Curious?

Classes for Everyone...
- A Local Antiques Roadshow
- Herbs from the Garden
- Fly Fishing
- Taekwondo
- Sunday Evening Family Swim
- Fencing
and much more...

DISCOVER What You Can Learn at UFM

UFM Community Learning Center
Teaching • Learning • Growing

1999 Fall Classes

OR CURRENT RESIDENT
What is UFM Community Learning Center...

UFM Community Learning Center is a multi-faceted community education and resource program serving K-State, Manhattan and the surrounding area. UFM has over 30 years of experience providing opportunities for life-long 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. We often offer classes you won’t find anywhere else. Popular classes include ballroom dance, golf, cake decorating and languages. Our wellness and personal development classes have been growing the past few semesters. We rely very much on the interests and needs of the community to make our programs work. Without class ideas and the willingness of the community to volunteer to teach our classes, UFM would not exist. We are a unique program where our “faculty” is the entire community. UFM is a special program that truly puts the community in education. Fall is the time to watch for the Lou Douglas Lectures. Look at the ad on page 22 for the dates and times of this year’s lecture lineup, or visit our web site at www.ksu.edu/ufm.

UFM Staff:
Executive Director—Linda Inlow Teener
Education Coordinator—Charlene Brownson
Swim Coordinator—Karen Leisner
State Outreach Coordinator—Anita Madison
Lou Douglas Lecture Series Coordinator—
Beverley Earles-Law
Office Coordinator—Tabitha Wehl
Plus all the teachers who share their talents!

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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.

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 those groups utilizing our meeting space are not necessarily those held by UFM programs, Board members, or staff.

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

ANSWERING MACHINE
You can leave a message or receive current UFM information by calling 532-8763 between 5:00 pm and 8:30 am.

THANK YOU ADVERTISERS for your loyal support
COMMUNITY REGISTRATIONS
The following dates and locations have been scheduled to make registering for a UFM class easier.

DATE TIME LOCATION
Aug 23 Mon 10 am - 2 pm KSU Union
Aug 24 Tues 10 am - 2 pm KSU Union
Aug 20 Fri 4 - 6 pm Manhattan Public Library

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 Chaslene at UFM 599-8683.

Get an idea for a UFM class? UFM is always looking for new ideas and raw projects. Let us hear from you! Call us at 599-8673 or e-mail umf@ksu.edu to share your ideas!

SPECIAL THANKS
The UFM staff would like to thank Anita Van Nevel for proof reading the UFM catalog. We appreciate the time donated by Anita to help us.

UFM INSTRUCTORS
Nicole Dusin
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Terri Eddy
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Jayson Kaus
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Lyuba Ram
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Karen Thege
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Dot Tucker
Jon Twite
Jim Walker
Richard Walker
Roy Weisenger
Harold Wellmeier
Jeff Wilson
Stan Wilson
Gary Woodward
Chae Sun Yi

UFM offers opportunities for teaching, learning, and growing. I would like to recognize and thank the outstanding UFM instructors who continue to make this possible.

CHARLES BROWSON

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

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

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

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

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

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

Congratulations
Manhattan Community Garden
celebrating your 25th Anniversary

UFM Wish List
String Weed Trimmer, Couch, Chairs, 2 Lamps, Lawn Mower
Volunteers to help with: Lawn Care and Gardening
General Building Maintenance
Thanks to those who responded to our wish list last semester!

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 form of 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 Chaslene at 599-8763.

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

UMF and the Division of Continuing Education are pleased to present the American Red Cross Learn to Swim Program Levels 1-7 to plus adult swim classes. Small classes allow for carefully guided instruction in stroke technique and water safety. Water safety is reinforced with tips and practice each day. The first day of each class is evaluated to assure that they are in the proper class. Students advance through the levels at their own rate and are moved to different class levels as space permits and skill advancement demands.

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

Parent/Infant and Parent/Tot

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

Parent must accompany child:

Level II: Primary Skills

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

Session A: (See dates at left)
AQ-44A Monday 6:40-6:50 pm
AQ-44B Monday 6:50-7:30 pm
Session B: (See dates at left)
AQ-44B Wednesday 6:40-6:50 pm
AQ-448 Wednesday 6:50-7:30 pm
Session C: (See dates at left)
AQ-44C Saturday 9:10-10:10 am
AQ-44C Saturday 10:20-11:00 am
Session D: (See dates at left)
AQ-44D Tues/Thurs 6:40-6:50 pm
AQ-44D Tues/Thurs 6:50-7:30 pm
Session E: (See dates at left)
AQ-44E Tues/Thurs 6:40-6:50 pm
AQ-44E Tues/Thurs 6:50-7:30 pm
Fee: $36 per session.

Level III: Stroke Readiness

The objective of Level III is to build on the skills in Level II by providing additional guided practice. Students will learn to coordinate the head, trunk and back crawl. They will be introduced to the elementary back stroke and to the fundamentals of treading water. Students will also learn rules for safe diving and begin to learn to dive from the side of the pool.

Students entering this course must have a Level II certificate or must be able to demonstrate all the completion requirements in Level II.

Session A: (See dates at left)
AQ-47A Monday 6:40-6:50 pm
AQ-48A Monday 6:50-7:30 pm
Session B: (See dates at left)
AQ-47B Wednesday 6:40-6:50 pm
AQ-47B Wednesday 6:50-7:30 pm
Session C: (See dates at left)
AQ-47C Tuesday 6:40-6:50 pm
AQ-47C Tuesday 6:50-7:30 pm
Session D: (See dates at left)
AQ-47D Tues/Thurs 6:40-6:50 pm
AQ-47D Tues/Thurs 6:50-7:30 pm
Session E: (See dates at left)
AQ-47E Tues/Thurs 6:40-6:50 pm
AQ-47E Tues/Thurs 6:50-7:30 pm
Fee: $36 per session.

Level IV: Stroke Development

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

Session A: (See dates at left)
AQ-10A Monday 6:40-6:50 pm
AQ-10A Monday 6:50-7:30 pm
AQ-10B Wednesday 6:40-6:50 pm
AQ-10B Wednesday 6:50-7:30 pm
Session C: (See dates at left)
AQ-10C Saturday 9:10-10:10 am
AQ-10C Saturday 10:20-11:00 am
Session D: (See dates at left)
AQ-10D Tues/Thurs 6:40-6:50 pm
AQ-10D Tues/Thurs 6:50-7:30 pm
Session E: (See dates at left)
AQ-10E Tues/Thurs 6:40-6:50 pm
AQ-10E Tues/Thurs 6:50-7:30 pm
Fee: $36 per session.

"Like snowflakes, no two children are alike." —Grace Walker

"Happiness is like a pm, you can't spread even a little without getting some on yourself." —unknown.
Lap Swimming for Parents

Session A: (See dates on page 4) AQ-25A Mon/Wed/Fri 6:30-7:30 pm Fee: $38 per session

Session B: (See dates on page 4) AQ-25B Tues/Thurs 6:30-7:30 pm Fee: $38 per session

Session C: (See dates on page 4) AQ-25C Wed/Thurs/Fri 6:30-7:30 pm Fee: $38 per session

Session D: (See dates on page 4) AQ-25D Mon/Thurs/Fri 6:30-7:30 pm Fee: $38 per session

Hydroscobics: Water Exercise

Session A: (See dates on page 4) AQ-26A Mon/Wed/Tues/Thurs/Fri 6:30-7:30 pm Fee: $38 per person

Session B: (See dates on page 4) AQ-26B Wed/Tues/Thurs/Fri 6:30-7:30 pm Fee: $38 per person

Session C: (See dates on page 4) AQ-26C Thur/Fri 6:30-7:30 pm Fee: $38 per person

Adult Swim Lessons

Session A: (See dates on page 4) AQ-19A Mon/Wed/Fri 6:30-7:30 pm Fee: $38 per session

Session B: (See dates on page 4) AQ-19B Tues/Thurs/Fri 6:30-7:30 pm Fee: $38 per session

Session C: (See dates on page 4) AQ-19C Thur/Fri 6:30-7:30 pm Fee: $38 per session

Lap Swimming Ages 13 plus

Session A: (See dates on page 4) AQ-22A Mon/Wed 5:30-7:30 pm Fee: $38 per session

Session C: (See dates on page 4) AQ-22C Tues/Thurs 5:30-7:30 pm Fee: $38 per session

Session D: (See dates on page 4) AQ-22D Wed/Fri 5:30-7:30 pm Fee: $38 per session

Session E: (See dates on page 4) AQ-22E Thur/Thurs 5:30-7:30 pm Fee: $38 per session

Session F: (See dates on page 4) AQ-22F Fri 5:30-7:30 pm Fee: $38 per session
GRE Preparation FC-10
Planning to take the Graduate Record Exam? Take advantage of our GRE preparation program to help improve your score! This comprehensive, up-to-date program offers you three basic ingredients for success: review, strategy, and practice. The carefully designed curriculum consists of both classroom and home study hours. Analysis and review consists of the three GRE subject areas of Math, Logic and Verbal Skills. The practice tests will be analyzed so you learn the reason behind the correct answers. Registration includes all live class and at-home study books from the Fairfax Lectors. Registration deadline: September 1.
Date: September 14 - October 28 (Tuesday & Thursday)
Time: 7 - 9:00 pm
Practice Test:
October 23 (Saturday) 8 am - Noon
Fee: $210
Location: 23 Cardwell Hall, Saturday class Cardwell 101

LSAT Preparation FC-11
This is a comprehensive 28-hour review, presented over a 6-week period of meetings on Tuesday and Thursday evenings. A practice test is scheduled on a Saturday morning. This course precedes the October exam. The course features:
- In-class and Home Study Materials
- Low Course Fee (Comparable to courses costing $795)
- Pre-test Room
- Analytical Lectures
- Test Taking Strategies
- Sample Writing Assignments with Instructor Critique
- Convenient KSU Campus Location
Instructor: Ashley Hensley
Date: August 24 - September 30 (Tuesday and Thursday)
Practice Test September 25 (Saturday)
Time: 7 - 9:30 pm
Fee: $210
Location: Durand Hall, Room 161, KSU
Enroll by Aug. 9 to receive workbook by first class

Tax Advantaged Investments FC-05a
Jeff Elbert
Date: October 19 (Tuesday)
Time: 7:30 pm
Fee: $8
Location: Waddell & Reed, Conference Room
555 Poyntz Ave.

Financial Planning For Women FC-06a
Ninety percent of women become wholly responsible for their own financial welfare sometime during their lifetime. It's critical for women to take an active role in managing their money and preparing for the future. This class will cover basic information to provide structure in planning and managing your finances. Information on investing will be included.
Diane Frerly (537-4355) is a graduate of Kansas State University. She holds a degree in economics and business management. She is Financial Advisor with Waddell and Reed Financial, Inc.
Date: September 20 (Monday)
Time: 7 - 8:30 pm
Fee: $8
Location: Waddell & Reed, Suite 280
555 Poyntz Ave.

Investing in Retirement FC-12a
D.C. Lemmert is an Investment Representative with Edward Jones. He received his Master’s degree from KSU in Economics and taught in the Economics and Finance departments at KSU for nearly 6 years. He enjoys teaching and helping people reach their goals.
Date: October 11, 13, 15 (M/W/F)
Time: 10 - 11 am
Fee: $22
Location: UFMA

Specal THANKS TO THE UFM INSTRUCTORS who volunteer their time.
Gain Control of YOUR Money

FC-01a

Debt-Free Prosperous Living

Anyone, that means YOU, can become debt-free. You can pay off all debts, including your mortgage, with the money you’re currently earning! This class teaches a simple, viable system for eliminating ALL of your debts. You can achieve financial independence as you discover how to operate 100% on cash. Never need credit again and quickly and safely build retirement wealth. You will complete this class knowing you can become debtfree. Everyone attending this seminar will have the option to get an individual consultation to establish their debt-free date.

Stefly Coleman (776-3666) is Primatrics’s Debt Specialist for this area. She is a graduate of KSU School of Business Administration with a Bachelor’s Degree in Finance. She has 9 years combined experience in the financial services industry. She enjoys teaching others how to get out of debt sooner and free up money.

Date: September 14 (Tuesday)
Time: 7 - 9 pm
 Fee: $8 individual/$12 couple
Series: Gain Control, Debt-Free, & Investing
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 with practical, easy-to-understand language, using examples you can put into practice. Topics include investment basics, types of products, and developing a personal financial game plan that will help you plan your secure future for you and your family. No matter how much or how little money you have, these principles apply to you. Everyone attending this seminar will have the option of receiving a complimentary Financial Needs Analysis to help establish their road map for their various goals and dreams.

Karen Thye (776-3666) is a Personal Financial Analyst with Primatrics, a member of Citigroup. She received a B.S. degree from the University of Nebraska, Lincoln. Karen has been working with Primatrics Financial Services for the last 2 years, helping families to attain debt freedom and financial independence, and an overall better quality of life.

Date: September 21 (Tuesday)
Time: 7-9 pm
Fee: $8 individual/$12 couple
Series: Gain Control, Debt-Free, & Investing
Location: UFM Conference Room

Financial Needs of Small Businesses

Owners

FC-13a

Designed to meet the needs of busy small business owners and those who are planning to start a new business, class topics include management tools, financing, retirement plans available to small business owners and tax considerations. Participants will evaluate their current and expected future needs and explore possible methods of achieving long-term business goals.

D.C. Lehman

Date: October 21, October 30 (Saturday)
Time: 8 am - 12 Noon
Fee: $24
Location: UFM

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.

Financial Needs of Small Businesses

Owners

FC-13b

D.C. Lehman

Date: November 14 and 21 (Sunday)
Time: 2 - 4 pm
Fee: $24
Location: UFM

Debt-Free Prosperous Living

FC-02b

Stefly Coleman (776-3666) is Primatrics’s Debt Specialist for this area. She is a graduate of KSUM School of Business Administration with a Bachelor’s Degree in Finance. She has 9 years combined experience in the financial services industry. She enjoys teaching others how to get out of debt sooner and free up money.

Date: October 19 (Tuesday)
Time: 7 - 9 pm
 Fee: $8 individual/$12 couple
Series: Gain Control, Debt-Free, & Investing
Location: UFM Conference Room

Managing the Blues

Barbara Pearson, Psy.D.

2001 Clifton Road (Sunset & Clifton)
Call for information or brochures on stress, the blues, and depression.

"Managing the Blues" and screening for depression are offered as a community service in support of National Depression Screening Day, Oct. 7. For information or a free screening appointment call 587-4310.

Date: October 6 7 PM Free

All participants must register in advance.
Self & Personal Development
1221 THURSTON 539-8763

SHARP Self-Defense for Women
This course has been designed to offer women quick, easy, and extremely effective techniques for defending themselves against violent physical assault and rape. By empowering women to better protect themselves, they gain confidence in social and professional environments. All material is taught from a practical approach with techniques that require little physical strength and therefore are useful to women of all ages and physical condition.
Diane Toner (827-7502) is a black belt in Taekwondo and Hapkido and is a certified instructor with the American Taekwondo Association. She has 14 years experience teaching martial arts, police defensive tactics and Sexual Assault Assistance and Rape Prevention for Women.
Date: September 17 (Friday)
Time: 6:30 - 10 pm
Fee: $14 inc. 1/30 mother-daughter
Location: First Lutheran Church (Basement)
930 Poyntz

Intro to Zen Buddhist Philosophy & Practice
Zen Buddhist philosophy aims for enlightenment by direct intuition through meditation. Join us for discussion and practice of Zen meditation (Zazen) with a major focus on the Soto tradition or "school". Other traditions will also be discussed. Please bring a cushion to sit on in class.
Leo Rappaport (532-6850) is a Professor of Psychology at K-State and has been a student of Zen Buddhism for approximately 11 years, practicing under the direction of Soto masters Hsien Kataki and Shokouzo Okumura. He is affiliated with the Minneapolis Zen Meditation Center.
Date: October 15 & 20 (Wednesday)
Time: 7:30 - 9 pm
Fee: $14
Location: 631 Levee Rd.
Industrial Park next to the Animal Shelter

Depressive/Manic Depressive Illness
Would you like to know more about mental health issues and support systems that are available? This class will provide information to individuals wishing to learn more about these issues and the support systems available to family members, friends, or individuals diagnosed with bipolar disorder or schizophrenia.
Jill Walker (229-2271) is a retired Army Colonel. His spouse was diagnosed with bipolar disorder in 1983. Jill currently serves as the coordinating facilitator for the Flint Hills Depressive/Maniac Depressive support group since 1994. He was employed as a counselor in the Army Career and Alumni Program Center at Ft. Riley, providing job assistance and resume services for separating and civilian personnel. He is a member of the Professional Association of Remote Workers Job Assistance Trainers Association, City of Manhattan Parks and Recreation Board, District Chairman Outreach District Boy Scouts of America, and a Member of the National Depressive/Maniac Depressive Association.
Date: September 9 (Thursday)
Time: 7 pm
Fee: $8
Location: UFM Conference Room

Depressive/Manic Depressive Illness
Jill Walker
Date: October 14 (Thursday)
Time: 7 pm
Fee: $8
Location: UFM Conference Room

Depressive/Maniac Depressive Illness
Jill Walker
Date: November 11 (Thursday)
Time: 7 pm
Fee: $8
Location: UFM Conference Room

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

"Once your deficiencies and acknowledge them, but do not let them master you. Let them teach you patience, sweetness, insight. When we do our best we can, we never know what miracle is wrought in our life, or in the life of another."
— Helen Keller

Introduction to Meditation
This class is an overview of understanding meditation practices. It is aimed at those interested in knowing more about the art of meditation and/or those wanting to take up a path of spiritual meditation practice. It is 70% lecture and discussion, and 30% experiential. Although there can be other objectives, the class seeks to help the person reach the higher states of consciousness. There are as many reasons to achieve these states as there are people. Consequently, there are also hundreds of different methods of meditation. Here’s one which is the correct practice for him or her! This class will touch on some of the more successful methods and attempt to assist the participants in identifying the method that is best for them. Please bring a cushion or blanket and wear loose clothing.
Stan Smith (3-800-224-4851) voice mail is an author and editor of books on meditation spirituality and a long time practice therapist/student of a variety of Eastern and Western spiritual meditation practices. Traveling throughout Asia and the Orient, he has trained and conducted with many noted meditation and spiritual teachers.
Date: October 25, 26, 27 (Mon/Tue/Thur)
Time: 6:30 - 8 pm (Mon/Tue), 9 - 10:30 am (Sat)
Fee: $14
Location: 631 Levee Rd.
Industrial Park next to the Animal Shelter

The Hidden Realm of Pure Mind
Since the beginning of man’s time on earth, humans have attempted to reach the highest spiritual dimensions in search of the wisdom necessary to answer the eternal questions: who am I, why am I and what happens when I die? Those guided by a true spiritual practice achieved the awakening experiences necessary to understand the answers and further unravel the "mystery" of death and the reincarnation process. What they found was passed along from teacher to student while in a transpersonal high consciousness state and ordinary consciousness. Added to the book Beyond Forever: Unlocking the Secret to Eternal Life (trade mail) is a meditation book that can gain strength knowing into the purpose of life and the true process of reincarnation, learn to align themselves with the spiritual dimensions, and directly participate with the energetic forces around us.
Stan Smith (1-800-224-4851) voice mail

Andrea Blair, M.Ed. Educational Consultant
Specializing in Learning Disabilities and Attention Deficit Disorder
- Advocacy
- Organizational Strategies
- Employee Education
Call for Information
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785-776-3597

Charlson and Wilson Insurance Agency
Telephone 758/537-1600
Fax 758/537-1657
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P.O. Box 1909
Manhattan, Kansas 66505
For all your insurance needs
Charles Hostetler • Dan MesseI Jeff Kruse • Mike Widman

UFM classes make great gifts.
Backyard Botanicals: Growing and Using Herbs

Step with Raasie into her garden. You will see how herbs grow together with other plants and learn some uncommon uses through sight, smell and taste. Handouts and samples included.

Raasie Raasie (776-2350) is a Health Educator with a Masters Degree in Clinical Health Education. She has over 10 years teaching experience. Raasie's goal is to help people help themselves with informed choices.

Fly Fishing

This course will cover the proper techniques for performing four basic fly casting techniques: fly casting, pick up and put down, false casting and shooting a line. We will also cover tying flies, and fly fishing equipment and techniques to the dry flies, wet flies and nymphs. All equipment needed will be provided by the instructor.

Paul Solomann (949-2340)

Date: September 1 - September 25 (Wed/Thurs)
Time: 6 - 8 pm
Fee: $344 credit/ $355 non-credit
Location: Eisenhower Middle School
300 Walters Dr.

Herbs from the Garden:
Guide to Herbal Medicine

Herbal medicine: what works and what doesn't? What to avoid? Participants in this class will learn the answers to these questions along with risks and rewards of several other herbs. There will be a discussion on brands, how they are rated for quality and what to look for on the label. Samples will be included in the class fee.

Ranra Cawka (776-2350)

Date: October 2 (Saturday)
Time: 1:30 - 3:00 pm
Fee: $17
Series of 4 - $48
Location: 2820 W. 60th Ave.
Enrollment deadline September 28.

Herbs from the Garden:
Making Herbal Remedies

Learn how to make your own herb thimbles, teas and other remedies. Many herbal remedies will be identified along with making samples. Handouts and samples are included in the class fee.

Ranra Cawka (776-2350)

Date: October 6 (Saturday)
Time: 1:30 - 3:00 pm
Fee: $10
Series of 4 - $48
Location: 2820 W. 60th Ave.
Enrollment deadline October 22.
Martial Arts
1221 THURSTON 539-8763

MA-05

Beginning Aikido
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 learn Aikido techniques of defense, and develop the movement qualities to perform them. The techniques can be easily combined into a short performance program called "Taigi" which we will learn. Instruction will also consider the spontaneous interests and needs of the participants. This class is for men and women, adults and teens aged 12+

Paul Glowe (565-0554) began practicing Aikido in 1988 at Cloud County Community College. He assisted the instructor and worked with beginners before leaving the area in 1991. His training is with Ki Society Aikido. He has passed testing for the three levels of Aikido. He has developed with Kalsidyra's Tae Kwon Do, chief instructor in the United States for Ki Society Aikido. Paul has taught at UFM since 1995.

Date: September 1 - December 8 (Mon/Wed)
Time: 7 - 8:30 pm
Fee: $56
Location: Abearn
No Class September 6

MA-04

White Phoenix System Basics
This class will cover Kung Fu basics and judo self-defense. Focus will be on two person drills. If time allows, participants will learn the form, Sandan Kata.

Date: August 25 - October 13 (Wednesday)
Time: 8 pm
Fee: $42 fee includes 3 manuals
Location: Abearn Fieldhouse, KSU

MA-01

Tae Kwon Do I
Tae Kwon Do is a traditional Korean martial art designed to provide the ultimate in unarmed self-defense. Block, kick, punch, and kick development balance, flexibility, and agility while improving cardiovascular fitness and self-confidence. Teaching methods include class demonstrations and practice without physical contact. Each student will be given an opportunity to purchase a uniform and belt at the first class. After two months of class an optional testing to advance in the Tae Kwon Do degree ranking is held in Topeka. The cost is not included in the class fee and a uniform is required for testing. Age 9+

**Tuesday, Aug. 24, at 6:30 pm, a Public Demonstration and formal introduction of instructors will be conducted in Abearn Fieldhouse, KSU.

Grandmaster Choo Sun Yi (520-862-6) is an 8th degree black belt with over 38 years experience in Tae Kwon Do. He is a former Captain and Chief Instructor of Tae Kwon Do for the ROK Army National Team, and he has held classes at KSU since 1975. Instructor David Moore (539-676-6) is a 3rd degree black belt with over 5 years experience in Tae Kwon Do. He has been assisting/teaching for over 4 years.

Date: August 24 - December 9 (Tuesday & Thursday)
Time: 6:30 - 7:30 pm
Fee: $72
Location: Abearn Field House, KSU
No Class November 25

MA-02

Tae Kwon Do II Advanced
Grandmaster Choo Sun Yi (520-862-6), Instructor David Moore (539-676-6)
Date: August 24 - December 9 (Tuesday & Thursday)
Time: 7:30 - 8:30 pm
Fee: $72
Location: Abearn Field House, KSU
No Class November 25

SHARP—Self Defense for Women is offered in the PERSONAL DEVELOPMENT section of this catalog.

Youth
1221 THURSTON 539-8763

YO-01

Kids On Campus
Join us for a fun-filled, educational field trip of the KSU campus. We will visit several departments with interesting activities, take time out for bowling, eat lunch at the Student Union and return to UFM. This program is geared for children 3rd - 6th grade. Call UFM, 539-8763 for a complete list of activities. Fee includes lunch and a game of bowling at the K-State Union.

Date: October 28 (Thursday)
Time: 8 am - 5 pm
Fee: $25
Location: Meet at UFM

YO-02

Introduction to the Dance: Ballet, Tap & Jazz
This is an introductory class designed to provide exposure to ballet, jazz, and tap dance. Contact Buddy Moore for details.

Date: September 10, 17 (Friday)
Time: 5:15 - 6:30 pm
Fee: $8
Location: 2416 Rogers Blvd.

** TENNIS ** FENCING **
Tennis and Fencing classes for Youth... See the RECREATION section.
The Goal of This Directory
To provide information about alternative and complimentary health options that are available in the Manhattan area. Each participant in this directory has a written description of what they offer and services they provide. We hope you will be able to make a connection that will help improve your whole health: mind, spirit and body.

What is Holistic Health?
The whole person is one's physical, mental, emotional, and spiritual being. Each affects the others. Holistic Health focuses on the whole being and can be complimentary to conventional health practices.

Liability Statement
The Holistic Health Directory provides advertising services. Participants choose to assume all risk of loss, damage, or injury that may be sustained. UFM assumes no responsibility for costs involved with individual injury or property loss incurred. It is recommended that all participants consult a medical physician and have a complete physical before engaging in any physical recreation program or seeking alternative health care. The information in this directory does not constitute medical advice.

Advertising Information
Please call Charlene at UFM, 539-4763, for information about placing an Ad in the Holistic Health Directory.
PRACTITIONERS

Flint Hills Peacemakers
4531 McDowell Creek Rd.
Manhattan, KS 66502
(785) 539-0370

Universal Life Energy therapies that promote holistic self-healing naturally:
- Reiki
- Gemisphere Energy Medicine
- Aromatherapy
- Numerology
- Color & Sound Therapies

Evening & weekend appointments available.
For appointment, call June Hunzeke 539-0370.

Integrative Bodywork
2750 Brittany Terr. #10
Manhattan, KS 66502
(785) 776-9804

Jack Windhorst
- Rolfing *
- Massage Therapy

Vera Orlock
- Body - Mind Centering *
- Structural Integration
- Cranial - Sacral Therapy

Chiropractic Natural Health Care
1130 Westport Dr.
Manhattan, KS 66502
(785) 539-9113

Dr. Larry Dall
- Kinesiology
- Total Body Modification
- Neuro Emotional Technique
- Bio-Energetic Synchronization Technique
- Acupuncture
- Nutrition

Dot Tucker
(785) 776-6776

- Specializing in massage for women
- Graduate of Central California School of Body Therapy

For more info call or e-mail loeckt@webtv.net

The Yoga Connection
1428 Beechwood Terr. #12
Manhattan, KS 66502
(785) 537-8224

Ana Franklin
- Six-week sections through UFM
- Open (come when you can) yoga classes & private lessons by appointment
- Herbal Products for health and consultations also available
- For more information call Ana Franklin at 537-8224.

Body First
2316 Anderson Ave.
Manhattan, KS 66502
(785) 587-8300

Doug Sellers, NCTMB/Laura Ebert, C.M.T.
- Swedish Massage
- Reflexology
- Neuro-Muscular
- Acupressure
- Hydrotherapy
Hours: Mon-Fri 8 am - 7 pm; Sat 9 am - 6 pm
- Gift Certificates
www.bodyfirst.com

Nicole Dusin, RMT
409 Laramie
Manhattan, KS 66502
(785) 539-8172

- Registered Massage Therapist
- Therapeutic Massage
- Pre-Natal & Infant Massage
- Hydrotherapy
- Ear Candling

Enell Foerster
920 Raton
Manhattan, KS 66502
(785) 537-6977

- Body Recall
- Chi Lei
- The Heart Meditation
- Sunriver Herbal foods and Kandesin skin care products available

Four Winds Therapeutic Massage
1114 Laramie St.
Manhattan, KS 66502
(785) 539-5919

Bernice Martin
- Licensed Massage Therapist
- Therapeutic Massage
- Seated Massage
- Hot Tub
- Sauna
- Meditation Area
- Self-Help Library
- Creative Play Area

Lifecenter Bodywork
(785) 537-3607

Sandrea Snyder
- Reiki
- Deep Tissue Massage
- Sports Massage
- Reflexology
- Infant Massage
- Pets Massage
- Licensed Massage Therapist

Patronize our advertisers! Let advertisers know you saw their ad in the UFM Catalog.
Gemisphere Energy Medicine

Gemstones...contain life force. This force is the divine energy that sustains, nourishes, and enlivens all living things.

—Guardian of Quartz

If you want to help yourself realize your own dreams, work with a crystal that has been rounded into the shape of the earth or the sun. Then the crystal will become like the sun and radiate its energy into your aura and touch every part of your being.

—Guardian of Indigo

You, the people of Earth, are in the process of taking one of the greatest steps in your history. Use the tools that are already available to you to help take this leap. These tools are gifts. They have already been given. It is up to each individual to unwrap and accept them.

—Guardian of Aventurine

Gemisphere Luminary 1997
Michael Katz

To learn more about Gemisphere Energy Medicine: See page 20 in this catalog or call (785) 539-0570; or check Gemisphere web site at www.gemisphere.com

HEALTH PRODUCTS
People’s Grocery Co-op
811 Colorado
Manhattan, KS 66502
(785) 539-4811
• Community-Owned—Open to Everyone!
• Quality Natural Foods at Co-op Prices.
• A Variety of Natural Foods, Health & Beauty Products and Supplements
• Organic Produce and Dairy Products
• Domestic and Imported Cheeses
• Fresh Ground Peanut Butter
• Organic Grains and Flours
• Food Allergies? Come See Us!

WELLNESS/EXERCISE PROGRAMS

UFM Hydroaerobics: Water Exercise
KSU Ahearn Natatorium
KSU K-State Campus
(785) 539-8763
This is a 55-minute water exercise that uses water resistance to give participants a great workout. This class is designed to use water exercises for the development of physical fitness, muscle tone, flexibility, and cardiovascular endurance. Exercises are done in a vertical position with head and shoulders out of the water. Both the swimmer and the non-swimmer will benefit from the class. Classes will be held Mon/Wed, Tues/Thurs or Mon-Thurs at 6:35 to 7:30 pm. To register, please call UFM at 539-8763.

L.I.F.E.
KSU Ahearn Natatorium
KSU K-State Campus
(785) 532-0704
• Affordable prices
• Personal assistance available as requested
• Fitness assessments and consultations
• Two weight rooms
• Cardiovascular equipment
• Aerobics classes
• Swimming pools
• Water aerobics
• Running/walking track
• Basketball courts
For more information call 532-0704.

Advertising Information
Please call Charlene at UFM, 539-8763, for information about placing an Ad in the Holistic Health Directory.

Coming in the Spring!

UFM’s Holistic Health and Body Works Fair
Saturday, April 8, 10 am to 3 pm
Free Admission

Learn about the alternative/complementary health options that are available in the Manhattan area.

Massage Sessions
Alternative therapies
Wellness Topics

Chiropractic Practitioners
Health Products
Lectures

• Products • Crafts • Music • Fun • Free • Food

Space is available for practitioners and related health products and programs.
For more information, call Charlene at UFM, (785) 539-8763.
Therapeutic Aromatherapy Workshop for Holistic Health Professionals

For Information contact:
Karma Smith
785-539-3733
Ana Franklin
785-537-8224
Leen Rappeport
785-532-0616
Bob and Kay Stonet
785-539-5748
Christine Van Swaay
785-539-5439
Stan Stitz
voice mail 800-204-4851
or email: dragon@networkplus.net

UFM’S WELLNESS CLASSES

UFM continues to offer a variety of wellness & personal development classes. These classes give individuals opportunities to learn about holistic health and other alternative/complementary health options. The classes also create networking opportunities, where people can meet and share similar interests. Many of the instructors have studied extensively to learn ancient healing arts from different countries and cultures.

Classes offered this fall include:
• Introducing Jin Shin Jyutsu A Self-Help Class and
• Continuing Jin Shin Jyutsu Self-Help

By: Karma Smith
• Yoga for Body and Mind
By: Ana Franklin
• Introduction to Reiki
• Introduction to Gemstone Energy Medicine and
• Q.G.M. and the Seven Color Rays
By: June Honacke
• Massage for the Individual and
• Massage for Couples
By: Beneco Martin
• Tai Chi Chuan for Beginners
By: Mel Hwa Terhune
• Tai Chi for Ages 55+
• Introduction to Feng Shui
By: Don Terhune
• What’s Wrong With Me? “The Aching All Over Disease”
By: Dr. Larry Dall
• Herbs in the Garden Series: Growing & Using Herbs, Herbs in the Kitchen, Guide to Herbal Medicine, and Making Herbal Remedies
By: canoe Cushing
• Vegetarian Cooking
By: Mike Berella
• Introduction to Meditation and
• The Hidden Realm of Pure Mind
By: Stan Stitz
• Introduction to Zen Buddhist Philosophy & Practice
By: Leon Rappeport

For Information contact:
Karma Smith
785-539-3733
Ana Franklin
785-537-8224
Leen Rappeport
785-532-0616
Bob and Kay Stonet
785-539-5748
Christine Van Swaay
785-539-5439
Stan Stitz
voice mail 800-204-4851
or email: dragon@networkplus.net

The Pure Mind Center has been organized and is being developed through the cooperative efforts of several practitioners and teachers of the meditative arts in Manhattan.

“The Dome” has been donated for this use by the Pure Mind Foundation, 1228 Westloft, Manhattan, KS 66502

Pure Mind Center
for the Meditative Arts

• Its purpose is to provide facilities for the study and practice of a variety of spiritual, meditative, and holistic health practices. The Pure Mind Center welcomes practitioners and teachers from different traditions who are seeking space for their practices or would like to offer teachings or workshops.

• Presently we have scheduled the Manhattan Zen Group; The Yoga Connection with Ana Franklin; Introductory, Beginning and Advanced Meditation Classes; Jin Shin Jyutsu Self-Help Classes and Individual Sessions with Karma Smith; Silent Sitting Practice; Tai Chi Practice; Advanced Pure Mind Practice with Stan Stitz.

• We also host several UFM classes. See the UFM catalogue for information.

361 Levee Drive
next to the Animal Shelter

Special thanks to all UFM INSTRUCTORS who volunteer their time!
ESL English Language as a Second Language

Language

1221 THURSTON
539-8763

ESL English Language as a Second Language - LA-01a

This class will focus on conversation, casual and some survival English. If you are willing to take a chance with the language (please join us). Feel free to call the instructor for more information.

Andy Smith (778-6969) speaks English, French and Greek. She has a Master's degree in French. Andy teaches people and likes to help others improve their English skills.

Date: September 2 - September 30 (Tues/Thurs)

Time: 7 - 8 pm

Fee: $36

Location: UFM Multi-Purpose Room

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

French

Are you planning a trip to France or would you like to learn the language? This class can introduce you to the French language and culture. You will learn travel expressions, basic grammar, and everyday vocabulary, including greetings, telling time, weather, family, travel, food and restaurant words.

Emile Ratier (509-4206), a naturalized citizen, is originally from Tunisia, Egypt. His training course, "Stage du Formation Pedagogique," was from the Catholic University of West Angers, France. He received a French Diplomas from the Egyptian Government and the Embassy of France in Cairo, Egypt. His learning experience includes working with adult Egyptian teachers, primary level students and as a librarian at a Jewish French School in Cairo.

Date: November 2 - November 30 (Tues/Thurs)

Time: 7 - 8 pm

Fee: $36

Location: UFM Multi-Purpose Room

Beginning Sign Language - LA-03

This class is designed for individuals who are interested in learning the basic skills of Sign Language. On the first day of class there will be a discussion of available books and determine which to use for this class.

Stephanie Strover (778-6750) attended her first sign language class at UFM three years ago. Since then, she has studied at Emporia and is now attending KSU. She is looking forward to sharing her knowledge and interest of sign language with others.

Date: September 7 - October 12 (Tuesday)

Time: 7 - 8 pm

Fee: $49

Location: 250 Justin Hall, KSU

Beginning Russian - LA-05

Participants will learn how to read Russian, to introduce themselves in Russian, to ask simple questions about the other person, directions, and how to order food in a restaurant. During the last lesson there will be an opportunity to prepare and taste Russian Blinchni a nutritious vegetable snack. There will also be an introduction to Russian culture.

Luba Ramen (509-6910) received a B.S. degree in teaching foreign languages in Irkutsk (the city close to Lake Baikal) and an M.S. degree in Saint Petersburg. She taught in Russia for many years. She also taught Russian at Fort Riley to soldiers and has been an instructor at UFM for many years. Luba would like participants to acquire some modest Russian language skills and broaden their knowledge about Russia.

Date: September 14 - 30 (Tues/Thurs)

Time: 7 - 8:30 pm

Fee: $27

Location: UFM Banquet Room

Advanced Russian - LA-06

This class is for people who have taken Russian and would like to continue learning the language. All discussions will be in Russian, also participants will get to view a Russian movie. Prerequisite: four semesters or more, equal to KSU Russian course. During the last lesson there will be an opportunity to prepare Siberian Pelmeni, this dish is similar to Italian ravioli that is stuffed with meat.

Luba Ramen

Date: October 5 - 21 (Tues/Thurs)

Time: 7 - 8:30 pm

Fee: $27

Location: UFM Banquet Room

"Doings work out best for those who make the best of the way things work out." - Anonymous

Take a Peek at the Past

(Rall visits—including looks, peaks & stores—are free.) That’s right...free!

Riley County Historical Museum

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

Goodnow House Museum

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

Call 565-6490 for hours

Pioneer Log Cabin

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

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

Wolf House Museum

- 1863 stone home also served as a boarding house
- Furnished with period antiques
- Special exhibits 1:00-5:00 Saturday 2:00-5:00 Sunday

For more information, call 565-6490

Survival Skills in Czech

LA-07

This practical class is intended especially for those who are going to travel to Czech Republic. The participants will learn the Czech alphabet, basic vocabulary and phrases. Special emphasis will be placed on correct pronunciation and on the ability to read, understand and reply to simple questions. Information will also be provided on the culture, lifestyle and living expenses in Czech Republic and other topics necessary for basic "survival." The book and tape "Teach Yourself Czech" is available in the trade section at the Union Bookstore. This class is intended for those who have never taken a Czech language class before.

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

Date: September 1 (Wednesday)—dates will be determined at the 1st meeting

Time: 7:30 pm

Fee: $68

Location: UFM Conference Room

Arabic Language

LA-08

This class is an introduction to Arabic Language. Participants will learn basic grammar and vocabulary.

Youssef Alawi is half Palestinian and has lived in Saudi Arabia for 16 years where she attended an Arabic school. She is familiar with the Middle Eastern culture, speaks Arabic fluently and is very active with Arabic students at KSU.

Date: September 10

Time: 7 pm

Fee: $57

Location: Conference Room

"A smile happens in a flash, but the memory of it lasts a lifetime." - Unknown

Win $1 off any UFM Class...

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

For more information, call 565-6490
Creation of a Three-Dimensional Mosaic Seed Bird CF-01
The instructor will demonstrate and assist you in creating a three-dimensional mosaic seed bird, a craft invented and developed by him. Use Elinor's glue to fasten seeds, pods, and other plant materials to a simple wooden armature (provided) to make one of a variety of small bird species. The result is an amazingabile bird model. (See an example at the Country Gift Shop in the Hospital.) Materials for creating your seed-bird, glass dome and wooden base are included in the class fee.

Dwight Nesmith (776-5051) is a retired Engineering Professor and has been making the seed-birds for about 25 years - an original hobby which turned out to be quite successful. He was an invited craftsman at the Fall Crafts Festival at Silver Dollar City for 10 years. After a 6-year hiatus, he has returned each fall since 1996. Dwight was the recipient of the 1996 Ceramic Education Award.

Date: September 29 (Wednesday)
Time: 7 - 9:30 pm
Fee: $36
Location: UFM Multi-Purpose Room

Paper Pieced Quilting CF-05
Paper piecing is a quick and easy way to make virtually perfect Pieced blocks for quilting projects. Using a paper foundation pattern, you follow a numbered order of adding fabric. Produce intricate designs, sharp edges and points with this easy guide. Bring your sewing machine and iron. Patterns and fabrics will be provided for your sample in-class project. Holidays, Thanksgiving or Christmas patterns are available.

Linda Toner (539-7667) enjoys sewing and quilting. She has done a number of paper piecing projects, some with small and intricate designs.

Date: September 29 (Wednesday)
Time: 7 - 9:30 pm
Fee: $8
Location: UFM Multi-Purpose Room

Native Americans of Kansas: Past and Present CF-06
Would you like to learn about the Native Americans of Kansas? Join us for this class and view slides and artifacts to learn about the history and get information about the present day Native Americans of Kansas. Doug Tippin, a social studies teacher who has visited the reservations in Kansas, attended pow-wows, and collected artifacts for many years. He will be sharing his knowledge of Native Americans both past and present.

Date: November 10 (Wednesday)
Time: 7 pm
Fee: $8
Location: UFM Fireplace Room

Watercolor Combined With Other Media CF-08
Would you like to learn watercolor techniques from an artist? This class will give you the opportunity to learn techniques using watercolor paint with colored pencil, ink & collage on paper. The instructor will supply paint, participants need to bring some small brushes and a container for water. Both adults and teens are welcome to enroll in this class.

Gary Woodhead (776-0563) is an Associate Professor of Art at Kansas State University. His specialization is teaching design and drawing. He has exhibited both nationally and internationally. He used watercolors and other media in his own work.

Basic Hair Braiding CF-03
Create a new look for yourself or your daughter, mother or friend. Participants will learn how to braid their own hair. The main focus will be on French braids. Handouts include a variety of lengths and styles (with directions). Tiaras and bun sets will also be covered.

Raina Cushing
Date: November 6 (Saturday)
Time: 1:30 - 3:00 pm
Fee: $15
Location: Fireplace Room

The Art of Role Playing Adventure Systems CF-11
This class is for those who would like to learn the how-to's of several role-playing systems: Shadow Run, Palladium, Advanced Dungeons & Dragons, and others, if time allows. There will be several adventures in each system. Participants will learn how to establish characters.

Richard Walter (637-6345) has been coordinating role playing games for the last 15 years. He would like to share his knowledge with others at this class.

Date: September 7 - November 23 (Tuesday)
Time: 7 pm
Fee: $8
Location: UFM Fireplace Room

Who gets Grandma's Yellow Pie Plate?
Personal property transfer is an issue frequently ignored until a crisis occurs or immediate decisions need to be made. The issue of transferring non-titled property is often assumed to be uncomplicated or an issue that just takes care of itself. Experiences of family members and attorneys working with families suggest otherwise. Through participating in this program, you will receive tools that enable you to make additional decisions.

Making decisions about the transfer of personal items is best done when you're not under pressure or in the midst of a crisis. If you are ready to get started on this process, join us on September 16.

Saralyn Fleming Jackson, CPCC - Riley County Extension Agent, Family and Consumer Service
Date: September 16 (Thursday)
Time: 7 - 9 pm
Fee: $15 individual, $14 couple
Location: UFM Conference Room

Children's Books
If you're interested in writing for children but don't know how to begin or how to market your work, this class will get you started. You'll learn about resources that will answer your questions, how the publishing market works, and problems to avoid. The class is not primarily a writing technique or critique session, but there will be an opportunity at each class for participants to share manuscripts or ideas they wish.

Jerr Gerretszen (776-0565) is owner/publisher of Ravencroft Press, which has published two books since its creation in 1997. Her articles for children have been published in Highlights for Children, Children's Digest, The Friend and other national children's magazines. She has presented at many workshops for children's writers. She also brings a strong knowledge of and love for children's literature from her former position of children's librarian at Manhattan Public Library.

Date: November 13 & 20 (Saturday)
Time: 2 - 5 pm
Fee: $42
Location: UFM Fireplace Room

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

Jerr Gerretszen (776-0565) created Ravencroft Press in 1997 to publish Johny Katz—The Pioneer Spirit of Kansas, about the statue in the Manhattan City Park. In 1998, Ravencroft published Jane and Jim, the Flame in the 1980's. In her first year of business in her "spare time," she sold over 1700 copies. She has done all phases of the writing, design, illustration, and contracting process, as well as marketing.

Date: October 30 (Saturday)
Time: 2 - 5 pm
Fee: $42
Location: UFM Conference Room

The People's Grocery Co-op
Open to everyone
Organic Produce
Natural Dairy Products
Vegetarian Food
Bulk, Foods & Herbs
Have a Food Allergy? Come see us!
811 Colorado 539-4811
Computers

Personalized Computer Help

John Travis, who teaches computer science courses, will be available to help you understand your personal computer.

Time: 7-9:30 pm
Fee: $15 includes all supplies
Location: Room 302, Humanities Hall

Black & White Film Developing for Beginners

This class will cover the basics of black and white film developing and printing. Each student will develop their own roll of black and white film. Note: Students must bring their own unexposed roll of 35mm film to class. All other materials are included in the class.

Date: September 9 (Monday)
Time: 7-9:30 pm
Fee: $15 includes all supplies
Location: Room 302, Humanities Hall

Black & White Film Developing for Beginners

Harold Weinberger, who has a degree in Commercial and Industrial Photographic Arts, will be teaching this class. He will cover the basics of black and white film developing and printing. Each student will develop their own roll of 35mm film to class. All other materials are included in the class.

Date: September 10 (Tuesday)
Time: 7-9:30 pm
Fee: $15 includes all supplies
Location: Room 302, Humanities Hall

Let's Play Cards

If you have never played cards or have never played a card game before, then this is the class for you. This class is designed to teach you the basics of playing cards. No previous knowledge of card games is required.

Date: September 11 (Thursday)
Time: 7-9:30 pm
Fee: $15 includes all supplies
Location: Room 302, Humanities Hall

Building Databases with MS Access

This class will teach you how to build and use databases with Microsoft Access. Students will learn how to design and build tables, design and build reports and forms, and use queries. On completion, students will be able to build simple databases, create and edit forms, and create reports that include the information they want.

Date: September 12 (Friday)
Time: 10:30-11:30 am
Fee: $15
Location: Room 302, Humanities Hall

Wines of the World

This class will teach you about the different types of wines from around the world. You will learn about the growing conditions, the types of grapes, and the winemaking process. You will also have the opportunity to taste different types of wines.

Date: September 13 (Saturday)
Time: 10-11 am
Fee: $20
Location: Room 302, Humanities Hall

Chinese Banquet

This class will teach you about the history, culture, and cuisine of China. You will learn about the different regions of China and their unique dishes. You will also have the opportunity to taste different types of Chinese food.

Date: September 14 (Sunday)
Time: 12-2 pm
Fee: $30
Location: Room 302, Humanities Hall

USE REGISTRATION FORM on the back cover.
Beginning Fencing RH-08

Fencing is the ancient art of sword play. Soldiers and noblemen were all once required to know the way of the sword. Now a modern Olympic sport, fencing builds lightning fast reaction, speed, and agility. Classes will include introduction to the foil for recreation and competition. Tense to grandmas welcome. Equipment provided.

Bill Meyer (897-9990) began fencing as a child in Germany in the new illegal practice of modern fencing. Not to worry! He has been retained in modern foil, epee, and saber at Washington State University and the University of Idaho. He is a semi-retired tournament fencer having taught at UFM and at the University of Missouri.

** Intermediate Fencing RH-09

This class will focus on dueling. Emphasis is on technique refinement, theory of attack, second intention, feche', coupes, glides, flanucca, right of way issues, infighting, attack into preparation, blade tuning and wraping. Prerequisites: at least a beginning course in foil-only fencing and complete set of non-electric equipment mask, foil, glove, jacket. Intermediate fencers without equipment can register in beginner fencing to check out equipment. Course may be repeated.

Bill Meyer (897-9990)

** Date: September 13 - December 6 (Monday)
Time: 7 - 8:30 pm
Fee: $62
Location: Agnur Fieldhouse, KSU

** Tennis: Junior Beginners Ages 7-16 RH-05

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

Parking may be a challenge so plan accordingly and come early.

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

** Date: September 7 - 28 (Tuesday)
Time: 6:30 - 7:30 pm
Fee: $36
Location: LP Washburn Rac Complex, KSU

** Tennis: Beginners Ages 17 and Up RH-06

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

Mark Tenseur

** Date: September 7 - 28 (Tuesday)
Time: 7:30 - 8:30 pm
Fee: $36
Location: LP Washburn Rac Complex, KSU

"The will to win is not nearly as important as the will to prepare to win."

—Anonymous

"Success is 99 percent failure."

—Soichiro Honda

UFM's Fencing Program Needs Your Help

UFM has started fencing classes and the program is growing! However, the program is in desperate need of electronic scoring equipment. Currently, the program must use the pre-World War II method of "dry" fencing, somewhat like playing tennis without a net. This severely limits the ability of our fencers to compete with Salina or Kansas City groups, not to mention any national aspirations. Electronic scoring devises start at around $1,600.

If you are interested in helping develop the UFM Fencing Program, please send a tax deductible contribution to UFM, 1221 Thurston St. Manhattan, KS 66502. If you know of such equipment for sale, please contact Linda or Charlene at UFM, (785) 539-8763.

Introduction to Golf RH-01a

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

Jim Gregory (559-1041), a PGA professional, is the golf pro at Stagg Hill Golf Course.

** Date: August 26 - September 16 (Thursday)
Time: 6:00 - 7:30 pm
Fee: $35
Location: Stagg Hill Golf Club 4441 N. Riley Blvd.

Beginning Bowling for Adults RH-10a

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

Terry Edly

** Date: August 25 - December 8 (Wednesday)
No class November 24
Time: 10:30 - 11:30 am
Fee: $39
Location: K-State Union

Beginning Bowling for Adults RH-10b

** Date: August 26 - December 9 (Thursday)
No Class November 25
Time: 10:30 - 11:30 am
Fee: $39
Location: K-State Union

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PATRONIZE OUR ADVERTISERS! Let advertisers know you saw their ad in the UFM Catalog.
Ballroom Dance RH-03
Come dance with us! If you want to learn to dance with a partner, plan to attend a wedding, or just want to brush up on your steps, this class is for you. Swing, Foxtrot, Waltz, and Latin dancing are just a few of the steps you will learn. Come experience the elegant world of Ballroom Dance. Partners are not required and single people are encouraged to attend. Classes fill rapidly. It is advisable to register early.

Michael Bennett (776-7557) has trained in Ballroom Dance at U.C. Berkeley, Mendota Ballroom, San Francisco, Allisha Ballrooms, Oakland, CA; Chicago Dance Studio, Chicago, IL, and Avenues Ballroom, San Francisco. He was the 1996 San Francisco Avenues Ballroom Jitterbug Champion. Nahid Dalger learned dance in her home of Shiraz, Iran. She has been teaching with Michael for two years. She also performed and choreographed at the Winter Dance 1998.

Date: August 27 - November 12 (Friday)
Time: 8:30 - 9:30 pm
Fee: $33 individual/$60 couple
Location: ECM Auditorium
1021 Denison Ave.

Intermediate Ballroom Dance RH-04
This class will emphasize dancing with your partner and learning the routine. Foxtrot, waltz, ranches, and tango are tentatively scheduled. However, specific dances will depend on the interests of the class; these dances may change. Three weeks will be spent on each step and participants will be provided with a choreographed dance routine. Prior dance lessons are required. Students who have taken classes from Mike are encouraged to enroll.

Michael Bennett (776-7557) and Nahid Dalger
Date: August 27 - December 10 (Friday)
No class November 26
Time: 7:30 - 9:30 pm
Fee: $40 individual/$75 couple
Location: ECM Auditorium
1021 Denison Ave.

Middle Eastern Dance (Belly Dancing) RH-11a
Middle Eastern Dance is a very basic introduction to Arabic dancing. It is fun and fitness. Students will learn the most basic moves of the dance and then learn to combine these moves. Arabic dancing allows the dancer a considerable amount of freedom and creativity. During the course of the class, students will also be introduced to Middle Eastern culture and learn how dancing has been integrated into the culture. This class is appropriate for women and children of all ages.

Feedia Aferi is half Palestinian and has lived in Sutai, Iraq for 15 years where she attended an Arab school. She is familiar with the Middle Eastern culture and dance. She speaks Arabic fluently and is very active with Arab students at KSU.

Date: September 13 - November 1 (Monday)
Time: 7 - 8 pm
Fee: $37
Location: UFM Fireplace Room

Advanced Belly Dancing RH-11b
This class is a continuation of the beginning belly dancing class.

Feedia Aferi
Date: September 13 - November 1 (Monday)
Time: 8 - 9 pm
Fee: $50
Location: UFM Fireplace Room

"Those who can't laugh at themselves leave the job to others."
—Anonymous

Swing and Salsa Dancing RH-02
Have some fun learning classic big band, swing dance and salsa. Learn swing, salsa and Indy basic steps, lifts, spins, and jumps. You will learn to move around the dance floor to lively music and add some special moves as well. Latin closed and open positions, pivots, spins and yoke, Rumba shuffles and other hot steps. Class emphasis will be on learning the steps clearly and precisely. No prior dance experience is required. Wear comfortable clothing and non-slip shoes. Having fun is the only requirement.

Michael Bennett (776-7557) and Nahid Dalger
Date: August 28 - November 13 (Saturday)
Time: 7:30 - 8:30 pm
Fee: $33 individual/$60 couple
Location: ECM Auditorium
1021 Denison Ave.

CPU Furniture
Have you always wondered what to do with your old computer when you buy a new one? This class will give you practical ideas on turning old cpu's into coffee tables and end tables. Put those old boxes to good use, save them from the landfill and have an interesting conversation piece at the same time. Bring any ideas you might have for using old electronics!

Tina Gerehenmeyer, an expert at turning junk into useful objects. She also enjoys collecting ideas from others.

Date: November 25
Time: 6:30 pm
Fee: $5.00 you save by not having to take your cpu to the dump
Location: UFM Storage Closet

"Shoot for the moon, even if you miss you'll be among the stars."
—Anonymous

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Fri: 7:45-5:00 pm
Sat: 10:00-5:00 pm
Sun: 12-5:00 pm

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Wellness
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Introducing Jin Shin Jyutu: A Self-Help Class
WE-01
Jin Shin Jyutu translates as the "Art of the Creative breath knowing and compulsive person." It is an ancient art of releasing the tensions which are the causes of various symptoms of discomfort. In Jin Shin Jyutu philosophy, our bodi- es contain energy pathways which become blocked through daily physical, mental, emotional or spiritual stresses, resulting in pain and discomfort. We can unlock these pathways through non-invasive applications of the hands to various locations on the body, giving ourselves renewed vitality, deep relaxation, pain relief, easier breath- ing 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 Jyutu. Jin Shin Jyutu self-help books will be available for purchase (optional). Please bring a blanket with you to class.
Kerrie Smith (539-3733) is a Licensed Practical Nurse and Certified Massage Therapist whose education during the last twenty years has been to study and practice a variety of bodywork modalities: Swedish/Esalen Massage, Therapeutic Touch and Shiatsu. Since 1995, she has been focused on Jin Shin Jyutu and is a certified Jin Shin Jyutu Practitioner/Instructor.
Date: September 13, 20, 27 (Monday)
Time: 7-9 pm
Fee: $14
Location: 631 Leever Rd.
Industrial Park next to the Animal Shelter

Yoga for Body and Mind
WE-03a
Yoga is a useful tool to help anyone with the physical, mental and emotional challenges we all encounter in our lives. We will focus on the practice of asana (postures) and pranayama (breathing exercises) as well as developing a personal prac- tice which meets each individual's needs. This class is for men, women, couples and teens. Please bring a mat or towel and wear comfortable clothes that do not restrict movement. For your safety and comfort, please do not set for at least three hours before class (a piece of fruit is ok).
Ann Franklin (537-8224) has been practicing yoga for more than 25 years. She teaches in the Tradition of Iyengar.
Katharina Czanmyr who was teacher to BKS Iyengar, Pabari Jot and other master yoga teachers, including her father Albert Franklin, who taught yoga through UPN in the 1970s. A student of Gary Kraftshover, who studies under R. Kay Deskarach, Sri Kastakaracharya's son.
Date: August 24 - September 28 (Tuesday)
Time: 5:30 pm
Fee: $62
Location: 631 Leever Rd.
Industrial Park next to the Animal Shelter

Continuing Jin Shin Jyutu Self-Help
WE-02
(Prerequisite: Introducing Jin Shin Jyutu)
In this class we will focus on developing a deeper understand- ing and experience of the Safety Energy Locks and the Depths in order to better be able to release our tensions and stress from the body/mind's natural healing and harmonizing capacities.
Kerrie Smith (539-3733)
Date: October 18, 25 & November 1 (Monday)
Time: 7-9 pm
Fee: $14
Location: UPN Conference Room

Herbs From the Garden Series
Growing & Using Herbs EN-02
Herbs in the Kitchen EN-03
Guide to Herbal Medicine EN-04
Making Herbal Remedies EN-05
* turn to page 9 for more information

Four Winds
Therapeutic Massage
Bernice Martin, Licensed Massage Therapist

* Relieve Stress
* Improve Circulation
* Decrease Physical & Mental Pain
* Relieve Muscle Pain and Tension

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Introduction to Feng Shui
WE-13
Feng Shui is the Chinese system of design and placement as applied to one's home and workplace. The objective is to promote a harmonious living environment and a feeling of well-being. We will discuss ways to enhance your career, family, life, health, prosperity, and the mysteries of this ancient tradition. Feng Shui will appeal to all those who wish to live in harmony with nature and achieve their fullest potential.
Dou Torkay (539-4277) is a Feng Shui practitioner with Feng Shui Design Studio of Manhattan, KS. He is schooled in T'ai Chi and also Feng Shui as taught by professor Lin Yun, Grand Master of Feng Shui in Berkeley, CA. He received in- depth training at a professional level from the nationally known Feng Shui consultants, writers and video producers, Helen and James Hay at Feng Shui Designs Learning Center in Nevada City, CA.
Date: November 3 (Wednesday)
Time: 7-9 pm
Fee: $18
Location: UPN Greenhouse

Introduction to Genship Energy Medicine
WE-05
Genship Energy Medicine (G.E.M.) is a holistic health practice involving the use of therapeutically charged gem- stones. The use of gemstones for this purpose dates to ancient cultures on Earth. We are now ready for new practices with gemstone energy medicine. We will dis- cuss the concepts of health, the health-creating gemstone energy, subtle body physiolog, and Genship Energy Medicine. These hands-on workshops are a prerequisite for enrollment in G.E.M. and the 7 Color Rays. Please leave any jewelry at home.
June Hanusker
Date: September 14 (Tuesday)
Time: 7-9 pm
Fee: $35 for both Intro to Genship and 7 Color Rays
Location: UPN Greenhouse

G.E.M. and the 7 Color Rays
WE-06
This class provides information about the 7 color rays, which are necessary for life and health. We will discuss the 7 gemstones that "carry" the color rays, your main color ray 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 Genship Energy Medicine Class. Please leave any jewelry at home.
June Hanusker
Date: September 21 (Tuesday)
Time: 7-9 pm
Fee: $25/$39 for both Intro to Genship and 7 Color Rays
Location: UPN Greenhouse

Tai Chi Ch'uan for Beginners
WE-09
Tai Chi Ch'uan is an ancient Chinese exercise to increase the balance and harmony of the body, mind and spirit. The practice of Tai Chi Ch'uan will enhance health and provide a positive social outlet. It is a system of physical exercise based on the principle of smooth, rhythmic movement and weight distribution. In this class, we will learn the basic movement and techniques of Tai Chi Ch'uan Yang style, the most popular form of Tai Chi Ch'uan inside and outside China today. This exercise can be practiced by young and old, anytime, any place.
Ming-Hua Lin (539-4277) is a native of China where she received her knowledge of Tai Chi Ch'uan while attending Ming Chuang College, Taipei, Taiwan. Her interest in Tai Chi Ch'uan has been ongoing and she has studied with sev- eral of today's prominent Chinese practitioners of the art.
Date: August 25 - October 20 (Wednesday)
Time: 6:30-7:45 pm
Fee: $55
Location: BCM, 1021 Denison Ave.

Tai Chi For Ages 55+
WE-12
This Tai Chi class is designed for individuals 59 and older. Participants will learn 9 movements, which are simplified. This ancient Chinese exercise is a slow moving exercise that increases the balance and harmony of the body, mind, and spirit.
Dame Jane (539-4277) has taught Tai Chi for the senior population. He also is a Feng Shui practitioner with Feng Shui Design Studio of Manhattan, KS.
Date: August 25 - September 29 (Wednesday)
Time: 6:30 - 7:45 pm
Fee: $45
Location: BCM Auditorium

Merry Christmas from Dot—Individual Massage Sessions for Women
WE-16
This perfect Christmas Gift for the special female in your life (wife, mother, sister, daughter & friends). This is an individ- ual massage session that will introduce the participant to the relaxing benefits of massage therapy. Appointments available starting November 1.
Dot Turner (776-6776)
Date: By Appointment
Time: As Arranged
Fee: $30
Location: As Arranged

Special THANKS TO THE UFN INSTRUCTORS who volunteer their time!
Introduction to Reiki

Reiki, pronounced “ray-ki,” is an ancient holistic health practice that energizes and vitalizes the body, mind, and spirit. Reiki practitioners believe that everyone has the ability to heal others. Reiki involves the use of hands and is a form of energy balancing technique. Reiki healers do not diagnose, prescribe, or perform surgery. Instead, they use their hands to realign the energy within the body and help bring it back into a state of balance.

Pre-requisites: None.

Date: October 2 (Saturday)
Time: 10 am - noon
Fee: $15
Location: UFM Greenhouse

Chi Lei: Chi Gong

Chi Lei is a self-healing method prescribed by the world's largest medical institution in China. Chi Lei is a slow exercise that exerts and concentrates the Chi (vital energy) through the body. As we work with this healing energy, the body becomes healthy. The exercises are done standing, but can be practiced while seated.

Pre-requisites: None.

Date: October 7 - 28 (Thursday)
Time: 7:30 - 8:30 pm
Fee: $23
Location: UFM Conference Room

Parent - Infant Bonding Through Massage

New parents will learn how to create a relaxing and soothing massage for their child. Children this age can benefit from personalized massage techniques to help achieve comfort, relaxation, and create a bond between parent and child.

Pre-requisites: None.

Date: October 13 (Wednesday)
Time: 5:30 - 6:30 pm
Fee: $15
Location: UFM Multi-Purpose Room

What’s Wrong with Me?

“The Aching All Over Disease”

COMBATING CO-EXISTING CONDITIONS OF FIBROMYALGIA

Your body is a complex system that can react in many different ways to various stressors. This session will provide an overview of some common conditions that may be present in the body, including fibromyalgia, chronic fatigue syndrome, and other pain conditions.

Pre-requisites: None.

Date: September 13 - October 4 (Monday)
Time: 7 - 8:30 pm
Fee: $18
Location: 1130 Westport Dr. Suite 55

Massage & Relaxation Techniques for Pain Relief

This class will focus on techniques to help reduce pain and stress.

Pre-requisites: None.

Date: December 22 (Thursday)
Time: 7 - 8 pm
Fee: $25 per couple
Location: UFM Multi-Purpose Room

Introduction to Massage for Couples

Learn the basic principles of therapeutic massage and the role of massage in maintaining health. Swedish-style massage will be covered, as well as basic massage techniques for the back, neck, and head. Participants will practice giving and receiving massage.

Pre-requisites: None.

Date: October 3, 12 (Tuesday)
Time: 7 - 9 pm
Fee: $24 per couple
Location: UFM Banquet Room

Therapeutic Aromatherapy Workshop for Holistic Health Professionals

Would you like to add aromatherapy to your practice? This workshop will introduce you to the art of using essential oils to promote healing and well-being.

Pre-requisites: None.

Date: October 3 (Saturday)
Time: 9 am - 4:30 pm
Fee: $85
Location: UFM Multi-Purpose Room

Introduction to Meditation and The Hidden Realm of Pure Mind

Learn the basics of meditation and how it can benefit your overall health and well-being.

Pre-requisites: None.

Date: September 15 (Saturday)
Time: 6:30 - 9:30 pm
Fee: $25/$10 (1/2 membership)
Location: KUMO, Art Hall, Room 149

Additional Training Available: Aromatherapy Product Class

You can also register for a product class which will provide you with the knowledge and skills to safely and effectively use aromatherapy products at home.

Pre-requisites: None.

Date: October 2 (Saturday)
Time: 6:30 - 9:30 pm
Fee: $25/$10 (1/2 membership)
Location: KUMO, Art Hall, Room 149

Registration Deadline: September 15
No refunds after September 15 due to facilitator's travel expenses.

Vegetarian Cooking for the Beginner can be found in the Creative FreeTime section.

We now have email access: ufm@ksu.edu

21
Teen Mentoring Program

- Open to Middle and High School ages
- Get extra help and support
- Gain a new friend
- Learn and improve life skills
- Have fun and new activity
- Meets Wednesday or Thursdays after school

Call UFM, 539-8763, for an application or for more information.

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

WANTED:

Volunteers for Teen Mentoring Program

Provide friendship and support to a local teen. Group and individual activities. Meets Wednesday or Thursday, 3:30 - 5:00 p.m.

Make a difference in a teen's life!

Call UFM, 539-8763 for an application or for more information.

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

National Issues Forum

Juvenile Justice: A Local Strategy

Participate in a public dialog on local strategies to address juvenile crime.

- Panel of local professionals representing District Court, Community Corrections, Law Enforcement and the District Attorney’s Office
- Learn local approaches to prevention and intervention of juvenile delinquency
- Opportunity for feedback, questions and idea sharing

When: November 4
Time: 7:00 p.m.
Location: Fire Station Headquarters 2000 Denison (Follow the signs to Classroom)

To facilitate planning, please RSVP your attendance by calling UFM, 539-8763.

Claflin Books and Copies

Lou Douglas Lecture Series

Noam Chomsky
Professor of the Department of Linguistics and Philosophy at the Massachusetts Institute of Technology

Monday, Sept. 20, 1999
7:30 p.m.
McCain Auditorium
1814 Claflin Road

Dr. Molly Marshall
Professor of Theology at Central Baptist Seminary in Kansas City

Tuesday, Nov. 9, 1999
7:30 p.m.
Little Theatre, K-State Union

Barney Frank
Congressional Representative for the 4th District of Massachusetts

Monday, Feb. 7, 2000
7:30 p.m.
Forum Hall

All events free of charge

776-3771
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 UPW, nor KSU is responsible for it. Travel and lodging are at the student’s expense. Students must provide their own mask, fins, and snorkel.
Instructor: Jeff Wilson has been diving for 25 years & instructing scuba for 15 years.

Judo I
KIN 144
Judo I is intended not for gaining proficiency, but to gain understanding of how principles of dynamics (force, acceleration, momentum, work, rotation, moment of inertia, etc.) are used to gain physical advantage (including the opponent). Techniques are selected for safety of participants and for demonstrating fundamental principles.
Instructor: Isaac Wolyneczyk
Date: August 24 - December 9 (Tuesday/Thursday)
Time: 7:30 - 8:30 pm
Fee: $104
Location: Abearn Fieldhouse

Judo II
KIN 145
In Judo II participants continue to gain understanding of how principles of dynamics are used to gain physical advantage. New and advanced skills are taught along with safety techniques. In preparation for competitive effectiveness, techniques will be tailored to fit the individual's physique.
Instructor: Isaac Wolyneczyk
Date: August 24 - December 9 (Tuesday/Thursday)
Time: 8:45 - 10:00 pm
Fee: $114
Location: Abearn Fieldhouse

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 tango, waltz, foxtrot, and Latin steps will be taught.
Instructor: Michael Bennett
Session I
Date: August 27 - December 10 (Friday)
Time: 7:30 - 8:30 pm
Fee: $131
Location: ECM Auditorium

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 the 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: Carla Brunson
Date: September 7 - October 26 (Tuesday)
Time: 7:00 - 8:00 pm
Fee: $103 (credit) $90 (non-credit)
Location: Blue Bell Hall Rm 122

Fitness Swimming
KIN 107 A, B, C
Students interested in this course MUST be able to demonstrate the five basic strokes, using rhythmic breathing. Emphasis will be on analyzing and refining stroke technique and additional competitive skills improving/maintaining physical fitness and endurance through a progressive conditioning swimming program, learning the components of well-balanced training and designing workouts for conditioning swimming.
Instructor: Carol Stilley
Session I
Date: September 7 - November 16 (Tuesday/Thursday)
Time: 7:30 - 8:30 pm
Session II
Date: August 30 - October 18 (Mon./Wed./Fri.)
Time: 7:30 - 8:30 am
Session III
Date: September 7 - November 16 (Tuesday/Thursday)
Time: 7:30 - 8:30 pm
Session IV
Date: August 30 - October 18 (Mon./Wed./Fri.)
Time: 7:30 - 8:30 am
Fee: $137
Location: Stage Hill Golf Club

Golf
KIN-140 A, B, C, D
This course will emphasize the fundamentals of the golf swing, the short game techniques of chipping, pitching, and sand shots; rules of play, course etiquette, selection and use of equipment.
Instructor: Jim Gregory
Session I
Date: August 24 - October 12
Time: 2:45 - 4:45 pm
Session II
Date: August 24 - October 12 (Tuesday)
Time: 5:00 - 7:00 pm
Session III
Date: August 24 - October 12 (Wednesday)
Time: 5:00 - 7:00 pm
Session IV
Date: August 24 - October 12 (Thursday)
Time: 9:00 - 11:00 am
Fee: $146
Location: Stage Hill Golf Club

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 conversion system. Scoring, tournament play, rules and tips will also be taught.
Instructor: Terri Eddle
Session I
Date: August 25 - December 6 (Wednesday)
Time: 10:00 - 11:20 am
Session II
Date: August 26 - December 6 (Thursday)
Time: 10:00 - 11:20 am
Fee: $714
Location: Student Union Bowling Alley

Aikido I
DANCE-599A
Aikido is a classical Japanese martial art. An attacker's movement is redirected and his balance controlled by the defender's movements, resulting in a dynamic throw or pin. It's a highly effective form of self-defense. Students learn a cooperative manner, taking turns as defender and attacker in an energetic yet-steady atmosphere. The student will learn the fundamental building blocks of Aikido movement and Usami (art of falling without harm) and etiquette and history.
Jack Hayas Sensei/Yoneko Thompson Sensei (SFS-1317) are members of the United States Aikido Federation (USA-SE) and of the Hombu Dojo of Tokyo, Japan. They began Aikido training in Florida in 1986.
Date: August 23 - November 30 (Mon./Wed)
Time: 2:30 - 3:55 pm
Fee: $794
Location: To be announced

Aikido II
DANCE-599B
Aikido is a classical Japanese martial art. An attacker's movement is redirected and his balance controlled by the defender's movements, resulting in a dynamic throw or pin. It's a highly effective form of self-defense. Students learn in a cooperative manner, taking turns as defender and attacker in an energetic yet-steady atmosphere. In this class, students are encouraged to learn more challenging movements and techniques. There will be an opportunity to take part in a large Aikido seminar during the semester.
Jack Hayas Sensei/Yoneko Thompson Sensei (SFS-1317)
Date: August 23 - November 30 (Mon./Wed)
Time: 3:00 - 4:00 pm
Fee: $104
Location: To be announced

Fly Fishing
RRES-200
This course will cover the proper techniques for performing four basic fly casting techniques: roll casting, pick-up and put-down, false casting and shooting a line. We will also cover tying flies, and fly fishing equipment. The class will be broken into four sections. The first section will cover casting, fly rods, reels, lines, tippets, and leaders. The second section will cover tying equipment and techniques to tie dry flies, wet flies, and nymphs. All equipment needed will be provided by the instructor.
Instructor: Paul Soloway
Session I
Date: September 1 - 23
Time: 6:00 - 8:00 pm
Session II
Date: October 6 - October 28
Time: 6:00 - 8:00 pm
Fee: $148
Location: Ebenezer Middle School

Email ideas to: utm@ksu.edu
**REGISTRATION INFORMATION** 3 WAYS TO REGISTER

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

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

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

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

<table>
<thead>
<tr>
<th>UFM Community Learning Center</th>
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<tbody>
<tr>
<td>1221 THURSTON</td>
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<tr>
<td>Manhattan, KS 66502</td>
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<tr>
<td>539-8763</td>
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**UFM 1221 THURSTON**
Manhattan, KS 66502
539-8763

**Registration Form**
Manhattan, KS 66502
539-8763

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<tr>
<th>Student Name</th>
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<table>
<thead>
<tr>
<th>City</th>
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<th>Zip</th>
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<table>
<thead>
<tr>
<th>Age: Under 18 exact age</th>
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</thead>
<tbody>
<tr>
<td>19-24</td>
</tr>
<tr>
<td>25-59</td>
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<table>
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<th>Parent's Name If Student is Under Age 18</th>
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<tr>
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<th>FEE</th>
<th>LOCATION</th>
<th>DATE</th>
<th>TIME</th>
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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.

---

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

---

Youth Scholarships are available.

---

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

<table>
<thead>
<tr>
<th>UFM Community Learning Center</th>
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<tbody>
<tr>
<td>1221 THURSTON</td>
</tr>
<tr>
<td>Manhattan, KS 66502</td>
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<tr>
<td>539-8763</td>
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**UFM 1221 THURSTON**
Manhattan, KS 66502
539-8763

**Registration Form**
Manhattan, KS 66502
539-8763

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<thead>
<tr>
<th>Student Name</th>
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<table>
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**Tax Deductible Donation**
Total

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**Cardholder's Name (Please Print):**

--

**Card Number:**

**Expiration Date:**

**Cardholder's Signature:**

---

**Participant Statistics:**

KSU Student
KSU Faculty/Staff
FI w/ Riley
Other

Where did you obtain your catalog?

A class I would like offered

I am participating on my own initiative and on 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 or occurring from my participation in any or all classes for which I have registered and to hold UFM Community Learning Center harmless as to liability for such injury.

**Signature**

Date

---

Office Use Only

<table>
<thead>
<tr>
<th>Date Received</th>
<th>Date</th>
<th>Staff</th>
<th>Check</th>
<th>Cash</th>
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<th>Staff</th>
<th>Visa</th>
<th>MCI</th>
<th>Date</th>
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<tr>
<th>Computer</th>
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<th>Discover</th>
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**Signatures of Parent or Guardian required for minors.**

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**Date**

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**Date**

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**Date**

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**Date**

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**Date**

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**Date**

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**Date**

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