: Mini grants and free technical assistance

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

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 factors, 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 have a daytime and an evening phone number where we may reach you or leave a message. We reserve the right to cancel any class.

REFUND POLICY

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

PRE-REGISTRATION IS REQUIRED

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

LIABILITY STATEMENT

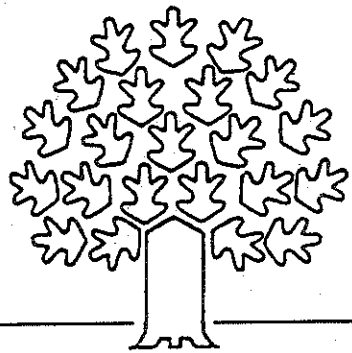
Individual participants should be aware of the risks and hazards involved in recreational sports and fitness activities. They should voluntarily elect to utilize KSU and UFM facilities and participate in programs recognizing present conditions and further agree to voluntarily assume all risks of loss,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

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

!Wanted! Instructors to Teach:

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

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 8
Session B:	Wednesday, October 3
Session C:	Saturday, October 6
Session D:	Tuesday/Thursday, September 25
Session E:	Tuesday/Thursday, October 30

LOCATION: KSU-Natatorium - Ahearn Complex. Lockers are available for use during class. Participants must supply towels and swimsuits. Showers are required before entering the water.

BEGINNING & ENDING DATES:

Session A:	Mondays, September 10 - November 12
Session B:	Wednesday, September 5 - November 14
Session C:	Saturday, September 8 - November 17
Session D:	Tues/Thurs, September 11 - October 11
Session E:	Tues/Thurs, October 16 - November 15

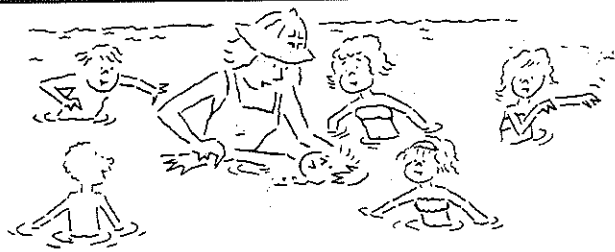
No lessons on October 13, Sat and Oct. 31, Wed.

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 10 - October 15
✓ AQ-01P	6 - 6:30 pm
✓ Session C:	Saturday September 8 - October 20
✓ AQ-02P	9:30 - 10 am (No class Oct. 13)
✓ Session D:	Tues/Thurs, September 11 - 27
✓ AQ-03P	6 - 6:30 pm
✓ Session E:	Tues/Thurs, October 23 - November 8
✓ AQ-04P	

Fee: \$21 per session



Tot Transition

If your 3 - 4 year 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 12 - October 17
✓ AQ-01T	6 - 6:30 pm
✓ Session C:	Saturday September 8 - October 20
✓ AQ-02T	9:30 - 10 am (No class Oct. 13)
✓ Session D:	Tues/Thurs October 2 - October 18
✓ AQ-03T	6 - 6:30 pm
Fee:	\$21 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:	\$43 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:	\$43 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:	\$43 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:	\$43 per session

Level V: Stroke Refinement

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

✓ Session 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:	\$43 per session

Level VI: Skill Proficiency

The objective of Level VI is to polish strokes so students swim them with more ease, efficiency, power, and smoothness over greater distances. Students develop considerable endurance by the end of this course. Additional practice is helpful to develop and maintain the strength necessary in Level VII. Participants will be introduced to additional turns as well as the 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:	\$43 per session



Level VII: Advanced Skills

The objective of Level VII is to perfect strokes and to develop good fitness habits. Participants are urged to use aquatic activities throughout life to maintain their physical condition. They will be taught springboard diving and advanced rescue skills. 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: \$43 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
 - ✓ AQ-20E Tues/Thurs 6:40 - 7:20 pm
- Fee: \$43 per session

Lap Swimming Ages 13 plus

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

- ✓ **Session A:** (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

Youth Scholarships are available through the City of Manhattan Social Service Advisory Board.

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:** August 20 - September 20
AQ-26A Mon/Wed or Tues/Thurs 6:35 - 7:30 pm
 - ✓ AQ-27A Mon-Thurs 6:35 - 7:30 pm
 - ✓ **Session B:** September 24 - October 25
AQ-26B Mon/Wed or Tues/Thurs 6:35 - 7:30 pm
 - ✓ AQ-27B Mon-Thurs 6:35 - 7:30 pm
 - ✓ **Session C:** September 8 - November 17
AQ-26C Saturday 10:05 - 11:00 am
 - ✓ **Session D:** October 29 - December 6
AQ-26D Mon/Wed or Tues/Thurs 6:35 - 7:30 pm
 - ✓ AQ-27D Mon-Thurs 6:35 - 7:30 pm
- No Class September 3, October 31, November 19-24.
- Fee: \$17 per session for Mon/Wed or Tues/Thurs
\$21 per session Mon-Thurs
\$17 per session Saturday

Private Lessons for Special Populations

For people with special physical or mental needs. Arrangements will be considered for private swimming lessons. The facility is equipped with a lift to the lower deck and leading into the pool.

- ✓ **Session A:** (See dates above)
AQ-29 Mon/Wed or Tues/Thurs 6:35 - 7:30 pm
- Date/Time: See Private Lessons Schedule for Dates/Times
Fee: \$56 per session of 6 lessons

Private Lessons

These lessons provide one-on-one instruction for any level of swimmer, 6 classes of 35 minutes each. To improve scheduling and better serve our families, you will be able to reserve specific days and times for private lessons when you enroll. Options include:

- ✓ **Session A:** (See dates above)
AQ-30 September 3 - November 17
- Date: Once per week - M, T, W, TH, Sat
Twice per week - M/W, T/TH
- Times: 6 - 6:35 pm, M - TH
6:45 - 7:20 pm, M - TH
9:30 - 10:05 am, Sat
10:15 - 10:50 am, Sat
- Fee: \$56 per session

* UFM office staff will reserve the first available dates. There will be very little flexibility for re-scheduling.

Open Swim Appreciation

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

- ✓ **Session A:** (See dates above)
AQ-31a October 7 (Sunday)
5 - 7 pm
N/C
KSU Natatorium

Open Swim Appreciation

For UFM swim participants and their parents.

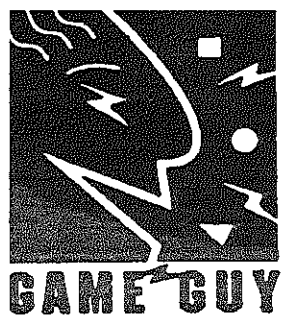
- ✓ **Session A:** (See dates above)
AQ-31b November 11 (Sunday)
5 - 7 pm
N/C
KSU Natatorium

Scuba Diving

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.

- ✓ **Session A:** (See dates above)
AQ-103 September 10 - October 15 (Monday)
5:30 - 9:30 pm
\$255 credit/\$210 non-credit
YMCA, 1703 McFarland Junction City, KS



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www.game-guy.com



Swim I ✓AQ-105
 This course is designed ONLY for students who have a fear of the water and/or those with little or no water experience. It will address the needs of the truly beginning swimmer. Emphasis will be on acquiring the skills, knowledge and attitudes necessary to become safe in or near the water. Students will learn basic stroke technique, survival skills, and how to assist others in an aquatic emergency by performing elementary forms of rescue. Textbook required: Swimming and Diving.

Carol Stites

Date: September 5 - October 22
 (Monday/Wednesday)
 Time: 4 - 5 pm
 Fee: \$72 noncredit/ \$125 credit
 Location: Fort Riley
 Eyster Pool

Fitness Swimming ✓AQ-106
 Students interested in this course MUST be able to demonstrate the five basic strokes, using rhythmic breathing. Emphasis will be on analyzing and refining stroke technique and additional competitive skills improving/maintaining physical fitness and endurance through a progressive conditioning swimming program. Students will learn the components of well-balanced training and how to design a workout for conditioning swimming.

Carol Stites

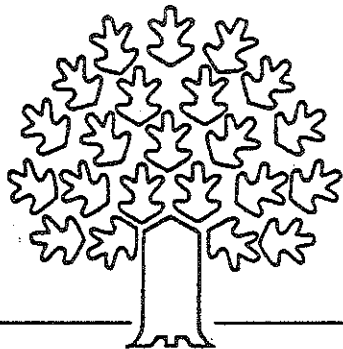
Date: September 4 - October 18
 (Tuesday/Thursday)
 Time: 3:00 - 4:30 pm
 Fee: \$72 noncredit/ \$125 credit
 Location: Fort Riley
 Eyster Pool

Introduction to Canoeing ✓AQ-108
 The focus of this course is to introduce participants to canoeing. Emphasis will be on canoe water safety, equipment use, paddling techniques and trip planning.

Rachel Crane has taught both Kayaking and Canoeing for 3 years at summer camp. She is a lifeguard and teaches lessons for UFM.

Date: September 9 & 16 Sunday
 Time: 5 - 7 pm
 Fee: \$19
 Location: Ahearn Natatorium, KSU

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



Food for Fun

1221 THURSTON

539-8763

Biscotti FF-08
 Biscotti is the twice-baked cookie sold in coffee shops. Come see how easy it is to make, sample several flavor combinations and find out how great it is to mail to friends and family for the holidays. Decaf coffee and tea will be available.

Ronna Robertson has been demonstrating her biscotti technique for three years while living in the Northwest.

Date: November 8 (Thursday)
 Time: 7 - 9 pm
 Fee: \$12
 Location: 1717 Kingwood Dr.
 Manhattan, KS



Cake Decorating FF-01
 Turn your plain cakes into festive treats. Learn to add an icing decoration and a pretty border to impress your family and friends. Supply list available at time of registration.

Kendra Kobiskie has taught cake decorating through 4-H for five years.

Date: October 23, 30, November 13 & 27 (Tuesday)
 Time: 7 - 8:30 pm
 Fee: \$24
 Location: UFM Banquet Room
 No class Nov. 6 & 20.



What Matters Most®

FC-27

THE TIME MANAGEMENT WORKSHOP FOR IMPROVED PRODUCTIVITY & PEACE OF MIND

Expert presenters, thought-provoking videos, group discussions, and plenty of hands-on exercises teach you to:

- ***Discover** who you are, what you value most, and what you want to do with your life;
- ***Plan** your weeks and days in harmony with your roles and long-range goals to maintain personal and professional balance;
- ***Act** according to your plan using the Franklin Planner,™ either paperbased or electronic, as your daily road map.

Productivity, Balance & Inner Peace Are within Your Grasp
 Picture a life that's more organized, more peaceful, and more productive. Imagine balancing your roles more successfully - be they spouse, manager, parent, team leader, coach, volunteer, or friend. Envision a workplace that's productive rather than reactive, where focus and direction leave little room for crisis, stress, and frustration. Just a pipe dream? Not any longer.

Improve Your Life At Work & At Home With What Matters Most
 Franklin Covey introduces What Matters Most, the new time management workshop for the entire business of living, not just the demands of eight to five. What Matters Most helps you focus your time, energy, and resources on the things that are most important to you. It's an ideal first-time workshop or an excellent renewal course for those who have experienced TimeQuest® or First Things First.®

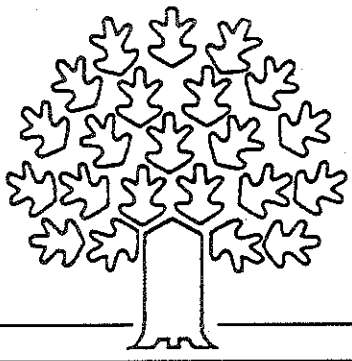
Invest one day in What Matters Most and discover principles that lead to increased relationships, and peace of mind.
Organizations experience greater results and return on investment through focused employees who are moving forward instead of in circles.

Revitalize Your Organization With Training That Works
Change Your Personal Life Through Proven Principles

Date: October 23 (Tuesday)
 Time: 8 am - 5 pm
 Fee: \$229 early bird/\$249
 Deadline to enroll is Sept. 20 for early bird fee.

Location: Adult Learning Center, 801 Poyntz Ave.
 Sponsored by UFM Community Learning Center & Lifelong Learning, Manhattan Area Technical College





Language

1221 THURSTON

539-8763

ESL: English as A Second Language LA-01a

This class is designed for beginners with a minimal knowledge of English or intermediate level students who wish to develop skills in speaking, reading, and writing. Emphasis will be on conversation and everyday situations such as making an appointment or speaking with a doctor. Students may register for either or both sessions.

Rachel Greenwood has 25 years teaching experience and has taught ESL for 10 years. She has a masters degree in Adult Education from K-State and has taught in the US and in Latin America.

Date: September 4 - September 27 (Tues & Thurs)
Time: 4:30 - 6 pm
Fee: \$37
Location: UFM Conference Room

ESL: English as A Second Language LA-01b

Rachel Greenwood

Date: October 2 - October 25 (Tues & Thurs)
Time: 4:30 - 6 pm
Fee: \$37
Location: UFM Conference Room

French Language LA-02a

This class is an introduction to the French language. The emphasis will be on conversation, grammar, proper pronunciation and everyday 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 Diploma from the Egyptian Government and the Embassy of France in Cairo, Egypt. Her learning experience includes working with adult Egyptian teachers, primary level students and teaching French for 20 years at a Jesuit French School in Cairo.

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

French Language LA-02b

Emilie Rabbat

Date: October 4 - November 1 (Thursday & Friday)
Time: 3 - 4 pm
Fee: \$40
Location: UFM Fireplace Room
No class October 19.

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.

Toni Kroll has over 11 years experience with sign language. She graduated with an Associates Degree, ITP, in American Sign Language in 1989. Toni was an interpreter in Washington D.C. for 3 years, and was involved with the deaf community. She also worked for 7 years in Seattle as an interpreter.

Date: September 5 - October 24 (Wednesday)
Time: 7 - 8 pm
Fee: \$52
Location: Justin Hall, Room 149, KSU



Spielend Deutsch Lernen - Learning German the Fun Way LA-04a

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: August 30, September 6, 13, 20 & 27 (Thursday)
Time: 7 - 9 pm
Fee: \$68
Location: 3446 Stonehenge Dr.
Manhattan, KS

Spielend Deutsch Lernen - Learning German the Fun Way LA-04b

Petra Barnes

Date: October 4, 11, 18, 25 & November 1 (Thursday)
Time: 5 - 7 pm
Fee: \$68
Location: 3446 Stonehenge Dr.
Manhattan, KS

Survival Skills in Czech LA-07

This practical class is intended especially for those who are going to travel to Czech Republic. The participants will learn the Czech alphabet, basic vocabulary and phrases. Special emphasis will be placed on correct pronunciation and on the ability to ask, understand and reply to simple questions. Information will also be provided on the culture, lifestyle and living expenses in Czech Republic and other topics necessary for basic "survival." 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: August 29 (Wednesday) - dates will be determined at the 1st meeting
Time: 7:00 pm
Fee: \$68
Location: UFM Conference Room

Beginning Italian LA-14a

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

Petra Barnes

Date: August 30, September 6, 13, 20, 27 (Thursday)
Time: 5 - 7 pm
Fee: \$68
Location: 3446 Stonehenge Dr.
Manhattan, KS

Beginning Italian LA-14b

Petra Barnes

Date: October 4, 11, 18, 25 & November 1 (Thursdays)
Time: 7 - 9 pm
Fee: \$68
Location: 3446 Stonehenge Dr.
Manhattan, KS

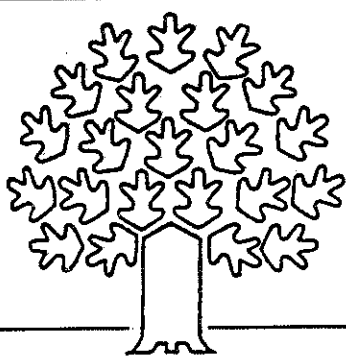
ESL One-On-One Tutoring Sessions LA-15

This class consists of one-on-one tutoring sessions for people interested in improving grammar, reading or speaking skills in English. Sessions can be tailored to meet your needs. After enrollment the instructor will contact you to schedule 10 one-on-one hour sessions or the equivalent.

Karen Hinkle is a senior in printing journalism at KSU. She is a freelance editor for Master Teacher and enjoys reading, writing and learning new languages.

Date: By Appointment
Time: Per appointment
Fee: \$50
Location: Instructor will call to schedule

All participants must register in advance.



Self & Personal Development

1221 THURSTON

539-8763



SHARP Self-Defense for Women

SP-01

This course has been designed to offer women quick, easy-to-learn, and extremely effective techniques for defending themselves against violent physical assault and rape. By empowering women to better protect themselves, they gain confidence in social and professional environments. All material is taught from a practical approach with techniques that require little physical strength and therefore are useful to women of all ages and physical condition.

Diana Tarver (827-7302) has a black belt in Taekwondo and Hapkido and is a certified instructor with the American Taekwondo Association. She has 17 years experience teaching martial arts, police defensive tactics and Sexual Harassment Assault and Rape Prevention for Women.

Date: September 7 (Friday)

Time: 6:30 - 10 pm

Fee: \$18 individual/\$30 mother-daughter (13+ and older)

Location: First Lutheran Church basement (Enter at North Door)
930 Poyntz

Philosophy of Gurdjieff & Ouspensky

SP-03

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

David Seamon 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 12 - October 24 (Wednesday)

Time: 7:30 - 9 pm

Fee: \$18

Location: UFM Greenhouse

Keeping Spirit Alive from 9 to 5 - Spirituality in the Workplace

SP-12

Learn how to enrich your work experience, deepen your satisfaction and work with challenging people/situations by taking the "high road" approach. Come join us for a stimulating afternoon of exploration in to the growing field of spirituality in the workplace. Find out why *Fortune* magazine featured "God in Business" as its cover story article in the July 9, 2001 issue. We will explore inspiring ideas that you can use to free your inner spirit and shine your unique light in and through your livelihood. Whether you work for a large organization, small business or are self-employed, you will come away from this seminar with practical applications you can put to work immediately on Monday morning!

Mary Masters is a Licensed Unity Teacher and second-year ministerial student at the Unity School for Religious Studies. She currently serves as the student minister at Unity Church of Manhattan. Mary has been teaching seminars and working with people as a success coach for over 10 years. Her professional background includes 20 years experience in athletic administration. She loves to bring the metaphor of sports into her work as a way of connecting with people and making the experiences fun.

Date: September 23 (Sunday)

Time: 1 - 4 pm

Fee: \$16

Location: UFM Fireplace Room

Living With Another Person

SP-26

Learn ways to get along more effectively with other people you live with. This class will provide tips on appropriate personal habits that will avoid conflicts with others. Topics include: replacing toilet paper, where to put your dirty socks, how to handle dirty dishes, dividing responsibilities and other rules of proper etiquette. Did you know that according to Heloise, the correct way to place toilet paper on the holder is with the free sheet coming over the top? This allows you to see the pretty print on the paper. Did you know that dirty socks in the living room can annoy some people? If you answered no to either question, you better come to this class.

Miss Ann Acceptable has studied English and American etiquette practices. She will clarify and correct many of our more annoying habits so we can live in harmony with others, or at least with her.

Date: September 31 (National Etiquette Day)

Time: 7 pm Polite people arrive on time

Fee: Even Amounts are always correct

Location: The Manner Inn

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.

Elements of Speech Reading

SP-19

Life seems to be going faster and faster. People whiz by on cell phones, children mumble from 2 rooms over, and the spouse can't seem to think of anything to say when you are in the same room! Hearing loss can have a serious impact on your quality of life - even if it is not your hearing loss! This class will address both common and specific communication problems. We will explore strategies to use when communication breaks down and will develop individualized plans for structuring successful communication encounters. Individuals and couples are encouraged to join us for information and exercises designed to improve communication and our quality of life.

M'Eliz Maatta has been working with people with hearing loss for more than 2 decades. She has helped hearing aid users ranging in age from 3 to 103. M'Eliz has worked as an audiologist in Kansas since 1985 and is certified by American Speech-Language Hearing Association, a fellow of the American Academy of Audiology and licensed by the state of Kansas as an audiologist, hearing aid dispenser, and sign language transliterator.

Date: October 16 - 30 (Tuesday)

Time: 7 pm

Fee: \$14 individual/\$18 couple

Location: 1133 College Ave, Bldg. A

You and Your Hearing Aids

SP-20a

Family and friends were having problems communicating with you. It seems you were talked into it. Now you have hearing aids and don't know what to do with them or what you think about the darn gadgets. There's a lot you can learn to help yourself hear better, understand more, and get more out of the dollars already invested in those plastic marvels. In this class you will learn how hearing aids work, what they can do for you (and what they can't), how to keep your hearing aids in peak condition, and how to get the most out of the instruments and hearing you have.

M'Eliz Maatta

Date: October 10 (Wednesday)

Time: 7 pm

Fee: \$12

Location: 1133 College Ave, Bldg. A

You and Your Hearing Aids

SP-20b

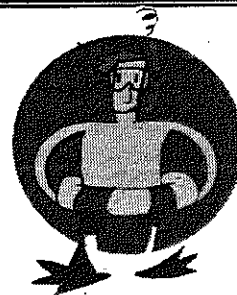
M'Eliz Maatta

Date: November 14 (Wednesday)

Time: 7 pm

Fee: \$12

Location: 1133 College Ave, Bldg. A



WANTED
Lifeguards
WSI's
Hydroaerobics
Instructors

for part-time morning and evening sessions
for the Summer semester. For more
information or an application please come by
UFM, 1221 Thurston or call 539-8763.



Conceptual Self-Defense

SP-15a

This is a concept-based class curriculum rather than being technique driven. This means as a student you will have an indepth study of all aspects of self defense. You will learn the mental and physical disciplines of defending yourself. We will study the psychology of confrontations, how they develop, what signs to watch for, how to use the environment to your advantage, how to deal with attacks at different ranges, and avoiding prey behavior. We will also look at fear management and the difference between physical fear and psychological fear. Participants will learn mental and physical tactics and techniques that are both practical and effective. It is here we cover what to do when and how to do it, including how to defend yourself against weapons. Finally we will learn how to put it all together into your own personal self defense strategic plan.

Steve Charland (564-1192) has been a practitioner of martial arts since 1974 while serving with the United States Marine Corps. He holds 2nd and 3rd degree black belt rankings in Hapkido and Tae Kwon Do and is a certified instructor with the International Combat Hapkido Federation and the North American Black Belt Federation. His self defense experience is based not only on the study of these arts, but also from studies in confrontation psychology and practical tactics combined with operating on marine long range reconnaissance teams for 2 years and four weeks of specialized reconnaissance training with the Navy Seal teams at the Naval Seal station at Coronado Island, San Diego, CA.

Date: September 5 - October 10 (Wednesday)
Time: 6:00 pm - 7:30 pm
Fee: \$49
Location: Green Valley Community Center
3770 Green Valley Rd

Conceptual Self-Defense

SP-15b

Steve Charland

Date: October 24 - December 5 (Wednesday)
Time: 6 - 7:30 pm
Fee: \$49
Location: Green Valley Community Center
3770 Green Valley Rd
No class November 21.

"If you have not often felt the joy of doing a kind act, you have neglected much, and most of all yourself."

—A. Nielsen

END OF LIFE

Can we make it a quality time?

We all want to ensure that our loved ones receive quality care and their wishes are fulfilled. Knowledge, communication, and preparation are key to making this happen.

A series of panel discussions sponsored by the Manhattan Caring Community Project Council
Manhattan Public Library
7:00 to 8:30 p.m.
Sept. 27, Oct. 25, Nov. 29.

For further information call Homecare/
Hospice 537-0688



Aging Series

UFM is offering this series on aging at no cost to participants. However, enrollment is needed for planning so please call 539-8763. Underwriting has been provided.

With aging comes new challenges and issues we need to understand and plan for, whether planning for yourself or a family member or a friend.

This series is intended to compliment the "Finding Our Way: Living with Dying in America" newspaper series on end-of-life issues and "End of Life" panel discussions by the Manhattan Caring Community Project Council.

Living in the Light of Death

SP-21

Living, as we do, in a culture that massively denies death, we have little encouragement to befriend our dying and to recognize that conscious awareness of death helps us become more fully alive. It also helps us become compassionate companions to friends and family who might be experiencing life-threatening illness or losses of other kinds. Shining the light of death on our daily lives brings instant clarity about what really matters. Becoming aware of the many "little deaths" we experience daily helps reduce our fear and helps us prepare for our eventual physical death. In this course, through a series of reflections, experiential exercises, and simple meditative practices drawn from many sources (including such well known teachers as Stephen Levin, Christine Longaker, and Rodney Smith) we will begin to make friends with death and allow it to illuminate our lives.

Karma Smith-Grindell (539-3733) has been teaching the Art of Jin Shin Jyutsu through UFM since 1998. She first became aware of the importance of befriendng death in order to live more fully many years ago through her work in homecare and hospice nursing and her daily meditation practice. But it was in being a companion to a good friend through her dying process in 1991, and more recently, in accompanying her husband Rob Grindell through his final illness last year that she has come to fully embrace the classic practice of befriendng death with a deep appreciation for their life-enhancing value and a growing desire to share them with others.

Date: September 25, October 2 & 9 (Tuesday)
Time: 7 - 8:30 pm
Fee: N/C
Location: Manhattan Public Library

Legal Issues

SP-22

This session will cover in a broad outline, various topics of interest to older people, including advanced directives for health care, surrogate decision - making for health care and financial matters, non-probate transfers of decedents property and financial assistance for health care, prescription drugs and long-term care.

Gabrielle Thompson is the managing attorney of Manhattan's Legal Services office. The office offers free legal consultation to people over the age of 60, in the 18 county area served by the Area Agency on Aging through a grant from the Area agency on Aging.

Date: October 30 (Tuesday)
Time: 7 - 8:30 pm
Fee: N/C
Location: Manhattan Public Library

Nursing Home Placement Issues

SP-24

Learn about local and area options for nursing home placement. The speaker will explain when medicare coverage is an option and when private pay is required. You will find out how to check nursing home records, what to expect for average costs, and other options to consider.

Nancy Knopp is the director of Social Services at Mercy Hospital. She has a Degree in Human Development and family survivors, Masters Degree in Education Counseling from KSU, and Masters in Social Work from KU. Nancy is a daughter of aging parents, wife and mother of 3.

Date: November 6 (Tuesday)
Time: 7 - 8:30 pm
Fee: N/C
Location: Manhattan Public Library

Care Givers Self-Help

SP-23

Most "caregivers" carry a tremendous load while caring for an ill family member (or person) at home. Feelings of heavy stress and isolation are common. The need for a break or respite is universal. Caregivers are invited to explore the resources available in our area and share tips, shortcuts or alternative solutions to make their work easier. Most caregivers will think they cannot get away to come to this session. So..... if a reservation is made by October 16, the Homecare and Hospice folks will arrange for a volunteer to take the caregivers place so she/he can attend this program. Call 537-0688 to make arrangements. Think of your own friends that care for an ill person.... suggest that she/he come to this session. You could even offer to cover form him or her.

Judine Mecseri, is the Social Worker at Homecare and Hospice and assists caregivers in setting appropriate in-home services and care plans to meet their needs as well as working with caregivers to avoid caregiver role strain or stress.. One of the main lessons, Judine focuses on with people is helping caregivers realize the importance of self-care, so that everyone involved benefits. Linda Morse was a caregiver for several years and would like to share practical tips and lessons learned with other caregivers.

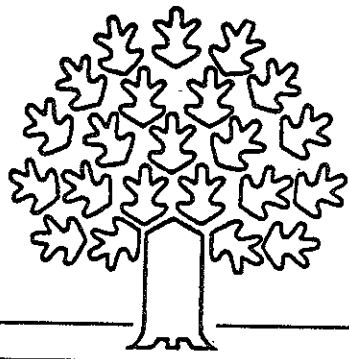
Date: October 23 (Tuesday)
Time: 7 - 8:30 pm
Fee: N/C
Location: Manhattan Public Library

How Do I Select a Nursing Home

SP-24

Date: November 6 (Tuesday)
Time: 7 - 8:30 pm
Fee: N/C
Location: Manhattan Public Library

Thank you to Karma Smith-Grindell for helping sponsor this series in memory of her husband Rob Grindell.



Creative FreeTime

1221 THURSTON

539-8763

Safe and Creative Care of Family Photos

CF-02a

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

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

Date: September 17 (Monday)
Time: 7 - 9:30 pm
Fee: \$15 includes some supplies
Location: UFM Fireplace Room

Safe and Creative Care of Family Photos

CF-02b

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

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

Safe and Creative Care of Family Photos

CF-02c

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

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

Photography

CF-65

This is a series of classes to help you take better pictures. Sessions A and C will introduce elements and principles of photographic design. This class is geared toward creating better aesthetic photos and is open to owners of all cameras.

Sessions B and D will introduce elements of the manual camera such as aperture and shutter. If time permits we will also further discuss topics covered in sessions A and C. Manual camera recommended.

Sarah Craig is an avid photographer.

Date:
Session A: Aug. 20 (Monday)
Session B: September 10 (Monday)
Session C: September 24 (Monday)
Session D: October 8 (Monday)
Time:
Session A: 7 pm
Sessions B,C,D: 8:30 pm
Fee: \$15
Location: UFM Conference Room

Black & White Film Developing for Beginners

CF-09a

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

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

Date: September 11 (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 4.

Black and White Film Developing for Beginners

CF-09b

Harold Wellmeier

Date: November 8 (Thursday)
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

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.



Writing and Marketing Children's Books

CF-12

If you're interested in writing for children but don't know how to begin or how to polish and market your work, this class will get you started. Learn about resources that will answer your questions, explain how the publishing market works, and problems to avoid. The class is not primarily a writing technique or critique session, participants are encouraged to bring a story, article, or book chapter to share if they wish.

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

Date: September 13, 20 & 27 (Thursday)
Time: 7 - 9 pm
Fee: \$44
Location: UFM Fireplace Room

Self-Publishing Your Book

CF-13

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

Jerri Garretson (776-0556) created Ravenstone Press in 1997 to publish Johnny Kaw-The Pioneer Spirit of Kansas, about the statue in the Manhattan City Park. She has published more books since then. She has sold over 4,600 copies of her books. Jerri knows all phases of book publication, writing, design, illustration, the contracting process, printing as well as distribution and marketing.

Date: October 16 (Tuesday)
Time: 7 - 10 pm
Fee: \$23
Location: UFM Greenhouse

Proper Care & Use of Candles

CF-18

The holidays are coming and many people will be using candles during these times. This class will focus on proper care and burning of candles. Tips for selecting and using candles will be discussed along with candle safety.

Joyce Brite has used candles for many years and also makes them.

Date: October 23 (Tuesday)
Time: 7 pm
Fee: \$6 individual/\$9 couple
Location: Conference Room



Traveling on Your Own

CF-22

Do you want to travel but don't like the idea of going with a large group on a "canned" tour? Then learn about how to travel independently! This class will focus on traveling alone in big cities and other countries. It will also help beginning travelers with questions about airline tickets, passports, hotels, tours, and hints for easier travel.

Joyce Brite has traveled independently both in this country and abroad.

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

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 5 - December 5 (Mon/Wed)
Time: 11:30am - 12:20 pm
Fee: \$110
Location: McCain, Room 127, KSU
* May be applied for KSU credit. Call UFM for more information.

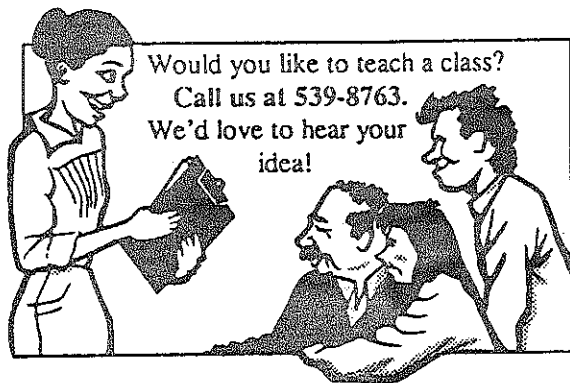
Piano II

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 4 - December 4 (Tues/Thurs)
Time: 11:30 am - 12:20 pm
Fee: \$110
Location: McCain, Room 127, KSU
* May be applied for KSU credit. Call UFM for more information.



Introduction to Weaving

CF-37

This class is for beginning weavers or wanna-be weavers. Students will explore techniques on simple looms in weaving using pre-warped looms, and will have four to six usable 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: August 25 (Saturday)
Time: 8 am - 12 pm
Fee: \$24
Location: 801 Haid Ct.

Introduction to 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 3 (Wednesday)
Time: 7 - 9 pm
Fee: \$19
Location: 801 Haid Ct.

Beginning Crochet

CF-41

Learn the basic crochet stitches (chain, slip stitch, single, double, and half double crochet) while making a cotton dish cloth. Please bring a G or H crochet hook.

Ronna Robertson has been crocheting most of her life and has been teaching for five years.

Date: September 20 & 27 (Thursday)
Time: 7 - 9 pm
Fee: \$20
Location: 1717 Kingwood Dr. Manhattan, KS

Poetry

CF-66

In this course we will approach poetry from two angles: how to write poetry and how to read poetry. The course will rely on student writing, so be prepared to write at least 4 poems! We will study different techniques in poetry and discuss various aspects of poetry such as what makes a good poem, how poetry should be interpreted, and how writers can find inspiration. The course will provide a friendly environment for people wishing to improve their writing through feedback and study of various poems.

Sarah Craig is a student of poetry.

Date: Sept 10 - Oct. 29 (Monday)
Time: 7 - 8:00 pm
Fee: \$32
Location: UFM Conference Room

Christmas Quilted Wall Hanging

CF-42

Have you ever wanted to learn how to make quilts? Whether you want to make quilts for yourself or as a treasured heirloom for a special person, this hands-on class is for you. In this class you will make a Christmas wall hanging 46" x 57" pieced and quilted. Discussion of equipment and fabric will be covered at the 1st class. You will not need to bring your sewing machine until the second class. After piecing your quilt you will use your sewing machine to quilt your project. You will need a walking foot. Topics covered include: what batting & backing to use; how to mark and sandwich the quilt; and how to bind the quilt. The instructor will also discuss equipment, fabric, and supplies needed for this machine quilting class.

Joan Phelps (587-9326) is a housemother for Kappa Sigma Fraternity House. She is a retired teacher. Joan has experienced working in a quilt shop and has taught classes for 10 years.

Date: September 10 - November 12 (Monday)
Time: 6:30 - 9 pm
Fee: \$49
Location: First Lutheran Church basement
930 Poyntz Ave. (Enter at north door)
No class October 1.

Beginning Knitting

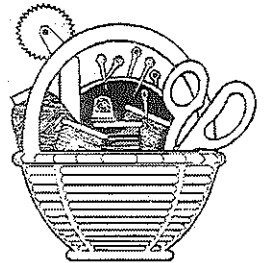
CF-45

Learn the basics of knitting and come away with a headband 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. Please bring one set of size #11 knitting needles to the first class.

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

Date: October 3, 10, 17, 24

(Wednesday)
Time: 7:30 - 9 pm
Fee: \$26
Location: UFM Multi-Purpose Room



Children and Childhood in American Art

CF-33



What does it mean to be a child in today's America? Contemporary artists present us with many powerful images of childhood's beauty and vulnerabilities that offer insights into how the world of the child has changed over the past fifty years. This program is co-sponsored by UFM Community Learning Center and The Manhattan Center for the Arts.

Reinhold Janzen, a Kansas Humanities Council speaker, teaches art history at Washburn University.

Date: October 26 (Friday)
Time: 7 - 8:30 pm
Fee: N/C
Location: Manhattan Center for the Arts 1520 Poyntz Ave.





Bobbin Lace

Bobbin lace is the technique to weave thread into lace the way it was done before machines were invented. Basic stitches will be mastered while constructing a lace bell ornament. All supplies and equipment for the class will be provided by the instructor.

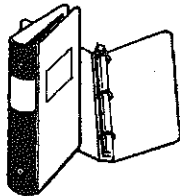
Ronna Robertson has been making Bobbin lace for 25 years and has been teaching for 18 years.

Date: October 11, 18 & 25 (Thursday)
Time: 7 - 9 pm
Fee: \$24

Location: 1717 Kingwood Dr., Manhattan, KS

Journal Binding

We will explore different styles of journal binding using papers from the mundane to the wonderful. Each participant will make several journals. Bring your own scissors!



Marie Burgett has been "playing with paper" for years, and as an English teacher she is very interested in keeping journals. She has found that writing in journals is much more pleasant when the journals are hand made.

Date: October 6 (Saturday)
Time: 8 - 11 am
Fee: \$19

Location: UFM Fireplace Room

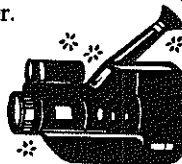
CF-62

Home Video Editing Basics

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 17 (Monday)
Time: 7 - 9:30 pm
Fee: \$25
Location: UFM Greenhouse



Home Video Editing Basics

Gordon Schmid

Date: October 15 (Monday)
Time: 7 - 9:30 pm
Fee: \$25
Location: UFM Greenhouse

Home Video Editing Basics

Gordon Schmid

Date: November 15 (Thursday)
Time: 7 - 9:30 pm
Fee: \$25
Location: UFM Greenhouse

CF-48b

CF-48c

Knitting with Color

Learn how to add color & follow charts in your knitting. Slip stitch, fair isle, intarsia & duplicate stitch will be covered in this 2-hour session. Please bring worsted weight yarn & appropriate size needles.

Kenitta Tully

Date: November 14 (Wednesday)
Time: 7 - 9 pm
Fee: \$18
Location: UFM Fireplace Room

Intro to Robotics: Lego Mindstorms RIS

This class is an introduction to robotics using Lego Mindstorms RIS. Participants will form into teams to build and program real robots. Robots will compete in races, cleaning off tables, running mazes etc. Please let us know, when you enroll, if you have a RIS kit.

Bill Rust is a graduate student in educational technology at KSU. Last year, he started The Robo League, a set of local middle schools that work with Logo Mindstorm RIS kits.

Date: September 11- November 6 (Tuesday)
Time: 7 - 9 pm
Fee: \$18
Location: UFM Multi-Purpose Room



The Lou Douglas Lecture Series



Juliette Beck

Policy Analyst at the International Human Rights Organization Global Exchange

"Reclaiming Just and Sustainable Communities in an Age of Corporate Globalization"

Monday, September 10
7:00 p.m., Forum Hall
K-State Student Union



Carl Rosen

District 11 President, United Electrical, Radio and Machine Workers of America (UE)

"Putting the Movement Back in the Labor Movement"

Monday, October 1
7:00 p.m., Forum Hall
K-State Student Union



Olga Idriss Davis

Asst. Professor, Performance and Women's Studies, Arizona State University

"Performing Survival: The Tulsa Race Riot of 1921"

Monday, October 22
7:00 p.m., Forum Hall
K-State Student Union



Steffie Woolhandler

Associate Professor of Medicine, Harvard, and Co-Founder, Physicians for a National Health Program

"A National Health Program for the United States"

Monday, November 5
7:00 p.m., Forum Hall
K-State Student Union

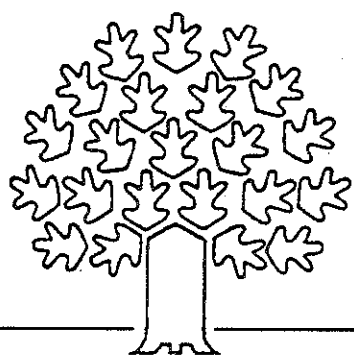


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Career & Finance

1221 THURSTON

539-8763



Women & Money

Women & Money FC-04

The Women & Money program is designed to help women of all ages become better prepared to make informed decisions about financial planning. This is a 8 week money seminar. Guest speakers who are experts in their fields are invited to this seminar. Topics include: Get Organized: Budgeting & Cash Flow; Credit & Debt; Social Security Benefits; Kansas Insurance Department will cover insurances; New Tax Laws; Estate Planning; Investing and Kansas Securities Commission will cover Professional Help: What to Watch Out For. Each presentation will be followed with a group discussion and related activities.

Date: September 4 - October 23 (Tuesday)
Time: 3 - 5 pm
Fee: \$30 non-credit/ \$110 credit
Early Bird fee \$25 if registered before August 7.
Location: UFM Conference Room



Financial Planning For Women FC-06a

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. What can you do to create the financial future you want? This class is designed to help women of all ages learn how they can achieve their financial goals.

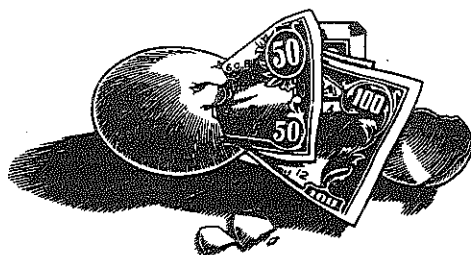
Marilyn Tomich (537-4505) is a financial advisor with Waddell & Reed in Manhattan. She earned her bachelor's degree in chemistry and has done graduate work in counseling. She lives in Manhattan with her husband and children.

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

Financial Planning For Women FC-06b

Marilyn Tomich

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



Maximizing Your Charitable Gifts FC-30

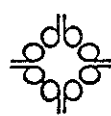
The truth about gifting is that most charitable gifts don't come close to maximizing potential benefits for the donor or the recipient. Whether you are an extreme philanthropist or only mildly benevolent, be prepared to obtain a wealth of ideas for establishing the legacy that is important to you. This will include an exploration of making gifts to both charitable and noncharitable beneficiaries. The basics of tax consequences and recent changes in estate and gift tax laws will be reviewed. Come if you want to learn how to become a "smart gifter" and reap the benefits of this workshop for your family and your favorite cause.

Amy Bipes & Rob Telthorst

Date: September 27 (Thursday)
Time: 7 - 9 pm
Fee: \$18
Location: UFM Conference Room

Win \$1 off any UFM Class...

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



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587-4300

Long-Term Care FC-15a

What exactly is it? Should you be covered by long-term care insurance? Can you afford to pay for the expense of a nursing home or in-home care when the need arises? The Census Bureau reports that there are over 34 million Americans ages 65 or older, and the number will increase to 82 million by 2050. The national average yearly cost for nursing home care is \$50,000 and increasing. A healthcare aide providing non-medical assistance in your home costs anywhere from \$12 to \$18 per hour. Medicare supplemental insurance does not cover long-term care expenses. This class is for anyone wanting to learn more about this subject.

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

Long-Term Care FC-15b

Marilyn Tomich (537-4505)

Date: December 4 (Tuesday)
Time: 7 - 8:30 pm
Fee: \$8
Location: Waddell & Reed, Suite 208, 555 Poyntz Ave.

The Truth About Estate Planning FC-28

Our goal is to engage in an informative and frank discussion of the most popular issues surrounding estate planning. This class is open to adults of all ages and life stages. We will explore the myths and smoke-screens of traditional estate planning. Participants will discover that most estate plans are upside down. We teach an eye-opening three step strategy for engaging in estate planning. The class focus is on a team approach to planning which will help participants develop lifetime goals for their assets as well as plan for death. Together we will generate a working definition of estate planning and come up with a solution to the problem with most estate plans. Participants will learn the basics regarding wills, probate, revocable trusts, trusts for minors and changes in the estate tax laws. Participation is encouraged as the format is designed for questions and answers.

Amy Bipes (484-2387) an attorney with Telthorst & Noll, LLC, practices a counseling oriented approach to assist individuals and families in attaining their estate and business planning goals. She particularly enjoys practicing in the areas of advanced planning and charitable giving, working with individuals and organizations to establish gifting programs. Robert M. Telthorst, firm's principal, has been assisting families with general state planning and retirement planning including business and farm succession for 16 years. Mr. Telthorst is a member of the American, Kansas, Missouri & Topeka Bar Associations, as well as the National Network of Estate Planning Attorneys. He serves on the Kansas Bar Associations Public Information Committee and has served as a Special Administrative Law Judge for the Kansas Department of Human Resources.

Date: September 13 (Thursday)
Time: 7 - 9:30 pm
Fee: \$18
Location: UFM Conference Room

Check out UFM's "What's New" page www.ksu.edu/ufm



KSU Preparation Courses

PPST Prep FC-23 **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: Oct. 16 - Nov. 8 (Tue/Thurs)

Time: 7 - 9 pm

Fee: \$160 (fee includes Cambridge Test Prep PLUS textbook & the PPST Guide tests with answers and explanations, skill review & practice tests)

Location: Justin Hall, Rm 341, KSU

GMAT Prep FC-22 **Graduate Management** **Admission Test Preparation**

Review Segments

- Reading Comprehension
- Sentence Correction & Analytical Writing Assessment
- Discrete Quantitative
- Data Sufficiency

Date: Sept. 17, 19, 24, 26, Oct 8, 10, 15, 17, 23, 24 (Mon./Wed.)

Time: 7 - 9 pm

Fee: \$240 (fee includes Cambridge Test Prep PLUS textbook, the official guide for GMAT review and CD-ROM)

Location: Justin Hall, Room 341, 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: Aug. 28 - Oct. 3 (Tue/Thurs)

Time: 7 - 9 pm

Fee: \$210

Location: Justin Hall, Room 256, 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. 10, 12, 17, 19, 24, 26, Oct 1, 3, 15, 17, 29, 31 (Mon./Wed.)

Time: 7 - 9 pm

Fee: \$240 (fee includes in-class and at-home study books)

Location: Justin Hall, Room 341, KSU



Gain Control of Your Money & Become Debt-Free

FC-01a

Is there too much money 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.

Robin Sipp (776-3666) works with a local financial serve company. She has 20 years experience teaching in the public schools. Robin enjoys teaching and helping families take control of their finances.

Date: October 18 (Thursday)
Time: 7 - 8:30 pm
Fee: \$8 individual/\$12 couple
Series: Gain Control & Investing
\$10 individual/\$14 couple
Location: UFM Conference Room

Investing in YOUR Future

FC-02

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.

Robin Sipp

Date: October 25 (Thursday)
Time: 7 - 8:30 pm
Fee: \$8 individual/\$12 couple
Series: Gain Control & Investing
\$10 individual/\$14 couple
Location: UFM Conference Room

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.

The Truth About Irrevocable Life Insurance Trusts

FC-31

Life insurance is perhaps the most under-utilized estate planning tool. Unfortunately, when life insurance is being used as an estate planning tool, it is most often used incorrectly, resulting in thousands of dollars of unforeseen taxes. Join us to learn how and when to use life insurance to meet appropriate estate planning goals. Life insurance can be a very cost effective yet simple estate planning tool. We will explore the use of life insurance for both tax and retirement planning. After all, life insurance isn't just about death benefits. Note: this course has been approved for continuing education credits for insurance professions, additional fee required for CE's.

Amy Bipes & Greg Noll

Date: October 4 (Thursday)
Time: 7 - 9 pm
Fee: \$18
Location: UFM Conference Room

Build It (fund raise, promote & work your tail off) and They Will Come

FC-32

This workshop is a comprehensive overview of the fund raising and promotion process for events, museums, tourism attractions, and projects. Topics include grant writing, long-range planning, special events, endowments, publicity and marketing.

Shannon Thom & Heather Fuesz, SHEnterprises, strives to provide quality training, management and support for non-profit organizations, schools and local governments in the areas of fund raising and marketing to enable these organizations to make a difference. Shannon Thom's background is in grant writing, while Heather Fuesz specializes in marketing. Both provide a practical hands-on approach with an understanding of rural communities.

Date: November 8 (Thursday)
Time: 9 am - 4 pm
Fee: \$73
Location: First Lutheran Church Basement
930 Poyntz

Maximizing Your Retirement Plan in Light of Recent Tax Law Changes

FC-29

Effective January, 2001, Congress radically modified the law regarding retirement plans. Fortunately, all those changes are in the taxpayer's favor. Are you set to take advantage of these favorable changes? Come learn how you may benefit, both now and in the future, by the new retirement account distribution rules. Even if you are currently taking mandatory distributions from your retirement plan, the new law gives you the chance to modify your distributions. We will discuss how choosing a modification under the new law could save you thousands in income taxes. More changes were signed into effect June 7, 2001 with relation to tax laws. Learn how to compound retirement savings in light of the new laws.

Rob Telthorst & Greg Noll are firm principles for Telthorst & Noll, LLC, practicing exclusively in the areas of estate and business planning. Mr. Noll employs a counseling oriented approach to assist higher net worth individuals and families in attaining their estate and business planning goals through the use of family limited partnerships, foundations, offshore trusts, and other tools. He is a member of the Kansas and Topeka Bar Associations, as well as the National Network of Estate Planning Attorneys. He is also a member of the Offshore Institute.

Date: September 20 (Thursday)
Time: 7 - 9 pm
Fee: \$18
location: UFM Conference Room

"People solely and completely decide their futures by choosing their daily habits and disciplines. Their daily habits and disciplines determine their futures. Choose wisely."
— Tom Hopkins

What Matters Most

FC-27

THE TIME MANAGEMENT WORKSHOP FOR IMPROVED PRODUCTIVITY & PEACE OF MIND

Expert presenters, thought-provoking videos, group discussions, and plenty of hands-on exercises teach you to:

- *Discover who you are, what you value most, and what you want to do with your life;
- *Plan your weeks and days in harmony with your roles and long-range goals to maintain personal and professional balance;
- *Act according to your plan using the Franklin Planner,™ either paperbased or electronic, as your daily road map.

Productivity, Balance & Inner Peace Are within Your Grasp

Picture a life that's more organized, more peaceful, and more productive. Imagine balancing your roles more successfully - be they spouse, manager, parent, team leader, coach, volunteer, or friend. Envision a workplace that's productive rather than reactive, where focus and direction leave little room for crisis, stress, and frustration. Just a pipe dream? Not any longer.

Improve Your Life At Work & At Home With What Matters Most

Franklin Covey introduces What Matters Most, the new time management workshop for the entire business of living, not just the demands of eight to five. What Matters Most helps you focus your time, energy, and resources on the things that are most important to you. It's an ideal first-time workshop or an excellent renewal course for those who have experienced TimeQuest® or First Things First.®

Invest one day in What Matters Most and discover principles that lead to increased relationships, and peace of mind.

Organizations experience greater results and return on investment through focused employees who are moving forward instead of in circles.

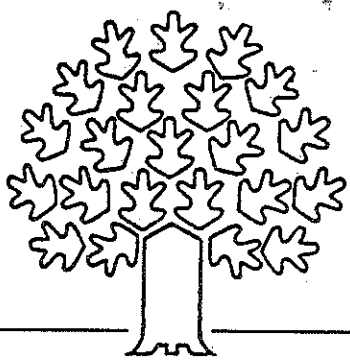
Revitalize Your Organization With Training That Works Change Your Personal Life Through Proven Principles

Date: October 23 (Tuesday)
Time: 8 am - 5 pm
Fee: \$229 early bird/\$249
Deadline to enroll is Sept. 20 for early bird fee.

Location: Adult Learning Center, 801 Poyntz Ave.

Sponsored by UFM Community Learning Center & Lifelong Learning, Manhattan Area Technical College





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 21, 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 21 - December 6 (Tuesday/Thursday)
Time: 6:30 - 7:30 pm
Fee: \$72
Location: Ahearn Fieldhouse, KSU
No class November 20 & 22.

Tae Kwon Do II Advanced

MA-02

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

Date: August 21 - December 6 (Tuesday/Thursday)
Time: 7:30 - 8:30 pm
Fee: \$72
Location: Ahearn Fieldhouse, KSU
No class November 20 & 22.

Judo I

MA-05

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 21 - December 6 (Tuesday/Thursday)
Time: 7 - 8 pm
Fee: \$72 non-credit
Location: Ahearn Room 301 & 303, KSU

Judo II

MA-06

Isaac Wakabayashi

Date: August 21 - December 6 (Tuesday/Thursday)
Time: 8 - 9 pm
Fee: \$72 non-credit
Location: Ahearn Room 301 & 303, KSU



Combat Grappling

MA-03

This material is part of the White Phoenix System. We will work on ground fighting and standing self-defense. The ground fighting is similar to that used in the Ultimate Fighting Championships. We will work on falls, escaping from the mount, passing the guard, and arm locks and chokes on the ground. In standing self-defense we will work on escapes from grabs and simple defenses against boxing attacks. This is a basic class. Ages 16 & over.

Master Stan Wilson is an eight degree Black Sash in Zeelu Lum Kung Fu, a third degree Black sash in Pai Lum Kung Fu, a second degree black belt in Hakkoryu Jujutsu, and a first black sash in Mew Hing's 18 Taoist Palms Kung Fu. He has practiced martial arts for 31 years and has produced over 20 manuals, ten videos, and one book on self-defense and marital arts. He is an expert in the self-defense aspect of the martial arts, and is the founder of the White Phoenix system.

Date: October 15 - December 3 (Monday)
Time: 8 pm
Fee: \$41
Location: Ahearn Fieldhouse, KSU

Take a Peek at the Past

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

Riley County Historical Museum

2309 Claflin

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

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

Pioneer Log Cabin

Manhattan City Park

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

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

Goodnow House Museum

2309 Claflin

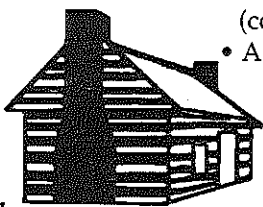
- Home of Isaac Goodnow (founder of KSU and Manhattan)
- Free state advocate
- Educator (common school to college)
- A State Historic Site

Call 565-6490 for Hours

Wolf House Museum

630 Fremont

- 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

UFM Teen Mentoring Program



- Work with local teens
- Provide friendship and support
- Fun and recreation
- Group and individual activities

Meetings are

Wednesdays from 3:30 - 5 p.m.
at UFM, 1221 Thurston St.

For more information call UFM
at 539-8763

Make a difference in a teen's life!

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



MARTIAL ARTS (Continued)

Kung Fu Basics

MA-07

This Kung Fu is part of the White Phoenix System. In this class (originally White Dragon Kung Fu) we will go over Kung Fu basics, one step sparring, and if we have time, the first form of the White Phoenix System. These basics combine hard and soft style. We will do salutations, stances, blocks, punches, kicks and strikes. We may also do some self-defense techniques. For ages 16 & over.

Stan Wilson

Date: August 20 - October 8 (Monday)
Time: 8 pm
Fee: \$39 fee includes 3 manuals
Location: Ahearn Fieldhouse, KSU
No class September 3.

Tai Chi Chaun

MA-09a

The popular Yang style "Short Form" of Tai Chi Chaun will be introduced. Each class will focus on the strengthening postures of the form. The ancient art of Tai Chi Chaun has proven to be an effective method for achieving relaxation, overall health and well being. Tai Chi Chaun can be practiced by young and old alike. Please wear comfortable and loose clothing and flat soled shoes.

Karena Kimble is an artist and Tai Chi Chaun practitioner. She is fortunate to have studied under the tutelage of June and Bataan Faigo, advanced students of Master Cheng Man-Chieng. She has been dedicated to the practice for eight years.

Date: September 5 - October 3 (Mon/Wed)
Time: 5:30 - 6:30 pm
Fee: \$63
Location: UFM Fireplace Room

Tai Chi Chaun

MA-09b

Karena Kimble

Date: October 8 - November 5 (Monday/Wednesday)
Time: 5:30 - 6:30 pm
Fee: \$63
Location: UFM Fireplace Room

Tai Chi Chaun

MA-09c

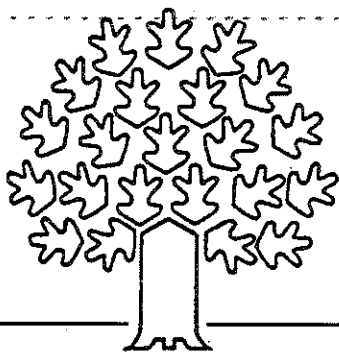
Karena Kimble

Date: Nov. 7 - Dec. 10 (Monday/Wednesday)
Time: 5:30 - 6:30 pm
Fee: \$63
Location: UFM Fireplace Room
No class November 21.

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

— W. Somerset Maugham

SHARP—SELF DEFENSE FOR WOMEN is offered in the **PERSONAL DEVELOPMENT** section of this catalog, page 8



Earth, Nature & Environment

1221 THURSTON

539-8763

Fly Fishing

EN-01a

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

Paul Sodamann (494-2340)

Date: August 20 - 30 (Mon, Tues, Wed, Thurs)
Time: 6 - 8 pm
Fee: \$85 non-credit
Location: Susan B. Anthony Middle School
2501 Browning

Fly Fishing

EN-01b

Paul Sodamann

Date: September 10 - 20 (Mon, Tues, Wed, Thurs)
Time: 6 - 8 pm
Fee: \$85 non-credit
Location: Susan B. Anthony Middle School
2501 Browning

Creepy & Crawlies of Kansas - They Really Aren't Bad

CF-37

Spiders, snakes and bats, oh my! These are many animals we may fear even though they are very helpful to us. Discover more about these misunderstood animals and maybe even learn to enjoy these unique creatures. Live animals will be presented during the class.

Schane Anderson has been Curator of Education at Sunset Zoo since 1992. She hopes to inspire conservation of the natural world through fun, educational activities.

Date: October 6 (Saturday)
Time: 10 am - 12 pm
Fee: \$12 adult/\$6 child
Location: Sunset Zoo Education Bldg.
2333 Oak St.

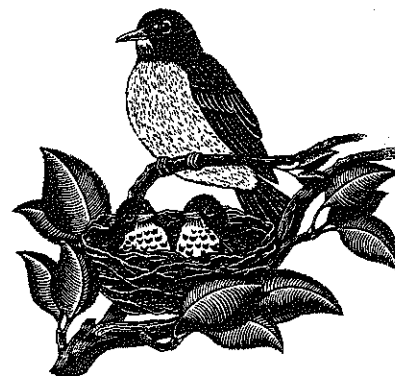
"Zoo"ology - Behind the Scenes of Sunset Zoo

EN-36

Discover behind the scenes at Sunset Zoo. You and your family will explore areas of the zoo not open to the public, as well as make enrichment items for the animals. A lot goes into running a zoo. Find out how AZA, SSP, and CAP assist the zoo in its animal collection. Donuts and juice will be provided.

Schane Anderson

Date: September 22 (Saturday)
Time: 8 am - 11:30 am
Fee: \$16 adult/\$9 child
Location: Sunset Zoo Main Gate
2333 Oak St.



The Northern Flint Hills Audubon Society is an organization that has been involved in Environmental Education and Conservation efforts 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.

Beginning Bird Watching Walk

EN-27

Join us every second Saturday of the month at 8 am in the Ackert/Durland parking lot on the KSU campus. We will carpool to a local birding hotspot and should return by about 11 am. Birders of every age and interest level are welcomed. Children are especially encouraged to attend. Call Dave Rintoul or e-mail him at drintoul@ksu.edu for more information.

Dave Rintoul (532-6663)

Date: January 12 (Saturday) first meeting
Time: 8 am - 11 am
Fee: N/C
Location: Ackert/Durland Hall, Parking Lot, KSU

Eagle Day

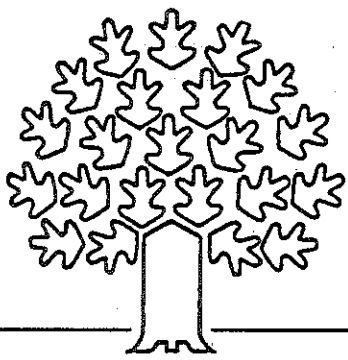
EN-28

Meet at 9 am at the Tuttle Creek Corps of Engineers Office on Highway 24W for Eagle Day. This is an informative program followed by observing the wild wintering bald eagles at Tuttle Creek. Bring your binoculars. It will be a wonderful nature experience for young and old alike.

Steve Prockish (539-8511)

Date: January 5 (Saturday)
Time: 9 am
Fee: N/C
Location: Tuttle Creek Corps of Engineering Office

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



Youth

1221 THURSTON

539-8763

Introduction to Ballet, Tap and Jazz YO-02

Children will learn basic ballet techniques, along with 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 is needed.

Randi Dale has taught dance for 39 years. In 1967 her dance choir toured the Mid-West and Europe. Randi has B.S. degrees in Elementary and Secondary Education, also an M.S. in Curriculum and Instruction.

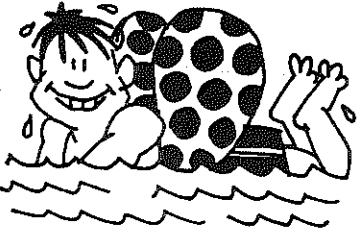
Date: September 13 & 20 (Thursday)
Time: 5:30 - 6:30 pm
Fee: \$8
Location: 2416 Rogers Blvd
Manhattan, KS 66502



Kids On Campus YO-01

Join us for a fun-filled, educational field trip of the KSU campus. We will visit several departments with interesting activities, take time out for bowling, eat lunch at the Student Union 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 25 (Thursday)
Time: 8 am - 5 pm
Fee: \$26
Location: Meet at UFM



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

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!

Magic

YO-07a
This class will teach students some of the basics of magic. It will include the performance of a magic trick by the instructor. Then a "by the numbers" explanation of the trick. Students will be given the opportunity to perform the trick in front of the group. Parents are encouraged to stay to watch so they can later work with their children at home. There will be 6 different tricks taught at each class.

Professor Larry Poague has been performing magic and mind reading for 40 years. He is a member of the International Brotherhood of Magicians. He is also a member of The Society of American Magicians which is an honorary fraternity. Harry Houdini was president of the society for seven years.

Date: September 6 (Thursday)
Time: 7 - 8:30 pm
Fee: \$10 one session/\$16 two sessions/
\$22 three sessions
Location: UFM Greenhouse



Magic

Professor Larry Poague

Date: September 13 (Thursday)
Time: 7 - 8:30 pm
Fee: \$10 one session/\$16 two sessions/
\$22 three sessions
Location: UFM Greenhouse

YO-07b

Magic

Professor Larry Poague

Date: September 20 (Thursday)
Time: 7 - 8:30 pm
Fee: \$10 one session/\$16 two sessions/
\$22 three sessions
Location: UFM Greenhouse

YO-07c

DO YOU LIVE IN RILEY OR POTTAWATOMIE COUNTY?

Are you uninsured? Are you underinsured?

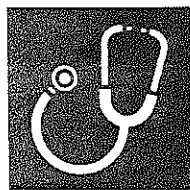
Do you have insurance, but no transportation?

DO YOU NEED ONE OF THE FOLLOWING?

**Medical Care • Prescription Drugs • Dental Care
Transportation • Mental Health Services**

The Community Access Program can help you!

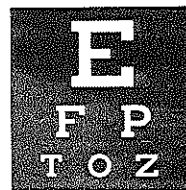
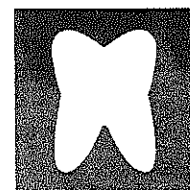
Call 785-539-1610 or toll free 1-888-216-0198

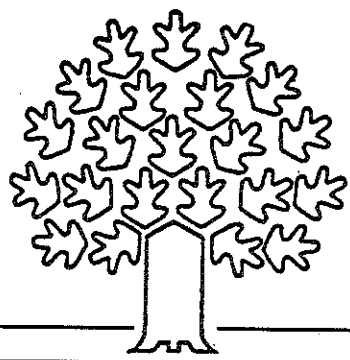


COMMUNITY ACCESS PROGRAM (CAP):

A collaborative program offered through the

COMMUNITY HEALTH COUNCIL





Computer

1221 THURSTON

539-8763

Computer Pre-Purchase Seminars and Workshops

by Cyber-Street



Computer Seminar II CP-03b

Morning Topics: Software, Printers, Warranty Support, Call Tech Support

Afternoon Workshop: Sound Cards, Clear CMOS, Viruses/hoax

Instructors need to know your MAKE & MODEL of computer or what the problem is in advance.

Date: October 13 (Saturday)
Time: 10 am - 5 pm
Fee: \$35 individual/\$50 couple or \$89/\$119 for the series

Location: UFM Fireplace Room

Computer Seminar III CP-03c

Morning Topics: Modems, Internet, ISP, DSL-ADSN, SPAM

Afternoon Workshop: Video cards, start up disk, BACKUP!, Scanners & CDR-RW

Instructors need to know your MAKE & MODEL of computer or what the problem is in advance.

Date: November 3 (Saturday)
Time: 10 am - 5 pm
Fee: \$35 individual/\$50 couple or \$89/\$119 for the series

Location: UFM Fireplace Room

Pre-Purchase Computer Seminar CP-03d

Before buying a computer for yourself or as a gift for someone else, attend this workshop. Computer experts will be sharing their knowledge to prevent you from being hurt by buying the wrong computer.

Date: November 10 (Saturday)
Time: 10 am - 5 pm
Fee: \$35 individual/\$50 couple
Location: UFM Fireplace Room

"Yes, you can be a dreamer and a doer too, if you will remove one word from your vocabulary: impossible."

—H. Robert Schuller

Each seminar will begin with a discussion of a specific topic area. Lunch will be a local Dutch Treat Delivery (usually pizza). A hands-on workshop - The Doctor is IN! Will follow in the afternoon from 2-4 pm. This is an answer time with advice and maintenance tips. (You may bring your computer to the afternoon session. However, neither UFM nor the instructors are responsible for any damage done in transporting your computer.) Each seminar will end with an open discussion from 4-5 pm with coffee, chat, supper, etc. as the group chooses.

Ralph Wasmer (776-1415) is the current ambassador for the Great Inland Sea Computer User's group. He is the founder of the Plane Apple Club in Wichita, KS, and he has worked at call centers for many years providing direct support for users of many computer products. Jamie Allen will also help with these workshops.

Computer Seminar I CP-03a

Morning Topics: Off the shelf units, BTO, Add-ons, Platform & UpGrades.

Afternoon Workshop: Hard Drives, Printer Care, Install HW-SW

Instructors need to know your MAKE & MODEL of computer or what the problem is in advance.

Date: September 15 (Saturday)
Time: 10 am - 5 pm
Fee: \$35 individual/\$50 couple or \$89/\$119 for the series

Location: UFM Fireplace Room

Introduction to E-Mail Security: How to keep your Electronic Messages Private

CP-05

The world of electronic mail or messages is much like a world of postcards. Between you and to whom you send the message lurks potential eavesdroppers who can, with a bit of work, read everything you send or receive. E-mail Security is about keeping your electronic mail private. You use envelopes and sealed boxes to send hard copy printed mail, so why shouldn't you do the same with E-mail? A discussion of what E-mail is, and how to protect the privacy of your mail with tools that are available now that are either free or very inexpensive. Topics covered will include, but are not limited to, the following: PGP (pretty good privacy), PEM (privacy enhanced mail), privacy & electronic mail problems, encryption, key management, authentication, certificates, keeping your private key private, viruses, EXE attachments, data compression -ZIP files, and vendors of compression software. Supplemental information may be acquired in hard copy form from Copy Co in Aggieville. A list of documents will be available at the class session. Catalogs of technical books will also be available at each class session. Optional hand-outs, demo software, and other items will be on a CD that will be available for purchase from the Great Inland Sea Computer User Group at the class session. (Cost \$15.00)

Ralph Wasmer, Jamie Allen

Date: September 22 (Saturday)
Time: 10 am - 2 pm
Fee: \$35
Location: UFM Fireplace Room

E-Mail Security

CP-05b

Ralph Wasmer & Jamie Allen

Date: October 20 (Saturday)
Time: 10 am - 2 pm
Fee: \$35
Location: UFM Conference Room

Introduction to the Internet: By Cyber-Street Project

CP-06a

The Internet, the web, the gold watch, and everything. A quick moving non hyped spin around the Internet for those that are new to the use of the Internet. Details about how you can find what you want, and how to move within this new medium. Special topics will include tips from Netscape Communicator and how to select the E-mail program to safely know how to get and send messages free over the Internet. Other topics include transfer of data files over the Internet as well as how to send attachments, browsers, Internet Addressing, Internet Directories, Search Engines, Other Resources-Accessing Libraries, finding people, E-mail strategies, survival tips, program choices, file handling and web pages. Supplemental information may be acquired in hard copy form from Copy Co in Aggieville. A list of documents will be available at the class session. Catalogs of technical book vendors will also be available at the class session. Optional handouts, demo software, and other items will be on CD that will be available for purchase from The Great Inland Sea Computer User Group at the class session. (cost \$15.00). Co-Sponsored with Community On-Line Resource Exchange (CORE) Manhattan Public Library. The 2nd hour of class will be at the Manhattan Public Library computer lab.

Ralph Wasmer, Jamie Allen

Date: September 29 (Saturday)
Time: 2 - 4 pm
Fee: \$35 individual/\$50 couple
Location: UFM Fireplace Room

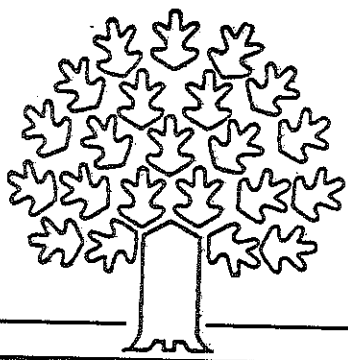
Introduction to the Internet: By Cyber-Street Project

CP-06b

Ralph Wasmer, Jamie Allen

Date: October 27 (Saturday)
Time: 2 - 4 pm
Fee: \$35 individual/\$50 couple
Location: UFM Fireplace Room

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



Wellness

1221 THURSTON

539-8763

Jin Shin Jyutsu: A Self-Help Class Part I

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. Part II may be taken before part I.

Karma Smith-Grindell (539-3733) is retired from professional careers in teaching and homecare and hospice nursing. Her avocation for more than twenty-five years has been the study of a variety of mind-body practices including Alexander Technique Swedish/Esalen massage, Therapeutic Touch, and Jin Shin Jyutsu. Since 1995 her main focus has been Jin Shin Jyutsu. She is a certified Jin Shin Jyutsu practitioner and self-help instructor.

Date: September 10, 17, 24 (Monday)
Time: 7 - 9 pm
Fee: \$14
Location: 631 Levee Rd.
Industrial Park next to the Animal Shelter

Jin Shin Jyutsu: A Self-Help Class Part II

WE-02

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. Part II may be taken before part I.

Karma Smith-Grindell (539-3733)

Date: October 22, 29, November 5 (Monday)
Time: 7 - 9 pm
Fee: \$14
Location: 631 Levee Rd.
Industrial Park next to the Animal Shelter

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 16 (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 23 & 30 (Tuesday)
Time: 7 - 9 pm
Fee: \$26 per couple
Location: UFM Banquet Room

Self Treatment with Acupressure WE-05

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

Dr. Larry Dall (539-9113) has practiced chiropractic care in Manhattan for the last 16 years. He believes in assisting the body with the healing process, which is why he has expanded his treatment techniques to include acupuncture/acupressure. He is a Fellow in the Acupuncture Society of America.

Date: September 10 - October 1 (Monday)
Time: 7 - 8:30 pm
Fee: \$25 includes Acupressure Book
Location: 1130 Westport Dr., Suite 5

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: October 17 - November 28 (Wednesday)
Time: 6 - 7:30 pm
Fee: \$74
Location: 631 Levee Rd.
Industrial Park next to the Animal Shelter
No class November 21

Yoga for Body and Mind

WE-03b

Ana Franklin

Date: October 18 - November 29 (Thursday)
Time: 5:30 - 7 pm
Fee: \$68
Location: 631 Levee Rd.
Industrial Park next to the Animal Shelter
No class November 22

Yoga for Body and Mind

WE-03c

Ana Franklin

Date: October 17 - November 28 (Wednesday)
Time: 7:30 am - 8:45 am
Fee: \$68
Location: 631 Levee Rd.
Industrial Park next to the Animal Shelter
No class November 21

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

The Yoga Connection



Open classes
Private Instruction
Herbal Products
Consultation

Lower Stress
Increase Energy

Ana Franklin

537-8224



Tai Chi Ch'aun for Beginners WE-09
 Tai Chi Ch'aun is an ancient Chinese exercise to increase the balance and harmony of the body, mind and spirit. The practice of Tai Chi Ch'aun will improve health and provide a positive social outlet. It is a system of physical exercise based on the principle of effortless breathing, rhythmic movement and weight distribution. In this class, we will learn the basic movement and techniques of Tai Chi Ch'aun Yang style, the most popular form of Tai Chi Ch'aun inside and outside of China today. This exercise can be practiced by young and old, anytime any place.

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

Date: August 22 - October 10 (Wednesday)
 Time: 5:45 - 6:45 pm
 Fee: \$77
 Location: ECM Auditorium
 1021 Denison Ave.

Introduction to Feng Shui WE-13a
 Feng Shui is the Chinese system of design and placement as applied to one's home and workplace. The objective is to promote a harmonious living environment and a feeling of well-being. We will discuss ways to enhance you career, family, life, health, prosperity and the mysticisms of this ancient tradition. Feng Shui will appeal to all those who wish to live in harmony with nature and achieve their fullest potential.

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

Date: October 6 (Saturday)
 Time: 1 - 3 pm
 Fee: \$18
 Location: UFM Greenhouse



Chi Lei - Chi Gong WE-17
 Chi Lei is a self-healing method prescribed by the world's largest medicineless hospital in Qiuhuangdao, 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: September 13 - October 11 (Thursday)
 Time: 5:30 - 6:15 pm
 Fee: \$31
 Location: UFM Multipurpose Room

Falun Dafa WE-20
 Falun Dafa is a meditation system to improve spirit, mind and body. There are over 100 million practitioners in more than 40 countries around the world. Falun Dafa has a set of five exercises, four involve physical movements and one is a meditation exercise. The exercises are exceptionally powerful and effective even through they are simple and easy to learn. New students are welcome to attend any of the ongoing classes.

Wei Zou & Haidi Tu

Date: August 20 - December 15 (Mon - Thurs, Sat. & Sun)
 Time: 7:30 - 8:30 pm
 Fee: N/C
 Location: Justin Hall, front patio, KSU

Body Detox with Herbs WE-27
 We will discuss herbs for cleansing and recharging your body, cleaning diet, juicing, and seasonal eating. You will receive recipes.

Barbara Ouelette has been interested in herbs and Aromatherapy. She is presently studying to become an herbalist. In her free time you can find her in the herbal department of People's Grocery.

Date: September 11 (Tuesday)
 Time: 7 - 8:30 pm
 Fee: \$14
 Location: People's Grocery
 17th & Yuma

Intro to Yoga with Barbara WE-28
 This is an introduction class to basic yoga positions, breathing and meditation. Barbara has been a yoga student for 5 years using Hatha Iyengar style. Requires comfortable clothing, exercise mat or bath towel, pillow for sitting.

Barbara Ouelette

Date: October 10 - 31 (Wednesday)
 Time: 7 - 8 pm
 Fee: \$32
 Location: Fireplace Room

Natural Petcare WE-29
 Learn how to incorporate herbs and essential oils in the diet of your special friend. We will also talk about food choices and first aid.

Barbara Ouelette

Date: October 16 (Tuesday)
 Time: 7 - 8:15 pm
 Fee: \$12
 Location: Conference Room

Office Yoga WE-30
 Learn some simple and easy Yoga methods for releasing tension and relieving stress. Practice yoga right at your desk (or near it). Find out how 10 or 15 minutes can change a "bad day" into a "great day," by improving mental focus and calming the nerves. For your comfort and safety, please do not eat right before the class. You may wear regular office attire.

Ana Franklin

Date: August 28 (Tuesday)
 Time: 5:30 - 7 pm
 Fee: \$18
 Location: UFM Fireplace Room

Young Living Essential Oils WE-31
 Are you interested in finding out about the use and application of essential oils? How can this ancient knowledge improve our health and lifestyle today? This ancient system described in the Bible, used by the Egyptian, Indian, Greek and Chinese Cultures has been brought up to date by Dr. Gary Young. Using modern distillation and new formulations Dr. Young has given us insight into this use of ancient healing. Learn about the background, development and the many uses of different oils. You will receive information and a sample kit of some of the basic oils. There will be an introduction to Young Living; by Dr. Young and to the basic oils; information on the different formulas and some hands on procedures.

Enell Foerster has studied and used essential oils. She has organized this class so that you can learn about the benefits of using essential oils. *Ellen Becker*, guest speaker, has completed 30 hours of training at Young Living Essential Oils Workshops, she uses the oils for herself, family and pets including her horses.

Date: September 29 (Saturday)
 Time: 9 am - noon
 Fee: \$18
 Location: UFM Conference Room

Teaching a class at UFM can enhance your business, be an instructional opportunity for education students, an opportunity to network with those who share your interest or a nice way to make friends. Call the UFM office (539-8763) by **October 25** to offer a class in the spring catalog.

STOP putting stress on your body with DRUGS that do not solve the PROBLEMS!
 Dr. Dall's holistic approach is effective and painless!

- *Allergies
- *TMJ
- *Ear Infections
- *Migraines
- *Sugar handling
- *Backpain
- *Asthma
- *ADD/ADHD
- *Shoulder pain

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

UFM is 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 \$16.00. Vision Cards 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%. First quality and brand names like you would find in the grocery store.

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

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

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.



UFM Teen Mentoring Program

- ⌘ This is a cool group for all middle and high school students
- ⌘ Meet many interesting new people
- ⌘ Great opportunity to learn and have fun
- ⌘ Lots of fun activities and recreation
- ⌘ You can join at any time
- ⌘ Make some new friends

Teens are matched with a K-State Student for weekly activities at UFM, 1221 Thurston Street.

**Meetings are
Wednesdays from 3:30 - 5 p.m.
Transportation provided
No cost to participants**

For more information call UFM
at 539-8763

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

The Lou Douglas Lecture Series



Juliette Beck

Policy Analyst at the
International Human Rights
Organization Global Exchange

**"Reclaiming Just and
Sustainable Communities
in an Age of Corporate
Globalization"**

**Monday, September 10
7:00 p.m., Forum Hall
K-State Student Union**



Carl Rosen

District 11 President, United
Electrical, Radio and Machine
Workers of America (UE)

**"Putting the Movement Back
in the Labor Movement"**

**Monday, October 1
7:00 p.m., Forum Hall
K-State Student Union**



Olga Idriss Davis

Asst. Professor, Performance
and Women's Studies, Arizona
State University

**"Performing Survival: The
Tulsa Race Riot of 1921"**

**Monday, October 22
7:00 p.m., Forum Hall
K-State Student Union**



Steffie Woolhandler

Associate Professor of
Medicine, Harvard, and Co-
Founder, Physicians for a
National Health Program

**"A National Health Program
for the United States"**

**Monday, November 5
7:00 p.m., Forum Hall
K-State Student Union**



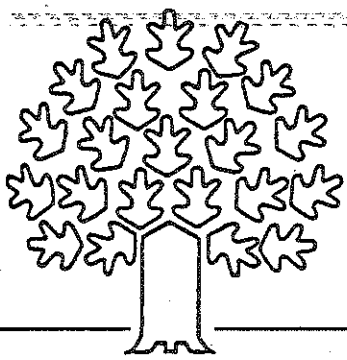
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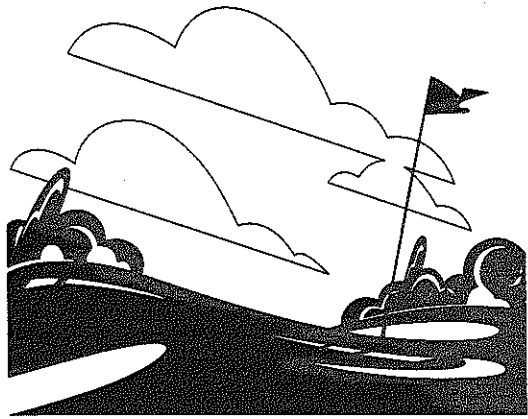
785-776-3771



Recreation & Dance

1221 THURSTON

539-8763



Introduction to Golf

RH-01a

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

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

Date: August 23 - September 13 (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 20 - October 11 (Thursday)
Time: 6 - 7 pm
Fee: \$35
Location: Stagg Hill Golf Club
4441 Ft. Riley Blvd.



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539-1041

Jim Gregory, PGA Professional

Swing and Salsa Dancing

RH-02a

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 25 - September 29 (Saturday)
Time: 7:30 - 8:30 pm
Fee: \$28 individual/\$49 couple
Location: ECM Auditorium
1021 Denison Ave.



Swing & Salsa Dancing

RH-20b

Michael Bennett

Date: October 6 - November 10 (Saturday)
Time: 7:30 - 8:30 pm
Fee: \$28 individual/\$49 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 24 - September 28 (Friday)
Time: 8:30 - 9:30 pm
Fee: \$25 individual/\$45 couple
Location: ECM Auditorium
1021 Denison Ave.

Ballroom Dance

RH-03b

Michael Bennett

Date: October 5 - November 16 (Friday)
Time: 8:30 - 9:30 pm
Fee: \$25 individual/\$45 couple
Location: ECM Auditorium
1021 Denison Ave.
No class October 19.

Ballroom Dance

RH-03c

Michael Bennett

Date: August 25 - September 29 (Saturday)
Time: 6:30 - 7:30 pm
Fee: \$25 individual/\$45 couple
Location: ECM Auditorium
1021 Denison Ave.

Ballroom Dance

RH-03d

Michael Bennett

Date: October 6 - November 10 (Saturday)
Time: 6:30 - 7:30 pm
Fee: \$25 individual/\$45 couple
Location: ECM Auditorium
1021 Denison Ave.

Intermediate Ballroom Dance

RH-04

This class will emphasize dancing with your partner and learning the routines. Foxtrot, waltz, rumba, and tango are tentatively scheduled. However, specific dances will depend on the interests of the class 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 24 - December 7 (Friday)
Time: 7:30 - 8:30 pm
Fee: \$49 individual/\$86 couple
Location: ECM Auditorium
1021 Denison Ave.



Please stop by and visit us at our new location

3115 Dickens Ave.
(Across from Cico Park)

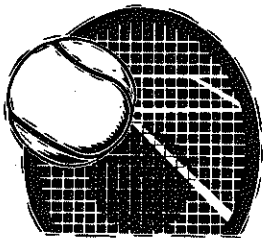
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- We welcome diversity, and do not discriminate.

For more information, call Ramona McCallum 539-7910.
Welcome to Oak Grove!



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 4 - 25 (Tuesday)
Time: 6:30 - 7:30 pm
Fee: \$36
Location: LP Washburn Rec Complex, KSU

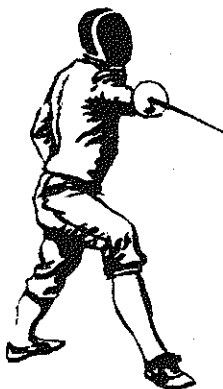
Tennis: Beginners Ages 17 and Up RH-06

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

Mark Tessendorf

Date: September 4 - 25 (Tuesday)
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 lightning 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 10 - November 26 (Monday)
Time: 6 - 7:30 pm
Fee: \$42 if you have your own equipment/\$72 to use instructor's equipment
Location: Ahearn Fieldhouse, KSU



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

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 10 - November 26 (Monday)
Time: 7:30 - 9 pm
Fee: \$42 if you have your own equipment/\$72 to use instructor's equipment
Location: Field house

Middle Eastern Dance (Belly Dance) I

RH-11a

Come have fun learning Middle Eastern Dance. The oldest surviving dances in all of history. This class is for females only. You will learn the basics and build core muscles, as you learn to isolate, coordinate, and control your muscles. Hip scarfs are recommended and will be discussed at the class. This class is a fun way to get fit and is good for all ages and sizes. If you have any back or joint problems, please tell the instructor the first class. It won't be a problem but modifications may need to be made.

Christine Harley has been dancing for 7 years and has been teaching for 1 year. She was originally taught by Amira of Wichita, KS prior to moving to Manhattan to go to school. She has studied with Ferdoas 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.

Date: August 23 - September 27 (Thursday) & September 15 (Saturday)
Time: 6:30 - 7:30 pm & 2 - 4 pm on Sat.
Fee: \$32
Location: Ahearn, Room 303, KSU

Middle Eastern Dance (Belly Dance) I

RH-11b

Christine Harley

Date: October 4 - November 8 (Thursday) & October 6 (Saturday)
Time: 6:30 - 7:30 pm & 2 - 4 pm on Sat.
Fee: \$32
Location: Ahearn, Room 303, KSU

"Let us live that when we die even the undertaker will be sorry."

—Mark Twain



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of Manhattan
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Worship Service : Sunday 11 a.m.
1021 Denison Ave.
537-6120 Everyone is Welcome

Middle Eastern Dance (Belly Dancing) II

RH-13a

In level II, you will continue practicing and improving your dance skills. You will learn veil work, a routine or two depending on class speed, as well as how to put all the steps together. Hip scarf and veil are required, and will be discussed at the first class.

Christine Harley

Date: August 21 - September 25 (Tuesday) & October 27 (Saturday)
Time: 6:30 - 7:30 pm & 2 - 4 pm on Sat
Fee: \$32
Location: UFM Fireplace Room

Middle Eastern Dance (Belly Dancing) II

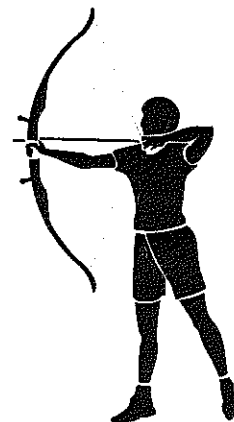
RH-13b

Christine Harley

Date: October 2 - November 6 (Tuesday) & November 10 (Saturday)
Time: 6:30 - 7:30 pm & 2 - 4 pm on Sat
Fee: \$32
Location: UFM Fireplace Room

Archery For Adults & Youth RH-17

The main focus of this course will be to introduce adults and youth to Archery. Learn the all important basics of the sport. This is a great family sport geared toward individual achievement. Classes will be structured around key points needed for good form, safety, and introduction to the world of archery. All equipment will be provided by the instructor. Ages 8 through Adult.



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. He is presently coaching JOAD club, Manhattan Royal Archers.

Date: September 6 - October 11 (Thursday)
Time: 6:30 - 8 pm
Fee: \$32
Location: 1125 Laramie Plaza (upstairs)

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Basic West Coast Swing RH-20a
Participants will learn basic patterns involved in dancing West Coast Swing. Small class size will promote good one on one instruction. A variety of music will be used in teaching this class. No dance experience is necessary.

Erik Holeman has been involved in west coast swing since 1995, including competition level dancing. He feels dancing is to be enjoyed.

Date: August 25 - September 29 (Saturday)
Time: 6:30 pm
Fee: \$26 individual/\$42 couple
Location: Ahearn, Room 301, KSU

Basic West Coast Swing RH-20b

Erik Holeman

Date: August 25 - September 29 (Saturday)
Time: 7:30 pm
Fee: \$26 individual/\$42 couple
Location: Ahearn, Room 301, KSU

Basic West Coast Swing RH-20c

Erik Holeman

Date: October 6 - November 17 (Saturday)
Time: 6:30 pm
Fee: \$26 individual/\$42 couple
Location: Ahearn, Room 301, KSU
No class October 20.

Basic West Coast Swing RH-20d

Erik Holeman

Date: October 6 - November 17 (Saturday)
Time: 7:30 pm
Fee: \$26 individual/\$42 couple
Location: Ahearn, Room 301, KSU
No class October 20.

Beginner Line Dance Lessons RH-22a

Come have fun and learn two new line dances each night. We will start at a beginning level and move toward intermediate as classes continues. You will learn the moves and the name of each dance move, including Cha Cha, 2-step dances and some group dances. Emphasis on understanding the beat's, rhythm, and feel of music. Class starts with warm-ups and stretching, then you get a great work-out dancing. Many of the dances that will be taught were created in Nashville, TN and taught at the Wild Horse Saloon. "No black soles on shoes." This class is geared towards individuals, not couples.

Lucia Flower (776-7912) has been dancing for several years, she enjoys Line dancing and is excited to help others to learn to have fun dancing. Lucia has a B A in Psychology. She has learned many dances locally, and at Colorado Springs, Co and Nashville, TN.

Date: October 5, 12, 26, & November 2 (Friday)
Time: 7 - 8:30 pm
Fee: \$28 individual/\$48 couple
Location: Ahearn, Room 303, KSU



Beginner Line Dance Lessons RH-22b

Lucia Flower (776-7912)

Date: November 9, 16, 30 & December 7 (Friday)
Time: 7 - 8:30 pm
Fee: \$28 individual/\$48 couple
Location: Ahearn, Room 303, KSU

Introduction to Paintball RH-21

Want to learn about paintball? In this discussion and demonstration class you will find out what it is, including the equipment players use, the safety equipment and high tech upgrade equipment available. Find out about the basics of the games with a description of paintball fields, and a tour of the fields with hands on firing of a paintball marker and an actual game demonstration by Krazy Kris Highlanders paintball team.

Cris Backman is the owner, operator of Krazy Kris paintball, started in 1986 and has been involved in many tournaments and paintball activities for the past 15 years, he stresses safety and having fun in this fast growing sport.

Date: September 8 (Saturday)
Time: 10 am
Fee: \$13
Location: Krazy Kris Paintball Field
9650 Anderson

"Let us be grateful to people who make us happy, they are the charming gardeners who make our souls blossom."

—Marcel Proust

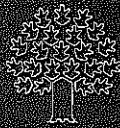
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insurance.**

*Your children
deserve quality
health care.*

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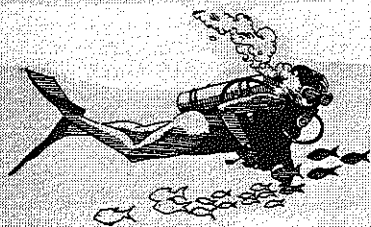
KSU Credit Courses

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.

•Salina classes register at T.A.C. bulding Salina Campus.



Scuba Diving RRES-200 #91420

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

Instructor: *Jeff Wilson*

Date: September 10 - October 15 (Monday)
Time: 5:30 - 9:30 pm
Fee: \$255
Location:YMCA, 1703 McFarland, Junction City, KS



Ballroom Dance DANCE-599 C #91400

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 22 - December 5 (Wednesday)
Time: 8 - 9 pm
Fee: \$145
Location:ECM Auditorium, 1021 Denison Ave.

Ballroom Dance DANCE-599 C #91401

Instructor: *Michael Bennett*

Date: August 24 - December 7 (Friday)
Time: 6:30 - 7:30 pm
Fee: \$145
Location:ECM Auditorium, 1021 Denison Ave.

Ballroom Dance II DANCE-599 D #91402

Instructor: *Michael Bennett*

Date: August 24 - December 7 (Friday)
Time: 7:30 - 8:30 pm
Fee: \$145
Location:ECM Auditorium
1021 Denison Ave

Golf RRES - 200

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

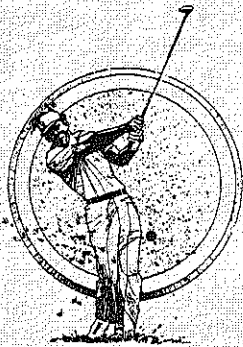
Instructor: *Jim Gregory*

Session I #91406
Date: August 21 - October 9 (Tuesday)
Time: 2:30 - 4:30 pm

Session II #91407
Date: August 22 - December 10 (Wednesday)
Time: 1:30 - 3:30 pm

Session III #91408
Date: August 22 - December 10 (Wednesday)
Time: 5:30 - 7:30 pm

Session IV #91409
Date: August 23 - December 11 (Thursday)
Time: 9:30 - 11:30 am
Fee: \$158
Location:Stagg Hill Golf Club,
4441 Ft. Riley Blvd.



Golf RRES-200 #89100

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

Instructor: *Steven Hardesty*

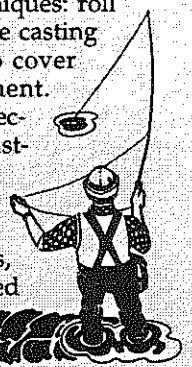
Date: September 5 - October 24 (Wednesday)
Time: 5:30 - 7:30 pm
Fee: \$145
Location:Salina Municipal Golf Course
2500 East Crawford, Salina, KS

Scuba Diving RRES-200 #89180

Date: September 20 - November 1 (Thursday)
Time: 6:30 - 10:30 pm
Fee: \$293
Location:YMCA Salina, 570 YMCA Dr., Salina, KS

Fly Fishing RRES-200 #91414

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, tippetts, 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: August 20 - 30 (Mon, Tues, Wed, Th)
Time: 6:00 - 8:00 pm
Fee: \$152
Location:Susan B. Anthony Middle School, 2501 Browning

Fly Fishing RRES-200 #91415

Instructor: *Paul Sodamann*

Date: September 10 - 20 (Mon, Tues, Wed, Thurs)
Time: 6:00 - 8:00 pm
Fee: \$152
Location:Susan B. Anthony Middle School, 2501 Browning



KSU CREDIT (Continued)

Judo I RRES-200 #91417

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 21 - December 6

(Tuesday/Thursday)

Time: 7 - 8 pm

Fee: \$118

Location: UFM, 1221 Thurston

Judo II RRES-200 #91418

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 21 - December 6

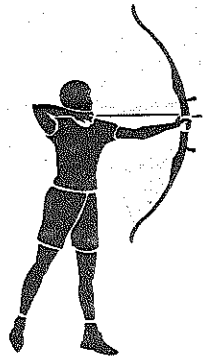
(Tuesday/Thursday)

Time: 8 - 9 pm

Fee: \$118

Location: UFM, 1221 Thurston

Archery for Adults RRES-220 #91404



This course provides 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.

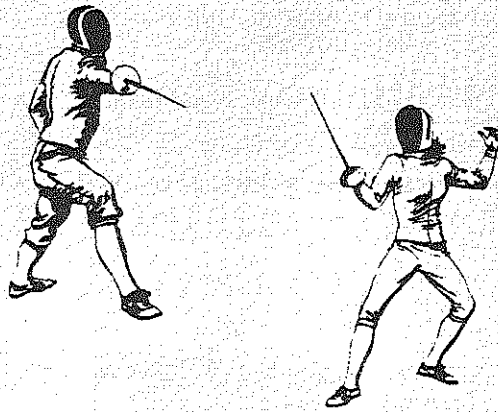
Instructor: *Tom Korte*

Date: September 6 - October 25 (Thursday)

Time: 8 - 9:45 pm

Fee: \$140

Location: 1125 Laramie Plaza



Beginning Fencing RRES-200 #91411

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. 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. This course may not be repeated for credit.

Instructor: *William Meyer*

Date: September 10 - November 26 (Monday)

Time: 6 - 7:30 pm

Fee: \$140

Location: UFM, 1221 Thurston

Intermediate Fencing RRES-200 #91412

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: September 10 - November 26 (Monday)

Time: 6 - 7:30 pm

Fee: \$140

Location: UFM, 1221 Thurston



Fitness Swimming RRES-200 #91423

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

Instructor: *Carol Stites*

Date: September 4 - October 18

(Tuesday/Thursday)

Time: 3:00 - 4:30 pm

Fee: \$125 Credit

Location: Fort Riley, Eyster Pool, Building 6940

Swim I RRES-200 #91424

This course is designed ONLY for students who have a fear of the water and/or those with little or no water experience. It will address the needs of the truly beginning swimmer. Emphasis will be on acquiring the skills, knowledge and attitudes necessary to become safe in or near the water. Students will learn basic stroke technique, survival skills, and how to assist others in an aquatic emergency by performing elementary forms of rescue. Textbook required: *Swimming and Diving*.

Instructor: *Carol Stites*

Date: September 5 - October 22

(Monday/Wednesday)

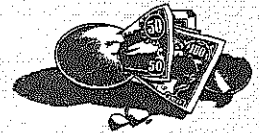
Time: 4 - 5 pm

Fee: \$125 credit

Location: Fort Riley, Eyster Pool

Women & Money WOMST-500 #91427

This course is designed specifically to enable women to manage their finances today and plan for a secure financial future. 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.



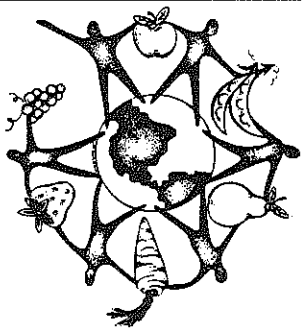
Instructor: *Charlene Brownson*

Date: September 4 - October 23 (Tuesday)

Time: 3 - 5 pm

Fee: \$112 credit

Location: UFM, 1221 Thurston St.



People's Grocery

Natural, Organic, Ethical Foods

Hormone - Free

Pesticide - Free

Herbicide - Free

17th & Yuma, Manhattan, KS

(785) 539-4811

www.flinthills.com/~organic

Anyone can shop & buy, but members receive discounts

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

REGISTRATION INFORMATION 3 WAYS TO REGISTER



Registration by Mail

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

UFM Class Registrations

1221 Thurston

Manhattan, Kansas 66502-5299

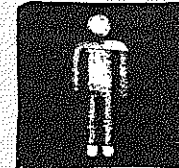
You will be notified if the class is full. All registration is on a first-come, first-served basis. No other class confirmations will be sent out unless requested.

FOR YOU... One participant per form, please



Registration by Phone

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



Registration in Person

Stop by the UFM House, 1221 Thurston

HOURS: 8:30 am - 12 Noon

1:00 pm - 5:00 pm

Monday through Friday

Youth Scholarships are available.

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

UFM 1221 THURSTON 539-8763
Manhattan, KS 66502

UFM Community Learning Center

Registration Form

1221 Thurston Manhattan, KS 66502 539-8763

Student Name _____ Day Phone _____
 Address _____ Evening Phone _____
 City _____ State KS Zip _____ Email _____
 Age: Under 18 exact age _____ 19-24 25-59 60+
 Parent's Name if Student is Under Age 18 _____

CLASS #	Session	TITLE	FEE	LOCATION	DATE	TIME

Tax Deductible Donation
Total

I hereby authorize the use of my Visa MasterCard Discover

Card Number _____ Expiration Date _____
 Card Cardholder's Name (Please Print) _____
 Cardholder's Signature _____

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

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

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

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

Office Use Only		Amount	Total Paid
Date Received	Date	Check _____	<input style="width: 50px;" type="text"/>
Entered	Staff	Cash _____	
Computer		Visa _____	Date _____
		M/C _____	
		Discover _____	

UFM 1221 THURSTON 539-8763
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		Discover _____	