Enroll Now ... Don't miss out!

UFM
1997
Fall Classes
(August-December)

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

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 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 Farr
State Outreach Coordinator - Anita Madison
Lou Douglas Lecture Coordinator - Victoria Chotiz
Office Coordinator - Rhonda Smartt

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UFM is committed to a policy of non-discrimination 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.

THANK YOU ADVERTISERS for your loyal support
UFM INSTRUCTORS

Troy Auman
Kris Barnard
Carolyn Baugh
Michael Bennett
Daniel Berkow
Marilyn Bode
Lynn Bohnenblust
Jean Bramwell
Vicki Buziak
Vickie Choitz
Enid Cocks
Sue Cohen
Petel Coleman
Jason Coleman
Maureen Conn
Lorrie Cross
Randi Dale
Larry Dall
Suzanne Dickson
Wendy Dover
Dona Fox
Diane Freeby
Fred Freeby
Paul Gleue
Jim Gregory
Collin Hampton
Steve Harrison
Colette Hernandez
T.J. Hittie
HOME Program
Gene Hotland
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 McCroty
Sarah McDaniel
Serina McIntire
Bernice Martin
Cynthia Morgan
Bharath Nairyma
Dwight Nesmith
Brian Parsells
Terran Pfannenstiel
Larry Pogue
Lyuba Ramm
Leon Rappoport
Sharon Reagan
Lowell Regehr
Jef Rheaume
Shon Robbino
Donna Roper
Sara Saunders
Kacy Sawyer
David Seaman
Pam Schmid
Marilyn Schreiner
Dan Scott
Ross Siegel
Tammy Sinn
Roger Snider
Paul Soldmann
Madalyn Smolan
Kay Stewart
Carol Stites
Dean Stramel
Sun Yi Academy
Diana Tarver
Linda Teener
Don L. Terhune
Mei Hwa Terhune
Mark Tiesmied

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.

CHAIRMAX BROWNSW

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

DATE
Aug 21, Th 5pm - 6:30pm
Aug 25, M 10am - 2pm
Aug 26, T 10am - 2pm
Aug 27, W 10am - 2pm

TIME
5pm - 6:30pm
10am - 2pm
10am - 2pm
10am - 2pm

LOCATION
Manhattan Public Library
KSU Union
KSU Union
KSU Union

Registration continues throughout the semester.

UFM House — 1221 Thurston
8:30 am - 5pm 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.edu

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 may be conducted unless all University courses are cancelled. If the instructor contacts 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 classes 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 a class, you will be notified, therefore; it is extremely important that we have a daytime 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 $5 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 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 personal circumstances to determine if they have adequate insurance or protection in case of injury resulting from the use of University facilities or participation in programs. It is recommended that all participants have a complete physical before engaging in any physical recreation program.

SPECIAL POLICIES FOR CREDIT OPTION CLASSES
Credit Registration Refunds: After the second credit option 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 $36.00 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 (withdrawal) will be issued. No withdrawals will be accepted after two-thirds of the scheduled classes have been completed.

UFM Wish List

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<th>String Wee Model</th>
<th>Electric Stove</th>
<th>Window Air Conditioner</th>
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Thanks to those who responded to our wish list last semester!

USE REGISTRATION FORM on the back cover.
Learn to Swim Classes

UFM and the Division of Continuing Education are pleased to present the American Red Cross Learns 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 each 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 advancements 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/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 while 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 6 - September 22
Session B: Tues/ Thurs October 21 - November 4
Session C: September 13 - October 11

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 preparatory 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: October 25 - November 22

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-01 Mon/ Wed 6:05 - 6:45 pm
AQ-02 Mon/ Wed 6:50 - 7:30 pm
AQ-03 Mon/ Wed 7:05 - 7:45 pm
AQ-04 Mon/ Wed 7:20 - 8:00 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 Mon/ Wed 7:05 - 7:45 pm
AQ-08 Mon/ Wed 7:20 - 8:00 pm

Session C: (See dates above)
AQ-09 Saturday 9:10 - 10:10 am
AQ-10 Saturday 10:20 - 11:00 am
Fee: $35 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 of 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
AQ-13 Tues/ Thurs 7:05 - 7:45 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 9:10 - 10:10 am
AQ-10 Saturday 10:20 - 11:00 am
Fee: $35 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 stroke and back stroke. They will be introduced to the elementary backstroke. Students will also learn rates for safety 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 of 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 9:10 - 10:10 am
AQ-14 Saturday 10:20 - 11:00 am
Fee: $35 per session

Youth Self-Defense & Safety classes are found on Page 27.
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 treading at a walk. 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: Mon-Wed 6:05-6:45 pm
AQ-17

Session B: Mon-Wed 6:45-7:30 pm
AQ-18

Session C: Tue-Thurs 6:45-7:00 pm
AQ-19

Session D: Tue-Thurs 6:50-7:30 pm
AQ-20

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 first flipturn surface dive and sidestroke and backstroke. All students must be able to perform the sidestroke and backstroke. 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: Mon-Wed 6:05-7:30 pm
AQ-21

Session B: Mon-Wed 6:50-7:30 pm
AQ-22

Session C: Tue-Thurs 6:05-7:30 pm
AQ-23

Session D: Tue-Thurs 6:50-7:30 pm
AQ-24

Level VI: Skill Proficiency
The objective of Level VI is to polish strokes so students swim them with reduced energy expenditure, 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 advanced turns as well as the flipturn and surface dive. 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: Mon-Wed 6:05-7:30 pm
AQ-25

Session B: Mon-Wed 6:50-7:30 pm
AQ-26

Session C: Tue-Thurs 6:05-7:30 pm
AQ-27

Session D: Tue-Thurs 6:50-7:30 pm
AQ-28

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 sidestroke and backstroke. All participants must be able to perform in Level VI. Students entering this course must have a Level VI certificate or must be able to demonstrate all the completion requirements in Level VI.

Session A: Mon-Wed 6:50-7:30 pm
AQ-29

Session B: Tue-Thurs 6:50-7:30 pm
AQ-30

Session C: Tue-Thurs 6:50-7:30 pm
AQ-31

Session D: Tue-Thurs 6:50-7:30 pm
AQ-32

Introduction to Competitive Swimming
This class will feature an introduction to the four competitive strokes: Butterfly, Backstroke, Breaststroke, and Freestyle. Progress in swim skills for each stroke will be taught. The cout aim of the year is to be efficient and swim effectively. Students must maintain the level of fitness of the class and be able to demonstrate the required skills at the end of the year. All participants must be able to demonstrate all the completion requirements in Level VI.

Session A: Mon-Wed 6:50-7:30 pm
AQ-33

Session B: Tue-Thurs 6:50-7:30 pm
AQ-34

Session C: Tue-Thurs 6:50-7:30 pm
AQ-35

Session D: Tue-Thurs 6:50-7:30 pm
AQ-36

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 for use with older students 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 non-swimmer will benefit from this class.

Session A: Mon-Wed 6:00-6:45 pm
AQ-37

Session B: Tue-Thurs 6:45-7:30 pm
AQ-38

Session C: Sat-Sun 8:00-8:45 am
AQ-39

Session D: Sat-Sun 9:30-10:15 am
AQ-40

Session E: Sat-Sun 10:15-11:00 am
AQ-41

Fee: $18 per session

Private Lessons for Special Populations
For people with special physical or mental needs. Arrangements will be considered for private swimming lessons. Please refer to the special needs form for details. All participants must be able to demonstrate all the completion requirements in Level VI.

Private Lessons
These lessons provide one-one-one instructions for any level of swimmer. All instructors are Water Safety Instructor certified by the American Red Cross. Instructors will be determined after registration or instruction will be conducted to schedule 6 classes of 30 minutes each.

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 50 Minute block of time during the below scheduled times.

Session A: Mon-Wed 6:50-7:30 pm
AQ-42

Session B: Mon-Wed 7:00-7:30 pm
AQ-43

Session C: Mon-Wed 7:10-7:30 pm
AQ-44

Session D: Mon-Wed 7:20-7:30 pm
AQ-45

Fee: $15 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: Mon-Wed 6:05-7:30 pm
AQ-46

Session B: Mon-Wed 6:05-7:30 pm
AQ-47

Session C: Mon-Wed 6:05-7:30 pm
AQ-48

Session D: Mon-Wed 6:05-7:30 pm
AQ-49

Fee: $15 per session

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

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

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

Look for the UFM Catalog on the web at www.ksu.edu/ufm
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 analyizing and refining stroke techniques and additional competitive skills; improving/retaining 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 3 - Nov 13
Time: 7:30 - 8:30 pm (Tues/Thurs)
Fee: $24 non-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: $44 non-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
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 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 techniques 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 (532-0705)

Date: Sept 3 - Nov 13
Time: 8:30 - 9:30 am (Tues/Thurs)
Fee: $72 non-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 as we will 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 required so that we can provide adequate lifeguards.

Date: Oct 5 (Sunday)
Time: 5 - 7 pm
Fee: $4
Location: KSU Natatorium

Open Swim Appreciation

AQ-70

*For UFM swim participants and their parents

Date: Oct 20 (Sunday)
Time: 5 - 7 pm
Fee: $4
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;
- instruction of rules 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 available for rent at a nominal fee in the pool, or you can bring your own.

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

Date: November 2 (Saturday)
Time: 9 am - 1 pm
Fee: $30
Location: KSU Natatorium

Kayak Workshop

T.J. Hate

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

Kayak Workshop

T.J. Hate

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

Kayak Workshop

T.J. Hate

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 environments, 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, $40, snorkel, $35, fins, $40-50). Limit: 10 students. Minimum age 12. Participants 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 learning session includes instruction of the skills and techniques of safe underwater diving. Bring swimming suits and be prepared to enter the water.

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

Date: September 15 - October 18
Time: 9 am - 1 pm (Saturday)
Fee: $213 non-credit
Location: KSU Natatorium

Scuba Refresher

AQ-36

The dive refresher program is designed to provide a controlled refresher program 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.

Pre-requisite: 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 classes 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 KSU. 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/$15 couple
Location: KSU Natatorium

Special THANKS TO THE UFM INSTRUCTORS who volunteer their time.
Earth, Nature & Environment
1221 Thurston 539-8763

The Zodiac
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 them in the sky. This is NOT astrology. This will be the astronomy (science) of the Zodiac.

Dean Stramel (579-1931), 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
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 tales 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
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 working to preserve the past for the future. Participants are encouraged to bring their artifacts collection to class.

Donna C. Roger (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 Pittsburg County
How do we know that glaciers visited Kansas?...by the rocks from Minnesota they left behind! We’ll visit northern Pittsburg County to collect glacial material including agate, jasper, quartz, quartzite, petrified wood as well as other stones 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. Lorring (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 - 3 pm
Fee: $5 individual/$10 couple
Location: Meet at UFM Firehouse Room

Beginning Fly Tying

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 Sodeman (494-2540) 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 waving from Georgia to Montana, building his own rods and tying his own flies for four years. Paul primarily fishes for trout, but local eels 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: Sodeman's Fly Shop
690 Rockingham Road, St. George
Call UFM for directions

Beginning Fly Tying

Paul Sodeman
Date: Oct 7, 8, and 9 (T, W, and Th)
Time: 6:30 - 8:30 pm
Fee: $40
Location: Sodeman's Fly Shop
690 Rockingham Road, St. George
Call UFM for directions

Basics of Bass Fishing

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, rates, regulations, and other information.

Donnie Wilson is 1997 president of the 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

BIKETECH Bicycle Sales and Service

Tune-up $35.00
Includes: Hubs adjusted, BB adjusted, Driveshaft adjusted, Brakes adjusted, Drive train cleaned, Drive train lubed

776-2453
1208 Moro

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 newsletter. For more information, call Chris Colkison (537-4145).

We need you!

All participants must register in advance.

IMME

UFM is on the Web!
Our address is www.ksu.edu/ufm

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)
Business & Professional
1221 THURSTON 539-8763

Consumer Beware: Learn How To Make Your Money Work For You
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 what the limits mean), home mortgages, equities loans, PML, escrow, APR versus %. Learn how little insurance really works; what your agent might not have told you.
Lynd Bohernblust (776-3666), is Regional Vice President with Prudential Financial Services. He received a B.S. degree from Fort Hays State University in secondary education. Lynd has been with Prudential Financial Services for 5 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
Lynd Bohernblust
Date: October 7 (Tuesday)
Time: 7 - 9 pm
Fee: $8 individual/$12 couple
Location: UFM Conference Room

GRE Preparation Course
Planning to take the Graduate Record Exam? Take advantage of our GRE preparation program to help improve your score. This comprehensive, up-to-date course offers you three basic ingredients for success: review, strategy, and practice. The carefully designed review section consists of both classroom and home study subjects of the three GRE sections: Analytical, and practice test-taking experience 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 Fairlief Lecturer.
Registration deadline: August 23
Jason Coleman (577-0846), took the GRE in 1991 scoring 800 Math, 790 Verbal, and 800 Analytical. He was an M.S. student 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 bachelors degree in secondary education.
Date: September 23 - October 30
Time: 7:30 PM
Fee: $210
Location: Caldwell Hall 120, KSU

Successful Money Management
Nearly everyone can learn to become a better financial consumer. It doesn't matter if you are retired, a middle-aged baby boomer or someone looking to start investing on your own. Financial management principles can help you achieve your financial goals and dreams. A financial planner will be there for each participant in the class.
Fred Freedy (539-8719), has been with Waddell and Reed for 11 years. He has been a representative, district manager, division manager and is now a Senior Financial Planner.
Date: September 9 (Tuesday)
Time: 7 - 9 pm
Fee: $8
Location: Waddell and Reed Office
555 Poyntz Avenue, Suite 200

GRE Preparation Course
Planning to take the Graduate Record Exam? Take advantage of our GRE preparation program to help improve your score. This comprehensive, up-to-date course offers you three basic ingredients for success: review, strategy, and practice. The carefully designed review section consists of both classroom and home study subjects of the three GRE sections: Analytical, and practice test-taking experience 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 Fairlief Lecturer.
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Date: September 23 - October 30
Time: 7:30 PM
Fee: $210
Location: Caldwell Hall 120, KSU

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Services include:
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UFM classes make great gifts.
Financial Planning for Women  

Ninety percent of women become wholly responsible for their own financial welfare sometime during their lifetime. 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 Freedy (537-4650) 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: $6  
Location: Waddell and Reed Conference Room, 555 Poyntz Avenue, Suite 280

Paraprofessionals Working with Students  

Paraprofessionals in the regular classroom, working with students in a workshop that will provide ideas, tips, suggestions and plenty of handouts intended to help parents 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 parents published by Master Teacher.

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

Paraprofessionals Working with Other Adults  

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, assessments, teaching 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  
6:00 a.m. - 12:30 p.m.  
Eisenhower Middle School  
900 McMahon Dr., Manhattan

Parenting Educational Workshops  
Showcases Presented by Local Agencies  
Keynote Speaker: Carol Boyd

Event is FREE of charge! Free childcare provided on site!  
Sponsored by Coalition of Parent Educators SEP1, USD #203, Riley County Association for Family and Community Education, FCE, Kansas Research and Extension of Riley County, and Okla. Kansas Cooperative Chapter.

For more information or to register, call the Regional Prevention Center at 387-477.

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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. KARPAKIN  
"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)

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

Gene Howard (235-1074), is a retired insurance adjuster, damage estimator, legal investigator, and claims 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.

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

How To Handle Your Own Insurance Claim
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
This class begins with the very basics of finance including: saving some of one’s income, understanding the investment(s) available today, including certificates of deposit, bonds, mutual funds, annuities and more.

Jayson Kase (539-6771), is a Manhattan native, a Columbia University graduate, and has been an investment representative with Edward Jones for 5 years.

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

Show Me The Money!
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 do’s and don’ts of completing scholarship applications. Participants will have a chance to receive individual feedback on completed scholarship applications during the second meeting of the class. If you’d like to say “show me the money!” during the semester, this class is for you!

Vickie Choi is a senior Kansas State University in Political Science, Secondary Education, and Women’s Studies. She has earned and won four $40,000 scholarships for college, including the prestigious Truman Scholarship. Vickie has been nominated to represent K-State 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!

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.

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Handle all of your laser needs with one phone call!
- Service & Repair
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539-9222

Fundamentals of Estate Planning
This class overviews the legal, financial and tax structures effecting transfer 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 Project Avenue

Computer
Windows 95
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 Tenzer
Date: October 2 (Thursday)
Time: 7 - 9:30 pm
Fee: $12
Location: UFM Computer Lab

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

Linda Tenzer (539-8762), 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
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 transfer to other windows programs.

Linda Tenzer
Date: Oct 8 and 15 (Wednesday)
Time: 6:30 - 8:30 pm
Fee: $21
Location: Fairchild Hall 202, K-State
Beginning Sign Language

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 Sign and American Sign Language, Cued Networks is available at Valley’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 parent-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 8 - Dec 8
Time: 5:30 pm (Monday)
Fee: $60
Location: UFM Conference Room

Intermediate Sign Language

This intermediate class is for those who have a basic understanding and knowledge of Sign Language. Students will build on their existing sign language vocabulary and learn conversational skills using sign language. The textbook Stories from Sign and American Sign Language Cued Networks is available at Valley’s Bookstore.

Collette Hernandez

Date: Sept 10 - Oct 29
Time: 6 - 7 pm (Wednesday)
Fee: $63
Location: Justin Hall 149, KSU

English Pronunciation Training for ESL Speakers

Improve your English pronunciation skills and overcome any existing communication barriers as an ESL speaker. Information will be provided about the sounds content of individual and small groups 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: $13
Location: 1325 Peyton Avenue, Manhattan

Native American Languages

This course 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 classifier 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 Siouxan languages and is currently working towards a PhD in Linguistics.

Date: Sept 17 - Oct 22
Time: 7:30 pm (Wednesday)
Fee: $15
Location: UFM Multipurpose Room

English Pronunciation Training for ESL Speakers

Sharon Reagan

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

Survival Skills in Czech

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 UFM Bookstore.

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

Date: Sept 8 - Dec 8
Time: 5:30 pm (Monday)
Fee: $60
Location: UFM Conference Room

Intermediate Sign Language

This intermediate class is for those who have a basic understanding and knowledge of Sign Language. Students will build on their existing sign language vocabulary and learn conversational skills using sign language. The textbook Stories from Sign and American Sign Language Cued Networks is available at Valley’s Bookstore.

Collette Hernandez

Date: Sept 10 - Oct 29
Time: 6 - 7 pm (Wednesday)
Fee: $63
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 Hamlish, lyrics by Carol Bayer Sager

"THE UNEXPECTED GUEST" - thriller by Agatha Christie

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

"HMS PINAFORE" - musical comedy by Gilbert & Sullivan

For more information, call 837-4420
or visit our Web page at http://www.flinthills.com/theatre/

Look for the UFM Catalog on the web at www.ksu.edu/ufm/
MA-03

Combat Grappling

Combat Grappling consists of methods taken from Gracie Jiu-jitsu, wrestling, Sambo, shoot wrestling, Judo, and Sumo Chess. This beginning class will be open approximately 1/2 on the sport methods and 1/2 on self-defense methods. We will learn breakdowns, take-downs, guard 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.

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

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

MA-05

Taekwondo for Adults

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?

Jery Aumann and D C Leeman (537-4861), are first degree black belts in the American Taekwondo Association and are instructors with the Kansas/Missouri Taekwondo Club. They also have extensive experience in weight training, stretching, and adaptive training (for those with physical limitations).

Date: Sept 1 - Sept 22
Time: 7 - 7:45 pm (Mon/Wed)
Fee: $83
Location: First Lutheran Church (New Parish Hall)
900 Peavy Avenue
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.

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.
Make It In Clay!

Classes for Preschool Ages

Story Telling in Clay (Ages 3 - 6 years)
Fee: $33
Children will listen to a story, draw a picture and be guided in the making of a clay object inspired by the story. 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 Sept 9 - Oct 14
CC 220 T 10:30 - 11:45 am Oct 28 - Dec 2
CC 121 T 10:30 - 11:45 am Oct 28 - Dec 2
CC 121 T 1:00 - 2:15 pm Sept 9 - Oct 14
CC 222 T 1:00 - 2:15 pm Sept 9 - Oct 14
CC 222 T 2:30 - 3:45 pm Sept 9 - Oct 14
CC 132 W 9:00 - 10:15 am Oct 29 - Dec 3
CC 130 W 10:30 - 11:45 am Oct 29 - Dec 3
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 Sept 11 - Oct 16
CC 140 Th 10:30 - 11:45 am Sept 11 - Oct 16
CC 240 Th 10:30 - 11:45 am Oct 30 - Dec 4

Critters in Clay (Grades 4 - 8)
Fee: $39
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
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: Georgina 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
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

**Joy of Hand Building and Surface Decoration**
Fee: $56 (limit 10, minimum 4)
Instructor: Ester Ikeda
Create unique hand-built stoneware pottery items from birdhouses to dishes that you can eat from when finished. Students will learn different methods of surface decoration including graffiti, 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: Roma 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 Furey
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 Critique 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: Zeland, 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.
Beginning Sewing

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 darts him- or herself to try a more complex pattern or an extra special fabric. Participants are encouraged to bring all of these items. Materials will be provided for the workshop.

Date: September 9 - November 11
Time: 6 - 7:30 pm (Tuesday)
Fee: $25
Location: UFM Multipurpose Room

Beginning Sewing

Dwight Nesmith (776-3951), retired Engineering Professor, has been teaching the “Seed Bird” class for the past 25 years - an original hobby which turned out to be quite an interesting experience. He teaches the class at the St. Andrew’s Church, and after 6 years hiatus, returned in 1986 and 1991.

Date: October 7 - October 28
Time: 7 - 9:30 pm (Tuesday)
Fee: $31
Location: 221 Mooselook Road, Apt 200
Manhattan, KS

Safe and Creative Care of Family Photos

Are your photos stuffed in shoeboxes, or worse, in albums that are chemically destroying them? This workshop covers organizing your photos, photo-safe materials, ideas for creative cropping and photo-testing. 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 seed-free album page and the use of photo-safe materials and supplies. Additional papers are available for purchase from the instructor.

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

Date: September 9 (Tuesday)
Time: 7 - 9:30 pm
Fee: $35 includes some supplies
Location: UFM Fireplace Room

Beginning Sewing

Georgene White (276-3658), 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 “dress for” numbers and parties. She creates her own patterns and designs. She makes her own special occasion clothing for those who are down on their children.

Date: September 9 - November 11
Time: 6 - 7:30 pm (Tuesday)
Fee: $25
Location: UFM Multipurpose Room

Make Your Own Teeny

Beanie

Beanie babies are the latest craze! Learn how to make a lovely hat. 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.

Georgene 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

The secret of health for both mind and body is not to worry about the future, not to worry about the future, not to anticipate troubles, but to live in the present moment wisely and earnestly.
—Buddha
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 board members 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 house 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 Zeeb 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 Zeeb 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 to 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 Zeeb Road

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 Zeeb Road

Maintaining Appliances and Interior Surfaces CF-12
In this class, participants will learn what cleaners are most effective on what surfaces, carpet/vinyl care and cleaning 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 Zeeb Road

Fall Exterior Maintenance/Weatherization CF-13
In this class, participants will learn the dos and don'ts of fall maintenance, 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 Zeeb Road

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, planer, band saw, and drill press. The class will get hands-on practice while restoring UFM's woodshop.

Lowell Bjerke (776-1600), 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: $72
Location: UFM Greenhouse and Woodshop

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 you to make each unique. This is a great project to take home for your yard. 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 turning 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 clanging Santa display and a 70 inch tall Easter bunny which he signed and paired with the help of his 4 and 7 year old children.

Date: October 14 (Tuesday)
Time: 7 - 9 pm
Fee: $15
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 this hobby. We will also discuss car pooling to the Argentina International Rocketry Festival on September 19-21 in Argentina, Kansas. This is your best opportunity to see "the big stuff."

Lowell Bjerke (776-1600), learned model rocketry in the 1980's and has high power since 1984. He is TRIPOLI certified level 2. Two of his rocket motors A through L.

Date: September 2 (Tuesday)
Time: 7 - 9 pm
Fee: $15
Location: 1001 Colorado Street
Manhattan

Christmas Evergreen Decorations CF-24
In this class, participants will learn "how to decorate" for the holidays! Participants will be making their own Christmas swags of evergreens using artificial plants, ribbons, poinsettias, pinecones, etc. Learn how to make swags and how to place swags and garland on the wall, around pictures, doorways, or tables. Make your home festive for the holidays!

Carolyn Rhay (539-3322), has a Masters' Degree in education. She enjoys making wreaths and floral arrangements. Carolyn grows her own flowers and also collects wildlife photos to dry for her crafts. She has been a crafter at Butts and Bow and enjoys teaching others.

Date: November 20 (Thursday)
Time: 7 - 9 pm
Fee: $15
Location: UFM Conference Room

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Woodshop Power Tool Maintenance
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Date: Sept 8, 15, and 22
Time: 7 - 9 pm (Monday)
Fee: $72
Location: UFM Greenhouse and Woodshop

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Manhattan, Kansas 66502

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"Kathy's Woodcuts"
These monthly woodcuts will provide years of enjoyment month after month while hanging on your 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. Each woodcut comes to relax, create, and enjoy. Class projects will be displayed at "The Farmer’s Daughter" at 423 Pryor's 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 5 years. She owns and operates her own business called "The Farmer’s Daughter." She enjoys helping people create their own craft keepsakes 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 Pryor's Avenue

"Hanging Wood Apple" CF-16
Date: September 4 (Thursday)
Time: 9 - 11 am
Fee: $14
Location: The Farmer's Daughter
423 Pryor's Avenue

"Hanging Wood Apple" CF-17
Date: September 4 (Thursday)
Time: 6:30 - 8:30 pm
Fee: $14
Location: The Farmer's Daughter
423 Pryor's Avenue

"Hanging Wood Pilgrim" CF-20
Kathy Lyman
Date: November 6 (Thursday)
Time: 9 - 11 am
Fee: $14
Location: The Farmer's Daughter
423 Pryor's Avenue

Food for Fun!

Cajun and Creole Cooking FF-01
Participants will learn authentic Louisiana-style preparation of Creole Gumbo, Jambalaya, French Bread, and 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 Houtard (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 Madison.
Date: Sept 8 - Sept 29
Time: 7 - 9 pm (Monday)
Fee: $46
Location: UFM Kitchen

Cajun and Creole Cooking FF-02
Gene Houtard
Date: Oct 6 - Oct 27
Time: 7 - 9 pm (Monday)
Fee: $46
Location: UFM Kitchen

Cajun and Creole Cooking FF-03
Gene Houtard
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 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 larger class and take home a masterpiece. Supply list available at time of registration.
Tammy Simon began decorating cakes several years ago as a hobby. Her first lessons were at a UFM cake decorating class. She currently decorates cakes at Delihans.
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-wraps, eggs or fish. Participants will learn how to prepare and get to taste Russian Piroshki while having an introduction to the Russian culture.
Lyuba Rames (539-0059), 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: $29.50
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

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Russian Piroshki
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1/4 mile south of viaduct on 177
Wellness
1221 THURSTON 539-8763

Hatha Yoga for Health and Longevity
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 positions, 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.

Bhuvan 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 Sept 3, at 7:15 pm

Hatha Yoga for Health and Longevity
Bhuvan Narayanan

Date: Sept 13 - Oct 4
Time: 2:15 pm (Saturday)
Fee: $30
Location: UFM Conference Room
*Free introductory session will be offered on Saturday, Sept 6, at 9:15 am

Introduction to Feng Shui
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 Taichi Black Sent Feng Shui as taught by professor Lin Yen, Grand Master of Feng Shui in Berkeley, California. Mr. Terhune received in-depth training as 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: 7:00 pm
Fee: $13
Location: UFM Conference Room

Introduction to Feng Shui
Don L. Terhune

Date: Nov 19 (Wednesday)
Time: 7:00 pm
Fee: $13
Location: UFM Conference Room

T’ai Chi Ch’uan for Beginners
T’ai Chi Ch’uan is an Ancient Chinese exercise to increase the balance and harmony of the body, mind and spirit. The practice of T’ai 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 movements and techniques of T’ai Chi Ch’uan Yang style, the most popular form of T’ai Chi Ch’uan inside and outside of China today, and can be practiced by young and old, any time, any place.

Mei Hou Terhune (539-4277), is a native of China where she acquired her knowledge of T’ai Chi Ch’uan while attending Ming Chuang College, Taipei, Taiwan. Her interest in T’ai 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: 7:00 pm
Fee: $57
Location: EGM Student Center
1021 Denison Avenue

WORD PUZZLE SOLUTION

WORD: R C D
ACUPRESSURE 6 8 SWJAZZ
AQUATICS 5 18 W LANGUAGES
ARCHAEOLOGY 11 10 N MAGIC
COMPUTERS 6 2 S MONEY
DEPRESSION 6 8 S PIROSHIKI
FISHING 10 15 SW ROCKETRY
GOLF 13 3 S SASSY

(R=Row; C=Column; D=direction)

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Oak Grove School values diversity and doesn’t discriminate on any basis. For more information, call 539-2349 or Shawn Bunch at 494-2830.

20 Please stop by and see the Manhattan Arts Center.
Introduction to Aromatherapy

Aromatherapy is the art of using essential oils for healing. The oil's aromatic molecules are 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 memory, emotion, spirituality, and 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, antifungal properties.

Kris Barnard has been a Licensed Practical Nurse for 20 years. She has practiced and used Aromatherapy, Reiki energy therapy, 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: $6 for one class/$20 for series
Location: UFM Greenhouse

Introduction to Therapeutic Touch

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 to five inches away from the client to access, 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: $6 for one class/$20 for series
Location: UFM Multipurpose Room

Introduction to Therapeutic Touch

Kris Barnard

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

Holistic Therapies

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 phenomena and roles in the first class. Genesis and Energy Medicine is the topic in the second class. Geneticians 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!

Jane Hunkele (513-0379), is the owner of First Hills Pranacare. She is one of 25 students from around the world to complete Geneticians Energy Medicine I, toward certification. She also attained the second degree certification in the USH System of Natural Healing. After 26 years as a writer/editor, Jane 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 pranacare," she says. "I'm simply the happy assistant."

Date: Sept 8, 15, and 22
Time: 7 - 9 pm (Monday)
Fee: $10
Location: UFM Fireplace Room

Menopause: Fact, Myth and Suggestions

Mid-life changes affect both men and women. This class will help everyone to understand the impact of menopause.

Dr. Ann Wigglesworth M.D., FACOG, 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: $6
Location: UFM Fireplace Room

It's In The Air

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

Marilyn Bode (513-1305), 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
Location: UFM Fireplace Room

Introduction to Acupressure

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 merasystems. Class fee includes book and handouts.

Larry Daal has practiced chiropractic care in Manhattan for the last 15 years. He believes in assisting the body with the healing process, which is why he has expanded his treatment techniques to include acupressure/acupuncture. He is a Fellow in the Acupuncture Society of America.

Date: Sept 15 - Oct 20 (Monday)
Time: 7 - 9 pm
Fee: $27.50
Location: 1100 Westport Drive, Suite 5, Manhattan

Thank you advertisers for your loyal support...
Recreation & Dance
1221 Thurston 539-8763

Tennis: Junior Beginners
Ages 7 - 16
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 Minnetonka 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

Golf
One hour optional KSU credit available
Jim Gregory (539.1041), PGA Professional, is the golf pro at Stagg Hill Golf Course.
Date: Aug 26, Oct 14
Time: 2:00 - 7:30 pm (Tuesday)
Fee: $94 non-credit
$113 credit
Location: Stagg Hill Golf Club
4441 Ft. Riley Blvd.

Introduction to Golf
A short course geared for beginner 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 handicap. 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.

Introduction to Golf
Jim Gregory
Date: Sept 25, Oct 2, 9, and 16
Time: 7:00 - 8 pm (Thursday)
Fee: $34
Location: Stagg Hill Golf Club
4441 Ft. Riley Blvd.

Youth Scholarships are available through funds from Little Apple Pilot Club

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.

Headquarters for Bicycle Repair
304 Poynitz 539-5639 Downtown - Manhattan

Massage for the Individual or Couples can be found in the WELLNESS section.

Don't miss the MARTIAL ARTS for adults section on page 12.

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

Recharge your RV or boat batteries quietly, with no fumes, messy fuel or moving parts
Sunwrights PV 539-1956

All participants must register in advance.
**Ballroom Dance I**

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 (776-7575), has trained in Ballroom Dance at U.C. Berkeley, Mondula Ballroom, San Francisco, AllSWB 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 Kent State University. She has danced Ballroom nearly all her life and has taught at the Arthur Murray School of Dance. She has taught for UFM for three years. Becky Thompson 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 recovers, studied ballet and jazz for 13 years, choreographed dance numbers, and taught ballroom. Becky brings enthusiasm and love of dance to the classes.

**Date:** Sept 5 - Nov 23  
**Time:** 6:30 - 7:30 pm (Friday)  
**Fee:** $31 individual/$60 couple  
**Location:** ECM Auditorium 1021 Denison

---

**Ballroom Dance II**

Michael Bennett, Sara Sanders & Becky Thompson

**Date:** Sept 5 - Nov 23  
**Time:** 8:30 - 9:30 pm (Friday)  
**Fee:** $31 individual/$60 couple  
**Location:** ECM Auditorium 1021 Denison

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**Ballroom Dance I**

Michael Bennett, Sara Sanders & Becky Thompson

**Date:** Sept 6 - Nov 22  
**Time:** 7:30 - 8:30 pm (Saturday)  
**Fee:** $31 individual/$60 couple  
**Location:** ECM Student Center 1021 Denison

**Intermediate Ballroom Dance**

This class will emphasize dancing with your partner and learning the routines. Foxtrot, waltz, rhumba, and tango are intensively scheduled. However, specific dances will depend upon the interests of the class, these dances may change. Three weeks will be spent on each tango 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 Thompson

**Date:** Sept 5 - Nov 21  
**Time:** 7:30 - 8:30 pm (Friday)  
**Fee:** $31 individual/$60 couple  
**Location:** ECM Student Center 1021 Denison

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**Intermediate Ballroom Dance**

Michael Bennett, Sara Sanders and Becky Thompson

**Date:** Sept 6 - Nov 21  
**Time:** 6:30 - 7:20 pm (Saturday)  
**Fee:** $33 individual/$50 couple  
**Location:** ECM Student Center 1021 Denison

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**Flint Hills Barn Dance  Assn. (FHBDA)**

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 $5 donation at the door to help cover live music expenses at the dance.)

**International Folk Dance**

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 clothes and simple footwear. Please bring to class at least one hand held instrument. You will have the opportunity to perform these dances again at the monthly Flint Hills Barn Dance the following week.

Paul Weidman (559-4805) has been dancing and sharing folk dancing for twenty years.

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

**Classic Couple Dances**

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 barn dances. There will be the Virginia Reel, the two step, (Cotton Eye Joe), the Black Hawk and the Reel Waltz, and a polka (the Helod and Toe Polka). We’ll try as many as time and interest allow. Monthly barn dance at this class that evening at 7:30. These are "couple dances" but a partner isn’t necessary to sign up for this class.

Pete and Sue Cohen (499-6248) 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 spark from some of the old time couple dances and turns remain in their hearts. They would like to share them with you.

**Date:** December 13 (Saturday)  
**Time:** 7:30 - 10 pm  
**Fee:** $8 individual/$14 couple  
**Location:** Douglass Center Annex 9th and Yama Street, Manhattan

**Intermediate Jazz/Funk for Teens**

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 (505-6045) is a junior at KSU majoring in Dance Education. She has been a member of the KSU Classical Dance Team for 3 years and has been active and taught dances at both Paul’s School of Dance in Holton, KS, for the past 15 years and Gilly Bates School Dance for 2 years. Sarah McDaniell is a junior in Apparel Marketing at KSU. She is a 3rd year member of the KSU Classical Dance Team and is a senior student at Pittsburg State University for 2 years. She attended Becker National School of Dance in Des Moines, IA, where she studied ballet, tap, and jazz.

**Date:** Sept 10 - Oct 8  
**Time:** 6:30 - 7:50 pm (Wednesday)  
**Fee:** $20 per class  
**Location:** ECM Student Center 1021 Denison Avenue

**Intermediate Jazz/Funk for Teens**

Dena Fox and Sarah McDaniell

**Date:** Oct 15 - Nov 12  
**Time:** 6:30 - 8 pm (Wednesday)  
**Fee:** $20 per class  
**Location:** ECM Student Center 1021 Denison Avenue

**Enhance Your Home Workout**

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, plastic and abdomenals. 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.

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

**Date:** Oct 9 - Nov 12  
**Time:** 7 - 8:30 pm (Wednesday)  
**Fee:** $20 per class  
**Location:** UFM Banquet Room

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**Appleseed Art & Frame**

706 N. 11th  
539-6441  
DECORATE YOUR WALLS  
"Drawing Hands"  
by M.C. Escher

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**VISIT UFM on the Web at www.ufm.edu**
The Baha'i Faith: An Introduction

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 Noord has lived in Manhattan for 9 years. She has been a Baha'i for 12 years. Mauriess 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: $5
Location: UFM Fireplace Room

INTRODUCTION TO ZEN

Zen Buddhist philosophy aims for enlightenment through direct realization of the reality of things. Explore this philosophy in 6 sessions, October 1 to October 29, 7 - 8:30 pm. Sessions led by Robert J. Darrow, instructor and author. Fee: $24. Location: UFM Fireplace Room.

Spiritual Psychology

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

Date: Sept 8 - Dec 9 (Monday)
Time: 7 - 8:30 pm
Fee: $36
Location: UFM Fireplace Room.

Introduction to "A Course In Miracles"

"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 errorless peace. The accomplishments of that goal is attested through changing your mind about your life and relationships by relinquishing a thought system of love and forgiveness. Through this internal shift or "miracle" the course 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 1996. Since then, she has received a scholarship to attend Marianne Williamson's Intensive Study Program, and has also attended the Foundation for ACM in New York, under Kenneth Wapnick, editor and most noted scholar of the course.

Date: October 20 (Monday)
Time: 7 - 9:30 pm
Fee: $10
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

All participants must register in advance.

A balanced approach . . .

. . . to breaking through

Daniel N. Berkow
LICENSED PSYCHOLOGIST

Assistance with:
Depression
Anxiety
Family Problems
Communication/Relationships
Childhood/Learning Problems
Habitual Behaviors/Addictions

evening hours at Southwind Counseling Services
225 Southwind Place
Manhattan, KS 66503

for appointment, call during day:
913-776-5858

all types of insurance accepted.
**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 spiritual arena in our self-healing and a deeper self-knowing. We will develop and thus healing, intuitive diagnosis, channeling, receiving information about a personal issue or a creative inspiration. During a three-hour session you may ask your life path questions and receive answers from the intuitive perspective.

Shane Landricht 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 (Thursdays)  
**Fee:** $14  
**Location:** UFM Conference Room

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**Unlearning Depression**

**SP-08**

Although we naturally try to eliminate depression from our lives, often finding ways to rebound, resist, and return. Thus, useful goals are learning to recognize and manage depression, to establish equilibrium, and maintain constructive directions. Rather than making depression a friend, 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 sustain them. We will see how exercise, interpersonal support, and feedback, imagery, and discussion can be used as tools enhancing change.

Dan Berkov (515-3977), 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 explained 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 individuality 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

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**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 to identify symptoms of excessive anxiety and the kinds of thoughts that generate anxiety. Exercises will be offered to help participants learn to move away from anxiety to relaxation, and to identify the role of anxiety in their life story, sense of self, and goals toward the future. We will learn to recognize and accept anxiety, work creatively with this energy, and constructively redirect this stick of anxiety. The helpful and helpful aspects of anxiety will be explored.

Dan Berkov

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

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**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 or other illegal 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 on 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 Northwest Kansas Regional Prevention Center.**

**Date:** September 9 (First Meeting)  
**Time:** 2nd and 4th Tuesday of each month  
**Location:** UFM House

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

Depression is a whole-body illness experienced by so many 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. With treatment most cases 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 Pyne-Kennedy, Ph.D., licensed in psychology and in marriage and family therapy, is a therapeutic program manager for adult competent services at Pawnee Mental Health Services. Brian Parmalee, 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 Clifton Road (Community Room)

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**Creative Uncertainty**

**SP-07**

This workshop will present a theory of life choices as points of creative uncertainty. Modern physics, several traditional and non-traditional psychology experiences are in agreement that our awareness, actions and decisions are determined by others in the world. Part of this workshop will focus on practical problems. Participants will be given the opportunity to work on a personal choice that confronts them, to question what is or is likely to confront them in the future. They will benefit most from the session if they bring a choice and have decided to make a decision and work on others present. Members can limit their self-disclosure to whatever feels comfortable for them. The meeting will be presented to introduce formulating a decision-making tree, defining possible futures, using focused awareness to examine alternative options, and looking at irreversible versus irreversible decisions.

Dan Berkov

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

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**Sexual Harassment Assault Rape Prevention**

SHARP self-defense workshops are available for organizations, groups or schools. Contact UFM, 359-8673, to coordinate a workshop.

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**Destination Good Mental Health**

**Fall 1997**

**Humor for the Health of It**

Helen Rizdon, RN  
Sept. 17—Manhattan

**Substance Abuse in the Family**

Karen Bishop, LCSW  
Oct. 22—M, Oct. 29—JC

**Managing Anger**

Bob Wisdom, LMHP, Barbara Cary, EdD  
Nov. 19—Manhattan

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**Continuing Education**

**For Health & Helping Professionals & Volunteers**

**Spring 1998**

**Building Bridges with Adolescents**

John Tafan, PhD, Theresa Ameson, PhD  
Feb. 18—M, Feb. 25—JC

**Overcoming Anxiety and Worry**

Sherman Sisco, LCSW  
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 IHHS, 814 Caroline Ave.

Call 587-4326 for free brochure.

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**Special thanks to all UFM INSTRUCTORS who volunteer their time!**
Find the following words from classes in this catalog hidden in the puzzle at left.

ACU PRESSURE AQUATICS ARCHAEOLOGY COMPUTERS DEPRESSION FISHING GOLF JAZZ MAGIC MONEY PIROSHKI ROCKETRY SASSY SEWING TAEKWONDO TENNIS WALTZ YOGA ZODIAC

See solution on page 20.

SHARP Self-Defense for Women

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 Turner (267-7902), 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 Harassment Assault and Rape Prevention for Women.

Date: Sept 27 (Monday)
Time: 6:30 - 7:30 pm
Location: First Lutheran Church
3604 Poyntz Avenue

Books by and About Women

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: *Riding the Bibles* by Linda Raymond, The Pagan Priest Club by Sandra Dallas, Germany by Leslie MacVean and *Persevering* by Kathleen O'Neal Moore. The Book of Ruth by Jane Hamilton, *Ring of Solomon* by Ferri Morrison, and *High Tide in English* by Robert Kinberg. The subtitle of this group is "Books and Road Trips" 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 (587-4119), 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: 7:30 - 8:30 pm
Location: Call instructor for location

"Dress for Success" - Wardrobe Analysis

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 hatwear 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 am (Tuesday)
Location: UFM Greenhouse

Thanks to United Way of Riley County for their Flex Funding contribution to the UFM Fireplace Room redelcoating.
SHARP Self-Defense for Preteens

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 empowerlwomen to better protect themselves and gain confidence in their social environments. There will be discussion dealing with situations ranging from serious harassment to personal safety and practice of skills in kind of assault. Appropriate for girls 10 - 13. Mothers may take this class with their daughters.

Diana Turner (827-7302), has been teaching women’s self-defense classes for 19 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: $22 children, $17 parent and child
Location: First Lutheran Church
330 Pryeet Avenue

BEGINNING TAEKWONDO FOR YOUTH 4-5

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 - 8:30 pm (Mon/Wed)
Fee: $31
Location: First Lutheran Church (New Parish Hall)
930 Pryeet Avenue

BEGINNING TAEKWONDO FOR YOUTH 6-8

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

Troy Auman and DC Lehman

Date: Sept 29 - Oct 27
Time: 6 - 8:45 pm (Mon/Wed)
Fee: $39
Location: First Lutheran Church (New Parish Hall)
930 Pryeet Avenue

BEGINNING TAEKWONDO FOR YOUTH AGES 9-14

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 30 - Nov 24
Time: 6 - 8:45 pm (Mon/Wed)
Fee: $39
Location: First Lutheran Church (New Parish Hall)
930 Pryeet Avenue

BEGINNING TAEKWONDO FOR KIDS ON CAMPUS

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 539-4863 for a complete list of activities.

UFM Staff

Date: October 10 (Thursday)
Time: 8 am - 5 pm
Fee: $27
Location: Meet at UFM

PERCENTAGE OF THE UFM INSTRUCTORS WHO VOLUNTEER THEIR TIME.
**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.

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

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**Tax Deductible Donation**

**Total**

I hereby authorize the use of my:

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- [ ] Discover

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**Expiration Date**

**Cardholder’s Name (Please Print)**

**Cardholder’s Signature**

**Participant/Family Statistics:**

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- [ ] KSU Faculty/Staff
- [ ] Ft. Riley
- [ ] Other

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A class I would like offered

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

**UFM Class Registration (Manhattan, KS 66502) 539-8763**

| **Student Name** | **Day Phone** | **Evening Phone** |
| **Address** | **City** | **State** | **Zip** |
| **Social Security No** | **Card #** | **Non Card #** |
| **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** |
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**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

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A class I would like offered

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*Signature of Parent or Guardian required for minors.*