

*It's Going to be a Great Fall...*

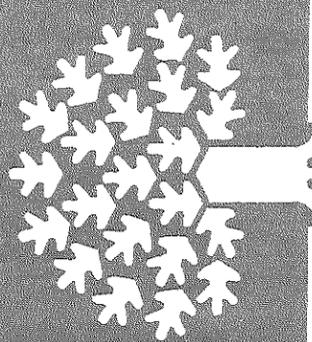


# UFM

## 1997

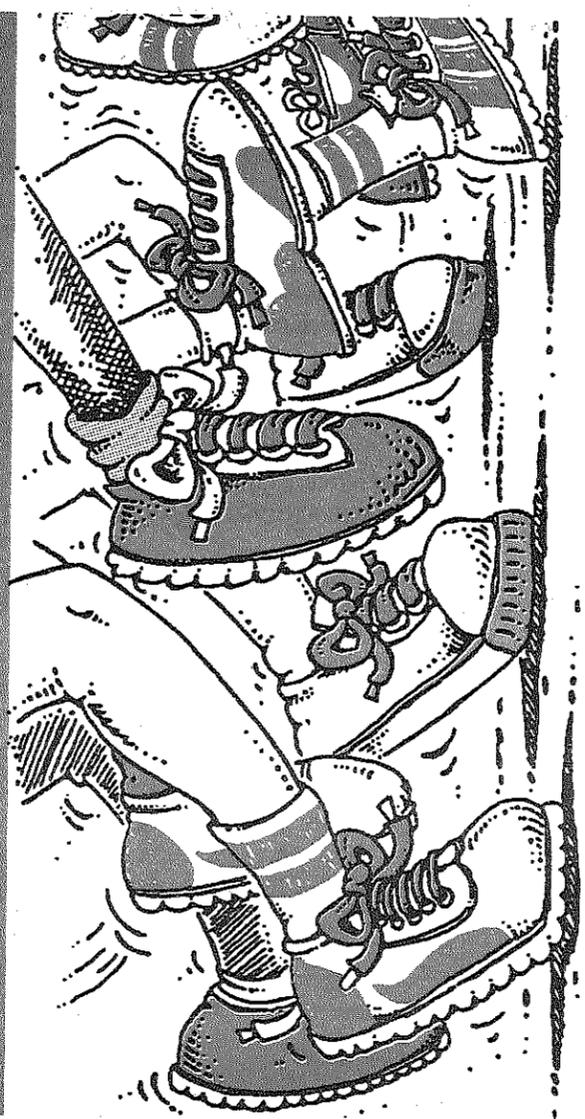
### Fall Classes

(August-December)

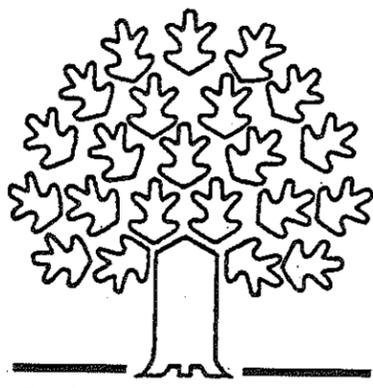
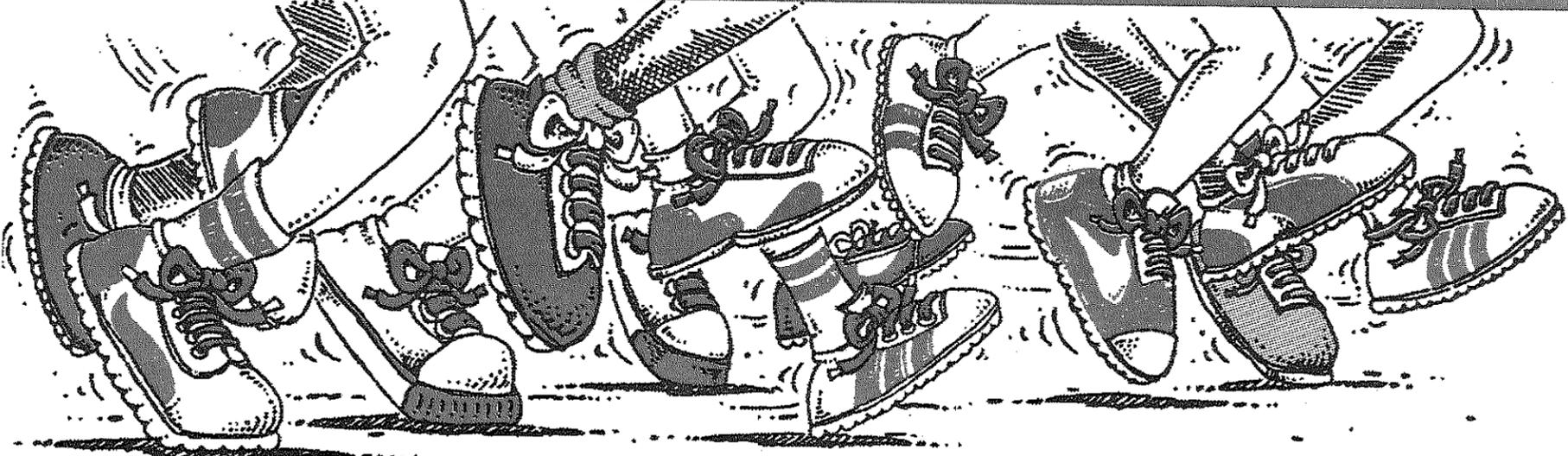


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# UFM

## 1997

### Fall Classes

(August-December)

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OR CURRENT RESIDENT

## Welcome to UFM...

UFM is an unusual organization, sometimes hard to define, but important to the quality of life at KSU and in Manhattan. For 29 years, UFM has made it possible for diverse people to come together to learn from each other and to organize projects that improve our lives.

This catalog of classes is UFM's best known activity. Enjoy looking at the wide array of classes made possible by the persons who spend their time teaching for us.

A lesser known role has been in initiating community projects. Through the years, UFM has helped launch nineteen different community activities from the nationally award-winning community garden, Women's Resource Center, Fone Crisis Center and Lou Douglas Lecture Series to the Downtown Farmer's Market, People's Grocery Cooperative, Home Owner's Maintenance and Energy Program and others as well.

If you've not experienced UFM first-hand, give it a try. Take a class, teach a class, or stop by and learn about UFM's special campus and community projects.

### UFM Staff:

Executive Director - Linda Inlow Teener  
 Education Coordinator - Charlene Brownson  
 Swim Coordinator - Andrea Parr  
 State Outreach Coordinator - Anita Madison  
 Lou Douglas Lecture Coordinator - Victoria Choitz  
 Office Coordinator - Rhonda Smartt

## WHERE WE'RE LOCATED



**UFM**  
 1221 Thurston

KSU  
 Campus

Bertrand St.

Thurston St.

**X**  
 Kearney St.

Vattier St.

Bluemont Ave.

Anderson Ave.

Manhattan Ave.

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### Classes

<b>Aquatics . . . . .</b>	<b>4-6</b>	<b>Arts Center Classes . . . . .</b>	<b>13-16</b>
*Red Cross Learn to Swim	*Scuba	*Clay	*Visual Arts
*Fitness Swimming		<b>Creative FreeTime . . . . .</b>	<b>17-19</b>
*Competitive Swimming		*Seed-Bird Mosaic	
<b>Earth &amp; Nature . . . . .</b>	<b>7</b>	*Home Maintenance	
*Basics of Bass Fishing		*Sewing and more	
*Glacial Area Field Trip		<b>Wellness . . . . .</b>	<b>20-21</b>
*Fly Tying and more		*Tai Chi	*Holistic Therapies
<b>Business &amp; Professional . . .</b>	<b>8-10</b>	*Hatha Yoga and more	
*GRE Preparation	*Women and Money	<b>Recreation and Dance . . . .</b>	<b>22-23</b>
*Individual Development		*Golf	*Tennis
<b>Computer . . . . .</b>	<b>10</b>	*Ballroom Dance and more	
*Computer Shopping	*Windows 95	<b>Personal Development . . .</b>	<b>24-26</b>
<b>Language . . . . .</b>	<b>11</b>	*Self Defense for Women	*Baha'i Faith
*Czech	*Sign Language	*Parents Together and more	
*Native American		<b>Youth . . . . .</b>	<b>27</b>
*English Pronunciation for ESL		*Dance	*Martial Arts
<b>Martial Arts . . . . .</b>	<b>12</b>	*Self Defense for Preteens	
*Wide variety of classes		*Magic	*Kids on Campus and more

## BOARD OF DIRECTORS

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Steve Scheneman <i>Vice Chair</i>	Frank Spikes
Paula Walawender <i>Treasurer</i>	Sue Maes
Heather Lansdowne <i>Secretary</i>	Marjorie Morse
Linda Inlow Teener <i>Executive Director UFM</i>	Migette Kaup
	Elaine Johannes
	Aubrey Abbott
	Tom Fryer
	Bill Richter
	Gabrielle Thompson
	Dean Stramel

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

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

### ANSWERING MACHINE

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

If you have ideas or requests for classes that are not being offered, call Charlene at UFM 539-8763.

### HANDICAPPED ACCESSIBLE



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

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JUNCTION CITY/FT. RILEY

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# UFM INSTRUCTORS

Troy Auman  
Kris Barnard  
Carolyn Baugh  
Michael Bennett  
Daniel Berkow  
Marilyn Bode  
Lynn Bohnenblust  
Jean Bramwell  
Vicki Buening  
Vickie Choitz  
Enid Cocke  
Sue Cohen  
Pete Cohen  
Jason Coleman  
Maureen Conn  
Lorrie Cross

Randi Dale  
Larry Dall  
Suzanne Dickson  
Wendy Dover  
Dena Fox  
Diane Freeby  
Fred Freeby  
Paul Gleue  
Jim Gregory  
Colleen Hampton  
Steve Harrison  
Colette Hernandez  
T.J. Hittle  
HOME Program  
Gene Hotard  
June Hunzeker

Joyce Jones  
Jayson Kaus  
Mark Knackendoffel  
John Kyle  
Alan Ladd  
Sharon Landrith  
D.C. Lehman  
Corey Lewis  
Donald Longbottom  
Kathy Lyman  
Michelle Lynch  
Sherry McCrory  
Sarah McDaniel  
Serina McEntire  
Bernice Martin  
Cynthia Morgan

Bharath Naraynan  
Dwight Nesmith  
Brian Parsells  
Terry Pfannenstiel  
Larry Poague  
Lyuba Ramm  
Leon Rappoport  
Sharon Reagan  
Lowell Regehr  
Jeff Rheume  
Shon Robben  
Donna Roper  
Sara Saunders  
Kacy Sawyer  
David Seamon  
Pam Schmid

Marilyn Schreiner  
Dan Scott  
Ross Siegle  
Tammy Sinn  
Roger Snider  
Paul Sodamann  
Madonna Stallman  
Kay Stewart  
Carol Stites  
Dean Stramel  
Sun Yi Academy  
Diana Tarver  
Linda Teener  
Don L. Terhune  
Mei Hwa Terhune  
Mark Tessorf

Becky Thomson  
Anita Van Nevel  
Doug Walter  
Paul Weidhaas  
Georganne White  
Ann Wigglesworth  
Tonya Wilkerson  
Donnie Wilson  
Jeff Wilson  
Stan Wilson  
Ann Zimmerman

UFM continues to offer opportunities to anyone wanting to learn something new, improve or develop a new skill, work on self development, or just have fun learning with others. I would like to thank the instructors who make this possible.

*Charlene Brownson*

## COMMUNITY REGISTRATIONS

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

DATE	TIME	LOCATION
Aug 21, Th	5pm - 6:30pm	Manhattan Public Library
Aug 25, M	10am - 2pm	KSU Union
Aug 26, T	10am - 2pm	KSU Union
Aug 27, W	10am - 2pm	KSU Union

Registration continues throughout the semester:

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

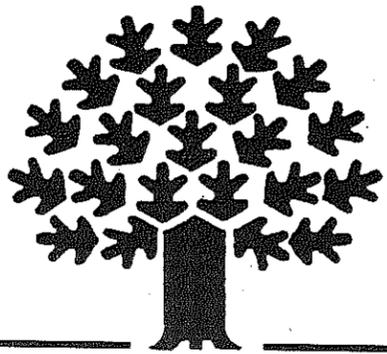
### MAILING YOUR REGISTRATION?

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

### Instructors Wanted to teach the following:

Stained Glass  
Conversational Spanish  
Basic Auto Mechanics  
Interior Decorating  
Upholstery  
ESL

UFM is always looking for new ideas and new projects. Let us hear from you!  
UFM, 1221 Thurston, Manhattan, KS 66502  
(913)539-8763 email: ufm@ksu.ksu.edu



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UFM is in the process of restoring the wood shop, applications are being accepted for a volunteer coordinator.

To advertise your business or organization in the next UFM catalog, contact the UFM Office (539-8763) by Nov. 14.

## About UFM Classes

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

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

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

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

## 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 cancelled. If the instructor informs his/her students personally that he or she will not be present at a given class meeting, the instructor is then responsible for arranging a make-up lesson. Weather sensitive courses will use the scheduled rain date. If a rain date is not scheduled, instructor will be responsible for rescheduling. During electrical storms, swim classes will be asked to leave the water.

## UFM CANCELLATION POLICY

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

## REFUND POLICY

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

## PRE-REGISTRATION IS REQUIRED

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

## LIABILITY STATEMENT

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

KSU Continuing Education/UFM assumes no responsibility for costs involved with individual injury or property loss incurred in connection with the use of University or UFM facilities. Individuals are reminded that they should review their own personal circumstances to determine if they have adequate insurance or participation 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.

## 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 of \$16.50 will be assessed for students enrolled in 12 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.

## UFM Wish List

String Weed Trimmer	Electric Stove
Window Air Conditioners	Refrigerator
Folding Chairs	Carpeting

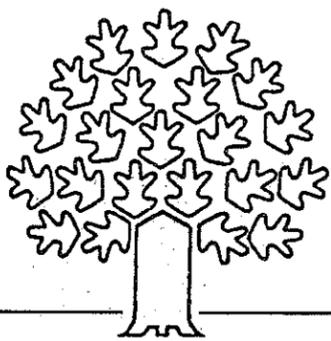
### Volunteers to help with:

Gardening  
Office Work  
Rebuilding the cold frame  
General Building Maintenance

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

USE REGISTRATION FORM on the back cover.

Q1032



# Aquatics

1221 THURSTON

539-8763

## Learn to Swim Classes

UFM and the Division of Continuing Education are pleased to present the American Red Cross Learn to Swim Program Levels I - VII plus adult swim classes. Small classes allow for carefully guided instruction in stroke technique and water safety. Water Safety is reinforced with tips and practice each day.

The first day of class each student is evaluated to assure they are in the proper class. Students advance through the levels at their own rate and are moved to different class levels as space permits and skill advancement demands.

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

**Parent's Day Dates:** Monday, Sept 22 and Tuesday, Sept 23; Monday, November 3, Tuesday, November 4, and Saturday, October 11. Check to see what dates applies to your session.

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

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

### BEGINNING & ENDING DATES:

<b>Session A:</b>	Mon/Wed	Sept 8 - Oct 8
	Tues/Thurs	Sept 9 - Oct 9
<b>Session B:</b>	Mon/Wed	Oct 20 - Nov 19
	Tues/Thurs	Oct 21 - Nov 20
<b>Session C:</b>	Saturday	Sept 13 - Nov 22
	(No classes Oct 18)	

## 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. The program emphasizes water adjustment, preparatory activities for swimming and water enjoyment for you and your child. Small children should wear snug-fitting lightweight pants covered by rubber pants. To participate, infants must have the ability to voluntarily raise their heads 90 degrees when lying flat on their stomachs. During the 6 meetings the parents will receive instruction and have opportunity to practice water techniques with their children. **Parent must accompany child.**

**Note:** The Parent/Infant & Parent/Tot class sessions are:  
**Session A** Mon/Wed September 8 - September 22

**Session B** Tues/Thurs October 21 - November 4

**Session C** Saturday September 13 - October 11

**Session A: (See dates above)**  
AQ-01A Mon/Wed 6:10 - 6:45 pm

**Session B: (See dates above)**  
AQ-01B Tues/Thurs 6:10 - 6:45 pm

**Session C: (See dates above)**  
AQ-01C Saturday 10:00 - 10:35 am  
Fee: \$16.00 per session

## Tot Transition

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

**Note:** The Tot Transition class sessions are:  
**Session A** Tues/Thurs September 9 - September 23

**Session B** Mon/Wed October 20 - November 3

**Session C** Saturday October 25 - November 22

**Session A: (See dates above)**  
AQ-03A Tues/Thurs 6:10 - 6:45 pm

**Session B: (See dates above)**  
AQ-03B Mon/Wed 6:10 - 6:45 pm

**Session C: (See dates above)**  
AQ-03C Saturday 10:00 - 10:35 am  
Fee: \$16.00 per session

## Level I: Water Exploration

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

**Session A: (See dates above)**  
AQ-05 Mon/Wed 6:05 - 6:45 pm  
AQ-06 Mon/Wed 6:50 - 7:30 pm  
AQ-07 Tues/Thurs 6:05 - 6:45 pm  
AQ-08 Tues/Thurs 6:50 - 7:30 pm

**Session B: (See dates above)**  
AQ-05 Mon/Wed 6:05 - 6:45 pm  
AQ-06 Mon/Wed 6:50 - 7:30 pm  
AQ-07 Tues/Thurs 6:05 - 6:45 pm  
AQ-08 Tues/Thurs 6:50 - 7:30 pm

**Session C: (See dates above)**  
AQ-05 Saturday 9:30 - 10:10 am  
AQ-06 Saturday 10:20 - 11:00 am  
Fee: \$38 per session

## Level II: Primary Skills

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

**Session A: (See dates above)**  
AQ-09 Mon/Wed 6:05 - 6:45 pm  
AQ-10 Mon/Wed 6:50 - 7:30 pm  
AQ-11 Tues/Thurs 6:05 - 6:45 pm  
AQ-12 Tues/Thurs 6:50 - 7:30 pm

**Session B: (See dates above)**  
AQ-09 Mon/Wed 6:05 - 6:45 pm  
AQ-10 Mon/Wed 6:50 - 7:30 pm  
AQ-11 Tues/Thurs 6:05 - 6:45 pm  
AQ-12 Tues/Thurs 6:50 - 7:30 pm

**Session C: (See dates above)**  
AQ-09 Saturday 9:30 - 10:10 am  
AQ-10 Saturday 10:20 - 11:00 am  
Fee: \$38 per session

## Level III: Stroke Readiness

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

**Session A: (See dates above)**  
AQ-13 Mon/Wed 6:05 - 6:45 pm  
AQ-14 Mon/Wed 6:50 - 7:30 pm  
AQ-15 Tues/Thurs 6:05 - 6:45 pm  
AQ-16 Tues/Thurs 6:50 - 7:30 pm

**Session B: (See dates above)**  
AQ-13 Mon/Wed 6:05 - 6:45 pm  
AQ-14 Mon/Wed 6:50 - 7:30 pm  
AQ-15 Tues/Thurs 6:05 - 6:45 pm  
AQ-16 Tues/Thurs 6:50 - 7:30 pm

**Session C: (See dates above)**  
AQ-13 Saturday 9:30 - 10:10 am  
AQ-14 Saturday 10:20 - 11:00 am  
Fee: \$38 per session

Youth Self-Defense & Safety classes are found on Page 27.

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

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**Level IV: Stroke Development**

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

- Session A: (See dates above)
- AQ-17 Mon/Wed 6:05 - 6:45 pm
- AQ-18 Mon/Wed 6:50 - 7:30 pm
- AQ-19 Tues/Thurs 6:05 - 6:45 pm
- AQ-20 Tues/Thurs 6:50 - 7:30 pm
- Session B: (See dates above)
- AQ-17 Mon/Wed 6:05 - 6:45 pm
- AQ-18 Mon/Wed 6:50 - 7:30 pm
- AQ-19 Tues/Thurs 6:05 - 6:45 pm
- AQ-20 Tues/Thurs 6:50 - 7:30 pm
- Session C: (See dates above)
- AQ-17 Saturday 9:30 - 10:10 am
- AQ-18 Saturday 10:20 - 11:00 am
- Fee: \$38 per session

**Level V: Stroke Refinement**

The objective of Level V is coordination and refinement of key strokes. Students will be introduced to the butterfly, open turns, the feet-first surface dive and springboard diving. Participants will be introduced to 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 in Level IV.

- Session A: (See dates above)
- AQ-21 Mon/Wed 6:50 - 7:30 pm
- AQ-22 Tues/Thurs 6:50 - 7:30 pm
- Session B: (See dates above)
- AQ-21 Mon/Wed 6:50 - 7:30 pm
- AQ-22 Tues/Thurs 6:50 - 7:30 pm
- Session C: (See dates above)
- AQ-21 Saturday 9:30 - 10:10 am
- AQ-22 Saturday 10:20 - 11:00 am
- Fee: \$38 per session

**Level VI: Skill Proficiency**

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

- Session A: (See dates above)
- AQ-23 Tues/Thurs 6:50 - 7:30 pm
- Session B: (See dates above)
- AQ-23 Tues/Thurs 6:50 - 7:30 pm
- Session C: (See dates above)
- AQ-23 Saturday 9:30 - 10:10 am
- AQ-24 Saturday 10:20 - 11:00 am
- Fee: \$38 per session

**Level VII: Advanced Skills**

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

- Session A: (See dates above)
- AQ-25 Tues/Thurs 6:50 - 7:30 pm
- Session B: (See dates above)
- AQ-25 Tues/Thurs 6:50 - 7:30 pm
- Session C: (See dates above)
- AQ-25 Saturday 9:30 - 10:10 am
- AQ-26 Saturday 10:20 - 11:00 am
- Fee: \$38 per session

**Introduction to Competitive Swimming**

AQ-45

This class will feature an introduction to the four competitive strokes: Butterfly, Backstroke, Breast and Freestyle. Progressive swim drills for each stroke will be taught. The goal of learning to swim efficiently will be the main objective. 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.

UFM Staff

- Date: Sept 9 - Oct 9
- Time: 6 - 6:40 pm (Tues/Thurs)
- Fee: \$38
- Location: KSU Natatorium

**Lap Swimming Ages 13 plus**

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

- Session A: (See dates above)
- AQ-29 Mon - Thurs 6:05 - 7:30 pm
- Session B: (See dates above)
- AQ-29 Mon - Thurs 6:05 - 7:30 pm
- Session C: (See dates above)
- AQ-29 Saturday 9:30 - 11:00 am
- Fee: \$19 per session

**Lap Swimming for Parents**

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

- Session A: (See dates above)
- AQ-30 Mon - Thurs 6:05 - 7:30 pm
- Session B: (See dates above)
- AQ-30 Mon - Thurs 6:05 - 7:30 pm
- Session C: (See dates above)
- AQ-30 Saturday 9:30 - 11:00 am
- Fee: \$16 per session

**Hydroaerobics**

**Ages 16 plus**

This is a 45 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: (See dates above)
- AQ-31 Mon/Wed 6:00 - 6:45 pm
- AQ-32 Tues/Thurs 6:45 - 7:30 pm
- Session B: (See dates above)
- AQ-31 Mon/Wed 6:00 - 6:45 pm
- AQ-32 Tues/Thurs 6:45 - 7:30 pm
- Session C: (See dates above)
- AQ-31 Saturday 9:30 - 10:15 am
- AQ-32 Saturday 10:15 - 11:00 am
- Fee: \$18 per session

**Private Lessons for Special Populations**

AQ-33

For people with special physical or mental needs. Arrangements will be considered for private swimming lessons. Soon after registration an instructor will contact the student to arrange 6 classes of 30 minutes each. The facility is equipped with a lift and a set of stairs leading into the pool.

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

**Private Lessons**

AQ-34

These lessons provide one-on-one instruction for any level of swimmer. All instructors are Water Safety Instructor certified by the American Red Cross. Soon after registration an instructor will contact the student to schedule 6 classes of 30 minutes each.

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

**Adult Swim Lessons**

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

- Session A: (See dates above)
- AQ-27 Mon/Wed 6:50 - 7:30 pm
- AQ-28 Tues/Thurs 6:05 - 6:45 pm
- Session B: (See dates above)
- AQ-27 Mon/Wed 6:50 - 7:30 pm
- AQ-28 Tues/Thurs 6:50 - 7:30 pm
- Fee: \$38

**Thank you, Little Apple Pilot Club,  
for providing scholarship funds  
for youth!**

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

**Self-Defense for Preteens**  
is offered in the Youth section

**Youth Scholarships are available  
through funds from  
Little Apple Pilot Club**

**Kids, ages 7-11 years, enroll in  
Beginning Magic class, page 27**

**\*GOLF \*GOLF \*GOLF \*GOLF**  
Listed in the RECREATION AND  
DANCE section of the catalog



**Fitness Swimming**

AQ-38

*\* One hour optional KSU credit available*  
Students interested in this course MUST be able to demonstrate the five basic strokes, using rhythmic breathing. Emphasis will be on analyzing and refining stroke technique and additional competitive skills; improving/maintaining physical fitness and endurance through a progressive, conditioning swimming program; learning the components of well-balanced training; and designing a workout for conditioning swimming.  
**Textbook required: Swim for the Health of It**

Carol Stites

Date: Sept 2 - Nov 13  
Time: 2:30 - 3:30 pm (Tues/Thurs)  
Fee: \$74 non-credit  
\$123 credit  
Location: KSU Natatorium

**Fitness Swimming**

AQ-39

Carol Stites

Date: Sept 3 - Oct 20  
Time: 8:30 - 9:30 am (M/W/F)  
Fee: \$74 non-credit  
\$123 credit  
Location: KSU Natatorium

**Fitness Swimming**

AQ-40

Carol Stites

Date: Oct 22 - Dec 12  
Time: 8:30 - 9:30 am (M/W/F)  
Fee: \$74 non-credit  
\$123 credit  
Location: KSU Natatorium

**Swimming I**

AQ-37

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

*\*Credit classes require additional charges to cover KSU administrative costs. Students enrolled in less than 12 hours will also be assessed for student activity and health fees.*

Carol Stites (532-0703)

Date: Sept 2 - Nov 13  
Time: 8:30 - 9:30 am (Tues/Thurs)  
Fee: \$72 non-credit  
\$121 credit  
Location: KSU Natatorium

**Kids Night Out Swim Program**

AQ-41

UFM has reserved Friday evenings in October as Open Youth Swim for ages 10 and up. Practice what you have learned in lessons or just have fun. UFM will provide lifeguards. You must register in advance so we can plan adequate lifeguards.

Date: Oct 3, 10, 17, 24 and 31  
Time: 6 - 7:30 pm (Friday)  
Fee: \$12  
Location: KSU Natatorium



**Open Swim Appreciation**

AQ-60

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

Date: Oct 5 (Sunday)  
Time: 5 - 7 pm  
Fee: \$NIC  
Location: KSU Natatorium

**Open Swim Appreciation**

AQ-70

*\*For UFM swim participants and their parents*

Date: Oct 26 (Sunday)  
Time: 5 - 7 pm  
Fee: \$NIC  
Location: KSU Natatorium

**Kayak Workshop**

AQ-46

Experienced or Beginner - this workshop has something for you. It is designed to provide:  
•pool practice time for experienced Kayakers.  
•critiques of rolls and strokes for individuals who have basic kayaking skills.  
•an opportunity for persons who are considering entering the sport to try Kayaking in an informal setting.  
Boats are available for rent at a nominal fee at the pool, or you can bring your own.

T.J. Hittle has been teaching for nearly 16 years. Certified Red Cross Kayak Instructors. T.J. is also certified as an Instructor Trainer.

Date: November 2 (Sunday)  
Time: 9 am - 1 pm  
Fee: \$10  
Location: KSU Natatorium

**Kayak Workshop**

AQ-47

T.J. Hittle

Date: November 9 (Sunday)  
Time: 9 am - 1 pm  
Fee: \$10  
Location: KSU Natatorium

**Kayak Workshop**

AQ-48

T.J. Hittle

Date: November 16 (Sunday)  
Time: 9 am - 1 pm  
Fee: \$10  
Location: KSU Natatorium

**Kayak Workshop**

AQ-49

T. J. Hittle

Date: December 7 (Sunday)  
Time: 9 am - 1 pm  
Fee: \$10  
Location: KSU Natatorium

**Scuba Diving**

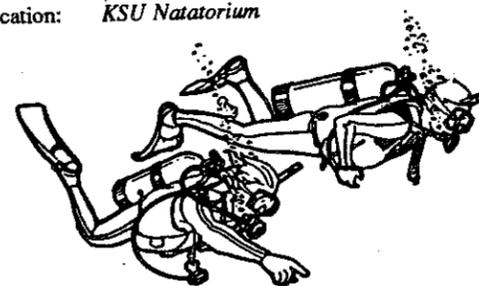
AQ-35

*\*one hour optional KSU credit available*  
This class will prepare students for Open Water One certification. Areas to be covered include: introductory information for certification, knowledge of the equipment, physics of diving, medical problems related to diving, use of dive tables, diving environment, and general information. The date for certification will be determined at a later date. The certificate is included in the class fee, however, neither UFM nor KSU is responsible for this certification. Travel and lodging are at the student's expense. Students must provide their own mask, fins, and snorkel. The class fee includes instruction, the dive manual and equipment rental during class. (Estimated cost for mask, \$60-\$90; snorkel, \$30-\$35; fins, \$40-\$70). Limit: 10 students. **Minimum age: 12.** Parents of 12-15 year olds must accompany children at poolside. **A complete physical is required for participants aged 45 and up.**

**Free Scuba Demonstration** will be held in the KSU Natatorium on Friday, September 12, 6:00 - 7:30 pm. This session will acquaint participants with the skills and techniques of safe underwater diving. Bring swimsuits and be prepared to enter the water.

Jeff Wilson, has been diving for 24 years and instructing scuba for 14 years.

Date: September 13 - October 18  
Time: 9 am - 1 pm (Saturday)  
Fee: \$213 non-credit  
\$233 credit  
Location: KSU Natatorium



**Scuba Refresher**

AQ-36

The dive refresher program is designed to provide a controlled training environment for those certified divers who have not had recent diving experience. This program is recommended for:

1. Those with less than 4 open water dives in the past year.
2. Those with no water dives in the past 6 months.
3. Those planning dives in an environment which is new to them.

Prerequisite: Open Water I certification. **Students must provide their own mask, fins, and snorkel for the class.** They may use their own equipment if they have it. Ages 12 +.

Jeff Wilson, has been diving for 24 years and has been instructing scuba for 14 years.

Date: October 19  
Time: 9 am - 1 pm (Sunday)  
Fee: \$57 includes equipment rental  
Location: KSU Natatorium

**Family Swim Nights**

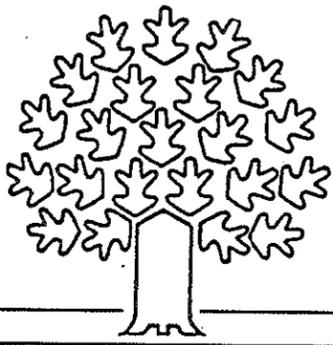
AQ-42

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

Date: Oct 5, 12, 19, and 26  
Time: 5 - 7 pm (Sunday)  
Fee: \$10 individual/\$16 couple  
\$20 family  
Location: KSU Natatorium

Special THANKS TO THE UFM INSTRUCTORS who volunteer their time.





# Earth, Nature & Environment

1221 THURSTON

539-8763

## The Zodiac

EN-06

The Zodiac is real; it's part of the sky. The Zodiac is the 12 constellations along the path of the sun as it moves across the sky. In this class The instructor will teach you what that means, and show why all planets, plus the moon, move through the zodiac. The instructor will have slides of most of the zodiac constellations and you'll learn how to find yours in the sky. **This is NOT astrology. This will be the astronomy (a science) of the Zodiac.**

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

Date: September 16 (Tuesday)  
Time: 7 pm  
Fee: \$8 individual/\$12 family  
Location: Manhattan High School Little Theater  
(Just inside front door)

## The Winter Sky

EN-07

Join us to learn how to identify the beautiful winter constellations such as Orion, Gemini, Taurus, and the Big Dog. There will also be lots of good hints on observing, and plenty of opportunities for anyone to share their own tidbits of sky facts and lore. This will be an INDOOR program, but maps will be provided so you can find your own way around the sky whenever you can get out. The instructor will also share his slides of the night sky.

*Dean Stramel*

Date: October 14 (Tuesday)  
Time: 7 pm  
Fee: \$8 individual/\$12 family  
Location: Manhattan High School Little Theater  
(Just inside the front door)

## Archaeology of Northeast Kansas

EN-04

This class will introduce participants to the people who lived in our state during the last 12,000 years. It is designed to introduce participants to the types of evidence left by earlier populations. Particular attention will be directed to studying stone tools, including seeing how they were made. Other types of artifacts and physical remains will also be discussed and we will talk about past lifeways as we understand them from studying these remains. Information will be provided on how to learn more and how to become involved in studying the past, while also joining our effort to preserve the past for the future. Participants are encouraged to bring their artifacts collection to class.

*Donna C. Roper* (776-3772), has been involved in archaeological investigations in the Central Plains and Midwest for over 25 years. She currently works as a researcher and consultant in the Kansas-Nebraska area. She has taught archaeology at K-State and holds an adjunct faculty appointment at the university.

Date: Oct 16, 23, and 30  
Time: 7 - 9 pm (Thursday)  
Fee: \$14 individual/\$20 couple  
Location: UFM Greenhouse

## Field Trip: Glacial Area of Pottawatomie County

EN-05

How do we know that glaciers visited Kansas?...by the rocks from Minnesota they left behind! We'll visit northern Pottawatomie County to collect glacial material including agate, jasper, quartz, quartzite, petrified wood as well as others, some of which may be of gem quality. Bring a beverage and a container for rocks and crystals. Become a rockhound for a day. **Raindate: Oct 25**

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

Date: October 4 (Saturday)  
Time: 8:30 am - Noon  
Fee: \$9 individual/\$14 couple  
Location: Meet at UFM Fireplace Room

Do you have a skill or interest you would like to share?  
Become a UFM instructor!  
Call the UFM office, 539-8763.

## Reduce, Reuse, Recycle & Join... Northern Flint Hills Audubon

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

- Bird Seed Sales (To order, call Mike Rhodes at 539-4863)
- Field Trips to local natural areas
- Programs on topics ranging from anti-environmental radio shows to family camping. Look for details in our newsletter!
- Member actions on environmental issues

Watch for information on all these activities in *The Prairie Falcon*, the chapter's newsletter. For more information, call Chris Cokinos (537-4143).

**WE NEED YOU!**

## Beginning Fly Tying

EN-01

Learn the basics of tying your own flies for that next fishing trip. We will cover hooks, tying tools, and the materials necessary to create flies to catch fish from trout to bass. Materials will be provided to tie dry flies, wet flies, and nymphs. Keep the flies you tie and give them a try!

*Paul Sodamann* (494-2340) is a seventh grade science teacher who likes to escape to cool running waters from time to time to get away from it all. He has been fly fishing waters from Georgia to Montana, building his own rods and tying his own flies for four years. Paul primarily fishes for trout, but local outings for bass and pan fish help keep his fly fishing skills sharp.

Date: Sept 9, 10, and 11 (T, W, and Th)  
Time: 6:30 - 8:30 pm  
Fee: \$40  
Location: *Sodie's Fly Shop*  
6390 Rockenham Road, St. George  
Call UFM for directions

## Beginning Fly Tying

EN-02

*Paul Sodamann*

Date: Oct 7, 8, and 9 (T, W, and Th)  
Time: 6:30 - 8:30 pm  
Fee: \$40  
Location: *Sodie's Fly Shop*  
6390 Rockenham Road, St. George  
Call UFM for directions

## Basics of Bass Fishing

EN-03

In this class the instructor will discuss and demonstrate the basics of fishing for largemouth, smallmouth, and spotted (Kentucky) Bass. Participants will learn about equipment that is needed, technical aspects, rules, regulations, and other information.

*Donnie Wilson* is 1997 president of Blue Valley Bass Anglers and 1994 Military Bass (Kansas Association) Rookie of the Year.

Date: Sept 11, 18, 25, and Oct 2  
Time: 7 - 9 pm (Thursday)  
Fee: \$20  
Location: UFM Conference Room

UFM is on the Web!

Our address is  
[www.ksu.edu/ufm](http://www.ksu.edu/ufm)

## BIKEWORKS Bicycle Sales and Service

Tune-up

**35<sup>00</sup>**

Includes:

Hubs adjusted	Gears adjusted
B/B adjusted	Brakes adjusted
Headset adjusted	Drive train cleaned
Wheels trued	Drive train lubed

776-2453

1208 Moro

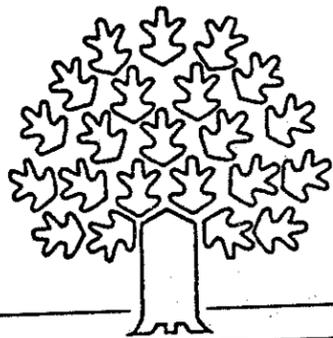
You watched "the comet of the century" all spring,, why not keep the memory?

Comet Hale-Bopp  
11X14 double-matted photograph  
(photographed by Dean Stramel)

This breathtaking photo can be purchased at UFM for \$29  
(part of the proceeds will be donated to UFM)

All participants must register in advance.

1035



# Business & Professional

1221 THURSTON

539-8763

## Consumer Beware: Learn How To Make Your Money Work For You

BP-01

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

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

Date: September 2 (Tuesday)  
Time: 7 - 9 pm  
Fee: \$8 individual/\$12 couple  
Location: UFM Conference Room

## Consumers Beware: Learn How To Make Your Money Work For You

BP-02

Lynn Bohnenblust

Date: October 7 (Tuesday)  
Time: 7 - 9 pm  
Fee: \$8 individual/\$12 couple  
Location: UFM Conference Room

## Consumers Beware: Learn How To Make Your Money Work For You

BP-03

Date: November 12 (Wednesday)  
Time: 7 - 9 pm  
Fee: \$8 individual/\$12 couple  
Location: UFM Conference Room

## BOOKKEEPING SERVICES

A home-based business designed to meet the record keeping needs of small businesses in Manhattan

### Services include:

- Accounts Payable
- Accounts Receivable
- Inventory Control
- Monthly Reports
- Payroll
- And more.....

Call: 293-5690

## Successful Money Management

BP-05

Nearly everyone can learn to become a better financial consumer. It doesn't matter if you are retired, a middle-aged baby boomer or twenty something just starting out...rich, poor or middle class. A few simple, but powerful, money management principles can help you achieve your financial goals and dreams. A financial plan will be done for each participant in the class.

Fred Freeby (539-8719), has been with Waddell and Reed for 21 years. He has been a representative, district manager, division manager and is now a Senior Financial Advisor for Waddell and Reed.

Date: September 9 (Tuesday)  
Time: 7 - 9 pm  
Fee: \$8  
Location: Waddell and Reed Office  
555 Poyntz Avenue, Suite 280

## Successful Money Management

BP-06

Fred Freeby

Date: October 21 (Tuesday)  
Time: 7 - 9 pm  
Fee: \$8  
Location: Waddell and Reed Office  
555 Poyntz Avenue, Suite 280

## Successful Money Management

BP-07

Fred Freeby

Date: November 11 (Tuesday)  
Time: 7 - 9 pm  
Fee: \$8  
Location: Waddell and Reed Office  
555 Poyntz Avenue, Suite 280

## GRE Preparation Course

BP-14

Planning to take the Graduate Record Exam? Take advantage of our GRE preparation program to help improve your score. This comprehensive, up-to-date program offers you three basic ingredients for success: review, strategy, and practice. The carefully designed curriculum consists of both classroom and home study hours. Analysis and review consist of the three GRE subject area of Math, Logic and Verbal skills. You will be tested under emulated GRE conditions in order to gain test-taking practice and confidence. The practice tests will be analyzed so you can learn the reasons behind the correct answers. Registration includes all in class and at home study books from The Fairfax Lectern.  
Registration deadline: August 23

Jason Coleman (537-2946), took the GRE in 1991 scoring 800 Math, 790 Verbal, and 800 Analytical. He was a GRE instructor for the Princeton Review from 1992 to 1994. Since moving to Manhattan he has taught UFM's GRE preparatory course. He is currently pursuing a second bachelor's degree in secondary education.

Date: Sept 23 - Oct 30  
Time: 7 - 9:30 pm (Tues/Thurs)  
8 am - Noon (Saturday, Oct 25)  
Fee: \$210  
Location: Caldwell Hall 120, KSU

## Individual Development

BP-18

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

Marilyn Schreiner and Jean Bramwell have both completed this seminar. Marilyn and Jean have competed in speech competition at the state level of Business and Professional Women. Marilyn was chosen as the state champion in 1996 and went on to represent Kansas at the BPW/USA National Conference in Washington, D.C.

Date: November 1 (Saturday)  
Time: 8:30 am - 4:30 pm  
Fee: \$25  
Location: Pawnee Mental Health Services  
2001 Claflin Road (Conference Room)



## Women and Money

BP-11

The Women's Financial Information Program is designed to help women of all ages be better prepared to make informed financial decisions. The program will include sessions on: Getting Organized; Budgeting and Cash Flow; Banking and Credit; Managing Your Risks; Insurance, Deciding What If; Social Security, Professional Help; Where and How to get help, Trust, Investing; Getting Started, Retirement Planning for Women, and Getting Better. Fee includes a money management workbook and handouts. Optional: Lunch provided for a fee of \$18 for 6 meals.

The program presenters are Joyce Jones, Roger Snider, Ross Siegle, Vicki Buening, Sherry McCrory, Ann Zimmerman, Dr. Kay Stewart, Tonya Wilkerson, CPA, Stephen Harrison and Shon Robben.

Date: Sept 23 - Oct 28  
Time: Noon - 2 pm (Tuesday)  
Fee: \$30/\$25 early bird  
(if registered before Sept 2)  
Location: Senior Center  
412 Leavenworth Street

Coalition of Program Supporters  
BPW, Business and Professional Women; AAUW, American Association of University Women; KSU Adult Student Services; Senior's Service Center; New Directions; Riley County Cooperative Extension; KSU Women's Resource Center; United Way; Edward Jones

Contributing Supporters  
Century Business Systems and Senior's Service Center



Co-Sponsors  
AARP and UFM



UFM classes make great gifts.



**Financial Planning for Women**

BP-08

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

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

Date: Sept 8 (Monday)  
Time: 7 - 9 pm  
Fee: \$8  
Location: Waddell and Reed Conference Room  
555 Poyntz Avenue, Suite 280

**Financial Planning for Women**

BP-09

*Diane Freeby*

Date: Oct 6 (Monday)  
Time: 7 - 9 pm  
Fee: \$8  
Location: Waddell and Reed Conference Room  
555 Poyntz Avenue, Suite 280

**Financial Planning for Women**

BP-10

*Diane Freeby*

Date: Nov 10 (Monday)  
Time: 7 - 9 pm  
Fee: \$8  
Location: Waddell and Reed Conference Room  
555 Poyntz Avenue, Suite 280

**Paraprofessionals Working with Students**

BP-20

Paraprofessionals in the regular classroom, working with students is a workshop that will provide ideas, tips, suggestions and plenty of handouts intended to help paras who support students with a variety of learning needs in classrooms from preschool to high school. Topics will include areas of disability - descriptions, characteristics and strategies, roles and responsibilities, modifications and adaptations, and classroom management.

*Wendy Dover* is currently a special education coordinator with Junction City schools and has also worked in the Manhattan school system and Kansas State University. Her special interest in paraprofessionals has resulted in state and national presentations, as well as a book for paras published by Master Teacher.

Date: August 28 (Thursday)  
Time: 7 - 9 pm  
Fee: \$15  
Location: Justin Hall 149, KSU

**Paraprofessionals Working with Other Adults**

BP-21

Since working with students who have special needs also involves collaborating and working with other teachers and therapists, this workshop will provide skill development, tips, strategies, and more handouts on the topics of communication skills, monitoring and reporting student progress, assertiveness, teaming and planning and roles and responsibilities. This workshop will include outside readings and activities that can be used to receive 3 clock hours of para inservice hours.

*Wendy Dover*

Date: September 11 (Thursday)  
Time: 7 - 9 pm  
Fee: \$15  
Location: Justin Hall 149, KSU

**PARENTS UNIVERSITY**  
"Making Parenting A Priority"

Saturday, September 20, 1997

8:00 a.m. - 12:30 p.m.

Eisenhower Middle School

800 Walters Dr., Manhattan  
(Off Turtle Creek Blvd. near Market Ave.)

Parenting Educational Workshops  
Showcases Presented by Local Agencies  
Keynote Speaker-Carl Boyd

Event is FREE of charge!! Free childcare provided on site!!  
Sponsored by Coalition of Parent Educators (COPE), USD #383, Riley County Association for Family and Community Education (FCE), K-State Research and Extension of Riley County, and Delta Kappa Gamma-Eta Chapter  
For more information or to register, call the Regional Prevention Center at 587-4372.

**Claflin Books and Copies**

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**1997 Lou Douglas Lecture Series**



Tuesday, September 16

JAMES HOWARD KUNSTLER

"Home From Nowhere"



Tuesday, October 14

MALCOM C. YOUNG

"Alternative Prison Sentencing"



Tuesday, October 7

RHODA H. KARPARKIN

"America's Discontented Consumers:  
A Global Dilemma"



Tuesday, November 4

CYNTHIA PRICE COHEN

"Respect for the Views of the Child:  
Status Under International Law"

All lectures are held at 7:30 p.m. in Umberger Hall, Room 105, KSU.  
(Umberger Hall is north of Waters Hall on the KSU campus)

Claflin Books and Copies is pleased to carry selected books of the 1997 Lou Douglas lecturers.

THANK YOU ADVERTISERS for your loyal support.





**How To Handle Your Own Insurance Claim** BP-15

Learn how to handle your own injury, property, flood, homeowners, automobile, and other casualty claims. Learn how to deal directly with either your own or the responsible party's insurance company. Learn what your legal rights are and how to make sure they are protected, when to hire an attorney and how to choose a good attorney.

*Gene Hotard (253-1074)*, is a retired insurance adjuster, damage estimator, legal investigator, and claim manager and has handled and investigated claims for State Farm, Geico, Prudential, Royal Globe, and dozens of other insurance companies over a 25 year period in over 40 states. He holds degrees in psychology, business and law. He has also completed numerous professional level courses on insurance law, arson, fraud, and medical and criminal investigations procedures.

Date: Sept 10 - Oct 1  
Time: 7 - 9 pm (Wednesday)  
Fee: \$21 includes materials, books and handouts  
Location: UFM Banquet Room

**How To Handle Your Own Insurance Claim** BP-16

*Gene Hotard*

Date: Oct 15 - Nov 5  
Time: 7 - 9 pm (Wednesday)  
Fee: \$21 includes materials, books and handouts  
Location: UFM Fireplace Room

**How To Handle Your Own Insurance Claim** BP-17

*Gene Hotard*

Date: Nov 12 - Dec 10  
No class Nov 26  
Time: 7 - 9 pm (Wednesday)  
Fee: \$21 includes materials, books and handouts  
Location: UFM Fireplace Room



**Basics of Investing** BP-12

This class begins with the very basics of finances including: examining some of the most common reasons people fail to meet their investment goals, money management tips that can help make sure you don't fall into those traps, and rules every investor should know and follow. We will discuss many of the investments available today, including certificates of deposit, bonds, mutual funds, annuities and more.

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

Date: Sept 9, 16, and 23  
Time: 7 - 9 pm (Tuesday)  
Fee: \$22 individual/\$28 couple  
Location: UFM Conference Room

**Basics of Investing** BP-13

*Jayson Kaus*

Date: Oct 14, 21, and 28  
Time: 7 - 9 pm (Tuesday)  
Fee: \$22 individual/\$28 couple  
Location: UFM Conference Room

**Show Me The Money!** BP-19

This class, in conjunction with the All-University Financial Aid/Scholarship Workshop (see announcement on this page), will provide students an opportunity to learn about the many scholarships available locally and nationally. It will help students learn the dos and don'ts of completing scholarship applications. Participants will have a chance to receive individual feedback on completed scholarship application during the second meeting of the class. If you'd like to say "show me the money!" during fee payment, this class is for you!

*Vickie Choitz* is a senior Kansas State University in Political Science, Secondary Education, and Women's Studies. She has earned more than \$40,000 in scholarships for college, including the prestigious Truman scholarship. Vickie also has been nominated to represent KSU in competition for a Marshall Scholarship this fall, so she should be primed and ready to share her knowledge on scholarship application procedures in December!

Date: December 1 and 8  
Time: 7 - 9 pm (Monday)  
Fee: \$12  
Location: UFM Fireplace Room

*"Show Me The Money"*

**K-State's 1st Annual All-University Financial Aid/Scholarship Workshop**

Do any of these questions sound familiar? How am I going to pay for school? Where do I look for scholarship opportunities? How can I increase the likelihood of being selected as a financial award winner?

You need to attend the Financial Aid/Scholarship Workshop.

Where: K-State Union Ballroom  
When: Tuesday, November 18th  
Time: 7:00 - 9:00 p.m.

Co-sponsored by Student Financial Assistance and Adult Student Services.

**Fundamentals of Estate Planning** BP-04

This class overviews the legal, financial and tax structures affecting transfers of assets among families and other beneficiaries. We will address issues such as how to title property, wills, inheritance, trusts, tax and probate-saving techniques. Informal presentation allows opportunities for questions. Lots of practical information will be included.

*Mark Knackendoffel (537-7200)*, is President and Senior Trust Officer of The Trust Company of Manhattan. He graduated from the University of Kansas with degrees of M.B.A. and J.D. He is a member of the Riley County Bar Association and has over 13 years of estate planning, trust, and investment experience.

Date: September 16 (Tuesday)  
Time: 6:30 - 8:30 pm  
Fee: \$8  
Location: The Trust Company  
330 Poyntz Avenue



**Computer**

**Windows 95** CP-01

Take the mystery out of this new operating system. Learn the language, symbols and new approaches it takes. Find out how to run your DOS software, program shortcuts and other tasks. Bring your questions.

*Linda Teener*

Date: October 2 (Thursday)  
Time: 7 - 8:30 pm  
Fee: \$10  
Location: UFM Computer Lab

**Computer Shopping** CP-02

Buying a computer that is just right for you is not an easy task. Do you feel overwhelmed by all the types of computers? What software should you get? This class will focus on the most critical factors in making a smart purchase decision.

*Linda Teener (539-8763)*, is the Executive Director of UFM and is extremely knowledgeable about computers.

Date: August 27 (Wednesday)  
Time: 7 - 9 pm  
Fee: \$10  
Location: UFM Computer Lab

**WordPerfect 6.1** CP-03

Learn the basics of using WordPerfect 6.1. Learn the primary operations of this program, shortcuts and special features. Many of the skills in this class transfers to other windows programs.

*Linda Teener*

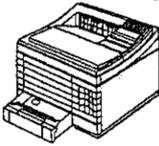
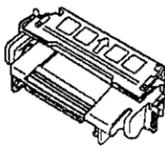
Date: Oct 8 and 15 (Wednesday)  
Time: 6:30 - 8:30 pm  
Fee: \$21  
Location: Fairchild Hall 202, KSU

*Manhattan Ink*

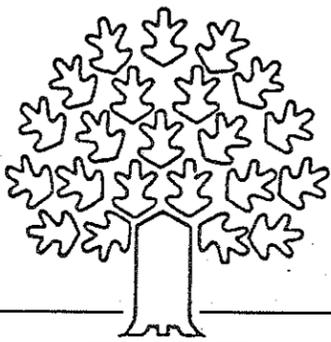
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**539-9222**



# Language

1221 THURSTON

539-8763

## English Pronunciation Training for ESL Speakers

LA-01

Improve your English pronunciation skills and overcome any existing communication barriers as an ESL speaker. Information will be provided about the course content of individual and small group instruction for learning English sounds and the rate and rhythm of the English language. Instruction is also provided to improve English pronunciation for the Speak test, workplace and professional vocabulary and preparation for oral defense of thesis/dissertation and seminar presentations.

Sharon Reagan M.A., CCC-SLP (539-4243), is a certified licensed Speech-Language Pathologist and holds an MA in that field. She has specialized training in English Pronunciation/Accent Modification and has over 10 years experience working with ESL speakers from many different countries.

Date: September 16 (Tuesday)  
Time: 7 pm  
Fee: \$8  
Location: 1325 Poyntz Avenue, Manhattan

## English Pronunciation Training for ESL Speakers

LA-02

Sharon Reagan

Date: October 8 (Wednesday)  
Time: 7 pm  
Fee: \$13  
Location: 1325 Poyntz Avenue, Manhattan

## English Pronunciation Training for ESL Speakers

LA-03

Sharon Reagan

Date: November 6 (Thursday)  
Time: 7 pm  
Fee: \$13  
Location: 1325 Poyntz Avenue, Manhattan

## Survival Skills in Czech

LA-04

This practical class is intended especially for those who are going to travel to the Czech Republic. The participants will learn the Czech alphabet, basic vocabulary and phrases. Special emphasis will be placed on correct pronunciation and on the ability to ask, understand and reply to simple questions. Information will also be provided on the culture, lifestyle and living expenses in the Czech Republic and other topics necessary for basic "survival". The book and tape Teach Yourself Czech is available in the trade section at the Union Bookstore.

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

Date: Sept 8 - Dec 8  
Time: 7 - 8:30 pm (Monday)  
Fee: \$63  
Location: UFM Conference Room

## Native American Languages

LA-05

This class will survey the hundreds of different languages spoken in the Americas. The main emphasis will be on languages of North America. There will be discussion on how Linguists classify languages. Audio examples of languages and discussion of current issues and problems in Native American language retention is also planned.

John Kyle (537-0970), has a BA in Anthropology and an MA in Linguistics. He has done linguistic work on Siouan languages and is currently working towards a PhD in Linguistics.

Date: Sept 17 - Oct 22  
Time: 7 - 8:30 pm (Wednesday)  
Fee: \$19  
Location: UFM Multipurpose Room

## Beginning Sign Language

LA-06

This course is for anyone interested in Sign Language. The class is intended to introduce a basic understanding of Sign Language and the deaf community. Students will develop a signed vocabulary of approximately 300 signs. The textbook, Stories from Gina and American Sign Language Concise Dictionary is available at Varney's Bookstore.

Collette Hernandez has studied deafness and sign language for 16 years. She has an Associate degree from Johnson County Community College in Sign Language Interpreting and a bachelor degree in psychology. Collette lived and worked at Kansas School for the Deaf for two years. She has been a professional interpreter for 6 years. Her parents-in-law are deaf and she has a deaf family member. Collette is inspired to work to bridge the gap between hearing and deaf people.

Date: Sept 10 - Oct 29  
Time: 6 - 7 pm (Wednesday)  
Fee: \$43  
Location: Justin Hall 149, KSU



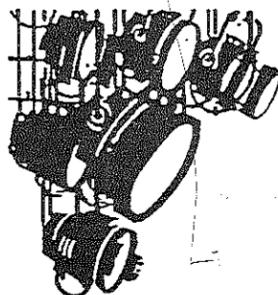
## Intermediate Sign Language

LA-07

This intermediate class is for those who have a basic understanding and knowledge of Sign Language. Students will build to their existing sign language vocabulary and learn conversational skills using sign language. The textbook Stories from Gina and American Sign Language Concise Dictionary is available at Varney's Bookstore.

Collette Hernandez

Date: Sept 10 - Oct 29  
Time: 7 - 8 pm (Wednesday)  
Fee: \$43  
Location: Justin Hall 149, KSU



## The Manhattan Center for the Arts Theatre Company

proudly presents its 1997-98 season:

"THEY'RE PLAYING OUR SONG" - musical: book by Neil Simon, music by Marvin Hamlisch, lyrics by Carol Bayer Sager

Sept 26-28, Oct 2-5 1997

"THE UNEXPECTED GUEST" - thriller by Agatha Christie

Nov 7-9, 13-16 1997

"ALL IN THE TIMING" - six one-act comedies by David Ives

Feb 6-8, 12-15 1998

"HMS PINAFORE" - musical comedy by Gilbert & Sullivan

Apr 24-26, 30  
May 1-3, 8-9 1998

For more information, call 537-4420

or visit our Web page at <http://www.flinthills.com/~arts/>



This program is supported in part by the Kansas Arts Commission, a state agency, and the National Endowment for the Arts, a federal agency. Additional funding comes from the City of Manhattan.



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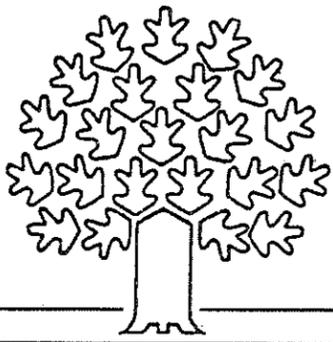
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Look for the UFM Catalog on the web at [www.ksu.edu/ufm](http://www.ksu.edu/ufm)

103.5



# Martial Arts

1221 THURSTON

539-8763

## Beginning Aikido

MA-04

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

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

Date: Sept 3 - Dec 10 (Mon/Wed)  
No class Oct 20, 22, and Nov 26  
Time: 7 - 8:30 pm  
Fee: \$56  
Location: Ahearn Fieldhouse, KSU

## Taekwondo Karate I

MA-01

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

**\*\*Tuesday, August 26, at 6:30 pm, public demonstration and formal introduction of instructors in Ahearn Fieldhouse, KSU**



Grandmaster Chae Sun Yi (539-4716), is an 8th degree black belt with over 38 years experience in Taekwondo. Former Captain and Chief instructor of Taekwondo for the ROK Army during Vietnam, he has held classes at KSU since 1975. Corey Lewis is a 4th degree black belt with over 13 years experience in Taekwondo.

Date: Aug 26 - Dec 11 (Tuesday/Thursday)  
No class November 27  
Time: 6:30 - 7:30 pm  
Fee: \$72  
Location: Ahearn Fieldhouse, KSU

## Taekwondo Karate II Advanced

MA-02

Grandmaster Chae Sun Yi and Corey Lewis

Date: Aug 26 - Dec 11 (Tuesday/Thursday)  
No class November 27  
Time: 7:30 - 8:30 pm  
Fee: \$72  
Location: Ahearn Fieldhouse, KSU

Thanks to Little Apple Pilot Club for their donation to the UFM Youth Scholarship Fund.

Taekwondo classes for children ages 4-5, 6-8, 9-14 are found on page 27.

## Charlson and Wilson Insurance Agency

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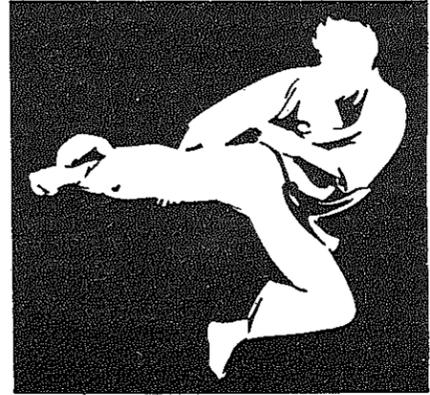
## Combat Grappling

MA-03

Combat Grappling consists of methods taken from Gracie Jujutsu, wrestling, Sambo, shoot wrestling, Judo, and Suai Chaou. This beginning class will be spent approximately 1/2 on the sport methods and 1/2 on self-defense methods. We will learn breakfalls, takedowns, ground grappling, standing joint locks and self-defense methods. Combat grappling is one of the nine methods of the White Phoenix System. **There are 3 manuals included with this class.**

Stan Wilson participated in wrestling in high school, Judo in college, and has done a study of methods of many different martial arts systems. He has black belts in Kung Fu and Jujutsu. He is also the founder of the White Phoenix System.

Date: Sept 2 - Nov 25 (Tuesday)  
Time: 8 pm  
Fee: \$47  
Location: Ahearn Fieldhouse, KSU



## Taekwondo for Adults

MA-05

Have you always wanted to try martial arts but aren't sure that it's for you? Do you need to work on your flexibility and coordination? This class is designed for people who 1) want to learn Taekwondo in a non-threatening environment, 2) are not sure they are physically capable of being a martial artist, 3) want to work on flexibility and basic self-defense, or 4) just want a great way to get in shape. Are you up to the challenge?

Troy Auman and D C Lehman (537-4861), are first degree black belts in the American Taekwondo Association and are instructors with the K-State/Manhattan Taekwondo Club. They also have extensive experience in weight training, stretching, and adaptive stretching (for those with physical limitations).

Date: Sept 3 - Sept 22  
Time: 7 - 7:45 pm (Mon/Wed)  
Fee: \$33  
Location: First Lutheran Church (New Parish Hall)  
930 Poyntz Avenue

Self-Defense for Preteens is offered in the Youth section

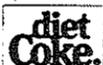
SHARP—SELF DEFENSE FOR WOMEN is offered in the PERSONAL DEVELOPMENT section of this catalog.

SEXUAL HARASSMENT ASSAULT RAPE PREVENTION SHARP self-defense workshops are available for organization, groups or schools. Contact UFM, 539-8763, to coordinate a workshop.

Thanks to United Way of Riley County for their Flex Funding contribution to the UFM Fireplace Room redecorating.

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

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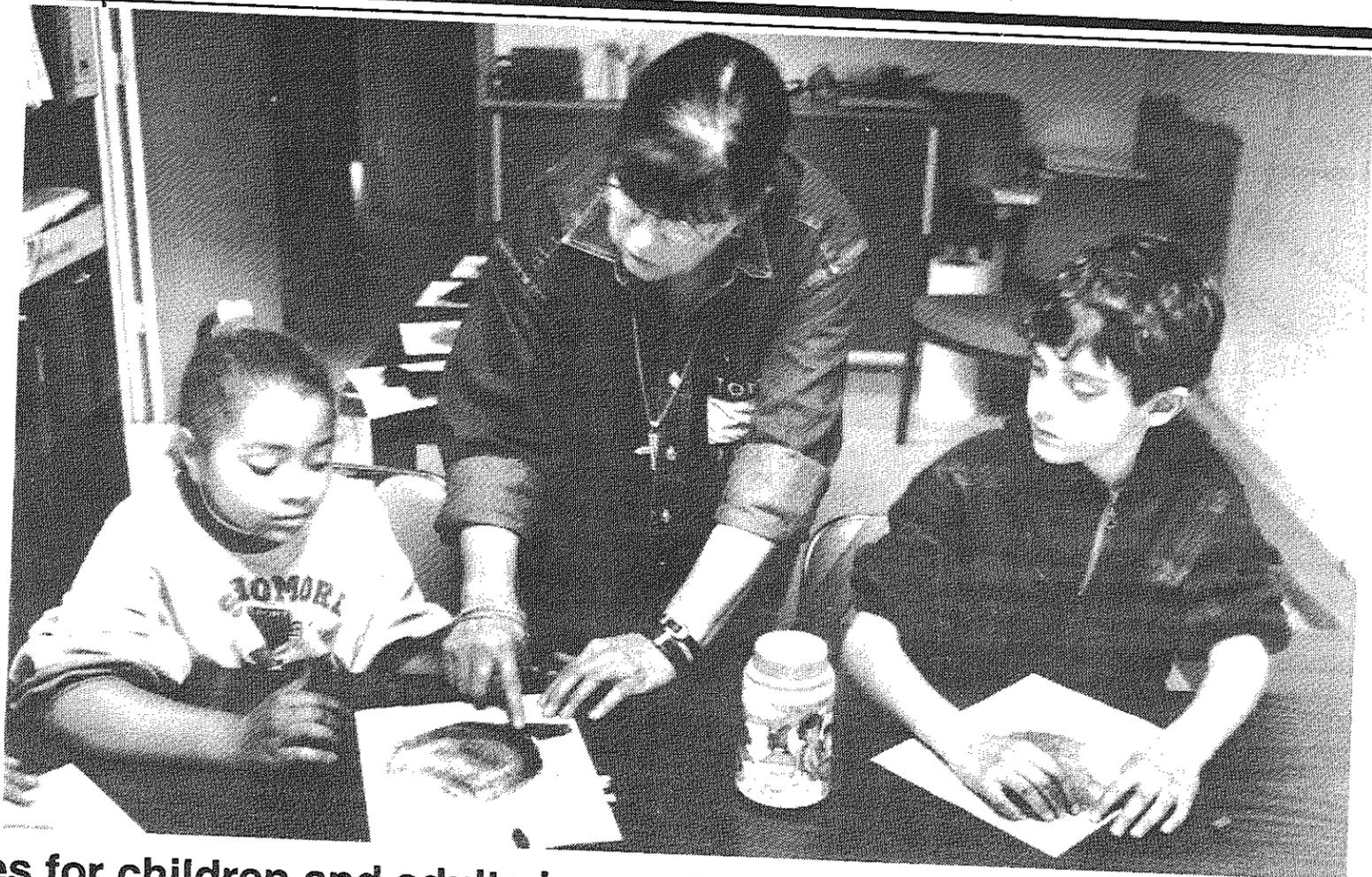
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# Manhattan Center for the Arts

1520 Poyntz Ave., Manhattan, KS 66502

(785) 537-4420

## Fall 1997 Classes September 10-December 17



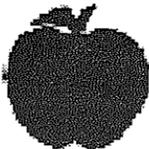
Classes for children and adults in:

Clay  
Writing  
Basketry  
Visual Arts  
Theater

### Registration

- Fee payment reserves class places.
- Advance registration is highly recommended.
- Registration can be done by mail or call 537-4420.
- Please indicate the need for busing or scholarships when enrolling.

Funding provided in part by the City of Manhattan, private business donors, the Kansas Arts Commission, a state agency, and the National Endowment for the Arts, a federal Agency.



### Scholarships

Children and youth classes at the Manhattan Center for the Arts are underwritten in part by the YES! Fund, a fund of the Robert R. McCormick Tribune Foundation. Children and youth through the 12th grade are eligible for scholarships. Students who qualify for the "free and reduced lunch program" are eligible for up to a 95% fee deferment. The minimum charge is \$5.00 per family.

### Free Busing

The Manhattan YES! Fund has provided a grant to work in partnership with USD 383 in providing free busing. Students requiring busing will be picked up from their area school, transported to the Center for the Arts for classes and returned to their home. Depending on final registration in each class, busing may or may not be available. When registering for classes, please indicate the need for transportation.

# Manhattan Center for the Arts Enrollment Form

Student name: \_\_\_\_\_ Parent name: \_\_\_\_\_  
 Address: \_\_\_\_\_ Telephone (home): \_\_\_\_\_  
 City: \_\_\_\_\_ Zip Code: \_\_\_\_\_ Telephone (daytime): \_\_\_\_\_  
 Year in school: \_\_\_\_\_ I am interested in busing: \_\_\_\_\_  
 Class(es): \_\_\_\_\_ I am interested in scholarships: \_\_\_\_\_  
 Previous Classes : \_\_\_\_\_ Eligible for free \_\_\_\_\_ or reduced \_\_\_\_\_ lunches.  
 (If eligible, call for scholarship rates)

My payment of \$ \_\_\_\_\_ is enclosed.  
 (Checks payable to Center for the Arts)

OR

Please bill my VISA MC \$ \_\_\_\_\_  
 Account number: \_\_\_\_\_ Exp: \_\_\_\_\_/\_\_\_\_\_/\_\_\_\_\_

Cut out and mail to the Manhattan  
 Center for the Arts. Questions?  
 Contact: Karen Lauseng, 537-4420.

## Make It In Clay!

### Classes for Preschool Ages

#### Story Telling in Clay (Ages 3 - 6 years)

Fee: \$33 (limit 8, minimum 5)

Children will listen to a story, draw a picture and be guided in the making of a clay object inspired by the stories. This class is designed as a beginning level clay class that will grow with your child.

Instructors: Susan Denson-Guy and Jan Neal

CC 129	T	9:00 - 10:15 am	Sept. 9 - Oct. 14
CC 229	T	9:00 - 10:15 am	Oct. 28 - Dec. 2
CC 120	T	10:30 - 11:45 am	Sept. 9 - Oct. 14
CC 220	T	10:30 - 11:45 am	Oct. 28 - Dec. 2
CC 121	T	1:00 - 2:15 pm	Sept. 9 - Oct. 14
CC 221	T	1:00 - 2:15 pm	Oct. 28 - Dec. 2
CC 122	T	2:30 - 3:45 pm	Sept. 9 - Oct. 14
CC 222	T	2:30 - 3:45 pm	Oct. 28 - Dec. 2
CC 139	W	9:00 - 10:15 am	Sept. 10 - Oct. 15
CC 239	W	9:00 - 10:15 am	Oct. 29 - Dec. 3
CC 130	W	10:30 - 11:45 am	Sept. 10 - Oct. 15
CC 230	W	10:30 - 11:45 am	Oct. 29 - Dec. 3
CC 149	Th	9:00 - 10:15 am	Sept. 11 - Oct. 16
CC 249	Th	9:00 - 10:15 am	Oct. 30 - Dec. 4
CC 140	Th	10:30 - 11:45 am	Sept. 11 - Oct. 16
CC 240	Th	10:30 - 11:45 am	Oct. 30 - Dec. 4

### After School Discovery Classes

#### Children and Youth Ages

Have a blast making clay pots. Projects stimulate creativity and teach the basics of hand-built and wheel-thrown pottery.

#### Wheel Thrown Pottery

Fee: \$39 (limit 8, minimum 6)

Instructor: Ester Ikeda

(Grades 5-8)

CC 123	T	3:45 - 5:15 pm	Sept 9 - Oct 14
CC 223	T	3:45 - 5:15 pm	Oct 28 - Dec 2

(Grades 5 - 12)

CC 143	Th	3:45 - 5:15 pm	Sept 11 - Oct 16
CC 243	Th	3:45 - 5:30 pm	Oct 30 - Dec 4

#### Critters in Clay (Grades 4 - 8)

Fee: \$39 (limit 10, minimum 6)

Instructor: Stan Paskewicz

CC 113	M	3:45 - 5:15 pm	Sept 8 - Oct 13
CC 213	M	3:45 - 5:15 pm	Oct 27 - Dec 1

#### Hand Built Creations

Fee: \$39 (limit 9, minimum 6)

Instructor: Jan Neal (Grades 3 - 6)

CC 153	T	3:45 - 5:15 pm	Sept 9 - Oct 14
CC 253	T	3:45 - 5:15 pm	Oct 28 - Dec 2

Instructor: Georgia Hebert (Ogden Elem) (limit 10)

CC 133	W	4:00 - 5:30 pm	Sept 10 - Oct 15
CC 233	W	4:00 - 5:30 pm	Oct 29 - Dec 3

Instructor: Gaylen McQuown (Grades 1-4)(limit 10)

CC 153	F	3:45 - 5:15 pm	Sept 12 - Oct 17
CC 253	F	3:45 - 5:15 pm	Oct 31 - Dec 5

### Evening and Weekend Classes for All Ages

#### Introduction to Wheel Thrown Pottery

Fee: \$48 (limit 8, minimum 4)

Instructor: Gaylen McQuown All skills levels welcome

This class will focus on teaching the basic skills and techniques of using the potter's wheel to create vessels you can use.

CC 160	S	10:00 - noon	Sept 13 - Oct 18
CC 260	S	10:00 - noon	Nov 1 - Dec 6
CC 161	S	1:00 - 3:00 pm	Sept 13 - Oct 18
CC 261	S	1:00 - 3:00 pm	Nov 1 - Dec 6

#### Stoneware Pottery

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

Instructors: Studio Staff

You don't have to be an artist to design or glaze your own set of microwave and dishwasher-safe dishes. Decorate ready made stoneware cups, plates, and bowls for special occasions (wedding, birthdays, etc). Preserve those special memories by capturing the hand, foot or paw print of your favorite little one.

These items make great holiday gifts!

CC 156 F 6:30 - 9:00 pm Sept 12 - Oct 17  
CC 256 F 6:00 - 9:00 pm Oct 31 - Dec 5

### Hand-Built Ceramic Sculpture and Surface Design

Fee: \$56 (limit 10, minimum 4)

Instructor: Ester Ikeda

Create a focal point for home or garden in this sculpture class. Begin with the basics of hand building and advance to sophisticated surface design techniques. Students create a single large form or several smaller pieces. Prior experience not necessary!

CC 127 T 7:00 - 9:00 pm Sept 9 - Oct 14  
CC 228 T 7:00 - 9:00 pm Oct 28 - Dec 2

### Intermediate and Advanced Wheel Throwing

Fee: \$79 Two nights; \$56 One night (limit 8, minimum 5)

Instructor: Ester Ikeda

This class meets the needs of everyone interested in creating wheel-thrown pottery. Come throw and explore. Depending on individual preferences, you may enroll in this class for one or two nights a week - Please be sure to give the correct class number.

CC 116 M/W 7:00 - 9:00 Sept 8 - Oct 15  
CC 216 M/W 7:00 - 9:00 Oct 27 - Dec 3  
CC 117 M 7:00 - 9:00 Sept 8 - Oct 13  
CC 217 M 7:00 - 9:00 Oct 27 - Dec 1

### Family Clay Adventure

Fee: \$45 first family member, \$5 each additional (limit 10, minimum 4)

Instructor: Nichollet Mitchell

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

CC 146 Th 6:00 - 7:30 pm Sept 11 - Oct 16  
CC 246 Th 6:00 - 7:30 pm Oct 30 - Dec 4  
CC 147 Th 7:30 - 9:00 pm Sept - Oct 16  
CC 247 Th 7:30 - 9:00 pm Oct 30 - Dec 4

## Adult Daytime Classes

### Joy of Hand Building and Surface Decoration

Fee: \$56 (limit 10, minimum 4)

Instructor: Ester Ikeda

Create unique hand-built stoneware pottery items from bird-houses to dishes that you can eat from when finished. Students will learn different methods of surface decoration including sgraffito, mishima, carving and others. No prior experience necessary. All skill levels are welcome in these classes.

CC 119 M 9:00 - 11:00 am Sept 8 - Oct 13  
CC 219 M 9:00 - 11:00 am Oct 27 - Dec 1  
CC 111 M 1:00 - 3:00 pm Sept 8 - Oct 13  
CC 211 M 1:00 - 3:00 pm Oct 27 - Dec 1

### Wheel-Thrown Pottery

Fee: \$56 (limit 8, minimum 4)

Instructor: Fran Bellucci-Johnson

Yes, you can make a pot on the wheel. Learn the basics of functional wheel-thrown pottery. No experience necessary.

Those of you wanting to hone your skills are also welcome. All tools and materials are included in the class fee.

CC 131 W 1:00 - 3:00 pm Sept 10 - Oct 15  
CC 231 W 1:00 - 3:00 pm Oct 29 - Dec 3  
CC 141 Th 1:00 - 3:00 pm Sept 11 - Oct 16  
CC 241 Th 1:00 - 3:00 pm Oct 30 - Dec 4  
CC 150 F 10:00 - noon Sept 12 - Oct 17  
CC 250 F 10:00 - noon Oct 31 - Dec 5

### Clay for Special Needs Populations

Fee: \$56 (scholarships available) (limit 8)

Instructor: Aaron Hinrichs

This class is designed to meet the needs of adults with developmental or physical challenges.

CC 151 F 1:00 - 3:00 pm Sept 12 - Oct 17  
CC 251 F 1:00 - 3:00 pm Oct 31 - Dec 5

## Special Seminars and Clay Opportunities

### Primitive Firing Workshop

Fee: \$15 (limit 10, minimum 5)

Instructors: Ronna and Gary Tyson

Location: Wild Cat Village Pottery

329 Lower McDowell Creek Road

Call 539-0187 for more information.

This class will present a Kansas version of the southwest Native American tradition. You will learn to fire your own bisque vessels (closed forms preferred, 1 large or 3 small) using dried cow manure as the fuel. Please bring your own bisque vessels, lunch, drinks and garden gloves. Be prepared to collect the fuel.

CC 701 S 8:00 am - 2:00 pm October 4

### Raku Glazing and Firing Workshop

Fee: \$15 registration, plus \$5/piece (miniatures less) (minimum 6)

Instructor: Joyce Furney

Location: Clay Cellar Studio

415 Lincoln, Wamego KS

Additional Information call 913-456-2114

Bring your bisque pots to glaze and Raku fire. Glazing from 9:00 am - noon. Firing 1:00 pm until finished!

CC 702 S 9:00 am - until ? November 1

### Open Studio (Facility use only, no instruction)

Fee: \$20/month plus clay

Open studio enrollment is available for people who need no instruction. Use a well-equipped studio and have access to glazes. Know that work will be fired with professional care and attention. For more information call 776-3334 or 537-4420.

### Community Outreach Clay Classes

The Manhattan Clay Coalition would like to bring a clay class to you! If your group (any age) would like to experience a hand building class taught by a professional instructor please contact Karen Lauseng, 537-4420. Fees and dates will be set on an individual basis. Everything is brought to you.

## Theater Classes

### **Puppet Theater (Grades 1 - 6)**

Fee: \$24.00

*Instructor: Susan Kubli*

Come and join the fun as we design our own puppets and perform our own show.

TC107 T/Th 3:45 - 5:15 Sept 9 - Oct 9

### **Skits From Musicals (Grades 1 - 6)**

Fee: \$18.00

*Instructor: Susan Kubli*

Let's learn to sing. Learn the history of a variety of musicals and perform excerpts from your favorites.

TC208 T 3:45 - 5:15 Oct 14 - Nov 18

### **Explore Middle Eastern Culture (Grades 1 - 6)**

Fee: \$18.00

*Instructor: Susan Kubli*

Students will explore the history, dance and music of the Middle East and will create their own performances influenced by their studies.

TC209 Th 3:45 - 5:15 Oct 16 - Nov 20

### **Write A Play (Grades 4-6)**

Fee: \$24.00

Limit: 15 Students

*Instructor: Kathryn Foss Pittman*

Students will pick a theme, develop characters and write a play to be performed. Performance date to be arranged.

TC215 M 3:45-5:15 Sept 8 - Oct 27

## Adult writing workshop

*Instructor for all classes: Tim Bascom*

Fee: One session \$15.00 both sessions: \$ 25.00

A workshop on writing personal experiences for possible publication.

**Session 1** Every person has a story to tell. Students will try to identify the significant moments in their lives and the emotions that were attached to them, then focus on one event that seems especially promising. Discussion will include techniques for starting an essay and how the writer's personality shapes the style of writing. Students will begin an essay.

AW110 S 9:30 - 11:30 am Dec 6

**Session 2** Students will map out an approach to the full essay, keeping in mind what magazine editors seek. They will discuss language including word choice, sentence variety and methods of dialogue or transition. More time will be spent writing and briefly critiquing a few sample essays. Finally, students will look at a range of publications possibly interested in personal essays and how to approach editors as a writer.

AW120 S 1:00 - 3:00 pm Dec 6

### **Optional Critiquing Service**

For those participants who want a response to an existing essay, Tim bascom will critique essays in advance for \$7.00.

Publications by *Tim Bascom* include a novel, a non-fiction book, more than 75 articles and stories, and fifteen poems.

## Barrier Free Theater

### **Barrier Free Theater**

Fee: \$25.00

Limit 10 students

*Instructor: Kathryn Foss Pittman*

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

TC110 W 4:30 - 6:00 Sept 10 - Dec 17

## Basketry

### **Outdoor Basketmaking Workshop**

Fee: \$25.00

(limit 15, minimum 6)

*Instructor: Judy Love*

Location: Zeandale, call 537-4420 for directions

Students will create their own baskets from native materials including vines, pine needles, grasses, and tree branches. An outdoor loom will be set up for weaving grass mats. All materials furnished.

BA110 S 10:00 to ? Oct 18

## Visual Arts Classes

*Instructor for all classes: Jan Neal*

### **Painting with Acrylics (Grades 1 - 6)**

Fee: \$28.00

(limit 9)

In a series of five sessions, students will experiment with a variety of painting techniques. Time will be spent painting outdoors utilizing the inspirational effects of nature.

VA105 W 3:45-5:15 Sept 10 - Oct 8

### **Cartoons and Caricatures (Grades 1 - 6)**

Fee: \$28.00

(limit 9)

In a series of five sessions, students will explore cartoon and caricature drawing. Students will develop individual comic strips based on events from their lives.

VA206 W 3:45 - 5:15 Oct 22 - Nov 19

### **Adult Painting Class**

Fee: \$50.00

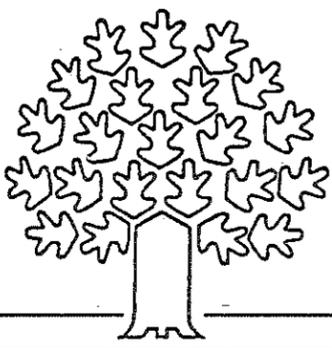
(minimum 6)

In this class, students will utilize oil and/or acrylic paints to create original works of art. Course will cover instruction on mixing color, brush strokes, sketching and drawing techniques, canvas preparation, mat making and numerous tips about various painting surfaces and paint applications. Anyone interested in painting is encouraged to attend. Individual consultation and advice will be ongoing.

VA107 W 9:00 - 12:00 Sept 10 - Oct 15

*Jan Neal* has B.F.A. and M.F.A. degrees. She has taught Watercolor, Drawing, and Ceramics at KSU.





# Creative FreeTime

1221 THURSTON

539-8763

## Creation of a Three-Dimensional Mosaic Seed-Bird

CF-01

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

*Dwight Nesmith* (776-5051), retired Engineering Professor, has been making the "Seed-Birds" for about 25 years - an original hobby which turned out to be quite successful. He was an invited craftsman at the Fall National Crafts Festival at Silver Dollar City for 15 years, and after a 6 year hiatus, returned again in '96 and '97.

Date: October 7 - October 28  
Time: 7 - 9 pm (Tuesday)  
Fee: \$31  
Location: 2121 Meadowlark Road, Apt 209  
Manhattan, KS

### Featured UFM Instructor

#### Dwight A. Nesmith

The Bird Man

This fall will be the third "Seed Bird" class that Dwight Nesmith has offered through UFM. Nesmith, former associate professor of mechanical engineering at KSU, started his hobby of creating birds 25 years ago, when his daughter did a seed art project in junior high school. The three-dimensional seed bird art form was invented and developed by Nesmith. He collects some seeds, others he buys at seed and health food stores. 200 different seeds are used on a regular basis by Nesmith.

After a story about his hobby was published in a craft magazine, he began to receive national attention. Nesmith was an invited craftsman at the Fall National Crafts Festival at Silver Dollar City for 15 years and, after a 6-year hiatus, he returned in 1996 and 1997.



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**Pam Schmid (Creative Memories Director)**  
1-800-347-2625 Council Grove

## Safe and Creative Care of Family Photos

CF-04

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 photojournaling. You will receive assistance in helping you create a unique and lasting photo album. **Bring a packet of pictures (12) and memorabilia plus a pair of scissors.** *The fee includes 1 acid-free album page and the use of photo-safe materials and supplies. Additional pages are available for purchase from the instructor.*

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

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

## Safe and Creative Care of Family Photos

CF-05

*Pam Schmid*

Date: October 7 (Tuesday)  
Time: 7 - 9:30 pm  
Fee: \$15  
Location: UFM Fireplace Room

## Safe and Creative Care of Family Photos

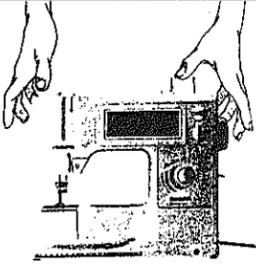
CF-06

*Pam Schmid*

Date: October 23 (Thursday)  
Time: 7 - 9:30 pm  
Fee: \$15  
Location: UFM Fireplace Room

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

—Buddha



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## Beginning Sewing

CF-02

Beginning sewing is designed for the non-sewer, the adult sewer who hasn't picked up a needle in years or the beginning sewer who dares him- or herself to try a more complex pattern or an extra special fabric. Participants are encouraged to wait until after the first class to choose patterns and fabrics. Measurements will be made and supply lists provided then. Some topics to be covered include color coordination, fitting, garment construction, finishing and accessorizing with notions. Please bring your own machine in good working order.

*Georganne White* (776-3658), has thirty years experience in sewing. She has done alterations for retail establishments, for others and for her home. She has done custom sewing and "dressed" wedding parties. She creates her own patterns and design. She makes the majority of her own "special occasion" clothes as well as those for her children.

Date: September 9 - November 11  
Time: 6 - 7:30 pm (Tuesday)  
Fee: \$31  
Location: UFM Multipurpose Room

## Make Your Own Teeny Beanie

CF-03

Beanie babies are the latest craze! Learn how to make a floppy pet of your own. In this class, participants will cut out and assemble a beanie of their choice from several patterns. They would make a great Christmas gift! Learn how to make them and you can give one to everyone on your Christmas list.

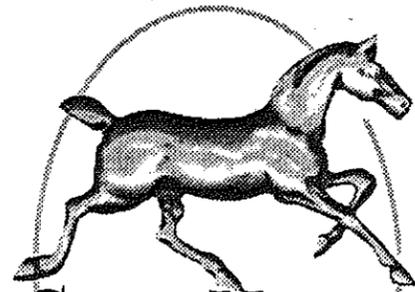
*Georganne White*

Date: Nov 18 - Dec 9  
Time: 6 - 7:30 pm (Tuesday)  
Fee: \$20  
Location: UFM Multipurpose Room

*If ignorance is bliss, why aren't more people happy?*

—Anonymous

## OPENING SOON



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**HOME Program Basics of Home Maintenance**

This is a series of classes on different topics of home maintenance. Experts in the field of home maintenance will be sharing their knowledge and experience in this class. Scholarships are provided by the HOME Program boardmembers for those who qualify.

**Basic Home Inspection** CF-08

In this class, participants will watch a video, "From roof to foundation and discuss the video. Participants will do an inspection of the institute and learn how to locate mechanical systems.

Date: September 3 (Wednesday)  
Time: 7 - 9 pm  
Fee: \$15 each class/\$40 for series  
Location: KS Building Science Institute  
200 Zeandale Road

**Heating/Cooling Systems** CF-09

In this class, participants will be shown how a forced air furnace works and practical steps to care for your furnace.

Date: September 10 (Wednesday)  
Time: 7 - 9 pm  
Fee: \$15 each class/\$40 for series  
Location: KS Building Science Institute  
200 Zeandale Road

**Plumbing Systems** CF-10

In this class, participants will learn to locate key water valves of your home and supply lines, how a water heater works and how to maintain it. Participants will also learn how a toilet works and practical steps for minor repairs.

Date: September 17 (Wednesday)  
Time: 7 - 9 pm  
Fee: \$15 each class/\$40 for series  
Location: KS Building Science Institute  
200 Zeandale Road

Facilitators for the program include: *Michelle Lynch*, Executive Director of the HOME Program; *Doug Walter*, Building Science Institute; *Brad Smith*, owner of M & S Plumbing; *Jeff Rheume*, owner of Best Pest; *Dr. Marilyn Bode*, KSU Cooperative Extension Housing Specialist; and *Alan Ladd*, Riley County Extension Director.

**Termites and Other Critters** CF-11

In this class, participants will learn how to tell if they have termites, ants, or other critters. Learn practical steps to get rid of them and when you need a professional.

Date: September 24 (Wednesday)  
Time: 7 - 9 pm  
Fee: \$15 each class/\$40 for series  
Location: KS Building Science Institute  
200 Zeandale Road

**Maintaining Appliances and Interior Surfaces** CF-12

In this class, participants will learn what cleansers are most effective on what surfaces, carpet/vinyl care and cleaning methods of the different stoves and ranges.

Date: October 1 (Wednesday)  
Time: 7 - 9 pm  
Fee: \$15 each class/\$40 for series  
Location: KS Building Science Institute  
200 Zeandale Road

**Fall Exterior Maintenance/Weatherization** CF-13

In this class, participants will learn the dos and donts of foundation care, maintenance of guttering systems, importance of yard maintenance and cleaning of exterior A/C units.

Date: October 8 (Wednesday)  
Time: 7 - 9 pm  
Fee: \$15 each class/\$40 for series  
Location: KS Building Science Institute  
200 Zeandale Road

**Making Wooden Lawn Ornaments** CF-07

Wooden lawn ornaments come in a variety of sizes from small flowers and animals to 10 foot tall holiday displays. The techniques covered in this course apply to all lawn ornaments, but the focus will be on larger pieces with simple color schemes which allow even preschool age children to get involved in the painting. The goal of the course is to teach the techniques necessary for a successful project and to avoid the problems which can ruin projects once they are placed outdoors. The course will cover pattern selection and sources, wood selection and preparation, techniques for transferring and cutting patterns, and painting and display tips.

*Dan Scott* has been making indoor and outdoor wooden crafts for nearly ten years. His outdoor lawn ornaments include a 10 foot tall climbing Santa display and a 70 inch tall Easter bunny which he sanded and painted with the help of his 4 and 7 year old children.

Date: October 14 (Tuesday)  
Time: 7 - 9 pm  
Fee: \$8  
Location: UFM Fireplace Room

**High Power Rocketry** CF-14

Many people remember learning about model rocketry in school. As we have grown up, the sport of model rocketry has grown into high-power rocketry. This class is a single informational meeting to catch up on the growth of sport rocketry. We will also discuss car pooling to the Argonia International Rocketry Festival on September 19-21 in Argonia, Kansas. This is your best opportunity to see "the big stuff."

*Lowell Regehr* (776-1660), learned model rocketry in the 1960's and discovered high power several years ago. He is Tripoli certified Level Two to fly rocket motors A through L.

Date: September 2 (Tuesday)  
Time: 7 - 9 pm  
Fee: \$8  
Location: 1001 Colorado Street  
Manhattan

**Woodshop Power Tool Maintenance** CF-15

Properly tuned tools are essential to safe and accurate woodworking. Participants will learn how to restore and perform needed maintenance and fine-tuning of the major power tools: radial arm saw, jointer, bandsaw, and drill press. The class will get hands-on practice while restoring UFM's woodshop.

*Lowell Regehr* (776-1660), is president of the Kansas Quality Woodworkers Association and owner of Horizon Designs and Woodworking.

Date: Sept 8, 15, and 22  
Time: 7 - 9 pm (Monday)  
Fee: \$12  
Location: UFM Greenhouse and Woodshop

**Christmas Evergreen Decorations** CF-24

In this class, participants will learn "how to decorate" for the holidays! Participants will be making their own Christmas swag or centerpiece using artificial greens, ribbons, poinsettias, pinecones, etc. Learn how to make swags and how to place swags and greenery on the wall, around pictures, doorways, or tables. Make your home festive for the holidays!

*Carolyn Baugh* (539-6322), has a Masters' Degree in education. She enjoys making wreaths and floral arrangements. Carolyn grows her own flowers and also collects wildflowers and plants to dry for her crafts. She has been a crafter at Buttons and Bows and enjoys teaching others.

Date: November 20 (Thursday)  
Time: 7 - 8:30 pm  
Fee: \$15  
Location: UFM Conference Room



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Conversational Spanish  
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Interior Decorating  
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**"Kathy's Woodcuts"**

These monthly woodcuts will provide years of enjoyment month after month while hanging on your front door or in the entryway greeting guests! They are made out of 1" thick pine wood that is already cut and sanded. We will paint, antique, and decorate each monthly woodcut to fit your decor. Just come to relax, create, and enjoy. Class projects will be displayed at "The Farmer's Daughter" at 423 Poyntz Avenue to preview. There is no experience necessary and all supplies and materials are furnished.

*Kathy Lyman* (539-2002), has been involved in the craft business for over twelve years. She has taught in elementary schools but has been teaching craft classes full time for the past 6 years. She owns and operates her own business called "The Farmer's Daughter". She enjoys helping people create their own craft keepsake that they can say, "I made it myself!"

**"Hanging Wood Pumpkin"**

CF-18

*Kathy Lyman*

Date: October 2 (Thursday)  
Time: 9 - 11 am  
Fee: \$14  
Location: The Farmer's Daughter  
423 Poyntz Avenue



**"Hanging Wood Pilgrim"**

CF-21

*Kathy Lyman*

Date: November 6 (Thursday)  
Time: 6:30 - 8:30 pm  
Fee: \$14  
Location: The Farmer's Daughter  
423 Poyntz Avenue

**"Hanging Wood Pumpkin"**

CF-19

*Kathy Lyman*

Date: October 2 (Thursday)  
Time: 6:30 - 8:30 pm  
Fee: \$14  
Location: The Farmer's Daughter  
423 Poyntz Avenue

**"Hanging Wood Christmas Tree"**

CF-22

*Kathy Lyman*

Date: December 4 (Thursday)  
Time: 9 - 11 am  
Fee: \$14  
Location: The Farmer's Daughter  
423 Poyntz Avenue

**"Hanging Wood Pilgrim"**

CF-20

*Kathy Lyman*

Date: November 6 (Thursday)  
Time: 9 - 11 am  
Fee: \$14  
Location: The Farmer's Daughter  
423 Poyntz Avenue

**"Hanging Wood Christmas Tree"**

CF-23

*Kathy Lyman*

Date: December 4 (Thursday)  
Time: 6:30 - 8:30 pm  
Fee: \$14  
Location: The Farmer's Daughter  
423 Poyntz Avenue

**"Hanging Wood Apple"**

CF-16

Date: September 4 (Thursday)  
Time: 9 - 11 am  
Fee: \$14  
Location: The Farmer's Daughter  
423 Poyntz Avenue

**"Hanging Wood Apple"**

CF-17

Date: September 4 (Thursday)  
Time: 6:30 - 8:30 pm  
Fee: \$14  
Location: The Farmer's Daughter  
423 Poyntz Avenue



**Food for Fun!**

**Cajun and Creole Cooking** FF-01

Participants will learn authentic Louisiana-style preparation of Creole Gumbo, Jambalaya, French Bread pudding, New Orleans Red Beans and Rice, and more. While preparing these delicious dishes you will also receive an introduction to Cajun-Creole music, humor and philosophy. Fee includes all food, materials, and supplies. Participants will take home the food they prepare.

*Gene Hotard* (253-1074), has been cooking since he was 5 years old. He has studied cooking from great chefs like Paul Prudhomme and Justin Wilson. He has studied at the world famous Delgado College School of Culinary Arts. He was born and raised in the Bayou Country, near New Orleans, Louisiana, and presently lives in Manhattan.

Date: Sept 8 - Sept 29  
Time: 7 - 9 pm (Monday)  
Fee: \$46  
Location: UFM Kitchen

**Cajun and Creole Cooking** FF-02

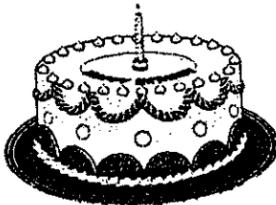
*Gene Hotard*

Date: Oct 6 - Oct 27  
Time: 7 - 9 pm (Monday)  
Fee: \$46  
Location: UFM Kitchen

**Cajun and Creole Cooking** FF-03

*Gene Hotard*

Date: Nov 3 - Nov 24  
Time: 7 - 9 pm (Monday)  
Fee: \$46  
Location: UFM Kitchen



**Cake Decorating**

FF-04

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

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

Date: Oct 9, 16, 23, and 30  
Time: 7 - 8:30 pm (Thursday)  
Fee: \$24  
Location: UFM Kitchen

**Russian Piroshki**

FF-05

Learn how to make Russian Piroshki. These are an oblong yeast dough pastry that can be stuffed with cabbage, meat, meat w/rice, eggs or fish. Participants will learn how to prepare and get to taste Russian Piroshki while having an introduction to the Russian culture.

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

Date: September 5 (Friday)  
Time: 6:30 - 8:30 pm  
Fee: \$9.50  
Location: UFM Kitchen

*There is no limit to the amount of good that people can accomplish, if they don't care who gets the credit.*

—Anonymous

**CERTIFIED ORGANIC**

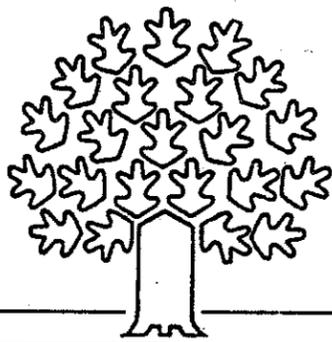
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# Wellness

1221 THURSTON

539-8763

## Hatha Yoga for Health and Longevity

WE-01

Yoga means union of mind, body, and spirit, through practicing meditation, postures and complete breathing, resulting in a state of total relaxation with alertness and overall well-being. This course will focus on developing this state within each one of us. We will begin with some insights into the principle and philosophy of yoga and some simple stretching exercises. More advanced postures, breathing exercises and meditation will follow. The course is self-contained and the only requirement is regularity and devotion. All instructor fees for this course will be used to help improve the lives of the poor and less privileged in and around the instructor's native village.

Bharath Narayanan is from South India. He is a graduate student in math and physics at K-State. He has been practicing Hatha Yoga for several years and enjoys teaching it.

Date: Sept 10 - Oct 1  
Time: 7:15 pm (Wednesday)  
Fee: \$30  
Location: UFM Conference Room

\*Free introductory session will be offered on Wednesday, Sept 3, at 7:15 pm

## Hatha Yoga for Health and Longevity

WE-02

Bharath Narayanan

Date: Sept 13 - Oct 4  
Time: 9:15 am (Saturday)  
Fee: \$30  
Location: UFM Conference Room

\*Free introductory session will be offered on Saturday, Sept 6, at 9:15 am

## Massage for the Individual

WE-03

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

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

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

## Introduction to Massage for Couples

WE-04

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

Bernice Martin (587-9382)

Date: Oct 14 and 21 (Tuesday)  
Time: 7 - 9 pm  
Fee: \$26/couple  
Location: UFM Banquet Room

### WORD PUZZLE SOLUTION

(R=row; C=column; D=direction)

WORD	R	C	D	WORD	R	C	D	WORD	R	C	D
ACUPRESSURE	6	18	SW	JAZZ	1	14	SW	SEWING	1	4	SE
AQUATICS	5	18	W	LANGUAGES	14	4	N	TAEKWONDO	14	1	N
ARCHAEOLOGY	11	10	N	MAGIC	16	5	N	TENNIS	14	17	N
COMPUTERS	6	2	S	MONEY	9	13	NW	WALTZ	9	3	E
DEPRESSION	6	8	S	PIROSHKI	13	7	E	YOGA	11	18	N
FISHING	10	15	SW	ROCKETRY	2	1	E	ZODIAC	1	1	SE
GOLF	13	3	S	SASSY	4	3	SE				

## Introduction to Feng Shui

WE-05

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

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

Date: Oct 22 (Wednesday)  
Time: 7 - 9 pm  
Fee: \$13  
Location: UFM Conference Room

## Introduction to Feng Shui

WE-06

Don L. Terhune

Date: Nov 19 (Wednesday)  
Time: 7 - 9 pm  
Fee: \$13  
Location: UFM Conference Room

## Tai Chi Ch'uan for Beginners

WE-07

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

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

Date: Sept 8 - Nov 10 (Monday)  
No class Oct 13  
Time: 6 - 7 pm  
Fee: \$57  
Location: ECM Student Center  
1021 Denison Avenue



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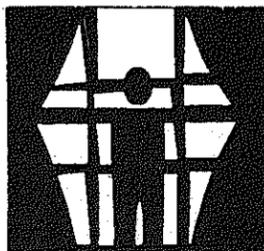
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HEALTH, HEALING AND HARMONY SERIES

Introduction to Aromatherapy

WE-10

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

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

Date: Sept 18 (Thursday)
Time: 6:30 - 7:30 pm
Fee: \$9 for one class/\$20 for series
Location: UFM Greenhouse

Introduction to Aromatherapy

WE-11

Kris Barnard

Date: Oct 9 (Thursday)
Time: 6:30 - 7:30 pm
Fee: \$9 for one class/\$20 for series
Location: UFM Conference Room

Introduction to Therapeutic Touch

WE-12

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

Kris Barnard

Date: Sept 25 (Thursday)
Time: 6:30 - 7:30 pm
Fee: \$9 for one class/\$20 for series
Location: UFM Multipurpose Room

Introduction to Therapeutic Touch

WE-13

Kris Barnard

Date: Oct 16 (Thursday)
Time: 6:30 - 7:30 pm
Fee: \$9 for one class/\$20 for series
Location: UFM Conference Room

Introduction to Meditation

WE-14

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

Kris Barnard

Date: Oct 2 (Thursday)
Time: 6:30 - 7:30 pm
Fee: \$9 for one class/\$20 for series
Location: UFM Multipurpose Room

Introduction to Meditation

WE-15

Kris Barnard

Date: Oct 23 (Thursday)
Time: 6:30 - 7:30 pm
Fee: \$9 for one class/\$20 for series
Location: UFM Conference Room



Holistic Therapies

WE-16

Holistic Therapies emphasize the importance of the whole body and the interdependence of its parts. Studying the connections between our physical body and subtle bodies is essential to understand the dynamics of holistic therapies. Participants will be introduced to subtle body physiology and reiki in the first class. Gemisphere Energy Medicine is the topic in the second class. Gemisphere's provide gentle yet profound energy to help us heal and harmonize our bodies. The third class introduces seven essential oils and their therapeutic properties and various ways to use them. Participants will meet Lavender in the classroom, so get ready for the calming effects of the universal oil!

June Hunzeker (539-0370), is the owner of Flint Hills Peacemakers. She is one of 25 students from around the world to complete Gemisphere Energy Medicine I, toward certification. She also attained the second degree certification in the USUI System of Natural Healing. After 26 years as a writer/editor, June gave up her 8 to 5 job to begin working with the healing energy of holistic therapies. "My heart sings every time a new therapy is presented for my study/work. They (the therapies) are the peacemakers," she says, "I'm simply the happy assistant."

Date: Sept 8, 15, and 22
Time: 7 - 9 pm (Monday)
Fee: \$20
Location: UFM Fireplace Room

It's In The Air

WE-18

The air inside our homes can contain biological contaminants that trigger allergic or asthmatic responses in sensitive people. This lesson includes a description of common allergens and suggestions for reducing exposure to them inside the home.

Marilyn Bode (532-1305), is the Extension Housing Specialist with K-State Research and Extension. She provides educational information to county extension offices on housing issues including environmental problems that affect health.

Date: October 16 (Thursday)
Time: 7 - 8 pm
Fee: \$8
Location: UFM Fireplace Room

Holistic Therapies

WE-17

June Hunzeker

Date: Sept 25, Oct 2, and 9
Time: 7 - 9 pm (Thursday)
Fee: \$20
Location: UFM Greenhouse

Menopause: Fact, Myth and Suggestions

WE-19

Mid-life changes affect both men and women. This class will help everyone to understand the impact of menopause. Dr. Wigglesworth will explain what menopause is, how individuals can cope, and give reading materials that may be helpful.

Dr. Ann Wigglesworth M.D., F.A.C.O.G., has been in practice for 20 years as an OB/GYN physician. She has first hand experience with menopause herself, and will be sharing her years of knowledge with others at this class.

Date: September 24
Time: 7:30 - 9 pm (Wednesday)
Fee: \$8
Location: UFM Fireplace Room

Self Treatment with Acupressure

WE-09

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

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

Date: Sept 15 - Oct 20 (Monday)
Time: 7 - 9 pm
Fee: \$27.50
Location: 1130 Westport Drive, Suite 5, Manhattan

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

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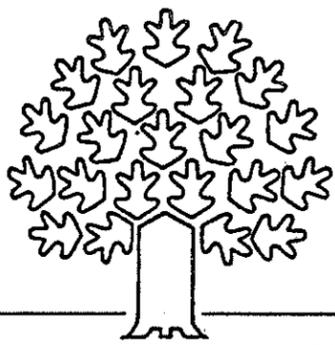
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# Recreation & Dance

1221 THURSTON

539-8763

## Golf

RH-01

*\*One hour optional KSU credit available.*

This course emphasizes fundamentals of the full golf swing, short game techniques of chipping, pitching, putting, and sand shots. Rules of play, course etiquette, and selection of equipment will also be covered. Clubs, balls and tees are provided. You may bring your own clubs if you prefer.

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

Date: Aug 26 - Oct 14  
Time: 5:30 - 7:30 pm (Tuesday)  
Fee: \$96 non-credit  
\$131 credit  
Location: Stagg Hill Golf Club  
4441 Ft. Riley Blvd.



## Introduction to Golf

RH-10

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

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

Date: Aug 28, Sept 4, 11, and 18  
Time: 6:30 - 7:30 pm (Thursday)  
Fee: \$34  
Location: Stagg Hill Golf Club  
4441 Ft. Riley Blvd.

## Golf

RH-02

*\*One hour optional KSU credit available*

Jim Gregory

Date: Aug 28 - Oct 16  
Time: 9:30 - 11:30 am (Thursday)  
Fee: \$96 non-credit  
\$131 credit  
Location: Stagg Hill Golf Club  
4441 Fort Riley Blvd.

## Golf

RH-03

*\*One hour optional KSU credit available*

Jim Gregory

Date: Aug 27 - Oct 15  
Time: 5:30 - 7:30 pm (Wednesday)  
Fee: \$96 non-credit  
\$131 credit  
Location: Stagg Hill Golf Club  
4441 Fort Riley Blvd.

## Introduction to Golf

RH-11

Jim Gregory

Date: Sept 25, Oct 2, 9, and 16  
Time: 7 - 8 pm (Thursday)  
Fee: \$34  
Location: Stagg Hill Golf Club  
4441 Ft. Riley Blvd.

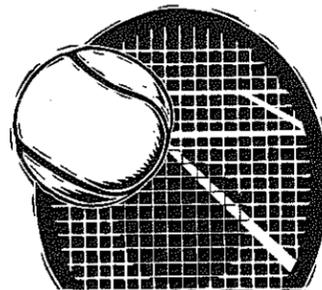
## Tennis: Junior Beginners Ages 7 - 16

RH-04

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

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

Date: Sept 9, 16, 23, and 30  
Time: 6:30 - 7:30 pm (Tuesday)  
Fee: \$36  
Location: LP Washburn Rec Complex, KSU



## Tennis: Beginners Ages 17 and Up

RH-05

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

Mark Tessendorf

Date: Sept 9, 16, 23, and 30  
Time: 7:30 - 8:30 pm (Tuesday)  
Fee: \$36  
Location: LP Washburn Rec Complex, KSU

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**Massage for the Individual or Couples  
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**Don't miss  
the MARTIAL ARTS for adults  
section on page 12.**



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**Try Hydroaerobics!**  
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See page 5

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**Ballroom Dance I**

RH-12

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 your steps, this class is for you. The Swing, Foxtrot, Waltz, and Latin Dancing are just a few of the steps you will learn. Come experience the elegant world of Ballroom Dance. Partners are not required and single people are encouraged to attend. Classes fill rapidly. It is advisable to register early. *No Street Shoes.*

*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. Sara Sanders is a dance student at Kansas State University. She has danced Ballet nearly all her life and has taught at the Arthur Murray School of Dance. She has taught for UFM for three years. Becky Thomson will join Sara and Mike in teaching ballroom dance. Becky is an accomplished dancer. She has performed in local high school and university musicals and dance revues, studied ballet and jazz for 11 years, choreographed dance numbers, and taught ballroom. Becky brings enthusiasm and love of dance to the classes.*

Date: Sept 5 - Nov 21  
Time: 6:30 - 7:30 pm (Friday)  
Fee: \$33 individual/\$60 couple  
Location: ECM Auditorium  
1021 Denison

**Ballroom Dance I**

RH-13

*Michael Bennett, Sara Sanders & Becky Thomson*

Date: Sept 5 - Nov 21  
Time: 8:30 - 9:30 pm (Friday)  
Fee: \$33 individual/\$60 couple  
Location: ECM Auditorium  
1021 Denison

**Ballroom Dance I**

RH-14

*Michael Bennett, Sara Sanders & Becky Thomson*

Date: Sept 6 - Nov 22  
Time: 7:30 - 8:30 pm (Saturday)  
Fee: \$33 individual/\$60 couple  
Location: ECM Student Center  
1021 Denison

**Intermediate Ballroom Dance**

RH-15

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 upon the interests of the class; these dances may change. Three weeks will be spent on each step and participants will be provided with a choreographed dance routine. Prior dance lessons are required. Students who have taken classes from Mike and Sara are encouraged to enroll.

*Michael Bennett, Sara Sanders, and Becky Thomson*

Date: Sept 5 - Nov 21  
Time: 7:30 - 8:30 pm (Friday)  
Fee: \$33 individual/\$60 couple  
Location: ECM Student Center  
1021 Denison

**Intermediate Ballroom Dance**

RH-16

*Michael Bennett, Sara Sanders and Becky Thomson*

Date: Sept 6 - Nov 22  
Time: 6:30 - 7:30 pm (Saturday)  
Fee: \$33 individual/\$60 couple  
Location: ECM Student Center  
1021 Denison

**Flint Hills Barn Dance Assn. (FHBDA)** will be offering classes on a variety of dances. Enroll in the class of your choice to learn the dance. FHBDA invites participants to join the monthly Barn Dance & practice what you have learned in class to live music. (FHBDA holds their monthly dances on the 2nd Saturday of each month. There will be a \$3 donation at the door to help cover live music expenses at the dance.)

**Introduction to Clogging**

RH-06

Learn clogging and other fun steps. Clogging is a very happy, lively, aerobic type of dance. Wear comfortable clothing and shoes that will slide easily and make a "clogging" sound when tapped on the floor. If you wish to wear shoes with metal taps you must also bring a board to dance on. You will have an opportunity to clog to live music at the monthly Flint Hills Barn Dance the following Saturday.

*Madonna Stallman (539-4805), learned to clog in a friend's kitchen in the Ozark Mountains of Arkansas. It would please her to know that others will be dancing in their kitchens as a result of this class.*

Date: September 6 (Saturday)  
Time: 8 - 10 pm  
Fee: \$8 individual/\$14 couple  
\$24 individual series/\$42 couple series  
Location: UFM Fireplace Room

**Basic Waltz Instruction**

RH-07

Learn a basic introduction to the waltz as danced by folk dancers. Come to this session and be able to do a free waltz at the next Flint Hills Barn Dance. Partners not required.

*Enid Cocke (539-6306), has danced and taught various forms of folk dance for three decades. She is president of the Lloyd Shaw Foundation, a national organization dedicated to the preservation of America's folk dance heritage.*

Date: October 8 (Wednesday)  
Time: 8 - 10 pm  
Fee: \$8 individual/\$14 couple  
\$24 individual series/\$42 couple series  
Location: Douglass Center Annex  
9th and Yuma Street, Manhattan

**International Folk Dance**

RH-08

If you can walk, you can folk dance. Easy-to-learn dances from eastern Europe and elsewhere will be taught. No experience is necessary. Wear comfortable shoes and be prepared to move to music from Hungary, Romania, Yugoslavia and Israel. You will have an opportunity to perform these dances again at the monthly Flint Hills Barn Dance the following week.

*Paul Weidhaas (539-4805), has been learning and sharing folk dancing for over twenty years.*

Date: November 1 (Saturday)  
Time: 7:30 - 10 pm  
Fee: \$8 individual/\$14 couple  
\$24 individual series/\$42 couple series  
Location: Douglass Center Annex  
9th and Yuma Street, Manhattan

**Classic Couple Dances**

RH-09

This class is for anyone who would like to learn or re-visit some of the classic couple dances popular in the late 40's and 50's at country barndances. There's the Varsouvienne, the two-step (Cotton Eye Joe), The Black Hawk and the Rye Waltz, and a polka (the Heel and Toe Polka). We'll try as many as time and interest allow. Monthly barndance to follow class that evening at 7:30 pm. These are "couple dances" but a partner isn't necessary to sign up for this class.

*Pete and Sue Cohen (499-6428), have been dancing together since their second date back in.....Their early married years in Laramie, Wyoming, included many evenings of dancing of all kinds, but the special sparks from some of the old time couple dances and tunes remain in their hearts. They would like to share them with you.*

Date: December 13 (Saturday)  
Time: 2:30 - 4:30 pm  
Fee: \$8 individual/\$14 couple  
\$24 individual series/\$42 couple series  
Location: Douglass Center Annex  
9th and Yuma Street, Manhattan

**Intermediate Jazz/Funk for Teens**

RH-17

This dance class is geared toward teens. They will learn intermediate level jazz technique and combinations. Participants will be having fun while increasing coordination and imagination!

*Dena Fox (565-0645), is a junior at KSU majoring in Dance Therapy. She has been a member of the KSU Classy Cats Dance Team for 3 years and has been active in and taught dance at both Paula's School of Dance in Holton, KS, for the past 15 years and Gyll Bates School of Dance for 2 years. Sarah McDaniel is a junior in Apparel Marketing at KSU. She is a 3rd year member of the KSU Classy Cats after dancing with Pittsburg State University for 2 years. She attended Becky Nalevanko School of Dance in Des Moines, IA, where she studied ballet, tap, and jazz.*

Date: Sept 10 - Oct 8  
Time: 6:30 - 8 pm (Wednesday)  
Fee: \$42  
Location: ECM Student Center  
1021 Denison Avenue

**Intermediate Jazz/Funk for Teens**

RH-18

*Dena Fox and Sarah McDaniel*

Date: Oct 15 - Nov 12  
Time: 6:30 - 8 pm (Wednesday)  
Fee: \$42  
Location: ECM Student Center  
1021 Denison Avenue

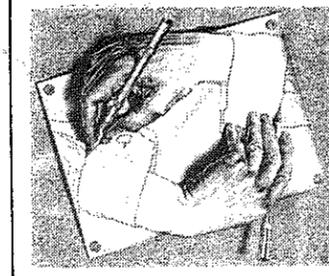
**Enhance Your Home Workout!**

RH-19

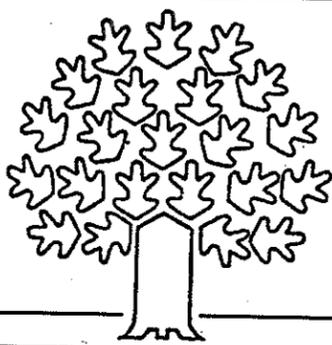
This class is designed to give you new ideas and ways to use your home equipment and make it go further on your budget. We will concentrate on arms, legs, back, gluts and abdominals. Come have fun and learn new exercises! Class topics will include safety, proper technique, new exercises and ways to get the most out of your workout.

*Serina McEntire (776-0598), is a senior at KSU, majoring in Kinesiology. She is certified club coach with USA Weightlifting.*

Date: Oct 8 - Nov 12  
Time: 7 - 8:30 pm (Wednesday)  
Fee: \$20  
Location: UFM Banquet Room



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# Personal Development

1221 THURSTON

539-8763

## The Baha'i Faith: An Introduction

SP-03

What is the second most widely-spread religion in the world? You may be surprised to learn that it is the Baha'i Faith, according to the Encyclopedia Britannica 1995 yearbook. Now well-established in more countries than any other religion except Christianity, this emerging global religion has an international reputation for humanitarian work, including education for world peace and the elimination of racial, gender and religious prejudice. This course will provide information about the history, beliefs and practices of the Baha'i Faith.

Anita Van Nevel has lived in Manhattan for 9 years. She has been a Baha'i for 12 years. Maureen Conn has been a Baha'i for 23 years and has lived in Manhattan since 1976.

Date: September 16 (Tuesday)  
Time: 7 - 8:30 pm  
Fee: \$8  
Location: UFM Fireplace Room

## The Baha'i Faith: An Introduction

SP-04

Anita Van Nevel and Maureen Conn

Date: October 1 (Wednesday)  
Time: 7 - 8:30 pm  
Fee: \$8  
Location: UFM Fireplace Room

## Philosophy of Gurdjieff and Ouspensky

SP-09

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, discussions, and reading aloud from Ouspensky's *A Psychology of Man's Possible Evolution*.

David Seamon has been active with Gurdjieff's work for 20 years. He has studied with J.G. Bennett, a pupil of both Gurdjieff and Ouspensky.

Date: Sept 17 - Oct 22 (Wednesday)  
Time: 7:30 - 9 pm  
Fee: \$18  
Location: UFM Greenhouse

## Introduction to Zen Buddhist Philosophy and Practice

SP-16

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

Leon Rappoport (532-6850), is a Professor of Psychology at KSU and has been a student of Zen Buddhism for approximately 20 years, practicing under the direction of Soto masters Dainin Katagiri and Shohaku Okumura. He is affiliated with the Minneapolis Zen Meditation Center.

Date: Oct 15, 22, and 29  
Time: 7:30 - 9 pm (Wednesday)  
Fee: \$16  
Location: 121A South 4th Street, Room 211

## Book of Philipians

SP-11

We will be taking a new look at the Apostle Paul through his letter to the church at Philippi. This is Paul's most personal and intimate letter and raises fascinating questions about Paul as a person. The course will be taught at an advanced level utilizing textual, historical, and critical sources. The material will be accessible to a layperson but will not be on the Sunday school level. Persons of faith or non-faith are welcome.

Rev. Donald Longbottom (537-7006), is a graduate of Arizona State University and Golden Gate Seminary where he received a Masters of Divinity degree. In addition, he has done doctoral studies in social ethics at the Graduate Theological Union and the University of California at Berkeley.

Date: Nov 2, 9, 16, and 23  
Time: 7 pm (Sunday)  
Fee: \$8  
Location: First Congregational Church  
700 Poyntz Avenue

## Book of Philipians

SP-12

Rev. Donald Longbottom

Date: Nov 4, 11, 18, and 25  
Time: 10 am (Tuesday)  
Fee: \$8  
Location: First Congregational Church  
700 Poyntz Avenue

## Spiritual Psychology

SP-06

Spiritual psychology includes the enhancement and development of awareness as a primary aspect of human growth. This class will use an open discussion format to explore the development of spiritual awareness in the life path of each student. Concepts presented in this class will be derived from Buddhism, Jungian psychology, self psychology, and Judeo-Christian mysticism. Meditation will be included as part of each class.

Dan Berkow (532-6927), is a practicing psychologist and meditator. He has pursued various avenues of exploration on the path of spiritual development including the work of C.G. Jung, Zen and Tibetan Buddhism, Taoism, Jewish, and Christian mystics. His approach to this class is eclectic, flexible, relaxed, but focused.

Date: Sept 8 - Dec 8 (Monday)  
Time: 7:30 - 9 pm  
Fee: \$23  
Location: UFM Greenhouse

## Introduction to "A Course In Miracles"

SP-19

"A Course In Miracles" is one of the fastest growing spiritualities in the world. It is a 3 volume book, meant to be studied and practiced. It's goal is inner peace. The accomplishments of that goal is attained through changing your mind about your life and relationships by relinquishing a thought system of love and forgiveness. Through this internal shift or "miracle" as the course defines it, your life does in fact change. This class will introduce you to the basic metaphysical principles and terminology of "A Course In Miracles," in a relaxed and informal atmosphere.

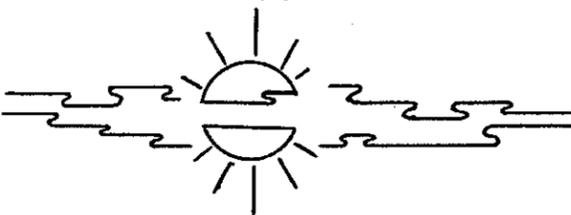
Cynthia Morgan (331-0090), lives in Lawrence where she teaches the principles of "A Course In Miracles" weekly at Unity Church. She began studying the course in 1986. Up until a year ago, she was teaching the principles to students in Los Angeles for 3 years. She received a scholarship to attend Marianne Williamson's Intensive Study Program and has also studied at the Foundation for ACIM in New York, under Kenneth Waprick, editor and most-noted scholar of the course.

Date: October 20 (Monday)  
Time: 7 - 9:30 pm  
Fee: \$9  
Location: UFM Multipurpose Room

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

—Helen Keller

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. . . to breaking through

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**Intuitive Arts**

SP-02

We will learn to access our intuitive connection, opening inner doors for answers to our questions about our life paths, relationships and our spiritual quest. Becoming familiar with the more subtle levels of the senses assists in our self-healing and a deeper self-knowing. We will explore and discuss healing, intuitive diagnosis, channeling, receiving information about a personal issue or a creative inspiration. During one of our meetings, Sharon will provide an opportunity to ask your life path questions and receive answers from the intuitive perspective.

Sharon Landriith has been intuitive all of her life. She has been a professional intuitive for 10 years working with individuals and as a group facilitator.

Date: Oct 30, Nov 6 and 13  
Time: 7 - 8 pm (Thursday)  
Fee: \$14  
Location: UFM Conference Room

**Unlearning Depression**

SP-08

Although we naturally try to eliminate depression from our lives, it often finds ways to rebound, resurface, and return. Thus, useful goals are learning to recognize and manage depression, reestablish equilibrium, and maintain constructive directions. Rather than making depression a feared enemy, we can accept it. By accepting it, we can learn how to move through and beyond it. We will address a range of factors that maintain depression, ways to work with them, and ways to "unlearn" the beliefs that support them. We will see how exercises, interpersonal support, and feedback, imagery, and discussion can be used as tools enhancing change.

Dan Berkow (532-6927), is a psychologist who works in private practice and at KSU. His work has given him the opportunity to work with individuals on a wide range of problems and concerns. He has explored existential, cognitive, interpersonal, and biophysical approaches. In the process of this work, he has learned to respect the unique developmental paths of individuals as well as the universality that connects individuals. He believes that workshops can be places where individuals can take in new information, give and take feedback with others, and support each other's growth in an atmosphere of acceptance.

Date: Sept 13 (Saturday)  
Time: 1 - 4 pm  
Fee: \$8  
Location: UFM Conference Room

**Creative Uncertainty**

SP-07

This workshop will present a theory of life choices as points of creative uncertainty. Modern physics, several spiritual paths, and existential psychology appear to be in agreement that our awareness, actions and decision-making processes are keys in determining who we become. Part of this workshop will focus on practical work. Participants will be given the opportunity to work on a personal choice that confronts them, has confronted them, or is likely to confront them in the future. They will benefit most from this session if they bring a choice that they feel they could disclose and work on with others present. Members can limit their self-disclosure to whatever feels comfortable for them. The model that will be presented will involve formulating a decision-making tree, defining possible futures, using focused awareness to gain intuitive information, and looking at reversible versus irrevocable decisions.

Dan Berkow

Date: October 11 (Saturday)  
Time: 1 - 4 pm  
Fee: \$8  
Location: UFM Conference Room

**SEXUAL HARASSMENT ASSAULT RAPE PREVENTION SHARP self-defense workshops are available for organization, groups or schools. Contact UFM, 539-8763, to coordinate a workshop.**

**Redirecting Anxiety**

SP-05

Anxiety is a state that everyone has experienced, although to differing degrees. While anxiety is a natural part of change, excessive anxiety is known to interfere with task performance, equilibrium in relationships, and psychological well-being. In this single session seminar, we will learn how to identify symptoms of excessive anxiety and the kinds of thoughts that generate anxiety. Exercises will be offered to help participants learn to move from anxiety to relaxation, and to identify the role of anxiety in their life story, sense of self, and movement toward the future. We will learn to recognize and accept anxiety, work creatively with this energy, and constructively redirect this state of awareness. The helpful and unhelpful aspects of anxiety will be explored.

Dan Berkow

Date: Sept 27 (Saturday)  
Time: 1 - 4 pm  
Fee: \$8  
Location: UFM Conference Room

**Parents Together**

SP-18

Are you being pushed to the limit by your teen? Do you think you are alone? Is your teen behaving in a disruptive way? Talk with other parents who have been in your shoes. Parents Together is a free group for parents who may have teens experiencing problems with truancy, alcohol and/or drugs, pregnancy and legal issues. If your teen is having a problem with any of these issues, you may want to attend. Meetings are held the 2nd and 4th Tuesday of each month. The first meeting of the month is a supportive talking circle. The second is an educational program that deals with important issues you and your teen face.

Sponsored by Northeast Kansas Regional Prevention Center. For questions about the group, call Linda at 539-8763.

Date: September 9 (First Meeting)  
2nd and 4th Tuesday of each month  
7 - 8:30 pm (Tuesday)  
Fee: \$/N/C  
Location: UFM House

**How Do You Know When It's More Than The Blues?**

SP-17

Depression is a whole-body illness experienced by as many as one in five people at some point in life. It affects the way you eat and sleep, the way you feel about yourself, and the way you think. It cannot be wished or willed away. Without treatment, it can last for months or years. For most people, depression can be treated successfully. This class will look at how the symptoms of depression differ from the blues, medical conditions and life events that may trigger depression, and treatment options. It is for anyone who is interested in learning more about this common illness.

Terry Pfannenstiel, Ph.D., licensed in psychology and in marriage and family therapy, is a therapist and program manager for adult outpatient services at Pawnee Mental Health Services. Brian Parsells, D.O., is a psychiatrist at Pawnee. They have many years of experience in helping people deal with depression and regain satisfying lives.

Date: Oct 6 (Monday)  
Time: 7 - 8:30 pm  
Fee: \$8  
Location: Pawnee Mental Health Services  
2001 Claflin Road (Community Room)

**Shaping Your Child's Behavior Through Guilt and Fear**

SP-20

Many child psychologists believe that spanking children teaches violence. If parents can no longer use physical punishment, how can they control their children? In this class parents will learn how to nag their children into doing their homework, use guilt-loaded words to help you with household chores, use the "evil eye" to instantly stop unwanted behavior anywhere and use that certain tone of voice to let them know just how serious you are.

Dr. Harold Daunt has researched this theory of intimidation for many years. He is in the process of writing a step by step guide to "Guilt and Fear and How It Can Work Effectively For You".

Date: November 27 (Thursday)  
Time: 9 am - 9 am  
Fee: \$9.99  
Location: UFM Counseling Office

**Destination Good Mental Health**

**Continuing Education For Health & Helping Professionals & Volunteers**

**Fall 1997**

- **Humor for the Health of It**  
Helen Risdon, RN  
Sept. 17—Manhattan
- **Substance Abuse in the Family**  
Karen Bishop, LSCSW  
Oct. 22—M, Oct. 29—JC
- **Managing Anger**  
Bob Wisdom, LMLP, Barbara Gray, EdD  
Nov. 19—Manhattan

Contact hours for nurses are offered by Mercy Health Center of Manhattan. Our workshops meet the criteria for continuing education credit for many other professionals. The fee is \$7 per hour.



**Spring 1998**

- **Building Bridges with Adolescents**  
John Fajen, PhD, Tasha Arneson, PhD  
Feb. 18—M, Feb. 25—JC
- **Overcoming Anxiety and Worry**  
Sherman Sisco, LSCSW  
Mar. 18—Manhattan
- **Appreciating Differences: Cultural Diversity**  
Angela Hayes, MS, Claude Wiggins, BS  
Apr. 22—M, Apr. 29—JC
- **To be announced**  
June 17

Manhattan—Houston Street Center, 5th & Houston Junction City—Pawnee MHS, 814 Caroline Ave.

Call 587-4326 for free brochure.

Special thanks to all UFM INSTRUCTORS who volunteer their time!





UFM CLASSES

J A Z Z R E I L E T U X L B S N M L L F  
P E O U F T A E K W O N D O D V S O A P  
I C J Y Z V U C O E W W Q H X W S O C Z  
R M E L I Q P B X Z M V M X B I J G P H  
O C B R I X D T L J I P S C N U L S W M  
S L A Q U A T I C S Q L A N G U A G E S  
H P D Y O S A K C H E V E Q C A I D O Z  
K U T C E Z S R J C R T L R Q F P C X W  
I P O L T N P E C V Y T N O K N X M W V  
D P Z E X Z O C R H C K D Y O F L G I W  
S Q U T C D O M S P A Z L W D C J U R U  
M Z Q C L Y E H C D U E G N I H S I F M  
F Z L T O A O P E R K C O U S C A H X V  
B W Q L S M W G R I O Y A L P E G Y Q E  
B H P R M Q P R A E J C X Q O A W S W C  
X Q V A E Q N U S W S Y K A G G U I I I  
X G G U P I J A T G W S U E J O Y L N Y  
R I P O L A S J B E Z R I U T V L X L G  
C B P C P S W Q X R R D L O S R O F Y E  
I N S U Y W C T U W M S V D N N Y U E H

Find the following words from classes in this catalog hidden in the puzzle at left.

- ACUPRESSURE
- AQUATICS
- ARCHAEOLOGY
- COMPUTERS
- DEPRESSION
- FISHING
- GOLF
- JAZZ
- LANGUAGES
- MAGIC
- MONEY
- PIROSHKI
- ROCKETRY
- SASSY
- SEWING
- TAEKWONDO
- TENNIS
- WALTZ
- YOGA
- ZODIAC

See solution on page 20.

SHARP Self-Defense for Women

SP-01

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

Diana Tarver (827-7302), is a black belt in Taekwondo and Hapkido and is a certified instructor with the American Taekwondo Association. She has 12 years experience teaching martial arts, police defensive tactics and Sexual Harrassment Assault and Rape Prevention for Women.

Date: Sept 22 (Monday)  
Time: 6:30 - 10 pm  
Fee: \$18  
Location: First Lutheran Church  
930 Poyntz Avenue

Books by and About Women

SP-10

In this class participants will discuss thoughts, ideas, and issues presented by women authors through fiction and non-fiction in an informal setting. Books read last semester were: *Rocking the Babies* by Linda Raymond, *The Persian Pickle Club* by Sandra Dallas, *Cermony* by Leslie Marmon Silko, *Riverwalking* by Kathleen Dean Moore, *The Book of Ruth* by Jane Hamilton, *Song of Solomon* by Tom Morrison, and *High Tide in Tucson* by Barbara Kingsolver. The subtitle of this group is "Feed and Read Group" as we will have the option of meeting earlier to share supper at a quiet restaurant or my home. We will discuss this at the first meeting.

Lorrie Cross (587-4310), enjoys reading and discussing books by and about women. She has been a member of this group since its beginning in 1978.

Date: August 24 (Sunday)  
Time: 7 - 8:30 pm  
Fee: \$12  
Location: Call instructor for location

"Dress for Success" - Wardrobe Analysis

SP-13

Discover which style will make you a "wow" statement when you walk into a room. Participants will get a personal wardrobe analysis to see which is most flattering for each individual. Learn how to illusion off weight with clothes, how to put an outfit together in your personality style. Discover how accessories can be used, everything from glasses to proper haircuts for your face.

Suzanne Dickson is a certified beauty, color and wardrobe analyst.

Date: Aug 26, Sept 2, and 9  
Time: 7:30 - 8:30 pm (Tuesday)  
Fee: \$8  
Location: UFM Greenhouse

Thanks to United Way of Riley County for their Flex Funding contribution to the UFM Fireplace Room redecorating.

TAKE A PEEK AT THE PAST

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

Riley County Historical Museum

2309 Claflin

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

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

Goodnow House Museum

2301 Claflin

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

Wolf House Museum

630 Fremont

- 1868 stone house served as a boarding house and private home
- Furnished with period antiques
- Special exhibits

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

Pioneer Log Cabin

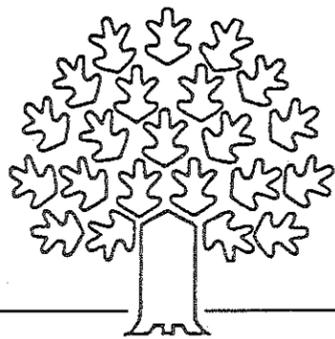
Manhattan City Park

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

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

For more information, call 565-6490





# Youth

1221 THURSTON

539-8763

## Introduction to the Nutcracker Ballet

YO-03

A beginning ballet class designed to provide exposure to ballet for children 4 - 12 years old with no experience. Emphasis will be on beginning ballet technique while dancing to the Nutcracker Ballet. Formal dancewear is not necessary.

*Randi Dale* (539-5767), has taught dance for 35 years. Her dance choir toured the midwest and Europe in 1968. She is a certified teacher with a masters degree in education.

Date: Sept 5 and 12 (Friday)  
Time: 5:30 - 6 pm  
Fee: \$9  
Location: 2416 Rogers Blvd.

## Jazz Class

YO-04

This Jazz class is geared for children 6 and up. Teens welcome. Various Rock and Roll and contemporary music will be used to learn jazz steps.

*Randi Dale*

Date: Sept 5 and 12 (Friday)  
Time: 6 - 6:30 pm  
Fee: \$9  
Location: 2416 Rogers Blvd.

## Introduction to Tap Dance

YO-05

An introductory class designed to provide exposure to tap for children 5 - 12 years old. Emphasis will be on tap steps performed to popular music. Formal dance attire is not required; wear tennis shoes or tied shoes to class.

*Randi Dale*

Date: Sept 5 and 12 (Friday)  
Time: 6:30 - 7 pm  
Fee: \$9  
Location: 2416 Rogers Blvd.

## Creative Movement for Children

YO-08

Through Creative Movement children can let their imagination be broadened and expressed. We will help your child nurture personality and ideas to greater growth by using various creative movement experiences. Activities include using music and the beat of music, drawing and shapes to develop into movement.

*Dena Fox* (565-0645), is a junior at KSU, majoring in Dance Therapy. She is a 3rd year member of the KSU Classy Cats Dance Team and has been active in and taught dance at both Paula's School of Dance in Holton, KS, for the past 15 years and Gyll Bates School of Dance for 2 years. *Kacy Sawyer* is currently attending KSU as a junior majoring in Philosophy Pre-Law and minoring in Dance. Kacy has been involved in dance since she was 5 years old and has previously taught ballet, tap and jazz classes for children.

Date: Sept 8 - Oct 6 (Monday)  
Time: 7 - 8 pm  
Fee: \$31  
Location: UFM Fireplace Room

## Creative Movement for Children

YO-09

*Dena Fox and Kacy Sawyer*

Date: Oct 13 - Nov 10 (Monday)  
Time: 7 - 8 pm  
Fee: \$31  
Location: UFM Fireplace Room

## SHARP Self-Defense for Preteens

YO-01

This self-defense program is adapted from a national program designed specifically for women. The terminology and approach have been modified to make this class age appropriate but the focus remains to empower females to better protect themselves and gain confidence in their social environments. There will be discussion dealing with situations ranging from sexual harassment to personal safety and practice of skills to fend off assault. Appropriate for girls 10 - 13. **Mothers may take this class with their daughters.**

*Diana Tarver* (827-7302), has been teaching women's self-defense classes for 10 years. She has adapted the program for teens and young girls. She is a 4th degree Black Belt in Taekwondo and has taught police defense tactics, but for this class she takes a very practical approach.

Date: Sept 20 (Saturday)  
Time: 9:30 - 11:30 am  
Fee: \$12 child/\$17 parent and child  
Location: First Lutheran Church  
930 Poyntz Avenue

## SASSY/Safety Awareness and Street Smart Youth

YO-02

This program teaches children personal safety in an increasingly dangerous society. The program helps build self-confidence, increases awareness and teaches effective defense techniques such as stranger danger, use of 911, defense against abduction, using parent codes and home alone skills. This is a fun, safe program for children that teaches very important skills. **Parents may take this class with their child for a fun family activity. Ages 10 and under.**

*Diana Tarver* teaches the SHARP self-defense classes for UFM.

Date: Sept 20 (Saturday)  
Time: 1 - 3 pm  
Fee: \$12 child/\$17 parent and child  
Location: First Lutheran Church  
930 Poyntz Avenue

## Beginning Magic

YO-07

This beginning magic class is designed for children ages 7 through 11. Participants will learn card tricks (please bring your own deck of cards to class) and tricks involving: silks, sponge rabbits, linking rings, Kleenex, ordinary picnic cups, disappearing and reappearing salt and others. Free magic catalogs from U.S. Toy will be handed out at the first meeting.

*Larry Poague* (800-762-6098), is a former high school business teacher and later on an elementary school principal. He is currently in the financial arena working with people on investments. He is a current member of IBM (International Brotherhood of Magicians), S.A.M. (Society of American Magicians) and I.M.S. (International Magicians Society). He has studied and performed magic for 40 years.

Date: Sept 18, 25, and Oct 2  
Time: 7 - 9 pm (Thursday)  
Fee: \$27  
Location: UFM Fireplace Room

## Beginning Taekwondo for Youth 4-5

YO-10

Taekwondo is a Korean martial art form which teaches discipline and self-confidence at the same time participants are learning new athletic skill and self defense techniques. These classes are designed to introduce young children to the fun and excitement of martial arts while they begin learning the basics of hand-eye coordination, balance and self-discipline. Beginning Taekwondo self-defense techniques will be taught in a safe, fun, and age-appropriate atmosphere by experienced instructors.

*Troy Auman and DC Lehman* (537-4861) are first degree black belts in the American Taekwondo Association and are instructors with the K-State/Manhattan Taekwondo Club. They also have extensive experience in weight training, stretching, and adaptive stretching (for those with physical limitations).

Date: Sept 3 - Sept 22  
Time: 6 - 6:30 pm (Mon/Wed)  
Fee: \$31  
Location: First Lutheran Church (New Parish Hall)  
930 Poyntz Avenue

## Beginning Taekwondo for Youth 6-8

YO-11

This class is designed for 6-8 years olds or 5 years olds who have taken Taekwondo before.

*Troy Auman and DC Lehman*

Date: Sept 29 - Oct 22  
Time: 6 - 6:45 pm (Mon/Wed)  
Fee: \$39  
Location: First Lutheran Church (New Parish Hall)  
930 Poyntz Avenue

## Beginning Taekwondo for Youth Ages 9-14

YO-12

This class is designed for youth who are 9-14 years old and wanting to develop their martial arts skills. Younger children must have instructor's permission to join this class.

*Troy Auman and DC Lehman*

Date: Oct 29 - Nov 24  
Time: 6 - 6:45 pm (Mon/Wed)  
Fee: \$39  
Location: First Lutheran Church (New Parish Hall)  
930 Poyntz Avenue

## Kids on Campus

YO-06

Join us for a fun-filled educational field trip of the Kansas State Campus. We will visit several departments with interesting activities, take time out for recreation, eat lunch in the Union and return to UFM. This program is geared for children 4th - 6th grade. Call UFM 539-8763 for a complete list of activities.

*UFM Staff*

Date: October 30 (Thursday)  
Time: 8 am - 5 pm  
Fee: \$25  
Location: Meet at UFM

Youth Scholarships available through funds from Little Apple Pilot Club

American Red Cross Learn to Swim classes are on pages 4-6.

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.

# REGISTRATION INFORMATION 3 WAYS TO REGISTER



## Registration by Mail

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

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

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

**FOR YOU...** One participant per form, please



## Registration by Phone

With your VISA, Discover or MasterCard number and expiration date ready, call (913) 539-8763 during regular business hours.



## Registration in Person

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

Youth Scholarships are available.

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

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

1221 Thurston

**UFM Class Registration**

Manhattan, KS 66502

539-8763

Student Name \_\_\_\_\_ Day Phone \_\_\_\_\_  
 Address \_\_\_\_\_ Evening Phone \_\_\_\_\_  
 City \_\_\_\_\_ State Kansas Zip \_\_\_\_\_  
 Social Security No. \_\_\_\_\_ Credit \_\_\_\_\_ Non Credit \_\_\_\_\_  
 Age: Under 18 exact age \_\_\_\_\_ 19-24  25-59  60+   
 Parent's Name if Student is Under Age 18 \_\_\_\_\_

CLASS #	Session	TITLE	FEE	LOCATION	DATE	TIME

Tax Deductible Donation  
Total

I hereby authorize the use of my Visa  MasterCard  Discover

Card Number	Expiration Date
-------------	-----------------

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

Participant/Family Statistics: KSU Student  KSU Faculty/Staff  Ft Riley  Other   
 Where did you obtain your catalog \_\_\_\_\_  
 A class I would like offered \_\_\_\_\_

I am participating upon my own initiative and upon my own assumption of risk in a University For Mankind 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 University For Mankind harmless as to liability for such injury.

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

Office Use Only		Amount		Total Paid
Date Received	Staff	Check	_____	
Entered	_____	Cash	_____	<input style="width: 50px; height: 20px;" type="text"/>
Computer	_____	Visa	_____	
		M/C	_____	
		Discover	_____	
			Date _____	

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

1221 Thurston

**UFM Class Registration**

Manhattan, KS 66502

539-8763

Student Name \_\_\_\_\_ Day Phone \_\_\_\_\_  
 Address \_\_\_\_\_ Evening Phone \_\_\_\_\_  
 City \_\_\_\_\_ State Kansas Zip \_\_\_\_\_  
 Social Security No. \_\_\_\_\_ Credit \_\_\_\_\_ Non Credit \_\_\_\_\_  
 Age: Under 18 exact age \_\_\_\_\_ 19-24  25-59  60+   
 Parent's Name if Student is Under Age 18 \_\_\_\_\_

CLASS #	Session	TITLE	FEE	LOCATION	DATE	TIME

Tax Deductible Donation  
Total

I hereby authorize the use of my Visa  MasterCard  Discover

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

Participant/Family Statistics: KSU Student  KSU Faculty/Staff  Ft Riley  Other   
 Where did you obtain your catalog \_\_\_\_\_  
 A class I would like offered \_\_\_\_\_

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Date Received	Staff	Check	_____	
Entered	_____	Cash	_____	<input style="width: 50px; height: 20px;" type="text"/>
Computer	_____	Visa	_____	
		M/C	_____	
		Discover	_____	
			Date _____	