UFM Community Learning Center

1998 Fall Classes
(August-December)

UFM
1998 Fall Classes

CELEBRATE!

UFM
1968 - 1998

UFM Community Learning Center

OR CURRENT RESIDENT
Welcome to UFM Community Learning Center...

UFM is a multi-faceted community education and resource program serving K-State, Manhattan and the surrounding area. UFM is dedicated to providing opportunities for lifelong learning and self-development in ways that enrich the quality of our lives. UFM is a not-for-profit program and class fees are used to cover basic operating expenses. UFM is best known for our leisure learning classes represented in this catalog. Over 200 classes are presented each semester for your review and participation. UFM also sponsors the Lou Douglas Lecture Series, hosts the Manhattan Community Garden and assists other Kansas towns in starting their own community education programs. We have partnered with the Flint Hills Breadbasket to create the SHARE youth leadership project and with the Manhattan/Riley County Preservation Alliance to help with public awareness and fundraising for the Union Pacific Depot Restoration.

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 Owners Maintenance and Energy Program and others as well.

UFM is the concept of lifelong learning in action. Making connections between those who want to share ideas and learn together all for the joy of gaining new ideas and making new friends, and improving our community.

UFM STAFF:
Executive Director - Linda Inlow Teemer
Education Coordinator - Charlene Brownson
Swim Coordinator - Anni Parr
State Outreach Coordinator - Anita Madison
Lou Douglas Lecture Coordinator - Beverly Earles-Law
Office Coordinator - Tabitha Wehl
Plus all the teachers who share their talents!

UFM is always looking for new ideas and new projects. Let us hear from you!
The UFM office is at 1221 Thurston, Manhattan, KS 66502; (785) 539-8763. Visit our Web Site at ksu.edu/ufm or email us at ufm@ksu.edu.

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BOARD OF DIRECTORS
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UFM is committed to a policy of nondiscrimination on the basis of race, sex, national origin, handicap, religion, age, sexual preference, or other non-merit reasons, in relation to admissions, educational programs or activities, and employment, all as required by applicable laws and regulations.
UFM provides a neutral site to discuss community needs. The views expressed by course instructors or 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.

THANK YOU FOR YOUR SUPPORT!
COMMUNITY REGISTRATIONS
For your convenience the following dates and locations have been scheduled for on-site registration.

DATE TIME LOCATION
Mon, August 21 10 am - 2 pm K-State Union
Tu, August 22 10 am - 2 pm K-State Union
Wed, August 23 10 am - 2 pm K-State Union
Fri, August 25 10 am - 2 pm K-State Union

Registration continues throughout the semester.

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

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

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

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

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

UFM INSTRUCTORS
Mary Ash
Kris Barnard
Scott Benjamin
Michael Bennett
Lynn Bohemblust
Mike Bonella
Charlene Brownson
Vicki Buening
Erin Cattell
Cindy Chard-Bergstrom
Lorn Clement
Michael Cody
Jason Coleman
John Cook
Rancae Cushings
Nahid Dodger
Randy Dale
Dr. Larry Dall
Bill Dorsett
Terry Eddy
Jeff Endacott
Anita Franklin
Fred Freeby
Diane Freeby
Stan Freyenberg
Paul Gleue
Jim Gregory
Hai Tso Huang
Dr. Kenneth Hughen
June Hunzeker
Bradie Jones
Rev. David Jones
Jayson Kaus
Dr. P.C. Lamming
Mary Levin
Chad Lohman
Dave MacFarland
Fay Shanti Maria
Bernice Martin
Keith Miller
Dave Moore
Dwight Nesmith
Carl Peak
Tom Phillips
Beth Powers
Michael Powers
Leon Rapopoett
Jill Rolak
Randy Rundle
Leo Schell
Pam Schmid
David Seamon
Steve Sin
Tammy Sin
Karma Smith
Natalie Smith
Bruce Snead
Sandy Snyder
Paul Sodamann
Dr. Stephen Scheneman
Stan Stitz
Dean Strammel
Diana Tarver
Don Terhune
Mei Hwa Terhune
Mark Tessenendorf
Janet Throne
Isaac Wakabaysi
Monty Wedel
Laura Weingartner
Harold Wollerton
Shirley Wickham
Stan Wilson
Jeff Wilson
Chae Sun Yi

For 30 years UFM has offered opportunities for teaching, learning, and growing. I would like to recognize and thank the UFM Instructors who continue to make this possible.

INCLEMENT WEATHER POLICY
UFM courses held on campus follow the inclement weather policy of Kansas State University. Courses will be conducted unless all University courses are canceled. If the instructor informs her/his students personally that he or she will not be present at a given class meeting, the instructor is then responsible for arranging a make-up lesson. Weather sensitive courses will use the scheduled rain date. If a rain date is not scheduled, instructor will be responsible for rescheduling. During electrical storms, swim classes will be asked to leave the water.

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

REFUND POLICY
We will give a full refund if a class is canceled by UFM. If a student decides to withdraw before the class begins, and gives 48 hours notice before the starting date, we will refund all but a $2 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. KU Continuing Education/UFM assumes no responsibility for costs involved with individual injury or property loss incurred in connection with the use of University or UFM facilities. Individuals are reminded that they should review their own personal circumstances to determine if they have adequate insurance or protection in case of injury resulting from the use of University facilities or participation in programs. It is recommended that all participants have complete physical before engaging in any physical recreation program.

UFM Wish List
String Weed Trimmer Carpentry
Window Air Conditioners Family Budgeting
Volunteers to help with: Rebuilding the Cold frame
Lawn and Garden Care
Creating Signage for UFM

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 Learn to Swim Program Levels I-VII plus adult swim classes. Small classes allow for carefully guided instruction in stroke technique and water safety. Water safety is enforced with tips and practice each day. The first day of each class is evaluated to assure that they are in the proper class. Students advance through levels at their own rate and are moved to different class levels as space permits and skill advancement demands.

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

Parent/Infant and Parent/Tot

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

Level I: Water Exploration

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

Level II: Primary Skills

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

Level III: Stroke Readiness

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

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 (elkawhawan, backstroke, front crawl, and back crawl) for greater distances. Students will be introduced to the breaststroke and sidestroke, the basics of turning at a wall. Students entering this course must have a Level III certificate or must be able to demonstrate all the completion requirements in Level III.

How to Watch a Good Program Die

Nothing kills a UFM class faster than participants who wait until the last minute to enroll. Class sizes will be cut if there is a low enrollment. PLEASE REGISTER EARLY!

Thrift Shop

1304 Pillsbury Dr. Manhattan, KS 66502
(785) 537-2273
HOURS: 10 a.m. to 6 p.m. Mon.-Sat.
1/4 mile south of viaduct on 177

Fee: $18 per session
Level V: Stroke Refinement

The objective of Level V is to refine the fundamental stroke techniques of freestyle, breaststroke, backstroke, and butterfly. Participants will practice and develop these fundamentals to a higher level.

Level VI: Skill Proficiency

The objective of Level VI is to further develop the fundamentals learned in previous levels to a more advanced level. Participants will practice and develop their skills to a higher level.

Level VII: Advanced Skills

The objective of Level VII is to further develop the fundamentals learned in previous levels to a more advanced level. Participants will practice and develop their skills to a higher level.

Adult Swim Lessons

Adult Swim lessons are designed for adults who want to become comfortable in the water. They focus on basic swimming skills, such as breathing techniques, and build confidence in the water.

Swimming Ages 13 Plus

This level is designed for older children and adults who want to swim at a competitive level. Participants will practice and develop their skills to a higher level.

Hydroaerobics: Water Exercise

This program combines water exercise with basic swimming techniques. Participants will practice and develop their skills to a higher level.

Private Lessons for Special Populations

Private lessons are available for people with special physical or mental needs. Participants will practice and develop their skills to a higher level.

Private Lessons

Private lessons are available for those who want to develop their swimming skills at their own pace. Participants will practice and develop their skills to a higher level.

For more information, contact the Aquatics Department at 502-533-3333.

Saturday November Family Swim

Aquatics are a wonderful way to stay active and improve fitness. Theaquatics program features a variety of activities, including swimming, water aerobics, and water sports.

Hydroaerobics: Water Exercise

This program combines water exercise with basic swimming techniques. Participants will practice and develop their skills to a higher level.

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Private lessons are available for those who want to develop their swimming skills at their own pace. Participants will practice and develop their skills to a higher level.

For more information, contact the Aquatics Department at 502-533-3333.

Look for another Water Safety Instructor class in the spring catalog!
How to Achieve Your Financial Dreams

By following a few smart money management strategies, you can prepare yourself to achieve your financial goals. This seminar is for adults of all ages. A comprehensive financial plan will be given for each age category attending.

Fred Freely (557-4905)
22 years. He has been in Sales Manager, a Division Manager, and is now a Senior Financial Advisor.

Date: September 15 (Tues)
Time: 7 pm
Fee: $5
Location: Waddell & Reed Office
555 Poyntz Ave, Suite 280

How to Achieve Your Financial Dreams

Fred Freely (557-4905)

Date: October 13 (Tues)
Time: 7 pm
Fee: $5
Location: Waddell & Reed Office
555 Poyntz Ave, Suite 280

How to Achieve Your Financial Dreams

Fred Freely (557-4905)

Date: November 10 (Tues)
Time: 7 pm
Fee: $5
Location: Waddell & Reed Office
555 Poyntz Ave, Suite 280

Consumer Beware

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

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

Date: September 8 (Tues)
Time: 7:30 pm
Fee: $5 individual/$10 couple
Location: UFM Conference Room

Debt-Free Prosperous Living

Anyone, that means YOU, can become debt-free. You can pay off all your debts, including your mortgage, with the money you're currently eating! This class teaches a simple, livable system for eliminating ALL of your debts. You can achieve financial independence as you discover how to operate 50% on cash. Never need credit again and quickly and safely build retirement wealth. You will complete this class knowing you can become debt-free. Everyone attending this seminar will have the opportunity to take individual consultation to establish their debt-free date.

Lynn Bohmberl (776-3666)

Date: October 13 (Tues)
Time: 7:30 pm
Fee: $5 individual/$10 couple
Location: UFM Conference Room

Investing in Your Future

Individuals who are in the accumulation phase of their lives, at 25 to 55 years of age, or those who need to save for a home or future college tuition will benefit from this course. Discussion will cover important money management concepts such as the anatomy and characteristics of products, and developing a personal financial plan that will help you plan a secure future for you and your family. No matter how much or how little money you have, there are principles and tools to apply to you. Invest an evening of your time to learn how you can accumulate more wealth and have a better quality of life! Everyone attending this seminar will have the option of receiving a complimentary Financial Needs Analysis to help establish your road map for your various goals and dreams.

Lynn Bohmberl (776-3666)

Date: November 10 (Tues)
Time: 7:30 pm
Fee: $5 individual/$10 couple
Series $30 individual/$60 couple
Location: UFM Conference Room

Financial Planning For Women

Niney percent of women become wholly responsible for their own financial welfare sometime during their lives. It's crucial 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.

Date: September 15 - October 29 (Tues & Thurs)
Time: 7:30 pm
Practical Test: October 24 (Sat) 8 am - Noon
Fee: $20
Location: 120 Cardwell Hall

Financial Planning For Women

Date: September 14 (Mon)
Time: 7:30 pm
Fee: $5
Location: Waddell & Reed Conference Room
555 Poyntz Ave, Suite 280

Financial Planning For Women

Date: December 12 (Mon)
Time: 7:30 pm
Fee: $5
Location: Waddell & Reed Conference Room
555 Poyntz Ave, Suite 280

Financial Planning For Women

Date: November 9 (Mon)
Time: 7:30 pm
Fee: $5
Location: Waddell & Reed Conference Room
555 Poyntz Ave, Suite 280

"Life is like riding a bicycle: you don't fall off unless you stop pedaling."
—Bert J. Wettengel
Protecting Your Assets: Understanding Long-Term Care

Long-Term Care—What’s it? How much does it cost? Do you need insurance? What does Medicare cover? Would you like the answers to these questions and others? Learn about different kinds of policies: how they work, what’s covered, what’s not; and tax-qualified / non-tax-qualified policies. Participants will learn how to protect their assets.

Yvick Ewing (926-3918) is the Consumer Education Coordinator for Kansas Insurance Department. She has helped publish and distribute many consumer education brochures, long-term care, auto and homeowner insurance. Stacy Wieman (274-9296) is the representative from the Area Agency on Aging and Aides Campbell (557-2943) is the representative from Flint Hills Legal Services. They will share their expertise on the subject.

Date: September 23 6-2 (Wed & Thurs)
Time: 9:30 am - 10:30 am (Wed)
9:30 am - 11:30 am (Thurs)
Fee: $8 individual; $12 couple
Location: UFM Conference Room

Professional Workforce
Self-Development

With numerous changes taking place in the economy and workplaces, lifelong learning and development is a major responsibility that employees have as professionals to their customers, co-workers, employer, and profession, as well as to themselves. This class is designed for participants to learn how to: A) self-direct and manage their continuing professional development throughout their career/life span; B) engage in beneficial developmental partnerships with co-workers (mentors) and supervisors or managers (coach). Self-development and partnerships is essential for professionals to improve competencies and performance, achieve professional success and job satisfaction, and enhance abilities to maximize their full potential as professionals.

Dr. Stephen Schremer & Dr. Kathleen Hughey (537-9697) State is the leader in developing and implementing the State’s Employee Development Program. He received his Ph. D. in Extension Education from the Ohio State University in Columbus. Ken is an associate professor, specializing in career development in the Department of Counseling and Educational Psychology at K-State University. He received his Ph. D. in Counseling Psychology from the University of Missouri in Columbia.

Date: November 12 (Thursday)
Time: 7 - 9 pm
Fee: $10
Location: UFM Conference Room

Public Speaking - You Can Do It

Making a presentation to your boss, selling a product, getting your point across at a public forum or becoming the dictator of a small country. All these situations require the basic skills of a good public speaker. Teaching these skills is the goal of the Manhattan Toastmasters. If the thought of public speaking breaks you down into a cold sweat or if you like public speaking, but just need somewhere to hone your skill, this could be for you. At this event you will witness a typical Toastmasters meeting and have the option if you choose to accept it to participate in the meeting. Don’t let your fear of public speaking keep you from achieving your goals and dreams. Every great speaker gets nervous. Overcoming our fears and harnessing our nervous energy is the path to greatness.

Manhattan Toastmasters has been meeting in Manhattan since football helmets were made of leather. Many graduates of Manhattan Toastmasters have gone on to live normal productive lives. For more information call Tom Mahoney (537-0850) or Charles Clark (537-0886)

Date: September 21 (Mon)
Time: 7:30 pm
Fee: $8
Location: EKSV Studio Basement of McCain Auditorium (east side, rear of building)

"What’s real in politics is what the voters decide is real."
—Bill J. Watterson

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

Growth Through Learning

Andrea Blair, M.Ed.
Educational Consultant

Specializing in Learning Disabilities and Attention Deficit Disorder

• Advocacy
• Organizational Strategies
• Employer Education

Call for Information
234 Summit Ave, Manhattan, KS 66502
785-776-0597

Women and Money

Women and Money

The Women’s Financial Information Program is designed to help women of all ages become better prepared to make informed financial decisions. The program will include sessions on Getting Organized, Budgeting and Cash Flow, Credit & Debt, Managing Your Risks, Insurance: Deciding What It's Worth, Professional Help - Where and How to Get Help, Trusts, Investing, New Market Options for Women’s Development, and New Tax Laws. Fee includes AARP Management Workbook and handouts.

The program presenters are Joyce Jones, Leslie Shaul, Yvick Ewing, Sherry McCarty, Terry Dickerson, Dawn C. Lehman, Terry Walskawicz-CFA, Shon Robben, Jodi Kain, and Shelly Coleman.

Date: September 8 - October 20 (Tuesday)
Time: 7 - 9 pm
Fee: $30/325 early bird (if you register before August 25)
$99 1 hour UC credit
Location: Bloomer Room, HU 122, K-State

Coalition of Program Supporters
KSU Adult Student Services; New Directions; Riley County Cooperative Extension; KSU Women’s Resource Center; United Way; and Edward Jones Contributing Supporters Century Business Systems

AARP
Co-Sponsors AARP and UFM

TAKE A PEEK AT THE PAST
(All visits—including peaks, looks & stares—are free.)

Riley County Historical Museum
2309 Cliff
• Exhibits of Riley County History—pioneer days to the present
• Research Library by appointment
• Educational programs
• Speakers’ bureau
8:30-5:00 Tuesday-Friday
2:00-5:00 Saturday-Sunday

Wolf House Museum
630 Fremont
• 1868 stone house served as a boarding house and private home
• Furnished with period antiques
• Special exhibits
1:00-5:00 Saturday
2:00-5:00 Sunday
and by appointment

Goodnow House Museum
2301 Cliff
• Home of Isaac Goodnow
• Free state advocate
• Educator (common school to college)
• KSU and Manhattan founder
Call 565-6490 for Hours
A State Historic Site

Pioneer Log Cabin
Manhattan City Park
• Walnut log cabin built in 1916
• Pioneer home and tool exhibit
Open April-October
Sunday 2:00-5:00
and by appointment

For more information, call 565-6490

All participants must register in advance.
Introduction to Rubber Stamp Art CF-22

"Learn to Make Your Own Greeting Cards & More!" Have you bought rubber stamps because they were so cute, but didn't know what to do with them? Rubber stamps are not just for children! Discover the artist within and enter the unique world of "mail art." Learn basic stamping techniques such as embossing and masking, along with the many tools used in this craft. Create your own unique hand-stamped cards and gifts. Students will complete several cards and be introduced to stamping on fabric, furniture, and walls. Students are encouraged to bring at least one rubber stamp (or set) to of their choice to experiment with. All the stamp pads, papers, and extra stamps and supplies will be provided by the instructor. Students will also learn about various stamping publications and rubber stamp clubs and share experiences across the country. Mary Levin has been "messing around with rubber stamps for about 6 years. She actively began creating mail art 2 years ago and owns over 500 rubber stamps. She is a member of the Seal Mail Stamp Club based in Topinka, KS, and participates in various mail art exchanges. She also teaches classes in scrapbooking and writes for Manhatten's music magazine, the Whitlady.

Date: September 28 (Monday)
Time: 7 - 9 pm
Fee: $15
Location: UFM Banquet Room

Rubber Stamp Art II CF-23

This class is for participants who have some experience using rubber stamps, or have completed the Introduction to Rubber Stamp Art Class. All the stamp pads, papers, extra stamps, and accessories will be provided by the instructor. Advance techniques will be covered along with the how tos of stamping on fabric, wood, and paper.

Mary Levin
Date: October 26 (Monday)
Time: 7 - 9 pm
Fee: $15
Location: UFM Banquet Room

Black and White Film Developing For Beginners CF-01

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

Herald Wolfren
Date: September 14 (Monday)
Time: 7 pm
Fee: $15 (no refunds on class; instructor must buy chemicals that can't be used if students don't attend)
Location: UFM Darkroom

Black & White Printing CF-02

Feel the satisfaction of turning your own black and white negatives into prints. Each student will gain hands-on darkroom experience in print procedures. Bring 2 black and white negatives of your choice to process and print in class. Processing and printing materials included in class fees. Class size is limited.

Herald Wolfren
Date: October 12 (Monday)
Time: 7 pm
Fee: $15 (no refunds on class; instructor must buy chemicals that can't be used if students don't attend)
Location: UFM Darkroom

Black and White Film Developing For Beginners CF-03

Herald Wolfren
Date: September 28 (Monday)
Time: 7 pm
Fee: $15 (no refunds on class; instructor must buy chemicals that can't be used if students don't attend)
Location: UFM Darkroom

Black & White Printing CF-04

Herald Wolfren
Date: October 26 (Monday)
Time: 7 pm
Fee: $15 (no refunds on class; instructor must buy chemicals that can't be used if students don't attend)
Location: UFM Darkroom

Looking for that Special ART SUPPLY?

- Prismacolor Supplies
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- Drafting Supplies
- Canvas
- Drawing Supplies
- Pens of ALL Kinds
- Airbrush Supplies
- Photography Supplies

BOOKSTORE
532-6683
http://union.ksu.edu/bookston/main.htm

Back Packer's Basics CF-06

Are you intimidated by camping, or want to try the experience but don't know where to start? This is the class for you! In this class you will learn the basics of camping and backpacking. You will learn information about everything from day trips to extended car camping, or short back country trips. You will also get tips on first aid, safety, clothing, equipment, cooking, packing, trip planning, and basic compass reading.

Jill Roll (770-7993) is a 4th year K-State Student in Secondary Education, Biology, and Earth Science. She has enjoyed camping, rock climbing, and other outdoor activities for 10 years. Her fellow campers always comment on how well prepared she is. Jill would like to share this enjoyable pastime and offer tips to make things easier, more comfortable, and safer for inexperienced campers.

Date: September 12 (Saturday)
Time: 12 - 2 pm
Fee: $8
Location: UFM Conference Room

Back Packer's Basics CF-07

Jill Roll (770-7993)
Date: September 19 (Saturday)
Time: 12 - 2 pm
Fee: $8
Location: UFM Conference Room

Rock Climbing Safety CF-08

Are you interested in rock climbing? Then try this beginner's class in rock climbing safety and technique. (There will be no climbing in this class.) This is an informative session in basic safety to be used in climbing. Equipment, knots, safety, top roping, and repelling will be addressed. Outdoor extreme sports are growing in activity and safety is very important. Jill Roll will give you a good foundation to start this potentially dangerous sport. Information will be given on how to get started beyond this class.

Jill Roll (770-7993) is a 4th year K-State Student in Secondary Education, Biology, and Earth Science. She has been climbing for 5 years, although she still considers herself to be an intermediate climber, due to financial and geographical limitations. Rock climbing, in addition to being very physical, is both a mental challenge and a reward. Most everyone can enjoy this sport at some level, but safety comes first. While many climbing areas are being closed, the number of climbers is increasing. Jill hopes to promote safer climbing, so accident reports are not the cause of these closures.

Date: September 13 (Sunday)
Time: 2 - 3:30 pm
Fee: $8
Location: UFM Conference Room

Rock Climbing Safety CF-09

Jill Roll (770-7993)
Date: September 20 (Sunday)
Time: 2 - 3:30 pm
Fee: $8
Location: UFM Conference Room

"We know what a person thinks not when he tells us what he thinks, but by his actions."
— Stoic Buddhist Singer
Christmas Crafts & Gift Ideas

Get ready for Christmas by making your own Christmas gifts. These are great crafts to keep for yourself or to give away to a special friend.

X-Mas Soap Making
Soap: it cleans, soothes and helps heal the body’s largest organ, the skin. Homemade soaps can be made simply, as you’ll discover in this step-by-step class. Everyone will make their own personalized soap.
Renate Cushing (776-2250)
Date: October 17 (Saturday)
Time: 1:30 - 3:30 pm
 Fee: $24
Location: UFM Kitchen

Christmas Stocking
Would you like to learn how to create your own custom Christmas stocking? In this class you will get to create your own stocking which requires no sewing. All supplies are included in the class fee.
Renate Cushing (776-2250)
Date: November 7 (Saturday)
Time: 1:30 - 2:30 pm
 Fee: $23
Location: UFM Kitchen

Angel Making
Angels for all reasons: learn to create a variety of angels to use as gifts, on your tree, or just to be enjoyed. You will make your angel from beads, ribbon & other materials. Class fee includes all supplies needed for your angel.
Renate Cushing (776-2250)
Date: October 24 (Saturday)
Time: 1:30 - 3:00 pm
 Fee: $28
Location: UFM Kitchen

Safe and Creative Care of Family Photos
Pam Schuel (1-800-347-2625) has a consultant with Creative Memories since 1989.
Date: September 10 (Thursday)
Time: 7 - 9:30 pm
 Fee: $25 includes some supplies
Location: UFM Fireplace Room

Safe and Creative Care of Family Photos
Pam Schuel (1-800-347-2625)
Date: October 8 (Thursday)
Time: 7 - 9:30 pm
 Fee: $25 includes some supplies
Location: UFM Fireplace Room

Cutting Paper Snowflakes
It’s easy and fun to cut eye-catching, artistic, dreamy snowflakes in a variety of styles. Numerous examples will be displayed, various patterns will be cut, and original creations shared. For ages 8 to 80. Children 8-9 years of age should be accompanied by an adult. Bring sharp adult scissors!
Lee Schuel (598-6040) is a former elementary school teacher who, for years has dedicatedly cut paper snowflakes. He has a large collection and has taught this class all over Kansas.
Date: November 7 (Saturday)
Time: 9 am - 12 pm
 Fee: $9
Location: Bluemont Hall Room 217, K-State

Manhattan Arts Center
1520 Pottz Avenue
537-4420
www.flinthills.com/arts/

Community Theatre 1998-99 Season

“Thank You Night Strut”
September 18-20, 24-27
A classy, sassy musical celebration of the 1930s and 40s.

“Bedroom Farce”
October 30-31, Nov. 1, 5-8
A hilarious comedy about a frazzled young couple trying to salvage their marriage.

“Batterflies are Free”
Feb 19-21, 25-28
The comical story of true love between a boy, the girl next door AND the boy’s mother.

“Little Mary Sunshine”
Apr 23-25, 29-30, May 1-2, 7-8

GALLERY EXHIBITS

Konz Praerie Quiltera Guild
Kansas Postcards
Jim Hagan, Watercolors
Margaret Bule, Watercolors

Funding provided in part by the Kansas Arts Commission, a state agency, and the National Endowment for the Arts, a federal agency. Additional funding comes from the City of Manhattan and private donations.
Buying and Owning an Antique/Classic Car

Many people have fond memories of the cars they drove to high school and have often thought of trying to find one again. But, where do you begin to search for a classic car and how much should you pay for it once you find it? This class will highlight practical things to consider before purchasing a collector vehicle. Where do you buy insurance and how much is it? What about repairs? We will also discuss some of the things that determine the value of a collector car, what things affect the collector car market and investment potential.

Randy Randle has been collecting and working on antique and collector vehicles since 1973 and is owner of Fifth Avenue Antique Auto Parts located in Clay Center, KS. He works closely with the participants entered in the Great American Race where he helps to prepare the pre-1942 cars for the 4,500 mile trip across the United States. He also provides technical assistance to movie studios. His fourth and most recent project was the movie L.A. Confidential where the entire fleet of vintage cars used in the movie were equipped with a volt alternator Randle designed and manufactured. Randy writes monthly technical columns for the automotive press and has also written a how-to book entitled Wired for Success, that explains how an antique automobile electrical system works and how to upgrade the system by making much needed repairs. He is currently working on his second book (an automotive cooling systems) that will be released in the Spring of 1999.

Date: September 15 (Tuesday)
Time: 7-9 pm
Fee: $14 fee includes booklet
Location: UFM Conference Room

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Food for Fun!

Herbs in the Kitchen

Herbs—what goes with what? What flavors do they have? How can their enhance cooking? These are some of the lessons we will cover. Taste and smell for yourself many different creations and learn to recognize herbs. Samples of foods enriched with herbs will be provided to help you taste the difference. Recipes and other handouts will also be provided.

Renni Cohline (780-2350) is a Health Educator with a Masters Degree in Clinical Holistic Health Education. She has over 10 years teaching experience and her goal is to help people help themselves with informed choices.

Date: September 19 (Saturday)
Time: 1:30 - 3 pm
Fee: $20
Location: UFM Kitchen

Cake Decorating

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

Tommy Sims began decorating cakes several years ago as a hobby. Her first lecture was at a UFM cake decorating class. She currently decreases cakes for Dillons.

Date: October 8, 15, 22, 29 (Thursday)
Time: 6-8pm
Fee: $24
Location: UFM Kitchen

Vegetarian Cooking

Vegetarian cuisine can be more creative than cheese pizzas and grilled cheese sandwiches. This course will expose students to basic vegetarian cooking with soy products, beans, lentils and other nutritious foods. Make sure you bring your appetite to class. Dinner will be provided!

Mike Bolefis (380-4813) is the current manager at the People’s Grocery, a natural food store in Manhattan. He is an experienced cook and enjoys preparing vegetarian dishes for his friends.

Date: October 14 & 21 (Wednesday)
Time: 7 - 8:30 pm
Fee: $32
Location: UFM Kitchen

Connect Those Dots

Discover the joy of entertainment value of dot-to-dot puzzles. Practice concentration as you draw lines and count numbers all at the same time. We will start with easy puzzles with only five numbers & move up to counting at high as 25 or 30. Please bring your own pencil.

Date: August 25 (Tuesday)
Time: 6:30 pm
Fee: $8.25
Location: The Hall of Numbers 527 S W 9th St.

Wines of the World

Taste for yourself and gain an overview of wines of the world. Learn the basics of selecting the right wine to complement most foods and situations. We will demonstrate and provide tips so that you will serve and drink wine with confidence and pleasure.

Chad Louf (380-0043) is a graduate of KSU and co- proprietor of Nipper Wines and Spirits. Scott Benjamin is a wine salesperson for Standard Beverage Corporation.

Date: September 14 - October 26 (Monday)
Time: 7-9 pm
Fee: $90
Location: UFM Recreation Room No Class Oct 12

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

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The People’s Grocery

Co-op
Open to everyone
Organic Produce
Natural Dairy Products
Vegetarian Foods
Bulk Foods & Herbs
Have a Food Allergy? Come see us:
811 Colorado 539-4811

The Full Service Laser Printer Co.
Handle all of your laser needs with one phone call!
✓ Service & Repair
✓ Laser Office Supplies - Recycled (up to 50% off) or New
✓ Prompt - courteous service

539-9222

We now have E-mail access: ufm@ksu.edu

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CREATIVE FREETIME (Continued)

“the word impossible is not in my dictionary.”
—Napoleon Bonaparte
Beginning Sign Language I
This class is designed for individuals who are interested in learning the basic skills of American Sign Language. Students will be instructed in the Manual Alphabet & a vocabulary of about 200 functional signs. Callander's Survival Guide to Signing is available at Walden Books. Natalie Smith (532-6441) has taught sign language for 10 years for UFM & Continuing Education, and has been a professional interpreter for 11 years. She grew up with two deaf parents.
Date: September 9 - October 14 (Wednesday)
Time: 7:30 pm
Fee: $45
Location: 149 Justin Hall, KSU

Sign Language II
Must have taken Sign Language I or have some beginning sign language skills. An additional 200 signs will be taught. Callander's Survival Guide to Signing will be used.
Natalie Smith (532-6441)
Date: October 21 - December 2 (Wednesday)
Time: 7:30 pm
Fee: $45
Location: 149 Justin Hall, KSU

Beginning Conversational Chinese
Do you want to learn the language of 1/4 of the world's population and the language which is the source of East Asia's rich cultural traditions? Then, try this course. Weekly class meetings will acquaint you with basic conversational Chinese, the culture and customs of China and the art of Chinese character writing. Pronunciation will be introduced through painless, the mandarin Chinese system of romanization. The text will be Elementary Chinese Reader, Volume I. It is available at Varsity's Bookstore.
Hai Tao Huang & Beth Povin (539-5429) Beth and Hai Tao met in the PRC where she helped him improve her Chinese. Beth has 3 years foreign language teaching experience, and Hai Tao has tutored many foreign visitors in China in standard Mandarin pronunciation.
Date: September 3 - November 19 (Thursday)
Time: 7:30 pm
Fee: $62
Location: UFM Multi-Purpose Room

Clafin Books and Copies
invites you to attend the following Lou Douglas lectures:

FREE ADMISSION TO ALL EVENTS

Chips, Ratings and Mayhem: Television Violence In Context presented by Ellen Wartella Tuesday, September 22, 1998 7:30 p.m. in Forum Hall, K-State Union

You Can't Be Neutral On A Moving Train: A Personal History of Our Times presented by Howard Zinn Tuesday, October 6, 1998 7:30 p.m. in Forum Hall K-State Union

A Woman of Courage: From Welfare Mother to Oscar Winning Filmmaker presented by Barbara Trent Tuesday, October 27, 1998 7:30 p.m. in Forum Hall K-State Union

Ms. Wartella is a nationally recognized expert on the effects of television violence on children. She serves as Dean of the College of Communication at the University of Texas at Austin and sits on the Board of Trustees of the Children's Television Workshop, the producers of Sesame Street.

Mr. Zinn is an acclaimed historian, political theorist, teacher and storyteller. Zinn has chronicled and participated in the most important social and political upheavals of recent history.

Ms. Trent is a gifted film director, producer, lecturer and social activist. She has appeared in numerous publications highlighting her work and her strong belief in activism on a global level.

* Barbara Trent's Academy Award winning film, The Panama Deception, will be shown Monday, October 29, 1998 at 7:00 pm in Forum Hall, K-State Union
Taekwondo I MA-01
Taekwondo is a traditional martial art designed to provide the ultimate in unarmed self-defense. Blocking, punching, and kicking develop balance, flexibility, and agility while improving cardiovascular fitness and self-confidence. Teaching methods include class demonstrations and practice without physical contact. Each student will be given an opportunity to purchase a uniform and belt at the first class. After two weeks of practice, students are expected to advance in the Taekwondo degree ranking and are tested in Tokutsu. The cost is not included in the class fee, and a uniform is required for testing. Age 7+

** Tuesday, August 25, at 6:30 pm, a Public Demonstration and formal introduction of instructors will be conducted in Abearm Field House, KSU.

Grandmaster Chae Sun Yi (266-8662) is an 8th degree black belt with over 38 years of experience in Taekwondo. He is a former Captain and Chief Instructor of Taekwondo for the ROK Army during Vietnam, and he has held classes at KSU since 1975. Daniel Yim has a 3rd degree black belt with over 8 years of experience in Taekwondo.

Date: August 23 - December 10 (Tues & Thurs)
Time: 7:30 - 8:30 pm
Fee: $40
Location: Abearm Field House, KSU
No class Nov 26

Taekwondo Karate II Advanced MA-02

Grandmaster Chae Sun Yi (266-8662)

Date: August 23 - December 10 (Tues & Thurs)
Time: 7:30 - 8:30 pm
Fee: $40
Location: Abearm Field House, KSU
No class Nov 26

Beginning Aikido MA-03

Aikido is a martial art in which one trains to be calm and lead a conflict to a peaceful resolution. In this beginning class, we will introduce Aikido and develop the movement qualities to perform them. The techniques can also be used as a self-defense technique. This short term program called "Taihe" which we will learn. Instruction will also consider the spontaneous intentions and needs of the participants. This class is for men and women, young and old.

Paul Grieve (563-0594) began practicing Aikido in 1988 at Cloud County Community College. He assisted the instructor and worked with beginners before leaving the area in 1992. His training is-Ko Society Aikido. He has passed testing for these levels of Aikido and Ko development with Kashiwara Sensei, chief instructor in the United State for Ko Society Aikido.

Date: September 2 - December 9 (Mon & Wed)
Time: 7 - 8:30 pm
Fee: $40
Location: Abearm Field House, KSU (no class, September 7, November 25)

Kung Fu MA-04

Get a taste of Chinese Martial Arts. This class affords an opportunity to learn the basics of Pai Lum Kung Fu, one of the oldest fighting systems. Kung Fu teaches self-defense and discipline while providing challenging physical exercises. This class will teach the basic stances, punches, kicks, and strikes of the style, plus one-step sparring and self-defense techniques. Rare is attainable in the White Phoenix System.

Jeff Ensign (507-1928) has studied martial arts for six years. He has a First Degree Black Belt in Pai Lum Kung Fu. Steve Wilson has participated in martial arts for 28 years and his style for 15 years. He has a Third Degree Black Belt in Pai Lum Kung Fu and a First Degree in New Hing in Taolst Taij Low Kung Fu plus a Black Belt in Jujuitsu. He is the founder of The White Phoenix System, a combination of nine different methods of martial arts.

Date: September 16 - December 2 (Wednesday)
Time: 6:30 - 8 pm
Fee: $40 includes manual
Location: Abearm Field House

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 its 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 Charlson at 539-8763.
Manhattan Arts Center
1998 Fall Class Schedule

September 9 - December 18, 1998

Clay Wheel Throwing
Painting
Live Theatre

Collage Design
Barrier Free Theatre
Hand-Built Pottery

All Classes listed in this insert are held
at the Manhattan Arts Center, 1520 Poyntz Avenue

Manhattan Arts Center
Registration form, scholarship, busing,
and class information enclosed...

Funding provided in part by the YES! Fund a fund of the Robert R. McCormick Tribune Foundation, the City of Manhattan, private business donors, the Kansas Arts Commission, a state agency, and the National Endowment for the Arts, a federal agency.
All classes listed below are held at the Manhattan Arts Center, 1520 Poyntz
Call (785) 537-4420 for more information or to enroll.

**Theatre**

**Break A Leg** (Minimum 6)
Ages: Grades 1 - 6
Fee: $50.00 / $20.00 Reduced Lunch / $5.00 Free Lunch
Instructor: Staff
Ready for the spotlight to shine on you? This workshop will introduce you to all aspects of the theatrical world. Begin with casting and acting techniques, costuming, make-up, set design, props and even the marketing and publicity required for a successful production. Performance for family and friends will be held at the end of Session II. Those wishing to join only during Session II Classes will go through a brief review of Session I material. Plays will be taken from the book "Just So Stories" by Rudyard Kipling, dramatized by Bren Dubay.
Session I
TC 102
M W 3:45 - 5:15 PM Sept 9 - Oct 26
Session II
TC 202
M W 3:45 - 5:15 PM Nov 2 - Dec 16

**Barrier-Free** (Maximum 10)
Age: Teens and adults of the special needs populations
Fee: $25.00
Instructor: Kathryn Foss Pittman
Theatre 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.
TC 104
Th 4:30 - 6:00 PM Sept 10 - Dec 17

**Tech Workshops**
Age: Grade 6-12
Learn about lights, set design, make-up and more! Call MAC for more information 537-4420!

**Visual Arts**

**Advanced Adult Watercolor** (Minimum 6)
Ages: Adult
Fee: $55.00
Instructor: Jan Neal
Dabbled in watercolors before? Join on in for a brief review session on the basics then take charge of that brush! Anyone feeling comfortable with watercolors but desiring to advance and improve techniques should join our group. Painting will be done during the six week class sessions and individual consultations, critiques, and advice will be ongoing. Materials not included.
Session I
VA 113
W 9:00 AM - Noon Sept 9 - Oct 21
Session II
VA 213
W 9:00 AM - Noon Nov 4 - Dec 16

**Surprise! Surprise!** (Minimum 6)
Grades: 1-6
Fee: $40.00/$20.00 Reduced Lunch /$5.00 Free Lunch
Instructor: Pippy Engstrom
Tempera Resist. Get ready for a little magic as that colorful picture you just painted gets covered with black ink. Once you do a little cha cha with water, you won't believe your eyes!
Session I
VA 116
T 3:45 - 5:15 PM Sept 15 - Oct 20
Session II
VA 216
T 3:45 - 5:15 PM Nov 3 - Dec 8

**Funny Fingers for Preschoolers** (Minimum 6)
Ages: 3-6
Fee: $40.00/$20.00 Reduced Lunch /$5.00 Free Lunch
Instructor: Pippy Engstrom
Who needs tools — those ten little fingers are all you need for this art. Let's have some fun with paint, yarn, sequins and more! We'll create everything from paintings, puppets and pictures!
Session I
VA 112A
M 10:00 - 11:15 AM Sept 14 - Oct 26
VA 112B
M 1:00 - 2:15 PM Sept 14 - Oct 26
Session II
VA 212A
M 10:00 - 11:15 AM Nov 2 - Dec 7
VA 212B
M 1:00 - 2:15 PM Nov 2 - Dec 7

**Mixed-Up Media** (Minimum 6)
Grades: 1-6
Fee: $40.00/$20.00 Reduced Lunch /$5.00 Free Lunch
Instructor: Pippy Engstrom
Sticks and stones may break bones, but you're going to use them in this class! Use different media's such as paint, crayons, fabric, found objects, paper and more to create collages of your favorite scenes!
Session I
VA 114
Th 3:45 - 5:15 PM Sept 10 - Oct 22
Session II
VA 214
Th 3:45 - 5:15 PM Nov 5 - Dec 17

**Clay Classes**

**Story Telling in Clay** (Minimum 5)
Ages: 3 - 6 Years
Fee: $35
Instructor: Susan Denson-Guy
In this class children will listen to and create stories as a class, draw pictures and be guided in the making of clay objects inspired by the stories. This class is designed as a beginning level clay class that will grow with your child. Children must be the minimum age at the time of enrollment.
Session I
CC 529
T 9:30 - 10:45 AM Sept 15 - Oct 20
CC 539
W 9:30 - 10:45 AM Sept 9 - Oct 21
Session II
CC 629
T 9:30 - 10:45 AM Nov 3 - Dec 8
CC 639
W 9:30 - 10:45 AM Nov 4 - Dec 16

**Clay Discovery Series**
Discover the fun of making clay pots. Special projects will be taught to stimulate creativity and teach the basics of hand built and wheel thrown pottery.

**Critters in Clay** (Minimum 6)
Ages: Grades 4 - 8
Fee: $40.00/$20.00 Reduced Lunch /$5.00 Free Lunch
Instructor: Staff
Have fun in this class creating different creatures from dragons to dinosaurs.
Session I - Grades 4 - 8
CC 513
M 3:45 - 5:15 PM Sept 14 - Oct 26
Session II - Grades 4 - 8
CC 613
M 3:45 - 5:15 PM Nov 2 - Dec 7
Clay Classes

Wheel Thrown Pottery (Minimum 6)
Ages: Grades 5 - 8 and Grades 5 - 12
Fee: $40.00/$20.00 Reduced Lunch/$5.00 Free Lunch
Instructor: Staff
Beginners to intermediate wheel potters will enjoy this class that will focus on functional pottery forms.

Session I - Grades 5 - 8
CC 523  T 3:45 - 5:15 PM  Sept 15 - Oct 20
Session I - Grades 5 - 12
CC 543  Th 3:45 - 5:15 PM  Sept 10 - Oct 22
Session II - Grades 5 - 8
CC 623  T 3:45 - 5:15 PM  Nov 3 - Dec 8
Session II - Grades 5 - 12
CC 643  Th 3:45 - 5:15 PM  Nov 5 - Dec 17

Hand Built Creations (Minimum 6)
Ages: Grades 1-4
Fee: $40.00/$20.00 Reduced Lunch/$5.00 Free Lunch
Instructor: Staff
This class will concentrate on hand built pottery - fun and functional.

Session I
CC 553  F 3:45 - 5:15 PM  Sept 11 - Oct 16
Session II
CC 653  F 3:45 - 5:15 PM  Nov 6 - Dec 18

Hands on Clay (Hand Building/Wheel) (Minimum 4)
Ages: Adult
Fee: $60
Instructor: Ester Ikeda
Create unique hand built or wheel thrown stoneware pottery items from birdhouses to dishes that you can eat from when finished. Along with creating pots you will learn different methods of surface decoration including graffiti, mishima, carving, and others. No prior experience necessary. However, all skill levels are welcome in these classes.

Session I
CC 519  M 9:30 - 11:30 AM  Sept 14 - Oct 26
Session II
CC 619  M 9:00 - 11:00 AM  Nov 2 - Dec 7

Joy of Clay (Minimum 4)
Ages: Adult
Fee: $60
Instructor: Fran Bellucci-Johnson
Yes, you can make a pot on the wheel or with your own hands! Enroll and we will help you learn the basics of functional wheel throwing and hand built pottery. Those of you wanting to hone your skills are also welcome.

Session I
CC 541  Th 1:00 - 3:00 PM  Sept 10 - Oct 22
Session II
CC 641  Th 1:00 - 3:00 PM  Nov 5 - Dec 17

Clay for Special Needs Populations (Limit 8)
Fee: $30 (Scholarships available)
Instructor: Aaron Hinrichs
This class is designed to meet the needs of adults with developmental or physical challenges. Hand building and wheel throwing techniques will be used in this class.

Session I
CC 551  F 1:00 - 3:00 PM  Sept 11 - Oct 16
Session II
CC 651  F 1:00 - 3:00 PM  Nov 6 - Dec 18

Beginning to Advanced Wheel Throwing (Minimum 5)
Fee: $80 two nights, $60 one night
Instructor: Ester Ikeda
This class is designed to meet the needs of everyone interested in creating wheel thrown pottery. What ever your next point of discovery goal is, come throw and explore. Depending on your individual preferences you may enroll in this class for one or two nights a week - Please be sure to give the correct class number.

Session I
CC 516  M & W 7:00 - 9:00 PM  Sept 14 - Oct 21
CC 517  M (only) 7:00 - 9:00 PM  Sept 14 - Oct 26
Session II
CC 616  M & W 7:00 - 9:00 PM  Nov 2 - Dec 16
CC 617  M (only) 7:00 - 9:00 PM  Nov 2 - Dec 7

Family Clay Adventure (Minimum 4)
Fee: $45 for the 1st family member, $5 each additional member
Instructor: Sadami Huu
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.

Session I
CC 547  Th 7:00 - 8:30 PM  Sept 10 - Oct 22
Session II
CC 647  Th 7:00 - 8:30 PM  Nov 5 - Dec 17

Stoneware Pottery
Fee: $10 to $30/finished piece
Instructor: Staff
You don't have to be an artist to design or glaze your own set of dishes. Create your own personal set of dishes that are microwave and dishwasher safe. We offer ready made stoneware cups, plates, and bowls that you can decorate for every occasion (weddings, birthdays, etc.). Preserve those special memories by capturing the hand, foot, or paw print of your favorite little one. These items will make great holiday gifts! The fee for this class is priced by the piece. However, you will need to call in advance to register for the nights you will be in the studio.

Session I through Session II
CC 727  T 7:00 - 9:00 PM  Sept 15 - Dec 8

Open Studio
(Facility use only, no instruction)
Ages: Adult
Fee: $30/month plus clay
Open studio enrollment is available for adults who need no instruction. Use of a well-equipped studio, access to glazes, and professional firing is available. For more information call MAC at 537-4420.
Manhattan Arts Center Fall 1998 Enrollment Form

Parent or Adult Student: ___________________________ Phone:(h) ___________________________ (w) ___________________________

Student: ___________________________ Address: ___________________________ City, Zip: ___________________________

Busing: ___ Yes ___ No School Name & Address ___________________________

We qualify: ___ Reduced Lunch ___ Free Lunch

Class Number: ___________________________ Class Name: ___________________________ Cost: $______

Class Number: ___________________________ Class Name: ___________________________ Cost: $______

Payment Method: Check #_______ MCC/VISA _______ - _______ Expiration _______

Signature: ___________________________

Manhattan Arts Center Policies and Descriptions

To Enroll: Complete above form, enclose check or MCC/VISA number and mail to: MAC, 1520 Poyntz Avenue, Manhattan, KS 66502. Or call in your schedule and pay with MCC or Visa at 537-4420. Your registration will not be processed without enrollment fees.

Enrollment Policy: Enrollment must be completed within 24 hours of the class start date. Your registration will not be processed without enrollment fees.

Refund Policy: NO REFUNDS/CREDITS will be given within 48 hours of the start date of the class. A $5.00 processing fee per class will be charged for withdrawal. Refunds will be given if the class is cancelled or rescheduled by the Manhattan Arts Center.

YES! Fund: The YES! Fund is a supplement given to all youth classes grades 1-12. The prices quoted in the schedule for these classes are YES! funded so that each student may receive discounted rates at a minimum of 20% from the actual class cost.

Reduced Lunch: MAC offers an additional 45% reduced rate off of the YES! Fund for those students qualifying for reduced lunches at their schools.

Free Lunch: MAC offers an additional 62% reduced rate off of the YES! Fund for those students qualifying for free lunches at their schools.

Cancellation Policy: You are enrolled in class(es) unless you are notified. If class minimums are not met, the MAC will cancel the class and notify you within 24 hours of the start date. Make-up days will be scheduled by individual instructors for any cancelled periods.

Busing: Busing is available from your students school to the MAC, free of charge, for youth classes 1-8 (schools qualifying). Transportation at the end of each class is the parents responsibility.

Scholarships: Scholarships are available for pre-school children needing financial assistance. Please call MAC for more information & required forms.

1998 Fall Class Schedule

MAC will not hold classes on days that U.S.D. 383 schools and transportation are closed. Each class is scheduled for six (6) class sessions.

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| No Classes: September 30, October 1 and 5 |

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*No Classes: November 25, 26, 27
About UFM:

UFM is a not-for-profit community education and resource program offering a wide variety of classes and activities to KSU, Manhattan, the surrounding area and across Kansas.

UFM is best described as making connections—linking people who have common interests. This linkage is achieved through program opportunities and by collaborating with many others in the community.

UFM currently sponsors five program efforts:

—UFM Education Program
—Manhattan Community Garden
—Lou Douglas Lecture Series
—Adolescent Mentoring Program
—Community Resource Program

Interesting Facts About UFM

* UFM’s first catalog was published in Spring, 1968, with seven classes. Current catalogs average over 250 classes per semester.

* 4,699 volunteers have taught classes for UFM.

* UFM instructors have ranged in age from 11 to 94.

* UFM has been involved in the creation of 20 community service programs.

* The Manhattan Community Garden offers 161 plots for local gardeners. This is a cooperative project with the City of Manhattan. With over 23 years of experience, the Community Garden is among the oldest in the United States.

* UFM’s volunteer model and philosophy that “anyone can teach and anyone can learn” is unique among education programs.

* Started in 1979, UFM’s Community Resource Program has assisted 78 Kansas communities with their own community education projects.

* In thirty years, UFM has only had four Executive Directors.

* UFM cooperates with four KSU departments in offering classes for KSU credit.

* Since its beginnings in 1980, the Lou Douglas Lecture Series has brought 84 provocative speakers to the KSU campus.

For more information about UFM, call us at (785)539-8763 or E-mail at ufm@ksu.edu.
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**Earth, Nature & Environment**

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**Geology of the Manhattan Area:**

**EN-01 Reading the Record of Ancient Earth History**

We will examine rock exposures in the Manhattan area and learn the basic tools used by geologists to reconstruct the ancient geologic past. Find out how to read rock layers like pages in a book. The local rocks record a fascinating and complex history from a time before the beginning of the Age of the Dinosaurs. Come walk through geologic time as we bring 270 million year old environments and biological communities to life. These will be opportunities for fossil collecting at some sites.

Keith Miller (W- 532-2290 H- 537-5066) is a research assistant professor in geology at K-State with broad interests in Earth history. He is particularly fascinated with the geologic record of environmental change (climate cycles and rising and falling sea levels) and their impact on ancient biological communities. The Earth has had an amazing dynamic history and it is exciting to be involved in reconstructing and retelling that history.

Date: September 12 (Saturday)
Time: 1-4 pm
Fee: $6 individual / $12 family
Location: Assemble at UMF for field trip private cars

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**The Summer Sky**

EN-08

The summer sky isn’t as spectacular as the winter sky, but is more familiar to most people. (Fair-weather stargazers) In this class we’ll teach you to find your way among the stars, the eagle, the scorpion, and the wagon. We’ll point you to the center of our galaxy, and explore the number triangle. Maps will be available. Take them on vacation, on camping trips, or plan your own star-gazing sessions. This is an indoor program.

Dave Starens (539-1811) teaches Earth Science classes at Manhattan High School. 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 22 (Tuesday)
Time: 7 pm
Fee: $6 individual / $12 family
Location: Manhattan High School - West, Little Theater

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**The Winter Sky**

EN-09

Join us to learn the spectacular winter sky, where Orion rules! Learn some of the constellations and the sky, including the red giant Betelgeuse, superhot Rigel, and the dog-star, Sirius. We’ll show you how highlights of the winter sky, and lots of stuff about the sky in general. There will also be lots of good hints on observing, and plenty of opportunities for anyone to share their own fabulous 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.

Dave Starens (539-1811)

Date: December 8 (Tuesday)
Time: 7 pm
Fee: $6 individual / $12 family
Location: Manhattan High School - West, Little Theater

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**Field Trip: Glacial Area of Pottawatomie County**

EN-10

How do we know that glaciers visited Kansas? By the rocks from Minnesota they left behind. We’ll visit Pottawatomie County to collect glacial material including aplite, Jasper, quartzite, psuedomorph wood as well as others, some of which may be of gem quality. Bring a beverage and a container for rocks and crystals. Become a rockhound for a day. Rain date October 10.

Dr. F. C. Lanning (537-7999) Professor Emeritus of Chemistry at Kansas State, was a long-time member of the Manhattan Mineral, Gem and Fossil Club.

Date: October 3 (Saturday)
Time: 8:30 - Noon
Fee: $6 individual / $12 family or couple
Location: Meet at UMF Fireplace Room

"You may have to fight a battle more dear once to win it."

—Margaret "Thechiver

**Reduce, Reuse, Recycle & Join...**

Northern Flint Hills Audubon

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

- Bird Seed Sales (To order, call Mike Rhodes at 539-4683)
- Field Trips to local natural areas: children welcome. For more information, call Patricia Wager 778-9903.
- Programs on topics ranging from environmental preservation to local wildlife. Look for details in our newsletter.
- Action on environmental issues

Watch for information on all these activities in the Prairie Falcon, the chapter's newsletter. For more information, call Dolly Gudler (537-4102).

WE NEED YOU!

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**An Introduction to Wildlife Rehabilitation (What to do if you find a baby bird)**

EN-11

This class will be an introduction to wildlife rehabilitation. Topics include the types of animals that are encountered and the types of care required, how to recognize an animal orphan and what steps are required to ensure it's well-being and how to prevent "Good Samaritan" orphans. An explanation of the permit requirements for the possession of wildlife in the State of Kansas will be discussed along with how to become involved with your local wildlife rehabilitation program.

Cindy Clark-Bergstrom (537-0681) is the director of Wildlife Rehabilitation Corp. She has been involved in wildlife rehabilitation for 8 years. Cindy has lived in Kansas her entire life and enjoys working with songbirds, migratory waterfowl, mammals and raptors, and somehow manages to stay sane.

Date: October 21 (Wednesday)
Time: 7 pm
Fee: $5
Location: UMF Conference Room

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**An Introduction to Wildlife Rehabilitation**

EN-12

Cindy Clark-Bergstrom (537-0681)

Date: November 4 (Wednesday)
Time: 7 pm
Fee: $5
Location: UMF Conference Room

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**Featured UMF Instructor Dr. F. C. Lanning**

Dr. Lanning is an Emeritus Professor of Chemistry at Kansas State University and was active in the Department for more than 30 years. While at K-State, he taught freshman Chemistry and Inorganic Chemistry. Silicon Chemistry is one of his interests and he has done considerable research in the field and published many articles in scientific journals. He has B.S. and M.S. degrees from the University of Denver and a Ph.D. degree in Chemistry from the University of Minnesota.

Growing up in Denver, Colorado, Dr. Lanning spent considerable time in the Rocky Mountains and became interested in rocks. He has been a member of the Manhattan Mineral, Gem and Fossil Club. For many years Dr. Lanning has offered field trips for UMF. Many families and individuals have had the pleasure of being a rock hound for a day on one of Dr. Lanning's UMF field trips. This fall the field trip will be to the Glacial Area of Pottawatomie County.

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**PATRONIZE OUR ADVERTISERS! Let advertisers know you saw their ad in the UMF Catalog.**
Sustainable Manhattan Roundtable Series

This series of five roundtable discussions is a continuation of the process begun in spring 1997, under the umbrella of Sustainable Manhattan. The goal is to get community involvement and input into projects and processes that help Manhattan move toward a sustainable future. These sessions are offered at no cost and you may sign up for any that interest you.

Does The Mass Media Promote Sustainability or Prevent It?

Does the mass media promote sustainability, or prevent it? Parade items from the K-State School of Journalism and Mass Communications will debate this question, offering print, radio, television, and Internet-based examples to support their views. Join us for a lively discussion on how the media often focuses the public's attention on certain political, economic, environmental, and social issues while glossing over or ignoring others.

Date: October 15 (Thursday)
Time: 7 pm
Fee: N/C
Location: UFM Conference Room

Virtual Shepherders

Discussion Group

Join us for a series of lively and thought-provoking discussions on a variety of sustainability issues related to agriculture, economics, science, and environment & natural resources. Topics are based on selected readings suggested by participants and chosen by the group. Participants volunteer to facilitate the discussions. Fast topics have included science and ethics, Native American Agriculture and world views, spirituality and the environment, population and consumption, and deep ecology. A series of recent discussions has focused on books and other works by author David Quammen. Future topics are likely to include bioregionalism, sustainable agriculture, land stewardship, and sustainable communities. Discussion dates and times vary, but are generally held Wednesday and alternate between lunchtime and evening hours, both on and off-campus.

Date: Various
Time: Various
Fee: N/C
Location: Various

Introduction to Holistic Management

EN-07

Holistic management is a process of defining resources, establishing goals, making decisions, and monitoring progress. It doesn't require any exotic technology or large sums of money, just a hearty dose of common sense and willingness to plan. Holistic management helps individuals, farms, and institutions reduce their carbon footprints and communities restore the vitality of their resources to improve their quality of life.

Date: September 10 (Thursday)
Time: 1 pm
Fee: N/C
Location: UFM Conference Room

Solar Greenhouse

EN-13

The K-State Solar Greenhouse enjoys the fresh smells of greenhouse life. Attached to your house properly designed it can help warm your home, conserve moisture and fresh winter greens. This class will discuss possibilities we've learned in 20 years of passive solar experience.

Date: September 26 (Saturday)
Time: 1 pm
Fee: $10
Location: UFM Greenhouse

Solar Collectors You Can Build

EN-14

Contrary to common belief, active solar heating can be an energy efficient way to heat homes and domestic hot water. In this session we'll talk about various ways to capture the sun's heat for our benefit.

Bill Dornett (539-1956) has been working for 20 years to put solar energy to use in Manhattan.

Date: October 10 (Saturday)
Time: 1 pm
Fee: $10
Location: UFM Greenhouse

Solar Electric Systems

EN-15

This is a small introduction to solar electric systems and heat our water, sunshine can be directly changed into electricity for all uses that you wall outlets provide. In this session, we will discuss solar modules, electronic controls and various batteries.

Bill Dornett (539-1956)

Date: October 24 (Saturday)
Time: 1 pm
Fee: $10
Location: 1715 Leavenworth

35% of a fairing thing about life: If you refuse to accept anything but the best, you often get it.

—W. Somerset Maugham

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.

THANK YOU ADVERTISERS for your loyal support.
Jungian Approaches to Fathering

Introduction to Zen Buddhist Philosophy and Practice

Philosophy of Gurdjieff and Ouspensky

Shalom: A Study of the Biblical Concept of Peace

Depression or DEPRESSION?

The Goddess Workshop

Regional AIDS Project

What Do You Mean By THAT?

Special THANKS TO THE UFM INSTRUCTORS who volunteer their time.
PERSONAL DEVELOPMENT (Continued)

SHARP Self-Defense for Women
This course is 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 suitable to women of all ages and physical condition.

Diana Turner (303-730-2) is a black belt in Taekwondo and Judo and is a certified partner with the American Taekwondo Association. She has 14 years experience teaching martial arts, police defensive tactics and Sexual Harassment Assault and Rape Prevention for Women.

Date: October 26 (Monday)
Time: 6:30 - 10 pm
Fee: $18
Location: First Lutheran Church (Basement) 930 Poynette

Professional Workforce Self-Defense
With numerous changes taking place in the economy and workplace, lifelong learning and development is a major responsibility that employees have as professionals to their customers, co-workers, employers and profession, as well as to themselves. This class is designed for participants to learn how to: A) self-direct and manage their continuing professional development throughout their career/life span; B) engage in beneficial developmental partnerships with their co-workers (mentors) and supervisor or managers (coaches). Self-development and partnerships is essential for professionals to improve productivity and performance, achieve professional success and job satisfaction, and enhance abilities to maximize their full potential as professionals.

Dr. Stephen Schermner & Dr. Kenneth Hughey (303-946) Steve is a self leader, specializing in lifelong learning and development of the K-State Research and Extension Office of Professional Development. He received his Ph. D. in Extension Education from the Ohio State University in Columbus. Ken is an associate professor, specializing in career development in the Department of Counseling and Educational Psychology at K-State University. He received his Ph. D. in Counseling Psychology from the University of Missouri in Columbia.

Date: November 12 (Thursday)
Time: 7 - 9 pm
Fee: $8
Location: 15PM Conference Room

Angelic Bodyworks
Learn to heal with the Angels. Angelic Bodyworks was a gift given to Fay Shahri Marla from Archangels. It works on the subtle and refined levels of the body. This divine energy is proven effective in healing and nurturing the heart and allows the emotional blocks to be removed through the power of divine love. It also clears and balances the Chakras. It penetrates and ultimately transmutes all disease, pain, and illness. It is a profound experience and is extremely healing.

Fay Shahri Marla is known throughout the United States as an Angels teacher and has been. She welcomes you to explore the power of Angelic Bodyworks and wishes to share her knowledge with you. This class will teach you how to do Angelic Bodyworks and is limited to only 8 people, so please register early.

Date: September 27 (Sunday)
Time: 10 am - 4 pm
Fee: $150
Location: to be announced

Parents Together
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 support system for parents who have teens experiencing problems with truancy, drugs, alcohol, pregnancy or legal problems. If you need someone to talk to, call Linda at 539.

This group is funded as part of a grant from the City of Manhattan. For questions, call Linda at 539-8763.

Professional Workforce Self-Defense
With numerous changes taking place in the economy and workplace, lifelong learning and development is a major responsibility that employees have as professionals to their customers, co-workers, employer and profession, as well as to themselves. This class is designed for participants to learn how to: A) self-direct and manage their continuing professional development throughout their career/life span; B) engage in beneficial developmental partnerships with their co-workers (mentors) and supervisor or managers (coaches). Self-development and partnerships is essential for professionals to improve productivity and performance, achieve professional success and job satisfaction, and enhance abilities to maximize their full potential as professionals.

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Date: September 27 (Sunday)
Time: 10 am - 4 pm
Fee: $150
Location: to be announced

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Introducing Jin Shin Jyutsu: A Self-Help Class
Jin Shin Jyutsu translates as the "Art of the Creator through knowing and compassionately living." It is an ancient art of releasing the barriers which are the causes of various symptoms of discomposure. In Jin Shin Jyutsu philosophy, our bodies contain energy pathways which become blocked through daily physical, mental, emotional, or spiritual stress, resulting in pain and discomfort. We can unblock these pathways through non-forceful application of the hands to various locations on the body, giving ourselves renewed vitality, deep relaxation, pain relief, easier breathing and decreased stress. This course will introduce you to hands-on techniques for self and others, and to the history, philosophy, and theory of Jin Shin Jyutsu. Jin Shin Jyutsu self-help books will be available for purchase (optional). Please bring a blanket with you to class.

Karon Smith (539-3723) is a Licensed Practical Nurse, a graduate of the McKinnon Institute of Professional Massage and Body Work in Oakland, CA, and is a skilled touch practitioner whose avocation during the last twenty years has been to study and practice a variety of body-work modalities: Acupuncture Techniques, Tai Chi, Swedish and Ashtanga Massage, Shiatsu, Chi Gong, Geriatric Massage, Therapeutic Touch, and Skilled Touch for the Dying. Since her retirement from home health and hospice nursing in 1995, she has been studying and practicing Jin Shin Jyutsu intensively and is certified as a practitioner and a self-help instructor.

Date: November 29-30 (Saturday & Sunday)
Time: 9:30 - 2:30 p.m.
Fee: $220
Location: UFM Conference Room

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, health, prosperity, and the mystical essence 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 Trubene (539-2477) is a Feng Shui practitioner with Feng Shui Design Studio of Manhattan, KS. He is schooled in Taemic Black Belt Feng Shui as taught by Professor Lin Yu, Grand Master of Feng Shui in Berkeley, CA. He received in-depth training at a professional level from the nationally-known Feng Shui consultant, writer and video producer, Helan and James Lay at Feng Shui Designs Learning Center in Nevada City, CA.

Date: October 6 (Saturday)
Time: 9:30 - 2:30 p.m.
Fee: $30
Location: UFM Conference Room

Make Every Day Count?
For Good Mental Health
Continuing Education for Helping Professionals and Volunteers
> Crisis Intervention For Individuals and Communities September 30
> Understanding Emotional IQ October 28
> The Angry Child November 18
C.E. workshops are 12:45-2:45 p.m. at Houston Street Center, 5th & Houston. The fee is $21. Pre-registration is requested. Workshops meet criteria for continuing education credit for many professions. Enrollment is open to everyone.
Call for information and brochure 539-4326 L A W N E Mental Health Services

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Coming in September 1998

Make Every Day Count?
For Good Mental Health
Continuing Education for Helping Professionals and Volunteers
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Call for information and brochure 539-4326 L A W N E Mental Health Services

Wellness
1221 Thurston 539-8763

Women's Way - Natural Choices FOR-02
for Menopause
Millions of women between 35 and 55 are entering menopause. This class will provide information that helps answer questions about symptoms and choices for treatment. The focus will be on a holistic approach, including information on homoeopathy, nutrition, herbs and natural hormone balancing. Additional sources and handouts will be provided.
Renae Cushing (776-2550) is a Health Educator with a Masters in Classical Holistic Health Education and over 10 years teaching experience. Her goal is to help people help themselves with informed choices.
Date: October 10 (Saturday)
Time: 1:30 - 3 p.m.
Fee: $22
Location: UFM Conference Room

T'ai Chi Ch'uan for Beginners WE-04
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 exercises based on the principle of effortless breathing, rhythmic movement and weight distributions. In this class we will learn the basic movements and techniques of T'ai Chi Ch'uan in Yang Style, the most popular form of T'ai Chi Ch'uan inside and outside of China today, and be practiced by young and old, any time, any place.
Mai Hua Turbana (539-4277) is a native of China who acquired her knowledge of T'ai Chi Ch'uan while attending Ming Chiang 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: September 29 - October 21 (Wednesday)
Time: 5:30 - 6:30 pm
Fee: $55
Location: ICM Building 1021 Decision Ave.

Massage for the Individual WE-11
Learn the basic principles of therapeutic massage that will enable you to relax muscular aches and pains, tension, and stiffness, as well as create relaxation for yourself. Participants will learn a self-massage routine that they can adapt to their personal needs. Participants should bring a blanket and/or pillow and wear loose clothing or shorts and t-shirt.
Bernice Martin (537-9342) is a graduate of the Downeast School of Massage and is a registered massage therapist in the state of Maine. Her work is primarily Swedish Massage but incorporates aspects of deep tissue work and energy healing.
Date: October 6 (Tuesday)
Time: 7:30 - 9:30 p.m.
Place: Location: UFM Banquet Room

Introduction to Massage for Couples WE-12
Learn the basic principles of therapeutic massage and the role of massage in maintaining health. Swedish-style massage uses long, flowing strokes and is the most common style of massage. Emphasis will be on the neck and back. Participants should wear bathing suits under loosefitting clothes. We will be working in pairs. Each pair will need a sleeping bag/thick blanket or comforter and 2 flat sheets.
Bernice Martin (537-9342)
Date: October 13 & 20 (Tuesday)
Time: 7-9 pm
Fee: $26 per couple
Location: UFM Banquet Room

Numerology WE-13
Numbers associated with your name and birth date reflect three main influences that vitally affect you: Your Soul Urge, Expression, and Life Path. This information, plus a lot more, can be found in the study of numerology. When you understand how the vibrations of these numbers influence your life, you can focus on working with the numbers rather than against them. Unlike a lottery ticket, these numbers are a new thing - from birth! For includes book, Private consultation, by appointment only. Call 739-5070.
Jean Haukster at a young age recognized the influence of "key" numbers in her life. Studying numerology, she discovered the unseen significance of numbers - their vibrations and the value in working with them.
Date: August 6 - December 11
Time: By Appointment
Fee: $34 per consultation
Location: 4501 McDowell Creek Rd

UFM CLASSES make great gifts.
Health, Healing & Harmony Series

Introduction to Aromatherapy WE-05
Aromatherapy is the use of essential oils or fragrances to enhance the therapeutic qualities of the mind. The use of aromatherapy for this purpose dates back to ancient cultures on Earth. We are now ready for new practices with genuine energy medicine. We will discuss the concept of holistic health, Universal Life Energy, subtle body, chakras, and Gemepherie Energy Medicine. Four handouts included in fee. NOTE: This class is a prerequisite for enrollment in GEM and the 7 Color Rays.

June Hauser
Date: September 9 (Wednesday)
Time: 7 - 9 pm
Fee: $18/$30 for both WE-14 and WE-16
Location: UFM Greenhouse

Introduction to Gemepherie Energy Medicine WE-14
Gemepherie Energy Medicine (GEM) is a holistic health practice involving the use of therapeutic gemstone energy. The use of gemstones for this purpose dates back to ancient cultures on Earth. We are now ready for new practices with genuine energy medicine. We will discuss the concept of holistic health, Universal Life Energy, subtle body, chakras, and Gemepherie Energy Medicine. Four handouts included in fee. NOTE: This class is a prerequisite for enrollment in GEM and the 7 Color Rays.

June Hauser
Date: September 9 (Wednesday)
Time: 7 - 9 pm
Fee: $18/$30 for both WE-14 and WE-16
Location: UFM Greenhouse

Introduction to Gemepherie Energy Medicine WE-15
Gemepherie Energy Medicine (GEM) is a holistic health practice involving the use of therapeutic gemstone energy. The use of gemstones for this purpose dates back to ancient cultures on Earth. We are now ready for new practices with genuine energy medicine. We will discuss the concept of holistic health, Universal Life Energy, subtle body, chakras, and Gemepherie Energy Medicine. Four handouts included in fee. NOTE: This class is a prerequisite for enrollment in GEM and the 7 Color Rays.

June Hauser
Date: September 7 (Wednesday)
Time: 7 - 9 pm
Fee: $18/$30 for both WE-15 and WE-17
Location: UFM Greenhouse

G.E.M. and the 7 Color Rays WE-16
This class provides information about the 7 color rays, the 7 gemstones that "carry" the color rays, your personality color, and how it defines your greatest strength, and the effects of the color rays on strengths and weaknesses. Books included in fee. Prerequisite: Introduction to Gemepherie Energy Medicine Class.

June Hauser
Date: September 23 (Wednesday)
Time: 7 - 9 pm
Fee: $25/$30 for both WE-14 and WE-16
Location: UFM Greenhouse

G.E.M. and the 7 Color Rays WE-17
This class provides information about the 7 color rays, the 7 gemstones that "carry" the color rays, your personality color, and how it defines your greatest strength, and the effects of the color rays on strengths and weaknesses. Books included in fee. Prerequisite: Introduction to Gemepherie Energy Medicine Class.

June Hauser
Date: October 14 (Wednesday)
Time: 7 - 9 pm
Fee: $25/$30 for both WE-15 and WE-17
Location: UFM Greenhouse

Introduction to Reiki WE-18
Reiki, pronounced "ray-ki," is an ancient holistic health practice in which Universal Life Energy supports the body's natural ability to heal itself. We will discuss the concepts of holistic health, Universal Life Energy, subtle body physiology, and Reiki. Please bring a mat or towel and pillow.

June Hauser has been working with holistic health therapies for many years. She is a Third Degree Reiki practitioner in the Usui System of Natural Healing. She is among the first class of 25 students from around the world to complete Gemepherie Energy Medicine I. Aromatherapy and Numerology are additional services she offers. Her studies and work with energy therapies continues to expand. June maintains a private practice, Plant Hills Peacekeepers. "My heart sings every time a different holistic health practice is presented for my study/work. They are the peacekeepers," she says, "I'm simply the happy assistant."

Date: September 17 (Thursday)
Time: 7 - 9 pm
Fee: $25
Location: UFM Greenhouse

Introduction to Reiki WE-19
June Hauser
Date: November 12 (Thursday)
Time: 7 - 9 pm
Fee: $25
Location: UFM Greenhouse

Holistic Health & Bodyworks Professionals

Come to a potluck luncheon Saturday, October 3, Noon, at 2480 W. 60th Ave.
This will be a time to visit with others and share ideas for the next Holistic Health and Bodyworks Fair. Practitioners who did not participate last summer are welcome to come as well.
RSVP to Charlene at 539-8763. Bring a dish of food to share and your own table service.

E mail ideas to: ufm @ ksu. edu

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

Yoga for Women WE-20
Yoga can be a useful tool to help the physical, mental, and emotional challenges of being a woman. We will focus on the practice of asanas (postures) and pranayama (breath) as well as developing a personal practice which meets each individual's needs. This class is for women of all ages. Please bring a mat or towel, and wear comfortable clothes that do not restrict movement. For your safety and comfort please do not eat for at least 3 hours before class.

Ann Franklin (537-8224) has been practicing yoga for more than 25 years. She teaches in the Tradition T. Krishnamacharya who was teacher to BKS Iyengar, Patanjali Jina and other eminent yoga teachers, including her father, Albert Franklin, who taught yoga through UPME in the 1970's. Ann is a student of Gary Kraftsow, who studies under T.K.V. Desikachar, 3rd Krishnamacharaya's son.

Date: September 22 - October 27 (Tuesday)
Time: 5:30 pm
Fee: $68
Location: UFM Multipurpose Room

Yoga for Women WE-21
Ann Franklin (537-8224)
Date: November 3 - December 8 (Tuesday)
Time: 5:30 pm
Fee: $68
Location: UFM Multipurpose Room

Massage Class for Women WE-22
In ancient times the revitalizing and balancing power of massage was greatly valued and for a good reason. Massage benefits the whole person: body, mind, and emotion. Learning basic Swedish massage is a gift to yourself for the rest of your life. We will try to give your love to your husband, lover, or child.

Fay Shanti Marie has been a professional licensed massage therapist for over 16 years.

Date: September 12 (Saturday)
Time: 10 am - 4 pm
Fee: $158
Location: to be announced

"If you think you can and if you think you can’t, you’re right."—Mary Kay Ash

---

Win $1 off any UFM Class... by finding the "False Class" included in this catalog! Identify it when you register and receive $1 off your registration for one class.
Self-Treatment with Acupressure WE-23

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

Dr. Larry Dall (509-913) has practiced chiropractic care in Manhattan for the last 13 years. He believes in assisting the body with the healing process, which is why he has expanded his treatment techniques to include acupuncture/acupressure. He is a Fellow in the Acupuncture Society of America.

Date: September 14 - October 19 (Monday)
Time: 7 - 9 pm
Fee: $27.50
Location: 1130 Westport Dr. Suite 5

Baby Massage WE-24

Baby massage is an ancient tradition in many cultures which has been rediscovered in the West. Clinical evidence shows that loving, touchful, nurturing contact between caregiver and infant has a positive impact upon subsequent development. Many studies reveal the beneficial effects of repetitive massage contact is an integral part of a baby’s early life, and the unfortunate results when this early attention is lacking. Baby Massage is one of the easiest and most pleasant methods of providing this early positive interaction. Many newborn nurseries are now adopting Baby Massage as a regular part of their parent education program, to help promote well-being and the loving bonds betwen parents and their babies. Bring a pad or mat to lay your child on and either or both parents.

Sandy Snyder (507-3607) is a licensed Massage Therapist with 25 years experience. She is the owner of LifeStream Bodywork and is experienced with Deep Tissue Massage, Sports Massage, Reflexology, etc. Baby and Pet Massage.

Date: December 7 (Tuesday)
Time: 7 pm
Fee: $13
Location: UFM Fireplace Room

Massage & Relaxation Techniques WE-25

for Pain Relief

In this class participants will learn relaxation techniques and stretching instruction to relieve daily tension and pain due to stress. An on-site massage chair will be used for a five-minute demonstration that concentrates on neck and shoulder relief.

Sandy Snyder (507-3607)

Date: December 3 (Thursday)
Time: 7 pm
Fee: $15
Location: UFM Fireplace Room

Chi Gong: Chinese Energy Medicine WE-26

Chi Gong is the art and science of using posture, exercise, breathing, and concentration to gather Chi (vital life energy) and heal the body and mind. It is the preventive and self-healing aspect of Chinese medicine. As one works with balancing internal energies, health improves and the mind becomes tranquil. Chi Gong has been widely researched in controlled scientific experiments and clinical trials. It has been found to be effective for the same range of illnesses treated by acupuncture. It is also a powerful form of complementary medicine that can be effectively combined with Western medicine to lessen side effects from medication, speed recovery times and greatly reduce medical costs.

Mary Ash has studied and practiced Chi Gong since 1987. She has been a student of a number of Chi Gong teachers throughout the country, both Asian and American. Mary maintains a private practice in massage and bodywork and is currently teaching Chi Gong at Mercy Health Center as part of their Wellness Program.

Date: September 19 & 26 (Saturday)
Time: 9:30 am - 12:30 pm
Fee: $16
Location: LGU Student Center
1021 Division Ave.

Herbs in the Kitchen FF-01

Herbs: what goes with what? What flavors do they have? How can they enhance cooking? There are some of the reasons we will cover. Taste and smell for yourself many different common and not so common herbs. Samples of foods enriched with herbs will be provided to help you taste the difference. Recipes and other handouts will also be provided.

Eunice Cushing (776-2350) is a Health Educator with a Masters Degree in Clinical Holistic Health Education. She has over 10 years teaching experience and her goal is to help people help themselves with informed choices.

Date: September 19 (Saturday)
Time: 1:30 - 3 pm
Fee: $20
Location: UFM Kitchen

A Brain Teaser for you:

Here are four nice large dots. All you have to do is draw one line connecting all four of them so you form a square. It is easy, until you consider the rule that no line may cross any of these words.

An Important Program for All Parents

For a free brochure or information about seminar dates and times in your area, call (785) 587-1999

Free seminars to help parents talk with their children about the risks children face in today’s world. Information will be provided on the following topics:

- AIDS
- Body Piercing
- STD’s
- Drugs & alcohol
- Pregnancy
- Gang Membership
- Date Rape
- Depression/Suicide

A Program sponsored by The Regional AIDS Project in cooperation with the Riley County Health Dept., and funded by the Kansas Blood Services
Fund with the Topeka Community Foundation

Let’s Talk About It! UMF classes make great gifts.
Ballroom Dance RH-05
Come dance with us! If you want to learn to dance with a partner, plan to attend a wedding, or you just want to brush up on your steps, this class is for you. 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.

Michael Bennett (776-7357) has trained in Ballroom Dance at U.C. Berkeley, Mandalas Ballroom, San Francisco, Albatross Ballroom, Oakland, CA, Chicago Dance Studio, Chicago, IL, and Avenue Ballroom, San Francisco. He was the 1986 San Francisco Avenue Ballroom Jitterbug Champion.

Nakil Dodger
Date: September 4 - November 20
Time: 7:30 - 8:30 pm
Fee: $33 individual/$60 couple
Location: BGM Auditorium 1021 Denison Ave

Intermediate Ballroom Dance RH-06
This class will emphasize dancing with your partner and learning the routines. Foxtrot, waltz, tango, and tango are intensively scheduled. However, specific dances will depend on the interest of the class; these dances may change. There will be a test on each step and participants will be provided with a choreographed dance routine. Prior dance lessons are required. Students who have taken classes from Mike are encouraged to enroll.

Michael Bennett & Nakil Dodger (776-7357)
Date: September 4 - November 20 (Friday)
Time: 8:30 - 9:30 pm
Fee: $33 individual/$60 couple
Location: BGM Auditorium 1021 Denison Ave

Fencing RH-07
Fencing is an ancient art of sword play. D'Artagnan, soldi
er, and noblemen were all once required to know the way of the sword. Now a modern Olympic sport, fencing teaches timing, quick reaction, speed and agility. Classes will include introduction to the foil, for recreation and competition. Minimum age 12.

Steve Sin (398-1046) is a level one certified instructor with the U.S. Fencing Coaches College, and he has 18 years of experience coaching. He graduated from the University of Texas at Austin and was assistant coach for the University of Texas Women's Team. He studied with Vincent Beaudoin, Personal Director of Fencing Coaches College and a three time Gold Medalist of the Pan-American Games.

Date: September 3 - November 19 (Thursday)
Time: 7 - 8:30 pm
Fee: $50
Location: Athearn Fieldhouse, KSU

Tennis: Junior Beginners RH-01
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 the balls; students provide their own rackets. If you don’t have a racket, give us a call and we may be able to help you locate one.

Mark Tedeschi has an M.S. degree in Kinesiology and has played tennis for over twenty years including playing for Coe College, Cedar Rapids, Iowa. He recently served as an instructor at Marathorn-Witing Sports and Arts Center in Ontario.

Date: September 15, 22, 29 and October 6
Time: 6:30 - 7:30 pm (Tuesday)
Fee: $30
Location: LP Washburn Rec Complex, KSU

Tennis: Beginners RH-02
Ages 17 and UP
This class will focus on fundamentals of strokes, basic rules of play and beginning competition.

Mark Tedeschi
Date: September 15, 22, 29 and October 6
Time: 7:30 - 8:30 pm (Monday)
Fee: $30
Location: LP Washburn Rec Complex, KSU

Introduction to Golf RH-03
A short course geared for beginning and intermediate players. The fundamentals of the full swing, and techniques of short game pitching, chipping, and putting will be covered. Get some fresh air and find out if golf is the sport for you. Some class time will be devoted to equipment used to play golf, rules, etiquette, courtesy, conduct on the course, registering to play, use of scorecard and handicap.

Jim Gregusky (398-1041) PGA professional is the golf pro at Stagg Hill Golf Course.

Date: August 27, September 3, 10, 17 (Thursday)
Time: 6:30 - 7:30 pm
Fee: $30
Location: Stagg Hill Golf Club 4441 E. Riley Blvd

Introduction to Golf RH-04
Jim Gregusky (398-1041)
Date: September 24, October 1, 15 (Thursday)
Time: 6 - 7 pm
Fee: $30
Location: Stagg Hill Golf Club 4441 E. Riley Blvd

"Champions keep playing until they get it right."
—Moby Dick

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

Try Hydroaerobics!
(water exercise)
See page 5

Manhattan Bodyworks

Therapeutic Massage

- Swedish & Sports Massage
- Energy Balancing

Gift Certificates Available

Monica Ward
(985) 539-5952 by appointment

STAGG HILL GOLF CLUB
K-18 West

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

539-1041
Jim Gregusky, PGA Professional

All participants must register in advance.
Kids On Campus
Yo-U-3
Join us for a fun-filled, educational field trip of the KU campus. We will visit several departments with interesting activities, take out for bowling, eat lunch at the Student Union & return to UFM. This program is geared for children 3rd - 6th grade. Call UFM, 539-8763 for a complete list of activities. Fee includes lunch and a game of bowling at the K-State Union.
Date: October 29 (Thursday)
Time: 8 am - 5 pm
Fee: $25
Location: Meet at UFM

Sassy Safety Awareness & Street Smart Youth
Yo-U-2
Could your child get away from a strong adult? Would your 5-year-old open the door to a stranger? Does your 10-year-old know the tricks that could be used to harm you? This 2-hour program helps build kids' confidence, increase awareness, and teach them effective defense techniques as well as reinforcing safety precautions taught at school. It is suitable for ages 10 and up. Available September 22-23.

Introduction to Ballet, Jazz & Hip Dance
Yo-3
This is an introductory class designed to provide exposure to ballet, jazz, and hip steps for children ages 4-12. No dance experience or formal dance attire is needed. Rock and Roll and popular music will make learning jazz and hip steps fun.
Date: September 11 (Friday)
Time: 4 - 5 pm
Fee: $3
Location: 2416 Rogers Blvd.

Cutting Paper Snowflakes
CF-21
It's easy and fun to cut eye-catching, artistic, dramatic snowflakes in a variety of styles. Numerous examples will be displayed, various patterns will be cut, and original creations shared. For ages 8-10. Children 8-9 years of age should be accompanied by an adult. Bring sharp adult scissors!
Date: November 7 (Saturday)
Time: 9 am - 12 pm
Fee: $8
Location: Bluebom Hall Room 217, K-State

Tennis: Junior Roommates
RJ-01
Join us for fun and skill development in this great sport! This class is designed for beginning players and will provide instruction in fundamentals of strokes, basic rules of play, and beginning competition. We provide the balls; students provide their own rackets. You don't have a racket, give us a call and we may be able to help you locate one.
Date: September 14, 21, 28 and October 5
Time: 6:30 - 7:30 pm (Monday)
Fee: $75
Location: LP Washburn Rec Complex, KSU

Solution:
A Brain Teaser for you:
Here are four nice large dots. All you have to do is draw one line connecting all four of them so you form a square. It is easy, until you consider the rule that no line may cross any of these words.

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

Taekwondo I
MA-01
Taekwondo is a traditional martial art designed to provide the ultimate in unarmed self-defense. Blocking, punching, and kicking develop balance, flexibility, and agility while improving cardiovascular fitness and self-confidence. Teaching methods include demonstration and practice without physical contact. Each student will be given an opportunity to purchase a uniform and belt at the first class. After two months of class or an optional testing to advance in the Taekwondo degree ranking is held in Topeka. The cost is not included in the class fee and a uniform is required for testing. Age 7.

Tuesday, August 23, at 6:30 pm, a Public Demonstration and formal presentation of instructors will be conducted in Ahearn Field House, KSU.
Crossmaster Charlie Gyi (666-8662) is an 8th degree black belt with over 38 years experience in Taekwondo. He is a former Captain and Chief Instructor of Taekwondo for the ROA Army during Vietnam, and he has held classes at KU since 1975. Dennis Miron is a 3rd degree black belt with over 8 years experience at Taekwondo.
Date: August 25 - December 10 (Tues & Thurs)
Time: 6:30 - 7:30 pm
Fee: $75
Location: Ahearn Field House, KSU
No class Nov 22.

Fencing
RH-07
Fencing is the ancient art of sword play. D'Artagnan, servo, d'leres, and noblemen were all once required to know the way of the sword. Now a modern Olympic sport, fencing builds lightning fast reactions, speed, and agility. Classes will include introductions to the foil, for recreation and competition. Minimum age 12.
Crossmaster Steve Steen (330-9000) is a level one certified instructor with the U.S. Fencing Coaches College and has 18 years experience. He practiced at the University of Texas and was assistant coach for the University of Texas Women's Team. He studied under Vincent Bradford, Personal Director of Fencing Coaches College, and has a three-time Gold Medalist of the Pan-American Games.
Date: September 3 - November 19 (Thursday)
Time: 7 - 9:30 pm
Fee: $58
Location: Ahearn Field House, KUS

Do you have any BRIGHT ideas for classes? Call Charlene at UFM, 539-8763
Youth Scholarships are available through the YES! Fund.

Win $1 off any UFM Class...
by finding the "Fake Class" included in this catalog! Identify it when you register and receive $1 off your registration for one class.
The courses on this page are offered for credit through The Division of Continuing Education with the cooperation of various KSU departments. Register for these at 131 College Court. Fees for these classes differ depending on special instructor and equipment needs. Enrollment, withdrawal and refunds are determined by University policy and handled at the Division of Continuing Education Registration office. Call 532-5566 for questions or information.

**Women & Money**

WOMST-500

This course is designed specifically to enable women to manage their finances today and plan for a secure financial future. Participants receive a Money Management Workbook that has been developed by American Association of Retired Persons (AARP). The goal of this course is to empower women to make informed decisions about their finances. Topics include: getting organized, budgeting and cash flow, banking and credit, insurance, social security, legal matters, new tax laws, trusts, and investing.

**Instructor:** Charlene Brennan

**Date:** September 8 - October 20 (Tuesday)

**Time:** 7:30-9:30 pm

**Fee:** $99 (credit) $80 (non-credit)

**Location:** Bluestone Hall Rm 123

**Golf**

KIN 140 A, B, C, D

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

**Instructor:** Jim Gregory

**Session I**

**Date:** August 25 - October 9

**Time:** Tuesday 2:30 - 4:00 pm

**Fee:** $110

**Location:** Stege Hall Golf Club

**Session II**

**Date:** September 12 - October 17

**Time:** Thursday 2:30 - 4:00 pm

**Fee:** $110

**Location:** Stege Hall Golf Club

**Ballroom Dance**

DANCE - 599 C, D

Introduction to the principles of ballroom dancing, includes dance terminology, dance position, correct body alignment and positions, and partnering techniques such as open and close positions, leading and following, and a variety of steps will be emphasized. The jitterbug, American waltz, fox trot, and Latin steps will be taught.

**Instructor:** Michael Bennett

**Session I**

**Date:** August 28 - December 11 (Friday)

**Time:** 6:30 - 7:30 pm

**Fee:** $127

**Location:** ECOM Auditorium

1021 Denison Ave.

**Judo I**

KIN 144

Judo I is intended not for gaining proficiency, but to gain understanding of how principles of dynamics are used to gain physical advantage. Basic and advanced skills are taught along with safety techniques. Preparations for competitive effectiveness, techniques will be tailored to fit the individual’s physique.

**Instructor:** Isaac Woldekassa

**Date:** August 26 - December 10 (Tuesday/Thursday)

**Time:** 7:30 - 8:30 pm

**Fee:** $100

**Location:** Abearin Fieldhouse

**Beginning Bowling**

RRES-200

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

**Instructor:** Terri Eddy

**Session I**

**Date:** August 26 - December 9 (Wednesday)

**Time:** 10:30 am - 12:00 pm

**Fee:** $110

**Location:** K-State Union

**Session II**

**Date:** August 27 - December 10 (Tuesday)

**Time:** 11:30 am - 12:30 pm

**Fee:** $110

**Location:** K-State Union

**Scuba Diving**

RRES-200

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

**Instructor:** Jeff Wilcox

**Session I**

**Date:** September 12 - October 17 (Saturday)

**Time:** 9:00 am - 1:00 pm

**Fee:** $255

**Location:** KSU Natatorium

**Session II**

**Date:** September 14 - October 19 (Monday)

**Time:** 5:30 - 9:00 pm

**Fee:** $255

**Location:** KSU Natatorium

**Fly Fishing**

RRES-200

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

**Instructor:** Paul Solfan

**Date:** September 2 - September 24 (Tuesday/Thursday)

**Time:** 6:00 - 8:00 pm

**Fee:** $144

**Location:** Eisenhower Middle School

800 Walters Dr.

**Become a UFM Sponsor. Just return the coupon below with your contribution. Your donation is tax deductible.**

**YES!**

I wish to donate: $10 $25 $50 $100 Other

**Charge to my:** MasterCard VISA Card #

**Signature:** ____________________________

**Expiration Date:** ____________________

**Name:** ______________________________

**Address:** ____________________________

**City:** _______________________________ State: ____________ Zip: ___________

1221 Thurston, Manhattan, KS 66502 (913) 539-8763

Special THANKS TO THE UFM INSTRUCTORS who volunteer their time.
# Registration Information

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

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

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

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

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

Signature**

**Signature of Parent or Guardian required for minors.

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

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### Registration in Person
Stop by the UFM House, 1221 Thurston
HOUSERS: 8:30 am - 12 Noon
1:00 pm - 5:00 pm
Monday through Friday

Youth Scholarships are available.

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

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