

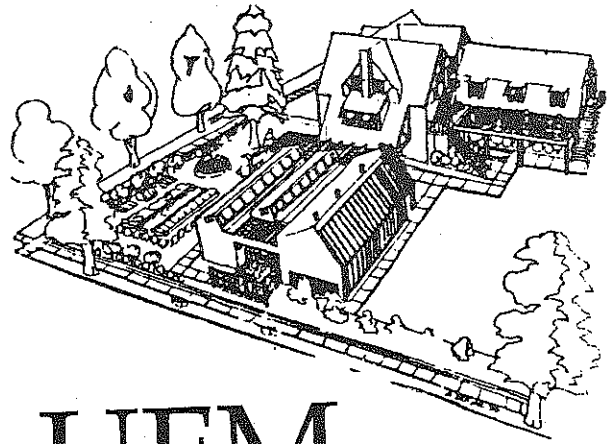
**UFM**  
**1994**  
**SPRING CLASSES**  
(Jan.-May)

Nonprofit Organization  
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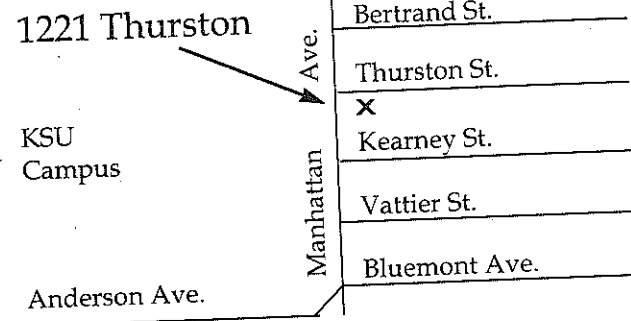
OR CURRENT RESIDENT

# UFM receives National Community Education Association OUTSTANDING ORGANIZATION AWARD

UFM has been named the 1993 Outstanding Organization by the National Community Education Association. This prestigious national award is presented to an organization that has exemplified support and service in the development of community education. The award was accepted by Executive Director Linda Teener at the NCEA national conference held in Nashville, Tennessee during December.



## UFM



### UFM Staff

- Executive Director - Linda Inlow Teener
- Educational Coordinator - Tresa Weaver
- State Outreach Coordinator - Anita Madison
- Lou Douglas Lecture Coordinator - Gloria Rumsey
- Family Literacy Program - Michael Cody
- Office Coordinator - Bonnie Wellmeier

UFM provides a neutral site to discuss community issues. 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.

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.

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#### Classes

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*Red Cross Learn to Swim & Water Safety		*Wide variety of classes	
*Lifeguard Training		<b>Our Community &amp; Beyond</b> .....	17
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*Investment classes		<b>Personal Development</b> .....	16-17
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*Photography * Crafts * Autoharp * Antiques		* Golf * Ballroom Dance	
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*Gardening & Landscaping classes		* Aerobics * Softball, Baseball	
*Spillway Canyon * Bald Eagle Observing		<b>Youth</b> .....	20-21
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**ABOUT OUR COVER**  
Our cover was designed by Mal Hoover, a Graphic Design Artist for Veterinary Medicine at KSU. Mal is a special friend to UFM and we appreciate her support.

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## Manhattan Military Wives

—a program for all military families in the Manhattan area—

MILITARY WIVES programs facilitate new friendships and mutual support, emotional and intellectual growth and lots of group fun. Weekly program topics include information about Manhattan and Ft. Riley, home management, cooking, parenting, self-improvement, communication, career planning, educational opportunities, potluck luncheons, crafts and more.

Meetings are held every Wednesday afternoon from 1-3 p.m. at the First Presbyterian Church, 8th and Leavenworth, Manhattan. Free childcare for infants, toddlers and kindergartners is provided. No reservations are needed. Dress is casual and newcomers are always welcome!

Monthly calendars of MILITARY WIVES activities are available at ACS, the Manhattan Public Library and First Presbyterian Church. Weekly activities are published in the Manhattan Mercury, COPE calendar and Ft. Riley Post.

### BABYSITTING CO-OP

Women who attend MILITARY WIVES meetings on Wednesdays are eligible for membership in the Manhattan Military Wives Babysitting Co-op.

### WAITING WIVES SUPPORT GROUP

Women whose husbands are PCS or TIY get together for fun and mutual support.

### SPECIAL PARENTING CLASS

"Developing Capable People" is an exciting nine-week class held on Friday mornings in the fall and spring. Childcare for infants and kindergartners is provided. There is no charge for the classes, but pre-registration is required.

### TRANSPORTATION

Transportation to Wednesday meetings, special workshops, and to medical, mental health and social services on post and in Manhattan can be arranged for Manhattan military families.

### COMMUNITY NETWORKING

The MILITARY WIVES program brings together the need of military families with resources available in the civilian and military communities.

For more information, please call Angie Fryer - 537-7146

### COMMUNITY REGISTRATIONS

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

#### FIRST SESSION REGISTRATION

DATE	TIME	LOCATION
Jan 10, M	10 am - 2 pm	KSU Union
Jan 12, W	10 am - 2 pm	KSU Union
Jan 13, TH	4 pm - 7 pm	Wal Mart
Jan 18, T	4 pm - 7 pm	Public Library

### SECOND SESSION REGISTRATION

DATE	TIME	LOCATION
Mar 2, M	6 pm - 7:30 pm	KSU Natatorium
Mar 3, T	6 pm - 7:30 pm	KSU Natatorium
Mar 7, M	4 pm - 7 pm	Public Library
Mar 10, TH	10 am - 2 pm	KSU Union

Registration continues throughout the semester

UFM House

1221 Thurston

8:30 am - 5 pm; closed 12 Noon - 1 pm

## BOARD OF DIRECTORS

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Garry Patterson  
Gabrielle Thompson

### HANDICAPPED ACCESSIBLE



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

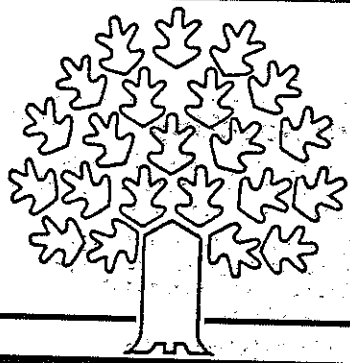
To advertise your business or organization in the next UFM catalog, contact the UFM Office (539-8763) by March 18.

A special thanks to the businesses and organizations who show support to UFM through their advertisements. We hope that the community of Manhattan will reinforce our thanks through the patronage of our advertisers!

This Catalog Printed on Recycled Paper

USE REGISTRATION FORM on the back cover.





# Aquatics

1221 THURSTON

539-8763

## UFM Swim Classes

UFM and the Division of Continuing Education are pleased to present the revised American Red Cross Learn to Swim program. This newly developed swimming program has been designed to better meet the needs of all participants. New techniques and strokes add challenges even for advanced swimmers. Use the chart below to place your student in the appropriate updated Red Cross Swimming classes.

Parents are allowed on deck only on Parents Day.  
Dates: February 9 & 10, March 5, and April 13 & 14

Location: All swim classes are held in the KSU Natatorium.

Lockers are available for use during class. Participants must supply towels and swimsuits. Showers are required before entering the water.

### Level I: Water Exploration

The objective of Level I is to help students feel comfortable in water and to enjoy the water safely. Students will be introduced to elementary aquatic skills which will be built on as they progress through the Learn to Swim program. There are no prerequisites for this course.

<b>Session I:</b>		
AQ-02	Mon/Wed	6:05 - 6:45 pm
AQ-03	Tues/Thurs	6:05 - 6:45 pm
<b>Session II:</b>		
AQ-21	Mon/Wed	6:50 - 7:30 pm
AQ-22	Tues/Thurs	6:05 - 6:45 pm
<b>Session III:</b>		
AQ-40	Saturday	9:30 - 10:15 am
AQ-41	Saturday	10:30 - 11:15 am
Fee:		\$35 per session.

### Level II: Primary Skills

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

<b>Session I:</b>		
AQ-04	Mon/Wed	6:05 - 6:45 pm
AQ-05	Tues/Thurs	6:05 - 6:45 pm
<b>Session II:</b>		
AQ-23	Mon/Wed	6:50 - 7:30 pm
AQ-24	Tues/Thurs	6:05 - 6:45 pm
<b>Session III:</b>		
AQ-42	Saturday	9:30 - 10:15 am
AQ-43	Saturday	10:30 - 11:15 am
Fee:		\$35 per session

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

**No Classes:** Sat February 5 or March 19 & 29

**Session I:** Mon/Wed. January 24 - March 2  
Tues/Thurs. January 25 - March 3

**Session II:** Mon/Wed. March 28 - May 4  
Tues/Thurs. March 29 - May 5

**Sat. Session:** January 22 - April 30

### Level III: Stroke Readiness

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

<b>Session I:</b>		
AQ-06	Mon/Wed	6:05 - 6:45 pm
AQ-07	Tues/Thurs	6:05 - 6:45 pm
<b>Session II:</b>		
AQ-25	Mon/Wed	6:50 - 7:30 pm
AQ-26	Tues/Thurs	6:05 - 6:45 pm
<b>Session III:</b>		
AQ-44	Saturday	9:30 - 10:15 am
AQ-45	Saturday	10:30 - 11:15 am
Fee:		\$35 per session

### Level IV: Stroke Development

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

<b>Session I:</b>		
AQ-08	Mon/Wed	6:05 - 6:45 pm
AQ-09	Tues/Thurs	6:05 - 6:45 pm
<b>Session II:</b>		
AQ-27	Mon/Wed	6:50 - 7:30 pm
AQ-28	Tues/Thurs	6:05 - 6:45 pm
<b>Session III:</b>		
AQ-46	Saturday	9:30 - 10:15 am
AQ-47	Saturday	10:30 - 11:15 am
Fee:		\$35 per session

### Level V: Stroke Refinement

The objective of Level V is coordination and refinement of key strokes. Students will be introduced to the butterfly, open turns, the feet-first surface dive and springboard diving. Participants learn to perform the front crawl and back crawl for increased distances and to perform the sidestroke and breaststroke. Students entering this course must have a Level IV certificate or must be able to demonstrate all the course requirements in Level IV.

<b>Session I:</b>		
AQ-10	Mon/Wed	6:50 - 7:30 pm
AQ-11	Tues/Thurs	6:50 - 7:30 pm
<b>Session II:</b>		
AQ-29	Mon/Wed	6:05 - 6:45 pm
AQ-30	Tues/Thurs	6:50 - 7:30 pm
<b>Session III:</b>		
AQ-48	Saturday	10:30 - 11:15 am
Fee:		\$35 per session

## Parent/Infant and Parent/Tot

This water orientation program is designed to teach you how to work safely and effectively with your child and to teach basic water safety and self-help skills. The program emphasizes water adjustment, preparatory activities for swimming and water enjoyment for you and your child. Parent-Infant and Parent-Tot class fees include the ARC Aquatic Program Parent's Guide. Small children should wear snug-fitting lightweight pants covered by rubber pants. To participate, infants must have the ability to voluntarily raise their heads 90 degrees when lying flat on their stomachs. During the 8 meeting the parents will receive instruction and have opportunity to practice water techniques with their children.  
**Parent must accompany child.**

**Note:** The IPAP class sessions are:  
Session I Mon/Wed January 24 - February 16  
Tues/Thurs January 25 - February 17  
Session II Mon/Wed March 28 - April 20  
Tues/Thurs March 29 - April 21  
Session III Saturday February 12 - April 14  
No Classes on March 19 & 26

<b>Session I:</b>		
AQ-01	Mon/Wed	7 - 7:30 pm
<b>Session II:</b>		
AQ-19	Mon/Wed	7 - 7:30 pm
AQ-20	Tues/Thurs	7 - 7:30 pm
<b>Session III:</b>		
AQ-39	Saturday	10:30 - 11 am
Fee:		\$15.00 per session

### Level VI: Skill Proficiency

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

<b>Session I:</b>		
AQ-12	Tues/Thurs	6:50 - 7:30 pm
<b>Session II:</b>		
AQ-31	Mon/Wed	6:05 - 6:45 pm
<b>Session III:</b>		
AQ-49	Saturday	10:30 - 11:15 am
Fee:		\$35 per session

### Level VII: Advanced Skills

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

<b>Session II:</b>		
AQ-32	Mon/Wed	6:05 - 6:45 pm
<b>Session III:</b>		
AQ-50	Saturday	10:30 - 11:15 pm
Fee:		\$35

## Adult Swim Lessons

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

<b>Session I:</b>		
AQ-13	Mon/Wed	6:50 - 7:30 pm
AQ-14	Tues/Thurs	6:05 - 6:45 pm
<b>Session II:</b>		
AQ-33	Mon/Wed	6:50 - 7:30 pm
AQ-34	Tues/Thurs	6:50 - 7:30 pm
Fee:		\$35

UFM CLASSES make great gifts





**Swim and Stay Fit**  
**Ages 13 plus**

Swim and Stay Fit is a planned activity to encourage adults and advanced swimmers to swim regularly and frequently. Participants receive individual work-outs planned and supervised by instructor daily. You may choose your **40 Minute** block of time during the below scheduled times.

**Session I:**  
AQ-15 Mon - Thurs 6:05 - 7:30 pm  
**Session II:**  
AQ-35 Mon - Thurs 6:05 - 7:30 pm  
**Session III:**  
AQ-51 Saturday 9:30 - 11:30 am  
Fee: \$20 per session

**Swim and Stay Fit for Parents**

Are you tired of being just an observer at your child's swimming lessons? If so, then take advantage of the time you spend watching and enroll in our SPECIAL Parent's Swim and Stay Fit Class. This class is available to you at a reduced rate of \$15 and will meet every day your child is enrolled in swimming lessons. In this class you will set your own goals and the instructor will help monitor your program.

**Session I:**  
AQ-16 Mon - Thurs 6:05 - 7:30 pm  
**Session II:**  
AQ-36 Mon - Thurs 6:05 - 7:30 pm  
**Session III:**  
AQ-52 Saturday 9:30 - 11:30 am  
Fee: \$15 per session

**Hydroaerobics**  
**Ages 16 plus**

This class is designed to use water exercises for the development of physical fitness, muscle tone, flexibility, and cardiovascular endurance. Open to non-swimmers and swimmers alike. Yikes! Our enrollments have increased so we have had to change the format for registration into Hydro.

**Session I**  
AQ-17 Mon/Wed 6:00 - 6:55 pm  
AQ-18 Tues/Thurs 6:00 - 6:55 pm  
**Session II**  
AQ-37 Mon/Wed 6:00 - 6:55 pm  
AQ-38 Tues/Thurs 6:00 - 6:55 pm  
Fee: \$18 per session

**Basic Water Safety**

AQ-53

This course focuses on personal and community water safety and may be taken by anyone, regardless of age or swimming ability. It is a great opportunity of Scout badges or group programs. Basic Water Safety is a prerequisite for Emergency Water Safety.

To schedule your group (minimum of 6) call UFM, 539-8763 to negotiate dates, times and fee.  
Location: KSU Natatorium

**Emergency Water Safety**

AQ-54

Provides a sound foundation for further training in lifeguarding and aquatic safety. Very appropriate class for swimmers who have passed level VII but do not meet minimum age of Lifeguard Training. Basic Water Safety is a prerequisite for this class. A skills test will be given.

To schedule your group (minimum of 6) call UFM, 539-8763 to negotiate dates, times and fee.  
Location: KSU Natatorium

**Private Lessons for Special Populations**

AQ-55

For people with special physical or mental needs. Arrangements will be considered for private swimming lessons. The Swim Coordinator will contact individuals during the second week of each session to arrange 6 classes of 30 minutes each, if conditions can be met. The facility is equipped with a lift and a set of stairs leading into the pool.

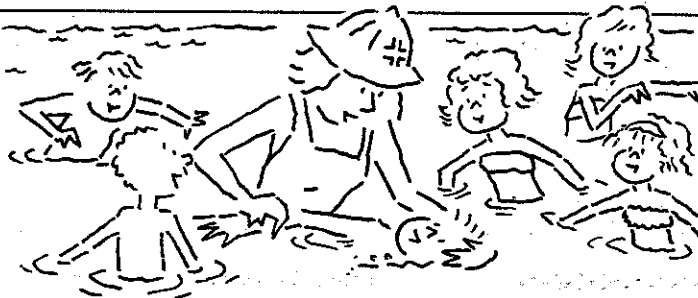
Date/Time: By appointment  
Fee: \$38 per session of 6 lessons

**Private Lessons**

AQ-56

These lessons provide one-on-one instruction for any level of swimmer. Participants will be contacted to schedule 6 classes of 30 minutes each.

Date/Time: By appointment  
Fee: \$38.00 per session



**Lifeguard Training**

AQ-57

This course provides explanations, demonstrations, practice, and review of rescue skills essential for lifeguards. It also covers extensive pool management. Textbooks may be purchased at the American Red Cross Office. **Prerequisite: Students must be at least 15 years old and pass a skills test the first class day. To receive certification the student must successfully complete or show documentation of American Red Cross Standard 1st Aid/CPR course, successfully complete the final skills test and pass the written test by 80% minimum score.**

Sarah Forsyth  
Date: May 16 - May 26  
Time: 4:30 - 8:30 pm (Mon - Thurs)  
Fee: \$70  
Location: KSU Natatorium

**Water Safety Instructor - March**

AQ-58

The purpose of this course is to train instructor candidates to teach the American Red Cross Learn to Swim and Water Safety courses. This is a compact approach to receive WSI certification. The course includes the screening and Instructor Candidate Training required by American Red Cross. Textbooks may be purchased at the American Red Cross office.

(The ICT class will be held on March 6 from 4 - 7 pm.)  
**Prerequisite: Participants must be 17 years of age by the first day of class and must successfully complete a pretest on their knowledge of aquatics and safety skills, as well as stroke proficiency and rescue skills.**

Sarah Forsyth is certified through the American Red Cross as a Water Safety Instructor/Trainer.

Date: March 6,7,8,9,10,12,14,15,16,17  
Time: 4:30 - 8:30 pm (Mon-Thurs)  
9 am - 1 pm (Saturday)  
Fee: \$125  
Location: KSU Natatorium  
Gym 204

**Water Safety Instructor**

AQ-64

The purpose of this course is to train instructor candidates to teach the American Red Cross Learn to Swim and Water Safety courses. This course includes the screening and Instructor Candidate Training required by American Red Cross. Textbooks may be purchased at the American Red Cross office. **Prerequisite: Participants must be 17 years of age by the first day of class and successfully pass the pre-course written test. All prospective candidates must successfully complete a pretest on their knowledge of aquatics and safety skills, as well as their stroke proficiency and rescue skills.**

Deb Christie and Carol Stites are certified through the American Red Cross as Water Safety Instructor/Trainers.

Date: January 13 - May 5  
Time: 4:30 - 7:30 pm (Thursday)  
Fee: \$145  
Location: KSU Natatorium

**Lifeguard Instructor Training**

AQ-65

This class provides training to those wishing to teach the American Red Cross Lifeguarding and Water Safety courses. Textbooks may be purchased at the American Red Cross office.

**Prerequisites: Participant must be 17 years of age by the first class. Current Instructor Candidate Training certification or current instructor authorization (WSI) is required.**

(The ICT class will be held on March 6 from 4 - 7 pm.)  
**Participant must have a current Lifeguard Training Certificate. Basic Lifeguarding will not satisfy this requirement. To receive certification the candidate must be competent in performance of teaching assignments and score 80% on a written test.**

Sarah Forsyth  
Date: May 15 - May 26  
Time: 6 - 7:30 pm (Mon - Thurs)  
5 - 8 pm (Sunday)  
Fee: \$50  
Location: KSU Natatorium

**Fundamentals of Kayaking**

AQ-62

Experience the challenge of kayaking! We will study equipment, paddle techniques, fastwater maneuvers, and practice American Red Cross safety techniques.

Rex Replogle (537-2643), a certified Red Cross Kayak Instructor, has been kayaking for 10 years. He is a past President of the Kansas Canoe Association and the original director of the Kayak Chapter.

Date: January 29,30 February 6 & 20  
Time: 9 am - noon (Saturday)  
9 am - 1 pm (Sunday)  
Fee: \$50 includes equipment rental  
Location: KSU Natatorium

**Intermediate Kayak Workshop**

AQ-63

This workshop is for those kayakers with some experience who desire to improve their skills. Informal critiques will be provided on rolls and strokes in indoor pools. Boats are available for rent at a nominal fee, at the pool, or you can bring your own.

Rex Replogle and TJ Hittle, have been teaching Kayak classes for a number of years. They are certified Red Cross Kayak Instructor/Trainers.

Date: March 6  
Time: 9 am - 1 pm (Sunday)  
Fee: \$5  
Location: KSU Natatorium

**Scuba Diving**

AQ-59

This class will prepare students for Open Water One certification. The certificate is included in the class fee, however neither UFM nor KSU is responsible for this certification. Travel and lodging are at the student's expense. The certification dates will be explained at the first class meeting. **Students must provide their own mask, fins, and snorkel.** The class fee includes instruction, the dive manual and equipment rental during class. Students will practice with air tanks a minimum of five classes. (Estimated cost for mask, \$60-\$90; snorkel, \$30 - \$35; fins, \$40-\$70). Limit: 10 students. **Minimum age: 12.** Parents of 12-15 year olds must accompany children at poolside. **A complete physical is required for participants aged 45 and up.**

Free Scuba Demonstration will be held in the KSU Natatorium on Thursday, January 20 from 6:05 - 7:30pm. This session will acquaint participants with the skills and techniques of safe underwater diving. Bring swimsuits and be prepared to enter the water.

Jeff Wilson, has been diving for 23 years and instructing scuba for 13 years.

Date: January 22 - March 5  
No Class February 5  
Time: 9 am - 1 pm (Saturday)  
Fee: \$195  
Location: KSU Natatorium

**Scuba Refresher**

AQ-60

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

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

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

Jeff Wilson, has been diving for 23 years and has been instructing scuba for 13 years.

Date: March 13  
Time: 3 - 7 pm (Sunday)  
Fee: \$50 includes equipment rental  
Location: KSU Natatorium

**Skin Diving-Snorkeling**

AQ-61

This Skin Diving program is designed as a leisure time activity. Swimmers who are interested in expanding their aquatic experiences will find this course to be enjoyable and challenging. The underwater world is a fascinating place which can be explored with a minimum amount of effort by the use of mask, fins, and snorkel. The student must only provide a swimming suit. Mask, fins, and snorkels will be available to purchase if they desire. **Minimum Age: 10** Students 10-15 need to have a parent present at poolside.

Jeff Wilson, has been diving for 23 years and has been teaching for 13 years.

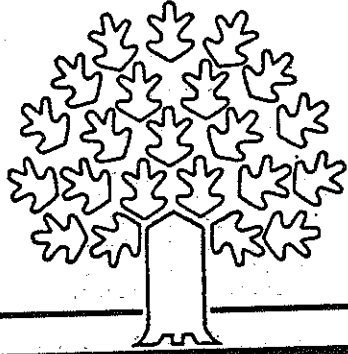
Date: March 7,9 & 11  
Time: 6:05 - 9:30 pm (Mon, Wed & Fri)  
Fee: \$60  
Location: KSU Natatorium





# Business & Money Management

1221 THURSTON 539-8763



## Investment Workshop for the 90's

BP-01

Have you ever wondered what a bond, or stock, or mutual fund actually is? Where should you invest your money to live comfortably in retirement? If you share these same questions, then this class is for you. This three part series is designed to help both the beginning and more experienced investor better understand just what exactly an investment can do. Some of the topics covered will be common stocks, tax free bonds, certificates of deposit, corporate bonds and mutual funds. We will discuss how to set up and monitor your portfolio.

Jeff Werner (539-6777) is an investment representative with Edward D. Jones & Co.

Date: March 7, 14 & 21  
Time: 7 - 9 pm (Tuesday)  
Fee: \$10  
Location: Colony Square 555 Poyntz

## Estate Planning

BP-04

Do you wonder about your estate planning alternatives? This class will explain the probate process and the estate planning challenges it can pose. We will discuss different estate distribution techniques based on participants' estimated estate tax liability. Learn the advantages and disadvantages of intestacy, wills, and trusts.

Rod Kalivoda and Richard Meador (776-5382) are both Kansas State University graduates with over 10 years combined experience with the Prudential Insurance and Financial Services. Rod has received the professional designations Chartered Life Underwriter (CLU) and Chartered Financial Consultant (ChFC) from the American College. Both are active members of the Kansas Association of Life Underwriters.

Date: April 20  
Time: 7 pm (Wednesday)  
Fee: \$7 individual  
\$12 couples  
Location: Colony Square, 555 Poyntz, 2nd floor Board Room at Chamber of Commerce

## Living Trust

BP-08

What is a living trust? How is a trust established and administered? A comparison of the living trust with other types of estate planning techniques, the advantages and disadvantages of a living trust and a corporate trustee, and the costs associated with creating and maintaining a living trust will be presented. Bring your questions for discussion.

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

Date: May 2  
Time: 7 - 10 pm (Monday)  
Fee: \$5 individual  
\$8 couple  
Location: 701 Poyntz  
Enter 1st Bank building through S door

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## Retirement Planning

BP-02

This class will address the concerns of both pre-retirees and retirees. It will guide you through the steps of planning during the pre-retirement phase and let you explore the options you'll have upon retiring and the tax alternatives you'll have for lump sum distributions. This class also explains the criteria you should use in determining a post-retirement investment policy. Class includes a workbook for future reference. No company products will be mentioned.

Rod Kalivoda and Richard Meador (776-5382) are both Kansas State University graduates with over 10 years combined experience with the Prudential Insurance and Financial Services. Rod has received the professional designations Chartered Life Underwriter (CLU) and Chartered Financial Consultant (ChFC) from the American College. Both are active members of the Kansas Association of Life Underwriters.

Date: March 16  
Time: 7 pm (Wednesday)  
Fee: \$10 individual  
\$18 couples  
Location: Colony Square, 555 Poyntz, 2nd floor Board Room at Chamber of Commerce

## Grant Writing: Setting a Course for Success

BP-09

This course is designed to orient students, volunteers and agency professionals with basic skills and knowledge relating to public and private grant writing. To meet the varied backgrounds of people in the class, a workshop mode of teaching will be used to promote individual application of the material. Bring your fundable idea. Students completing this course will have an understanding of government foundation, and corporate giving and will gain necessary skills to actually submit a grant in writing. Some course references will be available to you at class. However, an additional textbook (\$20) can be purchased at Varney's Bookstore Aggieville. Please register by Jan 18 to allow time to order the book by the first class.

Jim Brozo (532-4043), is Director of Development and Alumni Affairs for the College of Veterinary Medicine at Kansas State University. He has earned the designation of "Certified Fund Raising Executive" which is the ultimate mark of distinction conferred by the National Society of Fund Raising Executives. Mr. Brozo brings a great deal of experience and expertise to this seminar.

Date: January 24 - March 14  
Time: 7 - 9 pm (Monday)  
Fee: \$50  
Location: St. Mary's Hospital House

See Family Living section, page 11, for Financing Long-Term Health Care class.

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Fred Freeby  
Senior Account Exec.



Darlene Jorgensen  
Registered Rep.

## Waddell & Reed FINANCIAL SERVICES

Colony Square  
555 Poyntz, Suite 280 Manhattan 537-4505

## Financial Planning Services

Participants will be given a clear explanation of how annuities, mutual funds, life insurance and the use of asset allocation can provide for their financial security. We will discuss how to choose an appropriate product and a solid company. No company products will be mentioned.

Rod Kalivoda and Richard Meador (776-5382) are Kansas State University graduates with over ten years combined experience with the Prudential Insurance and Financial Services. Rod has received the professional designations Chartered Life Underwriter (CLU) and Chartered Financial Consultant (ChFC) from the American College. Both are active members of the Kansas Association of Life Underwriters.

Date: February 16  
Time: 7 pm (Wednesday)  
Fee: \$7 individual  
\$12 couples  
Location: Colony Square, 555 Poyntz, 2nd floor Board Room at Chamber of Commerce



## Successful Money Management

BP-05

This program will cover savings structure, investments, mutual funds, and insurance programs designed for today's world. Discover how to save taxes today while providing future dollars for education or retirement. Regardless of your age or income, the decisions you make today will determine, to a great extent, your financial future. A financial plan for each class participant will be provided.

Fred Freeby (537-4505), is a Senior Account Executive for Waddell & Reed, Inc., a National Financial Services organization. Fred has 18 years experience as a financial planner.

Date: February 8  
Time: 7:30 pm (Tuesday)  
Fee: \$5 individual  
\$8 couples  
Location: Waddell & Reed, 555 Poyntz Conference Room

## Successful Money Management

BP-06

Fred Freeby

Date: March 15  
Time: 7:30 pm (Tuesday)  
Fee: \$5 individual  
\$8 couples  
Location: Waddell & Reed, 555 Poyntz Conference Room

## Successful Money Management

BP-07

Fred Freeby

Date: April 19  
Time: 7:30 pm (Tuesday)  
Fee: \$5 individual  
\$8 couples  
Location: Waddell & Reed, 555 Poyntz Conference Room

## Can your Child Win the College Debt Game?

BP-10

The idea of this game is to graduate from college with as little debt as possible. You are probably aware of the costs of a college education today. However, do you know about the various programs available which can help pay those costs? Are you aware of the strategies to minimize how much will have to come from your pocket? We will cover:

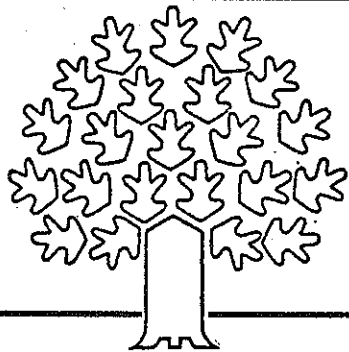
- \*Projecting the college costs where your child will be attending.
- \*Strategies for investing college funds and getting the most from your college savings.
- \*The seven major federal aid programs.
- \*The financial aid qualifying formula and strategies to improve your chances of qualifying or increasing aid.

Guy Almeling (266-8333), is in a private financial planning practice and conducts individual consultation and seminars.

Date: March 2 & 9  
Time: 6:30 - 8:30 pm (Wednesday)  
Fee: \$18  
Location: 213 K-State Union

Listen to KQLA for UFM calendar update Monday through Thursday





# Computer

1221 THURSTON

539-8763

## Questions about Wordperfect 6.0 Upgrade

CP-08

Are you thinking of buying the Wordperfect 6.0 upgrade? Are you wondering whether this is a good move for you? Come to this class and find out what all the fuss is about. We will overview the new features including the wysiwyg graphical interface, new graphic and file retrieval ability, grammar checker, scalable fonts, envelopes, watermarks, color printing and spreadsheet functions in tables. Computer demonstration may be available.

Linda Teener (539-8763), takes a practical and easy to understand approach to learning how to make your computer work for you.

Date: February 2  
Time: 3 - 5 pm (Wednesday)  
Fee: \$10  
Location: UFM Conference Room

## WordPerfect 6.0 Basics

CP-09

This class covers how to make the new features of WordPerfect 6.0 work for you. We will learn how to use the graphical view mode, work through the new menus, try out features such as grammar checker, spreadsheet ability, multiple documents, and scalable fonts. This is an upgrade class and assumes a working knowledge of an earlier WordPerfect version.

Linda Teener (539-8763), takes a practical and easy to understand approach to learning how to make your computer work for you.

Date: February 9 & 16  
Time: 3 - 5 pm (Wednesday)  
Fee: \$25  
Location: UFM Computer Lab

## WordPerfect 6.0 Basics

CP-10

Linda Teener

Date: April 26 & May 3  
Time: 3 - 5 pm (Tuesday)  
Fee: \$25  
Location: UFM Computer Lab

## How Do I Know What Computer to Buy?

CP-13

With computer prices coming down, more people are looking at purchasing this very useful tool for home and business. What kind of computer will best meet your needs is hard to know amid all the megs, rams, drives and hype. This class will explain how to decide what you need and will translate "computerese" into understandable terms to make you an informed confident shopper.

Chuck Havlicek (537-2937), has a thorough knowledge of the computer world. He will offer objective common sense advice in a language anyone can understand.

Date: January 25  
Time: 7 - 9 pm (Tuesday)  
Fee: \$5  
Location: UFM Multipurpose Room

### A SPECIAL THANKS!

I would like to take this opportunity to thank all of the dedicated volunteer instructors. It is their energy and willingness to share their time and talents that makes UFM what it is.

Thank you,  
*Jresa Weaver*

## Basic WordPerfect

CP-01

This class is designed to introduce the basic elements of word processing using Word Perfect 5.1. Learn how to create a document, set up margins and other page formatting, print and save documents. The use of Reveal Codes, Spellcheck and multiple documents will be included. Hands-on computer time is provided during the course.

Linda Teener (539-8763), takes a practical and easy to understand approach to learning how to make your computer work for you.

Date: January 25 & February 1  
Time: 3 - 5 pm (Tuesday)  
Fee: \$25  
Location: UFM Computer Lab

## Basic WordPerfect

CP-02

Linda Teener

Date: March 1 & 8  
Time: 3 - 5 pm (Tuesday)  
Fee: \$25  
Location: UFM Computer Lab

## Basic WordPerfect

CP-03

Linda Teener

Date: May 4 & 11  
Time: 7 - 9 pm (Wednesday)  
Fee: \$25  
Location: UFM Computer Lab

## Advanced WordPerfect

CP-04

Using WordPerfect 5.1, learn how to improve the appearance of your documents and improve your productivity. Try your hand at designing a newsletter with graphics and scalable fonts. Learn how to create an attractive table, program macros and run mail merge. Hands-on computer time is provided during the course.

Linda Teener (539-8763), takes a practical and easy to understand approach to learning how to make your computer work for you.

Date: February 8, 15 & 22  
Time: 3 - 5 pm (Tuesday)  
Fee: \$42  
Location: UFM Computer Lab

## Advanced WordPerfect

CP-05

Linda Teener

Date: April 5, 12 & 19  
Time: 3 - 5 pm (Tuesday)  
Fee: \$42  
Location: UFM Computer Lab

## Introduction to Lotus 123

CP-06

Take advantage of this powerful software tool. Learn how to set up a spreadsheet with formulas and text. Explore sorting, naming, linking fields and other useful skills. This course will cover practical applications for using the spreadsheet power of Lotus 123. Hands-on computer time is provided during the course.

Linda Teener (539-8763), takes a practical and easy to understand approach to learning how to make your computer work for you.

Date: February 3, 10 & 17  
Time: 3 - 5 pm (Thursday)  
Fee: \$37  
Location: UFM Computer Lab

## Introduction to Lotus 123

CP-07

Linda Teener

Date: May 5, 12 & 19  
Time: 3 - 5 pm (Thursday)  
Fee: \$37  
Location: UFM Computer Lab

## Managing your Computer

CP-11

Learn the basics needed for effective use of your IBM compatible personal computer. Learn about hardware and software options. Practice basic DOS commands. Half the workshop will be spent learning how to manage your hard drive including how to store files, creating batch files and modifying the path statement. Hands-on computer time is provided during the class.

Chuck Havlicek (537-2937), President of Aceware Systems, a computer software and service company, has a "user friendly" approach to his expertise and knowledge.

Date: February 8 & 15  
Time: 7 - 9 pm (Tuesday)  
Fee: \$25  
Location: UFM Computer Lab

## Keyboarding Basics

CP-12

Everything goes faster when you know how to type! This course is designed for the individual who has little or no typing experience. You will learn the basics of keyboard touch typing on a computer using WordPerfect 5.1 software. The instructor will guide you through this learning experience. You will have plenty of "hands-on" practice using the computers in our classroom.

Paula Walavender has had years of experience with a keyboard and understands how important it is to polish this skill.

Date: April 6, 13, 20 & 27  
Time: 7 - 8 pm (Wednesday)  
Fee: \$20  
Location: UFM Computer Lab

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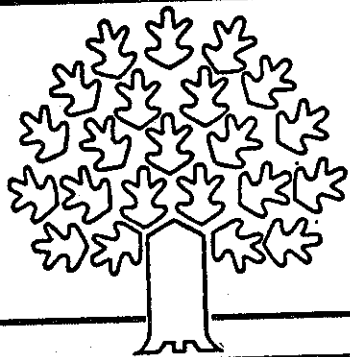
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# Creative FreeTime

1221 THURSTON

539-8763

## Books By and About Women CF-01

We will discuss thoughts, ideas and issues expressed by women through fiction and non-fiction books. Through this informal class we will exchange perceptions from our own experiences, interpreting the themes seriously and lightly. Past book selections include: *The Bean Trees* by Barbara Kingslover, *The Cape Ann* by Faith Sullivan, *Waiting to Exhale* by Terry McMillian, and *Gone with the Wind* by Margaret Mitchell.

Lorrie Cross (587-4300), enjoys reading and discussing books by and about women. She has provided facilitation for this group since 1978.

Date: January 26  
Time: 7:30 - 9 pm (Wednesday)  
Fee: \$8  
Location: Call for location

## Fiction Writing: Nuts & Bolts CF-02

We will discuss fiction writing techniques, including research, plotting, background and character development, and marketing. We will also perform skill-development exercises.

Lee Killough (776-6584), a member of the Science Fiction and Fantasy Writers of America, Mystery Writers of America, and Sisters in Crime, has published eleven novels and numerous short stories.

Date: February 3, 10, 17 & 24  
Time: 7 - 9 pm (Thursday)  
Fee: \$22  
Location: UFM Conference Room

## Collecting Antique Glassware CF-29

For antique lovers! We will focus on Victorian, Depression, and patterned glassware. Learn more about what you have or want to buy.

Jean Bigbee-Hill (537-4884), an antique and collectible lover, manages Tuttle's Antique Market, in Manhattan. Jean also has a furniture stripping and refinishing business called Busy Bee Stripping and Refinishing. She is anxious to share her knowledge with others.

Date: March 8  
Time: 7 - 8:30 pm (Tuesday)  
Fee: \$5 for one class  
\$8 for both CF-29 and CF-30  
Location: Tuttle's Antique Market  
2010 Tuttle Creek Blvd.

## Collecting and Restoring Antique Furniture CF-30

Interested in collecting and using antique furniture? Learn about styles and what to look for in antique furniture. This class will touch on restoration and stripping -- when to strip and when not to strip.

Jean Bigbee-Hill  
Date: March 15  
Time: 7 - 8:30 pm (Tuesday)  
Fee: \$5 for one class  
\$8 for both CF-29 and CF-30  
Location: Tuttle's Antique Market  
2010 Tuttle Creek Blvd.

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## Safe and Creative Family Photo Albums CF-04

Are your photos stuffed in shoeboxes, or worse, in albums that are chemically destroying them? Learn how to organize your family photos and learn the importance of photo safe, acid free storage. You will learn tips on creative cropping, photo-journaling, album page layout and more. Learn to preserve your past, enrich your future and start the family album tradition. First session is informative and educational. During the second session we will provide supplies for a workshop where you will use your own photos to create a unique album page. You will need to bring 12-24 or more of your latest pictures.

Pam Schmid (1-800-347-2625), has been a consultant with Creative Memories since 1989, teaching classes and workshops on preserving family photos and memorabilia using photo safe supplies.

Date: February 8 & 15  
Time: 7 - 9 pm (Tuesday)  
Fee: \$14  
Location: UFM Fireplace Room

## Safe and Creative Family Photo Albums CF-05

Pam Schmid

Date: April 5 & 12  
Time: 7 - 9 pm (Tuesday)  
Fee: \$14  
Location: UFM Fireplace Room

## Handweaving CF-11

This class is an introduction to four harness handweaving. It will cover weaving terms, types of looms and weaving materials and supplies. Students will learn how to plan a weaving project, prepare the loom and weave the project. Each student will prepare a loom for weaving and take a loom home between classes to finish the project. The student will weave samples in different weaving patterns and weave a final project. The course will include an introduction to weaving on a floor loom and computer assisted weaving.

George Eads (537-0634), first learned to weave in a UFM class in 1986 and has been weaving ever since. He is a member of the local Weaving Guild, the Weavers Fancy. He owns a variety of looms and demonstrates the craft throughout the area at parks, schools, and historical events, etc.

Date: January 19, 26, February 2 & 9  
Time: 7 - 9:30 pm (Wednesday)  
Fee: \$32  
Location: Call for location

## Handweaving CF-12

George Eads

Date: February 16, 23, March 2 & 9  
Time: 7 - 9:30 pm (Wednesday)  
Fee: \$32  
Location: Call for location

## An Introduction to Bridge CF-06

You have heard about it for years. Now you will have a chance to learn bridge, the world's most exciting card game. The recent increase in the popularity of bridge is attributed to the more simplified method of teaching the game. After one lesson you will be able to play bridge. You will learn the bidding and how to play the cards. The class is designed to be user friendly, consisting of brief lecture and demonstrations followed by practice play. The fun aspect of the game will be emphasized. Individuals may enroll with or without a partner.

Dick Claussen (532-5575), is an American Contract Bridge League accredited teacher and a Life Master.

Date: January 24, 31, February 7, 14, 21 & 28  
Time: 7 - 9 pm (Monday)  
Fee: \$22  
Location: UFM Fireplace Room

## How to Play Better Bridge Defense CF-07

Defense, Defense, Defense! The three words for success in Bridge. Learn how bidding and declarer play are important to help you in playing good defense. This class is designed for people who are actively playing bridge. Do you know what card to lead, when the player to your right opens one no trump, everyone else passes and you hold the following hand?

♠ AK  
♥ 98762  
♦ Q3  
♣ J973

Dick Claussen (532-5575), is an ACBL accredited teacher and a Life Master.

Date: March 7, 14, 21, 28, April 4 & 11  
Time: 7 - 9 pm (Monday)  
Fee: \$22  
Location: UFM Fireplace Room

## Aviation Ground School CF-14

Interested in learning to fly? Take the first step and prepare for the Private Pilot's written exam. This course will cover what you need to know in order to pass the test. FAA Examiner fees are extra. Students must provide their own Flight computer, plotter and sectional chart. (Estimated cost for flight computer: \$10-\$30, plotter: \$5-\$10, Sectional chart: \$6-\$8.) The class fee includes pilot's manual and practice test questions. Minimum age: 16

Troy Brockway (532-5606) is a Certified Flight Instructor and has been flying for 12 years.

Date: Jan 25, Feb 1, 8, 15, 22, March 1, 8 & 15  
Time: 7 pm (Tuesday)  
Fee: \$48  
Location: UFM Conference Room

## An Introduction to the Wonderful World of Radio Monitoring CF-17

Are you curious about radio monitoring or do you have a scanner or shortwave receiver but don't know what to listen to? Bring your questions. We will discuss monitoring laws, scanners, antennas, and frequency allocations. A demonstration of scanners and shortwave broadcasts will include BBC World Service, Public Service frequencies and cordless telephone.

John Skare (776-7942), is an amateur radio operator and radio hobbyist. He has been monitoring frequencies since 1969.

Date: March 5  
Time: 7 - 8:30 pm (Saturday)  
Fee: \$5  
Location: UFM Conference Room

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**Professional Novel and Story Writing**

CF-13

This class covers all phases of writing (nonfiction and fiction). Learn how to develop character, dialogue, long scenes, short scenes, documentation, foreshadowing, time transition, flashbacks, recollections, introspection, action and other topics. The book Dare To Be A Great Writer, written by the instructor, will be used in class.

Leonard Bishop has taught writing courses for over 25 years, has published nine novels, and has written two professional books on writing titled Dare To Be Different, (now in its second printing) and Dare To Be a Great Writer.

Date: January 26, February 2 & 9  
Time: 7 - 9:30 pm (Wednesday)  
Fee: \$16  
Location: UFM Conference Room



More Creative Freetime on next page.

**Water Color Painting via Photography**

CF-03

Transform photographs into watercolor paintings. Photograph Kansas stone buildings and landscapes during the first class session with emphasis on subject selection and composition. During the studio sessions, select painting subjects from your developed color prints, make sketch compositions; value studies, and lay down the initial watercolor washes. Students should complete two watercolor paintings and receive instruction on matting. Students must have a 35mm camera, a 24 exposure roll of color film, watercolor paints, brushes and paper.

Ernie Peck (537-9883) and Gene Ernst (776-3622), have taught photography frequently and are accomplished painters. Ernie and Gene have co-taught watercolor classes for several years.

Date: April 23, 26, 28, May 3 & 5  
Time: 7 - 9 pm (Tues & Thurs)  
8:30 - 1 pm (Saturday)  
Fee: \$14  
Location: UFM Banquet Room

**"Creativity at Work" Mini Arranging Workshop  
Wreath "For the Birds"**

CF-18

Using a straw wreath as a base we will add milo, wheat, sunflower seeds and peanuts to provide food for our feathered friends. Later the straw can be used for nest building!

Christina van Swaay likes to share her enjoyment for all that grows and blooms with others. She has lived with flowers ever since she can remember. In the Dutch culture flowers are part of everyday life. Christina owns Floralia Flower Design Studio where she offers classes in flower arranging.

Date: January 25  
Time: 7 pm (Tuesday)  
Fee: \$12 single class  
\$42 for the series (all supplies will be included)  
Location: Floralia, 2nd floor Bernina House  
330 N 4th

**Ikebaua Inspired Arrangement**

CF-20

Some trees are budding! We will use branches, a single flower and some leaves to make this attractive arrangement.

Christina van Swaay  
Date: March 29  
Time: 7 pm (Tuesday)  
Fee: \$12 single class  
\$42 for the series (all supplies will be included)  
Location: Floralia, 2nd floor Bernina House  
330 N 4th Street

**Hand-Bouquet of Dried Flowers**

CF-19

We will discuss some methods of preserving flowers, then we will make a small hand tied bouquet of dried flowers.

Christina van Swaay  
Date: February 22  
Time: 7 pm (Tuesday)  
Fee: \$12 single class  
\$42 for the series (all supplies will be included)  
Location: Floralia, 2nd floor Bernina House  
330 N 4th Street

**Spring has Sprung  
Importance of Containers**

CF-21

We will look at various types of containers which complement a flower arrangement. We will make a fresh flower arrangement to take home.

Christina van Swaay  
Date: April 26  
Time: 7 pm (Tuesday)  
Fee: \$12 single class  
\$42 for the series (all supplies will be included)  
Location: Floralia, 2nd floor Bernina House  
330 N 4th Street

**Recycled Paper Bag Baskets**

CF-15

Recycle brown grocery bags into useful, attractive baskets. Class takes approximately 1 1/2 hours and you will take home a sturdy basket. Once you learn this technique, you will be able to recycle bags, old maps, and even worn-out blue jeans into useful baskets. Recycled bag baskets filled with goodies make great gifts. Very minimal supplies are needed. Supply list available at time of registration.

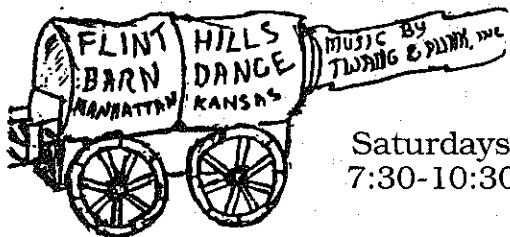
Marie Burgett has been weaving for 20 years and has made baskets over the years. She learned to make baskets from paper bags and has been teaching this class to individuals, church groups, and weaving guilds.

Date: March 29  
Time: 7 pm (Tuesday)  
Fee: \$5  
Location: UFM Conference Room

**Recycled Paper Bag Baskets**

CF-16

Marie Burgett  
Date: April 18  
Time: 7 pm (Monday)  
Fee: \$5  
Location: UFM Multipurpose Room



Saturdays  
7:30-10:30

**Contras and Traditional Squares**

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Nov. 13  
Dec. 11  
Jan. 8  
Feb. 12  
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Apr. 9  
May 14  
Jun. 11

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All participants must register in advance.





**Introduction to Mountain Dulcimer**

CF-08

Come learn to play this very easy musical instrument! This class will cover the basics of playing and enjoying the mountain dulcimer. You will learn the skills of tuning, playing a melody line and strumming. Some chording will also be included as the class advances. A mountain dulcimer and a flat pick for strumming are required.

Jim Miley (532-4963), has been playing the mountain dulcimer for a number of years and enjoys teaching others. He is a KSU professor.

Date: Jan 25, Feb 1, 8, 15, 22 and March 1  
Time: 7 - 9 pm (Tuesday)  
Fee: \$16  
Location: UFM Multipurpose Room

**Autoharp Workshop I**

CF-09

The autoharp is lots of fun and easy to play. During the 1st session, we will cover the basics of tuning, using finger picks, rhythm and picking melody lines. Join the 2nd session and we will provide further instruction and practice. Bring your autoharp and finger picks that fit your thumb and first 2 or 3 fingers.

Linda Teener (539-8763), has been playing and teaching the autoharp for several years.

Date: February 12  
Time: 1 - 3 pm (Saturday)  
Fee: \$7 session I  
\$12 session I & II  
Location: 1900 Judson

**Autoharp Workshop II**

CF-10

Prerequisite: Session I

Linda Teener

Date: February 19  
Time: 1 - 3 pm (Saturday)  
Fee: \$7 Session I  
\$12 Session I & II  
Location: 1900 Judson

**Black and White Photography for Beginners**

CF-22

Black and White photography is back. In this class we will give basic tips on taking great pictures with a 35mm SLR camera. We will look at F-stops, shutter speeds, focusing, depth of field, compositions, and the use of different types of film. Bring a 35mm camera and a roll of Tri-X 400 ISO Black and White film. Class size is limited.

Harold Wellmeier (539-8763) has a degree in Commercial and Industrial Photography. He enjoys all aspects of photography. He especially enjoys working in black and white photography.

Date: January 30  
Time: 7 pm (Sunday)  
Fee: \$6  
Location: UFM Conference Room

**Black and White Film Developing for Beginners**

CF-23

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.

Harold Wellmeier (539-8763) has a degree in Commercial and Industrial Photography. He enjoys black and white photography, and enjoys processing his own film.

Date: February 13  
Time: 7 pm (Sunday)  
Fee: \$9  
Location: UFM Darkroom

You are registered unless you are otherwise notified.

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**Black and White Film Developing for Beginners**

CF-24

Harold Wellmeier

Date: February 27  
Time: 7 pm (Sunday)  
Fee: \$9  
Location: UFM Darkroom

**Black and White Printing**

CF-25

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

Harold Wellmeier

Date: March 6  
Time: 7 pm (Sunday)  
Fee: \$10  
Location: UFM Darkroom

**Black and White Printing**

CF-26

Harold Wellmeier

Date: March 9  
Time: 7 pm (Wednesday)  
Fee: \$10  
Location: UFM Darkroom

**Black and White Printing**

CF-27

Harold Wellmeier

Date: April 10  
Time: 7 pm (Sunday)  
Fee: \$10  
Location: UFM Darkroom

**Black and White Printing**

CF-28

Harold Wellmeier

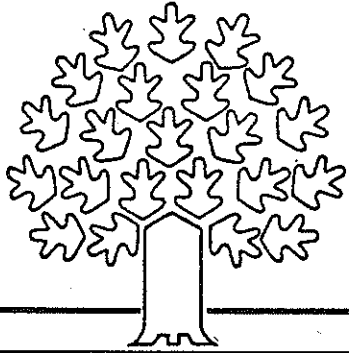
Date: April 13  
Time: 7 pm (Wednesday)  
Fee: \$10  
Location: UFM Darkroom



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The SUMMER UFM CATALOG will be out May 17.



# Family Living

1221 THURSTON

539-8763

## Dairy Farm Tour with Focus on Family Strengths

FL-05

While we tour and learn about the Dairy Farm at KSU we will focus on the responsibilities of the dairy operations and how each member has responsibilities to the family that provide strength for the family unit. Each family member should bring ideas about their role in the family. **Directions:** 1 mile north from Denison and Kimball intersection. Proceed west for 1/2 mile. Turn right onto a dirt road. We will meet at the yellow shed where the offices and milking observation room is located.

John Kneisler

Date: March 5  
Time: 9 - 10 am (Saturday)  
Fee: \$14 family  
Location: Dairy Plant  
2000 Marlatt

## Planning for Long-Term Care: Who Pays?

FL-06

A major concern of seniors is the cost of long-term care. This class will provide valuable information about Medicare, the Clinton Health Plan and long term care insurance.

Margaret VanGaasbeek is a long-term care representative with Amex Life Assurance Co.

Date: March 10  
Time: 7 - 8:30 pm (Thursday)  
Fee: \$5  
Location: UFM Conference Room

You are registered unless you are otherwise notified.

## Effects of Divorce on Children

FL-01

No matter what age a child is when parents decide to divorce there will be behavioral effects. This workshop is designed to give parents information on the developmental effects of divorce, how parents can talk to their child about divorce and how parents can set up visitations that are less stressful for both the child and the parents. Handouts will be provided.

Denise Leite is currently a psychologist in Junction City. She often has children in her case load who are having a difficult time adjusting to divorce. Ms. Leite's thesis, "Effects of Divorce on Children's Family Drawings in Two Age Groups" dealt specifically with how a child views his or her place within the family structure after a divorce.

Date: February 2  
Time: 7 pm (Wednesday)  
Fee: \$5  
Location: UFM Multipurpose Room

## Constructive Arguing for Couples or Roommates

FL-02

This workshop is designed to focus on how a couple or roommates prolong the arguing process by using ineffective communication techniques. These ineffective techniques will be discussed so that a person can become aware of their arguing style. Then, new healthier communication techniques will be introduced, such as "I" statements that lessen the defensive stance of your partner. Handouts will be provided.

Denise Leite is currently a psychologist in Junction City. As part of her job she sees couples for marriage therapy. Part of the focus during this therapy is on communication as Ms. Leite feels this is often times one of the weakest links in a marriage or partnership.

Date: February 16  
Time: 7 pm (Wednesday)  
Fee: \$5  
Location: UFM Conference Room

## Fun, Games, and NAB's

FL-03

Let's Party! Here's an opportunity for parents, church and other youth group leaders to exchange and learn successful party tips for kids. The basis for this program is that youth have fun and celebrate life without the presence of alcohol. Gear up for those "lock-ins," school's out parties, etc. with new suggestions for food, activities, and NAB's. Who needs a reason to party? See you there!

Phyllis Grover, is a former classroom teacher and Prevention Consultant for the Northeast Kansas Regional Prevention Center, a program of Pawnee Mental Health Services.

Date: April 7  
Time: 7 pm (Thursday)  
Fee: \$5  
Location: UFM Fireplace Room

## Konza Prairie Hike for Families

FL-04

Strengthen your family while learning more about fresh spring blossoms of the prairie. As a family, you will spend the time to list your 5 strengths and find an object from the prairie that represents your family. This will be an enjoyable evening with sharing and learning. You can bring binoculars, prairie field guides and a camera.

**Raindate: May 4.**

**Directions:** Take 177 to McDowell Crk Rd. and drive south approximately 3 1/2 miles. Turn left at the Konza Research Natural Area. Proceed 1/2 mile to parking area.

John Kneisler (539-2830), is a graduate student in Family Life Education. He believes outdoor activities can strengthen your family unit.

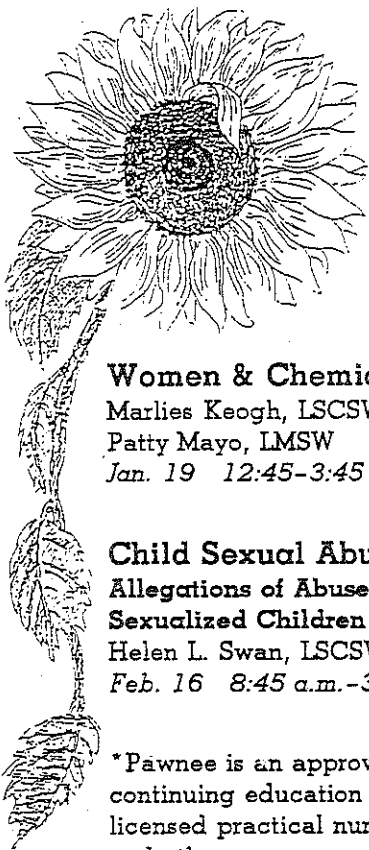
Date: May 2  
Time: 5:30 pm (Monday)  
Fee: \$14 family  
Location: Konza Prairie Trail Head



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## Continuing Education

For Helping Professionals and Volunteers



### Women & Chemical Dependency

Marlies Keogh, LSCSW

Patty Mayo, LMSW

Jan. 19 12:45-3:45 3 Hrs

### Child Sexual Abuse: Evaluating Allegations of Abuse and Responding to Sexualized Children

Helen L. Swan, LSCSW

Feb. 16 8:45 a.m.-3:45 p.m. 6 Hrs

\*Pawnee is an approved provider of continuing education for registered nurses, licensed practical nurses, social workers and others.

### Baseline: Community Action for Drug-Free Kids

Beth Hughes, M.A.

March 4-5 8:30 a.m.-3:30 p.m. 12 Hrs

### Family Systems: Intergenerational Patterns

Terry Pfannenstiel, Ph.D.

Mar. 16 12:45-3:45 3 Hrs

### Building Powerful Leadership Skills

Angela G. Hayes, M.S.

Apr. 20 12:45-3:45 3 Hrs

Pre-registration required. Fee is \$7 per hour.

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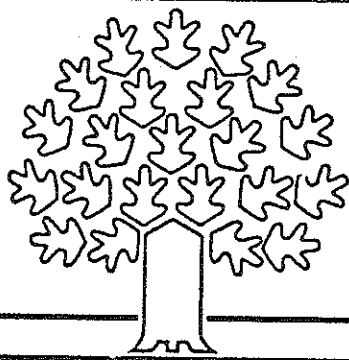
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# Earth & Nature

1221 THURSTON

539-8763

## The Spillway "Canyon": Reading The Pages of Ancient Earth History

EN-03

Would you like to understand the phenomena you see at the Tuttle Creek Spillway? Here is a class for you. The first evening will begin with an overview of the broad sweep of earth history. After walking through the geologic ages, you will be introduced to the world of the Permian Period during which the rocks of the spillway were formed. The plant and animal fossils of this time will be described and the life of the Permian land and oceans will be reconstructed. Our second meeting will focus on the methods and principles used by geologists to reconstruct Earth history. You will be given the tools to read the history of the Earth for yourself. We will also discuss the processes that eroded the spillway "canyon." On a three - four hour fieldtrip we will explore the spillway together. Imagine yourself walking an ancient seafloor or an ancient landscape! This will be a great time to identify fossils found at the spillway.

*Keith Miller* is a paleontologist and sedimentologist doing postdoctoral research with the geology department at K-State. His interest is in using information recorded in the rocks to reconstruct ancient environments and understand how they changed with time. He is fascinated by the dynamic history of the Earth, and enjoys telling the stories written in its rocks. He also enjoys observing and learning from the natural world around us.

Date: April 5, 7, & 9  
Time: 7 - 8:30 pm (Tues & Thurs)  
To be announced for Saturday  
Fee: \$10 individuals  
\$15 family  
Location: 213 Thompson Hall, KSU

## The Spillway "Canyon": Reading the Pages of Ancient Earth History

EN-04

*Keith Miller*

Date: April 26, 28 & 30  
Time: 7 - 8:30 pm (Tues & Thurs)  
To be announced for Sat  
Fee: \$10 individual  
\$15 family  
Location: 213 Thompson Hall, KSU

## Fishing Northeast Kansas

EN-01

This is truly a great fishing class. The instructors are willing to share a life time of information of fishing in Northeast Kansas. They will talk about what you, the student, want to know. They will tell you where the best spots are, the population of different species of fish and what bodies of water are best. Different techniques of fishing and maybe even some special spots or lures. This class will be mainly for adults but bring along the youngsters. They can talk to all age groups.

*Paul F. Miller* (539-7941), is a born Kansan and life long lover of the outdoors. Paul was a Conservation Officer for many years and is now the park manager for Tuttle Creek State Park. He has a radio show on KMAN and writes an outdoor article for the Manhattan Mercury.

*Jerry Dishman* is also a life long resident of Kansas and truly an outdoorsman. He works for the City of Manhattan Recreation Department and spends many hours pursuing his love of the outdoors ie: hunting and fishing. Jerry has many skills and is always willing to share them with someone who wants to learn.

Date: March 9  
Time: 7 pm (Wednesday)  
Fee: \$5 individual  
\$8 for adult and child  
Location: UFM Conference Room

## Field Trip: Wabaunsee County Glacial Area

EN-13

Come venture to the glacial area of northwestern Wabaunsee County. We'll search for materials such as agates, quartzite, and fossils left behind by the glaciers. Become a rockhound for a day. **Bring a beverage and a container for your treasures. Raindate: April 30**

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

Date: April 23  
Time: 8:30 am - noon (Saturday)  
Fee: \$5 individual  
\$8 couple  
Location: Meet at UFM Fireplace Room

## Bald Eagle Observation

EN-14

The Bald Eagles are most active during early morning feeding. In the past numerous eagles have been spotted. **Bring your binoculars, a bird field guide** (if you have one), and dress warmly. We will enjoy the outdoors and the family time.

*John Kneisler* (539-2830), is a graduate student in Family Life Education and loves the outdoors. He believes outdoor family activities can strengthen the family unit.

Date: February 5  
Time: 8 am (Saturday)  
Fee: \$9 individual  
\$14 family  
Location: Parks and Recreation office at Tuttle Creek River Pond area

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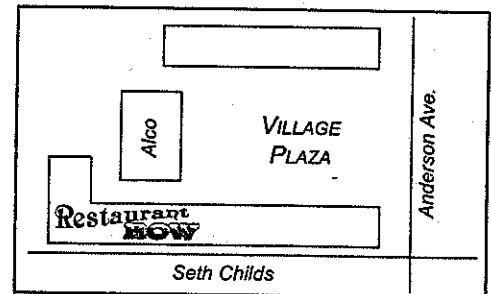
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**Landscaping around the Home** EN-02

Would you like to know more about the basics of landscaping your home? Different resources available locally will be discussed and a limited discussion on advantages and disadvantages of plant material. This course will be a must for new residents to the Manhattan community or those of us with "brown thumbs."

*Alan Ladd* (537-6350), is the Riley County Extension Director at the County Extension office and he coordinates the horticulture program in Riley County. He believes that education is a life long process and everyone needs to keep updated on areas of interest to them. *Tom Hittle* has used his degrees in Horticulture and Landscape Architecture to help design award winning landscape plans for over ten years. Hittle Environmental Design is the design firm that Tom operates and offers design services to commercial and residential clients in the area.

Date: April 14, 21 & 28  
Time: 7 - 9 pm (Thursday)  
Fee: \$15  
Location: Pottorf Hall at Cico Park on Avery Ave.

**Successful Gardening** EN-06

Ah-h-h Kansas! Where the wind and hail makes life perilous for new seedlings and where the hot sun and dry weather bake your veggies before they're picked! Gardeners, especially beginners, will profit from this class as we explore the merits and perils of gardening in Kansas. We'll offer tips and tricks to dealing with the effects of weather and soil, and show you new products on the market designed to make gardening easier. You can have that successful garden!

*Colleen Hampton*  
Date: March 9  
Time: 7 - 9 pm (Wednesday)  
Fee: \$5  
Location: UFM Greenhouse

**Composting: The Fine Art of Making "Black Gold"** EN-09

Is that pile of Fall leaves still there? Compost them! Have some houseplants that didn't make it through the winter? Compost them! Almost all plant material is compostable! This class will cover everything you need to know to have a successful compost pile. You just choose how long you want the process to take. We'll also discuss how to use this "black gold" to enhance your yard or garden.

*Colleen Hampton*  
Date: April 13  
Time: 7 - 9 pm (Wednesday)  
Fee: \$5  
Location: UFM Greenhouse



**Growing Cool-Season Vegetables** EN-05

Don't plant your green beans in March! Plant peas instead! When is it too late to plant cabbage? We'll discuss when and how to plant the March and April sown vegetables (and the common problems associated with each) so you can enjoy a bountiful harvest in April, May and June!

*Colleen Hampton* (539-5934), is a 1994 Master Gardener and a member of the Manhattan Community Gardens. She enjoys sharing what she has learned with all interested members of the community and looks forward to class interaction.

Date: February 23  
Time: 7 - 9 pm (Wednesday)  
Fee: \$5  
Location: UFM Greenhouse

**Gardening in Small Places** EN-08

Do you want to grow vegetables but don't feel that you have the space needed? Are you a veteran gardener who never seems to have enough room to plant everything you want to grow? You may have more space and growing potential than you think! We'll discuss several approaches to getting more produce out of a small space. A tour of one such garden is optional.

*Colleen Hampton* (539-5934), is a 1994 Master Gardener and a member of the Manhattan Community Gardens. She enjoys sharing what she has learned with all interested members of the community and looks forward to class interaction.

Date: March 30  
Time: 7 - 9 pm (Wednesday)  
Fee: \$5  
Location: UFM Greenhouse

**Organic Gardening** EN-07

With the concern for the long-term effects of pesticides, interest in organic gardening is increasing. We'll discuss a practical approach to gardening organically, including alternatives to traditional pesticides and fertilizers. Other current techniques will also be covered. Grow a healthy garden this summer!

*Colleen Hampton*  
Date: March 16  
Time: 7 - 9 pm (Wednesday)  
Fee: \$5  
Location: UFM Greenhouse

**Growing Warm-Season Vegetables** EN-10

Be the first on your block to harvest red, ripe tomatoes this summer! Learn about the wants and needs of the commonly (and not so commonly) grown summer veggies that are typically planted in late spring - early summer and how to have them ready for harvesting as early as June!

*Colleen Hampton*  
Date: April 20  
Time: 7 - 9 pm (Wednesday)  
Fee: \$5  
Location: UFM Greenhouse

**Perennial Flower Gardening** EN-11

Are you tired of buying and planting new flowers year after year? Why not invest in some perennial flowering plants that will return each spring? We'll discuss how to get started, including what and how to plant, and some planting tips to make your perennial flower garden bloom full of color all summer!

*Colleen Hampton*  
Date: April 27  
Time: 7 - 9 pm (Wednesday)  
Fee: \$5  
Location: UFM Greenhouse

**Growing Herbs** EN-12

Enjoy the fragrance of herbs in your garden this summer. Feel and smell various types of potted herbs and see why their cultivation is growing in popularity. We'll discuss types of herbs, and how to grow, harvest, preserve, and enjoy them for use in cooking and around your home.

*Colleen Hampton*  
Date: May 4  
Time: 7 - 9 pm (Wednesday)  
Fee: \$5  
Location: UFM Greenhouse

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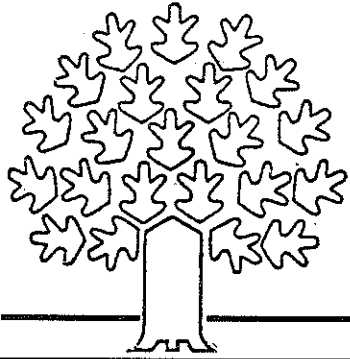
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# Food for Fun

1221 THURSTON

539-8763

## Beginning Cake Decorating FF-01

Even a pretty border will enhance a cake. Learn to add an icing decoration and impress all of your family and friends. Icing will be provided for practice in class. You will bring your own cake to a later class and take home a masterpiece. Supply list available at registration.

Tammy Sinn began decorating cakes several years ago as a hobby. Her first lessons were a UFM cake decorating class. Currently she decorates cakes for Dillons.

Date: February 24, March 3, 10 & 17  
Time: 7 - 8:30 pm (Thursday)  
Fee: \$17  
Location: 144 Justin Hall, KSU

## Cake Decorating II FF-02

This class will continue to build on the decorating techniques used in Beginning Cake Decorating. You will learn how to add details and make flowers appropriate for special occasion cakes. Icing will be provided for class practice. You will bring your own cake to a later class and take home a masterpiece. Supply list available at registration.

Tammy Sinn

Date: March 31, April 7, 14 & 21  
Time: 7 - 8:30 pm (Thursday)  
Fee: \$18  
Location: 144 Justin Hall, KSU

## Basic Cooking FF-09

This class will cover the basics of cooking, from finding the best deal at the grocery store to creative leftovers.

Rich Bungard (537-1515), has been a cook in the local market for 15 years. Currently he is the kitchen manager for Old Chicago Bar & Grill. He has worked in many restaurants from fast foods to full service fine dining and catering.

Date: February 5, 12, 19 & 26  
Time: 9 - 11 am (Saturday)  
Fee: \$30 includes 4 lunches at Old Chicago Bar & Grill  
Location: Old Chicago Bar & Grill  
3003 Anderson in Village Plaza

**HOW TO WATCH A GOOD PROGRAM DIE**  
Nothing kills a UFM class faster than participants who wait until the last minute to enroll. Classes will be cancelled if there is a low enrollment.

**PLEASE REGISTER EARLY!**

## Beer Making FF-06

Homebrewed Beer - the beer for discriminating palates. Come learn the brewer's art. We will make and bottle beer. Participants must be 21 years of age.

Dean Taylor (539-7654), has many years experience in making beer and sells supplies for making beer and wine at The Palace in Aggieville.

Date: February 3 & 10  
Time: 7 - 8 pm (Thursday)  
Fee: \$8  
Location: UFM Fireplace Room

## Winemaking with Concentrates FF-07

Pleasant and enjoyable wines can be made at home very economically with the grape and other fruit juice concentrates now available. This course will take three sessions. The first session will be all about equipment and ingredients required, and fermentation will begin. The second session will be a process called racking and the wine will be transferred into a glass carboy for conditioning. In the third session, the bottling process will be explained and the wine bottled. Wine making is an enjoyable hobby. If you enjoy drinking it, you will further enjoy making it yourself. Participants must be 21.

Dean Taylor

Date: March 8, 14 & 30  
Time: 7 - 8 pm (Tues, Mon & Wed)  
Fee: \$10  
Location: UFM Fireplace Room

## Introduction to Wine FF-08

In vino veritas! A study of wine from vine to glass. We will discuss the chemistry, geography, history and viticulture. As part of the class we will taste domestic and foreign wines. **Must be 21 years of age.**

Lloyd Davenport is retired from KSU. He is a charter member of Society of Wine Educators and has cultivated wine grapes and made wines. Lloyd has taught wine classes for many years.

Date: January 28, February 4, 11, 18 & 25  
Time: 7 pm (Friday)  
Fee: \$49  
Location: Call for location

Become a UFM instructor! Please call the UFM Office (539-8763) by March 1 if you have a skill or interest that you would like to share with others in our community. Become a link in our goal of life-long learning and living.

## Thai Cooking

Learn how to prepare and enjoy authentic Thai dishes. This series of classes will be fun and informal. We will eat what we prepare.

Lek Leeling (776-9667), is a native of Bangkok, Thailand and has been in Kansas since 1987.

## Beef, Pork and Chicken Stay FF-03

Beef, Pork and Chicken Stay (BBQ on a Stick) made with Thai peanut sauce, cucumber pickles and toast.

Date: February 12  
Time: 10 am - noon (Saturday)  
Fee: \$15 single class  
\$42 for series  
Location: 144 Justin Hall, KSU

## Kuaitiao Phatthai FF-04

Fried rice noodles Thai style with shrimp, bean sprouts and sauce.

Date: March 19  
Time: 10 am - noon (Saturday)  
Fee: \$15 single class  
\$42 for series  
Location: 144 Justin Hall

## Khao Neo, Kai Yang, and Sumtam FF-05

A popular Northeast Thailand dish. Sweet rice with BBQ chicken and papaya salad.

Date: April 16  
Time: 10 am - noon (Saturday)  
Fee: \$15 single class  
\$42 for series  
Location: 144 Justin Hall

## How to Plan and Prepare a Successful Dinner Party FF-10

This class will focus on planning a successful dinner party at either your home or your favorite restaurant. We will provide tips and techniques to guarantee a successful party of any size. Food to sample and soft drinks provided. Cocktails may be purchased.

Rich Bungard (537-1515), has been a cook in the local market for 15 years. Currently he is the kitchen manager for Old Chicago Bar & Grill. Tom Walker is General Manager for Old Chicago Bar & Grill. He has worked for the Ritz Carlton a small restaurant on Rodeo Drive in Hollywood and coordinates numerous catering events locally.

Date: February 21  
Time: 7 - 10 pm (Monday)  
Fee: \$10  
Location: Old Chicago Bar & Grill  
3003 Anderson in Village Plaza

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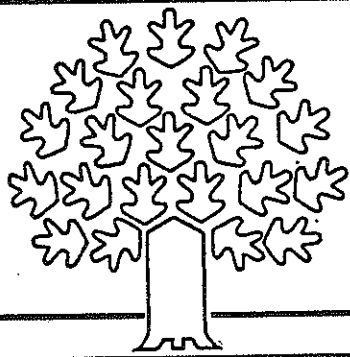
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# Languages

1221 THURSTON

539-8763

## Beginning Sign Language LA-01

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 and a vocabulary of about 200 functional signs. Fee includes book Gallaudet's Survival Guide to Signing.

*Natalie Smith* has taught sign language for 6 years and has been a professional interpreter for 7 1/2 years. She grew up with two deaf parents.

Date: January 26 - March 2  
Time: 7 - 8 pm (Wednesday)  
Fee: \$40  
Location: 149 Justin Hall, KSU

## Survival English LA-02

### English as a 2nd Language

Survival English is designed for those whose native language is not English. It will help the student survive in an English speaking world. The student will learn "survival skills." Conversational skills, pronunciation, spelling, and grammar will be used to help the student speak with confidence. Textbooks and handouts will be used. Class participation is recommended. Certificates of completion will be awarded.

*James F. Hill* completed his Bachelor of Science degree in American History at the College of the Ozarks, Point Lookout, MO, in 1977. He holds a Missouri State Teaching Certificate. In addition to teaching high school social studies in the Missouri Public system he has taught English at English Language Institutions in Seoul, Korea. Jim is a graduate student at KSU.

Date: March 29 - May 5  
Time: 7 - 8:30 pm (Tues & Thurs)  
Fee: \$70  
Location: 122 Bluemont Hall, KSU

## English as a 2nd Language LA-03

This class is for students who already speak and read basic English, as their second language. The class will be structured to meet the needs of students on an intermediate to advanced level. We will concentrate on conversation, reading and vocabulary building. Textbooks and handouts will be used. Class participation is recommended. Certificates of completion will be awarded.

*James F. Hill*

Date: January 25 - March 3  
Time: 7 - 8:30 pm (Tues & Wed)  
Fee: \$70  
Location: 122 Bluemont Hall, KSU

## Japanese LA-04

Join us for an introduction to Japanese. This class will cover basic language skills for use in travel, such as ordering from a menu and understanding directions. This class will cover the basic structure of Japanese, with emphasis on conversation. No prior knowledge of Japanese is required. Participants will be asked for input regarding specific learning interests.

*Naomi Sato* is a K-State Economics student. She has had experience teaching other University students.

Date: February 7, 14, 21, 28, March 7 & 14  
Time: 7 - 8:30 pm (Monday)  
Fee: \$22  
Location: UFM Multipurpose Room

## Introduction to German LA-05

This class is a prerequisite for the Beginning German III class. You will be introduced to German and learn some basic skills (alphabet, numbers, colors, objects, etc). Conversation in German is emphasized.

*Michele Thun*, is a graduate of Washburn University with a degree in German. She received the Fulbright Fellowship to study in Austria where she lived for 2 years. She is currently a graduate student of German and is also a Graduate Teaching Assistant, having taught since the Fall of 92.

Date: January 27, February 3, 10 & 17  
Time: 6:30 - 7:30 pm (Thursday)  
Fee: \$13  
Location: 123 Eisenhower Hall, KSU

## Beginning German III LA-06

In this class we will build on basic language skills and learn to express ourselves in German in various situations. We will also learn about culture. Conversation in German is emphasized. **Introduction to German is a prerequisite for this class.** If you missed Beginning German II, you can still enroll in this class.

*Michele Thun* is a graduate of Washburn University with a degree in German. She received the Fulbright Fellowship to study in Austria where she lived for 2 years. She is currently a graduate student of German and is also a Graduate Teaching Assistant at K-State having taught since Fall 1992.

Date: February 24 - May 19  
No class March 24  
Time: 6:30 - 7:30 pm (Thursday)  
Fee: \$39  
Location: 123 Eisenhower Hall, KSU

## Russian for Beginners I LA-07

As Russian Culture becomes more accessible to the World, here is an opportunity to learn the beautiful Russian Language and gain insight into contemporary Soviet life. Forget the old myth that adults are inferior to children in learning languages. Relax, listen to the Russian short stories, and enjoy their humor. Learn the Russian alphabet and try to read yourself. This course will be geared towards your learning interests.

*Irina Khrantsova* (532-5670) and *Liuba Ramm*. Irina graduated from the Department of Philology, Moscow State University. At present she is in Educational Psychology and is interested in applying her knowledge in psychology and linguistics for teaching Russian. Liuba had been teaching foreign language in Russia for 20 years and still enjoys it.

Date: January 26 - February 18  
Time: 7 - 8 pm (Wed & Fri)  
Fee: \$20  
Location: 108 Bluemont Hall, KSU

## Conversational Russian II LA-08

This class is a continuation of Russian for Beginners I. It is appropriate for those who have some basic skill in Russian. We will concentrate on conversational Russian.

*Irina Khrantsova* and *Liuba Ramm*

Date: February 23 - March 18  
Time: 7 - 8 pm (Wed & Fri)  
Fee: \$20  
Location: 108 Bluemont Hall, KSU

## French French French LA-09

This class is an introduction to French. The emphasis will be on conversation, proper pronunciation and everyday vocabulary, including greetings, telling time, weather, family travel, food and restaurant words. We will cover different situation with little "real life" dialogues.

*Natacha Castella* (539-7352), is a friendly and cheerful French native speaker eager to share her knowledge. She grew up in Switzerland and is now in Manhattan for awhile.

Date: January 26 - March 16  
Time: 9:30 - 11 am (Wednesday)  
Fee: \$20  
Location: UFM Multipurpose Room

## French French French LA-10

*Natacha Castella*

Date: January 27 - March 17  
Time: 4:30 - 6 pm (Thursday)  
Fee: \$20  
Location: UFM Multipurpose Room

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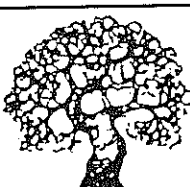
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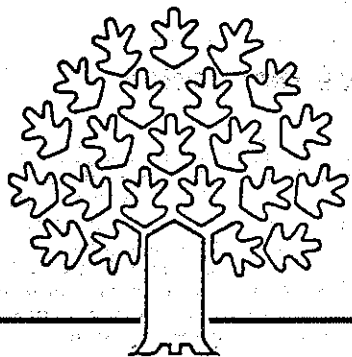
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# Personal Development

1221 THURSTON

539-8763

## SHARP-Self Defense for Women

SP-01

This is a nationally designed self defense program to specifically meet the needs of women. By empowering women to better protect themselves they gain confidence in social and professional environments. There will be discussion and demonstration dealing with situations from sexual harassment, date rape through actual attack. This class provides self defence techniques without the use of weapons or extensive Martial Arts. Ages 13+

*Diana Tarver*, has been teaching Women's Self Defense classes for 9 years throughout Colorado and Kansas. She is a 3rd degree Black Belt in Tae Kwon Do and has taught police tactics, but for this class she takes a very practical approach.

Date: February 26  
Time: 8 am - 12 noon (Saturday)  
Fee: \$15  
Location: First Luthern Church  
930 Poyntz

## Introduction to Zen Buddhist Philosophy and Practice

SP-02

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

*Leon Rappoport* (532-6850), a professor with the KSU Psychology Department, and *Al Potter*, a medical technician in the veterinary school, have studied Zen for several years and are affiliated with the Minneapolis Zen Center and the Manhattan Zen Group.

Date: April 13, 20 & 27  
Time: 7:30 - 9 pm (Wednesday)  
Fee: \$10  
Location: UFM Conference Room

## Sack Lunch Theology

SP-04

This semester we will read M.Scott Peck's brand new book *A World Waiting to be Born: Civility Rediscovered*. Peck describes the morally destructive patterns of self absorption, manipulation and materialism which have become the norm for our culture. We will consider their relationship to such issues as love, marriage, family, ethics, vocation, prayer and others we discover on the way. Copies of the book will be available to purchase at the first class.

*Kathy Donley* (539-3051), is in her first semester as the American Baptist Campus minister. She welcomes participation by former lunchtime theologians and all interested new comers.

Date: February 7 (will meet approx 8 times)  
Time: 11:30 am - 1 pm (Monday)  
Fee: \$8  
Location: 1801 Anderson  
Baptist Campus Center

## Yoga for Beginners

SP-07

Introduction to the fundamentals of yoga and meditation. Yoga represents the union of mind and body, the inner and outer selves, personal consciousness with primordial consciousness. It's a low-impact, comfort zone, no strain yoga, which focuses on alleviating the accumulated effects of physical stiffness and emotional stress. Wear loose clothes. Bring a pillow and a blanket.

*Jim Phelan* is a local builder who practices yoga. He has been an instructor and a friend of UFM for 2 decades. This class is dedicated to his former teacher, Dr. Albert Franklin.

Date: February 16, 23, March 2 & 9  
Time: 5:30 - 6:30 pm (Wednesday)  
Fee: \$12  
Location: Baptist Campus Center  
1801 Anderson

## Simple and Fun Massage for Family and Friends

SP-05

This program is designed to teach you relaxing approaches to relieving stress for married or dating couples, children, friends and singles. Have a friend enroll too so you can trade a massage after a stressing test at school or tension at home and work. This will benefit the health of your family and personal life by reducing stress and reinforcing positive feelings. Bring a pillow with you to class.

*John Kneisler* received training at a health resort in Hot Springs, Arkansas. He is a graduate student in Family Life Education and has worked at Manhattan Chiropractic soothing the stresses of muscle pain and mental fatigue.

Date: February 6  
Time: 6 - 7:30 pm (Sunday)  
Fee: \$10 individual  
\$18 couple  
Location: UFM Conference Room

## Massage Therapy: Panel Discussion

SP-06

Manhattan massage therapists and reflexologists will come together to discuss and explain what massage therapy is all about; the benefits of massage; the different massage techniques; and the procedures involved when receiving a massage. They will answer your questions and demonstrate their work by offering a short foot, hand, or shoulder/neck massage to class participants.

Manhattan massage therapists and reflexologists who have not been contacted but wish to participate as a member of the panel, please contact Jan Freise, 537-7167.

Date: February 1  
Time: 7 pm (Tuesday)  
Fee: \$5  
Location: UFM Fireplace Room

## Retraining the Mind for Inner Peace

SP-08

What we experience is our state of mind projected outward. The purpose of this class is to help us recognize that we have a choice as to how we think about ourselves and the world around us. Principles and guidelines based on *A Course in Miracles* will be provided to help us see things differently.

*Mary B. Williams* has been seeking inner peace for years! (*A Course in Miracles* is a self-teaching tool for one's own spiritual transformation.)

Date: March 2 & 9  
Time: 7 - 9 pm (Wednesday)  
Fee: \$8  
Location: UFM Multipurpose Room

## Chinese Tai Chi

SP-09

Tai Chi, known as Joy through Movement, is a popular Chinese tradition. The purpose of Tai Chi is to circulate the vital force and balance the Yin-Yang of this Intrinsic Energy. It is relaxing and energizing in a gentle manner. This class is designed for beginners. Students will learn basic movements through demonstration and practice. You'll like Tai Chi and enjoy practicing it.

*Ping Wei* (776-2069), is a graduate student in the Department of Chemistry at KSU. When he was in China he taught many foreign students Tai Chi in Nanjing University. (The foreign students were from USA, Japan, Germany, Russia, the Netherlands, and other countries). Ping is very interested in introducing Tai Chi to this area.

Date: January 25 - April 28  
No Class March 22 or 24  
Time: 7 - 8 pm (Tues. & Thurs.)  
Fee: \$40  
Location: Seven Dolors Grade School Gym  
306 S Juliette

## Tai Chi (Intermediate Level)

SP-10

This class is designed for those who already know Tai Chi and want to improve. Emphasis will be on improvement of their "24-movement" Tai Chi, in addition they will learn a new "48-movement" Tai Chi.

*Ping Wei*  
Date: January 23 - May 14  
No Class March 20 or April 3  
Time: 7 - 8 pm (Sunday)  
Fee: \$45  
Location: Seven Dolors Grade School Gym  
306 S Juliette

## Expanding Your Creative Potential

SP-11

Creativity is a learned thinking process, a way of exercising the mind, stretching and expanding it to see more options. The focus of creative thinking is to break out of old patterns and to look at old ideas in new ways. This workshop will provide an introduction to the theory of creativity and practical experiences that focus on developing your creative potential.

*Linda Teener*, has taught this workshop for many groups. She sees practicing creative thinking as a useful way to problem solve, relieve stress and have fun too!

Date: March 13  
Time: 1:30 - 4 pm (Sunday)  
Fee: \$12  
Location: UFM Conference Room

## Religion and Politics in America

SP-13

This class will examine the constituency, agenda and influence of the 'Religious Right' in America today. Class sessions will feature Bill Moyer's award-winning series 'God and Politics', as well as special speakers.

*Al Zimmerman* (539-4281), is a Presbyterian Minister, currently serving as Campus Minister at the Ecumenical Campus Ministry (ECM). He has been active in issues of peace and justice for more than 15 years.

Date: February 6, 13, 20, 27, March 6 & 13  
Time: 7 - 8:30 pm (Sunday)  
Fee: \$16  
Location: ECM Center, 1021 Denison

## UFM POTTERY COOPERATIVE

The Pottery Studio is a facility available to anyone who feels confident working alone. No instruction is provided. The studio is a self-supporting facility run by members for members. Your membership entitles you to the use of the studio, wheels, tools, free recycled clay and unlimited free firings. In order to cover material and facility costs, the membership is based on a cash fee and in-kind contributions.

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Self-Esteem for Adults

SP-03

We will use a set of 4 video tapes by Marilyn Grosball as a core curriculum to learn the ways we sabotage ourselves and what tools can be used to reverse this trend. During each session we will view a video, have clarifying discussion and receive related hand-outs. Class 1: Self Acceptance - The Key to Self-Esteem Class 2: You're in Charge of Your Life - Believe it or Not

Class 3: The Choice is Yours - Accept or Resist Class 4: Your Present Thinking Creates Future Events.

Michael Cody (539-8763), is the Family Literacy Instructor at UFM. She works with adult groups teaching literacy and life skills classes. She has seen, over the years of working with adults in many situations, that the state of their self-esteem is the one factor which most consistently affects their lives. Happily, it is one factor that we each are in control of and can change.

Date: April 7,14,21 & 28 Time: 6:55 pm (Monday) Fee: \$14 Location: UFM Conference Room

Mindfulness Meditation

SP-12

Mindfulness meditation (also known as vipassana) originated 2500 years ago with the teachings of the Buddha and is still a vital part of Theravada Buddhist traditions of Southeast Asia. It involves practice of the moment to moment investigation of the body-mind process, which enables the mind to see more clearly into itself. We will sit one hour in the silence and then enjoy a cup of tea together. Wear comfortable clothing; if you wish you may bring a mat or blanket for sitting.

Christina van Swaay (539-5439), has used the practice of meditation in her daily life since she was a student at Woodbrook, a Quaker College for religious education in Birmingham, England. She was introduced to mindfulness meditation two years ago. Christina sees herself as a facilitator and not as an instructor. A small group has been meeting at her house and they welcome more people in her shanga (group).

Date: January 25 - May 2 Time: 7:30 pm (Monday) Fee: \$5 Location: Call for location

Metaphysics Discussion Group

SP-14

This discussion group is meant for those beginning to explore, and for those that have been around the metaphysical block. A variety of topics will be included. Guest speakers will be invited as much as possible. The evenings will either begin or end with a group meditation. The group shall evolve according to its member's needs. The intention of the group will be to provide a fellowship and a learning experience for those on the path. Bring a mat or cushion to sit on.

Tracy Mahoney will facilitate this group.

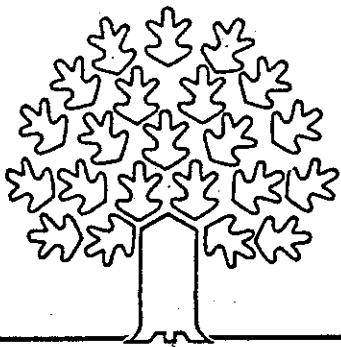
Date: January 25 - May 10 No class March 22 Time: 8 - 9:30 pm (Tuesday) Fee: \$8 Location: UFM Banquet Room

HANDICAPPED ACCESSIBLE

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



Our Community & Beyond



1221 THURSTON 539-8763

India: Parachay

OC-04

Parachay means introduction in Hindi. This class will be an introduction to India. It's history, culture, people, geography and society. Learn about this interesting country and test your skill with a culture game.

Siddharth Turakhia is a senior in law and economics at Kansas State University. He has lived in India and Oman. He has travelled extensively and has been exposed to diverse cultures around the world.

Date: March 31 Time: 7 pm (Thursday) Fee: \$7 single course (includes handouts) \$16 series Location: UFM Multipurpose Room

India: Parivar

OC-05

Parivar is Hindi for family. In this class learn the general family structure in India, naming of children, patriarchal heritage, matrimony and other aspects of family life.

Siddharth Turakhia

Date: April 7 Time: 7 pm (Thursday) Fee: \$7 single class (includes handouts) \$16 series Location: UFM Multipurpose Room

India: Yatra

OC-06

Yatra means travel or pilgrimage. Find out about interesting places to visit in India. Learn where to go, and where not to go. Get tourist tips, language tips and general information.

Siddharth Turakhia

Date: April 14 Time: 7 pm (Thursday) Fee: \$7 single class (includes handouts) \$16 series Location: UFM Multipurpose Room

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Honeymoon Planning to Fit Your Budget

OC-01

Plan a special honeymoon that also suits your budget! You can have wonderful memories that will last forever without having to pay forever.

Terry Marker (716-2217), is a native of Manhattan. She is the owner of Cruises and Travel. Cruises are her favorite vacation.

Date: January 26 Time: 7 pm (Wednesday) Fee: \$5 individual \$8 couple Location: UFM Multipurpose Room

Honeymoon Planning to Fit Your Budget

OC-02

Terry Marker

Date: February 23 Time: 7 pm (Wednesday) Fee: \$5 individual \$8 couple Location: UFM Conference Room

Native American Culture & How not to feel like a Tourist in "Indian Country"

OC-03

Utilizing area Native American experts and segments from the recent PBS series, How the West was Lost this class examines U.S. history from a Native American perspective, and explores the conflicting feelings of many Euro-Americans toward Native Americans. Topics such as Native American ceremony, religion, learning styles, family structure and treaties will be discussed. Stereotypes, pow-wow's, and current issues in Indian country will also be covered. Cross-cultural understanding will be emphasized throughout the class.

Dorothy Roberts Arvizu is co-advisor to KSU's Native American student body and a past board member for the Kansas Association for Native American Education (KANAE). She has also worked on the Kansas Committee of the White House Task Force for Indian Education and is currently working toward a graduate degree in the College of Education at KSU.

Date: Jan 25, Feb 1,8,15,22, March 1 & 8 Time: 7 - 9 pm (Tuesday) Fee: \$12 Location: UFM Greenhouse

Advertisement for Kansas Lumber Company Homestore listing various home improvement items and contact information.

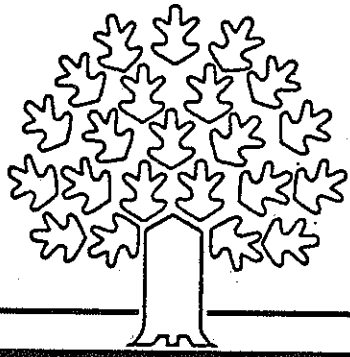
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# Recreation & Health

1221 THURSTON

539-8763

## Introduction to Golf

RH-01

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

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

Date: March 10, 17, 24 & 31  
Time: 5:30 pm (Thursday)  
Fee: \$25  
Location: Stagg Hill Golf Club  
4441 Ft. Riley Blvd.

## Introduction to Golf

RH-02

Jim Gregory

Date: April 7, 14, 21 & 28  
Time: 6:30 pm (Thursday)  
Fee: \$25  
Location: Stagg Hill Golf Club  
4441 Ft. Riley Blvd.

## Introduction to Golf

RH-03

Jim Gregory

Date: May 5, 12, 19 & 26  
Time: 6:30 pm (Thursday)  
Fee: \$25  
Location: Stagg Hill Golf Club  
4441 Ft. Riley Blvd.

## Golf

RH-04

\*One hour optional KSU credit available.

This course emphasizes fundamentals of the full golf swing, short game techniques of chipping, pitching, putting and sand shots. Rules of play, course etiquette, and selection of equipment will also be covered. Clubs, balls and tees are provided. You may bring your own clubs if you prefer. Limit 15

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

Date: March 2 - April 27  
Time: 5:30 - 7:30 pm (Wednesday)  
No Class March 23  
Fee: \$80 non-credit  
\$100 credit  
Location: Stagg Hill Golf Club  
4441 Ft. Riley Blvd.

## Golf

RH-05

\*One hour optional KSU credit available.

Jim Gregory

Date: March 3 - April 28  
Time: 9:30 - 11:30 am (Thursday)  
No Class March 24  
Fee: \$80 non-credit  
\$100 credit  
Location: Stagg Hill Golf Club  
4441 Ft. Riley Blvd.

## Community First Aid & Safety

RH-10

This course teaches fundamental principles and skills of first aid, correct CPR techniques for adult and infant victims of cardiac arrest and other respiratory emergencies. Red Cross Certification is given on successful completion of the course. Textbooks will be available at the first class and are included in the fee.

Enell Foerster (537-2180).

Date: March 2, 9 & 16  
Time: 6 - 10 pm (Wednesday)  
Fee: \$60 includes both books  
Location: American Red Cross  
1014 Poyntz

## Basic Life Support and Community 1st Aid and Safety

RH-11

This revised BLS course is intended to teach individuals who are expected to respond to an emergency. Rescuers will learn to interact in the EMS system, reduce the risk of cardiovascular disease, prioritize care, recognize and provide care for respiratory and cardiac emergencies. You will learn to perform specialized skill and techniques for two-rescuer CPR and special rescue situations, including the resuscitation masks and how to minimize the risk of disease transmission. Red Cross certification is given on successful completion of the course.

Enell Foerster

Date: February 2, 9 & 16  
Time: 6 - 10 pm (Wednesday)  
Fee: \$90 includes books and materials  
Location: American Red Cross  
1014 Poyntz

## Seniors Aerobics Through Dance

RH-12

This is a specially designed movement class for senior citizens. We will meet 45 minutes one time a week for exercise and enjoyment.

LaShawna Harrison (539-3613), has been involved in dance for 14 years. She has two years experience as a teaching assistant and two years as a dance instructor.

Date: February 1 - March 8  
Time: 11 am (Tuesday)  
Fee: \$31  
Location: Manhattan Gymnastics  
2305 SkyVue Lane

## Seniors Aerobics Through Dance

RH-13

LaShawna Harrison

Date: March 29 - May 3  
Time: 11 am (Tuesday)  
Fee: \$31  
Location: Manhattan Gymnastic Center  
2305 SkyVue Lane

## Ballroom Dance I

RH-06

Ballroom dancing is back! *Time*, *Newsweek* and *Smithsonian* report the ballroom dancing is popular throughout the U.S. Manhattan is no exception. Join the hundreds of people who have learned to dance through UFM. You will learn to Foxtrot, Waltz, Swing and more. You will be dancing around the expansive floor. So, sign up with a friend, or two, and learn how to dance with someone in your arms. Classes fill rapidly. It is advisable to register early.

Michael Bennett (776-7557), has trained in Ballroom Dance at U.C. Berkley; Mandola Ballroom, San Francisco; AliBaba Ballroom, Oakland CA; Chicago Dance Studio, Chicago, IL; and Avenue Ballroom, San Francisco. He was the 1986 San Francisco Avenue Ballroom Jitterbug Champion. Nelli Weathers has been helping Michael teach dance for 5 years and has been dancing all of her life. She is from Ireland and learned dance in the British and Irish school systems.

Date: January 28 - April 15  
No class March 25  
Time: 8 - 9:30 pm (Friday)  
Fee: \$30 per person  
Location: Lucky High School Gymnasium  
220 S Juliette

## Ballroom Dance II

RH-07

This course is for those who would like to attempt more challenging ballroom dance variations. Couples are encouraged to attend so that they may learn to dance as one. Waltz, Foxtrot, and Jitterbug will be taught. Routines will be given. Prerequisite: Must have completed Ballroom Dance I with Michael Bennett.

Michael Bennett

Date: January 28 - April 15  
No class March 25  
Time: 7 - 8 pm (Friday)  
Fee: \$30 per person  
Location: Lucky High School Gymnasium  
220 S Juliette

## Aerobics Instructor Training Course

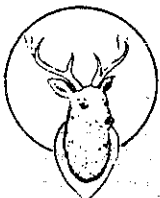
RH-14

This course is the next step for those who love to do aerobics - learn to be an aerobics instructor! You will learn to teach high/low-impact, STEP and toning classes. The American Council on Exercise (A.C.E.) Aerobics Instructor Manual will be used as a guideline to prepare students to take the A.C.E. certification exam. Participants should have experience in doing aerobics and should be in good physical shape. Enrollment deadline: January 21 to insure book delivery.

Barbie Inbody is a Registered Nurse, with a Master's degree in exercise physiology. She is nationally certified as both a fitness instructor and personal trainer, and has been teaching aerobics for over 4 years.

Date: February 2 - May 3  
No Class March 22  
Time: 7:30 - 9 pm (Tuesday)  
Fee: \$85 which includes \$45 A.C.E. Aerobics Instructor Manual  
Location: Manhattan Athletic Club  
700 Rosencutter Road

If you are an adult (nontraditional) student seeking a degree in a College/University and can give 10-15 minutes for responding to a research studying general feelings of adult education, please call Kathryn Fung 913-537-4155.




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## School of Hard Knocks: Baseball Seminar

Here is your opportunity to develop the skills and confidence necessary to enjoy America's favorite sport. Both **The Preview Meeting** and **The Baseball/Softball Workshop** will concentrate on improving the basic skills of the game to better your ball playing skills or learn more about effective coaching techniques.

**Phil Morgan** (776-0727), has been coaching baseball for 25 years. As a high school coach he was twice named Coach of the Year. He was coaching for the University of Missouri when they finished with a 5th place National ranking and for Kansas State University when they finished 2nd in the Big 8. His experience with baseball includes American League coaching and scouting for professional baseball teams: the Kansas City Royals and the Pittsburgh Pirates. Phil knows and loves the sport and is eager to share his experience.

### The Preview Meeting

RH-08

The preview meeting is an introduction to the baseball/softball workshop. It will provide an opportunity to meet the coach and hear his philosophy on coaching techniques. Bring your questions.

Date: **March 1**  
Time: **7 pm (Tuesday)**  
Fee: **\$5 (may be used toward price of workshop)**

Location: **UFM Fireplace Room**

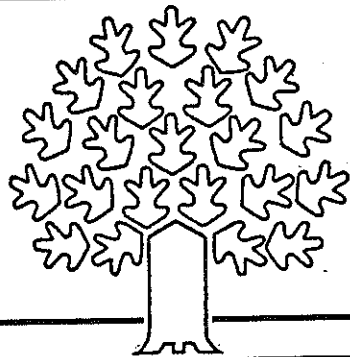


### The Baseball/Softball Workshop

RH-09

The baseball/softball workshop is a hands-on clinic with an intense focus on the development of proper techniques for hitting and pitching in particular, but fielding and catching will be taught as well. A better understanding of playing the game and the mental approach needed for success will be emphasized.

Date: **March 5**  
Time: **10 am - noon (Saturday)**  
Fee: **\$30 both classes: RH-08 & RH-09**  
Player and Parent  
Location: **608 Pottawatomie Street**



## Martial Arts

1221 THURSTON

539-8763

### Tae Kwon Do Karate I

MA-01

Tae Kwon Do 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 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 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 7+

**\*\* January 21, 6:30 - 7:30 -- Public Demonstration and formal introduction of instructors in Ahearn Fieldhouse. All other classes will be in KSU Ahearn gymnasium or fieldhouse.**

**Grandmaster Chae Sun Yi** (266-8662), is an 8th degree Black belt with over 38 years experience in Tae Kwon Do. Former Captain and Chief instructor of Tae Kwon Do for the ROK Army during Vietnam, he has held classes at KSU since 1975. **Master James Craeton** (537-4986), holds a 5th degree Black belt with 18 years experience in Tae Kwon Do. Winner of several National titles in Tae Kwon Do Competition, he has assisted at KSU since 1979.

Date: **January 25 - April 28**  
**No Class March 22 or 24**  
Time: **6:30 (Tues & Thurs)**  
Fee: **\$65**  
Location: **Ahearn Fieldhouse, KSU**



### Tae Kwon Do Karate II Advanced

MA-02

**Grandmaster Chae Sun Yi & Master James Craeton**

Date: **January 25 - April 28**  
**No Class March 22 or 24**  
Time: **7:30 pm (Tues & Thurs)**  
Fee: **\$65**  
Location: **Ahearn Fieldhouse, KSU**

See Youth section, page 20,  
for Martial Arts class for youth.

### Hakkro Ryu Jujitsu

MA-03

Hakkro Ryu is a self-defense-oriented grappling type of martial art. It is not an exercise form of martial arts. Students will concentrate on 2 person waza, solo walking exercises, and self defense theory and techniques. Hakkro Ryu is related to aikido, yet stresses a less active style, and more subtle, gentle techniques acceptable for use in modern society. 16 years of age and older.

**Stan Wilson** (539-7723), has studied martial arts for 23 years and has taught for 15 years. He holds a 3rd degree black belt in Kung Fu, a 2nd degree belt in Hakkro Ryu Jujitsu, and is a member of the Shadows of Iga Ninja Society. He has studied judo, aikido, four styles of karate, six styles of kung fu and various other martial arts. He has also written 19 manuals on martial arts.

Date: **January 30 - April 24**  
**No class March 20**  
Time: **4 - 5 pm (Sunday)**  
Fee: **\$20**  
Location: **Ahearn Fieldhouse, KSU**

### White Dragon Kung Fu I

MA-04

This Kung Fu style combines hard, soft and internal methods of martial arts. Beginners will learn basic techniques, self defense, drills, and one-step sparring. Wear comfortable clothing. 16 years of age and older.

**Stan Wilson** (539-7723), has studied martial arts for 23 years and taught for 15 years. He holds a 3rd degree black belt in Kung Fu, a second degree black belt in Hakkro Ryu Jujitsu, and is a member of the Shadows of Iga Ninja Society. He has studied judo, aikido, four styles of karate, six styles of kung fu, and various other martial arts. He has also written 19 manuals on martial arts.

Date: **January 25 - March 3**  
Time: **7 - 8 pm (Tues & Thurs)**  
Fee: **\$28**  
Location: **Ahearn Fieldhouse, KSU**

### White Dragon Kung Fu II

MA-05

Continuation of White Dragon Kung Fu I. Optional testing is available for an extra charge. 16 years of age and older.

**Stan Wilson**  
Date: **March 29 - May 5**  
Time: **7 - 8 pm (Tues & Thurs)**  
Fee: **\$30**  
Location: **Ahearn Fieldhouse, KSU**

### Judo

MA-06

This course is designed to teach the fundamentals of sport judo. Students will learn break falls, throwing and mat techniques as well as rules for contest judo. Each student will be given an opportunity to order a uniform the first night of class. The uniform is not required for the first three week of class, but will thereafter.

**Bradie Jones** is a 4th degree Black belt. He has had 28 years experience with Judo and is a 5 time US Masters Champion.

Date: **January 29 - May 7**  
**No Class February 19 or March 26**  
Time: **9:30 - 11:00 am (Saturday)**  
Fee: **\$48**  
Location: **Ahearn Fieldhouse**

### Fencing

MA-07

Fencing is the ancient art of sword play. D'Artagnan, 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 foil, epee, and saber for recreation and competition. Minimum age: 12

**Mike Milleson** (238-7696) has been fencing since 1989. He has been competing and coaching for 2 years. He is a competitive member of the United States Fencing Association. Mike attended the USFA Coaches College at the University of North Carolina in the summer of 1991. He is an "E" rated epeeist and took 2nd place in both the Jayhawk Open and the Little Apple Open. Mike and the other club members compete in a 5 state area.

Date: **Feb 22, March 1, 8, 15, 29, April 5, 12 & 19**  
Time: **7:30 - 9:30 pm (Tuesday)**  
Fee: **\$40**  
Location: **Luckey High School Gym**  
**220 S Juliette**

### Nippon Kempo Karate

MA-08

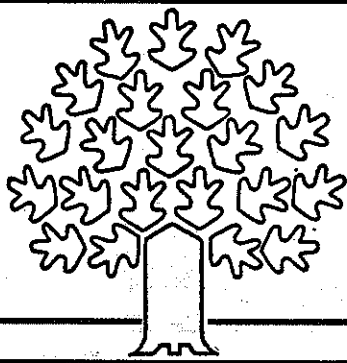
Nippon Kempo's inheritance is deeply rooted in the traditional martial arts (Judo, Karate, Aikido, and Kendo). It is an empty handed, full contact style of Karate. Kempo teaches self discipline, self confidence, self defense and is also a very good aerobic exercise. Students will learn basic moves, including breakfall and throwing techniques without actual contact. Full contact sparring will only begin after basic moves are learned. Protective gear will be provided for sparring. After 3 months of class an optional test to advance Kempo ranking is held.

**Espir Kahatt** (532-3655), has a 1st degree black belt in Nippon Kempo and a 1st degree black belt in Shotokan Karate. He studied martial arts for 12 years and is co-founder of the Nippon Kempo Federation of America.

Date: **January 24 - April 29**  
**No Classes March 21, 23 or 25**  
Time: **6:30 - 7:30 pm (Mon, Wed & Fri)**  
Fee: **\$48**  
Location: **Ahearn Fieldhouse, KSU**

Thank you to our talented and willing volunteer instructors





# Youth

1221 THURSTON

539-8763

## SHARP for Pre-Teens

YO-01

This self defense program is adapted from a national program designed specifically for women. The terminology and approach have been "softened" but the focus remains to empower females to better protect themselves and gain confidence in their social environments. There will be discussion dealing with situations from sexual harassment through actual attack. Appropriate for girls 10 - 13

*Diana Tarver*, has been teaching womens self defense classes for 9 years. She has adapted the program for teens and young girls. She is a 3rd degree Black Belt in Tae Kwon Do and has taught police defense tactics, but for this class she takes a very practical approach.

Date: February 26  
Time: 1 - 3 pm (Saturday)  
Fee: \$10  
Location: First Lutheran Church  
930 Poyntz

## Tang Soo Do for Youth

YO-24

Tang Soo Do is a form of martial arts. Boys and girls aged 7 and up will learn the beginning movement and discipline. The class meets once a week for one hour.

*Richard Burnett* (539-3613), has been involved in martial arts for 26 years. He has taught Tang Soo Do for 6 years.

Date: February 1 - March 8  
Time: 5 pm (Tuesday)  
Fee: \$31  
Location: Manhattan Gymnastics Center  
2305 SkyVue Lane

## Tang Soo Do for Youth

YO-25

*Richard Burnett*

Date: February 3 - March 10  
Time: 5 pm (Thursday)  
Fee: \$31  
Location: Manhattan Gymnastics Center  
2305 SkyVue Lane

## Tang Soo Do for Youth

YO-26

*Richard Burnett*

Date: March 29 - May 3  
Time: 5 pm (Tuesday)  
Fee: \$31  
Location: Manhattan Gymnastics Center  
2305 SkyVue Lane

## Tang Soo Do for Youth

YO-27

*Richard Burnett*

Date: March 31 - May 5  
Time: 5 pm (Thursday)  
Fee: \$31  
Location: Manhattan Gymnastics Center  
2305 SkyVue Lane

## Return of the Video Game Wizards

YO-02

Are you a video game guru or a wanna be? Do you have secret codes for some games and wish you had some for others? Now is your chance to do nothing else but talk about video games. Talk about your favorite games, what's hot and what's not. You can even bring your favorite cartridge or play what's on hand. NES, Super NES, Sega Genesis, Turbo-Graphx, Neo-Geo, Sega-CD, Game Gear, whatever. We'll also talk about new systems coming out, like 3DO and Jaguar. Sign up for just one or for all of classes.

*Tom D Mahoney* is a game player from way back. He is the former video game buyer for Blockbuster Video, Inc. He managed Software Etc., and is now the owner of Game Guy, a used video game store.

Date: January 26  
Time: 7 - 8:30 pm (Wednesday)  
Fee: \$5 initial  
\$3 each additional class  
Location: Game Guy  
709 N 12th

## Return of the Video Game Wizards

YO-03

*Tom Mahoney*

Date: February 23  
Time: 7 - 8:30 pm (Wednesday)  
Fee: \$5 initial  
\$3 each additional class  
Location: Game Guy  
709 N 12th

## Return of the Video Game Wizards

YO-04

*Tom Mahoney*

Date: March 30  
Time: 7 - 8:30 pm (Wednesday)  
Fee: \$5 initial  
\$3 each additional class  
Location: Game Guy  
709 N 12th

## Return of the Video Game Wizards

YO-05

*Tom Mahoney*

Date: April 27  
Time: 7 - 8:30 pm (Wednesday)  
Fee: \$5 initial  
\$3 each additional class  
Location: Game Guy  
709 N 12th

## Children's Morning Playgroup

YO-06

Join us for an ongoing support group for at-home parents. Pre-school age children will play while parents visit with other adults. Parents are responsible for their own children, so no separation is necessary. During nice weather we will meet outside, and during inclement weather we will meet in the homes of participants. These groups have been in existence for 16 years.

*Dawn McKensie* is interested in getting children together for play as well as giving at-home parents an opportunity to share and interact.

Date: January 27 - May 12  
Time: 10 - 12 noon (Thursday)  
Fee: \$5  
Location: Coordinator will contact with location

## Parent Teacher Conference Enrichment Days

YO-07

Parents, provide your children (grades K-3) some supervised fun and activity during Spring Parent-Teacher Conference Days. Children, join us for mini-workshops which may include arts and crafts, music, science, horticulture, and others. For further information call UFM (539-8763). We'll have a great time! A fun lunch will be catered.

UFM Staff  
Date: April 7  
Time: 8 am - 5 pm (Thursday)  
Fee: \$12 half day  
\$18 full day  
Location: Woodrow Wilson School  
Juliette and Osage

## Parent Teacher Conference Enrichment Days

YO-08

UFM Staff

Date: April 8  
Time: 8 am - 5 pm (Friday)  
Fee: \$12 half day  
\$18 full day  
Location: Woodrow Wilson School  
Juliette and Osage

## Tae Kwon Do for Youth

YO-10

This class is designed to introduce young children ages 4-8 to the fun and excitement of Martial Arts while they begin learning the basics of hand-eye coordination, balance and self discipline. Beginning Tae Kwon Do self defense techniques will be taught in a safe, fun, and age appropriate atmosphere by an experienced instructor.

*Diana Tarver* is a 3rd degree black belt in Tae Kwon Do, and a certified instructor with the American Tae Kwon Do Association. She has 9 years experience in Tae Kwon Do. She is involved in 2 local Tae Kwon Do clubs as well as teaching women's self defense. *Mark Brown* is an instructor for the Kansas State Tae Kwon Do Club and is a 2nd degree black belt. He has been in the instructor training program with the American Tae Kwon Do Association for 2 years. He has experience in Hapkido and Tai Chi.

Date: February 1,3,8,10,15 & 17  
Time: 7 - 7:45 pm (Tues & Thurs)  
Fee: \$25  
Location: Senior Center  
412 Leavenworth



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- Childcare for those too young for classes
- Refreshments after programs
- Social events



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**Kids on Campus**

YO-09

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

UFM Staff

Date: April 7  
Time: 8 am - 5 pm  
Fee: \$18  
Location: Meet at UFM

**Enriched Math for 5th & 6th Graders**

YO-13

Your math does not have to be left in the classroom. If you love math or are anxious to gain more experience we have a fun challenge for you. We will discuss both basic and challenging problems. Practice how to approach word problems and have some simple exposure to algebra. Parents are very welcome.

Liuba Ramm is anxious to provide an opportunity for interested 5th and 6th grade students to enrich their math skills.

Date: January 24 - March 14  
Time: 6 - 7:30 pm (Monday)  
Fee: \$20 child only  
\$18 for parent and child  
Location: UFM Conference Room



**Childrens Gardening**

YO-28

Children, do you love digging in the soil? Put this interest to work and learn about planting a garden, soil preparation, weeding, harvesting, and garden maintenance throughout the growing season. Children (ages 5-12 years) will be assigned individual and group gardens. No registration necessary. Join us at the garden on Saturday mornings.

Dr. Richard Mattson coordinator

Date: April - October  
Time: 10 am - noon (Saturday)  
Fee: No Charge  
Location: Manhattan Childrens Garden  
8th and Riley Lane

**ANSWERING MACHINE**

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

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539-3051

**Beginning Ballet**

YO-14

Do you dream of becoming a dancer? This very basic introduction to ballet can be that first step. Children ages 3-12 years will learn basics of dance movement and practice some simple ballet type steps. The discipline of ballet transcends to other forms of dance including jazz, tap and modern dance.

Portia Sisco (537-7253), is 16 years old, and currently she is attending Manhattan High School. She has been dancing for 13 years and she is considering a career in dance.

Date: January 18 - February 3  
Time: 5:55 - 6:25 pm (Tues & Thurs)  
Fee: \$15  
Location: UFM Fireplace Room

**Beginning Ballet**

YO-15

Portia Sisco

Date: January 18 - February 3  
Time: 6:25 - 6:55 pm (Tues & Thurs)  
Fee: \$15  
Location: UFM Fireplace Room

**Preschool Dance**

YO-16

This is a fun pre-ballet class for children aged 3 to 5. The class meets once a week for 45 minutes.

LaShawna Harrison (539-3613), has been involved in dance for 14 years. She has two years experience as a teaching assistant and two years as a dance instructor.

Date: February 1 - March 8  
Time: 6 pm (Tuesday)  
Fee: \$31  
Location: Manhattan Gymnastics Center  
2305 SkyVue Lane

**Preschool Dance**

YO-17

LaShawna Harrison

Date: March 29 - May 3  
Time: 6 pm  
Fee: \$31  
Location: Manhattan Gymnastics Center  
2305 SkyVue Lane

**Jigsaw Puzzle Picture Frames**

YO-11

Do you wonder what to do with jigsaw puzzles that have several pieces missing? Recycle them. This class will teach children to frame their favorite pictures in frames that they make themselves. Bring your own 3x5 or 4x6 pictures and take them home framed in a puzzle picture frame! Puzzle pieces will be provided by the instructor or you can bring your own puzzle pieces (small sizes only). All other materials provided.

Noriani Ahmad (539-3623), is in interior design and loves all sorts of crafts. She especially loves crafting and creating from discarded materials. Noriani is great with children!

Date: February 26  
Time: 11 am (Saturday)  
Fee: \$6  
Location: UFM Banquet Room

**Jigsaw Puzzle Picture Frames**

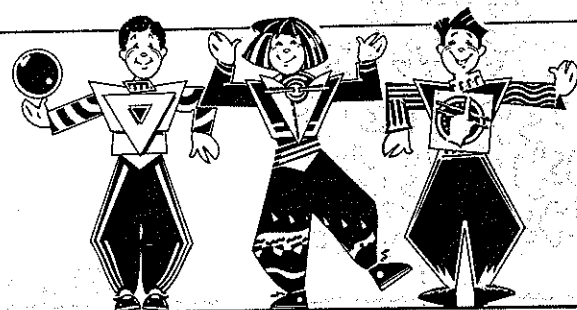
YO-12

Noriani Ahmad

Date: March 5  
Time: 11 am (Saturday)  
Fee: \$6  
Location: UFM Banquet Room



Oak Grove School is a secular, nonprofit school providing children between the ages of 3-10 years with an innovative option to traditional education. Oak Grove School values diversity, and we welcome children of any race, color, religion and ethnic or national origin. We offer a flexible morning, afternoon and full-day program. For information, call Oak Grove School at 537-2349, Virginia Bennett at 539-9362 or Shawn Bunch at 494-2830.



**Youth Dance**

YO-18

Beginning dancers will learn a combination of ballet and jazz dance while they improve their coordination and balance. The class will meet for 45 minutes once a week.

LaShawna Harrison

Date: January 31 - March 7  
Time: 5 pm (Monday)  
Fee: \$31  
Location: Manhattan Gymnastics Center  
2305 SkyVue Lane

**Youth Dance**

YO-19

LaShawna Harrison

Date: March 28 - May 2  
Time: 5 pm (Monday)  
Fee: \$31  
Location: Manhattan Gymnastics Center  
2305 SkyVue Lane

**Tumbling Tots**

YO-20

This class is for children aged 3 to 5. It teaches strength, flexibility, and coordination in a fun atmosphere. The class meets once a week for 45 minutes.

Dan Brown (539-3613), has had 8 years of gymnastics coaching experience, is Safety certified by USA Gymnastics, and is a certified instructor of USA Gymnastics Professional Development Program.

Date: February 1 - March 8  
Time: 6 pm (Tuesday)  
Fee: \$31  
Location: Manhattan Gymnastics Center  
2305 SkyVue Lane

**Tumbling Tots**

YO-21

Dan Brown

Date: March 29 - May 3  
Time: 6 pm (Tuesday)  
Fee: \$31  
Location: Manhattan Gymnastics Center  
2305 SkyVue Lane

**Beginning Tumbling**

YO-22

Children aged 6 years and up will learn basic tumbling skills in this class. The class meets once a week for 45 minutes.

Dan Brown

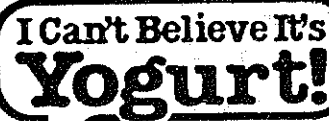
Date: February 2 - March 9  
Time: 6 pm (Wednesday)  
Fee: \$31  
Location: Manhattan Gymnastics Center  
2305 SkyVue Lane

**Beginning Tumbling**

YO-23

Dan Brown

Date: March 30 - May 4  
Time: 6 pm (Wednesday)  
Fee: \$31  
Location: Manhattan Gymnastics Center  
2305 SkyVue Lane



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## COMMUNITY REGISTRATIONS

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

### FIRST SESSION REGISTRATION

DATE	TIME	LOCATION
Jan 10, M	10 am - 2 pm	KSU Union
Jan 12, W	10 am - 2 pm	KSU Union
Jan 13, TH	4 pm - 7 pm	Wal Mart
Jan 18, T	4 pm - 7 pm	Public Library

## SECOND SESSION REGISTRATION

DATE	TIME	LOCATION
Mar 2, M	6 pm - 7:30 pm	KSU Natatorium
Mar 3, T	6 pm - 7:30 pm	KSU Natatorium
Mar 7, M	4 pm - 7 pm	Public Library
Mar 10, TH	10 am - 2 pm	KSU Union

Registration continues throughout the semester

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

Catherine Lee Fung, Ph. D. Candidate  
hosts

## UNIVERSITY FOR MAN

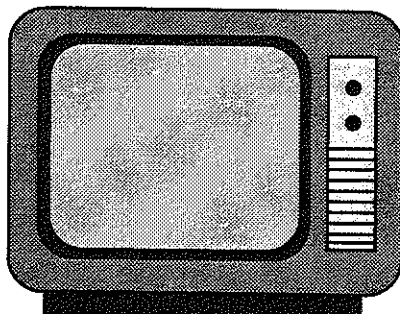
SIXTH SEASON, Pt. 2

On Channel 6, ME/U  
where local cable originates

Tuesday at 5:00 p. m. & Wednesday at 4:30 p. m.

Jan 4 & 5: New Year Inspiration  
Jan 11 & 12: Dulcimer and autoharp  
Jan 18 & 19: Introduction to Bridge  
Jan 25 & 26: Flower arrangement  
Feb 1 & 2: Video Game Wizards  
Feb 8 & 9: Thai Cooking  
Feb 15 & 16: Picture Frames  
Feb 22 & 23: Fencing  
Mar 1 & 2: Baseball  
Mar 8 & 9: Introduction to Golf  
Mar 15 & 16: ASIA Officers

Mar 22 & 23: Enhancing Life-Management  
Mar 29 & 30: The "Spillway Canyon"  
Apr 5 & 6: African Costume  
Apr 12 & 13: Chinese Costume  
Apr 19 & 20: Art League Artists  
Apr 26 & 27: An Unusual Marriage  
May 10 & 11: Vegetarian Cooking  
May 17 & 18: Being Polish and Chopin  
May 24 & 25: Outdoors Survival Tips  
May 26 & 27: Doll Making



## HANDICAPPED ACCESSIBLE

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



## MANHATTAN COMMUNITY GARDEN

Do you need space for a garden? Would you like to share in the fun, responsibility, and sense of accomplishment of being involved in a community garden and at the same time provide your family with fresh produce?

The Manhattan Community Garden has over 150 plots (average size 20 ft. x 20 ft.) and provides water, compost, and some basic tools (paid for by plot rental fees). Besides tending your garden plot(s), you provide your enthusiasm and involvement on one of the garden management "working committees" to contribute to the garden's overall operation.

The plot rental fee is based on your income level and ranges from 2 1/2 cents to 5 cents per square foot. To complete the process, you must come prepared to verify your income category (by tax return) and must pay for your plots at the time of application. A \$10.00 per plot deposit (refundable if you abide by all rules and leave it clean by Nov. 1) is also required.

To apply for a garden plot, please attend one orientation/ application session listed below, held at UFM, 1221 Thurston.

### RETURNING GARDENERS:

Wednesday, February 2 7:00 pm Greenhouse  
Saturday, February 19 10:00 am Greenhouse

### NEW GARDENERS:

Wednesday, March 2 7:00 pm Greenhouse  
Saturday, March 19 10:00 am Greenhouse  
Wednesday, April 6 7:00 pm Greenhouse  
Saturday, April 23 10:00 am Greenhouse  
Wednesday, May 4 7:00 pm Fireplace Room

If you'd like more information about the Gardens, call UFM at 539-8763 and leave a message. A Manhattan Community Garden Board Member will contact you.

### UFM MESSAGE NUMBER

For information after business hours, call

**539-8763**

### INCLEMENT WEATHER POLICY

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

### 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 cancelled 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.

### REGISTRATION IS REQUIRED

All participants must be registered before attending a UFM class. This allows for adequate handouts and materials. A class may be cancelled due to insufficient pre-registration.

### SPECIAL POLICIES FOR CREDIT OPTIONAL CLASSES

**Credit Registration Refunds:** After the second credit optional class meeting, but before one-third of the scheduled class sessions have met, fifty percent of the fee may be refunded if requested in writing. No refund is issued if it is requested after one-third of the class meetings have ended.

**Credit Enrollment Fees:** Courses taken for credit carry additional fees required for University administration of the credit program. A \$15.00 late fee will be charged for enrollments taken

after the second class meeting. A \$35.00 late fee will be charged for enrollments taken after one-third of the class meetings. Additional student activity and health fees may be assessed for students enrolled in 6 or fewer KSU credit hours.

**Withdrawals:** A student may withdraw from a credit option class by written request prior to the completion of one-third of the scheduled class meetings without a grade being recorded on the student's transcript. If a student withdraws after one-third, but before two-thirds of the scheduled class meetings, a grade of W (withdrawn) will be issued. No withdrawals will be accepted after two-thirds of the scheduled classes have been completed.

### LIABILITY STATEMENT

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

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

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# Thank You!

We wish to thank the following contributors for their financial assistance during 1993.  
Your donations play an essential role in keeping UFM a vital part of education in our community.

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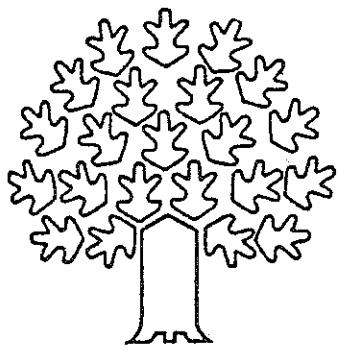
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