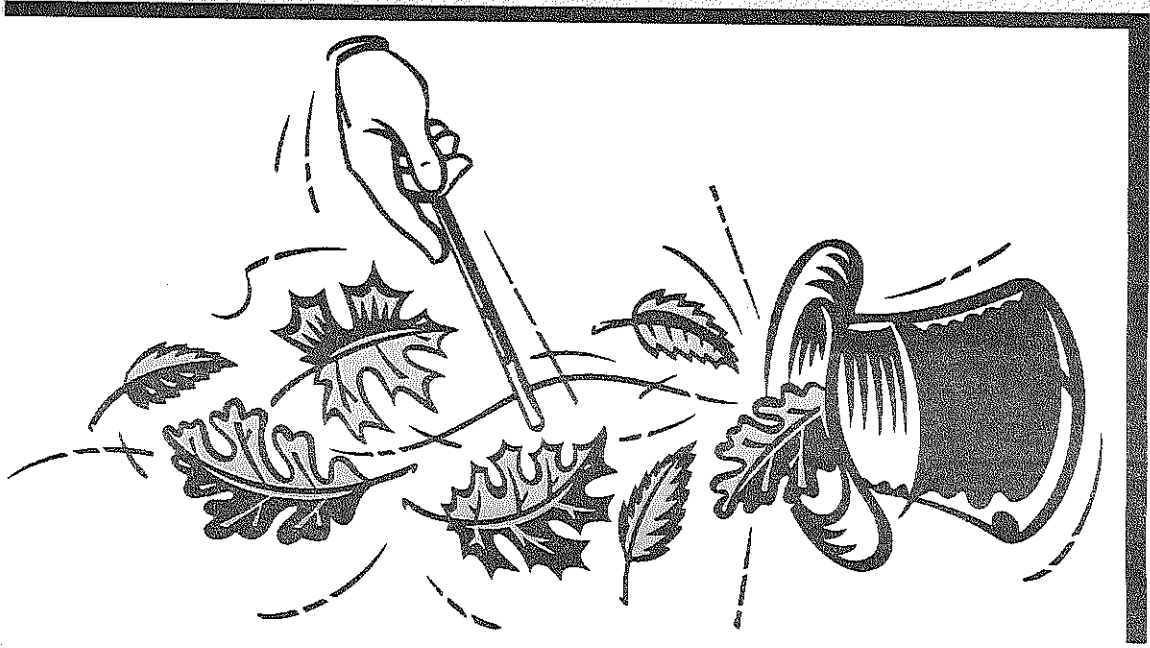


# UFM

## Community Learning Center

Teaching • Learning • Growing  
Vol. 34 Edition 3

2002 Fall Classes



### Fall Classes August-December 2002

Biscotti  
...

Pet First Aid  
& Safety  
...

Swim Lessons  
...

Yoga for  
Everybody  
...

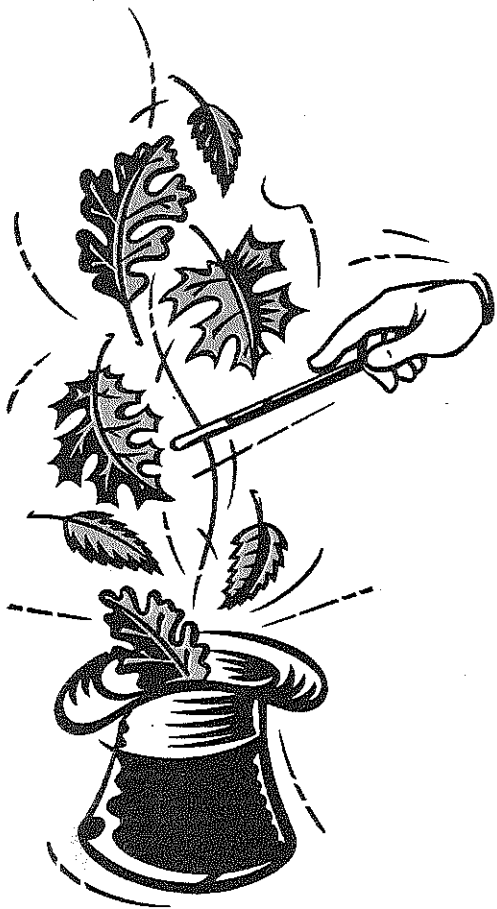
Jewelry  
...

Sports  
Officiating  
...

Tai Chi Chuan  
...

Ballroom  
Dance  
...

*and much more...*



*Discover  
the magic  
of learning  
this Fall!*

### Fall Classes Aug-Dec 2002

...

*Women and Money*

...

*Prep Courses:  
PPST, LSAT,  
GMAT, GRE*

...

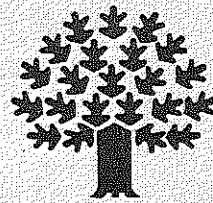
*Understanding Islam*

...

*Vegetarian Cooking*

...

*Women's Self Defense*



Teaching • Learning • Growing

## UFM Community Learning Center

### 2002 Fall Classes

NON-PROFIT ORG  
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Manhattan, Kan. 66502

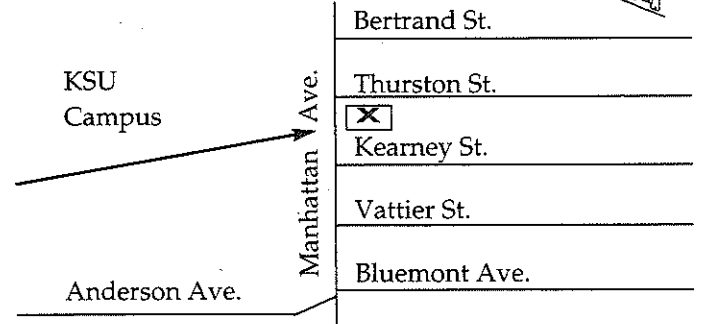
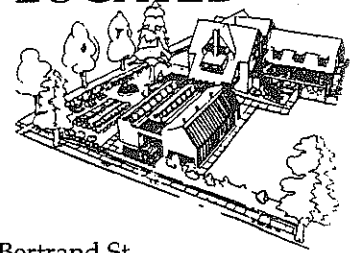
OR CURRENT RESIDENT

# Welcome to UFM Community Learning Center...

UFM Community Learning Center is a creative educational program serving Kansas State University, the Manhattan area and the state of Kansas. Based on the philosophy that everyone can learn and everyone can teach, UFM provides opportunities for lifelong learning and personal development. UFM serves as a forum for the exchange of ideas and as a catalyst for new programs and services that enhance the quality of life for all. Call us with your ideas.

## WHERE WE'RE LOCATED

**UFM**  
1221 Thurston




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#### UFM Staff:

- Executive Director - Linda Inlow Teener
- Education Coordinator - Kristen Johnston
- Community Outreach Coordinator - Charlene Brownson
- Swim Supervisor - Chris Branton
- Lou Douglas Lecture Series Coordinator - Olivia Collins
- Teen Mentoring Program Coordinator - Karen Roesch
- Office Coordinator - Rusty Smith
- Plus all the teachers who share their talents!

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



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

# UFM INSTRUCTORS

Mohammad Al-Deeb  
Scott Bean  
Michael Bennett  
Amy Bipes  
Charlene Brownson  
Mike Bonella  
Kate Cashman  
Andrea Chandler  
Randi Dale  
Terri Eddy  
Sarah English

Jolie Flavin  
Enell Foerster  
Ana Franklin  
Diane Freeby  
Quentin Gamble  
Rachel Greenwood  
Jim Gregory  
Colleen Hampton  
Steven Hardesty  
Erik Holeman  
Jui Jung Huang

Lara Iiams  
Elizabeth Jankord  
Edna Johnson  
Mary Kamra  
Karena Kimble  
Tom Korte  
Toni Kroll  
Sibylle Kuder  
S. MacDonald  
Amiee McLain  
Judy Metcalf

William Meyer  
David Moore  
Chad Myers  
Greg Noll  
Barbara Ouellette  
Cheryl Poister  
Emilie Rabbat  
Ronna Robertson  
Ben Scoby  
Gordon Schmid  
Pam Schmid

David Seamon  
Glenn Sixbury  
Karma Smith-Grindell  
Paul Sodamann  
Dean Stramel  
Carol Stites  
Sandy Snyder  
Helene Tamboue  
Diana Tarver  
Kimberly Toro  
William Trieb

Annette Trieb  
Bernadette Trieb  
Audrey Umekubo  
Isacc Wakabayashi  
Ralph Wasmer  
Mike Webb  
Harold Wellmeier  
Jeff Wilson  
Stan Wilson  
Chae Sun Yi

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.

*Kristen Johnston*

## ON CAMPUS REGISTRATIONS

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

DATE	TIME	LOCATION
Aug. 26	10 am - 2 pm	KSU Union
Aug. 27	10 am - 2 pm	KSU Union

### Registration continues throughout the semester:

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

## MAILING YOUR REGISTRATION?

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

Please share any concerns you may have about class material, an instructor, or any other problems by calling Kristen 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.

## BOARD OF DIRECTORS

Larry Fry - *Chair*  
Robert Wilson - *Vice Chair*  
Migette Kaup - *Treasurer*  
Sharon Brookshire -  
*Secretary*  
Linda Inlow Teener -  
*President and CEO*

Sue Maes  
Dick Hayter  
Candace White  
Robert Schaeffer  
Irmie Fallon  
Jim Hardy  
Shane Shanks  
Brandy Porter  
Elaine Johannes  
Bill Richter

### ANSWERING MACHINE

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

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

## 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 Kristen at 539-8763.

### UFM CANCELLATION POLICY

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

### REFUND POLICY

We will give a full refund if a class is canceled by UFM. If a student decides to withdraw before the class begins, and gives 48 hours notice before the starting date, we will refund all but a \$3 processing fee. **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.

### 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.

### SPECIAL POLICIES FOR CREDIT OPTIONAL CLASSES

**Credit Registration Refunds:** After the second credit optional class meeting, but before one-third of the scheduled class sessions have met, fifty percent of the fee may be refunded if requested in writing. No refund is issued if it is requested after one-third of the class meetings have ended.  
**Credit Enrollment Fees:** Courses taken for credit carry additional fees required for University administration of the credit program. A \$15.00 late fee will be charged for enrollments taken after the second class meeting. A \$35.00 late fee will be charged for enrollments taken after one-third of the class meetings. Additional student activity and health fees may be assessed for students enrolled in 6 or fewer KSU credit hours.  
**Withdrawals:** A student may withdraw from a credit option class by written request prior to the completion of one-third of the scheduled class meetings without a grade being recorded on the student's transcript. If a student withdraws after one-third, but before two-thirds of the scheduled class meetings, a grade of W(withdrawn) will be issued. No withdrawals will be accepted after two-thirds of the scheduled classes have been completed.

### 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:

- International Dances
- Pilates
- Cooking Classes
- Fielded Trips
- Real Estate

USE REGISTRATION FORM on the Back Cover.





# Aquatics

1221 Thurston

539-8763

## Learn to Swim Classes

UFM proudly teaches the American Red Cross Swim Lessons Levels 1 - 7, Parent/Infant and Parent/Tot, and Tot Transition. UFM also offers, Private, Mini-Team, and adult swim classes. Small classes allow for carefully guided instruction in stroke technique and water safety. Water safety is reinforced with tips and practice each day. The first day of class each student is evaluated to assure that they are in the proper class. Students advance through the levels at their own rate and are moved to different class levels as space permits and skill advancement demands.

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

Children over the age of 5 are not permitted in restrooms/locker rooms of the opposite sex.

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

### BEGINNING & ENDING DATES (Except Where Noted):

- Session A: Mondays, September 9 - November 11
- Session B: Tuesdays, September 10 - November 12
- Session C: Wednesdays, September 11 - November 13
- Session D: Thursdays, September 12 - November 21  
(No Class October 31)
- Session E: Saturdays, September 14 - November 23  
(No Class October 26)



## 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 appropriate swim diapers. 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 10 meetings, the parents will receive instruction and have opportunity to practice water techniques with their children. Parent must accompany child.

- Session A: (See BEGINNING & ENDING DATES)  
AQ-01P Monday 6 - 6:30 pm
- Session B: (See BEGINNING & ENDING DATES)  
AQ-02P Tuesday 6 - 6:30 pm
- Session C: (See BEGINNING & ENDING DATES)  
AQ-03P Wednesday 6 - 6:30 pm
- Session D: (See BEGINNING & ENDING DATES)  
AQ-04P Thursday 6 - 6:30 pm
- Session E: (See BEGINNING & ENDING DATES)  
AQ-05P Saturday 9:30 - 10:00 am

Fee: \$36 per session

## Tot Transition

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

- Session A: (See BEGINNING & ENDING DATES)  
AQ-01T Monday 6:45 - 7:15 pm
- Session B: (See BEGINNING & ENDING DATES)  
AQ-02T Tuesday 6:45 - 7:15 pm
- Session C: (See BEGINNING & ENDING DATES)  
AQ-03T Wednesday 6:45 - 7:15 pm
- Session D: (See BEGINNING & ENDING DATES)  
AQ-04T Thursday 6:45 - 7:15 pm
- Session E: (See BEGINNING & ENDING DATES)  
AQ-05T Saturday 10:15 - 10:45 am

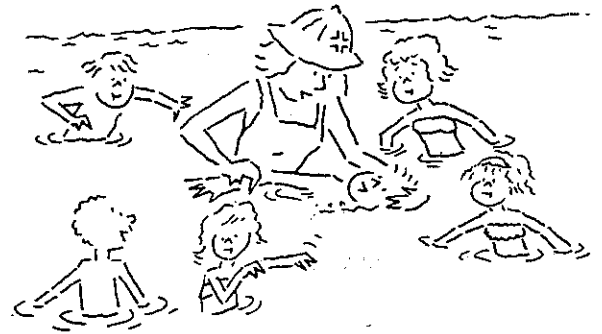
Fee: \$35 per session

## 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. Student are ready for this level when they are mature enough to participate in a group setting without their parents.

- Session A: (See BEGINNING & ENDING DATES)  
AQ-01A Monday 6 - 6:40 pm
- Session B: (See BEGINNING & ENDING DATES)  
AQ-01B Tuesday 6 - 6:40 pm  
AQ-02B Tuesday 6:50 - 7:30 pm
- Session C: (See BEGINNING & ENDING DATES)  
AQ-01C Wednesday 6 - 6:40 pm  
AQ-02C Wednesday 6:50 - 7:30 pm
- Session D: (See BEGINNING & ENDING DATES)  
AQ-01D Thursday 6 - 6:40 pm
- Session E: (See BEGINNING & ENDING DATES)  
AQ-01E Saturday 9:30 - 10:10 am

Fee: \$43 per session



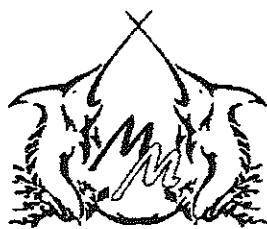
## Level II: Primary Skills

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 BEGINNING & ENDING DATES)  
AQ-04A Monday 6 - 6:40 pm
- Session B: (See BEGINNING & ENDING DATES)  
AQ-04B Tuesday 6 - 6:40 pm
- Session C: (See BEGINNING & ENDING DATES)  
AQ-04C Wednesday 6 - 6:40 pm
- Session D: (See BEGINNING & ENDING DATES)  
AQ-04D Thursday 6 - 6:40 pm
- Session E: (See BEGINNING & ENDING DATES)  
AQ-04E Saturday 9:30 - 10:10 am

Fee: \$43 per session

## MANHATTAN MARLINS SWIM TEAM



A non-profit organization dedicated to providing children the chance of participating in competitive swimming. Primary emphasis in on positive self image, physical conditioning and development to the child's fullest potential.

Ages: 5 years thru College level

Four Practice Groups: ♦ Developmental ♦ Bronze ♦ Silver ♦ Gold

For more information contact: Kathy Musch at 776-1742 or Jerry Carpenter at 539-1384

E mail [ufm@ksu.edu](mailto:ufm@ksu.edu)



**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 BEGINNING & ENDING DATES)  
AQ-07A Monday 6:50 - 7:30 pm
  - Session B:** (See BEGINNING & ENDING DATES)  
AQ-07B Tuesday 6:50 - 7:30 pm
  - Session C:** (See BEGINNING & ENDING DATES)  
AQ-07C Wednesday 6 - 6:40 pm
  - Session D:** (See BEGINNING & ENDING DATES)  
AQ-07D Thursday 6:50 - 7:30 pm
  - Session E:** (See BEGINNING & ENDING DATES)  
AQ-07E Saturday 9:30 - 10:10 am
- 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 BEGINNING & ENDING DATES)  
AQ-10A Monday 6:50 - 7:30 pm
  - Session C:** (See BEGINNING & ENDING DATES)  
AQ-10C Wednesday 6:50 - 7:30 pm
  - Session D:** (See BEGINNING & ENDING DATES)  
AQ-10D Thursday 6:50 - 7:30 pm
  - Session E:** (See BEGINNING & ENDING DATES)  
AQ-10E Saturday 10:15 - 10:55 am
- 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 BEGINNING & ENDING DATES)  
AQ-13C Wednesday 6:50 - 7:30 pm
  - Session E:** (See BEGINNING & ENDING DATES)  
AQ-13E Saturday 10:15 - 10:55 am
- 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 BEGINNING & ENDING DATES)  
AQ-16C Wednesday 6:50 - 7:30 pm
  - Session E:** (See BEGINNING & ENDING DATES)  
AQ-16E Saturday 10:15 - 10:55 am
- 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 BEGINNING & ENDING DATES)  
AQ-19C Wednesday 6 - 6:40 pm
  - Session E:** (See BEGINNING & ENDING DATES)  
AQ-19E Saturday 10:15 - 10:55 am
- 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 B:** (See BEGINNING & ENDING DATES)  
AQ-22B Tuesday 6:50 - 7:30 pm
  - Session D:** (See BEGINNING & ENDING DATES)  
AQ-22D Thursday 6:50 - 7:30 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 BEGINNING & ENDING DATES)  
AQ-24A Mondays 6 - 7:30 pm
  - Session B:** (See BEGINNING & ENDING DATES)  
AQ-24B Tuesdays 6 - 7:30 pm
  - Session C:** (See BEGINNING & ENDING DATES)  
AQ-24C Wednesdays 6 - 7:30 pm
  - Session D:** (See BEGINNING & ENDING DATES)  
AQ-24D Thursdays 6 - 7:30 pm
  - Session E:** (See BEGINNING & ENDING DATES)  
AQ-24E Saturdays 9:30 - 11:00 am
- Fee: \$12 per session

**Lap Swimming for Parents**

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

- Session A:** (See BEGINNING & ENDING DATES)  
AQ-25A Mondays 6 - 7:30 pm
  - Session B:** (See BEGINNING & ENDING DATES)  
AQ-25B Tuesdays 6 - 7:30 pm
  - Session C:** (See BEGINNING & ENDING DATES)  
AQ-25C Wednesdays 6 - 7:30 pm
  - Session D:** (See BEGINNING & ENDING DATES)  
AQ-25D Thursdays 6 - 7:30 pm
  - Session E:** (See BEGINNING & ENDING DATES)  
AQ-25E Saturdays 9:30 - 11:00 am
- Fee: \$10 per session

**Shallow Water Hydroaerobics**

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 26 - September 28  
Monday - Thursday ( 6:35 - 7:30 pm) and Saturday (10:05 - 11 am)  
AQ-26A (1 Time a week)  
AQ-27A (3 Times a week)  
AQ-28A (5 Times a week)
  - Session B:** September 30 - November 2  
Monday - Thursday ( 6:35 - 7:30 pm) and Saturday (10:05 - 11 am)  
AQ-26B (1 Time a week)  
AQ-27B (3 Times a week)  
AQ-28B (5 Times a week)
  - Session C:** November 4 - December 14  
Mon. - Thur. (6:35 - 7:30 pm) & Sat. (10:05 - 11 am)  
AQ-26C (1 Time a week)  
AQ-27C (3 Times a week)  
AQ-28C (5 Times a week)
- No Classes September 2, October 26, 31, and November 25 - 29.
- Fee: \$16 for 1 time a week per session  
\$20 for 3 times a week per session  
\$24 for 5 times a week per session

**Shallow Water Hydroaerobics for the Entire Semester**

- Session D:** August 26 - December 14  
Monday - Thursday ( 6:35 - 7:30 pm) and Saturday (10:05 - 11 am)  
AQ-26D (1 Time a week)  
AQ-27D (3 Times a week)  
AQ-28D (5 Times a week)
- No Classes September 2, October 26, 31, and November 25 - 29.
- Fee: \$46 for 1 time a week per session  
\$58 for 3 times a week per session  
\$70 for 5 times a week per session



Deep Water Hydroaerobics

This semester we will be offering a deep water hydroaerobics class. This will be in the diving well of the Natatorium. Participants will be issued an aquajogger belt to help provide buoyancy in the water. The structure for this class will be similar to regular hydroaerobics classes. This class is intended to add variety to your workout. Only swimmers who can tread water without a floatation device are allowed to participate in the class.

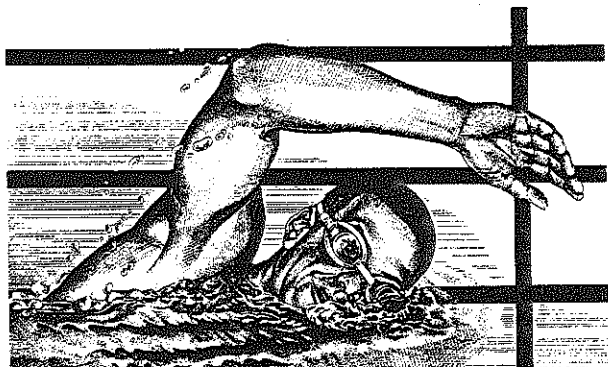
Session A: August 27 - September 26
AQ-100A Tuesday and Thursday 6:35 - 7:30 pm

Session B: October 1 - November 5
AQ-100B Tuesday and Thursday 6:35 - 7:30 pm

Session C: November 7 - December 12
AQ-100C Tuesday and Thursday 6:35 - 7:30 pm

No classes October 31 and November 28.

Fee: \$18 per session



Deep Water Hydroaerobics for the Entire Semester

Session D: August 27 - December 12
AQ-100D Tuesday and Thursday 6:35 - 7:30 pm

No classes October 31 and November 28.

Fee: \$52 per session

Private Swim Lessons

Private lessons provide one-on-one instruction for any level of swimmer. There are 5 lessons of 30 minute each that occur once a week for 5 weeks. To improve scheduling and better serve our families, you will reserve specific days and times for private lessons when you enroll. Please make sure you record these times and dates when you register, because THERE WILL BE NO OPPORTUNITY FOR MAKE UP LESSONS.

AQ-30

Beginning and Ending Dates for Privates Lessons:

Session A1: Mondays September 9 - October 7
Session A2: Mondays October 14 - November 11

Session B1: Tuesdays September 10 - October 8
Session B2: Tuesdays October 15 - November 12

Session C1: Wednesdays September 11 - October 9
Session C2: Wednesdays October 16 - November 13

Session D1: Thursdays September 12 - October 10
Session D2: Thursdays October 17 - November 21
(No Class October 31)

Session E1: Saturdays September 14 - October 12
Session E2: Saturdays October 19 - November 23
(No Class October 26)

Times for Monday, Tuesday, Wednesday, and Thursday sessions:

6 - 6:30 pm 6:45 - 7:15 pm

Times for Saturday sessions:
9:30 - 10:00 am 10:15 - 10:45 am

Fee: \$51 per session

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.

AQ-31a

Date: October 6 (Sunday)
Time: 5 - 7 pm
Fee: N/C
Location: KSU Natatorium

Open Swim Appreciation

For UFM swim participants and their parents.

AQ-31b

Date: October 20 (Sunday)
Time: 5 - 7 pm
Fee: N/C
Location: KSU Natatorium

Sunday Family Swim

Bring the family out for a refreshing evening of swimming. Take advantage of the indoor pool at K-State on Sunday evenings. You must register in advance so we can plan adequate lifeguards.

AQ-32

Date: October 6 - October 20 (Sunday)
Time: 5 - 7 pm
Fee: \$10 individual/\$25 family
Location: KSU Natatorium

Introduction to Competitive Swimming - Mini Team

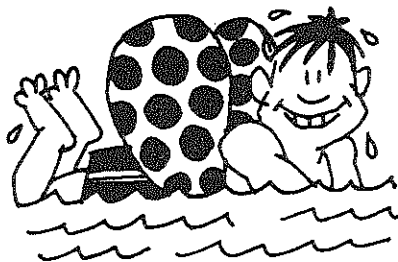
This class will focus on the four competitive strokes: butterfly, backstroke, breaststroke, and freestyle, as well as competitive starts and turns. The goal of stroke refinement and endurance will be the main objectives. Swimmers on average will swim between 500 and 1000 yards each lesson. This class is designed for participants who have completed Level VII of the Learn to Swim program or those who would like preparation for a swim team. While enrolled in this class, individuals can practice with the Manhattan Marlins Swim Team at no charge. Prior to participating with the Marlins, contact Kathy Musch 776-1742 or Jerry Carpenter 539-1384. For more information concerning Manhattan Marlins, see brochure near pool entrance.

Session B: (See BEGINNING & ENDING DATES)
AQ-107B Tuesday 6 - 6:40 pm

Session D: (See BEGINNING & ENDING DATES)
AQ-107D Thursday 6 - 6:40 pm

Session E: (See BEGINNING & ENDING DATES)
AQ-107E Saturday 9:30 - 10:10 am

Fee: \$43 per session



"Good judgement comes from experience, and experience comes from bad judgement."

—Barry LePatner

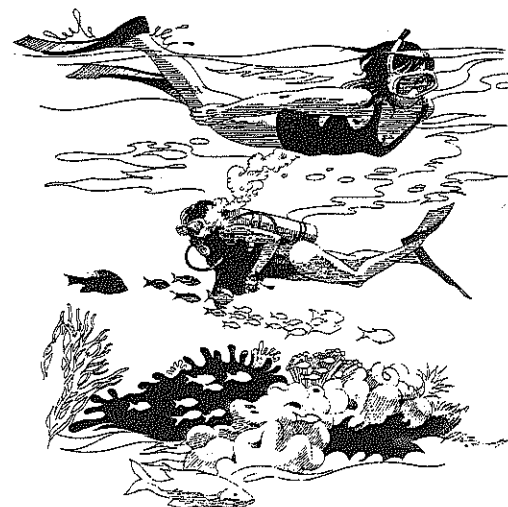
Fitness Swimming

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.

AQ-106

Carol Stites

Date: September 10 - October 24 (Tue./Thur.)
Time: 6 - 7:30 pm
Fee: \$73 non-credit
(May be applied for credit, Call 539-8763)
Location: KSU Natatorium



Scuba Diving

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.

AQ-103

Instructor: Jeff Wilson

Date: September 16 - October 21 (Monday)
Time: 6:00 - 10:00 pm
Fee: \$230 non-credit (KSU credit also available.)
Location: YMCA
1703 McFarland, Junction City

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# Career & Finance

1221 THURSTON

539-8763

## Gain Control of Your Money & Become Debt-Free

FC-01

Is there too much month at the end of your paycheck? Do you have a plan to control the money that you make, spend and save? Are you spending too much on debt and insurances? This class will cover fees and mortgages. You will learn to identify problem areas in your finances, so that you can start to take control of your money. Learn to buy wisely and reach your financial dreams. Everyone attending this seminar will have the option to get an individual consultation to establish their debt-free date.

Charlene Brownson (776-3666) is the instructor for Women & Money, an 8-week program that is offered in the fall for KSU credit and non-credit. She enjoys sharing her knowledge with others to help them develop money skills. Charlene works with a local financial service company.

Date: September 23 (Monday)  
Time: 7 - 8:30 pm  
Fee: \$8 individual/\$12 couple  
Both: 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.

Charlene Brownson (776-3666)

Date: September 30 (Monday)  
Time: 7 - 8:30 pm  
Fee: \$8 individual/\$12 couple  
Both: Gain Control & Investing  
\$10 individual/\$14 couple  
Location: UFM Conference Room

## Invest Ed - 529 Plan

FC-21a

Are you concerned about funding your child or grandchild's college education? If so, you are not alone. It is important, when deciding how to fund their education, that you are aware of all your options. This seminar has been designed to help you understand 529 plans and how they can help you accumulate assets through tax-deferred savings, estate planning benefits, low minimum investment, and high contribution limits.

Kimberly D. Toro

Date: September 10 (Tuesday)  
Time: 7 - 8:30 pm  
Fee: \$8 individual/\$12 couple  
Location: Waddell and Reed, Inc.  
555 Poyntz, Suite 280

## Invest Ed - 529 Plan

FC-21b

Kimberly D. Toro

Date: October 5 (Saturday)  
Time: 10 - 11:30 am  
Fee: \$8 individual/\$12 couple  
Location: Waddell and Reed, Inc.  
555 Poyntz, Suite 280

## Financial Planning for Women

FC-06

Ninety percent of women become wholly responsible for their own financial welfare sometime during their lifetimes. It is critical for women to take an active role in managing their money and preparing for the future. This class will cover basic information to provide structure in planning and managing your finances. Information on investing will be included.

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

Date: October 15 (Tuesday)  
Time: 7 - 8:30 pm  
Fee: \$8  
Location: Waddell & Reed, Inc.  
555 Poyntz Avenue

## Saving for Your Children's Education, Is It Out of Reach?

FC-25

Would you like to find out about the different plans available to fund your children's/grandchildren's college or vocational education? Have you heard about the upromise program? When you make purchases (groceries, Real Estate, automobiles, and various services) a percent of your purchase may go into your upromise account. Learn the pros and cons about 529 plans, Coverdell IRA (educational IRA) and UGMA/UTMA. Find out why many people don't start planning.

Charlene Brownson

Date: October 14 (Monday)  
Time: 7 - 8 pm  
Fee: \$8  
Location: UFM Conference Room

## The Small Business LLC

FC-03

This is a class on limited liability company (LLC) basics for entrepreneurs. Discussion topics: What is an LLC? How do I start an LLC? What are its advantages? What are some issues with the ongoing operation of an LLC?

Amy Bipes (785-484-2387), an attorney with Telhorst & 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 business planning, charitable giving, and working with individuals and organizations to establish gifting programs. Amy is a member of the Kansas and Jefferson County Bar Associations as well as the National Network of Estate Planning Attorneys. She is also a member of the American Bar Association. Amy received her Juris Doctor from Washburn University of Law in 1998. She graduated summa cum laude from Kansas State University, with a bachelor's degree in education.

Date: September 24 (Tuesday)  
Time: 7 - 8:30 pm  
Fee: \$33  
Location: UFM Conference Room

## Long-Term Care, Protecting Your Health and Wealth in the Future

FC-15a

The topics we will address in class:

- What are the risks?
- Can you afford to self-insure?
- What type of insurance is available?
- What to look for in a policy?
- What are the effects of new legislation?
- How does Medicaid work?

Kimberly D. Toro is a Financial Adviser with Waddell and Reed, Inc.

Date: September 14 (Saturday)  
Time: 10 - 11:30 am  
Fee: \$8 individual/\$12 couple  
Location: Waddell and Reed, Inc.  
555 Poyntz, Suite 280

## Long-Term Care, Protecting Your Health and Wealth in the Future

FC-15b

Kimberly D. Toro

Date: November 9 (Saturday)  
Time: 10 - 11:30 am  
Fee: \$8 individual/\$12 couple  
Location: Waddell and Reed, Inc.  
555 Poyntz, Suite 280

## Direct Mail Postal Service Seminar

FC-31

This class is an overview of what Direct Mail is and is not. For this class it does not matter if you are new to direct mail or have an experienced hand with it. From creating your direct mail copy to designing an attractive mail order piece, there is something for everyone. Learn how to choose the right paper and ink as well as understand the whole process. All done with a dash of humor and fun. Clubs, user groups, entrepreneurs, small business owners, retailers, sale managers, ad managers, marketing managers, professionals, and fundraisers can find ideas that will be of help. Different software and options for mailings will be explained.

Ralph Wasmer

Date: September 28 (Saturday)  
Time: 10 - 12 pm  
Fee: \$33  
Location: Manhattan Public Library

See More Career & Finance Classes on next page →

## Frankenstein:

### Penetrating the Secrets of Nature

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For more information: [www.lib.ksu.edu/frank](http://www.lib.ksu.edu/frank)

This exhibit was developed by the National Library of Medicine in Collaboration with the American Library Association. It has been made possible by major grants from the Nation Empowerment for the Humanities, Washington, D.C. and the National Library of Medicine, Bethesda, MD

All participants must register in advance.





Direct Mail Postal Service Seminar:

Advanced

FC-24

This class is geared towards business owners, retailers, sale managers, ad managers, marketing managers, professionals, and fund-raisers. All can find ideas that will be of help. Different software and options for mailing will be explained. Detailed cost analysis, and in-class worksheets for analysis of costs, time, and results will be covered. Spreadsheet knowledge somewhat helpful, but not required.

Ralph Wasmer

Date: October 26 (Saturday)

Time: 10-12 pm

Fee: \$85

Location: Manhattan Public Library



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 an 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 10 - October 29 (Tuesday)

Time: 3 - 5 pm

Fee: \$35 non-credit/ \$127 credit

Early Bird fee \$30 if registered before Aug.28.

Location: UFM Conference Room

Beginning AOL by Cyber - Street Seminar

FC-27

Over 15 million users make America On Line (AOL) the nations largest ISP and portal. In this class you will learn more about AOL and how to make the most of your online time. Topics that will be covered: Getting started (install or use pre-installed), how to get in touch e-mail, instant messages and chatting, how to find and get the information you need, online shopping, online travel, job searches, and how to have fun. With attachments and FTP the moving of files will seem like second nature after the class.

Ralph Wasmer

Date: December 7 (Saturday)

Time: 10 - 12 pm

Fee: \$28

Location: Manhattan Public Library

Money Management

FC-34a

The class is designed to provide basic knowledge about current issues that are important to planning one's financial future. We will sort out many saving and investment options that are available to the public, without leaning toward any one method of investing. It also shows those who attend the value of planning for their financial future.

Kimberly D. Toro

Date: September 28 (Saturday)

Time: 10 - 11:30 am

Fee: \$8 individual/\$12 couple

Location: Waddell and Reed, Inc  
555 Poyntz, Suite 280

Money Management

FC-34

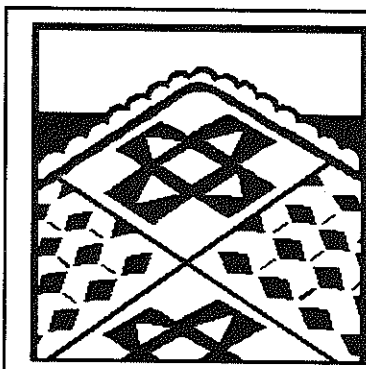
Kimberly D. Toro

Date: December 7 (Saturday)

Time: 10 - 11:30 am

Fee: \$8 individual/\$12 couple

Location: Waddell and Reed, Inc  
555 Poyntz, Suite 280



Creative Free Time

1221 THURSTON

539-8763

Learning to Write and Sell Fiction

CF-20

A workshop where students learn through participation, this class will introduce the fundamentals of writing and selling novels, stories, and teleplays, especially those in the genres of science fiction, fantasy, mystery, and horror (although the principles taught apply to all genre fiction). General topics will be covered as well as specific issues related to the student's manuscripts. Please bring a sample of a work in progress or begin a project after the first class session. Work will be critiqued by the instructor and by other members of the class.

Glenn Sixbury, has been writing and selling science fiction and fantasy for thirteen years. His credits include science fiction, fantasy, horror, and children's stories published in magazines and international hardcover and paperback anthologies. Over 200,000 copies of his stories exist in print, including international versions in both French and German. His first novel Legacy, was released in hardback and trade paperback by Tor Publishing in May 2002.

Date: October 22 - November 5 (Tuesday)

Time: 7:30 - 9:30 pm

Fee: \$14

Location: UFM Fireplace Room

Christmas Heirlooms

CF-30

Join us for a workshop designing and crafting lovely Christmas ornaments in needlepoint. Keep them as family heirlooms or give them as gifts to friends. The first session will be to design your ornament and learn the basic stitches required to get you started. The second session will cover advanced techniques and give you answers to any difficulties. The third session will discuss finishing techniques. Supplies are included in the class fee.

Cheryl Poister

Date: November 2 - 16 (Saturday)

Time: 10 - 12 pm

Fee: \$44

Location: UFM Multipurpose 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 4 - December 2

(Monday/Wednesday)

Time: 12:30 - 1:20 pm

Fee: \$117

(May be applied for credit, Call 539-8763)

Location: McCain, Room 127, KSU

No class November 27

Look for Fun with Rabbits in the Earth & Nature Section of the catalog on page 11

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 whether your level of experience is appropriate for this class, please contact the instructor.

Sibylle Kuder (776-2098)

Date: September 3 - November 26  
(Tuesday/Thursday)

Time: 12:30 - 1:20 pm

Fee: \$117

(May be applied for credit, Call 539-8763)

Location: McCain, Room 127, KSU

No class November 28

Wire Jewelry Making

CF-15a

In this class you will be making earrings and a necklace using sterling silver wire and semi-precious beads. Kits will be provided which include sterling silver wire, semi-precious beads, clasps, etc.

Mary Kawra operates Above & Beyond, a gift store in the Manhattan Town Center. She has been making jewelry for the past 10 years.

Date: September 17 and 19

(Tuesday and Thursday)

Time: 7 - 8 pm

Fee: \$60

Location: UFM Conference Room

Wire Jewelry Making

CF-15b

Mary Kawra

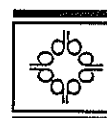
Date: November 12 and 14

(Tuesday and Thursday)

Time: 7 - 8 pm

Fee: \$60

Location: UFM Conference Room



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**Tenerife Needle Lace**

CF-57

Tenerife is a needle lace done in the round. Use metallic threads and a bangle bracelet to make an ornament for the holidays while learning the basics of this old needle weaving technique. Class supplies are included in the class fee and will be provided by the instructor.

Ronna Robertson (770-8305) has been making and teaching needle laces for over 10 years.

Date: November 7 (Thursday)  
Time: 7 - 9 pm  
Fee: \$16  
Location: 1717 Kingwood Drive  
Stagg Hill Rd. to Sumac Dr. to Kingwood Dr.

**Needlepoint**

CF-58

Needlepoint has been a treasured skill since the Middle Ages. Lovely, durable needlepoint textiles have lasted through the centuries and are on display in museums throughout Europe and America. You can learn to make similar heirlooms for your family, friends, and yourself. Design and stitch your own needlepoint sampler using top quality wool yarns. Learn the basic techniques and patterns that will enable you to continue to create treasures. Basic stitches will be taught along with your selection of more advance techniques. All supplies, except yarn, are included in the class fee.

Cheryl Poister is an experienced needlework instructor with decades of teaching experience. She has spent the last five years in Southeast Asia, and is back teaching with us again.

Date: October 5 - 26 (Saturday)  
Time: 10 - 12 pm  
Fee: \$39 (Yarn needed will be available for purchase from instructor)  
Location: UFM Multipurpose Room

**Blackwork Embroidery**

CF-59

The sumptuary laws of the Renaissance forbade classes to wear lace. Laws strictly prohibited more desirable and ornate laces to be worn by those not deemed to be sufficiently high in social status. Fashion, of course, was not to be thwarted. Ingenious dressmakers devised a type of embroidery that mimicked the textures and patterns of lace. Portraits of England's Queen Elizabeth I show her dressed in fabrics rich with blackwork embroidery. Devise your own exquisite sampler of blackwork patterns in this class. Blackwork is similar to counted cross-stitch and uses many of the same techniques. Join us and try these easy yet elegant crafts. Supplies are included in the class fee.

Cheryl Poister

Date: September 14 - 28 (Saturday)  
Time: 10 - 12 pm  
Fee: \$44  
Location: UFM Multipurpose Room

**Bobbin Lacemaking**

CF-64

Whether a beginner or revisiting bobbin lace, come learn to weave lace the way it was done before machines were invented. All supplies and equipment will be provided by the instructor unless you have your own.

Ronna Robertson (770-8305) has been making and teaching bobbin lace techniques for 20 years.

Date: October 3, 10, and 17 (Thursday)  
Time: 7 - 9 pm  
Fee: \$27  
Location: 1717 Kingwood Drive  
Stagg Hill Rd. to Sumac Dr. to Kingwood Dr.

**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 12 (Thursday)  
Time: 7 - 9 pm  
Fee: \$15  
Location: UFM Fireplace Room

**Safe and Creative Care of Family Photos**

CF-02b

Pam Schmid (1-800-347-2625)

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

**Safe and Creative Care of Family Photos**

CF-02c

Pam Schmid (1-800-347-2625)

Date: November 12 (Tuesday)  
Time: 7 - 9 pm  
Fee: \$15  
Location: UFM Fireplace Room

**Black and White Film Developing for the Beginner**

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.

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

Date: September 24 (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 Sept. 17

**Black and White Film Developing for the Beginner**

CF-09b

Harold Wellmeier

Date: October 29 (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 October 22.

**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

**Digital Video Disk (DVD) Editing Basics**

CF-48a

Do you have a stack of video tapes at home? Old 8mm tapes? Lots of slides? You will learn how to transfer these to an edited video or better yet put them on a DVD. A DVD will hold up to 2 hours of video. You will how to make an edited movie with a menu that will take you right to that special occasion, kid's championship game, your parent's anniversary, the vows of your wedding, or Uncle Bob at the last reunion. Learn the basics necessary to produce a finished DVD project. The archival benefits of DVD for your precious video will be demonstrated and discussed.

Gordon Schmid is from Council Grove. He has taught for 35 years in the public schools with recent experience in Library Media/Technology. Gordon currently is the owner of a mobile digital video editing business, Story2Tell. He has 15 years experience using Mac Computers as well as 10 years experience as a hobbyist videographer.

Date: September 12 (Thursday)  
Time: 7 - 9 pm  
Fee: \$25  
Location: UFM Greenhouse

**Digital Video Disk (DVD) Editing Basics**

CF-48b

Gordon Schmid

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

**Digital Video Disk (DVD) Editing Basics**

CF-48c

Gordon Schmid

Date: November 12 (Tuesday)  
Time: 7 - 9 pm  
Fee: \$25  
Location: UFM Greenhouse

**See More Creative Freetime Classes on next page →**

**Teach a Class at UFM**

Teaching a Class at UFM can enhance your business, be an instructional opportunity for students, be an opportunity to network with those who share your interests or be a nice way to meet people. Call Kristen at UFM (539-8763) by October 25th to offer a class in the spring catalog.

**All participants must register in advance.**



# Youth

1221 THURSTON

539-8763

## Plein Air Painting in Pastel & Oil CF-69a

This class will be held outside. We will explore areas of the beautiful flint hills and local gardens and parks. Painting in the impressionistic and expressionistic styles will be introduced. Plein air painting is a traditional painting style in which the artist takes in the natural surroundings and paints from life. Techniques in pastel and oil painting will be introduced. Each individual's studying unique style will be emphasized. This class is geared for the novice and advanced artist alike. Bring a sketchpad and vine charcoal to the first class, a materials list will be provided.

*Karena Kimble* is a painter and M.F.A. candidate. She began painting her studies in traditional oil painting in Colorado. She studied the John Singer Sargent method as well as Plein air painting with Chuck Forsman. She is inspired by the flint hill area and believes that Plein air painting can be a significant method to learn for the beginner as well as advanced painter.

Date: October 5 - November 2 (Saturday)  
Time: 3:30 - 5:30 pm  
Fee: \$41  
Location: Meet at UFM  
No class October 19

## Basic Nature Photography CF-73

Information will be primarily centered around 35mm SLR cameras and equipment. Some topics include camera settings and operation, choosing and using different lenses, types of film and an introduction to exposure, composition, and technique. This class is geared toward beginning photographers. Participants will need their own fully functional 35mm SLR camera. Tripods will also be beneficial. Participants should bring their cameras to each class for maximum benefit. The class will include 4 classroom meetings and 3 photo field trips. Class fees will include 3 rolls of slide film and development, plus 1 framed 8 x 10 picture.

*Scott Bean* has been enjoying the hobby of nature photography for the past 5 years. Photography is a wonderful way to enjoy the beauty of nature. Each photograph represents a unique view of our world. Scott started trying to capture these views 5 years ago and would like the chance to help others get started in this wonderful hobby. His goal is to help you avoid some of the common mistakes he experienced as a beginning photographer.

Date: September 19 - October 10 (Thursday)  
September 22 - October 6 (Sunday)  
Time: 7 - 9 pm (Thursday)  
5 pm (Sunday)  
Fee: \$73  
Location: UFM Conference Room (Thursday)  
Meet at UFM (Sunday)

## Basic Bead Stringing CF-19a

In this class you will learn to make a bracelet and necklace with different types of clasps using elastic, thread, and tiger tail. Kits will be provided which include semi-precious stones, clasps, thread, needle, etc.

*Mary Kamra*

Date: September 10 and 12  
(Tuesday and Thursday)  
Time: 7 - 8 pm  
Fee: \$60  
Location: UFM Conference Room

## Basic Bead Stringing CF-19b

*Mary Kamra*

Date: November 5 and 7  
(Tuesday and Thursday)  
Time: 7 - 8 pm  
Fee: \$60  
Location: UFM Banquet Room

## Kids On Campus

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

## Introduction to Dance Ballet, Tap, and Jazz

This is an introductory class designed to provide exposure to ballet, jazz, and tap steps for children ages 4-12. No dance experience or formal dance attire is needed.

*Randi Dale* (539-5767) has taught dance for 40 years. Her dance choir toured the Midwest and Europe. She is a certified teacher with a Masters degree in Education. In Spring 2002, her dance students performed Swan Lake Ballet with her original choreography designed for children.

Date: September 4, 11 (Wednesday)  
Time: 6:15 - 7 pm  
Fee: \$8  
Location: 2416 Rogers Blvd.

## Archery for Youth

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

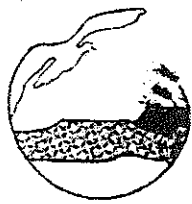
*Tom Korte* is a certified national archery instructor NAA level 4. Tom has helped his students compete at a national level and produced a National Champion. He has many years of coaching experience including Archery Instructor for 4-H. Shooting Sports Director for Boy Scout Camp. He is presently coaching JOAD club, Manhattan Royal Archers.

Date: November 7 - December 5 (Thursday)  
Time: 7 - 8 pm  
Fee: \$18  
Location: 1125 Laramie Plaza (upstairs)

### 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.

*Would you like a positive, relaxed, but deeply spiritual experience? If so, join us at the*



**UNITY Church of Manhattan**

1021 Denison Ave.  
537-6120  
Sunday Service 11:00 am

## Art From Around the World (5 - 10 year-olds)

This class will introduce the cultural background of several art traditions from around the world through drama and storytelling. Each session everyone will create an art piece that explores the creative possibilities of various art forms. Each session will be focused on one of the creative arts, such as Indonesian puppetry, South American mask making, and more! The fun and exploration of various cultures and materials will be emphasized.

*Karena Kimble* is an artist and has an M.F.A. in painting. She has taught art to children in private and classroom settings for over twelve years. She has taught in Europe and the United States.

Date: September 7 - 28 (Saturday)  
Time: 9:30 - 10:30 am  
Fee: \$31  
Location: UFM Fireplace Room

## Art From Around the World (5 - 10 year-olds)

*Karena Kimble*

Date: October 5 - 26 (Saturday)  
Time: 9:30 - 10:30 am  
Fee: \$31  
Location: UFM Fireplace Room

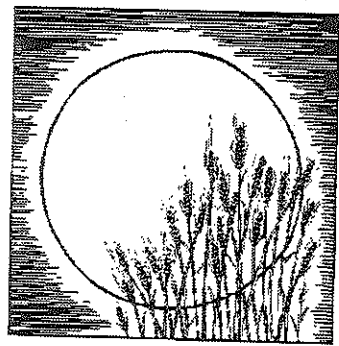
## Art From Around the World (5 - 10 year-olds)

*Karena Kimble*

Date: November 2 - 23 (Saturday)  
Time: 9:30 - 10:30 am  
Fee: \$31  
Location: UFM Fireplace Room

### Classes the family can enjoy together:

- Sunday Family Swim
- Jewelry Making
- SHARP Women's Self Defense
- SHARP "ER" Women's Self Defense
- Fun with Rabbits
- Tae Kwon Do
- Meteor Party
- Beginning Chinese
- Golf
- Pet First Aid and Safety



# Earth, Nature & Environment

1221 THURSTON

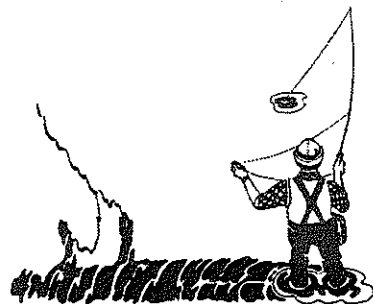
539-8763

## Fly Fishing

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

Paul Sodamann (494-2340)

Date: September 9 - 19 (Mon, Tues, Wed, Thurs)  
Time: 6 - 8 pm  
Fee: \$86 non-credit  
Location: Susan B. Anthony Middle School  
2501 Browning



## Fly Fishing

Paul Sodamann

Date: September 23 - October 3  
(Mon, Tues, Wed, Thurs)  
Time: 6 - 8 pm  
Fee: \$86 non-credit  
Location: Susan B. Anthony Middle School  
2501 Browning

## Fun With Rabbits!

Have you ever wanted to own a rabbit? Do you own a rabbit and have questions about rabbit care? Would you like to learn more about rabbits? Did you know there are 45 breeds recognized in the Rabbit Standards book? We will cover basic rabbit care, breed identification, and uses for various breeds. We will teach you rabbit showmanship and give you a chance to try it out for yourself. You will learn about selection and how rabbits are judged. Rabbits are one of the healthiest and most enjoyable pets to own. Come to our workshop just to watch, or to get as much hands on experience as you would like. We promise you...Fun with RABBITS!

William, Annette, and Bernadette Trieb (785-456-2080) jointly own their rabbits as Trieb Tribe WABbitry. They raise varieties of Rex and Satin rabbits, plus New Zealand and Himalayan rabbits. They show rabbits at the county, area, state, and national levels, including the 2001 National Convention in San Diego, California. William is the current Kansas ARBA Rabbit Prince and 1st Runner-Up National Prince. Annette is the 1st Runner-Up Kansas Rabbit Lady and 3rd Runner-Up at the National level. They earned these titles for their knowledge of rabbits and their performance in showmanship. They have been taught by their older sister, Bernadette, who has been showing rabbits for 8 years.

Date: November 19 (Tuesday)  
Time: 6 - 8 pm  
Fee: \$8  
Location: UFM Fireplace Room

## Meteor Party

The Leonid meteor shower occurs each November. There have been some awesome displays of meteors during the last several years; just not in Kansas. We plan to meet in a good dark spot to stay up late to see what the Leonids do this year. We will have at least two telescopes set up to view the moon and whatever else we can find. We will stay out as long as people are interested.

Dress warmly! Bring a blanket or a lawn chair. (The best way to watch for meteors is lying down.) Bring a thermos of coffee or cocoa. Come and go whenever you wish. But with meteor showers, the later you say up, the better the show. We will meet at the parking lot on the east end of Tuttle Creek dam. Please lower your lights as you pull in, to save the night-vision of those there. I will teach lots of astronomy, and answer as many questions about the sky as I can. The beautiful winter sky will be visible later in the evening. This is a great chance to learn about the wonders of the night sky.

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

Date: November 17 (Sunday)  
Time: 7 pm  
Fee: \$5 per family  
Location: East end of Tuttle Creek Dam

## Composting: The Fine Art of Making Black Gold

The fall can be the best time to make a compost pile! If you've not had much luck in the past with compost making, this class will cover everything you need to know to be successful. You choose how long you want the process to take and we'll show you the method. Finally we'll discuss how to use your "black gold" to enhance your yard or garden.

Colleen Hampton (539-5934) is a seasoned Extension Master Gardener and a member of the Manhattan Community Garden and several local garden clubs.

Date: September 23 (Monday)  
Time: 7 - 9 pm  
Fee: \$8  
Location: UFM Greenhouse

## Composting: The Fine Art of Making Black Gold

Colleen Hampton (539-5934)

Date: October 19 (Saturday)  
Time: 10 - 12 pm  
Fee: \$8  
Location: UFM Greenhouse

## Butterfly Gardening

Join the growing number of people who enjoy this exciting hobby that combines the best of gardening and butterfly-watching. Includes a slide show of native and exotic butterflies, flowers that attract them, and gardeners. The handout has descriptions of suitable plants for local butterflies, and more.

Andrea Chandler

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

## Xeriscaping, the Prairie Garden

Xeriscaping doesn't mean "zero-landscaping", but rather landscaping which holds up better in times of drought. Learn about our native wildflowers (and their improved cultivars), ornamental grasses, improving soil, and Xeriscaping principles for easier flower gardens. Class includes a handout describing plants and principles, catalogs, and bibliography, and slide show.

Andrea Chandler

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

## Pet First Aid and Safety

The American Red Cross has a new 5 hour First Aid and CPR course for animal lovers. The course will teach you how to:

- Protect both you and your pet from injury
- Perform rescue breathing and what to do when your pet is choking
- Stop bleeding, splint broken bones and treat for shock
- Prevent and handle poisoning
- Take care of your pet if bitten by a snake
- Handle sudden illnesses, including car sickness
- Treat your pet for exposure to extreme heat or cold, and more!

Please bring a stuffed animal to class. No live animals please.

Lara Iiams has been an American Red Cross Health and Safety instructor since 1997. She is a current resident of Geary County, KS since 1998. She has been involved with the Manhattan Kansas Kennel Club since 1999 and currently is their Public Education Coordinator.

Date: October 26 (Saturday)  
Time: 9 - 3 pm  
Fee: \$26  
Location: UFM Conference Room

**See More Earth & Nature Classes on next page →**

## JOIN THE NORTHERN FLINT HILLS AUDUBON FOR CHAPTER ACTIVITIES THIS FALL:.

Ice Cream Social September 15 (Sunday) at 2:00 p.m. at Sojourner Truth Park. Learn about how we work in the community. Everyone is welcome. For more details call 785-494-2556.

Musical Fundraiser November 16 (Saturday) at 8:00 p.m. at the Manhattan Arts Center. Performances by Ann Zimmerman, Connie Dover and others. Tickets are available at AC or the Dusty Bookshelf.

Beginning Birding The Second Saturday of every month at 8:00 a.m. Meet at the Ackert/Durland parking lot on KSU campus. Birders of all experience levels welcome, especially children.

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



**Herb Gardening for the Novice** EN-33

This class is a full sensory experiences. Watch a full slide show of different herbs and herb gardens. Then, we'll explore the differences between annual and perennial herbs and discuss seed starting. You'll also get to smell and taste herbs in a few recipes, get pages of handouts with recipes and uses. Learn how to make herbal oils, vinegars, and more. Class is devoted to culinary, not medicinal herbs.

Andrea Chandler

Date: September 11 (Wednesday)  
Time: 7 - 9 pm  
Fee: \$14  
Location: UFM Conference Room



**Cottage Garden in Suburbia** EN-41

Cottage-type gardens replete with an abundance of old-fashioned annuals and perennials are gaining in popularity again. Find out how you can create one of these gardens for your own sunny yard, and view a slide show of plants suitable for our climate.

Andrea Ray Chandler is a horticulturalist and author of Growing Great Vegetables in the Heartland, plus numerous articles on gardening published in local and national magazines. She received her training through the Extension Master Gardener program and has a BS in Horticulture from Kansas State University. She has taught gardening classes at Johnson County Community College, and has given presentations to a variety of audiences in both Kansas and Missouri. She is a Zone 5 Trial Variety Tester for Organic Gardening (OG) magazine. She evaluates new plant materials yearly in her own gardens.

Date: October 23 (Wednesday)  
Time: 7 - 9 pm  
Fee: \$14  
Location: UFM Conference Room

**Made in the Shade Gardens** EN-42

Shade gardeners don't worry about sunburn, tomato wilt, or wind-whipped plants. But what do you grow in the shade besides impatiens and hostas? What can you do about (eeuw) slugs and snails? Get handouts listing over three dozen dastardly ways to do in the slime demons, along with plant descriptions, and resources. View a slide show of three seasons of flowering plants.

Andrea Chandler

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

"I never feel age...if you have creative work, you don't have age or time."  
—Louise Nevelson



# 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+

\*\*Thursday, August 29, at 7 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 41 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 4th degree black belt with over 11 years experience in Tae Kwon Do.

Date: August 29 - December 12 (Tuesday/Thursday)  
Time: 6:30 - 7:30 pm  
Fee: \$72  
Location: Ahearn Fieldhouse, KSU  
No class November 28

**Tae Kwon Do II Advanced** MA-02

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

Date: August 29 - December 12 (Tuesday/Thursday)  
Time: 7:30 - 8:30 pm  
Fee: \$72  
Location: Ahearn Fieldhouse, KSU  
No class November 28



**White Phoenix System 5th lower level** MA-07

In this class we will work on the material required for the 5th lower level of the White Phoenix System. Included in this level is ground grappling. Ninpo Taijutsu, Sanchin Kata, Kung Fu one step sparring, and Jujutsu Walking exercises. We will start the class by reviewing the material for 6th lower level (Kung Fu basics and 20 Jujutsu techniques) and go from there depending on the students skills. The student who signs up for this class should have experience in grappling and striking basics.

Stan Wilson (539-7723)

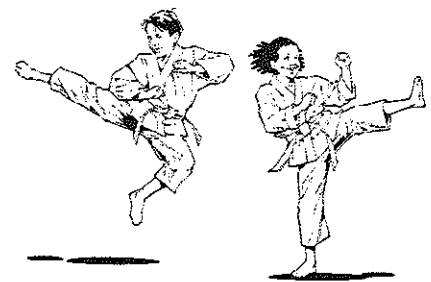
Date: September 11 - November 20 (Wednesday)  
Time: 7 - 8 pm  
Fee: \$45 fee includes 3 manuals  
Location: Ahearn Fieldhouse, KSU

**Combat Grappling** MA-03

In this class we will work on the style of grappling used in the Ultimate Fighting Championships and standup self-defense. We will work on falls, escapes from the mount, passing the guard, submissions, and the 20 basic standup self-defense techniques. Escapes from the mount and falls are required to pass the 5th lower level of the White Phoenix System.

Stan Wilson (539-7723) has been practicing martial arts for 32 years. He has a 2nd degree black belt in Hakkoryu Jujutsu, a 1st degree black sash in 18 Taoist Palms Kung Fu, a 3rd degree black sash in White Dragon Kung Fu, and is the founder of the White Phoenix System. He has been involved in Ninjutsu for 25 years.

Date: September 9 - October 28 (Monday)  
Time: 8 - 9 pm  
Fee: \$42 fee includes 3 manuals  
Location: Ahearn Fieldhouse, KSU



**Ninpo Taijutsu** MA-04

Ninpo Taijutsu is the unarmed fighting style of the Ninja. In this class we will work on six solo techniques, Gokkoryu two person techniques, and 20 basic self-defense techniques.

Stan Wilson (539-7723)

Date: November 4 - December 9 (Monday)  
Time: 8 - 9 pm  
Fee: \$35 fee includes 2 manuals  
Location: Ahearn Fieldhouse, KSU

**Judo I** MA-05

Judo I is intended not to gain 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

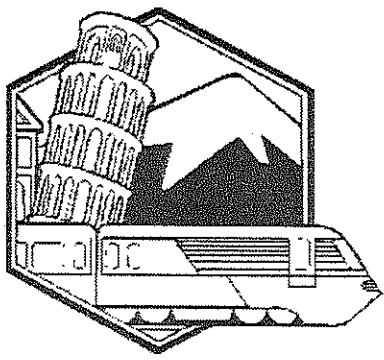
Date: August 27 - December 5 (Tuesday/Thursday)  
Time: 8:15 - 9:15 pm  
Fee: \$73 non-credit  
Location: Ahearn Fieldhouse  
No class November 26 and 28

**Judo II** MA-06

Isaac Wakabayashi

Date: August 27 - December 5 (Tuesday/Thursday)  
Time: 9:15 - 10:15 pm  
Fee: \$73 non-credit  
Location: Ahearn Fieldhouse  
No class November 26 and 28





# 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. A recommended book will be available for purchase at Claflin Books & Copies.

*Rachel Greenwood (785-292-4504)* 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 U.S. and in Latin America.

Date: September 3 - October 15  
(Tuesday and Thursday)  
Time: 3:30 - 5 pm  
Fee: \$60  
Location: UFM Multipurpose Room  
No class September 19

**ESL: English as a Second Language LA-01b**

*Rachel Greenwood (785-292-4504)*

Date: September 3 - October 15  
(Tuesday and Thursday)  
Time: 5:30 - 7 pm  
Fee: \$60  
Location: UFM Multipurpose Room  
No class September 19

**ESL: English as a Second Language LA-01c**

*Rachel Greenwood (785-292-4504)*

Date: October 17 - November 26  
(Tuesday and Thursday)  
Time: 3:30 - 5 pm  
Fee: \$60  
Location: UFM Conference Room

**ESL: English as a Second Language LA-01d**

*Rachel Greenwood (785-292-4504)*

Date: October 17 - November 26  
(Tuesday and Thursday)  
Time: 5:30 - 7 pm  
Fee: \$60  
Location: UFM Conference Room

**In Memory:**

## Mark Tessendorf

Mark Tessendorf, UFM tennis instructor, died last May. Mark earned his Bachelor's degree from Coe College in Cedar Rapids Iowa in Business and Economics, and received his Masters degree from Kansas State University in Kinesiology.

Mark taught beginning and intermediate tennis for over 11 years for UFM. Students learned from his teaching and enjoyed learning the game of tennis.

## Chinese I

This course teaches the basic knowledge of Chinese. Students will learn some skills in speaking, reading, and listening. Students will learn the Chinese culture from this course.

*Jui Jung Huang (Daisy)* is from Taiwan and she is a graduate student at KSU. She is currently pursuing her PhD in Technology Education. She has experience in teaching Chinese at a church in Manhattan. She likes to share the Chinese culture with people is enthusiastic about teaching Chinese.

Date: September 3 - 26 (Tuesday and Thursday)  
Time: 7:30 - 8:30 pm  
Fee: \$67  
Location: UFM Multipurpose Room

## Chinese I

*Jui Jung*

Date: October 1 - 24 (Tuesday and Thursday)  
Time: 7:30 - 8:30 pm  
Fee: \$67  
Location: UFM Multipurpose Room

## Chinese I

*Jui Jung*

Date: November 5 - 21 (Tuesday and Thursday)  
Time: 7:30 - 8:30 pm  
Fee: \$54  
Location: UFM Multipurpose Room

## Chinese II

Please come join us in learning more Chinese. This course will include reading, writing, and speaking Chinese. You will also be learning the beauty and culture of China.

*Jui Jung*

Date: September 4 - 25 (Wednesday)  
Time: 7:00 - 8:30 pm  
Fee: \$48  
Location: UFM Multipurpose Room

## Chinese II

*Jui Jung*

Date: October 2 - 23 (Wednesday)  
Time: 7:00 - 8:30 pm  
Fee: \$48  
Location: UFM Multipurpose Room

## French Language

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

*Emilie Rabbat (587-9036)*, a naturalized citizen, is originally from Tanta, Egypt. Her training course, "Stage do 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 3 - 25 (Tuesday & Wednesday)  
Time: 10 - 11 am  
Fee: \$41  
Location: UFM Multipurpose Room

## French Language

*Emilie Rabbat (587-9036)*

Date: October 1 - 23 (Tuesday & Wednesday)  
Time: 10 - 11 am  
Fee: \$41  
Location: UFM Multipurpose Room

## French Language

*Emilie Rabbat (587-9036)*

Date: October 29 - November 20  
(Tuesday & Wednesday)  
Time: 10 - 11 am  
Fee: \$41  
Location: UFM Multipurpose Room

## Beginning Sign Language

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.

*Amiee McLain*

Date: September 11 - October 30 (Wednesday)  
Time: 7:30 - 8:30 pm  
Fee: \$56  
Location: Justin Hall, Room 149, KSU

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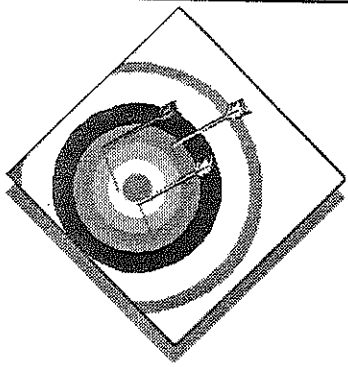
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UFM classes make great gifts.



# Recreation & Dance

1221 THURSTON

539-8763

## Ballroom Dance

RH-03d

Michael Bennett (776-7557)

Date: November 2 - December 14 (Saturday)  
Time: 6:30 - 7:30 pm  
Fee: \$28 individual/\$49 couple  
Location: ECM Auditorium  
1021 Denison Avenue  
No class November 30

## 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 score card and handicaps.

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

Date: August 22 - September 12 (Thursday)  
Time: 6:30 - 7:30 pm  
Fee: \$36  
Location: Stagg Hill Golf Club  
4441 Ft. Riley Blvd.

## Swing & Salsa Dancing

RH-02b

Michael Bennett (776-7557)

Date: November 2 - December 14 (Saturday)  
Time: 7:30 - 8:30 pm  
Fee: \$28 individual/\$49 couple  
Location: ECM Auditorium  
1021 Denison Avenue  
No class November 30

## 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 30 - December 13 (Friday)  
Time: 7:30 - 8:30 pm  
Fee: \$49 individual/\$89 couple  
Location: ECM Auditorium  
1021 Denison Avenue  
No class October 18 and November 29

## Introduction to Golf

RH-01b

Jim Gregory (539-1041)

Date: September 19 - October 10 (Thursday)  
Time: 6 - 7 pm  
Fee: \$36  
Location: Stagg Hill Golf Club  
4441 Ft. Riley Blvd.

## 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 30 - October 4 (Friday)  
Time: 8:30 - 9:30 pm  
Fee: \$28 individual/\$49 couple  
Location: ECM Auditorium  
1021 Denison Avenue

## Golf in Junction City

RH-07

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.

Mike Webb, golf pro at Rolling Meadows Golf Course, Junction City.

Date: August 28 - October 16 (Wednesday)  
Time: 4 - 6 pm  
Fee: \$120  
Location: Rolling Meadows Golf Course  
7550 Old Milford Road  
Junction City

## 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 31 - October 5 (Saturday)  
Time: 7:30 - 8:30 pm  
Fee: \$28 individual/\$49 couple  
Location: ECM Auditorium  
1021 Denison Avenue

## Ballroom Dance

RH-03b

Michael Bennett (776-7557)

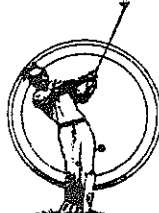
Date: November 1 - December 13 (Friday)  
Time: 8:30 - 9:30 pm  
Fee: \$28 individual/\$49 couple  
Location: ECM Auditorium  
1021 Denison Avenue  
No class November 29

## Ballroom Dance

RH-03c

Michael Bennett (776-7557)

Date: August 31 - October 5 (Saturday)  
Time: 6:30 - 7:30 pm  
Fee: \$28 individual/\$49 couple  
Location: ECM Auditorium  
1021 Denison Avenue



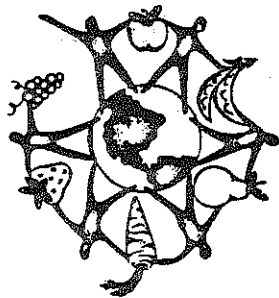
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Jim Gregory, PGA Professional





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Anyone can shop & buy, but members receive discounts



**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. Minimum age 13. Equipment provided. Course may be repeated.

*Bill Meyer (587-9990)* began fencing as a child in Germany. He studied modern foil, epee, and saber at Washington State University and the University of Idaho, and is L-1 certified through USFA Coaches College.

Date: September 9 - December 2 (Monday)  
 Time: 6 - 7:30 pm  
 Fee: \$44 if you have your own equipment  
 \$74 to use instructor's equipment  
 Location: South end of indoor track, Ahearn Fieldhouse, KSU - Enter westside of Ahearn off of Denison Street

**Intermediate Fencing**

RH-09

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

*Bill Meyer (587-9990)*

Date: September 9 - December 2 (Monday)  
 Time: 7:30 - 9 pm  
 Fee: \$44 if you have your own equipment  
 \$74 to use instructor's equipment  
 Location: South end of indoor track, Ahearn Fieldhouse, KSU - Enter westside of Ahearn off of Denison Street

**Competition Fencing**

RH-24

This course focuses on drills and skills in preparation for local and national tournaments in electric foil and epee. Some topics covered include: equipment tuning, referee reading, corps-a-corps, cards, tactical wheel, right-of-way, counter attack, and evasion. USFA membership or FIE license will be required. By permission only.

*William Meyer*

Date: September 11 - December 4 (Wednesday)  
 Time: 7 - 9 pm  
 Fee: \$42 if you have your own equipment  
 \$72 to use instructor's equipment  
 Location: Ahearn Fieldhouse, KSU - Enter westside of Ahearn off of Denison.  
 No class November 27

**Archery**

RH-17

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

*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: November 7 - December 19 (Thursday)  
 Time: 8 - 9:45 pm  
 Fee: \$34  
 Location: 1125 Laramie Plaza (upstairs)

**Beginning Bowling**

RH-10a

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

*Terri Eddy (532-6562)* is the Recreation Manager of the K-State Student Union. She is an experienced bowler. She held the record for 12 years for the High Women's Scores for the state of Kansas (812), Manhattan Woman Bowler of the year for 6 years, and Manhattan City Scratch all event Champion from 1993-1995.

Date: August 28 - December 11 (Wednesdays)  
 Time: 10:30 - 11:20 am  
 Fee: \$59  
 \*May be applied for credit, call 539-8763  
 Location: Student Union Bowling Alley  
 No class November 27

**Beginning Bowling**

RH-10b

*Terri Eddy (532-6562)*

Date: August 29 - December 12 (Thursdays)  
 Time: 10:30-11:20 am  
 Fee: \$59  
 \*May be applied for credit, call 539-8763  
 Location: Student Union Bowling Alley  
 No class November 28.

**Basic West Coast Swing**

RH-20

West Coast Swing is a couple dance to music in 4/4 time and between 60 to 120 beats per minute. All types of music will be used (pop, RCB, Rock, Country, etc) This is a beginner level class and no prior dance experience is required. Class size is small and fun.

*Erik Holeman* has been involved in West Coast Swing since 1995, including competition level dancing. He feels dancing is to be enjoyed.

Date: September 6 - October 11 (Friday)  
 Time: 7:30 - 8:30 pm  
 Fee: \$26 individual/\$42 couple  
 Location: UFM Fireplace Room

**Ballroom Dance in Salina**

RH-25

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. Partners are not necessary. Class is co-sponsored with KSU at Salina Recreation Center.

*Audrey Umekubo*

Date: September 4 - December 11 (Wednesday)  
 Time: 7 - 8 pm  
 Fee: \$80  
 Location: KSU Salina, Recreation Center  
 3142 Scanlan Avenue, Salina  
 No class November 27

**Golf in Salina**

RH-26

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

*Steven Hardesty*

Date: August 28 - October 16 (Wednesday)  
 Time: 1 - 3 pm  
 Fee: \$118  
 Location: Salina Municipal Golf Course  
 2500 East Crawford, Salina

**Football Officiating**

RH-30

This class is for new and semi-experienced officials who want to improve, excel, and learn the fundamentals and rules of football officiating.

*Ben Scooby (537-5113)*

Date: August 28 - October 9 (Wednesday)  
 Time: 7 pm  
 Fee: \$36  
 Location: UFM Conference Room

**See More Recreation & Dance Classes on next page →**

*Take a Peek at the Past*

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

Riley County Historical Museum

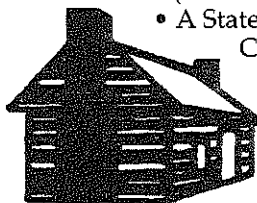
2309 Claflin

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

Goodnow House Museum

2309 Claflin

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



Pioneer Log Cabin

Manhattan City Park

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

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

Wolf House Museum

630 Fremont

- 1868 stone home also served as a boarding house
- Furnished with period antiques
- Special exhibits
- New Exhibit opening Fall 2002
- 1:00-5:00 Saturday 2:00-5:00 Sunday and by appointment

For more information, call 565-6490

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



**Basketball Officiating**

RH-29

This class is for new and semi-experienced officials who want to improve, excel, and learn the fundamentals and rules of basketball officiating.

*Ben Scoby* (537-5113) is a student at Kansas State University who enjoys officiating and wants to get more people involved and informed about the great rewards that come from officiating games.

Date: October 16 - December 4 (Wednesday)  
Time: 7 pm  
Fee: \$36  
Location: UFM Conference Room  
No class November 27



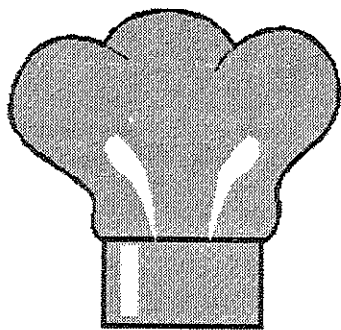
**Advanced Golf**

RH-31

This course is being offered to take players to the next level of golf proficiency. By learning little things to help your game both on and off the course. Students will play 2 times and also receive instruction on other specific areas of the game.

*Chad Myers* (776-6475) has 25 years golfing and 13 years teaching experience. He graduated KSU in 1996 where he played golf from 1994 - 1996. Chad is now the Head Golf Professional at Colbert Hills.

Date: September 3 - October 29 (Tuesday)  
Time: 5 - 6 pm  
Fee: \$86  
Location: Colbert Hills Golf Course  
5200 Colbert Hills Drive  
No class October 15



# Food for Fun

1221 THURSTON

539-8763

**Vegetarian Cooking**

FF-05

Vegetarian cooking can be more creative than grilled cheese sandwiches and cheese pizza. In this course, students will learn some basic skills for meeting nutritional needs for the vegetarian as well as how to create several yummy dishes. On the first night, the class will focus on the use of soy products such as Tofu and TVP. We will discuss some nutrition and have a big meal. Students are encouraged to participate by doing some cooking, however it is not mandatory. At the end of the first night, the instructor will ask students what types of dishes they are interested in learning to prepare and we will prepare many of those dishes on the second night. Recipes will be given out for all dishes made in class. Students will need to bring a beverage or money for the soda machine. If you sign up for this class, bring an appetite, dinner will be provided.

*Mike Bonella* (785-456-3783) is the former manager of The People's Grocery Co-operative. The People's Grocery is Manhattan's finest natural food store. He has extensive knowledge in natural foods. He has experience as a professional cook in restaurants and he has catered parties as well as his own wedding. He enjoys cooking healthy vegetarian dishes for his friends and family.

Date: September 4 and 11 (Wednesday)  
Time: 6 - 8 pm  
Fee: \$35  
Location: UFM Kitchen

**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.

*Ronna Robertson* (770-8305) fell in love with and began making biscotti several years ago while living in the northwest.

Date: November 14 (Thursday)  
Time: 7 - 9 pm  
Fee: \$12  
Location: 1717 Kingwood Drive  
Stagg Hill Rd. to Sumac Dr. to Kingwood Dr.



## Lou Douglas Lecture Series on Public Issues

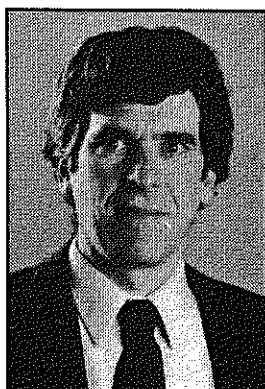


**Sister Helen Prejean, C.S.J.**  
Nobel Peace Prize Nominee and  
Author of the Pulitzer Prize-Nominated  
Book *Dead Man Walking:*  
*An Eyewitness Account of the Death  
Penalty in the U.S.*

**"Dead Man Walking:  
The Journey Continues"**

**Monday, September 9, 2002  
7:00 p.m., McCain Auditorium**

Co-sponsored by the Manhattan Alliance for  
Peace & Justice  
Announcement Sponsored By

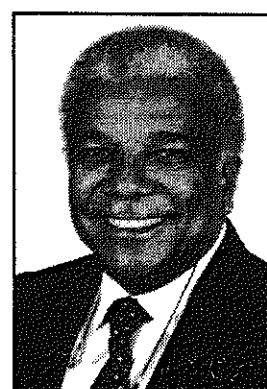


**Norman Solomon**  
Syndicated Columnist and Executive  
Director of the Institute for Public  
Accuracy, San Francisco  
Author of *The Habits of Highly  
Deceptive Media*

**"Media and Democracy:  
The Unfulfilled Promise"**

**Monday, November 4, 2002  
7:00 p.m., K-State Student Union  
Forum Hall**

Co-sponsored by the A.Q. Miller School of  
Journalism and Mass Communications



**Dr. Ali A. Mazrui**  
Albert Schweitzer Professor in the  
Humanities and Director,  
Institute of Global Cultural Studies,  
Binghamton University,  
State University of New York

**"The African Condition: Today's  
Problems, Tomorrow's Prospects"**

**Tuesday, February 18, 2003  
7:00 p.m., K-State Student Union  
Forum Hall**

Co-sponsored with the University  
Distinguished Lecturers Committee, the  
Donald J. Adamchak Distinguished  
Lecture Series in Sociology, and  
Multicultural Programs and Services

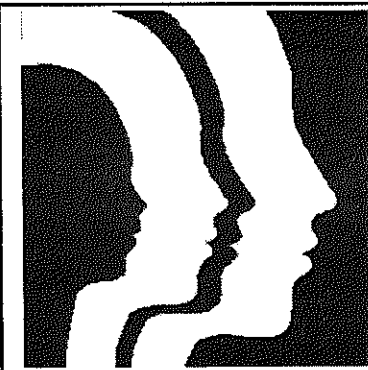
**All Lectures Free of Charge**

### Clafin Books and Copies

1814 Clafin Road 776-3771 [www.clafinbooks.com](http://www.clafinbooks.com)







# 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* has a black belt in Taekwondo and Hapkido and is a certified instructor with the American Taekwondo Association. She has 18 years experience teaching martial arts, police defensive tactics and Sexual Harassment Assault and Rape Prevention for Women.

Date: October 7 (Monday)  
Time: 6:30 - 9:30 pm  
Fee: \$18 individual/\$30 mother-daughter (additional \$10 per child) (13+ and older)  
Location: First Lutheran Church basement (Enter at North Door) 930 Poyntz

## SHARP "ER" SP-27

A Second Class in Self-Defense for Women Announcing...by popular demand...a continuation of the SHARP Sexual Harassment, Assault and Rape prevention class for Women. This class will review information learned in the first session and allow more practice time on the physical techniques already introduced as well as introducing new techniques. In addition, there will be discussion of personal safety issues including date rape, living alone and travel concerns. Techniques for verbal self-defense will also be practiced. This class is open to any woman who has taken the first session in any previous semester or who is enrolled and attends the October 7th class.

*Diana Tarver*  
Date: October 14 (Monday)  
Time: 6:30 - 9:30 pm  
Fee: \$18 individual/\$30 mother-daughter (additional \$10 per child) (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 11 - October 16 (Wednesday)  
Time: 7:30 - 9 pm  
Fee: \$20  
Location: UFM Greenhouse

## Clearing Clutter SP-12

Learn to clear your space to enhance your life. We'll examine the energetics of clutter and talk about the attitudes and ideas that enable us to let go. Liberate yourself!

Recommended reading: *Clear Your Clutter with Feng Shui* by Karen Kingston.

After struggling for years with clutter, *Elizabeth Jankord* and *Kate Cashman* (537-1911) have been enjoying the effects of space clearing. They operate a consulting business, *Clutter Busters*.

Date: September 3, 10, 17 (Tuesday)  
Time: 7 - 9 pm  
Fee: \$24  
Location: UFM Fireplace Room

## How to Maintain Control of Your TV Remote SP-00

Nothing is worse than sitting on the couch with your loved ones, as they flip through the television station. What a frustrating way to end your day! Learn patience, communication, and "remote control" skills and the best way to control your television. This two day class is intensive and requires the ownership of your own remote control.

Professor Philips Sony is nationally known for his work in controlling the remote. He has been teaching and counseling for more than 20 years.

Date: September 17 and 18 (Tuesday and Wednesday)  
Time: 6:30 - 7:30 pm  
Fee: \$10  
Location: UFM Livingroom

## Optimal Performance SP-19

Optimal Performance is an introduction to Educational Kinesiology. In this class you will learn the 26 Brain Gym Activities. These simple, easy and fun activities are used to enhance academic performance. Through this experience you will gain a better understanding of the way you organize to learn, tools for managing the stress around new learning experiences, and other ideas for enhancing your daily life activities. Parents and teachers will find this class beneficial for themselves and their children. Join us for fun and learning in an optimal way.

*Judy Metcalf* (571-217-7736) has been certified to teach Brain Gym by the International Brain Gym organization since 1989. A physical educator in the public schools for 25 years, she has spent the past few years exploring the importance of movement to "life long learners". She loves sharing Brain Gym and what she has learned about the latest brain research, with students of all ages. She welcomes this opportunity to share and invites your participation in this September class.

Date: September 14 (Saturday)  
Time: 9:30 - 4:00 pm  
Fee: \$67  
Location: UFM Conference Room

## Introduction to Vedic Chant SP-28a

The Vedas are the ancient wisdom teachings of India. They are the source of numerous arts and sciences, including yoga and ayurveda. The Vedas have been preserved through the ages and passed down to us by the oral tradition of chanting and memorization. In this class we will learn to listen, repeat, and chant several chants in Sanskrit. We will also begin to read some Sanskrit transliterations. Chanting is fun and very energizing for both body and mind. Beyond this, learning to chant the Vedas connects us with a five thousand year old wisdom tradition.

*Ana Franklin* (537-8224) has been chanting for more than six years. She has studied Vedic chant with TKV Desikachar of the Krishnamacharya Vedavani in Chennai, India and with Sonia Nelson of the Vedic Chant Center, Santa Fe, NM.

Date: September 27 - October 11 (Friday)  
Time: 5:15 - 6:30 pm  
Fee: \$41  
Location: 520 North Juliette Apartment 2

## Introduction to Vedic Chant SP-28b

*Ana Franklin* (537-8224)

Date: October 25 - November 8 (Friday)  
Time: 5:15 - 6:30 pm  
Fee: \$41  
Location: 520 North Juliette Apartment 2

## The "How To's" of Cloth Diapering SP-29a

A "How To" basics, this class shows the fundamentals of cloth diapering. From what to use, to how to wash, we will go over all elements of the Art of Cloth Diapering, including how to do it economically and enjoyably!

*S. Macdonald* believes in the Tao of cloth diapering and has been meditating while rinsing diapers on and off for the last 7 years (the only quiet moments a mama can get!). She is also the creator and proprietor of Dancing Moon, a line of herbal and aromatherapy products for the family.

Date: September 14 (Saturday)  
Time: 2 - 3:30 pm  
Fee: \$8  
Location: UFM Fireplace Room

## The "How To's" of Cloth Diapering SP-29b

*S. Macdonald*

Date: November 23 (Saturday)  
Time: 2 - 3:30 pm  
Fee: \$8  
Location: UFM Fireplace Room

## Understanding Islam SP-30

This class will focus on the basic aspects of the Islamic religion - the message of peace, love, and grace of God to the whole world - including a thorough explanation of the five pillars of Islam, the Islamic concept of family and social life, and other principles of Islam, while highlighting certain misconceptions such as, the view on women, terrorism, fundamentalism, etc. Participants will learn how Islam blends into the American Society.

*Mohammad Al-Deeb* is a PhD graduate student at K-State. He is the former president of both the Islamic Center of Manhattan and the Muslim Student Association. Quetin Gamble is an undergraduate student at K-State and the former secretary of the Islamic Center of Manhattan.

Date: September 17 - October 24 (Tuesday and Thursday)  
Time: 7 - 8 pm  
Fee: \$18 individual/\$30 couple  
Location: KSU Justin Hall, Room 149

Look for Pet First Aid & Safety  
in the Earth & Nature Section  
of the catalog on page 11

Look for the UFM Catalog on the web at [www.ksu.edu/ufm](http://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). 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: October 5 (Saturday)  
Time: 9 - 4 pm (12 - 1 pm lunch break)  
Fee: \$14  
Location: UFM Conference Room

## Jin Shin Jyutsu Self-Help 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: November 2 (Saturday)  
Time: 9 - 4 pm (12 - 1 pm lunch break)  
Fee: \$14  
Location: UFM Conference Room

## Yoga for Beginners

WE-03a

"India's great gift to humanity is an accessible, practical approach to happiness. This is the gift of YOGA." T.K.V. Desikacher

This class is open to everyone. We will use the breath and the body to help focus the mind. The student will participate in developing a personal practice which meets her/his unique needs. Please wear comfortable clothing that allows for full range of movement. It is best not to eat within two hours of class (a piece of fruit is ok). Bring a towel.

*Ana Franklin* (537-8224) has been practicing yoga for more than 25 years. She took Teacher Training from Gary Kraftsow, the world renowned teacher of Viniyoga and author of the books *Yoga for Wellness* and *Yoga for Transformation*. Ana has been teaching yoga since 1984.

Date: October 2, 9, 16, 23, 30, and  
November 6 (Wednesday)  
Time: 6 - 7:30 pm  
Fee: \$77  
Location: 520 North Juliette, Apartment 2

## Yoga for Beginners

WE-03b

*Ana Franklin* (537-8224)

Date: November 13, 20, and  
December 4, 11 (Wednesday)  
Time: 6 - 7:30 pm  
Fee: \$53  
Location: 520 North Juliette, Apartment 2

## Yoga is for Men Too!

WE-04a

You don't have to be a female to take this introductory class! You need not be flexible or limber. Whoever you are, however you are, you are qualified to take this class. This class will be easy and will help you to feel better physically and mentally. Discover how easily you can keep yourself feeling good in just 15 minutes a day. You could change your life in just two Saturday mornings.

*Ana Franklin* (537-8224)

Date: October 5 and 12 (Saturday)  
Time: 11 - 12:30 pm  
Fee: \$32  
Location: 520 North Juliette, Apartment 2

## Yoga is for Men Too!

WE-04b

*Ana Franklin* (537-8224)

Date: October 19 and 26 (Saturday)  
Time: 11 - 12:30 pm  
Fee: \$32  
Location: 520 North Juliette, Apartment 2

## Yoga is for Men Too!

WE-04c

*Ana Franklin* (537-8224)

Date: November 2 and 9 (Saturday)  
Time: 11 - 12:30 pm  
Fee: \$32  
Location: 520 North Juliette, Apartment 2

## The Heart of Yoga

WE-05a

This class is for anyone who would like a deeper understanding of what yoga is and how we can use it to transform our lives. We will be reading, chanting, and discussing Patanjali's Yoga Sutra, which is considered by many to be the most complete and authoritative yoga text. The book we will use is Desikacher's *The Heart of Yoga*. We will do some simple breathing and movement to facilitate comfortable sitting. Please wear comfortable clothing and bring a pencil and notepad (optional). You will find the book, *The Heart of Yoga* at most bookstores, or on the internet.

*Ana Franklin* (537-8224), as a serious student of yoga, has been reading and studying the Yoga Sutra of Patanjali for more than seven years. The practice of memorizing and chanting this great work continues to be very rewarding for her.

Date: September 27 - October 11 (Friday)  
Time: 6:30 - 8 pm  
Fee: \$42  
Location: 520 North Juliette, Apartment 2

## The Heart of Yoga

WE-05b

*Ana Franklin* (537-8224)

Date: October 25 - November 8 (Friday)  
Time: 6:30 - 8 pm  
Fee: \$42  
Location: 520 North Juliette, Apartment 2

## Yoga for Moms

WE-38a

Moms, more than most of us, have trouble finding time for themselves. This class will inspire moms to take better care of themselves, the care-giver. It will also be a much needed mini-vacation from your busy day. Find someone to stay with the kids for just 90 minutes and please join us! Bring a towel.

*Ana Franklin* (573-8224)

Date: September 26 - October 31 (Thursday)  
Time: 6 - 7:30 pm  
Fee: \$77  
Location: 520 North Juliette, Apartment 2

## Yoga for Moms

WE-38b

*Ana Franklin* (573-8224)

Date: November 7, 14, 21, and  
December 5, 12 (Thursday)  
Time: 6 - 7:30 pm  
Fee: \$64  
Location: 520 North Juliette, Apartment 2

## Yoga for Wellness

WE-37a

This class is open to those who have had at least 6 weeks of yoga with an instructor. Refine your understanding of how to use asana and pranayama to improve specific areas, purify the body, and clear the mind. This knowledge will help you to be more spontaneous and creative with your personal practice. Bring a towel.

*Ana Franklin* (537-8224)

Date: October 2, 9, 16, 23, 30, and  
November 6 (Wednesday)  
Time: 7 - 8:30 am  
Fee: \$77  
Locations: 520 North Juliette Apartment 2

## Yoga for Wellness

WE-37b

*Ana Franklin* (537-8224)

Date: October 2, 9, 16, 23, 30, and  
November 6 (Wednesday)  
Time: 4:30 - 6 pm  
Fee: \$77  
Locations: 520 North Juliette Apartment 2


## Yoga for Wellness

WE-37c

*Ana Franklin* (537-8224)

Date: November 13, 20, and  
December 4, 11 (Wednesday)  
Time: 7 - 8:30 am  
Fee: \$53  
Locations: 520 North Juliette Apartment 2

*The Viniyoga Connection*



537-8224

Open classes  
Private Instruction  
Herbal Products  
Consultation  
Lower Stress  
Increase Energy  
*Ana Franklin*



**Yoga for Wellness**

WE-37d

Ana Franklin (537-8224)

Date: November 13, 20, and  
December 4, 11 (Wednesday)  
Time: 4:30 - 6 pm  
Fee: \$53  
Locations: 520 North Juliette Apartment 2

**Yoga to Heal Your Body**

WE-15a

This is a great class to continue Yoga but beginners will also benefit. We will learn more asanas (poses) to gain strength and flexibility, work on physical problems like headaches, back and shoulder pain. Barbara will help you to design your own practice.

Barbara Ouellette (776-4396)

Date: September 3 - 24 (Tuesday)  
Time: 7 - 8:15 pm  
Fee: \$40  
Location: First Lutheran Church  
930 Poyntz

**Yoga to Heal Your Body**

WE-15b

Barbara Ouellette (776-4396)

Date: November 12 - December 3 (Tuesday)  
Time: 7 - 8:15 pm  
Fee: \$40  
Location: First Lutheran Church  
930 Poyntz

**Basic Yoga with Barbara**

WE-28a

This is a great class for beginning students and seniors. You will learn basic poses, breathing, and meditation. Some of the exercises will be done lying down or on the chair. Yoga is an ancient discipline used for physical and spiritual growth, pain, and relaxation. Requirements: Comfortable clothing, no food 1 hour before class, bring a sticky mat or bath towel, and very important, a firm blanket for sitting.

Barbara Ouellette (776-4396) has been a student for 8 years and has been teaching for 2 years.

Dates: August 26 - September 23 (Monday)  
Time: 6:30 - 7:45 pm  
Fee: \$40  
Location: First Lutheran Church  
930 Poyntz  
No class September 2



**Basic Yoga with Barbara**

WE-28b

Barbara Ouellette (776-4396)

Dates: August 26 - September 23 (Monday)  
Time: 10 - 11:15 am  
Fee: \$40  
Location: First Lutheran Church  
930 Poyntz

**Basic Yoga with Barbara**

WE-28c

Barbara Ouellette (776-4396)

Dates: November 11 - December 2 (Monday)  
Time: 10 - 11:15 am  
Fee: \$40  
Location: First Lutheran Church  
930 Poyntz  
No class November 27

**Aromatherapy and Healing Teas**

WE-16

We will discuss several essential oils and their healing purposes. After a 30 minute lunch break we will talk about healing teas to detox the body, promote liver and stomach health and learn to make our own cough syrup. After class we will visit the herbal department at the local Coop.

May be harmful to pregnant women.

Barbara Ouellette (776-4396) has used Aromatherapy extensively in her own family for 10 years. She has also studied herbal applications for many years and is a volunteer in the herbal department at the local Coop.

Date: September 21 (Saturday)  
Time: 10 - 1pm (30 minute break for lunch)  
Fee: \$30  
Location: UFM Conference Room

**Chi Lel - Chi Gong**

WE-17

Chi Lel is a self-healing method prescribed by the world's largest medicineless hospital in Qiu Huangdao, China. Chi Lel 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 Lel master teacher outside of China. She has taught Jackie Sorensen's Aerobic Dancing, aquatic exercises and is currently a certified Body Recall exercise instructor. She has taught Red Cross CPR and First Aid, Yoga and other classes for UFM.

Date: October 3 - 31 (Thursday)  
Time: 5:30 - 6:15 pm  
Fee: \$31  
Location: UFM Conference Room

**Beginning Tai Chi Chuan**

WE-18a

The popular Yang style "Short Form" of Tai Chi Chuan will be introduced. Each class will focus on the strengthening postures of the form. The ancient art of Tai Chi Chuan has proven to be an effective method for achieving relaxation, health, and well being. Tai Chi Chuan 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 Chuan practitioner. She studied under the tutelage of Jane and Bataan Faigo, advanced students of Master Cheng Man-Ching. She has been dedicated to the practice for nine years.

Date: September 4 - 30 (Monday and Wednesday)  
Time: 5:30 - 6:30 pm  
Fee: \$63  
Location: UFM Fireplace Room

**Beginning Tai Chi Chuan**

WE-18b

Karena Kimble

Date: October 2 - 28 (Monday and Wednesday)  
Time: 5:30 - 6:30 pm  
Fee: \$63  
Location: UFM Fireplace Room

**Beginning Tai Chi Chuan**

WE-18c

Karena Kimble

Date: October 30 - November 25  
(Monday and Wednesday)  
Time: 5:30 - 6:30 pm  
Fee: \$63  
Location: UFM Fireplace Room

**Tai Chi Chuan/Beginning and Advanced**

WE-12a

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

Karena Kimble

Date: September 7 - 28 (Saturday)  
Time: 10:45 - 11:45 am  
Fee: \$36  
Location: UFM Fireplace Room

**Tai Chi Chuan/Beginning and Advanced**

WE-12b

Karena Kimble

Date: October 5 - 26 (Saturday)  
Time: 10:45 - 11:45 am  
Fee: \$36  
Location: UFM Fireplace Room

**Advanced Tai Chi Chuan**

WE-40a

The popular Yang style "Short Form" learned in beginning Tai Chi Chuan will be practiced more in depth. Each class will focus on the strengthening postures of the form. The ancient art of Tai Chi Chuan has proven to be an effective method for achieving relaxation, health, and well being.

Tai Chi Chuan 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 Chuan practitioner. She studied under the tutelage of Jane and Bataan Faigo, advanced students of Master Cheng Man-Ching. She has been dedicated to the practice for nine years.

Date: September 4 - 30 (Monday and Wednesday)  
Time: 6:30 - 7:30 pm  
Fee: \$63  
Location: UFM Fireplace Room



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Advanced Tai Chi Chuan

WE-40b

Karena Kimble

Date: October 2 - 28 (Monday and Wednesday)
Time: 6:30 - 7:30 pm
Fee: \$63
Location: UFM Fireplace Room

Advanced Tai Chi Chuan

WE-40c

Karena Kimble

Date: October 30 - November 25 (Monday and Wednesday)
Time: 6:30 - 7:30 pm
Fee: \$63
Location: UFM Fireplace Room

Enneagram: Nine Ways of Being in the World

WE-32

The Enneagram (pronounced ANY-a-gram and meaning 9 models, or world views) is a system of personality typing from sacred psychology which helps us to identify the central motivations of our own character...

Karma Smith-Grindell has been studying and using the Enneagram since she was first introduced to it as a student at Pendle Hill (a Quaker center for study and contemplation) in 1984-85 and has found it helpful in her personal and professional life.

Date: October 7, 14, 21 (Monday)
Time: 7 - 9 pm
Fee: \$15
Location: UFM Multipurpose Room

Intro to Self-Massage

WE-07

Learn some self-massage routines to help with promotion of relaxation and relief of muscular aches, pains, and tension. You will become familiarized with basic principles of therapeutic massage that can be adapted to meet your personal needs.

Sandy Snyder (537-3607) is a licensed Massage Therapist with 26 years experience. She is the owner of Lifecenter Bodywork and is experienced with Deep Tissue Massage, Sports Massage, Reflexology, Baby and Pet Massage.

Date: November 1 (Friday)
Time: 7 - 8 pm
Fee: \$15
Location: UFM Fireplace Room

Intro to Massage for Two

WE-08

Come learn the basic principles of therapeutic massage and understand how massage can help maintain health. Swedish style massage, the most common style of massage, uses long flowing strokes. Emphasis of the class will be on the neck and back.

Sandy Snyder (537-3607)

Date: October 25 (Friday)
Time: 7 - 8 pm
Fee: \$26 per couple
Location: UFM Fireplace Room

Nutritional Hints For Staying Young

WE-41

Learn nutritional tips for staying young. Essential oils, vitamins, and minerals which are important for a healthy life, will be discussed.

Edna Johnson (539-5767), age 98, has a BS from KSU in Home Economics and a MS from Western Reserve University in Child Development. She has taught all grades from 1st - college and was a guest speaker for many organizations in Wichita.

Date: September 25 (Wednesday)
Time: 6 - 7 pm
Fee: \$8
Location: UFM Fireplace Room

Introduction to Reiki

WE-10a

Reiki is a Japanese form of stress reduction with healthy benefits. We will discuss where reiki comes from, how it is used, its functions, and attributes. At the end of class each participant will receive a sample treatment.

Sarah English (539-4127) is a practicing master/teacher with 3 years of experience in Reiki. She has been working in the subtle body energy field since 1974.

Date: September 21 (Saturday)
Time: 9:30 - 12 pm
Fee: \$8
Location: UFM Greenhouse

Introduction to Reiki

WE-10b

Sarah English (539-4127)

Date: October 26 (Saturday)
Time: 9:30 - 12 pm
Fee: \$8
Location: UFM Greenhouse

Subtle Body Energies

WE-11

We will study and discuss what the energetic body looks like, its aspects and functions, what energy modalities are, and some scientific findings about different energy modalities.

Sarah English (539-4127)

Date: September 28 - October 12 (Saturday)
Time: 9:30 - 12 pm
Fee: \$14
Location: UFM Greenhouse

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, also used by the Egyptian, Indian, Greek and Chinese Cultures has been brought up to date by Dr. Gary Young.

There will be a video introduction to Young Living; by Dr. Young and to the basic oils; information on the different formulas and some hands on procedures of the Lymphatic pump.

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. Joe and Alice Long have completed over 90 hours of training at Young Living Essential Oils Workshops.

Date: November 9 (Saturday)
Time: 10 - 3 pm
Fee: \$20 includes the Basic Oils kit
Location: UFM Conference Room
There will be a break for lunch from 12 - 1 pm.

Education is when you read the fine print. Experience is what you get if you don't. -Pete Seeger

Manhattan Arts Center

Theatre

Charles & Company: Aug. 23-25
Special added Attraction
Barefoot in the Park: Oct. 18-20, 24-27
Directed by Pat Welsenburger
Over the River and Through the Woods: Feb. 21-23, 27-28 & Mar. 1-2
Directed by Val Dykes
Run for Your Wife: Apr. 25-27 & May 1-4
Directed by Maggie Jackson



Galleries

8/23 -9/29: Dana Pinkston: Visualizing the Character
Sherry Haar: Sensory Costume
10/4 -11/6: Columbian Artists: Membership Show
11/15 -01/05: Wrap It Up: Art Show & Sale



Watercolor Studio

Every Wednesday morning, 9 - 11:30



The Red Inklings (a writing group)

First & third Wednesday evening of each month, 6-8.



Swing City Jazz

featuring Wayne Goins and the Swing Machine



Bird House

The very best in acoustic music

Please call, e-mail or stop by the MAC to find out more about these other programs.

MAC TRUCK ARTS EDUCATION FILM SOCIETY OUTREACH

FOR DATES, TIMES OR INFORMATION on any of our programs, to become a member or to be added to our mailing list, please call 537-4420, stop by 1520 Poyntz Ave. or e-mail programs@manhattanarts.org

Manhattan Arts Center, 1520 Poyntz \* Smoke-free \* Wheelchair accessible \* www.manhattanarts.org
The Manhattan Arts Center is funded in part by the Kansas Arts Commission, a state agency, and the National Endowment for the Arts, a federal agency.







# Test Preparation Courses

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

## 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: October 22 - November 14 (Tue/Thurs)

Time: 7 - 9 pm

Fee: \$160 (includes Cambridge Test Prep Plus textbook, and The PPST Guide test with answer explanations, skill review and practice test)

Location: Justin Hall, Rm 341, KSU

\* Dates may be subject to change.

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

Review Segments

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

Date: Sept. 16, 18, 23, 25, Oct. 7, 9,  
14, 16, 21, 23

Time: 7 - 9 p.m.

Fee: \$240.00 (fee includes Cambridge Test Prep PLUS textbook, the official guide for GMAT review and CD-ROM)

Location: Justin Hall, Room 256, KSU

\* Dates may be subject to change.

## 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

Date: October 15 - November 21 (Tu/Th)

Time: 7 - 9 p.m.

Fee: \$210

Location: Justin Hall, Room 256, KSU

\* Dates may be subject to change.

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

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

Date: Sept. 9, 11, 16, 18, 23, 25, 30  
Oct. 2, 14, 16, 28, 30

Time: 7 - 9 p.m.

Fee: \$240.00 (fee includes in-class and home study books)

Location: Justin Hall, Room 256, KSU

\* Dates may be subject to change.





# 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.

## Golf in Salina RRES-200 #89200

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

Steven Hardesty

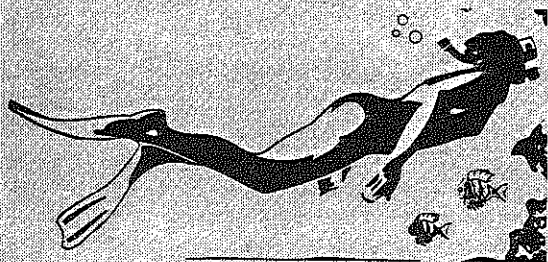
Date: August 28 - October 16 (Wednesday)  
Time: 1 - 3 pm  
Fee: \$145  
Location: Salina Municipal Golf Course  
2500 East Crawford, Salina

## Ballroom Dance in Salina DANCE 599 #89220

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. Partners are not necessary. Class is co-sponsored with KSU at Salina Recreation Center.

Audrey Umekubo

Date: September 4 - December 11 (Wednesday)  
Time: 7 - 8 pm  
Fee: \$139  
Location: KSU Salina, Recreation Center  
3142 Scanlan Avenue, Salina



## Scuba Diving in Salina RRES-200 #89210

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.

There is a non-refundable material fee of \$50 for withdrawing from the class after the first day.

Instructor: Jeff Wilson

Date: September 12 - October 24 (Thursday)  
Time: 6:30 - 10:00 pm  
Fee: \$293  
Location: YMCA  
570 YMCA Drive, Salina



## Ballroom Dance DANCE-599 #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 28 - December 11 (Wednesday)  
Time: 8 - 9 pm  
Fee: \$159  
Location: ECM Auditorium  
1021 Denison Ave.  
No class November 27

## Ballroom Dance DANCE-599 #91401

Instructor: Michael Bennett

Date: August 30 - December 13 (Friday)  
Time: 6:30 - 7:30 pm  
Fee: \$159  
Location: ECM Auditorium  
1021 Denison Ave.  
No class October 18 and November 29

## Ballroom Dance II DANCE-599 #91402

Instructor: Michael Bennett

Date: August 30 - December 13 (Friday)  
Time: 7:30 - 8:30 pm  
Fee: \$159  
Location: ECM Auditorium  
1021 Denison Ave.  
No class October 18 and November 29

## Archery RRES-200 #91404

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

Instructor: Tom Korte

Date: September 5 - October 24 (Thursday)  
Time: 8 - 9:45 pm  
Fee: \$159  
Location: 1125 Laramie Plaza, upstairs

## Beginning Fencing RRES-200 #91406

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

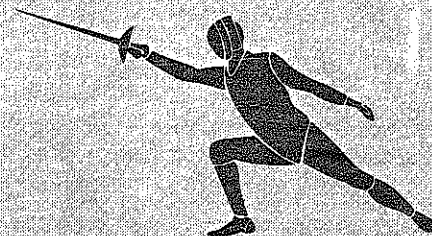
Date: September 9 - December 2 (Monday)  
Time: 6 - 7:30 pm  
Fee: \$159  
Location: UFM  
1221 Thurston Street

## Intermediate Fencing RRES-200 #91407

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 9 - December 2 (Monday)  
Time: 7:30 - 9 pm  
Fee: \$159  
Location: UFM  
221 Thurston Street







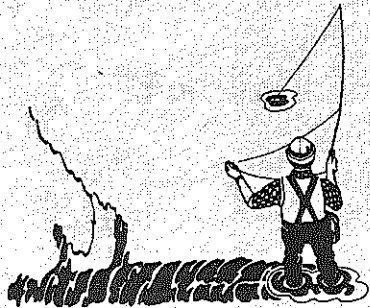
**Fly Fishing** RRES-200 #91409

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.

There is a non-refundable material fee of \$40 for withdrawing from the class after the first day.

Instructor: Paul Sodamann

Date: September 9 - 19 (Mon, Tues, Wed, Th)  
Time: 6:00 - 8:00 pm  
Fee: \$169  
Location: Susan B. Anthony Middle School  
2501 Browning



**Fly Fishing** RRES-200 #91410

Instructor: Paul Sodamann

Date: Septmeber 23 - October 3  
(Mon, Tues, Wed, Thurs)  
Time: 6:00 - 8:00 pm  
Fee: \$169  
Location: Susan B. Anthony Middle School  
2501 Browning

**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** #91412  
Date: August 27 - October 15 (Tuesday)  
Time: 2:30 - 4:30 pm  
Fee: \$178  
Location: Stagg Hill Golf Club  
4441 Ft. Riley Blvd.

**Session II** #91413  
Date: August 28 - October 16 (Wednesday)  
Time: 1:30 - 3:30 pm  
Fee: \$178  
Location: Stagg Hill Golf Club  
4441 Ft. Riley Blvd

**Session III** #91414  
Date: August 28 - October 16 (Wednesday)  
Time: 5:30 - 7:30 pm  
Fee: \$178  
Location: Stagg Hill Golf Club  
4441 Ft. Riley Blvd.

**Session IV** #91415  
Date: August 29 - October 17 (Thursday)  
Time: 9:30 - 11:30 am  
Fee: \$178  
Location: Stagg Hill Golf Club  
4441 Ft. Riley Blvd.

**Golf in JC** RRES - 200 #91416

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: Mike Webb

Date: August 28 - October 16 (Wednesday)  
Time: 4 - 6 pm  
Fee: \$178  
Location: Rolling Meadows Public Golf Course  
7557 Old Milford Road, Milford

**Judo I** RRES-200 #91419

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 27 - December 5  
(Tuesday/Thursday)  
Time: 8:15 - 9:15 pm  
Fee: \$138  
Location: UFM  
1221 Thurston Street  
No class November 28

**Judo II** RRES-200 #91420

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 27 - December 5  
(Tuesday/Thursday)  
Time: 9:15 - 10:15 pm  
Fee: \$138  
Location: UFM  
1221 Thurston Street  
No class November 28



**Women & Money** WOMST-500 #91425

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 10 - October 29 (Tuesday)  
Time: 3 - 5 pm  
Fee: \$127  
Location: UFM Conference Room  
1221 Thurston Street

**Scuba Diving** RRES-200 #91421

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

There is a non-refundable material fee of \$50 for withdrawing from the class after the first day.

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

Date: September 16 - October 21 (Monday)  
Time: 6 - 10 pm  
Fee: \$290  
Location: YMCA  
1703 McFarland, Junction City



Look in other sections of the catalog for other classes that may be applied for credit:

Piano I and II  
Page 8

Bowling  
Page 15

Fitness Swimming  
Page 6

Contact Charlene at 539-8763 for more information.

# SIGN UP NOW!!



**Register by phone:** Call 539-8763 during business hours and use your Mastercard, Discover, or Visa. Please have your card number and expiration date ready.

✓ **Flexible registration**--register by phone, mail, or in person



**Register by Mail:** Complete the form below and mail it with your check, money order, or credit card to: UFM Class Registrations, 1221 Thurston, Manhattan, KS, 66502-5299.

✓ **Discounts**--find the fake class and win \$1.00 off any UFM class. Youth scholarships are also available.



**Register in Person:** Stop by the UFM house, 1221 Thurston between 8:30-12 & 1:00-5:00 (Monday thru Friday).

✓ **Enrollment office hours** are between 8:30 & 12:00 and 1:00 & 5:00, Monday thru Friday.

FOR YOU... One participant per form, please

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

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

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

## UFM Community Learning Center

Registration Form  
1221 Thurston  
Manhattan, KS 66502  
539-8763

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

## 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

CLASS #	Session	TITLE	FEE	LOCATION	DATE	TIME

Tax Deductible Donation  
Total

Tax Deductible Donation  
Total

I hereby authorize the use of my Visa  MasterCard  Discover

I hereby authorize the use of my Visa  MasterCard  Discover

Card Number \_\_\_\_\_ Expiration Date \_\_\_\_\_

Card Number \_\_\_\_\_ Expiration Date \_\_\_\_\_

Card Cardholder's Name (Please Print) \_\_\_\_\_

Card Cardholder's Name (Please Print) \_\_\_\_\_

Cardholder's Signature \_\_\_\_\_

Cardholder's Signature \_\_\_\_\_

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

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

Where did you obtain your catalog? \_\_\_\_\_

Where did you obtain your catalog? \_\_\_\_\_

A class I would like offered \_\_\_\_\_

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.

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\*\* \_\_\_\_\_ Date \_\_\_\_\_

\*\*Signature of Parent or Guardian required for minors.

\*\*Signature of Parent or Guardian required for minors.

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

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